

# Le Montréal FADOQ

SUMMER 2022 | VOLUME 25 NUMBER 4

fadoq

Région  
île de Montréal

“AGING AND BEAUTY”  
EXHIBIT

SUMMER PROGRAM

VACATION DESTINATION:  
MYRTLE BEACH



Home • Auto



Life • Health • Investment

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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](mailto:info@fadoqmtl.org).

## To contact us

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

514 271-1411 | [info@fadoqmtl.org](mailto:info@fadoqmtl.org)  
[fadoq.ca/ile-de-montreal](http://fadoq.ca/ile-de-montreal)

## Le Montréal FADOQ

Summer 2022, Volume 25, Number 4

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Printing             SOLISCO



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## How do you intend to enjoy *the summer?*

**S**itting comfortably in the shade with a good book? Both hands in the soil of your vegetable garden? By taking advantage of the cultural activities of our beautiful city? By bike on Montreal's bike paths?

Our summer program offers several suggestions for activities that I hope you will enjoy. The list of activities will include outings to the theatre, walking tours, kayaking, a bike outing and the return of our one-or-more-day trips!

We have also prepared 2 activities offered **entirely in English**: a bike tour to explore Montreal's architecture (including the rental of a regular or electric bike) and a walking tour to admire Montreal and its river as seen from Île Sainte-Hélène.

As you already know, 2022 is an important year for the Montreal region, as we are **celebrating our 50th anniversary**. The age required to obtain the FADOQ card! Already, as part of these festivities, we have invited Mr. Bernard Derome, who presented Radio-Canada's *Téléjournal* for more than thirty years. During his presence at our members meeting on March 11th, he presented his personal experiences and his vision of current affairs. Many of you enjoyed this event.

Also as part of the FADOQ – Région île de Montréal's 50th anniversary festivities, we are offering two fantastic activities this summer: a **cruise on the St. Lawrence River aboard the Bateau-Mouche** on July 14th and a nice walk in the Parc Maisonneuve followed by a **lunch at the Botanical Gardens' Marquee** on September 22nd. Full details are provided later in this bulletin. We encourage you to book now if these proposals interest you because places will go quickly!



This edition of the bulletin includes a lot of other captivating information that I invite you to read at your leisure. No matter how you intend to enjoy the summer, I sincerely hope that it will be mild and most pleasant.

Your president,  
Jocelyne Wiseman

**World Elder Abuse  
Awareness Day  
June 15th**

*Exhibit*

The FADOQ - Région île de Montréal and its partners of the regional planning committee for the World Elder Abuse Awareness Day are pleased to invite you to the “Aging and beauty” exhibit.

Still too often associated with words such as “loss”, “disease” or “burden”, aging unfortunately loses all of its charm. The “Aging and Beauty” exhibition is an opportunity to reconnect with positive representations of aging; pleasure, intergeneration, diversity, intimacy: so many themes and beauties of old age to rediscover.

Photographer Arianne Clément shares the sensitive gaze imbued with great humanity that she has cast on seniors from all over the world. Her photographs magnify aging and encourage viewers to perceive the life stories behind each of her models.

\*This exhibit is organized in partnership with the Great Interaction to Break with Ageism (GIRA), an initiative of the Center for Research on Aging – CIUSS de l’Estrie - CHUS.

**Date:** From Tuesday, June 14th until July 4th

**Location:** Maison de la Culture Claude-Léveillée  
Café, 911 Jean-Talon Street East

**Cost:** Free

*Consult the opening hours of the Maison de la culture Claude-Léveillée:  
[montreal.ca/lieux/maison-de-la-culture-claude-leveillee](http://montreal.ca/lieux/maison-de-la-culture-claude-leveillee)*

## CAL Program

We are proud to participate in the CAL (Companion leisure card) initiative. On presentation of the CAL card, the person with a disability who registers for one of our activities obtains **free admission for his/her companion**.

The CAL holder is not necessarily in a wheelchair or does not necessarily have an accessory that can identify him/her at first glance. For example, it could be a person who has an intellectual disability or who is hard of hearing.

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### 3 ADD A BILL

1. Find your **club number** and 2. your **member number** on your membership card



3. Enter them without **hyphens or spaces**, in the Reference no. box
4. Click "OK" and "Confirm"



**...AND RENEW!**

**REGISTRATION START DATE: MONDAY, MAY 30, 2022 - 9 a.m.**

## ONLINE REGISTRATION

You can now **register online for the majority of our activities.**

You must start by creating an account on the Amilia platform, an online registration platform used by several organizations.

