

NEWSLETTER

NAFR - Quebec Branch

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A Word from the President

Dear Members,

The Quebec General Election of October 3, 2022, ended with a clear victory for the CAQ and a difficult campaign for many party leaders.

We had sent a letter to each and every one of the candidates in our ridings on behalf of the Quebec Branch and we are still keeping the channels of communication open with the elected officials in order to defend your interests as federal retirees.

Truce on the pandemic. In 2022, the forces of nature have been at work in our region, with major landslides in the Saguenay, the passage of post-tropical storm Fiona in the Magdalen Islands, and more recently, "prolonged" power outages in Quebec, especially in the Capitale-Nationale, the North Shore, and the Saguenay-Lac-Saint-Jean. The world is still heading towards a global warming that could exceed 2.7°C. Unfortunately, in Quebec, the increase would be even higher, up to 3.5 or 4°C in the south of the province.

The Ouranos Climate Research Consortium, through its Director General, Alain Bourque, reiterates that Quebec must prepare for the impacts of climate change. Various health problems are likely to increase. The Ministry of Transport has identified no less than 273 vulnerable road segments in the Lower St. Lawrence, Gaspé, and Magdalen Islands areas. Last December, the Auditor General, Guylaine Leclerc, revealed that the average duration of outages had increased by 63% between 2012 and 2021, when extreme weather events were excluded. Hydro-Quebec had already launched a program to make up for years of backlogged maintenance, including the cutting of trees and other vegetation near power lines. According to Ms. Leclerc, this plan has only been partially implemented.

It is obvious that we will eventually have to make a real assessment of our resilience. On the international level, after the COP27 on climate, on the shores of the Red Sea in Egypt, the COP15 on biodiversity was held in Montreal. The international community committed to protecting 30% of the world's land and water.

It remains to transform these victories into concrete gains on the ground.

More concretely, in our community life, where you can make a significant difference, on solid ground, I solicit your collaboration. We need volunteers in order to maintain the services we offer to our Branch members. For example, we will need to replace a few volunteers who are ending their term on the Board of Directors or on the Branch's volunteer activities team, many of whom have been working for several years.

The Annual General Meeting is scheduled for April 14, 2023. To all those who want to join the Quebec Branch team, let us know quickly. Especially if you have skills in graphic design, accounting or financial strategy, secretarial skills, do not hesitate to contact us. Your branch will be eternally grateful to you.

Let me offer you all, on behalf of your Board of Directors, our best wishes.

René Grenier, President



ADVOCACY

By **Micheline Lefrançois**, 1st Vice-President

Public Service Health Care Plan (PSHCP)

Many of our members are asking for information on the new RSHCP with Canada Life Assurance Company effective July 1, 2023.

Many of your questions will be answered by reading the PSHCP Bulletins, including the September Transition to the New Director [PSHCP Bulletin Number 44 \(sunlife.com\)](#) and the November Newsletter on How to Prepare for the Transition – [Prepare for the Transition – Update Your PSHCP Pre-Enrolment Information - PSHCP-AA](#) In this most recent Bulletin you will find information on how to update yourself online or by obtaining a paper Form to be completed.

"The important thing is that you update your contact and pre-enrolment personal information that will be securely transferred from Sun Life to Canada Life before July 1, 2023."

For additional information on the new services covered by the new agreement that will come into effect on July 1, 2023, I recommend that you read the SAGE magazine Winter 2022 issue, pages 22-23 where you will find information on the new services.

At the same time, please inform our office of any changes to your contact information (address, email, telephone) in order to update our system and thus better communicate with you. Just email us at: anrf@bellnet.ca

Always in communication with our elected representatives

On December 8, president René Grenier wrote to each newly elected Member of l'Assemblée Nationale our the 32 ridings congratulating them on their election or re-election. At the same time, we reminded them of our priorities and issues that were shared during the last provincial campaign to put in place the programs and budgets needed to modernize care and services for seniors.

In the same mailing, a copy of SAGE magazine with our Branch Insert were included to inform each representative on the issues facing our Association and the efforts our Branch is making to inform and stimulate its members.

I invite you to read a specimen of the letter sent to the 32 MPs ([specimen link of the letter](#))

President and Vice-President become members of Branch 265 of the Royal Canadian Legion

On December 10, President René Grenier was sworn in as a member of Branch 265 of the Royal Canadian Legion as an ordinary member following a career in the Coast Guard.

