

# The Advisor

Your information source for community activities on the South Shore



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 514-605-9500  
[www.arc-hss.ca](http://www.arc-hss.ca), [TheAdvisorSouthShore@gmail.com](mailto:TheAdvisorSouthShore@gmail.com)

June is an amazing month in Montreal. After a long winter and cold spring, we welcome the feeling of warmth in the air again.

We are holding our Annual General Meeting (AGM) on Thursday, June 11 at 5:00 p.m., virtually through Zoom. Those of you who are already members will be entitled to vote on agenda items. If you not a member and wish to have your voice heard and be a participant in determining the direction of our organization, now is your chance! We have enclosed a **Membership Form** with this email or [download the form](#). Simply print, complete and send with your cheque before June 9.

We are looking for **new volunteers to be on the Board of Directors**. Nominations with take place at the AGM on June 11. If you are interested, please complete the ARC Board Application form enclosed with this email or [download the form](#). Return to us either by mail or email.

ARC would like to invite Caregivers to join our new **Caregiver’s Facebook Group**. This is a private group and each new member will need to register and wait to be accepted by the moderator. To request access to this group, [click here](#).

And finally, we are launching our new website in September and want you to be a part of it! Therefore, we are having a **Community Photography Contest** and the winning photos will be displayed on our website banner. Details of the contest are on page 2.

Happy June everyone!

If you have been forwarded this newsletter and wish to **subscribe**, [send us an email](#).



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# COMMUNITY PHOTOGRAPHY CONTEST

Be part of the launch of our new website by participating in a photography contest. Submit photographs of life in our community. People in action at work or play, wildlife, landmarks, landscapes and urban décor.

**1st Prize – \$100.00**

**2nd Prize – \$50.00**

**3rd Prize – \$25.00**

The photos must be current to the last year and taken in and of our community (Greenfield Park, Lemoyne, St-Lambert, St-Hubert, Brossard and the Haut-Richelieu). The deadline for submission is July 31, 2020.

Email photos to [theadvisorsouthshore@gmail.com](mailto:theadvisorsouthshore@gmail.com) or post on Instagram using the hashtag #arcaccess.

The winners will be announced in the September Advisor!

All entrants grant ARC Assistance and Referral Centre the right to reproduce work selected in the Photography Contest on the ARC website and in materials used to promote the organization, the competition and/or future related promotions.



## VIRTUAL DRAWING CLASSES

Online and Interactive with artist Ilana Kuska

**All you need is a piece of paper and a pencil**

Every Monday until June 29th  
From 2:00 p.m. to 3:30 p.m.

- After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect. In case you have technical problems, we will help!

