



# Newsletter

## September 2023



Association nationale  
des retraités fédéraux

National Association  
of Federal Retirees

The Newsletter of the National Association  
of the Federal Retirees - Outaouais Chapter

## Welcome to Lynn McCarragher, NAFR - Outaouais Branch's new Associate Director

A warm welcome to our new Associate Director, who joined us in August. The Board and staff are delighted to welcome this young retiree from the federal public service, who specializes in communications, public relations, information technology and events.



Lynn McCarragher  
Associate Director, NAFR -  
Outaouais

Her primary mandate is to implement our recruitment and retention program, developed by her predecessor, over the course of 2023-24. We look forward to supporting her in this important exercise, which will have a positive impact on the Outaouais Branch.

We look forward to working together for the future of our association.

Donald Déry, President

## NAFR's Message on the Transition of the PSHCP to Canada Life

The transition of the Public Service Health Care Plan (PSHCP) from Sun Life to Canada Life on July 1 was not without difficulties for our members. Here is the National Association of Federal Retiree's latest [update](#) on this transition.



## NAFR 60th Anniversary Recognition Award goes to Pierre Cousineau

In this special year marking the 60th anniversary of our association, we are pleased to announce that Pierre Cousineau, a recognized and dynamic volunteer in his branch and



region, as well as throughout the province of Quebec, received the NARF 60th Anniversary Recognition Award at the last Annual Meeting of Members.

Mr. Cousineau served nearly 10 years on the Board of Directors of the Outaouais Branch, the last five as President. Since then, he has been a strong advocate and volunteer advisor on regional and provincial seniors' issues. He also chaired the Table de concertation des aînés et retraités de l'Outaouais (TCARO), a regional forum for awareness and support of seniors' issues. He is also Vice-president of the Conférence des Tables régionales de concertation des aînés du Québec. His work at the provincial level has included negotiations with the Treasury Board of Québec and the Secrétariat des aînés du Québec.

Pierre has also been involved in numerous volunteer causes, including the Scouts, the Alzheimer Society, the condominium association and junior field hockey. His activity and perseverance have enabled our own association to grow and prosper over the years. We can't think of a better way to celebrate our 60th anniversary than to warmly thank Pierre for all he accomplished during his years as a volunteer.

## September VIDEOCONFERENCE !!

**VIDEOCONFERENCE**  
for NAFR Members

**Couple Relationships at Retirement**

**WEDNESDAY SEPTEMBER 27TH, 2023**  
11:00 A.M. TO 12:00 P.M.

A small portrait of Manon Lafrenière, a woman with short grey hair and glasses, smiling. Below the portrait is her name and title: "Manon Lafrenière, TRAMD Therapist for Relationship Assistance". The background of the entire graphic is a photograph of an elderly couple embracing in a field at sunset.

### Couple Relationships at Retirement

You are invited to join the Outaouais Branch for a videoconference by Mme Manon Lafrenière entitled: "A Couple Relationships at Retirement", to be presented on September 27 in French from 9:30 a.m. to and in English from 11:00 a.m. to 12:00 p.m.

Retirement is a big life change, not only in terms of career and social life, but also in terms of couple life, which can sometimes present a

challenge, as it means being together 24/7.

**Don't miss this opportunity, because getting along well changes everything!** To register, please click [here](#).

## The **MEGA RECRUTEMENT DRIVE** is Underway !

For your chance to win one of 14 great prizes, refer a new member. There's no limit to the number of entries you can submit! The more people you refer, the greater your chances of winning! For more details, click on [this link](#)!



## October 1<sup>st</sup>: National Seniors Day



- October 1 is National Seniors Day! Don't miss this opportunity to recognize and celebrate older Canadians.
- On National Seniors Day and every day, dignity in aging matters.
- Happy National Seniors Day! Canadians of all ages make meaningful contributions as friends, neighbours, volunteers, colleagues,

coworkers and loved ones.

- One of the best ways to celebrate National Seniors Day is to support healthy aging. Add your voice to our older adult care campaign today!
  - In honour of National Seniors Day, let's speak up to improve older adult care in Canada.
- Visit [this link](#) for more information about this day.



## A Breakfast Conference is Coming up in **October!**

### REGISTER FOR THIS EVENT !!

NAFR - Outaouais members are invited to a breakfast meeting on **Wednesday, October 18, 2023**. The meeting on the theme of Médoc travel insurance will take place in the morning in the Giguère room at the Cabane en bois rond, 331, boul. Cité-des-Jeunes,

Free for NAFR members!  
Non-members \$10 cash

Gatineau (Hull Sector). Registration by e-mail [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca) or phone at 819-776-4128. Register now, places are limited!

# PARTNER EVENTS...

L'ANRF Y SERA... VENEZ NOUS RENCONTRER!!



**Salon fadoq distinction**  
PRÉSENTÉ PAR **Lobe**  
Région Outaouais **50+**  
Les 21 & 22 octobre 2023  
Palais des congrès de Gatineau  
ENTRÉE GRATUITE!

PLUS DE 125 EXPOSANTS - SPECTACLES  
FOIRE DE L'EMPLOI 50+ - CONFÉRENCES

Logo: fadoq Région Outaouais

Five small portraits of people are shown at the bottom of the poster.



Le 1er vendredi du mois...

6 octobre  
La Sicile - Francine Craig

3 novembre  
La Mongolle - Claire Morrisette

1er décembre  
Afrique du Sud - Réjean Fontaine

*La Corpe vous invite...*  
Gratuit pour les membres de l'ANRF !!

Automne 2023  
**PETITS EXPLORATEURS**

Cabane en bois rond, salle Giguère  
de 9 h 30 à 11 h 30  
331, boul. Cité-des-Jeunes

INFO : 819-776-6015



## Université du troisième âge Outaouais Launches its Programming



The Université du troisième âge - Outaouais has launched its program of activities for the fall 2023 session. Courses and lectures cover areas such as politics, science, history, art and culture, all "for the pleasure of learning". For details and 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, contact us at [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca)

We're also in the process of recruiting preferred partners to offer discounts to our NAFR- Outaouais members. If you have a business to suggest or know someone who would like to partner with us, please let us know.



September is a bustling month of activities, so have fun!



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