

LE CARREFOUR

English Version

May 2021



50 years
old +


GRAVES
GRAND RASSEMBLEMENT DES
AINÉS DE VAUDREUIL ET SOULANGES



graves.vs

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Tresorer



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.





News from the G.R.A.V.E.S

Marie-Christine Floch
Executive director

Bruno Beaulieu and Jasmine Dufour have joined the team of workers of the *Grand Rassemblement des Aînés de Vaudreuil et Soulanges* as outreach workers.

It is important to take the necessary steps to maintain social contacts and our outreach workers are always there to listen to you when you need them. If you feel isolated or need to talk, to be comforted or simply to have information, do not hesitate to contact them.

If you wish to speak to one of them, we ask you to leave a message on the voice mailbox:

450-424-0111 ext. 229

It is important to clearly state your name, phone number and the purpose of your call.
We will return your call within 48 to 72 hours.



Bruno Beaulieu



Jasmine Dufour

Mark your calendar

General assembly of members will be held on

June 17th 4:30 pm

via ZOOM

To participate you must be a member in good standing and reserve your place in order to have access to the ZOOM location.

You can register by mail at mariechristinefloch@legraves.com
or by phone at 450-424-0111 ext 224

If you wish to become a member see the form on the website
www.legraves.com or on page 22 of this publication.

Your application must be received at the **latest on may 17th**



Community Support Project in Social Housing

Last year at this time, we were all completely overwhelmed. We were looking for who to blame, we found ourselves locked in. Some were incredulous, many were afraid. Others, more daring, defied the rules, much to the dismay of the good soldiers. We also learned that we would have to wear a face covering ("*Oh, never! They'll never make me wear that!*" we heard).

We were looking for an explanation for this pandemic atrocity, which, let's face it, had everything required to destabilize us. Indeed, too many people have unfortunately died from it and many people who contracted it have not yet recovered. Without even mentioning the vaccines, which are endlessly controversial and to which not everyone has access to yet.

Months have passed, almost 14 to be exact, and much has changed. A call for mutual aid and solidarity is then launched through the population. Those who can help, do so willingly and those who are helped, are very grateful! Every month, new measures were taken to reduce the impact of the spread of this devastating virus, and every month, many of you followed these measures for your own safety as well as that of others. Those of you who are not so young will have understood, over the past few months, what the word resilience really means!

In addition, you have two great advocates working for you:

- coming up with ways to cheer you up with little treats;
- answering your questions with pleasure in order to help you fulfill your needs for support or information;
- delivering this fabulous little newspaper, Le Carrefour, to your door with a smile for the past year... Isn't that wonderful?



A sweet Happy Mother's Day to all moms

Céline Leboeuf & Sandy Correia

Outreach workers

450-424-0111

Living your homosexuality as you age:

Interview with Solange Duguay, 64.

Written by Katrina Decelles



We had the chance to meet *Solange Duguay*, who has been in a relationship with her spouse for over 28 years. She shares with us her plans, her hopes, but also her worries as retirement approaches. Solange is a woman who has worked hard all her life, both in her work and to gain respect for her sexual orientation. She tells us that she does not envision living in a residence, she and her friends worry about how gay people will be treated if they move in. She says with humour, *"I wouldn't change the way I look or the way I act with my partner"*.

When Solange speaks, you can really see the love that unites her and her spouse: *"We must have the right to live our intimacy without needing to hide who we are, there is no way I'm going back into the closet!"* She is optimistic, however, that other residents will become more open: *"every person now has a brother, a sister, a child, a cousin, who fully lives their homosexuality, even if there is still a ways to go, there is hope."* She still thinks that smaller residences would promote acceptance and that staff should be trained in sexual and gender diversity.

Ms. Duguay believes that growing old without children creates anxiety, but she feels fortunate to be surrounded by nieces and nephews whom she can turn to for help. She would have liked to have had children, even if life did not allow it, it gave her other opportunities, such as being present for her loved ones and traveling. She also talks about the support of the gay community. *"We help each other, we talk about the future, but for sure we will do everything to make sure that we feel good no matter where we live"*. She concludes this beautiful interview with these wise words: *"We must move towards open and accepting environments, each person has the right to be respected and to live their intimacy as they wish"*.

