



Newsletter

March 2025



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

Notice to the NAFR Outaouais Branch Annual General Meeting

We are pleased to invite you to the Annual General Meeting (AGM) of the Outaouais Branch to be held on **Wednesday, April 9, 2025 from 9:00 a.m. to 12:30 p.m.** at the Cabane en bois rond located at 331, boul. Cité-des-Jeunes in Gatineau, salle Desjardins, and also virtually thanks to hybrid technology. A breakfast service (tea, coffee, juice) and pastries will be available from 9:00 a.m., courtesy of Bélairdirect, which will also have a booth on site.



belairdirect.

CONFERENCE - Corinne Harbec-Lachapelle, Communications and Events Advisor at the Curateur public will give a presentation entitled: Accompagner et protéger ses proches.

DOCUMENTATION - All documents for this event are available on our [website](#). A hard copy of the Executive Summary of the Annual Report 2024 will be provided if you indicate that you would like to receive a hard copy when you register online.

REGISTRATION - To attend the 2025 AGM, simply **confirm your attendance by Monday, April 7, 2025** by [registering here](#). If you have any questions about the AGM, please don't hesitate to contact us by e-mail at admin@anrf-outaouais.ca or by phone at (819) 776-4128.

ELECTION TO THE BOARD OF DIRECTORS - 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.

We look forward to meeting you.

Réal Fortin, President, Federal Retirees, Outaouais Branch

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

In our February newsletter, we introduced our new director, Mr. Pierre Quesnel. This month, we are pleased to introduce Diane Boudreault and Nathalie Thibault.

Ms. Diane Boudreault

Retired since 2017, Diane first worked for Fisheries and Oceans Canada. After training as a real estate agent, she spent more than 10 years in the real estate and notarial fields. She worked at the University of Ottawa for several years in the Admissions Office and the Bureau Info Service, while studying for her bachelor's degree in Organizational Communication. Then, at Saint Paul University, she held a number of positions with the Vice-Rectors, the Admissions Office, the Research Office and, finally, the Registrar. During these years, she gave a conference in Sherbrooke and several workshops, and became short lecturer at the CEGEP for the real estate course. She joined UQO in 2012 as Assistant to the Director of the Social Work Department.

Volunteering is a very important value for her, and she doesn't hesitate to get involved in parish work, scouting, the Alzheimer Society and the Maison de la famille, among others.



Nathalie Thibault



Nathalie has a wide range of experience acquired in government departments since the age of 22. She began her career at Statistics Canada, where she worked for six years in the IT field, before leaving the public service as a consultant. She then returned to the federal public sector, holding successive positions as team leader and manager at Immigration, Refugees and Citizenship Canada, then at Fisheries and Oceans Canada, and finally as Director of Cyber Security at Employment and Social Development Canada. Nathalie has volunteered on the NAFR Branch Board of Directors to contribute to advocacy issues, especially the development of home care. In preparation for her upcoming retirement and professional future, Nathalie is currently taking online courses in horticulture at the University of Guelph.

NAFR Outaouais at the Outaouais Auto Show

April 11-12-13

Groupe SVE is proud to announce a very special edition of its Outaouais Electric Vehicle Show from April 11 to 13. This special edition will feature 70,000 square feet of exciting cars, with free parking.



This year's event will include not only electric vehicles, but also gasoline-powered and hybrid cars. All conferences and test drives, however, will remain dedicated to 100% electric vehicles. This will enable visitors to see the full range of cars on the market, as well as the major new developments in gasoline, electric and hybrid vehicles.

This is a major first for the Outaouais in 2025, bringing together all car enthusiasts under one roof for the first time. You can see all makes of cars on display by visiting our website at <https://groupesve.com/en/outaouais/>.

FOR FULL SHOW DETAILS

For full show details, visit the show website at <https://groupesve.com/en/outaouais/>.

DISCOUNTS FOR OUTAOUAIS BRANCH MEMBERS

The NAFR Outaouais Branch is pleased to present a booth and invites its members to benefit from a discount on the price of admission. For admission to the Show, members will pay \$10 per ticket, a saving of \$5 per ticket.

HOW TO BUY YOUR TICKET

To purchase your admission ticket, go to <https://groupesve.com/en/outaouais/>, click on "Click here to buy your tickets online" and enter the promo code ANRF2025.



