

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

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	Janine Beaudry-Hamelin	514-685-4688	janinehamelin@gmail.com
AUTRES SERVICES		SITES WEB	
AREQ	1-800-663-2408	National	areq.lacsq.org
CARRA	1-800-463-5533	Régional	regioniledemontreal.areq.ca
	1-800-368-9883	Sectoriel	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		



Word of the president



Richard Raymond

2020, and already twenty years have passed since we wondered what awaited us in the twenty-first century. And yes, in 2000 we almost thought it was the end of the world, or that at least there would be a major disruption. Who doesn't remember the Y2K scare?

Despite the uncertainty, twenty years later we have to admit that life continues as before and we are still here.

Closer to home, 2020 is the fifth anniversary of our sector. Indeed, on the 7th of April 2015, we created the new du-Haut-de-l'Isle sector. And just like the turn of the century, it seems like it was yesterday.

All year long, and especially on the 7th of April at our Annual General Assembly, (see invitation on page ??) we will highlight this step in the life of our sector. Before that, you can come to celebrate Valentine's day on February 12th and honour our jubilarians. This year we have the happy honour of having one jubilarian who has been retired for 45 years!

At the General Assembly, half the positions on the sectorial council will be up for election (the presidency, second vice-president, secretary and counsellor.) We will also finalize our delegation to the congress in June. Recall that quorum is 4%, or 35 members. Last year, we had to wait for the 35th person to arrive in order to begin the meeting. I hope this year, that we will have at least 40 people. Your council will be delighted and this is the opportunity to make suggestions for enriching our shared association.



We are pleased to welcome in our sector

Diane Boisvert, Carolyann Price



In Memoriam

Lucien Bouthillier,
Lucille Régimbal-Majeau; la conjointe de Jean-Paul Alloï.

Convocation — AGS



Richard Raymond, président

We have come to that time of the year when we invite you to the annual general assembly of our sector in order to review the financial statements for 2019-2020.

If you want to know what is happening in your sector, how your money was spent, how hard the various committees have worked for the benefit of all members and be the first ones to know about the various activities in 2020-2021, you should come to this meeting.

And you should know that your presence represents a significant encouragement to all the members of the sectorial council.

All those who are present at this meeting, to be held at 9:00 a.m. on Tuesday, April 7, 2020 at the Casa Grecque reception hall (13081 Gouin West, Pierrefonds) will enjoy a free lunch paid for by your sector. Register by phoning Jacques Ready (514-620-8870) before April 1st.

It is a meeting not to be missed. See you there!



ASSEMBLÉE GÉNÉRALE DU-HAUT-DE-L'ISLE

Projet d'ordre du jour

1. Vérification du quorum et ouverture de la réunion
2. Nomination d'une personne à la présidence d'assemblée et d'une personne secrétaire d'assemblée
3. Lecture et adoption de l'ordre du jour
4. Lecture et adoption du procès-verbal de l'assemblée du 30 avril 2019.
5. Présentation des rapports
 - 5.1 Rapports des activités 2019 - 2020
 - 5.2 Rapport de la présidence
 - 5.3 Rapports des responsables des comités
 - 5.4 Fondation Laure-Gaudreault
6. Présentation des états financiers
7. Présentation et adoption du plan d'action 2020-2021
8. Présentation des prévisions budgétaires 2020-2021
9. ÉLECTIONS
 - 9.1 Conseil sectoriel
 - 9.2 Personnes déléguées au Congrès 2020
10. Questions diverses
11. Mot de la personne présidente régionale
12. Mot de la personne présidente du secteur
13. Levée de l'assemblée





Politics, Economics and Environment



Edmond Pauly

Toward **ecological change**

Activities of the Socio-Political Action Committee (CASP) -

Concerning the current situation of ecological change, several questions remain unanswered.

- What are the main challenges and obstacles to ecological change?
- What are the best ways to start this change?

CASP-Montréal has invited the president of Attac-Québec, Claude Vaillancourt, who will present his point of view on questions concerning ecological transition.

Date: Thursday April 2, 2020

Place: The Pius Culinary Institute Library, 9955 Papineau Avenue.

Time: 1:30 to 3:30 Conference and discussion. Doors open at 1pm.

A light refreshment will be served. Please register for this event by contacting your head of the socio-political action committee before the 23rd of March: Edmond Pauly

N.B. To find out more about the political role of Attac-Québec, go to:
<http://quebec.attac.org>

Prescription Drug Insurance Can Become public and Universal

On the 26th of September, CASP (Socio-Political Action Committee) Montreal invited Mme Lise Goulet of the CSQ in order to explain to her the need to promote a new regime of prescription drug insurance.

