

Le Montréal FADOQ

SUMMER 2021 | VOLUME 24, NUMBER 4

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île de Montréal

SUMMER 2021
PROGRAM

FICTION \ REALITY AT THE
CHÂTEAU DUFRESNE?

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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

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fadoq.ca/ile-de-montreal



Let's put the COVID-19 pandemic aside for a moment to fully savour the arrival of summer. The awakening nature, the tender green colours of the trees, the fragrant softness of the air. Bring on the mild weather!

Despite the confinement and the too many closures, we will still have several options. Let's be resilient. Montreal may not offer its usual panoply of festivals this summer, but many streets will become pedestrianized, which will allow us to enjoy the beautiful terraces of our favourite neighborhood restauranters. The many parks in the city will display their beauty to welcome walkers and picnickers. It will do us good to get out of our homes more often.

It's with this in mind that we have developed the summer programming. Lots of outdoor activities to safely be active and socialize. Rest assured that we scrupulously respect the sanitary instructions. Your health is our

priority. Planning to get out of town and take a vacation in one of Quebec's beautiful regions? Don't forget to consult the discounts section for the region you plan to visit at fadoq.ca. You will have access to exclusive offers at hotels, restaurants and regional attractions.

This bulletin also contains an excellent piece on the Dufresne Museum which has just reopened after major renovations. To visit Château Dufresne is to enter into the intimacy of a French-speaking bourgeois family from the beginning of the last century. A visit to this over-a-century-old building is a must. Behind its elegant Beaux-Arts-inspired facade lies the twin residences of its first occupants, the brothers Oscar and Marius Dufresne, two

important figures of the French-speaking bourgeoisie in Montreal at the beginning of the last century. FADOQ members are even offered a discount for the visit. You can also read an article on the most recent frauds perpetrated against seniors listed by the City of Montreal Police Department (SPVM). One can't help but marvel at the creativity displayed by these malicious actors. Finally, thanks to its exceptional archives, the BANQ offers us an article on the rich history of Montreal, with old photos to back it up.

Happy reading, and above all, have a great summer!

Your president,
Jocelyne Wiseman



PREVENTING FALLS AMONG SENIORS IS EVERYONE'S BUSINESS!

This workshop is aimed at 50 years + individuals who **feel concerned by the prevention of falls**, for themselves, because they are caregivers or closely involved in the daily life of seniors.

The content of the workshop was created by Dr. Roger Cadieux, Executive Director of the Southwest Seniors Health Center in Verdun, who has dedicated his career to promoting health and preventing falls among seniors.

In 2020, the workshop was taken over by the Montreal FADOQ and the Regional Directorate of

Public Health. The workshop promotes **recognition of the various risk factors for falls and offers practical advice on identifying and modifying certain daily habits** that can lead to a fall.

This new workshop will be added to the program and will be offered to housing NPOs, community organizations, private seniors' residences and many more!

For any questions, write to bientraitance@fadoqmtl.org

END OF OUR PARTNERSHIP WITH THE LAURENTIAN BANK



On February 1, 2021, Laurentian Bank of Canada stopped offering FADOQ Privilege program products. However, if you currently hold one or more of these products, their features remain unchanged¹, and you can continue to enjoy the many benefits they provide you on a daily basis.

¹With the exception of the following FADOQ benefits: the free renewal of your Réseau FADOQ membership and the \$5 discount on the FADOQ membership fee, which apply to the FADOQ GOLD Privilege Visa* card and will cease as of March 2021 with your next billing period.

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.

Activity offered in English



Outdoor Walking Tour – The Golden Square Mile and the 19th century English-speaking bourgeoisie

Go back in time to evoke a time when Montreal was living its golden age and was considered the “metropolis of Canada.” We will visit the old St-Antoine district where the richest Canadians once lived. Today, it still boasts the bourgeois homes of the leaders of large companies (bankers, presidents of railway companies, etc.) and also some institutions of the time. The route winds its way up the slopes of Mount Royal and also includes Sherbrooke Street and McGill University.

Date: Tuesday, August 24th
Time: 2 p.m. – 4 p.m.
Location: Departure: Corner of Sherbrooke and Drummond (near the Ritz-Carlton)
End: Museum of Fine Arts
Cost: \$20

EDUCATIONAL AND SOCIAL ACTIVITIES



Activities offered in French

WALKERS RENDEZ-VOUS

Walking club

Come walk in good company through the paths of Maisonneuve Park for a 3-to-6-kilometer course.

