

BRANCH REPORT

QC57 | Quebec

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President: René Grenier

1st Vice-president
Micheline Lefrançois

2nd Vice-president
Claude Laroche

Secretary
Gaston Simard

Secretary general and past President
Jean-Marc Demers

Director of Finance
Guy Abel

Treasurer
Roland Langevin

Newsletter Editor-in-chief
Diane Legros

Director Saguenay-Lac-Saint-Jean
Ghislain Lavoie

Director Bas-St-Laurent-Gaspésie
Sylvie Harrisson

President's message

Dear members,

It's almost time for our Annual General Meeting (AGM) at Patro Roc-Amadour on April 12. The value of our Branch is matched only by the strength of our active volunteers. We'll also be visiting our colleagues in the Saguenay-Lac-Saint-Jean region on May 9, and in the Bas-Saint-Laurent-Gaspésie region on May 22, 2024. Our regional members are very active, and it's always a great pleasure to meet them again.

Our Board members are also volunteers. In particular, they are responsible for coordinating our many activities and representing NAFR with local authorities and political offices. They take every opportunity to defend our members' interests. This year, we even appeared before the House of Commons Standing Committee on Finance when it visited Quebec City. Every year, some of our members take part in meetings with the five other branches in Quebec, and at the National Annual General Meeting in Gatineau.

We look forward to seeing many of you at the AGM. And don't forget to register!



René Grenier, President



Jean-Marc Demers

HIGHTLY IMPORTANT!

As part of the Annual General Meeting of members on April 12, 2024 at Patro Roc-Amadour, elections are scheduled for the Branch Board of Directors.

It is always timely for a member to take an active role in the affairs of the Branch and promote new ideas. Wouldn't it be your turn this year? Copy of the Application Form is available on anrf-sq.org. For more information, contact us by e-mail anrf@bellnet.ca or by telephone at 1-866-661-4896, or with Jean-Marc Demers, Chair of the Nominating Committee at jmd01@bell.net.



Save 25%
on your annual membership dues by switching to the DDS payment option!

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.

Make the switch to DDS today! Call 1-855-304-4700 or visit federalretirees.ca/DDS for more information.



National Association of Federal Retirees
Association nationale des retraités fédéraux

NOTICE OF MEETING – ANNUAL GENERAL MEETING (AGM)



You are invited to the Annual General Meeting of the Quebec Branch scheduled on Friday, **April 12, 2024, 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: anrf@bellnet.ca or by phone 418-661-4896 toll free: 1-866-661-4896 - **Registration deadline is March 28, 2024.** The agenda is available on site and on our website <http://www.anrf-sq.org> . Election of Directors.



HARMONIA
ÉVÈNEMENTS FUNÉRAIRES
D'AUJOURD'HUI

Québec City and Lévis

418 681-9797 – 1 866-681-9797

HARMONIA FUNERAL HOME offers to members of the NAFR exclusive discounts on all its funeral arrangements and funeral prearrangements

- For funeral arrangements, a discount of 10% on some goods and services up to 300\$
- For funeral prearrangements a discount of 10% up to 200\$

This discount is also applicable to **first-degree relatives.**

Communicate with Harmonia without hesitation, be it for an imminent death, a death that has occurred or for funeral prearrangements.



Micheline Lefrançois
1st Vice-President

ADVOCACY OF OUR MEMBERS

RSSFP CANADA-LIFE – Information

The majority of our members have resolved their problems with Canada Life. However, if you have questions about your Public Service Health Care Plan, including questions about your coverage or ongoing claims, please be patient and persistent and continue to contact Canada -Life at 1-855-415-4414 (toll-free), Monday to Friday, 8 a.m. to 5 p.m. local time. International members can call 1-431-489-4064 (collect). **It is now much easier to reach them and get answers to your questions.**

Pensioners Dental Care Plan (PDSP)

Canada Life will be the new administrator of the RSDP effective July 1, 2024. The Treasury Board regularly informs us of updates on the progress of the transition to the new dental care contract. Until then, monitor the RSSFP Bulletins and keep your personal information up to date with the Pension Center 1-800-561-7935 or Sun Life (RSDP) – 1-888-757-7427



REMEMBRANCE DAY – ARMISTICE CEREMONIES - NOVEMBRE 11, 2023

QUÉBEC / VALCARTIER / DONNACONA / RIMOUSKI / LÉVIS / BAGOTVILLE / MATANE / CASCAPÉDIA / GASPÉ / ALMA / ARVIDA / CHICOUTIMI

Citizens, dignitaries and soldiers were at various locations in Quebec. At the stroke of 11 a.m., a minute of silence was observed in tribute to the millions of dead of the First World War.

