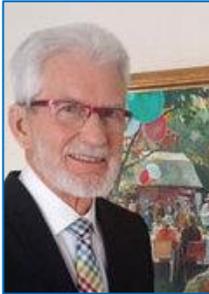




Newsletter Vol 6 # 2 March 15, 2019



A word from the president

I am happy to meet you again in March, which will bring us more sunlight and springtime which is awaited by us all.

At this time of the year, our Branch is active in the preparation of Branch and Sub-branch meetings. You will see below the notices and draft agendas.

We wish our members to be more involved in these meetings. These are good opportunities to share our priorities with each other and show the Board that you value NAFR's direction.

You will also see that the Social Activities Committee is working hard to present you with a 2019 plan that meets your expectations. These activities are good opportunities to promote the Branch to members and their guests. Do not hesitate to tell us about your colleagues and friends of the federal government. The loyalty of our members and the recruitment of new members remain a priority for the well-being of our Branch.

CANDIDATURE - 2019 RECOGNITION AWARD

Our Branch is once again participating in the NAFR Recognition Program that takes place during the June National Meeting. This year, we are proposing the Quebec Branch's application in the *Branch Excellence* category.

Participating in this recognition is a great way to improve, to showcase the strength of our work and to share best practices with the best Branches in Canada.

Our Branch is proud to have won the Recruitment and Member Engagement Award in 2018. We remain proud of the 2017 National Collaboration Award won by our colleague Serge Boisseau, 2nd Vice President and Recruitment Champion.

I wish good luck to the Branch. We will know the result of our candidacy in June, during the annual general meeting of the members, in Gatineau. We will keep you informed.

For those celebrating St. Patrick's Day

Jean-Marc Demers,
President



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

1. Annual General Meeting (AGM) - Notice of meeting and agenda
2. "Seniors, answers to your questions" - AQDR, by Nicole Laveau.
3. Income Tax 2018 - Subscriber of the MEDOC Insurance, by Mr. Lefrançois
4. Quebec Branch - Elections 2019 - Nominations, by Serge Boisseau
5. Research tools in genealogy (continued), by John Le Garignon
6. The social activities of the Quebec Branch:
 - Sugar Shack at «Érablière du Cap» on April 4th
 - Business Planning 2019
7. Return to the FADOQ Carnival Evening
8. Branch breakfast in Quebec City
9. Report of the Bas-Saint-Laurent-Gaspésie Sub-Branch, by Michel Rancourt
 - GIM of May 9, 2019 - Notice of meeting and agenda
 - Monthly breakfast of the Bas-Saint-Laurent-Gaspésie Sub-Branch
10. Report of the Saguenay-Lac-Saint-Jean Sub-Branch, by Ghislain Lavoie
 - GIM of May 16, 2019 - Notice of meeting and agenda
 - Monthly breakfast of the Saguenay-Lac-Saint-Jean Sub-Branch
11. Volunteer Wanted - Facebook - Branch
12. The reader's corner, by Micheline Lefrançois

NOTICE TO ALL MEMBERS

**2019 ANNUAL GENERAL MEETING (AGM)
NAFR - QUEBEC BRANCH**

NOTICE OF MEETING AND AGENDA

You are invited/advised of the Annual General Meeting of the members.

DATE: Friday, April 12, 2019

LOCATION: Salle Père-Raymond-Bernier
Patro Roc-Amadour
[2301, 1re Avenue, Québec, QC](#)

TIME: 09:30

Kiosks open at 9:00 am: Biron, Sleep Care Inc and NAFR.

SCHEDULE AND DRAFT AGENDA

09:30 - Annual General Meeting of Members

1. President's report

2. Financial report
3. Establishment of a reserve fund
4. Budget 2018
5. Appointment of an auditor
6. Presentation on communications
7. Presentation of our social activities for 2019
8. Recruitment plan
9. Presentation of certificates of recognition to volunteers
10. Elections of 3 Board Members - For details, [click here](#). (In French)

11:30 - Conference: "Sleep apnea - from diagnosis to treatment" by Patrick Bernier, Biron, Soins du sommeil inc. (In French)

12:15 pm - Break for lunch

1:00 pm - Swearing in of the new Board of Directors (BD)

1:15 pm - Conference - Mrs. Judith Gagnon, President AQDR, presentation of the guide, "Seniors: Answers to your questions" (In French)

Prizes – Draws - End of the meeting



"Seniors, answers to your questions"
by Nicole Laveau, Administrator.

