

Le Montréal FADOQ

SPRING 2022 | VOLUME 25 NUMBER 3



Région
île de Montréal

FADOQ ÎLE DE MONTRÉAL
GAMES

GRANDPARENTS' RIGHTS

A NURSE WITH AN
EXCEPTIONAL CAREER

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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 contact us

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

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

Le Montréal FADOQ

Spring 2022, Volume 25, Number 3

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50 years, that's worth celebrating!

This year, we are celebrating the 50th anniversary of the creation of the FADOQ - Région Île de Montréal. To underline this happy event, we have several nice surprises in store for you. The first being a conference on **March 11th**, as part of the General Meeting of members, with the highly respected **Bernard Derome** who will come and talk to us about the leaders he has met and the history he has witnessed as journalist and host of the Radio-Canada television newscast.

For this Spring 2022 edition, I am happy to announce the return of the FADOQ Île de Montréal Games. After two years of cancellations, I am optimistic that the team will finally be able to offer you the 23rd edition of this great sporting event which

will bring together competitive and recreational athletes from **May 9th to the 20th**. You will find all the details in this bulletin.

A year ago, I wrote to you asking you to remain optimistic that the pandemic would soon be behind us. We hate to admit it but obviously our forecasts were not very realistic since we haven't reached the end of the road yet. We are all so anxious to get back to some normalcy; be patient and let's continue to follow Public Health guidelines so that we can all stay healthy.

To stay active, I invite you to visit our website fadoq.ca where several virtual activities are available to you. Some are organized by the Montreal region,

but there are also other regions that offer interesting activities to all members of the greater FADOQ Network.

This year the Annual General Meeting (AGM) should be held in person on Friday, April 22nd if Public Health recommendations permit it.

Don't forget to register, you are all welcome.

I close by wishing us all a beautiful spring and let's appreciate every little moment of happiness that comes along, even if it's less than perfect.

Your president,
Jocelyne Wiseman

INVITATION TO THE 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 22, 2022,
9 a.m.**

LOCATION : Plaza Antique
6086 Sherbrooke East
Lunch offered

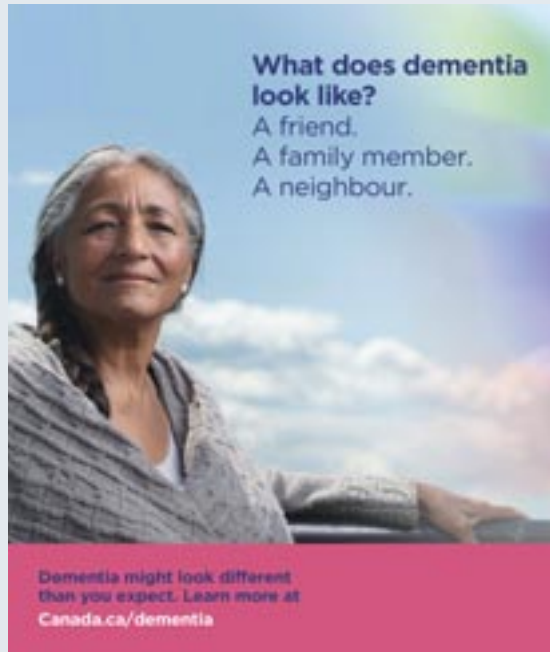
**Registration required
before Friday, April 8th:
514 271-1411**

JOCELYNE WISEMAN
Chairperson of the Board of Directors

CALL FOR CANDIDATES FOR DIRECTOR POSITIONS

The board of directors of the FADOQ - Région île de Montréal is calling for candidates to fill a position within its team. To obtain the nomination form, please contact Rosée Tremblay at 514 271-1411, extension 226, or by email at rtremblay@fadoqmtl.org

ALZHEIMER'S AWARENESS MONTH



and their loved ones, and can lead to social isolation, feelings of loneliness and shame, and decreased self-esteem.

It is important to know that dementia affects each person differently. Depending on their symptoms, people living with dementia can continue to do many things, such as work for years after the first symptoms appear,

participate in their favourite activities and care for their family.

As dementia progresses, people living with the condition may need more support, but they continue to experience emotions and want to stay connected to others.

The first step to better support people living with dementia is to learn more about the condition. Visit canada.ca/dementia.

The Public Health Agency of Canada has launched an important

awareness campaign on dementia. In Canada, between April 2017 and March 2018, 452,000 people over the age of 65 were living with diagnosed dementia. Alzheimer's disease is the most common form of dementia, and women are more likely to be affected than men.

