

Outaouais Branch — Newsletter for the month of February 2022

Dear members:

The purpose of this newsletter is to send you the latest news from your branch, particularly:

1. Appointment of the Director of the Outaouais Branch
2. Engagement with Federal MPs from the Outaouais region
3. National Committee on branch financing
4. Winners of the Holiday "VISIOPARTY"
5. Volunteers sought by the Fondation pour les Aînés de l'Outaouais
6. Share your experience - Join Bibliothèques parlantes intergénérationnelles (BPI)
7. City of Gatineau | Questionnaire: Integrated Action Plan - Families, Seniors and Persons with Disabilities

1. Appointment of the Director of the Outaouais Branch



We announced in our November newsletter that we had created a branch director position.

We are pleased to announce the hiring of M. André Thivierge to this position. He will work with us for 15 hours per week for the next six months.

Recently retired, André worked for 30 years in the federal public service, including 15 years as a senior executive in communications, marketing, program management, and policy. He had up to 25 employees under his supervision and managed operating budgets, and grants and contributions of up to \$150M.

As part of his duties, André will be responsible for:

- To implement the Outaouais Branch strategic plan
- To recruit and retain members and volunteers
- To manage branch administration, including budget, staff and volunteers
- To assume duties of evaluation, analysis and communications

André can be reached by email at the following address: "director@anrf-outaouais.ca"

Join us in wishing him a warm welcome among us and good luck in his new role.

2. Engagement of Federal MPs from the Outaouais region

As President of the Outaouais Branch, I would like to inform you that I sent a letter of congratulations to the six federal MPs elected and re-elected in the region following last fall's election. They are: Greg Fergus (Hull-Aylmer); Sébastien Lemire (Abitibi-Témiscamingue); Sophie Chatel (Pontiac); Steve McKinnon (Gatineau); Sylvie Bérubé (Abitibi-Baie-James- Nunavik-Eeyou), and; Stéphane Lauzon (Argenteuil-La Petite Nation) .

In my correspondence, I emphasized the significance of our organization with its more than 10,000 members in the 6 ridings of the Outaouais. I also requested a meeting with each of them to discuss the priorities that concern federal retirees and all seniors in the Outaouais.

To this end, I invite you to complete a short survey to let us know how important to you are the questions that we will put to MPs at a future meeting. As well, we would like to know what subjects concern you so that we can present them to MPs during our meetings with them.

Here is the link to the survey: <https://poll.app.do/members-of-outaouais-federal-retirees-your-opinion-is>

This engagement is a reminder of the importance of your association in advocacy to uphold your interests. As you know, this is our number 1 priority.

3. National Committee on Branch Financing

This committee's objective is to assess the financial needs of chapters across Canada in order to ensure the availability of resources to provide services to members and increase membership.

The composition of the committee appears in the table below:

British Columbia	Dennis Jackson	President, Vancouver Branch
Prairies	Ceci O'Flaherty	President of the District and the Winnipeg Branch
Ontario	Chuck Davis	President, Algoma Branch
Ottawa	Robert Giroux	President, Ottawa Branch
Quebec	Donald Dery	President, Outaouais Branch
Atlantic	Brenda Teed	President, Southeastern NB Branch
Presidents Forum	Richard Chevrier	President, Southern Alberta Branch
National office	Roy Goodall	Vice-president
National Office	Jacques Lambert	District Director - Quebec
National Office	Daniel Brunet	District Director - Ottawa and Nunavut

4. Winners of the Holiday VISIO PARTY

A number of members participated in the virtual "Happy Hour" last December 17. Participants had a chance to win bottles of wine carefully selected by our singing sommelier. Congratulations to the following six winners:

- France Theroux
- Paul-Andre Collin
- Murielle Lavoie
- Daniel Gosselin
- Alan Conway
- Ginette Lefebvre

5. Volunteers needed for the Fondation des Aînés de l'Outaouais (FAO)



La Fondation des Aînés de l'Outaouais (FAO), a non-profit organization dedicated to the development and well-being of seniors, is looking for volunteers.

