

NEWSLETTER

NAFR - Quebec Branch

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Message from the President

We are close enough to the end of the pandemic to see that the light at the end of the tunnel is not an oncoming train. Let's get out as soon as possible to avoid the variant train. Our COVIDexit committee offered two videoconferences in May and June: "Driving My Health" and "Fishing in Quebec". The last one was our fifth videoconference with external guests.

While the committee is taking a break for the summer season in terms of videoconferencing, it will continue to meet to prepare some surprises for its return in the fall. There is already a team in place to prepare a virtual happy hour on December 22nd. Time to shake things up before the Holidays and Christmas. But in the meantime, we are confident that we will be able to hold a face-to-face General Information Meeting (GIM) on October 22, 2021 and why not a traditional Xmas party, if possible. To be continued! In the meantime, more concretely, a group of volunteers is assisting our in-house expert, Viateur Beaulieu, who is working on improving our website by the fall.

Our Lower St. Lawrence director, Bruno Beaulieu, contacted ADAUQAR, a non-profit organization whose mission is to offer diversified learning activities for adults aged 50 and over in the Lower St. Lawrence and Gaspé regions who wish to remain active. We have signed an agreement with them so that all our members in the Quebec Branch can, if they wish, participate in the many conferences offered online during the fall and winter sessions. I encourage you to go to their website and explore the conferences and activities offered.

We marked National Public Service Week by offering a drawing contest to educate the youngest about the importance of the work of public employees. We had two video conference sessions of the National Annual Meeting of Members (AMM) on June 17th and 29th, which elected or re-elected national officers.

It is with great pleasure that we received the Advocacy Award. This is a recognition given as a Branch award and in this case the Quebec Branch for this year. So, a big congratulations to our Branch! I would like to add a special thank you to Micheline Lefrançois, our 1st Vice President, who was tremendous in preparing our files to meet with the elected officials. And of course, to all the recipients of the 2021 Federal Retirees Volunteer Recognition Awards, congratulations!

We wish you all a great summer and happy reunions!



René Grenier
President

Advocacy of our members

By Micheline Lefrançois, 1st vice-president

The Quebec Branch recipient of the 2021 National Advocacy Award

The Quebec Branch has just received the 2021 National Advocacy Award. Indeed, on May 31st, the National Recognition Committee announced the success of our Branch's candidacy. It is a triumph that should make each and every one of our members proud!



This Advocacy Award recognizes a Branch 's exemplary efforts to advance the Association's advocacy strategies. The Award encourages members' commitment to influence local decision-makers and establish meaningful partnerships with stakeholders.

Each year, the 76 sections of the NAFR are invited to submit their applications to the National Selection Committee made up of a member of the National Board of Directors and representatives of our association's privileged partners.

This important national award was given to us for our efforts to make known the priorities of our association to our representatives of all political parties, namely the income security of our retirees and future retirees, the change to discriminatory approaches to Veterans Affairs Canada regarding the slowness in processing the files of female veterans, in particular the files of Francophone veterans, the establishment of national drug insurance and the request to establish a senior national strategy. The Branch also discussed Bill C27 and its challenges. The Branch has kept the local media informed of our efforts to defend the interests of our current and future members.

The Branch President, René Grenier, declared that "this Award demonstrates with importance that our members are proud to be part of an association willing to continue defending the rights and interests of retirees and future retirees. It is also a recognition of the work of our volunteers which deserves to be noted for so much constant effort to succeed in the activities of a non-profit association like ours. "

Announcement of the recipients of all National Awards will be featured in the fall issue of SAGE magazine, which will be recognized at the virtual Annual Membership Meeting (AMM) in June. Due to sanitary rules, we will underline this collective honour at the next AGI.

Remember that over the past five years, the Branch has received five national recognition awards, namely:

2017 – National award of the collaboration

2018 – National award of Membership Recruitment and Engagement

2019 – National award of Excellence for the branches
2019 – National award of Claude Edwards leadership
2021 – National award of Advocacy

Press release: Municipal elections, November 2021

By Nicole Laveau

Great news, citizens of Quebec aged 70 and over will have the option to vote by mail in the 2021 municipal elections for Quebec City.

For more information, [click on this link](#). (In French)

Will other municipalities follow suit?



