

# NEWSLETTER

## NAFR - Quebec Branch

### INDEX DES SUJETS

- [AGM 2024](#)
- [President Word](#)
- [2024 Board Elections](#)
- [Webinaire- Canada Revenu Agency](#)
- [Newsletter Editor-in-chief](#)
- [ClaudeLarochelle Word](#)
- [Saguenay-Lac-Saint-Jean Report](#)
- [Bas-St-Laurent Gaspésie Report](#)
- [Table de Concertation des aînés](#)
- [Social Activities](#)
  - [Sugar Bush](#)
  - [Golf](#)
  - [Summer Theater](#)
  - [Monthly Breakfasts](#)
- [Office Schedule](#)
- [Newsletter Collaborators](#)
- [Next Issue](#)



**You are invited to attend our Annual General Meeting (AGM) to be held on April 12, 2024 at:**

**Patro Roc-Amadour**  
**Salle Père-Raymond-Bernier**  
**2301, 1<sup>re</sup> Avenue, Québec, QC**

**Registration required: email [anrf@bellnet.ca](mailto:anrf@bellnet.ca) or call 418-661-4896 before April 1, 2024.**

#### **Registration at 9:00 a.m., AGM begins at 9:30 a.m.**

Welcome, registration and tour of the Kiosks:

- Groupe Forget, audioprothesist
- Services Canada
- Agence Julie Labbé, lodging consulting services.
- Bélair Direct - home, auto and Johnson insurance, travel insurance
- Harmonia - Funeral services today

**Introduction to Service Canada** by Isabelle Lessard, Specialist, Citizen Services  
 - Programs and Services for Seniors - For a secure retirement, find out about the various programs and services available to seniors. The Canadian Dental Care Plan will also be discussed.

**Groupe Forget** presentation by Geneviève Paquette, audioprothesist.

- Hearing health
- Canada Life Hearing Health Coverage
- Possible tax credit for the purchase of hearing aids and assistive listening devices.

Financial statements and auditor's report, elections and recognition of our volunteers. Lunch and door prizes.

**Promote our Association, invite a federal retiree or future retiree to our AGM.**

**Don't forget to register: [anrf@bellnet.ca](mailto:anrf@bellnet.ca) – 418-661-4896**



## PRESIDENT WORD

I am pleased to announce that Sylvie Bilodeau has accepted, on a volunteer basis, the position of Provincial Advocacy Officer for the Association. She will work with the National Office and coordinate with the six branches in Quebec to better defend the interests of NAFR members. Welcome aboard.

Although there was no election this year, Member Advocacy was very busy with our group insurance business. We experienced the transfer of the Public Service Health Care Plan (PSHCP) to Canada Life. It was an epic experience for some of us. The Government of Canada then announced that the contract to administer the Pensioners' Dental Services Plan (PDSP) had been awarded to the Canada Life Assurance Company (Canada Life). The transfer from Sun Life to Canada Life is expected to take place in November. As the saying goes: "Once bitten, twice shy".

Last December, the federal government launched a new program, the Canadian Dental Care Plan (CDCP), for eligible Canadian residents. Starting next May, the federal government will pay all or part of the cost of Sun Life dental insurance for eligible seniors. Only those who do not have access to dental insurance can apply for the CDCP.

Since we have access to the Pensioners' Dental Services Plan (PDSP), the vast majority of federal pensioners and their eligible family members, including survivors, are not eligible for the CDCP.

Many members would have liked to have been able to join the CDCP or, at the very least, for our current plan (PDSP) to have been improved. Unfortunately, to date, no such changes have been discussed with NAFR. I don't need to explain to you that this is not the fault of our office coordinator or Branch volunteers. Communicate with respect and be sensitive to the feelings of others. You know that empathy is a quality that improves with practice.

Register in large numbers for our next Annual General Meeting on April 12 in Quebec City, May 10 in Saguenay and May 22 in Matane. And we look forward to seeing you at our breakfast meetings and at l'Érablière du Cap on Tuesday, April 16. Have a good spring!

Best regards,

**René Grenier**, President



## Apply to join our Board of Directors!

By **Jean-Marc Demers**, president of the 2024 nominations committee

At our AGM on April 12, we will be electing new Branch directors. The terms of office of our Vice-President Claude Larochelle, Director Diane Legros and Secretary Gaston Simard are due to expire.

I have so far received one application form from Mr Marc Périard and Mr Pierre Beaudry. I'd just like to remind you that there's still time to take an active interest in the affairs of the Branch.

Why not offer your services to Branch members?

To obtain a Nominations Form, [click here](#). For more information, contact us by e-mail at [anrf@bellnet.ca](mailto:anrf@bellnet.ca) or Jean-Marc Demers, President of the 2024 Nominations Committee at [jmd01@bell.net](mailto:jmd01@bell.net)



## Webinar - Tax benefits and credits for seniors Reminder –

**For those who have not yet registered, you can do so now.**

The Canada Revenue Agency's webinar on benefits and tax credits for seniors age 65 and over takes place next week..

