

# L'ENTREFILET

Montréal (06)  
Du-Haut-De-L'Isle (H)

SEPTEMBRE 2025 VOLUME 10 NO 1



# AREQ

Le mouvement des personnes  
retraitées CSQ

3	A word from the President Take action	9	Reader's Chronicle
4	Committee on the Status of Women	10	New members Deaths
5	Arts Committee	11	Committee leaders
8	Laure-Gaudrault Foundation	12	Upcoming activities

# Manifest

We are AREQ, the oldest and largest association of public service retirees in Quebec. We defend the cultural, social, economic, and environmental interests and rights of seniors.

We are a movement. We contribute to the creation of an egalitarian, democratic, supportive, and peaceful society. We adhere to the principle of de jure and de facto equality between the sexes.

We are 60,000 members from the sectors of education, health and social services, early childhood, communications and leisure, community and municipal sectors.

We are CSQ retirees, who proudly exercise active citizenship for social engagement and the dignity of seniors.

# Take action

Good morning,

Here is the first Entrefile of this third year of the triennium.



In 2026, the region will celebrate its 40th anniversary. Your regional committee is offering a dinner cruise on July 7. Stay tuned for news about this festive and unifying event.

Over the past year, numerous projects have been implemented. The Arts Committee is working toward national recognition. A committee was formed at the end of April to ensure the sustainability of the Quille-0-thon. Your participation was greatly appreciated, and our sector donated \$1,400 to the Laure-Gaudreault Foundation, out of a total of \$5,355.

Positions are currently available on the following committees: the Emerging Leadership Committee, the Socio-Political Action Committee, and a vice-chair position for your council. For more information, please contact a member of your sector council.

As you can see, the cost of living is rising faster than our modest resources. Starting January 1st, only people aged 80 and over will receive a birthday card.

We updated our website this summer. We invite you to regularly visit the Haut-De-L'Isle website to discover all our sectoral and regional activities. For some of them, online registration is now available. Consult the "Useful Links" section to discover the services and discounts offered by the various AREQ partners.

Happy 2025-2026 school year and we look forward to meet you.

Gilles Sabourin

# COMMITTEE ON THE STATUS OF WOMEN

Our last activity organized by the sector took place on July 3rd, at 11 a.m. We met at 7244 Boulevard LaSalle, Verdun for a live guided tour by a young woman and videos that presented elements of the construction of the Nivard-de-Saint-Dizier house.

The cost was \$6 cash.

Twelve AREQ members and non-members participated in this visit.

We were hoping to have a picnic afterwards, but the rain prevented us from doing so. A few brave souls nevertheless found a tree under which to have lunch, it seems.

BRAVO !

Why did you choose this house?

Dating from 1710, it features a straight gable roof flanked by two tall chimneys. Its foundations rest on the largest archaeological site on the Island of Montreal, where Indigenous occupation dates back nearly 6,000 years.

THANKS to those who participated in this visit on July 3rd!



Nicole Girard

Nivard-De Saint-Dizier House,  
museum and archaeological site



The next regional CCF meeting will take place on the morning of September 25, 2025. We are preparing for the 2025-2026 year. I will inform you in due course of the activities we will propose. However, it is important to monitor the mailings from Haut-de-l'Isle and AREQ.

After lunch, we will meet with the men's committee, as we would like to open some of our activities to everyone.

## ARTS COMMITTEE

I am inviting you to participate in the upcoming activities proposed this year by the Arts Committee, including the one I am organizing on December 6, 2025, at noon at the Kirkland Cinéplex. There will be a live presentation from the New York MET of Pucini's opera *La Bohème*.

Last year, I attended an opera for the first time and fell in love! Since then, I've been going regularly. For some, it will be a baptism, and for regulars, an opportunity to share their passion. I suggest we meet up afterwards for an aperitif and perhaps dinner at Vieux Duluth, on Boulevard Saint-Jean.

The price is very affordable (\$28.73 including taxes) compared to the Opéra de Montréal. You just need to book your own ticket (Scene card).

Please let me know if you will be attending the event and/or meeting at the restaurant so I can make a reservation.

Looking forward to seeing you there,

Angèle Gagnon  
514-213-5437 CDA Manager Haut-de-l'Isle Sector



Angèle Gagnon



MET in New York Photo by Sadik Hossin, site consulted on September 15, 2025 [https://www.google.com/search?client=firefox-b-d&sca\\_esv=6b419d715691fe69&sxsrf=AE3TifNfcgVONUHF2S9JptP-IRGx69EA:1757952578558&q=Metropolitan+Museum+of+Art&si=AMgyJEvmed8FkyEkpEJ8jfGhZkakcy5kQho\\_c4G-QJRdklshMkYXM7SskPhp1BqjTOV4XoliqDyGGk2juvfNEYjZYQkNBa47ACmNDaJ1pVH9zqF2Jadl9tAg5dEjZrIw75PwEauw1Xory03x9VE0oXBxaT8qRHVqTBrRUOkH3wi0aCeZgQ2pS14hV\\_z04ImJ6imUAuggqwFg\\_UnoIqYITi42G4-fiZcwg%3D%3D&sa=X&ved=2ahUKEwjTiOjXk9uPAxUMEFkFHW4uEXQQmxN6BAgTEAI&biw=1228&bih=730&dpr=1.82#pg=cid:CglgAQ%3D%3D,ik:CAoSf0NJSE0wb2dLRUIDQWdJRGF4cGpCOVFF](https://www.google.com/search?client=firefox-b-d&sca_esv=6b419d715691fe69&sxsrf=AE3TifNfcgVONUHF2S9JptP-IRGx69EA:1757952578558&q=Metropolitan+Museum+of+Art&si=AMgyJEvmed8FkyEkpEJ8jfGhZkakcy5kQho_c4G-QJRdklshMkYXM7SskPhp1BqjTOV4XoliqDyGGk2juvfNEYjZYQkNBa47ACmNDaJ1pVH9zqF2Jadl9tAg5dEjZrIw75PwEauw1Xory03x9VE0oXBxaT8qRHVqTBrRUOkH3wi0aCeZgQ2pS14hV_z04ImJ6imUAuggqwFg_UnoIqYITi42G4-fiZcwg%3D%3D&sa=X&ved=2ahUKEwjTiOjXk9uPAxUMEFkFHW4uEXQQmxN6BAgTEAI&biw=1228&bih=730&dpr=1.82#pg=cid:CglgAQ%3D%3D,ik:CAoSf0NJSE0wb2dLRUIDQWdJRGF4cGpCOVFF)



## Importance of photography in our life

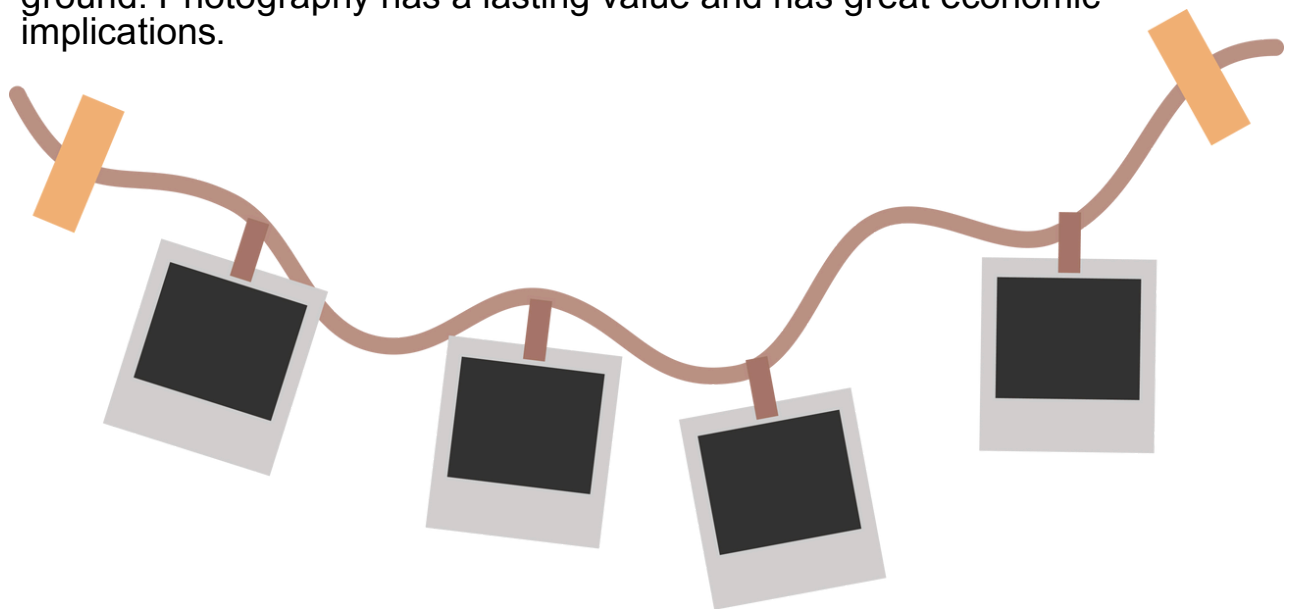
Conference given by Hugues St-Pierre, regional manager of the Arts Committee

This meeting brought together approximately 20 people at the Ahuntsic library on March 19, 2025.

I learned a lot at this conference and I want to share this knowledge. In addition to the visual presentations on screen, there was a lot of old and new equipment to handle.

Photographs contain the memory of our personal lives in family albums through portraits. It's debatable whether photography is considered an art form, but it has its place. The first photograph found dates from 1827 and was printed with tar. Later, others were found from 1839. At that time, bitumen of Judea was used, mixed with diluted lavender oil. This period marked a period of great competition between painters and photographers.

Photography is linked to science in the sense of the decomposition of movement: X-rays, MRIs, tomographies, infrared, cartography, astronomy, heat islands, microcircuits, Kirlian effect (aura of people on a dark background). Photography is also useful for the law: criminology and copyright. It is also used for journalism, social sciences, deep fakery and montages. Several photographers are recognized for their use at the social level, including Spencer Tunik for his photos of naked crowds on the ground. Photography has a lasting value and has great economic implications.



Nicole Girard

The Haut-de-l'Isle FLG mentioned to you at the AGS in March 2025 the types of organizations to which the Montreal region was awarding grants. The Sector Council had recommended six, including two for research and one for individuals with children.

The regional FLG allocated an amount to each of its community organizations during the volunteer dinner with the presentation of checks on June 18. The amounts donated were judged in light of the FLG mission, namely:

- Helping the elderly,
- Helping school-aged children
- Support scientific research that is decided at the national level.

As a follow-up, an email was sent on September 5, 2025, to each of the grantees, asking them to return a Report on the use of the funds granted by September 25, which we must then return to the regional office on October 1.

Starting on September 4, the eight sectors of the Montreal region met. The main topic was an update on the Foundation, which is celebrating its 35th anniversary this year and the passing of Laure Gaudreault 50 years ago. The FLG logo will be redesigned. We received a reminder and clarifications on the Foundation's mandate and the results of the fundraising campaign and the Bowl-a-thon.

In this regard, Haut-de-l'Isle stood out in June. We filled 9 lanes for bowling fun.

THANK YOU SO MUCH TO ALL OF YOU WHO KNEW HOW TO PLAY.

We increased the Foundation's budget by \$1,400. We volunteered brilliantly...

At this month's lunches, our department was less generous than last year. Perhaps you're trimming at home? If so, if you have puzzles and books to donate, we'll sell them for \$2, which will go into the jackpot. It's waiting for the bottom of your purses, backpacks, and pockets. It sits on the small table every month...

One last piece of news: someone I already know is joining me for the Foundation. This is Ms. Suzanne Long-Sabourin, who has experience in the community sector. At the end of August, she sent me information about consultation tables. We have scheduled a meeting on September 15th, which will allow us to take stock of the FLG. A big THANK YOU to Suzanne for her availability.

