



Newsletter

October 2024



Association nationale des retraités fédéraux / National Association of Federal Retirees

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

Come and say hello at the Salon FADOQ 2024!

On October 26-27, we'll be back for a 3rd consecutive year at the Salon FADOQ Distinction 50+ as an exhibitor with our new booth (Booth #311).

Did you know that the National Association for Federal Retirees (NAFR) welcomes not only retirees, but federal employees as well? That's right! Many federal employees join NAFR to enjoy the benefits of Médoc travel insurance, among other things. Talk to your friends and family who work in the federal public service. The more members we have, the more benefits the association will be able to offer its members!

Do you know retired public servants or federal employees preparing for retirement who will be visiting the show? Tell them about us, and tell them to come and see us! We'll be happy to chat with them and tell them about the benefits of NAFR membership.

NAFR Outaouais invites you to volunteer at Salon FADOQ!

Would you like to participate in the Salon and join our team as a volunteer? Send us an e-mail at admin@anrf-outaouais.ca. For more details on the show, click here. You can also listen to the interview given by our administrator Donald Déry as President of FADOQ.

We look forward to meeting you,

The Outaouais Branch Team



OCTOBER and NOVEMBER VIDEOCONFERENCES!



VIDEOCONFERENCE for NAFR Members

Sexuality does not retire!

THURSDAY OCTOBER 17 2024
11 A.M. TO 12 P.M.



Speaker: Lorraine Séguin



Sexuality does not retire!

In its videoconference entitled: "Sexuality does not retire!" to be presented on **Thursday October 17, 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.

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



VISIOCONFÉRENCE pour les membres de l'ANRF

Santé auditive et stratégies de communication

MARDI 5 NOVEMBRE 2024
9H30 À 10H30
EN FRANÇAIS SEULEMENT



Conférencière : Jeanne Choquette



Santé auditive et stratégies de communication (In French only)

In its videoconference entitled: "Santé auditive et stratégies de communication" to be presented in French only on **Tuesday November 5, 2024**, from 9:30 am to 10:30 am.

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



VIDEOCONFERENCE for NAFR Members

Demystifying and understanding the intricacies of mistreatment of older adults

TUESDAY NOVEMBER 19, 2024
11:00 A.M. TO 12:00 P.M.



Speaker : Kevin St-Martin



Chaire de recherche sur la bien-être
vers les personnes âgées
Research Chair on Well-being of Older Adults



Demystifying and understanding the intricacies of mistreatment of older adults

You are invited to a videoconference entitled: **Demystifying and understanding the intricacies of mistreatment of older adults** to be held on **Tuesday, November 19** 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..

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

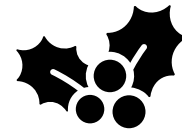


SAVE THE DATE!

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

Christmas Banquet

Save the date!
December 7, 2024



Thrive in retirement!

Retirement is a new chapter and a chance to re-focus your skills and abilities on activities that bring you joy and satisfaction. Learn more at this upcoming event!

Oct. 29 — [Thrive in retirement: Put your skills and abilities to great use!](#)

Come hear a panel of federal retirees discuss options for work after retirement — in and outside government, as a contractor, through an agency and more. **Michael Wernick**, former clerk of the privy council, university chair, author and strategic advisor is one of our panellists and national president, **Roy Goodall**, will kick off this free, in-person bilingual event.

[Register now to attend](#) in person at noon ET on Oct. 29 at the Ottawa Conference and Event Centre, 200 Coventry Rd. (near the baseball stadium). Parking is free, and coffee and snacks will be provided courtesy of **LRO Staffing** — a full-service search and staffing agency serving Ottawa, Montréal, Calgary and Toronto and actively recruiting federal retirees.

In-person seats are limited but we are also offering the event online so you can also [register for the livestream presentation over Zoom](#). You are welcome to register guests in-person or via Zoom who might be interested in joining the Association too. A video recording will be available on our website after the event.

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

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>

Our Monthly Privileged Partners!

