



L'ENTREFILET

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November 2016

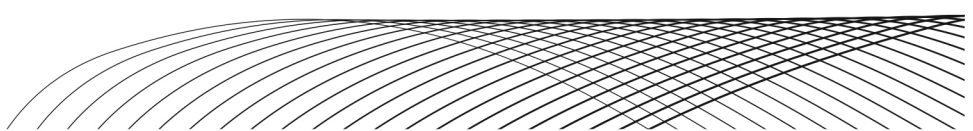
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Secteur H

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





Bottin de références

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Vacant	conseiller		
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Cartes anniversaires	Ginette Pomerleau	514-626-0800	
	Thérèse Labossière	514-637-1725	laba@videotron.ca
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	(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

When I retired in June 2000, I said to myself that I would take my time and enjoy life at my own pace. I remember having accepted to remain part of the AREQ, like most of us, in order to continue profiting from the private health plan. This was the main motive.

In June 2001, Mme. Angele Berger, then president of the sector Ouest de l'Île, contacted me and asked me to take over the coordination of the sectorial bulletin. I said to myself that, after having witnessed the dynamism and the joie de vivre of our members during activities, I would offer my services.

In May 2002, I was happy to be part of the sector delegation at the congress. I realized then that the AREQ was not only a social organization, but that it had also a political weight and defended the rights of its members.

In April 2007, at the general assembly of the sector, I offered my services as an advisor to the Executive Committee (formerly called conseil sectorial actuel) under the presidency of Luc Brunet. Following that, it was the vice presidency with Michel Lanctot as president, and finally the presidency.

Far removed is the time that I wanted to be part of the AREQ only to profit from insurance benefits! I realized that one learns to appreciate an organization of which one is a member by participating in its activities and by investing time and energy. One learns also that one can be useful – everybody in his own way.

When reading this edition of l'Entrefilet, you will be able to see that l'AREQ has intervened in several socio-political issues (health, lodging, etc.) and, above all, that these interventions have been successful. We are headed towards our Congress where the theme will be "Conviction, Engagement, Cohesion". I believe that these words are appropriate to show that one learns to know and, more so, appreciate l'AREQ from the inside, by getting involved.

The holidays are often the time where we make resolutions for the New Year. If you need any suggestions, look at the calendar on page 12; there is at least one per month from now till May, starting with our Christmas Luncheon on December 12th.

In closing, I wish you happy holidays and health to make all your wishes come true and give you the opportunity to meet all your former colleagues.

WE ARE PLEASED TO WELCOME IN OUR SECTOR

Henri Audy
Douglas Robinson

Patricia Bujold
Finola Smith

Line De Chantal
Aline Zerounian-Ades



IN MEMORIAM

Normand Cérat

Thérèse Champagne

Albert Fortuna

Ruth Harpe

Bernard Kondziolka

René Senécal

le frère de Nicole Normand-Divay.



Insurance

MEDICATION NOT COVERED BY THE RAMQ.

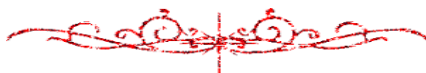
Has it ever happened to you that you paid full price for a medication because it was not covered by the RAMQ? If yes, it may be that this medication is covered by our group insurance plan ASSUREQ (SSQ) if it is on the list of the eligible medications. To find out, all you have to do is present your SSQ card to the pharmacist or call the insurance company. When giving the card to the pharmacist, he will enter your insurance number into your prescription file, so that you don't have to do that every time. It will be done automatically. This applies to all eligible medication which is not covered by the RAMQ for one year retroactively.

Concert Ensemble vocal Opus 16

Le 10 décembre prochain Opus 16 vous souhaitera Joyeux Noël lors de son concert de Noël qui aura lieu à l'église Ste-Geneviève 16 037 boul. Gouin O. à 20 h. Il reste quelques billets.

Réservation : Jacques Ready 514-620-8870

Vacation without Problems



Carole Lefort

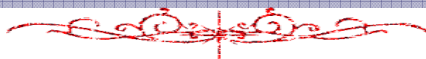
In order to get the most out of your trip, remember the following advice:

1. Before making any reservations for your trip, you may contact CanAm (insurance)
Telephone: 1-800-264-1852. While it is not absolutely necessary, it may save you unexpected expenses later on.
2. If you plan a trip, and you are at risk, or you have a pre-existing illness, it may be important to contact your insurance company to ask whether it is necessary to have a medical attestation. Why? To permit your insurance company to review your medical file before departure. If there is a problem, it does not mean that you cannot travel, rather that you might have exclusions: this would mean that if you have a specific medical problem, this problem would not be covered; however, everything else would be.
3. If you have to go to the hospital while on vacation, call your insurance company (on the back of your card) before treatment. They can be reached 24 hours/day. If this is not possible, call as soon as you can,
4. If you have to cancel a trip because of hospitalization, or your condition does not permit you to travel, call your insurance immediately or have someone else do it. Keep all your hospital documentation, because the SSQ will ask you to complete a form, giving the reason for stopping your trip. Fill these forms out carefully if you want to be reimbursed promptly.

