

# L'ENTREFILET

Vol. 3, No 1  
September 2017

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

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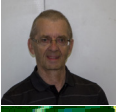


Secteur H  
**ASSOCIATION DES RETRAITÉES ET RETRAITÉS  
DE L'ÉDUCATION ET DES AUTRES SERVICES  
PUBLICS DU QUÉBEC**  
Région 06



## **Bottin de références**

| <b>CONSEIL SECTORIEL</b>               |                             |                  |   |
|--|-----------------------------|------------------|---|
| Richard Raymond                        | président                   | 514-685-6621     | <a href="mailto:liseetrichard@videotron.ca">liseetrichard@videotron.ca</a>                        |
| Thérèse Labossière                     | 1 <sup>ère</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>                                  |
| Annette Fragman                        | secrétaire                  | 514-696-8711     | <a href="mailto:awf42@hotmail.com">awf42@hotmail.com</a>  |
| Janine Beaudry-Hamelin                 | conseillère                 | 514-685-4688     | <a href="mailto:janinehamelin@gmail.com">janinehamelin@gmail.com</a>                              |
| Vacant                                 | conseiller                  |                  |   |
| <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:lise.longpre@gmail.com">lise.longpre@gmail.com</a>                                |
| Condition des hommes                   | Richard Bastien             | 514-683-5244     | <a href="mailto:ribas@videotron.ca">ribas@videotron.ca</a>  |
| FLG                                    | Thérèse Labossière          | 514-637-1725     | <a href="mailto:laba@videotron.ca">laba@videotron.ca</a>  |
| Retraite                               | Claude Clavette             | 450-455-1177     | <a href="mailto:claud.clavette@yahoo.ca">claud.clavette@yahoo.ca</a>                              |
| Environnement                          | André Labossière            | 514-637-1725     | <a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>                          |
| Action socio-politique                 | vacant                      |                  |   |
| Assurances                             | Carole Lefort               | 514-631-9004     | <a href="mailto:paco-jazz@hotmail.com">paco-jazz@hotmail.com</a>                                  |
| Arts visuels                           | Céline Legault              | 514-631-3844     |   |
| Communications                         | Richard Raymond             | 514-685-6621     | <a href="mailto:liseetrichard@videotron.ca">liseetrichard@videotron.ca</a>                        |
|  | Thérèse Labossière          | 514-637-1725     | <a href="mailto:laba@videotron.ca">laba@videotron.ca</a>  |
| Site internet                          | Edmond Pauly                | 514-683-3818     | <a href="mailto:edmond.pauly@gmail.com">edmond.pauly@gmail.com</a>                                |
|  | Gaétan Dubois               | 514-637-7332     | <a href="mailto:duboisq@videotron.ca">duboisq@videotron.ca</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        | ( <a href="http://du-haut-de-lisle.areq.lacsq.org/">http://du-haut-de-lisle.areq.lacsq.org/</a> ) |
| 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 of the President

*Richard Raymond*

Yes, I know: summer, which took its sweet time to arrive, passed too fast! This is what we always hear. It is true, but it is also true that in September it is "back to work". In September, we have the opportunity to meet one another and to talk about our summer activities, trips, etc.

This is the reason why I am inviting you to our "welcome" activity on September 18th, at 11:30h at Bistro 09, 9 Place Frontenac, Pointe Claire.

For me, this will be the opportunity to see you again. In fact, like many of you know, I successfully fought a cancerous tumour of the vocal cords from April to July last year.

Everything turned out well. I would like to thank all those who kept me in their thoughts, and especially the members of my council who replaced me during the year-end activities, especially Mrs. Therese Labossiere, Vice President, and Jaques Ready, Treasurer, for taking on the responsibility for the activities like the regional council and the Congress.

Not having had the opportunity to do that, I would like to thank the members present at our general assembly last April. I have to admit that the council expected more participants. This is for next April. During this general assembly, the present members proceeded to the election of the next council.: Carmen Dumont, Annette Fragman and I

were re-elected and Jeanine Beaudry-Hamelin was elected to the post of councillor. Thank you for your confidence; we will try to live up to it.

It is therefore with great enthusiasm that I invite you to partake in the life of our sector and region to the extent of your possibilities. You will enjoy lively exchanges with dynamic and spirited people.

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### **WE HAVE THE PLEASURE OF WELCOMING**

Soshana Bendavid-Lévy  
Juan Gonzalez

Cécile Bourgault  
Jennifer Jansz

Barry Gaipman  
Catherine Vitello



## **IN MEMORIAM**

Jean-Louis G n reux  
 milie Leroux-Paquin

Huguette Julien-Leduc  
Hugh Mahabir

Charlotte Kunz  
Douglas Staniforth



One page at the time.....

