

fadoq

Région
île de Montréal

Le Montréal FADQ

FALL 2024 | VOLUME 28, NUMBER 1

SUMMER PROGRAMMING

REGISTRATION BEGINS: SEPTEMBER 3rd

SALON DU CHOCOLAT DE MONTRÉAL

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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.

Have you moved?

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

7537 St-Hubert Street,
Montreal (Quebec) H2R 2N7

514 271-1411 | info@fadoqmtl.org
fadoq.ca/ile-de-montreal

Le Montréal FADOQ

Fall 2024, Volume 28, Number 1

Randy Soumahoro *Editor-in-chief*
Valentina Vlassova *Graphic design*
Printing SOLISCO

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An autumn of sharing and new perspectives



Fall is upon us, bringing new opportunities and enriching moments, and I am delighted to share recent achievements and what we have in store for the next season.

I would first like to express my pride in the resounding success of the 25th edition of the FADOQ Games. This emblematic event once again demonstrated the vitality and sportsmanship of our members. Your enthusiastic participation and contagious energy made these Games a memorable celebration of physical activity and well-being at all ages.

I would also like to welcome our two new directors, elected at our annual general meeting on April 26th. Mr. Daniel Demers, with solid experience in communications, marketing and advertising, as well as Mr. Jocelyn Cormier, expert in communications and philanthropy, will enrich our board of directors with their valuable skills. Their sincere commitment to our mission of social inclusion and well-being for seniors is an invaluable asset. Congratulations also to those who renewed their mandate, demonstrating their continued dedication to our cause.

This year again, we demonstrated our commitment to important issues for our community. On June 15th, as part of World Elder Abuse Day, we had the pleasure of presenting the play “Parlez-moi d’amour”. Born from our partnership with the Service de police

de la Ville de Montréal (SPVM) and the Théâtre Déchaînés team, this moving performance not only raised public awareness of this crucial issue, but also reminded us of the importance of love and respect at all ages of life.

Another highlight of our summer programming was Culture Days, from June 11 to 13, 2024, at the Maison de la culture Côte-des-Neiges. The “Art, engine of resilience for seniors” project offered a series of inspiring events, highlighting the transformative power of art in our lives. This great initiative was made possible thanks to a fruitful partnership with institutions and organizations such as the Metropolitan Region Secretariat, the Ministry of Municipal Affairs and Housing, as well as the Montreal Maison de la culture Côte-des-Neiges. Their commitment and valuable financial support were essential to the realization of this great initiative.

As we look toward fall, I invite you to discover our rich and varied programming. Whether you are a culture lover, a sports enthusiast or simply looking to meet new people, you will undoubtedly find activities that will please you and stimulate your curiosity. I am particularly happy to announce our partnership with the Salon du Chocolat de Montréal, which will be held from November 8th to 10th. FADOQ members can benefit not only from exclusive discounts available in the Discounts section of our website, but will also be entitled

to unique experiences including a private demonstration by a chef chocolatier which will be announced in the coming days. This season promises to be rich in flavours and discoveries!

In this time when nature reminds us of the beauty of change, I encourage us collectively to remain open to new experiences and to continue to build valuable connections within our community. Each season brings its share of challenges, but also opportunities to grow, learn and flourish together.

Finally, I would like to emphasize the importance of your active participation in our activities and initiatives. It is thanks to your commitment and enthusiasm that FADOQ - Région Île de Montréal continues to prosper and have a positive impact in the lives of seniors.

I wish you an autumn filled with discoveries, enriching encounters and moments of shared joy. Let's take full advantage of the beautiful season ahead!

Your president,
Jocelyne Wiseman

A look back at the 25th FADOQ Games evening closing gala

On May 30th, we closed the 25th edition of the FADOQ Games with a memorable evening gala. An event that brought together our members in a festive atmosphere filled with dance, music and fun.

Thank you to everyone who made this event a success, from the organizers to the volunteers to the participants.

Congratulations to all the people who took part in the competitions in one way or another. We look forward to seeing you again for the next edition of the FADOQ Games!



Celebration of Mrs. Irma Bégin: A century of inspiration

This fall issue also highlights an exceptional member of our network, Ms. Irma Bégin, who celebrated her 100th birthday on August 17th. This is a great moment for her, for us, and for the Card-playing Club of the Friends of the Old Mill of Pointe-Claire of which she is a part.

Ms. Bégin perfectly embodies the idea that we can stay active at any age, a commitment that we promote at FADOQ. Her attendance at club activities, notably the Wednesday card-playing get-togethers which she always attends with her children



Yves, Jocelyne, Christiane and Lise, all members of the club, is a source of inspiration for us.

Once again, happy birthday, Ms. Bégin! Your presence among us is an honour and a constant source of inspiration and we look forward to celebrating many more precious moments together.



The Salon du Chocolat is set to arrive in Montreal.

Following its undeniable success in Paris, Montreal is set to host the inaugural Canadian edition of the Salon du Chocolat on November 8, 9, and 10, 2024, at the Complexe Desjardins. The event caters to a diverse and delightful audience of all ages, providing a chocolate experience for enthusiasts of all ages. Moreover, the Salon du Chocolat features networking opportunities for professionals in the industry, establishing itself as a versatile event tailored to all chocolate aficionados.

PROMOTIONAL CODE FOR MEMBERS OF FADOQ-MONTREAL ISLAND REGION: FADOQRMTL10



DISCOVERIES

Join us on the chocolate journey. Explore the process and products originating from cocoa to our dessert tables.



DEMONSTRATIONS

Witness live demonstrations by top pastry chefs from Canada and around the world. Delight in exclusive recipes.



TASTINGS

Explore the confections crafted by our chocolatiers and sample the cocoa delicacies at the upscale bakery.

Including activities for groups and families!

For additional details, please visit www.montrealsalonduchocolat.com or contact info@montrealsalonduchocolat.com.



COLUMN 1 INFO- PREVENTION



A brand-new column is making its debut in your Montréal FADOQ Bulletin! Presented by the Police Department of the City of Montreal, the Info-Prevention column will inform you about different problems and make you aware of various issues related to fraud and mistreatment.

This first column invites you to reflect on society's perception of victims of fraud. What comes to mind when you hear that someone was cheated by a fraudster who posed as their child or grandchild

experiencing a precarious situation? Or what do you think of a person who realizes, after two years, that their virtual lover is actually a fraudster who betrayed them and took hundreds of thousands of dollars from them?

We all have the same reaction; "C'mon! Impossible that the victim did not realize it! If I had been in their place, I would have seen the scam, I would not have been caught." This is often what victims say to themselves ... before getting caught up in a fraud themselves.

The first and ultimate tip that will allow you to protect yourself and adopt safe and informed behaviours is to remember that everyone is susceptible to being a victim of financial fraud. All it takes is for scammers to contact you at a time when you are more vulnerable. It is also possible that they succeed in making you lose all your means by creating a false emergency, therefore by placing

you in a vulnerable situation. In either case, the person who wants to defraud you will end up taking away all your choices to present you with just one that will push you to act. Without even realizing it, you will have been manipulated.

Never think of yourself as immune to the situation. Even if you are a cautious, careful and savvy person, it only takes one moment when you are at higher risk for the fraudster to sneak up on you, making you his next victim.

By recognizing that no one is safe from this type of incident, we help to reduce judgment towards victims of fraud and, at the same time, we ensure that we remain ever more vigilant.

Sergeant Sébastien Hébert
Strategic Advisor
Prevention strategy and
community relations module
Urban Prevention and Safety Division
City of Montreal Police Department

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PROGRAMMING

WALKERS RENDEZ-VOUS

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

Walking Club

To properly prepare for the season, during your club's first walk, there will be a health capsule followed by a question period with Raphaëlle Ladouceur, kinesiologist.

Walk in good company through the trails in different Montreal parks for a journey of 3 to 6 kilometres.

Cost: \$5 – 12-week session

New!

You want to resume walking following an injury, walk more slowly than existing clubs? Here is a walking club accompanied by a kinesiologist for you! Limited places.

Adapted Walk

Location:

Maisonneuve Park Chalet,
4601 Sherbrooke St. East

Date: Mondays, from September 16th to December 2nd

Time: 1:45 p.m. to 2:45 p.m.

Maisonneuve Park Chalet,
4601 Sherbrooke St. East
Healthy and rhythmic walk

Date: Mondays, from September 16th to December 2nd

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

Gouin Trail Reception Pavilion
(Henri-Bourassa metro),
10905 Basile-Routhier St.
Rhythmic Walk

Date: Tuesdays, from September 17th to December 3rd

Time: 1:30 p.m. to 3:30 p.m.

Frédéric Back Park, at the end of Paul-Boutet St., corner Jarry (at the rotunda)
Rhythmic Walk

Date: Fridays, from September 20th to December 6th

Time: 1:30 p.m. to 3:30 p.m.

SPORTING ACTIVITIES

Intro to Guides Meditation

Join Julie Nadler for an introduction to Yoga Nidra meditation. Julie will explain the many benefits of meditation; she will then guide you through meditation. Yoga Nidra meditation retrains the nervous system to relax and calms down the body and mind. It is easy to do, and it is a practice that can be done by everyone regardless of age, or physical ability. All that is required is to sit or lie down and listen. It is a deep relaxation that brings us to a place of rest, quiet and clarity. You will also learn deep breathing techniques.

Dates: Nov. 13th

Time: 3:30 p.m. to 4:45 pm

Location: Virtual

Price: Free

The Body Shop

This class will focus on building strength in the entire body from the ground up! Movements will be a combination of upper & lower body exercises, with an emphasis on core rotation, stability, and posture. A chair can be near for added support; however, exercises will be done standing.

*This exercise program is intended for a general audience and may not be suitable for everyone. At any time, if you feel discomfort, pain, dizziness, or your heart is beating abnormally, stop exercising immediately and consult a health care professional if necessary.

Dates: Tuesdays, Oct. 1st – Dec. 17th

Time: 4 p.m. to 4:45 pm

Location: Virtual

Price: Free

Therapeutic Yoga for stressful times

Welcome to Yoga with Dorit. In these stressful times for all of us, this gentle therapeutic yoga program will share practices that will help to reduce symptoms of stress and anxiety, while at the same time, strengthening the body and lifting our spirits as a community. The class combines gentle movement, breathing practices, short guided

visualizations, and other yogic tools that (with time & practice) will calm the nervous system, strengthen the body, improve balance and focus. You'll see a noticeable decrease in physical tension and in symptoms of your anxiety, while feeling emotionally stronger and more stable.

Dates: Thursday, Oct. 31st

Time: 3:30 p.m. to 5 pm

Location: Virtual

Price: Free

CULTURAL OUTINGS

Kings and Queens of Pop Rock

Embark on an electrifying journey through the vibrant world of Pop Rock, exploring some of the legendary artists who have defined and revolutionized the genre. This course delves into the lives, music, and cultural impact of the Kings and Queens of Pop Rock, offering a comprehensive understanding of their contributions and lasting legacies.

Jordan Klapman, a seasoned music historian and enthusiast, brings years of experience in studying and teaching the evolution of modern music genres. Their passion for Pop Rock and extensive knowledge will provide you with a deep, nuanced understanding of the subject.

Dates: Barbra Streisand – Oct. 31st

Billy Joel – Nov. 7th

Paul Simon – Nov. 14th

Bette Midler – Nov. 21st

Time: 2 p.m. to 3 pm

Location: Virtual

Price: Free

Memorable Melodies

Come warm up your voice and your body during these interactive live concerts, presented in collaboration with La Sams. Explore music from the past and elsewhere at the Cummings Center.

Dates: Mondays, September 9th, October 7-21st, November 4th and 18th and December 2nd

Time: 2 p.m. to 3 p.m.

Location: Cummings Centre, 5700 Westbury Avenue, Montreal

Price: Free

OUTINGS/TRIPS

Outdoor day at Mont-Tremblant National Park

With its six major rivers and its 400 lakes and streams, Mont-Tremblant National Park is a true paradise for canoeists! A rich amalgam of Quebec's natural and historical heritage, it is the largest and oldest park in the network. The presence of 40 species of mammals, including wolves, testifies to the wild character of the territory and its immensity.

Date: Sunday, September 29th

Departure time:

8 a.m. from the Montreal Bus Terminal (Berri-UQAM) Platform No. 3

Direction:

Lake Monroe Discovery Centre
Boarding time for return: 5 p.m.
Estimated time of arrival: 7 p.m.

Cost: \$55 including transportation and access to the park. Bring your lunch, your walking shoes, water, clothing adapted to the temperature and your backpack!

The Santa Claus Express

Come experience the magic of Christmas and discover the German Christmas Market or the Petit-Champlain district. Then, the next day, board the Charlevoix Train! The Santa Claus Express offers a festive experience with songs, music and you'll even meet the REAL Santa Claus and his elves. Admire the magnificent landscapes while rediscovering Charlevoix and its villages.

Dates: November 28th to 29th

Cost: \$429 per person. Double Occ.

Christmas Markets in New York

The city most represented on cinema screens, from King Kong to Woody Allen, New York nevertheless retains its captivating mystery and all its magic. This magic is expressed even more during the holiday season, when the city lights up with a thousand lights. On this tour, admire the famous Rockefeller Center tree, explore illuminated New York and discover the many Christmas markets.

Dates: December 6th to 9th

Cost: \$829 per person. Double Occ.

ÉVÉNEMENT



As part of International Seniors' Day, let's mobilize! This important gathering will provide a showcase for people and organizations who have acted and continue to act in the face of the various issues and realities of aging.

Date: October 1st

Time: 10 a.m.

Departure location:

Jeanne-Mance Park

Ending location:

Lafontaine Park with picnic and musical performance

Cost: Voluntary contribution

Please keep an eye out for our newsletter for registration!

Parlez-moi d'amour: a look back at a necessary show

Last June, 4 performances of the show *Parlez-moi d'amour* were presented in Montreal as part of the World Day Against Elder Abuse. Nearly 250 people had the chance to attend the documentary theatre play on financial abuse and fraud.

The mandate for this original creation was entrusted to the Théâtre Déchaînés company at the request of a working committee bringing together the City of Montreal Police Department, the Regional Coordination of the plan to combat mistreatment of seniors and the FADOQ Région île de Montréal. Thanks to a financial contribution from Info-Crime Montréal, the show was

able to travel to different seniors' residences in order to bring its message directly to this audience. Documentary theatre, through its ability to reflect reality, constitutes a means of raising awareness that facilitates understanding of the issues presented and encourages indulgence towards people struggling with these issues. Based on real testimonies, director and author Mathilde Benignus offers a work that is both impactful and sensitive. At the end of each performance, the public is able to chat with various guest speakers present, including the show production team, a socio-community agent from the SPVM and leaders of community organizations from the boroughs



visited. These exchanges give rise to empathetic discussions and enable the distribution of support resources.

Faced with this confirmed success, the working committee behind the project continues to work in concert with Théâtre Déchaînés with the aim of deploying this show to the vast network of seniors' residences on the island of Montreal and elsewhere.

The FADOQ Région île de Montréal is proud to have contributed to this project, which could not have been possible without all the partners involved who fight, each in their own way, to counter fraud and mistreatment of seniors.



The great nostalgia

By Odette Bourdon

Last February, my friend Lucille entered the last year of her seventies! So, I called her to wish her a very happy birthday with wishes for happiness and joy of all kinds, and let's not forget health!

Waxing melancholic, she spontaneously admitted that she was feeling a "great nostalgia..." these days. Her husband died a few years ago, a new lover has also disappeared, her siblings have shrunk to nothing, friends are no more and her sons, otherwise very attentive, are no longer her "little boys." They have become wonderful adults; very present and sensitive to their mother's nostalgia; they encourage her to have projects. But life has changed colour. Nostalgia has found a place to reside...

To each their spleen

The feeling of longing for something lost experienced by my boarding school friend awakened my own very personal languor. Bereavements, both family and friends, add up... The older you get, the worse it gets. Not that my dear dad had not warned me though. At 88 years old, his work buddies, his friends, could be counted on the fingers of one hand!

The cultural universe in which we were immersed is disappearing. Funeral ceremonies follow one after the next. The artists who coloured our beautiful years are giving up the ghost. We had already mourned Léo Ferré, Jacques Brel, Claude Léveillée, Moustaki, Nelly

Arcan, Renée Claude, André Brassard; add to those more recently Karl Tremblay, Michel Côté, Jean-Pierre Ferland, Bernard Pivot, Françoise Hardy ... our artistic baggage, our box of memories, the decor of our youth, the world which gave us "Peace and Love" - "Make love, not war" - is being replaced by individualism and submission to the dictates of this new artificial intelligence. Wars drag on, fuelling collective cynicism.

A new universe

Even the vocabulary has changed. We avoid gendering subjects. We now talk about a person with a uterus to evoke a woman. The periphrase has gained ground! The French language - even that spoken on state radio and television - has integrated English words with guilty ease. We write in bilingual French ... and proudly, at that! Some actors speak with "such

soft mouths", as Madame Audet would have said, that you have to use subtitles to understand.

We say we are preparing for an eco-responsible future. Everyone has their own little electric car ... but we forget about public transport. Social projects have fallen out of favour.

Happily, I assure you, everything is not bad. If I deplore the disappearance of local newspapers, I applaud toilets for everyone, because during intermission at the theatre, the line is always much longer on the women's side!

And to end on a more optimistic note, this magnificent phrase from my dear Émile Zola: **"Nothing is ever finished; only a little happiness is needed for everything to begin again."**

I sincerely wish you this "little happiness" that will brighten up your daily life!



Hearing health speaks to everyone.

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** The Peace of mind+ program is available until December 31, 2025. Eligibility and program terms and conditions are subject to certain conditions. See clinic for details.

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Volunteering: actions that promote health and well-being!



Volunteering is a valuable form of social participation, offering a multitude of benefits.

Indeed, by getting involved in volunteer activities, you not only offer your time and skills to the community, but you also reap countless benefits for your health and well-being. Maintaining social connections and remaining active members of the community, even at a very advanced age, contribute to reducing mortality and promoting healthy aging, just as much, if not more than other preventative approaches such as stopping smoking, physical activity and blood pressure control.

Volunteering is above all a form of altruistic contribution to the community. It's based on three fundamental principles: free choice, non-remuneration and exchange. There are two forms of volunteering: formal and informal. If you've ever helped a neighbour shovel snow from their driveway, congratulations, you've already done some informal

volunteering. It's the action of offering one's time spontaneously and in a spirit of solidarity.

Formal volunteering, for its part, is carried out mainly within non-profit organizations, on an occasional or regular basis, in person or remotely, alone or in a group. You have the freedom to choose the type of volunteering that matches your interests, your availability, and the way you want to get involved.

