

# FADOQ

Annual  
Report  
2025-2026

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# A New Unifying Image



**Faire rayonner  
la force de l'âge**

**The past year has been one of major transformation for FADOQ. After the whole team spent months coordinating this major change, FADOQ's new brand identity was launched in May 2026.**

The Tam-Tam agency was entrusted with developing the new brand identity and FADOQ's own marketing and communications team is handling the rollout. Numerous projects were part of the run-up to the launch: developing the brand guidelines, conducting tests,

registering the trademark, standardizing club names, creating thousands of logos, updating organizational frameworks, training teams, developing communication tools, modernizing digital platforms, and providing support to the regions. All of it constituted a unifying and transformative effort geared toward our future.

Our new brand identity is much more than a simple logo. It is rooted in our history, culture, identity, and our diverse range of services.

## **3 additional projects launched in 2025–2026**

- Modernization of the FADOQ and *Virage* websites
- Implementation of a new database
- Discussions aimed at improving the provincial FADOQ Games

## **Our DNA**

We number in the hundreds of thousands, we are people with experience, drive, and passion. We believe in the power of numbers—the power to unite and transform. Together, drawing strength from our differences, we are moving Québec forward, united by our desire to continue contributing and inspiring others. And there's no question of slowing down—we want to continue making an impact. FADOQ, *faire rayonner la force de l'âge* (showcasing the vitality of aging).

# An Updated Mission and Vision

## Our mission

To enrich the lives of Quebecers aged 50 and older, support them, and ensure their independence by advocating for their rights, organizing community-building activities, and increasing their purchasing power.

## Our vision

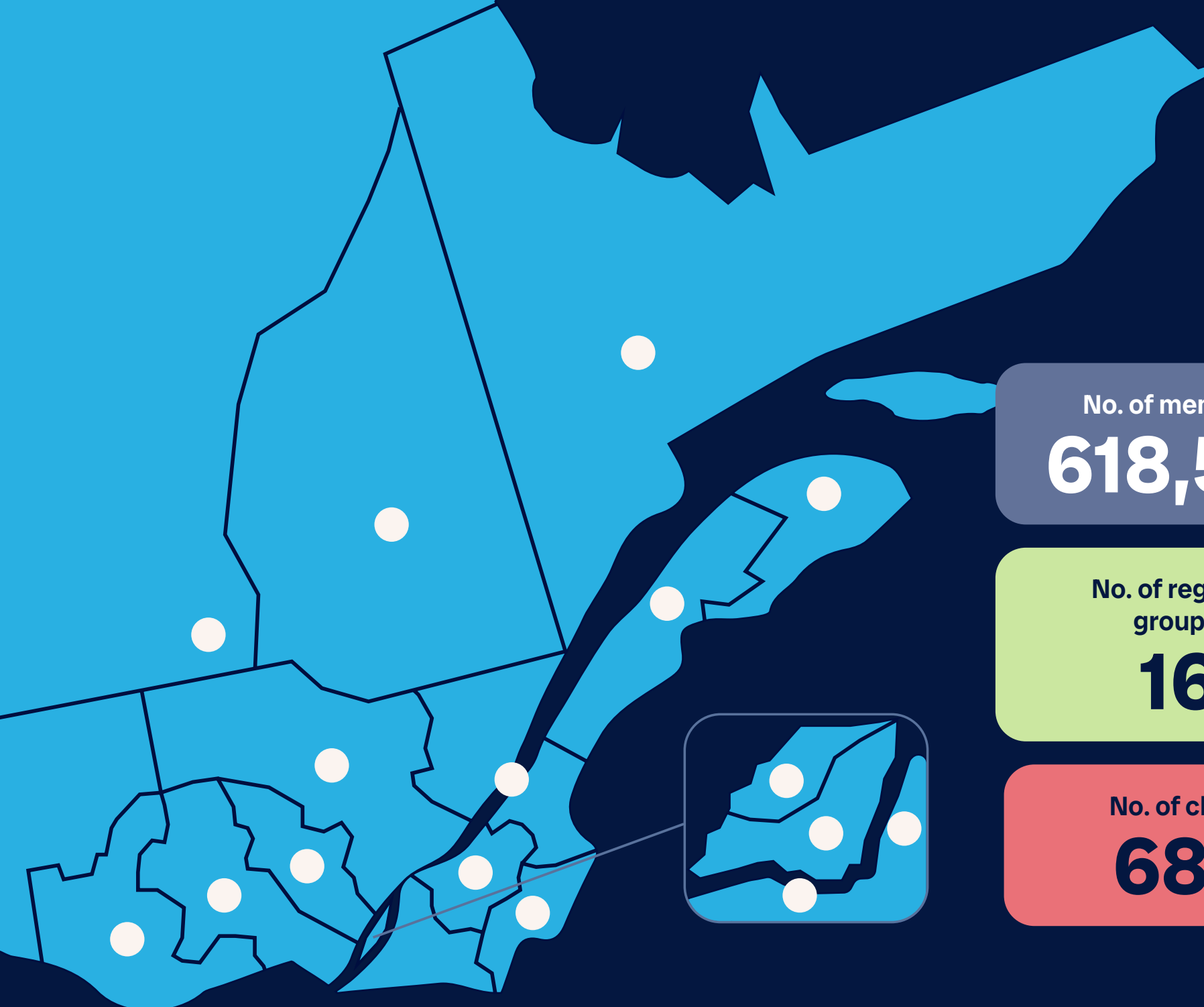
To be an indispensable mainstay in the lives of Quebecers aged 50 and older. We strive to create a society where everyone enjoys the highest possible quality of life, where their independence is preserved and their dignity is respected.

