



Newsletter

December 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,
President, NAFR
Outaouais Branch**

Holiday Greetings from the President!

Dear members,

Once again this year, our Christmas Banquet on Saturday, December 7 was a great success! My sincere thanks to everyone who took part in this event to celebrate the holiday season. More details on this banquet evening are provided on the second page of this newsletter.

This time of year is a good time to look back and see how far we've come over the past year. As President, I am proud of the work accomplished by our Outaouais Branch (see page 3 for highlights).

Over the course of the year, we reached out to our current and potential members. We took part in numerous events, such as the Salon FADOQ in October 2024, to make ourselves known, answer questions and offer our help on various subjects. These efforts have enabled us to increase our membership: as of December 1, the Outaouais Branch had 11,261 members. Our ambition is to increase attendance at these promotional events in the coming year, in order to achieve our goal of becoming the 2nd largest chapter in Canada, ahead of the Montreal Branch. Finally, we have added 3 new members to our Board of Directors, bringing the total from 6 to 9 out of a possible 11.

I would like to take this opportunity to thank each and every one of you for your support during 2024, and on behalf of myself, the members of the Board of Directors and our three Outaouais Branch employees, I would like to extend our very best wishes for health and happiness in 2025. Happy Holidays!

Réal Fortin, President, Outaouais Branch



**NAFR Outaouais Branch
Board of Members**



**NAFR Outaouais
Branch Employees**

A Festive Evening!

On Saturday, December 7, over 150 NAFR members and their guests gathered at the Palais des Congrès de Gatineau to celebrate the 2024 holiday season in style.

Attendees were treated to a jam-packed evening that began with cocktails and networking, followed by a 4-course meal with wine pairings, door prizes and dancing courtesy of Danse Mobile Ottawa-Gatineau.

Thanks again to our main sponsors, Dignité, Amerispa and Bélair Direct, as well as to ABC Santé, part of our Preferred Member Partner Program, for their essential contribution to the banquet.



We look forward to seeing as many of you as possible next year!



NARF Outaouais 2024 in brief!

At the end of the year, we often take stock of what we've accomplished. Here are a few highlights from a busy 2024!

- 803 new NAFR Outaouais members for a total of 11,261
- Many new subscribers to our Facebook page for a total of 1,325
- Participation in a number of outdoor events:
 - Salon véhicules électriques (April)
 - Méchoui ARO/ANRF Outaouais Branch (August)
 - Salon FADOQ (October)
 - Remembrance Day (November)
- 21 local preferred partners, including 5 new partners
- 10 videoconferences, 719 participating members
- A breakfast conference in collaboration with Dignité in January with 25 participating members
- A breakfast conference in October entitled "Fraud and cyberattacks", with 70 members in attendance
- A meeting with the Minister of Labour and Seniors Steven McKinnon in October
- A Christmas banquet with 114 members and 38 guests at the Palais des Congrès de Gatineau.

FIRST VIDEOCONFERENCE of JANUARY!

Limited Beliefs/False Beliefs



VIDEOCONFERENCE for NAFR Members

Limiting beliefs/False beliefs

TUESDAY JANUARY 21, 2025
11H15 À 12H15



Manon Lafrenière,
TRA, Therapist for
Relationship Assistance®



You are invited to a videoconference entitled: **Limiting Beliefs/False Beliefs** which will be presented on **Tuesday, January 21, 2025 in French from 10:00 to 11:00 a.m. and in English from 11:15 a.m. to 12:15 p.m.**

Therapist and speaker Manon Lafrenière will explain how limiting beliefs are excuses we give ourselves that prevent us from pursuing our projects and achieving our goals.

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

Videoconferences to follow in February

- Medical aid in dying (ADM) with Dr. Georges L'Espérance
- Travelling differently with Claire Morissette

Outaouais Branch NEW LOCAL PARTNER!



Subaru
Outaouais

DISCOUNT!! Subaru Outaouais offers Association members a 12% rebate on parts and service and an additional \$400 rebate on the purchase of a new or pre-owned vehicle.