Date: Mondays, from June 28th to August 30th
Time: 10 a.m. to 12 p.m.
Location: Maisonneuve Park Chalet 4601 Sherbrooke St. East
Cost: \$5 – 10-week session

A Walk in the Parks

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

Date: Thursday, July 8th
Time: 9:30 a.m. to 12 p.m.
Location: Angrignon Park – 3400 boulevard des Trinitaires
Cost: Free

Date: Thursday, July 22nd
Time: 9:30 a.m. to 12 p.m.
Location: Mont-Royal Park 1260 chemin Remembrance
Cost: Free

Date: Thursday, August 19th
Time: 9:30 a.m. to 12 p.m.
Location: Bois-de-Liesse Nature Park 3555 Douglas-B.-Floreni St.
Cost: Free

Ornithological outing

Come and observe the main species of birds at the l'Île-de-la-Visitation Nature Park in partnership with the Ahuntsic Ornithology Club. Participants are encouraged to bring their own binoculars.

Date: Thursday, September 9th
Time: 8 a.m. to 10 a.m.
Location: l'Île-de-la-Visitation Nature Park Chalet 2425 Gouin Boulevard East
Cost: \$5



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



Golf Lessons

Golf lessons for beginners and intermediates at the Pincourt Golf Center with Mr. Michel Grégoire, seasoned and passionate teacher.

Date: Tuesdays, from June 15th to June 29th

Time: Intermediate: 10 a.m. to 12 p.m.
Beginner: 1 p.m. to 3 p.m.

Location: Pincourt Golf Centre
475 Forest Avenue

Cost: \$130 – 3-week session (including practice balls for the 3 lessons as well as club rental if necessary)

Multi-regional golf tournament

The Laurentians, Outaouais, Mauricie, Laval, Lanaudière and Island of Montreal regions invite you to the FADOQ multiregional golf tournament.

Date: Wednesday, August 11th

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

Location: Club de golf de l'île de Montréal
3700 Damien Gauthier Street

Cost: \$120 per player including brunch, green fees, cart, dinner, raffles, taxes and services

Categories:

Male, female or mixed.
2-or-4-person Vegas

Information:

Ireland Course

Registration deadline:

Thursday, July 22th

Tennis tournament

Recreational tennis tournament at the Complexe sportif Claude-Robillard.

Date: Wednesday, September 1st

Time: 9 a.m. to 12 p.m. or
1 p.m. to 4 p.m.

Location: Complexe sportif Claude-Robillard
1000 Émile-Journault avenue

Cost: \$20 per player

Category: All players will compete together, regardless of their level.

The teams are formed accordingly in order to have teams that are as balanced and homogeneous as possible. *The organizers reserve the right to combine levels based on registrations.*

Information:

You must bring your racket.

Registration deadline:

Friday, August 20th



Pour vos lunettes ou verres de contact, il existe

4 promos FADOQ en plus du célèbre **Rabais selon l'âge.***

programme privilèges **fadoq**

25\$ de rabais additionnel** à la promotion « la 2^e PAIRE à 1\$ ».

2^e PAIRE À 1\$

25% de rabais à l'achat d'une paire complète: monture, lentilles et traitements de nos collections designers exclusives.†

15% de rabais à l'achat d'une paire de lunettes de soleil ou complète de notre collection de designers internationaux.†

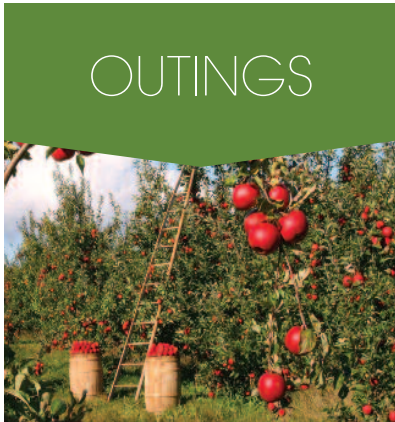
10% de rabais à l'achat d'une provision annuelle de verres de contact à prix régulier†

Offres réservées aux membres FADOQ, valables toute l'année. Sur présentation de votre carte de membre FADOQ. *Notre Rabais selon l'âge, lorsqu'il est en vigueur, vous accorde un pourcentage de rabais équivalent à votre âge sur une vaste sélection de montures. La monture est donc gratuite si vous êtes centenaire (!). Détails sur place. **Recevez un rabais de 25 \$ additionnel à la promotion « la 2^e paire à 1 \$ » lorsque la promotion est en vigueur. Avec l'offre 2^e paire à 1 \$, achetez n'importe quelle paire de lunettes complète de notre collection de marques exclusives avec monture et lentilles traitées antireflet premium, et recevez une deuxième paire de la même collection exclusive d'une valeur identique ou moindre pour seulement un dollar ! †Rabais applicables sur le prix régulier, ces offres ne peuvent pas être jumelées. Sujet à changement sans préavis. Monture à titre indicatif. Jacinthe Laurendeau opticienne.

greiche-scaff.com

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professionnels de la vue



Apple outing

Day at the Jude-Pomme Orchard in the Oka region, including bus transportation, bag for apples, ripe fruit tasting and tractor ride.

