

LE CARREFOUR

English version
April 2021



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



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Message from the executive director

Marie-Christine Floch

Volunteering is essential to meeting the needs of the most vulnerable and we saw that this year during the Covid-19 pandemic.

There may not have been any lunch events held since March 2020, but all committee leaders have kept in touch with the seniors who come to share good times at these luncheons.

They also had to find ways to keep in touch with the volunteers who help organize these meals. All volunteers were forced to rethink their volunteerism by offering their time while respecting the Public Health guidelines and accepting that there would be no shared meals for a long time.

Whether it was through regular calls to seniors, by referring vulnerable seniors to the organization's workers, by listening, by helping their family, a neighbor, friends, all these actions certainly had a positive impact on their health.

It is in these difficult times that we recognize the magnitude of our compassion and caring.

I would also like to acknowledge the constant work of the organization's administrators. The involvement of each and every member of the Board of Directors also deserves to be recognized during Volunteer Week.



Thank you dear volunteers!

CENTRE DE RÉFÉRENCE



If you are having trouble making an appointment online for your vaccination, contact us and someone will help you.



DESCRIPTION OF SERVICE

You need information or support?
Information 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.

If a visit is necessary, for example: to rent a chair, an appointment is mandatory.



WORDS FROM VOLUNTEERS

"Although our monthly activities have not been able to take place for the past year due to the pandemic, I would like to underline, within the framework of Volunteer Week, the tremendous involvement of my volunteers. They make sure that the Repas partagés de Pincourt are a great success and that our users have a pleasant day. I would like to take this opportunity to greet and thank them and to tell them that I am looking forward to seeing them again, healthy and vaccinated, and I am sure that they are also looking forward to resuming their volunteer activities, in complete safety."

Nicole Chevrier Richard, President
Repas partagés - Pincourt

"I am very proud of the volunteers I work with in Île-Perrot. I have confidence in them, they are good workers and I look forward to seeing them again. "

Jeannine DeBellefeuille
Repas Partagés - Ville Île Perrot

"I have been a volunteer for the Notre-Dame-De-L'Île-Perrot shared meals since September 2017 and I find this experience very rewarding. I would like to stay involved for a long time because it is enriching to be in contact with seniors and to bring them a little entertainment in their daily lives."

Sylvie Gauthier
Repas Partagés - Notre-Dame-de-l'Île-Perrot





**THE VALUE
OF ONE.
THE POWER
OF MANY.**

GRAVES
GRAND RASSEMBLEMENT DES
AÎNÉS DE VAUDREUIL ET SOULANGES

**VOLUNTEERS
BRING
CHANGE**



**VOLUNTEER
BÉNÉVOLES
CANADA**

NATIONAL VOLUNTEER WEEK
APRIL 18-24, 2021



The Social Housing Community Support Project team is now complete. Ms. Sandy Correia has been appointed to the position of counsellor to offer individual services to the tenants of the HLMs, NPOs and COOPs served by the Project. She will be working in conjunction with Céline Leboeuf, group counsellor.

Do you need information or would you like to discuss situations that concern you? Do not hesitate to contact Sandy so that together you can find solutions. Please note that these meetings are held at your own pace and in complete confidentiality.

"We are very happy to have met many of you during the distribution of the March Newsletter with its maple and spring flavours!

It allowed us to observe that you continue to wear the mask, which is essential since not everyone has received the vaccine. Well done and thank you for taking care of each other! "



Céline Leboeuf
Outreach worker- group
450-424-0111 ex 232



Sandy Correia
Outreach worker- individual
450-424-0111 ex 227

GOALS OF OUR SERVICES:

To break isolation, to promote safe home care for as long as possible while respecting your choices.

The 3 R's for the Earth



Katrina Decelles



Stéphanie Duguay

Social work interns

Did you know that Quebec produces 17,000 tons of waste every day? To help you visualize this, the Eiffel Tower weighs about 10,000 tons.

