

# NEWLETTER

## NARF- Québec BRANCH

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### A Word from the President

Hello to all members,

I wish all our members a wonderful summer season. It's been a busy spring for our directors. We were delighted to receive the largest number of registrations to date for our Annual General Meeting, held on April 12 at the Patro Roc-Amadour. Our guest speakers, Isabelle Lessard from Service Canada and Geneviève Paquette, audioprosthodontist from Groupe Forget, were greatly appreciated. They were also available at the booths, and many members went along to meet them.

Our Board of Directors has been renewed. Welcome to our colleague and director Diane Legros, who has renewed her term of office, and we are delighted to welcome Pierre Beaudry, a veteran air traffic controller and staff officer who will, among other things, look after the Advocacy files for our Branch.



Left to right :

Guy Abel, Micheline Lefrancois, René Grenier, Ghislain Lavoie, Diane Legros, Jean-Marc Demers, Roland Langevin.

Missing from the photo : Sylvie Harrison- Director Bas-St-Laurent/Gaspésie et Serge Boisseau – subsequently appointed

Photo/ Gilbert Sauvé

By the time you read this, we'll probably have already visited our members in Alma (May 10) and Matane (May 22) for their General Information Meetings. We'll also have attended the district meeting in Montreal with our colleagues from the six branches in Quebec. All this culminates in the Annual Members' Meeting and Presidents' Forum in Gatineau on June 18 and 19. For several years now, there has been a significant turnover, with six volunteers accepting the position of Advocacy Program Officer to assist the six Quebec branches. This will be a file to unravel.

Meanwhile, our treasurer, Roland Langevin, will be representing the Quebec Branch at the Annual General Meeting of the FADOQ Régions de Québec et Chaudière-Appalaches. Don't forget, as a member of the Quebec Branch of NARF, if you wish to join or renew your FADOQ card as a member of our branch, you are entitled to a discount, so mention it!

Let's make the most of the summer season. Don't forget our breakfasts on the last Wednesday of each month at 08:30, at Restaurant Normandin (Bouvier) and on the first Thursday of each month at 10:00, at Délice Resto Lounge in Lévis.

For many of our members, we'll be seeing you soon at the golf course, and several have already booked with us to go to the Théâtre d'été de Beaumont Saint-Michel for the play "Un hôtel nommé désir". We'll have dinner before the play at the Quai Resto Pub at Marina Saint-Michel-de-Bellechasse. RSVP.

Have a good summer and we look forward to seeing you at our events.

**René Grenier, President**



**The AGM - 2024 in pictures**

By **Micheline Lefrançois**, Vice-president and **Diane Legros**, editor-in-chief



Our 2024 AGM was a great success: 145 registrations, 5 very busy Kiosks and 2 conferences of great interest to members.



Meeting participants

Photos by Gilbert Sauvé, volunteer



Serge Boisseau, Master of ceremony



Members at the Kiosks

**Collaborators, Speakers, Kiosks**




			
<p><b>Geneviève Paquette, speaker Groupe Forget</b></p>	<p><b>Julie Labbé, Gaétan Matte, Agence Julie Labbé</b></p>	<p><b>Isabelle Lessard Speaker for Service Canada</b></p>	<p><b>Éric Campbell, Bélairedirect and Johnson Geneviève Boulanger &amp; Stéphanie Keough.</b></p>
		<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>ELECTION 2024</b></p>	
<p><b>Guy Kérouack, Harmonia</b></p>	<p><b>Audrey re: buffet (see article below)</b></p>		<p><b>Jean-Marc Demers, President of election 2024 - New Board members</b></p>

**Conseil d'administration 2024-2025**

 <b>René Grenier</b> Président	 <b>Micheline Lefrançois</b> Vice-présidente	 <b>Guy Abel</b> Directeur Finances	 <b>Roland Langevin</b> Trésorier	 <b>Diane Legros</b> Rédactrice en chef
 <b>Jean-Marc Demers</b> Secrétaire général et Président sortant	 <b>Pierre Beaudry</b> Défense des Intérêts	 <b>Sylvie Harrisson</b> Administratrice, Bas- Saint-Laurent- Gaspésie	 <b>Ghislain Lavoie</b> Administrateur, Saguenay-Lac- Saint-Jean	 <b>Serge Boisseau</b> Recrutement, Reconnaissance

