

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

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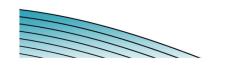


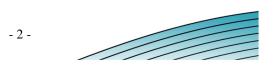
Secteur H
ASSOCIATION DES RETRAITÉES ET RETRAITÉS
DE L'ÉDUCATION ET DES AUTRES SERVICES
PUBLICS DU QUÉBEC

Région 06

Reference directory

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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 inperson 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,



<u>In Memoriam</u> (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

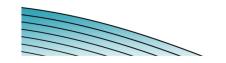
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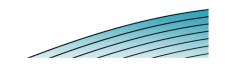
Franco ESPOSITO Marcel GINGRAS

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

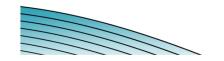
681 \$ for AJOI

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'Entrefilet
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	Organize a fundraising activity for the Laure-Gaudreault Foundation		
20	Inform our online members by monthly emails		
21	Create an activity to celebrate the 5th anniversary of our sector		

Men's Committee





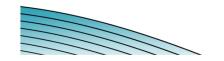
Richard Bastien

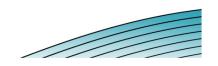
Report from the Men's Committee for 2020-2021

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 AutonHommies 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

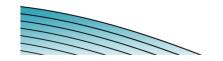
Team AREQ-CSQ

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

