

LE CARREFOUR

July 2021



**50 and
+**



[graves.vs](https://www.graves.vs)



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CENTRE DE RÉFÉRENCE



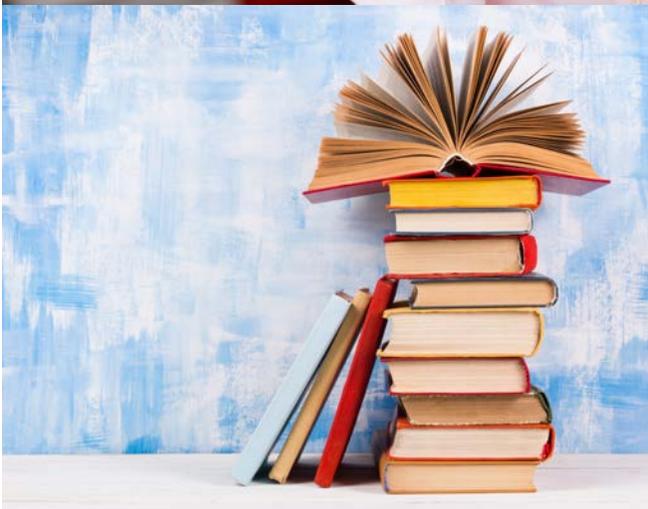
DESCRIPTION OF SERVICE

You need informations or support?
Informations on the resources or
activity on the territory?

**Give us a call
this service is FREE!
450-424-0111
ext 223 or 0**



**Opening hours:
Monday to thursday
from 9 AM to 4 PM**



IMPORTANT

Due to the COVID situation and the safety measures in place, the service is currently **only available by phone**, but we hope to soon offer on-site service with access to our reference library, a computer for research and a telephone for important calls.

Reference Center by Gabrielle Chartrand

Asserting yourself: the 1st step towards self-love

Being assertive is not easy. How many times have we preferred not to say anything to avoid a conflict? And yet, it is a necessary step to assert our rights, our emotions and our opinions. This month, I'm going to give you a few tips on how to stand up to others, with the utmost respect and harmony!

- Make a list of things you don't or can no longer accept
For example: *"I no longer accept being cut off! I refuse to be silent when I see an injustice. I no longer tolerate belligerence."*
- Draw a firm line with those around you to define your boundaries. If someone breaks them, assert yourself in a polite but firm manner.

How do you assert yourself?

- 1) Speak in the first person
- 2) Name the emotions you are feeling
- 3) Stick to the facts and avoid interpretations
- 4) If you have been asserting yourself several times, say it.

Example: "I feel really uncomfortable when you make a pass at me. I've asked you to stop three times already".

Tips:

-Although it's harder to say than to do, be honest: don't lie about why you're asserting yourself or simply name it as personal. Lying is also risking getting caught.

- Example: *"To be honest, I'm too tired to go out tonight. I'd rather stay home."*

Be empathetic and responsive to others' feelings, but stand by your point

- Example: *"I understand that it may disappoint you that I'm canceling at the last minute, but I have to think about my health. "*

Try to remain calm so that the message is conveyed more easily

- Don't be afraid to take some time for yourself before asserting yourself. Letting the dust settle and waiting can help you express yourself in a calm and collected way!

Want to learn more? Join our list of participants for the **Reference Centre groups**! You'll be the first to know about upcoming virtual and in-person information events. Groups are offered in English and French.

Community support in social housing and empowerment.

This month, in connection with the objective of promoting the maintenance of the power to act, we share with you a text by *Mr. Bertrand Dugré*, tenant of the *Office régional d'habitation de Vaudreuil-Soulanges*. You can follow his blog <http://bdmoi.mdugre.info/vieillir-retraite/>

Growing old? Retirement? Growing old? Getting old or getting older? When we are young, we aspire to become adults, to do what we want. To no longer depend on the will of others. But, like many hopes, it is in vain that we hope. For many, money becomes the master of our thoughts. To live is to spend, consume, dream. All this is a collective stupidity. The sacrosanct economy rolls on and we spend like crazy.