**Date :** Thursday, March 21, 2024

**Time :** 10h00 à 11h30

To find out more about the topics covered and to register, follow [this link](#) - Registration required.

**You may also find the following links useful:**

[Claiming deductions, credits, and expenses](#)

[PROVINCIAL TAX CREDITS – SENIORS](#)

Caregivers : [Canada caregiver credit](#) [Québec](#)





## Do you know the editor-in-chief of our Newsletter?

### Diane Legros

By **Micheline Lefrançois**, 1<sup>st</sup> Vice-président

Behind the production of the Quebec Branch newsletter is a dedicated volunteer. Diane Legros, a member of the Branch Board of Directors since April 2021, has generously agreed to join the team and give us the benefit of her experience acquired during her career in various federal departments.

As soon as she joined the Board, Diane acted as Secretary, enabling her to get to grips with the Branch main activities and priorities. With a taste for communication, in 2022 Diane joined a small team of collaborators to act as editor-in-chief of the newsletter.

Producing a bilingual newsletter, 6 times a year, with topics of interest to our members requires leadership and a strong team spirit. The challenge is to obtain quality content in a variety of areas of interest to our members. Diane ensures that every contributor has a say in this publication, not forgetting our Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie directors who promote local activities and offer their members quality services that meet their needs.

In addition, as a member of the Executive Committee, Diane has always had a keen interest in programs and initiatives affecting seniors and their families. She spares no effort to understand them in order to better inform our members.

In addition, Diane has set up the first Thursday of the month breakfast for Lévis and area members, a great initiative to enable our members to meet and keep abreast of Branch activities.

As a NAFR member, if you have topics of interest to our members and the ability to write short texts, join the other contributors by contacting us at [anrf@bellnet.ca](mailto:anrf@bellnet.ca) Diane will be delighted to welcome you!

Thank you very much Diane, and long live the newsletter!



## Mot de la fin

By **Claude Larochelle**, 2<sup>e</sup> Vice-President

This is my last appearance in the newsletter, as I complete my three-year term as a member of the Executive Council and Board of Directors.

I wish you all the best of luck, and never forget that the strength of an association like ours lies in its numbers, and that our primary mission is to defend the rights and interests of our members and future members.

On behalf of the members of our Branch, many thanks Claude for your involvement over the past 3 years on the Board of Directors, particularly in the recruitment and retention of our members. Your help has also been much appreciated in supporting Branch activities. We wish you all the best!

## SAGUENAY-LAC-SAINT-JEAN REPORT

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

### GENERAL INFORMATION MEETING (GIM-Saguenay-Lac-Saint-Jean)

You are invited to attend the GIM on Friday, May 10, 2024, at 9:00 a.m. in Alma, **Hôtel Universel d'Alma**.

**Registration required by e-mail to:** [anrf@bellnet.ca](mailto:anrf@bellnet.ca), by phone 418-661-4896 or toll free 1-866-661-4896.

**Registration deadline: April 30, 2024.**

The agenda will be available on site and on our website [www.anrf-sq.org](http://www.anrf-sq.org)

We'll be holding conferences:

- Mrs Isabelle Dion, Executive Director of the Table régionale de concertation des aînés du Saguenay-Lac-Saint-Jean (R-02) (20 min);
- A notary will provide information on wills and end-of-life arrangements.
- We'll be joined by two Members of Parliament, to whom we'll be able to express our expectations (30 min).

A special Communiqué will soon provide you with additional information and will also be posted on our web page.

Invite a college retiree or future federal retiree interested in joining our association.

Don't forget to confirm your attendance!

## It happened right here!



Le brise-glace Amundsen. (Élie Dumas-Lefebvre/Courtoisie) Le Quotidien, 26 février 2024

### The famous Amundsen icebreaker travels the Saguenay Fjord

I invite you to read this interesting article forwarded to me by our president René Grenier, retired Coast Guard officer and former commander of the famous Amundsen icebreaker.

« Entre le 8 et le 22 février, des scientifiques ont parcouru le fjord du Saguenay à bord du brise-glace Amundsen, en compagnie de la Garde côtière dans le but de collecter des

données et d'étudier l'impact à long terme de la navigation commerciale sur cet écosystème si particulier et vulnérable. »

For those who haven't read the article in the February 26 edition of Le Quotidien, I invite you to read it:

**[Une étude sur les impacts du transport maritime dans le fjord du Saguenay](#)**



## BAS-SAINT-LAURENT-GASPÉSIE REPORT



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

On January 26, I met with **Kristina Michaud, MP for Avignon, La Mitis, Matane, Matapédia**, along with Sonia Gagné, President of the Matane PSAC Branch, and two of her members, to discuss Canada Life issues. I represented the members of ANRF.

We shared with her the problems encountered by our members. She was very receptive and took lots of notes.

A Bloc Québécois representative will be present at a national committee to discuss Canada Life.



PSAC Branch members Sébastien Ouellet and Kathleen Ross spoke about their issues and the serious unresolved problems.