During the same ceremony, vice-president Micheline Lefrançois was sworn in as an associate member.

Members of the Royal Canadian Legion are part of the extended family of federal retirees, many of whom are members of our Association.

Congratulations to René and Micheline !



Swearing in of René Grenier



Swearing in of Micheline Lefrançois, 3rd from the left

Meaning of membership types

Regular Membership: This category is open to military members, reservists, members of the RCMP, police officers, members of the Canadian Coast Guard, and others as recognized in the General Constitution, whether they are still serving or retired. **Associate Membership:** This category is for those who have a relationship with a person who is or was eligible to be an 'ordinary' member: parents, spouses, widows and widowers, children, grandchildren, siblings, and nieces and nephews.



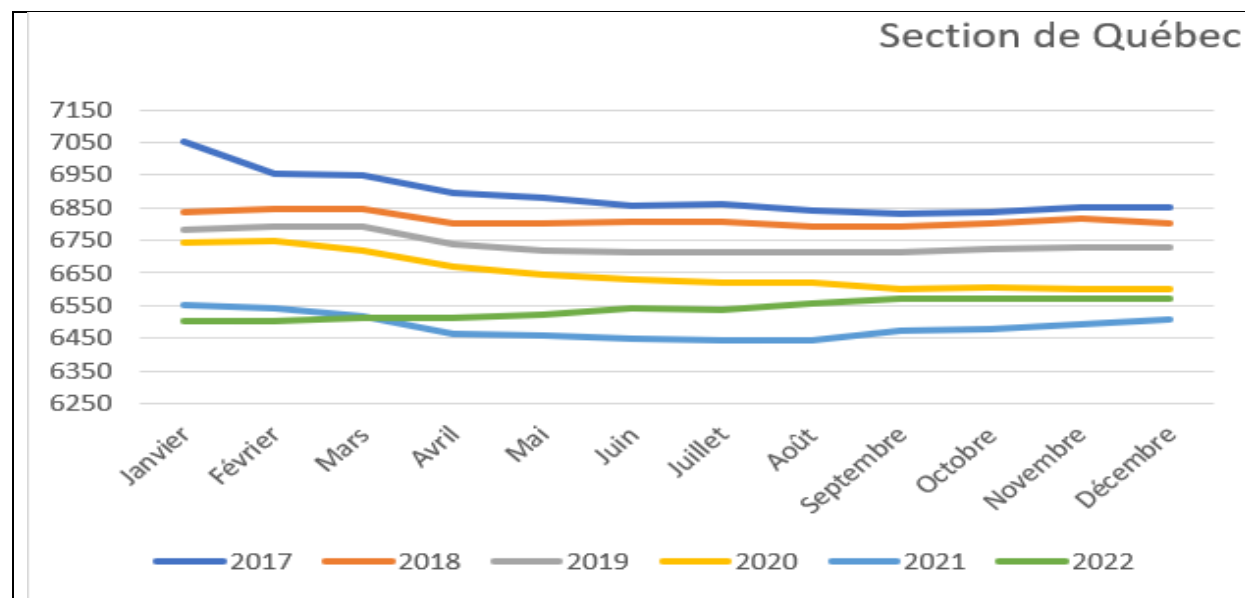
RECRUITMENT

By **Claude Larochelle**, 2nd Vice-President

The year 2022 allowed us to get 140 new members. Needless to say, the pandemic has cost us a lot. But, since 2021, the number of members has been increasing and we will soon return to pre-pandemic numbers.

In the field of practical recruitment, good and not so good news. The good news is that we had a very good FADOQ show. Many non-member retirees came to visit us. From the not so good news, we lost our gateway to «retirement preparation training». Nearly all such training courses are done online. We are working on ways to insert an NAFR module into this training. Another way to promote our association was Public Service Week. With the pandemic, teleworking is ever present, and many public servants report to the office once a week. This means that there is no longer much value in setting a booth to mark that week. We were usually there during that week.

Here is a graph that shows the number of members versus years. You can see that 2020 was difficult year to retain our members. We believe lockdowns and travel restrictions are the cause. Many retirees are members who would take advantage of Johnson's travel insurance. However, in the fall of 2021, we see a good recovery that kept up until December 2022.



