

# NEWSLETTER

## NAFR - Quebec Branch

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You are convened/invited to:

**Salle Père-Raymond-Bernier  
Patro Roc-Amadour**

[2301, 1<sup>re</sup> Avenue, Québec, QC](#)

Mandatory registration: by email [anrf@bellnet.ca](mailto:anrf@bellnet.ca)  
or at 418-661-4896 before **March 28, 2022**.

Agenda: Financial report, 2022 budget, auditor's report, election/re-election of 3 Board members, recognition of volunteers and door prizes.

Conference in French by Me Baillargeon-Lavergne, Interim Curateur public, subject: **Révision du dispositif de protection des personnes : mieux protéger ceux et celles qui en ont besoin**

[Link our webpage](#)

Presentation: "La fatigue au volant" by Alexandre Dombrowski, Advisor, Société d'assurance-automobile du Québec.

Free lunch, buffet with service.  
End of the Meeting at 3:00 p.m.

We count on a large number of participants. **Do not forget: Advance registration required !**

Applicable health regulations will be followed!  
Looking forward to meet you!

TO REGISTER NOW FOR THE AGM: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)



## A Word from the President

The thread of news lately has not been a quiet river of peaceful emotions. Despite the pandemic, the worst event will undoubtedly be the invasion of Ukraine. We certainly have many

members of our Branch and in Canada of Ukrainian descent who are grieving for their families and the Ukrainian community. We wish them courage and strength to achieve lasting peace and freedom.



On a happier note, closer to home in Quebec, Irish Canadian ties are still strong. Indeed, our history is sometimes funny, the Irish sharing the religion of the French majority and the language of the English minority. Their port of entry to the country has long been Quebec City, from where many have settled and integrated into the French-speaking population. Let us take advantage of St. Patrick's Day to commemorate the courage of those who struggled and sometimes perished trying to rebuild their lives and of those who welcomed them.

On a more current note, don't forget to join us in person at the Annual General Assembly and exercise your democratic rights.

Sincerely,

By René Grenier,  
President of Quebec Branch

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## Recruitment

By Claude Larochelle, 2<sup>nd</sup> Vice-president



Despite the pandemic, the Recruitment Committee has still made progress in recruiting.

The Mega National Recruitment Campaign allowed us to enrich ourselves with 47 new members! Since we cannot attend any preretirement training sessions, we have tried to reach new members through the Metro Weekly L'Appel and our web page. We hope to seek out more new members who may never have heard of our Branch or our mission.

Here is what was published in the Metro weekly on March 2, 2022 (in French).

## MAKE A DREAM COME TRUE! BECOME A BRANCH PILLAR!

By Jean-Marc Demers, President of the Nominating Committee

April 8 is Election Day for Federal Family Retirees in Eastern Quebec. Indeed, this will be the first in-person Annual General Meeting (AGM) of the Branch for 3 years. You will therefore be welcomed in person by your board of directors.

During this AGM, the term of office of the following Board members will end:

- Bruno Beaulieu from Rimouski
- Roland Langevin from Quebec
- Nicole Laveau from Quebec
- Pierre Landry from Quebec resigned a few days ago.

### Election

- Nicole Laveau, board member for 9 years, is not standing for reelection.
- Roland Langevin has indicated that he is ready to accept another term of 3 years.
- Bruno Beaulieu does not wish to run again.

Following our notice in the Newsletter of January 15, 2022, we have received an Application Form from the following two members:



**Réjean Bernard** from Lévis,  
Retired from Canadian Heritage  
Since 2017



**Sylvie Harrison** from Matane  
from Public Works and Services  
retired since 2015

As you know very well, it is thanks to Branch volunteer members - our pillars - that we can organize activities and distribute news and information.

Why wouldn't it be your turn to offer your services to your colleagues?  
Clic here to get a copy of the [Application Form](#) (in French)

For more information, get in touch with our office by email at [anrf@bellnet.ca](mailto:anrf@bellnet.ca) or with Jean-Marc Demers, President of the Nominating Committee at [jmd01@bell.net](mailto:jmd01@bell.net)



## Advocacy – Priority to long-term care

By Micheline Lefrançois, 1<sup>st</sup> vice-president

The lessons learned from living with the pandemic further justify our Association's priority on long-term care which should be part of a national seniors' strategy.

The Branch continues its efforts to remind our elected representatives of this problem. Recently, our Branch President René Grenier wrote once again to the 18 Members of Parliament on our territory to remind them of the importance of *"strengthening our universal public health care system by implementing a national strategy for seniors on long-term care issues, on improving the quality of life of seniors through income security, access to affordable and appropriate housing and transportation, friendly communities seniors and quality health care, including community and home care."*

The Branch has met with several MPs over the past few years. We reiterate our message that we rely on them to defend our priorities and ask questions in the House on matters of importance to members.