***Richard Raymond***

It happens sometimes, stretched out with a good book, that the wind blows in, turning the pages faster than expected. This is what happened to me last February when consulting my ear, nose and throat specialist because I simply had lost my voice. Two weeks later, an autopsy in oncology confirmed that I was losing a little control of the rhythm.

A cancerous growth had been diagnosed on my vocal cords (stage 3). A primary treatment protocol of 6 weeks of radiotherapy (5 days/week), followed by 6 sessions of chemotherapy, was suggested.

And with that, I feel like closing the book and letting the wind wreak havoc. Or, after having thought it over calmly, I could simply put it down and pick it up after the storm. Why not? The storm would last from April 26th to June 8th, meaning treatments up to July 1st for a complete recovery. Believe me, I no longer felt like reading!

Not only was my personal life somewhat upside down, but for an AREQ sector president, plus being 2nd regional vice-president, the least we can say is that the end of the year would be down the drain. In May and June, especially in 2017, there were the most general assemblies, Congres, and recognition activities, not to mention the decision whether to ask for a renewal of the mandate or not. In short, it was a period when I did not feel like dealing with all that.

What was a storm somewhat out of control made me realize how unpredictable life was, and how precious the people were that were with us. I felt the invaluable support of my AREQ sisters and brothers. Even though I wished for news, I appreciated your discretion.

I would like to thank you for filling in the passing solitude which this storm has brought on, with your friendship and your good wishes.

This leads me to conclude that, if I had not had this support (which I was feeling), I might not have felt that much like picking up the Book of Life. I owe you my

most sincere thanks which I would like to offer you by quoting the following words:

"If you wish to be sad, live in the past. If you want to worry, live in the future. If you wish to live in peace, live in the present". (unknown)

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## **The President's Report**

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***Richard Raymond***

(General assembly's report)

During this year, I have taken part in a 3-day national council meeting in Rimouski and in a regional session of 3 days in St. Sauveur.

I have also participated in seven regional consecutive Councils, four regional Councils, in a regional Meeting, in the tour of the Executive and in the day of "occupons-nous de nos affaires". As a political reporter, I have taken part in a regional retirement committee meeting. I have also taken part in the provincial meeting (replacing Mme. Jourdain) of the Regional officials of the same committee. Finally, I presided over 6 meetings of the Sectorial Council.

On a more social level, I participated in 9 sectorial breakfasts, in the welcoming luncheon, in the Eucharistic celebration for our deceased members, in the Christmas Dinner and in the Friendship Dinner in February.

These activities were all occasions to mingle and get to know each other and to discover the richness of a dynamic community life.

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## **Report on Sector Activities**

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***Richard Raymond***

(General assembly's report)

We started out the year 2016-2017 with our retirement dinner where 43 people were present. We took this opportunity to honor our Elder of the Year, Mr. Edmond Pauly.

In October, Mrs. Annette Fragman organized the project "Always in Action" having as theme our elders' health. 26 people participated.

The "Messe de Souvenir" in November, and the dinner that followed, attracted 18 people.

In December, we celebrated Christmas with our traditional dinner with 81 people.

In February, 61 members celebrated St. Valentine's Day with us and we took the occasion to mention our jubilaries with 5-10-15-20-25-30 years of retirement.

Our breakfast meetings on the first Friday of each month regularly bring together between 30 and 40 people.

We have produced 2 editions of L'Entrefilet in the language requested by each member.

Our members have also participated in different regional activities organized by various committees, namely the Women's Condition, the Men's Condition, the Socio-Political Action and the Day of "Occupons-nous de nos affaires", in the "Portes ouvertes sur les arts" and in the "Jour de la Terre".

In all, in our sector Du-Haut-de-l'Isle, it was a full year.



## **Action Plan 2017-2018**

### **Secteur Du-Haut-de-l'Isle**

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#### **Theme 1: The financial situation in retirement**

##### *Actions:*

- ↳ Keep our members regularly informed via the sectorial bulletin and by e-mail of any and all developments on this subject.
- ↳ Invite our members to participate in all actions proposed by the national AREQ on this subject with a view of keeping the purchasing power of our members.

#### **Theme 2: Health and Wellbeing of the Elderly.**

##### *Actions:*

- ↳ Cooperate with the other regional seniors' groups and support actions that aim to oblige the government to preserve a public universal health system, accessible to everyone.

