



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

NAFR Outaouais Branch AGM REVIEW

The Outaouais Branch would like to thank all members who attended the Annual General Meeting (AGM) held on Wednesday, April 9, 2025, at the Cabane en bois rond and those who chose to participate virtually. Breakfast was served from 9 a.m., courtesy of Belairdirect.

ELECTION TO THE BOARD OF DIRECTORS – Five of the six members (positions) up for election were re-elected for a 2-year term. They are Réal Fortin, Jacques Lecompte, Diane Boudreault, Nathalie Thibault and Pierre Quesnel. The 6th position remains vacant.



Corinne
Harbec-Lachapelle

PRESENTATION - Members were treated to a presentation by Corinne Harbec-Lachapelle, Communications and Events Advisor at the Curateur public, entitled *Accompagner et protéger ses proches*.

KIOSKS - Two kiosks were set up, those of Bélairdirect, NAFR's national partner, and Héma-Québec, the Outaouais Branch's new partner, to inform members of their services.



Kiosk of
Bélairdirect



Kiosk of Héma-Québec

AWARD OF MERIT 2025 - The Award of Merit 2025 was presented to an exemplary volunteer, Mr. Michael MacNeil, for both his local (Advocacy Liaison Officer, Outaouais Branch Vice-President) and national (Finance Committee Chair and Quebec District Director) contributions.

DOCUMENTATION - All documents for this meeting are available on our [web page](#).

To conclude the meeting, a draw was held for participation prizes, including 3 gift certificates worth \$50 each, courtesy of Moca Loca.

Thank you and see you next year!

Réal Fortin, President, Federal Retirees, Outaouais Branch



Michael MacNeil, recipient of the
2025 Award of Merit

The AGM in pictures!



The Reception Table



Participants at the AGM



Breakfast Table



Our participation prize winners !





Donate plasma ... an accessible way for retirees to make a difference!

This is the invitation the Outaouais Branch is extending to its members through a new partnership with Héma-Québec. This partnership aims to encourage donations and reduce dependence on the United States in this area.

Why respond to this invitation?

- Because our donation can save lives. The life of an accident victim, a chemotherapy patient, a burn victim or someone suffering from hemophilia.
- Because it's easy and safe. All you have to do is make an appointment at the [Gatineau Donation Centre](#) for Outaouais members, and don't forget to mention that you're an NAFR member (to find out the impact of the partnership).
- Because the quality of our plasma is not affected by our age! Whether you're 20, 50 or 80, your plasma has the same value for Héma-Québec, and you can greatly improve (and even save) the life of a fellow citizen thanks to plasma-derived medications.
- Because we currently have to import large quantities of plasma from the United States, a costly dependency. In fact, approximately 66% of our needs are covered by imports, and each liter of imported plasma costs Héma-Québec \$300. Let's help reduce this dependence!

What is plasma? The liquid part of blood, plasma contains proteins that are essential for the treatment of people suffering from bleeding disorders, accidents and other illnesses. It is also used to make vital medicines for burn victims, cancer survivors after chemotherapy, haemophiliacs and many people with autoimmune diseases.



NAFR Outaouais Branch at the Outaouais CAR SHOW from April 11 to 13



Your section was present at the Outaouais CAR SHOW on April 11-12-13 in recruitment mode, with its attractive booth. This year's event included not only electric vehicles, but also gasoline-powered and hybrid cars. NAFR members received a discount on the price of admission by purchasing their ticket online.



Donald Déry receives the Medal of the Lieutenant-Governor of Québec

Congratulations to our past president and Board member, Donald Déry, who on Saturday, April 12, 2025, was awarded the Medal of the Lieutenant-Governor of Québec, Seniors category, for his exceptional contribution to the Outaouais community! The entire NAFR Outaouais Branch team is very proud !



APRIL & MAY VIDEOCONFERENCES!



Jasmine Brousseau
Nutritionniste



Dr. Charles Bélanger
Chiropraticien



Dr. Guillaume Coovi-Sirois
Chiropraticien

Vieillir en santé : L'ABC de la santé osseuse et musculaire (in French only)

You are invited to a videoconference entitled: **Vieillir en santé : L'ABC de la santé osseuse et musculaire** to be presented on **Tuesday, April 29, 2025 from 10:30 to 11:30 a.m. (in French only)** by Jasmine Brousseau, Charles Bélanger and Guillaume Coovi-Sirois.

As we age, our bodies undergo changes that can affect bone, joint and muscle health, and ultimately our well-being. This videoconference by Jasmine Brousseau, Nutritionist, Dr. Charles

Bélanger and Dr. Guillaume Coovi-Sirois, Chiropractors, is aimed at people aged 50 and over.

ABC Clinique Santé's presentation aims to provide practical advice on preventing and/or curbing osteoporosis, muscle wasting and relieving joint pain. During the presentation, you'll discover simple strategies in terms of diet, exercise and healthy lifestyle habits to maintain strength, flexibility and independence for longer.

Registrations : [French session only](#)

Balancing blood sugar naturally

You are invited to a videoconference entitled: **Balancing blood sugar naturally** to be presented on **Tuesday, May 13, 2025, from 9:30 to 10:30 a.m.** by Gisèle Cannalonga to learn simple, effective strategies for stabilizing blood sugar and improving energy on a daily basis.

Points to be covered during the videoconference are:

- Understanding blood sugar
- Importance of blood sugar balance
- Effects of blood sugar spikes and drops
- Three simple strategies for balancing blood sugar
- Reducing added sugars:
- Identifying hidden sources of sugar
- Natural alternatives
- Focus on good carbohydrates and fiber:
- Replace refined carbohydrates with complete, fiber-rich versions
- Incorporate cider vinegar:
- Benefits and how to use
- Other practical tips
- Importance of good fats (avocados, nuts, olive oil)
- Start meals with protein
- Incorporate regular physical activity

Registrations: [French session](#) et [English session](#)



ACTIVITIES OF OUR PARTNER ASSOCIATIONS...



For more details
on ARO
activities,
consult the
program in [PDF](#)
[format](#) or [online](#)

(In French only).



Registration open for FADOQ Regional Games tournaments! 🏆 (in French only)
It's time to form your team and take up the challenge in a friendly and dynamic atmosphere.
Discover our list of tournaments in the Outaouais region and register now:

<https://www.fadoq.ca/.../activites.../jeuxregionaux2025-2>



As part of the Regional Games, FADOQ - Outaouais Region, in collaboration with the Club de tennis de Hull, invites you to take part in its first-ever regional tennis tournament, to be held May 23-25, 2025 at Parc de l'Île in Gatineau.

The tournament features two sections: competitive (level A, 3.5+) and recreational (level B, 3.0-). Each participant must choose only one section when registering. Three categories are available: women's doubles, men's doubles and mixed doubles. A minimum of two matches is guaranteed, and the fee is \$25 per person, including balls, medals and draws.

Registration will be open from April 25, 2025 at 8 a.m. to May 18, 2025 at 8 p.m. via Event'nroll: [click here](#)

If you don't have a playing partner, simply check "looking for a partner" when you register, and we'll be happy to help you match up.



We are looking for volunteers to accompany seniors to medical appointments. We pay \$0.50 per kilometer. Contact Diane Barbeau at 819-771-6609, ext. 4.



Military Whist

There will be a Military Whist on Friday, April 25, 2025, from 1:00 p.m. to 4:00 p.m. at Desjardins Hall. The cost of participation is \$7. Prizes will be awarded along with coffee/tea and cookies.



To ensure you can play, we ask you to arrive before 12:45 p.m., as after this time we will only accept players if we can form a table of four. We'll also be playing 4 sets of 5 games, so we may not be able to finish before 4.00 pm.

Spring Tea

Every year, spring tea allows participants to taste teas from a different country. This year, the teas will come from India, and the tasting will take place on May 2 in the Salle du Foyer between 1:30 and 3:00 pm. Tickets, costing \$10 for members and \$15 for non-members, are on sale at the Corpo office.

Corpo's 50th anniversary activities

- Mother's Day Basket Draw
- Boite à chansons evening
- Mechoui supper and dance
- Corpo's 50th anniversary Gala supper

If you have any questions about 50th anniversary events, please contact Mona Seguin at 819-923-7512 or mseguin1603@videotron.ca.

La Cabane en bois rond : 819-776-6015

331 boul. de la Cité-des-Jeunes

<https://corpocabane.net/>

Advocacy and latest news!

- Canada's political parties: What's on the table. [Read more...](#) (April 9, 2025)
- Pension promises encouraging as Federal Retirees advocates for better retirement security during federal election. [Click here!](#) (March 26, 2025)
- Federal Retirees calls for action on seniors' issues in federal election. [For more details...](#) (March 25, 2025)
- Message from the CEO : Canada's 24th prime minister. [Read more...](#) (March 18, 2025)
- Pizzino – American tariffs pose a major threat to aging Canadians. [Click here!](#) (March 4, 2025)

Source: NAFR Web Site: [News and Events](#) | [Federal Retirees](#)



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 month of April and a Happy Easter!



Réal Fortin
President

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

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

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