Have a good trip and do not hesitate to communicate with your insurance company before making your reservations. Costs outside the country are exorbitant. Believe me!



The Laure-Gaudreault Foundation



Thérèse Poirier-Labossière

Action Plan for the years 2016 – 2017

1. Presence at the September 8 meeting;
2. Ticket sales for the benefit luncheon;
3. Participation at the General Assembly of the LGF and at the benefit luncheon on November 9th.
4. Sale of used books donated at the monthly breakfast meetings;
5. Vote on the amount to the sectorial council and offer of two gift certificates;
6. Distribution of the amounts granted to various organizations at the benefit luncheon;
7. Report at the sectorial general assembly on April 25, 2017;
8. Solicitation from the Caisse Populaire of Lachine;
9. Presentation of this action plan to the sectorial council on October 21, 2016;
10. Release of articles in l'Entrefilet.

The general assembly of the Laure-Gaudreault Foundation took place on November 9th, followed by the annual luncheon. Mr. Robert Gaulin,, provincial president of the FLG, was proud to meet the members of the Montreal region. He took the opportunity to motivate and congratulate the volunteers as well as the donors for their commitment to the FLG. Members of the Montreal AREQ and guests of different organizations also participated in this volunteer luncheon. Attendance prizes offered by the sectors made this meal even more enjoyable.

The sale of used books continues at the monthly breakfast meetings. Please note that every other amount is also greatly appreciated. In the name of the LGF, a great Thank You for your generosity.

Did you know that.....

A survey recently conducted by the AREQ showed that 45% of AREQ Montreal Island members do volunteer work averaging almost 4.4 hours per week. This comes to more than 650,000 hours of volunteering per year. With a remuneration even at the minimum salary, the yearly economic fallout would be more than \$7 000 000. (Source: Dominic Provost Communique, November 2016).

If extrapolated and applied to our sector, it can be affirmed that our members put in more than 90 000 hours and that the economic fallout would amount to \$980 000.



Good News

Starting in 2018, it will no longer be necessary to ask for the Guaranteed Income Supplement application form (SRG) from the federal government. Registration will be automatic, and every person 65 and over will receive the application form in the mail.



Good News..... BUT

Since June 10, 2016, an owner can no longer take back an apartment or evict a person 70 years old or more from his apartment who has been occupying this apartment for 10 years and whose income is \$27,000 or less.

Exceptions are:

- 1) for an owner, 70 or more, who wants to occupy this apartment himself.
- 2) if the new tenant is 70 years old or more or
- 3) the occupying owner is 70 or older and wants to have a person younger than 70 years in the same apartment as him.



Good News

Since mid-November, ultrasound scans in private clinics will be paid for by the RAMQ.



Good News cancelled out by bad news.

Following pressure tactics by citizens and the intervention of the federal government, starting in 2017, extra fees will be abolished (dixit Gaetan Barrette).... BUT a draft regulation creates new fees for transporting "biological samples". It is foreseen to impose a fee of \$15 for blood tests and \$5 for every other sample (i.e. PAP test, throat analysis, etc.)



Environment facts



André Labossière

On the 3rd of November, a regional meeting took place which had as its objective, among (5) others, the presentation of the kit: "from now on, no more plastic bags".

Mr. Tommy Bureau, AREQ counsellor for environment and sustainable development, presented this animation kit on the above-mentioned subject.

To this effect, a petition was introduced to abolish the single use of plastic bags in stores. It was presented at the National Assembly on November 29th, 2016.

A joint action seems also to manifest itself at the level of the Communauté métropolitaine de Montréal (CMM). In fact, on December 2015, the CMM council adopted unanimously a resolution, demanding that the involved municipalities confirm their intentions to ban plastic bags starting on April 22, 2018.

Another presentation was that of Mr. Karel Menard of the Front commun québécois for an ecological waste management (FOGED).

You can find the main points of his conference on the internet site of the FOGED / PUBLICATIONS under the title "Presentation on the abolition of plastic bags" which he made at the national council of the AREQ (March 2016).

Mr. Menard was able to respond to many questions concerning this very important subject which confronts all societies today. Among others, he brought up the question of "refunds". We know that all beer bottles, aluminum cans as well as certain sizes of plastic bottles provide refunds. The rate of recovery and of recycling is high.

