

BATSHAW ALUMNI ASSOCIATION NEWSLETTER



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Transitioning through change...

Lesley Hill
Executive Director



I arrived here at Batshaw Youth and Family Centres in May of 2012. I was mysteriously attracted to this organization which proclaimed such beautiful values on its website... child-centered, family focused, client-driven, respectful of diversity and partnership. I was quickly charmed by the kindness of the people here, amazed by the innovative creativity everywhere I looked and I immediately embraced both the values of the organization and, most importantly, the mission of helping children and families. The honor I felt to be named executive director as of January 2014 is indescribable. I was doing a "shift" in Baillie the evening that the Board was voting me in and there was not a place that I would rather have been at that moment, which was very symbolic for me.

When Bill 10 was introduced on September 24, 2014 it took us all by surprise. No one in the network had seen such a vast transformation coming... the papers quickly baptized Bill 10 as the "Barrette revolution". The first reaction everywhere across the network was shock, followed by the urgent need to organize a response in order to preserve everything we cherish and believe in. In the following weeks, much energy was put in to writing briefs for the parliamentary committee, political positioning and mobilizing allies to lobby on the behalf of our young people needing services and on behalf of the organizations that serve them. As the process unfolded, it has sunk in that, when this Bill becomes law, the child welfare system will never look exactly the same.

Quebec's child welfare system is amongst the most performing systems in Canada and is the subject of much interest both here and on an international scale. The excellence that we have striven for and built over the years must be preserved as we go forwards. Many men and women have given much over the course of their careers, as well as in many other capacities, for this noble cause of serving children, youth and their families.

In every change there is opportunity. Soon Batshaw Centres will become part of a larger family, encompassing the Douglas Hospital, CROM, CSSS Dorval-Lasalle-Lachine, CSSS West Island, Grace Dart and St Mary's Hospital. We will move forward in good faith, preserving our assets and contributing positively and significantly to the new organization to be developed. Our youth will very probably have the opportunity to receive other services as we move towards better integration, for example, with the mental health network and for children with intellectual handicaps. We have every reason to move forward confidently and proudly, as artisans and leaders of change.

My job is now to lead this beautiful organization through another transition. Batshaw has known change before. In 1993, 21 years ago, 4 founding institutions merged into what is now known as Batshaw Youth and Family Centres. The heritage of Youth Horizons, Mount Saint Patrick, Shawbridge and Ville-Marie lives on through the people who devoted their lives to these agencies. We now have the same responsibility today to continue the good work we are doing for the

Bill 10

By: Michael Udy



Alumni members will have seen information in the media concerning Bill 10. It is a sweeping set of changes to the Health and Social Service Act adopted on February 6th by the National Assembly. It prompts a major reorganization of the institutions in the health and social service network, and of their governance.

In summary, it abolishes the Agency, a planning and coordination body in each region. Second, it creates a single institution in each region to plan and manage the delivery of all health and social services in the region. It will be called a Centre intégré de santé et de services sociaux (CISSS). Some of the responsibilities of the former Agencies will also be assumed by the CISSS. The Ministry will assume the other Agency responsibilities. In territories where there is a school of medicine the CISSSs will be called CIUSSSs the U standing for universitaire. This is the case for Montreal.

On the island of Montreal, because of the size of the population, demographics, and number of institutions, there will be five CIUSSSs, one in the west island, a second in the center-west, a third in the centre-east, the fourth in the north, and the fifth in the east island. The west island and centre-west CIUSSSs will inherit the institutions identified with the English-speaking and Jewish communities. There are two other regions that will have more than one CISSS: the Gaspé where there will be a separate ones for mainland Gaspé and for les Îles-de-la-Madeleine, and in Montérégie where there will be three, one each in the east, centre and west territories of the region.

