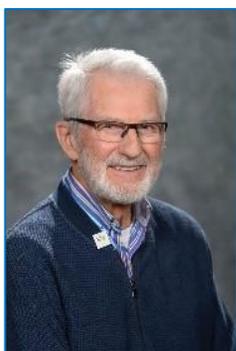




Newsletter Vol 6 # 5 September 15, 2019



A word from the president

We hope you are making the most of the beautiful summer days we have left! Autumn is upon us and the activities promise to be numerous and important for all members.

Our Branch will be present at the Salon FADOQ event, from September 27th to 29th, 2019. It is important that you come to visit us and meet us there. Invite your federal colleagues! Many of us and other federal retirees are members of FADOQ.

We all know that NAFR is working with FADOQ on a number of issues affecting retirees and future retirees.

Our members receive a \$ 10 discount on an annual membership to FADOQ. [Click here to find out more \(in French\).](#)

We are waiting for you and your former colleagues and friends at the NAFR. It's a stone's throw from the new Grand Marché de Québec! Don't forget! Free admission!

fadoq **50ans** 1969-2019
Régions de Québec et Chaudière-Appalaches

SALON FADOQ - 27 AU 29 SEPTEMBRE 2019 – 10h00 -16h30
CENTRE DE FOIRES ExpoCité (Québec)

L'ANRF – SECTION DE QUÉBEC AURA UN KIOSQUE : VENEZ NOUS RENCONTRER AU KIOSQUE NO 826.

L'accès au Salon FADOQ est gratuit pour tous les visiteurs. Navettes régulières gratuites disponibles (autobus Laval) à partir du centre d'achat Fleur-de-Lys (près de l'ancien Sears).

As of October 18th, our General Information Meeting (GIM) will take place at Patro Roc-Amadour. This meeting will be held under the theme of "collaboration" with various partners such as the FADOQ, the Royal Canadian Legion Branch 265 and the Last Post Fund. Notice of the meeting and other information appear below. I invite you to participate in large numbers. Invite your former colleagues and federal friends to join you. The vitality of our association depends on the active participation of our members in our meeting.

This newsletter contains several topics of great interest. I invite you to read it.

Warm Wishes for A Happy Autumn!

Jean-Marc Demers,
President



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

- GIM - Notice of Meeting of October 18, 2019,
- Yves Bouchard, recognition from the House of Commons by Joël Lightbound, MP for Louis-Hébert, by Micheline Lefrançois
- Lucie Tremblay appointed Advocacy Programs Officer for Quebec, by Micheline Lefrançois
- Recruitment and involvement - Mega recruitment campaign - regional tour, by Serge Boisseau
- Aging of the population: we must act instead of reacting, by Gisèle Tassé-Goodman, President of FADOQ, by Roland Langevin
- The Institute on Aging and Social Participation of Seniors, by Nicole Laveau
- We "Facebook" together to promote Branch activities, by John Le Garignon
- UnitedWay/Centraide Chaudière-Appalaches Campaign - by Gilles Chevalier
- Branch Social activities
- Volunteers Wanted - Social Activities and Communication
- Branch and Subbranches breakfasts
- Opening hours of the Office for the fall, winter and spring period



General Information Meeting (GIM)

Friday, October 18, 2019, from 9:00 to 15:00 at:

Patro-Roc-Amadour [2301, 1st Avenue, Quebec G1L 3M9](#)

Several topics of interest, conferences, kiosks, door prizes, free lunch.

Guest Speaker, Mrs. Myriam Côté, FADOQ, Member Services Manager -
Collaboration between FADOQ and ANRF

Invite pre-retired or retired federal colleagues to join you!

The agenda is available on [our web site](#). (In French)



Yves Bouchard and Joël Lightbound



House of Commons Certificate of Recognition

On August 15th, Yves Bouchard, a recipient of the NAFR Claude-Edwards National Leadership Award 2019, received a certificate of recognition from the House of Commons from Me. Joel Lightbound, MP for Louis-Hébert and Parliamentary Secretary to the Minister of Finance.

Yves has greatly appreciated the words of gratitude expressed by Mr. Lightbound: "Your commitment and your sustained involvement radiate beyond our community. You are an inspiration to us all. "

Congratulations Yves for this important and well-deserved national recognition!

