



# Newsletter

## February 2025



Association nationale  
des retraités fédéraux

National Association  
of Federal Retirees

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

## Invitation to complete a survey concerning our associative partners

Fill out the survey for your  
chance to win a gift certificate at  
DR Mobile!

The Outaouais Chapter's collaboration with its associative partners, the Académie des retraités de l'Outaouais (ARO) and FADOQ Outaouais, is growing, and it's important for us to assess the overlap in membership between our respective organizations. That's why we're asking you to take 90 seconds of your time to complete a survey by [clicking here](#). We invite you to complete the survey **no later than Friday, February 21**.

A participation prize worth \$50 on the product of your choice from our preferred partner [DR Mobile](#) will be awarded at random among all those who complete the survey.



## Three new members joined the Board of Directors of Outaouais Federal Retirees

NAFR Outaouais Branch is pleased to introduce our new director, Mr. Pierre Quesnel. We will introduce Ms. Diane Boudreault and Ms. Nathalie Thibault in our next newsletter in March.

Pierre retired from the public service in 2021. During his career, he worked as an engineer and manager for 19 years at Nortel and Mitel, and 14 years at the National Research Council of Canada (NRC). From 2013, he has been Director of Operations and then Acting Director General for one of NRC's research centers. As a volunteer, he was president of the governing board of a local school for 8 years, and was involved in student sports for 14 years. He has expertise in budget and personnel management, data analysis and synthesis, and process optimization. His initial role as administrator will be to carry out data analysis and synthesis in order to develop a dashboard for board members.



Pierre Quesnel

# February VIDEOCONFERENCES!

## MEDICAL AID IN DYING



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.

**Registrations:** [French session](#), [English session](#).

## 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 Morissette and **in English from 11:00 a.m. to 12:00 p.m.** by Joan Kinzie.

- 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 Kinzie 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.

**Registrations:** [French session](#), [English session](#)



## Un Compostelle tout près de chez-vous

You are invited to a videoconference entitled: "Un Compostelle tout près de chez-vous" to be presented on **Tuesday, March 11, 2025 (in French only) from 10 a.m. to 11 a.m.** by Mélanie Bélanger and Chantal Lussier.

Compostelle - How many of us are thinking about it! Some of us have already done it, and are dreaming of the next time!

Did you know that you can experience a 12-day long-distance walk right here in the Outaouais?

Two lecturers, Mélanie Bélanger and Chantal Lussier, members of the Chemin des Outaouais Board of Directors and nature enthusiasts, offer you a videoconference on Compostelle, inviting you to discover the Chemin des Outaouais route.

**Registrations** (french only)



**RESERVE  
THE DATE!**



**BREAKFAST CONFERENCE** to be held at La Cabane en bois rond on **Wednesday, March 26, 2025** by our preferred partner Dignité on the topic of « What to do in the event of death ». More details to come in our March newsletter!

Dignité™

## Fiscal and Financial Planning

**Our Federal Retirees Montreal Branch** invite you to attend a videoconference (in French only) on Fiscal and Financial Planning on **Tuesday February 25 at 2 :00 p.m.**.. Mr. Luc Bisailon, Financial Consultant for TRADEX, a privileged partner, will discuss the following topics:

1. Public service pensions, the Quebec Pension Plan and Old Age Security
2. Financial concepts
3. Sources of income and personal savings (RRSPs, TFSAs, RRIFs, RESPs)
4. Income tax and investment strategy
5. Tax considerations for seniors



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

## RESERVE THE DATE – Outaouais Branch Annual General Meeting (AGM) on April 9, 2025

The 33rd Annual General Meeting will be held on **Wednesday, April 9** at the Cabane en bois rond, and will be offered as a hybrid meeting if requested (members will be able to participate remotely, as if they were there, thanks to technology!). The agenda for the meeting, which starts at 9:30 a.m., will include : A welcome breakfast, a conference, the nomination of directors\* and a door prize draw.



\* On this occasion, 5 of the 11 director positions will be open. The work of a director is central to defending the interests of federal retirees in the Outaouais region. You'll be involved in current issues, whether they concern pensions, health, housing, taxes or other related areas. As an administrator, you'll participate in the activities that the Outaouais Branch organizes for its members. This work will require a few hours of your time each month.

The Annual General Meeting is a crucial event for the future of your association. Join us as a meeting participant and/or apply to become a member of our Board of Directors. Info: 819-776-4128 or e-mail [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca)

## Electric Vehicle Lifestyle Show April 11-12-13, 2025

For the second year in a row, NAFR Outaouais Branch will be exhibiting at the [Electric Vehicle Lifestyle Show](#).

### DISCOUNT FOR OUTAOUAIS BRANCH MEMBERS

NAFR members will benefit from a discount on the price of admission. More details on the show and discount will be communicated in our March newsletter.