## Message important

### The Spaghetti Benefit Dinner: Tickets on Sale...

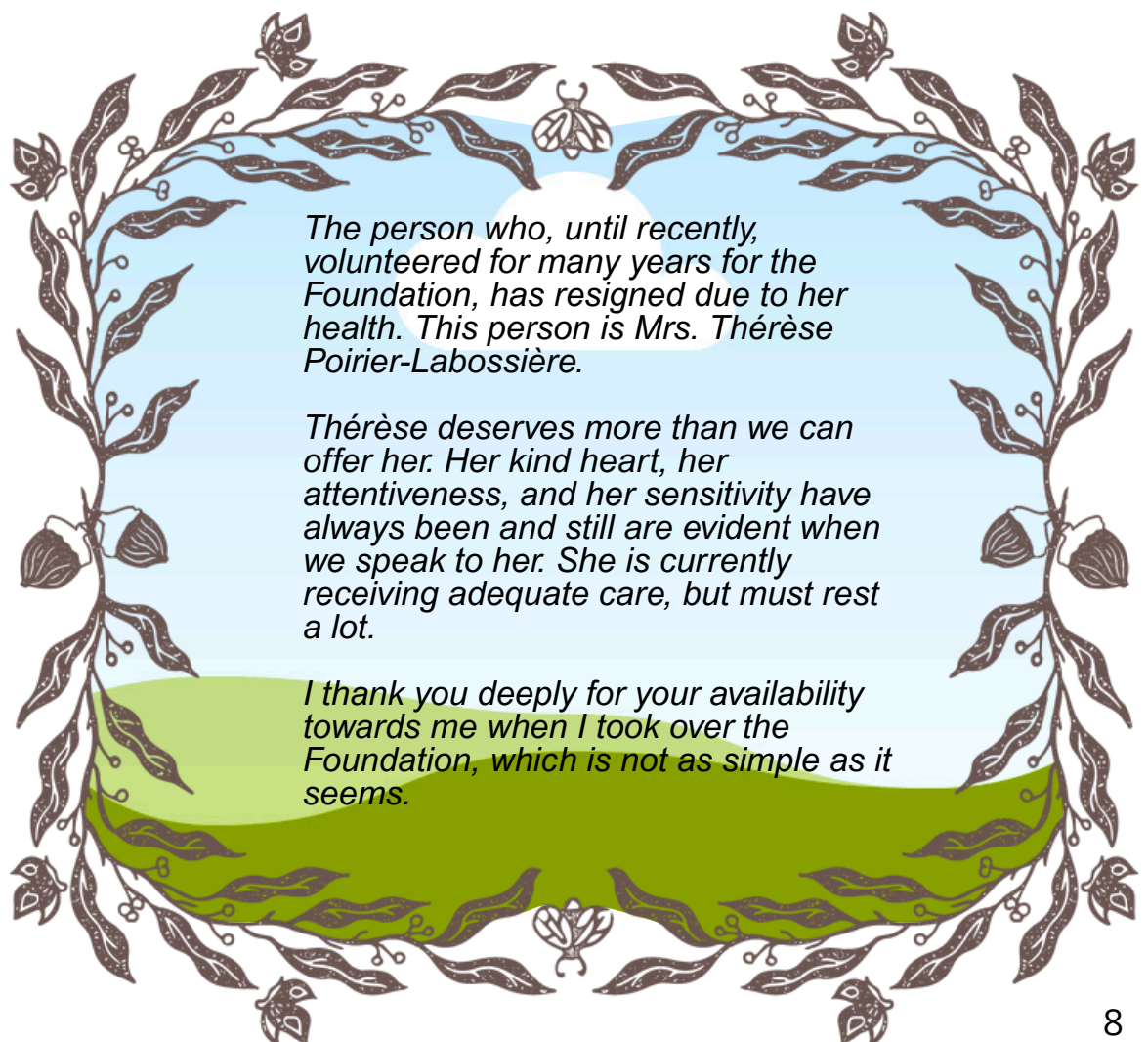
We will celebrate the 35th anniversary of the Laure-Gaudreault Foundation Date: Wednesday, October 15, 2025, at 11:30 a.m. Let's be there in large numbers! It's also a time to meet, chat over food, and buy puzzles or books at very low cost to benefit the Foundation. The meal is served by our members to save money.

