

# LE CARREFOUR



**March 2021**  
English version



**50 years  
old +**

  
**GRAVES**  
GRAND RASSEMBLEMENT DES  
AINÉS DE VAUDREUIL ET SOULANGES



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



[www.legraves.com](http://www.legraves.com)



[info@legraves.com](mailto:info@legraves.com)

Research, design and layout

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Executive Director -

Tresorer





## 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**

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

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## 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.

# VALENTINE'S DAY TREATS



**Céline Leboeuf, intervener**  
**Social Housing Community Support Project**

The team took advantage of Valentine's Day to bring a little warmth to the hearts of the people served by the Projet soutien communautaire en logement social.

As is the tradition, a message of support inserted in a colourful envelope was delivered with the February newsletter Le Carrefour. Our wish for a Happy Valentine's Day was accompanied by a nice hot chocolate!

Chocolate, in all its forms,  
is always comforting, isn't it?



## SPRING IS ABOUT TO SPRUNG

Thanks to the collaboration of Mrs. Marguerite Blais, minister responsible for seniors and caregivers, we are reinventing another tradition ... the sugar shack!

We celebrate the arrival of spring by offering social housing tenants nothing less than maple syrup! Everyone has the opportunity to use it according to taste: on pancakes, eggs, ham, in mousse, in cake, in coffee, or simply with a spoon!



OUR syrup is the obvious sign that spring is coming.

# THE SHORT STORY OF THE "CARREFOUR" pandemic version



## Louise Lapointe, communications

As soon as the pandemic arrived, the *Grand Rassemblement des Aînés de Vaudreuil et Soulanges* team asked itself the following question: how to stay in touch with you, what would be the best way to keep you informed and entertained?

The answer came quickly: we will use the publication *Le Carrefour*. It should be remembered that this tool was previously published four times a year. So we had to reinvent ourselves and that's what we did very quickly.

First publication of *Le Carrefour Express* made on March 30, 2020, French version - 12 pages, 500 copies printed and folded in our offices and distributed in the social housing of the MRC. We added an English version to the November publication and since then, both versions have been available. The special Christmas publication was printed in color and contained 40 pages.

We are now at the seventeenth edition, a 24-page publication, distributing 1,500 copies of the French version and 200 copies of the English version to the members of the organization, in social housing, private residences for seniors, municipalities, libraries, pharmacies as well as our partners.

All publications are available at [www.legraves.com](http://www.legraves.com) where we invite you to consult them.

What a long way we've come since last year...!



We would like to take this opportunity to thank you for your comments, rest assured that we read each one and appreciate them. Please do not hesitate to send us suggestions.

# A look back at the activities of the Reference Center

## Gabrielle Chartrand



**February 16:** Online meditation session with the Community Network of the town of Pincourt. More than a dozen people learned the basics of meditation with Gabrielle Chartrand, coordinator of the center, who took them on a journey to peaceful beaches. The experience was so much appreciated that it will be repeated in a few months!



**February 23:** Gabrielle and Katrina, intern at G.R.A.V.E.S., co-facilitated a workshop on conflict management and interpersonal communication, once again with the Community Network of the town of Pincourt. More than twenty participants exchanged with them on the art of conflict resolution, with comical scenarios and very concrete examples.



**Katrina Decelles : Intern  
(Master's degree in social work at l'UQAM)**



## Your choice, your rights during an appointment with a health professional

Having an appointment with your doctor, nurse or social worker can be a stressful or emotional time. Sometimes you don't want to disturb, you don't understand all the information, or the professional may seem rushed.

Be aware that your professional must respect your dignity, freedom and choices. You have the right to ask questions and to be informed about any treatments or services you receive. The professional must obtain your agreement and inform you of the benefits and consequences of the treatment that will be performed.

As a user of health and social services, you have the power to make decisions regarding your physical and mental health.

Keep these questions with you during your next appointments so that you don't forget anything and so that you can make the choices that are right for you.

You don't have to make a decision right away; you can take a moment to think about it and consult a loved one. (except in an emergency).

Sources:  
choisiravecsoin.org  
vosdroitsensante.com

### Checklist for your appointments

-  Do I really need this test, treatment or service?
-  What are the risks?
-  Are there simpler, safer options?
-  What happens if I don't do anything?
-  What are the costs?