The negative perceptions associated with dementia widely affect people living with dementia

REGISTRATION START DATE: MARCH 7, 2022



Brewery Tour-Griffintown: Beer and the Industrial Revolution

Learn about the growth of Griffintown during the 19th century, its largely Irish community, and how it became one of the focal points of brewing production in Quebec with the arrival of the Dow Brewery. Visits to the following breweries will enhance this discovery-rich circuit: Brasseur de Montréal, 4 Origines and Bistro-Brasserie Les Sœurs Grises.

Date: Saturday, June 11, 2022

Time : 1 p.m. to 5 p.m.

Departure point:

Small park behind Centech (near the corner of Notre-Dame and Peel)

Cost : \$65

**The activities presented below are held in French.
However, most of the guides and teachers are bilingual.
You are all welcome!**



**Virtual Spanish workshop:
7 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 7th to June 9th

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, colours.

Dates: Thursdays, from April 7th to June 9th

Time: 11 a.m. to 12:30 p.m.

Location: Virtual workshops, Zoom platform

Cost: \$110 – 10-week session

Level 3 course

Prerequisites: The prerequisites for level 2, the verb haber, be able to describe yourself personally, to describe where you are located, the numbers 21-100, the irregular verbs.

Dates: Fridays, from April 8th to June 17th (no session on April 15th)

Time: 9 a.m. to 10:30 a.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 : Fridays, from April 8th to June 17th (no session on April 15th)

Time: 11 a.m. to 12:30 p.m.

Location: Virtual workshops, Zoom platform

Cost: \$110 – 10-week session



PROGRAMMING

SPRING 2022

Level 5 course

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

Dates: Fridays, from
April 8th to June 17th
(no session on April 15th)

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

Location: Virtual workshops,
Zoom platform

Cost: \$110 – 10-week session

Level 6 course

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

Dates: Thursdays, from
April 7th to June 9th

Time: 11 a.m. to 12:30 p.m.

Location: Virtual workshops,
Zoom platform

Cost: \$110 – 10-week session

Conversation level course

Dates: Thursdays, from
April 7th to June 9th

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

Location: Virtual Workshops,
Zoom Platform

Cost: \$110 – 10-week session

Italian course: 4 levels

Italian lessons led by a teacher who is a member of the Quebec Association of Professors of Italian.

Location: To be determined

Cost: \$85 – 10-week session

Level 1 course

No prerequisite

Dates: Thursdays, from
April 7th to June 9th

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

Level 2 course

Prerequisites: know how to introduce yourself, know basic interaction formulas, the numbers needed to say and ask for the time (from 1-13 and, better, from 1-31), days of the week and months.

Dates: Thursdays, from
April 7th to June 9th

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

Level 3 course

Prerequisite: Know the present indicative of regular and irregular verbs, be able to agree adjectives in gender and in number to nouns. Know how to describe one's current activities as well as the description of a place.

Dates: Wednesdays, from
April 6th to June 8th

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

Level 4 course

Prerequisites: Know how to talk about future projects using the

present indicative, be able to describe a specific action in the past and say or ask for information that has taken place in the past.

Dates: Wednesdays, from
April 6th to June 8th

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

Virtual course:

Location: Virtual workshop,
Zoom Platform

Cost: \$85 – 10-week session

Level 1

Dates: Fridays, from
April 8th to June 17th
Time: 10:30 a.m. to 12 p.m.
(no session on April 15th)

Level 2

Dates: Fridays, from
April 8th to June 17th
Time: 9 a.m. to 10:30 a.m.
(no session on April 15th)

Clinique dentaire de l'Université de Montréal

Faculté de médecine dentaire
Université de Montréal et du monde.

DES PLACES DISPONIBLES
POUR DES PROTHÈSES COMPLÈTES

Besoin de prothèses complètes (dentiers) ? Informez-vous auprès de la Faculté de médecine dentaire de l'Université de Montréal.

Venir à la Clinique de la Faculté de médecine dentaire c'est :

- Des traitements réalisés par des étudiants sous la supervision de spécialistes ;
- Des soins effectués dans un endroit respectant les standards en matière de santé et de prévention des infections ;
- Des prix avantageux.

APPELEZ-NOUS MAINTENANT !
514 343-6750

Embroidery workshop

If you are attracted to embroidery and have never dared try it, this workshop is for you. Come and learn the basics of embroidery and discover the soothing virtues of this practice. During these friendly and affable weekly meetings, you will perform practical exercises, draw inspiration from existing models and/or develop your personal projects.