- Step 1: Create your account at [amilia.com/en/Login](https://amilia.com/en/Login)
- If "The username you have chosen is reserved. Please choose another" appears. All you have to do is reset your password.
- Remember your password for Amilia
- Step 2: Go to <https://www.fadoq.ca/en/ile-de-montreal/leisure-and-events>
- Select the activity of your choice
- Click on "Subscribe to the activity" on the right of the page (you will be transferred to Amilia)
- Follow the instructions

## ACTIVITIES OFFERED IN ENGLISH

### Panorama-Architecture Cycling Tour

Imagine a magnificent day where water, architecture and green spaces transport you.

Cross the St. Lawrence River by bike and ride on the F1 track at Île Notre-Dame. This experience, unique to Ça Roule Montréal, offers you fabulous landscapes and highlights the historical importance of the St. Lawrence River for the city. This unique route also allows you to discover the architectural works that have marked Montreal and the parks that have made it famous.

A tasting stop is planned at the renowned "Première Moisson" bakery located at the Atwater Market, very close to the historic site of the Lachine Canal, and at the end of your tour, relax over a glass of beer or wine that will be served to you in an Old Montreal bar-restaurant located near Ça Roule Montréal.

**Date:** Thursday, July 21st

**Time:** 9 a.m. to 12 p.m.

**Departure and end point:**

Ça roule Montréal, 27 de la Commune Street East

**Cost:** Regular bike: \$70 | Electric bike: \$90



### 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:** Tuesday, August 2nd

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

**Departure point:**

Outside the Jean-Drapeau Metro station

**Cost:** \$20



All other activities presented below are held in French.  
However, most of our guides and teachers are bilingual.

*You are all welcome!*

## WALKERS RENDEZ-VOUS

For a safe and enjoyable hike, consider the following items: water bottle, sunscreen, hat, closed shoes and clothing appropriate to the temperature.



### Walking club

Come and walk in good company through the trails of Parc Maisonneuve and Parc Frédéric-Bach for a 3-to-6-kilometer trek.

#### Parc Maisonneuve

**Date:** Mondays, from June 27th to August 29th

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

**Meeting point:**

Maisonneuve Park Chalet,  
4601 Sherbrooke Street East

**Cost:** \$5 – 10-week session

#### Parc Frédéric-Bach

**Date:** Fridays, from July 8th to September 9th

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

**Meeting point:**

At the Parc Frédéric-Bach rotunda, at the end of Paul-Boutet Street, corner Jarry.

**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.

#### Verdun Beach

**Date:** Wednesday, July 13th

**Time:** 9:30 a.m. to 2 p.m.

**Meeting place:**

De l'Église Metro exit  
(133 de l'Église Street)

**Cost:** Free, Bring your lunch!

#### Parc Jean-Drapeau

**Date:** Thursday, August 11th

**Time:** 9:30 a.m. to 2 p.m.

**Meeting place:**

Jean-Drapeau metro exit

**Cost:** Free, Bring your lunch!



## SPORTS ACTIVITIES

### Golf lessons

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

**Date:** Tuesdays, from June 7th to 21st

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

**Beginner:** 1 p.m. to 3 p.m.

**Location:** Pincourt Golf Centre  
475 Forest Avenue  
in Pincourt

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



### Rabaska outing with a naturalist

Take a seat in the GUEPE rabaska and discover the banks of the Rivière des Prairies. A naturalist will be present to guide you and introduce you to the observation of the river's fauna and flora. The outing lasts 1 ½ hours and includes nautical equipment as well as a personal flotation device (PFD). This activity is accessible to beginners. It is necessary to know how to swim to be able to participate.

**Date:** Friday, July 8th or  
Friday, July 22nd

**Time:** 2 p.m. to 3:30 p.m.

**Location:** Parc de Beauséjour  
nautical site,  
6891 Gouin Blvd West

**Cost:** \$35

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### Introduction to sea kayaking

Familiarize yourself with the handling of the paddle and learn the basic techniques of sea kayaking. The objective of the introductory lesson is also to develop the right reflexes for a safe outing in a kayak. The lesson lasts 2 hours and includes the rental of a single kayak, a PFD and a nautical safety kit. This activity is accessible to beginners. It is necessary to know how to swim to be able to participate.