However, for a growing number of people there is another game that is being quietly played. That of reaching financial autonomy in order to live a less constraining life at a younger age. It is increasingly common for the retired to have to continue working part-time to earn some money.

Many people's idea of retirement is slowly changing. It is no longer about total indolence, taking a nap in your rocking chair on the porch on a beautiful summer afternoon. The image we get from magazines is one of active living and extravagant leisure: travel, recreational vehicles, and snowbirds.

Real retirement, real aging, is having the opportunity at a younger age to live life as we see fit. Working at a decent pace, in a field that interests us, and taking the time to live. This is what is happening now. When employers understand this, despite it being against their nature, they will have all the manpower they need. However, they will have to earn it because most people will not be slaves to money.

That's what it means to age well. It is not for everyone, but it is increasing. When we grow older we live. When you die, you stop aging. You can be old but not dead. There are many opportunities to live at any age. Retirement? That's for old people. Will I ever be old? I don't know. But in the meantime, I'm 67 and living life to the fullest, in spite of some minor ailments, that's for sure. Retirement is from the age of 40... if you want it!

Bertrand (@BDmoi)

How much do you sell your eggs for?

A lady asks:

"How much do you sell your eggs for?"

The old salesman replies:

"0.50¢ an egg, madam".

The lady says:

"I'll take 6 eggs for \$2.50 or I'm leaving".

The old salesman replies:

"Buy them at the price you want, Madam. This is a good start for me because I haven't sold a single egg today and I need this to live."

She bought her eggs from him at bargain prices and left with the feeling that she had won.

She got into her fancy car and went to a fancy restaurant with her friend.

She and her friend ordered what they wanted. They ate a little and left a lot of what they had asked for.

When they paid the bill, which was \$400, the ladies gave \$500 and told the owner of the fancy restaurant to keep the change as a tip...

This story might seem pretty normal to the owner of the fancy restaurant, but very unfair to the egg seller...

The question this brings up is:

**Why do we always need to show that we have power when we buy from the needy?
And why are we generous to those who don't even need our generosity?**

I once read somewhere:

"My father used to buy goods from poor people at high prices, even though he didn't need them.

Sometimes he paid more for them. I was amazed. One day I asked him "why are you doing this Dad?"

Then my father answered:

"This is charity wrapped in dignity, son."

Rich or poor?

A rich father, wanting his son to know what it means to be poor, had him spend a few days with a family of farmers.

The child spent 3 days and 3 nights in the fields.

Back in the city still in the car, his father asked him:

How was your experience?

- *Good!* - answered the child.

Did you learn anything?

- That we have one dog and they have four.
- That we have a swimming pool with treated water that comes to the bottom of the garden. They have a river, with crystal clear water, fish and other good things
- That we have electric light in our garden but they have the stars and the moon to light them.
- That our garden reaches to the wall. Theirs, to the horizon.
- That we buy our food; they grow it, harvest it and cook it.
- That we listen to CDs... They listen to a continuous symphony of parrots, crickets and other animals..... all this, sometimes accompanied by the song of a neighbor who works the land.
- That we use the microwave. What they cook tastes like it was slow fired
- That we, to protect ourselves, live surrounded by fences with alarms... They live with open doors, protected by the friendship of their neighbors.
- That we live connected to the telephone, to the computer, to the television. They are connected to life, to the sky, the sun, the water, the fields, the animals, their shadows and their families.

The father is very impressed with his son's feelings.

Finally, the son concludes

"Thank you for teaching me how poor we are!"



Every day we become poorer and poorer because we don't look at nature anymore!!

Gabrielle Farmer-Denis

On October 2, 2007, *Gabrielle Farmer-Denis* passed away in Pierrefonds at the age of 91. This great artist marked the history of *Vaudreuil-Soulanges* by occupying positions traditionally reserved for men. At a very young age, she was introduced to the world of music and took piano lessons at the age of 5. At the age of 17, after studying at the *Pensionnat de Valleyfield*, she published her first poems in the *Progrès de Valleyfield*. A musician at heart, she gave lessons and wrote choruses to popular tunes.

