

# NEWSLETTER

## NAFR - Quebec Branch

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### A Word from the President



Hello to all members,

I hope you enjoyed the summer season. A season likely to go down in history for its frequent thunderstorms, lots of rain, hot July days and numerous forest fires. But it's not just the weather that's likely to go down in history. As you know, our Public Service

Health Care Plan (PSHCP) is now with Canada Life. For many, the transition has gone smoothly, but for many plan members, the experience of transferring to the plan has not lived up to expectations.

Since June, our colleague Edna Richer has been receiving numerous calls for help from our members at the Branch office. Clearly, the quality of service provided by the new administrators has been frustrating, to put it politely. A headache to reach someone on the phone, long waits, not being able to leave a message on the phone or on the website, no answer or return call after filling in the form, refusal for a pharmacy refund for some, etc.

The Quebec Branch office is there to help our members about the Association. But here, we were picked up by incessant surges from June onwards. I can assure you that Edna has not been idle, even outside office hours. Her phone was always ringing and the message box full. Fortunately, with her contacts, Edna was in constant communication with an employee at the National Office; and between them, they managed to push and follow up on urgent files at Canada Life.

Micheline Lefrançois and I did our best to help the cause, but it's not always easy. A huge thank you to Edna and also to Micheline, who didn't hesitate to offer her support, for your patience and dedication, on behalf of the Branch members.

The tenth edition of the Salon FADOQ 50 ans + Régions de Québec et Chaudière-Appalaches will be held on Friday, October 13, Saturday, October 14 and Sunday, October 15, from 10:00 a.m. to 4:30 p.m., at the Centre de foires de Québec. This is an opportunity for our Branch to be seen and to recruit. We look forward to seeing you at the Quebec Branch booth. It's always a pleasure to chat with you.

Don't forget our breakfasts on the last Wednesday of each month at 08:30, at the Normandin (Bouvier) restaurant for residents of Quebec City and Chaudière-Appalaches, or according to your own schedule elsewhere in the region. For many of our members, we'll see you soon at our booth at the Salon de la FADOQ and at our fall virtual conferences.

Let's enjoy the Fall!

René Grenier, President, Quebec Branch



## ADVOCACY

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

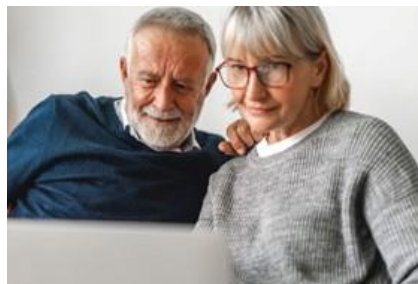
### CANADA LIFE TRAVEL ASSISTANCE

If you're planning an out-of-province trip, don't forget that as of July 1, 2023, MSH International will be the PSHCP provider of out-of-province emergency travel assistance, and comprehensive coverage for members residing outside Canada.

Printed on the back of your Canada Life card is the information you need to contact MSH International. The MSH International member portal is available to submit claims online.

Call MSH International: In North America: 1 833 774-2700 (toll-free)  
International calls: 1 365 337-7427 (collect)  
Website: [rssfp-msh.ca](http://rssfp-msh.ca)

You can register in advance on the MSH Register. [Register - MSH International \(rssfp-msh.ca\)](http://Register - MSH International (rssfp-msh.ca)).



### The back of your Canada Life card - Travel information



### PSHCP - CANADA LIFE - DID YOU KNOW THAT...

You must create a Canada Life account in order:

- To submit your claims,
- To track your claims,
- To obtain answers by e-mail or chat, and
- To consult information on services offered to plan members.
- Click here, or from Google write «**PSHCP Canada Life Login** » and click «**Register**» and add your **e-mail address and password**.
- Once registered, you will also have access to the [Plan Member Booklet](#) and all eligible services and benefits. You will be able to save this booklet.