## Our values

- Cooperation
- Engagement
- Equity
- Inclusion
- Integrity
- Fun
- Respect
- Solidarity

## Our history

In 1970, Marie-Ange Bouchard founded FADOQ with an idea that was bold for its time— to get men out of the tavern and women out of the kitchen, and to create clubs for women and men that would offer seniors a place to thrive and a way out of isolation. This recreational movement quickly evolved into a committed, influential, and deeply humanitarian network. In over 50 years, FADOQ has grown from 50,000 to nearly 620,000 members, bringing together people aged 50 and older who share a common goal: to live life to the fullest and have their voices heard.



No. of members:  
**618,561**

No. of regional groups:  
**16**

No. of clubs:  
**684**



« I have met many of you and listened to your concerns, your ideas, and your aspirations. These exchanges have guided my actions and strengthened my determination to make our organization a welcoming, dynamic, and supportive environment. »

# President's Report

## A First Year in Office Marked by Action and Collaboration

**As I wrap up my first year as president of FADOQ, I would like to take a moment to reflect and express my gratitude. This year has been marked by listening, collaboration, and a deep conviction that our members feel valued and continue to be deeply involved and active. I sincerely thank you for your support and for your daily participation.**

Serving as president of an organization like ours is a tremendous honour. Over the past few months, I have met with many of you and listened to your concerns, ideas, and aspirations. These discussions have guided my actions and strengthened my commitment to making our organization a welcoming, dynamic, and supportive place.

## Initiatives that advance our mission

Among the achievements of this first year, several are worth highlighting:

- Continuation of new governance practices that promote a more fluid flow of information and collaborative decision-making;
- More regular and accessible communications. The *Entre nous* newsletter, sent to board members throughout the organization, is one example;
- A comprehensive update of the general by-laws and membership agreements for the three levels of our organization (provincial, regional, and local).

These advances are the fruit of a group effort. I would like to extend my heartfelt thanks to the volunteers, members of the Board of Directors, staff, especially our Executive Director, Jacinthe Roy, and all those who contribute to FADOQ's vitality.

### A long-standing partner

Warm thanks go to our Major Partner, Intact Insurance. The renewal of our agreement through December 31, 2028, is a testament to the strength of this partnership, which began in 1992. Thanks to this long-standing partnership, FADOQ members will continue to enjoy exclusive benefits with their auto and home insurance. We are proud to continue this valuable partnership for our members.

