



Région
île de Montréal

Le Montréal FADQQ

SPRING 2024 | VOLUME 27, NUMBER 3

SPRING PROGRAMMING

FADOQ GAMES RÉGION ÎLE DE MONTRÉAL

CIVILITY: A WHOLE LOT OF LITTLE THINGS

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Table of Contents

A word from the president	3
Bulletin Board	4
Programming	7
FADOQ Games Région île de Montréal	8
Civility: a whole lot of little things	12
The power of community, patient expertise	13
Historical chronicle	14

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To reach us

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Le Montréal FADOQ

Spring 2024, Volume 27, Number 3

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Spring 2024:

Vibrant Life and Celebrations



It's with great pleasure that I address you to present our Montréal FADOQ for spring 2024, overflowing with exciting news and exceptional events. Our team has worked hard to offer you a rich and varied program, representative of the collaborative spirit that drives us.

By browsing through our programming, you will discover a carefully crafted selection of activities designed to satisfy all tastes and passions. Whether you are a culture, sport or relaxation enthusiast, we have prepared unforgettable moments for you. The community spirit and diversity of our members are at the heart of this programming, with expanded partnerships that will allow you to make the most of every moment.

Travel takes pride of place in our offering for this spring. We have planned a series of fascinating

excursions that will take you to exceptional destinations. Whether you are passionate about local discoveries or international adventures, our trips have been designed to awaken your curiosity and create lasting memories.

This year marks the 25th edition of our FADOQ Île de Montréal Games, an important milestone that we will celebrate in a big way! Get ready to experience exciting competitions and take part in special festivities in honor of this exceptional anniversary. The FADOQ Games are the perfect opportunity to demonstrate the vitality and energy of our organization.

We are also proud to announce that we are actively working on the development of a local campaign, as part of the collective impact plan Réseau Résilience Aîné.es Montréal. This initiative aims to promote the benefits of social participation,

highlighting the crucial importance of building connections within our community. Stay tuned for details of this campaign which will be revealed soon.

We also invite you to immerse yourself in the captivating chronicles of our collaborators, Odette Bourdon and Stéphane Tessier. Their contributions shed light on different aspects of Montreal life, bringing a personal and inspiring touch to our newsletter.

To conclude, I encourage you to take full advantage of this spring season which promises to be exceptional. We look forward to seeing you at our upcoming events!

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 the FADOQ - Région île de Montréal to participate in the Annual General Meeting of our organization.

FRIDAY, APRIL 26, 2024, 9 a.m.

LOCATION:

Plaza Universel Hotel
5000, rue Sherbrooke Est
Lunch offered

JOCELYNE WISEMAN
President of the Board of Directors

**Registration required
before Friday, April 7th
at 514 271-1411**

Call for applications for a position as administrator

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 Augustine-Anna Ndiaye at 514 271-1411, ext. 225, or by email at adadmin@fadoqmtl.org

A look back at our volunteers' lunch

On December 15th, we had the great pleasure of welcoming our volunteers to the annual lunch that we happily organize for them every year. In 2023, nearly 40 people were involved with our members, thus facilitating the implementation of diversified and well-supervised activities. Their collective commitment contributes significantly to making our organization an exceptional and inviting meeting place for all those who participate.



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** The Peace of mind+ program is available until December 31, 2024.
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conditions. See clinic for details.

A look back at our activities

In order to strengthen the bonds and the feeling of belonging within the Maisonneuve Park walking club, the walkers expressed their desire to give their group an official name. In response to this request, we set up a selection committee and opened the door to all walkers to submit name suggestions. We are delighted to inform you that, following a comprehensive voting process, the new official name of the Parc Maisonneuve Park walking club is now "Les Bottines actives".



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WALKERS' RENDEZ-VOUS

For a safe and pleasant hike, remember the essentials: good walking shoes, a bottle of water, clothing appropriate to the temperature and a positive attitude!

