

EXCERPTS FROM THE SUMMER 2026



QUOI DE NEUF

DOSSIER
**L'AREQ, PLUS GRANDE,
PLUS FORTE : S'UNIR
POUR AGIR FACE
AUX ENJEUX SOCIAUX**

50^e CONGRÈS
ÉDITION SPÉCIALE

ÉVÉNEMENT
**FORUM INNOV'AÎNÉS :
QUAND LE DIALOGUE
COLLECTIF DEVIENT MOTEUR
DE CHANGEMENT**

CONDITION DES FEMMES
**L'AREQ : D'UNE
GÉNÉRATION DE
MILITANTES À L'AUTRE**

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AREQ
Le mouvement des personnes
retraitées CSQ

SUMMARY

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Your English excerpts of *Quoi de neuf* available by regular mail or email?

As a member of AREQ, you receive an issue of *Quoi de neuf* magazine quarterly by regular mail. Afterwards, you also receive by regular mail an English translation of selected articles of each issue (English excerpts from QdN).

In order to better suit your needs, it is now possible to get the English excerpts from *Quoi de Neuf* **by email**. Should this option be more convenient for you, simply advise AREQ by writing to quoideneuf@areq.lacsq.org providing your email address and your name. If you wish to continue to get it by regular mail, **there is no action to take**.

Please note that you will continue to get the French version of the issues by regular mail.



IMPORTANCE OF JOINING OUR VOICES TO ENSURE WE ARE HEARD

In last spring's *What's New* bulletin, I ended my message with, "Together, we can be proud of our Association's tangible social contributions!" Those words still ring true for me today, and were also reflected in the theme of our 50th Congress: "AREQ, Ever Bigger, Ever Stronger".

It is worth remembering that our generation's actions, not only as a union but also as a society, had a major impact on our collective well-being. Because of that enormous effort, our society became what it is today. We now, however, are left with the feeling that our hard-won gains are eroding.

Successive governments seem to have lost sight of their mission to care about people, especially in the context of an aging population. Our disappointment with the lack of vision among the very decision-makers we democratically elected, and who promised us ambitious solutions, is fully justified. We once believed in them, but now we no longer do!

That is why, in these anxiety-producing times, we must take up the fight again, come together and mobilize once more to clearly voice and defend our rightful demands, including, among other things, those that concern our purchasing power and the need for home support.

As the elections approach, between now and fall, we must seize every opportunity to hold candidates from the various political parties accountable, urging them to make clear commitments, with concrete stances on these and other issues. In this effort, AREQ will not be alone in the field. Many of you are also members of other associations or groups that, each in their own way, are helping to move things forward. We must now dare, in a spirit of solidarity, to join our voices as citizens, with the aim of influencing future decisions on the issues that affect us. This is what I call "taking care of business."

Last year at AREQ, we began implementing an ambitious development plan for our association. Current trends now confirm just how relevant it is. With the need for democratic influence all too real, AREQ is increasingly establishing itself as a credible and vital partner in amplifying the demands of older adults.

We will not let down our guard as we continue working together to be the association that is "ever bigger, ever stronger"!

I look forward to seeing you in the fall as we launch the new three-year term. Until then, wishing you a wonderful summer.

► **MICHELINE GERMAIN** | AREQ President

AREQ'S 50th CONGRESS: EVER BIGGER, EVER STRONGER

► LOUIS-JÉRÔME DORAN | Editor-in-Chief



From June 9 to 11, more than 450 delegates and guests from across Québec gathered in Lévis for AREQ's 50th Congress. With the theme "AREQ: Ever Bigger, Ever Stronger," the event provided an opportunity to take stock of the achievements of the past three years, adopt the strategic orientations that will guide the Association until 2029 and elect the members of the Executive Board.

Call to Action on Population Aging

With the provincial general election just months away, delegates reaffirmed the need to make population aging a collective priority.

As Québec grapples with a major demographic transformation, AREQ believes the time has come for in-depth reflection on the choices that will ensure the quality of life for seniors both today and in the future.

The orientations adopted at the Congress reflect our commitment. They reaffirm in particular the importance of protecting retirees' purchasing power, defending access to quality public health care, promoting home support, fostering tailored solutions for housing and transportation, fighting

ageism and strengthening alliances for greater influence on public policy.

Three-Year Term Focused on Action

Congress deliberations led to the adoption of the major orientations that will guide AREQ's work over the next three years.

The result of a broad consultation process among our regions and sectors, the orientations reflect the concerns expressed by our members and will inform the Association's engagement with governments, partners and the public.

With the strength of some 60,000 members, AREQ intends to continue its work to represent, mobilize and advocate for seniors' rights throughout Québec.



Forward-Looking Congress

Proceedings got underway with the 49th Extraordinary Congress, devoted to the Association's bylaws and regulations. The day allowed for delegates to review several proposals aimed at aligning AREQ's operational rules with current realities and preparing for its future development.

Through the quality of the discussions and the enthusiasm of participants, this first day offered solid proof of the Association's democratic vibrancy.

