

BRANCH REPORT

QC57 | Quebec Branch

CONTACT US

162-660, 57^e Rue Ouest
Québec, QC G1H 7L8
(418) 661-4896
Toll free: 1-866-661-4896
anrf@bellnet.ca – anrf-sq.org

President: René Grenier

First Vice-president:
Micheline Lefrançois

Secretary general:
Jean-Marc Demers

**Treasurer and Director of
finance:** Roland Langevin

Directors:

- Bruno Beaulieu
- Bas-St-Laurent-Gaspésie**
- Germain Boivin
- Pierre Landry
- Nicole Laveau
- Ghislain Lavoie
- Saguenay-Lac-Saint-Jean**
- John Le Garignon,

**Past president and National
Board member:**
James D. Nicholson

Adviser: Serge Boisseau,
2017 National Collaboration
Award

Adviser: Yves Bouchard,
2019 Claude-Edwards
National Leadership Award,
2019 House of Commons
Recognition, 2020 Sovereign's
Medal for Volunteers

Adviser: Gilles Chevalier,
2017 Medal of the Lieutenant
Governor of Quebec

President's message

We are in the process of putting in motion preparations for our next Annual General Meeting, which will take place on Friday, April 9, 2021 in the afternoon. Being optimistic, we booked the room. However, being also realistic, we are also preparing to meet on Zoom. The rules were adapted in this direction to the AAM last December. These now prevail for all sections. Our Board of Directors has appointed Mr. Jean-Marc Demers as Chair of the Nominations Committee. So when he starts his committee, do not hesitate, overwhelm him with many nominations to be part, too, of the directors of the Quebec Branch. It would be a pleasure to have you on our team!

I would like to underline the good words that outgoing directors have written about their respective experience on our Board of Directors. They completed their terms and agreed not to run for re-election. You can read their post in the following pages. I would also like to thank Claude Havard for all these years. He left us as an external auditor for the Quebec NAFR Branch after 10 years of involvement.

This year, if we admit that the Board of Directors counts up to 11 people and there is a three-year position and four two-year re-election positions, there will be three directorships to be filled whose terms end in 2021. In order to maintain the know-how, the positions are staggered over three years. Because of the pandemic, we renewed the elections of the directors who wanted it and whose term ended last year.

The Quebec NAFR Branch members who wish to present themselves as a director must complete the nomination form available on www.anrf-sq.org and send it to our office at the attention of Mr. Jean-Marc Demers, Chair of the Nominations Committee. The roles and responsibilities of Board members and the qualifications required of directors can be found on our WEB site under the "Governance" tab "Statutes and Regulations" "Annex 3."

Kindly, René Grenier,
President of the Quebec Branch

As health policy requires, teleworking is the rule. Please check our voice message before proceeding to our office. If you are to visit our office, be sure to wear a mask. Hand sanitizers will be available.

Thank you for your cooperation.



Save 25%
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.

Complete a DDS registration form and return it to the Association's national office to make the switch today. Visit federalretirees.ca/DDS for more information.



ANNUAL GENERAL MEETING – VIDEOCONFERENCE

The Quebec Branch invites you to participate to our AGM on April 9, 2021 at 1:00 p.m. by videoconferencing. The agenda is available online at www.anrf-sq.org

ADVANCE REGISTRATION REQUIRED by email at : anrf@bellnet.ca by providing your email address and telephone number. Advance Registration Deadline is April 8, 2021.

Members will elect 3 Directors. Application forms are available at www.anrf-sq.org.

ADVOCACY



LONG-TERM AND HOME CARE PRIORITIES

By Micheline Lefrançois, 1st Vice-President

NAFR is currently campaigning on long-term and home care priorities. These priorities are part of a national seniors' strategy.

The pandemic in Canada and around the world is showing that it is time to act to address long-standing structural problems in the case of our seniors.

The national office recently emailed members to ask that they communicate with their Federal and Provincial MPs to let them know that we advocate for improvements of seniors' services and secure high standards and identical accountability across Canada.

To email your MP, go to the Federal Retirees website <https://www.federalretirees.ca>, Advocacy and long-term home care tab, where you will see the link to send your message.



HARMONIA
ÉVÈNEMENTS FUNÉRAIRES
D'AUJOURD'HUI

**National Capital Region and Chaudière-Appalaches:
Québec, Lévis, Lotbinière
1 866-681-9797**

[SERVICES MÉMORABLES HARMONIA](#), cremation and commemoration company, is happy to offer to NAFR Quebec Branch members the following exclusive discounts on all funeral and pre-arranged funeral arrangement contracts:

A **10 % reduction** on selected funeral goods and services on Funeral arrangement contracts at death, up to a maximum of \$ 300;

A **8 % reduction** on selected funeral goods and services on Pre-arranged funeral contracts, up to a maximum of \$ 200.

These discounts also apply to the immediate family upon presentation of the NAFR membership card.

Contact [Harmonia](#) dedicated advisor Nathalie Lachapelle today at 1 866-681-9797 or nlachapelle@harmonia.ca for a personalized service in accordance with your needs.

