



Vol. 6, No 1
August 2021

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



Reference directory

CONSEIL SECTORIEL			
Richard Raymond	président	514-685-6621	liseetrichard@videotron.ca
Thérèse Poirier-Labossière	1 ^{ère} vice-prés.	514-637-1725	
Carmen Dumont	2 ^e vice-prés.	514-426-4426	carmen_dumont@hotmail.com
Jacques Ready	trésorier	514-620-8870	jacready2@gmail.com
André Labossière	secrétaire	514-637-1725	andrelabossiere@gmail.com
Janine Beaudry-Hamelin	conseillère	514-685-4688	janinehamelin@gmail.com
Pierrette Tessier	conseillère	514-626-6873	familledaoust99@yahoo.ca
COMITÉS ET ACTIVITÉS SECTORIELS			
Comité des femmes	Lise Longpré Tache	450-623-6826	lise.longpretache@gmail.com
	Diane Boulet	514-696-2716	boulet.brunet@videotron.ca
Comité des hommes	Richard Bastien	514-683-5244	ribas@videotron.ca
FLG	Thérèse Labossière	514-637-1725	
	Marthe Laforest	450-681-6728	laforestmarthe@hotmail.com
Retraite	Claude Clavette	450-455-1177	claudc.clavette@yahoo.ca
Environnement	André Labossière	514-637-1725	andrelabossiere@gmail.com
Action socio-politique	Edmond Pauly	514-683-3818	edmond.pauly@gmail.com
Assurances	Gaétan Dubois	514-637-7332	duboisg@videotron.ca
Arts	Poste vacant		
Communications	Richard Raymond	514-685-6621	liseetrichard@videotron.ca
	Thérèse Labossière	514-637-1725	
Site internet	Edmond Pauly	514-683-3818	edmond.pauly@gmail.com
	Gaétan Dubois	514-637-7332	duboisgaetan@gmail.com
Cartes anniversaires	Ginette Pomerleau	514-626-0800	ginetpom@hotmail.com
	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



Are you familiar with blank page syndrome? An inability to write while staring at the blank page? Well, that is what I have had to face since the 13th of March 2020; the date at which Quebec Public Health and the government declared that the COVID-19 pandemic had begun in the province. All at the same time many public places were closed and gatherings were not permitted. This led to all our planned social activities being cancelled. So there was nothing to announce. There was nothing left except the possibility of virtual 'meetings' with the concern that people may or may not wish to participate online. Our April 2020 Annual General Meeting was cancelled due to a lack of time to prepare for an online meeting with members participating. 2021 could have given us a hope of a return to normal, but it wasn't to be. We still couldn't have in-person meetings. However, the AGM was held virtually via Zoom in April with 35 members 'attending'. We adopted an action plan with the hope that events would be able to take place as of September. We are now here. However, due to the ongoing pandemic we still need to be prudent. At any rate, we will adjust precautions as needed. This is why I wrote about a "blank page" in the beginning.

As tradition dictates, we will have our "non-back to school" dinner Monday September 27th. The restaurant which we used to enjoy is no longer in business so we have had to change to the Vieux Duluth at 3610 Saint John's Blvd., Dollard-des-Ormeaux. (See calendar) At the moment of writing, certain public health measures are in place for restaurants or reception halls. I am counting on your collaboration to make this event a success.

The last time we were able to gather in person was in March 2020. 18 months have gone by and the public health situation has evolved. Without going into the history of events, I will content myself with hoping for a return to normal as soon as is safely possible. So, I ask that you take a look at the calendar of events in the various sectors and regions.

