

L'ENTREFILET

Montreal (06)
Du-Haut-De-L'Isle (H)

SEPTEMBER 2026 VOLUME 11 NO 1



AREQ

Le mouvement des personnes
retraitées CSQ

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Manifest

We are AREQ, the oldest and largest association of retired public servants 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, united and peaceful society. We adhere to the principle of equality in law and in fact between the sexes.

We are members from the education, health and social services, early childhood, communications and recreation, 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,

It is with renewed pleasure that I begin this new term as the president of our sector. The challenges are numerous and diverse. I would like to thank you for your trust.

A lot has happened since our last publication, including a sectoral and regional general meeting, a bowling-a-thon, a visit to old Sainte-Genève and a dinner cruise to celebrate the 40th anniversary of the Montreal region of our region.

We have already resumed our activities, including the breakfast on the first Friday of the month and the back-to-school dinner. At this latter event, Mrs. Simone Dubois, our photographer, was named the elder volunteers of the year.

This year, we are offering a new activity: "Sharing Circle" (see website). Next November, the regional arts committee will celebrate its 20th anniversary. There will be two weeks of various activities in which many members of our sector will participate. Keep an eye out for emails and newsletters leading up to the event.

I wish you a good start to the new school year.

Looking forward to meeting you in large numbers.

Gilles Sabourin

A CIRCLE OF SHARING

A Circle of Words

Nicole Girard



What is it? A meeting for you, for us, between us, whose purpose is: What: a Woman has to say... What: a Man has to say...

Why? To allow everyone interested to express themselves on a topic free of constraints.

As the meetings progress, depending on needs, majority or chance, the topics will be determined together.

Suggested themes: close care, physical discomfort, loneliness, sorrow, joy, anger, mental load, friendship, meals, rest, coercion, violence, reading, stereotypes, repressed feelings, cultural, sporting or other activities, etc.

Time: 1 p.m. to 3 p.m. Five flexible, positive, respectful and caring appointments.

Dates: 5-10, 19-10, 02-11, and 16-11

Number: 10-12 people, who at the end of the meeting leave with happy hearts.

Location: 106 A, Anselme-Lavigne Ave., Dollard-des-Ormeaux

Contact: ngirard1043@gmail.com Exception: by phone at 514-768-4413

ELDER OF THE YEAR 2026-2027

Simone Dubois



HERITAGE TOUR OF SAINTE-GENEVIÈVE



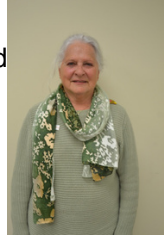
On June 23, 2026, fourteen members of our sector chose to begin the summer in the company of Mr. Laniel, a storyteller from the village of Sainte-Geneviève de Pierrefonds. Our colleagues discovered or rediscovered the history and some of the customs that characterized the West Island of Montreal.

From the church steps, we had the privilege of entering the crypt, a rather unusual occurrence. Then, we traced the passage of time, encountering the inhabitants of these historic houses as we strolled to the Gérald-Godin CEGEP, whose very name evokes the recent history of Quebec. Finally, we ended our visit at the Heritage Centre, surrounded by objects that brought back fond memories for many of us. Mr. Laniel, our guide, thanked them for their generous donation to this organization dedicated to preserving heritage.



READERS' CORNER

Nicole Girard



Proulx Monique, *Le bien ne fait pas de bruit*, Roman, Boréal, 2026.

This is Flora, a woman with a generous heart who discreetly mothers deer, foxes, and her loon and human friends alike, until one day a fragile woman arrives and settles near her home. She is a renowned writer whose latest novel has been a resounding success. Over a long period, the author offers us, through her main characters, a reflection on the important quality that every human being must cultivate throughout their life, a quality that we often forget. Monique presents a reflection on the essence of our life on earth: to love without impoverishing ourselves, drawing inspiration from the life of Gabrielle Roy, who loved...

Melissa Da Costa, *The Star Maker*, Pocket Book, Unpublished, 2023 which was offered in support of UNICEF, for every child in the world in 2024 and then published by Albin Michel.

Melissa shares a short, moving story from her childhood, told with boundless imagination. We often search for happiness far from home, but it is often closer than we think, thanks to love that heals our wounds.

Note: Also worth reading is "Tout le bleu du ciel" (All the Blue of the Sky), a magnificent book that captivated me.

Charles-Philippe David, *The World in Peril: The End of the Pax Americana*, Somme Toute, Le Devoir 2026

By acknowledging the challenges posed by Trump, the author, founder of the Raoul-Dandurand Chair, demonstrates and signals the end of what we have known since childhood. "Trumpian" directives are altering our lives, the lives of our children, and the lives of tomorrow's toddlers. After research, reading, listening, and meetings, Mr. David openly reflects on the very foundations of democracy, which has been severely shaken. A single man with so much power and money is shaking the entire planet—that is, life on Earth, underwater, above, and within the Earth. This book is a journey around the world, exploring the unchecked power of similar figures. What strategies are being adopted?

This is a book to be read slowly, with the hope of the heart that dwells in humanity throughout the world.

READERS' CORNER

Josephine Bacon and Laure Morali, Josephine's Vertebrae, Mémoire d'encrier, 2026.
Reading Josephine is like encountering the Innu people and their life in harmony with nature. Known worldwide for her poetry and her deep connection to early childhood, Josephine's life, born in 1947, is much less well-known. This book offers the perfect opportunity to learn more about her and join us in exploring the worldview of the Indigenous Nations who have walked the land we inhabit. After all, aren't our vertebrae what support our bodies as we walk, run, sit, and so on?

READER'S COLUMN

"THE ZAINÉ(ES) TOO LAUGH"

I work outside the home for the Ministry of the Interior. (A French civil servant) (The Peak)

She loved her husband so much that she took other men's husbands so as not to wear out her own. (Georges Feydeau)

Wanting to get home quickly, he exclaimed: "Damn it! I'm really unlucky, I've chosen the wrong artery!" (The Peak)

Movies on TV: A session of commercials...accidentally interrupted by snippets of film. (The Peak)

When they try to sell you MOLSON DRY which is soaked and LABATT BLUE which is blonde...how are you supposed to know what to make of it? (The Peak)

When hockey players are playing "AT FEAR", how do they manage to skate??? (The Peak)

It's better to be a fool who gets offended than a stupid fool! (Le Pic)

You need to know how to make a comment. (The Peak)

by André Picotte

ARTS COMMITTEE

Angèle Gagnon

Cultural activities in the Du-Haut-de-L'Isle sector

On October 4th, the Festival of Colors will take place in Sainte-Genève. You will have the opportunity to meet the village storyteller, Mr. André Laniel, a historian, who will present workshops on traditional trades. There will be various booths with presenters, including one specifically about ice cream making before the advent of freezers. There will also be activities for children. Come one, come all!



The Montreal Arts Committee celebrates 20 years of creativity

A subcommittee of the CDA, composed of Solange Catafard, Angèle Gagnon, France Séguin, Hugues St-Pierre, and Michèle Thérout, has prepared a celebration for you that will take place from November 24 to December 6, 2026, at the LE LOCART art gallery located at 5765 Gouin Blvd. West. The project leaders are Solange and Hugues from the Jeanne-Mance sector of the Island of Montreal region. In addition to free visits to the exhibition of works by AREQ member artists, there will be several activities spread over two weeks. You will find information for artist registration and participation in the activities in the next issue of Les Échos de l'Île.



Liste des activités

27 novembre	13h	Conférence sur l'omniprésence de la photographie, par Hugues St-Pierre, artiste photographe
30 novembre *	13h	Atelier de peinture libre avec Michèle Lepage et Solange Catafard. Apportez votre médium et chevalet.
1er décembre *	13h	Atelier papiers-textiles cousus à la main avec France Séguin et France Houle
2 décembre	13h	Le goût d'écrire. Atelier d'écriture. Vous créez votre propre texte avec Denise Lavoie.
2 décembre	19h	Soirée littéraire et poésie. Participation de Nicole Girard. Venez lire votre texte littéraire ou poétique.
3 décembre *	14h	Atelier de gravure à l'encre avec Nathalie Garceau.
5 décembre *	13h	Atelier de façonnage d'argile avec Hélène Martel.
* Vous partirez avec votre création. Bienvenue à tous !		

