

L'ENTREFILET

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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



Bottin de références

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CARRA	1-800-463-5533	Regional	regioniledemontreal.areq.ca
	1-800-368-9883	Sectoriel	(http://du-haut-de-lisle.areq.lacsq.org/)
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

As I am writing these lines, our general assembly is already in the past. I would like to express my thanks to the approximately 60 people who were present. We took this opportunity to mention the first anniversary of our existence and to proceed to the statutory elections for the 1st vice-presidency, the treasury and for the position as a councillor.

The following people were elected: Therese Poirier-Labossiere, Jacques Ready and Mario Sauve. We have also elected the 9 members who will make up our delegation at the congress next June. They are: Luc Brunet, Carmen Dumont, Annette Fragman, Carole Lefort, Edmond Pauly, Therese Poirier-Labossiere, Jacque Ready, Liette Theoret and the person who will be elected to the presidency of the sector at our next general assembly. I sincerely thank these members for their involvement and interest in our community life.

Finally, we have adopted a sectorial action plan for the last year of the triennium 2015 – 2017. This action plan will be published in the first edition in September.

Since we are talking about the beginning, please note that our first traditional luncheon will take place on Monday, September 26th, at the restaurant Table 09 (please consult your calendar for registration details). As for the monthly breakfast (none in July and August), it will take place exceptionally the 2nd Friday of September which is on the 9th.

I conclude by emphasizing that the Fondation Laure-Gaudreault, with the help of Marthe Laforest, has handed over \$3300 to 8 organizations proposed by our sector at our volunteer luncheon at the beginning of June. A 9th organization will receive help directly from the “bureau national de la FLG”.

All that is left for me now is to wish you a wonderful summer vacation. Re-energize and come back in September in full form.

WE HAVE THE PLEASURE OF WELCOMING

Teresa Carlington
Olga Khoury
Peter Skahan

Jean Ernzer
Francine Raymond-Rodrigue
Christian Tremblay.

Camille Jacques
Gilles Sabourin



IN MEMORIAM

Gertrude Duclos
Jeannine Jacques-Martel
Nan Ruth Price

Anne-Marie Genest
Paul Lapointe
Louise Proulx

Monique Goulet
Henri Messih
Hélène Reiter.

Report on sector activities.

We started the year 2015/2016 with our welcoming luncheon where 43 people were present. On this occasion, we honoured our Eldest of the Year, Madame Monique St-Onge.

In November, we celebrated the Messe de Souvenir and enjoyed the luncheon following it, with 21 members joining us.

In December, we had our traditional Christmas Dinner with 88 people present, where we welcomed all our new members.

In February, 75 members came to celebrate St.Valentine's Day with us, and we used this opportunity to mention the members with 5, 10, 15 and 20 years of retirement.

Our breakfast meetings on the first Friday of the month reunite regularly between 30-40 people (10 breakfasts so far).

We have produced 3 editions of the Entrefilet, which 357 people receive via e-mail; this reduces substantially the cost of production and enables us to produce a 4th edition this year. About 40 members receive the anglophone version.

Our members have also participated in regional activities organized by different committees, namely: the Women's Condition Committee, the Men's Condition Committee, the Socio-political Action Committee, the environment, the day of "Let's look after our Business" (10 members) and the "Open doors to the Arts".

All through this year, we have found that the members of the two former sectors got along very well. All we have to do now is to increase participation.

Overall, the first year of the sector Du-Haut-de-l'Isle was a success, and we are ready for the next year.



The Laure-Gaudreault Foundation

Thérèse Poirier Labossière

2016 Beneficiaries of the Laure Gaudreault Fondation-Montreal

At the volunteer luncheon on June 6th, the LGF has remitted the cheques to the organizations that your council has recommended. It was Mrs. Marthe Laforst in charge of the selection committee of the LGF foundation-Montreal and Mrs. Therese Poirier Labossiere, responsible for the sector, who remitted the cheques for the following organizations:

- ↪ La troupe Atout-Coeur: <http://troupatoutcoeur.weebly.com/mission.html>
- ↪ Le Centre in'Afu: <http://www.centreinafu.org/>
- ↪ Le refuge pour les femmes de l'Ouest de l'Île: <http://www.centreinafu.org>
- ↪ WIAIH-association de l'ouest de l'Île pour les handicapés intellectuels:
<http://wiah.qc.ca/fr>
- ↪ La Maisonnette des Parents: <http://www.maisonnettedesparents.org/>
- ↪ Le projet communautaire de Pierrefonds: <http://www.pcpwi.org/>
- ↪ La Maison des jeunes de l'Escalier de Lachine: <http://mdjescalier.com/>
- ↪ Le Parados Inc.: <http://www.leparados.com/>

If these organization were able to receive financial aide, it is mainly due to the generosity of our members who so generously contributed to the collection of funds of the FLG-Montreal 2015-2016.

