

L'ENTREFILET

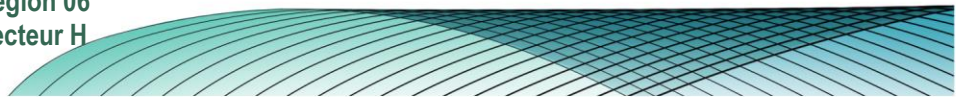
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**ASSOCIATION DES RETRAITÉES ET RETRAITÉS
DE L'ÉDUCATION ET DES AUTRES SERVICES
PUBLICS DU QUÉBEC**
Région 06
Secteur H



Reference directory

CONSEIL SECTORIEL			
Richard Raymond	président	514-685-6621	liseetrichard@videotron.ca
Gilles Sabourin	1 ^{ère} vice-prés.	514-626-0418	gilles_sabourin@hotmail.com
Angèle Gagnon	2 ^e vice-prés.	514-213-5437	ordiance@hotmail.com
Nicole Normand-Divay	trésorière	514-631-8831	nordivay@hotmail.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
Comité des hommes	Richard Bastien	514-683-5244	ribas@videotron.ca
FLG	Thérèse Labossière	514-637-1725	poirierthereseeli@gmail.com
Retraite	Gilles Sabourin	514-626-0418	gilles_sabourin@hotmail.com
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@gmail.com
Arts	Angèle Gagnon	514-683-8567	ordiance@hotmail.com
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	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
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		



Message of President

Richard Raymond

The AREQ year is coming to an end and we must think about our General Assembly. We will have elections for the majority of the positions on the board. Indeed, the positions of President, the 1st Vice-President, the 2nd Vice-President, the Secretary and one position of Councillor will become vacant without the possibility of re-election of the persons currently occupying these positions. So we need committed members who will offer their services to keep the sector going.

Our statutes and rules limit the duration of positions on the sector council to two 3-year terms. Only Congress can change these rules and our Congress takes place in early June. A proposal from the Montreal area will be tabled to make a change; as our General Assembly must take place before the Congress, we are bound by the current regulations.

So, this is my last "Word from the President." After 4 years as president of the former West Island sector and 8 years in the Du-Haut-de-l'Isle sector, I will give way to another person as president. I do not hide from you that it is with regret that I step down because these years have allowed me to get to know wonderful people who I would not have known otherwise. However, I am pleased to announce that members have indicated their intention to run for the succession of each of the positions up for election at our next General Assembly. The sector will therefore continue to exist.

On April 14, you will have the opportunity to come and personally thank the members of the council who will be completing their terms and to show your support for the new people who will be elected. The quorum is 31 regular members (4% of 780). You will find all the information for registration and the agenda of this meeting in the following pages.

In closing, I hope to meet many of you there.

We are pleased to welcome in our sector

Carol McCready

Guylaine Van De Weghe

Michael Wrigley

In Memoriam



Gisèle Bessette-Wilson

Adrien Hotz

Jean Lalanne

Diane Lalonde

Pamela Normandin

Lise Z. Petersen

Lorraine Wriggley-Chatillon

Jeanine Veilleux's brother

Our condolences to family and friends



What is scleroderma?

Scleroderma is a disease of unknown cause that has 4 main abnormalities: autoimmunity, or the attack of the person's immune system, microvascular abnormalities, inflammation and fibrosis.

This chronic disease is diagnosed in about one in 5,000 people. It is estimated that there are several thousand people who suffer from scleroderma in Quebec. It can occur at any age, even in children. It affects women five times more frequently than men.

This attack on the immune system can cause hardening of the skin and internal organs. A distinction is made between the localized form, commonly known as morphea, and the systemic form of limited or diffuse type. The difference between these two forms is based on the involvement of the skin and internal organs, which is more extensive and progresses faster in the diffuse form.

The presence in the blood of highly specific autoantibodies to the disease, which are directed against the patient's own cells, contribute to the various manifestations of scleroderma. The skin, digestive system, heart, lungs and kidneys are the organs most often affected by the potentially serious complications of scleroderma. It is therefore essential to continue funding research to find a cure

Raynaud's phenomenon is the most frequent and earliest problem of this disease. This phenomenon, caused by cold and strong emotions, is due to a narrowing of the small blood vessels called capillaries, and is manifested by a change of colour of the fingertips, passing successively from white to blue, then finally to red. It is present in more than 95% of patients with scleroderma, but can also be seen outside this disease.

While there is no cure for scleroderma, there are effective treatment options that can help alleviate symptoms and slow the progression of the disease.

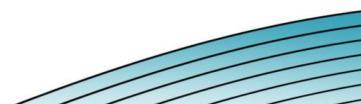
About Scleroderma Quebec

Scleroderma Quebec is a non-profit organization composed of a volunteer board of directors. Our mission is spread over several fronts: to help people with scleroderma by offering them moral or medical support, to raise funds for scleroderma research and to develop information tools for the population and health care stakeholders.

