

Newsletter

January 2025



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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



FIRST JANUARY VIDEOCONFERENCE !

Limiting Beliefs/False Beliefs



VIDEOCONFERENCE for NAFR Members

Limiting beliefs/False beliefs

**TUESDAY, JANUARY 21, 2025
11:30 A.M. TO 12:30 P.M.**



Manon Lafrenière,
TRA, Therapist for
Relationship Assistance®



You are invited to a videoconference entitled: **Limiting Beliefs/False Beliefs** to be presented on **Tuesday, January 21, 2025 in French from 10:00 to 11:00 a.m. and in English from 11:30 a.m. to 12:30 p.m** by Manon Lafrenière, therapist and speaker. She will explain how limiting beliefs are excuses we give ourselves that prevent us from pursuing our projects and achieving our goals.

Generally, limiting beliefs appear at a young age, then gradually evolve and reinvent themselves throughout your life. Whether you experienced a painful event that made you fear experiencing a similar moment again or you are afraid of what

lies ahead, limiting beliefs can prevent new positive beliefs from forming.

To register: Please [click here](#).

FEBRUARY VIDEOCONFERENCES !

MEDICAL AID IN DYING



VIDEOCONFERENCE
for NAFR Members

Medical assistance in dying

THURSDAY FEBRUARY 13, 2025
10 A.M. TO 11 A.M.

Dr. Georges L'Espérance
FRCS(c), M.Sc. (Health Serv. Adm.) Neurosurgeon
by training (1984, Université Laval)

You are invited to a videoconference entitled: **MEDICAL AID IN DYING** to be presented on **Tuesday February 11, 2025 in French from 10:00 a.m. to 11:00 a.m.** and **in English on Thursday February 13, 2025 from 10:00 a.m. to 11:00 a.m.** by Dr. Georges L'Espérance.

Dr. Georges L'Espérance, neurosurgeon and President of the Association québécoise pour le droit de mourir dans la dignité (AQDMD), will give a presentation on a subject that concerns us all: Medical assistance in dying (MAD).

The presentation will provide an overview of the AQDMD's mandate, but more specifically on advance medical directives (AMD), the care of MAD, the legal criteria for obtaining it, the steps to follow, and the difference between a contemporary request and an anticipated request for MAD.

To register: Please [click here](#).

Travelling differently

You are invited to a videoconference entitled: **Travelling differently** to be presented on **Tuesday February 25, 2025 in French from 9:30 a.m. to 10:30 a.m.** by Claire Morrisette and **in English from 11:00 a.m. to 12:00 p.m** by Joan Kinnie.

- Would you like to travel while meeting local people, staying in their homes, sharing their food and discovering their way of life and traditions?
- Would you like to host people from another country and introduce them to your culture?
- Would you like to make new friends locally, nationally and internationally?

If so, please join us for a videoconference with Joan Kinnie who will share her passion with us and tell us about Friendship Force International, which has nearly 300 clubs around the world, including 22 in Canada.

To register: Please [click here](#).



VIDEOCONFERENCE
for NAFR Members

Travelling differently

TUESDAY FEBRUARY
25, 2025

11 A.M. TO 12 P.M.

Joan Kinnie
Présidente de Friendship
Force Ottawa

Our videoconferences

Sign up for our videoconferences on various topics of interest to retirees! Lasting one hour, they are greatly appreciated by our members.

Do you have a videoconference topic you'd like to share with us for a future videoconference? Don't hesitate to contact us at 819-776-4128 or by e-mail at admin@anrf-outaouais.ca

To view past videoconferences, visit our website at <https://www.federalretirees.ca/fr/sections/quebec/section-outaouais/visioconferences>

Outaouais Branch Annual General Meeting (AGM) April 9, 2025

Preparations are underway for the 33rd Annual General Meeting, which will be held on **Wednesday April 9, 2025**, at the Cabane en bois rond. On this occasion, 5 of the 11 Board positions will be up for election.



Join us as a meeting participant and/or apply to become a member of our Board of Directors.

See our next communications for full details on this crucial meeting for the future of your association.

To register or for more information, please contact us by telephone at 819-776-4128 or by e-mail at admin@anrf-outaouais.ca

Outaouais Branch NEW LOCAL PARTNER!



Discover Services de santé Marleen Tassé (SSMT), a private medical clinic established in Gatineau over 35 years ago. Our multidisciplinary team offers fast, accessible care tailored to your needs, including dermatology, travel health, nursing care and family medicine consultations. Many services are covered by your private insurance. Take care of your health with professional and attentive care, without annual subscriptions.

