

# BRANCH REPORT

## QC57 | QUEBEC BRANCH

### REACH US

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*Jean-Marc Demers*  
President

*Serge Boisseau*  
1st Vice-president  
National Award Collaboration 2017

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2nd Vice-president

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Secretary

*Gilles Chevalier*  
Treasurer  
Medalist of the Quebec  
Lieutenant-Governor 2017

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*Nicole Laveau*  
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*Roland Langevin*  
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*John Le Garignon*  
Director

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

*Bruno Beaulieu*  
Director  
Bas-St-Laurent-Gaspésie

*James D. Nicholson*  
Advisor  
Member of the National Council

*Yves Bouchard*  
Advisor  
Claude-Edwards Leadership  
National Award 2019

### President's message

Our Branch is very active in services to members. During the last few months, we met with our members and future members in eleven town in the Saguenay-Lac-Saint-Jean and Bas-St-Laurent-Gaspésie regions. These meetings allowed us to discuss our activities and priorities for the defence of the rights and interests of all our members.

The General Information Meeting of October 18 was a success. The theme of the meeting was "collaboration". The presence of partners, such as Branch 265 of the Royal Canadian Legion, the Remembrance Fund and the FADOQ, was appreciated by participants.

Our presence at the "Salon FADOQ" in September increased our visibility in the Quebec City-Chaudière-Appalaches area.

Our Branch was active during the recent federal election. It highlighted its 4 priorities to all political parties through various forums, namely 1) increasing retirement income security, 2) prioritizing pharmacare, 3) improving the well-being of veterans and their families, and 4) promoting a national strategy for seniors.

The Branch Christmas dinner will be held on Saturday, December 14, 2019 at the Knights of Columbus Centre, 773, Louis-XIV, Quebec, Room A.G.A.M. (Assembly General of Archbishop Mathieu). For those who have not booked, check if there is still availability with Jean-Yves Bacon, 418-626-8060, [jybac43@gmail.com](mailto:jybac43@gmail.com) cost: \$37 per person for members, \$60 for non-members: 4-course menu, including a cocktail, 2 glasses of wine. Maximum 100 people, priority will be given to members. Music, attendance prizes, easy parking.

The holiday season is upon us! I wish you all health and happiness to you and your family!



Sincerely,

**Jean-Marc Demers**  
Quebec Branch







Our Branch was crowned at the volunteer banquet of National Annual Meeting for members. Jean-Marc Demers, President and Yves Bouchard, 1st Vice-President were very pleased to receive the National Section Excellency Award, and the Claude Edwards National Leadership Award, the 2019 highest Individual Award.



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

Left / Right  
Jean-Marc Demers, President  
Yves Bouchard, 1<sup>st</sup> VP

**strøm**

SPA NORDIQUE  
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### An exceptional Nordic spa in the heart of Old Québec

Located on the banks of the St. Lawrence River on a site of remarkable natural beauty, the Strøm Nordic Spa Old Québec is a unique place where beauty and well-being are united, an experience of complete relaxation and absolute rejuvenation to create your best self and reconnect with what is important. Discover a complete relaxation experience in perfect harmony with nature only a few steps from downtown Québec City !

#### Services

Thermal experience, Massotherapy, Aesthetic treatments, Gastronomy, Events

#### Gourmet bistro

With its panoramic view of the river, the bistro offers a Scandinavian-inspired cuisine highlighting local products and flavours.

#### Exceptional facilities

- Outdoor whirlpools
- Epsom-salt floating pool
- Finnish saunas
- Thermal and Nordic waterfalls
- Bistro
- Thermal and cold baths
- Infinity swimming pool
- Steam baths with eucalyptus and essential oils
- Indoor and outdoor relaxation areas with fireplaces
- Terraces

### Strøm Nordic Spa in Old Quebec: Winner of 3 Architectural Design Awards

Last April, the *Ordre des architectes du Québec* honoured Strøm Nordic spa with the People's choice award. Then, in June, at a gala event in Capri, Italy, Strøm was named the winner in the spa / hotel spa category at the International Hotel & Property Award. These awards in design excellence are presented annually by the Design Society, a world-renowned association whose British branch coordinates these annual awards. Finally, in July, Strøm, who was nominated at the Architizer A+ Awards in the category Hospitality – Health Care & Wellness, was named the winner of the jury prize. Architizer is the largest international community of architects and its mission is to remind us of the importance of architecture, to which we owe the spaces that we live in.