Walking Clubs

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

Cost: \$5 – 11-week session

Les Bottines actives

du parc Maisonneuve,
4601 Sherbrooke St. East

Date: Mondays, from April 8th to June 17th

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

Reception pavilion of the Gouin route
(Henri-Bourassa metro),
10905 Basile-Routhier St.

Date: Tuesdays from April 9th to June 18th

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

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

Date: Fridays from April 12th to June 21st

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

DISCOVERY WALKS

Following the route of the Orange line On a journey of approximately 37,850 km, come walk in the company of dedicated volunteers, outside the Orange line of the Montreal metro. Given the number of km, we split this route in two.

Date: Saturday May 11th

Time: 10 a.m.

Departure:

Montmorency station to Lionel Groulx station (19,800 km)

Cost: Free; Bring your own lunch.

Date: Saturday, May 25th

Time: 10 a.m.

Departure:

Lionel-Groulx station to Côte-Vertu station (18,050km)

Cost: Free; Bring your own lunch

Participants are asked to dress accordingly, with good walking shoes, lunch, water and a positive attitude.



In collaboration with the Centre du Vieux Moulin de LaSalle

Toning and stretching

This class involves gaining muscle tone through stretching. It includes not only exercises promoting flexibility to improve joint mobility, but also muscular exercises which aim to strengthen postural and stabilizing muscles.

Dates: Mondays, from April 15th to June 3rd

Time: 1 p.m. to 2 p.m.
or 2:30 p.m. to 3:30 p.m.

Location:

Centre du Vieux Moulin de LaSalle, 7644 Édouard St., LaSalle

Cost: \$57 – 8-week session

Essentrics

A dynamic and global workout that combines both strengthening and stretching of the body's 650 muscles. By increasing your flexibility and range of motion, this class will help you achieve a healthy, toned and pain-free body.

Dates: Thursdays, from April 18th to June 6th

Time: 3:15 p.m. to 4:15 p.m.

Location:

Center du Vieux Moulin de LaSalle, 7644 Édouard St., LaSalle

Cost: \$57 – 8-week session

Tai Chi Chen

Alternating slow and fast movements, Tai Chi Chen is characterized by its low postures, its "silk coils" (chan si jin) and its explosive bursts.

Dates: Wednesdays, from April 17th to June 5th

Time: 2:15 p.m. to 3:30 p.m.

Location:

Centre du Vieux Moulin de LaSalle, 7644 Édouard St., LaSalle

Cost: \$57 – 8-week session

Dates: Thursdays, from April 18th to June 6th

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

Location:

Centre du Vieux Moulin de LaSalle, 7644 Édouard St., LaSalle

Cost: \$57 – 8-week session

EVENTS

Memorable Melodies (Bilingual)

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

Dates: Mondays, May 6th-27th, June 3rd-17th and July 8th-22nd-29th

Time: 2:00 p.m. - 3:00 p.m.

Location:

Cummings Center,
5700 Westbury Av., Montreal

Cost: Free



Consult the website
fadoq.ca/en/ile-de-
montreal/leisure-and-events



FADOQ GAMES RÉGION ÎLE DE MONTRÉAL MAY 4 TO JUNE 6, 2024

In total, 10 disciplines will be planned and spread across Montreal.
We have something for everyone! Here is an overview of the disciplines:

Disciplines	Dates	Location	Cost
Running	May 4th	YMCA Challenge Maisonneuve Park	Variable
Marche de la solidarité	May 4th	YMCA Challenge Maisonneuve Park	Free
Doubles badminton	May 21st	Centre Pierre-Charbonneau, 3000 Viau Street, Montreal	\$40/team
Petanque	May 23rd	St-Georges Park, 13050 Prince-Albert Street, Montreal In case of rain : Mainbourg	\$15/team
Table tennis	May 24th	Complexe sportif Claude-Robillard, 1000 Émile-Journault Ave., Montreal	\$20/pers.
Doubles pickleball	May 27th	Centre Pierre-Charbonneau, 3000 Viau Street, Montreal	\$40/team
Small-pin bowling	May 28th PM	Le Domaine Bowling Alley, 3235 de Granby Ave., Montreal	\$90/team - \$18/pers.
Small-pin bowling Handicap	May 28th AM	Le Domaine Bowling Alley, 3235 de Granby Ave., Montreal	\$90/team - \$18/pers.
Tennis	May 29th	IGA Stadium, 285 Gary-Carter Street, Montreal	\$20/pers.
Closing Gala	May 30th	Plaza Antique, 6086 rue Sherbrooke Est	\$85
Golf	June 6th	Club de golf de l'Île de Montréal, 3700 Damien-Gauthier St., Montreal	\$165/pers.

Montreal athletes, get ready to compete from May 4 to June 6, 2024!

* It's important to keep in mind that teams must only be composed of players from the same region.
Registration deadline: **Thursday, April 25, 2024**



RUNNING



In collaboration with the YMCA Challenge, take part in a race bringing together more than 1,400 participants.

Date: Saturday, May 4th
Time: 8 a.m. to 12 p.m.
Location: YMCA Challenge Maisonneuve Park
Cost: Variable
Distance: 1k, 2k, 5k, 10k, 15k
Category: Men and women – 50 to 59 years old, 60 to 69 years old, 70 years old and over

MARCHE DE LA SOLIDARITÉ



Date: Saturday, May 4th
Time: To be determined
Location: YMCA Challenge Maisonneuve Park
Cost: Free

BADMINTON



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

Doubles competition

Date: Tuesday, May 21st
Time: 9 a.m. to 5 p.m.
Location: Centre Pierre-Charbonneau, 3000 Viau Street
Cost: \$40 per team
Category: Men, women and mixed – Intermediate or advanced

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

Lunch box available: \$20

Information: You must bring your racket.



PETANQUE



In collaboration with the Les Boules de l'île Pétanque Club, round-robin tournament, four games of 13 points guaranteed.

Date: Thursday, May 23rd
Time: 9 a.m. to 5 p.m.
Location: St-Georges Park
 13050 Prince-Albert Street, Montreal
Cost: \$15/team
 Each team must include at least 1 woman
Category: Competitive

Information: You must bring your petanque balls. Free parking on site. In case of rain the tournament will take place at Mainbourg.

SINGLES TABLE TENNIS



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

Date: Friday, May 24th
Time: 8 a.m. to 2 p.m.
Location: Salle Polyvalente, Claude-Robillard Sports Complex, 1000 Émile-Journault Avenue
Cost: \$20 per player
Category: Men and women – Beginner, intermediate or advanced

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

Information: You must bring your racket.

PICKLEBALL



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

Date: Monday, May 27th
Time: 9 a.m. to 5 p.m.
Location: Centre Pierre-Charbonneau, 3000 Viau Street
Cost: \$40 per team
Category: Men, women and mixed – Intermediate or advanced 50 to 59 years old, 60 to 69 years old, 70 years old and +

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

Lunch box available: \$20

Information: You must bring your racket.

SMALL-PIN BOWLING HANDICAP



Round robin tournament - total points, 3 games guaranteed.

Date: Tuesday, May 28th
Time: 10 a.m. to 12 p.m.
Location: Le Domaine bowling alley,
 3235 de Granby Avenue
Team registration:
 \$90/team - \$18/person

Information: Each team must include a minimum of 2 women, you must bring your own shoes (it's possible to rent them on site).

SMALL-PIN BOWLING



Round robin tournament - total points, 3 games guaranteed.

Date: Tuesday, May 28th
Time: 1 p.m. to 3 p.m.
Location: Le Domaine bowling alley,
 3235 de Granby Avenue
Team registration:
 \$90/team - \$18/person

Information: Each team must include a minimum of 2 women, you must bring your own shoes (it's possible to rent them on site).