A career in the making

At 22, *Gaby* organized variety shows and discovered new talent. At 24, she met *Adrien Denis* and married him in 1940. The couple settled in *Les Cèdres* where their 5 children were born. While taking care of her family, she signed articles under the name of *Gaby Farmer*. From 1950 to 1960, she devoted herself to writing for the theater. She directed her own plays where comedy had an important place. One of her works, *L'Ancêtre*, was so successful that it was performed in more than 70 parishes in Quebec.

A prolific journalist

Her journalistic career took off in 1951. She wrote for the *Progrès de Valleyfield* and *Le Salaberry*, as well as for magazines *La Ferme* and the *Bulletin des agriculteurs*. Every week, she wrote a column in *L'Étoile* and in *L'écho de Vaudreuil-Soulanges*. In parallel to her journalistic career, she embarked on a radio career on *CFLV 1370*. From 1970 to 1977, she hosted *Bonjour, ici Gaby* and *Votre magazine, Madame*. In 1975, she accepted the position of regional news reporter. In 1979, she hosted her daily show from *CFLV* in *Dorion*. In 1982, at the age of 66, *Gaby* turned to the *Club de l'âge d'Or* to which she gave a new lease on life by organizing trips abroad.

A new life

In 1983, she produced a new play entitled *Dire que ma Floride m'attend*. In 1986, she did it again with *Les plaisirs du camping sauvage*, but in 1987 she was forced to stop her activities for health reasons. The following year, she lost her husband *Adrien*. In 1989 and 1990, she visited *Mexico* and *Yugoslavia*. Spending her winters in *Florida*, she returned in the spring to tend to her flowers, play the piano or paint pictures. Journalist, author, musician and woman of the theater, *Gaby* was a prominent figure in our regional culture.

Adh mar Jeannotte is one of the most endearing figures in *Vaudreuil-Soulanges* because of his dedication to the community and his commitment to promoting the dissemination of culture, history and genealogy in our region.

His beginnings in the priesthood

Adh mar Jeannotte was born on August 7, 1895 in *Ste-Marthe de Vaudreuil*. After his studies at the parish school, he began his classical studies in philosophy and theology at the Valleyfield seminary. Ordained a priest on June 27, 1920, he obtained a curacy in *Beauharnois*. Between 1930 and 1940, he worked as director of schools in *Salaberry-de-Valleyfield*, then became principal of the * cole normale de Valleyfield* where he was in charge of the training of future female teachers. He then came into contact with *Mgr Albert Tessier*, historian and pioneer of Quebec documentary film.

Involvement in the community

In 1946, he resigned from his position and was appointed parish priest of *St-Michel-de-Vaudreuil*. In December 1946, he was one of the founding members of the *Caisse populaire de Vaudreuil*. Devoted to the education of young people, he received a vibrant tribute from the students of St-Michel school when he visited them on November 30, 1954, to tell them about the trip he had just made to Europe. Very active in church affairs, he founded the *Compagnie 36 de Vaudreuil of the Pontifical Zouaves*. He continued the religious tradition of the 19th century which had brought some 500 Quebec Zouaves to fight against Garibaldi's troops to defend the Papal States.

History and genealogy

Adh mar Jeannotte is passionate about history and genealogy. In 1963, he published at the *St-Joseph* printing house in *Montreal* a book entitled *Notes historiques* in which he lists chronologically the events that marked the history of Vaudreuil from 1613 to 1962. There is also a lot of other information: list of mayors and parish priests as well as notes on the names of roads and streets of *Vaudreuil*. In addition to his interest in history, he devoted much of his life to establishing the genealogy of the families of *Vaudreuil-Soulanges*. When he became the parish priest of *Vaudreuil*, he immersed himself in the study and the transcription of the registers of his parish. The 7 volumes of his work contain genealogical notes, but also information on the professions and trades practiced by our ancestors. He died at the age of 73 in 1969 and his remains rest in the Vaudreuil cemetery.

