

NEWSLETTER

NAFR - Quebec Branch

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A Word from the President



Hello to all our members.

Spring is the festival of meetings and this time in person. We had our Annual General Meeting (AGM) at the Patro Roc-Amadour on April 8th. Despite the gloomy weather and snow, almost everyone who had registered attended. The National President, Jean-Guy Soulière, came in person to bid us farewell as he will be finishing his mandate in June. Thanks to all the volunteers who made this meeting a success. Following discussions at the AGM about the Quebec Branch's presence in the public sphere, we published an insert "Accueillons les réfugiés ukrainiens" in the Journal de Québec of Friday, May 6 and in Le Soleil of Saturday, May 7, 2022, encouraging Canada to spare no effort in providing humanitarian aid to Ukrainians.

The Outaouais Branch hosted the District of Quebec meeting in Gatineau on May 4 and 5. Micheline Lefrançois and Diane Legros accompanied me to this meeting, which included the presidents and representatives of the other five Quebec Branches, the National President and the General Manager and the two Quebec District Directors. Participants discussed governance, the election of a new national president and had a video conference with the three candidates, Branches funding, membership recruitment and retention, the action plan for the upcoming Quebec elections and help for the translation of our newsletters for our English-speaking members in Quebec.



We will meet with our members from the Saguenay-Lac-Saint-Jean on **May 20th in Jonquière** and those from the Bas-Saint-Laurent-Gaspésie on **May 26th in Matane**. For the Bas-Saint-Laurent Gaspésie region, a new member of the Board of Directors will be elected to replace our colleague Bruno Beaulieu who is ending his mandate. A big thank you Bruno for your services! We have a candidate in the running, Sylvie Harrison, a seasoned volunteer, Sylvie is already familiar with our Board of Directors. We hope to see many of you.

I will be representing the Quebec Branch at the FADOQ Quebec Region General Meeting on May 31. And then in early June, it will be the NAFR Annual General Meeting in Gatineau. I have a good feeling about two candidates that the Quebec Branch has put forward. We'll talk about it!

René Grenier, President of the Quebec Branch

News from the AGM held on April 8, 2022

Great success!

The presence and a presentation of the National President, Jean-Guy Soulière.

As per tradition, our college Serge Boisseau was our Master of ceremony.

Attending members visited our three booths in good numbers. The Annual Report of our president René Grenier was appreciated.

The illustrated reports of the chairs of the five committees of the Branch, namely Recruitment (Claude Larochelle), Communications and Advocacy (Micheline Lefrançois), CovidExit (Jean-Marc Demers) and Social and Cultural Activities (Germain Boivin) captivated the interest of our members.

The Director of Finance and Treasurer, Roland Langevin, presented the 2021 financial statements and asked for approval of the 2022 budget. He also tabled the Auditor' Report of Gaétan Bourbeau. Mr. Bourbeau was reappointed.

Mr. Langevin was reelected for a second term.



Mr. Guy Abel was elected director. Mr. Abel said he was pleased to join the Branch's Board of Directors. Mr. Abel is a pre-retiree of the Department of Shared Services Canada.

A further election is scheduled during the next General Information Meeting (GIM) to be held in Matane on May 26.

In addition, two interesting presentations were greatly appreciated. Here is a summary and some @links that will be useful to you:





**Conference by Me Julie Baillargeon-Lavergne,
Public Curator and Me Sophie Gravel, Secretary
General**

Topic: Revision of the personal protection system:
Better protect those who need it.

On the picture from left to right: Jean-Marc Demers, Me
Sophie Gravel, René Grenier, Me Julie Baillargeon-
Lavergne, and Jean-Guy Soulière.

AN ACT to amend the CIVIL CODE, the CODE OF CIVIL PROCEDURE, the Public Curator Act and
various provisions relating to the protection of persons.

PASSED ON JUNE 2, 2020

Effective date: November 1, 2022

Have you heard about this Act?

This Act will have an impact on people in vulnerable situations and their families.

In addition to offering better protection, it will ensure greater respect for their autonomy, their rights, and
their wishes and preferences.

Click here to access the very informative documents handed to the attending members.

