

L'ENTREFILET

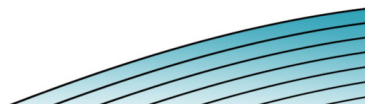
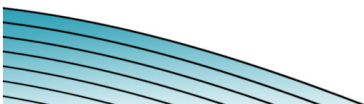
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BULLETIN D'INFORMATION DU-HAUT-DE-L'ISLE

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Secteur H
ASSOCIATION DES RETRAITÉES ET RETRAITÉS
DE L'ÉDUCATION ET DES AUTRES SERVICES
PUBLICS DU QUÉBEC
Région 06





Word of the president

Richard Raymond



At the general meeting of April 29, according to our statutes and regulations, three positions on the board were up for election: the 1st vice-president, the treasurer and a Councilor.

Ms. Pierrette Tessier was re-elected as Councillor for a second term. Mr. Jacques Ready was replaced by Nicole Normand-Divay as treasurer. Mrs. Thérèse Poirier-Labossière leaves the board and has not been replaced. I would like to point out that Jacques and Thérèse were members of the board since the founding of the Du-Haut-de-l'Isle sector (April 2015) and that our statutes and regulations did not allow them to apply for a third term in the same position. Jacques will continue to actively collaborate with L'Entrefilet (printing and delivery) and Thérèse will devote her efforts as sector manager of the Laure-Gaudreault Foundation. I would like to give warm thanks to these two members who have devoted their time and energy to animate the life of the sector. I am sure that, if our regulations had allowed it, they would still be in their positions.

I would like to thank Pierrette Tessier for her offer to serve for a second term. Finally, thank you to Nicole Normand-Divay for offering her services as treasurer. However, there remains the position in the 1st vice-presidency to be filled. This is the first time since 2015 that the board has been left with a vacancy. More than 800 members and a vacant position!! I can understand that each person lives their retirement in a personal way and I do not hold it against them. If you think you are the person who could fill this position, know that you are welcome. You will see that it is not a "task" but a pleasure and very satisfying to participate in the life of the sector.

I would also like to take this opportunity to inform you that my two consecutive terms as President end next April. So there is less than a year left to find a new person for the presidency. I am already appealing to interested members. It will be my pleasure to give you all the information you need.

We are pleased to welcome in our sector



Mary Ariano-Glowacki
Joel Tyrell

Sandra McDonough,
Caroll Wener-Tenenbalim

Danielle Michaud,
Ginette Whallen.

Welcome to our activities.



In Memoriam

Georgie Alice Crawford
Doreen L. Hendren
Henriette Morin-Lessard,
Becky-Rebecca Lévy-Abécassis

Lise Doyon,
Michael Lieberman
Veronica Wynne

Raymond-Marie Gladu
John McDonough
Suzanne Paul.

Our condolences to bereaved families and friends

When I'm old...



(Editor's note: This text comes from an internet blog; it has been reproduced with the permission of its author. It can very well be rewritten in the masculine.)

"When I'm old, I don't want to be called 'my little lady' or 'my pretty one'. I want to be respected and keep my identity until the end. I don't want to be turned around in every direction without even telling me during care. I want to be touched gently and have explained what is being done to me.

I don't want to be judged and told that I'm difficult or complicated. I want to be treated with kindness and accepted that I am not always in good shape.

When I'm old, I don't want to sleep in hospital sheets, I want my bed linen. I don't want to be washed with a disposable glove, I want my toiletries. I don't want to be served my meals in plastic trays, I want nice dishes like at home.

When I'm old, I don't want a diaper, I want protection. I don't want a bib, I want a big serviette. I don't want a plastic glass, I want an ergonomic glass.

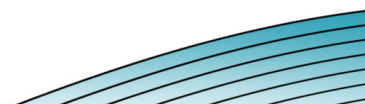
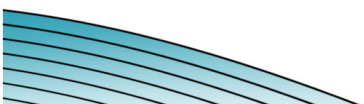
When I'm old, I don't want people to talk in front of me like I'm not there. I want to be able to talk to those who will take care of me. I don't want to be whisked away in my wheelchair without warning and rushed to the other end of the hallway.

I want to be told in advance when we are going to change rooms and that we move at a pace that does not make me dizzy. I don't want to be told to do my business in a diaper under the pretext that it takes too long to put me on the toilet in the bathroom. I want my basic needs to be respected and my dignity preserved.

When I am old, I will walk less well, I will hear less well, I will understand less well. But I will always be able to love this or that person, to want this or that item on a menu, or be afraid of this or that event.

When I'm old, I don't want the right to be myself taken away from me.

But above all, I would like long before I am old, that these nice girls, caregivers, nurses and all in all finally get some help, some recognition - just once...!!"



