



Newsletter

September 2024



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

Réal Fortin, NEW President of NAFR Outaouais Branch

The Outaouais Branch is proud to welcome Réal Fortin as its new President, effective June 22. Réal's expertise lies in managing an operational group, focusing on customer service and accountability to the business community. He is retired from Corporations Canada, a branch of the Ministry of Industry. He joined the Board in 2023 and, until becoming President, he was responsible for the recruitment and retention of members and volunteers. In addition, he chaired a Board committee aimed at the continuous improvement of the integrated recruitment and retention program for members and volunteers.



As President, he now has primary responsibility for ensuring that the Section complies with the Association's by-laws and policies; calling and chairing meetings; acting as the Section's spokesperson at national membership meetings; and promoting the interests of his Section.

THANK YOU to our outgoing President, Donald Déry

The Outaouais Branch would also like to thank our outgoing President, Donald Déry, for all his hard work as President. Donald has been on the Branch's Board of Directors since 2015 and served as President from 2017 to 2024. He has served on the FADOQ Outaouais and TCARO boards for several years. Donald was appointed President of FADOQ-Région Outaouais on June 6 and, as a result, resigned as President on June 21, 2024. He remains a director on the Outaouais Branch Board to ensure a smooth transition.



Lyne McMillan, NEW Vice-President of NAFR Outaouais Branch

The Outaouais Branch is also pleased to announce that Lyne McMillan is now Vice-President, effective June 7. Lyne is retired from the federal government. During her 30-year career, 25 of which as a financial analyst, she worked for various government departments. Her expertise lies mainly in accounting operations, corporate accounting, consulting, policy interpretation and development, training and financial systems.

She is a recent addition to the Board, and as Vice-President, she assumes the President's duties in his absence. She is also responsible for recruiting and retaining members and volunteers, as well as taking on the role of Webmaster.



Happy September to you all !

SEPTEMBER VIDEOCONFERENCE !

VIDEOCONFERENCE
for NAFR members

The importance of drafting a will

FRIDAY SEPTEMBER 20, 2024
9:00 A.M. TO 10:30 A.M.

Speaker: Richard Goldman

educaloi
Savoir, c'est pouvoir

The importance of drafting a will

In its videoconference entitled: "**The importance of drafting a will**", to be presented on **Friday September 20, 2024 in English from 9:00 a.m. to 10 :30 p.m.**, Éducaloi will talk to you about :

- The importance of drawing up a will
- The different ways of drawing up a will
- The conditions that must be met for your will to be valid

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

INSCRIPTIONS EN COURS !

DÉJEUNER-CONFÉRENCE
pour les membres de l'ANRF

FRAUDES ET CYBERATTQUES
avec l'agente Anne Trottier, SPVG

MERCREDI 9 OCTOBRE 2024
9H00 À 11H30

CABANE EN BOIS ROND, Salle Giguère
331 Boul. de la Cité-des-Jeunes, Gatineau

BREAKFAST CONFERENCE OCTOBER 9 !

REGISTER NOW, places are limited! Members of the Outaouais Branch are invited to a breakfast conference on **Wednesday, October 9, 2024, from 9:00 a.m. to 11:30 a.m.**, at the Cabane en bois rond (Salle Giguère) on the theme of fraud and cyberattacks.

To register: Click [here](#) or e-mail admin@anrf-outaouais.ca or call 819-776-4128.

Please note that the Breakfast-Conference will be delivered in French by the SPVG.

NAFR Outaouais Branch

PLANNED VIDEOCONFERENCES and ACTIVITIES

FALL 2024

September

September 20: The importance of drafting a will (visioconférence- zoom)

[Registrations](#)

October

October 9: Fraud and cyberattacks (Breakfast Conference delivered in French), Cabane en bois rond, Salle Giguère, 9:00 a.m. to 11 :30 a.m.

[Registrations](#)

October 17: Sexuality does not retire ([Registrations to come](#))

November

November 5: Hearing, delivered in French only ([Registrations to come](#))

November 19 : Elder Abuse ([Registrations to come](#))

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](#).

December



SAVE THE DATE!

The NAFR Outaouais Christmas Banquet will be held on Saturday, December 7, 2024 at the Palais des Congrès.
Details to follow!


NAFR Outaouais Branch, proud to collaborate with ARO for its Open House and to co-host the August 26 méchoui!

Over 400 people came to the Cabane en bois rond on Monday, August 26, to meet with ARO 2024 program instructors for the Open House and the Méchoui, which was sold out with 230 people in attendance.

The ANRF-Outaouais booth, located right next to the big top, did not go unnoticed. Many of our members came to say hello, and we met several potential new members. A success all round!



Share the [benefits of NAFR membership](#) with your friends and family...



A membership with benefits
From impactful advocacy work to preferred partners that offer real savings, there are plenty of things to love about being a Federal Retirees member!

[TELL ME MORE](#)

[BECOME A MEMBER](#) Join more than 170,000 fellow members who share a common purpose. [Join Now](#)

Have you seen the summer issue of Sage60?

The third issue of *Sage60*, Federal Retirees' newest digital publication, is here. [Take me to Sage60.](#)

This quarterly e-zine, featuring four original stories from our team of journalists in each issue, will not replace your beloved print edition of *Sage*. But it does allow us to deliver fresh content to you more frequently than a print production schedule would permit.