THANKS



Serge Boisseau

Dear members of the Federal family,

My last six years with the Board of Directors has allowed me to meet people who are deeply involved and highly motivated by our mission to protect and improve the quality and security of our retirement. Through our Branch activities in Quebec, the Bas-Saint-Laurent-Gaspésie and the Saguenay-Lac-Saint-Jean, I made friends who taught me a lot; I also had the opportunity to meet some super interesting members like you. I have good memories of my time at NAFR and I leave a door open in the areas of recruitment / retention in case my services could be useful. THANK YOU



Gilles Chevalier

Dear members,

I finished my term last April on the Branch Board of Directors. I am sad to leave such a wonderful team of colleagues on the Board after 17 years of volunteering for the Branch. However, it is with pleasure that I will continue to be involved as a volunteer for some Branch activities. I thank my colleagues. Long live the NAFR Quebec Branch! It must continue its fundamental role in the interests of retirees and future federal retirees. I invite those who wish to join the Quebec Branch to come forward and give their names to the Branch office.



Mariette Grant

Dear members,

I will always have a deep admiration for my colleagues on the Quebec Branch Board of Directors. Rarely have I worked with such qualified colleagues who deal daily with sometimes very complex subjects for the benefit of Federal retirees. I say THANK YOU!

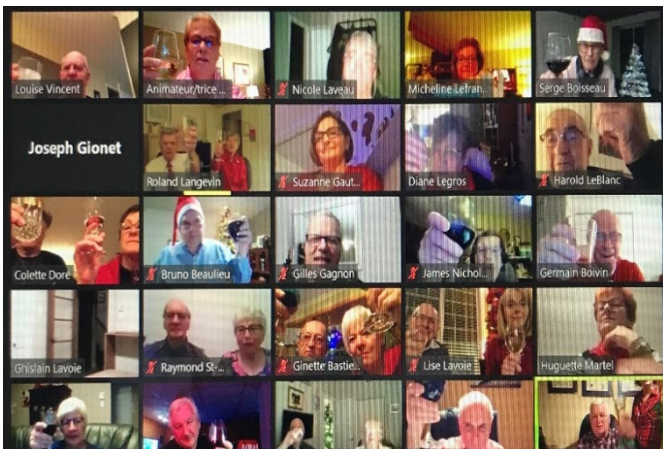
Friendships to all ! Mariette



Claude Havard

Dear members,

I worked with NAFR Quebec Branch for nearly 25 years as a volunteer, board member and / or auditor. There comes a time when you have to pass the torch to others and I am there. I invite you all to get involved as volunteers in order to share in a continuous movement towards achievement of the association's objectives, namely to protect the interests of its members. During the past years, I had the opportunity to make new friends whilst making my experience available to the association



5@7 VIRTUAL HOLIDAYS 2020

On December 22, 2020, a virtual 5@7 was organized for Branch members and friends with the participation of more than 60 members. «I would like to thank all participants who made this virtual encounter a success story» said Branch President René Grenier. Winners of the 6 door prizes Micheline Bélanger, Gilles Gagnon, Yves Bouchard, Pierre Landry, Nicole Laveau and John Le Garignon.

A quartet made up of the Boileau-Gagné family from Cap Rouge played great Christmas music: Julien at the cello and Delphine playing the violin won the hearts of the participants.



Bruno Beaulieu, Director

BAS-SAINT-LAURENT-GASPÉSIE SUB-BRANCH

Recently, Bruno Beaulieu joined the Bas-Saint-Laurent-Gaspésie Seniors' Consultation Table. "The Table's mission is to improve the living conditions of all seniors in the Bas-Saint-Laurent-Gaspésie by putting in place measures that promote sharing, support and partnership. The Table brings together about 100 seniors' associations and community organizations providing services to seniors." Thank you Bruno for representing the Quebec Branch!



Ghislain Lavoie, Director

SAGUENAY-LAC-SAINT-JEAN SUB-BRANCH

Ghislain Lavoie is now our representative at the Saguenay-Lac-Saint-Jean Seniors' Consultation Table. The Table is the most representative organization and place of consultation for the regional seniors' community. The regional Table's board of directors includes 23 associations or organizations dedicated to the well-being of seniors. Thank you Ghislain for representing the Quebec Branch at this Table and for keeping us informed of the seniors' local issues.

Note that our information meetings in the Sub Branches of **Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie** normally scheduled in May are cancelled due to well-known Public Health Policy. Keep in mind that our administrators are working towards offering virtual events until meetings in person are allowed. We can't wait to see you again!

GOODBYE PIERRE !



Pierre Gagnon, a colleague and friend of many, passed away on November 20. Our deepest condolences to his wife Pierrette, his children and his family. Pierre, has retired from the Coast Guard Marine Traffic Service and was a deeply involved member of the Quebec Branch. He was a dedicated secretary of the Board of Directors. Pierre was an outstanding bowling player and a Branch champion. We have a lasting memory of Pierre. Rest in peace!

Obituary of Pierre Gagnon :

<https://www.coopfuneraire2rives.com/avis-de-deces/pierre-gagnon-190231/>



VIRTUAL ACTIVITIES WITH THE "GRANDS EXPLORATEURS"

The Quebec Branch is pleased to offer you a preferential rate for the "Grands Explorateurs" movie conferences on the Web. Members who subscribe will be able to enjoy, in the comfort of their homes, movie conferences.

- Subscription to 6 conferences at the preferential rate of \$91 instead of \$141. (\$23.50 x 6)
- Purchase of a special edition subscription at the preferential rate of \$17 instead of \$23.50
- Communicate by phone - do not subscribe online - and mention the following promo code: QCANRF • Contact "Grands Explorateurs" - telephone: 1-800-558-1002 or 514-521-0757.