There will be a total of 22 CISSS/CIUSSSs in 15 regions of the province. The Cree and Inuit territories in the far north are not touched by these changes, nor is Region 10: Nord-du-Quebec. There will be seven super-regional institutions. In Montreal will be the McGill University Health Center, the Centre hospitalier de l'Université de Montréal, the Centre hospitalier universitaire Sainte-Justine, the Institut de cardiologie de Montréal, and the Institut Philippe-Pinel. There will be two other super-regional institutions in Quebec City.

According to Bill 10 Batshaw Centres will become part of the CIUSSS de l'Ouest-de-l'Île-de Montréal along with the CSSS Ouest-de-l'Île, CSSS Dorval-Lachine-Lasalle, St Mary's Hospital, the Douglas Hospital, West Montreal Readaptation Center (CROM), and Grace D'Art Extended Care Center.

In the CIUSSS de Centre-ouest-de-l'Île-de-Montreal will be: The Jewish General Hospital, Constance Lethbridge, CSSS Cavendish, CSSS de la Montagne, Miriam, Jewish Eldercare Centre, Mount Sinai and Maimonides.

Both of these CIUSSSs will be bilingual when they come into existence on April 1st. There will be one regional Access committee responsible to oversee the regional Access program for health and social services in English. This committee will be attached to the CIUSSS de Centre-Est-de-Île-de-Montreal because that is where some of the former responsibilities of the Agence will be housed. Each of the five CIUSSSs will submit their part of the Montreal Access program to that committee.

Some institutions are "merged" together to form the CIUSSS. In this case, the institution ceases to have a separate legal existence and they become "installations". This is the case for Batshaw. Other institutions are "regrouped" under the CIUSSS. These institutions continue to have a separate legal existence, but their board becomes the CIUSSS board. This was done where there are owning corporations to avoid their disappearance and transfer of their property, viewed as an expropriation by many. In practice, all institutions, whether merged or regrouped, will be under the authority of the CIUSSS board. All institutions that were recognized as bilingual will continue to be so in the CIUSSSs, and that cannot be changed without a series of approvals.

If a group makes a request to the minister, there can be an advisory committee of seven members to the CIUSSS board for each merged or regrouped institution under its authority. The committee can make recommendations to the CIUSSS board regarding the cultural, historic, linguistic, or local character of the former institution.

Bill 10 does not change anything for foundations. They can continue to raise funds. There is an article that assures foundations can direct their donations to the clients of the specific installation or regrouped institution for which they raised the money.

Bill 10 (continued)

By: Michael Udy

The other major feature of Bill 10 concerns the governance of institutions. In brief, initially all the board members of all institutions, each Board Chair, each Président-Directeur général (PDG) and Président-Directeur général adjoint (PDGA), (the top two administrators in each institution) will all be chosen directly by the minister. In the future the institution's board will choose the PDGA themselves, and the recommend the PDG who must still be approved by the minister.

On a CIUSSS board there will be a total of 19 members, eight of whom come from internal councils and committees or regional medical or university groupings. Ten more "independent" board members are appointed by the minister from people who have been proposed or have volunteered to the ministry. The independent board members will be remunerated. The 19th member will be the PDG. Ministry expert committees will evaluate the profiles of the candidates for independent seats to determine that they have some of the four competencies and five areas of expertise now defined in the law for independent board members. One of these 10 independent members (9 in the CISSSs) must come from a list of persons recommended by the regional Access committee for health and social services in English. This is a gain in regions outside of Montreal where English-speaking communities are small minorities. They will now have at least one voice at the board of the CISSS/CIUSSS.

Since the law was adopted there has been a flurry of activity in the ministry and in the network to prepare for implementation on April 1st. The PDGs will probably named in March. Board selection will not be completed by April 1st, and the law has an article permitting the PDG to exercise the powers of the board until September 30th or the naming of the board, whichever comes first.

While very few people wanted Bill 10, there are a number of opportunities for people from the community, and the English-speaking community, to be involved on boards or committees that will influence this enormous change. Hopefully this will improve the chances of success of a reform that most people viewed as risky, to say the least.

