



## Highlights of the 31<sup>E</sup> NAFR-Outaouais Annual General Meeting



The AGM of **NARF Outaouais**, held on April 12 at Complexe Le District d'Aylmer, attracted nearly 80 participants. They had the opportunity to elect a new Board of Directors and learn about the achievements of their association and its future projects such as a recruitment and retention program for members and volunteers.

The survey that followed the AGM indicates that more than 94% of respondents were satisfied with the organization and hospitality. The meeting met expectations in a proportion of 89% of respondents.

A speaker, Ms. Lise Gervais, was on hand to talk about Service Canada's services for seniors and answer questions from members in attendance.

The whole thing ended with a door prize draw that made many happy along with a succulent light buffet style meal well appreciated by all.





## Video conferencing - How to Beat the heat safely



The Outaouais Branch is pleased to invite you to the free videoconference on “ A Day at the Beach or deadly heat wave? What you need to know to beat the heat safely » ” presented on May 18 in English from 9:30 a.m. to 10:30 a.m. by Dr. Glen P. Kenny, professor at the University of Ottawa.

Established in 2000, the Human and Environmental Physiology Research Unit (HEPRU) is the largest research facility in the world dedicated to assessing the human response to heat stress. At the helm of the HEPRU is Dr. Glen P. Kenny, Professor of Exercise and Environmental Physiology. He is the lead investigator of Operation Heat Shield Canada, and a member of the World Health

Organization Technical Advisory Group to support decision-making for health and housing authorities around the world in protecting heat-vulnerable persons from indoor overheating. He is supported by a team of outstanding young scientists that include Dr. Robert Meade (senior postdoctoral fellow) and Ms. Emma McCourt (graduate student), who have played a pivotal role in completing the work to be presented in this virtual presentation.

The conference will discuss heat mitigation strategies and tips for maintaining the health and well-being of individuals and communities on hot summer days and will share the results of a study in partnership with Health Canada.

Don't miss this opportunity to discover innovative approaches to protect the health of those most vulnerable to extreme heat.

Please note that the English videoconference is offered and coordinated by the Ottawa Branch. To register, please click [here](#).



## Videoconferencing - Sleep disorders in elderly individuals



The Outaouais Branch is pleased to invite you to the free videoconference on “Sleep disorders in elderly individuals” which will be presented on May 24 in English from 11h00 to 12h00 by Dr. Célyne Bastien, Ph.D., Full Professor, School of Psychology, Laval University Researcher, CERVO.

With age, like many things, sleep changes. This talk will explore the different changes observed in sleep with age, especially in the elderly and will discuss some of the most prevalent sleep disorders. Quality and quantity of sleep will be discussed, but insomnia, apnea and Rem Sleep Behavior disorders will also be dealt with.

To register, please click [here](#).



## PSHCP - Canada Life: Complete pre-registration

It is essential that all plan members ensure that they have followed Canada Life's instructions and completed their prior enrolment before the transfer of the plan on July 1.

[For more information on how to complete pre-enrolment and join Canada Life, click here.](#)

By completing your pre-enrolment as directed by Canada Life, you will ensure that your benefits protect you without interruption during Sun Life's transition to Canada Life.



## NAFR celebrates The Royal Canadian Mounted Police's 150<sup>th</sup> Anniversary



In 2023, the RCMP celebrates a historic milestone! Thank you for 150 years of service to Canada. Thank you to RCMP officers and veterans and their families for answering the call and making Canada and the world better places to live.

Did you know that the National Association of Federal Retirees has a large number of RCMP members? Our membership pool includes 13,000 withdrawals e- s of the mounted police and their families!

The RCMP has grown from a body of 300 people to a world-renowned organization of 30,000 people. Thank you for these 150 years!



## Upcoming Events



**SAVE THE DATE - NAFR-Outaouais** invites you, on Thursday, June 15 at 5 p.m. to an informal wine and cheese for its members that will take place in Room Desjardins of the Cabane en bois rond.

The 5 to 7 format activity will allow all those who wish to enjoy succulent pairings while offering networking opportunities a few days before the beginning of summer.

Details on fees and registration for the event will be announced shortly.



The Académie des retraités de l'Outaouais (ARO) is organizing its golf tournament scheduled for Monday, June 5 at the Tecumseh Golf Club in Gatineau, for the benefit of school perseverance.

This project includes motivating school perseverance among troubled youth by awarding **them ten (10) \$500 scholarships** to encourage them to continue their studies.

**Day and date** Monday, 5 June 2023

**Time and place** Cross start: Start - 11:30 am 4 people at #1 and # 10 and so on every 8 minutes until about 12:45, at Tecumseh Golf Club

Cost: \$95 + tx (members)

**Price and duration** NAFR-Outaouais members benefit from the ARO membership rate by calling 819-776-5053

**Confirmation deadline** : May 25, 2023



**CONTACT US!**

Do you have any questions? Do you have a comment or a suggestion for improvement? Want to get involved? You can reach us by email at the following address: [directeur@anrf-outaouais.ca](mailto:directeur@anrf-outaouais.ca)

I wish you to enjoy spring,



Donald Déry, President National Association of Federal Retirees  
Outaouais Branch (Q60)

115-331 Blvd. of the Cité-des-Jeunes  
Gatineau, QC, Canada, J8Y 6T3

(819) 776-4128

<https://www.federalretirees.ca/fr/sections/quebec/section-outaouais> <https://www.facebook.com/anrfoutaouais/>