- Date:** Wednesday, September 15th
- Time:** 9:30 a.m.
- Location:** Jude-Pomme
223 rang Sainte-Sophie
- Cost:** \$20 – Bring your lunch

Day outdoors at the Val Notre Dame Abbey

Come and enjoy the calm of the trails and the beauty of the landscape. St-Jean-de-Matha’s cut mountain is characterized by its scar; a block having mysteriously been torn from the summit offers an unparalleled view. From fields to forest trails, everyone will be served by this dose of nature. Both short and long distances are available to you.

- Date:** Wednesday, September 22nd
- Time:** 9 a.m.
- Location:** Val Notre-Dame Abbey
250 chemin de la Montagne-Coupée
- Cost:** \$20 – including transport and access to the park
Bring your lunch.



Annual General Meeting

The AGM that was originally scheduled for April 30th has been postponed to June 21st.

- Date:** Monday, June 21st
- Time:** 9 a.m.
- Location:** Zoom Platform
- Cost:** Free



I am an experienced worker and I would like to familiarize myself with remote working tools.



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Centre des femmes de Montréal

Montreal in pictures

Are you aware of the digital BAnQ? It's very simple: you can access it on the Web at numerique.banq.qc.ca. You can explore the collections and archival documents kept by the Bibliothèque et Archives nationales du Québec (BAnQ), which constitute the memory of Quebec and testify to its cultural and social dynamism. In particular, there are nearly 40,000 geographic maps representing Quebec's territory from the era of New France to today.

By **Alban Berson**, map librarian at the Bibliothèque et Archives nationales du Québec

A significant proportion of these documents relate to Montreal, as is the case with the map reproduced here: Plan of the Town and Fortifications of Montreal or Ville Marie in Canada by Thomas Jefferys, first published in London in 1758.

The second most important city in New France, Montreal was a prime target for the British army during the Seven-Year War. When Quebec fell to the conquerors in 1759, Montreal became the de facto capital of New France. But its fate was already sealed as the city was cut off from its supply networks from France. In September 1760, General Jeffrey Amherst led forces from New York which took possession of the city and ended the war.

The creator of this plan, Thomas Jefferys, was the King of England George III's geographer. The plan represents the fortified city of



Josie Welsh doing a 4'8" (1.42 m) Roman jump while standing, Montreal Stampede in 1926. BANQ collections.



Thomas Jefferys, *Plan of the Town and Fortifications of Montreal or Ville Marie in Canada*, London, 1758. BANQ collections.

Montreal and its surroundings. Some historians have nicknamed it the “spy map” since it was said to be based on the observations of a British spy present in Montreal between 1756 and 1758. Indeed, before the final victory, there was not supposed to be a Briton in Montreal. George III’s subjects would therefore, in principle, not have been able to draw such an accurate plan of the city.

Jefferys published the plan on several occasions, notably in the London-based *Universal Magazine* at the time of the celebration of the conquest. The people of Great Britain were therefore curious to see what these cities in North America, now under the British flag, looked like.

BANQ digital also contains many postcards from Montreal. Stretching from the

late 19th century to the 1960s, this unique collection constitutes a fascinating faceted portrait of the metropolis. While these types of documents are in large part dedicated to architecture and tourist sites, they do not nevertheless ignore human activities. The collection is full of scenes from the daily life of Montrealers in the past. Merchants proudly posing in front of their shop window, Mount Royal skiers or rodeo riders in action all give testimony of a thriving city.

FICTION AND/OR REALITY at the Château Dufresne?

Are you passionate about historical novels? Day or night, have you ever let yourself be carried away by the pen and by the intrigues woven by the authoress of *La Cordonnière*? This summer, Marie Victoire Dussault, the heroine of successful novels by prolific writer Pauline Gill, is starring at Château Dufresne. Mythical mother of the brothers Oscar and Marius Dufresne who built and lived in the Château, Marie Victoire is a real enigma.

Francophone business community. It also evokes the difficult working conditions facing female workers in these types of factories, which reflect more reality than fiction.

FICTION \ REALITY.
Marie Victoire and Shoemaking in Maisonneuve is a real stroll through the world of a historical novel and the role of women, be they bourgeois or working-class women, at the turn of the last century.