When I was a child, in Saguenay- Lac St-Jean by the *Angechanteur!*

- Here was no area code. And most of my clothes came from *Woolco, Zellers, Sears* or were made by my mother.
- Eating in a restaurant was a huge deal that only happened on very special occasions.
- Fast food was a take-out bologna or peanut butter and banana sandwich to eat outside in the yard or in the shed in the field.
- Eating ice cream was a treat on a hot day.
- We took off the school clothes as soon as we got home and put on our play clothes.
- We had to do our homework before we were allowed to play outside.
- There were no drop offs or pick ups by car, we walked or rode our bikes!
- Our phone hung on the wall in the kitchen and had a cord. There were no private conversations or cell phones!
- The TV didn't have a remote control, you really had to get up to change the channel or the volume. (We were the remote).
- We played hide and seek, hopscotch, cowboys and Indians, flag, fly, kick the can, tag, dodgeball, street hockey, 4 corners and rode bikes with cards in the spokes.
- We played baseball or softball at the local park every summer and hockey at the outdoor rink in the winter.
- Staying home was a punishment and was only tolerable on bad weather days.
- We ate dinner at the table with the whole family. We either ate what Mom made for us or we ate nothing at all.
- There was no bottled water; we drank from the tap or water hose (lukewarm).
- We watched cartoons on Saturday mornings, and rode our bikes for hours and ran through the woods.
- If we had a fight, we were friends again a few days later, if not sooner. We played until dark, sunset was our alarm. An exception was made if we stayed near the house after asking permission.
- When our parents asked us to do something, we did it. We respected them as we did our aunts, uncles, grandfathers and grandmothers. Our parents' best friends were also our parents and you didn't want them to tell your parents if you were misbehaving.

Those were good times. I loved my childhood...!!!

The whole world paused this morning!

par Misty Starr Whittington Robertson

Do you know why? Because an 8 year old's tank was empty.

The boys had already started their school day at their desks and I was preparing to leave for work when I noticed my littlest standing in the bathroom wiping his face.

I paused at the door and asked if he was okay. He looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head.

So I sat on the side of the tub and pulled him in my lap. I told him sometimes our heart tanks feel empty and need to be refilled. He cried into my chest and I held tight.

I asked if he could feel my love filling him up?

A nod, and tears stopped...

I waited a minute...

'Has it reached your toes yet?'

He shook his head no...

'Okay man. We will take as long as you need. Work doesn't matter right now. School isn't important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?'

nods

One more minute...

'Is your heart full of mamas love now?'

'Yeah...'

looks in his eyes I see it shining in there, you're full to the top, and you're smiling!

Y'all. You may not be 8 - you may be 28, 38, 78 or whatever- but ALL of us run on empty just like he did. His weekend was so busy and so full and his little soul was just dry!!!

We all have to pause and take a moment to refill with the good things. Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you'll find those emotions (tears, anger, snappy words) overflowing with no reason why.

**Take a moment. Refill.
It's the most important part of your day!**



Jasmine Dufour et Bruno Beaulieu
Community workers
Source : SAAQ

OBTAINING A PARKING STICKER FOR PERSONS WITH REDUCED MOBILITY

Here are the steps to follow to obtain a parking sticker for a person with reduced mobility living in Quebec. Any person with a mobility impairment can obtain a parking sticker as a driver, or as passenger in a vehicle.

Vignettes may also be issued to a public establishment that meets the required conditions. The decal is accompanied by a certificate of attestation which the holder must keep with him/her at all times.

ELIGIBILITY REQUIREMENTS

To be eligible for a parking decal for persons with disabilities, a person must have a disability that results in a loss of independence or that compromises health and safety when travelling short distances that do not require the use of a vehicle. For example, to get from a parking space to the doors of a business.

You must provide, if applicable, an assessment that demonstrates a disability of at least 6 months duration.

