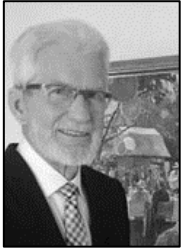




The Quebec Branch Report QC57



Jean-Marc Demers
President

Yves Bouchard
1st Vice President

Serge Boisseau
2nd Vice President
National Award
Collaboration 2017

Michel Rancourt
Secretary and Director
Bas Saint-Laurent/Gaspésie

Gilles Chevalier
Treasurer
Medalist of the Quebec
Lieutenant-Governor 2017

Pierre Landry
Director Finance

Jacques Godbout
Director

Nicole Laveau
Director

Ghislain Lavoie
Director
Saguenay/Lac Saint-Jean

Micheline Lefrançois
Director

Ellen Paquet
Director

James D. Nicholson
Advisor

THE QUEBEC BRANCH RECIPIENT OF THE NATIONAL AWARD FOR RECRUITMENT AND MEMBERSHIP 2018

This award recognizes the work of our volunteers,
of our directors, of all the members of our section before the 175,000 members
in Canada represented by the 250 delegates of the 79 sections.
THANK YOU TO ALL THE VOLUNTEERS OF OUR BRANCH

WORD FROM THE PRESIDENT – WINTER 2018

Dear members,

The year 2018 has been busy for our branch. We have invested in the satisfaction of our members. The setting up of meetings, social events and recruitment promotion has allowed us to be in closer contact with you and to better understand your needs.

The success of all activities is certainly due to the leadership of our Board of Directors and the active involvement of our other volunteers. The achievement of the *National Membership Recruitment and Engagement Award* recognizes efforts to better fulfill our mission and meet the needs of our members.

This recognition represents the success of teamwork by the board members and volunteers. At the leadership level, I salute the hard work of Yves Bouchard, 1st VP of the section. Yves is present in all spheres of our section. Whether at the level of interventions with the national office, his active involvement in recruitment, his management of the team of social activities and his keen interest in communications, the active presence of Yves shows that he has the success of our association at heart and we thank him for it.

As you know, recruitment, retention of our members and recognition is a priority. Our section, like all other non-profit organizations, is concerned about the next generation of volunteers. This succession planning is in the recruitment of members and volunteers. Two themes are the cornerstones of our association. Thanks to the efforts of Serge Boisseau, 2nd VP, our section manages to recruit and even increase the number of members. Serge Boisseau multiplies the opportunities to develop contacts and to make our section well known. Serge's good practices often inspire other sections. I invite you to read his article below.

Thank you to our board members and volunteers. Their contribution is at the heart of our success. I encourage you all to say thank you often. And do not hesitate to offer yourself some spare time to join them and to contribute to the collective effort!

On the eve of the Holiday Season, all the members of the Board of Directors and I offer you and your families our best wishes for health and happiness!

Jean-Marc Demers
President of the Quebec Branch

ANNUAL MEETING OF MEMBERS - OTTAWA - JUNE 19-21, 2018



Our branch was crowned at the Annual National Members' Meeting Volunteer Banquet. Jean-Marc Demers, President, Yves Bouchard 1st Vice-President, Serge Boisseau, 2nd Vice-President and Head of Recruitment and Micheline Lefrançois, Administrator were proud to receive the 2018 National Award for Recruitment and Mobilization of Members.

"Congratulations for all your efforts!
Congratulations to all committee volunteers!"

BOWLING



2017-18 Winning Team - Photo by Lise Lavoie

Bowling is generating a lot of interest among our members and continues to be a great success. If you are interested, **please contact Robert Blondeau or Francine Godbout at (418) 626-2802**. The cost is \$ 10.00 for regular players and \$ 6.00 for replacements. This social activity takes place on Tuesday afternoon at 12:50 pm at the Mgr Marcoux Center located at 1885, chemin de la Canardière, Quebec.

Left to right :

Louise Bédard, Francine Godbout, Pierre Gagnon, Claire Tremblay et Danielle Tremblay.

BREAKFAST- QUEBEC

Our monthly breakfasts are at 8:30 AM on the last Wednesday of the month at Restaurant Tomas Tam, 325 Marais Street, Quebec. This is a great opportunity to meet informally. Make our Association known, bring former colleagues from the federal government! Hope to see you.

