

Vol. 8, No 1  
August 2023

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

---

Reference directory	p. 2
Message of president	p. 3
We are pleased to welcome in our sector	p. 4
In Memoriam	p. 4
Tribute to Richard Raymond	p. 4
Our Elder of the Year:	p. 6
Insurances news	p. 8
Action plan 2023-2024	p. 9
Bowl-A-THON	P. 10
Credits	p. 11
Calendar of activities	p. 12



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



## Reference directory

### Sector Council

Gilles Sabourin	President	514-942-4929	<a href="mailto:gilles_sabourin@hotmail.com">gilles_sabourin@hotmail.com</a>
Richard Raymond	1st Vice-President	514-685-6621	<a href="mailto:liseetrichard@videotron.ca">liseetrichard@videotron.ca</a>
Angèle Gagnon	2nd Vice-President	514-213-5437	<a href="mailto:ordiance29@gmail.com">ordiance29@gmail.com</a>
Nicole Normand-Divay	Treasurer	514-631-8831	<a href="mailto:nordivay@videotron.ca">nordivay@videotron.ca</a>
Pierrette Tessier	Secretary	514-626-6873	<a href="mailto:familledaoust99@yahoo.com">familledaoust99@yahoo.com</a>
Nicole Girard	1st Councillor	514-768-4413	<a href="mailto:ngirard1043@gmail.com">ngirard1043@gmail.com</a>
André Labossière	2nd Councillor	514-637-1725	<a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>

### Sectoral committees and activities

Women's Committee	Nicole Girard	514-768-4413	<a href="mailto:ngirard1043@gmail.com">ngirard1043@gmail.com</a>
	Marion Murphy	514-505-1682	<a href="mailto:marionmurphy@videotron.ca">marionmurphy@videotron.ca</a>
Men's Committee			
Succession Committee			
Laure-Gaudreau Foundation	Nicole Girard	514-768-4413	<a href="mailto:ngirard1043@gmail.com">ngirard1043@gmail.com</a>
	Thérèse Labossière	514-637-1725	<a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>
Retirement	Gilles Sabourin	514-942-4929	<a href="mailto:gilles_sabourin@hotmail.com">gilles_sabourin@hotmail.com</a>
Environment	André Labossière	514-637-1725	<a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>
Socio-political action			
Insurance	Gaétan Dubois	514-637-7332	<a href="mailto:duboisgaetan@gmail.com">duboisgaetan@gmail.com</a>
Arts	Angèle Gagnon	514-213-5437	<a href="mailto:ordiance29@gmail.com">ordiance29@gmail.com</a>
Communications	Richard Raymond	514-685-6621	<a href="mailto:liseetrichard@videotron.ca">liseetrichard@videotron.ca</a>
Sites Internet	Edmond Pauly	514-683-3818	<a href="mailto:edmond.pauly@gmail.com">edmond.pauly@gmail.com</a>



Hello everyone,

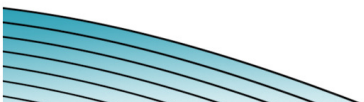
At the general assembly of April 14, a new sector council was elected. You will find in this bulletin the names of your various representatives for the operation of the sector. Your executive is now full and the work is well underway, with two meetings already.

Since our general assembly, there has been a regional general assembly bringing together the eight sectors of the Island of Montreal, in which six members of the sector have participated. From June 5th to the 8th, five members appointed at the sectoral general assembly participated in the National Congress. We were more than 450 delegates from the 82 sectors of the AREQ. The Congress has determined the orientations for the next triennium 2023 – 2026. Many amendments to the statutes and regulations were debated and voted. Photos are available on the sector's website: <https://du-haut-de-lisle.areq.lacsq.org/galerie-de-photos/> The AREQ now has a new president in the person of Micheline Germain.

We conducted a survey for breakfasts of the month between July 15 and 31. A back-to-school dinner will be held on September 15. It will be an opportunity to meet old and new member and honour our eldest of the year: Mrs. Carmen Dumont. See the calendar of activities for details.

I would like to take this opportunity to wish you a great summer.

Looking forward to meeting each other.



## We are pleased to welcome in our sector

Denis Cusson  
Richard Lanoie  
Michael Wrigley

Jacques Girouard  
Paul Normandin

Carmen Dollie Lamarre  
Danielle Thiebaud



## In Memoriam

Noël Cordeau   Denise Dubois   Louise Fitzgerald   Peter Gilson  
Lise Joly-Dion   Walter John Lawrence   Suzanne Lizotte   Gale Martin  
Joseph Perez   André Raymond   Aline Zerounian-Ades

Our condolences to family and friends.



## Tribute to Richard Raymond

André Labossière

Richard became involved with the AREQ around the 2000s.

From early on, he was a member of the West Island Sector Council and held various positions.

He was the initiator of the first newspaper in the West Island sector, Le Vent d'Ouest. A born organizer, he has several Bowl-a-Thons to his credit. His goal is to raise money for the FLG (Laure-Gaudreault Foundation) which will be distributed to various charities in the Montreal area.