GOLF



Green fees, cart, cocktail included in the afternoon of golf on the island course.

Date: Thursday, June 6th
Time: 11 a.m. to 10 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 (Participative)

Information: The tournament takes place rain or shine. Opportunity for winners of the 2-person Vegas category to represent Montreal at the provincial Games.

CLOSING GALA

A great event to mark the 25th anniversary of the Games. Dinner, music and fun included!

Date : Thursday, May 30th
Heure : 5 p.m. to 10 p.m.
Lieu : Plaza Antique, 6086, rue Sherbrooke Est
Coût : 85 \$

TENNIS



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

Date: Wednesday, May 29th
Time: 9 a.m. to 11 a.m. or 11 a.m. to 1 p.m.
You have the choice to determine in which time block 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 will be balanced in order to have the most homogeneous teams possible.



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By Odette Bourdon

In this column, Odette Bourdon addresses, in her own way, the small pleasures of everyday life as well as social or human issues, societal issues, policies or decisions concerning seniors and the place given to them. Observation and dissent will also be on the menu.

Civility: a whole lot of little things

At school, we learned that “civility is a whole lot of little things.” You know, those little touches or niceties that make life in society more pleasant, more livable, and contribute to creating a healthy and safe environment!

Obviously, there are acts of civility that are more heroic than others. Getting someone out of their burning house, saving them from drowning, helping someone in danger. These acts, carried out in perilous circumstances, are often honoured and publicly recognized. The people responsible for these remarkable acts then receive a medal, an amount of money or other recognition. In Quebec, there is the *Hommage au civisme* which annually highlights the courage and exemplary conduct of these heroes.

Everyday civility

But civility is nourished above all by small daily gestures which may seem trivial: opening the metro door to a person who is fighting against the wind, returning an object that has been dropped to its owner, informing a visitor who seems to be looking for directions, letting that lady who seems in such a hurry at the grocery store to pass ahead of you, not imposing your music on others on public transport, respecting the highway code and taking into account all of its users. Mutual assistance, courtesy, affability, decorum, generosity and empathy, all improve the quality of life in society.



Since the pandemic, businesses have noted that customers have become increasingly rude, impatient and sometimes even violent. It must be said that many citizens are frustrated, and not without reason. Difficulty finding housing, feeding themselves adequately, meeting the needs of children, finding a doctor, financial insecurity, a difficult personal life, demanding or inadequate work, conflicts of all kinds. Life is far from rosy for many.

Courses in the school curriculum

Several schools have now adopted a course entitled “*Education in civility*” where respect and consideration for others and for the environment are put forward to promote “well-living together”. We remind you that you must know how to thank, be of service, offer your help, greet, be punctual,

courteous, kind, apologize for being late or if you inadvertently bump into someone, wait for your turn to speak, etc. We remind you that civility is also the citizen’s attachment and dedication to the community in which he lives, respect for its conventions and its social norms.

In closing, a little true story. I got out of my car in winter; the street was cleared of snow and the sidewalk too, but an icy snow bank that I had to step over was paralyzing me. I didn’t know what to do. Climbing: not very doable for me! A passerby offered me his help which I took ... along with his generous and strong arm! This man will never know how much he brightened my day and gave me hope in human beings! His small gesture of civic-mindedness and above all of mutual aid saved me a lot of worries. Thank you, dear stranger!

The power of community, patient expertise



Can clinicians and patients together care for members of their community? It's entirely possible, even beneficial, to leverage everyone's skills to improve health care. This is what the Caring Community project of the Canada Research Chair on the partnership with patients and communities demonstrates.

confidence, we can show them that it's possible to live with the illness and to participate in society," assures Ghislaine Rouly.

Building on the success of peer support initiatives, the healthcare community stands out by its integrated community care approach, adapted to everyone, regardless of age or state of health. This concept, where we create a link between the medical field and society by integrating peers into front-line teams, was the subject of a publication in the *British Medical Journal*. It has been identified as an "iconic model of integrated community care," in addition to being honoured as an exemplary practice by Accreditation Canada and the College of Family Physicians of Canada.

Are there such caring communities near you? Your background and life experiences could perhaps complement that of health professionals and community stakeholders in your region. Find out!

Ghislaine Rouly is a strategic advisor at the Center of Excellence on Partnership with Patients and the Public (CEPPP) and a patient-partner. She has worked in the health sector for more than 40 years and remains very involved within the various decision-making bodies to ensure that the contribution of the concepts of patient-partner and healthcare community to the healthcare experience is recognized.

Like Ms. Rouly, partners with profound life experiences position themselves as allies with patients. They offer attentive listening, help with establishing contacts, and individualized support to achieve

personal goals and while respecting each person's rhythm, but also while protecting themselves as a caregiver: "You can't take ownership of all the pain of the world. I have been supporting people at the end of their lives for 45 years. I have a thought for everyone I accompanied, but am I sad? No [...], she explains. It takes a lot of humility to forget yourself, to be able to accept receiving the pain of others, without taking it completely on yourself."

One of the key principles of the healthcare community is to ensure that citizens who fall ill, although they become patients, also remain citizens. "We forget all the inner strengths we have. Between us, by talking to each other, by giving them

By Stéphane Tessier

The history of Italian Montrealers

The presence of Italians was perceptible from the period of French colonization. The Carignan-Salières regiment arrived in New France in 1660, and enlisted men named Bruchési and Del Vecchio chose to settle here.



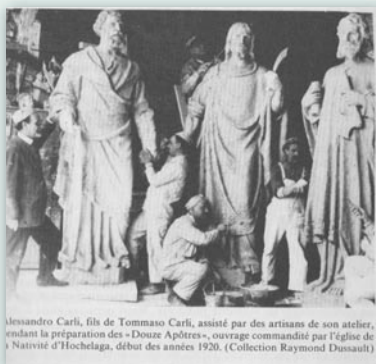
Arrival of Immigrants in Montreal around 1905
Credit: Montreal History Center

In the middle of the 19th century, there were around 50 Italians in Montreal. They were single men married to French-Canadian women and were often statuaries. In the conservative and very pious Quebec of the time, they would easily find work.

The large waves of Italian immigration began in the 1880s. Coming from southern agricultural Italy, Italian migrants opted for New York or Buenos Aires in America, and Montreal in Canada. Large North American cities

were looking for unskilled labor for numerous projects that would modernize urban infrastructure. The derogatory acronym “WOP” stood for “working on pavement”.

The first nucleus of the Italian colony took root near the corner of Berri and René-Lévesque streets. In 1905, the first Italian parish, Notre-Dame-du-Mont-Carmel, was founded there.

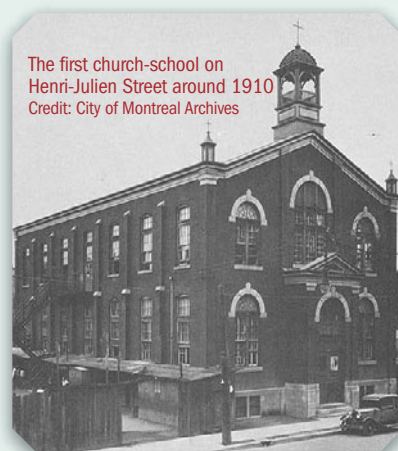


Alessandro Carli, fils de Tommaso Carli, assisté par des artisans de son atelier, endant la préparation des « Douze Apôtres », ouvrage commandité par l'Église de la Nativité d'Hochelaga, début des années 1920. (Collection Raymond Dussault)

They found jobs at the port and with railway companies. Italian immigrants who didn't know the city or the language would fall prey to the “padroni”. A “padroni” was an employment agent who posted jobs available in Canada in newspapers in Italy. Italian immigrants were captive of “Padronism”. The “padroni” took a commission on salary, on housing, on bank transfers made in Italy... In 1904, the “padroni” falsely announced that there were 10,000 jobs in Montreal. A large number of

Italians then found themselves on the streets. A commission of inquiry was opened into “Padronism” following this event.