Fund to Support International Cooperation

The Congress also marked the official launch of the Fonds Marie-Marsolais Fund pour le soutien à la coopération.

Created to honor the legacy of Marie Marsolais, a lifelong trade unionist, member of AREQ and leading advocate for international solidarity, the fund will support international cooperation and solidarity projects aligned with the Association's mission and values.

"Par ici la retraite!": A Game That Brings Generations Together

Congress participants also witnessed the launch of the board game "*Par ici la retraite!*", designed to foster discussions about the realities of retirement and to build bridges among generations.

For the occasion, participants had the pleasure of meeting actor Normand D'Amour, co-founder of Randolph Pub Ludique and a passionate board game enthusiast.



Antonine Yaccarini, Special Advisor at TACT – Expert in Public Affairs and Training

Understanding the Challenges of Tomorrow

Throughout the Congress, there were several thought-provoking presentations for participants.

The session led by Antonine Yaccarini, as part of AREQ's retirement action plan, painted an overview of the major political parties and issues likely to affect pensioners and seniors during the upcoming election campaign.

Participants were invited to consider tangible ways to make their voices heard by those in decision-making roles.

Tribute to Dedicated Members

The Congress also provided an opportunity to pay tribute to three members of the Executive Committee whose terms were reaching an end: Martin St-Pierre, 1st Vice President, Francine Tremblay, 2nd Vice President and Brigitte Roy, Secretary, as well as six members of the Board of Directors.

Speakers highlighted their remarkable commitment, their contribution to the Association's progress and their dedication to its members over the years.

AREQ extends its most sincere thanks to those members for their invaluable involvement and the energy they devoted to the Association. They helped strengthen AREQ's democratic processes and advance numerous initiatives for the benefit of all members.



From left to right: François Tanguay, Secretary; Claire Montour, 1st Vice President; Micheline Germain, President; Denise Côté, 2nd Vice President; Carole Pedneault, Treasurer.

Introducing the Members of the 2026–2029 Executive Board

Micheline Germain, President | Mauricie–Centre-du-Québec

Re-elected as the AREQ president for a second consecutive term, Micheline Germain will continue the work began over the past three years to defend the rights and interests of pensioners and seniors throughout Québec.

Claire Montour, 1st Vice President | Mauricie–Centre-du-Québec

Having retired in 2023, Claire Montour was, until very recently 1st Vice President of AREQ – Nicolet Sector. A nurse by profession, she will bring her experience in activism to the Executive Committee, including her 11 years as president of the Fédération de la santé du Québec (FSQ-CSQ).

Denise Côté, 2nd Vice President | Saguenay–Lac-Saint-Jean

Denise Côté has just completed a three-year term as AREQ President – Saguenay–Lac-Saint-Jean Region. This team player brings to the Executive Committee a solid track record of involvement in her sector, where she served successively as a council member, treasurer and president.

François Tanguay, Secretary | Laval–Laurentides–Lanaudière

Retired for 16 years and active with AREQ for just as long, François Tanguay brings to the Executive Committee his experience in community and union involvement, notably as sector president and regional secretary. Coming from a professional background, he is particularly interested in issues regarding succession and renewal.

Carole Pedneault, Treasurer | Québec–Chaudière–Appalaches

A member of the Executive Board since 2023, Carole Pedneault continues her service as treasurer. Her experience and in-depth knowledge of the Association's affairs will be valuable assets for the next three-year term.

PROVINCIAL ELECTIONS

GIVING RETIRED PEOPLE A VOICE

► JOHANNE FREIRE | Social Security Advisor

As the provincial elections of October 5, 2026 approach, AREQ will be implementing a structured action plan to ensure that retired people's voices become key elements in the public debate. The goal is clear: to increase seniors' political influence and ensure that their purchasing power is among the core electoral issues.

Election periods are strategic opportunities to influence government policy. The current political context is characterized by limited fiscal flexibility and parties focused on measures likely to yield electoral gains. Recognizing this reality, AREQ is calling for a province-wide mobilization in Québec, focused on coordinated, consistent and visible action. The idea is simple: give retirees a strong voice and ensure that it is heard by those in decision-making roles.

Retirement Squads in Every Region

The core of this mobilization will rely on retirement squads. Deployed across all regions, these teams will be tasked with encouraging

participation, organizing tangible action and maintaining a sustained presence on the ground. This approach is designed to harmonize AREQ's national initiatives and better align them with the realities and dynamics specific to each region.

At the same time, a survey conducted in partnership with L'Observatoire de la retraite will help identify members' concerns and back initiatives to address them.

Concrete Action

The plan is structured around three key phases: before, during and after the election campaign. Mobilization will gain momentum over time, through concrete initiatives such as sending letters to political parties, inviting party leaders to the 50th AREQ Congress, communicating survey results, organizing regional mobilization and targeting communications to boost the visibility and reach of the initiatives.

The message is clear: **seniors' purchasing power must become a priority.** It is through collective engagement and the active participation of each and every one of us that we will make this message heard and influence the public debate.



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