### FADOQ at the heart of social issues

Over the past year, FADOQ has played an important role in defending the rights and quality of life of people aged 50 and older. Our advocacy efforts with government bodies have advanced key initiatives, including Québec's home care policy and preventive healthcare strategy (Politique nationale de soutien à domicile and Stratégie nationale de prévention en santé). These efforts have amplified our members' voices and reinforced FADOQ's role in public policy development.

We celebrated the 15th anniversary of the Seniors Aware program, the aim of which is to raise awareness about fraud and elder abuse. Born out of a unique collaboration between FADOQ, the Sûreté du Québec, and the CIUSSS du Centre-Ouest-de-l'Île-de-Montréal, Seniors Aware is now more essential than ever, particularly given the rise in scam tactics and technological developments.

In the media, we have strengthened our presence through interviews to raise awareness of the public and policymakers about pressing issues, particularly the rise in fraud targeting seniors. FADOQ has contributed to accelerating public awareness and encouraging actions to better protect older adults.

### A future to build together

The challenges before us this year are many, but they also present opportunities for growth and innovation. Among these challenges:

- The launch of strategic initiatives (new visual identity, complete redesign of *Virage* magazine, modernization of websites);
- A new strategic plan and the creation of a Strategy and Innovation Committee;

- Stronger ties with the 16 regional groups through the Regional Advisory Committee, fostering increased interaction with the Board of Directors;
- Major projects related to the new member database and the modernization of the FADOQ Games will continue throughout the year.

I will continue to dedicate myself to this work and carry it forward with the same energy and determination, ensuring that FADOQ remains strong, relevant, and true to its mission. Thank you again for your trust and cooperation. I'm proud of how far we've come and excited about what lies ahead.

Sincerely,



**Yves Bouchard**  
President

# 2025-2026 At a Glance



**April 2025:**

Gisèle Tassé-Goodman, former president of FADOQ, receives the Lieutenant Governor's Medal.



**June 2025**

Yves Bouchard was elected president of FADOQ's Provincial Board of Directors.



**January 2026**

The Colloque 2026 provided an opportunity to take stock of FADOQ's key issues.

**April 2025**

The Québec's 50+ Hockey Cup features 28 teams, six more than last year.



**November 2025**

The Seniors Aware program celebrated its 15th anniversary.



**March 2026**

A record \$525,505 was raised in this edition of the provincial 50-50 draw.



# Report of the Executive Director

## Let's Keep Moving Forward, Together

**Over the past year, FADOQ has undertaken multiple new projects. The rapid pace of transformation has paid off and is now resulting in a genuine wave of renewal.**

We are proud to continue advancing, supported by nearly 620,000 members across Québec—a remarkable collective achievement that deserves to be celebrated.

The year of 2025–2026 was marked by serious groundwork and strategic achievements that will shape our future. Throughout the year, our teams worked tirelessly in preparation for the launch of our new brand identity. This strategic initiative, carried out with rigor and creativity, demonstrates our commitment to evolving in order to better serve and

represent our members, while remaining true to our mission and values.

We were also happy to welcome our new president, Yves Bouchard. His arrival brings a fresh perspective, solid experience, and a keen ability to listen, all of which are already helping to strengthen our organization's governance and vision. His ready availability and commitment are much appreciated.

### A remarkable success

The two 50-50 draws held in 2025–2026 were a huge hit with our members and the public. The financial benefits of these drawings are very positive: 90% of the net proceeds were distributed to the regional chapters to support local initiatives that are essential to the vitality of our organization.

The staff conference was a highlight of the year for our organization, fostering sharing, team spirit, and group discussion, while highlighting the exceptional work of our teams.



Finally, the renewal of our agreement with Intact Insurance reaffirms our strong and lasting partnership, which is dedicated to providing our members with peace of mind.

I extend my heartfelt thanks to all the board members, volunteers, staff, partners, and our members for their trust and dedication.