In 1997, Quebec adopted a regime of public-private prescription drug insurance which has some serious shortcomings: astronomical costs, hard to control and 12% of the population is unable to pay for their overly expensive prescriptions.

In 2016 a committee of the House of Commons in Ottawa published a final report which was favourable to a Canadian public universal prescription drug insurance plan as part of universal health care.

Currently, the three Quebec unions (CSQ, CSN and FTQ) are leading a campaign to promote this plan. If you wish to lend your support, Lise Goulet encourages you to sign the online petition addressed to Health Minister Danielle McCann at:

<http://www.remedeauxcoupures.cssante.com>

N.B. More details are available at the sector website under Committees,
CASP Montreal: <http://www.remedeauxcoupures.cssante.com>



The Laure-Gaudreault Foundation



Thérèse Poinier Labossière



During this anniversary year of AREQ, there will be a Quebec-wide raffle to benefit the Laure-Gaudreault Foundation. As the person in charge in our sector, I ordered 10 books of tickets which were all sold, thanks to the generosity of our members and friends. In the name of the Laure-Gaudreault Foundation, and all the organisations who benefitted, we thank you for the \$415 gathered. If there are others who would like to buy a ticket, you can reach me at 514-637-1725.

QUEBEC-WIDE DRAW June 3, 2020, Lévis Convention Center

1 ticket 5\$

5 tickets 20\$ for the same person

Prizes to be won:

5000\$ from Les protections Résaut CSQ / SSQ Insurance

1000\$ from AREQ CSQ / **1000\$** CSQ Centrale des syndicats du Québec

1000\$ from Caisse d'économie solidaire

500\$ from Robert Gaulin, président FLG / **500\$** Fonds de solidarité FTQ

10 prizes of **200\$** from the FLG

120\$ 3-month membership at Énergie cardio

From among the organizations which receive donations from the FLG, I have asked Mrs. Andrée Lévesque to tell us about West Island Youth Action (**AJOI**). In the next bulletin, you will hear about other organizations in our sector.





Insurance



Gaétan Dubois

Your ASSUREQ Collective Insurance in 2020

This year, a large increase in usage by insured members has contributed to an increase in fees. The increase of about \$3.5 million during the last year was caused mostly by reimbursements for professional services, travel insurance and medications not covered by RAMQ*.

The monthly insurance health premiums will increase by \$2.79 for an individual, by \$3.30 for a single parent and by \$5.07 for a family. The monthly increase for the Santé Plus plan will be \$4.94, \$5.85 and \$8.98 depending on your coverage.

As far as life insurance is concerned, there would have been an increase but the increase that was already put in place of \$3.00 a month, covers it. The Board of Directors of ASSUREQ has decided to increase the coverage of hearing aids which goes from \$560/48-months to \$750/48 months.

All the details can be found in the *Quoi de neuf* magazine of winter 2020 in the pamphlet *Votre régime d'assurance collective en un coup d'œil*. (Your coverage is available online in English at the SSQ site: ssq.ca) Please keep it handy. The *Quoi de neuf* magazine is also available online at the AREQ website. (<http://areq.lacsq.org/>)

***IMPORTANT REMINDER:**

Certain medications that are not covered by RAMQ could be covered by your ASSUREQ health insurance. But since there is no list available for these medications, you have to check with your pharmacist, or telephone ASSUREQ or, if ask for a reimbursement from your client space on the website, it will tell you if it is covered.

The preceding message was sent to me by Mme Diane Chabot, the provincial representative.

I wish you a happy and healthy New Year!



West Island Youth Action (AJOI)



Andrée Lévesque

Since 2007 West Island Youth Action (part of Centraide) has conducted street work with 12 to 25 year-old youth who are at risk or in difficulty on the West Island, with a view to preventing problems of crime, substance abuse, psychological distress and to help to integrate these youth into the community.

The street workers offer their services during the day, night and on weekends in places that at-risk or fragile youth frequent (bus terminals, streets, parks and around schools.) They create significant relationships with these youths which complement existing services. The street workers are credible and positive models for the youth who recognize these young peoples' successes and their capacity to resolve conflicts, by positively influencing their attitudes, their beliefs and their life choices.

Our partners and youth workers promote activities and services aimed at young people, notably our semi-structured activities in open gymnasiums.

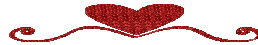
Our partners and youth workers offer listening, information and referral, support and coaching, emergency assistance, and distribution of material to prevent STDs. We also offer family and relationship mediation services; clothes and food to those in urgent situations; crisis intervention as well as transportation services to specialists downtown.

