

Newsletter

November 2024



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

Buy your tickets for your section's 2024 Christmas Banquet!!

Tickets are now available! Don't miss the NAFR Outaouais Branch Christmas Banquet on December 7 at the Palais des congrès, starting at 4:30 pm.



NAFR OUTAOUAIS BRANCH
INVITES YOU TO ITS

2024 Christmas Banquet

December 7, 2024 starting at 4:30 p.m.

Palais des Congrès de Gatineau
NAFR member: \$90
Guest of NAFR member: \$100

Details and registration: See the registration link provided.

INFO: admin@anrf-outaouais or 819-776-4128

Price for members \$90, and their guests \$100: Register now through this link : [NAFR Christmas Banquet 2024 Tickets](#) (Please see the attached [instructions](#) for purchasing tickets). When registering, you can choose your table and seating for your guests, make your meal choice, and inform us of any food preferences. **You can also register in person by calling 819-776-4128 / 1-888-776-4128 (toll free).** Evening wear is recommended.

On the program, cocktail and welcome wine, gourmet meal with 4 courses with the following choices, including a vegan and gluten-free option: **Grilled salmon, dill sauce, or; Chicken supreme chimichurri sauce, or; Braised beef cheek with mushroom sauce, or; Butternut squash ravioli, grilled vegetables and pesto (Vegan and gluten-free).** The main courses will be accompanied by seasonal vegetables and two bottles of wine (white and red) per table selected by our house sommelier will be provided.

We would like to thank Dignité for providing the evening's cocktails and welcome wine, as well as the wines at the dinner table.

Door prizes courtesy of Amerispa and ABC Clinique Santé, and a **dance party** with DJ Denis Drouin, owner of Danse mobile Gatineau-Ottawa, **offered by Bélair Direct,** will keep you entertained and make the evening memorable.

Among your guests, why not ask a current employee of the Government of Canada or a retiree who is not a member of the association to join you for this memorable gala? Here's the link to become a member of the National Association of Federal Retirees and avoid the non-member fee: <https://www.retraitesfederaux.ca/en/members/how-to-become-a-member>

MAISON FUNERAIRE
RACINE, ROBERT & GAUTHIER BEAUCHAMP FUNERAL HOME



belairdirect.

Chaque détail compte | Dignité

The 3rd edition of the Salon FADOQ was a resounding success !



FADOQ Région Outaouais is delighted with the resounding success of the Salon FADOQ Distinction 50+ presented by LOBE, which took place on October 26 and 27 at the Palais des congrès de Gatineau. Over 4,500 visitors of all ages visited the Palais des congrès de Gatineau, testifying to the growing interest in participating in this annual initiative.

Your Outaouais Branch of the National Association for Federal Retirees held its booth in the heart of the Exhibit Hall, welcoming a large number of visitors once again this year. The Ottawa Branch joined our team to help recruit new members. Many active members came to say hello and express their appreciation for our work and services.



For the Outaouais Branch, the Salon FADOQ is a major event for recruiting new members. We are renewing our participation for the 4th edition, to be held on October 25-26, 2025.

To read the press release, in French only, please [click here](#).

Congratulations to the organizers, and see you next year!

District Meeting

The National Association of Federal Retirees is made up of 6 districts, including Quebec. Each year, the 6 Quebec branches, among them the Outaouais chapter, meet in the fall to coordinate their actions and establish common



objectives in order to better defend the interests and offer more services to the 33, 500 members of the district. The Quebec District is dynamic, committed and always on the lookout for issues of interest to its members. This year, national president Roy Goodall and national vice-president Hélène Nadeau joined Quebec branch presidents to discuss, among other things, the 2025-2028 national strategic plan. The next district meeting will be held in the Outaouais region.

Tribute to Donald Déry

The National President took advantage of the district meeting to pay tribute to our outgoing President, Donald Déry, who represented the Outaouais Branch with dignity for over seven years. Mr. Goodall thanked Mr. Déry for his contribution, underlining his drive and sustained commitment to making his branch prosper while actively contributing to national issues.



Veterans' Week and Remembrance Day



Every year, Nov. 5 to 11 is Veterans' Week, an opportunity for Canadians to honour the extraordinary efforts and sacrifices of our veterans and those who continue to serve.

On behalf of the members of NAFR-Outaouais, we thank all veterans and their families for answering the call to service and making Canada and the world better places to live.

To learn more about Veterans' Week and Remembrance Day, on the NAFR website, please click [here](#). Also read the [NAFR President's letter](#) on Remembrance Day.

They fought and sacrificed
for Canada and Canadians.
We remember.



VETERANS' WEEK | NOVEMBER 5-11

federalretirees.ca

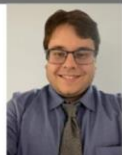
Next NOVEMBER VIDEOCONFERENCE !



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 maltraitance
envers les personnes âgées
Research Chair on Mistreatment 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](#).

Our Monthly Preferred Partners!

| | | |
|--|---|---|
| <p>ChezSoi Dentaire</p>  | <p>Mélissa Gervais, Dental Hygienist and owner, 819-918-5577</p> | <p>10% off esthetic services and the Espace Thermal (the discount will not apply to massage therapy). Discount cannot be combined with any current offer.</p> <p>For more information on our services, visit https://chezsoidentaire.com</p> |
| <p>ABC Clinique Santé</p>  | <p>57 Rte 105 Unité 202, Chelsea, (Québec) J9B 1L3 819-773-4230</p> | <p>Benefit from :</p> <ul style="list-style-type: none"> • 30% off any initial consultation at the clinic, including the first massage therapy appointment • 10% on subsequent follow-ups. <p>To book your first appointment, call 819-773-4230 or e-mail gatineau@abccliniquesanté.com.</p> |

To find out more about the Outaouais Branch's preferred partners, please [click here](#).