Finally, I ask for your help in recruiting new members. You all know retirees who do not know our association. Tell them about your experience as a member and invite them to contact our office. Edna, our coordinator, will be delighted to help them fill out the paperwork and thus facilitate their memberships.

Thank you for your support!



BAS-SAINT-LAURENT-GASPÉSIE REPORT

By Sylvie Harrisson, Director

I represent NAQR at the Table de concertation des aînés (TCA) de la Matanie. At the October 2022 meeting, we invited representatives from the CISSS du Bas St-Laurent to discuss seniors' issues in our area. It was agreed that from now on, there will be a decision-making representative of the CISSS at each of our meetings.

In December 2022, as head of the TCA-Matanie subcommittee on «housing and seniors», I and the Chair of the Table Kathleen Bouffard met with a journalist from Radio Canada. The latter, Ms. Brigitte Dubé published an article on December 16, of which here is an excerpt (translation):

Concerned about the lack of housing and the isolation experienced by seniors, the Table de concertation des aînés de la Matanie asked the City of Matane to allow the construction of «tiny houses». The project is being studied by the urban planning department.

The Table des aînés wants these 'tiny houses' to be built from an intergenerational perspective. They could, for example, be located in an eco-neighbourhood or on land already occupied by the residence of caregivers who want to live close to their parents.

"A tiny house on their children's land would be the solution for them."

— A quote from Sylvie Harrisson, head of the new housing committee at the Table des aînés

This idea is defended by the head of the new housing committee at the Table des aînés, Sylvie Harrisson, who is also a director of the National Association of Federal Retirees (NAFR) for Bas-Saint-Laurent-Gaspésie.

I listened to the people around me, then I looked at the needs and many told me that it would be ideal for them to be able to stay close to their children without living in the same house, she says.

Sylvie Harrisson is also excited about the concept of eco-neighbourhoods or tiny house parks. We see park projects with small houses around, she describes. It is a mix of elderly people with young people and children.

"It brings back the values of mutual aid of the past when seniors were closer to families, but here, everyone has their space."



Kathleen Bouffard, President of the Table de concertation des aînés de la Matanie and Sylvie Harrisson, Head of the Housing Committee
PHOTO: RADIO-CANADA / BRIGITTE DUBÉ

"As we need to attract people, I think it could appeal to young families. It would make a more dynamic and lively city. »

Consultation in full at : [Des aînés de la Matanie rêvent de mini-maisons Radio-Canada](#)

I would also like to take this opportunity to thank the volunteers who represented us on Remembrance Day.

To all of you a Happy New Year 2023!



Saguenay-Lac-Saint-Jean Report

By **Ghislain Lavoie**, Director

At the beginning of this year, I wish everyone health. We have decisions to make to preserve it, such as eating everything in moderation and taking a walk or other physical exercise. To this I add joy and peace.

To participate in the 'Explore Québec Program', a half-price trip to Montreal, there are a few seats available. Together, let's recruit new members.

Breakfasts:

La Baie – The first Tuesday of each month at the restaurant Lucerne, [1302 rue Bagot, La Baie](#) at 9:00.

Alma – The last Wednesday of each month, at the Pacini restaurant, [1000 boul. des Cascades, Alma](#) at 9:00.

News from the Tables de concertation des aînés (TCA)



By **Serge Boisseau**, Représentative - TCA – Chaudière-Appalaches

In her WISHES OF THE SEASON, our president, Mrs. Nicole Champagne, reported that the year 2022 had been for the TCA-CA a year of action, including:

- The publication of 5 OPINIONS,
- A press conference with an appeal to political parties and
- The Congress of 17 November.

Following the Congress, an evaluation was presented to the Board on 1) the topics covered, 2) the theme and 3) the discussion period. [Follow-up to the Congress \(in French\)](#)

In another vein, the Government of Quebec has released the 2022 edition of the [program and services guide for seniors](#), which aims to make Quebec seniors and their loved ones aware of the main government programs and their services.

FYI: Quebec City area: 514 644 4545

Elsewhere in Quebec: 1 877 644 4545

We received the call for nominations for the Lieutenant-Governor's medal with a deadline of February 01, 2023, to submit a nomination.