**TO REGISTER:**  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

This initiative is made possible with funding from Health Canada through CHSSN



## Community Information

- The South Shore Women's Ways Circle will hold its next gathering on Monday, June 22 at 7:00 p.m. They will meet either online (using Zoom) or move to an outdoor space as restrictions and the weather allow! Either way, they will take time to celebrate the Summer Solstice and connect with one another. If you'd like to learn more about the Women's Circle, please reach out to Julie at [womenswayscirclemtl@icloud.com](mailto:womenswayscirclemtl@icloud.com). Newcomers always welcome.
- Over the month of Ramadan, the South Shore Islamic Centre provided free evening meals to anyone who came by. A welcome and delicious gesture in our community.
- The Saint-Lambert Richelieu Club will hold its annual blood donor clinic on Tuesday, June 23 from 1:00 p.m. to 8:00 p.m. in the gymnasium of the municipal recreation centre, 600 Oak Avenue. Blood donations will be by appointment only; to make an appointment, please call Hema-Quebec at 1-800-343-7264 or email them at [jedonne@hema-quebec.qc.ca](mailto:jedonne@hema-quebec.qc.ca). If you would like to donate blood but are unable to attend the Richelieu's Club's clinic, there is a permanent clinic at the Dix30 Centre at 9370 Leduc Blvd., Suite 30. Again, donations are by appointment only; please call 1-800-343-7264 for an appointment.
- The Death Café will restart as soon as the government directives allow to safely gather in person again. Keep an eye on their Facebook page <https://www.facebook.com/DeathCafeMonteregie/> as well as further newsletter announcements. You can also email [dcregister@videotron.ca](mailto:dcregister@videotron.ca).
- The South Shore Black Community Association is still there for you, just in a different way. Despite the fact that all events are either cancelled or postponed until further notice, they want you to know they are thinking of you and look forward to getting everyone back together once all of this is over. Please keep in touch and do not hesitate to reach out should you need any assistance. Phone 438-823-4025 or email [ssbca.info@gmail.com](mailto:ssbca.info@gmail.com).
- A bilingual Quebec-based social worker is available for people living with Parkinson's, their care partners and healthcare professionals at 514-357-4291 ext. 3411, 1-800-565-3000 ext. 3411 or by email [infoQC@parkinson.ca](mailto:infoQC@parkinson.ca). Support groups on line or by telephone.
  - [Information specific to the Parkinson Community](#) and lists of [Parkinson's activities on Parkinson Canada website](#).
  - Information, resources and activities updated daily on the [bilingual Parkinson Canada au Quebec Facebook page](#).
  - Access to many online conferences (in English) on the [Parkinson Canada YouTube channel](#)
- The Yellow Door has moved some of their wellness groups online—free, all welcome and intergenerational! Find them here: <https://www.facebook.com/YDAactivities/>.



# MamaDances Parent-Child Dance Workshop Online!



Parents with children (1-4 years) are invited to come have fun and engage with their children through dance, playful physical contact, rhythms, children's songs and explorations with music from a range of cultures.

**Monday, June 15 at 10:00 a.m.**



This initiative is made possible with funding from CHSSN



→ **TO REGISTER:**  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

Join Addie for an hour of games, distraction and (hopefully) giggles.

*Every Tuesday at 2pm*

All you have to do is send an email to register and we'll send you the link!



**NEW** *Virtual Café* **FREE**

**TO REGISTER:**  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)



This initiative is made possible with funding from Canadian Heritage



Canadian Heritage

Patrimoine canadien



Words like **ZOOM**, **VIRTUAL**, **ONLINE**, etc. are now part of our daily vocabulary, and **online activities**, part of our social lives.

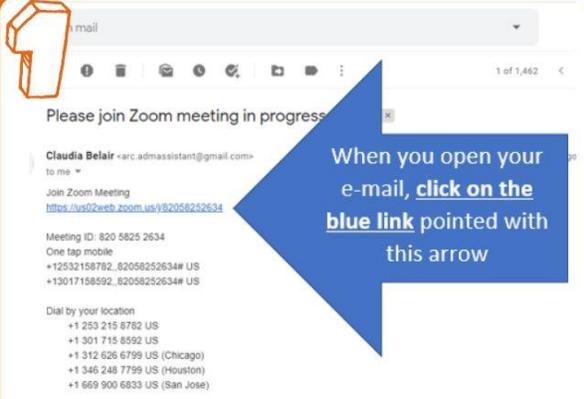
To help you navigate through the steps we bring you:

## Easy procedure to connect to Zoom

At your next Zoom activity, if you follow these steps, you won't have any difficulty. Take a deep breath, keep calm, relax, and...ZOOM!

ZOOM

**1**



Please join Zoom meeting in progress

Claudia Belair <arc\_adminassistant@gmail.com>  
to me \*

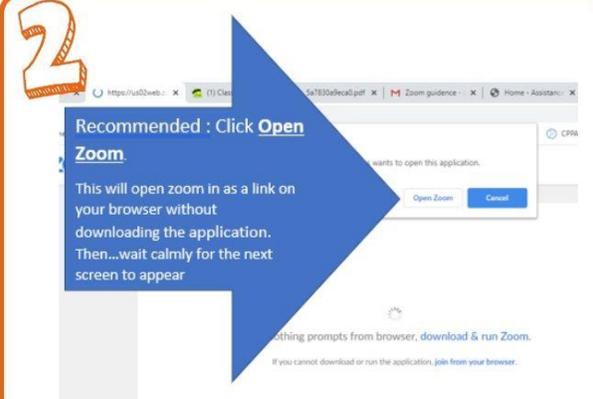
Join Zoom Meeting  
<https://us02web.zoom.us/j/2058252634>

