



Newsletter Vol 6 # 3 May 15, 2019



A word from the president

Dear Members,

Like every year, spring keeps us busy with outdoor activities; which does not prevent us from being very active within our branch.

Our April 12th Annual General Meeting was a busy day with over 100 members in attendance.

As you know, the association's bylaws call for two general meetings of members: one in April and the other in October. It is always a pleasure to meet our members, share our priorities, our financial results and our social and cultural activities. It is also a time to recognize the work of our volunteers who generously support the activities of our branch. The April meeting also leads us to say goodbye to members of the Board who do not renew their mandate and to welcome new ones.

This year, our 1st vice-president Yves Bouchard has completed his second term and is not running again. Our secretary Michel Rancourt, representing members of the Bas-Saint-Laurent-Gaspésie region, is also leaving us. Jacques Godbout, deeply involved in the organization of social activities, is also leaving the board.

To ensure the succession, we welcome 3 new directors, and the renewal of Nicole Laveau for a 3rd term:

- Mariette Routhier Grant who was elected secretary of the Board
- Roland Langevin, administrator
- John Le Garignon, will continue Jacques Godbout's mandate
- Bruno Beaulieu is the new representative of Bas-Saint-Laurent-Gaspésie.

The Branch Board of Directors

I invite you to put a name on your board members on the picture below by consulting the next page or by visiting [our website](#).

The meeting of the Quebec presidents

The meeting of the 6 presidents of the Quebec branches was held in Trois-Rivières on May 1st and 2nd. President Roger Bergeron of Mauricie warmly welcomed his colleagues from Montreal, Outaouais, Eastern Townships, Haute-Yamaska and Quebec. These 6 branches represent approximately 34,000 members, which equates to approximately 20% of all members in Canada.

These meetings provide an opportunity to share work plans, respective priorities and share best practices. Currently, in synch with national priorities, the focus is on membership recruitment and retention, volunteer recognition and sponsorship. This meeting provided an opportunity to discuss the topics on the agenda for the annual National Assembly of members to be held in Gatineau in June. All provinces will be represented.



Meeting of Quebec Branches' Presidents in Trois-Rivières

We will keep you informed of the follow-up to the June Annual Membership Meeting.

Have a nice spring!

Jean-Marc Demers,
President

Annual General Meeting (AGM) April 12, 2019,



Board of Directors of the Quebec Branch



Me Maude
Lapointe





Serge Boisseau, Yves Bouchard, Éric Morin and André Lavallée of the 265th, Canadian Legion Branch, Jean-Marc Demers and Micheline Lefrançois



Marie-Ève Bernier, Groupe Forget



Patrick Bernier, Biron, Health group.

Photos Lise Lavoie

**In addition to the President's message,
here is the list of topics covered in this newsletter:**

1. Home and CHLSD care and services, by Nicole Laveau.
2. "A budget that changes the lives of FADOQ seniors"
3. The Quebec Branch recognizes its volunteers
4. Genealogy Research Tools (continued), by John Le Garignon
5. The social activities of the Quebec branch
6. Horticultural trip, June 30, 2019
7. Branch breakfasts in Quebec City
8. Report of the Bas-Saint-Laurent-Gaspésie sub-branch
 - My Mandate as Representative by Michel Rancourt
 - Monthly breakfast of the Bas-Saint-Laurent-Gaspésie sub-branch
9. Report of the Saguenay-Lac-Saint-Jean sub-branch
 - Article entitled The Forgotten? by Ghislain Lavoie
 - Monthly breakfast of the Saguenay-Lac-Saint-Jean sub-branch
10. The reader's corner, by Micheline Lefrançois

Home and CHLSD care and services

by Nicole Laveau, administrator

In previous editions of the newsletter, I have dealt with the following claims extracted from the document "FOR A QUÉBEC WORTHY OF ITS SENIORS"

- The death benefit issued by Retraite Québec
- Retirement income
- Of lodging
- The caregivers.



