

fadoq

Région
île de Montréal

Le Montréal FADQ

SUMMER 2024 | VOLUME 27, NUMBER 4

SUMMER PROGRAMMING

REGISTRATION BEGINS: JUNE 11th

THE PLEASURE OF REUNIONS

MOODS OF A BABY BOOMER

TRAMWAY IN MONTREAL

HISTORICAL CHRONICLE

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Table of Contents

A word from the president	3
Bulletin Board.....	4
Programming.....	5
The pleasure of reunions	8
Healthy hearing to add to life's enjoyment!.....	9
Historical chronicle	10

Have you received a renewal notice?

When you receive your renewal notice by mail or email, it's important to complete it and return it as soon as possible so that you can continue to enjoy activities, discounts and other privileges. It's all the more important if you want to take advantage of the discount offered by Intact Insurance. In fact, it's important to have your FADOQ card in good standing in case you have to make a claim.

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To continue receiving our communications, notify us as soon as possible at 514 271-1411, extension 221, or by email at info@fadoqmtl.org.

To reach us

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Le Montréal FADOQ

Summer 2024, Volume 27, Number 4

Randy Soumahoro *Editor-in-chief*

Valentina Vlassova *Graphic design*

Printing SOLISCO

4 promos FADOQ
pour vos lunettes
ou verres de contact!

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A WORD FROM THE PRESIDENT

As the sunny days of summer loom on the horizon, I am delighted to present our summer programming for 2024. As always, we have worked with creativity and made the necessary efforts to offer you a variety of activities that will brighten up your summer, enrich your experiences, and strengthen ties within our community.

At the heart of our program, we have planned a big picnic, a lively and friendly open-air event where you can chat, play and enjoy the good weather. In addition, our walking club will provide you the opportunity to discover the wonders of our beautiful region by means of safe and pleasant hikes. And for those looking for adventure, don't miss our one-day getaway to Mauricie, an enriching experience that promises unforgettable memories.

This year, we are also proud to be organizing the Multiregional Golf Tournament at the Glendale Golf Club

in Mirabel, in collaboration with the FADOQ des Laurentides, Lanaudière, Laval, Mauricie and Outaouais regions. A great event that will bring together golf enthusiasts from our community for a day of competition and camaraderie.

On another note, we are delighted to present in partnership with the Théâtre Déchaînés, an original theatrical creation on love scams to mark the world day against abuse. A play that will highlight the issues of financial abuse and fraud that will allow in-depth reflection on these important issues.

Finally, the days at the Maison de la culture Côte-des-Neiges as part of the project "Art and culture as a tool for resilience" will be an opportunity to discover and appreciate the artistic riches of our community, thanks to the generous support of the Fonds d'innovation et de rayonnement de la métropole.



be full of promise, I invite you to take full advantage of all these opportunities and create memorable memories with your loved ones. May your summer 2024 be filled with joy, discoveries and unforgettable moments.

Your president,
Jocelyne Wiseman

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Sugar shack

It was with sun in the sky and joy in our hearts that we went to the Charbonneau maple grove in Mont-St-Grégoire on March 27th. The place offered us a warm welcome, a hearty, diverse and sweet meal!



Here are some comments received:

“I loved everything about this experience, especially since the sun showed up.”

“For me, it was very pleasant to share the trip with Mrs..., whom I did not know and to have had a meal with other members with whom I got to know.”

A look back at the Guy Vermette conference

Last Friday, March 15th, the Hôtel Universel was the scene of a most enriching conference, hosted by the guide, author and speaker, Guy Vermette. Under the theme “Nourishing our Resilience”, this event was met with much enthusiasm by our attending members.

We delved into the heart of the different dimensions of resilience, exploring with passion and curiosity the ways to cultivate it on a daily basis. Thanks to Mr. Vermette's valuable teachings, our members gained new perspectives on how to face the challenges that life presents with strength and determination.

We would like to express our deep gratitude to all our members who attended. A special thank you to Mr. Vermette for his generosity and his enthusiastically shared expertise.