At the annual meeting of this foundation his presence has always been undeniable.

In 2015, as president of the West Island sector, he was quick to agree to consolidate with the Lachine sector. His commitment led to the formation of the sector Du-Haut de-l'Isle of about 900 members.

This planning was done in harmony with the Lachine sector.

## Tribute to Richard Raymond - following

---

Whether it's breakfasts on the first Friday of the month, lunches for back to school, Christmas or friendship and volunteers, his involvement has always been appreciated. During these meetings his involvement was often accompanied by unifying reflections and humorous touches. At the level of the AREQ he was part of the regional council (Conseil régional) and has previously served on the Regional Executive Board.

He was the president of the Du-Haut-de-l'Isle sector for 8 years. As provided for in the statutes and regulations he had no choice but to leave this post. During all these years, despite a sometimes failing health, he knew how to hold the torch. Whether it's scheduling the annual meeting for the sector (AGS), the preparation of the sectoral newspaper l'Entrefilet, or participation in the regional AREQ newspaper, Les Échos de L'Île, he has always been able to rise to the occasion.

Also, it should not be forgotten that he also participated in various regional and national events. And what about his participation in the four tree planting events that we carried out in the Montreal region under the aegis of La Soverdi (greening society)?

His volunteering doesn't stop there! He volunteered for the 1st Vice-Presidency for two years on the new board in order to share his experience with the newly elected, president, Gilles Sabourin.

My dear Richard mission accomplished! What reassures us is that we will continue to see you during the activities of our association. Since AREQ was a gateway for you to get involved with others, know that we thank you so much for going through that

*Thank  
You!*

## Our Elder of the Year: Carmen Dumont



Our Elder of the Year: Carmen Dumont

While Americans were celebrating their Independence Day in 1944, Carmen was born in Sudbury, Ontario! On July 4, she was the 7<sup>th</sup> of a modest family of 9 children.

An uneventful childhood and adolescence led her to Sudbury Normal School (specialization in special education) to become a teacher. A dream she realized in 1964 where she taught in 1st, 2nd and 6th grades alternately for 11 years.

A combination of circumstances brought her to Quebec in 1976, to the Baldwin-Cartier School Board, where she began as a substitute teacher (mainly in special education) from January to June '77.

In September 1977 she was hired as a remedial teacher at the Marguerite-Bourgeois School in Pointe-Claire for 2 years.

In 1979, she changed schools and the Jacques-Bizard school had the honor of benefiting from her skills for 3 years.

In 1982 she returned to Sudbury only to return the following year to Jacques-Bizard where her talents and dedication led her to do team-teaching, homeschooling and family support as a remedial teacher, a job she held for 8 years.



## Our Elder of the Year: Carmen Dumont—following



In 1991, following the death of her mother and father within a day of each other, Carmen began a one-year training in palliative care after which she returned to Quebec, still at Jacques-Bizard School where she retired in 2004.

We don't know Carmen if we think that her dedication would stop there.

From 2008 to 2023 (15 years) she generously gave her time and energy to the AREQ as both 1<sup>st</sup> and 2<sup>nd</sup> vice-president of the sector council, first to the West Island and then to the Haut-de-l'Isle sector. She tirelessly gives her time to organize the various sector dinners (reservations, decorations, etc.). Carmen does not calculate how much time or energy she spends to enhance the activities of the sector. She has served under 3 different presidents (Luc Brunet, Michel Lanctôt and Richard Raymond).

Carmen, know that your presence has always been appreciated; it is in your honour that I speak on behalf of the Sector Council to award you the title of Elder of the Year for 2023-2024 of the Du-Haut-de-l'Isle sector!





## Insurances News

Gaétan Dubois



Recently, I received two emails from our regional manager. They included two topics that will have an impact, first on our pharmacy bills and then on the procedure for claiming our medical expenses for reimbursement.

### **The first topic:**

As of July 1, 2023, there is an increase in rates at the Public Prescription Drug Insurance Plan. Our pharmacy bill will therefore be affected. To see the details of these changes, we invite you to visit the Protegez-vous site which is in French only; there is a simple text, followed by a specific example, to help us understand these calculations.

<https://verdictsante.protegez-vous.ca/nouvelles/sante/regime-public-d-assurance-medicaments-augmentation-des-tarifs-attendue>

You can visit the RAMQ site for information in English:

<https://www.ramq.gouv.qc.ca/en/citizens/prescription-drug-insurance/annual-premium>

**The second topic** is that since June 19, [beneva.ca](https://beneva.ca) has replaced the SSQ.CA

Indeed, for almost 2 years since this change was announced, very little has changed. For the customer like you and me, the only change is that you must contact the beneva.ca site for your claims. The rest will be very easy, because you will use the same username and password. Your username is your email address. If you have forgotten your password, you can request a password reset. Once the connection is established, the procedure remains the same as it was with SSQ Insurance.