Another aspect dealt with in this guide is home care and services in CHSLDs.

For seniors to be able to age at home and in safety, at some point they will need additional services and home care, which can be accessed through the CHSLD public network or through the private network.

[See the web site](#) (In French)

The claims tabled before the provincial election last October dealt with:

- "The creation of a sheltered home care fund to ensure that the money is allocated to each person and the funding translates into patient services."

- "Standardization of Eligibility Criteria for Seniors Independence Program ..."

- "Free parking for visitors in all CHSLDs, to break the isolation of residents. "

From the 2019 provincial budget, the current government has demonstrated that seniors represent an important contribution to society through their involvement in volunteering of all kinds.

One of the concrete measures announced is the creation of 30 seniors' homes for 2022/2023. Another measure is the addition of 900 beds divided up across the various CHSLDs in the province, in order to meet the acute housing needs for seniors.

The appointment of a minister responsible for seniors and caregivers in the person of [Marguerite Blais](#) demonstrates the importance of expectations on the part of the Prime Minister.

See you in four years (2022) to find out if these measures have been carried out.

[See the Source.](#) (In French)



"A budget that changes the lives of seniors FADOQ"

By Pierre Marquis, volunteer member of the Communications Committee

I invite you to read the message of Mr. Maurice Dupont, president of the FADOQ, who issued on April 3 a message about the will expressed by the Quebec government in its first budget to improve the lives of seniors by putting new infrastructure and health-care services in institutions and home care.

For more information, [follow this link!](#) (In French)



Report by Serge Boisseau, 1st VP

The Quebec Branch recognizes its volunteers

As is the tradition, the Quebec branch has recognized its volunteers at the April 12th, Annual General Meeting.

Four volunteers from the social activities committee received a certificate of recognition: Jacques Godbout, Jean-Yves Bacon, Gilles Croteau and Germain Boivin.

These members were recognized for their "dedication, creativity and commitment to the implementation of new social activities highly appreciated by members of the Quebec branch."

And Roland Langevin, a volunteer cooperating with FADOQ, received a certificate of recognition for "his active and sustained involvement in establishing strong links and network contacts between NAFR and FADOQ to promote advocacy in the interest of our members."

The Quebec branch warmly thanked Robert Gingras who served our branch from 2012 to 2018 as a director, 1st and 2nd Vice President and Acting President.

Here are the photos of our recipients. (*Photos Lise Lavoie*)



Recognition table

Jacques Godbout, Jean-Yves Bacon, Yves Bouchard, Gilles Croteau and Germain Boivin



Roland Langevin and Jean-Marc Demers



Jean-Marc and Robert Gingras



Chronicle on genealogy

by John Le Garignon, Board member

The research tools (continuation and end).

In the last issue, I told you that today we will explore Ancestry and Geneanet search tools.

[Ancestry](#) as well as [Family Search](#) can be searched for in two ways either by completing a search form or by going directly to a particular database such as the [Quebec Parish and Vital Statistics Records](#) (Drouin Collection), 1621 to 1968. In the search page, on the right of the form, you will have the recently viewed collections and you click on one of them if you know exactly what you are looking for and where you are looking for it. In the case of parish registers, it will be necessary to provide the name of the place such as Gaspé or Drummondville and also the name of the parish especially if it is in a city where there are many parishes such as Quebec and Montreal. If you search on Ancestry it is recommended to take at least the annual subscription in its worldwide version, at the cost of approximately \$ 300. Why? Because our ancestors were on the move and they crossed the ocean from France or Ireland among others, and they also often went to earn their living in the United States, so to follow them you do not have to simply be limited to Canada.

As for [Geneanet](#), it is a French web site and it is based mainly on genealogies that is provided by its members. You will have two possibilities:

- 1) Explore it for free, but then you will not have access to the deeds or other documents provided by the members, but this will give you some exploratory hints, because you will get dates and places and if you know how to use them in departmental archives online then you can go yourself and get the documents.
- 2) Take an annual subscription that will give you access to everything but at a cost of \$ 67 CA per year.