Here we present you with the **3 Rs (Reduce-Reuse-Recycle)** that allow you to do a little something for the earth.

Reduction is the first step to consider by reducing certain purchases, picking those with less packaging, or considering if what we buy will really be used.

Reuse is the 2nd step. Before throwing something away, we can ask ourselves if the item can be used again, transformed to do something else or repaired. Shopping at thrift stores is a form of reuse.

Recycling is the 3rd step, whether it is in your green bin or in the compost. About 50% of household waste can be recycled. Having a garage sale or donating items is considered recycling.

Next time, before you throw something in the garbage, ask yourself if any of the 3 Rs can be used. By following the steps, we will have less need to question our waste because we are taking action at the source to limit it. Every little bit counts and will leave a healthier earth for future generations.



Reduce



Reuse



Recycle

"Bel Âge" Survey

Since the arrival of COVID in our lives (one year already!), entire segments of the population have been isolated, both literally and figuratively, often reducing them to silence. The media has never talked so much about seniors and CHSLDs, which is a good thing (it's time to do better!), but it may have reinforced the false impression that if you are no longer 20 years old, you are necessarily fragile, disconnected from the current world and dependent on others. Bel Âge therefore called on the Léger firm to take the pulse of Quebecers aged 55 and over, in order to shatter a few myths along the way!

The result? What if I told you that a majority of them changed their behavior with the pandemic, favoring local brands and shopping online at least once a month, and that more than half of them use social networks, videoconferencing applications and online viewing platforms more? What if I added that more than 60% work out several times a week, or even every day, that 78% are most afraid of ecological disasters for future generations, and that in their eyes, overconsumption is the main flaw of our society, along with selfishness and racism?

All these statistics come from this survey. Buying local, caring about the environment, mastering the internet... Our survey, a snapshot of a strange year, finally debunks the old clichés. **Not a single conspiracy theory either: 99% trust science and 91% intend to be vaccinated!** Other answers touch the heart, because they are in line with what we all feel: seeing loved ones is the thing we miss most right now, with shopping at the bottom of the list. And health, both mental and physical, remains the major concern, far ahead of money.



April 1

1751: King Louis XV appoints Joseph-Dominique-Emmanuel Lemoyne de Longueuil, 13 years old, son of Paul-Joseph Lemoyne de Longueuil, seigneur of Soulanges and Nouvelle-Longueuil, as ensign of the infantry company in New France. King Louis XV appoints Sieur Louis Liénard de Beaujeu as commander of the troop detachment of the Navy to replace Pierre Gaultier de Varennes et de La Vérendrye. Louis Liénard de Beaujeu had married Geneviève Lemoyne de Longueuil, daughter of Paul-Joseph Lemoyne de Longueuil, seigneur of Soulanges and Nouvelle-Longueuil. It is one of their sons, Jacques-Philippe, who will inherit the seigneuries of Soulanges and Nouvelle-Longueuil in 1807.

April 4th

1960: 12 square miles were flooded by rain and the flooding of the large brook which crosses the municipality of St-Clet. A similar natural phenomenon had not been seen for ten years. The fields were like swamps. Three families were evacuated, including that of Alphonse Gauthier. The main street was covered with more than 30 cm of water from the Canadian Pacific railroad tracks to the church.

1992: The great actress Yvette Brind'Amour, who lived in Vaudreuil-Dorion for many years, passed away at the age of 73. Born in Montreal, she first studied dance and then theater in Paris. In 1948, she founded the Théâtre du Rideau-Vert with Mercedes Palomino. From the very beginning, the Rideau-Vert presented plays from the classical repertoire alternating with new Quebec theater creations. Over the years, the theatre welcomed many prestigious artists such as Denise Pelletier, Gérard Poirier, Françoise Faucher, Monique Miller and Geneviève Bujold. Yvette Brind'Amour played more than 200 roles. Among the creations at the Rideau-Vert were *Sonnez les matines* by Félix Leclerc, *La Sagouine* by Antonine Maillet and *Les Belles-Soeurs* by Michel Tremblay. This great actress was the director of this theater until her death.

