



Newsletter

December 2023



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

Holiday Greetings from the President!

Dear members,

What a wonderful evening we had at our Christmas Banquet on Saturday, December 2! For me, it was the starting point for the holiday season. My sincere thanks to everyone who took part in this event to celebrate the holidays and NAFR's 60th anniversary. More details on the evening banquet are provided on the second page of this newsletter.

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I would like to take this opportunity to thank each and every one of you for your support during 2023, and on behalf of myself, the members of the Board of Directors and our three Outaouais Chapter employees, I would like to extend our very best wishes for a healthy and happy 2024. Happy Holidays!

Donald Déry, President, Outaouais Branch



A successful celebration!

It was a successful evening with 181 guests who came to the Palais des Congrès de Gatineau on Saturday, December 2, 2023, to celebrate the holiday season and NAFR's 60th anniversary.

Cocktails and networking, a 4-course meal with accompanying wines, a photo booth for souvenir shots of this wonderful evening, door prizes and dancing with Danse Mobile Gatineau-Ottawa. Thanks again to our main sponsors, Dignité and Amerispa, as well as to the participating companies in our Member Preferred Partner Program, Mont Cascades, ABC Santé and Mary Kay, for their essential contribution to the banquet.

MAISON FUNERAIRE
RACINE, ROBERT & GAUTHIER BEAUCHAMP FUNERAL HOME

Chaque détail compte | Dignité



NARF Outaouais 2023 in brief !

At the end of the year, we often take stock of what we've accomplished. Here are a few highlights from a busy 2023!

- 814 new FSNA Outaouais members for a total of 10,996 members
- Many new subscribers to our Facebook page for a total of 1,156 followers
- Participation in a number of events:
 - Salon FADOQ
 - Remembrance Day
- Recognition awards received:
 - Award for our retention and recruitment program
 - Collaboration Award to Mr. Jacques Lecompte, Secretary to the Board of Directors
 - Honorary plaque awarded to Mr. Michael MacNeil, Vice-Chairman of the Board of Directors, for his outstanding contribution to the Special Committee on Chapter Financing
 - Membership Recruitment and Retention Award presented to Donald Déry, President of the Board of Directors, on behalf of the entire FSNA Outaouais team.
- 16 preferred partners, including 6 new ones
- 12 videoconferences, 1,554 participating members
- Luncheon conference with MEDOC, 65 participating members
- An NARF Christmas and 60th anniversary banquet with 181 guests at the Palais des Congrès de Gatineau

Give the gift of membership for a chance to win !

Don't know what to give to a retired or non-retired federal civil servant who has everything?

Give the gift of membership! Your gift allows us to continue our **advocacy** work by protecting your hard-earned pension and benefits, while also offering many other benefits.

Members have access to **discounts** through our Preferred Partner Program, including exclusive rates on **MEDOC** travel insurance, as well as a subscription to **Sage**, our excellent quarterly magazine.

Each membership also supports **sound policies** that improve the lives of all retired Canadians. By offering a **gift membership by December 31, 2023**, you'll be entered into our superb Mega Recruitment Campaign contest. After all, you're recruiting a new member.



To give the **gift** of a Federal Retirees membership, **call 1.855.304.4700 today**. Make sure you have your membership number on hand, as well as the contact details of the lucky person who will receive your gift of membership. And remember, in order to purchase a gift membership for another person, that person must also be eligible for membership!

January 2024 – NAFR Outaouais invites you to a breakfast conference offered by Dignité

On Wednesday, January 24, 2024, NAFR Outaouais will hold another breakfast conference (in French only), this time at the Racine, Robert & Gauthier Beauchamp Funeral Home, located at 271 Boul. St-Joseph, Gatineau (Hull sector). The conference, entitled "Your life. Your legacy" will provide you with relevant information to help you plan today for tomorrow.

It will also be an opportunity for NAFR Outaouais members to visit Groupe Dignité's elegant new modern complex. Want a glimpse of the complex? Click [here](#) to see photos! Registration: 819-776-

4128 or e-mail admin@anrf-outaouais.com (as of January 8, 2024).

New Partners for NAFR Outaouais



SKI ON TUESDAY! NAFR Outaouais is pleased to announce that it has signed a partnership agreement with Mont-Cascades, in collaboration with the Ottawa Branch. Here are the details:

NAFR members and their immediate families benefit from the association group rate (with proof of e-mail) every Tuesday for day tickets only (9 a.m. to 5 p.m.).