Dates: Thursdays from April 28th to June 16th
Time: 1 p.m. to 3 p.m.
Location: Centre-Sud Sports and Community Association, 2093 De la Visitation Street
Cost: \$60 – 8-week session – including an embroidery starter kit upon first registration.

The participants must bring their pair of scissors and a small sketchbook.

Watercolour Course

In addition to important notions on the material and on colour theory, this course introduces the different fundamental techniques for painting



with watercolours regardless of the level of the student.

Dates: Mondays from April 25th to June 13th
Time: 6:30 p.m. to 9:30 p.m.
Location: Centre-Sud Sports and Community Association 2093 De la Visitation Street
Cost: \$280 – 8-week session

Basic materials required:

- 3 tubes of colours: Hansa yellow light (PY3), Quinacridone alizarin (PV19), Phthalocyanine blue (PB15)
- 300 g/m2, acid-free tablet, pad or watercolour sheets of at least 11 in x 15 in (28 cm x 38 cm),
- 1 round pointed synthetic brush # 12

WALKERS
RENDEZ-VOUS

Walking club

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

Maisonneuve Park
Meeting point: at the Chalet: 4601 Sherbrooke Street East
Dates: Mondays from April 4th to June 13th (except April 18th)
Time: 10 a.m. to 12 p.m.
Cost: \$5 – 10-week session



Frédéric Bach Park

Meeting point: at the rotunda, at the end of Paul-Boutet Street, corner Jarry.
Dates: Fridays from April 8th to June 17th (except April 15th)
Time: 1:30 p.m. to 3:30 p.m.
Cost: \$5 – 10-week session

A Walk in the Parks

We are offering a walk through the parks of the island of Montreal supervised by volunteers from our club. The trails used are for beginners and intermediates and vary between 5 and 10 km.



Date: Tuesday, April 12th
Time: 1:30 p.m. to 3:30 p.m.
Location: Bellerive Park, 8300 Bellerive Street
Cost: Free

Date: Wednesday, June 8th
Time: 9:30 a.m. to 12 p.m.
Location: L'île de la Visitation Park 2450 Gouin Boulevard E at the corner of Bruchési Avenue
Cost: Free

Date: Thursday, June 23rd
Time: 9:30 a.m. to 12 p.m.
Location: Angrignon Park Angrignon Metro Station
Cost: Free

Outdoor Walking Tour - Hochelaga, My Love!

Follow your guide around his beloved neighborhood! A former French-speaking working-class neighborhood that has undergone many transformations, Hochelaga definitely deserves our attention. Discover its impressive railway past, its old bourgeois homes, its organizations, its artists, its weavers, this simple neighborhood life that was forged in the past and is still quietly shaping itself today, over the seasons. We bet that you will not see Hochelaga in the same way after this visit!

Date: Wednesday, April 27th

Time: 10 a.m. to 12 p.m. or 2 p.m. to 4 p.m.

Departure and end:

Place des Tisserandes,
3200 Ontario Street East
in front of the Nativité-de-la-Sainte-Vierge Church

Cost: \$20

Outdoor walking tour - Montreal and its murals

In the company of a professional guide, discover the place and the origin of mural art in Montreal, on a route marked by unique and eclectic works. A true open-air museum, Montreal has become a hub for street art in North America.



It even rivals international capitals known for their magnificent graffiti and exterior murals.

Date: Wednesday, May 25th

Time: 10 a.m. to 12 p.m. or 2 p.m. to 4 p.m.

Departure point:

In front of the sustainable development centre,
50 Sainte-Catherine Street W.

Cost: \$20

Outdoor walking tour - Montreal and its river, as seen from Île Sainte-Hélène



By addressing in particular the founding of the city, its privileged strategic location, its economic development, its accelerated growth in the 19th century, the seaway, Expo 67 and Île Notre-Dame, learn more about the fundamental role of the St. Lawrence River in the history and development of Montreal from 1642 to today thanks to this tour offering a unique perspective from Île Sainte-Hélène, which you will also hear about. Take the opportunity to admire the breathtaking views of Montreal and the St. Lawrence River, then discover the secret and peaceful places that Île Sainte-Hélène hides.

Date: Saturday, June 18th

Time: 10 a.m. to 12 p.m. or 2 p.m. to 4 p.m.

Departure point:

Outside the Jean-Drapeau Metro station

Cost: \$20

SPORTS ACTIVITIES



Darts

Come practice this precision sport in a friendly environment.

