



Newsletter

April 2024



Association nationale
des retraités fédéraux / National Association
of Federal Retirees

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

A LOOK back at the NAFR Outaouais Branch AGM !

The Outaouais Branch would like to thank the 55 members who attended the Annual General Meeting (AGM) held on Wednesday, April 10, 2024 from 9:30 a.m. to 12:30 p.m. at the Cabane en bois rond. Comments received at the meeting, as well as those collected via a survey sent to participants, were very positive about the conduct and content of the meeting.

"The members of the Board of Directors, our employees and I are delighted with the dynamism of the members and the questions that were raised. It's great to see our members' commitment to our branch," said Donald Déry, Chairman of the meeting and President of NAFR Outaouais Branch.

ELECTION TO THE BOARD OF DIRECTORS - Four new members joined the Board of Directors. They are Guy Viau, Natalie Jones, Diane Rioux and Lyne McMillan. As well, the other four members (positions) up for election were renewed, for a total of 9 active Board members to date.

PRESENTATIONS - Members in attendance were treated to two presentations: First Bélairdirect, NAFR's national partner, who also had a kiosk on site and sponsored the breakfast service, and Ms. Florentina Vasile, Financial Planner at the National Bank who spoke about RRIF and LIF accounts. Both presentations were recorded and posted on our Facebook page

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

AWARD OF MERIT 2024 - The Award of Merit 2024 was presented to an exemplary volunteer, Mr. Guy Gaumont, who has made a significant contribution to a number of initiatives in the Outaouais chapter, such as the creation of a website. The meeting concluded with a draw for participation prizes.

DOCUMENTATION - All documents for this meeting are available on our [web page](#).

Thank you and see you next year !
Donald Déry, President, Federal Retirees, Outaouais Branch



Guy Gaumont, recipient of
the Award of Merit 2024

AGM 2024 in pictures !!!



Bélaïrdirect kiosk



The Welcome Table



Participants at the Annual General Assembly



Donald Déry, NAFR President and AGM Chairman

Our participation prize winners !



Welcome to our new members of the Board of Directors

We are delighted to welcome four new members to our Board of Directors: Guy Viau, Natalie Jones, Diane Rioux and Lyne McMillan.

From left to right in foreground: Réal Fortin, Administrator, Recruitment and Retention, Donald Déry, President, Alan Conway, Administrator, Advocacy and Lyne McMillan, Administrator. From left to right in background:

Jacques Lecompte, Secretary, René Caron, Treasurer, Guy Viau, Administrator and Michelle Page, Administrator, Communications. Absent from photo: Natalie Jones, Vice-President and Diane Rioux, Administrator.



LAST HOUR ! Additional Recurring Funding

Dear NAFR Outaouais Branch members,

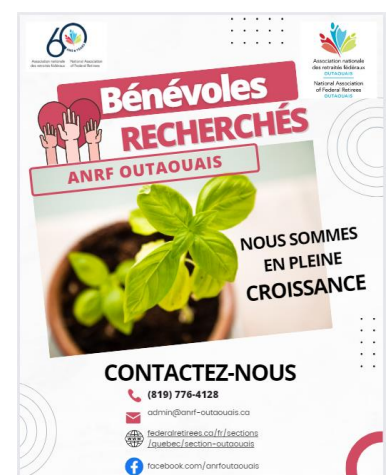
We have great news! The National Board of Directors has unanimously approved our two funding requests. We were able to purchase an indoor kiosk and an outdoor promotional tent that will be used to increase our visibility and promote membership recruitment at mass events in the region. In addition, we have obtained a \$43,185/year increase in our membership dues for the next 3 years, which will enable us to continue offering you services and activities that meet your needs. I look forward to a restructuring of the association to better meet the financial needs of the sections over the next few years.

Thank you for your continued support!
Donald Déry, President, Federal Retireed, Outaouais Chapter

Our Volunteer Recruitment Campaign has paid off !

THANK YOU TO OUR NEW VOLUNTEERS !

We would like to thank the members who came to our virtual volunteer information meeting on Thursday, April 4, and expressed their interest in joining NAFR Outaouais Branch as a volunteer. Our volunteer campaign has paid off. You can join our volunteer team at any time. Just contact us if you have a little time and would like to take part.



