

Newsletter

June 2025



Association nationale
des retraités fédéraux

National Association
of Federal Retirees

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

Celebrate National Public Service Week with us!

Hats off to civil servants! National Public Service Week takes place this year from **June 15 to 21**. We salute those who deliver the programs and services that support the work of the federal government and the everyday needs of Canadians. We'd also like to thank our members for their commitment to public service excellence.

National Public Service Week
June 15 to 21, 2025



Past and present, your service matters!

This National Public Service Week, I'd like to take a moment — on behalf of our branch volunteers — to recognize the people who have dedicated themselves to serving Canadians. Our theme this year says it best: "Past and present, your service matters."

Public service doesn't always make headlines. It often happens quietly, behind the scenes, with humility and heart. And yet, it touches every part of our lives — from the safety of our food to the services Canadians rely on every day. For those who've worn that responsibility, and for those who continue to champion dignity in retirement, we thank you. Let's take this opportunity to reflect on the difference public servants have made — and continue to make — in our communities and across the country.

Happy Public Service Week to all !

With gratitude,

Réal Fortin
President, Federal Retirees Outaouais Section

PROMOTION - PROMOTION – MÉCHOUI (ARO-NAFR)

The Académie des retraités de l'Outaouais (ARO), in collaboration with the Outaouais Branch of the National Association of Federal Retirees (NAFR), is looking forward to welcoming you in large numbers to its traditional **MÉCHOUI** as part of the ARO's OPEN DOORS! It's a time for reunions and the pleasure of eating together!

We'll be meeting under the Big Tent for a delicious dinner, plus André Thivierge will be singing and providing entertainment for the day.

RESERVE your **MÉCHOUI** meal **online starting on JULY 1st at aro.activigo.com/program** :

- July 1 to 31, 2025: \$25 + tx (member) and \$35 + tx (non-member)
- From August 1, 2025: \$30 + tx (member) and \$40 + tx (non-member)

CONFIRMATION DEADLINE: August 20, 2025.

OPEN HOUSE - FREE! Come and meet the trainers who will be offering courses at ARO in fall 2025. These people are here to inform you.

Promotional ad in French only



**RESERVE BEFORE
AUGUST 1** your
MÉCHOUI meal to
get **THE DISCOUNT!**

**ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS EN
PARTENARIAT AVEC L'ASSOCIATION NATIONALE DES
RETRAITÉS FÉDÉRAUX (ANRF) SECTION OUTAOUAIS**

ORGANISENT LEUR TRADITIONNEL

Méchoui

25 AOÛT 2025
Dès 11H 30

**PORTES
OUVERTES**

**PROMOTION
CÔÛT DU 1ER AU 31 JUILLET**
25 \$ + TX (MEMBRE)
35 \$ + TX (NON-MEMBRE)
À PARTIR DU 1ER AOÛT 2025
30 \$ + TX (MEMBRE)
40 \$ + TX (NON-MEMBRE)

Cabane en bois rond,
331, boul. Cité-des-jeunes
Info : 819-776-5052
<https://aro.activigo.com/program>

**BIENVENUE
EN FAMILLE**

MAKE A GIFT OF LIFE by donating PLASMA

Help NAFR Outaouais Branch reach its goal of **400 donations** !

Our National Holiday is an excellent opportunity to raise awareness of the importance of promoting Quebec's self-sufficiency in all areas. That's why the Outaouais

Branch is promoting its partnership with Héma-Québec and encouraging its members to give the gift of life by donating plasma. 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 for only 35% of its plasma needs. Almost all plasma derivatives (99%) purchased by Héma-Québec come from the United States. In 2023-24, the Quebec organization purchased over one million grams (1000 kilograms), or the equivalent of one ton. Well aware of their near-monopoly, the U.S. may decide to raise prices.



The Outaouais Branch, which has set itself a goal of **400 donations** for the 2025-26 period, has already collected 29 donations and is counting on you to help us reach our goal. Simply make 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.** Finally, Héma-Québec will be on hand to answer your questions at the ARO/NAFR Méchoui on August 25.

IT'S EASY! Simply make 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..

Next videoconference in **SEPTEMBER**

Breast Cancer Awareness Conference



You are invited to a “**Breast Cancer Awareness Conference**” videoconference to be presented on **Thursday, September 25, 2025, from 9:30 to 10:30 a.m. in French and from 11:00 to 12:00 p.m. in English**. Ms. Élise Dushime, Coordinator, Prevention and Health Promotion, will explain breast cancer and how to prevent it, known risk factors, and steps to take for early detection.

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

FUTURE 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](#).



Make the most of this new promotion!

SUMMER DISCOUNT AT MONT CASCADES

For NAFR Members

Every Monday and Friday this summer, with the exception of July 21, 25 and 28, and August 1, 25 and 29, members and their immediate families* of the Outaouais and Ottawa branches can celebrate the summer season at Mont Cascades at a special all-day rate:

- \$25 + tax per person for those under 52" (or 1.32m)
- \$29 + tax per person for those taller than 52" (or 1.32m)
- Free admission for children 2 years old or under

Tickets can only be purchased on site on Mondays and Fridays of the promotion, on presentation of your Association membership card or one of the e-mails sent by the Association announcing this promotion. A paper copy is preferable, as your telephone may not work on site.

*Mount Cascades defines immediate family members as spouses or partners, children and grandchildren, grandparents and siblings. The branch member must be one of the people visiting the water park.

Season 2025 starts on June 13 and will end on September 1

Info NAFR
819-776-4128
admin@anrf-outaouais.ca

<https://montcascades.ca/aqua/>



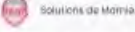
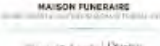
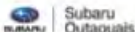
OUR LOCAL PREFERRED PARTNERS!

- 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.



Local Preferred Partners

CONTACT-US !

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

WILL YOU BE MOVING THIS SUMMER? IF SO, PLEASE ENSURE THAT WE HAVE YOUR NEW ADDRESS AND COORDINATES BY CALLING OUR OFFICE AT **819-776-4128** OR WRITING TO admin@anrf-outaouais.ca

Summer season!

Please note that from **June 30 to August 1**, member services will be limited but will be available by e-mail or telephone. Your requests will be addressed in a timely manner. You can reach Member Services at any time at 819-776-4128 or by e-mail at admin@anrf-outaouais.ca.

The entire NAFR Outaouais Branch team wishes you a wonderful summer! We look forward to seeing you in August!



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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