[The New Law](#), [The assistance measure](#), [Modulation of the Tutorship](#), [FAQ -New Law](#) (In French)



The assembly



The interactive presentation '**Fatigue at the wheel**' by
Alexandre Dombrowski, consultant with Société de
l'assurance-automobile du Québec (SAAQ) provided important
information about applicable legislation and the bare facts that
22% of fatal accidents in Quebec are due to «fatigue at the
wheel». He pointed out tips and recommendations to avoid it.
[Driver Fatigue](#)

Mr. Dombrowski answered several questions about medical
self-reporting, which replaces the requirement for medical
reports by health care professionals for people between the ages of 75 and 80. [Link to the attached
document.](#)


 AGENCE
JULIE LABBÉ

Thanks to Ms. Julie Labbé and Mr. Gaétan Matte, social worker, who presented their services at an information booth and answered members' questions on the choice of private residences for seniors.

Julie Labbé, Residential Consultant
Consulting services in private residences for seniors

julielabbe@agencejl.ca

418 580-3793

Many thanks to Mrs. Labbé for offering a wonderful basket of maple products for the door prize draw. Many thanks to Gaétan Matte, who offered as a door prize the book "Deux québécois en kayak sur l'Illinois et le Mississippi", which he co-authored.



strøm
 SPA NORDIQUE
 Centré sur l'équilibre

Thank you to STROM Spa Nordique in Old Quebec who offered two thermal experiences and made two members happy during the door prize draw.

<https://www.stromspa.com/vieux-quebec/>



Association nationale
des retraités fédéraux
 Section de Québec
anrf-sq.org

**ACCUEILLONS LES
RÉFUGIÉS UKRAINIENS!**

« La section de Québec de l'Association nationale des retraités fédéraux croit nécessaire pour le Canada de ne pas ménager ses efforts d'aide humanitaire et de coopération en matière de défense et de sécurité, afin de protéger les Ukrainiens et préserver la souveraineté de l'Ukraine.

Nous demandons au Canada et au Québec d'augmenter de toute urgence leur soutien, notamment aux femmes, aux enfants et aux aînés Ukrainiens, et de faciliter leur accueil au Canada. »

René Grenier
 Président de la section de Québec

www.anrf-sq.org
anrf@bellnet.ca
 1 866 661-4896

Facebook : Retraités fédéraux section de Québec



Following the decisions taken by our Board of Directors (BOD) and the Annual General Meeting of members (AGM) on April 7 and 8, 2022 respectively, the President has published the attached notice, prominently displayed on our website and Facebook page.

He also had it published on Friday May 6, in the Journal de Québec on page 20 and on Saturday May 7, in Le Soleil on page 12.

The President encourages you to post this notice on all your networks.

By Jean-Marc Demers
 Secretary General



For those interested in supporting the Ukrainian community, we suggest you contact the Quebec City website: Supporting the arrival of immigrants <https://www.ville.quebec.qc.ca/citoyens/immigrants/soutenir-ukraine/index.aspx>. Several services are available, including volunteering, material or monetary donations, employment and housing.

There is also Le Tremplin in Lévis <http://www.letremplinlevis.com/> an organization dedicated to welcoming immigrants. They are active on Ukraine refugees. Warm thanks from the Quebec Branch for your generosity and courtesy towards the Ukrainian community.



News on recruitment

By Claude Larochelle, 2nd vice-president

Back to direct mailing

According to our statistics, the [We-recruit-federal-retirees](#) local weekly page would have brought in over 30 new members. Many thanks to the team for this achievement!

Retention Statistics

All Quebec Branches together ranked first for membership retention! We like to think that this is due to the work of our volunteers who advocate for us and our communications that keep members informed. Keep in mind that there is strength in numbers when we make our representations to politicians.

Recruitment Activity

At the end of April, we had the opportunity to promote our Association activities to a group Canada Revenue Agency (CRA) Retirement Preparation Training. More than 25 participants attended. This presentation was done virtually, which shows that we have been able to adapt to this new reality of the teleworking world.

Return on the Sugar Shack Activity

I was proud to fill in for Germain Boivin at the Sugar Shack activity held at the «Cabane à sucre du Cap» in Lévis. The meal was excellent, and the taffy was abundant.



For those who were unable to attend, the activity should be repeated next year.



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.



SAGUENAY-LAC-SAINT-JEAN REPORT

By Ghislain Lavoie, Director, SAGUENAY-LAC-SAINT-JEAN

General Information Meeting (GIM)

You are invited to our General Information Meeting to be held on **Friday, May 20, 2022 at 9:30 a.m.** at [Delta Hotels Centre de congrès Saguenay](#), 2675 Boul Du Royaume, Jonquière, Canada, Quebec G7S 5B8 Tel: +1 418-548-3124. To get there. A lunch will be served. All information will be posted on our web page: [Anrf-sq.org](#).