On the other hand, Geneanet is more European and will not offer you the necessarily access to databases such as parish registers in Quebec or civil acts in the United States. In terms of research on Geneanet, it's quite simple, you go under the tab "Search" and you fill the boxes that are accessible to you, in other words, those that do not have an orange **P**, for Premium (subscriber), and if you have the Premium subscriber's plan then in this case you can also fill these boxes.

I wish you a good search. I have not received any requests for help that could have been the subject of a more sustained chronicle so while waiting for one or such request (s) I will take a break and wish to read you.

j.legarignon@globetrotter.net.



Social activities of the Branch

by the members of the Social Activities Committee



Location: L'Érablière du Cap



Photos: Lise Lavoie

The sugar shack party of April 4, 2019, was once again a real success with the participation of 62 persons. Thank you very much Gilles Croteau, the organizer and other team members.

[See more pictures here.](#)

Other Activities in 2019 to Note in Your Agenda

- **Golf activity - mid-May 2019 to September.** Location: Royal Charbourg Golf course, Notre-Dame des Laurentides. Information, Germain Boivin, email: gboivin@videotron.ca 418-407-1809
- **Small pin bowling Activity - May 15, 2019.** At the Universe Bowling Show, Les Promenades Beauport, Places available for 40 people. A meal in a restaurant will also be offered at participants own expense. Reservations with Jean-Yves Bacon, email: jybac43@gmail.com Phone: 418-626-8060
- **Evening at the Theatre - June 27, 2019,** at 8:00 p.m., at the Beaumont Saint-Michel Theater, for members and \$ 40 non-members. **FULLY BOOKED**
- **Petanque activity and picnic - August 7, 2019.** Location to be identified. Jean-Yves Bacon, email: jybac43@gmail.com 418-626-8060 and Jacques Godbout, e-mail: jacquesgodbout@videotron.ca (418) 628-6793. Information to follow. Booking will start on June 7th.
- **NAFR Bowling League,** site change for activities from **September 2019 to May 2020**, Universe Bowling Show at Les Promenades Beauport, Jacques Godbout,

e-mail: jacquesfgodbout@videotron.ca 418-628-6793. Permanent or substitute players.

- o **Christmas Party - December 14, 2019.** AGAM Room - Square Line. Jean-Yves Bacon, responsible. Email: jybac43@gmail.com Booking will start at the beginning of October 2019.



Bowling League Branch - Season 2018/2019

Congratulations to all participants!



Renée Doré's team take First place with 71 points (GOLD)



The teams of Odette Parent and Raymond Paquet are tied in third place with 66 points. (BRONZE)



Jacques Renaud's team is in second place with 67 points (SILVER)



Raymond Paquet's Team is equal in third position with 66 points. (BRONZE)

See the photo gallery about this event by [following this link!](#)



HORTICULTURE TRIP 2019

In collaboration with the Educational Society Roger Van den Hende

Sunday, June 30, 2019

A member of our branch informs you about the holding of a horticultural trip in the Beauce Lointaine - Sunday, June 30, 2019

For reservations and more information on this event [follow this link!](#) (In French)

Reservations: Lise Parent 418-878-4764

Jean Michel Bernier 418-878-3676

Monthly breakfast - Quebec City area

The last Wednesday of the month at 8:30 am at [Restaurant Tomas Tam, 325 rue Marais à Québec \(Vanier\), G1M 3A2](#) phone: 418-527-2211.

Members who attend our breakfasts always enjoy the location, the atmosphere, the exchanges between members and the draws. Invite friends and former federal colleagues to join us!

[Check out our calendar](#) for the branch's breakfast schedule!