INFORMATIONS

Solange Catafard	Tél: 438-389-9664	solangecatafard@icloud.com
Hugues St-Pierre	Tél: 514 856-7780	389paradis@gmail.com

TRAVEL SOUVENIR 2026

Cycling with the woman who made me lose my mind 49 years ago was a wonderful gift!

We had travelled 7,150 kilometers in 93 days, that is, 7,150 kilometers of quiet things, as Félix Leclerc sang, between Vancouver and St. John's, Newfoundland, when Nicole retired in 2003 and in 2008... Australia for my own retirement.

We needed a challenge that matched our abilities. This summer, to celebrate my wife Nicole's 80th birthday, I offered us a trip with Vélo Québec to Holland; we chose Holland, a flat country with a network of cycle paths worthy of a spider web.

Twelve days spent entirely on bike paths, but just as congested as highway 40 on a Friday evening during rush hour! Paving stones, asphalt, bricks, and other cobblestones once used by the king's carriages in the 17th century. Without a GPS (presumably a cycling proficiency guide), there was no chance of finding our hotel.

But what can be said about this country, where the mood of the people flows as slowly as their canals? Polite, courteous... but alone among the pack of two-wheeled users.

Over twenty kilometers, I encountered more cyclists than in Quebec in a whole month! Needless to say, here, with our vast territory, the risk of encountering a hare is greater than that of crossing paths with a human being on two wheels. Seeing all these people cycling in the city and in the countryside was a source of stress for us.

The other significant factor is the wind. Five hundred kilometers across the dunes of the North Sea was an unforgettable spectacle, with more wind turbines than in all of North America. This trip to the Netherlands, with a headwind strong enough to make a weather vane lose its bearings, is not one that will soon be forgotten.

My only regret is not having made this trip sooner.

Jean-Pierre Divay

MEMBERS WITHOUT NEWS

We have had no news of the following members: Hélène Barge-Moreau, Isabel Boyle, Francine Charbonneau, Huguette Dalpé-Méhot, Wendy Dalziel, Louise D'Amour-Comeau, Roger Nahmiash, Catherine Stock-Lacourse, Rose-Marie Tétrault, Christian Tremblay, Brian Warr, and J. Scott Waugh. If you know these people, please ask them to update their file with AREQ so that we can contact them again.



Manon Bourassa	Joni Crosby	Lyne Dubé
Edith Fortier	Niculina Ignat	Aline Iskandar
Josée Leblanc	Geneviève Lemay	Johane Levac
Gisèle Poitras	Véronique Prigent	Nathalie Prévost
Julie Roy	Mario Séracino	Maxime Thibault



Heather Allen-Woods	Ronald Bissonnette	As long as Blais
Marcelle Bonenfant	Donald Boyd	Laws of John
André Franc	Jacqueline Gauthier	Suzanne G. Jubinville
Diane Meloche-Paquette	Jeannette Nollet-Rosa	Lorraine Papineau
Marcel Poulin	Jacqueline Richard	Marie-Claire Sansonnens-Vogt
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Birthday cards Jeanine Beaudry, Ginette Pomerleau	Photographer Simone Dubois	

RECEIVE THE NEWSLETTER BY EMAIL

Many of our members already receive their sector newsletter in electronic format.

If you wish to be added to this list, you can request it by email to Gilles Sabourin at the following address: gilles_sabourin@hotmail.com

UPCOMING ACTIVITIES

October 1st: Senior Citizens' Day Walk
 October 2: Breakfast (Eggsquis, Lachine)
 October 4th: The Festival of Colors (Saint Genevieve)
 October 5: Sharing Circle
 October 14: FLG General Assembly
 October 19: Sharing Circle
 November 2: Sharing Circle
 November 6: Breakfast (Eggsquis Lachine)
 November 16: Sharing Circle
 November 28 to December 6: 20th anniversary of the arts con
 December 4: Breakfast (Eggsquis Lachine)
 December 9th: Christmas Dinner
 January 8: Breakfast (Eggsquis Lachine)
 February 5: Breakfast (Eggsquis Lachine)
 February 10: Let's mind our own business



NEWSPAPER TEAM

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