

BRANCH REPORT

QC57 | Quebec Branch

CONTACT US

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President: René Grenier

1st Vice-president: Micheline Lefrançois

2nd Vice-president: Claude Larochelle

Secretary: Pierre Landry
Co-secretary: Diane Legros

**Director of Finance /
Treasurer:** Roland Langevin

Directors:
- Bruno Beaulieu
Bas-St-Laurent-Gaspésie
- Germain Boivin
- Nicole Laveau
- Ghislain Lavoie
Saguenay-Lac-Saint-Jean
- Gaston Simard

Past President: Jean-Marc Demers

Advisers:
- James D. Nicholson
National Board Member
- Serge Boisseau
- Yves Bouchard
- Gilles Chevalier

President's message

Dear Members,

An important reminder, our next Annual General Meeting will be held on Friday, April 8, 2022, starting at 9:30 a.m. We have reserved a room at the Centre Le Trait-Carré (773 Boul. Louis-XIV) in Quebec City. If you would like to join the Board of Directors, please fill out the nomination form available at <http://www.anrf-sq.org> and send it to our office to the attention of the Chair of the Nominating Committee. It would be a pleasure to have you on our team!

I would like to thank the outgoing directors who have contributed greatly to the sound management of our Branch. Since March 2020, we have gone through a difficult period with all the ups and downs we experienced during the pandemic. Despite this, our directors have always been on task and committed. We have mixed face-to-face meetings, when possible, with video conferencing. To maintain expertise, positions are staggered over three years. This means that the team is renewed while retaining its field expertise.

Last year, we set out to get on top of our electronic communications. Because of the pandemic, we had to learn how to work with videoconferencing and how to use the Zoom application. A big thank you to Joane Miron, training officer at the National Office and thank you to Micheline Lefrançois and Edna Richer who are our pillars in the realization of our videoconferences.

We also wanted to refresh our door to the world. I would like to thank the entire communications team who worked hard to renew the look of our website and set up our Facebook page. Our concern is to always serve our members better and thanks to all of you, it was once again "mission accomplished."



Sincerely,

René Grenier
Branch President



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on your annual membership dues by switching to the DDS payment option!

For a limited time only, we are offering a one-time 25 per cent discount on annual membership dues for every member who switches to the Dues Deduction at Source (DDS) payment option.

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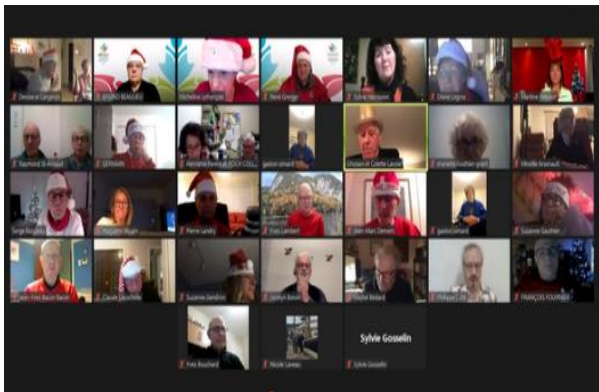
NOTICE OF MEETING – ANNUAL GENERAL MEETING (AGM)



You are invited to the Annual General Meeting of the Quebec Branch scheduled on Friday, **April 8, 2022, at 9:30 a.m. at Patro Roc-Amadour, Room Père-Raymond-Bernier at 2301 1st Avenue in Quebec City.**

REGISTRATION REQUIRED by email at: <mailto:anrf@bellnet.ca> or by phone 418-661-4896 toll free: 1-866-661-4896 - Registration deadline is March 28, 2022. The agenda is available on site and on our website <http://www.anrf-sq.org> Election of Directors Forms are available at www.anrf-sq.org **CHECK WITH OUR OFFICE FOR THE HOLDING OF THE AGM IN PERSON: HEALTH REGULATIONS COULD CHANGE.**

SOCIAL ACTIVITIES - 5@7 – QUEBEC BRANCH



On December 22, several members met virtually to celebrate the holidays. The opening kicked off the celebration with traditional holiday music while on the screen a soft snow fell on a very well decorated Place Royale. Our facilitator Serge Boisseau led each of us into a festive atmosphere by inviting participants to offer each other their wishes wherever they are in our great territory.




René Grenier, President

Our President, René Grenier, officially opened the celebration and invited the participants to raise their glasses to their health and the success of the Québec Branch in 2022! Our guest, “Barbu de Ville”, author, storyteller, came to entertain us by telling his version of the "Bonhomme setter."




