

# L'ENTREFILET

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

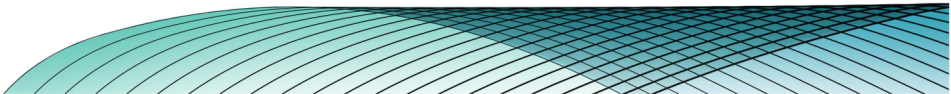
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**AREQ**

Le mouvement  
des retraité(e)s  
CSQ

Island of Montreal  
Du-Haut-de-l'Isle



## Reference directory

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Comité de la relève			
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## A word from the President



Gilles Sabourin

I would like to take this opportunity to thank you for your participation in our Christmas dinner and the Friendship Day on February 16th. We had 10 jubilarians, some of whom had 30 years of retirement. It was an event that took place in the pleasure of reunion.

Several activities are offered by the regional AREQ this spring. You can find all the information on the regional (<http://regioniledemontreal.areq.ca/index.htm>) and sector (<https://du-haut-de-lisle.areq.lacsq.org/>) website.

Don't forget to save the date of Monday, April 15. A conference on frauds targeting seniors will be presented by the cultural social services officer of the SPVM Neighbourhood Station 3 (14680 Pierrefonds Blvd., Pierrefonds). We hope to see many of you at this event. We offer this activity to the public. Invite friends.

I remind you that we have breakfast every first Friday of the month (summer break in July and August).

The life of the sector depends on your participation.



### We are pleased to welcome in our sector

Suzanne Long-Sabourin

Élise Marchand

Mona Wisenberg



### In Memoriam

Gisèle Comeau-Dupré

Cécile Desaulniers-Croteau

Louissette Gagnon

René Piguet

Nos condoléances aux familles et amis.



## Committee of Women

Diane Girard

Reading is an enjoyable activity that adds life to our daily lives and to someone else if they hear a reading aloud.

During the pandemic, I read part of a tale from **One Thousand and One Nights** to a lady in Ottawa who had chosen to hear a well-known tale read. This lady could still read, but she loved to be read to...

It makes me think of our grandchildren who love to hear a story read over and over again.

However, some people around us can no longer read for various reasons. Perhaps we can bring some light through words read aloud that make sense?


**Liratoutage\*** is an organization whose mission is to break isolation by entertaining and sharing moments of comfort by listening aloud to a reading. For more information, see **Quoi de neuf, h 2024**, p. 8 or the internet site:

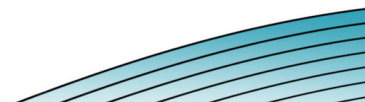
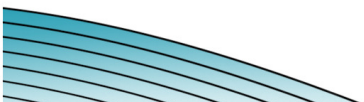
[liratoutage.com](http://liratoutage.com)

Another idea: Since the beginning of fall 2023, the Grande Bibliothèque de Montréal - BanQ - has been offering small group tours of its Archives in Montreal through the Friends of BANQ. It is important that for one visit, there are 10 of us...

If you are interested, please contact me at: [ngirard1043@gmail.com](mailto:ngirard1043@gmail.com)



<b>Crédits</b>	
	Collaborators : Nicole Girard, , André Labossière et Gilles Sabourin
	Translator: Wendy Cloutier
	Layout: Céline Allard
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## Tree and Shrub Planting of the AREQ csq

André Labossière

### 5th Tree and Shrub Planting of the AREQ csq Montreal

On October 27, 2023, volunteers from AREQ csq 06 met at Louisbourg Elementary School, located at 11880 Michel Sarrazin Street, in Cartierville-Ahuntsic, to participate in another tree and shrub planting under the direction of SOVERDI (greening society).

Recalling that SOVERDI is an organization founded in 1992 whose goal is to distribute and plant trees and shrubs in the greater Montreal area, especially on the grounds of health institutions, schools, seniors' homes and businesses. In fact, it is part of the federal government's green plan to densify urban forest cover and thus improve the quality of life of citizens and reduce the impact of heat islands.