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**ANRFQC57**







**Lucie Tremblay**  
*Quebec Advocacy Program Officer*

Last July, our colleague, Lucie Tremblay, a volunteer of the Quebec Branch with the Communications and Social Activities Committees, was appointed as the Advocacy Program Officer (IDPA) for Quebec. The 6 Quebec branches represent 34,000 members.

Recently retired, Lucie offers the NAFR Quebec members her extensive experience as a human resources manager to several federal departments. In addition, continuing training in the field of social work is an asset for the defence of rights and interests.

We wish our colleague Lucie the warmest welcome!

## **RECRUITMENT - NAFR QUEBEC BRANCH**

The Quebec branch is currently very active in recruiting new members, both at the level of active employees 35/50 years and non-member federal retirees, not to mention the very important aspect of retention. Last September and October, we organized a tour in the Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie sub-branches. In consultation with my fellow directors, Ghislain Lavoie and Bruno Beaulieu, we met with our members and future members in the regions, in order to encourage recruitment and to discuss our priorities for action in advocacy.



**Ghislain Lavoie**, Director, for the Saguenay-Lac-St-Jean during one of the meetings in Baie-Comeau and Sept-Îles on September 3 and 4



**Bruno Beaulieu**, Director for the Bas-St.-Laurent-Gaspésie region during the tour of the towns of Rimouski, Matane, Rivière-du-Loup, Gaspé, Chandler, Carleton from October 7 to 11.



The Quebec Branch was present at the “**Salon FADOQ**” on September 27-28-29, 2019 which welcomed 19,044 visitors and 320 exhibitors. Good visibility for the NAFR!



**First picture:**  
Guy Labranche (left), veteran, Quebec Branch member and Serge Boisseau (right), 1<sup>st</sup> Vice-president

**Second picture:**  
Serge Boisseau, 1<sup>st</sup> Vice-President (left) and Jean-Marc Demers (right), President of the Quebec Branch



## An exceptional volunteer, Mrs. Gemma Fiset, centenary of the Quebec Branch



The Quebec Branch congratulates one of its hardworking members, Gemma Fiset, on the occasion of the celebration of her 100th birthday, October 31st.

A native of Quebec City, Mrs. Fiset moved to Toronto in 1945 where she had a career with the Unemployment Insurance in the field of application awards, and then to Montreal, where she retired in 1978. "I loved my work, she says. "I've never been ashamed to be a civil servant!" Mrs. Fiset refutes the idea that public servants do not work. "I often worked evenings and weekends." Having retired at 58, she says that if she could do it again, she would stay at work longer.

Independent, very active physically and intellectually, she does not miss anything regarding the news. Mrs. Fiset is also a great traveller who loves Europe and cruises.

Gemma Fiset has the soul of a volunteer! She volunteered at the Quebec branch office, where she served every Tuesday and she now continues to volunteer for social activities in her residence.

The Quebec Branch is pleased to celebrate Mrs. Fiset 100th birthday. An exceptional woman with a keen eye and always ready to learn. An inspiring woman for all of us. Congratulations, Mrs. Fiset!

### IMPORTANT NOTICE - 2020 MEMBERSHIP

- Individual membership : \$51.48 annually or \$4.29 monthly
- Family membership : \$66.60 annually or \$5.55 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>

**We encourage you to renew your membership by monthly deductions on your pension. It's simpler and it avoids forgetting it. If you are interested, contact our office at 1-866-661-4896 toll free.**

#### Option 2 -Renewal by cheque for the 2020 Membership

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

Individual membership : \$51.48 ☐

Family membership : \$66.60 ☐

**Do not forget to write your Membership number on your cheque.**

**Send the completed form and your payment to  
 NAFR, 865 Shefford Road, Ottawa, ON K1J 1H9 - Telephone: 1-855-304-4700**



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