Being responsible for our own happiness

There is no better recipe for unhappiness than waiting for others to make us happy. When we wait for others to guess our needs, our desires, our expectations, we buy a direct ticket to being disappointed and unhappy. Others are not here to meet our expectations. WE are here to meet OUR expectations, our needs, our desires.

We want flowers? Let's buy some! We want others to take care of us? Let's take care of ourselves first! We would like others to ask us how we are and to listen to us? What if we listened to ourselves? What if we went to see how we are, for real?

It is not the responsibility of others to love us, it's our own. There is no better recipe for happiness than to learn to make our own by meeting our own needs and desires. All recognition that will come from others will be gifts that we will appreciate more because we are no longer expecting them.

Expectations create needs, responsibility creates freedom.



The Black Spot

One day, a teacher walked into a classroom and asked his students to prepare for a pop quiz. The students were astonished and waited for the test to begin.

The teacher handed out the test sheets face down as usual. When he had handed them out, he asked the students to turn over their papers. To everyone's surprise, there were no questions. Just a black dot in the center of the sheet.

Seeing the expression on the students' faces, the teacher said to them:

"I would like you to write down what you see here..."

The students, a little confused, began this inexplicable assignment.

At the end of the allotted time, the teacher picked up the papers and began to read them aloud to the entire class. All the students had defined the black dot, trying to explain its position in the center of the paper.

After all the handouts had been read, the teacher began to explain:

"I'm not going to grade you on this. I just wanted you to think about it. No one wrote anything about the white part of the paper. Everyone focused on the black spot. And the same thing happens in our lives. We tend to focus on the black spot. The health problem that bothers us, the lack of money, a complicated relationship with a family member, a disappointment with a friend..."

Black spots are very small when compared to everything else in our lives, but they are what pollutes our lives.

Take your eyes off the black spots in your life and become aware of all that you have.

Enjoy every satisfying and positive moment that life gives you. "

"See the abundance around you and live happily.... "

Sheila Getrin

May 1, 1828: Given the lack of wheat in Soulanges, making it impossible to sow, the priest Norbert Blanchet of Les Cèdres, in anticipation of the fall, asks the lord, Jacques-Philippe Saveuse de Beaujeu, for permission to harvest the hay on Île aux Vaches or Île Saveuse opposite the church. The income from the harvest will compensate for the loss of tithes in these times of general poverty and dearth, when many people leave the territory.

May 3, 1743: Before the royal notary Danré de Blanzky, Françoise Cuillerier, widow Desruisseaux and seigneuresse of Ile Perrot, grants a piece of land on Pointe du Moulin to serve as a place for the presbytery, church and cemetery and other things for the utility and convenience of the said church. The only condition she poses is formulated as follows: " without anything excepted, reserve or retain for the said lady the placement of a bench in the said church at the place where the seignorial benches must be placed which will be of the length determined by the rules and regulations on this subject and the other honorary rights customarily due to the lords".

1861: Doctor Henri Cartier was born in St-Antoine-sur-Richelieu. He practiced his profession as a doctor in Vaudreuil. He was present at the battle of St-Charles during the patriot insurrection of November 25, 1837. After the engagement, he hid at Antoine Larose's house in Verchères from where he went to Plattsburgh and finally reached Burlington. Following the amnesty of the Patriots, he returned to Vaudreuil where he drowned on May 3, 1861 at the Grand-fossé in front of the Mallette farm which would one day become the property of the Besner family. At the time of the incident, Henri Cartier was returning from visiting a patient named Lefebvre.

May 7, 1964: A violent forest fire broke out in Rigaud and threatened the facilities of Collège Bourget. In order to fight the fire, the military from the Longue-Pointe garrison was called in. At the height of the fire, the fire reddened the sky less than a mile from the college. Many volunteers, including 250 college students, fought the flames. Fortunately, the rain kept the danger at bay.