I am inviting you to continue this commendable habit and why not..... give \$5 000 (\$3 300 this year) to organizations that work for our sector.

Consult the May edition of des Echos de l'Île for all pertinent information on fund raising for 2016 – 2017.

Drivers Permit at 75

Richard Raymond

Since many of our members are approaching the age of 75 where the rules for the renewal of the drivers licence change, it is good to know the following:

Six months before the 75th birthday of a Quebec permit holder, the Societe d'assurance automobile du Quebec will send him a renewal notice including two forms. One has to be filled in by a physician after a medical exam, and another one to be filled in by an optometrist after an eye exam.

The costs will be as follows: 1) for a medical exam (which is not covered by the RAMQ), we are told by the Medical Association of general practitioners of Montreal (June 2015) that the cost is \$75. 2) To fill out the medical form, \$60 - \$125. 3) the eye exam is covered by the RAMQ. To fill out the form, the optometrist's fee varies between \$30 - \$65. Additional fees could be charged if the basic exam indicates health problems with the eyes.

In addition to these costs is the fee for the drivers permit itself which, in 2016, is \$82.24.

If, according to the SAAQ, no health problems are discovered which could reduce the capacity to drive, the same tests will be required again at the age of 80. Following that, these two exams will be obligatory every two years.

It is clear that, at 75, our drivers licence could cost us between \$247 and \$347.



New Sector Website

*Gaetan Dubois and
Edmond Pauly*

In October 2015, a training session for the webmasters of all the sectors of Montreal Island was presented by Dominic Provost of L'AREQ/CSQ. This training served as an introduction for the use of the software hosted by the CSQ for the benefit of all the sectors of the AREQ. Our sector was represented by Gaetan Dubois and myself.

Between November 2015 and January 2016, we familiarized ourselves with this new software in order to create a new website for our sector.

All the procedures used on this new site have been detailed in a 3-page guide. With the help of this guide, every new webmaster could bring the site up to date.

On this site, the section reserved for photo albums is linked to a Google service with the help of the picasaweb program. It is Madame Simone Dubois who takes the pictures during sector activities and who transfers them to the Google link. In fact, this is the most visited part of the site.

Some people responsible for the committee have sent a resume which can be found on the site. As an example, two articles have been introduced, and we are expecting more coming from members of our sector.

Since the introduction of the site in February 2016 and April 22nd, the number of visitors has been 340.

Since the site is new and the link quite long (<http://du-haut-de-lisle.areq.lacsq.org/>), we hope that the website will respond to a growing need to connect to the internet.

You can also gain access to the site via Google by typing "Areq du haut-de-l'Isle".

Report on Communications

Richard Raymond

Under the name of communications, we will find l'Entrefilet, e-mail messages and the telephone chain. In this first year of regrouping, our priority has been to bring our membership list up to date as much as possible and find out how each member wishes to be contacted.

Last November, we went over our complete membership list in order to put together all e-mail addresses that we have, and we established a mailing list of messages and of the 'Entrefilet'. It was Therese Poirier-Labossiere, Louise Dinello, Jean-Claude Bournival and I who finalized this. More than 40% of our members are on this electronic mailing list.

What we still have to determine is the fate of the telephone chain. Robert Boulet, who was in charge of it, has passed the torch, and I am taking this opportunity to thank him for the countless hours he spent to steer this committee.

Since we publish 4 numbers of l'Entrefilet (including the calendar with future activities) and there are 3 releases of the Echo de l'Ile (regional bulletin) per year, the discussions at the council meeting have led us to conclude that the establishment of an across-sector telephone chain seems unnecessary. We will, however, continue to reflect on this and will determine the next steps on this subject. One thing is for sure: it will be the needs and the wishes of our members which will be the criteria that guide us.

In connection with this subject, I would like you to complete the enclosed answer-coupon, so that we can finalize everything.

Who are our members?

Jacques Ready

We are ending the first year of the new sector Du-Haut-de-l'Isle and would like to give you an "overview" of the sector.

Here are some numbers following an analysis of the information received from l'AREQ nationale at the beginning of June. We are talking about 886 members.

