

L'ENTREFILET

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October 2018

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





Word of the president

Richard Raymond

The summer that we just enjoyed permitted us to relax and recharge our batteries. Autumn reminds us that the time has come to return to "work". Really, it is not properly speaking a task as much as it is a renewed pleasure.

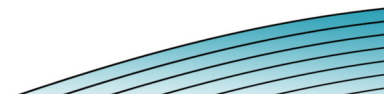
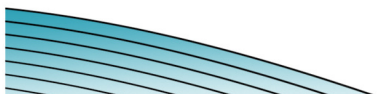
The many activities that your council has in mind for you all have the objective of reinforcing the ties that unite us. They will be closely linked to the action plan adopted at the last General Assembly in June. There is only one element that your council cannot control, and that is the interest and engagement of the majority of the members. The life in our sector will be more interesting and enriching as more and more members participate. The recent Back-to-School luncheon on the 17th of September is proof of that!

And it will be the same at our annual Christmas Dinner on the 10th of December. We will be at the *Table 09* restaurant at 11:30am. At this time, we will also welcome our new members who have joined in the past year.

And before getting to that point, we will remember our colleagues who have left us, as in years past, at the St-Joachim church in Pointe Claire, on the 14th of November at 11:00am.

At the time of writing, we expect that we may experience a postal strike. We would then be limited to informing you through emails. I am counting on all those who use the internet to inform their friends who don't.

I would also like to take the opportunity to wish you a mild winter!



WE ARE PLEASED TO WELCOME IN OUR SECTOR

Peter Irrgang, Sandra Le Couffe, Madeleine Leduc,
Patricia Rasmussen, Anne Vrana.



IN MEMORIAM

Maurice Lauzon, Lise Ménard.



Laure-Gaudreault Fondation



Thérèse Poirier Labossière

On the 30 of September, over 60 people came to the Bowl-a-thon at Salon Fleury in Montreal. This fundraising activity was organised by our president, Richard Raymond. For the first time we can qualify this money raising venture as a real success! Bravo and thanks to Richard for this initiative which we can do again in the future! M. Robert Gaulin, the National President of the Laure Gaudreault Foundation (LGF) and M. Jean Falardeau, Regional President, both came to support our activity. This team sport netted \$1,216.

Another annual activity is coming up on Tuesday, the 16th of October - **The Annual General Assembly of the LGF** which will take place at **9:30am, followed by a benefit luncheon** in the basement of Marie-Reine-des-Cœurs de Montreal Sanctuary, 3600 Bossuet, corner of Sherbrooke. There is parking on Bossuet and behind the Sanctuary (Cadillac metro station). You are all welcome to come and support our Laure Gaudreault Foundation. The tickets cost \$30 each and you will receive a charitable donation receipt for \$15.

It is important to recall the objectives of the LGF:

- ✦ Aiding organisations that work with needy youth
- ✦ Supporting medical research on ageing
- ✦ Helping seniors in need

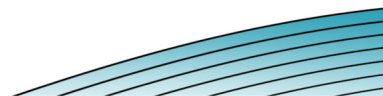
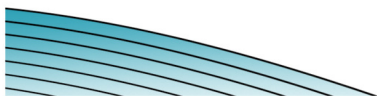
Here is the Action Plan for 2018-2019 which will be presented at the sectorial council meeting on October 26, 2018.

1. Attend meeting on September 7, 2018 of the directors of the LGF
2. Attend the Bowl-A-Thon on September 30, 2018
3. Sell tickets for the benefit dinner
4. Participate in the General Assembly of the LGF and at the benefit dinner on October 16th
5. Sell used books which people bring to the monthly breakfasts
6. Make a donation from the amount given by the Sectorial Council and give two gift certificates at the LGF dinner
7. Distribute the amounts given to different organisations at the volunteer recognition dinner
8. Make the Annual Report for the AGM on April 30, 2019
9. Present this Action Plan at the Sectorial Council Meeting on October 26, 2018
10. Continue contributing articles to the *Entrefilet*.

In our sector, it is customary to ask the new members for a \$5 donation at the Christmas dinner. Thank you in advance for this donation!

At the present time our sector counts 207 lifetime members in the LGF; we launch an appeal to all the members of AREQ and to those non-members who would like to join at a cost of \$10. As well, in the magazine *Échos de l'île*, there is an insert to make your donation to the annual appeal easier. I invite you to be generous. The organisations that receive donations from our Foundation greatly appreciate them as they are in dire need. The LGF is an affair of the heart; in its name, a big thank you!

For all questions, don't hesitate to call me at (514) 637-1725.



A Tribute to Odette Laframboise

Mariette Vincent-Tourigny et Louise Dinello

There are among us some remarkable people. They deserve the admiration of all, which is why today, we wish to take a little time to render homage to one such person: Madame Odette Laframboise, by designating her the Golden-Ager of the Year.