A handwritten signature in black ink, appearing to read 'Jacinthe Roy'.

**Jacinthe Roy**  
Executive Director and editor of *Virage*

# FADOQ in Figures



**618,561**  
members

**86%**  
overall  
renewal rate

**222**  
mentions of FADOQ  
on TV and radio



**\$985,910**  
raised for the two  
50-50 draws held  
this year



Nearly  
**1,200**  
discounts and privileges  
across the province

**210,790**  
members have  
an e-card



**182,000**  
member subscriptions  
or renewals on  
FADOQ website

**1,470,000**  
readers of each  
issue of *Virage*

**15,298**  
requests handled  
by member services

**52,371**  
subscribers to  
the Facebook page

**1,200**  
people took part  
in the provincial  
FADOQ Games

**186,244**  
subscriptions  
to the newsletter



**22**  
new partnerships

# The resources to match our ambitions

## A business relationship spanning nearly 35 years

The agreement with our partner, Intact Insurance, has been renewed under the same terms for three years (2026–2028), with an option to extend. This partnership has been in place since 1992.

## Huge demand for partnerships

Many companies are interested in partnering with us to offer discounts and perks to our members. We received at least 237 partnership requests via the form on our website. This has led to 22 new partnerships, including TELUS Health MyPet, Shaker Cuisine & Mixology, and Moores Clothing. In addition, 70 partnerships were renewed and 2 were upgraded, namely VIA Rail and Thaïzone.

## Publication of 2025–2026 financial results

The financial results for the 2025–2026 fiscal year will be published separately from the annual report. This document will be available on our website following the annual general meeting on June 18, 2026.



**\$516,790**

Membership fees associated with our partner Intact Insurance

**11,748**

Number of new members through Intact Insurance

↑ **46%**

Virage's print advertising sales saw impressive growth, rising from \$353,800 to \$515,200.

↑ **32%**

Virage's digital advertising revenue also increased, rising from \$24,700 to \$32,700.

# Memorable Events



## FADOQ Games: sports for all ages

The provincial FADOQ Games were held from September 23 to 25, 2025, in Laval, uniting more than 1,200 participants for this 32nd edition. An age gap of 44-years separated the Games' oldest competitor, 94-year-old mixed bowling player Ménard Ross, and the youngest participant, 50-year-old Hugo Boivin, who was entered in the 10-kilometer race. This year's event also featured a new addition: an opening ceremony during which each regional group was represented by a flag bearer.



## 11th edition of the hockey tournament

The 2025 edition of the Québec 50+ Hockey Cup was a resounding success, drawing 28 teams—six more than last year. Over three days of competition, from April 11 to 13, the Isatis Complex in Saint-Constant buzzed with excitement as championship teams were crowned in five divisions (3 men's, 2 women's).





FADOQ Golf Day brought together 144 golfers on May 26, 2025, at the Country Club Montréal in Saint-Lambert.



More than 140 staff members attended the Colloque, which took place from January 27 to 29, 2026, in Québec City. Under the theme "Building the FADOQ of Tomorrow Together," the program included a conference, workshops, a presentation on key issues, and a training session on artificial intelligence.



The provincial Congress, with 180 attendees, took place from June 17 to 19, 2025, in La Malbaie, under the theme *Enraciner pour bâtir l'avenir* (Building a Foundation for the Future). Gino Chouinard was among the speakers.

# Celebrating our community's engagement



## Very popular 50-50 draws

Our two provincial online 50-50 draws produced two lucky winners in 2025 and 2026. Claude Dignard won \$229,977.50 in the December 3, 2025, draw, and Robert Gendron won \$262,977.50 in the March 18, 2026, draw. In total, the two draws generated sales of over \$985,000.

# 653,460

Number of tickets sold in the two 50-50 draws

## Several projects aided by the proceeds

The funds raised through 50-50 draws are reinvested in our mission at various levels of the organization. Some 90% of the net proceeds were distributed to regional groups.