Please note that the wristband issued at the entrance is valid for all three days of the show, for all visitors. Therefore, you may come back on another day to attend other conferences or take another test drive.

MARCH VIDEOCONFERENCES!

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](#) (in French only)



NAFR Outaouais Branch invites you to a Breakfast Conference

On **Wednesday, March 26, 2025, from 9:00 a.m. to 11:30 a.m.**, NAFR Outaouais will hold a breakfast conference offered in French only and free of charge by Dignité, a privileged partner of our branch, at the Cabane en bois rond located at 331 Boul. St-Joseph, Gatineau (Hull Sector), salle Giguère.

The death of a loved one is a difficult ordeal that requires many steps to be taken. Too often, those responsible feel overwhelmed and don't know where to start.

Amber Boucher, Director of [Racine, Robert & Gauthier Beauchamp Funeral Home, Hull-Gatineau-Aylmer](#), will talk about the following steps:

1. Steps to take first
2. Steps to take regarding financial assistance for survivors
3. Steps to take in connection with the liquidation of the estate
4. Essential steps to take before death

To register, please click the link: [Registrations](#) (Event in French only)

Info: 819-776-4128 or e-mail admin@anrf-outaouais.ca

DÉJEUNER-CONFÉRENCE
pour les membres de l'ANRF

Que faire au moment d'un décès

MERCREDI 26 MARS 2025
9H00 À 11H30

Cabane en bois rond, 331 Boul. St-Joseph,
Gatineau (secteur Hull), salle Giguère

Connaître les démarches à prendre au moment du décès d'un proche.


INSCRIVEZ-VOUS maintenant!

Info : 819-776-4128
ou admin@anrf-outaouais.ca

Dignité

Every Detail Remembered™ | Dignity^{MEMORIAL}

Our Monthly Preferred Partner!

<p>La Buena Restaurant</p> 	<p>5-1160 Blvd Saint Joseph Gatineau QC J8Z 1T3 (819) 772-7771</p>	<p>DISCOUNT: All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.</p> <p>https://www.facebook.com/labuenagatineau/</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](#).

NEW ASSOCIATIVE PARTNER: HémaQuébec



Your Outaouais Branch is joining forces with HémaQuébec to promote plasma donations among its members and reduce Quebec's dependence on the United States in this area.

Plasma helps treat many conditions and diseases. A portion of the plasma collected goes to hospitals, which use it to treat people with bleeding disorders, accidents and other illnesses. A significant portion of the plasma collected is used to make life-saving medicines for many people in Quebec, such as burn victims, cancer survivors after chemotherapy, hemophiliacs and many people with autoimmune diseases.

The good news is that the quality of the plasma collected has no relation with the age of the donor. As a result, a majority of federal retirees would be helping other Quebecers, some of whom may be close to them, with their donations.

In the coming months, we'll be giving you more information about our plasma donation campaign. In the meantime, visit the [Gatineau Donation Centre website](#), and don't forget to identify yourself as an FSNA member when you make a donation.



Réal Fortin, President NAFR Outaouais and Claire Fraser, Chargée du développement des affaires et fidélisation des donateurs

Our NEW Preferred Partner: Le Resto Chelsea



Le Resto Chelsea - Visit our new preferred partner, Le Resto Chelsea at 528 Rte 105, Chelsea and receive a **10% discount** on your bill (upon presentation of your NAFR membership card).!

Voted unanimously as the best fish & chips and seafood restaurant in the National Capital Region. Fish 'n' chips, other classic seafood and Portuguese dishes are served in this airy, cheerful café.

Information or reservations: (819) 827-5559

Testimonials: [Tripadvisor](#)

Schedule: Closed Sunday and Monday

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.

Results of NAFR Outaouais survey on associative partners

NAFR Outaouais would like to thank all those who participated in the online survey announced in the February newsletter concerning our associative partners L'Académie des retraités de l'Outaouais (ARO) and FADOQ Outaouais.