Later in the season, we will have a call for nominations for the Seniors Tribute Award, which recognizes the outstanding contribution of a senior and what it brings to the community.

In closing, I would like to take the opportunity of the beginning of a New Year to state that the main mission of the CA/TCA is to promote best living conditions for seniors through exchange, sharing, consultation, partnership, and cooperation.



By **Nicole Laveau**, Secretary of the Board of Directors, **TCA - Capitale nationale**

Various presentations will still be offered. These conferences are open to all and will be held in the afternoons.

Here are the next dates:

- ☐ February 15, 2023 - Public transit in the Québec City region
- ☐ April 19, 2023 - Housing for seniors, all facets with the CIUSSS-CN.

As part of the International Day of Persons with Disabilities on December 2, a video on the Capital Paratransit Service (STAC) was produced. Its distribution aims to raise awareness of this service and help users to better understand the role of the different groups of employees who contribute to the smooth running of the paratransit. I invite you to watch this 5 minutes video [Vidéo STAC-Transport adapté](#).

Here is also the [December 2022 TCA-CN Newsletter](#)

Stay tuned and be prepared

INDEXATION RATE - Retired Members – Pension 2023

As of January 1, 2023, the indexation rate for federal public service pensions is 6.3%. For more information, consult: [Indexing rate - Retired members - Pension - Canada.ca](#)

END OF EPOST SERVICE

This Canada Post service ended in December 2022. Our documents will be temporarily sent by the postal service.

However, to ensure that you are informed of upcoming developments, you must be registered with the compensation notification system.

If you haven't already done so, do it now by clicking on: [Registration - Notification](#)

Tax season is approaching

In order to be ready and not to forget anything, here are some @liens :

[Want to avoid delays at tax time? Use our digital services! - Canada.ca](#) and register to [My Account for Individuals - Canada.ca](#)

[Tax Credits | Revenu Québec \(revenuquebec.ca\)](#) and [Income tax credits and deduction |](#)

Note that all information for 2022 has not yet been updated.



BRANCH HOLIDAY PARTY OF 3 DECEMBER 2022

The Quebec Branch Holiday Party on December 3rd at the Quebec City Cruise Terminal was a tremendous success. This year's party was jointly organized with Quebec Branch 265 of the Royal Canadian Legion. A good many members are also part of the large family of federal retirees. The meal, the music and the many door prizes certainly pleased the participants. Congratulations to the organizers and to all the winners.



Some pictures of
our many
winners

As a follow-up to this festive event, the committee thought it appropriate to conduct a survey to measure the degree of satisfaction of the participants. The following is a summary of the responses.

Participants found it quite easy to find the party venue and found adequate parking. However, the ticket system, for free parking, could be improved. The appreciation of the room for dinner and dance was rated by the majority of participants as excellent to very good. In terms of meal and service, it varies from fair to excellent. If we take an average, I would say that it was judged very well.

Thank you to the hard-working volunteers of the Branch who contributed to the success of this evening: Germain Boivin, Claude Larochelle, Serge Boisseau and Micheline Lefrançois.

The 5 à 7 Virtual Holiday Holidays of December 21, 2022

On December 21, 2022, a 5@7 was offered to members of the Branch to express and receive their good wishes. A special thank you to violinist Aurélie Thériault Brillon who was able to delight all participants with classical and traditional pieces of the Holidays. Thanks to Sylvie Gosselin who prepared a Costa Rican cocktail for us on the screen! Thanks also to Rock Giguère, horticulturist who taught us how to take good care of our poinsettia. President René Grenier thanked the many participants who made this virtual meeting a much appreciated happening.



The virtual evening began with Aurélie Thériault Brillon, violinist who charmed us with her quality musical performance. Aurélie has just completed her doctorate in music from Laval University and already has several experiences to her credit in Quebec, Canada and internationally. For more, read her biography [HERE](#)

Many thanks to Sylvie Gosselin and René Grenier for concocting a Tamarind Mojito, a tasty Costa Rican cocktail.



Rock Giguère, Horticulturist-Author, Host and Speaker. Rock is the author of several books presented below and a new one is in the works.