**Location:** Marie-Reine-des-Cœurs Sanctuary, 3600 Bossuet Street, Montreal (corner of Sherbrooke) Cadillac metro station nearby.

**Cost:** \$40, including \$15 in tax receipts. Payment in cash or check payable to the Haut-de-l'Isle sector. Submit to Nicole Girard.

To obtain a ticket, call: Nicole Girard, 514 768 4413 or email: [ngirard1043@gmail.com](mailto:ngirard1043@gmail.com)

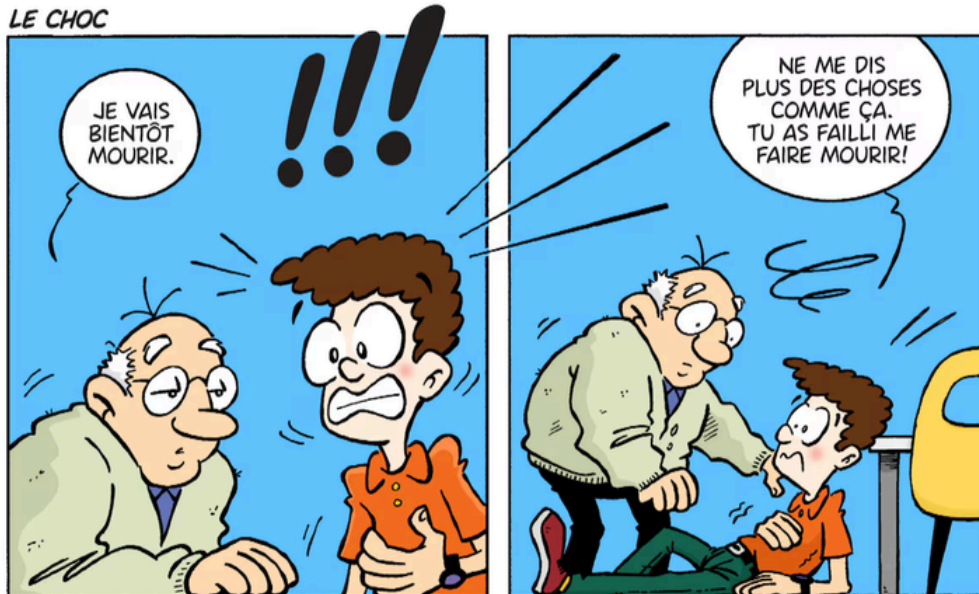
## Tribute



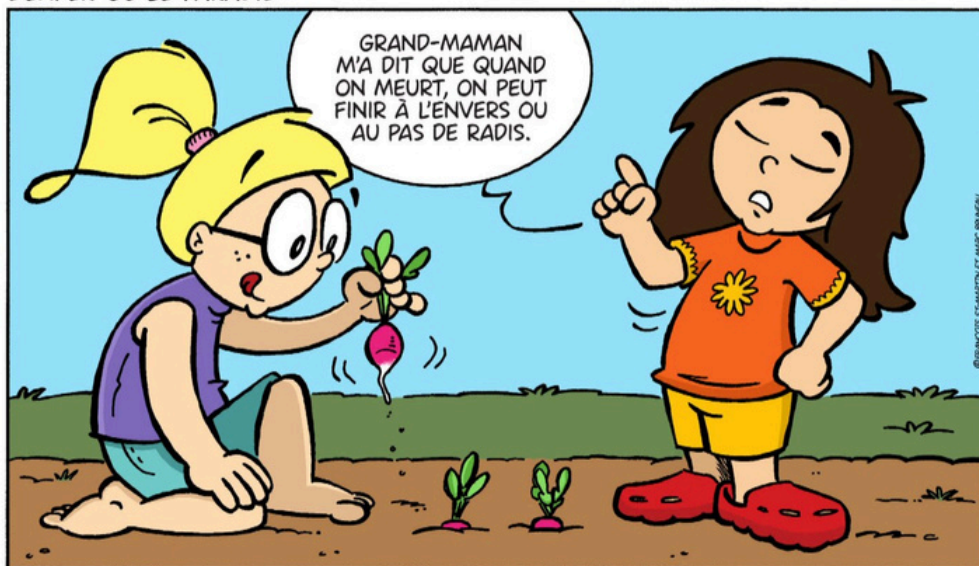
# READER'S CHRONICLE

This space belongs to you

LE CHOC



L'ENFER OU LE PARADIS





## WELCOME TO OUR NEW MEMBERS

## MEMBERS WITHOUT NEWS

We have not heard from the following members: Hélène Barge-Moreau, Isabel Boyle, Francine Charbonneau, Huguette Dalpé-Méhot, Wendy Dalziel, Roger Nahmiah, Rose-Marie Tétrault, Christian Tremblay, J. Scott Waugh. If you know these people, please invite them to update their file with AREQ so that we can communicate with them again.



## Death

Janine Lalonde-Paquette	Frances B. Wright
Gisèle Baril	Gisèle Rheault
Jocelyne Gauthier	Andrée Labbé
Edmond Pauly	Solange Rainville
Charles Richer	Claudette Tibblin-St-Michel

The sector council offers its sincere condolences to the bereaved families. To inform sector members of a death, contact the manager, Richard Raymond, at: [liseetrichard@videotron.ca](mailto:liseetrichard@videotron.ca)

<b>Assurances</b> Gaétan Dubois duboisgaetan@gmail.com	<b>Status of women</b> Nicole Girard ngirard1043@gmail.com
<b>Condition of men</b> André Labossière andrelabossiere@gmail.com	<b>Retirement</b> Gilles Sabourin gilles_sabourin@hotmail.com
<b>Arts</b> Angèle Gagnon ordiange29@gmail.com	<b>Laure Gaudreault Foundation</b> Nicole Girard ngirard1043@gmail.com
<b>Environment</b> André Labossière andrelabossiere@gmail.com	<b>Sociopolitical</b> Gilles Sabourin gilles_sabourin@hotmail.com
