



L'ENTREFILET

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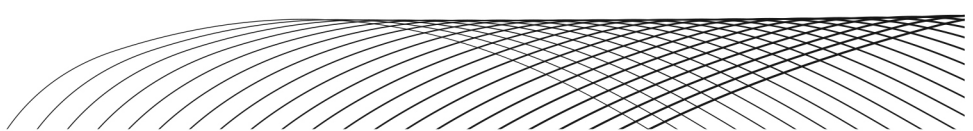
BULLETIN D'INFORMATION DU-HAUT-DE-L'ISLE

Bottin de référence	p. 2
A word from the President	p. 3
We have the pleasure of welcoming	p. 4
In Memoriam	p. 4
Committee for the Status of Men	p. 4
March of Courage Procure	p. 5
The Laure-Gaudreault Foundation	p. 6
Plastics	p. 6
General Assembly	p. 8
Some Brief News	p. 8
Thanks and credits	p. 9
Upcoming activities	p. 10



Secteur H

ASSOCIATION DES RETRAITÉES ET RETRAITÉS
DE L'ÉDUCATION ET DES AUTRES SERVICES
PUBLICS DU QUÉBEC
Région 06





Bottin de références

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AUTRES SERVICES		SITES WEB	
AREQ	1-800-663-2408	National	areq.qc.net
CARRA	1-800-463-5533	Regional	regioniledemontreal.areq.ca
	1-800-368-9883	Sectoriel	(à venir)
RAMQ	514-864-3411		
SSQ - Soins médicaux	1-800-380-2588		
SSQ - Voyage	1-800-465-2928		
Sécurité de la vieillesse	1-800-277-9915		



A Word from the President



Richard Raymond

Last year, each former sector was “strongly” invited to accept a proposition of regrouping. We took the “beau risk” to become the largest sector on Montreal Island.

Since that moment, our activities have taken on a whole new face. At each of the monthly breakfast meetings (with the exception of July and August) about thirty members meet and socialize. At the Welcome Luncheon, about 50 people show up, at the Christmas Luncheon and the Friendship Meeting, we reach about 80 members.

This somewhat risky undertaking has turned out to be very successful, and we owe this success to all those members who were not ready to let the sector go “stale”. It is not rare to find former colleagues whom they had not seen for years at each of these activities. This is indeed the aim of our council: give us all the opportunity to fight solitude by staying in touch with others.

On May 17th, I am cordially inviting you to come and celebrate the first anniversary of the Du-Haut-de-l'Isle sector at the Restaurant Casa Grecque, 13081 Gouin O. Blvd., Pierrefonds. Our General Assembly will precede the luncheon and the sector will pay for the cost of the meal for those who were present at the assembly convened for 9 o'clock. Should you only participate in the luncheon, the cost will be \$40.

I know that it may be tedious to participate in a general assembly in the morning, but know that, for your council and the people responsible for the committees, the participation of the members is like a reward for work accomplished and acts as a motivating agent for the coming year.

Finally, when reading the agenda (page), you will see that there will be an election for 3 council positions (1st vice president, treasurer and councillor). We also have to elect our 9-member delegation for the next AREQ congress in June 2017. There are therefore lots of occasions for all those who feel like getting actively involved in working with other members.

And if you like celebrating, we expect you at the Restaurant Eggsquis in Lachine every first Friday of the month at 9 a.m..

Consult your calendar: other activities are also proposed. All you have to do is follow the directions.

WE HAVE THE PLEASURE OF WELCOMING

Hélène Abdel Messih-Agha,
Danielle Cueillerier
Steven Shaw

Diane Boileau
Jean Cuckett
Liette Théorêt,

Christiane Bussièrès
Mary Louise Hibbeln



IN MEMORIAM

Gisèle Baril
Marcel Poulin

Jean-Paul Boileau
Clémence Raymond: la sœur de Marie Harvey.

Jean Fouillen

Gilles Laperrière



Committee for the Status of Men (CCH) 2015-2016

Richard Bastien
Responsable

“Salutogenese”

Conference 28th April 2016.

Conference

Mme Janine Houle will give a conference on **Salutogenese** for men retired from the AREQ in the Montreal region.

The conference will take place Monday, April 28th, at St-Pius X School, from 9:00h to 11:30h.

There is free admission for members of the AREQ and a charge of \$8 for non-members.

If so desired, you can also dine on the premises for the sum of \$20, at the Institut Culinaire St. Pius X, 9955 rue Papineau, Montreal H2B 1Z9

Registration for the conference and/or the luncheon (24th April), Richard Bastien (ribas@videotron.ca)

Gentlemen, if you look up the word “**Salutogenese**” on the Internet, you will probably want to attend the conference.

In solidarity between Men,
Richard Bastien,

March of Courage PROCURE COMMITTEE FOR MEN'S CONDITION

Dedicated to Father's Day, on June 19th, 2016.

Participate in the **March of Courage PROCURE** to fight against cancer of the prostate.

