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The latest news from your branch

Hello contact.firstname,

Welcome back everyone!

We hope you enjoyed our beautiful summer. We are busy preparing for a season full of exciting activities, and we hope we can count on your participation!

Just a reminder that our office is open on Wednesdays from 9:30 a.m. to 4:30 p.m., and other working days by appointment. Feel free to come visit us, we'd love to see you.

Finally, we've replaced our monthly newsletter with targeted, concise messages that deliver the essentials, like this one! Send us your comments at admin@anrf-outaouais.ca.

Upcoming videoconferences

September 25, 2025 - A videoconference entitled "Breast Cancer Awareness Conference" will be presented by Ms. Élise Dushime, Prevention and Health Promotion Coordinator for the Quebec Breast Cancer Foundation. Ms. Dushime will explain breast cancer and how to prevent it, known risk factors, and steps to take for early detection.

Date: Thursday, September 25, 2025

Time: 9:30 a.m. to 10:30 a.m. (in French) and 11:00 a.m. to 12:00 p.m. (in English)

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

Free book offer

To brighten your autumn days, the NAFR has partnered with an author from the National Capital Region to offer you a free, thrilling digital novel.



The Prez is a gripping story that follows the rise of a young delinquent from the Outaouais as he carves his path into the world of Canadian organized crime. Visit the link below for more details. ***The Prez, who just received five perfect ratings from Readers' Favorite***, immerses readers in a world that is both brutal and profoundly human, brought to life by complex characters, strong relationships, and unrelenting tension. Twist after twist reveals the many faces of courage, intelligence, and ambition.

To claim your free copy of *The Prez*, before September 30, 2025, simply visit the following link:
<https://dl.bookfunnel.com/j9c5q63ri7>

Gatineau mayoral candidates debate

In connection with the municipal elections on November 2, 2025, please mark your calendars for this special invitation:

Date: Wednesday, October 15, 2025

Time: 2:00 p.m. to 4:00 p.m.

Address: 331 Cité-des-Jeunes Boulevard, Gatineau

Registration: The information required to reserve your spot in person at the Cabane en bois rond or on ZOOM will be sent to you shortly.

This event is organized by a group of seniors' associations:

NAFR National Association of Federal Retirees - Outaouais Branch

AQDR Outaouais, Association québécoise de défense des droits des personnes retraitées et préretraitées de l'Outaouais

AREQ région Outaouais, Mouvement des personnes retraitées CSQ de l'Outaouais

ARO L'Académie de retraités de l'Outaouais

TAG La Table des aînés de Gatineau

TCARO La Table de concertation des aînés et retraités de l'Outaouais

The following mayoral candidates have confirmed their attendance:

- ✓ Act on Gatineau: Ms. Maude Marquis Bissonnette
- ✓ Équipe Mario Aubé: Mr. Mario Aubé

The election debate will be held in a hybrid format, both in person at the Cabane en bois rond and on the ZOOM platform and Facebook Live. We hope that many of you will participate in this debate focused on issues and concerns affecting Gatineau seniors.

Contact Us

Do you have any quest ons, comments, or suggest ons? Feel free to contact us at admin@anrf-outaouais.ca or by calling 819-776-4128. Visit our [Facebook page](#), our [website](#) and our [LinkedIn page](#).

Sincerely,

Réal Fort n

President, Outaouais Branch

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



Outaouais Branch
National Association of Federal Retirees
115-331 boul. de la Cité-des-Jeunes, Gatineau, Que. J8Y 6T3
(819) 776-4128 | federalretirees.ca/outaouais
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