In schools, community centers and other institutions such as youth protection centers, we offer workshops on rights and responsibilities, sexual and relationship health; substance abuse as well as offering help in finding living quarters and jobs. Since November 2016, our mandate has increased to include helping the homeless of all ages, and so includes seniors.

For more information go to our website at: www.ajoi.info or contact us by telephone 514-675-4450.

By the Numbers

Jacques Ready



The new year had barely begun when I received the latest statistics on our membership. I made the necessary bookkeeping changes: change of address, phone etc. and updated our membership numbers.

Several members have asked me about the statistical portrait of our members. So, I will now give you the most up-to-date picture of our Haut-de-l'Isle sector.

The latest numbers show that we have 876 members; of whom 658 are women and 268 are men. The female-male ratio has been the same for years, approximately 2/3 women to 1/3 men. Another constant is the continual decrease in our membership; the numbers of new members is decreasing while our ageing membership is dwindling.

The regular members number 835 (this is the number used to calculate quorum at our General Assembly) and there are 41 associate members. An associate member is basically the spouse of a deceased member who has the right to the same advantages of a regular member, excluding the right to vote in general assemblies.

Grouping our membership into 5-year age groups, the most numerous age group is from 70 to 74 which includes 283 people, or almost 1/3 of our membership.

The average age continues to creep up every year because there are fewer and fewer new young members. So, it is now at 75 years for both men and women.

One interesting thing that can be seen in the numbers is while Janine Beaudry-Hamelin et Ginette Morin-Pomerleau (those responsible) are preparing birthday cards for those who turn 75+ this year, they will be sending out 416 cards this year. So, if we look at the next few years, we will be sending out 53 more cards next year as 53 more members turn 75, and 65 more cards the following year. So, in 5 year's time the number of members who are 75 and older, will be 710, including your humble servant. A nice work in perspective for Janine and Ginette.

The average time our members have been retired is 15 years. Our old jobs represent 32 professions with the majority (533 people or 70%) working in education and the rest working as counsellors (64 people).

And finally, some statistics about our domiciles: 3/4 of our members live in the Haut-de-l'Isle sector while the rest are divided among other sectors in Quebec. 22 live in another province and there are even two members who live abroad, one in Scotland and the other in Monaco. In the Montreal area, most live in Lachine: 96 people, followed by Dollard-des-Ormeaux with 76 people.

I hope these numbers answer some of your questions. The complete details are available in a table on the AREQ Haut-de-l'Isle website:

<http://du-haut-de-l'isle.areq.lacsq.org/accueil/>



l'Ensemble vocal Opus 16
celebrates its 20th anniversary this year.

For the occasion, in 1st part, a summary of our 20 years and in part 2
Misa a Buenos Aires (tango tunes)

Saturday, May 23 at 8 p.m.

At the Church Marie-Reine-de-la Paix

11075, Boulevard Gouin Ouest Roxboro, H8Y 1X6

Ticket: \$25 Available from Jacques Ready (514-620-8870)

Credits



Collaborators : Gaétan Dubois, Andrée Lévesque,
Louise Myre, Edmond Pauly, Thérèse Poirier-Labossière,
Richard Raymond et Jacques Ready.

Translators: Eva Bury , Wendy Cloutier

Layout : Céline Allard

Coordinator: Richard Raymond



Activities Calendar



February			
<u>Friday</u> 6	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Rés. Thérèse Labossière 514-637-1725
<u>Wednesday</u> 12	<u>Activité sectorielle</u> Dîner de l'amitié et Jubilaires	<u>11 h 30</u> Au Vieux Duluth 3610, St Jean Boul. D. D. Otrmeaux	Reservation Jacques Ready 514-620-8870
<u>Wednesday</u> 19	<u>Activité régionale</u> Occupons-nous de nos affaires	Voir les Échos de l'Île	
Marsh			
<u>Friday</u> 6 6	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Rés. Thérèse Labossière 514-637-1725
April			
<u>Friday</u> 3	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Rés. Thérèse Labossière 514-637-1725
<u>Tuesday</u> 7	<u>Activité sectorielle</u> Assemblée générale	<u>9 h 00</u> Casa réception	Jacques Ready 514-620-8870
<u>Wednesday</u> 22	<u>Activité régionale</u> Jour de la Terre	Voir les Échos de l'Île (voir p. 4)	
May			
<u>Friday</u> 1	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Rés. Thérèse Labossière 514-637-1725
<u>Tuesday</u> 5	<u>Activité régionale</u> Assemblée générale régionale	Voir les Échos de l'Île	