Dates: Tuesdays and/or Thursdays from March 22th to May 12th

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

Location: Royal Canadian Legion
4835 7th Avenue

Costs: \$20, 1 X week or \$35 for 2 X weeks, 8-week session

Line dancing

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

Dates: Thursdays, from March 24th to June 16th

Beginner: 1 p.m. to 2 p.m.

Intermediate: 2:15 p.m. – 3:15 p.m.

Location: Gilles Beaulieu Dance School,
6394 Saint-Hubert Street

Cost: \$70 – 13-week session

Self-defence workshop

Workshop combining self-defence with assault simulations and crime prevention by Mr. Georges Manoli, retired police officer and certified self-defence and assertiveness instructor (www.manoli.ca). To shed light on the mental and physical resources you already possess in order to deal in a real way with the fear, panic and confusion that come with an assault.

Date: Monday, April 25th

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

Location: Palestra of the Centre-Sud Sports and Community Association
2093 De la Visitation Street

Cost: \$25

Fitness

This course aims to strengthen the bones, preserve breathing and muscle capital, reduce blood pressure and increase flexibility while promoting socialization.

Dates: Mondays, from
April 25th to June 13th

Time: 10:30 a.m. to 11:30 a.m.

Location: Centre-Sud Sports and Community Association
2093 De la Visitation Street

Cost: \$60 – 8-week session

Adapted Fitness

Classes adapted on chair for individuals with reduced mobility. The exercises aim to work on the muscles, balance, posture, and to develop cardiovascular capacity as well as coordination.

Dates: Wednesdays, from
April 27th to June 15th

Time: 10:30 a.m. to 11:30 a.m.

Location: Centre-Sud Sports and Community Association
2093, rue de la Visitation

Cost: Free (6 places available)
8-week session

Cycling cardio

A stationary bicycle course to the rhythm of music simulating climbs, acceleration and sprints. Nothing like group training to promote motivation!

Dates: Thursdays, from
April 28th to June 16th

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

Location: Centre-Sud Sports and Community Association
2093 De la Visitation Street

Cost: \$60 – 8-week session

Cardio-Vitality Workout



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

Mandatory equipment: Exercise mattress and elastic bands (You can purchase the equipment on site at a cost of \$40)

Maisonneuve Park

Dates: Tuesday from
March 29th to June 21st
Thursday from
March 31st to June 23rd

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

Location: Maisonneuve Park Chalet
4601 Sherbrooke Street E.

Cost: \$156 – 1 time per week –
13-week session
\$234 – 2 times a week –
13-week session

Lafontaine Park

Dates: Tuesdays, from
March 29th to June 21st
Thursdays, from
March 31st to June 23rd

Time: 10 a.m. to 11 a.m.

Location: Calixa-Lavallée Centre
parking lot 3819 Calixa-
Lavallée Avenue

Cost: \$156 – 1 time per week –
13-week session
\$234 – 2 times a week –
13-week session

Yoga on Mat

The Yoga Tout team offers yoga sessions that will allow you to improve your physical and mental condition. Whether on a mat or on a chair, yoga improves the balance and coordination of the body and allows the relaxation of the muscles while strengthening them.



Dates: Thursdays, from
March 31st to June 2nd

Time: 10:50 a.m. to 11:50 a.m.

Location: Basement of
Saint-Édouard Church
427 Beaubien Street East

Cost: \$100 – 10-week session

Dates: Fridays, from
April 1st to June 10th
(no session on April 15th)

Time: 10:50 a.m. to 11:50 a.m.

Location: Basement of the
Saint-Donat Church
6807 De Marseille Street
(door C)

Cost: \$100 – 10-week session

Registration required for all activities starting **Monday, March 7, 2022**, at 514 271-1411 ext. 222. You can also register online. Consult the website fadoq.ca/en/ile-de-montreal/leisure-and-events

PROGRAMMING

Chair yoga

Dates: Thursdays from
March 31st to June 2nd
Time: 9:30 a.m. to 10:30 a.m.
Location: Basement of
Saint-Édouard Church
427 Beaubien Street East
Cost: \$100 – 10-week session

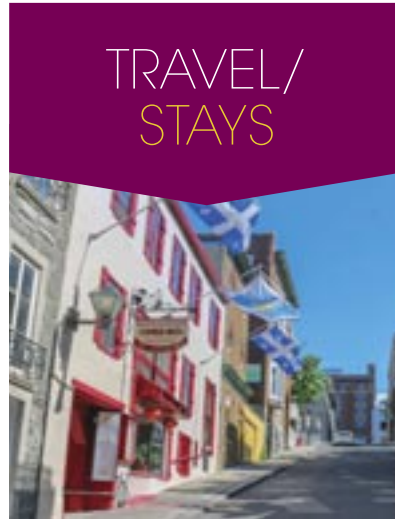
Dates: Fridays from
April 1st to June 10th
(no session on April 15th)
Time: 9:30 a.m. to 10:30 a.m.
Location: Basement of the
Saint-Donat Church
6807 De Marseille Street
(door C)
Cost: \$100 – 10-week session