### How regions used these funds:

- Hired another staff member dedicated to recreational activities
- Presentation of a play
- Reduced registration fees for certain activities
- Purchased promotional items for clubs



The Concours Carte virtuelle (E-Card Contest), in which \$250 was awarded twice a month between December 1, 2025, and March 31, 2026, resulted in the activation of 24,427 e-cards, leading to actual savings of nearly \$30,000.

## Member services' agile response to demand

- Total number of requests processed: 15,298
  - An increase of 1,500 requests (+10.9%) compared to 2024-2025
  - An average of 64 requests processed per day
- Verbal: 9,523 (62%)  
Written: 5,775 (37%)

# A strong and active presence in the public sphere

Over the year, our organization has strengthened its presence and influence in the public sphere in order to amplify the voices of its members and advocate for their interests. Our president, Yves Bouchard, has spoken on numerous occasions in the media and to elected officials about major issues affecting seniors, including retirement income, fraud, changes at Canada Post, active aging, screen use, and the realities of private seniors' residences (RPAs).

These statements led to several interviews with leading media outlets, including Radio-Canada, TVA, QUB Radio, *Le Devoir*, and *Le Journal de Montréal*. In total, FADOQ was mentioned more than 220 times on television and radio in 2025–2026.

Our presence at the National Assembly, as part of International Day of Older Persons, also helped raise awareness among policymakers about the everyday realities faced by seniors. Throughout the year, we have had a tangible impact on public policy through meetings with ministers, government officials, professional associations, and civil society organizations.



Yves Bouchard and Stephanie McLean, Secretary of State for Seniors



More than  
**1,200**  
mentions in digital  
print media



**11**  
news releases  
published



**5**  
briefs presented

## Gains

### Politique nationale de soutien à domicile

- CLSCs are becoming the point of entry for home care, as we had recommended.
- More support for informal caregivers.

### Stratégie nationale de prévention en santé

- The government has invested in preventive healthcare, which aligns with our mission to promote active aging.

### Réno-Région

- Maintaining the program and allocating additional funding in the provincial budget.

## Deepening our understanding to improve our representation

In 2025-2026, we surveyed our members on:

- Their perception of aging
- Their recreational, sports and other activities
- Their access to health services
- Their contribution to Québec's economy

# From digital to print: content that leaves a lasting impression

## Campaigns that deliver results

Now in its second year, the *FADOQ, complice de votre vie!* awareness campaign has produced excellent results. Aired in the fall of 2025 on Google Ads and Facebook Ads, the four 15-second spots generated 861 new memberships, 2.1 million impressions, and 601,497 video views. The Google Ads campaign promoting the e-card—supported by a contest and with a budget of just \$300—successfully re-engaged people who had started the sign-up process but hadn't completed it. The results were remarkable: 346 new members at an acquisition cost of just \$0.93 per new member.



## A magazine that inspires

Patrice L'Ecuyer, Paul Daraïche, Maude Guérin, and Marina Orsini appeared on the cover of *Virage* in 2025–2026, which reached 1,470,000 readers per issue. Our magazine welcomed a new food columnist this year: nutritionist Julie DesGroseilliers. Véronique Leduc, a journalist specializing in the food industry, now writes "Carnet gourmand," a new column dedicated to the pleasures of the table. We also published an article by a guest columnist, sports journalist Yvan Martineau.

# 490,000

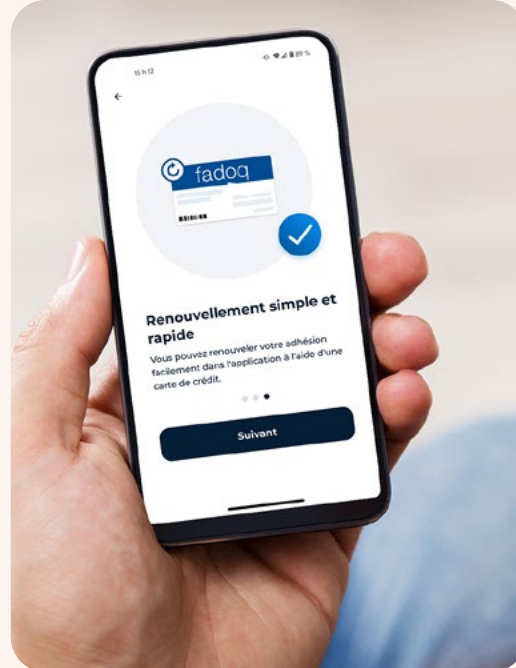
That is the number of copies  
delivered to FADOQ members'  
homes with each issue

