

BRANCH REPORT

QC57 | Quebec Branch

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President: René Grenier

Vice-president

Micheline Lefrançois

Director of Finance

Guy Abel

Treasurer

Roland Langevin

Secretary general and past President

Jean-Marc Demers

Director

Diane Legros

Director

Pierre Beaudry

Director

Serge Boisseau

Director

Saguenay-Lac-Saint-Jean

Ghislain Lavoie

Director

Bas-St-Laurent-Gaspésie

Sylvie Harrisson

President's message

Dear members,

It's almost time for our Annual General Meeting (AGM) at Patro Roc-Amadour on April 11. We'd like to hear from you about the positions available on our board of directors. There are a few seats available in the Branch in the Québec-Chaudière-Appalaches region.

Our branch is only as strong as its active volunteers. Simply contact the Nominating Committee to receive the Quebec Branch Board of Directors Nomination Form, if you'd like to serve as a director, or contact the office to volunteer for our activities.

We'll also be visiting our colleagues in Saguenay-Lac-Saint-Jean at the General Information Meeting (GIM) on May 15, and those in Bas-Saint-Laurent-Gaspésie on May 22, 2025. Our regional members are very active, and it's always a great pleasure to meet them again.

We look forward to seeing many of you at our AGMs and GIMs. And don't forget to register!

René Grenier, President



Jean-Marc Demers

IMPORTANT FOR ALL MEMBERS !

As part of the Annual General Meeting of members on April 11, 2025, at Patro Roc-Amadour, elections are scheduled for the Branch Board of Directors.

It is always timely for a member to take an active role in the affairs of the Branch and promote new ideas. Wouldn't it be your turn this year? Copy of the Application Form is available on anrf-sq.org. For more information, contact us by e-mail anrf@bellnet.ca or by telephone at 1-866-661-4896, or with Jean-Marc Demers, Chair of the Nominating Committee at jmd01@bell.net.



Save 25%
on your annual membership dues by switching to the DDS payment option!

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.

Make the switch to DDS today! Call 1-855-304-4700 or visit federalretirees.ca/DDS for more information.



National Association of Federal Retirees
Association nationale des retraités fédéraux

NOTICE OF MEETING – ANNUAL GENERAL MEETING (AGM)



You are invited to the Annual General Meeting of the Quebec Branch scheduled on Friday, **April 11, 2025, at 9:30 a.m. at Patro Roc-Amadour, Room Père-Raymond-Bernier at 2301 1st Avenue in Quebec City.** **REGISTRATION REQUIRED** by email at: anrf@bellnet.ca or by phone 418-661-4896 toll free: 1-866-661-4896 - **Registration deadline is March 28, 2025.** The agenda is available on site and on our website <https://www.anrf-sq.org/> . Election of Directors.



*Pierre Beaudry
Director*

ADVOCACY OF OUR MEMBERS

**Summary of important news
for federal retirees**

1. **Pension indexing:** Effective January 1, 2025, federal retirees' pensions will be indexed at a rate of 2.7%.
2. **Public Service Health Care Plan (PSHCP)**
We encourage you to consult the booklet or download a copy from Your Plan page of the PSHCP Member Services website <https://www.bienvenue.canadavie.com/rssfp>. If you encounter any difficulties, don't hesitate to contact Canada Life online at <https://www.canadalife.com/fr.html> (by creating or opening your online account), or by telephone Monday to Friday from 8 a.m. to 5 p.m. at 1-855-415-4414 (have your certificate number ready, which is indicated on your PSHCP card). You can also contact them by mail at Canada Life, Winnipeg Benefits Department, PO Box 3050 Station Main, Winnipeg, MB, R3C 0E6.
3. **Pensioners' Dental Services Plan (PDSP)**
Since November 1, 2024, the PDSP has been administered by Canada Life, and the transition has gone smoothly. Benefits remain unchanged, and members can access their new card:
 - Online portal: <https://www.bienvenue.canadavie.com/rsdp>
 - Telephone for questions about the PDSP: 1-855-415-4414.
 Should you require any support or clarification, NAFR remains at your side to facilitate these transitions and defend your interests.

RECOGNITION FOR VOLUNTEERS – OCTOBER 24 – RESTAURANT “LE PARLEMENTAIRE”



This year, the Section celebrated, at a friendly dinner, in recognition of the work accomplished throughout the year by its volunteers at the Le Parlementaire restaurant, preceded by a guided tour of the Parliament.



CHRISTMAS DINNER – NOVEMBER 21, 2024



On November 21, the Quebec Branch celebrated its successful holiday dinner at Restaurant Sagamité with 60 participants. Colleagues and friends enjoyed the meal, the atmosphere and the exchange of good wishes.



REMEMBRANCE DAY - ARMISTICE CEREMONIES NOVEMBER 11, 2024



Many thanks to the volunteers of the Quebec Branch, who are always involved in laying wreaths throughout our territory and paying tribute to the millions of soldiers who sacrificed their lives in the First World War!