We received **323 responses to the French survey and 54 responses to the English survey**. Here are some of the data collected:

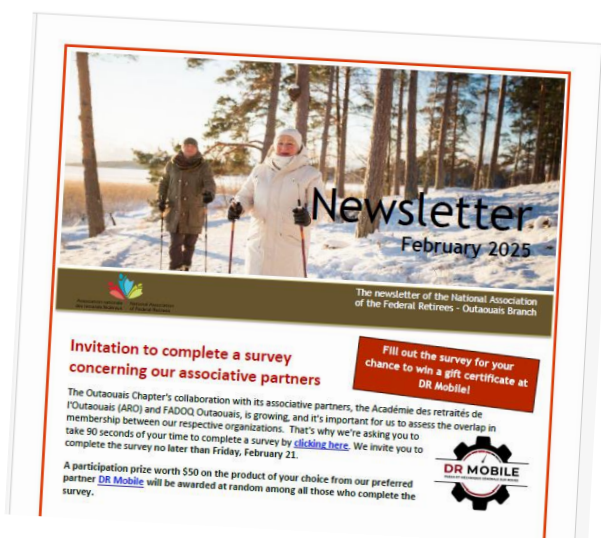
In French... 323 respondents

- 179 out of 323 are FADOQ members and 58 out of 323 are aware of the \$10 discount
- 76 out of 323 are ARO members and 84 out of 323 are aware of ARO discounts
- 48 out of 323 are members of both partners FADOQ and ARO
- Draw: 188 out of 323 said yes to take part in the draw for a gift certificate at DR Mobile

In English... 54 respondents

- 26 out of 54 are FADOQ members and 8 out of 54 are aware of the \$10 discount
- 12 out of 54 are ARO members and 13 out of 54 are aware of ARO discounts
- 6 out of 54 are members of both partners FADOQ and ARO
- Draw: 14 out of 54 said yes to the draw for a gift certificate at DR Mobile

Winner of the draw: Pierre Carrier. Congratulations to you, Mr. Carrier!



ACTIVITIES OF OUR PARTNER ASSOCIATIONS...



Other ARO activities in March!

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](#)

INSCRIPTIONS ET PROMOTIONS

PRINTEMPS 2025



Académie des retraités de l'Ontario (ARO)

Volets :

- Arts, artisanats, photos et musique
- Exercices physiques et méditation
- Ateliers
- Soins corporels
- Culture générale
- Informatique et technologie
- Langues et lettres

PROFITEZ DE NOS DIFFÉRENTES PROMOTIONS À L'ARO

- Amène un ami (50% de réduction sur le coût de votre carte de membre)
- Amène deux amis (gratuité de votre carte de membre)
- 12 \$ de réduction à l'achat de 4 conférences payantes
- 10% de réduction à l'achat de 3 cours payants et plus
- Seuil de pauvreté - Carte de membre gratuite et 30 \$ de rabais applicable pour un cours ou une activité

INSCRIVEZ-VOUS DÈS MAINTENANT!

Téléphone: 819-776-5052
Courriel: direction@academiedesretraites.ca
www.academiedesretraites.ca

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS (ARO)

Sugar shack time!



The [Académie des retraités de l'Outaouais \(ARO\)](#) invites members of Retraités fédéraux Outaouais to enjoy a meal in good company at the Cabane à sucre Domaine de l'Ange-Gardien. Dance away to music!

When: Wednesday, April 2 from 11:30 a.m. to 1:30 p.m. See the ARO program for registration.

<https://aro.activigo.com/program> Group size: 60 people (register early to reserve your place!)

Cost: \$36 (NAFR 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).

New date : April 2



Book your trip with FADOQ- Région Outaouais !

Discover our escorted trips for FADOQ members and let yourself be transported to unforgettable destinations! Whether you're exploring iconic cities, immersing yourself in history or admiring breathtaking landscapes, each departure promises memorable moments.

With our new **BonVoyageFadoqOutaouais.ca** website, plan your next adventure with peace of mind, thanks to our trusted partners. Book now for a unique experience!

Details and reservations:

<https://www.bonvoyagefadoqoutaouais.ca/>





Les Petits explorateurs – La Thaïlande

An adept of slow travel on her own, Micheline Lajoie has more than one adventure in her travel bag. After introducing us to Laos and Malaysia, she returns with Thailand, aptly named the “Land of Smiles”. A land of beauty, tropical landscapes, Buddhist temples and delicious cuisine, there's so much to discover.



Friday, April 4 - 9:30 to 11:30 a.m. - Salle du Foyer

Admission is free for all, members and non-members alike. No need to register in advance.

Spring Festival

Dinner and dance. Reserve your tickets now!

\$50 for members - \$60 for non-members.

Wednesday, March 12 - 5 to 10 p.m. - Salle Desjardins



Military Whist

One Friday a month, La Corpo organizes a military whist. Teams are formed at random. Prizes to be won.

Admission is \$7, members and non-members. No need to register in advance.

Friday, March 21 - 1 to 4 p.m. - Salle Desjardins



La Cabane en bois rond: 819-776-6015

331 boul. de la Cité-des-Jeunes

<https://corpocabane.net/>

Colloque 2025 sur les Troubles Neurocognitifs Perspectives, Défis, Réflexions et Prise en Charge

Le vendredi 28 mars 2025

Hotel V - 585 boulevard de la Gappe (porte D), Gatineau, Québec

Le colloque abordera des sujets sensibles et d'actualité, tels que les troubles comportementaux et psychologiques liés aux troubles neurocognitifs, la perte de mémoire ainsi que les demandes anticipées d'aide médicale à mourir, des préoccupations majeures pour les proches-aidants ainsi que toutes les personnes concernées en plus de celles vivant avec un TNC.

Conférenciers



Dr Guy Morissette
Médecin au CISSSO et conseiller médical
pour l'aide médicale à mourir



Dr^e Isadora Matteau, M.D., FRCPC
Médecin gériatre au CISSSO
Directrice du cours de gériatrie
à l'externat au campus Outaouais
de la faculté de médecine de McGill



Dr Richard Bergeron, FRCPC, M.D., Ph.D.
Fondateur, Président-directeur général
Clinique Mémoire Ottawa|Montréal



Anne Desforges
Directrice Générale par intérim
Société Alzheimer Outaouais

Ordre du jour

13h30 - 14h00	Inscriptions, goûter léger et visite des kiosques
14h00 - 16h20	Présentations
16h20 - 17h00	Goûter léger, visite des kiosques et tirage du prix de présence

Vous aurez également l'opportunité d'échanger avec divers intervenants de l'Outaouais, afin de mieux connaître les services qui s'offrent à vous. En visitant les kiosques, vous pourrez ainsi participer au tirage du prix de présence.

Stationnement Gratuit.
Emprunter la porte D pour accéder au Colloque

ENREGISTREZ-VOUS ICI
ou scanner le code QR pour vous inscrire

Des frais d'inscription de 10 \$ s'appliquent. La totalité de ces frais sera utilisée pour soutenir et maintenir les services offerts à la communauté par Alzheimer Outaouais



Ce colloque est organisé par la Société Alzheimer Outaouais, dont la mission est d'accompagner et de sensibiliser les personnes touchées par un trouble neurocognitif majeur, tel que le malade d'Alzheimer, dans la région de l'Outaouais.

Société Alzheimer
OUTAOUAIS

Nous tenons à remercier notre partenaire
Hôtel V



Pour toute question, n'hésitez pas à contacter Christine Delage par courriel à l'adresse suivante :
chde_consultation@outlook.com, ou à joindre la Société Alzheimer Outaouais au 819-777-4232

Advocacy and latest news!

- A national spotlight on women's heart health. [Click here!](#) (February 27, 2025)
- New monthly PDSP contribution rates, effective April 1, 2025. [To learn more...](#) (February 26, 2025)
- New PSHCP pensioner contribution rates for 2025. [For more details ...](#) (February 26, 2025)
- Sage60: Wintertime reads. [To learn more ...](#) (January 31, 2025)
- Seeking passionate pension and health benefits advocates. For more details, [click here!](#) (January 28, 2025)
- Public Safety Canada is recruiting former public servants. [See details here!](#) (January 20, 2025)

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

CONTACT-US !



If you have any questions, comments or suggestions, please don't hesitate to contact us.

The entire NAFR Outaouais team wishes you a wonderful March with the arrival of spring!



Réal Fortin
President

National Association of Federal Retirees
Outaouais Branch (Q60)
115-331 De la Cité-des-Jeunes Blvd.
Gatineau, QC, Canada, J8Y 6T3
(819) 776-4128

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

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

Outaouais Branch disclaimer: The Outaouais Branch provides information on issues, products and services, and opportunities of general interest to its membership. It does not endorse a particular position or a product or service or opportunity (including volunteer or work opportunities) as being suitable for individual members but brings them to the members' attention so that they can carry out their own verifications.