**Date:** Tuesday, July 26th or  
Tuesday, August 9th

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

**Location:** Parc de Beauséjour  
nautical site,  
6891 Gouin Blvd. West

### Multi-regional Golf Tournament

The Laurentians, Laval, Mauricie and the Island of Montreal regions invite you to the FADOQ multi-regional golf tournament to be held at the Le DuMoulin Golf Club.

**Date:** Tuesday, August 16th

**Time:** Golfers can arrive at the  
golf club from 11:30 a.m.  
and be at the carts by  
12:30 p.m.

Tee offs will be at 1 p.m. in  
shotgun formula

**Location:** Le DuMoulin Golf Club –  
841 Chemin des Pins in  
Trois-Rivières

**Cost:** \$63 per player including  
transportation, lunch box,  
green fees, cart, supper,  
prize draws, taxes and  
services

**Categories:**

Male, female or mixed.  
2 or 4 person Vegas

**Registration deadline:**

Thursday, July 28th



### Cirque du Soleil's KOOZA

KOOZA intertwines acrobatics and clownish humour to explore the themes of fear, identity, recognition and power. The journey of the Innocent leads him to meet funny characters from an electrifying universe overflowing with surprises, thrills, audacity and surpassing oneself.

**Date:** Wednesday, August 10th

**Time:** 7:30 p.m.

**Location:**

The Big top at the Old Port  
of Montreal

**Cost:** \$65

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### Notre Dame de Paris at the Grand Théâtre de Québec

**Date:** Saturday, August 27th

**Departure time:**

9:30 a.m.

**Departure point:**

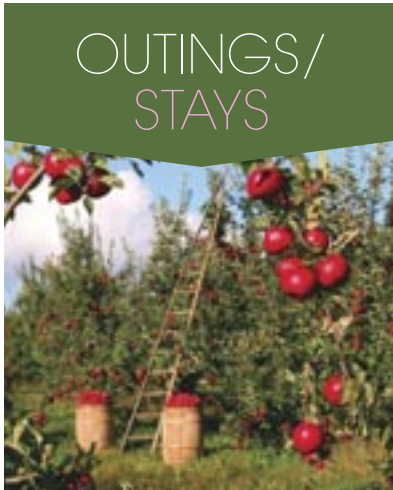
7600 Sherbrooke St. East

**Location:**

Grand théâtre de Québec

**Cost:** \$239 Including  
Transportation, one meal  
and the show





*Please note that program details are available on our website in the Travel section.*

**Apple Outing**

A day at the Labonté de la Pomme orchard in the Oka region, with bus transportation, bag for apples, tractor ride and meal at the Apple Shack.

- Date:** Tuesday, September 20th
- Departure time:** 9:30 a.m.
- Departure point:** 7600 Sherbrooke St. East
- Location:** Labonté de la pomme orchard, Oka
- Cost:** \$50

Registration required for all activities starting **Monday, May30, 2022, 9 a.m.** at 514 271-1411 ext. 222. You can also register online. Consult the website [fadoq.ca/en/ile-de-montreal/leisure-and-events](http://fadoq.ca/en/ile-de-montreal/leisure-and-events)

**Quebec: Mosaïcultures, Huron Village and Cruise.**

On the agenda: Visit of the International Mosaïcultures, cruise aboard the Louis Jolliet, guided tour of the First Nations Museum and the Ekionkiestha longhouse in Wendake to learn more about the traditional lifestyles of the Huron-Wendat.

- Date:** July 11th to 12th
- Cost:** \$425 double occupancy (also available in single, triple and quad.)
- Included:** Transportation, 1 night accommodation, 3 meals, services of a guide, program activities.

**1000 Islands Express Cruise and VIA Rail Train**



On the agenda: Train to Brockville then boarding for a two-hour cruise where you will discover the splendour of the St. Lawrence River. You will also learn about the history of the St. Lawrence Seaway, from its initial construction to its importance today for world trade.

- Date:** Saturday, August 6th
- Cost:** \$249
- Included:** Transportation, train, 2 meals, services of a guide, program activities.

**Mauricie Gourmet**



On the agenda: Visits and tastings at the Prémont vineyard, the Nouvelle-

France farm and its agricultural museum, the Nouvelle-France microbrewery and a supper featuring several products from the region.

- Date:** Thursday, September 15th
- Cost:** \$159
- Included:** Transportation, tastings, 1 meal, services of a guide, program activities.