A recent guide produced by the Quebec Association for the Defence of the Rights of Retired and Early Retirees (AQDR)

At the next Annual General Meeting on Friday, April 12, 2019, we will welcome the President of the Quebec Association for the Defense of the Rights of Retired and

Pre-Retired Persons, Judith Gagnon.

She will talk about the guide "Seniors, answers to your questions," edition 2018. The themes are:

- **Your rights in your living environment** (various accommodations);
- **Your right to age with dignity** (abuse and fraud);
- **Your legal protections** (power of attorney, protective mandate, will, funeral pre-arrangements);
- **Your rights in health and social services** (consent to care, end-of-life care);



You can already consult this guide by using [the following web link](#). (In French)

Do not hesitate to read it beforehand and make your list of questions.



Income Tax 2018 - Reminder on the February 21st NAFR message for MEDOC subscribers

by Mr. Lefrançois, Administrator

"Income Tax Tip: Eligible Medical Expenses

Here comes again that time of the year! Did you know that you may be able to include your Public Service Health Plan and Pensioners' Dental Plan premiums as eligible medical expenses?

And, if you are one of our 80,000 subscribers of the Medoc® Travel Insurance, a portion of these premiums may also qualify as medical expenses on your federal tax return. "

Start by filling out [our income tax form](#). Then, submit this form. You will then receive, within 5 to 10 business days, a statement of the total premium paid for your travel insurance plan...



2019 ELECTION – NOMINATIONS

by Serge Boisseau, 2nd Vice-President

The Quebec Branch of the National Association of Federal Retirees is launching its annual nominating process and is taking this opportunity to offer you the possibility to be elected to the Board of Directors for a three-year term.



Three director positions are available for the Greater Quebec City area and one position is available for the Bas-Saint-Laurent-Gaspésie Sub-Branch.

You are interested by our invitation? You would like to know more? Contact Serge Boisseau, Chair of the 2019 Nominating Committee, at 418-661-4896 or by email: anrf@bellnet.ca Access [the application form here!](#)

For more information, [read the communique](#). (In French)

Familiar symptoms?

Sleepiness, fatigue	Headaches upon waking
Memory problems	Restless sleep
Snoring	Irritability

The presence of one or more of these symptoms means that you may suffer from **sleep apnea** or **another sleep disorder**.

TAKE THE SCREENING TEST FOR SLEEP DISORDERS TODAY.
VISIT BIRON.COM/EN/SLEEP



EXCLUSIVE 20% DISCOUNT
For FSNA Quebec branch members and their immediate family on continuous positive airway pressure device (CPAP) and its accessories.

Biron B

FOR MORE DETAILS
CONSULT THE "PARTENAIRES" TAB OF THE
FSNA QUEBEC BRANCH WEBSITE: ANRF-SQ.ORG

Web Site: [Biron Soins du sommeil inc. \(BSS\)](http://Biron Soins du sommeil inc. (BSS))



Chronicle on genealogy

by John Le Garignon, member of our branch and contributor to the newsletter

Genealogical research tools (continued)

This month I will talk about some research tools that seem to me fundamental.

Let's start with the most famous of them, Google. Google will allow you to go directly to see if information about the person (s) you are looking for is available online. Of course, if you find information, it will be necessary to check it elsewhere, but it will serve you as a tangible base to begin your exploration of a person or a couple, for example. If I wanted to look for "Julie Dubé" for example, I would put her name in quotation marks. If I also want to look for her husband (fictional) Martin Pelletier, I would put them both in quotation marks in the same research i.e. "Julie Dubé" "Martin Pelletier." Even if you do a search in English, for more results, always use the quotation marks (so do not do what my software requires me to do, and use the English quotation marks) and do not focus on accents even if they take it in French. So, I would have had to write Dube and not Dubé.

