

# NEWSLETTER

## NAFR - Quebec Branch

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## VETERANS' WEEK NOVEMBER 5 TO 11, 2021

### Thank you to Veterans

They fought and sacrificed  
for Canada and Canadians.  
We remember.



On November 4, our Branch sent members a communiqué expressing our gratitude to Veterans across the country who deserve to be recognized for standing up for the safety and freedom of all Canadians.

We thank our volunteer veterans who support our Branch by contributing their knowledge and experience to it. [Read communiqué](#)

**Thanks to all our volunteers who represent the Quebec Branch by laying a wreath.**

Latest news: Our president René Grenier has obtained information that could be useful to some members. Recently, an activist for the rights of Veterans and their families, Jenny Migneault of Trois-Rivières has developed a new service to help health professionals assist Veterans.

<https://www.lhebdojournal.com/aider-les-veterans-le-combat-de-jenny-migneault/> (in French)

### Helping Veterans: Jenny Migneault's Fight

To learn more about Veteran Evaluation or to contact its founder. [Support the veteran](#)

## The Quebec Branch present at commemorative events on its territory



On November 11, in Rimouski, **Bruno Beaulieu**, Administrator Bas St-Laurent/ Gaspésie laid the wreath on behalf of the Quebec Branch.



At the Matane Cenotaph, **Sylvie Harrison**, Liaison Officer, laid a wreath on behalf of the Quebec Branch.



On the November 12, in Gaspé, **Hubert Briard** laid a wreath. Hubert's uncle was on the front and taken prisoner by the Japanese during World War II. This ceremony therefore is of very special meaning to him.



On November 11, at the New Richmond cenotaph, Chief Warrant Officer (Retired) **Normand Parent**, MMM, CD, and his son Colonel **Marc Parent**, CD, Director Army Force Sustainment (G4), NDHQ Ottawa laid a wreath on behalf of the Quebec Branch NAFR. Our thanks to **Joanne Barter**, president of the local Legion for the great photos



On November 11, on behalf of the Quebec Branch, **Ghislain Lavoie** laid a wreath at the Bagotville military base. **Michel Saint-Hilaire** laid a wreath during the ceremony at Chicoutimi City Hall. In Alma, **Alain Gauthier** represented our Branch. A wreath was also laid by our Branch in Arvida.



## A Word from the President

A busy fall. After two days of videoconferencing for the Special Meeting of Members, we had our own General Information Assembly (GIA). Our GIA was also followed by videoconference and by a record number of people. There were over 100 registrations. Obviously, travel and travel insurance were in demand and our guests were able to answer many questions.

Then, on October 28 and 29, the Quebec Branch hosted the meeting of the Quebec District Presidents. These meetings allow us to coordinate the priorities and interventions of each of the Branches for the defense of the rights and interests of retirees, to follow up on activities and to share best practices for the recruitment and retention of members and volunteers.

This is a challenge for every board of directors of the six Quebec Branches. As you know, our volunteer administrators and collaborators, often behind the scenes, are the ones who are in the action. The services offered in the regions come through them. Together, we try to coordinate and implement concrete solutions. We were honored to have with us our National President Jean-Guy Soulière and Anthony Pizzino, Executive Director of the Association. Concrete solutions were discussed and shared with them.



From left to right:  
Rachel Baril,  
President Mauricie,  
Daniel Morin,  
President Montreal,  
Gérard Brochu,  
President Canton de  
l'Est, Donald Déry,  
President Outaouais,  
Régis Charron,  
President Haute-  
Yamaska and René  
Grenier, President  
Quebec Branch and  
host of the meeting.

The National President took the opportunity to present a certificate from the National to two illustrious past presidents, Jean-Marc Demers, from our branch and Roger Bergeron from the Mauricie Branch.

Thank you to the veterans who fought or sacrificed for us. In our two sub-branches, the Bas-Saint-Laurent and the Saguenay, many wreaths were laid on behalf of our branch and NAFR. Because of the rules from Santé Québec, our participation in the greater Quebec City area had to be more limited. As of 1 January 2022, the pension indexation rate for 2022 will be 2.4%.

And finally, our breakfasts are going well. We are waiting for all of you, in greater numbers. Unfortunately, it's not for lack of trying, but we won't be able to have a Christmas dinner again this year. So, we are going to focus on our 5 to 7 video conference on December 22nd. Don't forget to sign up when the time comes, let's get out there and raise our glass to a better year to come.