Meeting ID: 820 5825 2634  
One tap mobile  
+12532158782, 82058252634# US  
+13017158592, 82058252634# US

Dial by your location  
+1 253 215 8782 US  
+1 301 715 8592 US  
+1 312 626 6799 US (Chicago)  
+1 346 248 7799 US (Houston)  
+1 669 900 6833 US (San Jose)

When you open your e-mail, **click on the blue link** pointed with this arrow

**2**



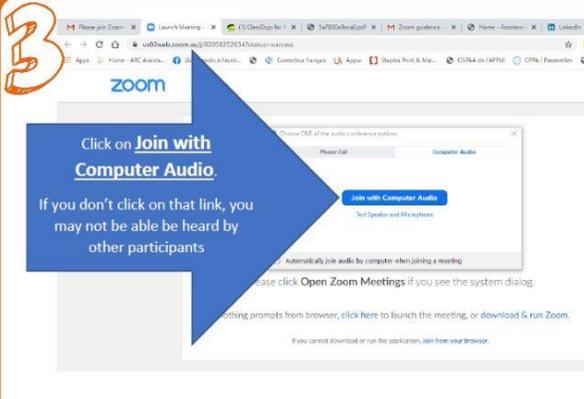
Recommended : Click **Open Zoom**

This will open zoom in as a link on your browser without downloading the application. Then...wait calmly for the next screen to appear

Open Zoom Cancel

Nothing prompts from browser, download & run Zoom.  
If you cannot download or run the application, join from your browser.

**3**



Click on **Join with Computer Audio**.

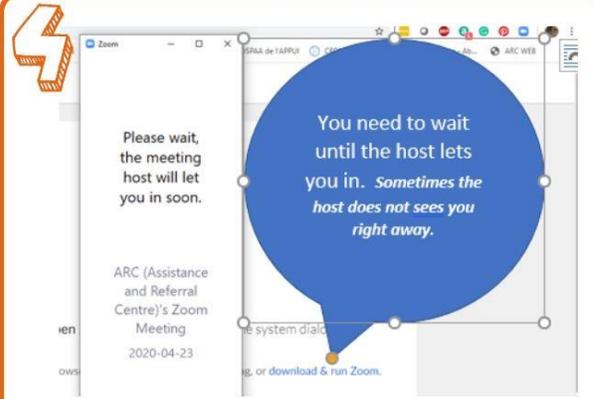
If you don't click on that link, you may not be heard by other participants

Join with Computer Audio

Join with Computer Audio

Join with Computer Audio

**4**

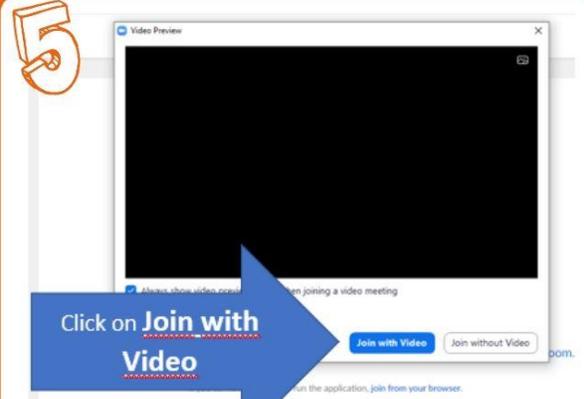


Please wait, the meeting host will let you in soon.

You need to wait until the host lets you in. Sometimes the host does not see you right away.