If you think you need a parking sticker:

Speak to a health professional authorized by the SAAQ. If he or she deems that your condition warrants it, he or she will be able to fill out the application form for a parking sticker for disabled persons, which you must then send to the SAAQ.

To determine your eligibility, we consider certain elements related to your disability:



- The existence of an impairment affecting your mobility
- Its persistent nature
- Its significant nature in terms of disability
- The risks to your health and safety
- The usefulness of the sticker in alleviating or correcting situations related to your disability

You may automatically be eligible for a parking sticker

1. If you have a driver's licence with **condition P**
(A "Condition P" on a licence means that the licence holder must drive a vehicle with hand controls.)
2. If you use a wheelchair permanently for all your travel

If you do not meet these conditions

You will need to have an assessment form completed by a licensed health care professional: a special educator, occupational therapist, nurse, physician, optometrist, physiotherapist or psychologist.

Choose the professional who can best describe your travel-related disability.

The parking sticker belongs only to the person with a disability

It is not associated with the vehicle carrying the person with a disability, whether or not that vehicle is owned by the person with a disability.

www.saaq.qc.ca

Marie-Claude NICHOLS
MNA FOR VAUDREUIL

ASSEMBLÉE NATIONALE DU QUÉBEC



Time for Tea & Learn – Each month, retirement residence Chartwell Le Prescott presents a column on various topics related to the well-being of seniors in the region. Help yourself to a cup of tea and enjoy a good read!

How selling your home would finance a comfortable retirement

The last decades tend to show that our home is one of the most profitable investments. Real estate assets have literally jumped since 2000. For seniors, this situation coupled with the scarcity of inventory of single-family homes in the resale market, results in a unique and extraordinary opportunity. The real estate market is very active right now and looks like we are in a seller's market.

A treasure trove of bricks and mortar

The dormant asset of your primary residence (tax-free benefits from the sale) or your cottage can be transformed into an important source of additional income. By investing the proceeds from the sale of your house or condo, say \$500,000, in a low-risk portfolio at 3%, **you can earn up to \$15,000 per year**. You will also make considerable savings on expenses related to the maintenance of a house: lawn, snow removal, repairs, improvements, electricity, heating, etc. It is important to be accompanied by a financial professional to validate your scenarios.



Retirement Residence Option

While offering a hassle-free lifestyle in a warm and dynamic environment, it is important to know that in many retirement residences, all the **costs associated with a home are included in the rent**: heating, air conditioning, air exchanger, appliances, lighting, cable, phone, Internet, housekeeping and more.

Tax credit for home-support services for seniors

Starting at age 70, you may be eligible for the Quebec government tax credit, payable monthly, for home-support for seniors living in a retirement residence.

Examine your personal finances and you may find that a retirement residence is more affordable than you think. Especially if it eliminates many of the worries that impact your health and enjoyment of life and gives you the peace of mind you deserve at this stage of your life.

Sources: Kelley Keehn and Fabien Major, our Financial blog collaborators. Visit <https://chartwell.com/en/blog/>.

To learn more about retirement living or book a personalized tour, contact our Retirement Living Consultants at **438 338-9854**

To protect yourself from the effects of heat:



Drink **lots of water** before you feel thirsty



Spend a few hours a day in an **air-conditioned or cool location**



Close the curtains or blinds during the day and open the windows, if possible, when it's cool at night



Take a cool shower or bath when needed or cool your skin several times a day with a damp cloth



Avoid **alcohol**



Wear **light-coloured clothing**



Keep in touch with family and friends and don't hesitate to ask those around you for help

If you're not feeling well or have health-related questions, call Info-Santé **811** or speak to a nurse or doctor.

In an emergency, call 9-1-1.

Learn more at:

Québec.ca

Does the
picture on the
cover make
your mouth
water?