- ✚ Take inventory of the needs of our members concerning their health and, if necessary, organise information sessions on various subjects (ex. medication, help organizations, governmental services, etc.)

### **Theme 3: Associative life**

**Direction 1: That the sector develop cohesion and solidarity among its members.**

*Actions:*

- ✚ Develop a project "AREQ in Action" in the sector.
- ✚ Continue sending congratulatory cards to our members aged 75 or more.
- ✚ Organize celebrations: monthly breakfasts, dinners, a Remembrance mass, Christmas Dinner, Friendship celebration and recognition of the jubilaries.
- ✚ Encourage members to be informed on all AREQ activities by participating in the regional activities of the different committees and by subscribing to the info-letter.
- ✚ Encourage members to actively participate in the yearly fund raising of the Laure-Gaudreault Foundation and its dinner profit.

**Direction 2: That the sector highlight the involvement of the people implicated in the various committees.**

*Actions:*

- ✚ Come up with a recognition celebration for the members of the sectorial council and the people in charge of the different committees as well as the volunteers.
- ✚ Publicize the commitments and achievements of our members in the sectorial bulletin.
- ✚ Encourage and support the realization of activities put forth by the committee of visual arts, thus showing their talents to the sector.

### **Theme 4 Communications**

*Actions:*

- ✚ Transmit all pertinent information concerning sector life and/or the region via publication of the sectorial bulletins, the updating of the website and the sending out of e-mails.

### **Theme 5: The environment and sustainable development.**

*Action:*

- ✚ Make members aware of and encourage them to participate in Earth Day as well as in every other activity concerning the environment and the quality of life.

## **Theme 6: The Women's Condition**

### *Action:*

- ↳ Encourage our members to actively participate in every activity organized by the Committee for the Women's Condition..

## **Theme 7: The Men's Condition.**

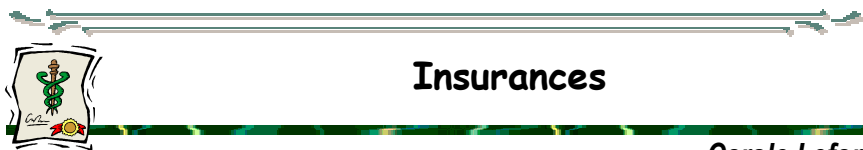
### *Action:*

- ↳ Encourage our members to actively participate in every activity organized by the Committee for the Men's Condition.

## **Theme 8: The socio-political action.**

### *Actions:*

- ↳ Inform our members of all activities organized by the AREQ and other associations of their civil rights which may improve the lives of the poor.
- ↳ Encourage members to identify people or groups that could submit a demand for financial aide to the Laure-Gaudreault Foundation.



***Carole Lefort***

HOW THE RAMQ REIMBURSES YOU when you present a prescription at the pharmacy.

1st Situation: \_Reimbursement is approved by the RAMQ.

- If we deal with a generic medication (copy of the original), the RAMQ will reimburse you according to its usual modalities.
- If we deal with an original drug, the RAMQ will reimburse the cost of the generic drug if one exists and the client must pay the difference, EXCEPT if the doctor has indicated NO SUBSTITUTION on the prescription. This has to be accompanied by an explanatory code so that the patient does not have to pay the difference. The most common ones are:
  - A. an insured suffers from a known allergy to a non-medical ingredient present in the generic drug, but not in the original.



- B The insured suffers from an intolerance to such an ingredient..
- C. The prescribed drug is an essential innovative drug waiting for clinical outcomes.

## 2nd Situation Reimbursement is refused by the RAMQ.

We are dealing with an exceptional non-coded drug; The doctor has to transmit a request for payment authorisation to the RAMQ. This request will be analyzed by the RAMQ.

If payment is authorized, reimbursement will take place according to the normal modalities.

- If payment is refused (the patient does not meet the criteria), recourse is possible, i.e. request a revision (done either by the doctor or by the person himself). If the patient is not satisfied with the decision rendered following the revision, he can address himself to the Tribunal administratif du Quebec (TAQ) within 60 days following the decision. The SSQ does not reimburse because the drug is not on the list.
- If we are dealing with a drug not on the list (this list is available on the RAMQ site) the pharmacist should submit the request for reimbursement to your insurance SSQ (ASSUREQ) If this request is approved, the SSQ will reimburse according to the established modalities in the contract. If the reimbursement is refused, the patient can ask his doctor if there is an alternative to this drug, or he can pay the total amount.