Did you know that the typical picture of a sector member is a woman? A regular member, former teacher, 67 years old who retired at 60 and lives in Lachine. Do you see yourself in this?

1 – How many women and how many men?

No surprise there, the proportion is almost the same as in the general population. 609 women (68.7%) and 277 men (31.3%)

2. What is the status of our members?

The members of the AREQ are divided between regular members (MR) and associate members (MA). These are the partners of the late regular members who want to keep the benefits, mainly insurances. MR: 845, MA: 41.

3. Where do we live?

496 of our members live on sector territory in 13 towns or boroughs of Montreal. 102 live in Lachine proper – almost 20%, followed by Dollard-des-Ormeaux with almost 16%. 173 live in the geographic territory of another AREQ sector of the Montreal Island region (06) notably Du Ruisseau Raimbaud (towards St-Laurent) with 86 members.

197 of our members live in an other region of the province with a majority of 113 in the Monteregie (particularly Vaudreuil and Ile Perrot). Moreover, 18 of them reside in another province (with 14 in Ontario), and, finally, there are 2, one of whom lives in Scotland and the other one in Monaco.

4. Which is the average and the median age?

The average age (man/woman) is 72 years, but the median age (most of the time) is 67 for women and 68 for men, with a median age for both sexes of about 70 years.

The largest age bracket is 65 – 69 with 245 (28% of our members)

5. What is our retirement age?

Here, we can only consider the regular members. The women retired (median) at 60, while the men retired at 55 years of age. The average retirement age for both sexes is 58 years.

6. What kind of work were we doing?

We have the data bank on the functions of 802 of our regular members. The most frequently mentioned function is “teacher”, either at a school commission or a CEGEP, with 589 people (73.4%).

If these numbers have not yet made you dizzy, and you wish to have more details, you can consult the website of l'AREQ Du-Haut-de-l'Isle. You will find very detailed tables there.

<http://gestion.areq.lacsq.org/app/uploads/sites/11/2016/06/TableauxDHDL16.pdf>



UPCOMING ACTIVITIES 2016 - 2017

ACTIVITY	DATE HOUR	PLACE	DÉTAILS INSCRIPTIONS
Sectorial activity Monthly breakfast	Friday September 9th 9h00	Restaurant Eggsquis Les Galeries Lachine	Inscriptions Thérèse Labossière 514-637-1725
Sectorial activity <u>Dîner de la rentrée</u>	Monday September 26th 11h30	Restaurant Table 09 (anciennement Le Chambertin) 9 Place Frontenac, Pointe-Claire	Membres : \$ 20 non-membres : \$ 35 Reservation Jacques Ready 514-620-8870 before September 20th

Collaborateurs : Luc Brunet, Gaétan Dubois, Thérèse Labossière,
André Labossière, Edmond Pauly, Richard Raymond et
Jacques Ready

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Coordonnateur: Richard Raymond

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Our communications network

Richard Raymond

All throughout the year, we have been updating the structure of our communications network: information bulletins, e-mails and telephone calls.

We have come to 4 publications of l'Entrefilet (about every 3 months) which will be sent out by mail or e-mail. There will be a French and an English version according to customer demand. Since these releases are relatively close to one another, we will be able to inform you of all sectorial and regional activities on time so that you don't miss any. In addition to that, the increasing number of members who want to receive their bulletin via e-mail permits us to reduce our mailing costs considerably.

In terms of more punctual messages, more than one third of our members (341) accept them in the form of an e-mail.

The structures of calling members which were established several years ago are becoming almost obsolete or, at least, very ineffective. In order to evaluate their pertinence, we are asking you (see answer-coupon) if you wish to use this means of being informed. Based on the results of this consultation, we will make the decision to continue or not. Let's be realistic: To have a working telephone chain, we need telephone operators who are available and people who wish to receive these messages.

In order for us to structure all that, I am asking you to let us have your reply before August 1st. You can do that by mail or by e-mail (liseetrichard@videotron.ca), but only if you would like to be part of the "telephone chain".

By mail: Richard Raymond
214-11490, Boulevard Gouin Ouest
Pierrefonds, Qc H8Y 1Y2

Reply coupon

NAME: _____

Phone. : _____

- I would like to receive messages by phone.
- I volunteer to call.
- I have an e-mail address and I will receive the message via e-mail in order to pass it on by telephone: (e-mail)

(e-mail) : _____

- I volunteer my services as a telephonist, and I do not have an e-mail address.