ARC (Assistance and Referral Centre)'s Zoom Meeting  
2020-04-23

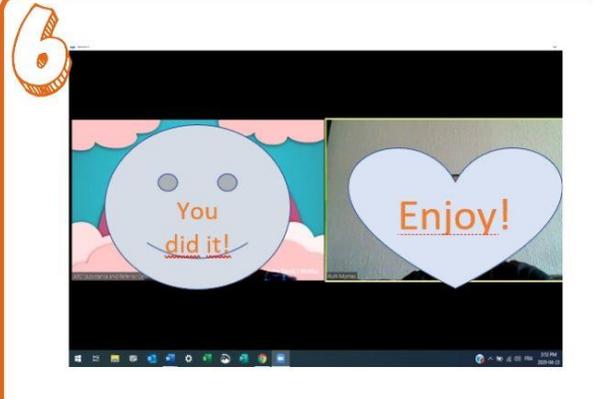
**5**



Click on **Join with Video**

Join with Video Join without Video

**6**



You did it!

Enjoy!

## Partner Profile

### Our Harbour: Keeping our Mission Front and Centre

By Dolly Shinhat, Director General

Our Harbour. Since 2003, these two words have meant safety, understanding, compassion, friendship and most importantly *caring* for the people we serve. Our Harbour's mission is to provide long-term housing, a home, for people living with mental illness on the South Shore. Beginning with one apartment and three residents, Our Harbour has grown to provide a home for 24 people in eight apartments clustered on one street. Men and women find a safe haven with Our Harbour for as long as they need and for as long as our mission is able to provide the caring and support that is needed.

We have always relied on community partners: churches, community organizations, local food banks and the generosity of individuals who donate household goods, money and time. Thank you.

Time. Our volunteers are indispensable. Our Harbour's dedicated but small staff cannot provide all the support, care and *time* that our residents need. Volunteers are central to our mission, bringing friendship and caring to residents, gifts of food, helping with grocery shopping and medical appointments, lending an ear or a shoulder and, in other times, offering a warm hug. Thank you.

Today, Our Harbour is thriving. Earlier this month we would have been going to Ottawa to visit the Tulip Festival. Instead, we held our first Street Café Lunch: smoked meat sandwiches and fries from Dunns, bean salad and marshmallow squares made by volunteers and staff. The Coordinators' team, Chloë, Regine and Phil did a great job of organizing the whole thing –ordering and picking up the food, providing masks and gloves for the servers and hand sanitizer for everyone, welcoming and engaging residents. Residents pitched in to help with set up, garbage collection and take down afterwards. Volunteers David Gobby with canine companions Sirius, Stella and Catherine Gillbert, our President, with tiny Bella added to the fun quotient! The sun shone and it felt so good to be outdoors together.

Since March we've launched a series of outdoor activities. A three times per week Street Café and Walking Club, Gardening and Biking Clubs, and most recently an Outdoor Art Studio. Even the Longueuil police have visited and given our outdoor set up and activities their blessing. Residents have risen to the occasion, contributing baked treats and setting up the Street Café themselves, making coffee, having breakfast together under the giant, old maples.

Our Harbour is rising to the occasion during this unprecedented time by keeping our mission –care and support for Our Harbour residents - front and centre. Community support is so important to us. We have much to be grateful for. Thank you all for your support as we work through this incredible time together, keeping our distance while keeping our mission of *care* front and centre.

For more information about Our Harbour, becoming a volunteer or donating, please visit our website [www.ourharbour.org](http://www.ourharbour.org) and visit [Facebook](#), to see what we have been up to lately!