**Train of colours**

On the agenda: Discover the history, geography and landscapes of the region by criss-crossing Route 138, a visit to the Casino de Charlevoix or even a moment of relaxation at your accommodations. And on day 2, the Charlevoix train turns into a colour train!

- Date:** September 23rd to 24th
- Cost:** \$355 double occupancy (also available in single, triple and quadruple)
- Included:** Transportation, 1 night's accommodation, train, 3 meals, services of a guide, program activities.





Please note that program details are available on our website in the Travel section (<https://www.fadoq.ca/en/ile-de-montreal/leisure-and-events/travel>).

## Magdalen Islands

Accompanied by a Madelinot guide, you will learn the history of the islands and of their residents. Through the various villages and attractions, the Magdalen Islands welcome you and allow you to discover the originality of this region with its small, very colourful houses.

**Date:** July 26th to August 1st  
**Cost:** \$2,239 double occupancy (also available in single, triple and quadruple)



## Georgian Bay

Discover Georgian Bay and its countless bodies of water, but also the history of this region of Ontario, the cradle of Huronia. The various cruises on the program will take you to discover historic lighthouses and a short excursion on the American side will allow you to enjoy the most beautiful sites in Michigan: A panoramic trip filled with culture and history!

**Date:** August 1st to 7th  
**Cost:** \$1,699 double occupancy (also available in single, triple and quadruple)

## New Brunswick and Prince Edward Island

Immerse yourself in Acadian culture in the village of Caraquet and live a unique experience at sea with fishermen in Shediac. Discover New Brunswick's main natural attractions such as The Rocks Provincial Park, the Bay of Fundy and the Baie des Chaleurs. A trip to Prince Edward Island will allow you to visit Charlottetown and learn more about Anne's House... the house of green gables, emblem of the island. A stay combining culture and nature awaits you!

**Date:** August 24th to 28th  
**Cost:** \$1,099 double occupancy (also available in single, triple and quadruple.)



## EVENTS 50th anniversary

### Dinner cruise on the St. Lawrence River aboard the Bateau-Mouche

3-hour cruise including a 4-course meal, an aperitif and ½ bottle of wine per person, summery musical ambiance.

**Date:** Thursday, July 14th  
**Location:** Bateau-Mouche, Jacques-Cartier Pier | Old Port of Montreal

**Cost:** \$50  
**Boarding time:** 6:30 p.m.

### Garden activity at the Botanical Gardens

Let's walk together in Parc Maisonneuve from 10 a.m. to 12 p.m. then get together under the marquee for lunch at the Botanical Gardens!

**Date:** Thursday, September 22nd  
**Location:** Botanical Garden  
**Cost:** \$15 (including supervision during the walk, lunch, musical entertainment and access to the gardens and greenhouses)



# DEFAMATION

**W**ith the advent and pervasive influence of social media in our everyday lives, disputes over free speech and defamation are becoming more common. However, the notion of defamation itself is not always clear, and requires clarification.

The Quebec Charter of Rights and Freedoms protects freedom of expression and the right to dignity and reputation as fundamental freedoms in its section 3. However, it is important to note that freedom of expression is not absolute! Indeed, it is not because the right to freedom of expression is protected that it is necessarily permitted to say whatever one wants without incurring certain consequences.

Indeed, it is thus a question of a delicate balancing act between the protection of the right to freedom of expression and the protection of the right to reputation.

## What is defamation?

In short, when a person makes statements that are used to damage someone's reputation or to spread false rumours, these statements are qualified as defamatory.

To this end, the law establishes that the finding of defamation applies in three different and complementary ways. This principle applies when a person says or writes unpleasant or unfavourable remarks about another person:

- Knowing that these statements are false;
- Even though this person should know that the statements he/she conveys are false;
- While there is no valid reason for the propagation of such remarks, whether they are true or not.

Defamatory remarks can also take several forms. They can be written, verbal, or even be in the form of videos or photos.

## Possible Recourses

Once the defamation is established, it is then possible to take legal action. Consulting a lawyer makes it possible to guarantee that concrete measures will be taken to stop the attack of which you are or have been the victim. Such legal action may result in obtaining compensation for the damages suffered.

## Damages

Since defamation and damage to reputation usually fall under a person's civil liability, obtaining compensation for the damages suffered then depends on the existence of a fault committed (the defamatory remarks), damages suffered by the victim, as well as the causal link between the fault and these damages.