Ghislain Lavoie, Director Saguenay-Lac-Saint-Jean

Ghislain Lavoie, Director of Saguenay-Lac-Saint-Jean, was very interesting in his anecdotes as a student worker with patients and his experiences working in politics.



You moved? You changed email?



We are currently updating members' profiles to ensure that we provide you with a service that meets your needs and gives you complete satisfaction. During this exercise, we see that some members still have the status of "lost contacts". **When moving, it is highly important to notify us of your new mailing address and e-mail address.** By not having your profile updated, you do not enjoy the SAGE Review and the various benefits that are offered to you. Thank you for your collaboration.

Please provide us, by email to "anrf@bellnet.ca", or by telephone 1-866-661-4896 your name and membership number with your new coordinates.

VOLUNTEERS QUEBEC BRANCH – LA CITADELLE – NOVEMBER 26, 2021



THANK YOU TO OUR VOLUNTEERS! To highlight the precious dedication of our volunteers, the Quebec Branch gathered them together on November 28 for a guided tour of the Residence of the Governor General of Canada in Quebec City, followed by a meal at the Citadelle Officers' Mess. Thanks to the organizers Yves Bouchard, Serge Boisseau and Gilles Béisles!

THE PRESIDENTS OF THE QUEBEC BRANCHES MEETING



On October 28th and 29th, the Quebec Branch hosted the presidents of the Quebec Branches Meeting. These meetings make it possible to coordinate the priorities and interventions of each of the branches for the advocacy of retirees, to monitor activities and to share good practices in recruiting and retaining members and volunteers. We were honoured to have with us our National President Jean-Guy Soulière and Anthony Pizzino, Executive Director of the NAFR.

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

RECOGNITION JEAN-MARC DEMERS, PAST PRESIDENT – QUEBEC BRANCH



Jean-Guy Soulière, National President of the NAFR, took the opportunity of his visit to Quebec 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.

Congratulations Jean-Marc!

Jean-Guy Soulière et Jean-Marc Demers



The virtual AGI of October 22nd has aroused a lot of interest among our members. Our speakers: Marilyn Montpetit, Travel Advisor of Traditours offering 3 cruises on the Mediterranean and Maglasiu Senior Organizational Advisor, MEDOC Travel Insurance presented an update on the coverage offered including eligible medical emergencies related to COVID-19.

For more information on MEDOC, see last December's SAGE Review or visit the website of Federal Retirees, COVID-19 Information Centre.

COMMEMORATIVE EVENTS - QUEBEC CITY BRANCH – NOVEMBER 11, 2021



Ghislain Lavoie, Director, Saguenay–Lac-Saint-Jean, present in Chicoutimi and Bagotville.



Jeannine Tremblay-Dubois, Arvida, lays a wreath on behalf of the Branch.



Bruno Beaulieu, Director, Gaspésie-Bas-Saint-Laurent, laying a wreath in Rimouski



Sylvie Harrisson, Liaison Officer for the Branch, laying a wreath in Matane.



Chief Warrant Officer (Retired) Normand Parent, MMM, CD and his son Colonel Marc Parent, CD, Director of Army Support (G4), NDHQ Ottawa, New Richmond.

BREAKFASTS – QUEBEC BRANCH



Breakfasts are held on the last Wednesday of each month at the Normandin restaurant, at 8:30 a.m. at 986 Bouvier Street, Quebec, G2J 1A3, 418-627-1265. A private lounge is reserved for 35 people from the Section. Invite a colleague, a friend to join us!

SUB-BRANCHES REPORTS



BAS-SAINT-LAURENT-GASPÉSIE REPORT - Bruno Beaulieu, Director

The NAFR has signed an agreement with the “Association pour le développement des aînés(es) of the Université du Québec à Rimouski (ADAUQAR)”. This agreement will allow NARF- Québec Branch members who wish to participate (via Zoom) in training activities and conferences offered by ADAUQAR. For more information: adauqar.uqar.ca



SAGUENAY-LAC-SAINT-JEAN REPORT - Ghislain Lavoie, Director

La Baie - The first Tuesday of each month at Restaurant La Normande at 2761, rue Mgr Dufour, La Baie at 9:00 a.m.

Alma - The last Wednesday of each month, at the Coq Rôti restaurant at 4:30 p.m. Sacré-Cœur Street. Alma at 9:00 a.m.



BRANCH OFFICE HOURS

Monday to Thursday from 1:00 p.m. to 4:00 p.m.

Telephone: 418-661-4896 **Toll free:** 1-866-661-4896

Email: anrf@bellnet.ca **Web Site:** <https://anrf-sq.org/>

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