- 1- Sponsor a walker.
- 2- Donate for the Men in your life.
- 3- Register as a walker: <http://www.marcheducourage.ca/fr/register>

When you register, we would appreciate if you could join the committee that we have formed: **Comite de la Condition des Hommes, AREQ, Montreal.**

5 km at Park Jean-Drapeau (Ile Sainte-Helene)

8:30 – Registration: Opening of the kiosks and registration (various games)

9:30 – Start-up: with an animator, and speech of president of honor.

10:00 - Start of march: Ribbon cutting, and the walkers will march 5 km.

12:00 – Lunch and award ceremony: sandwiches and drinks for all participants.

Children, Women and Men can all walk and/or contribute.

Cancer of the Prostate kills on average 85 Canadians per week.

At your request, a tax receipt will be issued for all donations.

Cordially,

Richard Bastien,

Comite de la Condition des Hommes (**CCH**)

Responsible for the Sector Du-Haut-de-l'Isle.

Concert Ensemble vocal Opus 16

Requiem For The Living

de Dan Forrest en première Montréalaise, le 14 mai 2016 à
20 heures à l'église Ste-Geneviève. Le chœur sera accompagné
de 9 musiciens et de Consuelo Morosin, soprano. Les billets sont
disponibles auprès de Jacques Ready (514-620-8870)
au coût de 25 \$.

The Laure-Gaudreault Foundation

Together for 25 Years.

Thérèse Poirier Labossière

The annual collection under the chairmanship of Micheline Shinck for the FLG-Montreal has brought in the sum of \$16 152.24. This amount will contribute to the financing of organisms that come to the aid of the elderly, the young in need and support medical research for the aged.

On November 11th, 2015, the traditional luncheon of the FLG has taken place; 15 guests from our sector out of 120 people from the Montreal region. It was a good opportunity to socialize, have fun and win some prizes. It was also a good occasion to stress the more than 15 years that Marthe Laforest has been implicated as vice-president in the FLG. Thank you, Marthe, for your devotion.

As for our sector, we contributed in the name of all members the amount of \$1633. We can be proud of this! And at every monthly breakfast books are sold – thanks to the donors, which resulted in a donation of \$50.

At the suggestion of our sectorial council, when it pays partially or totally for a sectorial or regional activity, the members present could make a donation to our foundation.

In the name of the FLG and the targeted organisms, I am thanking you from my heart and invite you to continue to be generous. To register for the collection 2016 – 2017, you will find the information in the next edition of Echos de l'île.

In closing, I have found a beautiful reflection on the site of the FLG:

www.fondation.org:

“Yesterday, Laure-Gaudreault has taken us out of the shadow and helped us find our place.

Today, her memory reminds us to show the same concern for those who look upon us with hope”.

PLASTICS

Andre Labossière

On November 11 of last year, the regional leaders for the environment met in Quebec to discuss Plastics. This meeting gave us the opportunity to inform ourselves about the historic aspect of these materials, their uses, their impacts on the environment and the perspectives and alternatives in order to better manage their effects short and long term.

Soon after the birth of the oil industry (the end of the 19th century), the first primitive plastics were manufactured, Bakelite being the first one. The need for new materials during the first and second world war has accelerated the development of research into plastics.

Since then, they have become indispensable for the great majority of the world population. However, their great diversity and their many uses have turned up a negative aspect. The challenges of plastic trash have now become environmental, social and economic challenges, needing to be controlled.

Some statistics:

Yearly World Production: around 288 million tons.

In Canada, plastics are used for:

39% for packaging

33% in construction

14% cars

14% other markets.

In Quebec: between 2007 and 2010 we have reduced by 48% the single-use shopping bags; therefore, the number of plastic bags used in Quebec went from 2,7 billion to 1,4 billion per year according to the estimates of d'Eco Entreprises Quebec (EEQ).

Another study, produced by the Canadian Plastic Association, states that 93% of the plastic bags are re-used or recycled in Quebec. As for plastic bottles, Quebec Consumers use more than a billion and one hundred thousand yearly, of which only 44% are recycled or retrieved. This means that about 590 million of these bottles of every size end up this year in a landfill. In a case like this, why not levy a consumer tax on all these plastic containers. This could increase the retrieval rate considerably.

- The impact of the GES (greenhouse gas) is far-reaching.
- On health by emanation (i.e. bisphenol A) and combustion;
- On the killing of hundreds of thousands of birds and marine animals;
- On damages of marine habitats,
- Once buried, they can release heavy metals, molecular toxic by-products and Methane, for hundreds of years to come.

I agree that plastic has become part of our life-style, however, there are alternatives:

- Reuse shopping bags of all kinds,

-
- Dispose of them (by bundling them) and direct them towards the municipal recycling center.
 - Avoid the use of water bottles or send them to the recycling depot.
 - When using filtered water, e.g., use those with active carbon filters (Brita or others)
 - Take care of discarded bottles which lie around everywhere.