The text of the proposed law can be viewed in French at:

<http://www2.publicationsduquebec.gouv.qc.ca/dynamicSearch/telecharge.php?type=5&file=2015C1F.PDF>

or in English at:

<http://www2.publicationsduquebec.gouv.qc.ca/dynamicSearch/telecharge.php?type=5&file=2015C1A.PDF>

An Adventure Down Under

By Julia Paré



My paternal grandmother, Lucy Paré (née Lucy Griffith), was born in Australia in 1888. 126 years later, in the fall of 2014, my sister and I took a long overdue trip “Down Under” to explore our Australian roots.



Our grandmother lived in a mining town called Kalgoorlie for most of the first 25 years of her life before meeting and marrying my Canadian grandfather, a mining engineer. They settled in Montreal, had nine children and 45 grandchildren.

In her nineties, she decided to write a book about her life which was published, pictures and all, as a limited edition for family and friends. It quickly became a part of our family lore; its stories passed from generation to generation, its accuracy sometimes debated and its index and family tree referred to when memories failed. Sometimes it can be the punchline to a family joke, like when my brother Paul points out that a legendary family dog named “Mac” has more references in the book than he does!

My sister and I have always had a particular fascination with our grandmother’s description of her life as a child in the goldfields of Western Australia. It’s an amazing story of ruggedness and determination.

In the late 1800s, Lucy’s father (our Great Grandfather) was in need of work. Temporarily leaving his wife and children in the safety of a Western coastal town, he joined the hordes of men seeking their fortune in the recently discovered gold mines of Coolgardie, in Western Australia. Our great grandmother became impatient waiting for his return. When she couldn’t stand it any longer, she made a bold, possibly crazy decision: she packed up the family belongings and her 5 children who were all under the age of seven and set out to join her husband. The trip, partially by train and partially with an Afghan caravan on camel back, was, as you might suspect, gruelling; and when she arrived at her destination, things didn’t improve much. The mining “town” she had travelled to consisted of a few tents in the dusty, dry bush land; no stores, no houses or schools, no other families, no fresh water and a lot of other “nothings”. Undeterred, the family settled into tents and a pioneering life of hardship and adventure in Coolgardie, moving 40 km east to Kalgoorlie after gold was discovered there in 1893.



My sister and I had dreamt of retracing our grandmother’s steps for many years; and this fall we finally did it.

She and I crisscrossed Australia, meeting our Aussie first cousins once removed on both sides of the continent, seeing faces with familiar family traits, hearing the same and different versions of each of our grandparents’ shared history and visiting many of the cities and favourite haunts described in our grandmother’s book.

Mid trip, we decided to get away from the city beat and the glorious Australian beaches and go on a three-day adventure into the Western bush to see the land of our grandmother's early childhood. We took the 7 hour Prospector Train from Perth to Kalgoorlie, which follows the old camel trail and runs alongside the 600 kilometers of water pipeline that, commissioned in 1896 and completed in 1903 (an occasion well recounted in our grandmother's book), still brings fresh water from Perth to Kalgoorlie today. It's a vast and rugged landscape of sparse vegetation and rich red earth; hot, flat and dry.

Stepping off the train at the same station our grandmother would have frequented in her youth, we were met by Butch, a local pastor, appliance repairman and owner of one of the few Bed and Breakfasts to be found in the town. For three days we joined their friendly and busy home, making and sharing meals together, swapping stories and decorating the house for Christmas. They were intrigued by our goal retracing our grandmother's roots. Butch enthusiastically took us sightseeing through the town and "off road" into the bush in his 4 wheel drive. We travelled on dirt trails into remote areas, spotting kangaroos, exploring abandoned gold mines and, strangely, coming upon an elaborately decorated animal cemetery miles from anywhere. We went to the mining "ghost town" of Coolgardie, which at the end of the 17th century had been one of the three largest populated areas in Western Australia and is now home to 800 people. The one main street through town, bordered by grand old buildings, is double the width of a main street today. The reason for the extra wide avenues was to allow camels -who are unable to back up-



to
of

to turn around.



