BRANCH REPORT

QC60 | Outaouais

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Message from the President

Dear members,

In 2025, your Outaouais branch made considerable efforts to offer you a variety of activities (videoconferences, breakfast conferences, and social events, including a Mechoui and, of course, our iconic Christmas Banquet). I sincerely thank everyone who participated in these activities and events. Our goal for 2026 is to provide you with an improved offering based on your comments and suggestions compiled through our satisfaction surveys.

Throughout 2026, we will continue to reach out to our current and potential members. As we did last year, we will be present at various events, such as the Salon FADOQ, to raise awareness about our organization, answer questions, and offer our assistance on various topics.

At the national level, the NAFR is working to renew its structure and governance. I am confident that our new national president, Gisèle Tassé-Goodman, a proud member of our Outaouais branch, will be the leader we need to ensure the sustainability of our association. I can assure her of my cooperation and support in helping her in this endeavor.

Finally, on April 8, I invite you to attend our Annual General Meeting at the Cabane en bois rond. It is the perfect opportunity to take stock, answer your questions, and receive your suggestions for improving our management. I look forward to seeing you there!



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

The year 2025 in review...

AGM April 2025



The Annual General Meeting (AGM), held on Wednesday, April 9, 2025, at the Cabane en bois rond, was attended by approximately 40 members of the Outaouais branch. On the agenda: review of the financial statements and budget projections, election of directors to the Board of Directors, distribution of the 2024 annual report, a conference in French by Ms. Corinne Harbec-Lachapelle, communications and events advisor at the Public Curator, entitled: “Accompagner et protéger ses proches”, and a breakfast service (tea, coffee, juice) and pastries courtesy of belairdirect, which also had a booth on site.



Trade shows in April, May and October 2025

In 2025, your Outaouais branch participated in several trade shows, including the Salon de l'auto de l'Outaouais in April, the Veterans Show (Transition Expo) in May, and the FADOQ Outaouais Show in October. These activities help promote the Association to federal retirees and public service employees, recruit new members to the branch, and answer questions from our current members who visit the shows.

Lac-à-l’épaule June 2025



The members of your board of directors met all day on Wednesday, June 11, for a Lac-à-l’épaule at the Cabane en bois rond. During the meeting, participants evaluated the Member and Volunteer Recruitment and Retention Program, adopted in 2023. This program, which has enabled us to substantially increase our membership in recent years, was reviewed in order to develop an updated action plan for the next two years.



August 2025 Mechoui

Organized jointly with the Académie des retraités de l’Outaouais (ARO) under a large white tent set up in front of the Cabane en bois rond, the annual méchoui, held on August 25, was once again a great success, with more than 233 participants attending the ARO Open House and enjoying the delicious méchoui meal. Our booth welcomed many current members of our branch, potential members, and dignitaries. The sunshine and music provided by our Director General André Thivierge added to the enjoyment of the event.

March and October 2025 Breakfast Conferences



Your Outaouais branch offered two breakfast conferences in 2025, one in March and one in October. Always greatly appreciated by our members, these free breakfast conferences promote learning about topics of great interest to our members while allowing them to network. In March, Dignité gave a French presentation on “Que faire au moment d’un décès”, while in October we welcomed Gisèle Cannalonga from GiNutriVida to speak in French on the topic of “Vieillir avec vitalité”.



Political debates in April and October 2025



Your Outaouais branch participated in organizing two political debates. In partnership with several other seniors' advocacy organizations, it coordinated a debate with federal election candidates on April 22 and with Gatineau mayoral candidates on October 15. Both debates were moderated by our Director General, André Thivierge.



2025 Christmas Banquet



The Outaouais Branch's annual Christmas banquet is always a wonderful event eagerly anticipated by our members and their guests. This year, 121 members gathered at the Palais des Congrès in Gatineau on Saturday, December 6, 2025, to celebrate the 2025 holiday season in a convivial atmosphere. Participants enjoyed a full evening that began with cocktails and networking, followed by a four-course meal with wine pairings, door prizes from Santa Claus, and dancing and a photo booth provided by Danse mobile Gatineau-Ottawa. Sincere thanks to our sponsors Dignité, Amerispa, belairdirect, as well as ABC Santé and Fleurs de Guy, who are part of our preferred partner program.

Participate in the HémaQuebec Campaign!



Your Outaouais branch joined forces with HémaQuébec in March 2025 to encourage plasma donations among its members and thereby reduce Quebec's dependence on the United States in this area. With an annual target of 400 donations for the period from April 1 to March 31, 2026, we are pleased to report that as of last November, we had received 311 plasma donations.

We thank all donors who contributed to this important campaign and invite you to join them by visiting the HémaQuébec Donation Center in Gatineau at 205 Bellehumeur Street. You can make an appointment online at hemaquebec.ca or by calling 1-800-847-2525. When you arrive, please mention that your donation is being made on behalf of the NAFR.

Give plasma.
Give hope.

Invitation to the Outaouais Branch AGM on April 8, 2026

Our 34th Annual General Meeting will be held on Wednesday, April 8, at La Cabane en bois rond. Join us as a participant in the meeting and/or submit your candidacy to become a member of our Board of Directors. The AGM is the perfect opportunity to learn about the status of your branch, share your opinions about the Association, and chat with other members of the Outaouais Branch over a free lunch sponsored this year by our valued partner Dignité.

To register and for more information, please contact us by phone at 819-776-4128 or by email at admin@anrf-outaouais.ca.

UPCOMING EVENTS

Outaouais Branch Annual General Meeting (AGM) - Wednesday, April 8, 2026 at 9:00 a.m. at the Cabane en bois rond. To register or for more information, contact us by phone at 819-776-4128 or by e-mail at admin@anrf-outaouais.ca.

Stay tuned to "Latest news from the Outaouais branch" newsletters, our Facebook 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

NATIONAL ASSOCIATION OF FEDERAL 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:	Diane Boudreault
Administrator:	Alan Conway
Administrator:	Pierre Quesnel
Administrator:	Nathalie Thibault
Administrator:	Suzie Beaulieu

Employees

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

Volunteers

CRM Reports:	Guy Gaumont
Web Site Developer:	Éric Hamel