I would like to take this opportunity to warmly thank the Laure-Gaudreault Foundation, set up by the AREQ-CSQ, for its unwavering support since 2006. Thanks to its generous support, we can help those who suffer from this degenerative disease and contribute to improving their quality of life and life expectancy.

Diane Collard
Executive Director
Scleroderma Quebec

To learn more about scleroderma, visit www.sclerodermie.ca.



Notice convening

We are at the time of year when we are calling you to the Annual General Meeting to report on the accounts for the current year.

We shall, in accordance with Article 23.02A of our statutes and regulations, elect the President, the second (2nd) Vice-President, the Secretary and the second (2nd) Councillor. In addition, this year, it is also necessary to elect a person to the 1st Vice-Presidency and the position of 1st Councillor.

If you want to know what has happened in our sector, how your money has been spent, how well committee leaders have worked for you and for all members and be the first to be informed of plans for 2023-2024, you owe it to yourself to attend this meeting.

Please also know that your presence is a thank you for the outgoing board members and encouragement for the newly elected members.

Those who attend the general assembly from beginning to end will be offered dinner by the sector.

We will be waiting for you **on Friday, April 14, 2023 at 9 am, at the Casa Grecque restaurant, 13081 boul. Gouin Ouest, Pierrefonds.**

Richard Raymond, President

Sector Council Elections: Procedure

According to our statutes and regulations, at our next general meeting (April 14), we will proceed to the election of several positions on our sector council. Here is the procedure to follow to express your interest in running for any of the positions to be filled.

Complete a nomination form that can be obtained by contacting

- ✉ Louise Dinello (dinellolouise@gmail.com; (514-634-3393)
- ✉ Richard Raymond (liseerichard@videotron.ca; (514-685-6621)

Fill it out it and return it before April 10 or bring it to the assembly on April 14.

The positions to be filled are as follows:

- | | |
|------------------------------------|--------------------------------|
| 1) President: 3-year term | 4) Secretary: 3-year term |
| 2) 1st Vice-President: 2-year term | 5) 1st Councillor: 3-year term |
| 3) 2nd Vice-President: 3-year term | 6) 2nd Councillor: 2-year |

**GENERAL ASSEMBLY
DU-HAUT-DE-L'ISLE**

Draft agenda

1. Quorum verification and welcome
2. Appointment of a person to chair the meeting and a secretary of the assembly
3. Reading and adoption of the agenda
4. Reading and adoption of the minutes of the meeting of April 29, 2022
5. Presentation of reports
 - 5.1 Activity reports 2022 - 2023
 - 5.2 President's Report
 - 5.3 Reports of Committee Leaders
 - 5.4 Laure-Gaudreault Foundation
6. Presentation and receipt of financial statements
7. Presentation and adoption of the action plan 2023-2024
8. Presentation and adoption of the 2023-2024 budget provisions
9. ELECTIONS
 - 9.1 Sector Council
 - 9.2 Congress delegates 2023
 - 9.3 Mandate of the delegation
10. Other business
11. Message from the Regional President
12. Message from the Sector President
13. Adjournment of the meeting



22 AVRIL 19H30 | 23 AVRIL 14H00 | 28 AVRIL 19H30 | 29 AVRIL 14H00 | 30 AVRIL 14H00

POUR L'AMOUR DU CIEL

UNE COMÉDIE DE BERNARD REID



UNE MISE EN SCÈNE DE BERNARD REID

RODOLPHE MARUCA
ISABELLE CARDIN

STEAVEN LABRECQUE
ANGÈLE GAGNON

MONIKA CSUKASSY
CHANTAL DUBÉ

THÉÂTRE DU P'TI T LOUP 10585, BOUL. LÉVESQUE EST LAVAL

INFORMATIONS : 514-389-7145 | BILLETTS 25\$ | PRÉVENTE 20\$



A comedy by Bernard Reid (In French)

Directed by Bernard Reid

With Rodolphe Marucca, Steaven Labrecque, Monika Csukassy
Isabelle Cardin, Angèle Gagnon,

Set design by Michel Pagé

The play tells the story of two neighbours, Mrs. Bédard and Mrs. Barnabé. The husbands of these ladies are friends and alcoholics. Our two neighbors want to teach their husbands a good lesson so that they give up their alcohol addiction once and for all. Will they succeed?

