

NEWSLETTER

NAFR - Quebec Branch

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A Word from the President

Hello to all our members,

What beautiful visits! We had two general meetings, one in Jonquière and the other in Matane. For each of these places, we had a nice audience and very enriching exchanges. It's always a pleasure to see that things are happening everywhere in our vast Branch.

A seasoned volunteer, Sylvie Harrisson was unanimously acclaimed as the Bas-Saint-Laurent-Gaspésie representative on the Board of Directors. Bravo Sylvie! And once again, a big thank you to Bruno Beaulieu who remains with us as a volunteer.

Our treasurer, Roland Langevin and myself were present at the Annual General Meeting of FADOQ Quebec and Chaudière-Appalaches regions. As an associate member, if you wish to join or renew your card as a member of our Branch, you are entitled to a discount, so mention it.

The Quebec Branch has nothing to envy to others. Our 1st Vice President, Micheline Lefrançois was awarded the Claude Edwards Leadership Award, given to a volunteer who has demonstrated exceptional leadership and perseverance in advancing the Association's causes. The highest national award for individual excellence is well deserved considering Micheline's involvement. Congratulations! And bravo to Me Jean-Marc Demers, our Secretary General! He recently received the Gold Medal for Exceptional Merit from the Lieutenant Governor of Quebec. This medal underlines the exceptional voluntary contribution of Me Demers for many years in the Advocacy of retirees and future retirees.

National Public Service Week, June 12-18, is being held in departments again this year by videoconference. We would like to highlight the contribution of all public servants who make a difference in our society and thank federal retirees for their contribution during their career and even after. Many of you are volunteers in our Branch.

Let's enjoy the summer season. Don't forget the breakfasts on the last Wednesday of each month at 8:30 a.m. at the Normandin (Bouvier) restaurant. For many of our members, we will see you soon, either at the golf course or at the Beaumont Saint-Michel Theatre.

Yours truly,

René Grenier, President

General Information Meeting SAGUENAY-LAC-SAINT-JEAN, MAY 20, 2022, Jonquière



By Micheline Lefrançois, 1st vice-president

Members of the region were very happy to see each other again. Indeed, the last Sub-Branch meeting dated back to two years!

Regional Director Ghislain Lavoie organized the event.



In his Report, President René Grenier highlighted Branch achievements on advocacy, recruitment, and virtual activities. On the other hand, Micheline Lefrançois focused on some activities of the Communications Committee including the newsletter which continues to be a communication tool greatly appreciated by members. She mentioned that Diane Legros is now the editor of the newsletter and leads a team that publishes six editions a year. Micheline specified the importance of reaching out to all members of the territory to ensure that the information on local activities gets to all members. She encourages members to organize virtual events accessible to all.

Jean-Marc Demers summarized the CovidExit committee activities of the last two years. Thanks to Zoom, this committee has been able to offer webinars on various subjects, including horticulture, ornithology, fishing, and the «5-7 holiday season show». Jean-Marc specifies that «virtual activities» remain a great means to be used and favoured when setting activities for the enjoyment of all members of our territory at a specific hour.

Speaker

Louise Rivard, Assistant Executive Director, Recreation and Partnership, FADOQ Saguenay-Lac-Saint-Jean-Ungava, presented "A picture is worth a thousand words", a FADOQ membership activity aimed at producing an Exhibition of photography taken by a participating group of their members. Each member of the group aimed at picturing seniors in action, experiencing everyday situations. Seniors took out their cameras to put their everyday life into images. The 18 real life pictures selected illustrate how being a senior have happy moments in day-to-day life. Those 18

photos were selected for an Exhibition held from March 24 to 27, 2022, at the Chicoutimi Hotel. Mrs. Rivard circulated the Album to the participants. Everyone was impressed and amazed by the quality of the photos. Bravo, Mrs. Rivard, for this avant-garde initiative!



René Grenier, President and Louise Rivard, FADOQ



Album Souvenir – Un cliché vaut mille mots



Participants very interested in the quality of the images in the album.



