

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

In the beginning of February, the groundhog made its "scientific" announcement of six more weeks of winter. Some people will rejoice and take advantage of this time to engage in their favorite winter sports; others will lament the fact that they have to wait longer to practice their favorite summer sports. Whichever the case, I can promise you that between now and the summer there will be activities to satisfy all tastes. You can consult the calendar of activities on the last page of this bulletin. You will surely find something that you will enjoy.

The most important activity is the General Assembly on April 10th. I know that for many of you this is not a "recreational" activity, but it remains nothing less than the opportunity to thank your Board (who you elected last year) for all their efforts in animating the life in our sector. The dinner that follows will permit everyone to get to know each other better, and it's free! For those reasons, I am expecting a large turnout.

I strongly encourage you to interact with the various people responsible (whose names you can find in the directory in this bulletin) and suggest activities for our sector and region. You can even be so bold as to offer your services on one or another of the committees as one of the people responsible. The ideal would be to have two people: this would lighten the load of each person and would increase the dynamism of the sector.

In 2019, our sector will be celebrating its fifth year. It would be great to celebrate this anniversary in a special way: your suggestions are welcome! You can make your suggestions by leaving a message on our website (<http://du-haut-de-lisle.areq.lacsq.org/>) or by speaking to one of the Board members. Ideally, we will have many lively voices heard at our monthly breakfasts and at our theme luncheons.

This is the "menu" that I offer you this spring, whether it be early or late!

WE ARE PLEASED TO WELCOME IN OUR SECTOR

Michael Demole, Janice Gill, Fanie Grzeda, Patrick O'Connor
et Michaëlle Olivier-Noël



IN MEMORIAM

Normand Bourdeau, Ginette Corbeil, Lillian Darragh,
Lucille Duchesne, Denise-Martel-Dubois

CONVOCATION



Richard Raymond, president

The time has come where we call on you to attend the annual general assembly for the sector in order to make the accountability for 2017-2018.

If you want to know what has happened in the sector, how your money was spent, how the people responsible have worked for you and all members, and be the first to know about the projects for 2018 - 2019, you owe it to yourself to attend this meeting.

You should also know that your presence is a significant encouragement for all the members of the sectorial council.

A free lunch will be offered to all members who take part in the general assembly at 9:00h Tuesday, April 10th, 2018, at La Casa, reception room, 13081 Gouin West, Pierrefonds. Please register with Jacques Ready at 514/620-8870 before April 1st.

This is a meeting that you should not miss.

GENERAL ASSEMBLY
DU-HAUT-DE-L'ISLE
AGENDA

1. Verification of the quorum. Word of Welcome.
2. Nomination of a person for the presidency of the assembly and of a secretary of the assembly.
3. Reading and adoption of the agenda.
4. Reading and Adoption of the report of the assembly on April 25th, 2017.
5. Presentation of the reports.
 - 5.1 Reports of activities 2017 - 2018
 - 5.2 Report of the Presidency
 - 5.3 Report of the committee leaders
 - 5.4 Laure-Gaudreault Foundation
6. Presentation of the financial statements
7. Presentation and adoption of the action plan 2018 - 2019
8. Presentation and adoption of budget forecasts 2018 - 2019.
9. Question period
- 10 Word from the regional president
11. Word from the sector president
12. Closing of the assembly.



Insurances



Carole Lefort

I would like to tell you how to register online for access to the SSQ Insurance which you can find described on the AREQ site under the SERVICES tab. If you are interested, I invite you to try it out.

There are four steps to registering online for access to our Collective Insurance plan (ASSUREQ).

You need to have your insurance card and your group insurance certificate on hand. If you do not have one or both of these documents, the client services of the SSQ will be pleased to help you by calling 1-888-833-6962.

Go to the SSQ site at ssq.ca and click on **LOGIN** at the top right-hand side of the page. Then click on **Group Insurance - ACCESS | Plan Members**. Since you are a new user, click **SIGN UP NOW**.

