

November 2022



Association nationale  
des retraités fédéraux      National Association  
of Federal Retirees

OUTAOUAIS

## Infoletter for the Month of November, 2022

Dear Members:

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

1. Outaouais Branch 30th Anniversary Banquet – The registration deadline is approaching
2. Offer an NAFR membership for a chance to win
3. Reminder: Videoconference November 23 - Healthy aging: the role of diet (Quebec Branch)
4. Reminder: Videoconference November 28 – Planning retirement withdrawals
5. December 5: International Volunteers Day
6. Little Brothers needs volunteers
7. Offer of employment: Medical clinic looking for a part-time/flexible secretary/receptionist

### 1. Outaouais Branch 30th Anniversary Banquet – The registration deadline is approaching



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.

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**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). **The closing date for registration is Sunday, November 27 next.**

**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, 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>

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



## 2. Give a Gift of Membership and Have a Chance to Win



**Don't know what to get a retired federal public servant who has everything? Give a membership as a gift!**

Your gift allows us to continue our advocacy work by protecting your hard-earned pension and benefits, while also [providing many benefits](#). Members have access to savings and offers through our [Preferred Partner Program](#), including exclusive rates for [MEDOC Travel Insurance](#), as well as a subscription to [Sage, our excellent quarterly magazine](#). Each membership also [supports sound policies](#)

that improve the lives of all retired Canadians.

In addition, by offering a gift membership by December 31, 2022, you participate in our superb [Mega recruitment campaign contest](#). After all, you are recruiting a new member.

To gift a Federal Retirees membership, call today at **1.855.304.4700**

When you call, be sure to have your membership number ready as well as the contact information for the lucky person who will receive your gift of membership. Also keep in mind that in order to purchase a gift membership for someone else, that person must also be eligible for membership!

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### 3. Reminder : Videoconference November 23 - 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 via Zoom on **Wednesday, November 23, 2022 at 10 a.m.**

Register now by clicking here : [https://fedretirees-retraitesfed.zoom.us/meeting/register/tZUlfumpqT8iG9ZVbMcfMztFZ9\\_Ql6Cia3](https://fedretirees-retraitesfed.zoom.us/meeting/register/tZUlfumpqT8iG9ZVbMcfMztFZ9_Ql6Cia3)

### 4. Reminder: 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/tZ0pde2hpj4jGNORwiaGQG8LJ-TRGHTDB0\\_g](https://fedretirees-retraitesfed.zoom.us/meeting/register/tZ0pde2hpj4jGNORwiaGQG8LJ-TRGHTDB0_g)

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## 5. December 5 : International Volunteer Day



**International Volunteer Day (IBD)** celebrates volunteering globally. It is held annually on December 5 to draw attention to the great work done by volunteers around the world.

Volunteers are at the forefront of social change around the world. To mark this important day, we invite you to become volunteers for ANRF-Outaouais, an association run by federal retirees for federal retirees. Make a difference! Call **1-888-776-4126**

## 6. Little Brothers Needs Volunteers



**Little Brothers** Embracing the Elderly

Little Brothers needs trusted volunteers to listen, discuss and visit socially isolated people aged 75 and over. Come light up their lives! Across Quebec, we support nearly 2,500 seniors aged 75 and over who live completely alone ... without family or friends. We offer them a significant

presence that provides an essential sense of social belonging. 2,500 seniors supported is huge, but we know that there are more than 50,000 seniors in Quebec in this situation. We need to do more!

This significant social impact is achieved by our volunteers, supported by our team of regional coordinators. Being a volunteer for Les Petits Frères is also enriching, it gives even more meaning to life, and it can even serve to break one's own isolation. The schedule is flexible: 1 to 2 hours per week. We ask for a minimum of 6 months as a commitment, but our volunteers stay with us for an average of 6 years.

No experience or training is required, you just have to be caring, attentive and able to welcome others in the present moment. Each volunteer receives personalized training and support. We recommend a commitment closest to you! You can sign up in person or over the phone. To get started, simply fill out this form: <https://www.petitsfreres.ca/en/volunteering/become-a-volunteer/>

## 7. Offer of Employment : Medical clinic looking for a part-time/flexible secretary/receptionist

La Clinique médicale Champlain à Hull is looking for a receptionist with the ability to work well in a demanding environment but is focused on teamwork and having the well-being of the patient at heart. The receptionist is responsible for ensuring efficient reception management, including reception, scheduling appointments, admitting patients, taking calls and other related tasks.

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Position: Medical Receptionist/Secretary

Location : La Clinique Médicale Champlain (Gatineau, secteur Hull) 105-260 boul. Saint-Raymond, Gatineau. J9A 3G7

Salary: To be discussed depending on experience, \$18 à \$23\$ per hour

Hours of work: part-time, flexible

Workdays: Monday to Friday, 8h15 to 16H15, total time 16h per week, to be discussed.

For more information, please contact Rachèle Mbala, Administrative Secretary of the Clinique médicale Champlain, or email your CV to [cliniquemedicalechamplain@gmail.com](mailto:cliniquemedicalechamplain@gmail.com)

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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<https://www.federalretirees.ca/fr/sections/quebec/section-outaouais>

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