QUÉBEC



René Grenier, President and Jean-Marc Demers

VALCARTIER



Micheline Lefrançois and Roland Langevin

DONNACONA



Guy Abel and Jocelyne Delage, Veteran

RIMOUSKI



Bruno Beaulieu

LÉVIS



Serge Boisseau and Pierre Marquis

BAGOTVILLE



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

MATANE



*Sylvie Harrisson
Director
Bas-Saint-Laurent-Gaspésie and Sergent Clément Labrie*

CASCAPÉDIA



*L'Adjudant-Chef(retraité)
Normand Parent*

GASPÉ



Raynald Bujold

Many thanks to our volunteers who also laid a wreath at :

- ALMA**
Alain Gauthier
- ARVIDA**
Réjean and Jeannine Dubois
- CHICOUTIMI**
Ghislain Lavoie

BREAKFASTS– QUEBEC BRANCH



Breakfasts take place on the last Wednesday of each month at the Normandin restaurant, at 8:30 a.m. at 986 Bouvier Street, Quebec - 418-627-1265. To stay informed, visit our website under the Social Activities tab Quebec Branch or our Facebook page.

BREAKFASTS – LÉVIS



Breakfasts take place on the first Thursday of each month at the Délice Resto Lounge at 10:00 a.m., 146 Route du Président-Kennedy, Lévis – 418-833-2221. To stay informed, visit our website under the Social Activities tab Quebec Branch or our Facebook page.

SAGUENAY-LAC-SAINT-JEAN REPORT



Ghislain Lavoie,
Director
Saguenay-Lac-Saint-Jean



SENIORS INTERNATIONAL DAY 2023

On September 29, 2023, the “Table régionale de concertation des aînés du Saguenay–Lac-Saint-Jean (TRCA-02)” celebrated the Seniors International Day at the Hotel La Saguenéenne under the theme Aging Well, a Happy Challenge!

GENERAL INFORMATION MEETING – SAGUENAY-LAC-SAINT-JEAN

You are invited to the General Information Meeting of the Quebec Branch on Friday May 10, 2024 at 9:30 a.m. at the Hôtel Universel in Alma.

MANDATORY REGISTRATION by email to: anrf@bellnet.ca or by telephone 418-661-4896 toll-free: 1-866-661-4896 - Registration deadline: April 30, 2024. The agenda is available on site and on our website www.anrf-sq.org

- Breakfast La Baie** - The first Tuesday of each month, at 9:00 a.m., at Chez Mike, 285 Grande Baie North Blvd, G7B 3K3 - La Baie 418-544-8228
- Breakfast Alma** - The last Wednesday of each, at 9:00 a.m., at the restaurant l'Hôtel Universelle, Pacini, 1000 Cascades Blvd., G8B 3G4 418-668-0872

BAS-SAINT-LAURENT-GASPÉSIE REPORT



Sylvie Harrisson, Director
Bas-Saint-Laurent-Gaspésie

Thanks to an agreement with ADAUQAR, NAFR members are entitled to the same discounts on training courses as ADAUQAR members.

You may register for conferences and training, as per the 2024 Fall program.

Online registration Form: Registration for training (adauqar.ca). Don't forget to click on NAFR as an associate member.
Payments by bank transfers are accepted.

Happy New Year 2024 to all !

GENERAL INFORMATION MEETING – MATANE

You are invited to the General Information Meeting of the Quebec Branch on Wednesday, **May 22, 2024 at 9:30 a.m. in Matane, Hôtel Riotel.**

MANDATORY REGISTRATION by email to: anrf@bellnet.ca or by telephone 418-661-4896 toll-free: 1-866-661-4896 - **Registration deadline: May 10, 2024.** The agenda is available on site and on our website www.anrf-sq.org

DINNER FOR VOLUNTEERS – NOVEMBER 28, 2023 – LA CITADELLE



This year, the Branch celebrated with its volunteers in the enchanting setting of the Citadel of Quebec. A visit to the Quebec Residence of the Governor General of Canada, followed by a traditional holiday meal at the Citadel Officers' Mess.

Photos by Sylvie Gosselin