PROGRAMMING

REGISTRATION BEGINS: **TUESDAY, JUNE 11TH, 9 A.M.**

FADOQ.CA WORKSHOPS

Our workshops will be on break during the summer season

RENDEZ-VOUS DES MARCHEURS



Walking Clubs

Walk in good company through the trails of Maisonneuve Park, Jarry Park and Frédéric-Bach Park for a 3-to-6-kilometer journey.

Dates: Mondays, from July 1st to September 9th (Health or rhythmic walk)

Time: 10 a.m. to 12 p.m.

Meeting place:

Maisonneuve Park Chalet,
4601 Sherbrooke street East

Cost: \$5 - 10-week session

Dates: Tuesdays, from July 2nd to September 3rd

Time: 10:30 a.m. to 12:30 p.m.

Meeting place:

Parcours Gouin, 10905
Basile-Routhier Street (near
Henri Bourassa metro station)

Cost: \$5 - 10-week session

Dates: Fridays, from July 5th to September 6th

Time: 10 a.m. to 12 p.m.

Meeting place:

Frédéric-Bach Park Rotunda,
at the end of Paul-Boutet
Street, corner Jarry

Cost: \$5 - 10-week session

For a safe and pleasant hike, think about the essentials: bottle of water, sunscreen, hat, closed shoes and proper clothing according to the temperature.

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PROGRAMMING

SPORTING ACTIVITIES



Cardio-Vitalité Workout

This program offers a pace and intensity that allows you to train at your own pace. Mandatory equipment: Exercise mat and elastics (You can purchase the equipment on site at a cost of \$48.50 + tax)

Cost: \$157 - 1 time per week
\$245 - 2 times a week

Maisonneuve Park

Dates: Tuesdays and/or Thursdays, from June 24th to September 6th

Time: 9 a.m. - 10 a.m.

Location: Maisonneuve Park Chalet, 4601 Sherbrooke Street East

Lafontaine Park

Dates: Tuesdays and/or Thursdays, from June 24th to September 6th

Time: 9 a.m. - 10 a.m.

Location: Calixa-Lavallée Cultural Center parking lot, 3819 Calixa-Lavallée Avenue

Outremont Park

Dates: Tuesdays and/or Thursdays, from June 24th to September 6th

Time: 9:30 a.m. to 10:30 a.m.

Location: Monument to the Braves of Outremont (corner of McDougall Avenue and Elmwood Avenue).

SUP lessons

Explore the Lachine Canal Historic Site while learning the origins of SUP, equipment and safety requirements, different calm-water paddling techniques, and the importance of stability through practical exercises. This lesson aims to teach participants how to control their SUP so they can go further and faster!

Content: Standing, balancing, falling and getting back on the board, paddle strokes and safety equipment.

Date: Wednesday, July 17th

Time: 10 a.m. to 12 p.m.

Location: Lachine Canal Nautical Centre, 2727 St-Patrick

Cost: \$60



Kayak lessons

This course is a great way to learn the basics in just two hours. You will learn how to paddle efficiently and control your kayak so that you can spend more time enjoying the sport rather than being frustrated by poor technique. Kayaking is easy... with the right technique!

Contents: Entering the kayak, front and backwards paddling, rollover bracing, safety equipment.

Date: Wednesday, July 31st

Time: 10 a.m. to 12 p.m.

Location: Lachine Canal Nautical Centre, 2727 St-Patrick

Cost: \$60

Rabaska tour

On this tour, we'll learn about the history of the canal and surrounding neighborhoods while travelling directly south of downtown, offering unique views of the city.

Date: Wednesday, August 7th

Time: 10 a.m. to 12 p.m.

Location: Lachine Canal Nautical Centre, 2727 St-Patrick

Cost: \$18

CULTURAL OUTINGS

Complete Bach II Brandenbourg Concertos

The reputation of the Friborg Baroque Orchestra, prince among European orchestras, transcends borders: crowned with multiple prizes for a discography among the most extensive of our time, the famous German phalanx



LE FESTIVAL DE
lanaudière

offers us a panorama in the form of a kaleidoscope of the world of Bach - exclusively in North America - through his famous Brandenburg Concertos, including the music of his equally famous contemporary, Antonio Vivaldi. An imaginary meeting between two giants, which marks the return of the orchestra to Quebec, after 10 years of absence.

