Instructions for email-action

***I say NO to welfare cutbacks!***

1. Create a new email and copy/paste the information into the appropriate fields

A) subject heading;

B) body of the message;

C) the emails of the Members of the National Assembly (MNA)

2. Write your name at the end of the message

3. Send the message!

Thanks for your solidarity!

Information to copy/paste into your email

1. **Subject heading to copy/paste**

I say NO to welfare cutbacks!

1. **The body of the message to copy/paste**

Members of the National Assembly,

I am writing this message to add my voice to all those demanding that you improve the income of the poorest members of our society. As you know, 750,000 people cannot meet their basic needs in Quebec: families, men and above all women who do not have enough income for housing, food, clothing, medical treatment, and transportation. In short, their income is too low for them to remain in good health and keep a sense of dignity. This situation is scandalous. You must act now to stop this scandal, so that Quebec can become a place without poverty, a place that is egalitarian and has enough for everyone.

Even more disturbing than the complacency of most of your parliamentary colleagues with regard to this great injustice are the recently announced welfare cuts – cuts that will make a terrible situation even worse. The abolition of the Temporarily Limited Capacity for Employment Allowance is despicable, but the underlying motivation is simply abhorrent.

This supplement will be abolished for certain categories of people, under the pretext of “inciting them to work.” The government is sending out the message that the income of people on social assistance is already too high and that their benefits must be reduced to “motivate” them to work. This centuries-old reasoning has been discredited by recent analysis.

In fact, of all types of households, families are those most often able to leave welfare. This is a direct consequence of the introduction of different measures to increase their income, often up to a level that allows them to cover their basic needs (Market Basket Measure, or MBM.) This demonstrates that returning to school and to work is helped, not hindered, by greater financial assistance. In other words, the Quebec government is using a facetious argument to justify these cuts, by pretending that it is in the best interests of the very people who will see their income decrease.

I add my voice to the *Collectif pour un Québec sans pauvreté* (Collective for a Poverty-Free Quebec) and demand that you recognize that the best way to “incite people to work” is to increase the income of people on social assistance. We also demand that you commit to doing everything in your power to convince the Quebec Government to abandon its plan to change the regulations of the social assistance system, and that you do this in the National Assembly and within your party, as well as in meetings you have with the media.

 (Write your name)

1. **Emails of the Members of the National Assembly to copy/paste\***

**\* Important message on email applications**

Many email services (like Hotmail or Yahoo!) will not allow you to send a message addressed to over a hundred recipients or to over a hundred people in the course of an hour. This list of MNAs (there are 125 in Quebec) has been divided into two parts so that you can send two separate messages if necessary.

**If you use a Macintosh email application,** there is a second list of emails in case the first one does not work. The second list has a comma between each address.

**The two lists to use with most email applications:**

* **First part of the MNA list**

Jdamour-rdl@assnat.qc.ca; ipelletier-rimo@assnat.qc.ca; ministre.saic@mce.gouv.qc.ca; ministre@mtq.gouv.qc.ca; dtrottier-robe@assnat.qc.ca; jmclaveau-dubuc@assnat.qc.ca; sbedard@assnat.qc.ca; ybolduc@assnat.qc.ca; ecaire@assnat.qc.ca; gdeltell@assnat.qc.ca; adrolet@assnat.qc.ca; shamad@assnat.qc.ca; slevesque@assnat.qc.ca; ministre@mess.gouv.qc.ca; jmarcotte@assnat.qc.ca; mcst-laurent@assnat.qc.ca; dtrudel@assnat.qc.ca; jboulet@assnat.qc.ca; nchampagne@assnat.qc.ca; jpdiamond@assnat.qc.ca; dstamand@assnat.qc.ca; ltrudel@assnat.qc.ca; gbolduc@assnat.qc.ca; ministre@msss.gouv.qc.ca; pparadis@assnat.qc.ca; preid@assnat.qc.ca; kvallieres@assnat.qc.ca; scardin@assnat.qc.ca; retour@pauvrete.qc.ca; parcand-moro@assnat.qc.ca; rbachand@assnat.qc.ca; lbergman-dmg@assnat.qc.ca; marguerite.blais@assnat.qc.ca; dbreton@assnat.qc.ca; presidentcabinet@assnat.qc.ca; fdavid-goui@assnat.qc.ca; cabinet@micc.gouv.qc.ca; rdesantis@assnat.qc.ca; edubourg@assnat.qc.ca; jmfournierchefopposition@assnat.qc.ca; hfgautrin@assnat.qc.ca; yjames@assnat.qc.ca; gkelley@assnat.qc.ca; akhadir-merc@assnat.qc.ca; ministre@mcc.gouv.qc.ca; ministre.famille@mfa.gouv.qc.ca; ministre@mri.gouv.qc.ca; pmarsan@assnat.qc.ca; fouimet@assnat.qc.ca; rpoeti@assnat.qc.ca; cpoirier@assnat.qc.ca; frotiroti@assnat.qc.ca; gsklavounos@assnat.qc.ca; cstpierre@assnat.qc.ca; marc.tanguay@assnat.qc.ca; theriault.lise@assnat.qc.ca; kweil@assnat.qc.ca; mcarriere@assnat.qc.ca; mgaudreault@assnat.qc.ca; airaca@assnat.qc.ca; clecuyer@assnat.qc.ca; svallee@assnat.qc.ca; gchapadeau@assnat.qc.ca; ministre@mapaq.gouv.qc.ca; andree.jolicoeur@mce.gouv.qc.ca; lorrainerichard@assnat.qc.ca; marjolaindufour@assnat.qc.ca

