

# L'ENTREFILET

Vol. 9, No 1  
August 2024

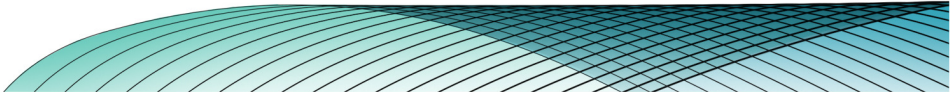
## BULLETIN D'INFORMATION DU-HAUT-DE-L'ISLE

---

Reference directory	p. 2
Word of the président	p. 3
We please to welcome in our sector	p. 3
In Memoriam	p. 3
Committee on the status Women CCW	p. 4
Bowl-A-Thon	p. 5
Special activity	p. 6
Insurances	p. 8
Crédits	p. 9
FLG	p.10
Calendar of activities	p.11

**AREQ** Le mouvement  
des retraité(e)s  
CSQ

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



## Reference directory

### Bottin de références 2024 – 2025

#### Conseil sectoriel

Gilles Sabourin	Président	514-942-4929	<a href="mailto:gilles_sabourin@hotmail.com">gilles_sabourin@hotmail.com</a>
Richard Raymond	1 <sup>er</sup> vice-président	514-685-6621	<a href="mailto:liseetrichard@videotron.ca">liseetrichard@videotron.ca</a>
Angèle Gagnon	2 <sup>e</sup> vice-présidente	514-213-5437	<a href="mailto:ordiance29@gmail.com">ordiance29@gmail.com</a>
Nicole Normand-Divay	Trésorière	514-631-8831	<a href="mailto:nordivay@videotron.ca">nordivay@videotron.ca</a>
Pierrette Tessier	Secrétaire	514-626-6873	<a href="mailto:familledaoust99@yahoo.ca">familledaoust99@yahoo.ca</a>
Nicole Girard	1 <sup>re</sup> conseillère	514-768-4413	<a href="mailto:ngirard1043@gmail.com">ngirard1043@gmail.com</a>
André Labossière	2 <sup>e</sup> conseiller	514-637-1725	<a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>

#### Comités et activités sectoriels

Comité des femmes	Nicole Girard	514-768-4413	<a href="mailto:ngirard1043@gmail.com">ngirard1043@gmail.com</a>
Comité des hommes	Robert G. Bourassa	514-686-2609	<a href="mailto:rgbourassa@videotron.ca">rgbourassa@videotron.ca</a>
Comité de la relève			
Fondation Laure-Gaudreau	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>
Retraite	Gilles Sabourin	514-942-4929	<a href="mailto:gilles_sabourin@hotmail.com">gilles_sabourin@hotmail.com</a>
Environnement	André Labossière	514-637-1725	<a href="mailto:andrelabossiere@gmail.com">andrelabossiere@gmail.com</a>
Action sociopolitique			
Assurances	Gaétan Dubois	514-637-7332	<a href="mailto:duboisg@gmail.com">duboisg@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>

Birthday cards (75+): Janine Beaudry 514-685-4688 and Ginette Pomerleau 514-626-0800



## A word from the President



Gilles Sabourin

Hello,

We're ready for another year. I hope you had a great summer surrounded by your family and friends. Full of energy, we will start the year with a first breakfast meeting at the Eggsquis restaurant on September 6nd in Lachine followed by our traditional early season dinner on September 17th at Old Duluth (Dollar-Des-Ormeaux).

Don't forget to mark your calendars for September 23rd. An interactive conference show will be offered by *Les Danseux*. This activity is made possible thanks to the collaboration of the Angrignon and Ruisseau Raimbault sectors (see page 6 for more information). This activity is in French.

Your participation is a source of vitality for the organizers. Other activities are already in preparation.

We look forward to seeing you.