NEW this month!



**** Launch of new [website](#) to simplify online research and appointment booking.**

**** Launch of 24/7 call service. Asking a question or booking an appointment has never been easier.**

Discount !!

1. **A \$50 discount on the standard fee for an annual preventive check-up.** (The normal cost of this service is \$385).
2. **A 10% discount on our travel health consultation service.** (*The cost of vaccines, where applicable, is excluded from this discount.) - (The current cost of this service varies from \$55 to \$135, depending on the destination, and \$25 per additional traveller at the same appointment. The 10% discount applies to all travelers living at the same address).

Our Monthly Preferred Partners !

<p>AMERISPA</p> 	<p>Amerispa Cantley 5, Chemin Sainte-Élisabeth, Cantley, Québec, J8V 3E8, Canada (819) 335-1555</p> <p>Amerispa Morin-Heights 160 Rue Watchorn, Morin-Heights, Quebec J0R 1H0 (450) 226-7722</p>	<p>DISCOUNT: A fifteen percent discount (15%) off listed services or packages.</p> <p>A twenty percent discount (20%)* on one-day access to the thermal experience at the following Nordic spas:</p> <ul style="list-style-type: none"> • Amerispa Spa Nordique Morin-Heights (Laurentians) • Amerispa Spa Nordique Cantley (Outaouais). <p>* The rental of a towel, bathrobe, sandals, and locker is included.</p> <p>Restrictions: Applicable Sunday to Thursday. For more details visit: https://www.amerispa.ca/en/</p>
<p>Signature Melisa Parenteau, SPA Urbain</p> 	<p>2-746, avenue de Buckingham Gatineau (Québec) J8L 2H8 819 281-1119</p>	<p>DISCOUNT: 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 http://signaturemelisaparenteau.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](#).

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 every Wednesday for day tickets (9 a.m. to 5 p.m.) only, on presentation of your NAFR membership card or an e-mail from NAFR.



	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.

ACTIVITIES OF OUR PARTNER ASSOCIATIONS...

Available in French only



What's your best resolution for 2025?

To become a member of the Log Cabin Seniors' Corporation!

Get moving, meet interesting people, learn, make friends, have fun...

For 50 years, Corpo has been serving Gatineau's retired population, offering a wide range of activities to suit all tastes.

To consult the complete program: <https://corpocabane.net/activites/les-petits-explorateurs/>

For more information: 819-776-6015 or <https://corpocabane.net/>



Launch of the book “Les merveilles” by Julie Huard (In French only)

A vin d'honneur and appetizers will be served. The book presentation will be accompanied by readings of excerpts and a book signing.

Date: Thursday, February 6, 2025

Time: 5 pm to 7 pm

Place: La Cabane en bois rond

Cost: Free of charge

Confirmation deadline: January 29, 2025

“Les merveilles” by Julie Huard

We all come from a mother's womb, the very flesh that forges us. It's perhaps the only thing we have in common on this planet! The power of the maternal bond is fascinating, overwhelming. Just as violent as death itself. All her life, Julie adored her mother. All her life, Évains, her Haitian friend, has adored his. How do you get through the opaque wall of death when it arrives?

Julie Huard takes us on a journey from motherhood to womanhood, from existence to death, through the innocence of childhood and the greatest heartbreak of a lifetime. *Les merveilles*: a tribute carried by lyrical inspiration and profound humanity, a pilgrimage along the path of our mothers and the flora of the women who make up the world.

L'impact du stress et des émotions sur le corps (In French only)



FADOQ - Outaouais Region invites you to attend an inspiring conference entitled “L'impact du stress et des émotions sur le corps”, presented by Dr. Martin Moisan.

This event will take place on **March 26, 2025**, from **2:00 p.m. to 3:30 p.m.**, at 811-D, boul. West. Come and discover simple, effective ways to better manage stress and your emotions, and learn how approaches like breathing, meditation and preventive strategies can transform your well-being. Reserve your place now and take a step towards a better quality of life!

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



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.

Become a volunteer with us!

**Your association needs
volunteer members like you!**

Call us at 819-776-4128



Association nationale
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National Association
of Federal Retirees
OUTAOUAIS

Do we have your most recent contact details?

To ensure that you receive our newsletter, our targeted messages and that we can contact you if necessary, please make sure we have your most recent contact information by calling 819-776-4128 or by e-mail at admin@anrf-outaouais.ca

The entire NAFR Outaouais team wishes you a very Happy New Year 2025!



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

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