Sub-Branch Bas-Saint-Laurent / Gaspésie

by Michel Rancourt, administrator and branch secretary

My term as representative, member of the Board and Secretary

My term ended on May 9, after three (3) years as representative of Bas-St-Laurent-Gaspésie and secretary of the Quebec branch. I do not renew my mandate. I thank you for your support and wish the new candidate to represent our sub-branch to the best of his ability. I assure you of my entire support.

Advocating for better retirement income security and a strong and sustainable health care system is NAFR's primary mission.

The main concerns or issues during my term were much focused on our health-care plan to improve. Rest assured that the branch deals with all members' demands.

Thank you to the Quebec branch for allowing me to live a unique experience by sitting on the Board of Directors during these three years with freedom of speech.

Monthly sub-branch breakfast for the Bas-Saint-Laurent-Gaspésie

Rivière-du-Loup, the second Wednesday of the month, at 9:30 a.m., at Restaurant Pub Ô'Farfadet, [298, boulevard Armand-Thériault, Rivière-du-Loup](#) (Shopping Mall).

Break in June, July and August.



Saguenay-Lac-Saint-Jean Sub-Branch

by Ghislain Lavoie, administrator

The forgotten?

We judge very severely those who are in charge of public authorities and community organizations.

We often hear comments that our poor are lazy, thieves and all sorts of other epithets that we use to identify them. And yet, only a minority is so. It is the same percentage of people who act in affluent circles. Scammers, they are in all layers of society!

My collaboration with St. Vincent-de-Paul Society brings me into the world of "no income". I meet grandparents, their children and even their grandchildren.

As a society, we have always decided on their needs without consulting them. As if having money and a roof equals «complete happiness».

Their aspirations: Community services, the "harvests" of this world are working hard to help them. In my opinion, the rest of society does not have the poor in their thoughts. These people need to increase their self-esteem, to dream that they can access everything that society offers. They feel excluded by the stares we throw at them. They need more than just money, like coaching to help them expand their horizons, for example. We do not solicit their collaboration. We offer them what we think is good for them.

For example, in an HLMs, it is not a janitor they need, but a person who will work with them to increase their self-esteem, to open doors and facilitate their access to the work place. Ever since I have been working with them, I feel that the help we give them as a society is not always what they need to help them get out of their misery. They take a stern look at themselves; they find that they do not deserve better from the life they have. We must change this paradigm! Even in our HLM, there are slums. In my opinion, residents need help to enjoy their freedom.

The Dietician - My advice on nutrition. As a dietician, at this time of the year, people came to consult me because they dream of the perfect jersey for the summer they saw in magazines or on TV. The problem is that this favourite Jersey "is not made for my size" ... The resolutions of the end of the year are very far! We must remain realistic! You have to eat in moderation while limiting salt, sugar and trans fat. And for your summer clothes, better wait till June to buy them. Do not put unnecessary pressure on yourself.

Monthly Breakfast for the Saguenay-Lac-Saint-Jean sub-branch

La Baie - the first Tuesday of the month, at 9:30, at the restaurant La Normande, [2761, Mgr Dufour, La Baie. 2761 Rue Monseigneur-Dufour, La Baie](#), Saguenay, Québec G7B 1E4, 1-418-544-0311. Break in July and August.

Alma - the last Wednesday of the month, at 9:00 a.m., at Coq Rôti, [430 Sacré - Coeur Street, Alma](#). Break in June, July and August.



Dear readers, we invite you to send us your comments on our newsletter. If you have topics you would like us to discuss, let us know. Our collaborators are volunteers. We also have outside contributions that have topics of interest for our members.

Do not hesitate to send your comments (maximum 100 words) by email at: michelinelefrancois@bell.net.

Looking forward to reading you!

The next newsletter will be published on June 26, 2019, to inform you of the results of our annual meeting of members in Gatineau from June 18 to 20, 2019.

* Collaboration of Lise Lavoie, branch photographer for the activities.

Members of the Communications Committee and Contributors:



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