The SSQ list contains between 2500 and 3000 drugs; However, this list is being constantly changed, and the SSQ does not make it available.

A new information brief on insurances is now available on the internet site of the AREQ. This 7th brief explains how to consult the electronic brochure and the different fees covered by the ASSUREQ by using the secure site Acceslassures de SSQ

You can consult the previous briefs as well as the information documents which are attached to it, on the internet site of the AREQ under the heading ASSUREQ/capsules site Acces1assures SSQ:

<http://areq.lacsq.org/services/assurance-collective-assureq/capsules-site-acces-assures-ssq/>



## Laure-Gaudreault Foundation



**Thérèse Poirier-Labossière**

(General assembly's report)

I took part in an FLG meeting, and on November 9th, I was present at the General Assembly as well as at the annual dinner. On this occasion, I was able to recruit 14 people. I wrote an article in the sectorial bulletin l'Entrefilet in each of the editions.

During each of the monthly breakfast meetings, I sold used books donated by our members. This has brought in \$68.00. This year, I count on selling 10 booklets in the national draw, organized by Mr. Robert Gaulin.

On June 6th of last year, as part of a group of volunteers, I participated in a luncheon

where 9 organisms received donations from the LGF. Your generosity is thus enabling our sector to make our foundation known and to aid organizations that need this help, something I am very proud of. I am taking this opportunity to thank you in the name of our foundation.

In closing, I would like to mention the collaboration of Marthe Laforest. She could not be present today because this year, she is still on the Selection Committee of the Montreal region for the distribution of the foundation funds. I thank her in the name of our sector.





## The Arts Committee

**Céline Legault**

Every year, there are 2 to 3 member meetings in order to plan the activities during the exhibitions.

Retired teachers who indulge in any kind of art, be it painting, photography, handicraft, sculpture, etc. have the opportunity to show their creations and thus participate in an expo-sale.

The expo-sale enables the artist to become known and, above all, promote the arts. Every person present during these visits can "vote" for a piece of art shown.

- 1) Coup de coeur gives \$300 to the artist for his creation,
- 2) Mention gives a gift certificate of \$50.00 to the artist for his creation.

At the fall exhibition, all people present are invited to participate in the elaboration of a mural.....of interest to many!

The new regional person responsible is Mme Lise Labelle. From now on, the Comite will be called the Comite des Arts since the category "literature" will be added. Writers of all genres, pay attention!

See you soon!



### Crédits

Collaborateurs : Carole Lefort, Céline Legault,  
Thérèse Poirier-Labossière et  
Richard Raymond

Mise en page: Céline Allard

Coordonnateur: Richard Raymond

Translation : Eva Bury

## Upcoming activities 2017 - 2018

| September                 |  |                               |   |
|---------------------------|--|-------------------------------|---|
| Friday<br>1 <sup>st</sup> | <u>Activité sectorielle</u><br>Déjeuner mensuel    | 9 h 00<br>Restaurant Eggsquis | Réservation :<br>Thérèse Labossière<br>514-637-1725   |
| Monday<br>18              | <u>Activité sectorielle</u><br>Dîner de la rentrée | 11 h 30<br>Bistro-09          | Inscription:<br>Jacques Ready<br>514-620-8870<br>Coût membres : 15 \$<br>Non-membres: 30 \$ |
| October                   |  |                               |   |
| Friday<br>6               | <u>Activité sectorielle</u><br>Déjeuner mensuel    | 9 h 00<br>Restaurant Eggsquis | Réservation :<br>Thérèse Labossière<br>514-637-1725   |
| November                  |  |                               |   |
| Friday<br>3               | <u>Activité sectorielle</u><br>Déjeuner mensuel    | 9 h 00<br>Restaurant Eggsquis | Réservation :<br>Thérèse Labossière<br>514-637-1725   |
| Wednesday<br>15           | <u>Activité sectorielle</u><br>Messe du Souvenir   | 11 h<br>Eglise St-Joachim     | Réservation:<br>Jacques Ready<br>514-620-8870   |
| December                  |  |                               |   |
| Friday<br>1 <sup>er</sup> | <u>Activité sectorielle</u><br>Déjeuner mensuel    | 9 h 00<br>Restaurant Eggsquis | Réservation :<br>Thérèse Labossière<br>514-637-1725   |
| Monday<br>11              | <u>Activité sectorielle</u><br>Dîner de Noël       | 11 h 30<br>Bistro-09          | Inscription:<br>Jacques Ready<br>514-620-8870<br>Coût membres : 20 \$<br>Non-membres: 30 \$ |