



# BRANCH REPORT

## QC57 | Quebec

### CONTACT US

162-660, 57<sup>e</sup> Rue Ouest  
Québec, QC G1H 7L8  
418-661-4896  
1-866-661-4896 toll free  
[anrf@bellnet.ca](mailto:anrf@bellnet.ca)  
[www.anrf-sq.org](http://www.anrf-sq.org)  
[Facebook.com/RetraitesfederauxQuebec](https://Facebook.com/RetraitesfederauxQuebec)



**President:** René Grenier

**1st Vice-president**  
Micheline Lefrançois

**2nd Vice-president**  
Claude Larochelle

**Secretary**  
Gaston Simard

**Secretary general and  
past President**  
Jean-Marc Demers

**Director of Finance**  
Guy Abel

**Treasurer**  
Roland Langevin

**Newsletter Editor-in-chief**  
Diane Legros

**Director**  
**Saguenay-Lac-Saint-Jean**  
Ghislain Lavoie

**Director**

**Bas-St-Laurent-Gaspésie**  
Sylvie Harrison

## President's message

**Dear Members,**

I had to write this column in June for September. So, I hope you were able to enjoy the summer season. A thought for our friends in the Chibougamau region who sweated it out with the raging forest fires.

In the coming years, the Association will be committed to updating itself. Internally, it will have to assume a new legitimacy through the renewal of a strategic plan, which will be the expression of its objectives. For the time being, two of our priorities are provincial in scope. The Seniors Strategy is primarily the responsibility of Social Services, and in Quebec, we have had a mixed public-private universal drug plan (pharmacare) since 1997. Externally, the Association must be relevant and reach out to its audience.

Quebec Branch President

René Grenier, President End of term: April 2025	Micheline Lefrançois, 1st Vice-president End of term: April 2026	Claude Larochelle, 2nd Vice-president End of term: April 2024	Roland Langevin, Treasurer End of term: April 2025	Guy Abel, Director of Finance End of term: April 2025	Gaston Simard, Secretary End of term: April 2024
Diane Legros, Director End of term: April 2024	Myriam Boudreault, Director End of term: April 2026	Jean-Marc Demers, Secretary general and Past President End of term: April 2024	Sylvie Harrison, Director Bas-Saint-Laurent-Gaspésie End of term: April 2025	Ghislain Lavoie, Director Saguenay-Lac-Saint-Jean End of term: April 2026	Edna Richer, Coordinator



Refer a member to Federal Retirees  
for a chance to win terrific prizes.

Fill out a ballot at [federalretirees.ca/mrd](http://federalretirees.ca/mrd)  
for a chance to win.



**JOHNSON**  
INSURANCE

**collette** IRIS

**HearingLife** | National  
Allied Partners





## Something new regarding your HEARING HEALTH coverage

**GROUPE  
FORGET**  
AUDIOPROSTHETISTS

Your new insurer **Canada Life** now provides enhanced **Hearing Health** coverage.  
Effective July 1<sup>st</sup>, 2023.

**GROUPE FORGET,  
AUDIOPROSTHETISTS**

**POLYCLINIQUE DE L'OREILLE**  
(Partner of Groupe Forget, audioprosthethists)

### Guarantees and coverages

#### Batteries for hearing aids

##### New guarantee:

Coverage: \$200/civil year

#### Hearing aids

##### Increased protection:

Now \$1,500 every 5 years

#### Audiology services

##### Now covered:

\$750/civil year, No prescription required

For more details, consult your **Canada Life** insurer.

Groupe Forget, Audioprosthethists already offers benefits to ANRF members in Quebec with its  
**MAESTRO Hearing Health Program.**

## THANKS TO GERMAIN BOIVIN, ADMINISTRATOR



Germain Boivin and  
René Grenier, President

The President presented a Certificate of recognition to Germain Boivin who has completed his mandate. He thanked him very much for his contribution over the past 8 years on the Board of Directors to achieve and accomplish the mission of the Quebec Branch. He was awarded a certificate in recognition of the excellence of his work. Germain remains a volunteer with our section.

Thank you very much Germain for your work and dedication!



**NAFR – Quebec Branch will still have its booth at Salon de la FADOQ – Québec/Chaudière-Appalaches, which will be held from October 13 to 15 2023:**  
[groupeproexpo.com/salonfadoq](http://groupeproexpo.com/salonfadoq).

**As every year, the Quebec Branch of NAFR is present at Salon FADOQ to promote our Association and meet future federal retirees. Come and meet us!**

To keep up to date with the latest news, visit our webpage: [anrf-sq.org](http://anrf-sq.org).



