

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



A Word from the President



Richard Raymond

Even though the new year has already started two months ago, permit me to wish you a happy 2017 and, as always, health to make your dreams come true.

It may be that this is the last time that you read my letter as the president of our sector. In effect, as you will see in the pages that follow, at our annual General Assembly on April 25th, the position of presidency will be subject to the scrutiny of our present members. At the moment, I have not yet decided to ask for another mandate. Other positions are also up for election. I do not want to hide from you that the task is becoming more demanding, and the physical energy is slowly decreasing. I still feel a certain pride to “lead” actively and put my time and energy to good use for the 894 members of the sector; the fact remains that the more we are who participate actively, the easier the task. And it gives me great pleasure to meet the people who participate in our activities.

We have numerous regional or sectorial activities; our monthly breakfast meetings on the first Friday of the month, the International Woman’s Day on March 8th, the conference on the democracy of the socio-political action committee on March 23rd, the conference on the actions within our reach for Earth Day on April 21st, the general sectorial assembly on April 25th, the conference on cognitive changes related to aging on May 11th, the general regional assembly on May 18th. There are so many opportunities to demonstrate our solidarity with our association. Check your calendar regularly for our activities on page of the Entrefilet.

In closing, I strongly advise you to also consult the national AREQ internet site to see how proud we can be of the involvement of our elected members in Quebec society.

WE ARE PLEASED TO WELCOME IN OUR SECTOR

Gilda Di Murro Gangai
Wilfred Lalchan

Peter Gilson
Gale Martin

Helen Krutz
France Ouellet.



IN MEMORIAM

Luc Brunet
Francine Valois

Jean Ernzer

Andrée Legris

Jean Rochefort

We have come to the time of year where we convene you to the annual General Assembly in order to hand over the accounts of the current year.

In conformity with article 23.02A of our statutes and regulations, we must proceed with the election of persons for the presidency, for the second vice presidency, for the secretary and for the second councillor.

If you want to know what has happened in our sector, how your money was spent, how the people responsible for the committees worked for you and for all our members, and be the first ones to know about the 2017 – 2018 projects, you have to be present at this assembly. Your presence will also be an encouragement for all our sectorial council members.

All those present at the general assembly from beginning to end will be offered lunch by the sector.

We expect you Tuesday, April 25th, 2017 at 9 a.m. at the Casa Grecque Restaurant, 13081 Gouin West, Pierrefonds.

Richard Raymond, President

N.B. The General Assembly will be held in French.

Elections for the sectorial council: Procedure

A decorative green flourish with a central swirl and two curved lines extending outwards.

According to our rules and statutes, we will proceed with the election of several positions for our sectorial council at the next General Assembly on April 25th. Here is the procedure to follow to show your interest in one or the other positions.

Fill in an application form which you can obtain by communicating with Louise Dinello (dinellolouise@gmail.com) 514-634-3393 or Jeannine Beaudry- Hamelin (janinehamelin@gmail.com; 514-685-4688). Return before April 25th.

GENERAL ASSEMBLY - HAUT-DE-L'ISLE AGENDA

1. Verification of the quorum and a word of welcome.
2. Nomination of a candidate for the presidency of the assembly and of a candidate for secretary of the assembly.
3. Reading and adoption of the agenda.
4. Reading and adoption of the verbal process of the assembly on May 17th, 2016.
5. Presentation of reports
 - 5.1 Reports of the activities 2016 – 2017
 - 5.2 Report of the presidency
 - 5.3 Reports of the persons in charge of the committees
 - 5.4 Fondation Laure-Gaudreault
6. Presentation and reception of the financial statements;
7. Presentation and adoption of the action plan 2017 – 2018;
8. Presentation and adoption of the budget forecasts 2017 – 2018
9. ELECTIONS
 - 9.1 Sectorial Council
 - 9.2 Delegates for the Congress 2017;
10. Various questions;
11. Word from the regional president;
12. Word from the sector president;
13. End of assembly.

At 9.1 the following positions are available:

1. Presidency: 3 year mandate
2. 2nd Vice-presidency: 3 year mandate
3. Secretary: 3 year mandate
4. Councillor: 3 year mandate
5. Councillor: 2 year mandate.



SOCIO-POLITICAL ACTION



Luc Brunet and Edmond Pauly

In this edition of l'Entrefilet, we take a look at certain tools used to measure poverty.

Cover one's basic needs

Since 2009, the "Market Basket Measure" (MPC) is used in Quebec as a benchmark to assess poverty from the point of view of covering basic needs. The MPC is calculated by adding up the cost of various needs. Lodging, food, clothing, transportation, other needs and services (i.e. telephone, furniture, hygienic needs, school fees, etc.) Government and social groups agree that, if the yearly revenue of a person does not permit him/her to get the goods and services contained in this basket, this person does not have the basic necessities of life. He finds himself in a situation which affects his health as well as his dignity.