I proposed that a help line be set up by experienced federal employees to assist our members. It's now easier to reach Canada Life, but for unresolved cases, the front-line person just passes on the message.

At present, it's our members and our association who help each other out, whereas in the federal public service it's the supervisors who lend a hand. There are serious confidentiality issues. Mrs Michaud found this suggestion interesting and will submit it.

We also discussed the Dental Plan, which will soon be transferred to Canada Life.

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

You are invited to attend the GIM on Wednesday, May 22, 2024, 9:30 a.m. in Matane, [Hôtel Riotel](#). Welcome and check-in start at 9:00 am.

The agenda and registration information will be available soon.

We're pleased to announce that our guest speaker will be Constable Marie-Ève Belzile of the Sûreté du Québec in Matane. She will be presenting a new conference on elder fraud. For those of you who know Agente Belzile, she's very dynamic and will answer all your questions.

Marks in your calendar and visit our website [www.anrf-sq.org](http://www.anrf-sq.org).

**Registration is mandatory** by e-mail to: [anrf@bellnet.ca](mailto:anrf@bellnet.ca), by phone 418-661-4896 or toll-free: 1-866-661-4896 -

Registration deadline: May 10, 2024.



## Tables de Concertation des Aînés (TCA)

By **Serge Boisseau**, TCA Representative - Chaudière-Appalaches

Here's some information from the Tables Conference that might interest you:

- [Bulletin février 2024 TCA-CA](#)

The CISSS de Chaudière-Appalaches and the Table de concertation des aînés de Chaudière-Appalaches would like to introduce you to a web page on the subject of ageism:

- [Infolettre 2024 02 TCA-CA spécial Âgisme](#)



## SOCIAL ACTIVITIES

**NAFR Quebec Branch invites you to an event:**

### **Sugar Bush, L'Érablière du Cap Tuesday, April 16, 2024 at noon.**

The cost is \$35 for members and \$41 for non-members (tax and service included).  
A vegetarian or gluten-free menu is available but add +\$3.00/person.



### **BOOK NOW!**

**Reservation and payment deadline: March 29, 2024.**

[Site Web et Menu](#)

### **To reserve and pay:**

1. By Interac at: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)
2. By cheque to ANRF-Section de Québec - 660, 57th Street West, Apt. 162, Québec, G1H 7L8 or
3. by cheque or cash at the monthly breakfasts in Québec and Lévis:
  - March 27 in Québec at resto Normandin Bouvier and
  - April 4 in Lévis at Délice Resto Lounge.



When booking, please include your membership number, e-mail address and telephone number so we can contact you if necessary.



**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)

## Beaumont St-Michel Summer Theatre 2024

The Quebec Branch will once again be offering an evening at the Théâtre Beaumont/Saint-Michel at a very attractive member rate.

The date is July 10, 2024, 8 p.m.

Back by popular demand, we plan to meet before the show for dinner at the Quai Resto Pub in the Saint-Michel marina.  
We'll be back soon with the Communiqué and information on how to reserve your place.



## BRANCH MONTHLY BREAKFASTS



IN  
QUÉBEC :

Last Wednesdays of the month, 8:30 a.m. at the restaurant  
**Normandin** 986, rue Bouvier, Québec, G2J 1A3. 418-627-1265

IN LÉVIS :

1st Thursdays at the month at 10hrs, au **Délice Resto Lounge** du  
146, Président-Kennedy, Lévis, G6V 6C9. 418 833-2221

IN LA  
BAIE :

1st Tuesday of the month, at 9h00, **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 9h00, au **Pacini**, Hôtel  
Universel, 1000 boul. des Cascades, Alma, G8B 3G4. 418-668-0872

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





We are thrilled to announce exciting new insurance coverage options for National Association of Federal Retirees members from our official partner, belairdirect (formerly Johnson Insurance). As a proud Canadian insurance provider that was founded in Quebec, belairdirect truly understands the insurance needs of Quebec residents.

Members can now enjoy enhancing home insurance coverage along with great car insurance add-ons with their Affinity Plus endorsement. Plus, a suite of helpful digital tools that make managing your insurance a breeze!

**Use National Association of Federal Retirees code NAFR to get your quote today.**

Visit [belairdirect.com/public-sector](https://belairdirect.com/public-sector) or call 1-833-887-4626



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](https://anrf-sq.org)

[Suivez-nous sur FACEBOOK](#)

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

### NEWSLETTER COLLABORATORS

Editor-in-Chief, Diane Legros,

Editors : René Grenier, Micheline Lefrançois, Claude Larochelle, Jean-Marc Demers, Sylvie Harrisson, Ghislain Lavoie, Serge Boisseau and Diane Legros

Branch Coordinator: Edna Richer

Free translation and Editing: Micheline Lefrançois, Jean-Marc Demers

Publication on website : Marianne Lafond

Activities calendar website : Pierre Marquis

Graphic Designer : Gilbert Sauvé

Facebook post : Guy Abel, Diane Legros



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.

**NEXT ISSUE 15 May 2024**