It is therefore necessary to prove the injury caused by the defamatory remarks. The mere fact that a person has, for example, spread disparaging remarks about you, without real harm, is not sufficient for the courts to order compensation to the victim.

Allen Madelin is a law firm. Our lawyers specialize in different areas of law. We offer preferential rates for FADOQ members as well as a free 15-minute consultation. To contact us, you can call us at 514-904-4017 or email us at [info@amlex.ca](mailto:info@amlex.ca). You can also visit our website for more details at [www.amlex.ca](http://www.amlex.ca)

# Vacation Destination: Myrtle Beach



Normand Nadon, a member of the FADOQ Montreal hockey club, has visited Myrtle Beach many times to play golf, but also to enjoy the activities described in this article. You can read his blog on [visitmyrtlebeach.com](https://visitmyrtlebeach.com) (use the small magnifying glass at the top right to search for his name).

It's easy to understand why more than 20 million people per year visit Myrtle Beach. From the first moment you arrive here, you'll feel that this is where you belong. Because this isn't just any beach – It's The Beach. You can find new adventures and cherish old memories with friends and family whether you dream of sitting in a beach chair all day watching the waves or wish to explore and experience a more active vacation.

## Explore By Kayak

Kayaking can be a wonderful way to commune with nature in the Atlantic Ocean, Intracoastal Waterway, marshlands, or rivers in the area while still remaining active. Island Adventure Watersports and J & L Kayaks offer tours throughout the Grand Strand.

## Go Birdwatching

While Myrtle Beach is bustling with attractions, there are also many locations that are excellent for bird watching. Stroll along a causeway at Huntington Beach State Park and spot wild birds as well as other animals. The Center for Birds of Prey also offers weekly programs and tours at their conservation facility just outside of the Myrtle Beach area.

## Batter Up!

Did you know that Myrtle Beach has their own baseball team? The Myrtle Beach Pelicans are a minor league affiliate of the Chicago Cubs and hit home runs throughout the summer at their home field, TicketReturn.Com Field. They also offer food and drink specials throughout the week and fireworks on the weekend!

## Take a Stroll Outside

Located north of Myrtle Beach, Vereen Memorial Gardens is the perfect spot for an afternoon stroll, hike or bike ride on their many boardwalks ending with a nice gazebo on the Intracoastal Waterway. Observe the wonder that is Brookgreen Gardens, the largest outdoor sculpture garden in the world, with exquisite flowers, famous sculptures, and natural beauty among oak trees.

## Try Local Cuisine

Myrtle Beach is known for its southern, coastal cuisine, especially fresh seafood. For a marsh front view, head down to Murrells Inlet and try Drunken Jack's, located on the MarshWalk and is always serving up delicious, freshly caught seafood. For a sophisticated dinner out, Hook & Barrel serves succulent seafood fresh from the South Carolina coast. They don't just want to provide you with an incredible meal. More than that, they want to give you a standout experience that highlights the local ingredients and flavours and does so sustainably.

To consult the tourist guide in English: <https://visitmyrtlebeach.com/english>



# Cartographie des Automatistes



Birks, Sainte-Catherine Street.  
Architect: Edward Maxwell.  
Photo: BANQ.

DURING THE 1940s, A GROUP OF YOUNG ARTISTS FROM THE ÉCOLE DU MEUBLE, THE ÉCOLE DES BEAUX-ARTS DE MONTRÉAL, AND THE SAINTE-MARIE, DE BRÉBEUF AND NOTRE-DAME COLLEGES GATHERED AROUND PAUL -ÉMILE BORDUAS, VISUAL ARTS TEACHER AND ENTHUSIASTIC ANIMATOR ON THE MOST CURRENT ART OF THE TIME.

These artists, known as the *Automatistes*, transformed the overall approach to art that was practised in Quebec. They borrowed from French surrealism to form their own vision of painting, literature, theatre and design. They are: Magdeleine Arbour, Marcel Barbeau, Paul-Émile Borduas, Bruno Cormier, Marcelle Ferron, Claude Gauvreau, Pierre Gauvreau, Muriel Guilbault, Fernand Leduc, Françoise Lespérance-Riopelle, Jean-Paul Mousseau, Maurice Perron, Louise Renaud, Thérèse Renaud, Jean Paul Riopelle and Françoise Sullivan.

