



Newsletter

November 2023



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

The Newsletter of the National Association
of the Federal Retirees - Outaouais Branch

The countdown is on!



Will you be joining us for what promises to be a most entertaining evening? We're less than a month away from the famous NAFR Christmas Banquet, which will be held at the Palais des congrès on Saturday, December 2, 2023, at the same cost as last year, i.e. \$75 per person.

The evening will begin with a warm welcome cocktail with canapés, followed by a succulent four-course menu to suit all tastes, with wine and cocktails provided by Dignité. Door prizes are on the program, many courtesy of Amerispa. DJ Daniel Drouin will enliven the evening with some of the best music

around, and a photobooth will be available for guests to keep as a souvenir of this wonderful event.

Don't miss this opportunity to celebrate the holidays with fellow NAFR members, and to mark the 60th anniversary of the National Association of Federal Retirees. For reservations, click on this link <https://lepointdevente.com/billets/ltq231202001?lang=en>. [Instructions](#) have been prepared to help you through the process.

Looking forward to celebrating together,

Donald Déry, President

MAISON FUNÉRAIRE

RACINE, ROBERT & GAUTHIER BEAUCHAMP FUNERAL HOME

Chaque détail compte | Dignité



NAFR Outaouais President meets with MP Steven MacKinnon

On October 20, Donald Déry, Chairman of the Board of NAFR-Outaouais, met with Steven MacKinnon, Member of Parliament, as part of the federal government's pre-budget consultations - Budget 2024. Among the 8 recommendations discussed, here are those that received Mr. MacKinnon's support:



- Protect the rights of seniors with respect to long-term care standards and the implementation of a national strategy for seniors
- Support caregivers by making the tax credit refundable
- Resolve Phoenix issues and restore shaken confidence among retirees. Some more serious cases need to be dealt with on an individual basis.

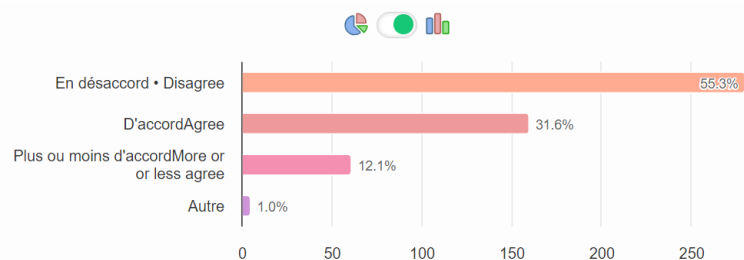
Results of the Gatineau Parkway Accessibility Survey

In our previous Bulletin, we published a survey to obtain your opinion on the NCC's policy regarding accessibility to the Gatineau Parkways. Here we present the opinions of the 501 people who completed the survey. Nearly 70% of respondents were from Quebec and 30% from Ontario. 95% of respondents were aged 55 and over. Here are the main results.

1. Êtes-vous d'accord avec la politique de la CCN qui restreint l'accès par véhicules privés (automobiles) aux attractions, sites et aménagements dans le secteur des promenades du parc de la Gatineau ?

1. Do you agree with the NCC policy which restricts access by private vehicles (automobiles) to attractions, sites and facilities in the Gatineau Park parkway area?

502 réponses - 506 votes



Respondents stressed the importance of making the Gatineau Parkways accessible to the entire population, depending on the means of transportation chosen by the user. However, a number of respondents also stressed the need to ensure that all parkway users feel safe, as motorists are currently afraid of cyclists' erratic movements, cyclists are afraid of cars passing too close and too fast, and walkers are afraid of cyclists passing too fast and too close on the trails. There is therefore room to improve the accessibility and sense of safety of users of the Gatineau Parkways by developing a policy better adapted to the needs of users.

The Outaouais NAFR, in partnership with the Outaouais AQDR and TCARO, will pursue this issue with decision-makers in the National Capital Region, with the aim of providing all Parkway users with safe access to this jewel of our region. Further news will be communicated as developments occur. Thank you all for contributing to the development of this important issue.

NOVEMBER VIDEOCONFERENCES !!



How to apply make-up after 50 !

In her videoconference entitled "Comment se faire un maquillage après 50 ans!", to be presented on November 8 in French from 10 a.m. to 11 a.m., Ms. Danielle Gobeil will talk about highlighting our eyes, balancing our face and asserting our personality. Enhance your natural beauty with the art of camouflage... All with pleasure! To register, please click [here](#).

How to learn to possibly avoid Alzheimer's disease

You are invited to join the Outaouais Branch for a videoconference by Dr. André Moreau of the Clinique Mémoire entitled: "How to learn to possibly avoid Alzheimer's disease", to be presented on Wednesday, November 22 in English from 11:45 a.m. to 13:15 a.m. Registration: Please click [here](#).



Psst ! Spread the word !!

DID YOU KNOW...

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DID YOU KNOW...

Did you know that someone you know can join NAFR... even if they're not retired ! NAFR is



Canada's largest advocate for active and retired members of the federal public service, the Canadian Armed Forces, the Royal Canadian Mounted Police, federally appointed judges and their partners and survivors. Since 1963, we have been providing independent advocacy services to enhance the financial security, health and well-being of our members and all Canadians. To join or for more information on benefits, click [here](#).

Pensioners' Dental Services Plan awarded to Canada Life

The Government of Canada has announced that the contract to administer the Pensioners' Dental Service Plan (PDSP) has been awarded to Canada Life Assurance Company (Canada Life).

Following a transition period, the new contract will begin on July 1, 2024.

Until then, plan members should continue to send all claims to Sun Life, the current plan administrator. For more information about these news, click [here](#).

Two New Preferred Partners !



No more waiting in the waiting room for your dental cleaning! ChezSoi Dentaire comes directly to your home! Using state-of-the-art portable equipment, you can receive care from your dental hygienist at the location of your choice.

DISCOUNT: The 10% difference not reimbursed by Sun Life will not be billed, with the exception of Sun Life's annual deductible.

To learn more about our services, visit the [ChezSoi Dentaire website](#).



Winter is fast approaching, and it would be great not to have to stand in line to have your tires changed. DR Mobile offers in-home tire changing and general mechanical services.

DISCOUNT: 10% to all members on all our seasonal services* (closed during the winter months).

For more information, visit the [DR Mobile Facebook page](#).



For a list of all preferred partners, click [here](#).

PARTNER'S ACTIVITIES...



FrancSavoir, une plateforme à découvrir !

La programmation d'automne est maintenant disponible. Allez y jeter un coup d'œil.

<https://francsavoir.ca/>



Le 1er vendredi du mois...

6 octobre
La Sicile - Francine Craig
—
3 novembre
La Mongolle - Claire Morrisette
—
1er décembre
Afrique du Sud - Réjean Fontaine

La Corpe vous invite...
Gratuit pour les membres de l'ANRF !!



Automne 2023
PETITS EXPLORATEURS

Cabane en bois rond, salle Giguère
de 9 h 30 à 11 h 30
331, boul. Cité-des-Jeunes

INFO : 819-776-6015



IMPLIQUEZ-VOUS!
C'EST IMPORTANT POUR LES AÎNÉS

La Fondation pour les Aînés de l'Outaouais (FAO) invite les aîné.e.s à participer à établir ses objectifs et poursuivre sa destinée en devenant membre de son conseil d'administration.

La FAO est un organisme sans but lucratif voué au développement et au bien-être des aînés. Entre autres, elle est responsable de la gestion immobilière et financière de la Cabane en bois rond afin qu'elle demeure disponible et accessible.

AFIN DE RÉALISER SA MISSION



Soutient des organismes qui aident les aînés dans leurs besoins.

Gère les activités courantes de la Cabane en bois rond et la rend accessible aux organismes locaux qui y organisent diverses activités.

Agit selon les besoins des aînés et des regroupements d'aînés qui utilisent la Cabane en bois rond.

Maintient depuis 1995 autour de la Cabane des Jardins Commémoratifs qui servent à rappeler le souvenir de parents et amis disparus.

Il est important que des membres dynamiques de la communauté s'impliquent et consacrent quelques heures par mois au sein de son Conseil d'administration ou de ses comités et groupes de travail. Votre expérience peut bénéficier à la FAO et aux aînés.e.s.

FAITES PARTIE DE LA RELÈVE! La communauté des aîné.e.s a besoin de vous!

<https://cabaneenboisrond.com/>

<https://cabaneenboisrond.com/qui-sommes-nous/>

<https://cabaneenboisrond.com/conseil-dadministration/>

Pour plus d'information, communiquer avec la direction générale au 819 777 3595 poste : 203

CORPO Corporation des aînés de la Cabane en bois rond

EXPO-CORPO

Jeudi 23 novembre 2023 • 10 h à 16 h

CABANE EN BOIS ROND
Salle Desjardins et salle du Foyer

331, boul. de la Cité-des-Jeunes

Des objets et des produits faits main par des artisans régionaux passionnés en un seul endroit.

| | |
|---------------------|-------------------|
| Ail | Jeux de société |
| Bijoux | Marionnettes |
| Cartes de souhait | Miel |
| Chapeaux chics | Noix assaisonnées |
| Couronnes de Noël | Pâtisseries |
| Couture | Peinture |
| Crochet | Pyrogravure |
| Décorations de Noël | Savons |
| Dentelle au fuseau | Signets |
| Gelées | Tricot |
| | Vitrail |

INFO
819-776-6015



CONTACT-US !

If you have any questions, comments or suggestions, please don't hesitate to contact us. If you'd like to get involved as a volunteer, write to us at admin@anrf-outaouais.ca.

Didn't receive the latest issue of Sage magazine?

Unfortunately, address labels were misprinted on some 200 magazines returned to us. You can go online to download a copy <https://www.federalretirees.ca/en/publications/sage-magazine> or, if you prefer, you can pick up a copy at our offices (by appointment).



Remembrance Day parade and ceremony

Remembrance Day is an important day to celebrate. Your Outaouais Branch will lay a wreath at the Armistice Ceremony starting November 11 at 10:55 a.m. at the Parc Commémoratif in Aylmer. If you wish to follow the parade, it will leave the Aylmer Legion on rue Bancroft at around 10:40 a.m., two blocks from the Parc Commémoratif.



<https://www.veterans.gc.ca/eng/remembrance/commemorative-events/event/14332>

Salon de la FADOQ Distinction 50+

Thanks to all our members who visited our booth at the show. We welcomed a large number of people over the two days. A huge thank you also to our volunteers who helped us so much.



November is a month for relaxation, rest and comforting home-cooked meals. I wish you a mild and warm month!



Donald Déry, President National Association of Federal Retirees Section Outaouais (Q60)
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(819) 776-4128

<https://www.federalretirees.ca/en/branches/quebec/outaouais-branch>
<https://www.facebook.com/anrfoutaouais/>