# Our Monthly Preferred Partners !

<p><b>Hôtel Château Logue</b></p> 	<p>12, rue Comeau Maniwaki QC</p> <p>1-877-474-4848 (819) 449-4848</p>	<p><b>DISCOUNT:</b> 10% off the posted room rate.</p> <p>For more details or information, visit <a href="https://www.chateaulogue.com/index.php/en/">https://www.chateaulogue.com/index.php/en/</a></p>
<p><b>Groupe Katasa et Développement</b></p> <ol style="list-style-type: none"> <li>1. Le District Aylmer</li> <li>2. Village Riviera (Gatineau)</li> <li>3. Le Manoir Pierrefonds (Montréal)</li> </ol> 	<p>69 Rue Jean-Proulx, Suite 301, Gatineau, QC J8Z 1W2</p> <p>Contact: Tina Pettinicchi (514) 293-8205 (Direct Line)</p> <p><a href="mailto:tina@ledistrictaylmer.com">tina@ledistrictaylmer.com</a></p>	<p><b>DISCOUNT:</b> Offer rental units including 5 stainless steel household appliances, and to members of the National Association of Federal Retirees:</p> <ul style="list-style-type: none"> <li>• First month's rent free on agreements of 12 months or more*.</li> <li>• Upon signing a lease of 12 months or more, the choice between a reimbursement of moving expenses up to a maximum of \$1,000 OR 12 months' free indoor parking valued at \$1,500*.</li> </ul> <p>*A phase that is actively under construction within a project is not included in this offer.</p> <p>For more information, please visit <a href="https://ledistrictaylmer.com/?lang=en">https://ledistrictaylmer.com/?lang=en</a></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...



## **MARCH, sugar shack time!**

The [Académie des retraités de l'Outaouais \(ARO\)](https://aro.activigo.com/program) invites members of Retraités fédéraux Outaouais to enjoy a meal in good company at the Cabane à sucre Domaine de l'Ange-Gardien. Dance the night away!

**When:** Wednesday, March 12. See the ARO program for registration. <https://aro.activigo.com/program>  
Group size: 60 people (register early to reserve your place!)

**Cost:** \$36 (FSNA members pay the same price as ARO members.)

**Menu:** Pea soup, omelette, maple ham, pork and beef sausages, oreille de crisse, roasted potatoes, baked beans, pancakes, sugar pie, maple syrup, pickles (bread and butter and 1 maple taffy on snow)



## **Other ARO activities in March!**

**February 12, 2025:** Dog sledding outing

**February 20, 2025 :** Frank Sinatra, Charles Aznavour and Gilbert Bécaud special show (in French only)

**March 6, 2025 :** Show « La guitare dans toutes ses couleurs » (in French only)

**March 7, 2025:** Cocooning day for women

**March 9, 2025:** Day trip to Mont-Tremblant

**March 21, 2025:** Talent night auditions (aspirants)

**March 26, 2025:** Honoring the women of the world - Let's be the alchemists of our lives - Let's take flight (In French only)

**For more details on activities, consult the program in [PDF format](#) or [online](#).**

## 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](#).



## Les Petits explorateurs (In French only)

**Friday, February 7 from 9:30 a.m. to 11:30 a.m.** at the Cabane en bois rond at 331, boul. de la Cité-des-Jeunes

### Turkey: the land of Suleiman the Magnificent

A great traveler, Réjean Fontaine is well known to Petits explorateurs regulars. This time, he returns with a trip to the land of Suleiman the Magnificent. Mosques with their sublime ceramics, lively markets bursting with spices, an engaging population, enchanting landscapes, not to mention the vestiges of a legendary past - this is what this incomparable country, straddling Asia and Europe, has in store for us.



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

For more information on the activities of the Corporation des aînés de la Cabane en bois rond: 819-776-6015 or visit their website [Corporation des aînés](#)

## Other themes to come!

**March 7, 2025: MOROCCO**

**April 4, 2025: THAILAND**

## Advocacy and latest news!

- Join our Quebec team as an advocacy program officer. [To learn more...](#) (January 14, 2025)
- Pizzino : Seniors' voices are just growing stronger - Ottawa : [Read the article...](#) (January 13, 2025)
- Hélène Nadeau, Vice-President of Federal Retirees, recently spoke to Radio-Canada about our association's concerns regarding the Pensioners' Dental Services Plan and the need to update it. [Listen to the interview in French...](#) (6 janvier 2025)
- National Association of Federal Retirees responds to fall economic statement. For more details [click here !](#) (December 17, 2024)
- Public Service Pension Fund surplus facts. [Read the details here !](#) (December 13, 2024)

Source : Site Web ANRF : [Dernières nouvelles](#) | [Retraités fédéraux](#)

**DID YOU KNOW...** Public Services and Procurement Canada announced [external access to MaPayeGC](#) launched on January 20 for all Government of Canada (GC) employees who:

1. are on leave without pay (including maternity, parental and long-term sick leave)
2. have left the public service (including recent retirees and students)
3. do not have access to a GC network due to the nature of their work.

[External access to MaPayeGC](#) will enable current and former federal government employees to securely access their pay and benefits outside the GC network.

The entire NAFR Outaouais team wishes you a warm February and a very happy Valentine's Day!



Réal Fortin  
President

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

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

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