

L'ENTREFILET

Vol. 3, No 2
November 2017

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

Bottin de références	p. 2
A word from the President	p. 3
We have the pleasure of welcoming	p. 4
In Memoriam	p. 4
Insurances	p. 4
The Laure-Gaudreault Foundation	p. 5
Men's Condition (CH)	p. 7
Environment facts	p. 8
Credits	p. 9
Upcoming activities	p. 10



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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AREQ	1-800-663-2408	National	areq.qc.net
CARRA	1-800-463-5533	Régional	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

At the first national council of the triennial 2017 - 2020, the presidents of all the regions and sectors of the province adopted the action plan which follows the orientations voted for at the congress last June. In the months to follow, your council will look at this document of 47 actions to take within the three main axes also adopted in Congress: The rights and interests of our members and the elderly at the heart of our concerns; associative life, participation and commitment to the well-being of the community. The sectorial action plan which we have presented in the last edition of l'Entrefilet was already registering in the Congress. It will only be precise in the one we will adopt at the general assembly on April 10th, 2018.

In a more festive context and the approach of the holiday season, I am inviting you cordially to our traditional Christmas Luncheon on December 11th, 2017. Several have already registered, and I thank them. As the proverb says: "All that's missing is you" our treasurer, Jacques Ready, is waiting for your call. We take this opportunity to welcome the new members who have joined our sector during the year. Some of them are newly retired people, while others are people who have asked to join our sector. It seems that we have been good so that Santa Claus has left about 20 gifts in his trip around the world.

Since time flies, I cordially invite you to our friendship luncheon on February 13th 2018, where we will honor our jubilarians (the people who retired in the years which end in 2 and 7)

If you are an early riser, I would like to remind you of our monthly breakfast on the first Friday of each month. Consult the sectorial and regional information bulletins to see that the life of a retired person gives us many occasions to meet nice people.

In closing, I hope for a healthy new year and happy times. Let's not permit loneliness spoil life..

WE ARE PLEASED TO WELCOME IN OUR SECTOR

Gilles Boudreau et Laura Rubin



IN MEMORIAM

Gilberte Larochelle, Frantz Noël, Brian Saxe and
Jeannine Veilleux's brother



Insurances



Diane Chabot

Right to Early Payment

Since January 1st, 2017, a person who is a member of the life insurance (regime B) of the ASSUREQ whose life expectancy is inferior to 12 months may demand early payment of a portion of the provisions of this insurance under the following conditions:

- ⇒ Make a written request to the SSQ.
- ⇒ Furnish proof that his life expectancy is inferior to 12 months.
- ⇒ Provide acceptance of his beneficiary if he is irrevocable.

The benefits payable by the SSQ are 50% of the amount of the protection held by the member, not exceeding \$20,000. The SSQ establishes this amount by immediately applying, if applicable, any reduction provided for in the contract and which must occur during the 24 months following the request.

EX: the person who is 64 years old when making the request and has choice 2, has a protection of \$30,000, but since she would be 65 in less than 24 months, the amount of \$20,000 will be used to calculate, i.e. 50% of \$20,000, so the person would be entitled to \$10,000. Upon death, the amount payable to the beneficiary will be reduced by the earlier payment to the member.

Life Insurance Plan of the Member

Age at moment or death	Benefits Payable		
	Choice 1	Choice 2	Choice 3
Less than 60 years	20 000 \$	40 000 \$	60 000 \$
From 60 to 64 years	15 000 \$	30 000 \$	45 000 \$
65 years or more	10 000 \$	20 000 \$	30 000 \$



Laure-Gaudreault Foundation



Thérèse Poirier-Labossière

On the 8th of last November, 70 people attended the general assembly of the Laure Gaudreault Foundation which was followed by a spaghetti luncheon attended by 124 guests. The Haut de l'Île Sector counted a dozen members and participants of various organizations. I realized that this type of friendly fundraising activity is greatly appreciated. Mr. Robert Gaulin, provincial president of the LGF, is always happy to meet the members of the Montreal region and encourage our commitment to the Laure-Gaudreault Foundation.

The 11 sectors of the Montreal region had prepared prizes for the draw which greatly pleased the winners. Tickets were sold as well for maximum gains.

A great thank you to all those who cooperated with and worked for the LGF. Your donation has had a great impact and makes a difference.

These are the requests for financial assistance addressed to the responsible of our sector and later obtained : the first nine are granted by the Montreal region, and the last request was addressed to the national office.

- ↗ Troupe: Atout-cœur
- ↗ IN'FAFU: Centre d'animation jeunesse,
- ↗ Refuge pour les femmes de l'ouest de Montreal,
- ↗ WIAH; Centre de ressources pour familles spéciales,
- ↗ La Maisonette des Parents,

- ↪ Projet communautaire de Pierrefonds,
- ↪ Productions Multisens (Lachine)
- ↪ Maison des Jeunes l'Escalier de Lachine Inc.
- ↪ Le Parados,
- ↪ Societe de sclerose systemique (sclerodermie) du Quevec Inc.,

In the name of the Council and the Sector Du-Haut-de-l'Isle, I extend congratulations and thanks to Mrs. Marthe Laforest who was given a Certificate of Recognition as an honorary member from Mr. Robert Gaulin, National President of the Laure Gaudreault Foundation. This honorary status of the LGF is awarded based on the decision of the provincial office.

Mrs. Marthe Laforest has been vice-president of the regional office of the Island of Montreal for 17 years, from 1998 - 2015. She was also responsible for the LGF for the West Island Sector, now Du-Haut-de-l'Isle, From 2015 - 2017; she was co-responsible of the LGF for our sector, and I greatly appreciate her support which I consider indispensable.

Why encourage the LGF? it is our mission to help, based on the objectives to aid

- ↪ the elderly in need,
- ↪ -medical research into illnesses that affect the elderly,
- ↪ youth projects or youth in need.

Do you know that our sector counts 207 life-long members of the LGF? Anybody can become a member. family members or friends, at a cost of \$10. Condolence Cards "In Memory of"....(following a death), can be bought for \$10. Do not hesitate to contact Mrs. Therese Poirier-Labossiere, (514/637-1725), who is responsible for our sector.

The sum of \$14 248.35 was collected during the yearly regional campaign. It is not yet too late to register, says Mrs. Micheline Schinck, in charge of this activity. You can make out your cheque to the order of "La Fondation Laure-Gaudreault" and mail it to the following address:

Micheline Schinck,
10528 Georges Baril,
Montreal, P.Q. H2C 2N3.



Men's Comity



Richard Bastien

October:

10th Anniversary of the Committee for Men's Condition.

It is the third year now that we meet at one of our members for lunch where each guest brings a meal to share with the group. In 2015, this was our first "Potluck" community meal. In 2017, on the occasion of our third shared meal, we took the opportunity to celebrate the 10th anniversary of the Committee for Men's Condition of the AREQ men.

February:

Regular meeting to watch the film "**Ni rose ni bleu, la suite**", a close-up on masculinity in 2015. We had already seen "**Ni rose no bleu 2003**". These are the explanations found on the Internet:

The documentary *Ni rose, no bleu... la suite* is the second chapter of the documentary *Ni rose, ni bleu*, that has come out in 2003 on the subject of masculinity. Like the first film, the documentary follows a group of men in an immersive workshop on the subject of "being a man". Catherine Perrin welcomes the director Joel Berthorneu as well as three participants of the two long films, Luc Lacroix, Ian Olivieri and Jean-Francois Beauregard.

This is a totally original cinematographic experience. It is not a workshop set up in the form of a report (...) They are all 10 years or older, us included. They touch subjects that apply to us.:

☞ **money, sexuality after 50, the relationship to death.....**

These are the real values and questions that I have in my life, says Joel Berthorneu on the subject of this new component.

☞ **Fear of Emotions**

Founder of the organization **Les hommes de coeur**, business coach and speaker, Luc Lacroix, animates the discussions in the two films.

"I believe that emotions scare men. We are not used to discover and to reveal ourselves, it is scary to humans", he says.



Drop the Masks

Jean-Francois Beauregard has an excellent memory of his participation in *Ni rose, ni bleu*, The experience has marked a turning point in his life and he believes that, because of it, he has a greater facility to open up to others. He accepted to participate in the following to show that men are more than the conditionings with which they are associated.



Environment Facts



André Labossière

The future of our Species?

Lately, following a mission of several years around Saturn, the Cassini probe has ended its mission, plunging onto this gigantic planet. Unique pictures were transmitted to us. One of them shows us, just below the rings of the planet, a tiny point lost in the gloomy darkness of the cosmos. our planet. A blue planet where life has developed with a unique biodiversity. Lost in the immensity of the cosmos, will life in all its forms be able to survive over time all aggressions that the animal species, homo sapiens, heaps upon it?

Since the beginning of life, about 3.8 billion years ago, we are talking about 5 great extinctions that have afflicted Earth. We are presently living through the 6th. Never has the planet lost so many vegetable and animal species in such a short time. And the human species? It is constantly progressing. Every day, there are 27,000 more people in the world (births - deaths). In 2016, the planet included 7.43 billion people.

This huge progression takes place above all in the developing countries. Naturally, they require sources of energy to ensure their growth. For this reason, their demand for fossil materials increases.

Yet, in the wake of COP 21, in Bonn, (Germany) a meeting of 180 countries took place from November 6 - 17 to try to agree on an action plan to reduce the consumption of fossil energies in favour of green technologies. With charcoal

being the main concern (40% of electricity production is produced by hundreds of power plants), the discussions are stuck with almost insurmountable reticence because it represents for hundreds of millions of people the only hope for progress (as was the case for the developed countries) Can we blame them?

Since the year 2000, the planet has registered 5 record years of the highest temperatures ever recorded in millions of years. How should we act to maintain the rise of global temperatures below the bar of 2 degrees C? It is certain that, if we do not take drastic measures, a major risk exists that the temperatures go over the 2 degrees C, something the next generation will have to face.

Individually, how can we contribute to reducing our environmental footprint in fossil fuels?



Crédits

Collaborateurs : Richard Bastien, Diane Chabot,
André Labossière, Thérèse Poirier-Labossière
et Richard Raymond

Mise en page: Céline Allard

Coordonnateur: Richard Raymond



Concert Ensemble vocal Opus 16

Le 16 décembre prochain L'Ensemble vocal Opus 16 vous souhaitera Joyeux Noël lors de son concert de Noël **Noël de Paix, Noël de Joie!** qui aura lieu à l'église Ste-Geneviève 16 037 boul. Gouin O. à 20 h. Il reste quelques billets au coût de 20\$.
Réservation : Jacques Ready 514-620-8870

UPCOMING ACTIVITIES 2017 - 2018

December			
Friday 1^{er}	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Reservation : Thérèse Labossière 514-637-1725
Monday 11	<u>Activité sectorielle</u> Dîner de Noël	11 h 30 Bistro-09	Inscription: Jacques Ready 514-620-8870 Coût membres : 15 \$ Non-membres: 30 \$
January			
Friday 5	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Wednesday 24	<u>Activité régionale</u> Occupons-nous de nos affaires	Voir les Échos de L'Ile	
Février			
Friday 2	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Tuesday 13	<u>Activité sectorielle</u> Dîner de l'amitié et jubilaires	11 h 30 Au vieux Duluth 3610, boul. St-Jean DDO	Réservation: <u>Avant le 7 février</u> Jacques Ready 514-620-8870
Mars			
Friday 2	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725