“Planning your funeral 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 and allow the respectful execution of your last wishes.”
Nathalie Lachapelle, your dedicated Advisor and NARF member. Tel.: 418-681-9797
or nlachapelle@harmonia.ca



VOLUNTEER SOUGHT IN CREATION / VISUAL PRESENTATION!

By Micheline Lefrançois, 1st vice-president

The Quebec Branch is looking for a volunteer for visual communication projects for documents and presentations.

- Are you proficient at an intermediate level with various cutting edge application tools such as WORD, POWERPOINT and have intermediate level experience with an image manipulation program (Photoshop, GIMP, Corel Paint Shop or other)?
- Are you a creative and inspired person?
- Do you like challenges and have a strong aesthetic sense?
- Do you have a few hours free from time to time and would like working in a team?

MAIN TASKS

- Look for ideas and propose sketches
- Organize and structure the elements from a visual communication point of view such as the layout of text and images in a WORD document and / or photo montage for the Branch website and others, in collaboration with the volunteers of the Communications Committee.
- Create and produce images that effectively communicate a message in order to promote our association to target clientele.

If you would like to join the team or for more information, [contact us!](#)



News from the Seniors Roundtables (SRT)

By Diane Legros

The Tables de concertation des aînés are present in all regions of Quebec and their newsletters provide a lot of useful information for all seniors. The Quebec Branch has agreed to introduce our representatives to the various Tables de concertation des aînés (TCA). In addition, since the decisions and projects of the CAW are important to our members, we will henceforth provide you with the relevant hyperlinks which will allow you to obtain additional information.

Here are the representatives of NAFR-Quebec at the CAW:

- Nicole Laveau for the Capitale-Nationale ([Site TCA- Capitale Nationale](#)) (In French)
- Serge Boisseau for Chaudière-Appalaches ([Bulletin mai 2021](#)) and a [June Bulletin TCA CA Bulletin 2021 juin](#) (Site Chaudière-Appalaches) (In French)
- Bruno Beaulieu for Bas-Saint-Laurent (Annual Meeting Schedule for June) [Site TCA Bas-Saint-Laurent](#) (In French)
- Sylvie Harrison for Matane. Gaspésie Îles-de-la-Madeleine GIM [TCA-GIM Bulletin juin 2021](#) [Site Gaspésie Les Iles](#) (In French)

- Ghislain Lavoie for Saguenay–Lac-Saint-Jean [Site de la SagLac](#)



REPORT FROM SAGUENAY-LAC-SAINT-JEAN

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

I know some of our monthly breakfast attendees have passed away. My sympathies to all those affected by these departures. For breakfast at the Bay, if that suits you, we could start on September 1st. I will send emails to those interested.

Take advantage of the summer to rediscover the freedom to go wherever you want. A holiday of peace and joy to all of you.



REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE

By Bruneau Beaulieu, administrator of Bas-St. Laurent/Gaspésie

Hello, I am pleased to announce that the NAFR has signed an agreement with the Association for the Development of Seniors at the University of Quebec at Rimouski ([ADAUQAR](#)). (In French)

This agreement will allow NAFR-Quebec Branch members who wish to participate (via Zoom) in training activities and conferences offered by ADAUQAR.

Here is the [fall 2021 - Bas-Saint-Laurent and Gaspésie program of activities and registration](#) procedures that will soon be available. (In French)



Recent virtual activities - Quebec Branch

By Micheline Lefrançois, member of the CovidExit committee

A great success for the videoconference 'Au volant de ma santé'!



On May 26th, the Quebec Branch in collaboration with the Assurance automobile du Québec (SAAQ) organized a videoconference entitled 'At the wheel of my health'. Our speaker Alexandre Dombrowski, offered interesting and relevant information on:

- Aging and driving
- Assessment of the ability to drive
- Driving and road safety and the preventive measures to be adopted

45 people attended this event and several questions of interest were asked of our speaker.



In addition to a door prize offered to our participants by the Quebec Branch, we had safety fluorescent bracelets for the evening walk. There are still a number available if you are interested send an email to our office anf@bellnet.ca

Speaker: Alexandre Dombrowski,
SAAQ advisor in relation to the community



If you missed it, we are working on various options that will provide you with the essence for senior road safety. (Photo: Bruno Beaulieu)

Fishing in Quebec - A superb encounter with summer flavoured!

By Micheline Lefrançois, member of the CovidExit committee

On June 10th, the Branch organized a videoconference by Jasmin Perreault, the fisherman expert, assistant editor of the magazine Sentier Chasse-Pêche, author of La Pêche au Québec.