This issue will certainly be similar during the next provincial election campaign scheduled for 2022.



## TAX 2021 - Reference Tools

We are all busy preparing our 2021 tax returns. The purpose of this article is to provide you with information on available tax credits. It allows you to ask questions about the tax credits to which you are entitled. These references are not the only ones but can guide you.

[Programs and services for seniors - Canada.ca](https://www.canada.ca/en/services/tax/tax-credits.html)

[If you're a senior, here are some tips to help you this tax season! - Canada.ca](https://www.canada.ca/en/services/tax/tax-credits.html)

[Changes to your taxes when you retire or turn 65 years old - Canada.ca](https://www.canada.ca/en/services/tax/tax-credits.html)

[Quebec - Canada.ca](https://www.canada.ca/en/services/tax/tax-credits.html)

[Quebec - 2021 Income tax package - Canada.ca](https://www.canada.ca/en/services/tax/tax-credits.html)

## **IMPORTANT Notice: End of ePost Service**

**Canada Post will end the epost™ service by December 2022.**

Although the epost service is coming to an end, you can still, in accordance with our [terms of use](#), log in to access and consult your mail. The senders you signed up for will tell you how to receive your pay slip invoices and important documents in the future.

Further to the message received from Postel and our communications with the office of the Service des Pensions, they confirm that steps are being taken to replace the Postel service. There is no confirmation yet. The Office of Pensions and Treasury Board Secretariat (TBS) will notify us when this is done.



## **JOHNSON insurance policyholders**

Did you know that you may be able to include your Public Service Health Plan and Pensioners' Dental Plan premiums as eligible medical expenses?

If you are one of the many subscribers of JOHNSON Travel Insurance, a portion of your premiums may also qualify as medical expenses on your federal income tax return.

Usually, JOHNSON sends policyholders a letter by mail or email indicating the amount of premium eligible for a tax credit. If you have not received a letter from JOHNSON to this effect, contact them by telephone at 1-866-606-3362.

## **BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT**



By Bruno Beaulieu, Director Bas-Saint-Laurent-Gaspésie

### **General Information Meeting (GIM)**

You are convened/invited to our General Information Meeting (GIM) which will be held on May 26, 2022, in person, at 9:30 a.m., at the Rietel, Rivière Room, 250 Ave du Phare E, Matane. The activities and conference planned for the afternoon remain to be confirmed.

Pre-registration is required by email [anrf@bellnet.ca](mailto:anrf@bellnet.ca) by or before May 1, 2022.

During the GIM, there will be the election of a new director. You want to make a difference and get involved, complete the [attached Application Form](#) to submit your application.

## **TELUS INTERNET OFFER**

You might be able to get high-speed internet access for less than \$10 a month.

"TELUS' Internet for the Future program keeps Guaranteed Income Supplement recipients connected. What matters most for TELUS is offering eligible seniors two Internet for the Future plans with unlimited data: Internet 25 at speeds of up to 25 Mbps (\$9.95/month) and Internet 50 at speeds of up to 50 Mbps (\$19.95/month)." For more information, see [the attached document](#).



Eligible seniors can apply online for Internet for the Future at [telus.com/InternetfortheFuture](https://telus.com/InternetfortheFuture). They must provide a copy of their Old Age Security T4A statement to prove that they are receiving the GIS. If the person does not have Internet access or an e-mail address, he/she can apply by mail or ask for help from a friend, a family member or a counsellor, who can apply on their behalf. The person whose eligibility is confirmed will receive a unique code from TELUS to use to register for Internet for the Future. Learn more about Connected for the Future programs at [telus.com/connecting-canada](https://telus.com/connecting-canada).



## SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

By Ghislain Lavoie, Director Saguenay-Lac-Saint-Jean

### General Information Meeting (GIM)

You are convened/invited to our General Information Meeting to be held on **Thursday, May 19, 2022, at 9:00 a.m.** at the **Delta Hotels Center de Congrès**

**Saguenay**, 2675 Boul Du Royaume, Jonquière, Canada, Quebec G7S 5B8 Tel: +1 418-548-3124 Lunch will be served.

To get there, clic [here](#)

Pre-registration is required by email [anrf@bellnet.ca](mailto:anrf@bellnet.ca), **by or before May 1, 2022.**

Additional information for registration will be communicated to you by a special Communiqué. We will also post all the information on our webpage under our activities tab.