The four previous plantings took place at Collège André Grasset, Cégep Maisonneuve, École J.F. Kennedy and CLSC de Bordeaux-Cartierville. Despite the difficulties inherent in this activity, our contribution is part of a societal participation in the improvement of the quality of life of all citizens. We hope that there will always be volunteers to take up this challenge, which nevertheless results in the pleasure of action to improve the environment!





## Notice of the Sector's Annual General Meeting



Gilles Sabourin, président

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

If you want to know what happened in our sector, how your money was spent, how well the committee leaders worked for you and the membership as a whole, and be the first to know about plans for 2024-2025, 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 an encouragement for the newly elected members.

Those who attend the general meeting from start to finish will be offered lunch by the sector.

We look forward to seeing you on:

**: Wednesday, April 24, 2024 at 9 a.m., at the restaurant la Casa Grecque, 13081 Gouin Blvd. West, Pierrefonds.**

**You must notify Nicole Normand-Divay of your presence by email ([nordivay@videotron.ca](mailto:nordivay@videotron.ca)) or by calling her (514-631-8831) before April 15.**

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

**Draft agenda**

1. Verification of quorum and welcome
2. Appointment of Presiding Officer and Secretary of Assembly
3. Reading and adoption of the agenda
4. Reading and adoption of the minutes of the meeting of April 14, 2023
5. Presentation of reports
  - 5.1 Activity Reports 2023 - 2024
  - 5.2 Speaker's Report
  - 5.3 Committee Chairs' Reports
  - 5.4 Laure-Gaudreault Foundation
6. Presentation and Adoption of Financial Statements
7. Presentation and adoption of the 2024-2025 action plan
8. Presentation and adoption of the 2024-2025 budget estimates
9. Appointment of a Returning Officer
10. Questions
11. Message from the Regional Chair
12. Message from the Chair of the Sector
13. Adjournment of the meeting



## Laure-Gaudreault Foundation

Nicole Girard



In 2024, we will continue to pour the coins we have in our purses and pockets into our pink piglet. They are valuable because the needs are constantly growing. We don't forget that...

The **first Friday of the month** is the perfect opportunity for many of us to meet around a table. Invite **newcomers** to AREQ to join us at Eggsquis Restaurant, 2780 Remembrance, Lachine.

Our Foundation is close to our hearts...

We can increase the number of members. This is to remind newcomers to the AREQ that you know to register\* on the site for the modest sum of \$10 for life.

Please note: It is not necessary to be a member of the AREQ to become a member of the Laure Gaudreault Foundation. Relatives, friends and others are invited to register on the site. FLG website: [fondationlg.org](http://fondationlg.org)



## SPECIAL EVENT: Seniors' Safety



Have you ever received a phone call from a stranger?  
Have you ever received a friend request from someone you don't know on a social network?  
Do you know about the "grandparent scam"?  
Have you ever received an email asking for personal information?  
Do you shop online?  
Do you think you've ever been on the verge of being defrauded, scammed, or a victim of identity theft?

If any of these questions arouse your curiosity, you are invited to attend a meeting with the Service de Police de la ville de Montréal (PDQ 3) on seniors' safety. This FREE meeting will be held on

**MONDAY, APRIL 15, 2024**  
**at the Centre socio-culturel de Pierrefonds,**  
**13850 boul. Gouin West, Pierrefonds**  
**starting at 1:30 p.m.**  
**(Use the nearby parking lots of the CLSC and the library).**

This information session could save you a lot of trouble and money. The only thing we ask is that you **MUST register** by email ([areq06H@gmail.com](mailto:areq06H@gmail.com)) or phone (514-631-1725) and indicate the number of people **BEFORE APRIL 10TH**

This activity is FREE and open to the entire population. So invite everyone interested in the topic to register and participate.

For online registration :



## THE ELDERLY

unknown author

They call us "the elderly"

We were born in the 40s, 50s and 60s. We grew up in the 50s, 60s and 70s.

We studied in the 60s, 70s, 80s. We were dating in the 70s, 80s, 90s.

We got married and discovered the world in the 70s, 80s and 90s.

We ventured into the 80s and 90s.

We stabilized in the 2000s.

We became wiser in the 2010s.

And we are moving firmly and beyond 2020.

As it turns out, we've lived through EIGHT different decades...

TWO different centuries...

TWO different millennia...

