



# L'ENTREFILET

Vol. 1, No 2  
November 2015

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

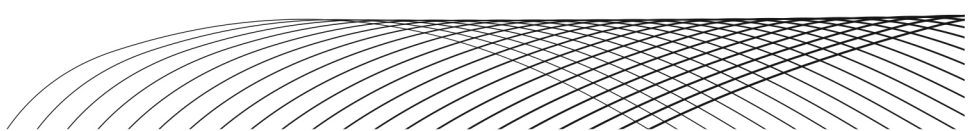
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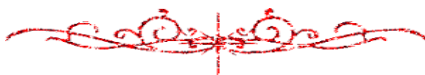
Secteur H

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





## A Word from the President



***Richard Raymond***

It has already been 6 months that the sector Du-Haut-de-l'Isle exists, and its development has been normal.

Your council has already met 4 times since last May, and it has set as its task the finding of co-responsible people for each committee. We have succeeded in filling all posts, except for the retirement committee. Please consult the directory on page 11. Everybody interested is welcome!

The monthly breakdown on November 1<sup>st</sup>, 2015, indicates that we are 892 members in our sector, which makes it the sector with the highest number on Montreal Island. However, when discussing this with presidents of other sectors, I realized that the participation in different activities does not reflect that. This can be explained as follows: age of members, place of residence, travel distance, etc. In our next publications, we will inform you of the results of an analysis of our membership.

On average, about 40 people attend the welcoming luncheon and our monthly breakfasts. I hope that there will be a lot more people attending our Christmas Luncheon on December 14, 2015, at the restaurant Table 9 (formerly le Chambertin) in Pointe Claire when it will be our opportunity to welcome all new members who have joined since December 2014; a personal invitation will be sent to all 24 people.

All in all, the evolution of the combining of the sectors is proceeding normally, and I am confident that our members' dynamism will make life not only pleasant, but also energizing.

In closing, I would like to wish those whom I may not have the pleasure of meeting on December 14<sup>th</sup>, Happy Holidays and hope that 2016 will be a fulfillment of their wishes and hopes. After all, age and years are only numbers!

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**WE HAVE THE PLEASURE OF WELCOMING**

Suzanne Blého  
Cheryl Pratt

Robert Brunet  
Patricia Mistruzzi-Griffiths

Sharon Lee

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**IN MEMORIAM**



Raymonde Beauchamp and Serge Hamel



**Insurances**



**Carole Lefort**

Starting July 1<sup>st</sup>, 2015 our financial participation in the public insurance of the RAMQ has changed

- ✱ Annual Premium from \$611 to \$640
- ✱ Monthly Franchise from \$16.65 to \$18.00 (if medication is purchased)
- ✱ Maximum Monthly Contribution \$85.75

Example: 1<sup>st</sup> prescription

Monthly franchise \$18

Co-insurance \$60 - \$18 - \$42x34% - \$14.28

Total to be paid by insured: \$18 + \$14.28 = \$32.28



## Committee for the Status of Men (CCH)

2015-2016



**Richard Bastien**

Responsable

Even though we consist of 11 sectors at the Montreal Island AREQ, we are 16 members of the **CCH** who participate at three regular meetings per year. We also have the occasional social meeting. These meetings give our members the opportunity to get to know each other and to assist each other, if necessary. For instance, this year, the members of the committee will meet for a community luncheon at one of the members (**La Journée Internationale des Hommes**), on November 19<sup>th</sup>.

In addition, we organize an **annual conference reserved for Men**. You will receive the necessary coordinates later in the year.

And then we acted.....

For instance, last year, we took part in two events on the subject of Masculine Cancers: In November, we collaborated with **November**. In May, we participated in the Walk for Courage **PROCURE**.

In Quebec, there are very few fundraising events to fight masculine cancers. For this reason, we have decided to participate in this one event:

**The Walk for Courage PROCURE.**

**However, we are inviting all members of the AREQ of Montreal to join us.** Young people, women and men, we walk together for PROCURE.

Sunday, Father's Day, May 22<sup>nd</sup>, 2016;

A 5 km walk on St. Helen's Island.

To know more about it: <http://www.procure.ca/>.



## **Committee for the Status of Women (CCF)**



**Responsible: Annette Fragman**

**Coresponsible: Lise Longpré**

### **Action Plan 2015-2016**

Our objectives for this year were adopted in conformity with the choices of the 11 sectors of the Montreal region. Quite often, the needs of our members of different sectors are not the same, depending ultimately on who joins. Our role is to keep you informed, give you the necessary tools, the references, and to advise you where to find help; and if it is not for you, it may be of assistance to one of your friends.