However, the one for wine bottles and spirits is not. In spite of the fact that these bottles can be recycled through a selective collection, their rate of recycling is about zero. Why? Because glass, mixed with other recyclable materials, inevitably contaminates everything, so that their market value comes to about zero.

It is only Manitoba and Quebec that refuse refunds.

The day ended with a presentation called: the environment, a human rights issue. Mrs. Lysiane Rock was the invited conferenciere. Everybody knows that millions of people regularly face precarious environmental conditions; be it water, forests, earth, the atmosphere, biodiversity and the natural resources, all these are intimately connected to the political conditions of our countries. Even developed societies should feel compelled to promote and protect the rights of humans in order to maintain a sustainable development.

You can consult "la ligue des droits et libertés" on the following internet site:
www.liguedesdroits.ca

A CALL TO EVERY MEMBER



Richard Raymond

Whenever we send out l'Entrefilet, Canada Post returns to us about a dozen issues with the mention of "moved" or "unknown".

Our attempts at contacting these people based on the data base of the AREQ (telephone, e-mail) have not shown any results. These people may have moved without telling us their new address; it is also possible that the person is no longer alive or in a situation where they can not communicate with us.

In order to update this list and permit our members to stay in contact with the sector, I am asking all of you for help. If you know or have any information of the people whose names are mentioned below, please contact me either by phone or e-mail. All this is confidential. Even the least information will be greatly appreciated.

Guy Allard (Ile Bizard), **Gisèle Bérubé** (Montréal);
Lise Ménard (Ste-Anne-de-Bellevue); **Huguette Julien-Leduc** (Brossard);
Gilberte Larochelle (Valleyfield); **Renée Mamane** (Dollard-des-Ormeaux);
Claude Laframboise (Saint-Lucien); **Mary Loebecke-Boulle** (Westmount);
Roland Lavoie (Pierrefonds); **Lise Lacasse** (Montréal);
Ginette Corbeil (Vaudreuil); **Denise Dubois** (Joliette);
Lazina Nisha-Désormiers (Ajax, Ontario); **Suzanne Girouard** (Lachine);
Dorothy Lilian McDonald (Pointe-aux-Trembles); **Susan Freed** (Montréal).

Some e-mail addresses are also invalid: Guy Allard, Deana Albertini, Chantal G. Arnold, Normand Bazinet, Georges Beaulieu, Hélène Boyer, Ginette Corbeil, Cécile Désaulniers-Croteau, Deborah Donnelly, Clément Gagnon, Kevin Geary, Lizette Gildey, Michel et Suzanne Jubinville, Gilles Lachance, Cécile Ménard, Fernand Pilon, Claude Saint-Germain, Guy St-Germain.

I am taking this occasion to remind you to advise us of any changes in your address, telephone or e-mail. It only takes seconds and permits us to stay in touch and be informed.



Crédits

Collaborateurs : André Labossière, Carole Lefort,
Thérèse Poirier-Labossière, Richard Raymond

Mise en page: Céline Allard

Coordonnateur: Richard Raymond

UPCOMING ACTIVITIES 2016 - 2017

<i>December</i>			
Monday 12	<u>Activité sectorielle</u> Dîner de Noël et accueil des nouveaux	11 h 30 Restaurant Table 09	<u>Réservation immédiate</u> Jacques Ready 514-620-8870 20 \$ membres 30 \$ non-membres
<i>January</i>			
Friday 6	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Wednesday 25	<u>Activité régionale</u> <u>Occupons-nous</u> <u>de nos affaires</u>	9 h 00 Voir les Échos de l'île, sept. 2016 p. 14	Réservation: Jacques Ready 514-620-8870
<i>February</i>			
Friday 3	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Wednesday 15	<u>Activité sectorielle</u> Dîner de l'amitié et des jubilaires 5-10-15 ans de retraite	11h 30 Restaurant Au Vieux Duluth 3610, boul. St-Jean, DDO	Réservation <u>avant le 12 février:</u> Jacques Ready 514-620-8870
<i>March</i>			
Friday 3	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Wednesday 8	<u>Activité régionale</u> <u>Journée int. De la</u> <u>femme</u>	9 h 00 4000, rue Bossuet, Montréal Voir les Échos de l'île	Réservation <u>avant le 3 mars</u> Annette Fragman 514-696-8711
<i>April</i>			
Friday 7	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Tuesday 25	<u>Activité sectorielle</u> <u>Assemblée</u> <u>générale</u>	9 h 00 Casa grecque, 13081 boul. Gouin O. Pierrefonds	Réservation <u>avant le 17 avril</u> Jacques Ready 514-620-8870