### Breakfasts

Please be informed that our monthly breakfasts have resumed. Stay tuned for the latest news by visiting our web page [\(in French\)](#).



## Seniors' Concertation Tables (SCT)

by Serge Boisseau for Chaudière-Appalaches

A November 23 regional consultative meeting in Saint-Henri de Lévis worked through the regional issues, priorities and concrete actions aimed at improving the living conditions of seniors. The issue of home care particularly challenged the participants.

The TCA-CA Board of Directors is pleased to present the results of these consultations to you in the form of an opinion on HOME CARE and HOME

SUPPORT [\(document attached\)](#).

This opinion, approved on February 16, 2022, was sent to various interested stakeholders and decision-makers on the issue, including the Federal and Provincial governments and regional elected representatives.



## A favourite - Our conference on February 16

The virtual conference of February 16 on «Seedlings and Seeds» was very popular and highly appreciated by the 107 participants at the conference of Mrs. Johane Boucher, horticulturist and co-owner of the [FloreSsens](#) Garden & Nursery.

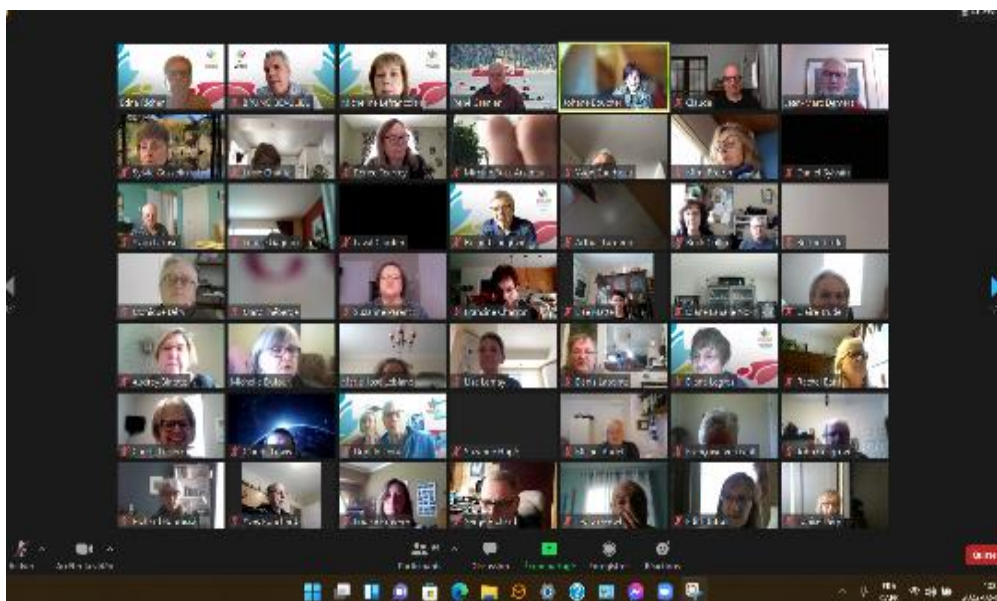
Thank you to the COVIDExit committee for organizing this event!

### Johane Boucher, speaker

Mrs. Boucher's Power Point presentation is available here, as is the recording of the February 16 conference. Click on [this link](#) and enter the password: **k#L56?@W**

[FloreSsens](#) offers visitors a life-size garden space on a site of more than 30,000 m<sup>2</sup> in the heart of nature located at 1031, Chemin de la Traversée, Saint-Raymond, Quebec, G3L 3C5. In season visits to the gardens, nursery and shop are available. An enchanting site for a walk or a picnic.

### Participants in the videoconference

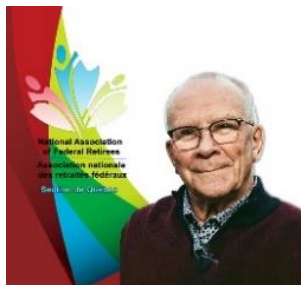


Last February, Ms. Boucher was recognized as an exceptional woman in her community for her action, involvement and dedication. Johane has been involved in her community as president of the Saint-Raymond Tourism Committee for several years.

Watch the video: [Women of heart: Johanne Boucher - YouTube](#)



Scan this QR code with the camera of your cell phone or tablet to visit our website where you will find more content on the rights and interests of our members.



## BRANCH SOCIAL ACTIVITIES

By Germain Boivin, administrator

Now that the Pandemic Rules permit, the Quebec Branch is pleased to revive social activities. Other activities will be added in the coming months.