	6 to 17 years	18 to 79 years
Day Ticket (9am to 5 pm)	\$21.00	\$30.00

People under 6 OR 80+ will pay the regular price (\$10.00) for their ticket.

Please note that children aged 2 and under do not have free access to the slopes, as they fall into the category described above. This promotion is valid throughout the winter season, with the exception of the holiday season (Tuesdays, December 26 and January 2).

Enjoy Breakfast at La Buena

We're pleased to offer a new partnership with La Buena restaurant at 5-1160 Boulevard Saint-Joseph! NAFR members receive a 10% discount on their bill.

You'll have fond memories of this restaurant, which is known for its good service and friendly, helpful staff. La Buena offers affordable lunches and dinners in a friendly setting. Open daily from 7 a.m. to 2 p.m.



PARTER ACTIVITIES...

Smart Aging Program - The Council on Aging will once again offer its Smart Aging program on Zoom in January and February 2024 (with four new workshops). The program is designed to provide seniors with timely information to help them make decisions during key transitional moments in their lives.

Visit <https://coaottawa.ca/smartaging/> the Council on Aging website to learn more. Registration is not yet open, but you can [join the waiting list now](#), or contact Tom Kelly at t.kelly@coaottawa.ca or 613-789-3577, ext. 4. The cost of registration for this program is \$69 for Board members and \$99 for non-members.

Preparing retirement - Service Canada has launched its new [Retirement Hub](#) to help Canadian seniors understand the process of planning, applying for and receiving retirement income security benefits such as the Canada Pension Plan, Old Age Security and the Guaranteed Income Supplement. It also includes a "[Retirement Readiness Quiz](#)" and other resources providing information about your retirement income choices and options, and their impact on public pensions.

Travelling differently - Would you like to travel by meeting local people, staying in their homes, sharing their food and discovering their way of life and traditions? Would you like to welcome people from another country and introduce them to your culture? If so, come and learn more about the "Force de l'amitié", which has over 300 clubs worldwide, including a French-speaking club in Canada's Capital Region.

The presentation is part of the Académie des retraités de l'Outaouais (ARO) programming and will take place on January 17, 2024, at 1:30 p.m., at the Cabane en bois rond (331 boul. Cité-des-Jeunes, Gatineau) and online. It's free for FSNA members; registration is required by calling ARO at 819-776-5052 and mentioning conference 2200.05 - Voyager autrement. INFO: Claire Morrissette, vprecrutement@hotmail.com, farcc.ca





Cette année, offrez-vous un beau cadeau :
une inscription aux activités de l'UTAO

Quelques sujets de cours et de conférences prévus :

Les sources d'instabilité chroniques au Moyen-Orient
Les rébellions de 1837-1838 : mythes et curiosités
Histoire de la musique
Le sommeil et le bien-être
Représentation des langues et le cerveau
Et bien d'autres sujets touchant la géopolitique, la sociologie,
l'art, l'histoire.

À partir des **liens indiqués** plus haut,
vous pouvez **consulter la programmation dès maintenant**
et vous inscrire en ligne à compter du **19 décembre**
ou
par téléphone en laissant un message au **819 663 3305 p.219**

En attendant de vous voir et revoir dans les salles de cours,
toute l'équipe de l'UTAO vous souhaite

des Fêtes toutes sereines!



Université du
Troisième
Âge
Outaouais

Pour le plaisir d'apprendre

For information and registration:

<https://www.usherbrooke.ca/uta/prog/outaouais/>

To consult the program:

https://www.usherbrooke.ca/.../Programme.../OUT_Brochure.pdf

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.

Missed one of our videoconferences?

Don't worry! Since September, all our videoconferences have been available on our new YouTube channel <https://www.youtube.com/channel/UC9Lz0hM9t-1KRc4WzxEPgZw>. You can also view previous videoconferences via our website <https://www.federalretirees.ca/en/branches/quebec/outaouais-branch/videoconferences>

It is with great pleasure that the entire NAFR Outaouais team joins me in wishing you and your families a happy holiday season, and safe travels. **Please note that our offices will be closed from December 22, 2023 to January 5, 2024 inclusively. See you in the New Year!**



Donald Déry, President
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