Dufresne brothers. The new windows on the garden level enhance the magnificence of the building. And soon, we are promised an outdoor café...



A temporary exhibition at the Château Dufresne revisits and investigates the life trajectory of this practically unknown woman before Ms. Gill became interested in her. Her romantic novel also takes us back to the industrial past of the former town of Maisonneuve, when shoe factories were legion and the Dufresne family business was among the most important.

The exhibition questions the historical novel. Reality and fiction come together, recalling the role of a bourgeois woman associated with the

In conjunction with this exhibition, the installation titled “**Fouler le territoire**” (**Treading the territory**) by multidisciplinary artist Carole Baillargeon revisits in present time Marie Victoire’s life course, both real and

imaginary, in the present time.

The Château Dufresne, a historic monument in eastern Montreal, is really worth visiting. It has just had a makeover. The restoration of the masonry now reveals the beauty of the classical ornaments in the Beau-Arts style. At the rear, the restoration of the decorative retaining walls restores the height of the floors fitted out as in the days of the



And what of the historic interiors of the Château, which hint at the exoticism and opulence of a French-speaking family who had chosen to live in the heart of the former town of Maisonneuve. A visit of the lounges, halls, oriental smoking room, study rooms and winter gardens evokes a luxurious bourgeois way of life. The surroundings invoke the ambition and the grandiose dreams of a French-speaking elite which distinguished itself, and whose traces are precious preserved by the Château.

The Dufresne Museum offers a special rate of \$12 per admission to FADOQ members.

It is located at 2929 Jeanne-d’Arc Avenue in Montreal.
chateaudufresne.com



FRAUD AGAINST SENIORS: ARE YOU EQUIPPED TO DETECT AND THWART THE EMOTIONAL BLACKMAIL OF FRAUDSTERS?

The phone rings. You answer. A grandson is calling for help. He says he is imprisoned in another country. An advisor from a financial institution tells you that your investments are threatened or that you have been defrauded. A government official informs you that your immigration application is irregular and you risk being deported from the country. In short, fraudsters use different stratagems, but always with the aim of surprising their victims and scaring them. They put them in a state that will prevent them from thinking, checking or questioning and then offer them the miracle paying solution.

By creating a sense of urgency, fraudsters destabilize victims. By placing victims in such a state, they prevent them from resorting to their usual protective reflexes. As victims appear to be in the wrong or feel compelled to act, they will be open to quick fixes. You guessed it, scammers have the perfect solution to the problem they themselves created. They will be the Good Samaritans. To resolve the stalemate quickly, they will ask victims to withdraw cash or buy other types of value such as Bitcoin or gift cards. They will collect the money that will then disappear forever, along with the scammers, of course!

If you receive a fraudulent call, you can short-circuit the ploy by regaining some composure.

1. Question, hang up and confirm

Break the momentum; restore your balance; regain your senses. Question the person that is talking to you. Ask for some details that only you and the person concerned would know.

- Even if you think you are talking to the person in question, tell them that you want to check for yourself with those around you; that you are going to stop the conversation.
- Do not allow yourself to be drawn into keeping the story a secret, or confiding in each other only so that no one else finds out about the situation. The scammer wants to stop you from checking.
- Do not have a conversation with the person who is asking for your funds: the more you talk to them, the more they will find ways to convince and manipulate you.
- Hang up and call to check with those around you, contact your financial institution or the government department concerned.

If one of your loved ones is truly in distress, you will be able to help them after confirming with those around you. By calling your financial institution, you will be able to protect your assets yourself. Contact a government department directly to validate if there really is a problem. These are all strategies to regain your calm, your senses and restore your balance.

2. To get help or report fraud

In case of emergency, dial **9-1-1**.

You can also contact the Canadian Anti-Fraud Center to report fraud, by calling 1 888 495-8501 or report it directly on their website at antifraudcentre-centreantifraude.ca.

You can also file a complaint with your local police department. To communicate with your neighborhood police station (PDQ), dial **514 280-01XX** (XX corresponding to your PDQ number).

In the event of fraud, contact your financial institution to verify the protections to which you may be entitled.

To find out more

Consult the SPVM senior zone at www.spvm.qc.ca

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coopuqam.com



BIXI

Once again this year, FADOQ members benefit from a **10%** discount on a BIXI seasonal subscription (from April 15th to November 15th), or \$89 (instead of \$99). You can subscribe to the season until May 31, 2021. A **10%** discount is also offered for a 30-day subscription: \$17/month instead of \$19/month. You can get the discount all season long.

Find all the details on our website:
fadoq.ca/en/ile-de-montreal/discounts/sports-leisure-and-culture/bixi



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