- 1) Tolerance and conflicts.
- 2) The different forms of mistreatment of the elderly (most often people living alone and women). Sexual abuse of the elderly. Invited consultant: Mme. Paulette Vigeant, pedagogue/consultant who supplies us with resources, which I will gladly pass on to you
- 3) Moral and physical health (to come...)

For the record, our committee meets formally 2 times a year, once in September/October and once in April. In January, we have a special 1-day training session. In between these meetings, there are yearly activities for everybody, such as:

**Dec. 4, 2015** : National Day of Commemoration and Action against violence aimed at women.

Conferenciere: Madame Sophie Charpentier,

Subject: Violence against women and could we talk about it?

Place: Institut culinaire Pius X, 9955 rue Papineau, H2B 1Z9

Parking via rue Sauriol, behind the school.

Time: 12:30h.

**March 9, 2016** International Women's Day

Guest: Madame Lea Cousineau Pius X, at 12:30

We are looking forward to seeing you.

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*Below is an excerpt of a statement of the AREQ relevant to the conjuncture of the certification of residences for the elderly. It is worth thinking about it.....and being vigilant.*



## **Certification of residences for the elderly: The government must not give in to owners' blackmail!**

### **No compromise on safety.**

We are told today that residences with less than 50 apartments (which may mean up to 100 people) will not be required to have qualified personnel on site at all times to respond to emergency measures. This responsibility could be taken on by a resident or volunteer with only 16 hours of training in resuscitation and first aid.

"It is too much to ask of a designated person from among the residents, for example, to supervise a residence of 30 – 40 rooms. It is not true that the owner does not have the means to pay for qualified personnel. By exempting hundreds of residences, thousands of vulnerable people are put at risk for financial reasons. This makes no sense! Too many tragedies have happened during the last years. No compromise can be made when it comes to safety", stated the president of the AREQ.

### **Several moves can be predicted**

Besides that, the AREQ is wondering about the creation of the new categories of residences which would supposedly better reflect the level of services offered by each one. These categories will go from two to four: basic service, service with distribution of drugs, with personal assistance and with nursing care. As a result, there is the risk that the government may force elderly residents to move into another residence of a different category as soon as their level of autonomy diminishes.

"The government continues to stress the importance of people staying in their own living environment as long as possible. However, there is presently a moving away on the part of the government from home care when it proposes a classification of residences which could result in several moves. The government goes, in fact, against its own words", added Mr. Pierre-Paul Cote.

(Excerpt from the 6<sup>th</sup> October 2015 communique.)

You can find all AREQ communications and the viewpoint of our association on all subjects in line with our mission on the AREQ's site: <http://areq.qc.net/>



## **A National Council, what's that?**



***Richard Raymond***

In the structure of AREQ, a national council is the body that, between the congresses (every 3 years) oversees the proper functioning of the association. It consists of members of the administration council (5 executive members and 10 regional presidents), and the sector presidents (87 people). It is held twice annually (in fall and in spring).

During these national councils, the delegates can participate in training on subjects related to the national action plan arising from the adoption of the orientations at the previous Congress. This training comes in the form of workshops or conferences.

At the last national council, which took place in Saguenay from Oct. 26 to 29, I was privileged to be able to listen to a representative of the “Collectif pour un Québec sans pauvreté” (socio-political), one of the David Suzuki Foundation (environment) as well as an ex-member of the special Commission on the question of dying with dignity.

These three subjects are really at the heart of current Quebec actuality.

The first one makes sense if we look at all this controversy which surrounds what certain people call “budgetary rigor” and others “austerity”, the result being exactly the same for the taxpayer.

The second one shines a clear light on all the controversy surrounding the construction of the pipeline that would cross Quebec and monitors the work of the Conference de Paris on the climatic changes. This will take place at the end of November.

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Finally, the law which governs end-of-life care, the right to die in dignity and medical assistance to die will come into force in a few days (if not already the case).

One cannot be more involved in life in Quebec than that.

I would like you to ponder these subjects and, if you wish, express your viewpoint in one of the next editions of l'”Entrefilet”.



### Some Brief News



- ★ Several of our members who come to the breakfast meeting every first Friday of the month at the brasserie Le Manoir in Lachine tell us that “this gives them the opportunity, at little cost, to maintain a link with friendly and likeable people. Without that, they would feel somewhat alone”.
- ★ Thanks to the cooperation of Messrs. Gaetan Dubois and Edmond Pauly, your council is getting ready to put into service the new internet site of the sector. All members will be advised when it will be ready. In the meantime, feel free to submit suggestions so that this means of communication will meet your needs. You can do this by communicating with any member of the council (contact details available in the directory).
- ★ Mr. John Shenouda, member of our sector, proposes to establish a reading and/or poetry group. You can signal your interest by contacting him at 514/747-7294



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✱ For the winter traveller: Make sure to bring extra medication with you on your trip in case you run out of it, for whatever reason. In the United States, at least, you cannot go to a pharmacy directly to renew your prescription. You will have to go to the emergency department of a hospital, consult a doctor (the bill will be sent to you after your return), and you will have to pay the full amount of your prescription at the pharmacy. It is also possible that, upon your return, your insurance company will claim negligence on your part in order to avoid honouring your medical coverage (e.g. a prescription for insulin which costs \$50 here, costs \$ 250 in the United States).