Meditation

Dates: Thursdays from
March 31st to June 2nd
Time: 12 p.m. to 12:45 p.m.
Location: Basement of
Saint-Édouard Church
427 Beaubien Street East
Cost: \$70 – 10-week session

Dates: Fridays, from
April 1st to June 10th
(no session on April 15th)
Time: 12 p.m. to 12:45 p.m.
Location: Basement of the
Saint-Donat Church
6807 De Marseille Street
(door C)
Cost: \$70 – 10-week session



Bois de la Belle-Rivière Park in Mirabel

This regional park is one of the most beautiful forest estates in Quebec. You can walk along the paths or through the large gardens.

Date: Tuesday, April 26th
Time: 9 a.m. to 4 p.m.
Departure: Le Domaine Center, 3235
Granby Avenue in Montreal
Cost: \$20 (Including transporta-
tion and access to the park.
Bring your lunch)

Pointe-Du-Moulin Historical Park on Île Perrot

Come and visit an exceptional site, offering a breathtaking view of the St. Lawrence River and Saint-Louis Lake. During your visit you will have the opportunity to explore the windmill, the miller's house as well as the interpretation centre in which you can discover the customs and agricultural life of New-France's inhabitants.

Date: Wednesday, June 29th
Time: 9 a.m. to 4 p.m.
Departure: Le Domaine Center, 3235
Granby Avenue in Montreal
Cost: \$30 (Including transporta-
tion, access to the park
and a guided tour.
Bring your lunch)

Rejuvenation at the Augustinian Monastery – 3 days/2 nights

The Augustinian Monastery is a heritage haven of health, culture and well-being with a museum, restaurant and hotel, site of the first hospital in America, north of Mexico. You will be accommodated in authentic rooms which are the former nuns' cells, re-converted in accordance with current standards of comfort. On the program are a guided tour of the monastery museum, a morning meditation walk and an activity at the end of the day.

Dates: June 13th to 15th, 2022

Cost: Authentic single
room: \$580/pers.

Authentic double
room: \$405/pers.

Contemporary single
room: \$700/pers.

Contemporary double
room: \$424/pers.

Included: Transportation, 2 breakfasts
and 2 suppers, guided tour
of the Monastery as well as
activities such as the
morning meditation walk,
yoga and taïchi.

Castles and opulence of New York State

Explore the life of New York's elite from the 18th century to the present day with this special tour to discover the castles of New York State. Discover the history of wealthy American families and their way of life, by visiting their favourite vacation spots. Be dazzled by the opulence of their summer homes including the Hamptons, the Hudson Valley, Saratoga Springs and Lake George!

Dates: June 26th to 29th

Price: To be determined

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 9TH TO JUNE 2ND** 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.



RUNNING



To be confirmed

8 a.m. to 12 p.m.

DOUBLES BADMINTON



May 9

9 a.m. to 5 p.m.

PICKLEBALL



May 10

9 a.m. to 5 p.m.

SINGLES BADMINTON



May 11

1 p.m. to 4 p.m.

TENNIS



May 12

9 a.m. to 11 a.m.
or
11 a.m. à 1 p.m.

SINGLES TABLE TENNIS



May 13

9 a.m. to 5 p.m.

VOLLEYBALL



To be confirmed

9 a.m. to 5 p.m.

SMALL-PIN BOWLING



May 17

1 p.m. to 4 p.m.

DARTS



May 18

1 p.m. to 5 p.m.

PETANQUE



May 19

9 a.m. to 5 p.m.

WALKING



May 20

9 a.m. to 3 p.m.

GOLF



June 2

10 a.m. to 9 p.m.

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 Provincial Games in September.

Date: To be determined
Time: 8 a.m. to 12 p.m.
Location: Maisonneuve Park – 4635 Sherbrooke Street East
Cost: \$20
Departure: Maisonneuve Park Chalet
Distance: 2 km, 5 km, 10 km
Categories: Men and women – 50 to 59 years old, 60 to 69 years old, 70 years old and over

Information: Sanctioned by the Quebec Athletics Federation. Opportunity for the winners of the competition to represent Montreal at the Provincial Games.