We walked through the neighbourhood in Kalgoorlie where our grandmother's family used to live, and sat on the front steps of the Tea House she worked at as a young woman of twenty. We went to the mining museum where we read about life in the 1890's and saw illustrations, photos and replicas of the mines, the people and dwellings of that period. We watched the sun set over the layers of bedrock and red earth in the largest cut gold mine in Australia, known as the "Super Pit", which is still being mined 24 hours a day.

For my sister and I, it was an extraordinary journey: we were finally seeing the town we had read and heard about from our grandmother, and it now seemed a lot easier to envision what her life must have been like there in the late 17th century.

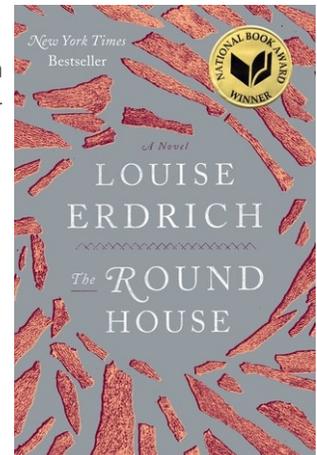
As a child she had found it a wild, dangerous and enchanting place; as a young woman it had been a restrictive and uneventful place that she was eager to leave.

Though we loved the adventure, my sister and I felt the same after 3 long days! So it was back to the cities and beautiful beaches of Australia. When we boarded the plane for the long trip back to Canada, we felt closer to our roots, and we shared a new kinship with our beloved Aussie Grandmother, Lucy.

Book Review: The Round House by Louise Erdrich

After reading only a few pages of this novel, I was completely hooked and I loved it from start to finish. The story is full of twists and turns and has a little of everything – there is a bit of mystery, it has a coming of age element, there is humor, tragedy, and finally a wonderful collection of interesting, complicated characters.

The setting is a fictional Native American reservation in North Dakota and the plot centers around a terrible crime. This crime is committed on the reservation, but the perpetrator is a white man and United States law mandates that such an act comes under federal jurisdiction even when the victim is a Native American. The total unfairness of this law becomes clear as the story unfolds. When the 13-year-old narrator (a wonderful character) sees that justice is not being done, he embarks with his two best friends on a journey to avenge the crime. There are many unexpected consequences to this journey – some humorous and some tragic - and many characters who become involved and influence what finally happens.



The book is beautifully written. The author is herself part Native American so she knows her subject well. This is the first novel of hers that I have read, but she has written others which have been critically acclaimed.

The Round House won the U.S. National Book Award for Fiction in 2012.

Non-fiction suggestions

For anyone interested in reading non-fiction, I would recommend two books I have recently read both in the field of medicine:

Overdiagnosed by H. Gilbert Welch discusses the disadvantages to early testing and diagnosis and to efforts to prevent illness before symptoms become manifest. Dr. Welch's point of view has raised a fair amount of controversy, but I found his reasoning to be quite compelling and it has influenced much of my thinking on early diagnosis and treatment.

Do You Believe in Magic? By Dr. Paul Offit. The author here deals with his objection to the role of alternate medicine to cure – or to prevent – illness. Again, he has many people who would disagree with his premise, but I found the book to be quite informative and well researched. What most impressed me were stories of the incredible cost and the tragic consequences of untested and expensive alternative treatments. He is no fan of Dr. Oz!

Barbara Kemp

Recipes

by Sandhya karnick



ALMOND SQUARES

1 package graham crackers

2 cups sliced almonds

1 cup butter (unsalted)

1 cup brown sugar

Preheat oven to 375 degrees. Grease a cookie sheet. Line it with graham crackers. Heat butter and brown sugar stirring all the time, when it just starts to bubble, add the almonds. Stir for a minute and pour quickly over graham cracker base. Spread gently to distribute evenly. . Bake for 15 minutes.

