



Association nationale
des retraités fédéraux National Association
of Federal Retirees

OUTAOUAIS

Infoletter for the month of February 2023

Dear Members,

The purpose of this newsletter is to send you the latest news from your branch, specifically:

- 1- Save the date –Outaouais branch AGM - April 12 - The District, Gatineau
- 2- Videoconferencing: Can Diabetes be Prevented? - March 3
- 3- Performance – La pension Auclair presented by the Association québécoise des retraités provinciaux - March 15
- 4- Videoconference: Selling to rent, a good idea? The investment strategy after the sale of the main residence - March 21
- 5- Sugar Shack – March 22
- 6- New National Travel Partner – Tour Chanteclerc
- 7- A new Government of Canada page dedicated to seniors
- 8- Enhancement of a provincial tax credit for seniors

1. Save the date – Outaouais Branch AGM – April 12 - The District, Gatineau

We are pleased to invite you to our 31st Annual General Meeting to be held at the **Bistro of the Le District Complex** in Gatineau on **Wednesday, April 12, 2022 from 9:30 a.m. to 12:00 p.m.** The complex is located at 55 Impasse Lady-Colborne. Refreshments will be offered from **09:00**. A light meal will also be offered following the AGM. Door prizes will be drawn at the end of the meeting. Arrangements are currently being developed to present this meeting virtually.



At this time, five director positions will be open if you wish to join our team. The work of a director is central to defending the interests of federal retirees in the Outaouais region.

You will be involved in current issues, whether they are pension, health, housing, taxes or other related subjects.

As a director, you will participate in activities that the

Outaouais Branch organizes for its members. This work will require a few hours of your time per month.

The official convocation and registration procedures will follow soon. Watch for our next communication to get all the details on this important meeting for the sustainability of your association. Join us as a participant in the meeting and/or offer your candidacy to become a member of our Board of Directors.

We thank our sponsor, **Le District Complex** for providing its facilities for this event.



2. Video conferencing – Can diabetes be preventable? – March 2

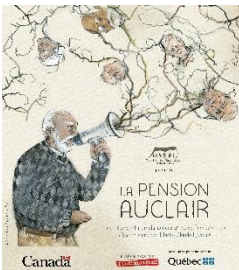


Is it possible to prevent diabetes and its complications? How can we reduce the risk of developing this complex disease that affects daily life so severely?

Interested in the subject? Participate in this free videoconference offered by **Martin Payer**, Pharmacist, on

Thursday, March 2 at 11:30am. Register [here](#).

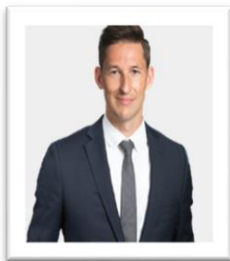
3. Play – La pension Auclair presented by the Association québécoise des retraités provinciaux (AQR) - March 15



The AQR de l'Outaouais invites you to attend the play (in French), **La pension Auclair**, which deals with elder abuse and bullying. At the end of the performance a resource person will interact with the spectators. The play will take place On **March 15 at 2pm** at the **Salle Jean Després** of the **Maison du Citoyen**, Gatineau Hull sector. The cost of attendance is \$10 for AQR members and \$15 for non-members.

If you are interested, register and make your payment at 1-800-563-2747, option 4 before May 10, 2023. For more information, please email outaouais@aqrp.ca.

4. Videoconferencing – Selling to rent, a good idea? The investment strategy after the sale of the main residence - March 21



The session is offered by **Simon-Pierre Dubreuil**, Wealth Management Advisor and Portfolio Manager at **National Bank Financial**, on **Tuesday, March 21 at 2pm**. Register [here](#).



5. Sugar Shack of the Académie des retraités de l'Outaouais – March 22

The Académie des retraités de l'Outaouais (ARO) invites you to its sugar shack activity that will take place at the Domaine de l'Ange Gardien on **Wednesday, March 22 at 11:30 am**. Come and enjoy a traditional sugar shack meal with a live performer. There are still a few places available at a cost of \$34.75 plus taxes for members – including those of NAFR - Outaouais (including gratuity) and \$49.75 for non-members.

The registration deadline is March 8. You can register by contacting 819-776-5052.

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6. New National Travel Partner – Tour Chanteclerc

[Tour Chanteclerc offers you the world!](#) Federal Retirees is proud to announce Collette's partnership with [Tours Chanteclerc](#), offering guided tours in French to members to supplement Collette's usual offerings in English. If a completely French experience appeals to you or your family members, get a \$100 discount per person, applicable on exclusive group tours in the North America, Europe and Far Horizons brochures.

7. A new Government of Canada page dedicated to seniors

The Government of Canada has created a [web page](#) for people who are retired or who will soon be retired. You will find useful information to help you prepare for the next years of your life. It lists the programs and services available for seniors.

8. Enhancement of a provincial tax credit for seniors

Quebec Finance Minister Éric Girard announced during his recent economic update, an increase in the refundable tax credit for support to seniors as of the next income tax return. This measure will greatly help eligible seniors, who are being hit hard by the rising cost of living.

By respecting its commitment to increase this tax measure this year, which increases the maximum amount from \$411 to \$2,000, the Government of Quebec will allow seniors who feel the most affected by inflation to breathe a little easier in a difficult economic climate.

For more details on the tax credit for support for seniors, visit [the Revenu Québec website](#).



We look forward to seeing you soon at our AGM on April 12.

Donald Déry, President
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