BADMINTON



Round robin competition followed by elimination and consolation rounds. By the end of the day, each team will have participated in the same number of games.

Two 21-point sets for the round robin phase.

Two 21-point sets and a third 11-point set for the elimination and consolation rounds.

Doubles competition

Date: Monday, May 9th
Time: 9 a.m. to 5 p.m.
Location: Centre Pierre-Charbonneau, 3000 Viau Street
Cost: \$20 per player
Category: Men, women and mixed – Intermediate or advanced
The organizers reserve the right to combine levels according to registrations.
Lunch box: \$15

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

Singles competition

Date: Wednesday, May 11th
Time: 9 a.m. to 5 p.m.
Location: Centre Pierre-Charbonneau, 3000 Viau Street
Cost: \$20 per player
Category: Men and Women – Intermediate or Advanced
The organizers reserve the right to combine levels according to registrations.
Lunch box: \$15

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

PICKLEBALL



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

Date: Tuesday, May 10th
Time: 9 a.m. to 5 p.m.
Location: Centre Pierre-Charbonneau, 3000 Viau Street
Cost: \$20 per player
Categories: Men, women and mixed
 Intermediate or advanced

The organizers reserve the right to combine levels according to registrations.

Lunch box: \$15

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

TENNIS



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

Date: Thursday, May 12th
Time: 9 a.m. to 11 a.m. or 11 a.m. to 1 p.m.
 You can choose in which block of time you wish to play.

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 according to registrations.

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



SINGLES TABLE TENNIS



Round robin competition followed by elimination and consolation rounds. 3-of-5-wins games with guaranteed 11-point sets.

Date: Friday, May 13th
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 according to registrations.

Lunch box: \$15

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

VOLLEYBALL



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

Date: To be confirmed
Time: 9 a.m. to 5 p.m.
Location: To be confirmed
Individual registration: \$20
Team registration: \$100 (six to eight players)
Category: Mixed – Recreational or competitive

The organizers reserve the right to combine levels according to registrations.

Lunch box: \$15

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

SMALL-PIN BOWLING



Round robin based on total points. 3 games guaranteed.

Date: Tuesday, May 17th
Time: 1 p.m. to 4 p.m.
Location: Le Moderne bowling center
 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 (on-site rental possible). Opportunity for the winners of the competition to represent Montreal at the Provincial Games.

DARTS



Round robin competition

Date: Wednesday, May 18th
Time: 1 p.m. to 5 p.m.
Location: Légion royale canadienne, 4835 7e Avenue
Individual registration: \$20 per player
Team registration: \$60 (four players)
Categories: Mixed. Beginner and Intermediate

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

PETANQUE



Round robin tournament, four 13-point games guaranteed.

Date: Thursday, May 19th
Time: 9 a.m. to 5 p.m.
Location: Parc Pie XII – 5200 Lavoisier Boulevard
Individual registration: \$15 per player
Team registration: \$30 (three players)
Category: Recreational or competitive
Lunch box: \$15

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





WALKING



New: Lunch included.

Date: Friday, May 20th

Time: 9 a.m. to 3 p.m.

Location: Jarry Park

Cost: \$20 per person (lunch included)

Categories: Men's and women's speed walking.
Individual prediction walk, 1 km and/or 3 km. Team prediction walk (team of four walkers, 1 km each)

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

GOLF



Brunch and supper included.

Date: Thursday, June 2nd

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

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

Cost: \$165 per player

Category: 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.



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GRANDPARENTS' RIGHTS

By: Allen Madelin Lawyers

Although such situations are deplorable, sometimes parents choose to be an obstacle to the relationship between grandparents and grandchildren. Is this allowed?

Whether one of the parents is deceased, absent, divorced or separated, the rights of grandparents with regards to their grandchildren and vice versa remain applicable and valid: this relationship is protected by law.

Indeed, article 611 of the *Civil Code of Quebec* (RLRQ c. CCQ-1991) provides that "In no case may the father or mother, without grave reason, interfere with personal relations between the child and his grandparents. Failing agreement between the parties, the terms and conditions of these relations are decided by the court".

Thus, the law protects the relationship between grandparents and grandchildren when it is in the interest of the latter.

Similarly, judges have enforced visitation rights for grandparents. This right cannot be abolished unless there are serious reasons which must be proven by the parents. In other words, the burden of providing proof of such reasons lies with the parents, who will then have to demonstrate to the court the reasons for which they oppose the continuation of the relationship between grandparents and grandchildren.