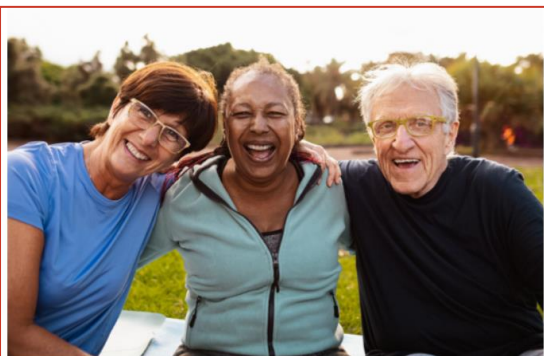
Preparing for the PDSP transition to Canada Life



The transition of the Pensioners' Dental Services Plan (PDSP) to Canada Life is set to take place Nov. 1, 2024. Click on the following link for more details: <https://www.federalretirees.ca/en/news-views/news-listing/june/preparing-for-the-pdsp-transition-to-canada-life>

October 1st – National Seniors Day

For Federal Retirees, championing the health and well-being of older adults is not limited to October 1st but National Seniors Day is still a perfect opportunity to raise awareness and to join a global conversation about healthy aging.



En l'honneur de la Journée nationale des aînés, revendiquons le vieillissement en santé, la sécurité de la retraite et des soins de longue durée sûrs.

Keep your eye on our website and [our social media feeds](#) in the lead-up to National Seniors Day for informative articles and opportunities to get involved.

[Transform older adult care](#)

[Caring for caregivers](#)

[Aging with rights](#)



[Budget for the future](#)

[Network with reach 338](#)


[Join the conversation](#)

[Additional resources](#)

Our Monthly Priviledged Partners!

<p>Neolegal Inc</p> 	<p>420 Notre-Dame Ouest Suite 601 Montréal, QC H2Y 1V3 1-855-996-9695</p>	<p>10% off legal services offered on our web site.</p> <p>For more information about our services and how we could assist you, please visit: https://www.neolegal.ca/en</p>
<p>Noel et Associés</p> 	<p>Me Pierre Landry 111, rue Champlain Gatineau, QC J8X 3R1</p>	<p>20% off the published hourly fees.</p> <p>For more information about our rates and how we can assist you, please contact: P.landry@noelassocies.com</p>

Our NEW Priviledged Partner !



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Aidexpress is more than 12,000 passionate professionals and caregivers ready to help you.

Aidexpress offers NAFR Outaouais Branch members a 10% discount on all its home care services throughout Quebec!

Visit aidexpress.ca for full details on their services and access their [new virtual brochure](#).

PARTNER ACTIVITIES...



SUPER BRUNCH!
45^E ANNIVERSAIRE DE
L'ACADÉMIE DES RETRAITÉS
(1979-2024)



Dimanche
29 septembre 2024
10 h, à la Cabane en
bois rond

Coût: 32 \$ + tx (membre) 36 \$ + tx (non-membre)

Plusieurs surprises vous attendent!
Avec la participation du théâtre AROBAS



Programmation d'automne
Inscriptions dès le 27 août 2024



Discussion Forums are back at the Cabane en bois rond in the Foyer room on Fridays from 1:30 p.m. to 3 p.m., from September 6 to December 6, 2024 (Break: October 4 and November 8). The activity is free and open to all, members and non-members alike. Pre-registration is not required. See the program (Available in French only):

<https://corpocabane.net/activites/forums-de-discussion/>

For more information on forums or on activities at the Cabane en bois rond: 819-776-6015 or <https://corpocabane.net/>

Vivez 2024 L'EXPERIENCE
 Programmation + infos
 QR code
Salon fadoq distinction
 Présenté par Lobe Région Outaouais **50+**
26-27 octobre 2024 | Palais des congrès de Gatineau
 10 h à 16 h 30 | Sans frais et ouvert à tous
NOUVEAU
 Tirage 50/50
 Rencontrez vos artistes dans la ZONE Tapis Rouge
 fadoq.ca/outaouais
>>> +150 exposants
 Lobe, intact, beneva, SECURIGLOBE, greche & scalf, Dignité

Stay tuned and for more information visit: fadoq.ca/en/outaouais

Le Grand rendez-vous des Aînés 2024
4 OCTOBRE
 9h30 à 3h
 Cabane en bois rond de Gatineau
 331 boul. Cité des jeunes
 • Kiosques d'information
 • Choix d'ateliers
PRIX ET TIRAGES!
 Activités et dîner **GRATUITS!**
 Aucune inscription nécessaire, mais places limitées
S'INFORMER, SE DIVERTIR, SOCIALISER
 Informations
 819 500-0536
 coordo@tagatineau.org
 Table des Aînés de Gatineau
 GATINEAU

JOURNÉE INTERNATIONALE DES AÎNÉS
 1^{ER} OCTOBRE 2024
Nous, les aînés!
MARIE TIFO ET PIERRE CURZI
 PORTE-PAROLLES 2024
ESTRIE RÉGION HÔTE 2024
 CONFÉRENCE des Tables régionales de concertation des aînés du Québec
 En partenariat avec : Québec

For more info on International Seniors' Day : [Link](#)
 (Available in French only)

Advocacy News !

- Watch now: Minister of Labour and Seniors speaks at Federal Retirees AMM. [Read more...](#)
- Why did the PSHCP move from Sunlife to Canada Life? Cliquez [here](#) for more details.
- The **Public Service Supplementary Death Benefits** receives long-awaited update. Click [here](#) for more details.

Reference on the national website: <https://www.retraitesfederaux.ca/en/advocacy/the-latest>

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.

The entire NAFR Outaouais Branch team is delighted to welcome you back in early September.



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

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