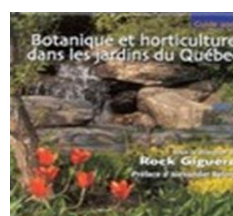
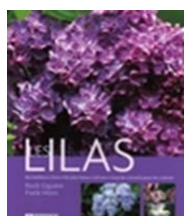
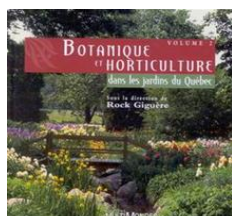
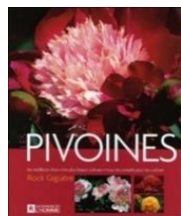


Thank you very much Rock for your presentation on the maintenance of the poinsettia.

A big thank you to Sylvie Harrisson, administrator of Bas-Saint-Laurent-Gaspésie for organizing this beautiful presentation and for introducing us to Rock Giguère!

Serge Boisseau, master of ceremony





Some books by
Rock Giguère

Videoconference:

Patricia Gallant, the Four Seasons at the Jardins de Métis

The Quebec Branch is pleased to invite you to a videoconference to be held on:

Wednesday 8 February 2023, at 10 a.m.



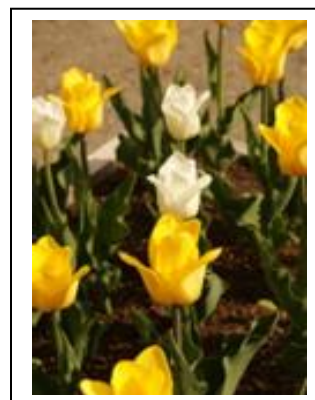
An hour in pictures to go around the whole year of gardening, with those of Métis as an example, including tips and ideas for each season.

In about an hour, Ms. Gallant will also answer your questions!

Patricia Gallant - Photo crédit René Marquis



Photos from
Patricia Galant



Ms. Gallant's profile: "I am a native of Gaspésie, more precisely St-Alexis de Matapédia! I studied phytotechnology in La Pocatière in the early '80s. I "exiled" myself for a few years in Western Canada to return to the region and find the great job I still have - horticultural technician at the Jardins de Métis in 1988. »

Registration required -

Please register now by clicking on the registration link below. You will receive a confirmation and some reminders until the date of the conference.

Wednesday 8 February 2023, at 10:00 am – [Registration link](#)

The Branch's monthly breakfasts in Quebec

Next breakfast, Wednesday, January 25, 2023, at 8:30 am, at the Normandin restaurant at [986, rue Bouvier, Québec, G2J 1A3](#), 418-627-1265.



Annual General Meeting (AGM)

Please note that the Annual General Meeting of the Quebec Branch will be held on Friday, **April 14, 2023 at 9:30 a.m. at Patro Roc-Amadour, Salle Père-Raymond-Bernier, 2301 1st Avenue in Quebec.** Election of directors. More information will follow.

10 DES 2 RIVES HIVER 2023



Créé il y a plusieurs années par M. Roland Langevin pour les clubs de la FADOQ-RQCA, le Grand Livre de trésorerie FADOQ a fait du chemin ! Présenté au Réseau FADOQ l'année dernière, l'outil de trésorerie est accueilli avec succès à travers les régions. Il est tant apprécié que la région de Rive-Sud-Suroît lui a remis un trophée de reconnaissance pour son implication dans leur région. Bravo M. Langevin !

Sur la photo, de gauche à droite : Anne-René Hert – Directrice générale de la Région Rive-Sud-Suroît, M. Roland Langevin et Mme Lucie Hébert – présidente de la Région Rive-Sud-Suroît.

Tribute to Roland Langevin

Mr. Langevin is also Treasurer and Director of Finance of NAFR - Quebec Branch.

Kudos Roland!

Driver's License and Neurocognitive Disorders

Following the concerns of several members, we believe it is important to share with you the clarifications issued by the Société de l'Assurance automobile du Québec for driver's licence holders with neurocognitive disorders.

(Translation) QUEBEC CITY, Dec. 14, 2022 /CNW Telbec/ - Following various questions raised in recent weeks, the Société de l'assurance automobile du Québec (SAAQ) wishes to provide clarifications regarding the administration of the files of clients diagnosed with dementia.

First, although the SAAQ has made adjustments in the processing of these files, the diagnosis of a neurocognitive disorder does not systematically result in the suspension of a driver's licence. In practice, a suspension will be applied in certain cases, following the recommendations of a health professional, until an SAAQ representative assesses the driving skills on the road, or an occupational therapist conducts a functional assessment of the persons concerned. This avoids any confusion about the validity of the permit and promotes the safety of all road users.