# A rapidly growing digital ecosystem

All metrics are on the rise for our digital platforms, particularly our mobile app, which is becoming increasingly popular among our members. The number of page views per user on the FADOQ website has increased by 20% compared to last year, resulting in more online memberships.

## More eco-friendly thanks to the app

More than 210,790 members opted for the e-card in 2025-2026, an increase of 28,000 from the previous year. The introduction of the e-card has helped reduce our environmental footprint by eliminating the production and shipping of 126,613 plastic cards in 2025-2026. The resulting cost savings amount to approximately \$156,000.



↑ **182,367**

Number of members who joined or renewed their membership online (increase of roughly 20,000)

↑ Consultation of *Virage* website

**525,164**  
pages viewed (24% increase)

**231,473**  
active users (28% increase)



Bonjour,  
Voici vos infos et conseils du mois de mars.



**Budget : du financement en santé, mais...**  
Le budget du Québec 2026-2027 prévoit un financement de 100 millions \$ sur cinq ans pour la Stratégie nationale de prévention en santé. Cependant, le budget consacré au soutien à domicile n'a pas connu de hausse significative.

Lire le communiqué



Bonjour,  
Déjà février! On vous propose des rabais pour la Saint-Valentin, des offres pour votre tranquillité d'esprit et un nouveau rabais.



**Des idées pour la Saint-Valentin... et des rabais FADOQ**  
La Saint-Valentin est l'occasion idéale de célébrer l'amour sous toutes ses formes : en couple, entre amis ou simplement pour se faire plaisir. Escapades, détente, cadeaux, restos : profitez des rabais FADOQ pour offrir ou vivre des moments mémorables, à prix avantageux.

Laissez-vous inspirer



Bonjour,  
Ce mois-ci : les Jeux FADOQ provinciaux approchent, retour sur les Jeux américains et une projection des Aventuriers Voyageurs.



**Le compte à rebours est lancé!**  
Plus de 1 100 participants et participantes se donneront rendez-vous pour les Jeux FADOQ provinciaux, présentés par les Producteurs de lait du Québec, du 23 au 25 septembre, à Laval. Découvrez ce que réserve la 32<sup>e</sup> édition!

En savoir plus



**L'été sur les planches**  
Cet été, Denis Bouchard et Guyline Tremblay partagent de nouveau la scène dans *Fallait pas dire ça!* En entrevue, les faux tourtereaux nous parlent de leur vraie amitié.

Lire

## Newsletters are a way to reach members directly







The FADOQ and *Virage* newsletters are powerful strategic tools for effectively reaching our members by providing them with targeted content tailored to their interests and needs.

They help us maintain a direct and ongoing relationship with our community and maximize engagement. In total, we have over 186,000 subscribers to FADOQ's newsletters and have maintained open rates of over 60%. As for the *Virage* newsletter, its open rate stands at 53.1% and its click rate at 10.5%.