Questions from: <https://choosingwiselycanada.org/>

**March 1, 1754:** Before notary Claude Barolet, Paul-Joseph Le Moyne de Longueuil and Geneviève Joybert de Soulanges donate a piece of land two arpents wide by two arpents deep for the erection of the new church of St-Joseph de Soulanges on the condition that it remain on this land. Otherwise, the sieur de Longueuil and dame de Soulanges or their heirs and successors will return by right in possession of the said land. The document is signed in Quebec City, rue de Buade, in the house of the donor in the presence of the Bishop of Quebec, Monsignor Henri-Marie Dubreil de Pontbriand, the Récollet missionary François-Joseph Carpentier and the notary Jean-Antoine Saillant.

**March 3, 1770:** Before notary Thomas Vuatier, Joachim Biron appears before the notary and has an inventory drawn up of the property abandoned by his son, Joseph, now a fugitive and having left considerable debts. The purpose of this inventory was to prevent the dispersal of this property to the detriment of his son's creditors. Joseph Biron's servants, André Lalonde and Marie-Joséphé Diel, declared under oath that Mr. Biron had been missing since February 20, 1770 at six o'clock in the evening. In addition to movable property, merchandise, securities and accounts, this inventory contains a list of debts that the Biron son contracted with various persons.

**March 10, 1757:** Following his request to establish a village in his seigneurie, Pierre Rigaud de Vaudreuil, governor of New France, and François Bigot, King's counselor and intendant in justice, grant Paul-Joseph Le Moyne de Longueuil, seigneur of Soulanges, permission to establish a village on the point called the Coteau des Cèdres for its inhabitants and censitaires. Thus, blacksmith, carpenter, joiner and other craftsmen will be able to provide the necessary tools and agricultural implements without having to go to Montreal to get them, to the detriment of their work.

**March 14, 1760:** Paul-Joseph Lemoyne de Longueuil, governor of Trois-Rivières, signs an order commanding his son Joseph-Dominique-Emmanuel Le Moyne de Longueuil, aide-major, to go to the top of the Bécancour River with a detachment of Canadians and Amerindians under the command of Joseph Godefroy de Normanville to try to discover and spy on English troops that were said to have been seen in the area.

**March 16, 1994:** The cities of Vaudreuil and Dorion merged to become the city of Vaudreuil-Dorion.

**March 31, 2000:** The Centre d'histoire La Presqu'île obtains its approval from the Quebec Ministry of Culture and Communications. Thanks to this accreditation, an annual grant is awarded for operations, thus providing the means to hire an archivist on a permanent basis.

# I REVIVE MY INNER LIGHT

extract: Le Bel Âge (Eve Martel)

Fatigue, change of routine or everyday worries sometimes extinguish the flame that lights our days. To rekindle it, we learn how to feed it.

Our inner light includes many things. It lights up in the presence of people we love or when we engage in our favourite activities. It is also composed of what we broadcast and receive as emotions and information in our daily life. Sometimes a big grey cloud can mask it. We feel a drop in interest in what we are usually passionate about. Is this a sign of depression or mental exhaustion? When nothing excites us anymore, a good idea would be to talk about it to a family member or a doctor. But fortunately, in most cases, we have simply lost the reflex to offer ourselves quality time with the activities and people that make us shine. If we wish to reconnect with what makes us vibrate and live more often moments that allow us to find a smile again, here are some suggestions.

## Adjusting to better enjoy

My neighbor Colette has been doing needlepoint for years. She often got together with friends, who also love this hobby, but recently, she couldn't do it anymore. She had abandoned this creative activity which, had always been a balm to her soul. Then, a friend invited her to participate in chatting and embroidery evenings through video conferencing. Colette had found a reason to take out her coloured threads! Just by the look in her eyes when she shared this story with me in the elevator of our building, I knew that she had rekindled her inner light.

## Accepting changes

Sometimes what turns us off is guilt. The guilt of having given up hobbies that were once part of our identity. Guilt for not prioritizing things we love. Guilt for not giving the same place in our lives to certain people. It then becomes important to stop and ask ourselves if it wouldn't be enough to accept to let go. To give ourselves the right to let go of people who diminish us. To make room for new things that will turn on our inner light.

## How old am I?

I am old enough to see things calmly, but in the interest of continuing to evolve.

I am old enough to caress my dreams with my fingertips and see my illusions transformed into hope.

I am the age where love is sometimes a flame that needs to burn in the fire of a desired passion, sometimes a haven of peace, like a sunset on the beach.

How old am I?

I don't need numbers, because my realized desires, the tears I shed seeing my illusions break are worth much more than that.

How important it is to be twenty, forty, sixty years old! What matters is the age that corresponds to me.

I have the age I need to live, free and without fear. To follow my path without fear, because I carry with me the experience I have acquired and the strength of my desires.