May 8, 1814: François-Xavier Prieur, son of Antoine and Archange Véronneau, was baptized in Les Cèdres. In 1818, his parents left the parish to clear land on the Delisle River in St-Polycarpe. At the age of 16, François-Xavier worked as a clerk for a merchant in St-Polycarpe. Shortly before the Patriots' insurrection, he crossed the river to join the St-Timothée store. During the 1838 uprising, he was actively involved in organizing the insurgents. This ardent patriot also held the rank of Castor in the Frères Chasseurs. This secret society created by the Patriots exiled in the United States was intended to overthrow the English colonial government and establish a republic in Lower Canada. The rank of Castor corresponds to that of a captain commanding 50 men.

May 10, 1756: Before the battle of Carillon won by Montcalm in July 1758, Joseph-Dominique-Emmanuel Lemoyne de Longueuil, who would later become Seigneur of Soulanges and Nouvelle-Longueuil, was sent as an Ensign to Carillon with 20 militiamen and 34 Hurons from Lorette. The Seven Years War, which will put an end to the French colonization in America in 1760, is well underway.

May 10 1982: The first regular session of the council of the MRC of Vaudreuil-Soulanges is held at the community center of Les Cèdres. At this meeting, Bernard Charlebois, then mayor of St-Lazare, is elected prefect and presides over the assembly. A total of 30 municipalities made up the MRC and the mayors of each of them formed the Council.

May 17, 1776: At the time of the American War of Independence, the British colonies to the north, such as the province of Quebec, were threatened by their southern neighbors. The governor of the province of Quebec, Guy Carleton, ordered Louis Liénard de Beaujeu to raise a company of 100 men to resist the American rebels. It was Louis Liénard de Beaujeu's son, Jacques-Philippe, who inherited the seigneuries of Soulanges and Nouvelle-Longueuil in 1807. On the same May 17, but in 1800, Jacques-Philippe Saveuse de Beaujeu, the son of Louis Liénard de Beaujeu, was appointed Ensign of the Montreal militia by Governor Robert Shore Milnes.

May 18, 1964: To mark Queen Victoria's birthday, the Quebec Liberation Army cut 11 telegraph lines over a distance of one mile near the St. Lazare station. The acronym ALQ was painted on several poles. A letter is left by the ALQ indicating that they did this to mark the Queen's Day in a tangible way.

May 21, 1776: During the war against the Americans, a troop of 36 soldiers commanded by Captain George Forster, assisted by Claude-Nicolas-Guillaume de Lorimier, at the head of 11 Canadian volunteers and about 160 Iroquois, arrived at Les Cèdres, and took 390 American soldiers prisoner. Two days later, on May 21, 1776 at Vaudreuil, a reinforcement detachment of 150 American soldiers was ambushed by de Lorimier at the head of a group of Canadians and Amerindians. During this skirmish, nearly 100 Americans were captured.

May 23, 1967: Death of Lionel-Adolphe Groulx also known as Abbé Groulx or Canon Groulx. This historian would play a leading role in defining French Canadian nationalism in the 20th century. During his career, he wrote numerous historical works, but also books on regional history, including *Petite histoire de Salaberry-de-Valleyfield* (1913), *Silhouettes paroissiales* (1919), *Une heure avec l'abbé Groulx à propos des Patriotes de 37*, (1937).

May 25, 1778: On May 25, Joseph-Dominique-Emmanuel Lemoyne de Longueuil, seigneur de Soulanges et Nouvelle-Longueuil, receives an important letter from his proxy in France, a man named Doutreleau. The latter informs him of the death of his father, Paul-Joseph, which occurred in Tours on May 16, 1778. Doutreleau informs Joseph-Emmanuel that he must send him a power of attorney in order to proceed with the inventory of the deceased's goods and to respect the will established by his father in difficult conditions while his servants tried to rob him by taking advantage of his weakness and his illness.

May 28, 1751: Born in the diocese of Laon in isle de France, Thomas Vuatier is the son of Thomas and Jeanne Agnier. On May 28, 1751, Thomas receives a notary's commission from Intendant François Bigot to practice in the seigneurie of Soulanges. On April 13, 1757, in another commission, Intendant Bigot increased the scope of his jurisdiction to the territories of Vaudreuil, Ste-Anne-de-Bellevue, Châteauguay and Île Perrot. Vuatier begins to practice on November 3, 1751. When he left the profession on August 6, 1785, he had written more than 3,900 acts.

Mother's Day is an international holiday

Belgium, Denmark, Finland, Italy, Turkey and Russia have also adopted the American tradition to celebrate their nations mothers.