### We are pleased to welcome in our sector

Céline Allard	Deborah Cunningham	Jean-Pierre Divay
Raymond Fourneaux	Robin Ella Leggo,	Eileen Quzor
Lise Raymond,	Robert Robillard	



### In Memoriam

Jacques Avallet	Yolande Desjardins	Gilles Filion
Marcel Gagnier	Rita Glenn-Benoit	Sonia Homsy
Ana Maria Pavela	Cécile Salvas-Wacowich	
Marielle Simard-Martin	Madeleine Théberge	
Carmen Dumont.'s brother		

Our condolences to the families and friends.



## Committee on the Status of Women (CW)



Nicole Girard

Our committee has been very active in the last period of the year 2023-2024.

Three main activities marked this stage. We cannot ignore the following:

- ✚ The day of March 8. About sixty women celebrated hard won Women's Rights around a festive table in Montreal. We have strengthened our ties and felt that we were united in these times of global and local turbulence. We were there, very much alive and imbued with the generous gestures that many of us do every day.
  
- ✚ An exceptional meeting was held on May 16 with Ms. Pauline Marois, the first woman to have been **Premier of Quebec**. Our speaker was able to hold the audience by reminding us that she was a social worker, a mother and a wife at a time when there were few women who reached positions of governance. She has been able to shape Quebec, if only through the daycare centers that allow greater autonomy to mothers in today's society.
  
- ✚ May 14 was a day of visits to BAnQ's National Archives in Montreal. A friend of mine who was a volunteer from BAnQ was our guide. She told us about the importance of the 1910 heritage building, which houses a large number of valuable heritage documents that are accessible to the public while ensuring their preservation. A sculpture from 1907, **The Giants of Saint-Jacques Street**, fascinated us all. Many have learned that BAnQ publishes *À Rayons ouverts*, which presents archival documents that recall our Quebec history twice a year. To be obtained if you want them. Write to: [aro@banq.qc.ca](mailto:aro@banq.qc.ca).



## BOWL-A-THON

---



Richard Raymond

On Sunday, June 9, thousands of people attended the Formula 1 Grand Prix at the Circuit Gilles-Villeneuve; They paid dearly to enrich the racing moguls.

That same Sunday afternoon, nearly 150 people participated in the Bowl-a-thon and enriched the Laure-Gaudreault Foundation while having fun. Indeed, a record for donations was set: \$5,500 was given as part of the 2024 regional collection, eclipsing last year's previous record (\$5035).

I would like to thank all the people who put their time and energy into recruiting participants. I also thank the members who led this activity: if there was rain outside, inside it was the radiant sun and friendship that warmed the bowlers.

After five years, I can say "mission accomplished": \$18,114 has been donated to our foundation and, by the same token, to dozens of community organizations on the island of Montreal through this activity since 2018.

I hope the tradition continues.

## Dansons ... sur la musique traditionnelle de la Nouvelle-France à aujourd'hui

### Quoi?

Spectacle-conférence interactif autour de la musique et de la danse traditionnelles de la Nouvelle-France à aujourd'hui en collaboration avec le groupe *Les Danseux* ([www.lesdanseux.org](http://www.lesdanseux.org)).

Trois musiciens incluant deux animateurs, un maître-à-danser et sept danseurs en utilisant des instruments anciens (vièle, luth, flûte ...) en parallèle avec des instruments traditionnels actuels (accordéon, violon et piano) pour les danses suivantes: danse ronde, quadrille, contredanse, set carré et valse.

### Quand?

Lundi, 23 septembre 2024 de 13h à 16h (collation à la pause)

### Où?

Centre communautaire de Dollard-des-Ormeaux  
12001 De Salaberry, porte 5 (Salle, Banquet-Centre)

INFRENCH  
ONLY

**Comment nous rejoindre sur place :**  
**Gilles Sabourin (514-942-4929)**

Cette activité est **gratuite** pour les **membres de l'AREQ**.

Un montant de 10 \$ est demandé aux non-membres et payable par Interac ([nordivay@videotron.ca](mailto:nordivay@videotron.ca)) avant le 13 septembre.