### **Concert Ensemble vocal Opus 16**

Le 12 décembre prochain Opus 16 donnera son concert de Noël (Gloria de Vivaldi et plus, accompagné à l'orgue par Philip Crozier et 2 solistes) à l'église St Andrews & St Marks Anglican Church, 865, Lakeshore Dr à Dorval. Il reste quelques billets.

Réservation : Jacques Ready 514-620-8870

## UPCOMING ACTIVITIES 2015 - 2016

| ACTIVITY  | DATE<br>HOUR                          | PLACE  | DÉTAILS<br>INSCRIPTIONS  |
|---|---------------------------------------|--|--|
| <b><u>Sectorial activity</u></b><br>Monthly breakfast                   | Friday<br>January 8th<br>9 h 00       | Restaurant<br>Eggsquis<br>Les galeries Lachine                 | Reservation :<br>Thérèse Labossière<br>514-637-1725                      |
| <b><u>Regional activity</u></b><br>Occupons-nous de<br>nos affaires     | Wednesday<br>January 27th<br>9 h 00   | See Échos de l'Île   | See Echos de l'Île   |
| <b><u>Sectorial activity</u></b><br>Monthly breakfast                   | Friday<br>February 5th<br>9 h 00      | Restaurant<br>Eggsquis<br>Les galeries Lachine                 | Reservation :<br>Thérèse Labossière<br>514-637-1725                      |
| <b><u>Sectorial activity</u></b><br>Valentine Day<br>And Jubilaires     | Monday<br>February<br>15th<br>11 h 30 | Restaurant<br>Au vieux Duluth<br>3610 boul. St-Jean<br>DDO     | Jacques Ready<br>514-620-8870<br><b>Before February 10th</b>             |
| <b><u>Sectorial activity</u></b><br>Monthly breakfast                   | Friday<br>March 4th<br>9 h 00         | Restaurant<br>Eggsquis<br>Les galeries Lachine                 | Reservation :<br>Thérèse Labossière<br>514-637-1725                      |
| <b><u>Regional activity</u></b><br>Journée internationale<br>des femmes | Wednesday<br>March 9th<br>12 h 30     | See Échos de l'Île   | See Echos de l'Île   |
| <b><u>Sectorial activity</u></b><br>Monthly breakfast                   | Friday<br>April 1st<br>9 h 00         | Restaurant<br>Eggsquis<br>Les galeries Lachine                 | Reservation :<br>Thérèse Labossière<br>514-637-1725                      |
| <b><u>Regional activity</u></b><br>Jour de la Terre                     | Friday<br>April 22th                  | See Échos de l'Île   | See Echos de l'Île   |
| <b><u>Sectorial activity</u></b><br>Monthly breakfast                   | Friday<br>May 6th<br>9 h 00           | Restaurant<br>Eggsquis<br>Les galeries Lachine                 | Reservation :<br>Thérèse Labossière<br>514-637-1725                      |
| <b><u>Sectorial activity</u></b><br>General Assembly                    | Tuesday<br>May 17th<br>9 h 00         | Restaurant<br>Casa Grecque<br>13081 boul. Gouin<br>Pierrefonds | Reservation :<br>Jacques Ready<br>514-620-8870<br><b>Before May 10th</b> |



## **Bottin de références**

|  |                            |                  |  |
|--|----------------------------|------------------|--|
| <b>CONSEIL SECTORIEL</b>               |                            |                  |  |
| Richard Raymond                        | président                  | 514-685-6621     | <a href="mailto:liseetrichard@videotron.ca">liseetrichard@videotron.ca</a>     |
| Thérèse Labossière                     | 1 <sup>re</sup> vice-prés. | 514-637-1725     | <a href="mailto:laba@videotron.ca">laba@videotron.ca</a>                       |
| Carmen Dumont                          | 2 <sup>e</sup> vice-prés.  | 514-426-4426     | <a href="mailto:carmen_dumont@hotmail.com">carmen_dumont@hotmail.com</a>       |
| Jacques Ready                          | trésorier                  | 514-620-8870     | <a href="mailto:jacready@videotron.ca">jacready@videotron.ca</a>               |
| Gaétan Dubois                          | secrétaire                 | 514-637-7332     | <a href="mailto:duboisg@videotron.ca">duboisg@videotron.ca</a>                 |
| Annette Fragman                        | conseillère                | 514-696-8711     | <a href="mailto:awf42@hotmail.com">awf42@hotmail.com</a>                       |
| Mario Sauvé                            | conseiller                 | 514-639-6446     | <a href="mailto:mario.sauve@videotron.ca">mario.sauve@videotron.ca</a>         |
| <b>COMITÉS ET ACTIVITÉS SECTORIELS</b> |                            |                  |  |
| Entraide                               | Eva Bury                   | 514-457-5272     | <a href="mailto:evabury@live.ca">evabury@live.ca</a>                           |
| Condition des femmes                   | Annette Fragman            | 514-696-8711     | <a href="mailto:awf42@hotmail.com">awf42@hotmail.com</a>                       |
|  | Lise Longpré               | 450-623-6826     | <a href="mailto:michel.tache@gmail.com">michel.tache@gmail.com</a>             |
| Condition des hommes                   | Richard Bastien            | 514-683-5244     | <a href="mailto:ribas@videotron.ca">ribas@videotron.ca</a>                     |
|  | John E. Shenouda           | 514-747-7294     | <a href="mailto:johnshenouda@hotmail.com">johnshenouda@hotmail.com</a>         |
| FLG                                    | Thérèse Labossière         | 514-637-1725     | <a href="mailto:laba@videotron.ca">laba@videotron.ca</a>                       |
|  | Marthe Laforest            | 450-681-6728     | <a href="mailto:laforestmarthe@hotmail.com">laforestmarthe@hotmail.com</a>     |
| Retraite                               | Claude Clavette            | 450-455-1177     | <a href="mailto:claudelavette@yahoo.ca">claudelavette@yahoo.ca</a>             |
| Environnement                          | André Labossière           | 514-637-1725     | <a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>       |
|  | Mario Sauvé                | 514-639-6446     | <a href="mailto:mario.sauve@videotron.ca">mario.sauve@videotron.ca</a>         |
| Action socio-politique                 | Luc Brunet                 | 514-696-2716     | <a href="mailto:boulet.brunet@videotron.ca">boulet.brunet@videotron.ca</a>     |
|  | Edmond Pauly               | 514-683-3818     | <a href="mailto:edmond.pauly@gmail.com">edmond.pauly@gmail.com</a>             |
| Assurances                             | Carole Lefort              | 514-631-9004     | <a href="mailto:paco-jazz@hotmail.com">paco-jazz@hotmail.com</a>               |
|  | Jacques Ready              | 514-620-8870     | <a href="mailto:jacready@videotron.ca">jacready@videotron.ca</a>               |
| Arts visuels                           | Céline Legault             | 514-631-3844     |  |
|  | Pierre Lelièvre            | 514-473-4663     | <a href="mailto:pileli@bell.net">pileli@bell.net</a>                           |
| Communications                         | Robert Boulet              | 514-626-3727     | <a href="mailto:bouletrobert@gmail.com">bouletrobert@gmail.com</a>             |
|  | Louise Choquette-Dinello   | 514-634-3393     | <a href="mailto:louisechoquette@videotron.ca">louisechoquette@videotron.ca</a> |
|  | Jean-Claude Boumival       | 514-626-2185     | <a href="mailto:jcbour@videotron.ca">jcbour@videotron.ca</a>                   |
| Site internet                          | Gaétan Dubois              | 514-637-7332     | <a href="mailto:duboisg@videotron.ca">duboisg@videotron.ca</a>                 |
|  | Edmond Pauly               | 514-683-3818     | <a href="mailto:edmond.pauly@gmail.com">edmond.pauly@gmail.com</a>             |
| Cartes anniversaires                   | Ginette Pomerleau          | 514-626-0800     |  |
|  | Thérèse Labossière         | 514-637-1725     | <a href="mailto:laba@videotron.ca">laba@videotron.ca</a>                       |
| <b>AUTRES SERVICES</b>                 |                            | <b>SITES WEB</b> |  |
| AREQ                                   | 1-800-663-2408             | National         | <a href="http://areq.qc.net">areq.qc.net</a>                                   |
| CARRA                                  | 1-800-463-5533             | Regional         | <a href="http://regioniledemontreal.areq.ca">regioniledemontreal.areq.ca</a>   |
|  | 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             |                  |  |

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## *Thanks*



Thanks to John E. Shenouda for accepting to be coresponsible of the Status of Men committee.

Thanks to Céline Legault for accepting to be the responsible of the Visual Arts committee.



## **Credits**



Collaborators : Richard Bastien, Carole Lefort, Annette Fragman, Lise Longpré

Layout: Céline Allard

Coordonnator: Richard Raymond

Graphic designs: Danielle Raymond

Translation : Eva Bury