## The Facebook page has reached a major milestone

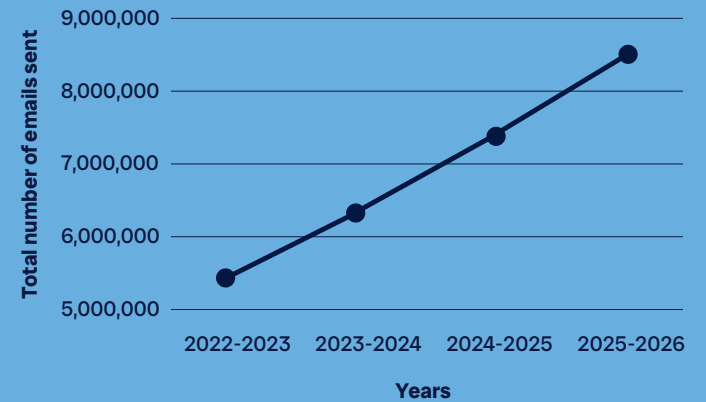
Our Facebook page now has 52,371 followers, an increase of 6,250 followers (13.6%) over the past year. The posts reached more than 2.6 million people. Our subscribers are also very active, and engagement is on the rise. Finally, we completely revamped *Avenues'* Facebook page to integrate it into *Virage's* digital ecosystem. This page has 20,866 followers, which helps boost the magazine's reach and visibility on social media.

### FADOQ Facebook page statistics from April 1, 2025 to March 31, 2026

 People reached <b>2,644,099</b>	 No. posts <b>606</b>
 Interactions <b>454,122</b>	 Engagement rate <b>17.2%</b>
 Clicks on the link <b>73,700</b>	 Shares <b>16,446</b>

## Increased communication with members

### Emails sent by regions and clubs using the OWF tool



# Updated programs

## The essential role of Seniors Aware

The Seniors Aware program (Aîné-Avisé) had a landmark year, both in terms of the scope of its activities and its impact on seniors. In total, more than 6,300 people were reached this year through 198 sessions. We also marked the 15th anniversary of Seniors Aware, which we celebrated at an event with our partners. Since its inception, the program has reached nearly 90,000 people, reinforcing its vital role.

A highlight of the year was the first provincial webinar held on March 24, which drew 460 participants. Hosted by Guylaine Villemure, who oversees several regions, and Sergeant Sabrina Carbonneau of the Sûreté du Québec, this event significantly expanded the reach of the prevention message.



Nearly  
**6,300**  
people participated  
in a Seniors Aware  
session in 2025-2026



DANS LA PEAU



D'UN AÎNÉ

## A program that is constantly evolving

It was also a busy and notable year for the "In the Shoes of an Older Person" program. More than 1,050 people took part in the activities, which were given in the course of 59 sessions, helping to raise awareness among various audiences about the realities faced by older adults and fostering a better understanding of the challenges they face in their daily lives.

With a view to evolving and modernizing, the "In the Shoes of an Older Person" program will be revamped to improve outreach to participants and reflect the program's evolution.

# Our rapidly growing team

The 2025–2026 year was marked by the addition of five new team members, including two in newly created positions and three replacements.



**Elom Defly**  
Communications  
Advisor



**Amélie Doucet**  
Social Programs  
Advisor



**Marie-Claude Julien**  
Marketing Director



**Sylvie Lamoureux**  
Executive Assistant



**Catherine Paquette**  
Graphic Designer

## 15 years of service to celebrate



**Karine Corbeil**  
Partnerships and  
Corporate Events  
Manager



**Linda Hurteau**  
Coordinator,  
Member Services

## Goodbye

After 14 years at FADOQ,  
Executive Secretary  
Sylvie Gauthier has retired.

# 2025-2026 Board Of Directors



**Yves Bouchard**  
President



**Jocelyne Wiseman**  
Vice-president



**Lucie Hébert**  
Treasurer



**Sylvie St-Pierre**  
Secretary



**McGrevy Abélard**  
Board member



**André Beaumont**  
Board member



**Guy Bonneau**  
Board member



**Marthe L'Espérance**  
Board member



**Richard Martin**  
Board member



**Michèle Parent**  
Board member



**Marie-Josée Perreault**  
Board member



**Alexandre Richer**  
Board member



**Gilles Sénécal**  
Board member

# Provincial team

## Executive Director

- **Jacinthe Roy:** Executive Director and editor of *Virage*
- **Sylvie Lamoureux:** Executive Assistant

