

April 2023



Congratulations to the new members of the Board of Directors for 2023-2024



Recruitment Program .

The 31st Annual General Meeting (AGM) of the Outaouais Branch was held on **April 12 at the Complexe Le District in Aylmer**. On this occasion, all directors whose mandates had expired sought a new two-year term on the Board of Directors and a new member joined the Board, with all elected by acclamation.

The new NAFR - Outaouais Board of Directors for 2022-2023 is: Donald Déry, President, Michael MacNeil, Vice-President, René Caron, Treasurer, Jacques Lecompte, Secretary and Member Retention-Recruitment Program, Michelle Page, Communications, Alan Conway, Advocacy and Réal Fortin, Volunteer Retention-



Congratulations to Jacques Lecompte and Donald Déry



We are pleased to inform you that two members of the NAFR-Outaouais Board of Directors have been awarded well-deserved honours by the National Association.

First, congratulations to Jacques Lecompte, Secretary who received the Collaboration Award, awarded to a volunteer of the Association who made a significant contribution to a collaborative activity requiring the cooperation of different entities of the Association and which generated benefits for members.

It should also be noted that our Branch President, Donald Déry, received an honourable mention from the National President recognizing the Association's volunteers whose considerable efforts have had a positive impact on the organization. Well done, Donald!



Videoconferencing - Survey Results

NAFR-Outaouais' videoconferencing program is very popular with members. In anticipation of upcoming offers, we consulted you last March to learn your preferences on the best possible times and the topics that interest you.

Among the replies received, you have indicated your interest in continuing the videoconferences on Tuesdays or Wednesdays. Suggested topics include personal finance, the new public service health plan, residency considerations, and sleep apnea. Thank you to everyone who took the time to complete the survey.



Videoconferencing - The benefits of a physically active retirement



Learn about the importance of physical health for seniors and how kinesiology can contribute to it. This videoconference is offered by Johanie Benoit-Desrochers, kinesiologist at the Centre sportif de l'Université du Québec en Outaouais (UQO), on Tuesday, April 25 at 1 p.m.

Ms. Benoit-Desrochers is a Kinesiologist from the University of Sherbrooke and has been working at the UQO sports center since 2018. Responsible for the aquatic, pre-natal, post-natal, weight management and symptomatic sections of the UQO sports center, she has developed an expertise in training adapted to different clientele, particularly those with conditions requiring training follow-up. To register, click [here](#).



Video conferencing - Managing your finances in retirement

The Montreal Branch is pleased to present a new conference (in French only) on **managing your finances in retirement**. Mr. Alain Savaria, Chartered Professional Accountant, will speak to us about who should be responsible for taxes, wealth management, marginal effective tax rates (METR), how to manage your finances in retirement, the 3 Ds of a tax strategy to reduce and defer taxes. As well as questions for a (future) retiree: when to withdraw RRQ and OAS? Convert RRSP to RRIF? Take advantage of income splitting? PSV recovery?

Several other topics will be presented such as 10 retirement income tax strategies you need to know, OAS, VRS, spouse's allowance; REGISTERED ACCOUNTS: TFSA, RRSP, RRIF, not to mention the most useful tools and resources. This conference is offered free of charge to our Federal Retirees members and will be held virtually on Tuesday, May 9, 2023, at 9:30 a.m.

We invite you to register no later than **May 4, 2023** by clicking on the following link:

[Registration for the Retirement Finance Conference](#)

University of Ottawa Studies

Have your say on ageism

A research team at the University of Ottawa needs **Francophone** volunteers aged 40 and over who want to share their opinions, beliefs and perceptions related to ageism, youth and different generations. The aim is to reduce ageism and promote intergenerational solidarity. The work is being conducted in France, Belgium, Cameroon and Ottawa. Participants will join a **French-language think tank** that will meet for approximately one hour at the University's Lees Campus (200 Lees Avenue) between April 26 and 30. If you are interested in taking part in the work, send an email to mroy100@uottawa.ca with "Ageism Study" in the subject line. Eligible participants will be selected on a first-come, first-served basis.

This research project has been approved by the University of Ottawa Research Ethics Board subject to the implementation of the highest standards of volunteer confidentiality. University of Ottawa Heart Health

Research Study on cardiovascular health

The University of Ottawa Heart Institute recruits people aged 40 and over with atrial fibrillation. Participants will be assessed and enrolled in one of two free 12-week exercise programs conducted at the Institute. To learn more, [click here](#).

This research project has been approved by the Research Ethics Board of the University of Ottawa Health Science Network subject to the implementation of the highest standards of volunteer confidentiality.



Nominations for the Prix hommage Aînés Outaouais

La Table de concertation des aînés et retraités de l'Outaouais (TCARO) invites the community, its members, local districts and their members, to submit nominations for the "Prix hommage Aînés Outaouais 2023".

The **Prix Hommage Aînés** aims to highlight the contribution of a senior who is involved in his or her community and has contributed significantly to improving the well-being of seniors, their living conditions and their place in society.

To learn more about the eligibility and selection criteria or to submit a nomination for the "Prix Hommage Aînés Outaouais 2023", please send an email to administration@tcaro.org or call 819 771-8391 ext. 319.

The TCARO must receive applications no later than May 12, 2023 at the following address: administration@tcaro.org

The TCARO will award the Prix Hommage Aînés Outaouais in the Fall at a ceremony for the recipients. Full details will be announced at a later date. Subsequently, the TCARO will submit to the Secrétariat aux aînés the name of a candidate representing the Outaouais region, to receive the prestigious Tribute to *Seniors* Award. This honour will be awarded in the fall of 2023 (November) by the Minister for Health and Seniors at the National Assembly of Québec.



Upcoming Events



The Mathieu Froment Savoie Foundation is pleased to issue an invitation for its 23rd holding of Wines and Cheeses which will take place on April 27th at the Palais des Congrès in Hull

This year, this evening will have a Spanish theme - come and discover our carefully chosen wines and taste our selection of cheeses.

You will enjoy cocktails and appetizers, followed by the wine tasting. The ambiance and some surprises will be part of the event. Register [here](#).



CONTACT US!

Do you have any questions? Do you have a comment or a suggestion for improvement? Want to get involved? You can reach us by email at the following address: directeur@anrf-outaouais.ca

I wish you an enjoyable Spring,



Donald Déry, President National Association of Federal Retirees
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