Salon du véhicule électrique

SALON DU VÉHICULE ET LOISIR

ÉLECTRIQUE
Outaouais

5-6-7 AVRIL 2024

NAFR Outaouais Branch was on location at the Salon du véhicule électrique held April 5-6 and 7 in Gatineau. We were pleased to present our brand-new booth, which adds a distinctive visual and sets us apart. NAFR members who visited the Salon received a discount on their admission ticket.



VIDEOCONFERENCES coming soon !!

VIDEOCONFERENCE
for NAFR Members
Electric Vehicles 101

WEDNESDAY APRIL 24, 2024
11:30 A.M. TO 12:30 P.M.

Réjean Pleau
Sylvain Michaud

Association nationale des retraités fédéraux
National Association of Federal Retirees
OUTAOUAIS

Electric Vehicles 101

In its videoconference entitled: "Electric vehicles 101", presented on **Wednesday April 24, 2024** in French from 10:00 to 11:00 and in English from 11:30 to 12:30. Mr. Réjean Pleau and Mr. Sylvain Michaud will give a basic presentation on electric vehicles (types, statistics, residential and public charging stations, financial benefits and incentives, and environmental impact).

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

Style at all ages

You're invited to join the Outaouais Branch for a videoconference by stylists Jacinthe Bélanger and Christine Philippe entitled "Style at all ages" on **Thursday, May 9, 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

Style at all ages

THURSDAY MAY 9 2024
11:00 A.M. TO 12:00 P.M.

philéBel
Stylistes

Jacinthe Bélanger
Christine Philippe
philéBel Stylistes

Preferred Partner Discount Program



Académie des retraités
de l'Outaouais (ARO)

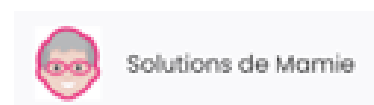


Welcome to our New Partners!



MAISON FUNÉRAIRE
RACHÉ, ROBERT & GAUTHIER BEAUCOIGNY FUNERAL HOME

Chaque détail compte | Dignité



For details of discounts offered by our preferred local partners, [visit our Web page](#).

PARTNER ACTIVITIES...



From May 6 to September 27, 2024, FADOQ - Outaouais Region is pleased to invite people aged 50 and over to join the Parc-Cours-Santé to train via outdoor exercise circuits at Lavictoire Park in Gatineau.



A team of volunteers will be on hand to guide participants through one of the specially adapted exercise circuits. Participants will be given an exercise log to refer to the various stations and record their progress. In addition, a series of 11 video capsules are also available on YouTube to help explain each exercise.

For full details, including the schedule of on-site volunteers, the logbook and access to the video clips, visit <https://www.fadoq.ca/en/outaouais/leisure-and-events/physical-activities-and-sports/parccoursante> . Please note that this activity is conducted in French.



Académie des retraités de l'Outaouais (ARO)

L'ARO PRÉSENTE

Le Concert AROBAND

4 JUN 2024, À 14 H

- Sandra Kelly
- Daniel Lamoureux
- Hélène Sansfaçon
- Caroline Cook
- Jean- Paul Boulay
- Les invités

• 15.00 \$ (MEMBRE ET NON MEMBRE)
• 7.50 \$ (ENFANTS DE 12 ANS ET MOINS)

331, boul. cité des jeunes
RÉSERVATION DE BILLETS
AU +1 (819)-776-5052 OU SUR
WWW.ACADEMIEDESRETRAITES.CA

TOURNOI DE GOLF

AU CLUB DE GOLF KINGSWAY

AU PROFIT DE LA PERSÉVÉRANCE SCOLAIRE

06 JUN 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



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.

We're preparing our videoconference schedule for 2024-2025.

Do you have topics you'd like to suggest or speakers you know who would be interested in hosting a videoconference for our members?

Please let us know by e-mail admin@anrf-outaouais.ca
or by phone (819) 776-4128.

Past videoconferences are available on [our web site](#).

I wish you a happy Spring !



Donald Déry, President
National Association of Federal Retirees
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<https://www.federalretirees.ca/en/branches/quebec/outaouais-branch>
<https://www.facebook.com/anrfoutaouais/>