Our Monthly Preferred Partners !

<p>Clinispa Kaméva</p> 	<p>46-B boulevard Gréber Gatineau, Qc J8T 3P6 819-598-2390</p>	<p>DISCOUNT: The price of initial foot care is the same as the price of follow-up foot care.</p> <p>To book an appointment and view pricing, please visit https://clixibook.ca/hub/clinispakameva and go to the Podiatry Care (Specialized Foot Care) tab, or send an e-mail to info@clinispakameva.ca.</p>
<p>Mary Kay - Danielle Gobeil, Directrice des ventes</p> 	<p>40 versant nord Gatineau, Qc J8P-7X2 819-661-0807 dgobeilp@hotmail.com</p>	<p>DISCOUNT: 15% discount on regular-priced products (retail before tax)</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](#).

Mont Cascades - WINTER 2025 PROMOTION



SKI ON WEDNESDAYS! NAFR Outaouais is pleased to announce that it has renewed its partnership agreement with Mont-Cascades, in collaboration with the Ottawa Branch. Here are the details: NAFR members and their immediate families benefit from the association group rate (with proof of e-mail) every Wednesday for day tickets only (9 a.m. to 5 p.m.).

	6 to 17 years	18 to 79 years
Day Ticket (9 a.m. to 5 p.m.)	\$21.00	\$30.00



People under 6 OR 80+ will pay the regular price (\$10.00) for their ticket.

Please note that children aged 2 and under do not have free access to the slopes, as they fall into the category described above. This promotion is valid throughout the winter season, with the exception of the holiday season (Wednesdays, December 25 and January 1st).

PARTER ACTIVITIES...



The 2025 winter program is now available! Get ready for a magical season with activities specially designed to warm up your winter!

FADOQ - Outaouais Region invites you to explore all that awaits you in its winter programming.

Registration opens on December 17, 2024, at 8:30 a.m. Make sure your membership card is valid so you don't miss out! [Consult the program here](#) (French only)

Need help registering? Watch our video on EventNroll: [See the video](#)

Don't delay, tickets are going fast!



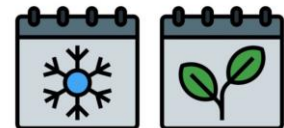
L'ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

Programmation Hiver Printemps 2025 ARO

Check out the [Winter - Spring 2025 program online!](#) (French only)

Discover all the options for activities, courses, conferences and much more.

Registration opens : **Friday, December 13, starting at 9 a.m.**, online or in person.



<https://lacademiedesretraites.ca/>

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UTA LE PLAISIR d'apprendre!

Online registration for UTA's Winter 2025 activities from **December 18, 2024** offers programming rich in relevant and topical themes, including, among others, conferences and courses on a variety of stimulating topics (French only).

For registration details and to find out more about the activities on offer, please consult the program: <https://www.usherbrooke.ca/uta/prog/outaouais/> and the UTA Facebook page <https://www.facebook.com/UTAOutaouais/>

Advocacy and latest news !

- Statement from the National Association of Federal Retirees on pension surplus. Please [click here](#) for more details.
- Federal Retirees and Minister Anand's announcement on public service pension funds. For more details please [click 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. **Don't forget to contact us to update your profile (e-mail, address, etc.).**

Don't know what to give to a retired or non-retired federal civil servant who has everything?

[Give the gift of membership!](#) Your gift allows us to continue our **advocacy** work by protecting your hard-earned pension and benefits, while also offering many other benefits.



Members have access to **discounts** through our Preferred Partner Program, including exclusive rates on **MEDOC** travel insurance, as well as a subscription to **Sage**, our excellent quarterly magazine.

The entire NAFR Outaouais team joins me in wishing you and your families a happy holiday season, and safe travels. **Please note that our offices will be closed from December 23, 2024 to January 6, 2025 inclusively. See you in the New Year!**



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

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