April 9th

1804: Birth of Joseph Leroux in Les Cèdres from the marriage of Charles Leroux and Geneviève Ravary celebrated on February 16, 1795. He was married in Les Cèdres on August 24, 1824, to Euphrosine Malboeuf of St-Joseph-de-Soulanges parish. Following the events of November 1838 in Lacolle and Odeltown, he was suspected of subversive activity and was arrested on November 8 and taken to the Pied du Courant prison in Montreal. He spent the holidays in prison with several other patriots. Shortly thereafter, Joseph Leroux was taken before the investigating commissioner where he represents himself. He was acquitted and released the same day.

1962: The water has been rising since the day before and it is feared that the à la Graise or Rigaud river will overflow since an ice jam has not given way. The next day, April 9, in the Rang du Haut de la Chute near the Ontario border, flooding occurred around 3 a.m. and trapped the families of Raymond Daoust, Laurent Daoust and Florent Hurtubise. The families and children were evacuated in time, but dozens of animals perished. The ice jam was dynamited by the Ontario Highway Department and the waters receded around 10:30 a.m.

April 11 1964: At a conference organized by the Conseil d'expansion économique, Lionel Groulx, son of Vaudreuil, declares, first, that English Canadians are more nationalistic than French Canadians, and second, that English Canadians are practicing cultural genocide against their minorities. Lionel Groulx insists, among other things, on the importance of shopping locally and not in the west end of the city of Montreal. He also mentions that biculturalism is a chimera since the marriage of 2 cultures can only lead to the crushing of the economically weaker spouse. He mentions that the current generation of the early 60's must put an end to this economic inferiority.

April 22nd 1954: Robert-Lionel Séguin, the well-known ethnologist from Rigaud, publishes an article in the newspaper La Presqu'île on slavery in Vaudreuil-Soulanges. Séguin informs us that in 1760 two black slaves belonging to the Marquis de Vaudreuil, seigneur of the said seigneurie of Vaudreuil, were baptized. It is presumed that the two slaves attended to Vaudreuil. Séguin also mentions that the parish priest Deguire of Vaudreuil baptized a black slave on July 2, 1787 belonging to Michel-Eustache-Gaspard Chartier de Lotbinière, seigneur of Vaudreuil and Rigaud. We know the first names of the two black slaves of Chartier de Lotbinière: Henry and Pompée.

April 26th 1959: The official opening of the St. Lawrence Seaway in the presence of federal minister Lionel Chevrier who, for the occasion, embarked on the ship L'Iberville, the first to cross the new canal. The Minister indicated that the government will make an effort to find new employment for employees of the Soulanges Canal who were dismissed following the closure of the canal. Among the guests were Paul Gérin-Lajoie, legal counsel for the Pilotes du St-Laurent, and Marcel Bourbonnais, federal MP for Vaudreuil-Soulanges. The Iberville was followed by the Saskatoon, the first commercial ship to use the new canal. The ship had spent the winter in Cascades because of the ice.

April 28 1834: A demonstration of the patriot movement takes place at the door of St-Michel de Vaudreuil church. In the assembly is Hyacinthe-Fabien Charlebois born in Vaudreuil on August 4, 1806. This notary, married in St-Polycarpe on February 18, 1833 to Marie-Cléopée Ranger, settled in Vaudreuil. During the insurrection, he was one of the main patriot organizers of the Vaudreuil sector. Arrested on December 19, 1837, he was released only after the amnesty of July 7, 1838, in exchange for a bail of 1000 pounds. He was named registrar of the County of Vaudreuil in 1844. He died in Vaudreuil on January 1, 1868 and was buried in the parish church.

