

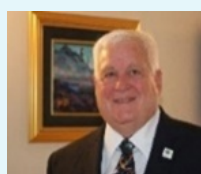


BRANCH REPORT

QC57 | Quebec

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President: René Grenier

1st Vice-president :
Micheline Lefrançois

2nd Vice-president :
Claude Laroche

Secretary :
Gaston Simard

Director of Finance / Treasurer :
Roland Langevin

Newsletter Editor-in-chief
Diane Legros

Directors :
- Germain Boivin
- Guy Abel
- Ghislain Lavoie
- Saguenay-Lac-Saint-Jean
- Sylvie Harrison
- Bas-St-Laurent-Gaspésie

Past President :
Jean-Marc Demers

Advisor :
- Serge Boisseau

President's message

Dear members,

As a Quebec Branch, we have a pool of more than 6600 members, which we have been able to maintain despite the pandemic. We support the national office in advocacy.

Among our activities, we have created a Facebook page and we still maintain our website. Our communication challenge is unique, having two sub-branches: Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie. But we want to make sure that all of our members work together and are kept informed of the issues. During election campaigns, we form a committee to support advocacy and communicate with candidates and elected Members of Parliament in our jurisdiction. We would like to add a local face that presents a personal testimony and a human dimension of our priorities as federal retirees. Our videoconferences, our breakfast get-togethers, our newsletters, our meetings and many other activities are moments to exchange and mix with others. These are moments of friendship and allow us to create new contacts, in addition to participating in common projects. Being a volunteer is not just about giving. It is also receiving... and a lot!

The Annual General Meeting is scheduled for April 14, 2023 and we need directors on the Board of Directors. We have four meetings a year and if you wish, you can choose a committee based on your personal interests. We are not here to annoy you. Our Branch seeks to do more and create meeting opportunities. We ask for your input. We need volunteers, who are essential drivers for the proper functioning of our Branch. You can make a significant difference and at your retirement pace. The process is not complicated, contact us or our office at 418 661-4896.

Sincerely

President,
Quebec Branch President



Épargnez 25 %
sur votre cotisation annuelle
en vous inscrivant à l'option
de paiement par RCS!

Pour une durée limitée seulement, nous offrons un rabais unique de 25 pour cent sur la cotisation annuelle de chaque membre qui s'inscrit à l'option de paiement par retenues de cotisations à la source (RCS).

Passez aux RCS dès aujourd'hui! Pour plus de renseignements, consultez retraitesfederaux.ca/RCS ou composez le 1-855-304-4700.



retraitesfederaux.ca
federalretirees.ca





NOTICE OF MEETING – ANNUAL GENERAL MEETING (AGM)



You are invited to the Annual General Meeting of the Quebec Branch scheduled on Friday, **April 14, 2023, 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: <mailto:anrf@bellnet.ca> or by phone 418-661-4896 toll free: 1-866-661-4896 - Registration deadline is March 28, 2023. The agenda is available on site and on our website <http://www.anrf-sq.org> Election of Directors Forms are available at www.anrf-sq.org



Hearing well means aging well!
Maintaining your hearing health throughout life is **key** to aging well and staying active. Here's how good hearing can contribute to slowing the effects of passing time on your quality of life.

Keep up an active social life

Social isolation is one of the first negative impacts of hearing loss. Since all our social relationships are based primarily on oral communication, an emerging hearing problem will inevitably make communication difficult, which encourages gradual social withdrawal. Meet with an audioprothésiste as soon as you notice signs of hearing loss.

Keep Your Brain Healthy

Keeping our minds active helps delay the appearance and progression of cognitive issues. When we maintain good hearing health, our brain continues to receive all kinds of stimuli and that keeps our mind in good shape.

Stay Autonomous

When we take steps to make sure we're hearing well, we're giving ourselves the chance to stay independent as long as possible. Communicating well, understanding what our doctor or pharmacist tells us, and hearing sounds that signal danger or an emergency is essential to independent living.

MAESTRO HEARING HEALTH PROGRAM

NAFR members have access to the exclusive Maestro Program offer, which includes a free hearing screening, discounts on a hearing aid maintenance kit, discounts on batteries, accessories and repairs.

For more details, please contact us: <https://www.legroupeforget.com/campagne/programme-sante-auditive-maestro-groupe-forget-audioprothesistes>

CHRISTMAS DINNER – DECEMBER 3, 2022



*Christmas Dinner
Quebec City Cruise Terminal*

The Quebec Branch Christmas evening on December 3rd at the Quebec City Cruise Terminal was a tremendous success. This evening was organized in collaboration with Branch 265 of the Royal Canadian Legion, whose members are also part of the large family of federal retirees. The meal, the music and the many door prizes certainly pleased the participants. Congratulations to all the winners. Thank you to our sponsors: Groupe Forget, Strom Spa, Cidrierie Pedneault, IGA des Sources de Boischatel, Restaurant Baker.