We've gone from phone with one carrier for long distance calls to video calls anywhere in the world.

We've gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email

Live matches on radio, black and white TV, colour TV and then 3D HD TV.

We went to the video store and now we're watching Netflix.

We had the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our cell phones

We wore shorts throughout our childhood, then long pants, oxfords, flares, suits, and jeans

We have avoided childhood paralysis, meningitis, polio, tuberculosis, swine flu and now COVID-19.

We've ridden skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electrics

Yes, we've been through a lot but what a great life we've had!

They could describe us as "exennials," people who were born into this world of the fifties, who had an analog childhood and a digital adulthood.

We've seen it all!

Our generation has literally lived and witnessed more than any other in every dimension of life.

This is our generation that has literally adapted to "CHANGE."

A big round of applause to all the members of a very special generation, which will be UNIQUE!

Un grand tonnerre d'applaudissements à tous les membres d'une génération très spéciale, qui sera UNIQUE !



## Bowl-A-THON

Richard Raymond



For the 5th year, your sector council invites you to actively participate in the annual fun activity for the benefit of the Laure-Gaudreault Foundation Montreal region.

For the 5th year, a bowl-a-thon has been organized for  
**Sunday, June 9, 2024,**  
**from 1:30 p.m. to 4:30 p.m. at the Moderne bowling alley,**  
**3115 de l'Assomption Blvd., Montreal (Metro L'Assomption).**

The cost is \$25 and a receipt will be issued by the Foundation in February 2025.

This is a golden opportunity to come and support the Foundation, knowing that all the money raised by this activity will be donated to community organizations on the island of Montreal.

If you've ever been to this activity, you know how much fun it was; If you've never been to it, now is the time to do it. Why not take the opportunity to make it a family outing and form a team (maximum 6 per team)? Many door prizes will be drawn as well as half-and-half draws.

Don't wait for someone to tell you that there are no more places available; The maximum number of entries is 252 (42 teams). At the time of writing (end of February), there are already 48 registrations.

**For registration:**

Send your name, mailing address, telephone number and a cheque made payable to "Haut-de-l'Isle sector" to Richard Raymond, 214-11490 boul. Gouin West, Pierrefonds, H8Y 1Y2

You will also be able to do so during activities in the sector (monthly lunches, general assembly, etc.)

## Calendar of activities



March			
<u>Wednesday</u>  <b>20</b>	<u>Sectorial activity</u>  Outing to the sugar shack	<b>11 h 30</b> Chez Constantin 1054 Arthur-Sauvé St-Eustache	<b>Registration</b> <b>Before March 15th</b> Pierrette Tessier 514-626-6873
April			
<u>Friday</u>  <b>5</b>	<u>Sectorial Activity</u>  Monthly lunch	<b>9 h</b> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<b>Registration</b> Thérèse Labossière 514-637-1725
<u>Wednesday</u>  <b>10</b>	<u>Regional Activity</u> Socio-political talk <u>socio-political talk</u>	See Échos de l'île	
<u>Monday</u>  <b>15</b>	<u>Sectorial Activity</u> Seniors' Safety	<b>13 h 30</b> See p. 9	
<u>Friday</u>  <b>19</b>	<u>Regional Activity</u>  Jour de la terre	Voir Échos de l'île	
<u>Wednesday</u>  <b>24</b>	<u>Sectorial activity</u>  Sector's Annual General Meeting	<b>9 h</b> <u>Casa Réception</u> 13081 Boul. Gouin O. Pierrefonds	<b>Registration</b> Nicole Normand-Divay 514-631-8831
May			
<u>Friday</u>  <b>3</b>	<u>Sectorial Activity</u>  Monthly lunch	<b>9 h</b> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<b>Registration</b> Thérèse Labossière 514-637-1725
<u>Thursday</u>  <b>23</b>	<u>Regional Activity</u> Regional Annual General Meeting	See Échos de l'île	
June			
<u>Friday</u>  <b>7</b>	<u>Sectorial Activity</u>  Monthly lunch	<b>9 h</b> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<b>Registration</b> Thérèse Labossière 514-637-1725
<u>Sunday</u>  <b>9</b>	<u>Regional Activity</u> Bowl-A-Thon	See p. 11	