

# EXCERPTS FROM THE SUMMER 2014

Le magazine de l'AREQ   
CSQ

# Quoi de neuf

Été 2014

DOSSIER



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**heureux**

CONGRÈS 2014  
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# SUMMARY

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## **WORD FROM THE PRESIDENT**

### **Pierre-Paul Côté**

President of AREQ

As I write these lines, we are but a few weeks away from the AREQ Congress, which will be held June 2 to 5 in Sherbrooke.

At last April's National Council session, the orientations project for the 2014-2017 triennium, as well as the modifications to the statutes and regulations were presented and discussed in a spirit of cohesion. Following the analysis of the proposed modifications, National Council elected officials drafted the recommendations they will submit to the Congress. Judging by the atmosphere at the meeting, we can likely conclude that a feeling of respect and satisfaction over a job well done will prevail at the upcoming congress.

If the past is any indication of the future, the three axes developed in the orientations project presented during the National Council's tour, and approved by 96% of participants, will be adopted without hesitation by congress attendees. The rights and interest of our members and seniors, associative life, as well as citizen participation and involvement in the well-being of the community will serve to draft the Association's action plan of the coming three years.

Over the course of the triennium, we took part in various governmental consultations by way of, amongst others, parliamentary committees. The work undertaken on the many facets of seniors' safety and the proposals to counter elder abuse must not be further delayed.

We would dearly like to see the bill dealing with end of life care adopted as tabled, and this, as quickly as possible. On the subject, AREQ has ardently defended individuals' autonomy in decision-making and promoted the development of palliative care throughout Quebec.

We know seniors want to stay at home as long as they possibly can, so long as they can have care that is adapted to their needs. We have accomplished a great deal during the parliamentary committee on autonomy insurance and repeatedly questioned its workings. We must avoid the errors of the past like that of implementing a program without allocating sufficient resources to its realization.

We wonder what position the new government will take in this matter. The healthcare expense ceiling worries us especially as the situation of seniors was not a hot topic for any party during last year's election campaign.

Despite all the hoopla surrounding the question of home care, we reiterate that it is vital that the dispensation of care continues to be performed by professionals in the field. We hope that seniors do not become the government's budgetary flexibility and that the delivery of healthcare services remains of the public domain.

Over the months of April and May, the regional and sectoral assemblies got on with the election of their representatives. Almost half of the sector presidents had completed their mandates and had to be replaced by new elected personnel.

**We take this opportunity to thank all those who worked for the Association during those years, contributing time, energy, and solidarity.**

We also offer our congratulations to those who have renewed their mandate or who, for a first time, have assumed a position of responsibility within the Association.

After a spring of such effervescent activity for our association, summer is already knocking at our doors with a procession of sunny, invigorating days for all of us.

We would like to wish you all a wonderful vacation with your loved ones, and hope you take full advantages of the beautiful things in life.

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## **IN THE PUBLIC EYE**

### **Dominic Provost**

Quoi de neuf Team

**Your association takes action, speaks its mind and makes demands. Here is a summary of AREQ's main public initiatives since the last issue of *Quoi de neuf*.**

**April 23, 2014**

### **New Government**

AREQ congratulated the new Minister Responsible for Seniors and Family. The Association would have preferred seeing the nomination of a minister dedicated solely to seniors. Nonetheless, what is more important is that the Liberal party fulfils its commitments that most affect seniors, for example, in the fight against elder abuse, on fiscal policy and taxation, home care, and support for caregivers.

However, AREQ denounces the low percentage of women nominated to the new council of ministers (less than 30%) seeing as Mr. Couillard had committed to reaching a "zone of parity".

Also, AREQ has asked that the proposed "dying in dignity" bill be quickly re-introduced to the legislative agenda at the stage it had reached before the dissolution of the National Assembly, that is to say, for final adoption.

"A great deal of work was performed conducting consultations, reflections, and exchanges respectfully and judiciously, without partisanship, under the responsibility of the former minister, Ms. Véronique Hivon. Now, we expect all MNAs of the new legislature to support and adopt the bill," added Mr. Coté.

AREQ hopes to meet with Minister Charbonneau and the new president of the treasury, Mr. Martin Coiteux, most notably to discuss the protection of purchasing power dossier. The present budgetary context must not serve as an excuse to cut public services and not honour the pledges made to Quebec citizens.

### **March 25, 2014**

#### **Seniors: Overlooked during the latest provincial election**

Once again, AREQ expresses its disappointment with the four main political parties' programs of the last electoral campaign. Disappointment, because beyond a light dusting of political advertisements here and there, very few real proposals touching on the situation of seniors were actually presented. Yet, seniors represent an important percentage of the electorate and they would have liked to hear what the parties intended to do concretely to improve the health system, to move to more no-fee public health services, and finally, to counter the loss of their purchasing power. Moreover, AREQ would have liked to see a change of direction as regards the debate about seniors, too often negative, and sadly, accusatory. Taken up by the political classes and various other groups, these discourses do nothing to counter society's perception of seniors. And, as society is built with the contributions of all its citizens, we have to "put an end to this discourse and stop seeing seniors as a burden," concluded the president of AREQ.

### **February 20, 2014**

#### **Provincial Budget 2014-2015: Solutions to come**

The budget tabled on February 20 raises more questions than it answers as regards the expectations and concerns of seniors, says the president of AREQ, Pierre-Paul Côté, in a communiqué. In addition, the absence of the budget-related credit book only heightened the ambivalence about the way the monies allotted to the various budgetary items are to be spent. Amongst the proposed measures, AREQ laments the new budgetary cuts to the health system, which will eventually affect the services rendered to the public, and more particularly, to seniors who are often more vulnerable. Upon reading the budget, AREQ expressed concern about its vagueness and warned it would remain vigilant in the coming months to make sure that the funds required to meet the government's commitments are available.

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## **NATIONAL COUNCIL**

### **THE LAST PHASE**

#### **Jules Desfossés**

*Quoi de neuf* Team

Even if the calendar would have us believe it is spring, the weather is nonetheless winter-like, the day after a snowstorm in Québec. To counterbalance the season's tardiness and our passing weariness, those present at the sixth meeting of the National Council of the 2011-2014 triennium have been joyful and energetic. This meeting is the last phase of consultations and decisions before holding the

45<sup>th</sup> AREQ Congress. It is also the last hurrah for a number of regional and sectoral presidents. Members of the Executive Council and of the Board of Directors will also add their name to the list of those soon to leave.

### **Opening Statement and Presentation**

After a word of welcome from Bernard Croteau of the host *Québec-Chaudière-Appalaches* region, Pierre-Paul Côté thanked the tireless volunteers who, over the past six years, have been both actors in and witnesses to the evolution of the Association. He also highlighted the progressive recognition of AREQ as a credible, reliable, and thoughtful association. He reminded participants that, during the National Council, it is our duty to evaluate the orientations project and to recommend to the Congress that which will guide the Association in the coming triennium. There then followed the visual presentation of the members of the Board of Directors, the Executive Council, the new delegates, the technical personnel, and the staff that “hold the fort” at the office.

### **Visual Support and Preparation**

The documents given to participants bear witness to the work down in preparation of the Congress: comprehensive, appropriate, easy to understand, and of the highest quality. At the front of the hall, two screens serve as easy-to-read reminders of the proposals put forward, of the various dossiers up for discussion, and of the proceedings of a workshop or conference. During the breaks, new or important information is displayed.

### **Current and Financial Affairs**

After the nomination of the president and co-president of the debates, and a quick reminder of the procedures, the Director General, Lise Legault, presented the agenda while Annie Brochu, the Assistant Director, provided general information. The first documents to be presented were the financial statements as of August 31, 2013, and supplementary information. Doris Dumais revisited the major points, as well as the independent auditor’s report. Then, the various sections of the 2013-2014 budgetary revisions were examined, as well as the explanatory notes.

### **AREQ Visibility**

Pierre-Paul Côté read out and commented the document titled “*Lieux de représentation de l’AREQ*”, as well as the list of past and future activities.

### **Internet Site**

Towards the end of the afternoon, Martine Dignard hosted a dynamic and interesting training session on the creation of websites. Advice, comments, warnings, examples, important points, and suggested wording contribute to making more accessible the documents containing these various elements. Before applause broke out in the hall, the host reminded participants of the importance of asking many questions before starting to build an Internet site, and to update it often. The official agenda closed with a friendly cocktail.

### **Statutes and Regulations**

Tuesday began with a work session. Michel A. Gagnon reminded participants that all proposals to modify the statutes or regulations of AREQ that are put forward then return to the Congress whether

they are approved or not. Annie Brochu presented an overview of the project and explained that there were accompanying analysis sheets. The proposals recommended by the CNSTA and submitted by the Board of Directors (BoD) are in Block A, which also contains the proposals targeting the same articles received on December 31, 2013, from the sectors and regions. Block B contains the new proposals coming from the sectors and regions.

### **Status of Men**

Tommy Bureau-Boulé had a point of order about the major fields of information on the status of men. He mentioned articles appearing in the magazine as well as the actions and mobilization that were undertaken. For his part, Michel A. Gagnon insisted on the often neglected communication aspect.

### **Partenaires santé Recognition**

On behalf of the *Partenaires santé*, Alain Raymond, Regional Co-ordinator for the Canadian Cancer Society, Quebec Division, presented Pierre-Paul Côté with a commemorative plaque in recognition of the participation of retirees of the public and para-public sectors in the *Entraide* campaign these many years.

### **Socio-politics**

Within the framework of the 2014 provincial elections, what can AREQ do and what is it doing? From the start, Michel A. Gagnon stated that the aim of the document presenting the platforms of the four major political parties was neither to support nor oppose either of the parties. Ginette Plamondon outlined the objectives of the presentation, the contextual elements, the actions taken by AREQ in electoral campaigns, and the statutory provisions on the right to vote. Participants received a chart comparing the major parties' electoral commitments.

### **Status of Women**

Suzanne Faucher outlined the objective of the presentation on the status of women. Ginette Plamondon commented on the Association's orientations: to develop and strengthen the sense of belonging, to see to the financial security of members and seniors, to promote the respect and dignity of members and seniors, to facilitate citizen involvement and action, to recognize and highlight members' contributions to society.

### **A Word from our Patron**

At a meeting in Montréal, Line Camerlain, 2<sup>nd</sup> Vice-President of the CSQ, presented a brief video-message.

### **Succession Planning**

André Thibault, retired UQTR professor, listed the issues of succession planning for non-profit associations. He begins with the general notion of volunteer work and reports a few worrisome facts, the types of volunteer work, and the elements to take into consideration to better understand the changes. He then spoke of the current characteristics of volunteer work and of the challenges and competencies facing organizations. He closed with recruitment strategies, stages, and tools. "Basically, just ask!" he suggested in his closing word. The audience listened attentively and

applauded warmly this conference peppered with touches of humour, which clearly was well researched and firmly anchored in reality.

### **Breakfast Conference**

With the help of a high-quality, at times humorous, slide presentation, Guy Thibault presented a report under the theme, “Physical Activity: health and well-being”. Why, how? This author has published over 1,000 articles of scientific popularization written during his career as a researcher. He looked at the following aspects: beneficial effects, required quantity, weight loss, interval and weight training, is it too late? Why? Brushing aside a few widely-circulated myths, he offered pertinent advice. This clear, well-researched exposé and the obvious talent for scientific simplification of the speaker enthralled the audience, as was confirmed by sustained applause.

### **Orientations Project 2014-2017**

Pierre-Paul Côté reminded participants that we are at the end of a process on the heels of a 1,000-person meeting, a 10-region tour, and the presentation to the delegates.

Lise Legault presented the document. A questions and comments period followed the review of the three main axes. Our president brought forward the BoD proposals. After the break, Orientations Project 2014-2017 and the modifications proposals from the sectors and regions were adopted axis by axis.

### **June 2014 Congress**

Participants were told that all office staff were pressed into service until May 12 to finalize the preparations in view of this important meeting that is the Congress. Lise Legault advised us of the rules for the nomination and registration of candidates. As for Annie Brochu, she mentioned certain logistical points and spoke about registration, lodging, and shuttle transportation. The list of the five members of the National Election Committee and their five substitutes was presented. The nominations were complete.

### **Retirement File Balance Sheet**

Pierre-Paul Côté told participants that the Common Front is weakened because certain groups had decided to strike out on their own, and that the difficulty was consequently greater than it was during the last negotiations in 2010. Louise Charlebois summarized the meeting with Stéphane Bédard, President of the Treasury Board, in which she, Pierre-Paul Côté, Lise Legault, and Johanne Freire participated. She suggested that there was something of an opening if the Parti Québécois were returned to power. The evolution of the file from 2007 to today was presented, and conclusions drawn. The future of the file was then sketched; key word: information, information, information. The presentation was applauded.

### **Environment and Sustainable Development**

Suzanne Faucher introduced the members of the National Committee. Tommy Bureau-Boulé provided an overview of the file highlighting the fields of intervention, information sharing during the meetings of regional and sectoral representatives, as well as published articles in magazines. He called for the mobilization of members around these questions.

## **45th AREQ CONGRESS**

FROM YESTERDAY TO TODAY, AREQ ALWAYS IN ACTION – **For a fourth time...in Sherbrooke!**

**Denys Bergeron**

*Quoi de neuf* Team

Historical side note: Since its foundation in 1961, the vast majority of AREQ's congresses were held in Quebec City or Montreal. After a decade of this alternation, the idea of visiting the regions developed. Four times now, the choice for host has fallen on the queen-city of the Eastern Townships: 1978, 1986, 2001, and this year, 2014. A pretty good average, don't you think? Moreover, Fernand Grenier, President of the host region, was singularly proud to receive the 45th AREQ Congress. Indeed, the video he prepared made all participants want to visit this lovely region.

After a brief introduction of the AREQ personnel in the form of a "cup song", the Association President, Pierre-Paul Côté, opened the 45<sup>th</sup> AREQ Congress. "We offer our heartfelt thanks to the 635 Congress delegates who volunteered to come spend these few days to ponder, discuss, and define the orientations with which the Association will govern itself over the coming years," he declared.

At the dawn of this new triennium, the AREQ president spoke of the many dossiers – health, security, protection of purchasing power – we must vigilantly follow-up on and enthusiastically defend. He also briefly mentioned that a strong percentage of the members the Executive Council he met during the latest tour are involved in the orientations project that was submitted to them, before concluding, "For us, it is essential that an association such as ours be forever on guard and maintain the greatest possible cohesion in its ranks. It is the objective we pursued during the last triennium, and we commit to doing the same in the coming one".

### **Message from AREQ's Patron**

AREQ's patron and 2<sup>nd</sup> Vice-President of the CSQ, Line Camerlain, insisted on spotlighting the strength of AREQ as an association, but also the involvement of its members. "You represent the seniors of your regions well. The five members of the Executive Committee and AREQ delegates to the various CSQ bodies participate, intervene, and defend your interests. They never miss a beat!"

### **Statutes? Did someone say statutes?**

Statutes and regulations are like the constitution: some people like to discuss and debate them; others, not so much. However, everyone agrees on one thing: the regulations are the foundation on which our democracy is built, in an association much as in a State. The delegates therefore spent many hours reading and going over, proposing, gauging, re-formulating, debating, and sometimes debating some more, and finally, voting in the amendments to the AREQ statutes and regulations. Let us remind you that, in 2011, AREQ held an extraordinary congress dealing exclusively with its statutes and regulations.

### **2013, Vintage FLG!**

The *Fondation Laure-Gaudreault (FLG)* collected an impressive \$199,500 in the past year. For the president of FLG, Robert Gaulin, 2013 was a year marked by excellence, but also by its collaboration

with AREQ. Indeed, the FLG drew great benefit from the support of AREQ, most notably in the renewal of its Internet site and banner.

### **Inequality: Debate and Act**

Delegates attended a conference on social inequalities given by Nicolas Zorn from the *Institut du Nouveau Monde* (new world institute).

Supported by figures, graphics, and examples from everyday life, Mr. Zorn clearly demonstrated that social inequalities are on the rise. Yes, Quebec is not as bad as the rest of Canada, which in turn is not as bad as the U.S. To be brief, to compare ourselves is to console ourselves but, still, inequalities are on the increase here at home.

The economic growth of the past decades has not been beneficial to all. The rich get richer, the poor get poorer, and the middle class is stagnating. “We have attained the limits of our growth model. The credit line is maxed out. Amongst the solutions that might stop us from going completely adrift, we absolutely need more progressive policies that would allow a better redistribution of wealth created by economic growth. We must debate, propose, and act”.

### **Let’s look to...Thursday!**

On the third day of the Congress, delegates discussed Orientations Project 2014-2017 at great length. The Project was the subject of earlier discussions by various AREQ bodies and during the Executive Committee’s last tour. Having been fashioned from these orientations, the action plan and the demands take on greater importance. They must be weighed carefully.

### **“Moving forward to get back there!”**

Moreover, Guillaume Hébert of the *Institut de recherche et d’information socioéconomique* led a conference on the new health governance.

“Don’t go thinking that demystifying the ins and outs of the new health governance is going to be easy. First of all, there is the financing. We quickly arrive at the limits of what we had imagined. We come to realize that financing takes precedence over the overall picture, and that cost savings are never a sure thing. The model opens the door to the privatization of health services.” Ironically, many States now question the activity-based financing while our minister of Health is pushing us towards it. History repeats itself. Better to err on the side of caution...

**Here are a few of the proposals to modify the statutes and regulations that were adopted**

**The Association can group together regular and associate members. A regular member is a retired person member of a group of retirees from a union organization that has joined, by affiliation or by other means, the CSQ.**

The convocation to an ordinary congress is **sent** 21 days before the meeting of the delegates is held.

The association dues for **regular and associate members** is set at 0.34% of his or her disability pension or CARRA retirement pension or its equivalent issued by a complementary retirement plan for service performed in a field of Association jurisdiction (**minimum \$1.00/month**).

### **What they said...**

Robert Gaulin, President of the *Fondation Laure-Gaudreault*:

You should know that, faced with such eloquent results, we should be very proud of our foundation. In any case, the year 2013 – it's the least we can say – has been as exceptional year with a record \$199,500 worth of subscriptions. We have donated some \$160,000 in aid. That's something! Since its inception, the Foundation has donated in excess of \$1.5 million in support of various causes."

Raymond Chabot Grant Thornton Accountants:

"In our view, the financial statements indicate, in all significant aspects, an image that is true to the financial situation of the Association on August 31, 2013, as well as the results of its activities and flow of funds for the fiscal year ending on that date in accordance to the Canadian accounting standards for non-profit organizations".

### **Executive Council Elections**

The nomination period for the AREQ Executive Council officially ended on June 3, 2014, at 9:15 p.m. A single candidate sought nomination to all four available positions (president, 1<sup>st</sup> vice-president, treasurer, and secretary). Nonetheless, a vote was held to fill the position of 2<sup>nd</sup> vice-president as two individuals submitted their candidacy for the position, namely, Claire Bélanger of the *Québec-Chaudière-Appalaches* region and Jean Faucher of the *Coeur et Centre-du-Québec* region.

### **Recognized at the Congress:**

Sister Prudentienne Chevalier, 91 years of age. Substitute delegate for the Abitibi-Témiscamingue region. Sister Chevalier is present at the Congress as a companion. Reminder: she is a recent recipient of the Laure-Gaudreault medal.

The most senior Congress participant: Thérèse St-Pierre-Dubé from the Estrie (Eastern Townships) region has attended some 30 AREQ congresses since retiring in 1973.

### **Elected to the Executive Council:**

**Pierre-Paul Côté** (president): re-elected to a new mandate. Confident in the support of his close associates, fully aware of the need for teamwork, and buoyed by his partner's good health, he will work for the sound health of our members. He hopes to destroy the myths that have too long circulated about seniors.

**Michel A. Gagnon** (first vice-president). He will make his own the orientations adopted by the Congress and dedicate his energy to realizing the action plan that will allow the Association to attain its goals.

**Claire Bélanger** (second vice-president). Her commitment to serving the community is nothing new. The expertise she acquired over the years bolstered her decision to submit her candidacy to AREQ.

**Nicole Gagnon** (secretary). She has vast experience in the workings of AREQ. She arrives with the right background and a sound knowledge of the Association. Coming from a remote region, she can better explain the preoccupations of the regions that sometimes differ from those of the metropolitan areas.

**Nicole Patry-Lisée** (treasurer). Some 17 years ago, she chose an association she liked and proceeded to get involved at every level: sectoral, regional, and national. She still feels the need and desire to serve.

In closing, Suzane Faucher, the outgoing AREQ Secretary, invited delegates to ratify the election of the AREQ Board of Directors for the 2014-2017 triennium. Indeed, according to the statutes and regulations, the AREQ Congress must ratify the selection of those elected to the presidency of the regions at the regional general assemblies.

Brief tribute was paid to the members of the AREQ Board of Directors for the 2011-2014 triennium thanking them for their commitment to the Association. After the words of thanks from the host region's president and that of the AREQ president, the 650 delegates headed for home with a feeling of true accomplishment.

**Here is the list of members of the Board of Directors for the 2014-2017 triennium.**

Monique Blais

Bas-Saint-Laurent–Gaspésie–Les Îles–Côte-Nord (01)

Francine Tremblay

Saguenay–Lac-Saint-Jean (02)

Pierrette Simoneau

Québec–Chaudière–Appalaches (03)

Mariette Gélinas

Coeur et Centre-du-Québec (04)

Fernand Grenier

Estrie (05)

Micheline Jourdain

Île de Montréal (06)

Michel Tessier

Outaouais (07)

Aline Castonguay

Abitibi-Témiscamingue (08)

Christiane Potvin-Lapalme

Montérégie (09)

Mireille Ménard

Laval–Laurentides–Lanaudière (10)

**ASSUREQ General Assembly**

Pursuant to Section 3.03 of the ASSUREQ Regulations "a general assembly is held every year at a time and place to be determined by the Board of Directors. A written convocation to the general assembly is sent to all members at least 21 working days before the assembly is held". You are hereby cordially invited to the general assembly.

**Among the subjects discussed:**

The renewal conditions of the ASSUREQ group insurance policy as of January 1, 2015.

**The elections to the Board of Directors**

Vacant positions\*

- President
- 2<sup>nd</sup> Vice-President

\* Nomination forms will be available on site

**Monday October 27, 2014**

Registration: 3:00 p.m.

Opening of the Assembly: 3:30 p.m.