### SUGAR BUSH 2022 – INVITATION

The Branch is pleased to invite you to the Sugar Bush **on Tuesday, April 12, 2022, at 12:00 p.m.**

• Érablière du Cap, 1925 Chemin Lambert, Lévis, Quebec, 418-831-8647

Click here for [How to get there](#)

The cost is \$20.00 for members and \$28.18 for non-members, taxes and service included.

The deadline for mandatory reservation and payment is **March 30, 2022.**

To book and pay:

1. Germain Boivin, by Interac [g-boivin@videotron.ca](mailto:g-boivin@videotron.ca) or
2. By check to the ANRF office – Quebec Branch - 660, 57th Street West, app 162 Quebec, Quebec G1H 7L8 or
3. By check or cash at the Branch lunch, March 30, 2022, at Restaurant Normandin.

**When registering, please indicate member number, your email address and telephone number in case we need to reach you.**

For more details, see the communiqué [link here](#)

ANRF – Quebec Branch - (418) 661-4896 Toll free: 1-866-661-4896

Email: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)



### Golf Lovers, Make Plans for your 2022 Season!

**Golf activities – mid-May to September 2022.** Location: Golf Royal Charbourg. There is always room for all interested members or non-members. The appointment for our group is Tuesday at 9:30 a.m. at Golf Royal Charbourg, Notre-Dame des Laurentides. <https://royalcharbourg.com/>. Just communicate with Germain Boivin, email [gboivin@videotron.ca](mailto:gboivin@videotron.ca)



## Invitation - Théâtre Beaumont Saint-Michel – Friday, July 1, 2022, at 8:00 p.m.



Dès le 28 juin, nous présentons, en spectacle principal, la pièce qui devait prendre l'affiche à l'été 2020. Cette comédie rocambolique de Florian Zeller, adaptée et mise en scène par Reynald Robinson, sera interprétée par Carl Béchard, Éric Cabana, Caroline Dardenne, Isabelle Drainville, Denis Marchand et Gabriel Simard.

The Branch is organizing an evening at the Beaumont Saint-Michel theatre. The name of the play is "Une heure de tranquillité" by Florian Zeller, adapted and directed by Reynald Robinson.

**Date: July 1, 2022, 8:00 p.m. - Cost of the performance ticket is \$42.00 per person.**

You can combine a dinner with your performance ticket for \$76.00 per person.  
Dinner served at 5:30 p.m.

Book early for one of the 35 seats available, including room for 20 dinners. First come, first serve!  
Loved ones and friends welcome!

Reservation and payment before June 11, 2022.

1. Germain Boivin Interac g-boivin videotron.ca or
2. Cheque to Branch Office 660, 57<sup>e</sup> rue Ouest, app162 Quebec G1H 7L8 or
3. Cheque or money during Branch breakfast on the last Wednesday of the month, at the Restaurant Normandin rue Bouvier.

Tickets will be distributed on site at the theatre by Germain Boivin on July 1, 2022.

Catering by «Cosmos» will be back in the dining room and on the terrace. Discover the menu prepared by chef Émilie Blanchet. [Click here to see the menu.](https://www.theatrebeaumontstmichel.com)  
<https://www.theatrebeaumontstmichel.com>

## Readers Corner

By Micheline Lefrancois, 1<sup>st</sup> vice-president



Please note that your "Bravos! Thank you! Continue your good work!" are always greatly appreciated. They are words that motivate our volunteers and encourage further communications with you. Do not hesitate to react through email to our office at [anrf@bellnet.ca](mailto:anrf@bellnet.ca) Thank you!

The videoconference of Mrs. Johane Boucher, horticulturist on February 16 under the theme "Seeds and Seeds," was greatly appreciated. We received great testimonials from members of our Branch and from other Branches who were invited to join this activity. We thank the COVIDEXIT committee which, once again, offered us an event of great interest.



Edna Richer, coordinator

### Branch office hours

Our office has resumed its usual schedule  
Hours: 1:00 p.m. to 4:00 p.m. Monday to Thursday

Phone: (418) 661-4896 Toll Free: 1-866-661-4896

E-mail: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)

Web Site: [anrf-sq.org](http://anrf-sq.org)

[Follow us on FACEBOOK](#)



You can leave a message in our voicemail at any time; it will be our pleasure to call you back.

When health regulations require, we work remotely.  
Please check our phone message before you go to the office.

If you come to meet us at our office, you have to wear the mask,  
and show your proof of vaccines and ID Card. Hand sanitizer is available.

Thank you very much for your cooperation!

### Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Viateur Beaulieu



Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle

***NEXT ISSUE OF THE NEWSLETTER May 15, 2022***