



# Newsletter

## January 2024



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

## NAFR Outaouais invites you to a complimentary breakfast conference offered by Dignité

*Register soon!*

On **Wednesday, January 24, 2024**, the Outaouais Branch will hold a complimentary breakfast conference, in French only, at the new Racine, Robert & Gauthier Beauchamp Funeral Home complex, located at 271 Boul. St-Joseph, Gatineau (Hull sector). The lecture, entitled "Votre vie. Votre héritage", will be presented by Lyette Lapointe, who holds a bachelor's degree in anthropology from the Université de Montréal, and has been a funeral professional for 35 years.

**BREAKFAST-CONFERENCE**  
for NAFR members only  
In French only

**Votre vie. Votre héritage.**

**WEDNESDAY JANUARY 24**  
**9:30 A.M. TO 11:30 A.M.**  
271 St-Joseph blvd, Gatineau (secteur Hull)



Planning now will give you and  
your loved ones peace of mind.

**REGISTER NOW!**  
<https://poll.app.do/dejeuner-conference-nbsp>

Info: 819-776-4128  
or [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca)

**Dignité**

When a death occurs, loved ones are overwhelmed by grief and emotions. In most cases, they are also inundated with paperwork, and have many questions about the details of the funeral. It's against this backdrop that Ms. Lapointe will address the following topics:

- Life's most stressful events
- Making important decisions in times of great stress
- Painful questions about what you really wanted
- The rising costs of funeral arrangements
- The four steps: Reflect, Record, Finance and Share
- The importance of a personal planning file and the executor's responsibilities following death
- The advantages of the Dignité group

Registrations: <https://poll.app.do/dejeuner-conference-nbsp>  
Info: 819-776-4128 or e-mail [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca)

# ***AGM preparations underway...***

## **Outaouais Branch Annual General Meeting (AGM)**

Preparations are underway for the 32nd Annual General Meeting, which will be held in a hybrid format on **April 10** at the Cabane en bois rond. On this occasion, 6 director positions will be available if you'd like to join our team.

The role of a director is central to defending the interests of federal retirees in the Outaouais region. You'll be involved in current issues, whether they concern pensions, health, housing, taxes, or other related areas. As a director, you'll participate in the activities that the Outaouais Branch organizes for its members. This role will require a few hours of your time each month.



See our next communications for full details on this crucial meeting for the future of your association. Join us as a meeting participant and/or apply to become a member of our Board of Directors.

## **NAFR Outaouais Volunteer Recruitment Campaign**

### **Join the National Association of Federal Retirees – Outaouais Branch**

The Outaouais Branch invites you to make a difference in the lives of federal retirees in our community. We're looking for committed volunteers to join our Board of Directors, to help establish telephone contacts with potential members, to contribute to the development of our website, or to become ambassadors in various sectors of the Outaouais and promote the association to recruit new members.

The benefits are many! As an NAFR volunteer, you'll have the opportunity to make a positive impact, strengthen community ties, develop new skills, and be part of a dynamic team.

Whether you want to offer a few hours a month or get more involved, every gesture counts. Your time and talents can have a significant impact on the lives of our members and the success of our association.



**We need you** in the following areas:

- **Board of Directors:** Bring your strategic vision and leadership to guide our branch.
- **Telephone communication:** Connect with potential members to inform and engage them.
- **Web development:** Use your technical skills to enhance our online presence.
- **Regional Ambassadors:** Be the face of the NAFR in your area, attracting and welcoming new members.

If you're ready to take on this rewarding challenge and contribute to our mission, please contact our office or visit our website (info on main page) for more information. **An information session for interested members will be held on April 4 at la Cabane en bois rond.**

Together, we can continue to make the NAFR a pillar of support for federal retirees.

**Your commitment  
makes a difference.**

**Contact us today!**

**819-776-4128 or  
admin@anf-ouataouais.ca**



## 2024 VIDEOCONFERENCES TO COME...

<b>Tuesday February 13</b> 9:30 a.m. French 11:00 a.m. English	<b>Emotional management of caregivers</b> Presented by Manon Lafrenière	Registration links to follow
<b>Thursday February 29</b> 9:30 a.m. French 11:00 a.m. English	<b>Behind the Wheel of My Health - Road Safety Knows No Age</b> Presented by the SAAQ	<a href="#">Registrations in French</a> <a href="#">Registrations in English</a>
<b>Tuesday March 19</b> 10:30 a.m. French 1:30 p.m. English	<b>Hearing well changes everything!</b> Presented by Groupe Forget	<a href="#">Registrations in French</a> <a href="#">Registrations in English</a>

# New Agreement with FADOQ !

Become a FADOQ member and enjoy a \$10 discount on the cost<sup>1</sup> of your membership card !



Here are the steps to become a FADOQ member:

1. **Contact** FADOQ by phone at 819-777-5774 or in person at 811-D, boul. West in Gatineau. You will not be able to join online via the website.
2. **Identify** yourself as a member of ANFR Outaouais and mention that you want to join club # 801.
3. A **confirmation** will be sent to you and you will receive a plastic card by mail in the following weeks.
4. When you register your e-mail address in the FADOQ database, you will **receive** an e-mail from the Réseau FADOQ to give your **consent** to receive the newsletter. It's important to do so if you want to receive information about discounts, activities, and missions. You can also follow our Facebook page: FADOQ - Région Outaouais.
5. For annual renewals, a **notice** will be sent to you 45 days before your membership expires, along with a postage-paid envelope.

<sup>1</sup> The cost of the FADOQ card is \$30 for 12 months. The \$10 rebate will be credited directly to the purchase of a 12-month membership for **\$20** instead of \$30 (applies to new FADOQ members only).

Here are a few **useful links** to consult the website, discounts and the program of activities for winter 2024.

- [FADOQ - Réseau FADOQ is the largest seniors' organization in Canada](#)
- [Discounts - FADOQ - The Réseau FADOQ is the largest seniors' organization in Canada](#)
- [Leisure & Events - FADOQ - Réseau FADOQ is the largest seniors' organization in Canada](#)



## TUESDAYS SKI DAYS!

FOR DOWNHILL SKIERS, DON'T FORGET THAT YOU CAN SKI AT A DISCOUNT ON TUESDAYS AT MONT-CASCADES FOR THE 2023-24 SEASON.

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

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

NAFR members and their immediate families benefit from the association group rate (with proof of any e-mail from the NAFR).



# PARTNER ACTIVITIES...

## ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS (ARO)

Our partner the **ARO** offers many activities and promotions! As an **ANFR member**, you can take advantage of the following activities:

**In French Only**

- Conferences (free or same rate as ARO members)
- Viactive (free)
- Walking Club (free)
- Other activities at the same price as ARO members.

Please note that no discounts apply to ARO courses.

Current promotions are announced in the box on the right.

For a list and schedule of activities, visit <https://aro.retraiteaction.ca>

Site web : [academiedesretraites.ca](http://academiedesretraites.ca)  
 INFO : 819-776-5052

**PROMOTIONS EN COURS**

- **“Amène un ami”**  
50% de réduction sur le coût de votre carte. Deux amis, votre carte est gratuite!
- **12\$ de réduction**  
À l'achat de 4 conférences payantes, une réduction de 3 \$ par conférence (sur une transaction seulement)
- **10% de réduction**  
À l'achat de 3 cours payants ou plus, une réduction de 10% (sur une transaction seulement)

## UTAO : Winter 2024 Programming

L'Université du troisième âge en Outaouais (UTAO) offers a wealth of content on a variety of relevant and topical themes awaits you this winter. Here is a brief overview of the many courses and conferences in French only, that will be offered starting in February 2024:

**In French Only**

Les sources d'instabilité au Moyen-Orient (2 <sup>e</sup> partie)	Présidence américaine sous Roosevelt, Kennedy et Nixon
La guerre froide : la peur du nucléaire	L'histoire de l'indépendance américaine
Histoire de la musique	Jean Dallaire, un artiste de chez-nous
Femmes de lettres au siècle des Lumières	Vivre son art
Le sommeil et le bien-être	L'activité physique et le cerveau
Gouvernance : portrait socioéconomique de l'Outaouais	Outaouais, Laurentides, et sud du Québec : un boom de claims miniers près de chez-vous
And more...	

**UTA**  
LE PLAISIR d'apprendre!

**PROGRAMME DES ACTIVITÉS**

UdS Université de Sherbrooke

These activities will be offered at the following locations:

- Campus 3: 196, rue Notre-Dame, Gatineau
- Chartwell/Cité jardin seniors' residences (Gatineau sector): 80, rue de la Cité-Jardin, Gatineau
- Thurso: 125, rue Bourget

To find out more about these activities, please visit:  
<https://www.usherbrooke.ca/uta/prog/outaouais/> and  
<https://www.facebook.com/UTAOutaouais/>

# Want to travel? FADOQ offers a great travel program throughout 2024.

📱 VOYAGES 2024 ☀️ It's time to plan your getaways for 2024! The [répertoire](#) of 40 2024 trips is now available online (in French only).

👉 REGISTRATIONS: starting Monday, January 8, 2024

👉 On site at our offices or by phone

More info:

Lise Bigras: (819) 777-5774, ext. 200

[lise.bigras@fadoqoutaouais.qc.ca](mailto:lise.bigras@fadoqoutaouais.qc.ca)



Take advantage of this exclusive offer for FADOQ members and discover new horizons!

## 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@anf-outaouais.ca](mailto:admin@anf-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>

Happy New Year 2024 and a great winter to you all!



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

<https://www.facebook.com/anfoutaouais/>