WATERMELON MARGARITA WITHOUT ALCOHOL

INGREDIENTS

2 oranges
125 mL (1/2 cup) water
125 mL (1/2 cup) sugar
500 mL (2 cups) watermelon
1 bunch fresh mint

METHOD

1. Zest 2 oranges.
2. In a saucepan, bring water, orange zest and sugar to a boil until sugar is dissolved. Remove from heat and let cool.
3. Cut your watermelon into large chunks and place in your electric blender until pureed.
4. Pour the puree into a pitcher. Add lime juice and cooled orange peel syrup.
5. Frost rims of four margarita glasses with sugar. Tip: You can moisten the rim of each glass with a lime wedge and then dip the glasses in the sugar.
6. Fill the glasses with ice, then pour the non-alcoholic Margarita.
7. Serve with a piece of watermelon and fresh mint

Reference: IGA

Back to the "wear purple" contest

Since we have not received any photos,
we do not have any winners to announce.

We invite you to send us your comments and/or suggestions for future issues.

*Since this is for you,
please make your voices heard, we are listening!*

info@legraves.com





www.fortissimots.com

- | | | |
|-----------|----------|--------------|
| ALPAGE | CHALET | PISTE |
| ALPES | DÉGEL | RANDONNÉE |
| ALPINISME | ESCALADE | RAQUETTES |
| ALTITUDE | EVEREST | REMONTÉE |
| ANDES | FORÊT | ROCHEUSES |
| APLOMB | HIMALAYA | SIERRA |
| ARMOR | GLACIER | SOMMET |
| ASCENSION | MASSIF | TÉLÉPHÉRIQUE |
| BALISAGE | MONTAGNE | TERTRE |
| CAMPING | NEIGE | TOURISME |
| CANYONING | OISANS | TRANSAT |
| CASCADE | PANORAMA | TREKKING |

Answer: extraordinaire

Référence: www.fortissimots.com

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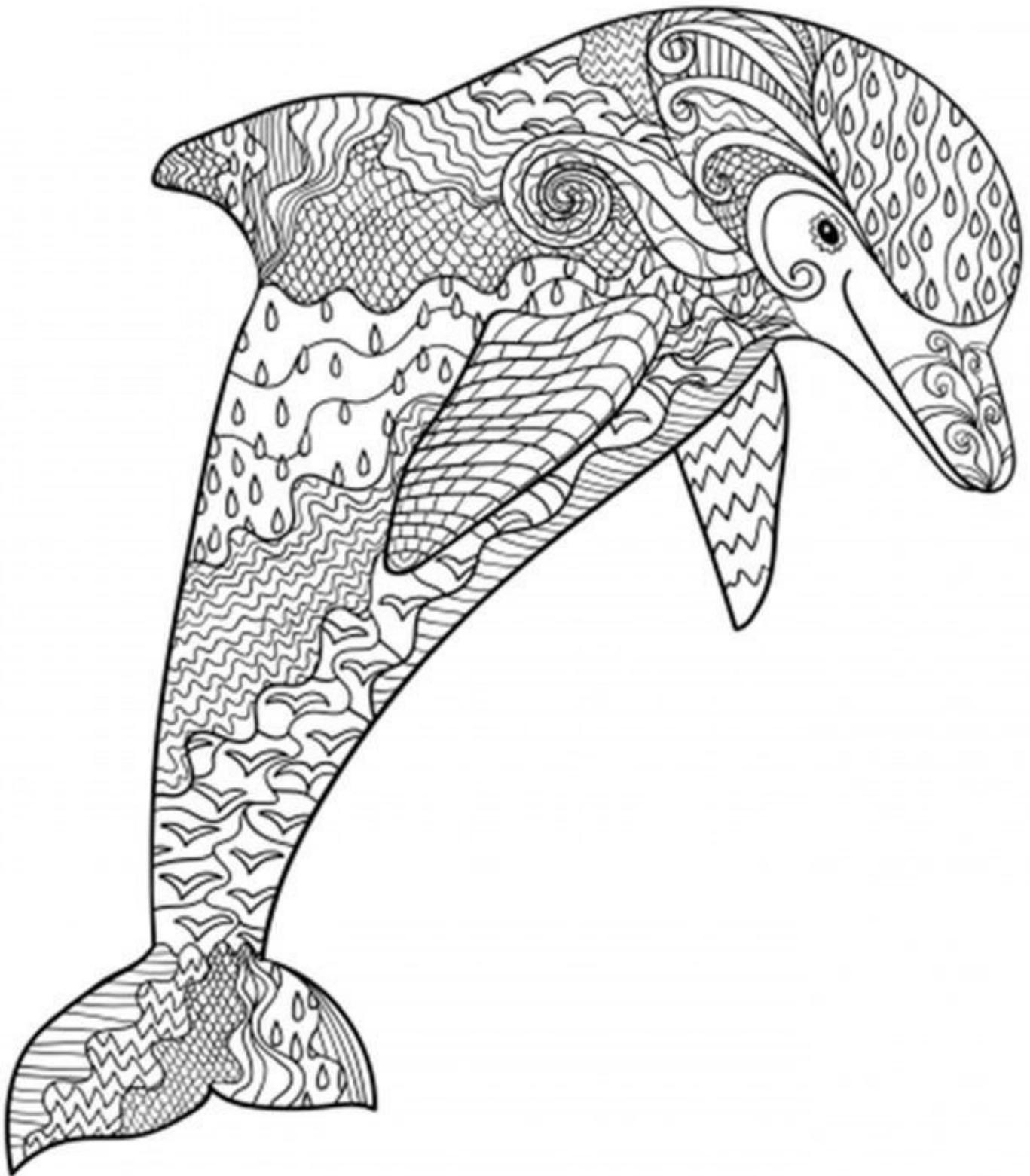
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Let's put some colors!