											
 <p>VALCARTIER René Grenier, President and Jean-Marc Demers</p>						 <p>DONNACONA Micheline Lefrançois and Roland Langevin</p>		 <p>MONTMAGNY Guy Abel and Jocelyne Delage, Veteran</p>		 <p>RIMOUSKI John Le Garignon and Gilles Desjardins</p>	 <p>LÉVIS Bruno Beaulieu</p>
 <p>MATANE Sylvie Harrisson, Director Bas-Saint-Laurent-Gaspésie and Clément Labrie</p>		 <p>NEW RICHMOND L'Adjudant-Chef (retired) Normand Parent and son Marc Parent</p>		 <p>BAIE COMEAU Daniel Deschenes and Jean St-Laurent retired of the Armed Forces</p>		 <p>CHICOUTIMI Ghislain Lavoie, Director, Saguenay-Lac-Saint-Jean</p>		 <p>ARVIDA Jeannine Tremblay-Dubois, retired of the Armed Forces</p>		<p>Wreaths were also laid in Arvida by our volunteers Jeannine and Réjean Dubois, as well as in Alma and Roberval.</p>	

BREAKFASTS – QUEBEC ET LEVIS

<p>QUEBEC</p>  <p>L'Oeuforie Steak Frites & Cie.</p>		<p>NEW LOCATION</p> <p>The Branch's breakfasts are now at L'Oeuforie – last Wednesday of the month at</p> <p>850 bl. Pierre-Bertrand Québec, Qc - G1M 3K8 418-681-4419</p>		<p>LEVIS</p>  <p>Breakfasts take place on the first Thursday of each month at the Délice Resto Lounge at 10:00 a.m., 146 Route du Président-Kennedy, Lévis – 418-833-2221.</p>	
<p>To stay informed, visit our website (https://www.anrf-sq.org/) or our Facebook page</p>					

«LE GRAPE» RECOGNITION - GILLES CHEVALIER “A volunteer at heart”

 <p>Left to right: GRAPE President, Raymond Jeudi, Director General Lydia Didier, Gilles Chevalier, Deputy Beauport-Limoilou, Julie Vignola and Deputy Portneuf-Jacques-Cartier, Joël Godin.</p>		<p>On September 19th, Gilles Chevalier, a volunteer and member of the Quebec Branch since 1996, received an award from Mrs. Lydia Didier, Director general, for his 30 years of volunteer work with Le Grape, a “Groupe de Recherche en Animation et Planification économique”.</p> <p>At the Branch, Gilles has held several positions, including Director and Treasurer for 6 years. He continues to be one of our volunteers.</p> <p><i>Many thanks Gilles for your social involvement!</i></p>			
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SAGUENAY-LAC-SAINT-JEAN REPORT



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



INTERNATIONAL SENIORS' DAY 2024

On September 29, 2024, the « Table régionale de concertation des aînés du Saguenay-Lac-Saint-Jean (TRCA-02) » celebrated the International Seniors' Day at the Hôtel Universelle in Alma - the theme "Nous, les aînés!"

GENERAL INFORMATION MEETING – SAGUENAY-LAC-SAINT-JEAN

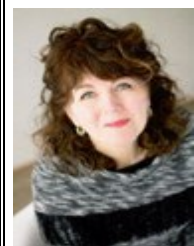
You are invited to the General Information Meeting of the Quebec Branch on Thursday May 15, 2025, at 9:30 a.m. at the **Delta Saguenay Hotel, 2675 du Royaume Blvd., Jonquière, QC – 418-548-3124.**

MANDATORY REGISTRATION by email to: anrf@bellnet.ca or by telephone 418-661-4896 toll-free: 1-866-661-4896 - Registration deadline: April 30, 2025. The agenda is available on site and on our website www.anrf-sq.org/

Breakfast La Baie - The first Tuesday of each month, at 9:00 a.m., at Lucerne Restaurant, 1302 Bagot Street, LA BAIE, QC 418-544-0409

Breakfast Alma - The last Wednesday of each, at 9:00 a.m., at the restaurant l'Hôtel Universel, Pacini, 1000 Cascades Blvd., G8B 3G4 418-668-0872

BAS-SAINT-LAURENT-GASPÉSIE REPORT



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



Breakfast in Matane on November 27th, a great meeting, 27 participants!

At the meeting of our members in 2025, in addition to the AGI on May 22, we will organize 2 other meetings in Rivière-du-Loup and Gaspé. We will keep you informed of the dates and location. We are working to defend our members, and we will continue more than ever in 2025.

We still have the agreement with ADAUQAR, the winter 2025 program is available on the www.ADAUQAR.ca website -Phone: 418 724-1661 Email: info@adaugar.ca Don't forget to mention that FSNA is a partner member. Payments by bank transfer will be accepted.

GENERAL INFORMATION MEETING – MATANE

You are invited to the General Information Meeting of the Quebec Branch on Thursday, **May 22, 2025, at 9:30 a.m. at the Riotel Hotel, 250 du Phare Est avenue, Matane, QC – 1-866-994-8423.**

MANDATORY REGISTRATION by email to: anrf@bellnet.ca or by telephone 418-661-4896 toll-free: 1-866-661-4896 - **Registration deadline: May 10, 2025.** The agenda is available on site and on our website www.anrf-sq.org/



Are you moving?



We are currently updating member profiles to ensure that we provide you with a service that meets your needs and gives you complete satisfaction. In the course of this exercise, we've noticed that some members have "lost contact" status. When you move, it's important to notify us of your new mailing address and e-mail address. If you don't keep your profile up to date, you won't benefit from SAGE Magazine and the various advantages it offers. Thank you for your cooperation.

Please provide us with your name and membership number by e-mail to "anrf@bellnet.ca".