Micheline Lefrançois



Micheline Lefrançois

2nd Vice-President of the Quebec Branch and Liaison Officer for Advocacy Programs

Lucie Tremblay appointed Advocacy Program Officer for Quebec

On July 7th, our colleague Lucie Tremblay, a volunteer from the Quebec branch on the Communications and Social Affairs Committee, was appointed Quebec's Advocacy Program Officer (APO).

Quebec is made up of branches of Quebec City, Montreal, Eastern Townships, Outaouais, Mauricie and Haute-Yamaska, for a total of 34,000 members.

Lucie Tremblay, recently retired, offers NAFR Quebec members an extensive experience as a human resources manager for several federal departments. In addition, her continuing education in the field of social work is an asset for her Advocacy role in Quebec.



Lucie Tremblay

In consultation with the orientations and priorities of the 2019-2024 Strategic Plan, Lucie will notably support the various initiatives of the six branches to promote the rights and interests of members during the October election campaign. We wish Lucie all the best, and we thank her for her commitment and dedication.

A reminder that until May 2018, our colleague Yvan Vigneault acted as APO for Quebec for many years. Yvan did a great job supporting his Quebec colleagues in all six branches. In 2018, Micheline Lefrançois acted as interim officer during the provincial election. Micheline continues her involvement as liaison officer for the Quebec branch for Advocacy in collaboration with the other branches, with Lucie Tremblay.

Involvement of the Quebec Branch in Advocacy

During the next election campaign, each branch of our association is invited to observe the various platforms of each party in order to identify the priorities that affect us. The Quebec branch will be present during the next campaign and will do everything in its power to have candidates of the main political parties clarify these questions.

NAFR's priorities for the 2019 election are:

- Retirement Income Security
- Pharmacare
- National Seniors Strategy
- Support for Veterans and their families

Because our association is apolitical, it wants to provide a platform for major parties to better clarify their priorities so that our members can make informed choices.

We will keep you informed of the results of our initiatives.



Report by Serge Boisseau, 1st VP

RECRUITMENT AND INVOLVEMENT

Mega National Recruitment Campaign in progress

NAFR's head office has launched a major recruitment campaign and offers members a number of incentives to encourage them to get involved in recruiting new members.

These include a draw for a trip for 2 people worth \$10,000 and several other very interesting prizes.

For more information and to participate, visit the [National Association's website](#)



NAFR also encourages the payment of direct deduction of dues at source (DDS) from your pension for all - current and future members.



- One-time rebate of 25% on the annual membership fee of each member who subscribes to the option of payment of direct deduction of dues at source (DDS) rather than by check. Please complete [this registration form](#) and return it to the National Office.

- This discount is also available for new members who join and agree to pay with the payroll deduction option. Please complete [this registration form](#) and return it to the National Office.

For more information, visit the National NAFR website or call 613-745-2559 (toll-free 1-855-304-4700)

Awareness and recruitment tour in the Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie regions

We meet our members and future members in the region!

In its recruitment process, the Quebec branch has a stronger presence on its territory, particularly in the Saguenay-Lac-Saint-Jean and Gaspésie-Bas-Saint-Laurent regions.

In consultation with my fellow directors Ghislain Lavoie and Bruno Beaulieu, we will meet our members and future members.

The invitation to members and future members aims to discuss our priorities for action and our advocacy program. Our association is interested in protecting the pension income of our members as well as our health and dental care.

These invitations appeared in local weeklies [Le Manic](#) and [le Nord-Côtier](#).



Saguenay-Lac-Saint-Jean Sub-Branch
Ghislain Lavoie
Administrator

We had the pleasure of meeting members and future members in the cities of Baie-Comeau on September 3rd, and Sept-Îles on September 4th.

Pictures of the Baie-Comeau and Sept-Îles meetings.



Serge Boisseau recruiting at Baie-Comeau,
September 3, 2019

Baie-Comeau -Recruitment, September 3, 2019



Ghislain Lavoie, administrator speaks to the participants

VISIT TO DOMAINE FORGET

A successful day trip in Charlevoix well appreciated by the people of Saguenay-Lac-Saint-Jean region!

On August 18th, Ghislain Lavoie arranged an excursion in Charlevoix to Domaine Forget and the Casino. 56 individuals from Saguenay-Lac-Saint-Jean participated in this beautiful day of activity. Thank you very much to Ghislain Lavoie and his wife Colette for organizing this social event which continues to receive praise from all participants! Everyone has mentioned that this experience should be repeated soon!