Ce projet s'adresse à tous; invitez toutes les personnes intéressées par le sujet à s'inscrire et à y participer.



**Inscription obligatoire** ou par téléphone (514-631-8831)

Registration required  
or by telephone (514-631-8831)

Lundi, **23 septembre** 2024  
de **13h à 16h**

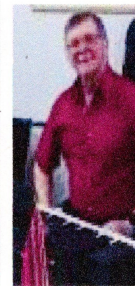


Spectacle-conférence interactif autour de la musique et de la danse  
traditionnelles de la Nouvelle-France à aujourd'hui [www.lesdanseux.org](http://www.lesdanseux.org) [lesdanseux@yahoo.ca](mailto:lesdanseux@yahoo.ca)

**Les Danseux** groupe d'animation  
en danse traditionnelle québécoise



Nicole Normand-Divay au câll



Jean-Pierre Divay à l'accordéon  
Philippe Gélinas à la vielle à roue  
André Sauvé au piano

**Il y aura 7 danseurs qui seront présents pour vous faire danser.**



Lucie Bernard Doris Bérubé Carole Grenier Hélène Paquin Maurice Cormier Alain Marcotte Alain Vervaeck



## Assurances

Gaétan Dubois



After recent changes in our group insurance plan, I think it is relevant to review our basic vocabulary. The disappearance of the ASSUREQ corporation, the SSQ, is it worrisome? What has become of our insurance plan?

A little history. In the past, in our workplace, through our membership in the CSQ central we had insurance coverage. When we retired, we lost those benefits. We were offered an opportunity, to join a retirees' association, namely AREQ, which offered us an insurance plan for the future. We had 90 days to accept this offer and our decision was irrevocable.

Let's clarify a few terms. One day, AREQ, a retirees' association, entered into an agreement with an insurance company, the SSQ, to offer its members a group insurance plan that was given the name ASSUREQ. Let's remember one important thing: to benefit from the plan, you must be a member of AREQ.

Amendments to the ASSUREQ plan are renegotiated annually. AREQ has formed a group responsible for this negotiation with the insurer SSQ. AREQ had the very bad idea of naming this group "the ASSUREQ corporation".


This year, two pieces of news have caused confusion among us. The AREQ has decided to abolish the ASSUREQ corporation and to reclaim the negotiation of the plan's conditions. The ASSUREQ Corporation no longer exists, but ASSUREQ remains the name of our insurance plan. Then, two insurance companies, LA CAPITALE and the SSQ, decided to merge into a single BENEVA company. Only one thing changes for us: instead of making our claims to SSQ, we direct them to BENEVA, the new insurer. The ASSUREQ plan is still exactly the same; Take heart and get used to a new website.



The text of the ASSUREQ Plan is printed in its entirety from time to time. The last printed edition dates from January 2022. In addition, in January of each year, a leaflet informs us of changes in coverage and costs for the new year. And at all times, a full version is available in our BENEVA customer area ([beneva.ca/fr/espace-client](http://beneva.ca/fr/espace-client)).

Finally, a great novelty for people who gave up these ASSUREQ benefits when they retired and who regret it. All retirees who have been members of a union affiliated with the CSQ for at least **one (1) day** can reconsider their decision and join the AREQ and its ASSUREQ plan. The options available to people who join after the deadline are different, but remain very interesting. People who had coverage with their spouse and lost it, people who regret not having travel insurance anymore, etc. Spread the good news around you. Invite these people to call 1-800-663-2408 ---to find out more about your return to the AREQ and its ASSUREQ (health-life-travel) group insurance plan.



