



# Newsletter

May 2024



Association nationale  
des retraités fédéraux

National Association  
of Federal Retirees

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

## CONTEST for NAFR members !



For Mothers' Day, our partner [AMERISPA](#) is giving away **TWO BEAUTIFUL PACKAGES FOR HER**: A first package « **Relaxing moment for her** » valued at **\$170** and a second package « **A Dream Day package** » valued at **\$249**.

The draw will take place on **Friday, May 10, 2024**. To register, fill out the form [here](#).

« Relaxing moment for her » is valid in Cantley and Morin-Heights only, but « A Dream Day » is valid in all Amerispa centers. Please note that only the winners' contact details will be shared with Amerispa.

UNE VALEUR DE PLUS DE 240 \$

Moment de détente pour elle  
170 \$

~~~~~  
Massage de détente **OU** Soin du visage Essentiel  
Accès à l'expérience thermale  
Repas au bistro avec verre de vin  
Rabais de 25 \$\*

Valide seulement au :  
Amerispa Spa Nordique Morin-Heights  
Amerispa Spa Nordique Cantley

## REGISTER QUICKLY!

UNE VALEUR DE PLUS DE 490 \$

Journée de Rêve  
249 \$

~~~~~  
Massage aux huiles aromatiques  
**ET**  
Soin du visage Essentiel  
Gant de paraffine  
Collation gourmande  
Accès aux plans d'eau  
Rabais de 25 \$\*

# Board of Directors Strategic Meeting (Lac-à-l'épaule)

Your newly-elected Board of Directors will meet all day on Friday, June 7 for a Lac-à-l'épaule at the Cabane en bois rond. At this event, participants will update the Branch's strategic plan, refocusing it on the seven functions for which it is responsible:

1. Advocacy;
2. Information sharing;
3. Member recruitment and participation;
4. Member support;
5. Volunteer support and development;
6. Financial management;
7. Governance



Association nationale  
des retraités fédéraux  
National Association  
of Federal Retirees

OUTAOUAIS

The plan will identify the activities or actions related to each of the 7 functions that we intend to implement over the next 2 years.

## VIDEOCONFERENCE to come !!



### VIDEOCONFERENCE for NAFR members

#### Preventing falls

Tips for everyday life

THURSDAY JUNE 13, 2024  
11:00 A.M. TO 12:00 P.M.



Katherine Beaulieu



Catherine Baril

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais



### Preventing falls !

In its videoconference entitled:

"Preventing falls : Tips for everyday life",  
presented on **Thursday May 13, 2024** in  
French from 9:30 a.m. to 10:30 a.m. and in  
English from 11:00 a.m. to 12:30 p.m.,  
Katherine Beaulieu and Catherine Baril will  
discuss the following topics :

- Why worry about falls?
- What causes falls
- How to prevent falls
- A Fall Prevention Program in our region

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

### DISCOUNTS at our Preferred Local and National Partners



[Local Preferred Partners](#)

[Preferred National Partners](#)

# NAFR Outaouais at the FADOQ Golf Tournament on May 23!

The NAFR Outaouais Branch will be setting up a booth at the FADOQ Annual Golf Tournament at Tecumseh on May 23, 2024, with its brand new tent!

It will be a pleasure for us to meet golfers and promote our services. We look forward to seeing you there!



## PARTER ACTIVITIES...



Académie des retraités de l'Outaouais (ARO)

L'ARO PRÉSENTE

# Le Concert AROBAND

4 JUIN 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 BILLETTS**  
AU +1 (819)-776-5052 OU SUR  
[WWW.ACADEMIEDESRETRAITES.CA](http://WWW.ACADEMIEDESRETRAITES.CA)

# 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](http://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](mailto: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](mailto:admin@anrf-outaouais.ca) or by phone (819) 776-4128.

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

<https://www.federalretirees.ca/fr/sections/quebec/section-outaouais/visioconferences>

We wish all mothers a happy Mother's Day!



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/>