## Marketing and Business Development

- **Marie-Claude Julien:** Marketing Director
- **Karine Corbeil:** Partnerships and Corporate Events Manager
- **Nathalie Guay:** Marketing Manager
- **Johanne Rivet:** Advertising and Sponsorship Representative
- **Linda Hurteau:** Coordinator, Member Services
- **Fanny Breton-Flageole:** Member Services Officer

## Finances and Administration

- **Francine Chabot:** Director of Finances and Administration
- **David Leblanc:** Information Technologies Officer
- **Alexandra Brouillette-Pelletier:** Human Resources Advisor
- **Alexandre Demers:** Computer Systems Project Manager
- **Yolande Simoneau:** Accounting Advisor
- **Rafik Henniche:** Computer Technician
- **Larissa Khitrova:** Accounting Clerk
- **Rosalie Odermatt-Lemay:** Administration and Accounting Officer

## Communications and Public Affairs

- **Bernard Blanchard:** Director, Communications and Public Affairs
- **Frédérique Charest:** Editor in Chief, *Virage*
- **Christian Dufresne:** Senior Public Affairs Advisor
- **Elom Defly:** Communications Advisor
- **Amélie Doucet:** Social Programs Advisor
- **Catherine Paquette:** Graphic Designer

## Recreation Activities

- **Karina Néron:** Recreation Officer
- **Roxane Charette:** Recreation Coordinator

# Regional teams



**1 Abitibi-Témiscamingue**  
 President: Frédéric Audet  
 Executive Director: Jacinthe Doyon Goyette  
 Members: 13,333  
 Clubs: 12

**2 Bas-Saint-Laurent**  
 President: Louise Chénard  
 Executive Director: Mireille Dubé  
 Members: 12,317  
 Clubs: 7

**3 Centre-du-Québec**  
 President: Sylvie St-Pierre  
 Executive Director: Annie Belcourt  
 Members: 27,692  
 Clubs: 63

**4 Côte-Nord**  
 President: France Caron  
 Executive Director: Amélie Martin  
 Members: 11,692  
 Clubs: 35

**5 Estrie**  
 President: Céline Caron  
 Executive Director: Nicolas Ledoux  
 Members: 41,895  
 Clubs: 41

**6 Gaspésie  
 Îles-de-la-Madeleine**  
 President: Marc Bunton  
 Executive Director: Marilyn Arsenault  
 Members: 8,780  
 Clubs: 14

**7 Île de Montréal**  
 President: Jocelyne Wiseman  
 Executive Director: Rosée Tremblay  
 Members: 53,606  
 Clubs: 30

**8 Lanaudière**  
 President: Michel Deschênes  
 Executive Director: David Moreau  
 Members: 52,193  
 Clubs: 44

**9 Laurentides**  
 President: Michel Grenon  
 Executive Director: Michael Leduc  
 Members: 50,899  
 Clubs: 35

**10 Laval**  
 President: Gilles Sénécal  
 Executive Director: Aude Chevalier Dailly  
 Members: 18,900  
 Clubs: 3

**11 Mauricie**  
 President: Daniel Cournoyer  
 Executive Director: Manon De Montigny  
 Members: 31,632  
 Clubs: 59

**12 Outaouais**  
 President: Sylvie Desormeaux  
 Executive Director: Marc-André Plouffe  
 Members: 29,788  
 Clubs: 16

**13 Québec et  
 Chaudière-Appalaches**  
 President: Guy Bonneau  
 Executive Director: Michel Beaumont  
 Members: 110,548  
 Clubs: 162

**14 Richelieu-Yamaska**  
 President: André Beaumont  
 Executive Director: Nicole Deutsch  
 Members: 40,573  
 Clubs: 50

**15 Rive-Sud-Suroît**  
 President: Lucie Hébert  
 Executive Director: Anne-Renée Hert  
 Members: 79,075  
 Clubs: 49

**16 Saguenay - Lac-Saint-Jean -  
 Ungava**  
 President: Jacques Bélanger  
 Executive Director: Patrice St-Pierre  
 Members: 35,638  
 Clubs: 64



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