1. Enter your personal information and click **NEXT** to continue. Don't forget to make a note of your username and password. You'll need them later. Click **NEXT**.
2. Now it's time to enter your certificate number. It is printed on your SSQ insurance card and insurance certificate. Click **NEXT**.
3. To finish your registration, enter the **activation key** printed on your group insurance certificate (at the bottom in the section titled *Steps to Register for Accès-assurés*.) Click on "I have read and accept the conditions of usage and confidentiality". Then click **NEXT** to confirm your registration.
4. Once all the steps are complete, you will receive an email from SSQ Financial Group with a link that must be clicked to confirm your registration. Please ensure that the information you provided is correct and click on **ACCESS YOUR FILE**. You will then be redirected to the **ACCESS | Plan Members** website.

Your registration for the **ACCESS | Plan Members** website is complete. From now on, you can log in by entering your username and password in the Existing User section on the left.

How to obtain a statement for tax purposes

First of all, go to the SSQ site at ssq.ca. Click on **LOGIN**, then click on **Group Insurance - ACCESS | Plan Members**. Enter your username and password. Once you are at the welcome page, in the quick links at the top of the page under **documents**, choose Statement for Tax Purposes. Either select a year or a specific time period and click on SUBMIT. Once you check the box next to the statement "**I understand that some of the amounts set out in the statement may not be eligible for the tax credit for medical expenses and that it is my responsibility to ensure their eligibility**" you can click the **Print and Save** button. You can also press the **View detailed statement** button and at the bottom of the page choose **Print details**. This will bring up another webpage which you can print.

Statement of Premiums

It is also possible to claim the amount of premiums paid in your Income Tax Return. If you are retired, you will find this amount on the statements issued by Retraite Québec. For retirees who are billed for their premiums (rather than using

deduction at source) or who pay their premiums by pre-authorized payment, a tax receipt will be issued to you automatically by SSQ.

Travel Insurance - Cancellations

If you had planned a trip with a companion who is unable to make the trip and has to cancel, you can get a reimbursement of your trip from SSQ.

Also, trip cancellation is possible within Quebec if your trip is more than 200KM from your home and is for more than a two-night stay.

If you wish to have more information, do not hesitate to communicate with Diane Chabot at 514-324-3330 or with the SSQ at 1-888-833-6962.

HOUSING

This year the average rent increase is from 0.5% to 1.9%.

The Régie du logement du Québec has published a tool on its website to calculate the rent increase. This gives renters and landlords a way to negotiate a fair increase in rent.

The increases for this year are as follows:

0.5% for an unheated apartment

0.5% for an apartment heated by electricity

0.7% for an apartment heated by gas

1.9% for an apartment heated by oil

Note that these increases do not take into consideration any amounts for increases in taxes or for renovations and repairs.

A call for Help



With each of the issues of l'Entrefilet that we send out, Canada Post returns a good dozen with the mention "MOVED" After doing some research, we are able to correct the situation and will permit our members to receive the communications that we send them. However, there are some members for whom we would like to ask for your help. We would appreciate if you could communicate with Richard Raymond or Therese Poirier-Labossiere if you have information on the following people:

Guy Allard, Jacqueline Berard, Georgie Alice Crawford, Jean-Jacques Grenier, Lucile Grondin, Dorothy Lilian McDonald, Jean-Claude Sabourin.



Environment Facts

André Labossière

SOCIETY PROJECT BIOMETHANISATION

Since the beginning of time, humans have always produced organic waste. In the most distant past, the most common way to get rid of it was to let it rot on the surface of the earth or to disseminate it in the waterways. More recently, the most common way is to bury this waste in the earth in order to avoid the risk of harm to our quality of life and the environment.

To do this, it will, with time, cause air and water pollution (the lixiviat). These enormous quantities of buried putrescible material produce methane in industrial quantities since they stagnate in anaerobic environments.(in the absence of air).

However, methane gas (CH_4) is much more polluting than carbon dioxide (CO_2). Its concentration in the atmosphere is currently more than 2.5 times greater than in mid-18th century. Obviously, there are several natural sources of methane production .However, the production of anthropic methane (result of human activity) contributes nowadays to more than 20% in the context of climate changes. Not acceptable, you will say.