Legally speaking

If you are looking to continue to have a relationship with your grandchildren, if you want clear visitation rights with your grandchildren, or if one or both parents oppose your relationship with your grandchildren by preventing you to contact them by technological

means or by refusing your presence during family get-togethers, you can assert your rights to this relationship.

It's easy to get caught off guard or swayed by comments like "it's my child, it's my decision." Fortunately, you can consult a lawyer to advise you and inform you of your rights as well as the legal process for determining the terms of a relationship between grandparents and grandchildren.

Moreover, as a FADOQ member, our firm Allen Madelin Inc. is pleased to offer you a free fifteen-minute telephone consultation so that you can obtain legal information. This is the perfect opportunity to get a feel for the situation and get an idea of the first steps in the process. So do not hesitate any longer, if you need it for yourself or for a loved one, call us and we will be happy to set up an appointment for you.

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CHARLOTTE TASSÉ (1893-1974), A TIRELESS NURSE WITH AN EXCEPTIONAL CAREER

By: **Marthe Léger**, archivist, National Archives of Quebec in Montreal | BAnQ

Charlotte Tassé, a registered nurse from Henryville, Québec, devoted her career to the development of the Institut Albert-Prévost and the training of nurses.

After the 1926 death of Dr. Albert Prévost—who founded Montréal's Sanatorium Prévost [1] on Gouin Boulevard—Tassé and a few doctors dedicated themselves to continuing the neurologist's work. In 1945, Charlotte Tassé and her colleague Bernadette Lépine acquired the Sanatorium, which was dealing with major financial problems at the time and faced closure. They renamed the Sanatorium the Institut Albert-Prévost and worked tirelessly to promote it, ultimately developing a renowned neuropsychiatric clinic, cutting-edge research centre and innovative nursing school.

Under Tassé's leadership, three different schools opened in turn within the walls of the Institut Albert-Prévost. Only a few weeks after moving into the new sanatorium in 1919, Tassé created a nursing school that she ran until its closure in 1947. Three years later, in response to a shortage of nurses and a growing demand for care, she founded the



very first school for nursing assistants in the province of Québec [2]. The students who attended this new training program for caregivers adopted the motto "S'oublier pour soulager" (Forgetting oneself to offer relief). Finally, in 1953, Tassé set up an advanced course in psychiatric care for professional nurses, an achievement for which she was decorated by the Canadian Mental Health Association on May 1, 1955.

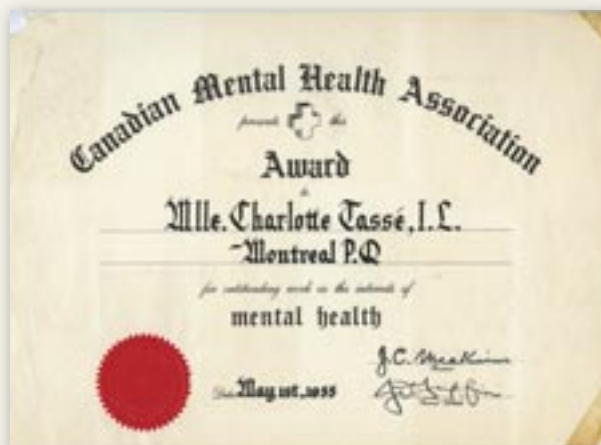
In addition to directing the Institut Albert-Prévost, which was recognized

Nursing students graduating from the advanced course in psychiatric care given by Dr. Karl Stern, 1956. From left to right: Charlotte Tassé (Director of the Institut Albert-Prévost), Gertrude Hefti (Course Instructor), M.-Aimée Péloquin, Edith Hallé, Lucille Desmarais. Québec National Archives in Montréal, Studio O. Allard fonds (P244, S1, D4114, P3). Photo: Studio O. Allard.

for its avant-garde teaching and research as well as for the quality of the care it provided, Tassé co-founded and ran the monthly magazine *La garde-malade canadienne-française* [3] from 1927–1963. This publication, which promoted its founders' agenda, advocated for the improved status and recognition of the nursing profession.

In 1962, psychiatrists at the Institut Albert-Prévost, including Dr. Camille Laurin, accused members of the administration, presided over by Tassé, of interfering in patients' prescribed care. To resolve this conflict, Jean Lesage's government set up the Commission d'enquête sur l'administration de l'Institut Albert-Prévost quant à son personnel médical et hospitalier, (Commission of Inquiry into the Administration of the Institut Albert-Prévost with respect to its medical and hospital personnel) also known as the Régnier Commission. The commission's report, presented in 1964, vindicated the doctors. Tassé, who had been sidelined, decided to resign as director of the Institute to which she had devoted her entire professional life.