To see all NAFR National Preferred Partners, please [click here](#).

PARTNER ACTIVITIES



ICELAND, LAND OF FIRE AND ICE

Surrounded by 130 active volcanoes, geysers gushing from the depths of the earth, glaciers and spectacular waterfalls... the Icelanders have found a way to give us a few cultural and artistic surprises.



Available in French only

Friday, December 5, 9:30 a.m. to 11:30 a.m.

Cabane en bois rond, 331 boul. de la Cité-des-Jeunes

Admission is free for all, members and non-members alike.

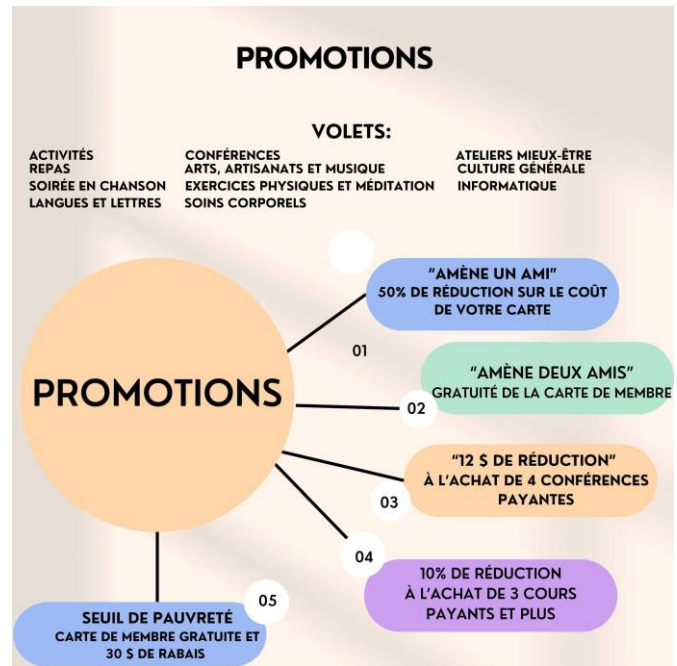
For more information on Cabane en bois rond activities: 819-776-6015



L'ACADÉMIE DES RETRAITÉS - PROGRAMMATION HIVER

The Académie des retraités de l'Outaouais will release **its winter programming towards the end of November 2024**. Be on the lookout. Great courses await you.

Take advantage of our various promotions.



FORMATION
Viaactive

Cette formation est offerte aux personnes intéressées à devenir animateur Viaactive. Que ce soit pour ouvrir un nouveau regroupement ou pour rejoindre un regroupement existant.

Mercredi, 20 novembre 2024 de 9 h 30 à 11 h

331, boul. de la Cité-des-Jeunes, Gatineau, J8Y 6T3

Sarah Bakkar et Williams Faust Guede

DEUX CD DE MUSIQUE AVEC LA NARRATION EXPLIQUANT LES EXERCICES | **5 ROUTINES VARIANT DE 15 À 30 MINUTES** | **3 VARIANTES POUR TOUTS LES NIVEAUX D'AUTONOMIE**

819-776-5052 | <https://academiedesretraites.ca>

Available in French only

FORMATION – VIACTIVE

NOVEMBER 20, 2024

9:00 a.m. to 11:00 a.m.

(REGISTRATION REQUIRED)

INFO: 819-776-5052

<https://academiedesretraites.ca>

Available in French only

L'ACADÉMIE DES RETRAITÉS
VOUS INVITE À SA



Soirée vin & fromage 5 services



AU DOMAINE DES TREMBLES
250, BOUL. ST-RAYMOND

SAMEDI, 23 NOVEMBRE 2024
18 H 30

COÛT: 85 \$ (MEMBRE DE L'ARO)
95 \$ (NON-MEMBRE)

FORMEZ VOTRE TABLE DE
8 PERSONNES

NOUS AURONS DE L'ANIMATION
MUSICALE PAR NOTRE SOMMELIER
CERTIFIÉ ET MUSICIEN,
ANDRÉ THIVIERGE

INFORMATION: 819-776-5052
WWW.ACADEMIEDESRETRAITES.CA



Région Outaouais

Food drive launched to benefit the Salvation Army

Food drive launched to benefit the Salvation Army

The 3rd FADOQ - Outaouais Region non-perishable food drive has been launched, to benefit the @Salvation Army Gatineau!

Until December 12, 2024, show your generosity by bringing non-perishable food items and donations of tuques, scarves and mittens to the regional secretariat.

You can also enter our draw to win a pair of snowshoes as a thank-you. For details of the fund-raising campaign, please [click here](#). (In French only)



Un don
d'espoir
pour la vie

Participez avant le
12 décembre 2024

Collecte de denrées
pour un Noël solidaire

Advocacy and latest news!

- Pension indexing rate for 2025 : For more information, please [click here](#).
- [Reminder](#) : Transition of the PDSP to Canada Life.
- No adjustment to PSHCP contribution rates in 2024. Please [click here](#) for more information...
- Advocacy Spotlight: District director pushing government for action on key files. For more details, please [click here](#).
- [The fourth issue of Sage60](#), the digital partner publication of Federal Retirees' Sage magazine, is here.

Source: NAFR website: [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 you a beautiful month of November!



Réal Fortin
President
National Association of Federal Retirees
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Gatineau, QC, Canada, J8Y 6T3
(819) 776-4128

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

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