



# Newsletter

## October 2023



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

## Come and Say Hello to us at the Salon de la FADOQ

On October 21-22, we'll be at the Salon de la FADOQ to introduce our association to the public.

Did you know that the National Association of Federal Retirees (NAFR) welcomes not only retirees, but also federal employees?

That's right! Many federal employees join the NAFR to enjoy the benefits of Médoc travel insurance, among other things. Talk to your friends and family who work in the federal public service. The more members we have, the more benefits the association can offer its members !

Come and meet us at the NAFR booth, which we'll be sharing with the Ottawa Branch to offer the choice of becoming a member of either branch. Do you know retired public servants who will be visiting the show? Tell them about us and tell them to drop in! We'll be happy to chat with them and tell them about the benefits of the NAFR membership.

We look forward to meeting you,

The Outaouais Branch Team





## Our **October** Breakfast Meeting is Fully Booked but Join Us « **LIVE** » on **facebook**

The Medoc travel insurance event on Wednesday, October 18, 2023, from 9 to 11 a.m., at the Cabane en bois rond is fully booked, but you can join us « LIVE » on [Facebook](#) and watch it later on our [youtube channel](#). For a list of our past videoconferences, go to our [Videoconferences web page](#).

## A Park for Everyone ? Make your Position Known !

Did you know that the National Capital Commission (NCC) has implemented a policy that restricts vehicle access in certain areas, notably Gatineau Park, since 2020? This policy aims to promote active mobility and reduce the environmental impacts linked to automobile traffic, especially during the Summer season which ends on September 22.



More specifically, the NCC closes the Gatineau Park parkway to cars all day on Mondays, Tuesdays, Thursdays and Fridays. They are open to cars on Wednesday from 8 a.m. to 30 minutes after sunset, and on Saturday and Sunday from noon to 30 minutes after sunset. The shuttle was in service from May 20 to August 27, Saturday and Sunday from 9 a.m. to 4 p.m. Accessibility by private vehicle is replaced by a shuttle system. It is important to find a balance between environmental objectives and the needs of the population.

This policy has raised concerns among seniors and retirees in the Outaouais, who feel that the restrictions limit their access to green spaces. L'Association québécoise de défense des droits des personnes retraités et préretraités de l'Outaouais (AQDR) has expressed its dissatisfaction with the situation and is calling for fair access for all. For its part, the CCN seeks to promote active mobility. In this context, NAFR Outaouais, in collaboration with la Table de concertation des aînés et retraités de l'Outaouais (TCARO), wishes to know the opinion of their members and the general population on the current policy of the NCC. Is this an issue that concerns you ?

By responding to this survey, you will help us determine whether the new NCC policy regarding accessibility to Gatineau Park is an issue. If the result shows that this is an issue for seniors, NAFR Outaouais in collaboration with various associations bringing together seniors will be able to take action. This survey takes less than 3 minutes to complete and the results will allow us to better represent you.

To participate in this survey, please click on this link: <https://poll.app.do/sondage-sur-la-politique-de-la-ccn-concernant-l-acces-aux>

## October VIDEOCONFERENCE !!

You are invited to join the Outaouais Chapter for a videoconference given by Mr. Denis Valiquette entitled: "Retirees and the Labour Market", to be presented on **October 26<sup>th</sup>** in English from 11:15 a.m. to 12:15 p.m.



The videoconference will address the following points:

- Why are employers looking for retirees?
- The hidden job market!
- Career exploration: choosing the right the right job!
- Retirees and the pleasure of mentoring
- Fulfillment

**Don't miss this opportunity!** To register, please click [here](#).



Follow the [Retraités fédéraux section Outaouais Facebook page](#) to keep abreast of our association's activities, as well as those of our partners. We also have a [youtube channel](#) on which we'll be posting our videoconferences and other activities as they happen. And if you're active on LinkedIn, identify yourself as an NARF member and share our publications.

## GO SENATORS !



The National Association of Federal Retirees, Outaouais Chapter, is proud to partner with the Ottawa Senators to offer its members discounts on Senators game tickets. GO SENATORS!

**DISCOUNT:** 15% off Ottawa Senators home games (excluding Montreal and Toronto). Also, you can rent suites on game nights at prices reserved for Ottawa Senators Hockey Club members. Click [here](#) to purchase your tickets.

## *You and your Survivors*

The digital version of *You and Your Survivors*, an estate planning workbook published by the NAFR in partnership with Arbor Memorial, is much appreciated by our members and their survivors. It can be found under the Publications tab at federalretirees.ca. Click [here](#) to access it directly.



## 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!](#)



## PARTNER ACTIVITIES...

The poster is divided into two main sections. The top section has a red background and lists dates and locations: 'Le 1er vendredi du mois...', '6 octobre La Sicile - Francine Craig', '3 novembre La Mongolle - Claire Morrissette', and '1er décembre Afrique du Sud - Réjean Fontaine'. The bottom section has an orange background and features a photo of a round wooden cabin in a field. Text on the orange section includes 'Automne 2023', 'PETITS EXPLORATEURS', 'Cabane en bois rond, salle Giguère de 9 h 30 à 11 h 30', '331, boul. Cité-des-Jeunes', and 'INFO : 819-776-6015'. A white banner across the middle reads 'La Corpo vous invite... Gratuit pour les membres de l'ANRF !!'.

### Webinaire 1 – Vos affaires sont-elles en règle?



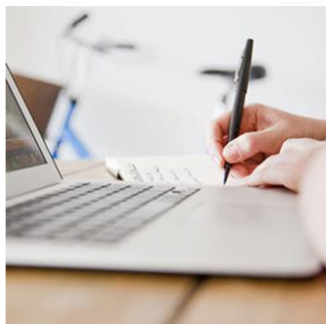
Ce webinaire abordera la planification testamentaire, comme si vous étiez dans le bureau de votre notaire. Au programme : survol de la pertinence de faire son testament, de considérer sa situation familiale, de bien connaître la composition de son patrimoine et de comprendre la structure que peut prendre son testament.

Octobre 10th, 9:30 am, 7 pm  
[Registration](#)

### Webinaire 2 – Clarifier vos dernières volontés

M<sup>e</sup> Élodie Frappier abordera le respect des dernières volontés à l'aide de plusieurs stratégies pour atteindre vos objectifs personnels, soit la protection d'un conjoint, le transfert en faveur d'enfants majeurs, mineurs, ou de personnes présentant des défis particuliers, et la possibilité de prévoir des dons en faveur d'organismes de bienfaisance qui vous sont chers.

October 16th, 9:30 am, 7 pm  
[Registration](#)



### FADOQ Webinars

Reserved exclusively for FADOQ members.  
Places are limited.

Réseau FADOQ  
7665, boulevard Lacordaire, Montréal  
(Québec) H1S 2A7, Canada  
514 252-3017  
[info@fadoq.ca](mailto:info@fadoq.ca)

## 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](mailto:admin@anrf-outaouais.ca)

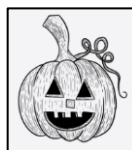
We're still in the process of recruiting preferred partners to offer discounts to our NAFR- Outaouais members. If you have a business to suggest, or know someone who would like to partner with us, please let us know.



Reserve the date of **Saturday, December 2, 2023** for our **Holiday Banquet** at the Palais des Congrès de Gatineau (Hull). Registration details and more information will be sent to you in our next newsletter!



Have a wonderful October and a happy Halloween!



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