<p>DR Mobile</p> 	<p>DR Mobile Inc. 1486 route 148 Luskville, QC J0X 2G0</p> <p>Daniel Robitaille, propriétaire 819-918-4447</p>	<p>10% discount to all members on all our seasonal services* (closed during the winter months):</p> <ul style="list-style-type: none"> - From early April to mid-December, general mechanical service (tires, suspension/steering parts, brakes, oil changes, etc.), all at your home! - From mid-May to mid-October, in-home car wash service. 100% autonomous and mobile. <p>We invite you to visit our Facebook page at: https://www.facebook.com/drmobileonwheels</p>
<p>Fleurs de Guy</p> 	<p>746, avenue de Buckingham, Unité 3 Gatineau, QC J8L 2H8 (819) 986-8293</p>	<p>10 % off flowers, gifts, and decorations, at any time.</p> <p>To see our range of services, and consult our floral arrangements, visit www.fleurdeguy.com</p>

PARTNER ACTIVITIES...

20e soirée du Mérite communautaire 2024 de la FAO

We're delighted to invite you to the « Mérite communautaire 2024 - 20e édition » to be presented in French only by the Fondation pour les Aînés de l'Outaouais.

Join us in celebrating the concrete actions of remarkable citizens who actively contribute to the betterment of our community. This year, we honour the generosity of Mr. Robert Leduc, Chairman of the Board of Directors of TCARO, and Mr. Gilles Desjardins, President and Founder of Brigil.



Hurry! Reserve now, seating is limited. Tickets cost \$125, and a \$60 tax receipt will be issued.

If you can't attend this event, a donation to the Fondation pour les Aînés de l'Outaouais would allow some 1,000 seniors to continue meeting weekly for activities, courses, conferences and other leisure activities at the Cabane en bois rond.

Interested in taking part? You can register online at <https://www.zeffy.com/ticketing/a8ea142f-5ca1-4767-b828-79458978f171>, or by contacting Liette Poitras, Executive Director of the Fondation pour les Aînés de l'Outaouais, at 819 777-3595 ext. 203.

E-mail fao.lpoitras@videotron.ca Website <https://cabaneenboisrond.com/>



Les Petits explorateurs: Burgundy, a place of history and great wines

This presentation in French only by Jean-François Lamoureux on the theme of Burgundy, to be held on Friday, October 11 from 9:30 to 11:30 a.m., will cover places, encounters, activities and, of course, wine tasting.

The event takes place at the Foyer de la Cabane en bois rond, 331 boul. de la Cité-des-Jeunes. Admission is free for all, members and non-members alike, and there's no need to register in advance.

Several times a year, Les Petits explorateurs presents a variety of journeys and experiences that the presenters generously share with the audience.

To consult the complete program (in French only): <https://corpocabane.net/activites/les-petits-explorateurs/>

For more information on La Cabane en bois rond activities: 819-776-6015. Website <https://corpocabane.net/>



Experience the 3rd edition of the Salon FADOQ Distinction 50+ on October 26 and 27, 2024 at the Palais des congrès de Gatineau. From 10 a.m. to 4:30 p.m., visit over 150 exhibitors in fields as varied as crafts, food, sports, housing, travel, leisure, health, beauty, fashion and much more.

This free event, open to all, will allow you to discover new products, meet the experts and take part in 50/50 draws. With two chances to win a big cash prize, come and support the activities of FADOQ-Région Outaouais!

You'll also have the chance to listen to and meet special guests such as Gildor Roy, Jeanick Fournier, Marie-Élaine Thibert, Dr. Martin Moisan and Marie-Josée Taillefer on the red carpet.

Stay tuned and for more information visit: [SALON FADOQ](https://fadoq.ca/outaouais)

Advocacy

- Do you know our advocacy priorities? Click [here](#) to find out more...
- Federal Retirees voices members' concerns over the transition of the PDSP. [Read more...](#)
- Federal Retirees applauds decision to extend eligibility of early retirement. For more details click [here](#).

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 wishes a beautiful beginning of Fall !



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

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