

# The latest news from the Outaouais Branch

## Notice of the Outaouais Branch annual general meeting — Wednesday, April 8, 2026

We are pleased to invite you to the Outaouais Branch annual general meeting (AGM), which will be held on **Wednesday, April 8, 2026, from 9 a.m. to 12:30 p.m.** at the Cabane en bois rond located at 331 Cité-des-Jeunes Blvd., Gatineau, in the Desjardins Room, and also virtually thanks to hybrid technology. Breakfast (tea, coffee, juice) and pastries will be served starting at 9 a.m., courtesy of Dignité, which will also have a booth on site.



**Conference** — As part of the AGM, our valued partner Dignité will give a presentation in French only on the theme of “**Digital legacy: protecting your accounts after death.**” Please note the content will be presented in French, however bilingual participation is encouraged.



**Documentation** — [All documents for this meeting are available on our web page.](#) A paper copy of the 2025 Annual Report summary will only be provided if you indicate that you would like to receive one when you register online.

**Registration** — To participate in the 2026 AGM, please confirm your attendance by **Friday, April 3, 2026**, [use this link to register](#). If you have any questions about the AGM, please do not hesitate to contact us by email at [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca) or by phone at **819-776-4128**.

**Board of directors election** — At the AGM, if you would like to join our team, seven director positions will be available, three outgoing directors and four vacancies. The work of a director is central to defending the interests of federal retirees in the Outaouais region. You will be involved in current issues, whether they relate to pensions, health, housing, taxes, or other related areas.

We look forward to meeting you.

**Réal Fortin**  
President, Outaouais Branch

## Reminder! Information session for seniors aged 65 and over with the Canada Revenue Agency

**March 10, 2026** — Your Outaouais Branch is organizing a Zoom information

**March 10, 2026** Your Outaouais Branch is organizing a Zoom information session in French only, for people aged 65 and over, presented by the Canada Revenue Agency (CRA). To view online resources, visit the following page: [How outreach officers can educate your community about benefits and credits – Canada.ca](#).

The following topics will be covered during the videoconference:

- Main types of income for seniors
- Old Age Security (OAS) clawback tax
- Pension income splitting
- Registered Retirement Savings Plan (RRSP)
- Goods and Services Tax/Harmonized Sales Tax (GST/HST) credit
- Disability tax credit (DTC)
- Canada Caregiver Credit (CCC)
- Medical expenses
- Home accessibility expenses
- Secure online tools and services - My CRA Account
- Income Tax Assistance Program (ITAP)
- Avoid scams

**Date:** Tuesday, March 10, 2026

**Time:** 9:30 to 11 a.m.

**Registrations:** [French session](#). Please note the content will be presented in French, however bilingual participation is encouraged.

## **Next free breakfast conference — Save the date: March 18, 2026**

Your Outaouais Branch will hold a free breakfast conference with its preferred partner [SSMT Medical Clinic](#) on the topic of “Preventive Health” on **Wednesday, March 18, 2026, from 9 to 11:30 a.m.**



SSMT Medical Clinic offers a wide range of healthcare services in clinics and at home, ensuring that every patient has quick access to quality medical care. For more information about SSMT Medical Clinic, visit their [website](#) and [Facebook page](#).

Come meet SSMT Medical Clinic to learn more about preventive health, their services and the discounts offered exclusively to association members.

**Date:** Wednesday, March 18, 2026

**Time:** 9 to 11:30 a.m.

**Registrations:** [Access the online form](#). Please note the content will be presented in French, however bilingual participation is encouraged.

## **Sugar shack outing — Wednesday, March 11, 2026**

The Académie des retraités de l'Outaouais (ARO) and the association's Outaouais Branch invite you to the Domaine de l'Ange-Gardien for a delicious sugar shack meal in good company, followed by dancing!

**On the menu:** pea soup, omelet, maple ham, pork and beef sausages, crispy pork ears, roasted potatoes, baked beans, pancakes, sugar pie, maple syrup, marinades (bread, butter, and maple taffy on snow).

For more information about the sugar shack, [visit the Domaine de l'Ange-Gardien website](#).



**Date:** Wednesday, March 11, 2026

**Time:** 11:30 a.m.

**Location:** Domaine de l'Ange-Gardien,  
1031, ch. Pierre Laporte, L'Ange-Gardien, Que., J8L 0E9

**Cost:** \$37 plus tax

**Registration:** If you are not a member of the ARO, you must register by phone by calling **819-776-5052**. If you are a member of the ARO, [you can register online \(site in French only\)](#)

## **PARK'N FLY — New preferred local partner!**

Your Outaouais branch has entered into an agreement with a new local preferred partner, **Park'N Fly Canada**, offering discounted prices on airport parking at Ottawa Macdonald-Cartier International

Airport (and other locations) by using the Outaouais Branch discount code.



To access the discounted rates, members must reserve in advance with the discount code, either on the Park'N Fly website, or with their app. You can view instructions and the discount code by accessing [this informational flyer](#).

## **Contact us!**

Do you have any questions, comments or suggestions? Feel free to contact us at [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca) or by calling **819-776-4128**. Visit us on [Facebook](#) and [LinkedIn](#) and visit our [web page](#).

Sincerely,

**Réal Fortin**  
President, Outaouais Branch

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**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.



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**National Association of Federal Retirees**  
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