See the [Communiqué](#) (in French)

IMPORTANT:

Change of restaurant for our monthly breakfasts in La Baie:

Be informed that the monthly breakfast in La Baie every first Tuesday of the month at 9 a.m., will now take place at Restaurant Le Lucerne, 1302, rue Bagot, La Baie, G7B 2P4 Tel: 418 544-0409.

Stay tuned for the latest news by visiting our Branch web page and look for Saguenay-Lac-Saint-Jean.

In Alma/Lac-Saint-Jean, lunches are held on the last Wednesday of the month, at 9:00 a.m. at the Pacini restaurant, 1000, boul. des Cascades, Alma G8B 3G4 418-668-0872

Check the public health instructions.



BAS-SAINT-LAURENT-GASPÉSIE REPORT

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

General Information Meeting (GIM)

You are invited to the General Information Meeting of the Bas-Saint-Laurent-Gaspésie which will take place on **Thursday, May 26, 2022, 9:30 a.m.**

PLACE: Matane, [RIOTEL](#), River Room, 250 Ave du Phare E.

REGISTRATION REQUIRED: For those who are not already registered, we invite you to do so now by email anrf@bellnet.ca or at 418-661-4896, deadline: May 16

Lunch included, please specify your choice when you register.

There will be 2 interesting presentations, as well as the election to the Board, and door prizes.

See the [Communiqué AGI](#) (in French)



Seniors' Concertation Tables (SCT)

By Serge Boisseau for Chaudière-Appalaches,

A lot of action at the Table de concertation des aînés de Chaudière-Appalaches since the meeting of November 23, 2021. In order to ready the complete report, please click to the attached documents: [Avis](#), [April 21, Newsletter](#) and

the [Communiqué ci-joint](#) (in French).



Last Farewell to Yves Bouchard

By Micheline Lefrançois, 1st vice-president

As announced in a [press release](#), our colleague Yves Bouchard passed away on April 1st.

At the Board of Directors meeting on April 7 and the AGM on April 8, his former colleagues acknowledged his important contribution. As a symbol, our colleague Germain Boivin and his wife placed this lit candle in front of the seat Yves usually occupied.



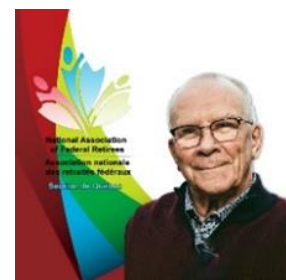
Yves' funeral took place in his native Charlevoix in Saint-Urbain. Many members of the Branch attended. As was Yves wish, his close collaborators Serge Boisseau and Micheline Lefrançois made mention of some of the great projects that have been implemented with great complicity over the past years. Rest in peace, Yves!





Social Activities – Quebec Branch

By Germain Boivin, chief event organizer



In pictures, the Success Story of the April 12, 2022, La Cabane à sucre du Cap, Lévis.



THERE is still time to register for the **Beaumont-St-Michel Evening at the Theatre** on Friday, July 1, 2022. There are still a few places left for the theater, and the pre-theater dinner.

To register, contact me at: g-boivin@videotron.ca

The **2022 golf season** started again on Tuesday, May 10, 2022, at the Royal Charbourg Golf Club on a beautiful sunny day. About 20 of us were there to enjoy it.



The monthly breakfasts in the Quebec City/Chaudière-Appalaches region has resumed. The next - and last one before the summer break - will be held on Wednesday May 25, 2022, at the Normandin-Lebourgneuf Restaurant.

Claude Larochelle's Picture

April 27, 2022

KEEP informed! Visit our website under the tab [Social Activities Quebec Branch](#) or our [Facebook page Quebec Branch](#).





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
**From June 25 to September 3, 2022, our office will be open
from 1:00 p.m. to 4:00 p.m. on Wednesdays and Thursdays.**

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

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

E-mail: anrf@bellnet.ca

Web Site: anrf-sq.org

[Follow us on FACEBOOK](#)

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

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle



Gilbert Sauvé

NEXT NEWSLETTER JUNE 30 2022

Note: UNOFFICIAL TRANSLATION FOR THE MOST OF THESE ARTICLES
TRADUIT AVEC www.DeepL.com/Translator (free version)