 <p><b>Welcome to Pierre Beaudry, elected to the Board of directors of the Branch!</b></p> <p><b>Pierre Beaudry</b></p> <p>The Branch is pleased to welcome Pierre Beaudry to its Board of Directors. Pierre was elected by acclamation at the Annual General Meeting on April 12.</p> <p>Pierre holds a Master's degree in Public Administration from ENAP and a Bachelor's degree in Education from Université de Montréal.</p> <p>Prior to his retirement, Pierre was Secretary General and Director of Administration at ENAP. Prior to that, he devoted 33 years of his career to the CRA and the Federal Public Service, sixteen years as an Air traffic controller and staff officer at National Defence Ottawa Headquarters, and seventeen years as a public servant in management positions at Consulting and Audit Canada, Supply and Services, Environment Canada, and the Canadian Forces Grievance Board.</p> <p>Pierre has served on the boards of «Fondation Âges» and «Collaboration Santé Internationale». He continues to be involved with other organizations involved seniors' health and well-being.</p> <p>Pierre brings a wealth of experience, mainly in advocacy and the Branch's partners files. In addition, he will help set up Branch activities to encourage the participation of our members and future members.</p> <p>Welcome Pierre to the team of volunteers!</p>	 <p><b>Welcome to Serge Boisseau, appointed to the Board of the Branch!</b></p> <p><b>Serge Boisseau</b></p> <p>Following the Annual General Meeting on April 12, where all members were warmly invited to become Branch volunteers, Master of Ceremonies Serge Boisseau decided to meet with President René Grenier to offer him the opportunity to join the Branch Board of Directors.</p> <p>Serge, a loyal Branch volunteer, was not long ago 1st Vice-President responsible for recruitment, retention and recognition. He will be assuming similar responsibilities, a world in which he contributed for 6 years.</p> <p>Serge did not seek re-election in 2021 but he did not miss an opportunity to devote himself as a master of ceremonies of our AGMs and our Virtual Christmas Parties during the pandemic, helping find new recruitment opportunities, seeking out new collaborators or organizing social events such as the volunteers visit to the Governor General of Canada's Residence in La Citadelle.</p> <p>Serge has joined the «Table de concertation des aînés de Chaudière-Appalaches» as our very active representative.</p> <p>For many years, he has represented the Branch as a member of the Legion's Branch 265. Serge has very often laid the Branch's wreath at Remembrance Day Ceremonies in Quebec City and Lévis.</p> <p>In 2017, Serge received the NAFR National Collaboration Award for his volunteerism and numerous cooperation in several seniors' organizations in the Quebec/Lévis area, working closely on issues and priorities.</p> <p>It is with great pleasure that René Grenier and all the members of the Board of Directors welcome a new colleague in the person of experienced volunteer Serge Boisseau!</p>
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## Certificates of appreciation to our volunteers and directors

		
<p><b>Roland Langevin (a team player &amp; liaison with FADOQ)</b></p>	<p><b>Edna Richer (14 years of service)</b></p>	<p><b>Pierre Marquis (always closely involved)</b></p>
<p>Pour votre engagement et votre dévouement exemplaire comme bénévole au cours des 10 dernières années notamment à titre de directeur des finances et trésorier et pour votre rôle actif comme agent de liaison entre la Section et la FADOQ.</p> <p><a href="#">Certificats - AGA 2024 - Roland Langevin Final.pdf</a></p>	<p>Pour votre engagement et votre dévouement exemplaire comme coordonnatrice et bénévole, responsable du service aux membres depuis 2010. Votre soutien indéfectible aux activités de la section est reconnu et grandement apprécié.</p> <p><a href="#">Certificats - AGA 2024 - Edna Richer FINAL.pdf</a></p>	<p>Pour votre engagement et votre dévouement exemplaire comme bénévole au cours des 7 dernières années. Merci beaucoup de votre disponibilité et votre engagement aux nombreuses activités de la Section.</p> <p><a href="#">Certificats - AGA 2024 - Pierre Marquis Final.pdf</a></p>


Certificates of recognition will also be presented at a later date to Claude Larochelle (recruitment and Salon FADOQ) and Marianne Lafond (8 years of service), who were absent from the AGM.