Let cool for 10 minutes and cut into small squares. Let cool completely before breaking off squares. Store in a cool place and finally a wonderful collection.

MARZIPAN TORTE

For Base :

1-1/3 cup flour

1/3 cup of sugar

1 tsp baking powder

½ cup unsalted or semi salted butter

1 egg

¼ cup of raspberry jam. (seedless)



Filling:

1 cup of blanched whole almonds, powdered in food processor.

2 eggs

2/3 cup of sugar

½ cup of butter

¼ tsp almond essence. ¼ to ½ cup raspberry jam (seedless)

½ cup of sliced almonds, toasted lightly

Preheat oven to 350 degrees.

Cream butter and sugar till smooth. Add almond powder, and then add eggs one at a time. When mixture is well mixed, pour onto crust. Tap gently to make sure the filling is evenly distributed. Bake for 30 minutes at 350 and then turn temperature down to 325 and bake for a further 20 minutes.

Remove from oven, cool slightly. Spread jam gently over top. Sprinkle sliced almonds and let it cool completely before storing.

SPINACH SQUARES

1 package frozen chopped spinach, defrosted and well drained

1 can mushrooms pieces and stems

3 eggs beaten

1 can of Durkee's French Fried Onion Bits (available with vegetables in cans at the grocery store or with the Chips)

1 cup of sour cream

2 cups of grated cheddar cheese

Salt, pepper and garlic powder to taste.

Mix all of the above and pour in 9x13 pan. Bake in pre-heated 350 degree oven for 30-40 minutes till is browned. Cut into squares while still warm. Can be served hot or room temperature.



Seniors Action Quebec

By: Michael Udy

One of my activities since retiring from Batshaw is serving on some boards of directors. My experience at Batshaw seems useful when I apply it at a board level in other contexts.

One of the boards I have joined is that of Seniors Action Quebec (SAQ). To quote the website (seniorsactionquebec.ca), the mission of SAQ is "...to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors."

SAQ has identified strategies it will use, which are:

- * "To support and develop senior leadership locally and provincially.
- * To celebrate and maintain the contributions of English-speaking seniors throughout Quebec.
- * To access and address the living conditions of English-Speaking seniors in Quebec in all its varied aspects.
- * To ensure access to information for an active and healthy aging of the English-speaking communities in Quebec.
- * Seniors Action Quebec will develop partnerships with organizations that have common objectives.
- * Seniors Action Quebec will work with governments to address challenges/needs facing English-speaking seniors."

SAQ came into existence in 2012 after the Quebec Community Groups Network (QCGN) conducted an assessment of the situation and the priorities of English-speaking seniors in Quebec. Up to this point SAQ does not have any core funding. Therefore it has no staff. The volunteer board members carry out its activities. This makes me appreciate all the resources available at Batshaw, even though we often felt there were not enough.

In the not-for-profit world it is possible to get continuing core funding from either the federal and provincial levels of government, but the line-up is long and the funds are scarce. Basically a new organization has to take its place in line, and prove itself through volunteer-led activities, and through management of projects which might be funded by one or the other levels of government, or by a foundation. Here are some examples of what SAQ has done to date:

- * On Oct. 1st 2012 SAQ along with Quebec Community Groups Network (QCGN) held an Information Fair on National Seniors Day. Close to 600 individuals participated and the event was very well received.

Seniors Action Quebec (continued)

* On Oct. 1st 2013 SAQ received a grant from Employment and Social Development Canada's (ESDC) New Horizons for Seniors program. The project was named "Rediscovering & Celebrating our Seniors' Contributions within Their Communities". Nominations were solicited, selections were made and in the Greater Montreal region 9 seniors were honored and received awards and 3 organizations were profiled. The day was filmed and DVDs and a booklet was produced. SAQ also honored 3 seniors in the Laurentians, 3 in the Outaouais and 5 in the Quebec City region. Another booklet was produced to profile these winners. Over 300 seniors were involved at one stage or another.

