

The latest news from the Outaouais Branch

Veterans Week and Remembrance Day

Every year, Nov. 5 to 11 is Veterans' Week, a time for Canadians to honour the extraordinary courage and sacrifices of those who served in the Canadian Armed Forces (CAF) and the Royal Canadian Mounted Police (RCMP).

Remembrance Day, Nov. 11, marks the final day of Veterans' Week and recalls the end of hostilities during the First World War in 1918. **At the eleventh hour of the eleventh day of the eleventh month, Canadians pause for a moment of silence to remember.**



To learn more about Veterans' Week and Remembrance Day on the NAFR website, please [click here](#).

Christmas Banquet 2025 – Buy your tickets!

Tickets are now on sale! Don't miss the Outaouais branch of the NAFR's Christmas banquet, which will be held on Saturday, December 6, at the Palais des congrès de Gatineau, starting at 4:30 p.m. For full details about the event, see the targeted message that was emailed to you on November 5, 2025, and which you can also find [online here](#).

Cost for members and their guests: \$95 taxes included.

Ticket purchase: [NAFR Christmas Banquet 2025 Ticket Office](#). (Please see the attached [Point of Sale Instructions](#) for purchasing tickets). When registering, you can choose your table and seating for your guests, make your meal choice, and inform us of any food preferences.

If you have any questions, please contact us at 819-776-4128 / 1-888-776-4128 (toll-free).



Many thanks to our sponsors:

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Resounding success for the 4th edition of the Salon FADOQ Outaouais

The FADOQ Région Outaouais enjoyed resounding success with its FADOQ Distinction 50+ Fair presented by LOBE, which took place on October 25 and 26 at the Palais des congrès de Gatineau. According to the results, more than 5,400 visitors of all ages flocked to the Palais des congrès, an increase of 20% over last year.

Your National Association of Federal Retirees Outaouais Branch was there as an exhibitor with its beautiful booth, which once again welcomed a large number of visitors this year. This salon is a major recruitment event for the Association and a great opportunity to chat with our active members visiting the event.

To read the FADOQ press release (in French only) on the results of the salon, please [click here](#). Congratulations to the organizers, we will be back again next year for the 5th edition.



311 plasma donations collected in just 8 months

Your Outaouais Branch is proud to announce that it has reached 78% of its annual goal of 400 donations, with **311 plasma donations** to date.

It thanks all donors who came out and invites other members of the Association to contribute to this wonderful campaign by making an appointment at the [Gatineau Donation Center](#). **At the reception desk, don't forget to indicate that your donation is being made on behalf of the NAFR.**

Give plasma
Give hope.



Featured local partner

The Outaouais Branch is proud to announce a new partnership with **Ginutruvida**. With Gisele Cannalonga, health coach and founder of GiNutriVida, discover a comprehensive approach to transforming your well-being. Thanks to her expertise in metabolic diseases and healthy lifestyles, you will receive caring and scientific support to guide you toward a more balanced and vibrant life. 🌱

DISCOUNT: \$100 off the complete **Metabolic Balance®** program, personalized support to rebalance your metabolism, lose weight permanently, and regain your natural energy.

10% off all other GiNutriVida services, including:

- The ready-to-use **low glycemic index** (IGBas) program
- **À la carte consultations** for personalized follow-up
- **Menu plans** tailored to your needs and goals

If you have any questions about this partner and the discount offered to our members, please contact Gisèle directly. Follow Gisèle on her [website](#), [Facebook page](#), or [Instagram](#) account to stay up to date on her activities and promotions.



For a list of our local partners, click on this link:

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

Contact Us

Do you have any questions, comments, or suggestions? 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 Fortin

President, Outaouais Branch

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