<b>Sector bulletin</b> Gilles Sabourin	<b>Site WEB</b> Suzanne Sabourin suzannesabourin@hotmail.com
<b>Succession Committee</b>	<b>Communications</b> Richard Raymond liseetrichard@videotron.ca
<b>Birthday cards</b> Jeanine Beaudry, Ginette Pomerleau	<b>Photographer</b> Simone Dubois

## RECEIVE THE NEWSLETTER BY EMAIL

Many of our members already receive their sector newsletter in electronic format. If you would like to be added to this list, you can send a request by email to Gilles Sabourin at the following address: gilles\_sabourin@hotmail.com

# UPCOMING ACTIVITIES

**September 17:** Back-to-School Dinner

**October 1:** Let's Act Together for the Well-being of Seniors Walk

**October 3:** Breakfast (Eggsquis Lachine)

**October 9:** How to keep your creativity active

**October 15:** FLG General Assembly

**October 18:** World March of Women

**October 24:** Visit to the Radio-Canada house

**November 7:** Breakfast (Eggsquis Lachine)

**November 19:** Remarkable but Underestimated Men

**November 20:** How to Manage Communication Problems for Myself  
and Others

**December 3:** Christmas Dinner

**December 5:** Breakfast (Eggsquis Lachine)

**December 6:** Opera La Bohème

## NEWSPAPER TEAM

**Coordinator:** Gilles Sabourin

**Contributors:** Gilles Sabourin,  
Nicole Girard, Angèle Gagnon

**To submit an article:**  
[gilles\\_sabourine@hotmail.com](mailto:gilles_sabourine@hotmail.com)

## Practical information

**AREQ national**

**418 525-0611  
1 800 663-2408**

**[areq.lacsq.org](http://areq.lacsq.org)  
[info@areq.lacsq.org](mailto:info@areq.lacsq.org)**

**Beneva**

**1 888-6962  
418 651-6962**

**[www.beneva.ca/fr](http://www.beneva.ca/fr)**

**Quebec  
Retirement**

**418-643-5185  
1 800 463-5185**

**[retraitequebec.gouv.qc.ca](http://retraitequebec.gouv.qc.ca)**