Sub-Branch Bas-Saint-Laurent / Gaspésie

Bruno Beaulieu

Administrator

Meeting Bas-Saint-Laurent-Gaspésie

New administrator of the Bas-Saint-Laurent-Gaspésie region, accompanied by Serge Boisseau, 1st Vice-President will stop in the following cities:

- Rimouski October 7, 2019
- Matane - October 8th
- Gaspé and Chandler - October 9th
- Carleton - October 10th
- Rivière-du-Loup - October 11th

For more information on times and locations, [visit our website](#). (in French)



Roland Langevin

Administrator

Aging of the population:

We must act instead of reacting by Gisèle Tassé-Goodman, president of FADOQ

Our colleague Roland Langevin shares a very interesting text from the president of FADOQ, Mrs. Gisèle Tassé-Goodman, elected president of the largest seniors' organization in Canada on June 13, succeeding Maurice Dupont who presided the network since 2013.



Photo : Gisèle Tassé-Goodman

"The projections unveiled on July 11th by l'Institut de la statistique du Québec (ISQ) confirm what our organization has been saying for years: the aging of the Quebec population is one of the most marked in the Western world. ["Read Mrs. Gisèle Tassé-Goodman full text."](#) (in French)



Nicole Laveau

Administrator

Institute on Aging and Social Participation of Seniors

We all know that society wants seniors to become more involved in their community and share their experiences with the next generation.

That's why there are many organizations willing to explore and showcase this gold mine.

One of these organizations is the Institute on Aging and Social Participation of Elders at Laval University, better known by the acronym IVPSA (in French). [See the website](#) (in French)

Its mission is "the realization and coordination of a set of research, training, integration and knowledge transfer activities". One of its objectives is to "create and maintain sustainable partnerships".

HOW? "Involve seniors and their representatives in Institute activities" and "create opportunities for meetings between members and with its partners". In its 2019-2024 Strategic Plan, it is reaffirmed that "IVPSA is based on the deep conviction that seniors are full citizens, capable of making a meaningful contribution to society." (1)

An example: The IVPSA has set up the "Collectif Aînés isolation social - Ville de Québec. "

Why ? According to scientific studies, it is "shown that social isolation can have a significant physical, social and psychological impacts, and may even increase mortality." (2)

How? By combining groups of community workers and senior's representatives to talk to each other and identify ways in which the community can make seniors more involved in their community, with the help of facilitators from time to time.

In 2018, I had the opportunity to participate in a conference at Laval University on the theme: "The social participation of seniors revisited". [See the web site](#). (in French)

With this link, you have access to a summary of all the workshops that provides an overview of the various approaches that exist around the world to promote the social participation of seniors.

I invite you and encourage you to consult the web links to explore what is being done about it.

The next edition will deal with one of their scientific publications.

1. Strategic Plan 2019-2024, IVPSA, pages 4, 7 and 10

2. https://www.ivpsa.ulaval.ca/habitat/historic_mission (in French)
-



John Le Garignon

Administrator

We «Facebook» together to showcase the Quebec Branch

A suggestion for a Facebook collaborative site.

We considered opening a Facebook site for the Quebec Branch that is dynamic and that takes into account our local interests, such as announcing our social activities, etc.

We quickly realized that we would need administrators and moderators of a high-traffic public site and that a minimum of 8 to 10 people would be needed to carry out such a task. Hard to think that we can have such a team on a permanent basis.

So we thought of an alternative: The majority of you have a Facebook site; all that would be required would be your collaboration so that we can make ourselves known to the people around us. A few times a month, if you accept, of course, we could email you an attachment that you could post on your Facebook page and make your association and its activities visible.

We would like to know what you think. Can we count on you and your Facebook page? If so, let us know by simply answering "Yes I accept" to this message; we will know how many of you we will be able to count on to widely disseminate our ideals to the general public, our struggles for better justice for all federal retirees in the greater Quebec City region, Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie, and our local activities. Send your consent "Yes I agree" and your email address to our office anrf@bellnet.ca

In this way we will be able to create a mailing list and you will receive a few times a month a message entitled "Message recommended for Facebook publication by the Quebec Branch of the NAFR" accompanied by an attachment that you would put online on your Facebook site. A few minutes of your time each time but a great service for all of our branch.

Thank you for reading us ... we are waiting for your feedback and your participation.