I am old enough to no longer be afraid and to do what I want and feel.

José Saramago (The seed and the fruits)

Via Facebook



## The FRED groundhog and an early spring!

The Gaspesian groundhog Fred did not see his shadow Tuesday morning. This means that spring will be early.

"Fred predicts that spring in Quebec will be early. It means that there are new days coming, spring is coming, the snow will melt, restaurants will open. The world will be happy to get back to normal life," said the initiator of Groundhog Day in the Gaspé Peninsula and Fred's spokesperson Roberto Blondin.

As is customary, by not seeing its shadow winter "should" end in six weeks.

Every year from 300 to 500 people gather in front of the front porch of the church of Val-d'Espoir in Percé to hear the famous groundhog's verdict. However, due to the pandemic, no spectators were allowed on the site this year in order to comply with the instructions issued by the regional public health authorities because of COVID-19.

Usually, after the prediction, spectators would continue the Candlemas celebration by eating pancakes inside the church. However, this too was cancelled due to health constraints related to the coronavirus.

Fred made his 12th prediction. His average is 76% since the beginning of his career.



# FRAUD PREVENTION MONTH



Competition Bureau  
Canada

Bureau de la concurrence  
Canada



## Fraud Prevention Month

Recognize, reject and report fraud

Canada

## Avoiding the traps of fraudsters

Although many specialized teams work daily to combat the various types of fraud, vigilance remains the best way to counter fraudsters. Citizens must be skeptical of overly attractive offers, validate information and question the lure of easy gain. These simple actions can save them a lot of trouble. Fraudsters generally rely on the victims' lack of knowledge, vulnerability, sense of urgency, authority or speed to achieve their goals.

### Reporting is Action

The Sûreté du Québec and its partners invite the public to report any fraudulent act to their local police department at **450-424-1212**. Remember that fraud is a criminal act. Whether it is committed on the Internet, by telephone or in person, it must be reported as soon as possible to the police and to the Canadian Anti-Fraud Centre 1 **888 495-8501**.



## EASTER AROUND THE WORLD

### Finland

Disguised as old women or witches, the children will ring the bell at the neighboring houses where they receive sweets and chocolates. The tradition of witches called "Virpominen" comes from an ancient legend according to which trolls and witches used to go out between Good Friday and Easter Sunday. This tradition already existed in Sweden more than 100 years ago.



### Greece

Present on almost all Greek tables at the time of Easter, the "Tsoreki" is a brioche bread, braided and sprinkled with almond chips. It is often garnished with one or more hard-boiled eggs whose shells have been painted by family groups or friends.

### Poland

Water, the symbol of life, is part of the festival and on Easter Monday, friends pour it on each other to wash away their sins. This Monday is called "Smigus Dingus", the wet Monday. But "Wielkanoc", the great night of Easter, is also the occasion to display painted or woollen thread decorated eggs.



## St. Patrick's Day in Ireland but also in New York, Chicago or Seattle.

On March 17, the Irish wear their St. Patrick's Day costume: they wear a clover in the buttonhole or a green garment. St. Patrick's Day in Ireland is celebrated for five days after a parade.

The most important celebration, however, is in New York, where the festival gathers several hundred thousand people on Fifth Avenue in a huge parade. On the occasion of St. Patrick's Day, the Irish share Celtic culture through their food and drink, including beer. To these evenings, which are often well watered, is associated a large number of various festivities (concerts, shows...) that take place just about everywhere.

Additionally, you should also know that, in some cities, green is not only found on clothes. In Chicago, for example, green dye is poured into the river, while in Seattle, roads are painted green!



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If you have any questions about the organization, please visit :  
[monsieurlunettes.net](http://monsieurlunettes.net) or call **450-693-0852**