April 29th 1911: The municipal council of Coteau-du-Lac writes to the Post Office Department in Ottawa to have the sign of the post office in French: since the taxpayers of this municipality are all of French origin and speak the French language, or at least that the sign be in both languages.

5 AFFIRMATIONS TO REPEAT TO YOURSELF EVERY NIGHT

1 I did my best for today

2 I have earned my rest for tonight

3 I put love into my actions

4 I have put goodness in all my thoughts

5 I close this day with joy and now I
welcome a healthy and restful sleep



ZZZ

A wise fable



One day, a farmer's donkey fell into a well. The animal moaned pitifully for hours and the farmer wondered what to do. Finally, he decided that the animal was old and that the well had to go. Anyway, it was not profitable for him to get the donkey back. He invited all his neighbors to come and help him. They all grabbed a shovel and started to bury the well

At first, the donkey realized what was happening and started screaming terribly. Then, to everyone's amazement, he shut up. A few shovelfuls later, the farmer finally looked into the bottom of the well and was amazed at what he saw. With each shovelful of dirt that fell on him, the donkey did something amazing, he shook himself to get the dirt off his back as he climbed on top. Soon everyone was amazed that the donkey was out of the pit and started trotting away.

Life will try to swallow you up with all kinds of garbage, the trick to getting out of the hole is to shake it off to move forward. Each of our troubles is a stone that allows us to move forward. We can get out of the deepest wells by never stopping, never giving up! Shake it off and go for it!



Unknown author

Let's put some colors!



Riddles

1

I am taken from a mine,
and shut up in a wooden
case, from which I am
never released, and yet I
am used by almost
everybody.

What am I?

2

You can touch me,
You can break me,
You should win me if you
want to be mine.
What am I?

3

I can't be bought, but I can
be stolen with a glance.
I'm worthless to one, but
priceless to two.

What am I?

4

No matter how little or how
much you use me, you change
me every month.

What am I?

5

I may be simple, I may be
complex; I may have a name, but
no gender or sex; I am often a
question, or statements as a
setup; I tend to have an answer, 'til
you find it I won't let up.

What am I?

6

What is harder to catch the
faster you run?

Answers to page 21



Time to laugh...



I remember the 'good old days'



when 'snap, crackle and pop' were sounds I heard from my cereal, not my body!

I just stepped on a cornflake. Now I am Officially a cereal **killer**



They say every piece of chocolate you eat shortens your life by two minutes. I did the math. Seems I died in 1572.



Never seen anyone jogging and smiling, so that's all I need to know about that.

1

I live in the water.
You can drive me
I might make you sick
Don't put a hole in me
Tie me up when you are done

Who am I?

2

I am red, green, or yellow
I am a healthy snack
I make good juice
You can bite me or slice me
You can give me to a teacher

Who am I?

3

I am circular
I go up and down
You can throw me
You can catch me
Be careful with me near windows



Who am I?

4

How much did it cost...in 1969?

- a) A pound of butter?
- b) A pint of milk?
- c) Coffee at the restaurant?
- d) An entrance to the movie?

		2		5				8
	1	9		8			2	
	3		6					
5	4					6	8	
7								4
	2	8					7	5
					1		5	
	5			7		2	6	
2				9		4		

		3			5			4
			6		8	9		
1			9	3				7
		2			1			
	5			4				2
			7			8		
	6			9	2			7
		5	3		6			
9			1			2		

SUDOKU

7								1
		9			1		8	
1				3		4		5
			4			5	1	2
			2		6			
2	1	4			9			
8		5		2				4
	9		8			1		
4								7

	4							
		1	5		6			3
	5	3		9	7			
		6	9				2	
2								4
	9				5	8		
			4	5		6	1	
7			1		3	9		
								3

Solutions page 20

Project: ALL PLASTIC

What do you do with your pill containers used to fill your pillbox?

How do you dispose of small pieces of plastic like bread ties, caps, mesh or plastic bags, etc.?

This is a project that aims to save them... or rather to give them a second life by recycling them!