See you there!

René Grenier

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## Recognition of Jean-Marc Demers, Past President of the Quebec Branch

Jean-Guy Soulière, National President of the NAFR, during a visit to Quebec City, took time to congratulate Jean-Marc Demers and present him with a certificate of appreciation in recognition of his years of volunteering with the Quebec Branch as a director, and president of the Branch for 5 years



*"Thank you very much Jean-Marc for your professionalism, your creativity, your hard work and your constant concern to serve the members. Your great contribution has allowed the members of the Quebec branch to exert its influence over our Association. The many national recognition awards presented to the Branch in recent years are certainly the result of your leadership and the dedication of the many volunteers of the Quebec City Branch," said Mr. Soulière. Jean-Guy Soulière, National President and Jean-Marc Demers, Past President of the Quebec Branch (right)*

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## Virtual General Information Meeting (GIM) of 22 October 2021

The GIM of the Quebec Branch has created a lot of interest among our members. Over 100 people registered for this virtual meeting. We were joined by members of other Quebec branches.

Participants were attracted by different topics covered: a presentation of 3 cruise destinations on the Mediterranean offered by Traditours and an update by MEDOC travel insurance, partner of the NAFR.



Participants in the virtual GIM of October 22, 2021



Mrs. Marilyn Montpetit, a travel advisor for Traditours provided material to dream about by describing 3 cruises on the Mediterranean. See below for details of these destinations

Mrs. Maglasiu, Senior Organizational Advisor, MEDOC Travel Insurance provided an update on the coverage available, including eligible medical emergencies related to COVID-19.



Many thanks to Ms. Maglasiu and Mr. Jeff Wolfson, Manager of Recruitment and Member Services at NAFR, for answering the many questions from participants

[Here is the presentation of MEDOC](#)

The GIM ended with a draw of attendance prizes offered by “Voyage Traditours” and MEDOC travel insurance. Congratulations to winners Monique Trudel, France Bélanger, Roch Collin, Guy Abel, Danielle Gravel, Mariette Routhier-Grant, Denise Langevin and Sylvie Gosselin

### Présentation Traditours :



Information about the Traditours Conference is only in French. Please contact Traditours for more information [Voyages Organisés | Croisières & Circuits | Voyages Traditours](#).

Chères voyageuses, chers voyageurs,

L'équipe Traditours tient à vous remercier de nous avoir accueillis lors de votre assemblée annuelle du 22 octobre dernier. Ce fut un très grand plaisir de vous rencontrer et de partager notre passion du voyage avec vous.

Si vous souhaitez réserver un voyage, ou avez un intérêt sur un départ présenté durant votre assemblée, remplissez notre coupon virtuel [ici](#) et vous serez appelé en priorité.

📍 De plus, si vous souhaitez rencontrer un de nos conseillers, il est possible de le faire virtuellement ou à notre bureau de Québec ([cliquez ici pour planifier votre rendez-vous](#)). Vous pouvez aussi nous contacter par courriel au [info@tradtours.com](mailto:info@tradtours.com) ou par téléphone au [1-888-907-7712](tel:1-888-907-7712).

### Voici les itinéraires qui ont été présentés durant votre assemblée :

📍 Croisière accompagnée L'Italie, la France et l'Espagne au départ de Rome – Excursions incluses

13 jours / 15 au 27 juin 2022 ([cliquez ici pour voir le programme](#))

📍 Croisière accompagnée Transatlantique et séjour balnéaire sur la Costa Del Sol  
33 jours/ 8 mars au 9 avril 2023 ([cliquez ici pour voir le programme](#))

📍 Combiné Terre & Fleuve : Séville et la Costa del Sol - Excursions incluses  
Les paysages enchanteurs de l'Andalousie.

15 jours/ 13 au 27 septembre 2022 ([cliquez ici pour voir le programme](#))

**L'Infolettre Traditours** : l'infolettre par excellence au Québec pour vous informer sur les voyages de groupe! Soyez informé de nos nouveautés en matière de voyages organisés, nos concours, les dates de nos conférences et plus encore. [Inscrivez-vous ici](#).  
En quête d'inspiration? Consultez [nos brochures](#) pour découvrir plus de 150 itinéraires sur 5 continents.

Au plaisir de vous revoir bientôt.