In 2014 SAQ organized several presentations to bring important information to seniors:

- * May 27th Housing for Seniors presented by CMHC (80 attendees)
- * Oct 6th Jointly with QCGN, a presentation in Montreal of the results of a detailed survey done with English-speaking seniors of their concerns and priorities;
- * Nov. 16th Fund-raiser: Play on Elder Abuse presented by Théâtre La Belle Gang(180 attendees);
- * Nov. 27th (November is Financial Literacy month) Financial Abuse of Seniors presented by the Canadian Bankers Association (24 attendees).

Future activities planned are:

- * April 27th 2015 1 day conference on "Dying With Dignity" (See the SAQ website for registration instructions);
- * September 27th 2015 Fund-raiser: Concert with Oliver Jones and others;
- * In 2015-2016: 1 day conference on "Challenges and Needs of Caregivers".

SAQ has also applied for:

- * A grant from Heritage Canada to present the seniors' survey results in other regions;
- * A grant from ESDC to conduct a reaching out a project in three regions of Quebec using volunteers to reach socially isolated seniors
- * A grant from the McConnell Family Foundation to enable SAQ board members to benefit from the "Innoweave" curriculum, a coaching program the McConnell Foundation has created to raise the skill levels of not-for-profit organizations.

We are waiting for results on each of these applications.

It's a challenge to develop an organization from scratch. But SAQ has a dedicated group of board members who feel convinced there is a place and a need for an organization of this sort advocating for English-speaking seniors across Quebec.

President's Letter

Since my last report in the Jan 2014 Newsletter the following events made this a mostly successful year for the BAA.

The executive met on seven occasions over the past year. We continued to work at organizing the activities for our members: increasing membership, which as of December 2014 was 154 (21 more than the previous year), producing the newsletter, organizing the 7th Annual General Meeting, continuing to keep members informed of BAA and Batshaw news through email and organising our most successful fundraiser since the Concerto Della Donna Concert in 2012.

The Social Committee planned two Social Lunches which involved 20 and 14 members. A tenth Social Lunch is being planned for early May, 2015. Hope to see you there.

September 4, 2014, in conjunction with the Union BBQ, the BAA held a very successful handbag sale. We raised over \$780 at this event. The Batshaw Foundation was given \$372 and the rest stayed with the Association. This fundraiser afforded the alumni an opportunity to give something back to the clients and to see and talk with many of their former colleagues. We wish to thank all the many contributors and all those who came to buy or help out at the booth. Other fundraisers are in the works. Other ideas for raising funds would be greatly appreciated.

Financially we did well over the last twelve months. We made \$245.20 from our annual meeting and luncheon members' donations and \$375 from our purse fund raiser. Our bank balance as of Jan 2, 2015 is \$1,116.64.

This year, because of health issues, Angie Bisson resigned from the executive. Angie was very helpful during her time on the executive. I know that I speak for us all when I say thank you for her service and wish her well. Angie's departure left the executive one member short and so there was an election at the October 7, 2014 AGM. Matt Skeleton was acclaimed. His time on the executive was short due to a life crisis. His contribution to the executive would have been greatly appreciated. I know we all wish him well in this trying time. To replace Matt Robin Bonderoff was asked to join the executive. She agreed and so we are again a seven member executive.

In conclusion I wish to thank the members of the executive; Louise Jessop, Barbara Kemp, Sandhya Karnack, Julia Paré and Carol Kimmis for their untiring work and their dedication to the BAA. I want to recognise the members of the BAA without whom none of what we did would have succeeded or have been necessary. On behalf of the Association I wish to thank the Batshaw Youth and family Centres for their continued support in providing us an office, a place to meet and the means to communicate with the members of the Association.

I wish you all a healthy and satisfying year.

Zalman Bitensky, President