BRANCH REPORT

QC60 | Outaouais

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Message from the President

Dear members,

The National Association of Federal Retirees is undergoing major changes this year. Its national leadership has launched a major consultation process to re-evaluate its structure and mode of operation, with a decision-making horizon of June 2026, at its Annual Meeting of Members. In addition, the unexpected departure of the national president has forced the postponement of the election to this position to a virtual extraordinary meeting on November 19, 2025. As President, I will support the candidate best able to help the Outaouais Branch maintain quality services to our members and foster collaboration.

Last June, the board and staff members once again held a strategic planning session to review our three-year action plan and calibrate our priorities for the coming year. The emphasis is on recruiting and retaining members, as numbers are important in defending the interests of retirees. More specifically, a group of volunteers will devote their efforts to contacting our members (current, future and former, including civil servants still employed by the Public Service) to make us known, and to encourage and maintain membership in our organization. Your branch will continue to offer quality services, through its dedicated staff, to meet your needs and demonstrate leadership within the Quebec District.



Kind regards,

Réal Fortin
President of the Outaouais Branch

Do we have your most recent contact details?

To ensure that you receive our newsletter, our targeted messages and that we can contact you if necessary, please make sure we have your most recent contact information by calling 819-776-4128 or by e-mail at admin@anrf-outaouais.ca

BANNIÈRE DE PARTENAIRE



A look back at the AGM held on April 9

Forty-two members attended the Annual General Meeting (AGM) held on Wednesday, April 9, 2025. The list of Board members for 2025-2026 appears on the last page of this Branch Report.

The Board wishes to acknowledge the departure of directors Michelle Page and Donald Déry last June. Mr. Déry has made an outstanding contribution over the past ten years as Branch President and has served in a variety of capacities. Ms. Page held the key position of Responsible for Communications. We thank you most sincerely.

New partnership with Héma-Québec

Last spring, your Branch launched an associative partnership with Héma-Québec to promote plasma donations and give the gift of life while reducing dependence on the United States 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.

The Outaouais Branch has set itself a target of **400 donations for the 2025-2026 period** and is counting on you to help it reach its goal. To make an appointment, simply visit the **Héma-Québec website** or call 1 800-343-7246. **At the reception desk, don't forget to mention that your donation is made on behalf of the NAFR.**





Your branch at a strategic meeting

Your newly-elected Board of Directors met on June 11 for a Lac-à-l'épaule at the Cabane en bois rond. On this occasion, Board members reviewed the Branch's strategic action plan and, more specifically, evaluated the Member and Volunteer Recruitment and Retention Program adopted in 2023.

This program, which has enabled us to substantially increase our membership numbers in recent years, needed to be reviewed to identify its successes and areas for improvement. Participants examined the results in order to develop an updated strategic action plan for the next two years.

Don’t miss our fall events!

Breakfast-conference on Wednesday, October 22, 2025 on the theme ‘Aging well with vitality’

Salon FADOQ Outaouais on October 25-26, 2025

Christmas banquet on Saturday, December 6, 2025

Stay tuned to our targeted e-mail messages for all the details!

Become a volunteer with us!

Your association needs volunteer members like you!

Call us at 819-776-4128

Association nationale des retraités fédéraux
National Association of Federal Retirees
OUTAOUAIS

Our office welcomes you on Wednesdays!



Starting in August, you can drop by our office located at the Cabane en bois rond located at 311, boul. Cité-des-Jeunes, room 115, in Gatineau. Our new Staff member Responsible for Member Services, Sylvie Poulin, will be happy to welcome you on Wednesdays from 9:30 a.m. to 4:30 p.m. You can make an appointment for other days of the week by calling 819-776-4128 or by writing to admin@anrf-outaouais.ca.

Your Outaouais Branch is listening!

We'd like to hear from you:

- What videoconferencing topics interest you?
- Are there any activities you'd like us to organize?
- Are there any businesses you'd like to see on our list of preferred local partners?
- Any other questions relevant to our services

UPCOMING EVENTS

Breakfast conference: Wednesday, October 22, 2025, at the Cabane en bois rond (Giguère room) on "Aging well with vitality. More details to come.

Outaouais Branch Christmas Banquet: Saturday, December 6, 2025 at the Palais des Congrès de Gatineau.

Stay tuned to our Facebook, newsletters and Web posts for more details or contact us via the contact information on the first page of this document for more information about upcoming Branch events

Our Videoconferences

Sign up for our videoconferences on various topics of interest to retirees! Lasting one hour, they are greatly appreciated by our members.

Do you have a videoconference topic you'd like to share with us for a future videoconference? Don't hesitate to contact us at 819-776-4128 or by e-mail at admin@anrf-outaouais.ca. To view past videoconferences, click here!

NATIONAL ASSOCIATION OF FENERAL RETIREES

List of Board Members, Employees, and Volunteers of the Outaouais Branch 2025-2026

Board of Directors

President:	Réal Fortin
Vice-president:	Lyne McMillan
Secretary:	Jacques Lecompte
Treasurer:	René Caron
Administrator:	Alan Conway
Administrator:	Diane Boudreault
Administrator:	Pierre Quesnel
Administrator:	Nathalie Thibault

Employees

Director General:	André Thivierge
Assistant Director General:	Lynn McCarragher
Responsible for Member Services:	Sylvie Poulin

Volunteers

CRM Reports:	Guy Gaumont

BANNIÈRE DE PARTENAIRE