Sarah Khedaïm  
**Cheffe des conférences -poste 236**  
Montréal et Rive-Sud : 514 907-7712  
Québec et sa région : 418 907-9595  
Laval et Rive-Nord : 450 934-8686  
Sans frais : 1 888 907-7712  
Fax : 514 907-7711  
[www.traditours.com](http://www.traditours.com)

## Advocacy

By Micheline Lefrançois, 1st Vice-President

1. **Update on the Public Service Health Care Plan (PSHCP)**
2. **Treasury Board Liaison Bulletin – NAFR Presence**
3. **Ensure safe use of medications**



### 1. Update on the Public Service Health Care Plan (PSHCP)

Many of you have asked for an update on the Public Service Health Care Plan (PSHCP), which has not been fully reviewed since 2006.

The NAFR is part of the bargaining table and many improvements have been identified.

*"Federal Retirees expects the new government to act quickly to renew the PSHCP when Parliament resumes, building on the principles and work done to date."*

**For more information** [PSHCP renewal update – Working to improve and strengthen your health care plan \(retraitesfederaux.ca\)](#)

### 2. Treasury Board Liaison Bulletin – NAFR Presence

In the latest Treasury Board Bulletin "Your Pension and Benefits" (issue 15) sent to retired members; it should be noted that NAFR is being singled out.

It's an important venue to make extend our presence to retirees who have not yet joined NAFR. Do not hesitate to pass on this information to your former colleagues.

Read the [Treasury Board Liaison Bulletin – Issue 15](#)

### 3. Ensure safe use of medications

See a lot of information from The Canadian Deprescription Network: [Tools to manage and know the impact of your medications and those of your loved ones.](#)

Also, a list of medications template: [List of medication](#)



## MEGA RECRUITMENT CAMPAIGN

By Claude Larochelle, 2nd Vice-President

Despite the difficult context to recruit your committee is very active in the field. We have reconnected with some departments and agencies where we used to go and present our Association.

NAFR National Office is managing a Recruitment Campaign. Members who recruit new members have a chance to earn outstanding awards.

The Campaign runs until December 31st. Please participate in large number and keep on being healthy!

Click on the hyperlink below to find out how to participate.

[Mega Recruitment Drive | Federal Retirees](#)

## 5 to 7 Virtual Holiday Cocktail December 22, 2021

5 - 7 Virtual Holidays  
December 22, 2021

Fun, Music, Surprises and  
door prizes

Please register here  
[Inscription 5-7](#) before  
December 10<sup>th</sup>.



It is imperative to reserve  
your place before  
December 10

[Inscription 5-7](#)

If you wish to offer a  
performance (story, music,  
song, etc.) send your name  
by email to Germain Boivin  
[g-boivin@videotron.ca](mailto:g-boivin@videotron.ca)  
providing him with the  
details of your  
performance.



## Follow-up - Phoenix and Retirees

By Diane Legros, Co-secretary

Phoenix Damage Claims Process Coming Soon available for former Public Service Alliance of Canada (PSAC) employees.

In December 2021, former employees represented by the PSAC will be able to submit claims for compensation for general damages

caused by Phoenix.

For more information [Bargaining agent - General compensation for damages related to Phoenix - Canada.ca](https://www.bargainingagent.ca/)



## Report from BAS-SAINT-LAURENT-GASPÉSIE

By Bruno Beaulieu, administrator Bas-St-Laurent/Gaspésie

Various distance learning courses are offered free of charge by ADAUQAR to members of the NAFR - Quebec Branch. Visit the Fall 2021 Trainings website. Some courses are specially directed to caregivers and seniors.

Next session: Agissez contre la culpabilité! Speaker: Madeleine Fortier. (in French). Duration: 2 consecutive meetings of 90 minutes on November 30 and December 7 at 9:30 A.M. For registration clic: [Inscription \(uqar.ca\)](https://www.inscription.uqar.ca/)  
Concerning breakfasts in Rivière-du-Loup, specific dates are not available yet. We will keep you informed.



## Report from SAGUENAY-LAC-SAINT-JEAN

By Ghislain Lavoie, administrator du SAGUENAY-LAC-SAINT-JEAN

Our monthly breakfasts at La Baie are on the last Tuesdays and in Alma on the last Wednesdays of the month. Please see the Social [Activities tab](#) of our website for more details.