Date: Sunday, July 14th at 2 p.m.

Departure time:

12 p.m. from 7600
Sherbrooke Street East

Return time: 5:30 p.m.

Location: Fernand-Lindsay
Amphitheatre, Joliette

Cost: \$58 in section A,
transportation included
\$78 in section A+,
transportation included

PROGRAMMING

OUTINGS STAYS



Apple outing

Day at the Denis Charbonneau Orchards and Cider House, including transportation, bag of apples (5 lbs), tractor ride and meal at the Crêperie.

Date: Thursday, September 19th

Departure time:

9:30 a.m. from 7600
Sherbrooke Street East

Return time:

4:30 p.m.

Location: Denis Charbonneau orchard
and cider house,
Mont-Saint-Grégoire

Cost: \$55

Ontario Mennonites (GVQ)

Discover the Mennonite culture of Ontario during a short 4-day getaway! The first Mennonites to arrive in Canada settled towards the end of the 18th century in southern Ontario. Today, there are more than 200,000 Mennonites in the country. Some, like the Old Amish Order and Old Mennonites Order, still turn their backs on all technology and live in traditional ways. On this tour, you will also have the chance to take a cruise through the Thousand Islands and travel aboard a historic train. End the tour in style with a visit to a vineyard. Adventure awaits!



Date: Tuesday, August 6th to Friday,
August 9th

Cost: \$1029 per person. Double Occ.
Including: Transportation,
Accommodation for 3 nights,
7 meals, guide and activities
on the program

Huron-Wendat Museum and the Tilly Orchard (GVQ)

Guided tour of the sites of the Huron-Wendat Museum and the Long House in the territory of Wendake, in the suburbs of Quebec. Lunch at the very famous La Traite restaurant located in the Hôtel-Musée des Premières Nations. In the afternoon, take part in apple picking at the Cidrerie Saint-Antoine. This cider house specializes in the artisanal production of ice ciders, light sparkling cider, and mistelle which have won several prizes in various Quebec and pan-Canadian competitions. Additionally, they only use products approved for organic production.

Date: Sunday, September 8th

Cost: \$179 including transportation,
tours, guide and lunch



Consult the website fadoq.ca/en/ile-de-montreal/leisure-and-events

“

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The pleasure of reunions

By Odette Bourdon

In this column, Odette Bourdon addresses, in her own way, the small pleasures of everyday life as well as social or human issues, societal issues, policies or decisions concerning seniors and the place given to them. Observation and dissent are also on the menu.

Summer is the perfect opportunity to organize family gatherings, meetings with long-lost friends, former colleagues or to making new connections with recent acquaintances.

Acadians have clearly understood this since they organize the World Acadian Congress every five years. On this occasion, many families of Acadian origin – sharing a surname – take the opportunity to meet up. These reunions span several days and take place in several cities in the Maritimes. A friend has already found a multitude of cousins, uncles, aunts... coming from all over Canada. Some have even crossed oceans to find their land of origin. This summer, the event will take place in August. Activities, gatherings and conferences are planned and will be aimed at both young people and seniors.

Family Reunions

Be they modest or more imposing, family reunions are a must during summer. Last summer, I found myself in Mascouche for a gathering of Bourdons, all from a nuclear family of 17 children! Three cousins had generously organized this meeting which remains unforgettable. I saw cousins there whom I have rarely seen and their children, grandchildren and even great-grandchildren... as well as their canine friends! A memorable gathering, a magnificent party! Old photos were placed on a

large table recalling old memories or allowing the discovery of little-known shots. Wedding or family photos, back when taking a photo was an event. The subjects were “posing” and could not move. Then, over time, cameras became easier to use and more common and the subjects appear more natural.

Today, for the majority of people, smartphones have replaced cameras and go as far as shooting films!

Reuniting With Former Colleagues

Reunions also allow former work colleagues to see each other again. Ex-journalist at the late *Montréal-Matin*, I regularly see my former comrades. Tightly woven bonds that are difficult to describe unite us. There is always a lot of happiness to be found in the small room of Café Chérier!

If we then realize the passage of time and deplore the disappearance of some acquaintances, these encounters make us realize the happiness and the privilege we had in exercising a profession that we loved. Memories jostle through our minds and anecdotes follow one another, sometimes altered by memory or



Reunion of Montréal-Matin alumni in 2018, 40 years after closure

verbal inflation! For a few hours, we find ourselves young... with the future ahead of us!

Conventions or meetings of alumni from the same educational institution or the same university create the same phenomenon. It's like time travelling! Although people change over the years, the essence remains. Sometimes you can only identify people by their voice and a certain look.

Life goes by so quickly. Why not take advantage of the summer to reunite with these long-lost people, these neglected relatives, these childhood friends, or even reconnect with that old aunt who was so adorable?

Believe me, seeing people from your past makes you feel old... but also young!

Happy reunion!



Healthy hearing to add to life's enjoyment!

The month of May every year is an important time to raise awareness about the importance of healthy hearing, because it's hearing month.

Taking care of your hearing health means rediscovering your world

Healthy hearing is much more than just hearing well. It's the clarity in understanding speech, the precision of the sounds that fill our daily lives, the connection with our environment. It influences our communications, our social interactions and even our emotional well-being.

Healthy hearing represents a precious connection with those around us and everything that makes up our lives. Whether with our loved ones, at work or during our leisure time, our ability to interact and share is continually enriched by healthy hearing.

Hearing health professionals at your service

The Lobe clinic network facilitates access to hearing health care by offering a unique multidisciplinary approach, where all hearing health professionals can be found under one roof: ENT doctors, audiologists, hearing aid specialists and specialized educators.

For more than 20 years, these professionals have been committed to changing lives by breaking the isolation caused by hearing loss. Each year, they seize upon the month of May, which is dedicated to hearing, as a privileged period to inform and encourage the population to take care of their hearing.

Have Your Hearing Checked

Do you have any doubts about the quality of your hearing? Make an appointment for a free* hearing health consultation, which includes a summary hearing assessment. This service is offered in Lobe clinics.

**Just one call.
We take care of you.**

During the hearing health consultation, you will be invited to talk about your daily listening and communication difficulties. You will also receive information about the importance of healthy hearing and the impacts that hearing loss can cause.

The consultation continues with a summary hearing assessment. Depending on the results obtained, you will be referred, if necessary, to another hearing health professional to continue the process.

Your hearing health deserves your full attention, because every moment deserves to be heard.

To make an appointment at a Lobe clinic, call 1 866 411-5623.



Marie-Josée Taillefer
Lobe clinics and hearing health ambassador

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Tramway in Montreal – 1861 to 1959

By Stéphane Tessier

The “p’tit char” as it was called travelled the streets of Montreal from 1861 to 1959. This world of public transport was revolutionary.

From 1861 to 1892, the horse-drawn tramway was pulled by horses. In summer the vehicle was on wheels then on a sleigh in winter. There were two horses per vehicle. At the foot of the hill leading to Sherbrooke Street, a pair of horses were there to be able to climb that slope!

During the horse-drawn period, passengers could request to get off at a specific location. They could ask the driver to wait for them while they ran an errand. This allowed the horses to rest!

The horse-drawn network was not very extensive. The Montreal City Passenger Railway company had four routes:

- 1 - Notre-Dame/Saint-Antoine;
- 2 - Sainte-Catherine/Saint-Laurent;
- 3 - Dorchester (René-Lévesque);
- 4 - McGill/Wellington.

Electrification revolutionized the way people travelled. In the era of horses, the tram was little or not used by the working class, since it was too expensive (6 to 10 cents per passage). The electric tram was much more affordable.