I will try to adequately praise her by describing some of her most endearing character traits which reveal her personality. She is a woman who is involved, devoted and above all known for her indefatigable presence at the activities of the association. She is a cheerful presence at the breakfast gatherings, and always early! Thinking of the friends who will join her, she says with a smile, "there's a place waiting for them". Not wishing to miss a thing, she listens attentively to all the news. Her appealing and vivacious personality impresses everyone.

In the past, generously giving of her time, she accepted responsibility within the sectorial council, serving several mandates as a counsellor. Within this role she took care of everything needed for the various special occasions that we celebrate: from making the reservations to buying what is needed and doing the preparations. Even though Odette is very busy, she likes to keep time for others in her life.

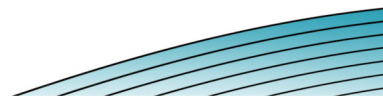
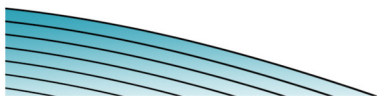
No doubt her numerous qualities were developed in the heart of a large, tightly-knit family. Born in St-Clet in 1930, she taught for many years in both Rigaud and Lachine. She ended her career as a French teacher at Dalbé Viau in 1986.

I am a member of her card group, and we often listen to her singing the praises of her 15 nephews and nieces of whom she is so proud. Family is very important to Odette.

We could also add that *Odette the coquette*, despite the weight of the years, makes it her duty to go out every day, as much for her physical health as for her mental and social benefit.

This has been a small portrait of Odette who indisputably deserves to be Our Golden-Ager of the Year!

Congratulations Odette!





Where Do our AREQ Membership Fees Go?

Jacques Ready

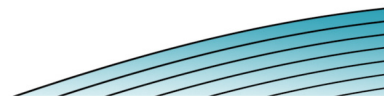
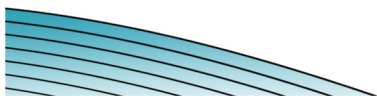
On the fifteenth of the month, when you receive your pension from *Retraite Québec* (the new entity that combines the RRQ and CARRA), taxes are deducted. Insurance premiums, which vary depending on the chosen coverage, are deducted too. And finally, the membership fees for AREQ are deducted. This amount is fixed at 0.34% of the pension received from *Retraite Québec*. (Statutes and Rules of AREQ, October 2017) For the large majority of members, this is an amount between \$100 and \$150. This amount serves to keep AREQ operating well.

I am often asked the question, "How is this money spent" Without going into the details, a portion is returned to both the national and the regional sectors twice a year; the first is in September and the second in January each year. On average we receive \$34 per year per member. This money allows us to operate.

Each sector manages the money it receives. So, we in the *Haut-de-l'isle* sector have decided to benefit our members by paying for all or part of the costs of certain activities. In particular:

1. The welcome back luncheon in mid-September costs \$35 per person, we paid for \$15 of that, with the 46 members who attended paying only \$20 each.
2. The Christmas dinner should be the same, using the numbers from last year, AREQ pays \$15 and members pay \$20.
3. At the friendship luncheon in February, we pay the cost for the those celebrating their 5th, 10th and 15th years of retirement. Every year we have about twenty people at a cost of \$20 with the members paying only \$4 on an annual basis.
4. At the Annual General Assembly in April or May, we pay for the whole cost of the meal, which last year cost \$40 per person (with 46 participants last year).

These four activities cost \$74, which is already more than the \$34 per member that you pay in membership fees.



We can also mention the various additional expenditures that benefit our members: the volunteer luncheon in June, the different donations to the Laure-Gaudreault Foundation, we also celebrate our Golden Ager of the Year by assuming all the costs associated with their AREQ activities during that year. We must also mention that the cost of participation in the two activities, *Occupons-nous de nos Affaires*, and the Annual General Assembly, was covered by our sector.

So, the conclusion seems obvious: participating in the different activities of AREQ allows you to recuperate the money you send to AREQ on pleasant activities where you get to see your old colleagues!

Some Statistics

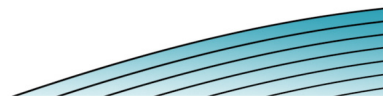
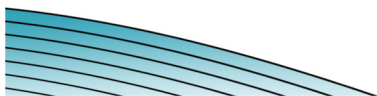
Even though numbers can cause some of us a headache, read to the end of this article and you will certainly learn something!

The portrait of our membership numbers always changes a little. We have 883 members in the *Haut-de-l'isle* sector, of which 843 are regular members. 70% are women. 497 members live in a town or city in the sector: Lachine 20%, Pierrefonds-Roxboro 18% , DDO 16% (54%)

The other 46% live in the Montreal region or the different regions in Quebec - we even have a member in les Iles de la Madeleine! We have 21 members in other provinces (16 in Ontario), and two members live in other parts of the world - one in Scotland and one in Monaco.