## VOLUNTEER WANTED

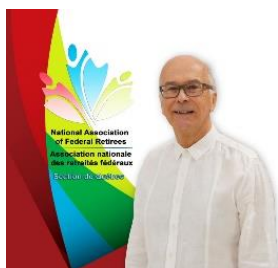
As you know, our members volunteers are the pillars of our Branch. It is through the efforts of each of them that we offer all activities and information.

**We are looking for a member to be a volunteer translator/reviewer** for the English version of the newsletter with 6 issues per year.

Contact us by email [anrf@bellnet.ca](mailto:anrf@bellnet.ca)

**IMPORTANT :** To each member of the Branch. It is very important to keep being informed by promptly providing us with any changes to your contact information: email address, postal address and telephone. Please contact our coordinator at [anrf@bellnet.ca](mailto:anrf@bellnet.ca)

## FOLLOW-UP - Tables de concertation des aînés (TCA)



By Serge Boisseau, Advisor to the board  
Member of the TCA - Chaudières-Appalaches

The *Table de concertation régionale* will hold a consultative meeting on November 23, 2021. This will include the following topics:

- Home services (Living at home in your community);
- Poverty of some seniors (Living with Dignity);
- Isolation of seniors with the pandemic (Living in solidarity and friendship);
- Agism experienced by seniors (Living with Dignity);
- Transportation needs of some seniors (Living in your community).

For any additional information and to register go to:

[bulletin-October-2021.pdf](#). (in French)

The TCA also presented an important document on the new assistance measures that will be available to people who wish to obtain assistance without notarial involvement. Consult this document prepared by the Curateur public . [Assistance measure Curateur public du Québec.pdf](#)



By Nicole Laveau, Director  
Member of the TCA - Capitale nationale

Le *Centre d'excellence sur le vieillissement de Québec* (CEVQ), in partnership with the Quebec CHU-Université Laval users' committee, offers conferences to the general public on Aging in good Health.

1. "*Consent to care: everything you need to know, for you and for the people in your care!*" by Dr. Stéphane Bergeron (January 26, 2022, from 10 a.m. to 12 p.m.). Depending on the situation, this conference could take place in person (at Montmartre Canadien, located at 1669 Saint-Louis Road) or in virtual mode, on Zoom.

2. "*Deconditioning the elder or why the future belongs to those who get up early?*" by Dr. Michèle Morin (March 23, 2022, from 10 a.m. to 12 p.m.). Depending on the situation, this conference could take place in person (at Montmartre Canadien, located at 1669 Saint-Louis Road) or in virtual mode, on Zoom.

More details on the [2021-2022 Conferences poster](#) (in French).



## Social activities of the Branch

### GOLF TOURNAMENT 2021



#### The winning quartet of the 2021 golf tournament

Germain Boivin (left) responsible for the social activities of the Branch presents the Robert-Asselin Trophy to the winners of the 2021 tournament: Jacques Bisson (2nd from left), Gilles Croteau (centre), Michel Roberge and André Bisson.

Congratulations to the winners!

Here are pictures of the monthly breakfasts. Photos are by Lise Lavoie, at restaurant Normandin Lebourgneuf, September 29, 2021



Resumption of monthly lunches ([Where and When](#))

The Quebec Branch is pleased to offer you the chance to have breakfast together again. In accordance with current rules of Public Health, we will gradually resume our social activities. To stay informed, visit our website at [the Social Activities Tab Quebec Section](#) or our [Facebook page Quebec Section](#).

**Please note that there will be no breakfast at the end of December. The next one will be Wednesday, January 26, 2022 from 8:30 am.**

Please note that you no longer need to book in advance to join in for breakfast. For the Normandin, a private lounge is available to us with room for 35. Under the rules, the restaurant requires the vaccination passport and proof of identity; this is the usual requirements to maintain a register of customers



## ***FOLLOW-UP ON FACEBOOK***

<https://www.facebook.com/RetraitesfederauxQuebec> and click on the "Like" button to not miss anything.



Edna Richer, coordonnatrice

## **Office hours of the Branch**

Our office will be open according to its usual schedule  
Schedule: 1:00 p.m. to 4:00 p.m. Monday to Thursday.  
It will be closed from December 24 to January 3, 2022.

Phone: (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)



If you come to meet us at our office, you have to wear the mask.  
Hand sanitizer is available. Thank you very much for your cooperation.

## ***NEXT ISSUE OF THE NEWSLETTER JANUARY 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.

## Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Viateur Beaulieu



Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle