

Le Montréal FADOQ

SPRING 2021 | VOLUME 24, NUMBER 3

fadoq

Région
île de Montréal

SPRING 2021 PROGRAM

FADOQ - ÎLE DE
MONTRÉAL GAMES

THE ABCs OF GENEALOGY



Home • Auto



Life • Health • Investment



Because everyone is different

Our advisors have personalized solutions for you.



Health and accident insurance

Up to 24%* off

Life insurance

Up to 4%* off

Investment and retirement

Free customized financial plan



Visit ssqcabinet.ca/en/fadoq
or call us at 1-866-225-5050

* Certain conditions, restrictions and exclusions may apply. The 4% discount applies only to life insurance with no medical exam.

Advice for life insurance, health and accident insurance, and investment and retirement products are offered by the financial security advisors of SSQ Financial Services Firm, a subsidiary of SSQ Insurance.

Table of contents

A word from the president	3
Bulletin Board	4
Programming	5
FADOQ île de Montréal Games	10
Presentation of a Club	14
The ABCs of genealogy	15
Jewelry transformation	16
New discounts	16

Le Montréal FADOQ

SPRING 2021 – Volume 24, number 23

Editor in Chief: Andrée Turmel

Graphic design: Valentina Vlassova

Printing: SOLISCO

Have you received a renewal notice?

When you receive your renewal notice by mail or email, it is important to complete it and return it as soon as possible so you can continue to enjoy the activities, discounts and other privileges. This is even more important if you take advantage of the discount offered by Intact Insurance. In fact, it is important for your FADOQ card to be in good standing in the event that you have to submit a claim.

Moving?

In order to continue receiving our communications, notify us promptly at 514 271-1411, ext. 221 or by email at info@fadoqmtl.org

Contact Us

7537 St-Hubert Street
Montreal (Quebec) H2R 2N7
514 271-1411
info@fadoqmtl.org
fadoq.ca/ile-de-montreal



We're all out of steam with this confinement and the restrictions associated to it; all this is difficult for all of us, but we must encourage each other as the vaccines are coming and so we'll soon be able to return to a certain normality. Let's be patient and continue to follow the Public Health guidelines so that we can do this healthily.

The Montreal team had concocted great activities for you in which you could have participated in person, but we had no other choice but to continue in virtual mode. That's why we very quickly organized conferences and shows for you that are accessible on your computer or tablet, in the safety and comfort of your home.

Many of you tuned in to watch the conference given by Josélito Michaud, who explained his philosophy around the theme "Reinventing your life." The OSM and Patrick Norman shows also found their fans.

These activities were offered spontaneously during the month of December in order to counter the cancellation of several "in person" options in the Fall-Winter schedule. They were communicated through the website and the regional newsletter. If you haven't yet subscribed to the newsletter, we invite you to do so by going onto our website: www.fadoq.ca/en/ile-de-montreal/about-us/newsletter

There's currently a contest for all those who have already subscribed to the newsletter and those who decide to do so now. To be won: 4, 32G iPad tablets valued at \$450.

The draws will take place on January 18th, April 19th, July 19th and October 18, 2021.

Now, let's be optimistic! Spring is just around the corner! We can't wait for the sun to arrive, for the days to get longer and for the temperatures to get warmer. The Spring edition includes some great outdoor outings, various workshops and, of course, the return of the Regional Games.

Our Annual General Meeting (AGM) is scheduled to be held on Friday, April 30th at Plaza Antique if we are permitted. When the time comes, don't forget to register, you are all welcome.

To our 9,500 anglophone members: From now on, you will be receiving your very own 100% English Bulletin.

Let me end by wishing us all a return to normalcy very quickly. There's no doubt that we'll appreciate even more every little moment spent with the other members of our family that we've not been able to see or friends that we used to meet up with at the local café or at a sporting or cultural event.

Your president,
Jocelyne Wiseman

ACTIVE DESPITE CONFINEMENT



Despite the confinement, the FADOQ – Région île de Montréal team is working hard to offer you a varied and virtual program! We want to see you keep moving and having fun even though we are going through a difficult time. Here are a few examples from last Fall:

- ▶ Spanish and Italian lessons
- ▶ Life story workshop
- ▶ First aid training/conference
- ▶ Reading and music circles
- ▶ Stress reduction through mindfulness workshop
- ▶ Home crafting workshops
- ▶ Cardio Vitality, meditation, yoga on mat and fitness sessions
- ▶ Several conferences including the one with Joselito Michaud
- ▶ Virtual concerts and shows including the one with Patrick Norman

NOTICE OF ANNUAL GENERAL MEETING OF MEMBERS

On behalf of the Board of Directors, I am pleased to invite all members of FADOQ – Région île de Montréal to participate in the Annual General Meeting of our organization.

FRIDAY, APRIL 30, 2021, 9 a.m.

Plaza Antique
6086 Sherbrooke E

Lunch offered

JOCELYNE WISEMAN
President of the Board of Directors

**Registration required
before Friday, April 16th:
514 271-1411**

HEALTHY LIFESTYLES
CONFERENCES



This activity is made possible thanks to the financial participation of the Government of Quebec as part of the support program for actions promoting healthy lifestyles.

Conferences offered in ENGLISH

SUSTAINABLE LIVING AND WELLBEING

During this conference, you will learn how living a minimalist lifestyle can save you money and make you healthier. We will also explore other topics such as: the importance of buying local, healthy and sustainable foods, how to refuse, reduce, reuse, repair, recycle, sewing your own clothing, bringing items to repair shops and sharing tools with your neighbours.

Date: Tuesday, April 6th
Time: 6:30 p.m. to 7:30 p.m.
Location: Virtual conference, Zoom application
Cost: Free

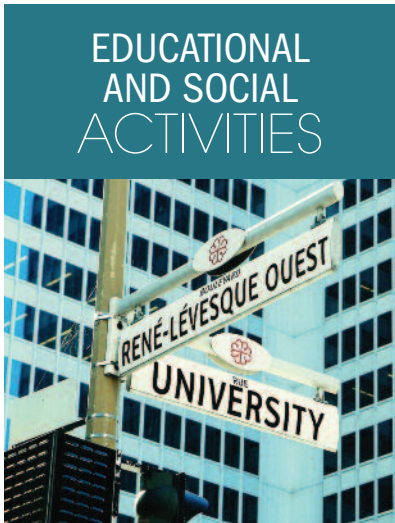
AIMING FOR ZERO WASTE

Learn various tips and tricks on how to manage food waste, such as: recipes with food scraps, eat by dates, buying in bulk, avoiding plastic and how to choose what to buy to minimize waste.

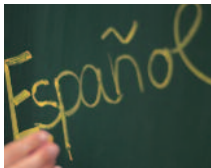
Date: Wednesday, April 21st
Time: 6:30 p.m. to 7:30 p.m.
Location: Virtual conference, Zoom application
Cost: Free



Most of the Spring programming is offered in French. Our teachers and volunteers are bilingual in most cases. You are most welcome!



Virtual Spanish Workshop: 5 Levels



Do you want to have fun while stimulating your intellectual potential? Come and participate

in the AEA workshops (Spanish Workshops for Adults), a program that stimulates cognitive functions and strengthens mental activity by learning Spanish.

Level 1 course

No prerequisite

Dates: Thursdays, from April 8th to June 10th
Time: 9 a.m. to 10:30 a.m.
Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Level 2 Course

Prerequisites: Know how to introduce yourself, know the numbers 1–20, the verbs ser and estar, the regular verbs and the colours.

Dates: Thursdays, from April 8th to June 10th
Time: 11 a.m. to 12:30 p.m.
Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Level 3 Course

Prerequisites: Prerequisites for level 2, the verb haber, the ability to describe oneself personally, the ability to locate oneself, the numbers 21–100, the irregular verbs.

Dates: Thursdays, from April 8th to June 10th
Time: 1 p.m. to 2:30 p.m.
Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Level 4 Course

Prerequisites: Level 3 prerequisites, possessive adjectives, questioning, body parts, health, negation, regular and irregular verbs in the present indicative.

Dates: Thursdays, from April 8th to June 10th
Time: 3 p.m. to 4:30 p.m.
Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Level 5 Course

Prerequisites: The prerequisites for level 4, negación, expresar y compartir gustos, verbos en presente del indicativo, pretérito perfecto.

Dates: Thursdays, from April 8th to June 10th
Time: 5 p.m. to 6:30 p.m.
Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Level 6 Course

Prerequisites: The prerequisites for level 5, introducing yourself, greetings, numbers, colours and foods, ser & estar, estar & haber, description, time, routine (regular and irregular verbs in the present indicative), months and seasons, negación, expresar y compartir gustos, pretéritos (perfecto & indefinido), complementos de objeto directo e indirecto, futuro.

Dates : Thursdays, from April 8th to June 10th
Time: 11 a.m. to 12:30 p.m.
Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Italian Workshops: 2 Levels

Italian workshops led by a member of the Quebec Association of Professors of Italian.

Level 1 Course

No prerequisite

Dates: Thursdays, from April 22nd to July 8th
Time: 9 a.m. to 10:30 a.m.
Location: Insertech, 4820 Molson Street
Cost: \$85 – 10-week session

Level 2 Course

Prerequisites: ability to introduce yourself, the numbers 1–13, the hour and day of the week, basic vocabulary.

Dates: Thursdays, from April 22nd to July 8th
Time: 10:30 a.m. to 12 p.m.
Location: Insertech, 4820 Molson Street
Cost: \$85 – 10-week session

WALKERS' RENDEZVOUS

Walking Club

Walk in good company through the paths of Maisonneuve Park for a 3-to-6-kilometer journey.

Dates: Mondays, from March 29th to June 14th (no walks on April 5th and May 24th)
Time: 10 a.m. to 12 p.m.
Location: Maisonneuve Park chalet, 4601 Sherbrooke Street East
Cost: \$5 – 10-week session

Date: Friday, April 9th
Time: 9:30 a.m. to 12 p.m.
Location: La Fontaine Park, 3819 Calixa-Lavallée Avenue
Cost: Free

Date: Friday, April 23rd
Time: 9:30 a.m. to 12 p.m.
Location: Jean-Drapeau Park, Metro Jean-Drapeau
Cost: Free

A Walk in the Parks

Walks offered in the parks of the island of Montreal supervised by our club volunteers. The trails used are for beginners and intermediates and vary between 5 and 10 km.

Date: Friday, March 26th
Time: 9:30 a.m. to 12 p.m.
Location: Cap-Saint-Jacques Nature Park, 20099 Gouin Boulevard West
Cost: Free

Date: Friday, June 11th
Time: 9:30 a.m. to 12 p.m.
Location: Frédéric-Back Park, 2345 Jarry Street East
Cost: Free

Date: Friday, June 18th
Time: 9:30 a.m. to 12 p.m.
Location: René-Levesque Park, 398 chemin du Canal
Cost: Free



Did you know that volunteering is good for your overall morale?
 Come meet new people and together, we can transform Montreal!
Email us at: benevole@missionba.com

SPORTS ACTIVITIES



Self-defence Course

Introduction to self-defence techniques in partnership with the association for the development of adapted martial arts. A great way to let off steam while promoting self-respect.

This activity is made possible thanks to the financial participation of the Government of Quebec as part of the support program for actions promoting healthy lifestyles.

Dates: Sundays, from April 18th to July 11th
Time: 2 p.m. to 3 p.m.
Location: Centre-Sud sports and community association, 2093 de la Visitation Street
Cost: Free (8 places available) 13-week session

Fitness Class

This class aims to strengthen the bones, preserve breathing and muscle capital, lower blood pressure, relax the body and control weight gain, while promoting socialization.

Dates: Mondays, from April 19th to June 14th
Time: 1 p.m. to 2 p.m.
Location: Centre-Sud sports and community association, 2093 de la Visitation Street
Cost: Price to be determined, 8-week session

Adapted Fitness Class



Classes on chair, adapted for individuals with reduced mobility. The exercises aim to work on

strength training, balance, posture, and to develop cardiovascular capacity as well as coordination.

This activity is made possible thanks to the financial participation of the Government of Quebec as part of the support program for actions promoting healthy lifestyles.

- Dates:** Wednesdays, from April 21st to June 9th
- Time:** 1 p.m. to 2 p.m.
- Location:** Centre-Sud sports and community association, 2093 de la Visitation Street
- Cost:** Free (6 places available), 8-week session

Cardio Cycling

A stationary bike course to the rhythm of music simulating climbs, accelerations and sprints. Nothing like group session to promote motivation!

- Dates:** Thursdays, from April 22nd to June 10th
- Time:** 1 p.m. to 2 p.m.
- Location:** Centre-Sud sports and community association, 2093 de la Visitation Street
- Cost:** Price to be determined, 8-week session



Line Dancing Lessons

Whether you're a beginner or an intermediate, come learn to dance in a relaxed and friendly atmosphere.

- Dates:** Thursdays, from April 15th to July 8th
- Beginner:** 1 p.m. to 2 p.m.
- Intermediate:** 2:15 p.m. to 3:15 p.m.
- Location:** Gilles Beaulieu Dance School, 6394 Saint-Hubert Street
- Cost:** \$70 – 13-week session

Cardio-Vitality Workout

This program has a rhythm and intensity that allows you to train at your own pace.

Mandatory equipment: Exercise mat and elastic bands (it's possible to purchase the equipment on site at a cost of \$40)

PHILIPS
Lifeline
Medical Alert Service

**With Philips Lifeline,
you are never truly alone**

With a push of your personal medical alert button— you can get help when you need it. And if you have the AutoAlert feature it can automatically call for help if it detects a fall, even if you can't push your button.

For more information, contact Philips Lifeline at 1-800-LIFELINE (1-800-543-3546) or visit our website www.lifeline.ca.

Exclusive offer for FADOQ members

Call today and receive **2 FREE MONTHS*** of our HomeSafe AutoAlert or Standard service (value up to \$116)

1-800-LIFELINE
(1-800-543-3546)

Quote code 1229



*Offer not valid on GoSafe or Lifeline with Wandering. Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Additional charges may apply for out of area installations. Some restrictions apply. Discounts are not applicable for out of area installations.

Lafontaine Park

Dates: Tuesdays, from March 30th to June 8th
Thursdays, from April 1st to June 10th
Time: 10 a.m. to 11 a.m.
Location: Calixa-Lavallée Centre Parking
3819 Calixa-Lavallée Avenue
Cost: \$93.50 – 1 session per week, 11-week session
\$187 – 2 sessions per week, 11-week session

Maisonneuve Park

Dates: Tuesdays, from April 6th to June 8th
Thursdays, from April 8th to June 10th
Time: 10:15 a.m. to 11:15 a.m.
Location: Maisonneuve Park chalet, 4601 Sherbrooke Street East
Cost: \$85 – 1 session per week, 10-week session
\$170 – 2 sessions per week, 10-week session

Yoga on mat

Yoga is a thousand-year-old science that offers a whole lifestyle. An important branch of yoga is the practice of postures to maintain optimal physical health. Breathing techniques calm the nervous system and oxygenate the body. The postures, on the other hand, stimulate all of the body's systems. They soften the muscles while strengthening them, improving balance and coordination.

Dates: Thursdays, from April 1st to June 3rd
Time: 10:50 a.m. to 11:50 a.m.
Location: Basement of Saint-Édouard Church, 427 Beaubien Street East
Cost: \$90 – 10-week session

Dates: Fridays, from April 2nd to June 11th
(no session on May 7th)
Time: 10:50 a.m. to 11:50 a.m.
Location: Basement of Saint-Donat church, 6807 De Marseille Street (door C)
Cost: \$90 – 10-week session

Chair Yoga

Chair yoga is based on classical hatha yoga. The chair becomes an accessory to allow the practitioners to properly position themselves and to be able to practice yoga in a safe and adapted way. Some poses are performed in the sitting posture while others are performed while standing with the support of the chair.

Dates: Thursdays, from April 1st to June 3rd
Time: 9:30 a.m. to 10:30 a.m.
Location: Basement of Saint-Édouard Church, 427 Beaubien Street East
Cost: \$90 – 10-week session

Dates: Fridays, from April 2nd to June 11th
(no session on May 7th)
Time: 9:30 a.m. to 10:30 a.m.
Location: Basement of Saint-Donat church, 6807 de Marseille Street (door C)
Cost: \$90 – 10-week session

A day outdoors at the Parc des Chutes

Hiking is undoubtedly the best way to discover the Chutes-Monte-à-Peine-et-des-Dalles Regional Park. Located 1 hour from Montreal, come and discover this park, with many view points and the possibility of more than 17 km of hiking trails. Bring your lunch.

Date: Wednesday, June 9th
Time: 9 a.m.
Cost: \$20 – including transport and access to the park

Registration required for all activities at 514 271-1411 ext 232

EVENTS



Dinner Show

A lovely evening, a good meal and a 100% Franco musical show (various artists). Several prizes to be won on site.

Date: Thursday, May 6th
Time: 5 p.m.
Location: Plaza Antique, 6086 Sherbrooke Street East
Cost: \$59 – including the welcome cocktail, the 3-course meal, drinks and the show

See all the details on our web site fadoq.ca/en/ile-de-montreal/leisure-and-events.

In-person activities will be held subject to changes in restrictions relating to the COVID-19 pandemic.

PARTICIPATE

IN THE 23RD EDITION OF THE
FADOQ – ÎLE DE MONTRÉAL GAMES



IT'S THE ULTIMATE SPORTING EVENT FOR 50 AND OVER INDIVIDUALS IN MONTREAL. THE GAMES WILL TAKE PLACE FROM **MAY 1ST TO JUNE 3RD** IN BOTH A RECREATIONAL AND COMPETITIVE CONTEXT.

EACH ENTRANT WILL RECEIVE A PARTICIPATION GIFT, AND HAVE THE CHANCE OF WINNING ONE OF OUR MANY MEDALS.



**To be
determined**
RUNNING



May 10
DOUBLES BADMINTON
May 18
SINGLES BADMINTON



May 11
PICKLEBALL



May 12
SMALL PIN
BOWLING



May 13
SINGLES
TENNIS



May 14
PETANQUE



May 17
VOLLEYBALL



May 19
DARTS



Mai 20
SINGLES TABLE
TENNIS



21 mai
WALKING



June 3
GOLF



June 9
GAMES CLOSING
BRUNCH



RUNNING



In collaboration with the YMCA challenge, participate in a race bringing together more than 1400 participants. The 5 km and 10 km events serve as qualifiers for the September Provincial Games.

Date and place to be determined.

Cost: \$20

Distance: 2 km, 5 km, 10 km

Category: Male and female - 50 to 59, 60 to 69, 70 and over

Information: Sanctioned by the Fédération québécoise de l'athlétisme. Opportunity for competition winners to represent Montreal at the Provincial Games.

BADMINTON



Round robin competition followed by elimination and consoling rounds. Each team will participate in the same number of matches at the end of the day.

Two 21-point rounds of for the round-robin phase.

Two 21-point sets and 11-point third set for the third sets of the playoff and consoling rounds.

Doubles competition

Date: Monday, May 10th

Time: 9 a.m. to 5 p.m.

Location: Claude-Robillard Sports Complex,
1000 Émile-Journault avenue

Cost: \$20 per player

Category: Men, women and mixed—Intermediate or advanced
The organizers reserve the right to combine levels based on registrations.

Lunch Box: \$12

Information: You must bring your racket. Opportunity for competition winners to represent the FADOQ at the Pan American Games.

Singles competition

Date: Tuesday, May 18th

Time: 9 a.m. to 5 p.m.

Location: Claude-Robillard Sports Complex,
1000 Émile-Journault avenue

Cost: \$20 per player

Category: Men and women—Intermediate or advanced
The organizers reserve the right to combine levels based on registrations.

Lunch Box: \$12

Information: You must bring your racket. Opportunity for competition winners to represent FADOQ at the Pan American Games.

PICKLEBALL



Round robin competition followed by elimination and consoling rounds. Each team will participate in the same number of matches at the end of the day. Three 11-point games guaranteed.

Date: Tuesday, May 11th

Time: 9 a.m. to 5 p.m.

Location: Claude-Robillard Sports Complex,
1000 Émile-Journault avenue

Cost: \$20 per player

Category: Men, women and mixed—Intermediate or advanced
The organizers reserve the right to combine levels based on registrations.

Lunch Box: \$12

Information: You must bring your racket. Opportunity for competition winners to represent Montreal at the Provincial Games.

SMALL PIN BOWLING



Round robin with total points, 3 games guaranteed.

Date: Wednesday, May 12th

Time: 1 p.m. to 4 p.m.

Location: Modern Bowling Centre,
3115 de l'Assomption boulevard

Individual registration:
\$15 per player

Team registration:
\$60 (five players)

Category: Recreational or competitive

Information: You must bring your shoes (rental possible on site). Opportunity for competition winners to represent Montreal at the Provincial Games.

TENNIS



Davis Cup Format. Each player is placed in a team of six players who accumulate points. 3 doubles matches and 6 sets guaranteed.

Date: Thursday, May 13th

Time: 9 a.m. to 11 a.m. or 11 a.m. to 1 p.m.

You can choose which time block you wish to play in.

Location: IGA Stadium, 285 Gary-Carter Street

Cost: \$20 per player

Category: Level 2.5 and above

All players will compete together, regardless of their level. The teams are balanced accordingly in order to have the most homogeneous teams possible.

The organizers reserve the right to combine levels based on registrations.

Information: You must bring your racket. Opportunity for competition winners to represent the FADOQ at the Pan American Games.



PETANQUE



Round robin, four 13-point games guaranteed.

- Date:** Friday, May 14th
Time: 9 a.m. to 5 p.m.
Location: Pie-XII Park, 5200 Lavoisier Boulevard
Individual registration: \$15 per player
Team registration: \$30 (three players)
Category: Recreational or competitive
Lunch box: \$12

Information: You must bring your pétanque balls. Free parking on site. Opportunity for competition winners to represent Montreal at the Provincial Games.

VOLLEYBALL



Round robin tournament followed by elimination rounds, 4, 25-point games guaranteed.

- Date:** Monday, May 17th
Time: 9 a.m. to 5 p.m.
Location: Claude-Robillard Sports Complex, 1000 Émile-Journault avenue
Individual registration: \$20
Team registration: \$100 (six to eight players)
Category: Mixed. Recreational or competitive
The organizers reserve the right to combine levels based on registrations.
Lunch Box: \$12

Information: Sanctioned by the Quebec Volleyball Federation. Mandatory rotation. All games are arbitrated.

DARTS



New! 😊

Round robin competition

- Date:** Wednesday, May 19th
Time: 9 a.m. to 5 p.m.
Location: Claude-Robillard Sports Complex, 1000 Émile-Journault avenue

Individual registration: \$20 per player

Team registration: \$60 (four players)

Category: Mixed. Beginner and intermediate

Information: You must bring your darts. Opportunity for competition winners to represent Montreal at the Provincial Games.

SINGLES TABLE TENNIS



Round robin competition followed by elimination and consoling rounds. Two, 3 out of 5 games with guaranteed 11-point sets.

- Date:** Thursday, May 20th
Time: 9 a.m. to 5 p.m.
Location: Claude-Robillard Sports Complex, 1000 Émile-Journault avenue
Cost: \$20 per player
Categories: Men and women
 Beginner, intermediate or advanced

The organizers reserve the right to combine levels based on registrations.

Lunch Box: \$12

Information: You must bring your racket. Opportunity for competition winners to represent the FADOQ at the Pan American Games.

WALKING



New! 😊

Festive lunch included.

- Date:** Friday, May 21st
Time: 9 a.m. to 3 p.m.
Location: Jarry Park
Cost: \$20 per person (lunch included)
Category: Fast walking men and women.
 Individual predictive walk 1 km and/or 3 km.
 Team predictive walk (team of four walkers, 1 km each).

Information: Opportunity for competition winners to represent Montreal at the Provincial Games.

GOLF



Brunch and dinner included with the golf afternoon.

- Date:** Thursday, June 3rd
Time: 10 a.m. to 9 p.m.
Location: Club de golf de l'île de Montréal,
 3700 Damien Gauthier Street
Cost: \$115 per player
Categories: Male, female or mixed.
 2-person Vegas (Competitive)
 4-person Vegas (Participatory)

Information: Possibility for the winners of the 2-person Vegas category to represent Montreal at the Provincial Games.

GAMES CLOSING BRUNCH



A great event to close the regional games, highlight the victories, thank the volunteers and wish good luck to the Montreal delegation who will go on to the provincial games. Meal and raffle included.

- Date:** Wednesday, June 9th
Heure : 9 a.m. to 12 p.m.
Location: Hôtel Universel, 5000 Sherbrooke Street East
Cost: Free for volunteers and winners
 \$10 for all other members



For more information or to register, contact us at 514 271-1411 extension 232.

LaCité Apartments

Get 5% off your rent + any active offer

- Direct access to the indoor mall, Mall Galleries du Parc (Pharmacy, SAQ, Metro, Dentist)
- Covid-19 cleaning protocols in effect with GermGuard certified anti-microbial application
- Professional, mixed-use community
- Access to our award-winning customer service platform, available 24/7
- 24/7 Security

Call to Reserve +1 514 845 4173

lacite@oxfordproperties.com

www.oxfordresidential.ca



OXFORD

L'ASSOCIATION DU PERSONNEL RETRAITÉ DU CENTRE JEUNESSE DE MONTRÉAL (APRCJM)

It was founded on June 5, 2008. On October 19, 2009, the Association joined the FADOQ – Région Île de Montréal. Its members are retirees who have been employed by the Centre jeunesse de Montréal or any currently employed person 50 years of age and over. We have almost 300 members.

The Centre jeunesse de Montréal was founded in 1993 by the merger of 13 establishments with the mandate of rehabilitation and integration into society, as well as the protection of young people between 0 and 18 years old, referred under the Youth Protection Act or the Youth Criminal Justice System Act. Many of you have known or heard of Boscoville, Mont St-Antoine, Dominique Savio-Mainbourg, La Clairière, Villa Notre Dame de Grâces, Rose Virginie Pelletier, Cité des Prairies, Rosalie Jetté, Marie-Vincent, the Centre de santé et de services sociaux du Montréal Métropolitain (CSSMM) to which the Direction de la Protection de la jeunesse reported. Notably, these centres have become the CJM. In 2015, the Centre jeunesse de Mtl became part of the CIUSSS Centre-Sud-de-l'Île-de-Montréal.

- ▶ The 13 arrows around the circle symbolize the 13 centres at the origin of the creation of the CJM.
- ▶ Overall it is meant to represent a sun, synonymous with joie de vivre, radiance, involvement and participation of members. The orange colour is the fire of the dynamism of our members, while the blue, the colour of the sky and of the water, invites dreams and escape.

We're proud of our logo!

We have been offering our members a **program of professional, cultural, social, sports and recreational activities for over 12 years now.**

and young people in difficulty in the greater Montreal region, and to follow its evolution over time. One of our important achievements was the November 2017 Symposium bringing together past and present players in the field of youth protection, with the theme "The History of Youth Services: A Springboard to future." For more details, you can consult the site (<https://ciusss-centresudmtl.gouv.qc.ca/personnel-et-retraites/association-du-personnel-retraite-du-centre-jeunesse-de-montreal>). As a matter of fact, the proceedings of this conference served as a reference for the drafting of the brief that the Association submitted to the Laurent Commission, whose recommendations are expected in April 2021.

The APRCJM was born from the desire of retirees to promote and defend the interests of its members. It contributes to their well-being through information, exchange and mutual aid initiatives. It works to develop links with organizations pursuing objectives similar to those of the association.

Ghislain Bilodeau, president
André Laramée, vice-president

Information : 514-593-2737
association-retraites.cjm@hotmail.com

Thus, retirees who are members of the Association have worked in one or the other of these establishments. Its logo is very representative of its origins.

- ▶ The circle represents all of the members and the acronym in the center indicates that the APRCJM groups them together.



In 2012, we initiated the "Espace Mémoire" project. This is of the "virtual" type aimed at tracing the roots of the help provided to children

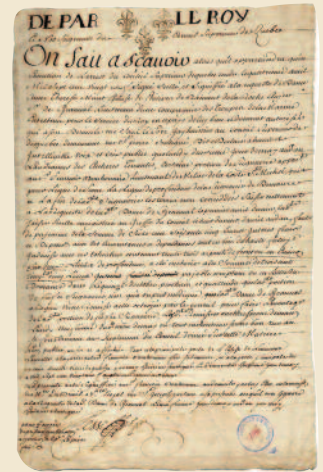
THE ABCs OF GENEALOGY

By **Marie-Pierre Nault**, archivist at the Bibliothèque et Archives nationales du Québec

Did you know that the wonderful voyage offered by genealogy can brighten up your day? Do you know what resources you need to undertake these investigations into your past from the comfort of your home?



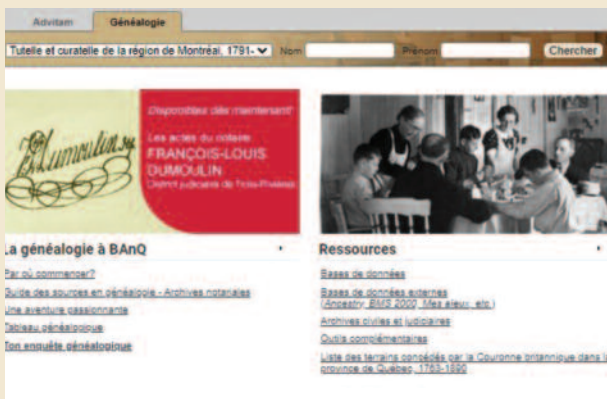
Members of the Papineau family, Fort Carillon, between 1900 and 1907. BANQ Vieux-Montréal, Papineau Family Fund (P7, S13, D15).



Sign for sale of goods at the auction of François Bonhomme, at the request of Thérèse Minet, May 8, 1729. BANQ Vieux-Montréal, Fonds du Conseil Souverain (TP1).

In order to better guide you, Bibliothèque et Archives nationales du Québec (BANQ) produces a series of genealogical research help capsules.

The first capsules are already online. These short practical videos, lasting 10 to 15 minutes, are available on the BANQ portal, in the Activities to be carried out section at all times at www.banq.qc.ca/activites.



Entitled The ABCs of Genealogy, they will help you understand genealogy and organize your information-gathering using the resources available to you, online and in BANQ buildings.

Online resources can be found in the Genealogy and Family History section of the www.banq.qc.ca portal and in BANQ numérique.

Several resources are accessible with a few clicks, such as Quebec civil status registers, archives of Quebec notaries, nominal databases (prison registers, censuses and many others), genealogical dictionaries, geographical maps, family and local

monographs, as well as old Quebec magazines and newspapers digitized in full text.

In addition, in the Archives nationales du Québec database, Adivitam, which can be found in the Recherche section of the BANQ portal,

you will find millions of archival documents such as correspondence, personal diaries and photographs from all eras.

The first ABCs of genealogy capsules explain how to search in civil status documents, in notarial records as well as in the BMS 2000, Mes Aïeux, Ancestry, PRDH and Parchemin databases. In addition, there will be other research aid capsules in judicial, civil, government and private archives.

Another leisure option is to introduce your grandchildren to your family history using four activity capsules entitled *Ton enquête généalogique*, also available in the Activités à réaliser en tout temps section of the BANQ portal. There you will find a family tree to print and complete.

Finally, BANQ professionals can, if necessary, offer you genealogical strategies if you encounter difficulties in your research. Click on Poser une question at the bottom of the www.banq.qc.ca page.

This exciting adventure awaits you... Enjoy your viewing and your research!

JEWELRY TRANSFORMATION

Jewelry Store Flamme en rose



I embarked on the jewellery transformation journey because the history and the stories behind jewellery fascinate me,” explains Michèle Côté, co-founder and head designer of Flamme en rose, a jewellery store/workshop in Montréal. **“People often come to us with jewellery they inherited, old wedding rings or outdated pieces that they are disappointed that they cannot wear.”** There is an emotional attachment to these pieces and people do not want to get rid of them.

By her side, Aurée Michaud, Michèle's business partner and communications

director, adds, “precious metals and stones can be reused; however, reselling them is never beneficial. That is why **we strongly suggest transforming jewellery instead of selling it.** Not only does transformation give a new life to something with an old soul, it also allows the customer to be part of the creative process”. “Jewellery transformation is an art that takes time, energy and a great deal of skill, therefore not many jewellers offer this service. You have to listen to your customers, take the time to explore the possibilities and understand who they are. It is not easy, but it is what we do best,” said Aurée.

Hence why we are the reference in Montreal when it comes to jewellery transformation,” said Michèle - without hesitation. Since its founding in 2009, Flamme en rose has completed over 2 500 transformation projects, released several exclusive collections and is always ready to make custom creation dreams come to life. You can visit them and their magnificent show room in person or explore their very

user-friendly website which features; numerous videos about the team, Flamme en rose's story, and even what to expect on your first in-person visit. The website is also an online store with an array of products and a place to learn about various jewellery topics through a series of blogs. If you are curious about the jewellery transformation process, Flamme en rose's services, or all the possibilities that this great company has to offer, you will find your answer at flammeenrose.com. We therefore invite you to gather all your unworn jewellery and make an appointment via the website or by phone. You have the option of coming to meet with one of our jewellers in person or safely from the comfort of your home through zoom.

FADOQ members benefit from a 15% discount on all jewelry in store or on the website and on all creation and transformation services.

Information: flammeenrose.com

NEW DISCOUNTS



AUBERGE ROYAL VERSAILLES

Reduced rate of \$55 for FADOQ members until April 30, 2021. Reservations must be made directly at the hotel. **888-832-1416**. Ask for the FADOQ rate.
royalversailles.com



LACITÉ APARTMENTS OXFORD PROPERTIES

Save 5% on your monthly rent when signing a 12-month lease. 350 Prince Arthur St. W., Montreal
514 845-4173
oxfordresidential.ca/en-ca/our-apartments/lacite

PHILIPPE BERTOT, RESIDENTIAL REAL ESTATE BROKER

Benefit from a commission at the **exceptional rate of 1%***

*except in the event that one or more promises to purchase are presented through other agencies or brokers.
514 980-5720
monquartiermoncourtier.com