Thus, this measure does not affect drivers who have been diagnosed with mild neurocognitive disorder and whose state of health does not represent a risk to road safety. There are several thousand people who have been diagnosed with such a situation and still hold a valid driver's license. The SAAQ annually monitors the evolution of their state of health through medical reports prepared by health professionals.

The development of dementia can have a significant impact on many aspects of life, including the safe operation of a motor vehicle. It should be noted that it is the functional limitations resulting from a medical condition, regardless of age, that are important in determining the ability to drive.

Thousands of individuals, young and old, suffer from neurocognitive disorders. These individuals or their loved ones are encouraged to speak with a health professional to learn more about the effects of these disorders on driving.

View original content at: [SAAQ - Communiqué de presse](#) (In French)



ACTIVITIES AMONG LEGIONNAIRES

By Jean-Marc Demers, Secretary General

Members of the federal family are active in the Canadian Legion community. The last two issues of "LEGION" magazine - November/December 2022 and January/February 2023 - report interesting activities of their members in legion branches in the region of our NAFR Branch. We found it important for our members to briefly compile below a short description of these activities.

1. **Saint-Eustache de Deux-Montagnes Legion Branch** - On September 24, 2022, after two years of the pandemic, more than 150 Quebec legionnaires gathered for the 59th Québec Convention in Saint-Eustache. President Ken Ouellet presented his report in both official languages. Mr. Ouellet noted, despite the Pandemic, several successes: the new commemorative veterans licence plate is on some 30,000 vehicles; 15 municipalities throughout the province have designated parking spots for veterans; an increase in younger veterans joining; creation of a new leadership course. Among the members elected vice-presidents, we can recognize Mr. Luc Fortier of Chicoutimi.

2. **Rimouski Legion Branch** - Marius Desbiens, Jean-Roch Lavoie, Jean Thériault and Hugues Gagné of Joseph Kaeble VC, MM with Rimouski Mayor Guy Caron and Member of Parliament Maxim Blanchette-Joncas celebrated the 100th birthday of Second World War veteran Roland Gaudreau.
3. **Alphonse Desjardins Legion Branch of Lévis** - Jean-François Côté of the Lévis Branch presented the cadet medal of excellence to Sergeant Olivier Laflamme of Squadron 776. In further activity, Serge Morin and Lucie Labrecque participated in the Canadian Flag Raising Ceremony on Canada Day 2022.
4. **Beauce-Dorchester Legion Branch of Saint-Georges** - Luce Poulin received a "Quilt of Valour" from Carole Lussier in recognition of her 25 years in the Canadian Armed Forces.
5. **Arvida Legion Branch** - It was in good humor that the "Welcome" to the New Legionnaires and L.A. ceremony took place.
6. **Baie-Comeau Legion Branch** - Yvon Boudreau, André Landry, Hubert Landry and Dany Racine of the North Shore Branch joined their colleagues at the 29th Annual Golf Tournament in support of the "La Vallée des Roseaux" end of life house.

Here are, in addition to some notes on the 59th Quebec Convention held in Saint-Eustache, interesting events inside the branches of the Canadian Legion in Eastern Quebec, highlighted in the last two publications of the "Legion" magazine.

Have your say

The November 23, 2022, zoom conference, Healthy Aging: Nutrition by Julie St-Jean, RD was much appreciated. Louise Magnan, one of the members who attended, commented:

« Merci beaucoup de nous avoir donné l'opportunité d'assister à cette conférence fort intéressante et très bien présentée !! Merci à madame St-Jean, ainsi qu'à toute l'équipe de l'ANRF, qui a préparé cette excellente visioconférence !! Bonne santé à vous! »

Branch Office Hours



Edna Richer,
coordinator

Our office has resumed its usual hours
 Schedule: 1:00 p.m. to 4:00 p.m. Monday to Thursday
 Phone: (418) 661-4896 toll free: 1-866-661-4896
 Email: anrf@bellnet.ca
 Website: anrf-sq.org
[Follow us on FACEBOOK](#)

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



Scan this QR code with the camera of your cell phone or tablet to go to our website where you will find more content about our activities.

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