**T**he different members of the group have lived, studied, practised their art and presented exhibitions in different places in Montreal. Our project “CARTOGRAPHIE DES AUTOMATISTES” tries to relate these different activities and events in each place. **The Centre international d’art contemporain de Montréal (CIAC MTL)** has prepared texts and podcasts that can be read or listened to on our website at <http://ciac.ca/cartographie-des-automatistes/>.

You will discover what was done for Muriel Guilbault, for Julienne Saint-Mars-Gauvreau, the mother of Pierre and Claude Gauvreau, in the workshops of Paul-Émile Borduas, Fernand Leduc, Marcel Barbeau and Jean Paul Riopelle. Françoise Sullivan will recall the beginnings of modern dance in Quebec.

In addition, you rediscover emblematic buildings such as:

### **The Morgan Store**

now the La Baie Store, where Paul-Émile Borduas exhibited twice, in 1941 and 1946.

### **Henry Birks and Sons**

where designer Magdeleine Arbor developed her career. The showcases that she developed there were moments followed by many curious people.

### **The Collège Sainte-Marie**

where Pierre Gauvreau, Claude Gauvreau and Bruno Cormier met. In 1941, Bruno Cormier and Pierre Gauvreau exhibited at this College and it was during this exhibition that Pierre Gauvreau met Paul-Émile Borduas, then guest judge.

**On August 9, 1948, the Automatistes launched the Refus Global manifesto at the Librairie Tranquille in Montreal,** marking the beginning of an artistic revolution in Quebec. This manifesto demanded societal liberation from the tentacular obscurantism of Duplessis, promoted new artistic avenues and expressed the desire to transform Quebec society.

74 years later, it is still possible to see the importance that the various members of the Automatistes artistic group had and the publication of this manifesto in the fields of dance, theatre, poetry, design and visual arts. Their cultural legacy can still be found today in contemporary artistic productions. We are pleased to report that Françoise Sullivan, at the grand old age of 98 this year, continues to paint and exhibit regularly at the Galerie Simon Blais in Montreal. An example of continued lucidity, energy and creativity.

Claude Gosselin, C.M.  
Project initiator “Cartographie des Automatistes à Montréal, 1940-1955”  
General and artistic director of the Centre international d’art contemporain de Montréal (CIAC MTL)  
[Claude.gosselin@ciac.ca](mailto:Claude.gosselin@ciac.ca)

## DISCOUNT PARTNERS



### **Ibis Inspections**

A 15% discount on pre-purchase, pre-sale or preventive property inspections for FADOQ members.

514 692-5258 | [ibisinspections.com](http://ibisinspections.com)



### **On Casse-la-croûte!**

This ready-to-eat counter located in Pointe-aux-trembles offers prepared meals, frozen meals, soups and broths, homemade pastries and a daily menu. A 10% discount is offered to FADOQ members. Delivery service available.

13200 Notre Dame Street East | [on-casse-la-croûte.business.site](http://on-casse-la-croûte.business.site)



### **Shopicar**

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### **BIXI**

Good news!

This year, FADOQ members will once again get a 10% discount on a BIXI season pass (from April 15th to November 15th), i.e. \$83 instead of \$92.

The discount is valid until May 31st. Don't miss your chance!

[fadoq.ca/en/ile-de-montreal/discounts/sports-leisure-and-culture/bixi](http://fadoq.ca/en/ile-de-montreal/discounts/sports-leisure-and-culture/bixi)



## Only for those at least 50 years young!

**FADOQ FreeSpace®** is a home and automobile insurance program **exclusively for members of the Réseau FADOQ**. Take advantage of the Intact Insurance offer, including:

- Insurance premium **discounts**
- **Reduced deductibles** in case of a claim
- **S.O.S. Identity® protection at no extra charge<sup>1</sup>** if you bundle your home and car insurance

**To find out about all the benefits  
available, call your insurance  
representative today,  
or call 1 866 477 5050.**

[intact.ca](https://www.intact.ca)

OFFICIAL INSURER OF  
THE RÉSEAU FADOQ



<sup>1</sup>In case of identity theft, S.O.S. Identity® protection provides up to \$25,000 of insurance to cover expenses you incur to restore your identity. Offers are subject to change without notice. This advertisement is for information purposes only. Your insurance policy contract takes precedence at all times. Please consult your policy for a description of coverage and exclusions. For more information about this offer and Intact Insurance products, please contact your insurance representative or go to [intact.ca](https://www.intact.ca). © 2020, Intact Insurance Company. All rights reserved.