<https://www.mon-coloriage.com>

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SUDOKU - SOLUTIONS

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MEMBERSHIP FORM
GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES
THE MEMBERSHIP CARD IS FREE

LAST NAME

FIRST NAME

ADDRESS: _____

CITY _____ POSTAL CODE _____

PHONE NUMBER _____ (HOME)

PHONE NUMBER _____ (CELL PHONE)

EMAIL ADDRESS _____

WOULD YOU LIKE TO RECEIVE G.R.A.V.E.S PUBLICATIONS VIA E-MAIL?
YES ___ NO ___

The organization's bylaws and regulations are available upon request.

**PLEASE SEND THIS COMPLETED FORM TO
info@legraves.com**

BY MAIL TO

Le Grand Rassemblement des Aînés de Vaudreuil et Soulanges

418 avenue St-Charles, Vaudreuil-Dorion, Qc J7V2N1

Need more informations? Feel free to contact us

THERE ARE RESOURCES FOR YOU!

INFO SANTÉ: 811

Crisis center

Le Tournant: 450-371-4090

CISSMO & Mental health access

CLSC Vaudreuil: 450-455-6171

CLSC Rigaud: 450-451-6609

CLSC Saint-Polycarpe: 450-265-3771

CAB L'Actuel: 450-455-3331

CAB et Soulanges: 450-265-3134

OVPAC Valleyfield (transport): 450-371-5400

Food banks

L'Actuel Vaudreuil: 450-455-3331

CAB Soulanges: 450-265-3134

Café de la débrouille Rigaud: 450-206-1008

Popotte Roulante: 450-265-3548

LIGNE AIDE ABUS AÎNÉS: 1-888-489-2287

SAVA (Soutien aux aînés victimes d'abus)

maltraitance.org

FREE SERVICES OFFERED TO THE CITIZENS OF VAUDREUIL-SOULANGES

450.424.0111



WHEELCHAIR RENTAL

10\$ / week (members)

15\$ / week (non-members)

On appointment only

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it's free

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REFERENCE CENTER

Need information regarding any issue, need someone to support, listen to you and help you in your actions?

OUTREACH WORK (ITMAV)

Need references and support in your living environment?

COMMUNITY SUPPORT IN SOCIAL HOUSING

Need information, help, support or need to talk to someone?



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