For people who use phone or tablet, the Beneva app is available for download.



## BOWL-A-THON 2023

<b><u>ACTION PLAN 2023-2024</u></b>	
1.	Inform members regularly via the sector newsletter and email of any developments in the indexing of our pensi.
2.	Invite members to participate in all actions proposed by the national AREQ in the indexation file in order to preserve the purchasing power of our members.
3.	Develop an "AREQ in action" project
4.	Continue to send birthday cards to our members aged 75 and over.
5.	Organize festive activities: monthly lunches, back-to-school dinner, Memorial Mass, Christmas dinner, Friendship and Jubilee Day
6.	Encourage members to learn about all AREQ issues by participating in the regional activities of the various committees and by subscribing to the newsletter
7.	Invite members to actively participate in the Laure-Gaudreault Foundation's annual fundraising and fundraising lunch
8.	Organize a recognition party for Sector Council members and committee leaders, as well as volunteers
9.	Encourage and support the realization of activities put forward by the arts committee and thus promote the talent of the sector.
10.	Transmit all relevant information concerning life in the sector and/or region by publishing sector 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 activities 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 submit an application for financial assistance to the Laure-Gaudreault Foundation (FLG)
15.	Support the FLG in the realization of its action plan and promote its activities
16.	Organize a fundraising activity for the benefit of the FLG
17.	Inform our users through monthly messages

## BOWL-A-THON 2023

Richard Raymond



In the September 2022 edition of Échos de l'Île, I wrote that "If the trend of recent years continues, we will be 150 participants and raise \$5,000 in 2023"

Quite honestly it was almost a dream, at least a wish. Some even candidly confessed to me that "the bar was high".

Today, I am particularly proud to announce that the members of AREQ Montreal and their friends have made this dream a reality.

***On June 11, 179 participants raised \$5,035. That's 76 more people and \$1860 more donated to the FLG regional collection than the previous year.***

The good mood and solidarity felt during the three hours of the activity made the participants leave with the intention of returning with friends. So let me dream again: why can't we reach a participation of 252 people (the maximum of the hall) who would raise \$ 7,000? Nothing is impossible! Stay tuned for information .

I would like to thank all the volunteers who helped me in the preparation and execution of this wonderful activity. Without these people the task would have been gigantic if not impossible. And I want to thank everyone involved; without you, there would have been nothing and the Laure-Gaudreault Foundation would have been the big loser.



**L'ensemble vocal Opus 16**

present

***Magnificat***

On November 18<sup>th</sup> at 19h30  
Église Marie-Reine-de-la-Paix  
11 075 Boul. Gouin Ouest .

Tickets 25\$ will be sale on the website of l'Ensemble vocal Opus 16  
([www.ensemblevocalopus16.ca](http://www.ensemblevocalopus16.ca))

Jacques Ready (514-620-8870)



**Credits**

Collaborators : Gaétan Dubois, André Labossière, Richard Raymond  
et Gilles Sabourin

Translators: Wendy Cloutier

Layout: : Céline Allard

Coordinator: Richard Raymond



## Calendar of activities

September			
<b>Vendredi</b> 1 <sup>st</sup>	<b>Activité sectorielle</b> Monthly breakfast	<b>9 h 00</b> <u>Eggsquis Restaurant</u> 2780 Remembrance, Lachine	<b>Inscription</b> Thérèse Labossière 514-637-1725
<b>Vendredi</b> 15	<b>Activité sectorielle</b> Back to work Lunch	<b>11 h 30</b> Vieux Duluth Restaurant	<b>Inscription:</b> Nicole Normand-Divay 514-631-8831 <b>Cost:</b> members: 15\$ Non-members: 30\$
October			
<b>Vendredi</b> 6	<b>Activité sectorielle</b> Monthly breakfast	<b>9 h 00</b> <u>Eggsquis Restaurant</u> 2780 Remembrance, Lachine	<b>Inscription</b> Thérèse Labossière 514-637-1725
November			
<b>Vendredi</b> 3	<b>Activité sectorielle</b> Monthly breakfast	<b>9 h 00</b> <u>Eggsquis Restaurant</u> 2780 Remembrance, Lachine	<b>Inscription</b> Thérèse Labossière 514-637-1725
December			
<b>Vendredi</b> 1 <sup>st</sup>	<b>Activité sectorielle</b> Monthly breakfast	<b>9 h 00</b> <u>Eggsquis Restaurant</u> 2780 Remembrance, Lachine	<b>Inscription</b> Thérèse Labossière 514-637-1725
<b>Mercredi</b> 13	<b>Activité sectorielle</b> Holiday Dinner	<b>11 h 30</b> <u>Casa Réception</u> 13081 Boul. Gouin O. Pierrefonds	<b>Inscription:</b> Nicole Normand-Divay 514-631-8831 <b>Cost:</b> members: 30\$ Non-members: 50\$