Dates: Saturday, April 22 at 7:30 pm
Sunday, April 23 at 2:00 pm
Friday, April 28 at 7:30 pm
Saturday, April 29 at 2:00 pm
Sunday, April 30 at 2:00 pm

Location: Théâtre du P'tit Loup 10585 Lévesque Blvd. East Laval

Tickets \$25 Pre-sale \$20

Information: 514-389-7145

Angèle Gagnon is a member of our sector and a member of the sector council as^{2nd} vice-president. It would be great to encourage her by participating in this activity.



Retired committee

Gilles Sabourin

Pension indexation

Inflation is back. It is part of our daily lives. We cannot ignore it when groceries increase from week to week, the price of gasoline, rents, municipal taxes... In short, we are getting poorer.

On February 9, the AREQ-CSQ held a meeting of the heads of the regional retirement committees. The Government and Public Employees Retirement Plan (RREGOP) is a **defined benefit** pension plan. This means that the retirement pension is established according to a formula known in advance. It is calculated based on the number of years that we contributed to the plan and our average salary rather than the financial situation of a plan at the time of retirement, as is the case with other pension plans.

According to the Retraite Québec website, indexation is applied to the RREGOP retirement pension based on the rate of increase in the Pension Index (SAIR) to take into account the increase in the cost of living. This is precisely the role of indexing.

Originally, the retirement pension was indexed each year according to the increase in the cost of living (according to the TAIRⁱ). Then, unilaterally in 1982, although the premium rate was adjusted accordingly, the government changed the indexation formula (TAIR minus 3%). This formula was subsequently improved in 2000 (50% of TAIR or TAIR minus 3%). This means that your RREGOP retirement pension will be indexed every year, yes, but it will not keep pace with the increase in the cost of living. The indexation that will be applied to your pension is calculated according to a formula that applies to your situation and according to the periods during which you contributed to the RREGOP.

Method of calculating pension indexation

Years contributed before July 1, 1982

The pension portion is indexed to 100% according to the TAIR

Years contributed between July 1, 1982 and December 31, 1999

The pension portion is indexed to the TAIR minus 3%

Years contributed since January 1, 2000

The pension portion is indexed according to the more advantageous of the following two formulas: 50% of the TAIR or TAIR minus 3%
In 2022 the TAIR is 2.9% so the amount of the pension corresponding to the x year of contributions between 1 July 1982 and 31 December 1999 has not been indexed. As of January 1, 2023, the TAIR is 6.5%, which allowed indexation of 3.5% for this portion of the pension.

The AREQ-CSQ is continuing its work to ensure that we obtain better protection against inflation. A proposal was adopted in the General Negotiating Council:

That when RREGOP members' fund exceeds the 110% funding threshold, the surplus be divided equitably between contribution reductions and indexation of pension plans for the years 1982 to 1999.

This proposal was presented to the other trade union centres of the Common Front (CSN, FTQ, APTS). There is no harmonization at this time.

We must not forget that we, as retirees, are not at the negotiating table and that pension plans are bargaining issues. Thanks to our association, we were able to raise awareness among the CSQ and bring our requests to the table.

For those retiring in these years, the retirement pension could be indexed as little as a quarter of the TAIR. This is called the loss of purchasing power. In addition, this loss of purchasing power will be cumulative, because it will affect the calculation of the indexation of your pension the following year and so on. Thus, your pension will not keep up with the increase in the cost of living, on the contrary, it will move away from it from year to year and more and more.



Credits

Collaborators : Diane Collard, Angèle Gagnon, Gilles Sabourin et Richard Raymond

Translators: Wendy Cloutier

Layout: : Céline Allard

Coordinator: Richard Raymond

Calendar of Activities

April			
<u>Holy Friday</u> 7	<u>Sectoral Activity</u> Monthly breakfast	<u>8 h 30</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725
<u>Friday</u> 14	<u>Sectoral Activity</u> General assembly	<u>9 h</u> <u>Casa Réception</u> 13081 Boul. Gouin O. Pierrefonds	<u>Registration</u> Nicole Normand-Divay 514-631-8831
May			
<u>Friday</u> 5	<u>Sectoral Activity</u> Monthly breakfast	<u>8 h 30</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725
<u>Thursday</u> 25	<u>Regional Activity</u> General assembly	Voir Échos de l'île	<u>Registration</u> Nicole Normand-Divay 514-631-8831
June			
<u>Friday</u> 2	<u>Sectoral Activity</u> Monthly breakfast	<u>8 h 30</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725
<u>Sunday</u> 11	<u>Regional Activity</u> <u>Bowl-O-Thon</u>	<u>13 h 30—16 h 30</u> Voir les Échos de l'Île	<u>Registration</u> Before June 5th Richard Raymond 514-685-6621

L'ensemble vocal Opus 16 will present Les sept dernières Paroles du Christ next April 7th (Holy Friday) at 19 h 30 at Saints-Anges de Lachine church ,1400 St-Joseph boulevard Lachine. Free admission, suggested donation of 20 \$