Would you like to situate yourself approximately in relation to the MPC? To start with, calculate your yearly income after having paid your taxes and cashed any government transfers. Then, compare this amount with the one corresponding to your situation in the table below.

MPC threshold for Quebec (estimated in dollars in 2013)

	Rural Regions	Cities less 30 000	Cities 30 000- 99 999	Cities 100 000- 499 999	Québec	Montréal
1 person	\$17,011	\$17,055	\$16,082	\$16,111	\$16,703	\$17, 246
2 persons	\$24,056	\$24,119	\$22,743	\$23,314	\$23,621	\$24,390
3 persons	\$29,463	\$29,539	\$27,855	\$28,554	\$28,930	\$29,871
4 persons	\$34,021	\$34,109	\$32,164	\$32,971	\$33,405	\$34,493

If you would like to know more about the consumption basket, please consult the file attributed by the Collectif: <http://pauvrete.qc.ca/?-Autour-de-la-Mesure-du-panier-de-consommation>.

Getting out of Poverty

It is possible to cover basic needs, though without being out of poverty. To this date, no consensus exists that would indicate the yearly revenue necessary to “be out of poverty”, which means an income that would permit a person or a family to have the means, the choice and the necessary power to exercise all of its rights.

Getting out of poverty should permit a person to organize his personal and social life in such a way that he can live up to his various aspirations.

Nevertheless, from among the different indicators that measure poverty, several converge. They indicate a low income cut-off area, for 2013 between \$19 774 and \$22 199 (after taxes).

Getting out of poverty, according to one's personal situation, would possibly mean attain a point situated somewhere in this range.



Socio-political Action Committee Democracy in question and citizen participation



Come and participate at a conference concerning democracy in our current societies on March 23rd.

We believe that democracy is losing grounds and that our leaders respond poorly to our expectations. We are interested in representation and citizen participation, especially concerning the urban environment.

Madame Anne Latendresse, professor at UQAM, will be the invited speaker.

On March 23rd, from 1 p.m. – 3:30 p.m. we will be expecting you at the library of l'institut culinaire St-Pius X, 9955 Papineau, parking accessible from rue Sauriol Est.

Public transport: Metro station Fabre + bus 45 N.

Registration before March 16th by calling Edmond Pauly (514/683-3818).



The Laure-Gaudreault Foundation

Thérèse Poirier-Labossière

1) The foundation was created with the intent to develop a momentum of solidarity and generosity toward the poor (Louissette Fournier, (AREQ Congress 2011)).

Belonging to the Foundation is to make a gesture of solidarity and recognition toward this pioneer whose struggle has given our profession a status of respectability. It is also a means of showing pride and unity in our association.

Participation in the Laure-Gaudreault Foundation

- 1 – We can participate in our foundation by becoming a life-long member (member or non member of the AREQ) by paying a one-time fee of \$10.)
- 2 – By subscribing to the fund:
 - a) by donating money
 - b) by buying condolence cards (\$10 each)
 - c) by buying promotional material:
 - the book of Laure-Gaudreault (\$10 each)
 - the “History of Charlevoix” (April 2002) (\$10 each)

Something new in our Foundation:

There will be a national drawing in 2017 at the 46th Congress of the AREQ. This good news has been communicated to us after a recommendation of the provincial office of the Foundation during a meeting last June. This activity is approved and supported by the AREQ. The objective of the drawing is to remit
2) an amount of \$5000.

1st Prize: a cheque for \$2000.

4th Prize: a cheque for \$ 500.

2nd Prize: a cheque for \$1000.

5th Prize: a cheque for \$ 500.

3rd Prize: a cheque for \$1000.

Ticket Prices: 5\$ one (1) ticket, \$20 for 5 tickets (if bought by the same person), 40\$ for (10) tickets (again, if bought by the same person). To buy tickets, please communicate with me at 514-637-1725.

During the 2016 campaign, the AREQ region of Montreal has raised the sum of \$14 429,25. We can be proud of this generosity which will permit the Foundation to accomplish its mission.



Environment facts

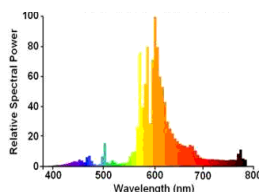
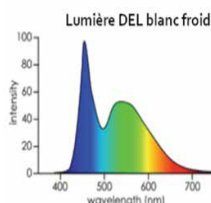
André Labossière

Lighten up and illuminate the right way

To save energy, Montreal has decided to replace the light fixtures of 132 000 lamps on its territory. The LED at 4000 degrees K (Kelvin: 0 degreeK = -273 degree C) were a good thing. Effectively, compared to the present lamps (high sodium pressure) the energy saving would be around 50%. But there again, this type of LED has the disadvantage of emitting more blue light compared to high sodium pressure. White light created by the LED is the result of a combination of several types of wave lengths. However, the blue component is much stronger. This is what would make it potentially dangerous:

The two figures below show what has been noted:

Light under high sodium pressure



Following the intention of the Montreal authorities to proceed with this type of LED, there was a reaction from several people, pointing out their undesirable effects.