CHRISTMAS DINNER - QUEBEC SECTION - R E M I N D E R



Branch Christmas Dinner, Saturday, December 15, 2018
Room G.A.A.M. (General Assembly of L'Archevêque Mathieu)
The Knights of Columbus Hall
773 Louis-XIV Blvd, Quebec, QC (418) 623-2925

SALLE A.G.A.M.
2 SALLES DE RÉCEPTION CLIMATISÉES
pouvant accueillir de 10 à 225 personnes pour:
Soirée, mariage, après funéraires, baptême, etc.
Cours, formation, réunion, rencontre, etc. Salon climatisé.
SALON DE QUILLES CLIMATISÉ
6 ALLÉES DE QUILLES INFORMATISÉES
Consultez notre site Internet: agam1014.com
773, boul. Louis-XIV, Québec G1H 1A1 (Arr. Charlesbourg) 418 623-2925

A beautiful evening in perspective. A 4 course menu, including a cocktail, 2 glasses of wine. Cost: \$ 37 per person for members, \$ 60 for non-members. Maximum 100 people. Priority given to members. Music, door prizes, free easy parking.

Information: Jean-Yves Bacon
Tel. 418-626-8060; Email : jybac43@gmail.com

POSTES CANADA
CANADA POST

Have you moved?



We are currently updating members' profiles to ensure that we provide you with a service that meets your needs and gives you complete satisfaction. During this exercise, we see that some members still have the status of "lost contacts". **When moving, it is highly important to notify us of your new mailing address and e-mail address.** By not having your profile updated, you do not enjoy the *Sage* magazine and the various benefits that are offered to you. Thank you for your collaboration.

Please provide us, by email to anrf@bellnet.ca
your name and membership number with your new coordinates

ACTIVITIES - SAGUENAY/LAC SAINT-JEAN SUB-SECTION

- **Breakfast La Baie** - the first Tuesday of each month at La Normande Restaurant located at 2761 Mgr Dufour Street, at 9:00 am, February 5, March 5, April 2, May 7 and June 4, 2019.
- **Breakfast Alma** - the last Wednesday of every month, at the Coq Rôti Restaurant located at 430 Sacré-Coeur Street, at 9:00 am, on January 30, February 27, March 27, April 24 and May 29, 2019.

ACTIVITIES - BAS SAINT-LAURENT/GASPÉSIE SUB-SECTION

- **Breakfast Rivière-du-Loup** - the second Wednesday of each month at O'Farfadet Restaurant located at 298 Thériault Blvd., Rivière-du-Loup at 9:30 am, December 12, 2018, January 9, February 13 and March 13, 2019.



I RECRUIT - I'M INVOLVED

We have done a lot of work on this committee on I RECRUIT.

We held many meetings, information kiosks in different places, such as an entrance hall, a banquet, pre-retreat courses, a museum, a restaurant and even in a garage. But this month, I'd like to speak to you specifically about the "I'M INVOLVED" that concerns more specifically each of us as members of a successful section.

As previously discussed, we rely on your personal networking to publicize our association, mission, partners, social activities, and other topics that are of interest to you and your interlocutor / friend. I enclose a letter from our President, Jean-Marc Demers, who expresses the benefits of becoming a member of our Association. I invite you to use it in your discussions with your colleagues, future retirees of the federal government, to raise awareness of our Association and the benefits of being part of it.

You may consult the President's letter on recruitment by visiting our website: <https://www.anrf-sq.org/recrutement.html>

I also refer you to last June 26 *newsletter*, which mentions the *National Award for Recruitment and Member Engagement*. <http://www.anrf-sq.org/infolettre.html>. As far as I'm concerned, you are part of all those volunteers who work for their association in any way and we sincerely thank you. As you read through the above, you will have all the necessary arguments to make your networking our success factor.

How proud for each of us to see our section win two national awards during 2017-2018!