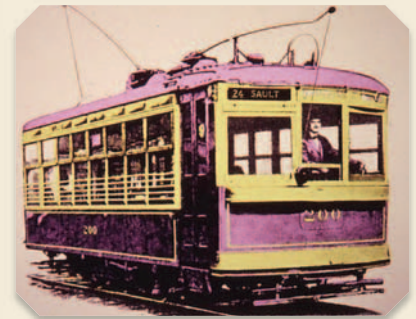


Scene in Saint-Henri in the middle of a working-class neighborhood in 1945
Credit: BANQ – Funds: Conrad



Plan of the Montreal tramways company network in 1914
Credit: Montreal City Archives

Workers lived near their place of work. they travelled on foot, because the horse and later the automobile were unaffordable. Working-class neighborhoods were densely populated and highly urbanized. The tramway led to the accessibility of the suburbs of the time such as Plateau Mont-Royal, Rosemont, Ahuntsic, Villeray, etc. Far from noise and unsanitary conditions.



Tramway #24 – Sault-au-Récollet Line
Credit: Ahuntsic-Cartierville Historical Society – Cité Historia Fund



Horse-drawn tramway at the Canadian Railway Museum
Credit: Stéphane Tessier



Winter horse-drawn tramway at the Canadian Railway Museum
Credit: Stéphane Tessier

HISTORICAL CHRONICLE

For these suburban municipalities, the establishment of a tram route on their territory was essential. The p'tit char transported workers to factories and customers to businesses. It made these areas places more interesting for businessmen looking to establish their businesses and industries. It also increased the land value of properties often belonging to municipal councillors! These elected officials were often the administrators of private public service companies such as aqueducts, sewers, electricity, tramways, etc.

The territory of the island of Montreal was shared between several tram companies. There were several companies at the end of the 19th and beginning of the 20th century, including the Montreal Street Railway. A tourist circuit was inaugurated which led to the summit of Mount Royal. This circuit was numbered #11. The bus that takes you there today has the number...11! This service raised questions about accessibility to the Mont-Royal Parck versus its preservation. This debate pitted two visions against each other. The French-speaking working class demanded greater accessibility to green spaces. While the English-speaking elite maintained that a tramway on the mountain was blasphemy. This tram line was in operation from 1930 to 1957.

Companies like Montreal Park and Island and the Montreal Island BeltLine served locations where there was still a rural community. They brought the working class to the Rivière des Prairies or facing the river at Pointe-aux-Trembles. The tram would democratize access to cottage country which was until then a privilege of the wealthy classes. These companies' terminals were often entertainment locales such as the famous Belmont Park.

There was usually a staff of two on trams. The engine guard who drove the vehicle and the collector who walked among the passengers to collect the fare. One day, they introduced the P.A.Y.E. system. (Pay as you enter) where passengers paid by boarding from the front. It was not obligatory to have the exact amount, because they gave change!

The tram was gradually withdrawn. Then on August 30, 1959, it was the end, a parade of trams from all eras was organized on Papineau Avenue and they parked for one last time in the building located at the corner of Mont-Royal and Fullum. Most vehicles made from wood would be destroyed by fire. Several examples have been preserved, they can be seen at the Canadian Railway Museum in Saint-Constant: horse-drawn vehicles, the first electrified tram nicknamed "The Rocket" and several others.

The disappearance of the tramway is an eloquent example that Quebec is a North American society. Following the Second World War, transport infrastructure was devoted to the new queen, the automobile. In recent years, urban centres have been saturated in their capacity to accommodate the number of automobiles. They are questioning the quality of life and the place of the automobile in the city. Getting around differently is reminiscent of the debate raised by the establishment for a route reaching the summit of Mount Royal.



Bout-de-l'Île terminus near the Montreal Hunt Club in Pointe-aux-Trembles in 1921
Credit: Société de transport



Device for money worn on the belt
Credit: Stéphane Tessier



Collection box
Credit: Stéphane Tessier



Maintenance workshop for trams (4505 Fullum Street)
Credit: Société de transport de Montréal Archives



A tram destroyed by flames
Credit: Société de transport de Montréal Archives



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