The average age of all our members, male and female, is 74, with most members being 70 years old. We have one centenarian and one other member who will achieve that venerable age this year!

Each year we give birthday cards to those who are 75 or older. The number of birthday cards sent out has been increasing in a marked fashion. This year there are 400 members in that age bracket and we expect that number to increase by 300 members over the course of the next five years. (All those 70 year-olds will be turning 75 within the next five years.)



77% of our members worked in the educational field as teachers, counsellors, support staff etc. But we find among our members nurses, accountants, librarians and even directors.

In conclusion, our numbers have been decreasing, as is the case elsewhere on the island of Montreal. The only possibility [of increasing our membership numbers] at the moment is in the Anglophone sector, in particular, at John Abbot College.



Environment Facts

André Labossière

Another Planetary Crisis: Plastic

Spread the word - the environmental crises that are affecting us now are due to the shocking increase in the global population - approximately 244,000 births daily - and to the lack of consideration with which we humans dispose of our garbage.

Of course, compared to most of the rest of the world, we are, in general, pampered. But unfortunately, looking at the amount of garbage we produce, it is clear that our well-being is closely tied to over-consumption. Plastic makes up a large part of that garbage.

However, this should make us all think about the challenges created by our disturbing over-consumption of this product, which is made primarily from petrochemicals. Given the lack of interest in responsibly managing it, not surprisingly we find it everywhere, even in our food, in the form of nanoparticles. A toxicologist has even spoken of it as "a global sanitation crisis."

Without going into the details, we are speaking about millions of tons of plastic residue which is found on continents and in the oceans. For example, 95% of the plastic polluting the world's oceans comes from ten rivers: eight of them are in Asia; and the Niger and the Nile in Africa. Without being as alarming, the developed countries also have some notable improvements to be made in this domain. It is estimated that there are more than 1.5 million birds and marine mammals that perish every year due to swallowing plastic residues.

In the last while there seems to be a certain planetary mobilization taking place. More and more speakers are making themselves heard in order to educate people on this danger that threatens life in general on the planet.

Should the plastic industry become a part of the solution? Absolutely, without any doubt!

Bioplastics and composites (which combine vegetable and fossil materials) are found more and more in sectors such as autos, aerospace, medicine and agriculture.

And let us not forget plastic packaging materials! Making up more than 65% of all unrecycled plastic garbage, packaging is among the priority areas for the application of bioplastics.

As Bruno Ponsard, director of ITEGA (Institute of Packaging Technology and Food Management at College Maisonneuve) said, "The biodegradable solution does not have to be a systematic option." He adds that, "It is a global eco-responsible approach which doesn't only deal with the question of materials. It also involves concentrating on the recovery of materials and the deployment of an efficient circular economy."



Insurances

Carole Lefort

Good day!

An eighth information capsule is now available on the ASSUREQ site, which explains how to make an insurance claim by means of either a cellphone or a tablet. In order to see it, go to the AREQ website at: <http://areq.lacsq.org/> and click on the ASSUREQ tab, then on information capsule number 8 (available in French only)



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Bottin de références

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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 2018 - 2019

November			
<u>Friday</u> <u>2</u>	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	<u>Reservation</u> Thérèse Poirier Labossière 514-637-1725
<u>Wednesday</u> <u>14</u>	<u>Activité sectorielle</u> Messe du Souvenir	<u>11 h 00</u> <u>Église St-Joachim</u> <u>Pointe-Claire</u>	<u>Reservation</u> Jacques Ready 514-620-8870
<u>Thursday</u> <u>15</u>	<u>Activité régionale</u> Journée internationale des hommes	<u>voir</u> <u>Échos de l'île</u>	
December			
<u>Friday</u> <u>7</u>	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	<u>Reservation</u> Thérèse Poirier Labossière 514-637-1725
<u>Monday</u> <u>10</u>	<u>Activité sectorielle</u> Dîner de Noël	<u>11 h 30</u> <u>Table 09</u>	<u>Registration</u> Jacques Ready 514-620-8870 <u>Cost members : 20 \$</u> <u>Others: 35\$</u>
January			
<u>Friday</u> <u>4</u>	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	<u>Réservation</u> Thérèse Poirier Labossière 514-637-1725
<u>Wednesday</u> <u>23</u>	<u>Activité régionale</u> Occupons-nous de nos affaires.	<u>voir</u> <u>Échos de l'île</u>	
February			
<u>Friday</u> <u>1</u>	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	<u>Reservation</u> Thérèse Poirier Labossière 514-637-1725
<u>Wednesday</u> <u>13</u>	<u>Activité sectorielle</u> Dîner de l'amitié et jubilaires	<u>11 h 30</u> <u>Restaurant</u> <u>Au vieux Duluth.</u>	<u>Registration</u> Jacques Ready 514-620-8870