## ANNUAL GENERAL MEETING OF APRIL 14, 2023



The Annual General Meeting was a great success with more than 150 participants. The speaker Dr. Michèle Morin, geriatrician, was well-received, as well as Heidi Modro's presentation on changes to the PSHCP. In addition, there were trade booths staffed by Catherine Poirier-Bisson, Occupational Therapist, Circul'Action, Esther Michaud, Author, Julie Labbé and Gaétan Matte from Julie Labbé Agency.

Door Prize Draws: Congratulations to the winners: Richard Houde, Sylvie Gosselin, Denise Langevin, Guy Sénéchal, Marcel Pruneau, Suzanne Corbeil Gagnon, Denise Bélisles Bélanger, Jean Guy Fafard, Claude Havard, Rock Collin.

## ANNUAL MEETING OF MEMBERS – JUNE 2023 – GATINEAU

### VOLUNTEERS RECOGNITION



Among the activities of the Federal Retirees 2023 annual meeting of members (AMM), the volunteer recognition gala was held at the "Théâtre du Casino de Gatineau" at the Holton Lac-Leamy Hotel. This year's ceremony included the presentation of 60<sup>th</sup> anniversary volunteer awards.

**Left :** Jean-Marc Demers, receiving his 60<sup>th</sup> Anniversary award from Jacques Lambert, Quebec Director on the National Board.



## SAGUENAY-LAC-SAINT-JEAN REPORT



Ghislain Lavoie, *Director*  
Saguenay-Lac-Saint-Jean

On May 12, our General Information Meeting was held in Chicoutimi. We were pleased to welcome 47 regional members. Our President, René Grenier, Claude Laroche 2nd Vice-President and their volunteer colleagues participated in the organization of this great event.

Door prize draws: Congratulations to the winners: Gisèle Simard, Diane Châteauvert, Yvon Labrecque and France Gobeil.

**La Baie Breakfast** - The first Tuesday of each month at Chez Paulo Restaurant, 892 De la Grande-Baie Boul. S, at 9:00 am.  
**Alma Breakfast** - The last Wednesday of each month, at Chez Roberto Restaurant, 11 rue Scott E, at 9:00 am.



Louise Rivard, Assistant Director General, Recreation and Partnership of FADOQ Saguenay-Lac-Saint-Jean-Ungava for the presentation of her project at our General Information Meeting of May 2022.

*Louise Rivard, FADOQ and Jean-Marc-Demers, Secretary general*





## BAS-SAINT-LAURENT-GASPÉSIE REPORT



### Sylvie Harrisson, *Director of Bas-Saint-Laurent-Gaspésie*

On May 25, our General Information Meeting was held in Matane with a presence of 49 members. This event took place in the presence of René Grenier our President, Guy Abel, Director of Finance and fellow volunteers.

Two members of our association made presentations: Ms. Danielle Doucet described how to prepare for travel and Ms. Suzanne St-Gelais introduced us to the beautifully themed trails she designed. Our President René Grenier informed us about the different types of pension funds and we had the Flambeaux network, which made us aware of the signs on seniors of social isolation and vulnerability with some people.

Door Prize Draws: Congratulations to the winners: Claude Bérubé, Joanne Lagacé, Suzanne Gauthier, Carole Gosselin, Ginette Vaillancourt, Renée Gauthier, Danielle Doucet, Françoise Verreault



Presentation of certificates: to Rock Giguère (left), Horticultural Society; other certificates were presented to Patricia Gallant, horticulturist at the "Jardins de Métis"; Marie-Ève Belzile, Agente, Sureté du Québec in Matane and Me Maude-Gosselin Bouchard, Matane Legal Aid Office.



Micheline Lefrançois  
1st Vice-President

## ADVOCACY



**2023 – The Association celebrates its 60th anniversary.**  
**60 years of struggle to defend the interests of**  
**our members of today and those of tomorrow**

Since its founding in 1973, our Association has made numerous significant gestures to protect our pensions and our health and dental plans. Most recently in 2022, the Association negotiated with Treasury Board the renewal of the PSHCP with several improvements in the care provided to all federal retirees.

### We need you!

Let's continue to be in solidarity with our Association! Convince your former colleagues in the Federal Public Service, the Canadian Armed Forces or the Royal Canadian Mounted Police! Invite them to join the Association so that they are involved in the protection of their pensions. We're counting on you! You are our recruiters!

## BREAKFASTS – QUEBEC BRANCH



Breakfast takes place on the last Wednesday of the month at the **Normandin Restaurant**, at 8:30 a.m. at 986 Bouvier Street, Quebec City, 418-627-1265. To stay informed, visit our website under the Social Activities tab Quebec Branch or our Facebook page.