Micheline Lefrançois, Ghislain Lavoie, Sylvie Gosselin, René Grenier and Jean-Marc Demers



Pictures by Sylvie Gosselin



General Information Meeting BAS-SAINT-LAURENT- GASPÉSIE, MAY 26 2022, Matane



By Diane Legros, Newsletter Chief Editor

The members were very happy to be able to meet.

Bruno Beaulieu, administrator of the region, planned and organized everything for the success of this meeting.

Our President, René Grenier, noted that he was impressed with all the accomplishments of the Branch over the past 2 years, in the midst of a pandemic. He highlighted several elements of his annual report, especially the work of the volunteers and administrators.



Micheline Lefrançois, Jean-Marc Demers and Bruno Beaulieu presented the annual reports of the Committees: Recruitment, Communication, Advocacy, CovidExit and specific activities in Bas-Saint-Laurent-Gaspésie.

The two conferences captivated the members and generated many questions from the members. The first conference entitled: "La Fraude envers les aînés", was given by Mrs. Marie-Ève Belzile, from the Sureté du Quebec on fraud against seniors. Mrs. Belzile was accompanied by Louise Chénard, Administrator on the Board of Directors of FADOQ - Bas-Saint-Laurent and Brigitte Timmons, Recreation and Culture Development Officer of FADOQ - Bas-Saint-Laurent.

The 2nd conference was offered by Me Maude Gosselin-Bouchard of the Matane Legal Aid Office on the mandates of inaptitude and the protection plans. Me Gosselin-Bouchard explained the various types of mandates currently in effect and the changes that will be made when the new Act comes into force in November 2022. She provided many examples to illustrate the situations.



Agent Belzile's
Conference on
"La Fraude
envers les aînés"



Me Gosselin-Bouchard
and Sylvie Harrison



Jean-Marc Demers, Chair of Nominations and Elections Committee, proceeded with the nomination by acclamation of the new director for the Bas-Saint-Laurent-Gaspésie sub-branch: Mrs. Sylvie Harrisson.

Our Quebec Branch President, René Grenier, presented certificates of recognition to two outstanding volunteers from the region: Bruno Beaulieu, outgoing director for the region, and Viateur Beaulieu, webmaster and designer of the NAFR Quebec Branch Web page, including its new updated look. He has also been instrumental in the creation and development of our Newsletters for the past 7 years. Our main communication tools with all members in our large territory.



René Grenier and Bruno Beaulieu



René Grenier, Micheline Lefrancois and Viateur Beaulieu

Pictures by Sylvie Gosselin



Seniors' Concertation Tables (SCT)

By Serge Boisseau for Chaudière-Appalaches,

A lot of action at the "Tables de concertation des aînés", including the one in Chaudière-Appalaches. In its [June 7 Newsletter](#) (in French), the Table specifies the 5 questions it has addressed to the elected officials and candidates of the political parties in view of the October 3 provincial election:

1. How will you facilitate the expansion of the home care basket?
2. How will you ensure that seniors living in poverty achieve a sustainable income?
3. How do you re-engage seniors in social participation and integration into society?
4. How to improve public transportation for seniors, especially in rural areas?
5. How can we reduce the ageism that seniors have been subjected to with the pandemic? Can we identify situations of discrimination or prejudice and take corrective action?

A major element was the first Estates General addressing the living conditions of seniors, in which the Conference of Quebec Seniors' Round Tables (CAW) participated on May 3. Four major themes were raised: Health, Advocacy, Finances and Social Participation. During these Estates General, a "[Déclaration commune](#)" (in French) was drafted on the means to be undertaken to ensure the well-being and dignity of seniors.

Considering the amount of important information on various current topics on seniors and aging at home and to avoid providing you with several hyperlinks, we refer you directly to the [June 2022 Newsletter of the CTCA](#).

In addition, the 6th Colloque "Pour le mieux-être des Aînés", an important event, will be held in Lévis on September 14, 2022, at the Centre des congrès de Lévis. For more information : [Colloque Pour le mieux-être des Aînés - Speakers \(zohobackstage.com\)](#)



To our members in Saguenay-Lac-Saint-Jean

By René Grenier, President

We all remember the tragedies in Saint-Jean-Vianney in 1971 and the flood in 1996. We sympathize with all the members and their families affected by the landslides in La Baie and recently in Chicoutimi. The fact that everyone is alive is already a victory. However, many have had their lives turned upside down. More than two hundred people had to leave their homes and other landslides are expected in the region.

We offer our solidarity to all of you who are affected by these landslides and to those who have had to leave their homes in catastrophe, solidarity with all the population at risk, solidarity with all those who are involved in the security or accommodation of those forced to move. If slides normally occur in the Spring, these are much more important and exceptional. A saga that will surely last for months. We send you our positive energies, hoping that you are all safe and sound.



World Patient Safety Day Safe Medication Use will be in the Spotlight in 2022!

By Micheline Lefrançois, 1st vice-president

The Canadian Deprescribing Network advises that September 17 is World Patient Safety Day and this year is a very special day for the Canadian Network on Deprescription!

The World Health Organization (WHO) has selected medication safety as its theme for 2022. The slogan for the day is "Medicines without the Harm". Take a look at the kit prepared by the WHO.

There are many challenges to safe medication use in Canada and around the world. We hope that the attention being paid to this issue around the world will lead to concrete action.



Perkopolis

By Edna Richer, Coordinator

An article on [Perkopolis](#) in the last SAGE on page 38 raised questions. Members want to know how to access this application that offers attractive discounts to NAFR members.

Our research was successful and here is all the information you need to [access](#), [register](#) and [learn about the benefits and discounts available](#).

Perkopolis is available to members with valid Medoc insurance and also for a period of 3 months to those with a valid Quote (confirmation number required).

BRANCH HONOURS



On May 30, 2022, **Me Jean-Marc Demers, our Secretary General**, received from the Lieutenant-Governor, the Honourable J. Michel Doyon, the Gold Medal "for exceptional merit" in recognition of his exceptional accomplishments as a volunteer for many years within the Federal Superannuates - Quebec Branch.

The June 13 edition of Le Soleil and the June 11 edition of Le Journal de Quebec reported this recognition to one of our members.

Mérite exceptionnel

Bravo à M^e Jean-Marc Demers (photo), secrétaire général de la section de Québec de l'Association nationale des retraités fédéraux, qui a reçu récemment lors de la remise des médailles du Lieutenant-gouverneur du Québec, la Médaille d'or pour mérite exceptionnel. Cette Médaille d'or est décernée par le Lieutenant-gouverneur, l'honorable J. Michel Doyon, « en reconnaissance des accomplissements exceptionnels d'une personne ou d'un organisme ». Cette médaille souligne la contribution bénévole exceptionnelle de M^e Demers depuis de nombreuses années pour la défense des droits et intérêts des retraités et futurs retraités.




**M^e JEAN-MARC DEMERS
MÉDAILLÉ D'OR DU
LIEUTENANT-GOUVERNEUR
POUR MÉRITE
EXCEPTIONNEL**

Le 30 mai, l'honorable J. Michel Doyon a remis la médaille d'or « pour mérite exceptionnel » à M^e Jean-Marc Demers, secrétaire général de la section de Québec de l'Association nationale des retraités fédéraux.

Cette médaille d'or est décernée par le Lieutenant-gouverneur en reconnaissance des accomplissements exceptionnels comme bénévole pendant plusieurs années au sein des retraités fédéraux de l'est du Québec.



We were more than present at the Annual Meeting of Members (AMM) held June 21-23 in Gatineau. Our Branch distinguished itself once again. **Micheline Lefrançois, our 1st Vice President** received the Claude Edwards Leadership Award. Congratulations to Micheline!

In addition, we received the Section 2021 Award for Advocacy. Congratulations to everyone in the Quebec Branch! Especially to the Board members and volunteers who have contributed, in a collective effort, to Advocacy. This adds to all our activities and makes our Branch so dynamic and present for its members. Thanks to all of you!

On the same subject, we are thinking about the actions we will have to do, together with our Advocacy volunteers. At the Gatineau AAM, we had a meeting between all the Quebec Branches and the national Advocacy leadership to prepare a common plan for the next elections. How can we raise awareness among candidates in the next provincial election?

After all, Health, the cost of drugs and the development of a strategy for the well-being of seniors are also provincial jurisdictions. A player that should not be neglected. Fall is already upon us, so it's best to be prepared.

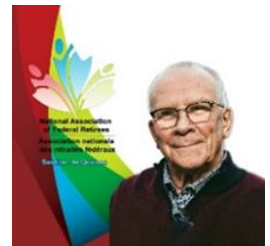
Finally, I would like to point out that our colleague James Nicholson completed his term as National Director. James received many thanks at the Meeting. We would also like to acknowledge his contribution as President of the Quebec Branch, as a National Director and as a guest on our Boards of Directors throughout his term. A wise and pragmatic advisor, we will certainly continue to seek his enlightened advice on various subjects. We wish you and Denise a wonderful retirement!

René Grenier, President



SOCIAL ACTIVITIES – QUEBEC BRANCH

By Germain Boivin, chief event organizer



Branch Breakfast, May 25, 2022



John Le Garignon, received a certificate of recognition from the President, René Grenier for his dedication as a director on the Branch Board of Directors.

Thank you very much John for your volunteerism and for sharing your passion for genealogy with the members.

- The golf season is in full swing.
- On July 1st, we will be holding a dinner theatre at the Théâtre Beaumont-St-Michel.
- Our monthly breakfasts will continue this summer.
- We are planning for September-October a Corn Roast with petanque games.
- To keep up to date with the latest news, visit our Web page: [NAFR QUEBEC BRANCH](#) -



LE SALON fadoq 50 ANS +

Régions de Québec et Chaudière-Appalaches

30 septembre au 2 octobre 2022

Centre de Foires d'ExpoCité (Québec)

The Quebec Branch will have a booth at the Salon FADOQ 2022, which will be held from **September 30 to October 2** at the "Centre de Foire d'ExpoCité". As we did in 2019, our volunteers will be happy to welcome you and your friends. Several topics will be covered including housing, health, recreation, lectures and performances by well-known artists are in preparation.

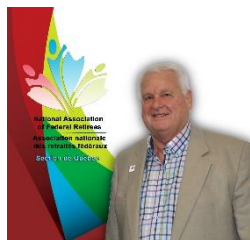
Spread the word to your fellow pre-retirees and federal retirees. Free admission for all. You do not have to be a FADOQ member to participate in the Salon.

Information will be updated in the coming months. Follow the site:

<http://groupeproexpo.com/salonfadoq/mot-du-promoteur/>

If you wish to have a FADOQ membership, our Branch is an associate member of FADOQ. Because of our Branch associate membership, the FADOQ membership card is \$20 instead of \$30. It offers many advantages and discounts on a multitude of products and services.

Here is the form: [fadoq - form 2019.pdf \(anrf-sq.org\)](#)



Looking for a volunteer - Secretary of the Board

We are looking for a volunteer to serve as Secretary to the Board of Directors. The Secretary assists the President in organizing the work of the Board, manages the agenda and minutes, and sends out materials with the assistance of our Office Coordinator and the Executive. We have 4 Board meetings per year.

In conjunction with the Executive and the President, he or she helps to set the annual agenda for the Board and committees, and liaises with the various committees as needed.

This person will be paired with the current Secretary General in order to learn the workings of the Branch and be familiar with the issues. The Branch uses Word software, we also have a laptop if needed and we work on the cloud. Members of the Executive will be happy to assist the volunteer in all areas.

René Grenier



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.
Thank you for your cooperation !

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle



Gilbert Sauvé

NEXT ISSUE OF THE NEWSLETTER SEPTEMBER 15, 2022



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.