Can we count on you?



Gilles Chevalier
Branch treasurer

The United Way campaign is underway. On the Québec-Chaudière-Appalaches territory more than two hundred organizations benefit from United Way/Centraide.

I therefore encourage you to respond generously to this request, which will be sent out shortly. The needs are great!

However, United Way does not just fundraise. In fact, of the money raised during the campaign, 85% and more is redistributed to these organizations.

As with the collect of donations, distribution is done by volunteers who are committed to distributing these donations to organizations that request them. It should be noted that no amount is given to individuals.



Centraide
Québec et
Chaudière-Appalaches

"A donation to Centraide gives you the guarantee that it will be carefully managed by the comité d'analyse et de relations avec les organismes (CARO). Responsible for evaluating applications for financial assistance submitted by community

organizations in the regions of Quebec and Chaudière-Appalaches, CARO brings together some fifty volunteers who, through their expertise, enrich our thinking and investment decisions. Subject to a structured and rigorous process, submitted files must meet specific evaluation criteria: mission and services; local action; administrative and financial management; community life, governance and volunteering. Subsequently, the committee issues its recommendations to our board of directors." Source: Centraide Québec Chaudière-Appalaches

Who are the beneficiaries of donations? Centraide Québec-Chaudière-Appalaches supports more than 214 organizations and projects in Canada for all age groups: youth centres such as Pignon Bleu and others, women and men in difficulty who find themselves alone, without resources. Seniors and persons with reduced mobility may also use the charities identified by United Way.

If you think an organization could help you, dial 211 and you will be directed to the one that suits your needs.

To find out which organizations are associated with Centraide Québec-Chaudières-Appalaches, [consult the web site](#). (in French)

Members residing outside the Quebec-Chaudières-Appalaches region must contact the [United Way of their region](#).



Social activities of the Branch

by the members of the Social Activities Committee



OUR PICNIC OF AUGUST 7, 2019

A successful activity!

43 persons took part in our picnic at the Base de plein air de Sainte-Foy. Participants enjoyed a great game of petanque and giant pocket games and then reward themselves with a corn on the cob feast and finish with a piece of delicious cake.



Thanks to the organizers Jean-Yves Bacon, Jacques Godbout, Yves Bouchard and the volunteers who made this activity a real success

Photos Lise Lavoie - [view photo gallery](#) (in French)

VOLUNTEERS WANTED

As you know, the activities of our association are carried out by volunteers who generously donate some of their time to offer activities to members to entertain them and avoid isolation. We are always happy to welcome new volunteers!



- **Volunteers for social activities:** Currently, the Social Activities Committee is looking for a volunteer to help the team organize social and cultural activities. We are looking for a dynamic person who likes to work in a team. This person will be helped by other volunteers. For more information, contact Yves Bouchard, Chair of the Social Activities Committee: ybouchard2004@gmail.com



- **Volunteers in communication**, for help in writing the newsletter - You like communication, writing and teamwork. Join the communications team! For more details, contact Micheline Lefrançois, michelinelefrancois@bell.net

THANKS FOR YOUR SUPPORT!

Branch's Monthly breakfast



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

The breakfast resumed on the second Wednesday of the month at 9:30 am, at the Pub Restaurant Ô'Farfadet, 298, boulevard Armand-Thériault, Rivière-du-Loup (Mall). The next ones will take place on: October 9, November 13, December 11, 2019.

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

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 9:30 a.m., at Coq Rôti, [430 Sacré - Coeur Street, Alma](#).

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

Monthly breakfast - Quebec City area

The last Wednesday of the month from 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! (in French)

Heures d'ouverture du bureau



Le bureau est ouvert de 13 h 30 à 16 h 30 du lundi au jeudi inclusivement.

Notre coordonnatrice, Edna Richer, se fait toujours un plaisir de répondre à vos appels ou visites.

The next newsletter will be published on November 15, 2019.

Thank you to all the collaborators.

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Pierre Marquis



Lise Lavoie



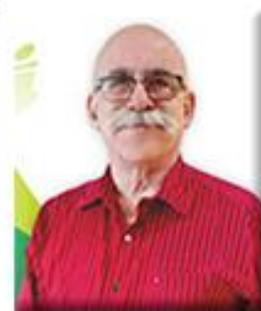
Viateur Beaulieu



Marianne Lafond



Lucie Tremblay



John Le Garignon