Board of Directors

The FAO first wants to fill four positions on its Board of Directors. The FAO therefore invites those interested to share the advantage of their many years of experience with it by providing their contact details through their website: <https://cabaneenboisrond.com/conseil-dadministration/>. The FAO wishes to enrich the composition of its Board of Directors through the diversity of experience of its members.

Recruitment of "Bénéfleurs"

The FAO has a plot of land that includes many flower beds, shrubs and trees. It is looking for volunteers to add to the Bénéfleurs team. Each member of this team devotes a few hours a week to maintaining various sections of this welcoming setting.

If you are looking for a volunteer opportunity in a visually pleasing environment that allows you to stay active, join the Bénéfleurs team.

Recruitment of "Bonaccueil" Volunteers

Tenant organizations related to the FAO organize activities every day during the week at the Cabane en bois rond. Some participants in these activities need orientation, in particular to be directed to the location in the Cabane en bois rond where the activity takes place, and their schedules. Visitors also want to be directed to the offices of these organizations.

If you are looking for a volunteer opportunity in a pleasing environment and you have a few hours each week, join the Bonaccueil team. During your work, you will acquire knowledge about these various organizations that will allow you to respond to various requests for information.

<https://cabaneenboisrond.com/benevole/>

6. Share your experience – sign up for Bibliothèques parlantes intergénérationnelles (BIPI)!



L'Association québécoise des personnes retraitées et préretraitées de l'Outaouais (AQDR), in collaboration with the NARF Outaouais Branch, has launched the BIPI Project. BIPIs (talking intergenerational libraries) are topical, fun, and educational encounters between elders and the other generations.

Elders, who are veritable living books, will share their experiences in form of discussions with participants of all ages. BIPIs are social activities not to be missed.

You can register online now by clicking on the following links (available in French only): [link registration for seniors \(living books\)](#)

Where: Meetings will take place in several municipalities in the Outaouais region starting in April 2022. Participants, after having registered, will be able to meet seniors by choosing a theme. While interacting with them, attendees will learn of the experience of elders.

ANRF Outaouais is a partner of BIPI. For any questions, please contact the BIPI team at 819 771-8391 ext. 324 or write to <mailto:bipi@aqdroutaouais.org>. You can also learn more about BIPIs by visiting: <https://aqdroutaouais.org/bipi/>.

7. City of Gatineau – Questionnaire: plan d'action intégré - Familles, aînés et personnes handicapées



The City of Gatineau is undertaking a process to renew its recognition as an Age-Friendly Municipality (MADA), and of its Integrated Action Plan – Families, Seniors and Persons with Disabilities.

It is based on the new realities, needs and issues of the community that the City of Gatineau wishes to collectively build the next municipal actions.

These will make it possible to support and improve quality of life for:

- Families
- Seniors
- People with disabilities

How to participate?

Identify the issues and needs of seniors, families and people with disabilities in Gatineau by answering the online questionnaire (available in French only) by Sunday, February 6, 2022:

<https://eu.jotform.com/form/220055215239245>

8. Videoconference on horticulture offered by the Quebec section



Can't wait for spring? The Quebec Branch invites you to get a head start with a free webinar on horticulture. The one-hour conference will focus on "Seedlings and Seeds" and will be offered by Mrs Johane Boucher, horticulturist. The videoconference will be held on February 16 from 10 a.m. to 11 a.m.

The session in French will show you how to make your own vegetable and ornamental plant seedlings. From the needs of different types of seeds and potting soils, to timing, materials and tools required, the session will discuss the importance of these matters to successful seedling projects!

Registration in advance is required. To participate, click on the following link : <https://fedretirees-retraitesfed.zoom.us/meeting/register/tZEuceCsqDIpHt2CZinAC3XquRZjQdceLpP>

Looking forward to seeing you again during one of our various virtual activities. We are also looking forward anxiously to the not too distant day when we will finally be able to see each other again during an in-person activity.



Donald Déry, President
National Association of Federal Retirees
Outaouais Branch (Q60)
115-331 Boul De La Cite-Des-Jeunes
Gatineau, QC, Canada, J8Y 6T3
(819) 776-4128

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