Colleagues who are fishing enthusiasts greatly appreciated this conference by Mr. Perreault who willingly shares many information, particularly on freshwater fishing in eastern Quebec (Quebec, Rive-Sud, Saguenay-Lac-Saint-Jean, Bas -Saint-Laurent-Gaspésie), the main outfitters available; the required permits; regulations on bodies of water; relaunching; minimal equipment.

The participants appreciated the presentation, the dialogue with our speaker during the questions period and provided several specific information especially on outfitters in Quebec and wading in Lac-Saint-Jean.

For information on outfitters in Quebec, accommodation and access, you can consult the following link: [Fédération québécoise des pourvoies](#) (In French)

34 magnificent places for wading in Lac-Saint-Jean

[34 Endroits magnifiques pour la pêche à qué au Lac-Saint-Jean - Les Leurres Opémisca \(opemisca.com\)](#). (In French)

2 copies of the book 'La Pêche au Québec' were drawn at random. Congratulations to the winners: Régent Noël and Marc Théberge

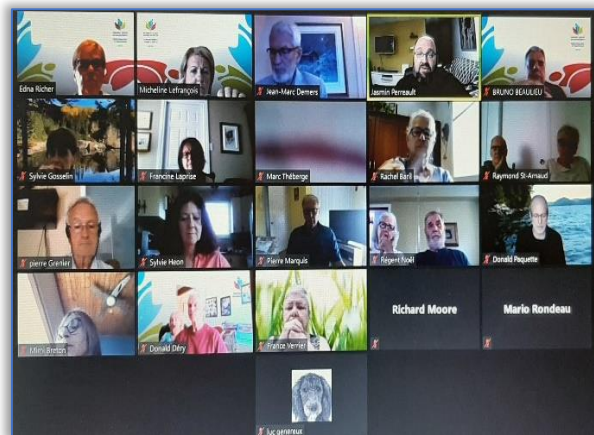
Thank you very much to the participants!

This videoconference was organized by the Branch's COVID-Exit Committee.

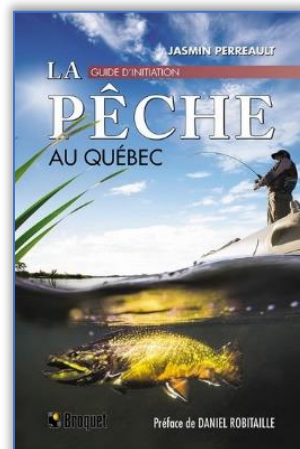
“Over the past year, this committee has entertained our members with various videoconferences and allowed us to keep in touch together. Thank you very much to all the members of the Committee,” mentioned the Chairman of the Committee Jean-Marc Demers



Jasmin Perreault Conférencier



Participants



La Pêche au Québec par Jasmin Perreault



Suggested activity: Les Jardins de Métis this summer

by Jean-Marc Demers, The Section's CovidExit committee

Les Jardins de Métis this summer

As the newspaper "Le Soleil" recalled a few days ago, a visit to the "Jardins de Métis" during the summer is a great outdoor activity to realize that the pandemic is moving away from our North American lives. « [Les premiers dimanches gratuits](#) » aux Jardins de Métis | [Le](#)

[Mag | Le Soleil – Québec](#) (In French)

Let's not forget that entry to the "Jardins de Métis" is free on the first Sunday of each month!

Thus, this summer, if you reserve your place, these large gardens will be able to welcome you free of charge from 8:30 am on Sundays: July 4th, August 1st, September 5th and October 3rd.

The important thing is to communicate with the Metis Gardens to **reserve**.

<https://www.eventbrite.ca/e/billets-dimanche-gratuit-154867405579>

Good visit!





Richer, coordinator.

Branch office hours

Office opening hours for summer 2021
**From June 25th to September 3, 2021, our office will be open
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.**

Email: 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 proceed to the office.

If you come to meet us in person, you must wear a mask. Hand sanitizer is available. Thank you very much for your cooperation.



Like every year, the Newsletter will take a summer break for the months of July and August. We will give our volunteers a little break. The Branch will publish the next newsletter on September 15th. In the meantime, watch our posts on [Facebook](#) and our [website](#).

Happy summer holidays!

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Viateur Beaulieu



Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle