



Newsletter

March 2024



Association nationale des retraités fédéraux / National Association of Federal Retirees

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

CONVOCAATION to the NAFR Outaouais Branch Annual General Meeting

We are pleased to invite you to the Annual General Meeting (AGM) of the Outaouais Branch to be held on Wednesday, April 10, 2024 from 9:30 a.m. to 12:30 p.m. at the Cabane en bois rond located at 331, boul. Cité-des-Jeunes in Gatineau, salle Desjardins, and also virtually thanks to hybrid technology. A breakfast service (tea, coffee, juice) and pastries will be available from 9:30 a.m., courtesy of Bélairdirect, which will also have a booth on site.

belairdirect.



CONFERENCE - Florentina Vasile, Financial Planner at the National Bank, will give a presentation entitled: RRIF and LIF accounts demystified.

DOCUMENTATION - All documents for this meeting are available on our [web page](#). A hard copy of the 2023 Annual Report summary will be distributed on arrival.

REGISTRATION - To attend the AGM 2024, simply confirm your attendance by Monday, April 8, 2024 by [registering here](#). If you have any questions about the AGM, please don't hesitate to contact us by e-mail at admin@anrf-outaouais.ca or by phone at (819) 776-4128.

ELECTION TO THE BOARD OF DIRECTORS - The work 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 care, housing, taxes or other related skills. For an overview of the qualities required to become an administrator, please consult the document "Qualifications and duties of administrators" available on our [web page](#).

Looking forward to meeting, you

Donald Déry, President, Federal Retirees, Outaouais Branch

NAFR at the **Salon du véhicule et loisir électrique Outaouais** **April 5-6-7, 2024**

The best way to learn more about the electrification of transportation is at the Salon du véhicule et loisir électrique de l'Outaouais <https://salonelectriquedeloutaouais.com/>. On April 5, 6 and 7, 2024, LE GROUPE SVE will present the 3rd edition of the Salon du véhicule et loisir électrique de l'Outaouais at Gatineau's Complexe Branchaud-Brière.



In addition to admiring the full range of electric vehicles, plug-in hybrids and new products, visitors will be able to try them out by registering at the AVEQ (Association des véhicules électriques du Québec) kiosk.

But the Salon du véhicule et loisir électrique is much more than just cars! See electric bikes and scooters, electric surfboards, electric delivery trucks, three- and four-wheelers for people with reduced mobility, electric scooters, and much more. And don't forget that some 15 conferences will be given by experts in the electrification of transport throughout the weekend.

DISCOUNT FOR OUTAOUAIS BRANCH MEMBERS

The NAFR Outaouais Branch is pleased to present a booth and invites its members to benefit from a discount on the price of admission. Members will save \$4.95 per ticket (representing a 33% discount on the purchase of a ticket).

TO BUY YOUR TICKET

To buy your ticket, go to <https://salonelectriquedeloutaouais.com/>, click on "Click here to buy your tickets online" and enter the promo code **ANRFO2024**.

SALON DU VÉHICULE ET LOISIR

ÉLECTRIQUE
Outaouais

5-6-7 AVRIL 2024

Interested in volunteering? Join the National Association of Federal Retirees – Outaouais Branch as a volunteer!

Come and find out what our association needs at our information meeting on Thursday, April 4, 2024 at the Cabane en bois rond!

Whether you want to offer a few hours a month or get more involved, your contribution counts. Your time and talents can have a significant impact on the lives of our members and the success of our association. Together, we can continue to make NAFR a pillar of support for federal retirees.

Fill out the [Online Interest Form](#) !
819-776-4128 or admin@anrf-outaouais.ca



MARCH VIDEOCONFERENCES !!

VIDEOCONFERENCE
for NAFR Members

Hearing well changes everything!

TUESDAY MARCH 19, 2024
1:30 P.M. TO 3:00 P.M.

Étienne Laroche
Audioprothésiste, Groupe Forget

GROUPE FORGET
AUDIOPROTHÉSISTES

Hearing well changes everything !

In his videoconference entitled "**Hearing well changes everything**", to be held on Tuesday March 19 from 1:30 p.m. to 3:00 p.m. in English, Étienne Laroche, audioprothésiste for the past 21 years, will discuss the warning signs of hearing loss, the factors that cause it, and its impact on our daily lives. Tinnitus and new hearing aid technologies will also be discussed.

Don't miss this conference, because hearing well changes everything. To register, please click [here](#).

SLEEP APNEA – Causes, health hazards and solutions

You are invited to join the Outaouais Branch for a videoconference by Isabelle Côté, respiratory therapist at Côté Santé, entitled: "**SLEEP APNEA - Causes, health hazards and solutions**" on Tuesday, March 26, 2024 in French from 9:30 a.m. to 10:30 a.m., and in English from 11:00 a.m. to 12:00 p.m.

Registrations : Please click [here](#).

VIDEOCONFERENCE
for NAFR Members

SLEEP ANEA
Causes, health hazards and solutions

TUESDAY MARCH 26, 2024
11:00 A.M. TO 12:00 P.M.

Isabelle Côté
Respiratory therapist
Côté Santé

cote sante

Enjoy the last days of skiing !

TUESDAYS SKI DAYS!

2023-2024 SEASON
DISCOUNT FOR NAFR OUTAOUAIS MEMBERS

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).

DISCOUNT :
PURCHASE TICKETS IN PERSON ONLY UPON PRESENTATION OF ANY EMAIL FROM ANFR

MONT-CASCADES

Welcome to two new NAFR Outaouais partners

Danielle Gobeil

Mary Kay – Ind. Sales Manager



NAFR Outaouais introduces Danielle Gobeil, Mary Kay's Ind. Sales Manager. Danielle's goal is to help women feel beautiful and good about themselves. A specialist and passionate about beauty care, she will provide you with unparalleled, attentive service.

Mary Kay est
la première marque
de vente directe
de soins de la peau et
de maquillage
au monde:

* Source: Euromonitor International Limited, Beauty and Personal Care 2023 Edition, valeur des ventes au RSP, données 2022.

MARY KAY

DISCOUNT: As an NAFR member, you'll receive a 15% discount on regularly priced products (retail before taxes).

She can be reached at 819-661-0807 or by e-mail at dgobeilp@hotmail.com. Visit her Facebook page! <https://www.facebook.com/daniellegmarykay>



Votre santé, de la tête aux pieds!

NAFR Outaouais is pleased to introduce this new partner to the region. [Clinispa Kaméva](#), located on boul. Gréber in Gatineau, is the result of a partnership between two healthcare professionals who wanted to combine their experience and specialties to take you out of the hospital environment and into a space where you'll feel totally pampered.

DISCOUNT: Benefit from the price of an initial podiatry treatment at the price of a follow-up podiatry treatment. To book an appointment and consult our prices, please visit <https://clixibook.ca/hub/clinispakameva> and go to the Podiatry Care tab (Specialized foot care).

You can also call (819) 598-2390 or write to info@clinispakameva.ca

PARTNER ACTIVITIES...



Académie des retraités
de l'Outaouais (ARO)

L'Académie des
retraités de
l'Outaouais présente

*Soirée
des Talents*

SOYEZ DES NÔTRES !
17 AVRIL 2024
SALLE JEAN DESPREZ
HEURE: 18 H 30 À 21 H
PRIX: 15\$ + TX (MEMBRE ET NON-MEMBRE)
A LA PORTE : 20 \$ EN ARGENT COMPTANT SEULEMENT

 **819 776-5052**
WWW.ACADEMIEDESRETRAITES.CA

Programmation Printemps 2024

1er mars Le programme sera disponible en ligne pour consultation seulement

6 mars Inscription en ligne (90%)

7 mars En personne ou par téléphone

**TOURNOI
DE GOLF
AU CLUB DE GOLF
KINGSWAY**

**AU PROFIT
DE LA PERSÉVÉRANCE SCOLAIRE**


**06 JUIN 2024
À PARTIR DE
MIDI (12 H)**

GOLF, VOITURETTE ET SOUPER
PRIX: 120 \$ + TX (MEMBRE)
130 \$ + TX (NON-MEMBRE)

POUR INSCRIPTION: 819-776-5052
WWW.ACADEMIEDESRETRAITES.CA

**REMISE DE 10 BOURSES DE 500 \$ À DES JEUNES
POUR LEUR PERSÉVÉRANCE SCOLAIRE**


**SOIRÉE
CARAÏBES**

L'Académie des retraités en
collaboration avec le **Domaine des
trembles** organise un souper et une
soirée

Transportez-vous dans les Caraïbes le
temps d'un souper et d'une belle
soirée
avec de la belle musique des Caraïbes
Inscrivez-vous rapidement
Places limitées
Endroit: **Domaine des Trembles**
250, boul. des Trembles
Pour inscription:
www.academiedesretraites.ca
ou par téléphone au 819-776-5052

Tarif
30\$+ tx membres / 40 \$+ tx non-membres
Réservation obligatoire



Les flocons d'argent - Semaine d'activités hivernales du 11 au 15 mars 2024

From March 11 to 15, 2024, from 10 a.m. to 3 p.m., members of FADOQ - Outaouais Region will have the chance to take part in a multitude of winter activities at Parc du Lac-Beauchamp in Gatineau (information only available in French).



See all the details [here!](#)



See all the details [here!](#)

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.

Happy Women's Day on 8 March and enjoy the start of spring!



Donald Déry, President
National Association of Federal Retirees
Outaouais Branch (Q60)
115-331 De la Cité-des-Jeunes Blvd.
Gatineau, QC, Canada, J8Y 6T3
(819) 776-4128

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