*René Grenier, President and
Jean-Marc Demers, Secretary-general*





5 @ 7 CHRISTMAS VIDEO CONFERENCE – DECEMBER 21, 2022



On December 21, 2022, a 5@7 was offered to members of the Section to express and receive their good wishes. We did some draws. The winners are Colette Doré, Hélène Rivard, Michel Bédard and Guy Frenette. A special thank you to violinist Aurélie Thériault Brillon who was able to delight all participants with classical and traditional pieces of the Holidays. Thanks to Sylvie Gosselin who prepared a Costa Rican cocktail for us on screen! Thanks also to Rock Giguère, horticulturist who taught us how to take good care of our poinsettia. President René Grenier thanked the many participants who made this virtual meeting a much appreciated happening."



*Aurélien Thériault Brillon
Violinist*



Rock Giguère, horticulturist

REMEMBRANCE DAY - NOVEMBER 11, 2022 QUEBEC / RIMOUSKI / BAGOTVILLE / LÉVIS / MATANE /

Citizens, dignitaries and soldiers were at various locations in Quebec. At the stroke of 11 a.m., a minute of silence was observed in tribute to the millions of dead of the First World War.

QUÉBEC



*René Grenier, President and
Serge Boisseau*

RIMOUSKI



Bruno Beaulieu, Volunteer

BAGOTVILLE



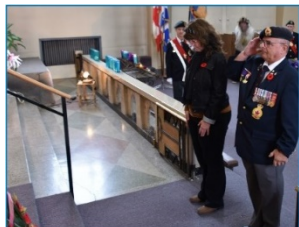
*Ghislain Lavoie, Director
Saguenay-Lac-Saint-Jean*

LÉVIS



*Serge Boisseau et
Pierre Marquis*

MATANE



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

CHICOUTIMI



*Ghislain Lavoie et
Gaston Simard*

NEW RICHMOND



*Chief Warrant Officer (Retired)
Normand Parent MMM, CD*

GASPÉ



Raynald Bujold

**** IMPORTANT NOTICE – ANNUAL DUES AS OF JANUARY 1, 2023 ****

Individual : 52,56 \$ or 4,38\$/month

Family : 68,28 \$ or 5,69\$/month

Here are three options for paying your membership: Source deduction; cheque or credit card (Internet)

Website for more information: <http://www.anrf-sq-org/adheacutesion-anrf-et-renouvellement.html>



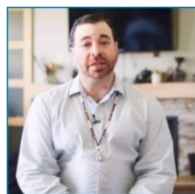


VISIOCONFERENCES

The rights and realities of First Nations in Quebec



Me Wina Sioui
Lawyer-Counsel



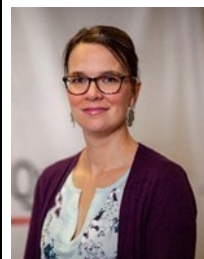
Médéric Sioui, Historian
and communicator

North Atlantic Treaty and the challenges for Canada in 2022



Anessa Kimball
Professor

Healthy aging: the role of food



Julie St-Jean
Dt.P. Nutritionist
Montreal University

Three videoconferences were offered to members. On September 21, a videoconference **"The rights and realities of First Nations in Quebec"**; on October 5, a videoconference on the **North Atlantic Treaty and the challenges for Canada in 2022**; November 23, a videoconference **"Healthy aging: the role of food"**. A great success with an attendance of over 200 registrations.

SAGUENAY-LAC-SAINT- REPORT



Ghislain Lavoie and Ms Dubé

Ghislain Lavoie, Saguenay-Lac-Saint-Jean Director

On September 28, the "International Day of Seniors in the Community of Mashteuiatsh" was held under the theme **"With them, for them"**. The national honorary presidency of this event Mr. Pierre Lavoie.

- Breakfasts: La Baie - The first Tuesday of each month at restaurant Lucerne, 1302 Bagot St, La Baie at 9:00 am.
- Breakfasts: Alma - The last Wednesday of each month, at the Pacini restaurant, 1000 boul. des Cascades, Alma at 9:00 am.

BAS-SAINT-LAURENT-GASPÉSIE REPORT



Sylvie Harrisson, Director
Bas-Saint-Laurent-Gaspésie

Sylvie is part of the "Table de concertation des aînés de la Matanie" and in October 2022, she received representatives of the CISSS du Bas-Saint-Laurent to discuss seniors' issues in Matanie. From now on, there will be a decision-making representative at each of our meetings.

She is responsible of the housing committee of the "Table de concertation des aînés de la Matanie". In December, she met Kathleen Bouffard with a Radio Canada journalist. An article was published in December.

https://ici.radio-canada.ca/nouvelle/1941744/matane-minimaisons-personnes-agees-logement?partageApp=rcca_appmobile_appinfo_android - IN FRENCH ONLY

Sylvie would like to take this opportunity to thank the volunteers who represented us on Remembrance Day.

Happy New Year 2023 to all !

BECOME A VOLUNTEER FOR OUR BRANCH

We need you and your involvement. We are a small team, and we want to continue to increase services and activities to the members of our large Branch. Whatever your talents and interests, you can contribute. Volunteering is proven to help stay young and healthy. Our particularly sought-after fields of activity are:

- **Translator** (support for our 6 annual newsletters)
- **Finance** (requires approximately 3 hours per month)