We are pleased to welcome in our sector
(since February 2020)



Heather ALLEN-WOODS
Louis-Marie BROSSEAU
Heather-Ann DALY
Yves GAUVIN
Rae McCALLUM
Guy NADEAU
Suzanne PAUL
Roxane TURCOTTE

Anita BARBAGALLO
Anne-Marie CHARTIER
Louisette DOUCET-BEAUDET
Brenda LAMB
Marion MURPHY
Marilyne O'SULLIVAN
May TABET KANAAN
Marc VACHON,



In Memoriam
(since February 2020)

Guy ALLARD
Monique AQUIN-ST-ONGE
John ASHDOWN
Rita BOUCHARD-LEGAULT
Michael CARLEY
Julie CHENCINER-COHEN
Lise COURVILLE
Marie-Ange ELK-TREMBLAY
Pauline FARMER-LEGAULT
Denise GRENON
Marc GUILHAMET
Barbara HYDE
Anna JOTTERAND-BOSSHARD
Jean LEFEBVRE
Colette LÉGER-CARRIÈRE

Lloyd Donald ALLEN
Solange ARSENAULT
Diane BOUCHARD-BRUNET
Robert BRUNET
Maria CHABOT-MATHIEU
Nora J. CHRISTIE
Nabin DAS
Franco ESPOSITO
Marcel GINGRAS
Marie-Noel GRIFFIN-NADEAU
Pierrette HOOPER-SENECAL
Michel JEAN-BAPTISTE
Alphonsine LEBLANC
Céline LEGAULT
Gisèle MALOUF-BILODEAU

In Memoriam (suite)



Kristiane MALTAIS
Dorothy Lilian MCDONALD
Cécile MÉNARD
Marie PALAMARCHUK-ROY
Linda PINTO-FERNANDES
Laurence ROUSSEAU-FAUCHER
Françoise SÉNÉCAL

Violet Joan MCARDLE
Monique MELOCHE-LEGAULT
Jeannette PACKWOOD-POIRIER
Lorraine PERRON-SILVER
Mireille RIVEST
Laurent SÉGUIN
Nadine SERROUYA,



The Laure-Gaudreault Foundation



Thérèse Poirier Labossière

The Laure-Gaudreault Foundation Distributes Six Cheques to West Island Organizations

The Haut-de-l'isle sector of the Montreal region distributes six cheques from the Laure-Gaudreault Foundation to the following West Island organizations. A big thank you to the foundation!

750 \$ for the Refuge des femmes de l'Ouest de l'île
600 \$ for the Parados
681 \$ for AJOI
600 \$ for the Théâtre à tout cœur
600 \$ for l'Oeuvre Soupe Maison
600 \$ for thr Maison des Jeunes l'Escalier de Lachine

In the name of the Laure-Gaudreault Foundation I thank you for offering a glimmer of hope to our poorest citizens.

2021-2022 Action plan



	Actions
1	Regularly inform all members via the sector newsletter and by email, of all developments in the indexation file
2	Invite our members to participate in all the actions that the National AREQ proposes with a view to keeping our members' buying power in the face of indexation
3	Invite our members to collaborate with other Seniors groups and support actions meant to force the government to maintain our healthcare system as universal and accessible to all
4	Develop an "AREQ-in-Action" project
5	Continue to send birthday greetings to our members who are 75+
6	Continue to organize festive activities: monthly breakfasts, the back-to-school luncheon, Remembrance Mass, Christmas luncheon, friendship luncheon and luncheon to celebrate 10, 15, 20, 25 & 30 years of retirement.
7	Encourage our members to inform themselves about all of AREQ's activities by participating in different regional activities of the various committees and by reading the info-letter.
8	Encourage members to actively participate in the annual collection to benefit the Laure-Gaudreault foundation and to attend the benefit dinner.

2021-2022 Action plan



	Actions
9	Organize a dinner to recognize the members of the sectorial council, the members of our various committees and our volunteers.
10	Publicize the accomplishments and involvements of our members in their communities.
11	Encourage and support the activities proposed by our Arts Committee and let people know about their artistic talents.
12	Transmit pertinent information about life in the sector and/or region by publishing the sector bulletin, keeping the website up to date and via emails.
13	Improve the visual quality of l' <i>Entrefilet</i>
14	Increase and encourage members' environmental awareness; encourage participation in Earth Day and any other activities that concern the environment and quality of life.
15	Encourage members' participation in all activities proposed by the Committee for Women and the Committee for Men.
16	Inform members about all activities organized by AREQ or other associations which defend our rights and which strive to improve the conditions of the poor.