**Thanks to all our volunteers.**

### Thanks to the Patro Roc-Amadour team

Many thanks to «chef» Huot and Pierrette and Audrey of the Patro Roc-Amadour team. Once again this year, members greatly appreciated the diner and the service provided.

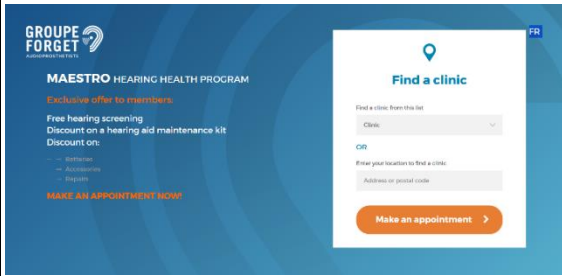


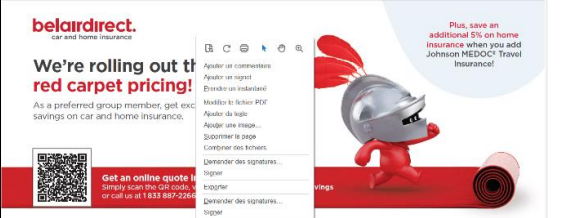

A big thank you to Audrey, who spoke to members about her plan to use tips to fund the Patro's Dekhockey team. Bravo Audrey for your involvement with young people! Please note that whatever was not served was shared with the Patro Day Camp on Île-d 'Orléans and community frig.



Thanks also to Germain Boivin, our valiant volunteer colleague and resource person at Patro Roc-Amadour, for setting up the AGM.

Germain Boivin

## Many thanks to our AGM Collaborators

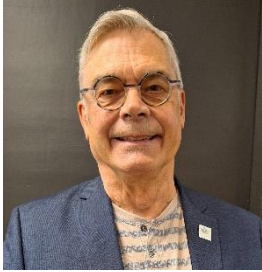
 <p><b>MAESTRO HEARING HEALTH PROGRAM</b> Exclusive offer to members. Free hearing screening Discount on a hearing aid maintenance kit Discount on: - Batteries - Accessories - Repairs <b>MAKE AN APPOINTMENT NOW!</b></p> <p><b>Find a clinic</b></p> <p>Find a clinic from this list</p> <p>Clinic: <input type="text"/></p> <p>City: <input type="text"/></p> <p>Enter your location to find a clinic</p> <p>Address or postal code: <input type="text"/></p> <p><b>Make an appointment</b> &gt;</p> <p><a href="#"><u>MAESTRO HEARING HEALTH PROGRAM - Le Groupe Forget</u></a></p>	 <p><b>AGENCE JULIE LABBÉ</b></p> <p><a href="#"><u>Agence Julie Labbé – Services-conseils en résidences privées pour aînés (agencejulielabbe.ca)</u></a></p>	 <p><b>HARMONIA</b></p> <p>Évènements funéraires d'aujourd'hui</p> <p><a href="#"><u>Harmonia - Avantages exclusifs</u></a></p>
 <p><b>belairdirect.</b> car and home insurance</p> <p><b>We're rolling out the red carpet pricing!</b> As a preferred group member, get exclusive savings on car and home insurance.</p> <p>Plus, save an additional 5% on home insurance when you add Johnson MEDOC Travel Insurance!</p> <p><a href="#"><u>Johnson Home and Auto Insurance   Federal Retirees</u></a></p> <p>Plus, save an additional 5% on home insurance when you add Johnson MEDOC Travel Insurance!</p>	 <p><b>TRAVEL INSURANCE BUILT FOR YOU</b></p> <p>Take peace of mind on your next trip.</p> <p>Johnson MEDOC Travel Insurance provides comprehensive travel protection services:</p> <ul style="list-style-type: none"> <li>Medical emergencies</li> <li>Emergency medical coverage including COVID-19 related medical expenses</li> <li>Trip cancellations</li> <li>Baggage protection</li> </ul> <p><a href="#"><u>MEDOC Travel Insurance through Johnson Inc.   Federal Retirees</u></a></p>	
<p><b>SERVICE CANADA</b></p>		<p><a href="#"><u>Useful links</u></a></p>