"Every little one will become big"

The process is simple: just insert the small pieces into larger containers such as empty and rinsed laundry bottles (or any other container that can be filled with these small plastic pieces). Once filled, put them in the blue recycling bin to prevent this precious material from being lost in nature.



*Let's be part of the solution.
It's the little things that make a
difference.*

It's our turn to recycle!



Original idea from:
Daniel Bourbonnais
HLM St-Polycarpe

Solutions



6	7	2	1	5	9	3	4	8	6	9	3	2	7	5	1	8	4
4	1	9	7	8	3	5	2	6	5	4	7	6	1	8	9	3	2
8	3	5	6	4	2	7	9	1	1	2	8	9	3	4	5	7	6
5	4	3	9	1	7	6	8	2	4	8	2	5	6	1	7	9	3
7	9	6	8	2	5	1	3	4	7	5	9	8	4	3	6	2	1
1	2	8	3	6	4	9	7	5	3	1	6	7	2	9	8	4	5
9	6	4	2	3	1	8	5	7	8	6	1	4	9	2	3	5	7
3	5	1	4	7	8	2	6	9	2	7	5	3	8	6	4	1	9
2	8	7	5	9	6	4	1	3	9	3	4	1	5	7	2	6	8

Sudoku

7	4	8	5	6	2	9	3	1	6	4	2	8	3	1	5	7	9
3	5	9	7	4	1	2	8	6	9	7	1	5	4	6	2	8	3
1	2	6	9	3	8	4	7	5	8	5	3	2	9	7	1	4	6
9	6	3	4	8	7	5	1	2	1	8	6	9	7	4	3	2	5
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2	1	4	3	5	9	7	6	8	4	9	7	3	2	5	8	6	1
8	7	5	1	2	3	6	9	4	3	2	8	4	5	9	6	1	7
6	9	2	8	7	4	1	5	3	7	6	4	1	8	3	9	5	2
4	3	1	6	9	5	8	2	7	5	1	9	7	6	2	4	3	8

Answers page 15

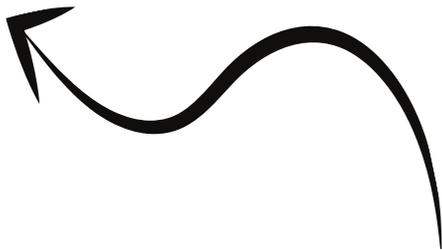
- 1- Pencil
- 2- A Heart
- 3- Love
- 4- Calendar
- 5- Riddle
- 6- Your breath

Answers page 17

- 1- Boat
- 2- Apple
- 3- Ball

4- How much in 1969

- a) .65
- b) .26
- c) .10
- d) .99



Yes, we are really talking about cents here





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
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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

FREE SERVICES OFFERED TO THE CITIZENS OF VAUDREUIL-SOULANGES

450.424.0111



WHEELCHAIR RENTAL

10\$ / week (members)

15\$ / week (non-members)

On appointment only

Get your member card...

it's free

info@legraves.com

REFERENCE CENTER

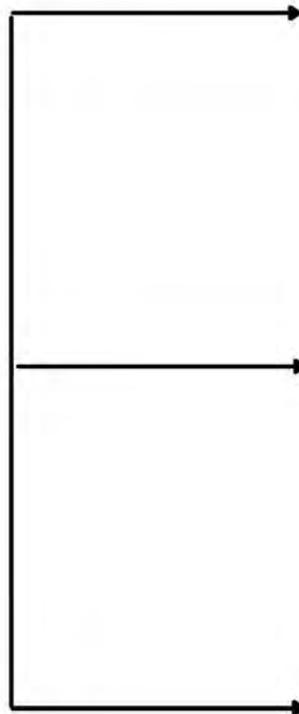
Need information regarding any issue, need someone to support, listen to you and help you in your actions?

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?



legraves.com
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Vaudreuil-Dorion, J7V2N1