Volunteering offers many personal benefits

- Feel useful and fulfilled
- Give meaning to your life or your actions
- Have fun!
- Feel less stressed
- Keep learning and try new things
- Meet new people and break isolation
- Take part in positive change in your community
- Develop a mentor and skills transfer relationship

You feel like trying it, but you don't know what steps to take? Why not ask around? You would probably be surprised to learn that one or more of your loved ones are already involved in some form of volunteering and could provide you with valuable information to guide you. The Volunteer Bureaus offer a bank of varied offers through which you will certainly find an activity that matches your interests. In addition, you can benefit from advice to help you find a volunteer opportunity tailor-made for you!

Information taken from leaflet 1 on volunteering by the Réseau Résilience Aîné.es Montréal. To view or download it:



ART AND CULTURE, DRIVERS OF RESILIENCE FOR SENIORS: Culture Days

The Culture Days, held on June 11th, 12th and 13th, were a true celebration of art and culture, highlighting their essential role as engines of resilience for seniors. This event, made possible thanks to financial support from the Fonds d'Innovation et de Rayonnement de la Métropole (FIRM), offered a series of enriching and varied activities.

The event began with the conference "Five generations of women in Côte-des-Neiges from 1792 to 1925".

Dominique Nantel Bergeron fascinated the audience by retracing the lives of five generations of women from the same family who resided in Côte-des-Neiges.

The lunch on the terrace animated by accordionist Luc Lopez allowed participants to savor the delicious appetizers prepared by "La Cuisine de

Catherine" while enjoying a pleasant and friendly setting.

Pierre Anctil, historian and journalist, presented the conference "Histoire des Juifs de Montréal", offering an educational dive into the rich and diverse history of the Jewish community in Montreal.

Film buffs had the opportunity to attend the screening of the film "Le Testament" by Denys Arcand, followed by a discussion with actress Caroline

Néron, allowing them to explore the deep themes of the film and exchange their impressions.

The documentary series "T'es belle pour une noire" by Varda Étienne was screened, followed by an enriching discussion with Ms. Étienne, addressing important and current themes.

The screening of the film "Kanaval" by Henri Pardo, followed by a discussion with the director, was a highlight of the event, offering a poignant

reflection on Haitian emigration to Quebec.

The show "Raphaël Torr sings Joe Dassin" wowed the audience with Raphaël Torr's renditions of Joe Dassin's greatest hits, delighting music lovers.

To close in style, the reading evening "Combien de printemps", directed by Ariel Ifergan, enchanted the participants with moving performances by professional actors, bringing to life extracts from carefully chosen literary texts.

These moments, rich in emotions and discoveries, testified to the success of this event, celebrating the culture and resilience of seniors through art.

Culture Days have proven that art and culture are essential elements for the well-being and resilience of seniors. The enthusiasm and active participation of the many participants testify to the success of this event, which will be remembered as a vibrant celebration of culture and community.

We thank all the speakers, artists, participants and partners for their contribution to the success of these unforgettable days. See you next year for a new, even richer and more exciting edition!



These events were made possible thanks to the financial support of the Secretariat for the Metropolitan Region of the Ministry of Municipal Affairs and the Côte-des-Neiges Cultural Center of the City of Montreal.

Québec 

 Côte-des-Neiges
Notre-Dame-de-Grâce
Montréal 

Review of the FADOQ – île de Montréal Games



The Regional Games celebrated their 25th edition from May 4th to June 6th, with an offering of 10 sporting disciplines. Our goal remains constant: to encourage physical activity. We all know that regular exercise is essential for well-being, at all ages!

We look forward to seeing you again next year!

Team photos

Liette Couture and Thurston Labissiere, the gold-medal winning golf team in 2023 and 2024. Just like last year, they will represent us at the Provincial Games! Let's hope that the conditions will be favourable to win GOLD like last year!



We would also like to highlight our collaborations, particularly the YMCA Challenge, where our runners and walkers actively participated. This intergenerational race, combining sport and a social aspect, was a very lively day! The Challenge managed to raise more than \$150,000 to support young people.



Thank you to the Pétanque Club "Les Boules de l'île" for their valuable help in organizing the tournament!



Thanks for their support and commitment to our tennis players!



And let's not forget the volunteers on the sets who did remarkable work, who were thanked during our evening GALA!

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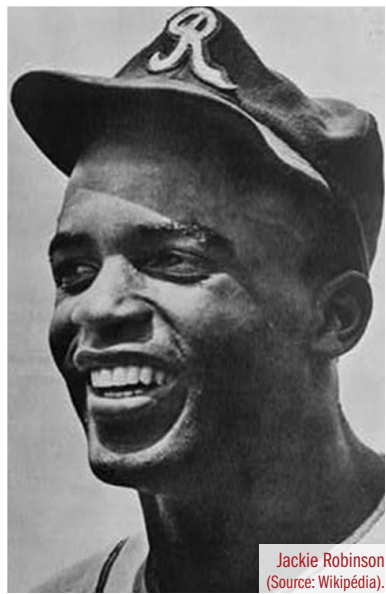
A special thank you to

Andrés Fontecilla, Member of Parliament for Laurier-Dorion
 Enrico Ciccone, Marquette Provincial Member of Parliament
 Vincent Marisal, Member of Parliament for Rosemont



JACKIE ROBINSON... an American in Villeray

By Stéphane Tessier



Jackie Robinson
(Source: Wikipédia).

Villeray was the home of a great athlete who would mark the history of the United States. Baseballer Jackie Robinson broke the barrier of segregation that prevented African-Americans from playing in the major leagues. It all started in Villeray, at 8232 avenue de Gaspé.

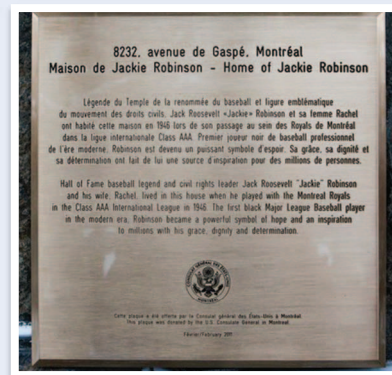


8232 de Gaspé Avenue where Jackie Robinson lived during his stay in Montreal in 1946
(Photo: Stéphane Tessier).

Robinson was born in 1919 in the state of Georgia. His family then moved to California. He attended UCLA where he met his future wife Rachel. He distinguished himself in several sporting disciplines such as athletics, football, basketball and baseball. His brother Matthew distinguished himself at the Berlin Olympic Games in 1936 by winning a silver medal in the 200 metres behind Jesse Owens in the heart of Nazi Germany.

Jackie would don the American army uniform during World War II. After his military service, he played in the African-American baseball league. Many people were aware of the talent that existed there, but who would dare to break this racial segregation?

Brooklyn Dodgers President and General Manager Branch Rickey was considering hiring a black athlete. Rickey announced on August 28, 1945 that he was betting on Robinson. Rickey's decision was also based on Robinson's experience in



Commemorative plaque marking the time Jackie Robinson lived at 8232 de Gaspé Avenue (Source: The Gazette - <https://montrealgazette.com/entertainment/television/new-kennedys-doc-explores-jackie-robinsons-life-including-time-in-montreal>).

the US Army where he experienced and “lived through” racial diversity. Rickey was a devout Methodist who firmly believed that discrimination against blacks was unjustifiable. He wanted to recruit an athlete with the guts not to react to the unacceptable and to provocations. He had to find a good athlete with unparalleled strength of character.



Branch Rickey
(Source : Wikipédia).

In 1946, the world emerged from the war which had hatred as its backdrop. In the United States, black people still had to sit at the back of buses, could not use the same toilets as white people, could not go to the same hotels...

Robinson would play one season in the Dodgers' farm club, the Montreal Royals. The training camp took place in Florida, a state in the southern United States known for its racist practices. He and his wife would have to frequent seedy hotels. Then, they arrived in Montreal. They would reminisce the kindness of the welcome proffered by their neighbours. The owner of the apartment on de Gaspé Avenue had them over for tea!



Jackie Robinson wearing the Montreal Royals uniform (Source: Wikipédia).

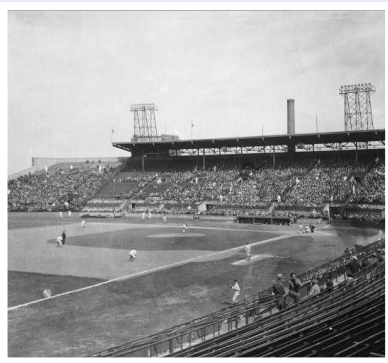
HISTORICAL CHRONICLE

Two of the leaders of the Royals, Hector Racine and Roméo Gauvreau, played an important role in welcoming Robinson to Montreal. They believed that if “a black man could take bullets in the war, he could play ball with us.”



Jackie Robinson and his wife Rachel in front of their apartment on de Gaspé Avenue (Credit: 24hours - <https://www.24heures.ca/2021/04/16/il-y-a-75-ans-jackie-robinson-sinstallait-a-montreal>).

Mrs. Robinson would leave fruit outside on the porch for the local children to help themselves to. Montreal, Villerey and de Gaspé Avenue fell in love with the Robinsons and the Royals. That year, the Royals won the championship thanks to Robinson’s exploits. He would have to run away from a crowd who wanted to hug him with joy, and was carried on the shoulders of supporters around the De Lorimier stadium!



Stade De Lorimier which was located at the corner of Ontario and De Lorimier. It was built in 1928 and demolished in 1970 (Source: Wikipédia).

Jackie Robinson only spent one season in Montreal. In 1947, he was promoted to the Brooklyn Dodgers. The season spent in Montreal was a test, he was instructed to accept insults from spectators, opponents and ... from his teammates! Even Royals coach Clay Hooper was not thrilled about having to manage a black player. Hooper was from the state of Mississippi. He said to Rickey, “Do you think n*****s are human beings?” He quickly changed his mind, because Robinson would be by far his best player.

The team preferred to start Robinson in Montreal where the history of racism against the black community was less vivid and present than in the United States. He would still have to experience intolerance during the Royals’ trips to the United States, especially in southern cities. In Jacksonville, the stadium was padlocked because the local police did not want to let the black athlete participate in the match. Robinson’s character was greatly tested: hotel rooms refused, racist insults, death threats...

Rhéaume Brisebois, the Royals secretary, remembers that he accompanied the white players to the hotel and then the black players to second-class hotels located outside the cities. When they returned to Montreal, the Robinsons found a haven of peace in their apartment on Gaspé Avenue in a white French-speaking and Catholic neighborhood even though they were black English-speaking and Protestants!

Jackie Robinson played 10 seasons with the Brooklyn Dodgers. He was inducted into the Major League Baseball Hall of Fame in 1962. Robinson would subsequently become involved in the defense of

civil rights in the United States. He died in 1972. A statue of him was erected on the site of the former De Lorimier stadium at the corner of Ontario and De Lorimier streets in 1986. This statue, which represents Robinson offering a ball to two boys, was then moved to the Olympic Stadium on Pierre-de-Coubertin Street. It is a metaphor for our admiration for this great athlete and the humanism that inhabited him. It symbolizes living together in harmony. Besides, isn’t Montreal’s motto “Concordia Salus”, Salvation *through Harmony*?



Statue of Jackie Robinson (Source: Wikipédia).



Alley west of the Jarry and de Gaspé intersection in the Villerey district (Credit: Stéphane Tessier).



Gérald Tremblay (mayor of Montreal), David Jacobson (American ambassador) and Shannon the daughter of Jackie and Rachel Robinson (Credit : Montreal Gazette - <https://montrealgazette.com/sports/baseball/jackie-robinsons-pioneering-journey-began-in-montreal-75-years-ago>).



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