Second tool, free tool again, [Family Search](#), easy enough to use, but for which you must register, create a free account. Use it to do research, but I do not suggest you use it to plant your tree because it is a collective tree and everyone can make the changes they want to your tree.

If, when it opens, [Family Search](#) is in French, go to the bottom of the page right click on "French" and you will see all kinds of language choices and you only have to click on "English" and you can navigate in English. To start your search, you go to the Search tab which will take you to two different scenarios:

1) you can fill in the boxes if you know the exact names of the people you are looking for and do not mind doing some research blindly

2) If this is not what you want, but would prefer, for example to limit your search in Quebec, I advise you to go on the map on the right, click on the map of Canada and there you will be given the choice of the province or territory; then click on Quebec and there you will be given the choice once again to fill boxes or to go just below and click on "Show all 21 collections." If you choose the latter, it is possible that you only want to find a baptism, a marriage or a Catholic death, this is my case for the majority of times.

So, we go down the list and click on the item, "Quebec, Catholic parish registers, 1621-1979." When you have entered this place of research, if you know the city and the approximate year you are looking for do not fill in the boxes, but go right below and click on "Browse 1,399,175 images." This will take you to a list of places in Quebec and you can choose which city or village you want to search. Be warned, however, Family Search, even if they talk about records until 1979, rarely provide you with more recent years than 1900. Next May we will explore [Ancestry](#) and [Geneanet](#), other interesting tools.

In the meantime, do not hesitate to send me your questions to j.legarignon@globetrotter.net

Social activities of the Branch

by the members of the Social Activities Committee



Activités sociales de la Section

Voir les détails ici !

The Branch's Social Activities Committee is proud to present the 2019 list of social activities. The first was held on March 6 at Les Cailles restaurant at [the Fierbourg Hotel School](#).

An excellent dinner was served and highly appreciated by the 33 participants who liked the atmosphere and the gastronomy.



Thank you very much to Jacques Godbout for organizing this friendly gathering. Here are some pictures taken during the inner:



Photos : Micheline Lefrançois



Spring Activity

The NAFR Quebec Branch would like to invite you to an activity at the sugar shack.

Location: L'Érablière du Cap
[1925 Chemin Lambert, Lévis, QC,](#)
G7A2N4

Date: April 4, 2019, at noon
Cost: \$19.25 / per person all-inclusive (taxes and service)

Reservation: The deadline for the reservation is March 28, 2019. Payment is by cheque only, in the name of ANRF - Quebec Branch to be sent to the office or Gilles Croteau at lunch: Information, email: paugil@videotron.ca 418-839 8381 or anrf@bellnet.ca at 418-661-4896

Read the [communiqué](#). (In French)

Other Activities 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 the expense of the participants. You can reserve your place 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, play 'La Mallette Rouge' with 6 actors, 42 seats reserved. Link: <https://www.theatrebeaumontstmichel.com/> Information: Gilles Croteau, email: paugil@videotron.ca 418-839 8381 or at the office anrf@bellnet.ca

- 418-661-4896 - Reservation at the beginning of April. Payment by cheque: \$ 32 for members and \$ 40 non-members.
- **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: jacquesfgodbout@videotron.ca (418) 628-6793. Information to come. Booking will start as of 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.
 - **Cultural and gastronomic activity at the Huron Traditional Site (Wendake) - Early September 2019** (date to be confirmed). A meal will also be offered. Jacques Godbout, e-mail: jacquesfgodbout@videotron.ca
 - **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.



The FADOQ Club Carnival dinner, Vanier, held on February 8 at the Fernand-Dufour Center, was a great success. More than 130 people participated. The NAFR Quebec Branch was represented by 11 people. The Bonhomme Carnaval came to greet the participants.

Thanks to Roland Langevin and his wife Denise, as well as their whole team for the success of this evening!