	<b>Crédits</b>
	<p>Collaborators : Nicole Girard, Gaétan Dubois, Nicole Normand Divay, Richard Raymond et Gilles Sabourin</p> <p>Translator: Wendy Cloutier</p> <p>Layout: Céline Allard</p> <p>Coordinnator: Richard Raymond</p>



## Gaudreault Foundation Committee

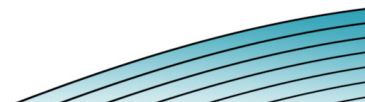
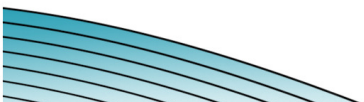


Nicole Girard

Our committee was active with a few organizations that had great financial needs.

- ✚ At the end of June 2024, Thérèse and I were happy. Five organizations that applied for grants and one individual received an amount from the Laure-Gaudreault Foundation, Montreal. These people did us the honor of sharing the meal during the dinner of the Haut-de-l'Isle volunteers. It was an opportunity to present the FLG cheque to the representatives of the above-mentioned organizations. It was a moment of conversations with people with big hearts, concerned about those who live in our area.
- ✚ We would like to take this opportunity to thank the many, discreet volunteers who regularly invest themselves in helping these people who are deprived in our communities, struggling with violence and poverty.
- ✚ Once again, a **big THANK YOU** to those who emptied their pockets or purses during breakfasts on the first Friday of the month at the Eggsquis restaurant in Lachine. We have accumulated the tidy sum of \$151.00 over the 10 months of 2023-2024. We can say: Long live the people of Haut-de-l'Isle! We don't give up! In 2024-2025, we'll see each other again.
- ✚ Take advantage of the new season to invite **newcomers** to AREQ to join us at the restaurant in Lachine on the first Friday of the month for breakfast. Then remember that becoming a member of the FLG is a constant worry. Registering on the FLG site for the **modest sum of \$10** and being a lifetime member is not expensive. The more we are, the more weight we will have to receive funds... It is not necessary to be a member of the AREQ to become a member of the Laure-Gaudreault Foundation. Therefore, invite your relatives, friends and others to register on the site: [fondationlg.org](http://fondationlg.org)

A great year with all of you!



## Calendar of activities



September			
<u>Friday</u> 6	<u>Sectorial Activity</u> Monthly breakfast	<u>9 h</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725
<u>Tuesday</u> 17	<u>Sectorial Activity</u> Back to school dinner	<u>11 h 30</u> Vieux Duluth 3610, boul. St-Jean DDO	Nicole Normand Divay 514-631-8831 Membres : 20\$ Non-membres: 35\$
<u>Monday</u> 23	<u>Sectorial Activity</u> Danses et musiques de la Nouvelle-France	<u>13 h 30</u> Centre civique DDO 12001 boul. de Salaberry DDO	Nicole Normand Divay 514-631-8831 Membres : gratuit Non-membres: 10\$
October			
<u>Friday</u> 4	<u>Sectorial Activity</u> Monthly breakfast	<u>9 h</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725
November			
<u>Friday</u> 1 <sup>st</sup>	<u>Sectorial Activity</u> Monthly breakfast	<u>9 h</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725
December			
<u>Friday</u> 6	<u>Sectorial Activity</u> Monthly breakfast	<u>9 h</u> <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<u>Registration</u> Thérèse Labossière 514-637-1725

## Calendar of activities

December—suite			
<u>Mercredi</u> 11	<u>Sectorial Activity</u> Christmas dinner	11 h 30 Casa Réception 13081 boul. Gouin O. Pierreofonds	Nicole Normand Divay 514-631-8831 Membres : 35\$ Non-membres: 55\$
January			
<u>Friday</u> 3	<u>Sectorial Activity</u> Monthly breakfast	9 h <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<b>Registration</b> Thérèse Labossière 514-637-1725
Féebbruary			
<u>Thursday</u> 6	<u>Regional Activity</u> Occupons-nous de nos affaires	See Échos de l'Île	See Échos de l'Île
<u>Friday</u> 7	<u>Sectorial Activity</u> Monthly breakfast	9 h <u>Restaurant Eggsquis</u> 2780 Remembrance, Lachine	<b>Registration</b> Thérèse Labossière 514-637-1725