

October 2022



Association nationale
des retraités fédéraux National Association
of Federal Retirees

OUTAOUAIS

Infoletter for the Month of October 2022

Dear Members:

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

1. Register now – Outaouais Branch 30th Anniversary Banquet
2. Videoconference November 26 - Healthy aging: the role of diet (Quebec Branch)
3. Videoconference November 28 – Planning retirement withdrawals
4. Interview with Micheline Lefrançois – Vice-president of the Quebec Branch
5. National Caregivers Week and Proche aidance Québec (November 6 to 12)
6. Municipalité amie des aînés (MADA) de l'Outaouais (TCARO) Regional Meeting – November 16
7. Quiz – services offered to seniors

1. Register now – Outaouais Branch 30th Anniversary Banquet



Your branch is celebrating its 30th anniversary. To mark this important anniversary and celebrate the approach of the holiday season, we invite you to your Banquet, which will take place in the Papineau room of the Palais des congrès de Gatineau, on Saturday, December 3, at 4:30 p.m.

On the program, cocktail and welcome wine, gourmet meal with 4 courses with the following choices, including a vegan and gluten-free option: **Grilled salmon, tarragon sauce, or; Turkey roulade, stuffed with wild mushrooms, cranberry sauce, or; Grilled pork tenderloin, port sauce, or; Sweet potato curry and tofu with Asian flavor (vegan and gluten-free)**. When purchasing tickets, please let us know of any food allergies or intolerances so that we can notify the hotel staff. The main courses will be accompanied by seasonal vegetables and two bottles of wine (white and red) per table selected by our house sommelier will be provided.

Door prizes, and an evening of live music and dancing with a musician from the region will complete this memorable evening. Evening wear is recommended.

The price for members and their guests is **\$75**. **Register now through this link : [30th Anniversary Banquet Tickets](#)**. When registering, you can choose your table and seating for your guests, make your meal choice, and inform us of any food preferences. You can also register in person by calling 819-776-4128 / 1-888-776-4128 (toll free).

If any of your guests is a current employee of the Government of Canada or a retiree, and is not a member of the association to join, why not ask them to join and enjoy this gala? The link to become a member of the National Association of Federal Retirees is here:

<https://www.retraitesfederaux.ca/en/members/how-to-become-a-member>

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We would like to thank the sponsors of the banquet, **Gestion De Patrimoine Bertrand Dubreuil Team**, who are providing the cocktail and the welcome wine, and **Groupe Dignité**, who are providing the wine during the dinner.



Chaque détail compte™ | Dignité®

2. Videoconference November 26 - Vieillir en santé: le rôle de l'alimentation (Quebec Branch)

The Quebec Branch is pleased to invite you to a videoconference on the theme " Vieillir en santé: le rôle de l'alimentation ".



The presentation by Madame Julie St-Jean, Dt.P., Nutritionist at the University Nutrition Clinic of the University of Montreal will inform participants of how to better your food choices.

What changes occur in the body as you age and how can you optimize your food choices to live well with these changes? What nutrients should you pay attention to after 60, and why? Weight, hydration, protein, fiber, calcium, fat, sodium, snacks... so many topics that will be covered! Come and discover tips and tricks to balance your diet in a simple and accessible way for healthy aging.

This conference will be offered in French via Zoom on Wednesday, November 23, 2022 at 10 a.m. Register now by clicking here: https://fedretirees-retraitesfed.zoom.us/meeting/register/tZUlfumpqT8iG9ZVbMcfe_MztFZ9_Ql6Cia3

3. Videoconference of November 28 – Retirement disbursement planning

FLORENTINA VASILE

- Plus de 7 ans à la Banque Nationale;
- Baccalauréat en Administration Publique;
- Représentante en épargne collective;
- Titre de planificatrice financière ;
- Succursales desservies: Hull, Wakefield et Maniwaki;
- Champs d'expertise: Finance, Fiscalité, Placements, Retraite, Succession, Assurances et Aspects légaux.



The Outaouais section invites you to participate in the Retirement Withdrawal Planning videoconference offered by Florentina Vasile, Financial Planner with the National Bank.

On the agenda: Overview of different aspects to consider to properly plan your withdrawals. Sound advice will be given about: What should you withdraw first? When should you convert your RRSP to a RRIF, and why? Pension income splitting; and clawback of the Old Age security pension.

To participate in the presentation, presented on Monday, November 28, 2022, at 2 p.m., registration is required. You may do so now by following this link: https://fedretirees-retraitesfed.zoom.us/meeting/register/tZ0pde2hpi4jGNORwiaGQG8LJ-TRGHTDB0_g

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4. Entrevue de Micheline Lefrançois – Première Vice-présidente de la section Québec



The first vice-president of the Quebec Branch, Micheline Lefrançois, gave an interview to La Télévision d'Ici de la Côte-de-Beaupré, île d'Orléans. The recipient of the Claude-Edwards Leadership Award in 2022,, Madame Lefrançois took the opportunity to promote the NAFR in her region.

The interview in French can be played here: <https://youtu.be/UioggSxVdnc>

5. National Caregivers Week (November 6 to 12)

National Caregivers Week will be held from November 6 to 12. Proche aideance Québec is launching a broad campaign to promote the cause.



In Quebec, nearly one in four people provides support to a member of their circle who has a temporary or permanent disability. These caregivers make an essential contribution to collective well-being, and they deserve that we collectively offer them the boost they need. Engaging in a helping role is not always a choice and requires a lot of commitment. Support from an organization can make all the difference!

Proche aideance Québec invites you to participate in the free activities offered in your region.

6. Municipalité amie des aînés (MADA) de l'Outaouais (TCARO) Regional Meeting – November 16

The Secretariat for Seniors of the Ministry of Health and Social Services, in partnership with Espace MUNI and TCARO, invites you to the virtual regional meeting of **the Municipalité amie des aînés (MADA) de l'Outaouais on Wednesday, November 16, from 9 a.m. to 12 p.m.**

La table de concertation des aînés et des retraités de l'Outaouais (TCARO) invites all those involved in the development of environments conducive to active aging and the implementation of actions and solutions for the well-being of seniors to participate in this event. Practical workshops, networking opportunities, exchanges of successes and presentations of inspiring initiatives are planned for the meeting.

To register, follow this link (in French only): <https://bit.ly/3yBwzeG>

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7. Quiz – Services Available to Seniors

We invite you to take this quiz developed by your branch to better understand the various programs intended for seniors in **Quebec**:

<https://poll.app.do/span-lang-en-ca-style-font-size-11-Opt-line-height-107>

We look forward to meeting you at the 30th anniversary banquet on December 3.



Donald Déry, Président

Association nationale des retraités fédéraux

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