* **Second part of the MNA list**

lferland@assnat.qc.ca; ministre@tourisme.gouv.qc.ca; ministre-delegue@mamrot.gouv.qc.ca; jrichard@assnat.qc.ca; sylvainroy@assnat.qc.ca; cdube@assnat.qc.ca; rdutil@assnat.qc.ca; llessard-lotb-fron@assnat.qc.ca; nmorin@assnat.qc.ca; mpicard@assnat.qc.ca; aspenard@assnat.qc.ca; dvien@assnat.qc.ca; lbureau-blouin@assnat.qc.ca; fcharbonneau@assnat.qc.ca; gouellette@assnat.qc.ca; gouimet@assnat.qc.ca; sproulx@assnat.qc.ca; jrousselle@assnat.qc.ca; ccousineau@assnat.qc.ca; dhamelin@assnat.qc.ca; dgoyer@assnat.qc.ca; ministre.deleguee@msss.gouv.qc.ca; flegault@assnat.qc.ca; ministre@finances.gouv.qc.ca; avilleneuve@assnat.qc.ca; smckay@assnat.qc.ca; denise.beaudoin@assnat.qc.ca; lcharlebois@assnat.qc.ca; hdaneault@assnat.qc.ca; jduchesneau@assnat.qc.ca; spage@assnat.qc.ca; dratthe@assnat.qc.ca; rricher@assnat.qc.ca; ministre@msp.gouv.qc.ca; sbillette@assnat.qc.ca; fbonnardel@assnat.qc.ca; mbouille@assnat.qc.ca; institutions.democratiques@mce.gouv.qc.ca; ministre@mesrst.gouv.qc.ca; fhoudapepin@assnat.qc.ca; slebouyonnec@assnat.qc.ca; guy.leclair-beau@assnat.qc.ca; ministre@mels.gouv.qc.ca; ymarcoux@assnat.qc.ca; nmenard@assnat.qc.ca; pierre.moreau@assnat.qc.ca; ministre@mrn.gouv.qc.ca; epelletier@assnat.qc.ca; nroy@assnat.qc.ca; ministre@justice.gouv.qc.ca; atherrien@assnat.qc.ca; dave.turcotte@assnat.qc.ca; ministre.cabinet@mdeie.gouv.qc.ca; ministre@mddefp.gouv.qc.ca; donaldmartel@assnat.qc.ca; sylvieroy@assnat.qc.ca; sschneeberger@assnat.qc.ca; mtraversy@assnat.qc.ca**The two lists to use with a Macintosh message system, if the first ones do not work:**

* **First part of the MNA list**

Jdamour-rdl@assnat.qc.ca, ipelletier-rimo@assnat.qc.ca, ministre.saic@mce.gouv.qc.ca, ministre@mtq.gouv.qc.ca, dtrottier-robe@assnat.qc.ca, jmclaveau-dubuc@assnat.qc.ca, sbedard@assnat.qc.ca, ybolduc@assnat.qc.ca, ecaire@assnat.qc.ca, gdeltell@assnat.qc.ca, adrolet@assnat.qc.ca, shamad@assnat.qc.ca, slevesque@assnat.qc.ca, ministre@mess.gouv.qc.ca, jmarcotte@assnat.qc.ca, mcst-laurent@assnat.qc.ca, dtrudel@assnat.qc.ca, jboulet@assnat.qc.ca, nchampagne@assnat.qc.ca, jpdiamond@assnat.qc.ca, dstamand@assnat.qc.ca, ltrudel@assnat.qc.ca, gbolduc@assnat.qc.ca, ministre@msss.gouv.qc.ca, pparadis@assnat.qc.ca, preid@assnat.qc.ca, kvallieres@assnat.qc.ca, scardin@assnat.qc.ca, parcand-moro@assnat.qc.ca, rbachand@assnat.qc.ca, lbergman-dmg@assnat.qc.ca, marguerite.blais@assnat.qc.ca, dbreton@assnat.qc.ca, retour@pauvrete.qc.ca, presidentcabinet@assnat.qc.ca, fdavid-goui@assnat.qc.ca, cabinet@micc.gouv.qc.ca, rdesantis@assnat.qc.ca, edubourg@assnat.qc.ca, jmfournierchefopposition@assnat.qc.ca, hfgautrin@assnat.qc.ca, yjames@assnat.qc.ca, gkelley@assnat.qc.ca, akhadir-merc@assnat.qc.ca, ministre@mcc.gouv.qc.ca, ministre.famille@mfa.gouv.qc.ca, ministre@mri.gouv.qc.ca, pmarsan@assnat.qc.ca, fouimet@assnat.qc.ca, rpoeti@assnat.qc.ca, cpoirier@assnat.qc.ca, frotiroti@assnat.qc.ca, gsklavounos@assnat.qc.ca, cstpierre@assnat.qc.ca, marc.tanguay@assnat.qc.ca, theriault.lise@assnat.qc.ca, kweil@assnat.qc.ca, mcarriere@assnat.qc.ca, mgaudreault@assnat.qc.ca, airaca@assnat.qc.ca, clecuyer@assnat.qc.ca, svallee@assnat.qc.ca, gchapadeau@assnat.qc.ca, ministre@mapaq.gouv.qc.ca, andree.jolicoeur@mce.gouv.qc.ca, lorrainerichard@assnat.qc.ca, marjolaindufour@assnat.qc.ca

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