Here are some pictures of our group:



Roland et Denise Langevin and le Bonhomme



Jean-Marc Demers, president of Quebec's Branch and Roland Langevin, organizer of the evening



Participants of the Quebec Branch

Monthly breakfast - Quebec City area

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

The members who attend our breakfasts always enjoy the location, the atmosphere, the exchanges between members and the draws. Invite friends and former 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

Note that the **General Information Meeting (GIM)** of the Bas-St-Laurent-Gaspésie Sub-Branch will take place in Rivière-du-Loup on Thursday, May 9th at 9:30 a.m. See below the notice of the meeting and the agenda.

There will be an election for the position of the representative of our Sub-Branch. If you are interested, [see the application form](#). (In French)

NOTICE TO ALL MEMBERS OF BAS-SAINT-LAURENT-GASPÉSIE

GENERAL INFORMATION MEETING (GIM)

NOTICE OF MEETING AND AGENDA

You are convened / invited to the General Information Meeting (GIM)

AGENDA

DATE: May 9, 2019 (Thursday)

TIME: 9:30

LOCATION: Universal Hotel (Kamouraska and Grand Portage room)

[311 Boul. Hôtel-de-Ville, Rivière-du-Loup](#)

Kiosks are starting at 9:00 a.m.: Biron, Sleep Care Inc. and Groupe Forget, audio prosthetist.

1. Opening of the meeting
2. Reading and adoption of the minutes from the last meeting
3. Report of the President (Jean-Marc Demers)
4. Report of the administrator of the Bas-St-Laurent-Gaspésie Sub-Branch
5. Presentation of the financial statements for 2018
6. Election of a new representative of the Bas-St-Laurent-Gaspésie Sub-Branch

7. Varia

Lunch

13:00 - Resumption of the meeting

Guest Speaker: Mr. René Bélanger, Section President Rivière-du-Loup of the AQDR and the subject will be: " **Bullying against elderly people.**" (In French)

Door prizes and draws

Welcome to all federal retirees!

Michel Rancourt
Administrator Bas-St-Laurent-Gaspésie
michel.rancourt@videotron.ca

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).



Sub-Branch Saguenay-Lac-Saint-Jean

by Ghislain Lavoie, administrator

Note that the annual **General Information Meeting (GIM)** of the Saguenay-La-Saint-Jean Sub-Branch will take place in **La Baie on Thursday, May 16th at 9:30 a.m.** Here is the notice of the meeting and the draft agenda.

Come share your expectations and needs. You will also see what the association is doing for you and the dedication of our president in defending our rights and improving them.

NOTICE TO ALL MEMBERS OF SAGUENAY-LAC-SAINT-JEAN

Chibougamau-Chapais and the North Shore

GENERAL INFORMATION MEETING (GIM)

CONVOCATION AND AGENDA

You are convened / invited to the General Information Meeting (GIM)

AGENDA

DATE: Thursday, May 16, 2019

TIME: 9:30

LOCATION: Victoria's Bay Bistro, [810 Mars Street, The Bay](#).

Kiosks starting at 9:00 a.m.: Biron, Sleep Care Inc., and Groupe Forget, audio prothesis

1. Opening of the meeting
2. Adoption of the minutes of the last meeting
3. President's report
4. Financial report
5. Report of the Administrator of the Saguenay-Lac-Saint-Jean Sub-Branch
6. Presentation of the financial statements for 2018
7. Varia

Lunch

13:00 - Resumption of the meeting

Guest Speaker: "Consume better in order to spend less" by a speaker of the Budget and Community Services of Chicoutimi.

Door prizes and draws

Welcome to all!

Ghislain Lavoie
Administrator Saguenay-Lac-Saint-Jean
Email: voiegis28@gmail.com

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.

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



The Branch's Communications Committee is looking for a volunteer to help create and maintain a Facebook account for our Branch in cooperation with another volunteer. If you wish to help us, contact Micheline Lefrançois at michelinelefrancois@bell.net.



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 March 15, 2019

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

Members of the Communications Committee and Contributors:

