

Newletter

May 2025



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

Welcome to Sylvie Poulin, NAFR Outaouais Branch's new Member Services Representative



Sylvie Poulin

We'd like to extend a warm welcome to our new Member Services Representative, who joined us on April 28. The Board and staff are delighted to welcome this young retiree from the federal public service, who brings us a wealth of expertise in management and customer service. She is recognized for her rigor, dynamism and commitment to service excellence.

We are convinced that her professionalism, spirit of initiative and member-focused approach will greatly enrich our community.

Goodbye Liane and a huge thank you!

She has been with us for almost 4 years, and it is with great gratitude that we mark the departure of our outgoing Member Services Manager, Liane Dussault. Members greatly appreciated her empathy and her willingness to respond to their often complex requests. She was always eager to help organize our special events and coordinate our videoconferences.

She leaves us for a well-deserved rest and to spend quality time with her family and grandchildren. On behalf of the Board and members, we thank you, Liane, for all these wonderful years, and look forward to seeing you again at our events very soon.



Liane Dussault

André Thivierge
General Director, NAFR Outaouais Branch

MAY Videoconferences !

Balancing blood sugar naturally

You are invited to a videoconference entitled: **Balancing blood sugar naturally** which will be presented on **Tuesday, May 13, 2025 in French from 9:30 a.m. to 10:30 a.m. and in English from 11:00 a.m. to 12:00 p.m.** by Gisèle Cannalonga with the aim of learning simple and effective strategies to stabilize blood sugar levels and improve daily energy.

The video conference will cover the following topics:

- Understanding blood sugar
- The importance of glycemic balance
- Effects of blood sugar peaks and drops
- Three simple strategies for balancing blood sugar
- Reduce 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 it
- Other practical advice
- The importance of good fats (avocados, nuts, olive oil)
- Start meals with protein
- Incorporate regular physical activity

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



Eat better, move more, and stimulate your brain: Three effective strategies for improving your health



You're invited to a videoconference entitled: **Eat better, move more, and stimulate your brain: Three effective strategies for improving your health** to be presented on **Wednesday, May 21, 2025 in French from 9:30 to 10:30 a.m. and in English from 11:00 a.m. to 12:00 p.m.** by two kinesiologists, Charles-Émile Desgagnés-Cyr and Stuardo Bonilla-Duque, where you'll discover science-based tips for adopting new habits in a pleasant and sustainable way. You'll also be introduced to Luci, an online program designed to help you move from theory to practice by setting realistic, motivating goals!

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

NAFR-Outaouais initiates federal candidate debate on seniors' issues with 5 partner organizations

On April 22, just days before the federal election, your branch initiated, co-organized and held a debate with candidates from the five federal parties in the Outaouais region, in collaboration with FADOQ-Outaouais, AQDR, ARO, TCARO and AREQ.

On this occasion, the presidents of the six organizations, as well as members of the public in person, at the Cabane en bois rond and online, had the chance to ask the candidates important questions on sustainable income, health and access to affordable housing.

The debate, moderated by the Branch's General Manager André Thivierge, generated a great deal of interest and was the subject of several television reports.



Strategic meeting of the Board of Directors (Lac-à-l'épaule)

The members of your newly elected Board of Directors will meet all day on **Wednesday, June 11** for a Lac-à-l'épaule at the Cabane en bois rond. On this occasion, participants will evaluate the Member and Volunteer Recruitment and Retention Program adopted in 2023.



This program, which has enabled us to substantially increase our membership in recent years, needs to be reviewed to identify its successes and areas for improvement.

Members will review the results to develop an updated action plan for the next two years.

DID YOU KNOW that almost all the plasma purchased by Héma-Québec comes from the United States?

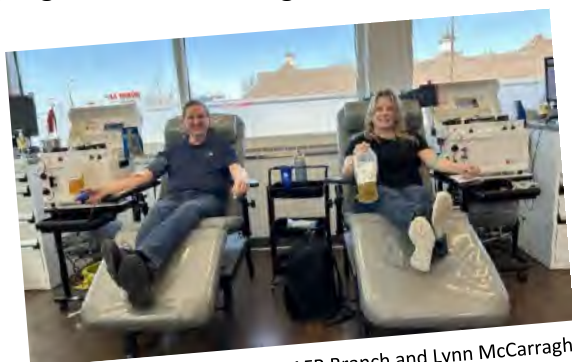
Donate plasma on behalf of NAFR to contribute to Héma-Québec's self-sufficiency.

The Outaouais Branch continues its partnership with Héma-Québec and encourages its members to donate plasma to ensure Quebec's autonomy in this area. Plasma is the liquid part of blood. It contains proteins which, in the form of drugs, are essential to the treatment of many diseases.

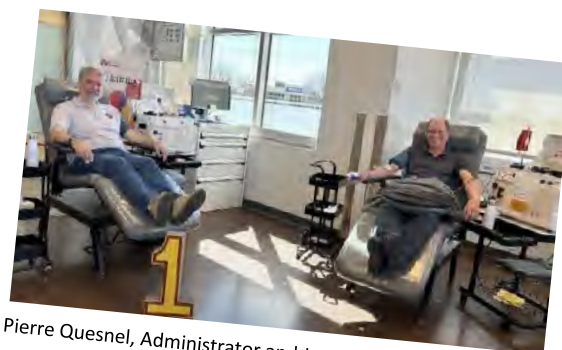
At present, Quebec is self-sufficient in plasma for only 35% of its needs. Almost all plasma derivatives (99%) purchased by Héma-Québec come from the United States. In 2023-2024, the Quebec organization purchased over one million grams (1000 kilograms), or the equivalent of one tonne. Well aware of their near-monopoly, the U.S. may decide to raise selling prices.



The Outaouais Chapter has set itself a target of **400 donations** for the period 2025-26 (April 1, 2025, to March 31, 2026). To help us reach our goal, simply book an appointment on the Héma-Québec website or call 1 800-343-7246. **At the reception desk, don't forget to indicate that your donation is made on behalf of the NAFR.** As of next month, we'll keep you informed of our progress towards our goal.



Réal Fortin, President of the NAFR Branch and Lynn McCarragher, Associate Director General



Pierre Quesnel, Administrator and Jacques Lecompte, Secretary

Second collective donation from your Outaouais Branch (May 1, 2025)

FUTUR VIDEOCONFERENCES!

We're preparing our videoconference schedule for 2025-2026.

Do you have topics to suggest, or speakers you know who would be interested in hosting a videoconference for our members? Please let us know by e-mail admin@anrf-outaouais.ca or by phone (819) 776-4128.

Past videoconferences are available on our [website](#).



OUR LOCAL PREFERRED PARTNERS!

- Are you taking advantage of discounts from our preferred local partners? [Click here](#) for a list of our preferred local partners.
- Do you have a business to suggest as a new discount partner, or do you know a local business owner who would like to promote their products and services to NAFR's 12,000 Outaouais Branch members?

Write to us at admin@anrf-outaouais.ca and we'll be happy to follow up with them to invite them to partner with us.



ACTIVITIES OF OUR PARTNER ASSOCIATIONS...



**RÉSERVE TA PLACE AU
TOURNOI DE GOLF**
AU PROFIT DE LA PERSÉVÉRANCE SCOLAIRE
23e tournoi de golf au club de golf Kingsway
LUNDI, 2 JUIN 2025

PRIX: 135 \$ - MEMBRE
145 \$ - NON-MEMBRE
(Comprend: Jeu, voiturette, souper, taxes et pourboire)

PRIX - SOUPER SEULEMENT
(pourboire inclus)
45 \$ + tx (MEMBRE)
55 \$ + tx (NON-MEMBRE)

On vous attend nombreux !
Formez votre quatuor si vous le désirez !

Académie des retraités de l'Outaouais
331, boul. Cité-des-Jeunes
Gatineau, Qc J8Y 6T3
Téléphone: 819-776-5052
www.academiedesretraites.ca

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

CONTACT-US!

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

The entire ANRF Outaouais team hopes you enjoy this beautiful month of May as flowering begins!



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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