> **In England**, Mother's Day, called Mothering Sunday, is always celebrated on the 4th Sunday of Lent, around mid-March.

> **In Germany**, on Mother's Day, mothers do not work. Mother's Day has been celebrated on the second Sunday in May for over 75 years. On Mother's Day, children take care of their mothers throughout the day.

> **In Spain**, mothers are celebrated on the first Sunday of May. On this day, mothers and grandmothers do not cook. Restaurants respect this custom by offering a flower to mothers and grandmothers.

> **In Canada**, Mother's Day is celebrated every year on the second Sunday of May. As in France, little children make a gift for their mother, with their teacher or with the help of their father. It is an official holiday and all the little Canadians put all their heart into it to make it a success. In any case, and whatever the case may be: Happy Mommy's Day!

History

Mother's Day in Gaulish times: Mother's Day dates back to the time of Asterix, it's a very old tradition! The first to have established a day dedicated to mothers were the Greeks and Romans, who organized a ceremony in honor of Rhea and Cybele, the mother deities of the gods, every year in the spring.

The Mother's Day we know: The modern version of Mother's Day comes directly from the United States. On the second Sunday of May 1907, at the time of the death of her mother, an American woman asked the authorities to establish a day in honor of all the mothers of the world on the second Sunday of May. Wish granted! American children have been honoring their mothers on the second Sunday of May for over 100 years.

French Mothers' Day: But in France, celebrating mothers and more generally the family, is an idea from *Napoleon*. He was the first one to raise the idea of an official Mother's Day in the spring in 1806. Initially, the goal was to honor mothers of large families.



Only One Mother

Hundreds of stars in the pretty sky,
Hundreds of shells on the shore together,
Hundreds of birds that go singing by,
Hundreds of lambs in the sunny weather.
Hundreds of dewdrops to greet the dawn,
Hundreds of bees in the purple clover,
Hundreds of butterflies on the lawn,
But only one mother the wide world over



George Cooper



The train

Every year, Martin's parents took him to his grandmother's house for summer vacation, and they returned home on the same train the next day.

Then one day the boy said to his parents:

"I'm old enough now. What if I go to grandma's by myself this year?"

After a brief discussion the parents agree.

Here they are standing on the platform of the station, seeing him off, giving him last pieces of advice through the window, while Martin continues to repeat:

"I know, you've already told me a hundred times...!"

The train is about to leave and the father whispers:

"Son, if you suddenly feel sick or scared, this is for you! "

And he slips something into his pocket.

Now the boy is alone, sitting in the train, without his parents, for the first time...

He looks at the landscape through the window.

Around him, strangers jostle, make noise, enter and leave the compartment, the conductor comments on the fact that he is alone. One person even gives him a sad look...

As a result, the boy feels more and more uncomfortable...

And now he is afraid.

He lowers his head, he huddles in the corner of the seat, tears come to his eyes.

At that moment, he remembers that his father put something in his pocket.

With a trembling hand he groped for this piece of paper, he opened it:

"My son, I am in the last car..."

That's how it is in life...

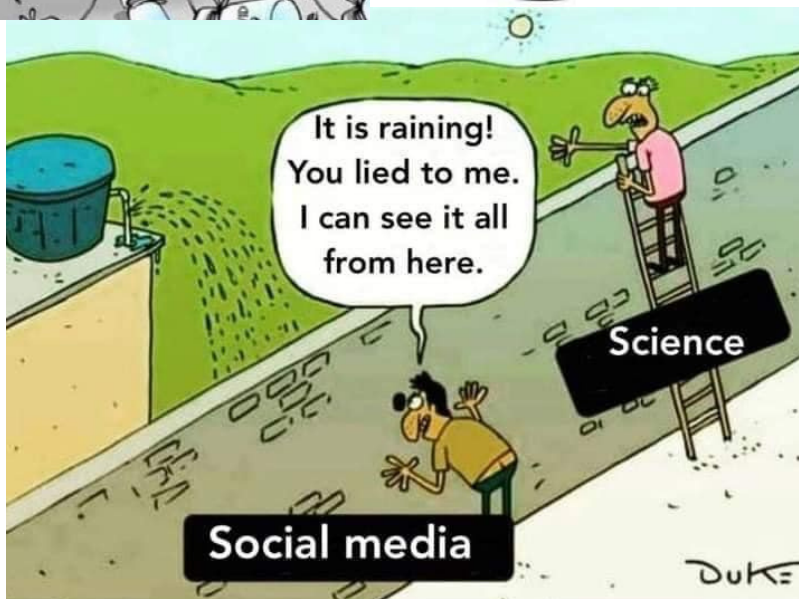
We must let our children go, trusting them...