### Door prizes offered by Collaborators were won by:

Groupe Forget  
Strom Spa  
1<sup>st</sup> basket from Julie Labbé  
2<sup>nd</sup> basket from Julie Labbé  
Car Safety Kit from Bélairdirect  
3<sup>rd</sup> basket from Julie Labbé  
Strom Spa

Rénald Gignac  
Yves Lavergne  
Bernard Desrochers  
Nicole Laveau  
Andrée Barbeau  
Ginette Lachance  
Colette Doré

For those who did not attend the meeting or who would like to know more, visit our Web page, the [2023 President Report](#) and the [Committees Report](#).



## ADVOCACY

### CLSCs - the gateway for seniors - For local services

By **Pierre Beaudry**, Director - Advocacy

QUÉBEC, May 3, 2024 /CNW/ - The role of CLSCs will be enhanced over the coming months to make them the main point of access to care and services for seniors. Minister Sonia Bédard, responsible for Seniors and Minister for Health made the announcement on May 3 at the «Première ligne en santé» event in Montreal.

This initiative will be gradually implemented in CLSCs over the course of 2024 and will be completed by fall 2025. This will enable seniors to access all programs for seniors and caregivers in a single location, whether to obtain information on community resources, have an assessment for home support or be referred to the right place, with the right team. This will also help to better identify people suffering from loss of autonomy, so that preventive action can be taken.

The government is thus responding to one of the recommendations of the Health and Welfare Commissioner, who wanted to set up regional offices for seniors to access home support. CLSCs, with their presence throughout Quebec, were ideally suited to this role.

**Quote:** «Over the years, the role of CLSCs has not been sufficiently valued. We want to give them back their vocation as local services, so that all information for seniors can be found in one place. Whether on the phone or in person, our staff will have everything they need to help them access services and care adapted to their needs, while working as a team with numerous partners. Health and social services network on a human scale means not having to knock on so many doors to get answers. I'm very proud to be doing this for Quebec's seniors - they deserve it!» *Sonia Bédard, Minister responsible for Seniors and Minister Delegate for Health*

View original content: <http://www.newswire.ca/fr/releases/archive/May2024/03/c4581.html>

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## Senior fraud prevention resources

### [Fraud Prevention Month 2024 \(canada.ca\)](#)

- Autorité des marchés financiers: [Fraud Prevention](#)
- Appui: [Preventing financial abuse and mistreatment](#)
- Many practical tips and videos: [CY-clic par Emeline Manson, prévention fraudes & cybersécurité](#)

Program [Senior-Aware](#) from Réseau FADOQ

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## SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

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

### GENERAL INFORMATION MEETING (GIM) - ALMA

On May 10, we held our Annual General Information Meeting in Alma, where we were delighted to welcome 47 members and future members. Our president, René Grenier, and I, as regional director, along with my fellow volunteers, were responsible for organizing this wonderful event.

René Grenier presented his report on the main achievements of 2023 and the Section's priorities for 2024, including advocacy, social, cultural, and administrative activities. [President's report 2023](#)

René shared some elements of the 2023 financial statement and the 2024 budget forecasts. He made it clear that the 2023 budget had been audited by Gaétan Bourbeau, the Branch volunteer auditor, appointed at the 2023 members' meeting.