Location: TRYP by Wyndham Québec Hotel Pur

395 rue de la Couronne

Québec (Québec) G1K 7X4

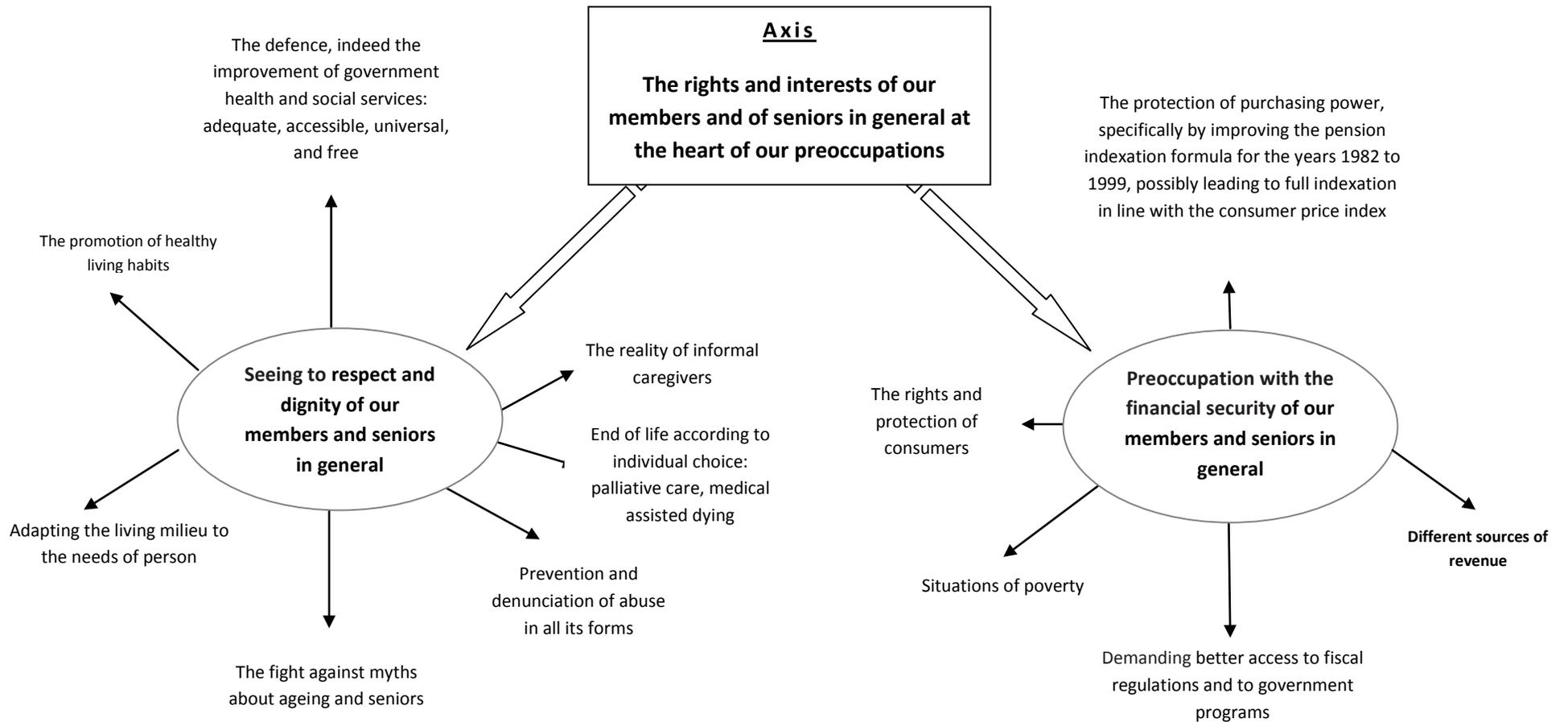
Telephone: 1-800-267-2002

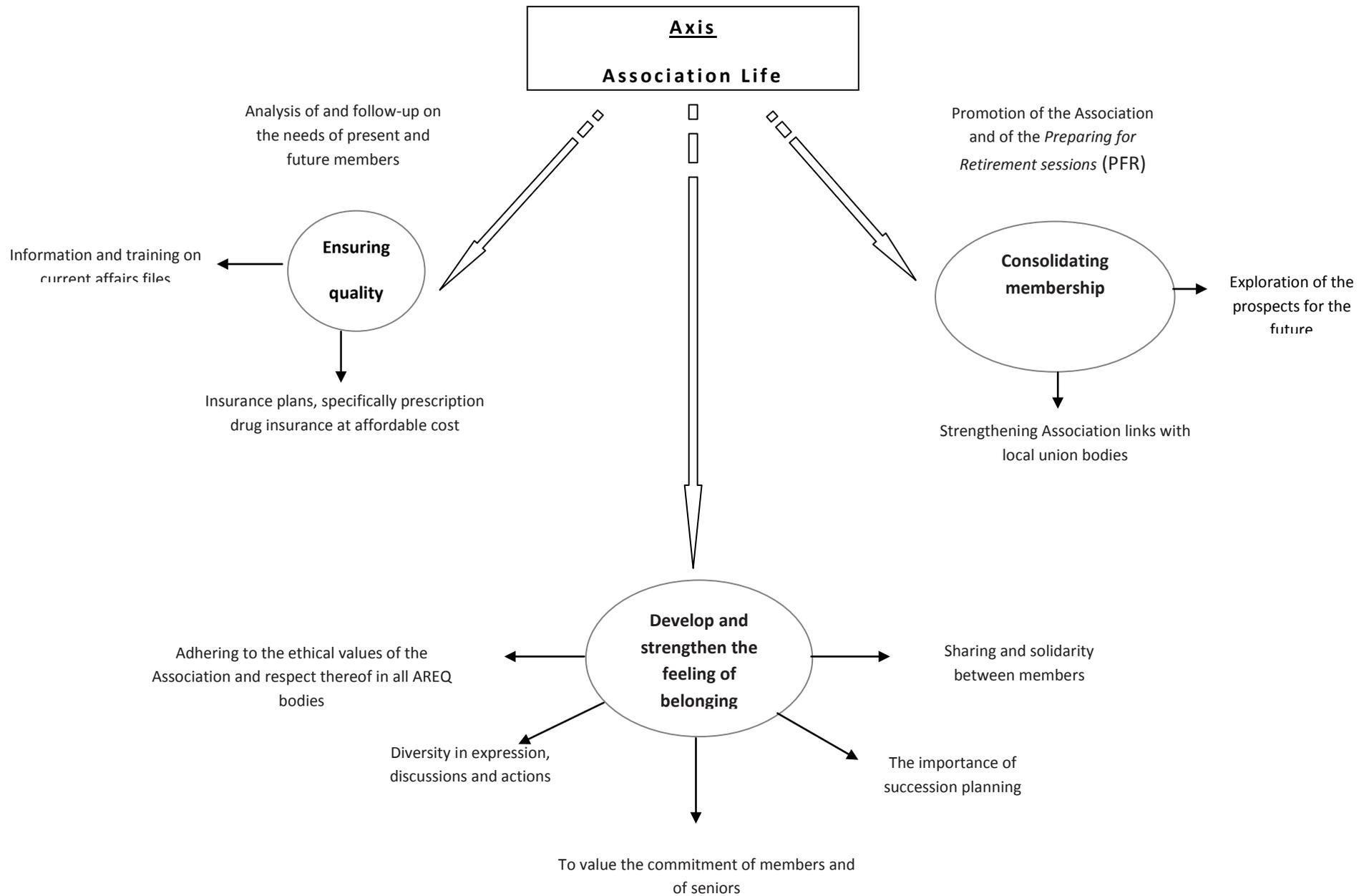
# ORIENTATIONS 2014-2017

Lise Legault  
General Director

In this schematic presentation, there is no priority or hierarchy because we consider all three axes, their orientations, as well as their fields of intervention of equal importance to the realization of the Association's mission.

## 3 AXES – 7 ORIENTATIONS – 30 FIELDS OF INTERVENTION





**Axis**  
**Participation and commitment to the well-being of the community**