But we must always be in the last carriage so that they are not afraid...

Stay close to them while we are alive...

live laugh love

**Wouldn't it be great if we
could put ourselves in the
dryer for a short time
and come out
wrinkle free
and
two
sizes
smaller**



To optimize our health and energy level, we prefer certain foods according to our age group.

Reference: Le Bel ÂGE Isabelle Huot

Age 50-59

Although menstruation generally stops around the age of 52, many women experience symptoms long before that. Hot flashes, abdominal weight gain, insomnia, irritability are the lot of many.

The nutritional priority: alleviate menopausal symptoms by focusing on soy (edamame, tofu, miso, tempeh, PVT) and flaxseed, valuable sources of phytoestrogens. Also by reducing sugar intake and increasing physical activity to slow down weight gain.

For men, the prevention of prostate cancer is a major objective. Among the recommendations: reduce your intake of red meat and deli meats to make room for vegetable proteins (including soy) and fish, a few times a week. Also reduce saturated fat intake, eat sources of lycopene every day (tomatoes and their derivatives, watermelon), as well as sources of selenium (Brazil nuts).

60-70 years old

For both men and women, the metabolism slows down and fatigue is more prevalent. The nutritional priority is to reduce energy intake slightly and focus on nutritious foods to meet daily needs, especially calcium (milk, cheese, yogurt, fortified vegetable drinks) and vitamin D (a supplement of 400-1000 IU is required), key nutrients for bone health.

71 years and older

Regardless of gender, the challenge at this age is that hunger is not often a factor. The nutritional priority is to meet your protein needs. A commercial chicken noodle soup is not enough. It is better to aim for 1.2-1.5 g of protein per kg of body weight, i.e. about 15-20 g of protein at lunch and dinner. For example, 75 to 100 g of meat, poultry or fish, 2 or 3 eggs, 3/4 t of cottage cheese, 1 to 1 1/2 t of legumes or 100 to 150 g of tofu will already allow you to reach your objectives per meal. Since the immune system is also weakened, we make sure to meet our needs in vitamin D, zinc, and vitamins A and C.

Not everything is cancelled

- Sunshine is not cancelled
- Spring is not cancelled
- Love is not cancelled
- Relationships are not cancelled
- Reading is not cancelled
- Naps are not cancelled
- Devotion is not cancelled
- Music is not cancelled
- Dancing is not cancelled
- Imagination is not cancelled
- Kindness is not cancelled
- Conversations are not cancelled
- Hope is not cancelled



simplestencils.com

Mot caché

N° 1

Thème : le Collège des médecins (7 lettres cachées)

R	A	C	E	U	A	E	S	E	R	L	E	S	E	J
U	D	I	L	N	T	E	A	T	S	A	T	T	U	E
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C	O	N	I	F	L	U	D	A	C	I	I	E	O	I
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P	F	I	T	A	R	T	S	I	N	I	M	D	A	P
N	O	I	T	A	T	N	A	L	P	S	N	A	R	T

A

Abus
Adjoint
Administratif
Affaire
Aide
Appel

Budget
Bureau

C

Cas
Code
Comité
Cour

D

Direction
Docteur

E

Élus
Enquête
Étude
Experts

F

Faculté
Faute

Interne

M

Médias
Médical
Membre

O

Ordre

P

Président
Prix
Profession
Provincial
Public

R

Réseau

Santé
Spécialiste
Syndic

Table
Transplantation

Solution on page 21
Référence: Le Bel Âge

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Sudoku

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3

4

Solutions page 21

Let's add some colors



SOLUTIONS

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

Answer (mot caché) on page 18: Ethique



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

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



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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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Vaudreuil-Dorion, J7V2N1