Information is also available in the **SAGE Magazine - Summer 2023 Issue, page 34.**

[Sage Magazine Summer 2023](#)



**Edna Richer,  
Coordinator, Quebec Branch**

As you know, the July 1 change in our public service health care plan administrator, Canada Life, has prompted many questions. Many of you contacted our Branch office, and our coordinator, Edna Richer, did her utmost to answer your questions and obtain information, often outside office hours and on weekends. Many of you have commented on Edna's warm welcome and quality of service.

Thank you so much Edna for your invaluable help in providing our members with exemplary service, under conditions that are not always easy.

Your help is greatly appreciated!



**Québec City and Lévis**  
418 681-9797 – 1 866-681-9797

HARMONIA FUNERAL HOME offers to members of the NAFR exclusive discounts on all its funeral arrangements and funeral prearrangements.

- For **funeral arrangements**, a **discount of 10%** on some goods and services up to **300\$**
- For **funeral prearrangements** a **discount of 10%** up to **200\$**

This discount is also applicable to **first-degree relatives**.

Communicate with Harmonia without hesitation be it for an imminent death, a death that has occurred or for funeral prearrangements.



## RECRUITMENT

By **Claude Larochelle**, 2nd vice-president

Since our last newsletter in June, we've recruited 51 new members. I was very pleased to see the names of my former Coast Guard colleagues.

The good news is that we're resuming our pre-retirement course presentations. The Canada Revenue Agency has invited us to present our association at the end of October. This will be my first session as a presenter.

We'll be present again this year at the Salon FADOQ 50 ans + de Québec 2023. Come and meet us, accompanied by an ex-colleague who would like to become a member.



Finally, at the national level, the Mega Campaign returns this year with even more prizes to be won! Refer a new member and enter! A Grand Prize of \$10,000 cash. A \$5,000 trip and other prizes ranging from \$250 to \$500.

For more information: [Mega Recruitment Drive](#)

In closing, I'd like to ask for **your help in getting in touch with ex-colleagues** who don't know us and letting them know that we exist. It was only after my first year as a retiree that I learned of the association's existence and the importance of its role in protecting my interests.

I wish you a pleasant end to your summer.



## BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

By **Sylvie Harrisson**, Director, Bas-St-Laurent-Gaspésie

Thanks to an agreement with ADAUQAR, NAFR members are entitled to the same discounts on training courses as ADAUQAR members.

You may register for [conferences](#) and [training](#), as per the Fall program. [Fall 2023](#).

- ✓ **For online registration Form:** [Inscription aux formations et aux récits de voyage \(adauqar.ca\)](#). Don't forget to tick on **NAFR** as an associate member.
- ✓ **Payments by bank transfers are accepted as of August 19, 2023.**



## SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

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

### INVITATION TO INTERNATIONAL SENIORS DAY 2023

The «Table régionale de concertation des aînés du Saguenay-Lac-Saint-Jean (TRCA-02) » invites you to come and celebrate the International Day of Older Persons on Friday, September 29, 2023, at Hôtel La Saguenéenne in Chicoutimi, under the theme: Aging well is a Happy Challenge!

#### INVITATION INTERNATIONAL SENIORS DAY 2023 CHICOUTIMI

If you want to join us, please contact Ghislain at : [voiegis28@gmail.com](mailto:voiegis28@gmail.com)

Furthermore, come and join us at our monthly lunches:

**At La Baie** - First Tuesday of the month at 9:00 a.m., at [Pizza Maximum](#), [1083 Rue Bagot, La Baie](#), QC G7B 2P2. [voiegis28@gmail.com](mailto:voiegis28@gmail.com)

**At Alma** - Last Wednesday of the month at 9:00 a.m., at [Pacini à l'hôtel Universel](#), [1000 Bd des Cascades](#) Ouest, Alma, QC G8B 3G4. [voiegis28@gmail.com](mailto:voiegis28@gmail.com)

Visit our website at [Sous-Section Saguenay Lac-Saint-Jean](#) to stay informed.

## CURATEUR PUBLIC du QUÉBEC - Protecting well together.



### Webinar schedule unveiled.

Since the coming into force of the new statute to increase the protection of people in vulnerable situations, important changes have been implemented for the benefit of the population. The webinar [About the assistance measure | Gouvernement du Québec](#)

[quebec.ca](http://quebec.ca) is the perfect way to find out more about assisted living and get answers to your questions. The webinar Accompagner et protéger vos proches (Supporting and protecting your loved ones) discusses the various means and solutions for protecting a person who wishes to be assisted, accompanied or protected.

Register today for one of the sessions on the platform [Lepointdevente.com](https://Lepointdevente.com). Individual registration is free!

- |  |  |
|--|--|
| • <a href="#">Mardi 26 septembre 2023 à 19 h</a> | <a href="#">Jeudi 19 octobre 2023 à 10 h</a> |
| • <a href="#">Mardi 24 octobre 2023 à 19 h</a>   | <a href="#">Jeudi 9 novembre 2023 à 10 h</a> |
| • <a href="#">Mardi 14 novembre 2023 à 19 h</a>  | <a href="#">Jeudi 7 décembre 2023 à 10 h</a> |
| • <a href="#">Mardi 12 décembre 2023 à 19h.</a>  |  |



## Supporting and protecting your loved ones

This webinar provides an overview of the various tools available when a loved one needs support or assistance because he or she is experiencing certain difficulties or needs to be protected due to incapacity. Several tools will be presented, including guardianship, protective mandates and assistance measures. **Register for one of the sessions:**

- Jeudi 28 septembre 2023 à 10 h
  - Mardi 21 novembre 2023 à 19 h
- Mardi 10 octobre 2023 à 19 h
  - Jeudi 14 décembre 2023 à 10 h



### Can an individual declared «unfit to drive», drive ?

Your mother, a proud 84-year-old driver for whom the road holds no secrets, has just been declared unfit to drive by her doctor. Does this mean she can no longer drive her car? Not necessarily. This assessment alone isn't enough, and there's nothing automatic about it. An unfit person who meets the [requirements of the Société de l'assurance automobile du Québec \(SAAQ\)](#) and the Highway Safety Code could keep his or her right to have a driver's license.

So, inaptitude is not a criterion that leads to a systematic prohibition. Each case is unique.

## **ARMISTICE 2023 CEREMONIES**

*We are preparing to participate in local Armistice Ceremonies during the week of November 11.*

*Many of our members are Canadian Forces retirees, for whom the Armistice is an event that was part of their professional reality. But the Armistice in the process of ending a world war, as at the end of WW1 and WW2, is also an extremely important social and political milestone for everyone.*

*Our role in these local ceremonies is to help set them up where appropriate, and then to be one of the organizations which, through a local representative, lays a wreath on behalf of our NAFR Branch members. It's also a good way to publicize one of our Association's interests.*

*We encourage our members to contact us if they think we should participate in a ceremony in a particular community.*

*Simply reach the organizer of the local ceremony - for example, the a Legion member or the municipality - and then contact our coordinator Edna Richer at 1-866-661-4896 or [anrf@bellnet.ca](mailto:anrf@bellnet.ca).*

*We also encourage our members to attend these ceremonies.*

**René Grenier, Branch President**



## AMONG LEGIONNAIRES IN OUR REGION

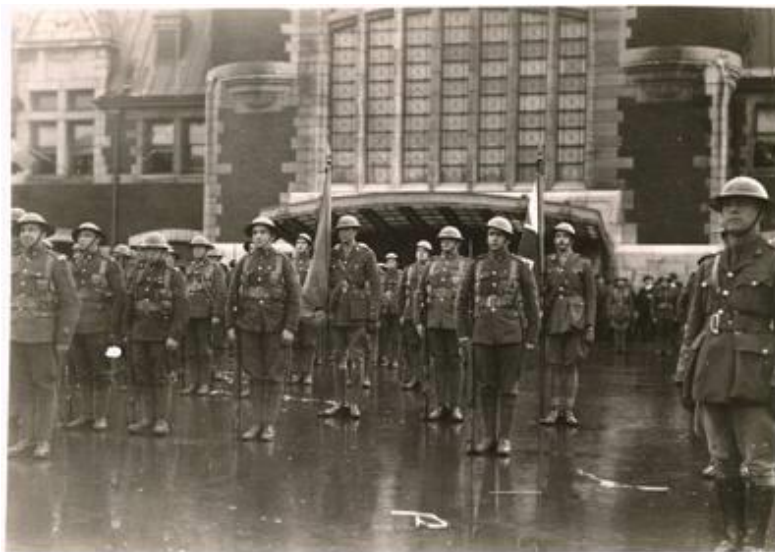
By **Jean-Marc Demers**, Secretary General

We like to publish the activities of members of the federal family in the Canadian Legion community in Eastern Quebec, drawn from the Canadian military history magazine *LEGION*. Today's note reminds of the horror experienced by Canadians during the Battle of the Somme in the summer and autumn of 1916, and of the return of the *22e Battalion* - now the *22e Regiment* - at the end of the Great War of 1914/18. These two instances can lead us to imagine what combatants in war-torn countries are going through right now!

**BATTLE OF THE SOMME** - In the issue of "*LEGION*" magazine - July/August 2023 - under the title *DAS BLUTBAD*, University of Ottawa military history professor Don Gillmor begins his article with the horror of July 1, 1916, at the Battle of the Somme. One hundred thousand British soldiers crossed the "no-man's-land" towards the enemy, only to witness 57,000 dead and wounded. To this day, it remains the most horrific single-day loss in British military history. The Canadians joined the battle on August 30, and two weeks later the *22e Battalion* was tasked with capturing Courcellette, an enemy-occupied village in the Somme valley. The *22e* succeeded and maintained its success. The complete offensive of the Battle of the Somme lasted 5 months - until the rigors of winter prevented fighting. The Allies lost 600,000 men, including 24,000 Canadians, while the enemy suffered 440,000 casualties. One of our soldiers wrote to his wife: "All our companions were killed or wounded. It was worse than hell". See photo of *22e Battalion* above - *Battle of the Somme*



**RETURN OF THE 22e BATAILLION TO QUEBEC IN MAY 1919** - In the same issue of "*LEGION*" magazine - July/August 2023 - on pages 8 and 9 of the French section, Mr. Serge Durflinger recalls the arrival of the *22e Battalion* from England under the title "*Des héros de chez nous - le retour du 22e Bataillon (canadien-français) à Québec en mai 1919*" ("Heroes from home - the return of the 22nd (French-Canadian) Battalion to Quebec in May 1919"). Mr. Durflinger recalls the Battalion's establishment a few years before the Great War, then points to its heavy loss of life and casualties. With the war over, the Battalion's 795 members disembarked the *OLYMPIC* in Halifax on May 16, 1919. Two days later, at 08:00, 15 cars from 2 trains took them to Quebec City. And at 09:30, despite the bad weather, Quebec City residents accompanied by Mayor Lavigueur cheered them through decorated streets, to the sound of bells and factory whistles. In the evening, festivities took place and Premier L'Omer Gouin cheered them on at the Château Frontenac. Then, at midnight, the Bataillon members took the train for Montreal. See photo below.



« Devant la gare du Palais, un salut officiel aux soldats du Royal 22<sup>e</sup> Régiment au retour de la guerre, mai 1919. BAnQ Québec (P600, S6, D1, P792). PHOTOGRAPHE NON IDENTIFIÉ

Le 18 mai 1919, c'est sous une pluie diluvienne que des milliers de citoyens de Québec acclament sur leur passage les soldats du Royal 22<sup>e</sup> Bataillon. Les convois qui les transportent arrivent à la gare du Palais en début de matinée. Leur arrivée est annoncée par les cloches des églises ainsi que par des sirènes.

Peu après le débarquement, le régiment est salué par le premier ministre de l'époque, Lomer Gouin. Par la suite, le

cortège se dirige vers la Basilique Notre-Dame-de-Québec pour entendre la messe. » Journal de Québec, Dimanche, 3 janvier 2021

BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC (SPECIAL COLLABORATION)

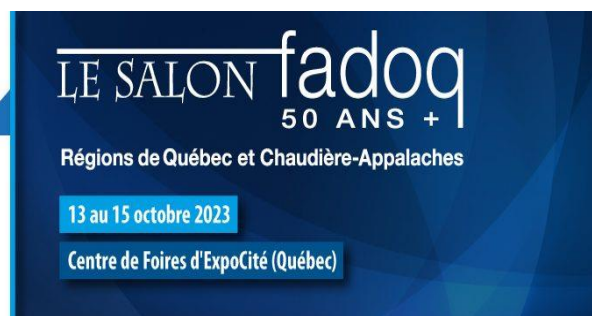
## SOCIAL ACTIVITIES



**NAFR - Quebec Branch will again have a booth at the [Salon de la FADOQ – Québec/Chaudière-Appalaches](#)**

**to be held October 13-15, 2023**

Our volunteers will be on hand to promote our association at the booth.



To keep abreast of the latest news, visit our Web page: [ANRF SECTION DE QUÉBEC - Accueil \(anrf-sq.org\)](http://ANRF_SECTION_DE_QUÉBEC - Accueil (anrf-sq.org)).



It was last July 5

at Théâtre Beaumont  
St-Michel  
and

Dinner at Bistro Quai  
St-Michel



The Section's monthly Quebec City breakfasts are still going strong, so join us.

Every last Wednesday of the month, at 8:30 a.m. at Restaurant Normandin [986, rue Bouvier, Québec, G2J 1A3](#). 418-627-1265

### A GREAT NEW ACTIVITY

Here's some much-awaited news for our members on the south shore of Quebec City: a team of volunteers has been hard at work setting up monthly lunch meetings in Lévis.

Now it's official!

As of October 5, 2023, the monthly breakfast in Quebec City will be joined by breakfast in Lévis.

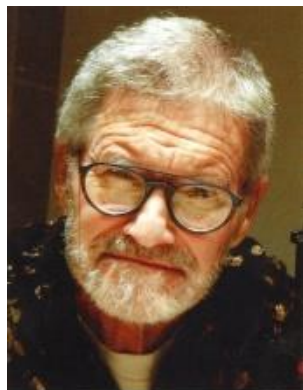


Where? At [Délice Resto Lounge du 146, Président-Kennedy, Lévis, Qc G6V 6C9](#)

When? 1st Thursday of the month at 10 a.m., starting October 5, 2023

If you have any questions, or if you'd like to let us know you'll be attending, please contact: [legros\\_diane@yahoo.ca](mailto:legros_diane@yahoo.ca) or Edna at our [anrf@bellnet.ca](mailto:anrf@bellnet.ca) office.

For more details, see the Media Release on our web page: [link here](#)



## Pierre Pichette, member and generous donor to our Branch

On July 7, one of our members, Mr. Pierre Pichette, passed away.

Pierre Pichette, Branch member and a painter, was a precious and generous donor of his works at many Christmas parties.

Our most sincere condolences to his wife, Mrs. Alberte Arsenault, and to his family and friends. For more details, please consult the obituary. [Pichette,](#)

[Pierre - Avis de décès | Coopérative funéraire des Deux Rives](#)

<http://coopfuneraire2rives.com>

In 2019, the Quebec Branch presented Mr. Pichette with a recognition award to "warmly thank him for his creativity, great generosity and unwavering loyalty to our Branch." Read the Communiqué [here](#)



Pierre and Germain Boivin



Pierre and Jean-Yves Bacon

Photos by Lise Lavoie, taken in December 2019, when the award was presented to Mr. Pierre Pichette.



*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.*



Edna Richer,  
coordinator

### Branch Office Hours

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**

### Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Gilbert Sauvé



Marianne Lafond



Pierre Marquis



Claude Larochelle



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