



BRANCH REPORT

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President: René Grenier

Vice-president
Micheline Lefrançois

Secretary general and past President
Jean-Marc Demers

Director of Finance
Guy Abel

Treasurer
Roland Langevin

Director
Diane Legros

Director
Pierre Beaudry

Director
Serge Boisseau

Director Saguenay-Lac-Saint-Jean
Ghislain Lavoie

Director Bas-St-Laurent-Gaspésie
Sylvie Harrisson

President's message

Dear Members,

When did you become an NAFR advocate? When you joined the Association, of course. When you voiced your opinion, shared your experiences and influenced your community to advocate for the Association's issues, such as retirement income security.

Without being optimal, the situation of the Canadian and Quebec retirement systems is not catastrophic when compared with those of OECD countries. However, the overall sustainability of our retirement system in Canada requires that coherence be maintained between universal public benefits (Guaranteed Income Supplement, Old Age Security and Quebec Pension Plan), supplementary plans set up by private or public employers, and personal savings.

Defined-benefit plans such as ours are showing the steepest decline among employers as a means of ensuring their financial security in retirement.

With elections around the corner, the various political parties will want to take a hard look at government spending. Namely, will the next elected government maintain its commitment to our defined-benefit pension plan, or would it like to harmonize public-sector pensions by opting for a defined-contribution model with employer contributions comparable to those in the private sector?

Quebec Branch President

EXCELLENCE AWARD FOR SECTIONS 2024



René Grenier, President;
Micheline Lefrançois
Vice-President

The Quebec Branch received the National Award of Excellence at the Annual General Meeting (AGM) Gala of Recognition in Gatineau on June 19.

Each year, FSNA's 77 branches are invited to submit their nominations to the National Selection Committee. This important national award was given to us for our efforts in member recruitment and mobilization, volunteer involvement and advocacy. Many thanks to our valiant volunteers and to all our members for their support of the Quebec Branch!



Excellence Award for Sections 2024



Refer a member to Federal Retirees for a chance to win terrific prizes.

Fill out a ballot at federalretirees.ca/mrd for a chance to win.



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HEARING LOSS AND AGING

Ageing affects several parts of the body. Indeed, just like vision, our hearing gradually deteriorates over time and this often happens unnoticed.

WHEN DO WE LOSE HEARING?

Age-related hearing loss can begin well before the age of 60, but it is usually at that age that most people begin to feel the impacts of hearing loss.

After the age of 65, 1 in 3 people suffer from hearing loss, then 1 in 2 people from the age of 75.

WHAT HAPPENS TO OUR EARS AS WE AGE?

As we age, many structures in the hearing system naturally deteriorate. The cells transmitting sound information to the brain stop functioning over time and cannot be repaired. The aging process of our ears is **irreversible!**

HOW OFTEN SHOULD WE EVALUATE OUR HEARING?

As a preventative measure, it is recommended to carry out an audiological evaluation **from the age of 50** in order to assess your hearing. Generally, follow-up every two years is suggested after the age of 50.

However, more frequent follow-up may be necessary in the opinion of your audiologist depending on your situation.

WHAT OTHER FACTORS CAN INFLUENCE HEARING?

Genetics, exposure to loud noise, noise trauma, ear surgery, ototoxic medications or certain diseases such as diabetes. Hearing loss could therefore occur earlier if you have one or more of these factors.

Here are some red flags:

- You find that those around you are mumbling
- You often ask to repeat
- You always turn the TV volume up

If you have any doubts about your hearing, or that of a loved one, don't hesitate to book a hearing screening with your Groupe Forget audioprothesist.

The largest network of audioprothesists in Quebec
1-888-368-3637
groupeforget.com



THANKS – OUTGOING DIRECTORS



Claude Larochelle
2nd Vice-president

Left: The President thanks **Claude Larochelle**, outgoing 2nd Vice-president, who took part in all the recruitment sessions and was an invaluable help in computer technology.

Right: The President thanks **Gaston Simard** for his commitment and dedication as a volunteer administrator and Secretary of the Quebec Branch over the past 3 years.



Gaston Simard, Secretary and René Grenier, President



Pierre Beaudry
Director
Responsible for advocacy

Welcome to Pierre Beaudry Member of the Board of Directors

The Quebec Branch is pleased to welcome Pierre Beaudry to the Board of Directors. Pierre was elected by acclamation at the Annual General Meeting on April 12.

Pierre holds a master's degree in public administration from ENAP and a bachelor's degree in pedagogy from the Montreal University.

Pierre will bring a wealth of experience, mainly in the areas of advocacy and the Branch's partners. In addition, he will help set up branch activities to encourage the participation of our members and future members.

Welcome Pierre to the team of volunteers!



Serge Boisseau
Director

**Welcome to Serge Boisseau
Member of the Board of Directors**

René Grenier is delighted to welcome Serge to the Board of Directors. Serge will be responsible for recruitment, retention and recognition. Serge, a loyal Section volunteer, was recently First Vice-President in charge of recruitment, retention and recognition. He will assume similar responsibilities, a world to which he contributed for 6 years.

Serge joined the “Table de concertation des aînés de Chaudière-Appalaches” as a very active representative. For many years, Serge represented the branch as a member of Legion Branch 265. He often laid the branch wreath at Remembrance Day ceremonies in Quebec City and Lévis. In 2017, he received the FSNA National Collaboration Award for his volunteer work and numerous collaborations with several organizations.