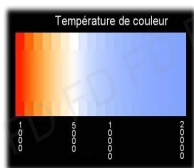
Serious studies have shown that the intrusive night light may cause sleep problems, thus promoting obesity, diabetes, and a reduction in the efficacy of the immune system. Negative effects have also been noted on animal health and flora.

All this is perfectly plausible since, for thousands of years, human beings, animals and plants have always lived in harmony with the natural cycles of nature, without artifice, i.e. skies that are not artificially lit.

After consideration of the potentially harmful effects when using the LED at 4000K degrees, the Coderre administration has opted for the LED at 3000K degree.

The criteria that have led the administration to come to this decision are: Ambiance – Environment – Quality of life – Health – Security.

When referring to the numbers in question (3000 degreeK vs. 4000degreeK) you can see the difference in the color:



These are not only the LED lamps that can cause problems. For a few years now, cars also have been equipped with blue headlights. On occasion, they may present a real danger for the driver coming from the opposite direction.

In fact, these headlights have become so popular with drivers that the companies have rushed to offer light bulbs in a deeper blue, which are contra-indicated for cars that do not have the specifications required.

In fact, this type of headlight should only be used for lenticular headlights which focus the beam in such a way as to avoid the glare.



Committee for Men's Condition (CCH)

Richard Bastien

1. **Conference: "Aging with a healthy brain";** Dr. Lois Berher
Thursday, May 11th, 2017, at 1:30pm.
Dr. Berher is a researcher at the CRIUGM (Centre de Recherche de l'Institut Universite de Geriatrie de Montreal). He is a very dynamic speaker. The conference will take place at the library of the Institut Culinaire St. Pius X. Opening at 1pm, and the conference starts at 1:30pm.
Women are welcome.

Registration before May 4th, 2017,
Richard Bastien : 514-683-5244, ribas@videotron.ca
2. **Marche du Courage Procure** fights against male cancers, Sunday, June 18th, 2017, Father's Day. Invitation to all Montreal AREQ members (men and women) to participate in this 5 km walk to fight male cancers. If grandfathers check their prostates, ... young men must examine their testicles.

Each year, on Father's Day, Sunday, June 19th, 2017, Procure organises The Walk of courage to collect money for research to fight cancer of the prostate which kills on average 85 Canadians per week. Last year, the Committee participated in this event, and some retirees of the AREQ of our area also participated, bringing with them members of their families (wife and child). We collected several hundreds of dollars. The organisation of this activity was flawless and a valuable experience. We plan on participating again, hoping that there will be more of us since this time, all sectors will be represented.

This walk to fight male cancers is open to everyone, and we have already one woman who registered. She decided to join the team (CCH) AREQ, Montreal. In the AREQ, 2/3 of the members are female, 1/3 are male. I would not be surprised if, this year, we will have more female walkers than men. Everybody can contribute to the Marche du Courage Procure, male or female, you can register.

To register, go to this site: <https://marcheducourage.ca/fr/register>.
Registration fee \$50,00 and then join the team "Comite de la Condition des Hommes, AREQ, Montreal.

If you want to sponsor a walker, go to <https://marcheducourage.ca/fr/>.
Then click on FAIRE UN DON and choose the walker whom you would like to sponsor. Follow the instructions.

Thank you for joining us.



Crédits

Collaborateurs : Richard Bastien, Luc Brunet,
Micheline Jourdain, André Labossière,
Louise Myre, Edmond Pauly
Thérèse Poirier-Labossière et Richard Raymond

Mise en page: Céline Allard

Coordonnateur: Richard Raymond



UPCOMING ACTIVITIES 2016 - 2017

March

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> Journée int. De la femme	9 h 00 4000, rue Bossuet, Montréal Voir les Échos de l'île	Réservation avant le 3 mars Annette Fragman 514-696-8711
Thursday 23	<u>Activité régionale</u> Conférence sur la démocratie	Voir les Échos de l'île	Inscription : avant le 16 mars Edmond Pauly 514-683-3818

April

Friday 7	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Friday 21	<u>Activité régionale</u> Jour de la terre	Voir les Échos de l'île	
Tuesday 25	<u>Activité sectorielle</u> Assemblée générale	9 h 00 Casa grecque, 13081 boul. Gouin O. Pierrefonds	Réservation avant le 17 avril Jacques Ready 514-620-8870

Mai

Friday 5	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Thursday 11	<u>Activité régionale</u> Conférence sur les changements cognitifs	Voir les Échos de l'île	Réservation avant le 4 mai Richard Bastien 514-683-5244
Thursday 18	<u>Activité régionale</u> Assemblée générale	Voir les Échos de l'île	Réservation avant le 11 mai Jacques Ready 514-620-8870