This awareness brought the City of Montreal in 1996 to take concrete measures to reduce the harmful effects of the gaz production on its territory. I will mention Gasmont center, located in the environmental complex of St. Michel (Miron quarry) which converts biogaz into electricity, drawn from the accumulation of waste (about 40 millions of tons).for more than 30 years.

The Government of Quebec, noting the magnitude of the management problem of the organic putrescible matters, has decided to completely eliminate landfill by the years 2020-2022 in order to respect international objectives (COP21) concerning the reduction of the GES (reduction of greenhouse gazes).

Accordingly, with the help of government contributions, the municipalities committed themselves to take on this company project which bears the name biomethanisation. This technique consists of decomposing the organic matter in

a closed environment (absence of oxygen) and recuperate the methane as a source of completely renewable green energy. Once the process of methanisation is terminated, what's left over is transformed, after certain handling, into potting soil.

Note that the City of St-Hyacinthe becomes one of the first cities to produce biogaz. Montreal, meanwhile, undertook already 6 years ago the planning and construction of four treatment centres of organic waste. End of work and marketing around 2020 - 2022.



Edmond Pauly

Reading Magazines and Reviews Online with Your Tablet

If you are trying to find an article in a magazine, you can do it by using your tablet.

First of all, you will need to sign up on your local library's website with a client number and password. Next you need to install the RBdigital application on your tablet with the same email address as your local library but with another password.

Here is an example of an article on home automation found on page 25 of the *Protegez-vous* magazine at the Dollard-des-Ormeaux library site:

1. Open the public library site:
e.g. <http://webopac.ddo.qc.ca/iguana/www.main.cls?sURL=Accueil>
2. In **Explore**, choose **newspapers and magazines**
3. Click on **Eureka.cc**
4. Fill in your client number from your local library and your password
5. Choose **PDF SPACE** and fill in the date of the publication e.g. October 1, 2015 in the window that appears.
6. Choose the first letter of the name of the magazine from the alphabetical list e.g. "P"

7. Icons from various magazines beginning with P will appear, click on *Protegez-vous*
8. In the top left-hand corner, indicate the page number, e.g. page 25, "*Les appareils domotiques*"

You can find other reviews and magazines on the website of the *Bibliothèque nationale du Québec* (www.banq.qc.ca). All you need to do is register and you will receive a client number and password.

This is an extraordinary tool to explore!



Special events

L'Ensemble vocal Opus 16 will participate with Choeur Massenet on March the 4th at 3:30 PM at St. Joseph's Oratory for Messe Solennelle de Louis Vierge for 2 organs and Choir. Free admission.

Also, l'Ensemble vocal Opus 16 will sing for the annual concert in collaboration with Choeur Massenet. This concert will take place at Ste Genevieve church on May 26th at 8 PM. Tickets are 25\$ on presale or 30\$ at the door.

Information : Jacques Ready 514-620-8870



Crédits

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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		

UPCOMING ACTIVITIES 2017 - 2018



<i>March</i>			
Friday 2	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Thursday 8	<u>Activité régionale</u> Journée internationale des femmes	Voir Échos de l'Ile	Réservation: Lise Longpré : 450-623-6826
<i>April</i>			
Friday 6	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725
Tuesday 10	<u>Activité sectorielle</u> Assemblée générale	9 h 00 Casa réception 10381 boul. Gouin O. Pierrefonds	Réservation: <u>Avant le 1er avril</u> Jacques Ready 514-620-8870
Friday 13	<u>Activité régionale</u> Journée des Arts	Voir Échos de l'Ile	
Friday 20	<u>Activité régionale</u> Jour de la Terre	13 h 00 École Pius X, 9955 Papineau, Mtl	Réservation : André Labossière 514-637-1725
<i>May</i>			
Friday 4	<u>Activité sectorielle</u> Déjeuner mensuel	9 h 00 Restaurant Eggsquis	Réservation : Thérèse Labossière 514-637-1725