<p>GENERAL ASSEMBLY DU-HAUT-DE-L'ISLE AGENDA</p>
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1. Verification of Quorum and Welcome
2. Nominating a president of the assembly and a secretary of the assembly
3. Reading and adoption of agenda
4. Reading and adoption of the Minutes of the Meeting of the assembly on May 5, 2015
5. Presentation of reports
 - 5.1 Reports of activities 2015 – 2016
 - 5.2 Report of the Presidency
 - 5.3 Reports of people responsible for the committees
 - 5.4 Laure-Gaudreault Foundation
6. Presentation and adoption of financial statements
7. Presentation and adoption of the action plan 2016 – 2017
8. Presentation and adoption of budgetary forecasting 2016 - 2017
9. ELECTIONS
 - 9.1 Sectorial council
 - 9.2 Delegates for Congress 2017
10. Question period
11. Word from the regional president
12. Word from the sector president
13. Adjournment of assembly.

Note: The assembly will be held entirely in French. Questions could be in English but the answers will be in French.

Some Brief News

A call to our bilingual members:

In order to share the work of translating the production of l'Entrefilet, we are putting out a call to our bilingual members. It is mainly translating articles from French to English. A bank of translators would permit us to lessen the work that Mrs. Eva Bury has been doing for every issue for several years. If you feel like

contributing to our sector by giving some of your time, three or four times a year, please communicate with Carmen Dumont (514-426-4426) who will coordinate this group.

Suggested Readings:

A very interesting book which explains the root causes of the insurrections in France in connection with the 3 Maghreb countries. This book was translated into French in 2015 based on the English bestseller of 2014: French Intifada. The author Andrew Hurry is director of the University of London in Paris. The book Insurrections en France is available at the Dollard des Ormeaux library,

The CASP committee and the environment of the Montreal region.

On January 29th, the CASP-Montreal has participated in a presentation of Lysiane Roch on the links between human rights and environmental issues. The Environment Committee of Montreal participated at the same expose. Several interventions by the 23 participants were quite rewarding, and the two committees were very satisfied with the speaker Lysiane Roch, specialist of the League of Rights and Freedoms. A more elaborate summary will appear in the next Echo de l'Île. The sector was represented by Luc Brunet, Andre Labossiere and Edmond Pauly.

Yearly activity of the CASP-Montreal

The next free activity organized by the CASP-Montreal will take place at the St.Pius X Center on rue Papineau from 11:45 am – 3pm. Subject of the activity: Fiscal Paradise and solutions. Parking is available behind the school on rue Sauriol East. All members of Du-Haut-de-l'Isle can register before March 13th by contacting Luc Brunet or Edmond Pauly.

Suggestions encouraged by the CASP-Montreal

A campaign for a just society is managed by "le collectif" for a Quebec without poverty. It aims at uniting the forces of the world who want to accede to a vision of a just and equitable society without poverty; a place which is good to live.

All you have to do is send the following: First name and family name, postal code and e-mail address to collectif@pauvrete.qc.ca.

For more information on this campaign, go to <http://pourunesocietejuste.ca>

Credits

Collaborators:	Richard Bastien, Luc Brunet, Thérèse Labossière, André Labossière, Edmond Pauly et Richard Raymond
Coordonnator:	Richard Raymond
Layout:	Céline Allard
Graphic designs:	Danielle Raymond
Translation :	Eva Bury

UPCOMING ACTIVITIES 2015 - 2016

ACTIVITY	DATE HOUR	PLACE	DÉTAILS INSCRIPTIONS
Sectorial activity Monthly breakfast	Friday March 4th 9 h 00	Restaurant Eggsquis Les galeries Lachine	Reservation : Thérèse Labossière 514-637-1725
<u>Regional activity</u> Journée internationale des femmes	Wednesday March 9th 12 h 30	See Échos de l'Île	See Echos de l'Île
Sectorial activity Monthly breakfast	Friday April 1st 9 h 00	Restaurant Eggsquis Les galeries Lachine	Reservation : Thérèse Labossière 514-637-1725
<u>Regional activity</u> Jour de la Terre	Friday April 22th	See Échos de l'Île	See Echos de l'Île
<u>Regional activity</u> Salutogénèse	Thursday April 28 th 9 h 00	École St Pius X 9955 rue Papineau, Montréal, H2B 1Z9 (p.4)	Inscription: Richard Bastien 514-683-5244
Sectorial activity Monthly breakfast	Friday May 6th 9 h 00	Restaurant Eggsquis Les galeries Lachine	Reservation : Thérèse Labossière 514-637-1725
Sectorial activity General Assembly	Tuesday May 17th 9 h 00	Restaurant Casa Grecque 13081 boul. Gouin Pierrefonds	Reservation : Jacques Ready 514-620-8870 Before May 10th
<u>Regional activity</u> Assemblée générale	Thursday June 2nd 9 h 00	See Échos de l'Île	
Sectorial activity Dîner des bénévoles	Monday June 6th 11 h 30	Restaurant Au vieux Duluth 3610, boul. St-Jean DDO	Sur invitation
<u>Regional activity</u> Marche Procure	Sunday June 19th	See p. 5 Entrefilet	Inscription: Richard Bastien 514-683-5244