2022-2023 Action plan



	Actions
1	Inform members regularly via the sector newsletter and email of any developments in the income indexation file.
2	Invite members to participate in all the actions proposed by the national AREQ in the area of indexation in order to preserve the purchasing power of our members.
3	Develop an "AREQ in action" proposal
4	Continue to send birthday cards to our members aged 75 and over.
5	Organize festive activities: monthly lunches, back-to-school dinner, Mass of remembrance, Christmas dinner, friendship and jubilee celebrations
6	Encourage members to learn about all AREQ issues by participating in the regional activities of the various committees and subscribing to the newsletter
7	Invite members to actively participate in the Laure-Gaudreault Foundation's annual fundraiser and fundraising dinner
8	Organize a recognition party for Members of the Sector Council and Committee Leaders, as well as volunteers

2022-2023 Action plan



	Actions
9	Encourage and support the achievement of activities put forward by the arts committee and thus make known the talents of the sector.
10	Transmit all relevant information concerning life in the sector and/or region through the publication of sectoral bulletins, updating the website and sending emails.
11	Improve the visual quality of the Entrefilet
12	Raise awareness and encourage members to participate in Earth Day and any other activity related to the environment and quality of life.
13	Encourage our members to actively participate in any activity organized by the women's, men's and socio-political action committees
14	Invite members to identify individuals or groups who could apply for financial assistance from the Laure-Gaudreault Foundation (FLG)
15	Support the FLG in the implementation of its action plan and promote its activities
16-	Organize a benefit activity for the benefit of the FLG
17	Inform our Users through monthly messages

Bowl-O-Thon



More than \$1,000/hour

On September 30, 2018, 67 bowlers had raised \$1,216; on September 28, 2019, 96 bowlers had raised \$2,648. This was before the pandemic at the Fleury bowling alley. The interest shown by the growing number of participants forced us to change venues. It was therefore at the Salon Moderne that 103 bowlers met on Sunday, June 12 for the annual bowl-o-thon for the benefit of the regional fund drive for the Laure-Gaudreault Foundation. The record attendance managed to collect a record amount of donations: **\$ 3,715**. As the saying goes: "If the trend continues", on July 11, 2023, we will be 150, will raise \$ 5,000 and will be able to affirm that "the rolling ball collects donations"!

The good mood and fraternity for three hours made sure that the participants left with the intention of giving the news to friends or family.

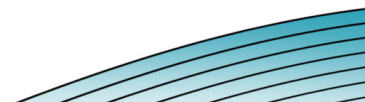
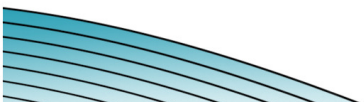
This year we noticed the participation of three generations. The National President of the Laure-Gaudreault Foundation, Mr. Robert Gaulin honoured us with his presence with his daughter and granddaughter. The same goes for the president of the De Lorimier sector Claudette Therrien. Thank you. We hope that several others will imitate your gesture.

I invite you to follow the information that will be in the Échos and in your sectoral bulletins concerning this activity that we want to hold annually.

In the meantime, I invite you to become a member of the Foundation (\$10 for life)

<https://fondationlg.org/pourquoi-donner>

and prepare for the next bowl-o-thon.



Elder Personality of the year



During the back-to-school dinner on September 27 at Vieux Duluth, we will take the opportunity to honour our « **personality of the year** ». I hope that many of you will come and express to



Thérèse Poirier-Labossière

your gratitude for her dedication and commitment to AREQ. Your presence will be his thanks.

Check the calendar on page 12 to register.

Reference directory



CONSEIL SECTORIEL			
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Poste vacant	1 ^{ère} vice-prés.		
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André Labossière	secrétaire	514-637-1725	andrelabossiere@gmail.com
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	Janine Beaudry-Hamelin	514-685-4688	janinehamelin@gmail.com
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AREQ	1-800-663-2408	National	areq.lacsq.org
RETRAITE-QUÉBEC	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		



Credits

Translators: Wendy Cloutier
Layout : Céline Allard
Coordinator: Richard Raymond

Activities Calendar



September			
<u>Friday</u> 9	<u>Sectorial Activity</u> Déjeuner mensuel	<u>8 h 30</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
<u>Tuesday</u> 27	<u>Sectorial Activity</u> Dîner de la rentrée	<u>11 h 30</u> Vieux Duluth 3610 boul. St-Jean, DDO	<u>Reservation required</u> Nicole Normand-Divay 514-631-8831 Cost member : 10\$ non member : 25\$
October			
<u>Friday</u> 7	<u>Sectorial Activity</u> Déjeuner mensuel	<u>8 h 30</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
November			
<u>Friday</u> 4	<u>Sectorial Activity</u> Déjeuner mensuel	<u>8 h 30</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
December			
<u>Friday</u> 2	<u>Sectorial Activity</u> Déjeuner mensuel	<u>8 h 30</u> Restaurant Eggsquis 2780 Remembrance. Lachine	<u>Reservation required</u> Thérèse Labossière 514-637-1725
<u>Friday</u> 16	<u>Sectorial Activity</u> Dîner Noël	<u>11 h 30</u> Casa Réception <u>Reservation before december 12th</u>	<u>Reservation required</u> Nicole Normand-Divay 514-631-8831 Cost member: 25\$ non member: 45\$