However, her important legacy deserves, today more than ever, to be recognized and appreciated.



Certificate of the decoration awarded to Charlotte Tassé by the Canadian Mental Health Association. Québec National Archives in Montréal, Charlotte Tassé fonds (P307, S1, SS1, D2).



The attire of nurses and nursing assistants – “Une bonne tenue est gage de succès” (Proper attire is a guarantee of success), by Charlotte Tassé, excerpt from the manuscript of the article published in *La garde-malade canadienne-française*, March 1952, p. 11–13. Québec National Archives in Montréal, Charlotte Tassé fonds (P307, S2, SS3, D1).

[1] The Sanatorium Prévost (1919), which became the Institut Albert-Prévost (1955) and then the Albert-Prévost Pavilion of the Hôpital du Sacré-Cœur (1973), is known today as the Hôpital en santé mentale Albert-Prévost [2015].

[2] This school closed in 1967.

[3] In 1927, Charlotte Tassé, her sister Rachel, and Bernadette Lépine, set up the magazine *La garde-malade canadienne-française* (1927–1956), which would become *Les cahiers du nursing canadien* (1957–1963) and then *Les cahiers du nursing* (1963–1973).

In addition:

Biron, Michel, in collaboration with Marthe Léger, *Charlotte Tassé et l'Institut Albert-Prévost : l'œuvre d'une femme de tête*, https://www.banq.qc.ca/histoire_quebec/parcours_thematiques/CharlotteTasse/index.jsp.

David, François, in collaboration with Marthe Léger, “S'oublier pour soulager : la devise de l'étudiante 'garde-malade'”, *À rayons ouverts*, no 101, Winter 2018, p. 30.

Klein, Alexandre, *Charlotte Tassé (1893-1974), infatigable promotrice du modèle de la garde-malade canadienne-française*, <https://www.cairn.info/revue-recherche-en-soins-infirmiers-2018-3-page-78.htm?contenu=article>.

Klein, Alexandre, “Charlotte Tassé et la naissance des infirmières auxiliaires”, *La Presse*, September 6, 2020.

Léger, Marthe, *Charlotte Tassé : une vie consacrée à l'Institut Albert-Prévost et à la formation des infirmières*, <https://blogues.banq.qc.ca/instantanes/2021/06/25/charlotte-tasse-une-vie-consacree-a-linstitut-albert-prevost-et-a-la-formation-des-infirmieres/>.

BUYING A CONDO: 5 IMPORTANT POINTS TO CONSIDER TO AVOID NIGHTMARES!

The acquisition of a condo has several aspects that must not be overlooked. When buying a condo, it is important to keep in mind that you are also buying the management of the condominium. Our inspectors present 5 important elements to check when buying a condominium unit so that you can make an informed decision.



1. Has a contingency fund study been conducted?

A contingency fund study is used to determine what elements will need to be changed on the building, when it will become necessary to change them, and how much money should be available at that time to pay for the work. A well-executed contingency fund study ensures that the owners won't have to pay additional contributions for future work to be done.

2. Does harmony prevail in the neighborhood?

It is easy to draw a portrait of the relations between neighbours by looking through the minutes from previous years meetings. These documents provide an overview of the state of mind of the condominium and the atmosphere in the neighborhood. You will be able to see if there is any discord between the co-owners, whether additional contributions have been necessary in previous years or if there is a lack of participation and involvement from the owners.

3. What are the condo fees?

It is certain that low condo fees are attractive for anyone's budget. But it is preferable to be suspicious of those low fees because this situation is often the sign of a mismanagement of the contingency fund. If the condo fees are too low, it is very likely that a special contribution will be required when work will need to be done.

4. Is the insurance coverage adequate?

Some insurers may refuse to insure a co-ownership syndicate if the building is not sufficiently well maintained. It is important to ensure that the syndicate has properly insured the entire property and that the deductibles are reasonable.

5. Does the condominium have separate accounts depending on the type of expense?

In order to ensure proper maintenance of the building, it is essential that the common funds be divided into different categories: general maintenance, contingency fund and self-insurance fund. The first fund is used to cover the day-to-day maintenance of the building (snow removal, lawn mowing, etc.), the second is used to provide for the costs of replacing building elements in the long term (roof, window, etc.). The self-insurance account is used to pay the deductible in the event of a claim.

In summary, it is sometimes difficult to have an overall picture of our investment since part of it is managed by a syndicate. To avoid additional dues, call our experts to help you find the answers to these 5 key questions!

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