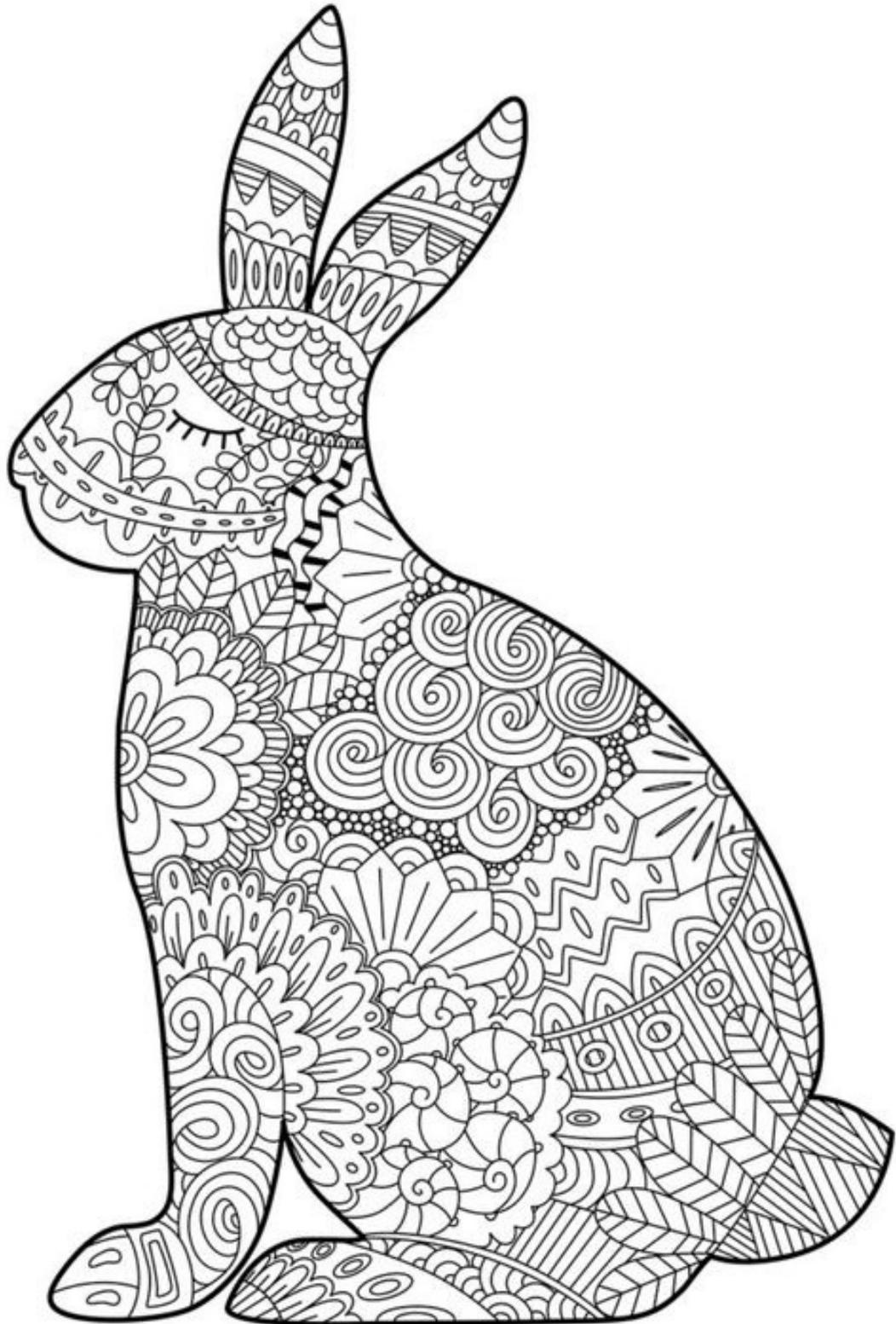
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monsieur  
lunettes  
lunetterie communautaire



**GO AHEAD AND PUT SOME COLORS!**



**Every family  
has one weird  
relative. If you  
don't know who  
it is, then it's  
probably you.**

f OLDTIMERS

**GETTING  
PRETTY TIRED  
OF LIVING  
THROUGH  
HISTORICAL  
EVENTS**

f OLDTIM

**EVERY BOX OF  
RAISINS IS A TRAGIC  
STORY OF GRAPES  
THAT COULD HAVE  
BEEN WINE.**

f OLDTIMERS

**To those who put  
something in a closet,  
close the door, hear  
something crash  
inside and walk away,  
YOU ARE MY PEOPLE**

f OLDTIMER

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# SUDOKU

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			7	4	9	6		
	1							3
9	6				1	2	5	7

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At what point do we accept they're doing it on purpose?

6	3	9	2	5	1	7	8	4
7	2	4	8	6	3	1	5	9
5	1	8	7	9	4	3	2	6
1	7	3	5	8	6	9	4	2
8	6	2	4	7	9	5	3	1
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## SOLUTIONS SUDOKU

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2	5	3	7	4	9	6	1	8
7	1	8	6	2	5	4	9	3
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PHONE NUMBER \_\_\_\_\_ (CELL PHONE)

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YES \_\_\_ NO \_\_\_

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

PLEASE SEND THIS COMPLETED FORM TO  
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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

450-424-0111 ext 223



## **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](http://maltraitance.org)

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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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