ANNUAL GENERAL MEETING APRIL 12, 2024

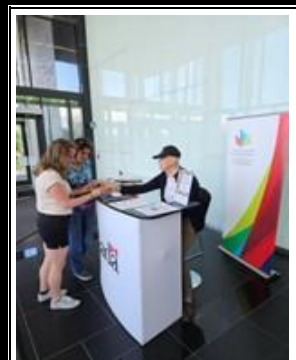


The Annual General Meeting was a great success, with over 150 people in attendance. The Service Canada presentation by Isabelle Lessard, Specialist, Citizen Services - Programs and Services for Seniors, was much appreciated, as was the presentation by Geneviève Paquette of Groupe Forget, audioprosthodontists. There were also booths with **Bélaïrdirect/ Johnson**, Eric Campbell and Geneviève Boulanger; **Harmonia**, Guy Kérouack; **Groupe Forget**, Geneviève Paquette and “**Agence Julie Labbé**”, Julie Labbé and Gaétan Matte.

Certificates of recognition awarded to Roland Langevin, Marianne Lafond, Edna Richer and Pierre Marquis for their collaboration and dedication as volunteers.

Door prize draw: Congratulations to the winners: Rénald Gignac, Yves Lavergne, Bernard Desrochers, Nicole Laveau, Andrée Barbeau, Ginette Lachance and Colette Doré.

NATIONAL PUBLIC SERVICE WEEK



As part of **National Federal Public Service Week** (June 9-15, 2024), the Quebec Branch held an information booth at 1550 d'Estimauville Avenue, covering approximately 600 federal employees from various departments including Public Works, Environment Canada, Transport Canada, Coast Guard and Shared Services. During the event, over 250 information brochures were distributed to employees. Some employees were within a few months or years of retirement, and appreciated the information about our association. The event also served to make them aware of the possibility of becoming a member before retirement.

StromSpa and **Belairdirect** donated gifts for a draw.



BREAKFASTS – QUEBEC BRANCH AND LÉVIS

Quebec: Breakfasts are held on the last Wednesday of each month at **Normandin restaurant**, 986, rue Bouvier, Québec, G2J 1A3, at 8:30 a.m., 418-627-1265.

To keep up to date, visit our website under Social activities, Quebec Branch, or our Facebook page. Welcome to members and future members!

Lévis: 1st Thursday of the month at 10:00 am, at **Délice Resto Lounge**, 146 Président-Kennedy, Lévis, G6V 6C9. 418 833-2221

SAGUENAY-LAC-SAINT-JEAN SUB-BRANCH REPORT



Ghislain Lavoie
Director
Saguenay-Lac-Saint-Jean



General Information Meeting
Alma

Our General Information Meeting was held in Alma on May 10, with 52 members registered. Our President, René Grenier, Micheline Lefrançois VP and their fellow volunteers gave a hand in organizing this wonderful event. The speaker, Lisette Gaudreault, presented "The benefits of laughter for a better life, in a dynamic and structured way", and Isabelle Lapointe, Citizen Services Specialist - Programs and Services for Seniors at Service Canada, gave a presentation on "For a secure retirement, find out about the various programs and services available to seniors".

Certificate of recognition to Diane Duchesne

Ghislain Lavoie presents a certificate of recognition to Diane Duchesne for her collaboration and dedication as a volunteer for the Alma breakfasts.

Door prize draws: Congratulations to the winners: Marlène Dorval, Paulin Vézina and Nicole Gagnon.

Breakfast La Baie - First Wednesday of the month, Restaurant le Lucerne at 1302 Bagot Street, La Baie, at 9:00 a.m. Next luncheon September 3, 2024.

Breakfast Alma - The last Wednesday of each month, Chez Roberto restaurant, 11 Scott St. E., Alma at 9:00 a.m. Next luncheon on Sept. 25, 2024.



BAS-SAINT-LAURENT-GASPÉSIE SUB-BRANCH REPORT



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

On May 22, was held our General Information Meeting in Matane, with 49 members registered. The meeting was attended by René Grenier, our President, Micheline Lefrançois, VP, Jean-Marc Demers, Secretary, Diane Legros, Administrator and volunteers.

Marie-Ève Belzile, Sergeant, MRC de la Matanie, gave a presentation on « Prévenir la fraude, cela commence avec vous ».

Door prize draws: Congratulations to the winners: Aimée-Rose Durette, Micheline Durette, Yves Saucier, Madeleine Gauthier, Diane Deschênes, Claude Bérubé et Jean-Paul Fortin.



Sylvie Harrisson, Director, Suzanne Gauthier et René Grenier, President

Certificate of appreciation to Suzanne Gauthier: For her commitment and dedication as a volunteer for NAFR activities in the Bas-Saint-Laurent-Gaspésie region. Many thanks for creating the Facebook site: "Les retraités fédéraux Bas-Saint-Laurent-Gaspésie", enabling us to keep in touch with our members.



NAFR – Quebec Branch will still have its booth at [Salon de la FADOQ – Québec/Chaudière-Appalaches](#) which will be held from October 18 to 20 2024.

As every year, the NAFR Quebec Branch is present at Salon FADOQ to promote our Association and meet future federal retirees. Come and meet us!

To keep up to date with the latest news, visit our webpage:
[ANRF SECTION DE QUÉBEC - Accueil \(anrf-sq.org\)](#)