**Speaker: Ms. Isabelle Lapointe**, Specialist, Citizen Services - Programs and Services for Seniors-Service Canada gave a presentation on the theme: "For a secure retirement, find out about the various programs and services available to seniors". She answered questions on the Canadian Dental Care Plan and invited members to use the link: [Benefits Finder-Canada.ca](https://BenefitsFinder-Canada.ca) for information on financial assistance programs. For all other questions about Service Canada services, [click here](#).

**Speaker: Ms. Lisette Gaudreault** presented the benefits of *Laughter for a better life*, in a dynamic and structured way, emphasizing the positive repercussions of laughter on our health and interpersonal relationships.

Members greatly appreciated this warm, dynamic communication. "*They all had a good laugh*", should we say.



In the photo above, Ms. Lisette Gaudreault is performing an exercise on how to express laughter in different tones.



On the picture at the left, Ms. Gaudreault stands with René Grenier on the right and Ghislain Lavoie.

**Photos by Sylvie Gosselin**





**Certificate of recognition awarded to Gaston Simard**

René Grenier takes advantage of this meeting to present a [certificate of recognition to Gaston Simard](#), our Board Secretary for the past 3 years.

He thanks Gaston for his commitment and dedication as Branch Secretary at Board meetings and General Information Meetings and Information General Meetings in Saguenay-Lac-St-Jean and Bas-Saint-Laurent-Gaspésie.

Congratulations Gaston! Thank you very much for your involvement. We look forward to seeing you at our events!




**Certificate of recognition to Diane Duchesne**

Ghislain Lavoie presents a [certificate of recognition to Diane Duchesne](#) for her collaboration and dedication as a volunteer in organizing the Alma breakfasts.

These monthly breakfasts are very popular and appreciated by members. It's an activity that allows members to socialize and inform members in the region.



**Congratulations to the door prize winners!**

		
<p><b>Marlène Dorval,</b> A blanket courtesy of Groupe Forget</p>	<p><b>Paulin Vézina</b> A car first-aid kit in a backpack courtesy of Bélairect</p>	<p><b>Nicole Gagnon,</b> A gift certificate courtesy of the Branch</p>

René Grenier and Ghislain Lavoie thank members and potential members for attending this 2024 General Information Meeting.

**Photos by Sylvie Gosselin**

Ghislain Lavoie warmly invites non-member participants to join our association. Membership is important to continue protecting your hard-earned pension and benefits. In addition, many exclusive savings and discounts are available to Association members: in health, technology, home and auto insurance, financial advice, and travel, including MEDOC travel insurance.

The association is also involved in organizing local activities such as breakfasts, information meetings, communications through the Branch newsletter, press releases, website and Facebook. "The association has a lot to offer!"

Our coordinator is always available to answer your questions on renewals or membership and how to become a member. You can contact our office at [anrf@bellnet.ca](mailto:anrf@bellnet.ca) at 1-866-661-4896.

[How to become a member](#)

See you next year!



## BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

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

### GENERAL INFORMATION MEETING (GIM) – Bas-St-Laurent-Gaspésie

You can still come join our General Information Meeting (GIM) schedule for May 22, 2024 at 9:30 a.m. in Matane, at the [Riotel, 250 Ave du Phare E, Matane.](#) Come and meet members from the area.

Your director Sylvie Harrisson and René Grenier, Branch President, will keep you up to date on NAFR Quebec Branch activities and projects. Registration opens at 9:00 a.m.

Presentation on elder fraud by Marie-Ève Belzile, Sûreté du Québec officer, in Matane. Consult the detailed agenda [here](#).

We hope to see many of you there. For more information, please contact us at [anrf@bellnet.ca](mailto:anrf@bellnet.ca) at 1-866-661-4896 or visit our website at [www.anrf-sq.org](http://www.anrf-sq.org).

On March 25, with Sonia Gagné, president of the Matane Public Service Alliance of Canada, we had a videoconference with the Honourable Diane Lebouthillier, Minister of Fisheries, Oceans and the Canadian Coast Guard, Member of Parliament for Gaspésie-Îles-de-la-Madeleine. We discussed PSHCP and Canada Life issues and received a warm welcome from the Minister.

Ms. Lebouthillier promised to discuss our proposed solutions with Ministers Jean-Yves Duclos, Minister of Public Services and Procurement, and Seamus O'Regan, Minister of Labour and Seniors.

She also asked us to send the three ministers a letter, which our President René Grenier sent on April 8, 2024.

On April 25, I met with thirty members of the Matane local Union branch to promote our Association, and the response was very positive. People were even surprised to learn that we were protecting their retirement pension rights.

### Gala «Hommage aux bénévoles»: record attendance at Matane's Colisée Béton Provincial

5 mai 2024 Romain Pelletier | Initiative de journalisme local Accueil, La bonne nouvelle,



On May 4, 2024, no fewer than 360 people took part in the Gala «Hommage aux bénévoles» organized by the City of Matane, in cooperation with the «Centre d'action bénévole de La Matanie», and, for the first time, the MRC, on the «Glace Alain-Côté stage» of Matane's «Colisée Béton Provincial». The theme of the evening was “Bénévolat, c'est brillant!” (see full article: [dans monmatane.com](http://dans.monmatane.com))

Inspiration, significant impact and rich input

We're delighted to announce that **Sylvie Harrisson, your Bas-St-Laurent-Gaspésie administrator, was nominated for the 'Flambeau' award and received a «Hommage et reconnaissance» certificate.**

**Bravo Sylvie for your dedication and involvement in the community.**




**Nathalie Lachapelle**  
Conseillère en prévoyance funéraire



**HARMONIA**  
Événements funéraires d'aujourd'hui

QUÉBEC  
**418 681-9797**  
871, Grande Allée Ouest, bureau 100  
Québec (Québec) G1S 1C1

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RIVE-SUD  
**418 681-9797**  
39, rue Guénette  
Lévis (Québec) G6V 5M9

**Cell. 418.925.7690**  
nlachapelle@harmonia.ca  
harmonia.ca

*« Planning your last wishes is also a part of good retirement planning. Do not hesitate to contact me for any information regarding Harmonia pre-arrangements, which can be adapted to your personal situation. I will support you with respect and humanity. » Nathalie Lachapelle, your dedicated Advisor and NARF member. Tel. : 418-681-9797 Cell.: 418-925-7690 or [nlachapelle@harmonia.ca](mailto:nlachapelle@harmonia.ca) <https://www.anrf-sq.org/harmonia.html>*



## News from the Tables de concertation des aînés (TCA)

By **Nicole Laveau**, NAFR-Q representative at TCA - Capitale nationale (CN)

The Table de concertation des personnes âgées de la Capitale-Nationale (TCPA-CN) met last February. The aim of the meeting was to reach a consensus to “issue an opinion” to the Minister at the Secrétariat aux aînés.

The major themes identified at previous meetings were: access to services, homecare, active aging and communications.

TCPA-CN's initial advice focused on communications. The question: How to improve the telecommunications network with the various authorities? Considering that many seniors have limitations (visual, auditory), how can seniors successfully get a response to specific seniors' problems?

Our proposed solution was to recommend the use of Artificial Intelligence (telephone or internet). Knowing that the distribution of information has not kept pace with AI, the government needs to adjust to take account of “human capital”.

In the same vein, the «Conférence des Tables régionales de concertation des aînés du Québec» will build a website with a list of all organizations, both public and private, that work with seniors, and will be updated by the regional tables.

This is just one concrete example of the many notices to the Minister to come on other selected themes.

On March 21, I was able to attend a meeting of mainly immigrants from the Quebec City region, to learn about the issues faced by senior immigrants from multicultural communities. A number of priorities were identified, and a few proposed solutions were put forward:

- More flexible processes of integration with access to “fast-track” services.
- Recognition of prior learning and diplomas from their country of origin
- Increase the quality of the services of the Welcoming Committee through sponsorships and better funding from community organizations.
- And never ignore housing and financial security.

This exercise is taking place throughout Quebec and must be completed by June. The Conference of Tables' Report on this will be made public later in the Fall.

**Chaudière-Appalaches (Board of Directors):** Serge Boisseau, our representative for the past few years, is leaving the Table and joining the Board of Directors of the ANRF- Québec Branch. Please let us know if you are interested in sitting on the Board. The Table de concertation des aînés de Chaudière-Appalaches actively push seniors' issues with decision-makers.

**Matanie, Sylvie Harrisson:** Sylvie attends the Matane TCA several times a year and is a member of the Housing Committee, the Vigilance Committee and the Adult Education Committee.

**Saguenay-Lac-St-Jean, Ghislain Lavoie:** Ghislain is involved with several seniors' organizations, including FADOQ.

## SOCIAL ACTIVITIES

The Quebec Branch of NAFR invites you to the:

### [Théâtre d'été de Beaumont St-Michel – 2024](#)



Once again, the Branch is pleased to offer an evening at the Théâtre Beaumont/St-Michel at a very attractive price for members.

**Date:** July 10, 2024, 8 p.m.

**Cost:** \$45 members and \$49 non-members

**To reserve and pay :**

- By Interac to: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)
  - By cheque to NAFR-Quebec Branch - 660 57th Street West, Apt. 162, Quebec City, G1H 7L8 or
  - By cheque or cash at the monthly breakfasts: - in Quebec City on the last Wednesday of the month at resto Normandin Bouvier and in Lévis at Délice Resto Lounge, on the 1st Thursday of the month.
- Reserve now, number of seats limited.

When registering, please provide your membership number, telephone number or e-mail address so we can contact you if necessary. [Spectacle de l'été - Théâtre Beaumont-St-Michel \(theatrebeaumontstmichel.com\)](http://theatrebeaumontstmichel.com)

Pre-show supper at Quai Resto Pub: Like last year, for those who wish, it is possible to reserve your place for a pre-show supper at Quai Resto Pub in the St-Michel Marina, at 5pm. If you are interested, please let us know when you register for the theater at: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)

**Our outing to the Cabane à sucre de L'Érablière du Cap** on Tuesday April 16 was a great success. All our seats were reserved to enjoy the meal in good company and sweeten our beaks. Here are some pictures:



**Golf-NAFR**, a popular summer activity that will resume in May and run until mid-September 2024.

When : Every Tuesday at 9:30 a.m.

Where : [Royal Charbourg](#) , 17280, chemin Grande-Ligne Québec, Qc, G2N 2G3

Cost: 47\$ (including Golf and cart)

For further information, please contact Germain Boivin at (418) 931-6659 or by e-mail: [g-boivin@videotron.ca](mailto:g-boivin@videotron.ca)

## BRANCH MONTHLY BREAKFASTS



IN  
QUÉBEC :

Last Wednesdays of the month, 8:30 a.m. at the restaurant [Normandin](#) 986, rue Bouvier, Quebec, G2J 1A3. 418-627-1265

IN LÉVIS :

1st Thursdays at the month at 10:00 a.m. at [Délice Resto Lounge](#) du 146, [Président-Kennedy, Lévis](#), G6V 6C9. 418 833-2221

IN LA  
BAIE :

1st Tuesday of the month, at 9:00 a.m. [Chez Mike](#), [285 boul. de la Grande Baie nord, La Baie](#), G7B 3K3. 418 544-8228

IN ALMA :

The last Wednesdays of the month, à 9:00 a.m. at [Pacini](#), Hôtel Universel, [1000 boul. des Cascades, Alma](#), G8B 3G4. 418-668-0872

**Our monthly breakfasts are more popular than ever. Come and join us!**



**Edna Richer,**  
coordinator

## Branch Office Hours

**Schedule: 1:00 p.m. to 4:00 p.m., Monday to Thursday**

Telephone: (418) 661-4896 toll-free: 1-866-661-4896

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

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

Follow us on [FACEBOOK](#)

You can leave a message in our voice mailbox at any time:  
we'll be happy to call you back.



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## NEWSLETTER CONTRIBUTORS

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