2021-2022 Action plan



	Actions
17	Invite our members to identify individuals or groups who may make a request for aid from the Laure-Gaudreault Foundation.
18	Support the action plan of the Laure-Gaudreault Foundation and promote its activities.
19	<i>Organize a fundraising activity for the Laure-Gaudreault Foundation</i>
20	<i>Inform our online members by monthly emails</i>
21	<i>Create an activity to celebrate the 5th anniversary of our sector</i>

Men's Committee



Richard Bastien

Report from the Men's Committee for 2020-2021

The Men's Committee organized two events this year.

Event #1

A Zoom video conference presented by M. François-Olivier Bernard on the morning of May 12, 2021 entitled: **Reweaving the future of male seniors**

Facts and consequences of the pandemic on male seniors
Observations about male autonomy
Courses of action and hope possible

Mr. Bernard is Chairman of the Board of Governors of the AutonHommes Organization whose mission is to welcome men in difficulty and give them the means to respond to their needs and to participate in the global evolution of the masculine condition. Mr. Bernard is also a professor of Social Work and Criminology at the Université Laval.

Event #2

**The PROCURE March to Fight prostate Cancer -
The Walk of Courage Jean-Pagé
Father's Day Sunday June 20, 2021**

We walk for the courageous: men who have prostate cancer and their families, whom we support thanks your steps and your donations. Every year approximately 4,300 Quebecers receive the diagnosis of prostate cancer.

It was possible to make a donation to a walker or a team.

Walker André Fleurant :

<https://marcheducourage.ca/fr/participants?q=Andr%C3%A9+Fleurant>

Team AREQ-CSQ

<https://marcheducourage.ca/fr/teams?q=>

Amounts raised

Team AREQ-CSQ :	700\$
Walker for AREQ André Fleurent:	268\$
Total AREQ Montréal :	968\$

Until next year !

Instruction for Activities

N.B. For the moment, the breakfast get-togethers have been interrupted. The restaurant we used to go to, L'eggsquis, is not in a position to receive us.

1. Registration for events is OBLIGATORY. We will not accept people who arrive to the event without being registered ahead of time.
2. You MUST present proof of 2 vaccinations and photo ID. (The government requires this for entry to restaurants.)
3. Always wear your mask when not seated at a table.
4. Wash your hands with the product supplied by the restaurant upon entry.

GOOD NEWS

We will be re-hosting our monthly breakfasts on Friday, October 1 at 9 a.m. This is still at Eggsquis Restaurant. See schedule of activities and public health instructions. A \$10 gift card is given to members who will celebrate their birthday during the month.



Crédits

Collaborateurs : Richard Bastien, Thérèse Poirier-Labossière,
Louise Myre et Richard Raymond

Mise en page: Céline Allard

Coordonnateur: Richard Raymond

Activities Calendar



September			
<u>Monday</u> <u>27</u>	<u>Activité</u> <u>sectorielle</u> Dîner de la non-rentree	<u>11 h 30</u> Vieux Duluth 3610 boul. St-Jean, DDO	<u>Reservation required</u> <u>Cost : 15 \$</u> Jacques Ready 514-620-8870
October			
<u>Friday</u> <u>1^{er}</u>	<u>Activité</u> <u>sectorielle</u> Déjeuner mensuel	<u>9h</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
November			
<u>Friday</u> <u>5</u>	<u>Activité</u> <u>sectorielle</u> Déjeuner mensuel	<u>9h</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
December			
<u>Friday</u> <u>3</u>	<u>Activité</u> <u>sectorielle</u> Déjeuner mensuel	<u>9h</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
<u>Monday</u> <u>12</u>	<u>Activité</u> <u>sectorielle</u> Dîner Noël	Endroit à déterminer	
NB: For all these activities, the presentation of the vaccine proof 2 doses is OBLIGATORY			