Serge Boisseau, 2nd VP

Lépine Cloutier / Athos

Grieving: An act of civism and sharing with the community

Today's society is more connected than ever before; ironically, however, we are all much more isolated and alone. Oftentimes, grieving the loss of a loved one is considered a person's own responsibility and an obligation for family and friends. As a result, there has been an increasing trend for "fast-food" funerals and cremations; people want to get over their grief quickly to avoid suffering and despair. Unfortunately, this means the end of getting together, among family, friends, colleagues and other acquaintances, to bereave, see the body of someone who has passed one last time, and celebrate a life well lived.

Grieving is not just a private matter. It is not selfish either. Rather, it is a period that marks the life of any citizen—because we are all part of a community. When we are alive, we share experiences, including joy and sadness, with people around us. We celebrate births, weddings, proms, the Holidays, Easter, Halloween and a variety of other important milestones. This need for sharing has steadily increased thanks to the Internet and social media, such as Facebook and Twitter.

Why wouldn't anyone want to say farewell to someone who was loved and cherished throughout his or her entire life? People are not just part of their families; they are part of the communities they live in. Funeral rites are part of life—just like births and weddings. Grieving is a rite of passage and a civil ceremony that pays homage to life and death.

It is important to take the time to grieve, share our sadness and joy, in the presence of the deceased's body, with the people we are close to, whether they are our family, friends or other citizens who want to remember someone they liked and respected.

Grieving is a civic act that respects the deceased. It is a means to show empathy and share with other people in the community. Grieving is not meant to be experienced alone; it is a unique and precious moment that can be shared as a tribute to a citizen who has passed.



**VOLUNTEERS IN ACTION WANTED!
YOU WISH TO BELONG TO A DYNAMIC TEAM AND
HELP MEMBERS OF THE QUEBEC NAFR SECTION**

- DO YOU have public relations experience, or you were in public relations?*
- DO YOU like writing?*
- DO YOU like to do research on internet or on social networks?*
- DO YOU know how to operate a Facebook site?*
- DO YOU want to participate at the circulation of information about your interests as a retiree?*
- DO YOU want to do translation for the branch's communications?*

THE COMMUNICATION COMMITTEE HAS AN URGENT NEED FOR VOLUNTEERS IN THESE AREAS OF ACTIVITIES

Leave your name as a Website volunteer for the Association at :

- Email address : anrf@bellnet.ca
- Telephone number : (418)661-4896; toll free number 1(866)661-4896



Centraide
Québec et
Chaudière-Appalaches
Nous tous, ici

THE GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN (GCWCC)

The above-mentioned campaign is now underway. However, several retirees told us that in 2018 they did not receive the Pay Deduction Form. If you have misplaced it or if you have not received it for the current year, please contact the GCWCC assistance for federal retirees at 1-877-379-6070. I would like to remind you that your donation is important for all those who will see their daily situation improved thanks to your generosity.

Gilles Chevalier, Treasurer, Federal Retirees Quebec Branch

IMPORTANT NOTICE - 2019 MEMBERSHIP

- Individual membership : 50,28 \$ or 4,19\$/monthly
- Family membership : 65,16 \$ or 5,43\$/monthly

Three options to pay your membership : Deduction at source, cheque or credit card (internet)
Website for additional information: <http://www.anrf-sq-org/adheacutesion-anrf-et-renouvellement.html>

Option 2 -Renewal by cheque for the 2019 Membership

Name : _____	First Name : _____
Family Name of Spouse : _____	First name of Spouse : _____
Address : _____	City : _____
Postal Code : _____	Telephone : _____
Membership Number : _____	E-Mail address: _____

Individual membership : 50,28 \$ Family membership : 65,16 \$
Do not forget to indicate your Membership number on your cheque.

NOTA BENE : THERE WILL BE NO REMINDER MADE DURING THE YEAR 2019 FOR THOSE WHO WILL NOT HAVE RENEWED THEIR ANNUAL DUES. AS A RESULT, YOUR NAFR MEMBRSHIP COULD COME TO AN END.

NOTE: If you pay your membership by monthly deductions from your pension, you have nothing to do; your membership will automatically be renewed.

**Where to find us
NAFR Quebec Branch**

162 – 660, 57^e Rue Ouest, Quebec G1H 7L8

E-mail: anrf@bellnet.ca

Website : www.anrf-sq.org

Telephone: 418-661-4896

Toll free: 1-666-661-4896