“Padronism” was destined to disappear, as more and more Italians corresponded with members of their families in Italy. This correspondence allowed new arrivals to call on family already there to find employment and lodging.



The first church-school on Henri-Julien Street around 1910
Credit: City of Montreal Archives



One can see the church-school and the new church Notre-Dame-de-la-Défense around 1918
Credit: City of Montreal Archives



The current church Notre-Dame-de-la-Défense
Credit: Stéphane Tessier

HISTORICAL CHRONICLE

Starting in 1893, the tramway made it possible to live outside of working-class neighborhoods and to get further away from the workplace. They left areas considered unsanitary and too noisy. They set their sights to the north in the Petite-Patrie and Villeray sectors. A second Italian parish, Notre-Dame-de-la-Défense, was created in 1911. That caused the first parish to very quickly decline. The Notre-Dame-du-Mont-Carmel parish moved to Saint-Léonard in 1965, which explains presence of numerous Italians in that neighborhood.

A first school/church was built in 1909 on Henri-Julien Street. The current Notre-Dame-de-la-Défense Church was built during the First World War and was inaugurated in 1918. It became the center of Italian life in what would become Little Italy. All around appeared grocery stores, butchers, barbers, cafes... Today, there are institutions on Saint-Laurent and on Dante which are more than 60 years old such as the Dante hardware store, the Milano grocery store, the Caffè Italia, the Alati-Caserta pastry shop and the Napoletana pizzeria...

The church is the work of Guido Nincheri (1885 - 1973) nicknamed the Michelangelo of Montreal. He decorated more than 200 churches in Quebec. It bears a striking resemblance to the church of Nincheri's native village in Prato. In 1929, he created a fresco that caused him a lot of trouble. This fresco celebrated the Lateran Treaty between the Italian state and the Vatican and represented the signatories of this treaty including the leader Benito Mussolini. When Canada entered the war in 1941, several leaders of the Italian community were arrested by the Canadian army and imprisoned for the duration of the conflict. Nincheri was also imprisoned for having represented Mussolini. His wife showed the original sketches of the fresco where Mussolini was absent, because he didn't want to illustrate it. The parish had threatened not to pay him if he did not represent him. He was released, but his stay in prison allowed him to create a charcoal drawing of his "room mate," Camillien Houde (!), the mayor of Montreal who was imprisoned for speaking out against the participation of French Canadians in the enlistment in the army.

The Italian community usually voted for Camillien Houde. Houde would bequeath it the land on which the Casa d'Italia on rue Jean-Talon would be built in 1936, which was a community and cultural gathering place for Italian Montrealers. Later, he was responsible for the construction of the Jean-Talon Market.

In the 1960s and 1970s the appeal for the suburbs bloomed and the purchase of property confirmed the end of the immigration process. Italians left Little Italy but returned there for religious and cultural festivals and to purchase Italian products. In the 1990s, Little Italy was revitalized and became a place visited by Quebecers and tourists. The Jean-Talon Market was at the heart of this renewal. Inaugurated under the name "Marché du nord" in 1933, it was built thanks to the federal public works program to combat the effects of the economic crisis.



Caffè Italia
Credit: Caffè Italia Website



Guido Nincheri
Credit: Château
Dufresne Museum



Nincheri's fresco celebrating the Lateran Treaty
Credit: City of Montreal Archives



Casa d'Italia on Jean-Talon Street
Credit: Stéphane Tessier



The Mayor of Montreal,
Camillien Houde
Credit: City of Montreal
Archives



Jean-Talon Market around 1950
Credit: City of Montreal Archives



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