# PHOENIX ONLINE KIDS' CLUB



**FOR CHILDREN 5-12  
TUESDAYS  
4:00PM-5:00PM  
PROGRAM STARTS JUNE 9TH  
COST FREE**

**FOR MORE INFORMATION OR TO REGISTER  
PLEASE CONTACT JESSICA BICKFORD AT  
438-935-0372 OR DIR.PHOENIXPROJECTS@GMAIL.COM**



PHOENIX  
PROGRAMS



## Qi-Gong/Tai Chi with Sandra Mitchell

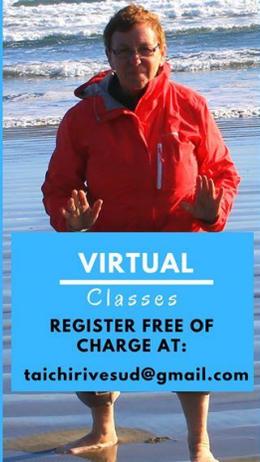
**Introductory  
sessions of 20  
minutes**

**English**

-Monday and Wednesday at  
9:30 am  
-Sunday at 11:00 am

**French**

-Tuesday & Friday at  
9:30 am  
-Sunday at 10:30 am



**VIRTUAL**  
Classes  
**REGISTER FREE OF  
CHARGE AT:**  
[taichirivesud@gmail.com](mailto:taichirivesud@gmail.com)

**Full session:  
1 hour 15 mins  
session**

**English**

-Friday at 9:30 am

**French**

-Friday at 4:15 pm

*Disclaimer: ARC Assistance and Referral Centre supports this program to the general public but we strongly recommend you consult with your physician prior to beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ARC from any and all claims or causes of action.*



## Gardening is Very Therapeutic

By Kevin Erskine-Henry (with added help from the Horticultural society)

Seeing something growing and living brings a different light to things. It's well known that gardening can be helpful in easing concerns around food security and is great for mental health.

Here are few tips to help;

**Evaluate your space**—Start by considering how much room you have, the amount of space and time you want to spend on your garden will determine what you should grow. If you don't have access to a backyard, you can still try your hand at growing vegetables and herbs in balcony pots. When it comes to pots, you can use anything and do not have to be fancy as long as it holds soil and has drainage. You can poke holes in the bottom of a pot and place it on a tray.



**Select a sunny spot**—Best to place your plot facing south so the plants get enough summer sunlight and are able to absorb the wavelengths. Plants like tomatoes and peppers have a longer growing season and need to be started indoors. If you did not start them inside, then it's best to buy plants that have already started to grow.



**Prepare your soil**—Using a spade turn over your soil by digging down at least four inches. You can add new soil and compost to refresh your garden bed. Plan out your garden so you do not over crowd it by spacing rows and plants at least five inches apart.

*Hint: Many people are building raised garden boxes to save on weeding and make it easier to maintain without having to bend down. You can find various designs online or buy premade kits at many garden shops.*

**Watch your watering**—While you should water more in the early gardening season, once plants are established, the biggest thing people do is overwater. It's important that the plants dry out slightly between watering.

**Don't forget to fertilize**—It's important to fertilize, because plants need food, too, beyond sunlight. Its recommended using an organic fertilizer and making sure you dilute it a bit when the plant is just starting to grow, as to avoid burning it. Carefully follow the instructions on the side of the packaging.



As your garden is growing over the summer remember to prune and weed. And finally, harvest and enjoy the fruits of your labour and summer gardening experience with others.



If you are feeling **overwhelmed** and **tired**,  
we may be able to provide some **help**



To all our reCharge members, ARC is offering a  
**FREE 30-minute support call with our social worker.**

**SUPPORT LINE**

This is simply a chance for you to talk in an open and non-judgmental environment with a professional who will listen and provide guidance if needed.

**Wednesday and Thursday evenings from 7:00 p.m. to 9:00 p.m.**

**To make an appointment call 514-608-9600 or  
email [arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com)**



## Food and Nutrition — Food Guide Update



**Proper food storage** - Properly [storing your food](#) can help food last longer and reduce waste. Try these tips to make the most of your food:

- Put perishable foods at the front of the fridge instead of at the back. If you can see them, you'll be reminded to eat them.
- Keep track of the fresh food you have at home and plan to use the older items first. Foods like berries or spinach should be eaten within a few days as they perish quickly whereas foods like apples, potatoes and carrots last longer.

Put a date on foods and leftovers you put in the fridge or freezer to remind you when you made them.

### Creative uses for leftovers

- Leftover steamed, roasted or sautéed vegetables can be topped on [pizza](#), mixed in [mac and cheese](#), or added to a [frittata](#).
- Use leftover chicken, beef, turkey or fish in wraps, salads, or sandwiches for a simple lunch. Try this [pita](#) recipe and use any type of leftover meat or fish for the filling.
- Make your meals go further by mixing leftover cooked or canned beans, chickpeas or lentils into [chili](#), [curry](#) or [Shepherd's pie](#).
- Leftover whole-grain foods such as brown rice, quinoa, and pasta can be reheated and served as a side dish or used in a [casserole](#), [stir-fry](#), salad or soup.

Canada's Food Guide is a great reminder of how we should eat. It is now available in a [multitude of languages for download](#).



Free  
**VIRTUAL**

**ReCharge  
Caregiver's  
Support Group**

**Guided by  
a Social Worker.  
Every Wednesday  
From 7:00 pm - 8:30 pm**

Zoom link to be sent upon registration  
Registration required



This initiative is funded by  
l'Appui Montérégie



**514-608-9600**  
**arc.projectcoord@gmail.com**

**Free Online  
Workshops**

for children  
with special needs  
5 to 22 years old

**May 28<sup>th</sup> to June 25<sup>th</sup> 2020**  
Families are welcome

offered by  
**Langmobile**

animated by  
**Aubreylyn  
Zazyczny**

**www.langmobile.com**

## A Brief History of Greenfield Park

By John Riley

Edited excerpt from [Montreal Mosaic](#)

To get an appreciation of Greenfield Park today, it is necessary to look back nearly one hundred years to 1911, the year the municipality was founded. At that time all the land was either used for agriculture, abandoned or overgrown with bush. Montreal, only five miles away across the St. Lawrence River, was booming. Immigrants were hoping for better than when they arrived in Canada, often from crowded British cities, but they frequently ended up settling in poor, polluted and cramped industrial neighbourhoods like Pointe St. Charles and Griffintown.



Streetcar on Churchill Blvd. circa 1945. Credit: Graham Macdonald.

Some of the earliest English settlers, in what is now Greenfield Park, purchased land for summer use only to allow their children to breathe fresh air at least part of the year. When the Montreal and Southern Counties Railway, an electric tram service, was extended to Greenfield Park in 1912, a further influx of settlers bought land for permanent houses. Most preferred to buy land close to the tram so they could easily catch a train and be in Montreal in fifteen minutes. It was inexpensive relative to other nearby areas, and large lots allowed them to save money by growing their own vegetables.

Everyone worked in the city except about six or seven intrepid entrepreneurs who set up small stores to service the local population. If you wanted something out of the ordinary, you bought it in Montreal or travelled by tram to St. Lambert. This remained the same for nearly fifty years, even though municipal employees offered cheap land and low taxes to anyone who wanted to set up some sort of industry.

In the 1920s virtually every family had one or two members born in Britain, Ireland or Scotland. The town was extremely patriotic toward the Empire. Many claim that Greenfield Park, by percentage of population, sent the highest number of men to enlist in the services of any town in Canada in both World Wars.

The community's strong civic spirit is often overlooked. Civic leaders organized a Dominion Day "Fete" on July 1st that was the place to be for anyone on the South Shore, from 1912 right into the 1940s. Its Five Mile Road Race was considered the Championship of Canada. Free ice cream was given out to each child in the community, a real treat, particularly during the Great Depression.



Five Mile Road Race, 1922. Credit: Winnie Holmes Pearsall

In the early days almost everyone was poor, but every family was willing to share with neighbours so that all could get by. There are many cases of families giving coal or food to a destitute family without ever expecting to have it returned. This spirit continued into the 1950s with an organization called the Sunshine Girls, who did all they could to make life better for those who had little or had health problems. The volunteer Fire Department is another example of "Parkers" working to help their neighbours. It continues today with organizations like Meals on Wheels and the Greenfield Park Christmas Baskets. Volunteerism is something that has always set Greenfield Park apart from other communities.

The full article is available on the Montreal Mosaic website <http://montrealmosaic.com/reflection/brief-history-greenfield-park>.

# ARC Book Picks

## Valentine by Elizabeth Wetmore

Written with the same power as Elizabeth Strout or Barbara Kingsolver, this New York Times Bestseller, Valentine explores the lingering effects of a brutal crime on the women of one small Texas oil town in the 1970s.

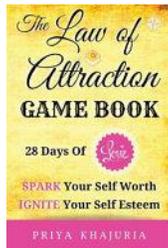
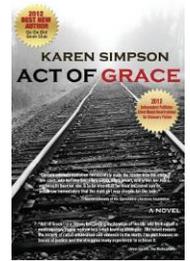


It's February 1976, and Odessa, Texas, stands on the cusp of the next great oil boom. While the town's men embrace the coming prosperity, its women intimately know and fear the violence that always seems to follow.

In the early hours of the morning after Valentine's Day, fourteen-year-old Gloria Ramírez appears on the front porch of Mary Rose Whitehead's ranch house, broken and barely alive. The teenager had been viciously attacked in a nearby oil field—an act of brutality that is tried in the churches and barrooms of Odessa before it can reach a court of law. When justice is evasive, the stage is set for a showdown with potentially devastating consequences.

## Act of Grace by Karen Simpson

Why would Grace Johnson, an African American high school senior, take a bullet to save the life of a Ku Klux Klansman named Jonathan Gilmore? The question hovers unanswered over Grace's hometown of Vigilant, Michigan. Few people, black or white, understand her sacrifice, especially since rumour has it years ago a member of Gilmore's family murdered several African Americans including Grace's father. Grace doesn't want to talk about it, but the decision is not hers to make. Ancestor spirits emerge to insist, in ways Grace cannot ignore, that she bears witness to her town's violent racial history so that all involved might transcend it. With hindsight made telescopic by the wisdom found in African American mythology and the book *The Velveteen Rabbit*, Grace recounts a story of eye-for-an-eye vengeance that has blinded entire generations in her hometown. Faced with the horrific crimes that have disfigured her life, Grace wonders if she can do as the spirits have asked and lead Mr. Gilmore, the town of Vigilant and her own soul on a journey toward reconciliation, redemption and true grace.



## The Law of Attraction Game Book by Priya Khajuria

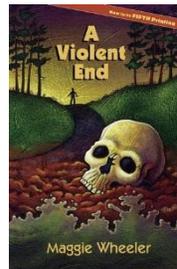
Could you be preventing your own desires from manifesting?

- Do you find yourself desperately bouncing around between countless self-help courses, books and practices, yet

your OWN manifesting fizzles into a touch-and-go pattern?

- Are you forever chasing success, and constantly exhausted from whipping yourself into a frenzy to reach your goals?
- Do you find yourself craving true happiness, and real and uplifting relationships?

If so, it's time to focus your attention back to where it really matters. Once you have your core strong and expansive in its own right, only then will you dare to focus on your real desires and begin to create the life you want!



## A Violent End by Maggie Wheeler

Following the death of her mother, university history professor Farran Mackenzie begins searching for her parents' past in the Lost Villages of the St. Lawrence Seaway. Her arrival surprises the old-timers, and stirs up memories amongst the former villagers, many of whom were already rattled by the recent reappearance of Farran's father—from beneath the waters of the St. Lawrence where his body had unknowingly lain since the flooding, forty years before. Then, when a friend of her parent dies in a suspicious accident soon after her arrival, Farran is forced to put her research skills to new use, before her father's murderer finds her.

# Movies with One Word Titles 1

T	E	A	H	L	R	Y	K	C	O	R	H	S	N
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V	T	J	O	A	T	A	I	I	U	S	C	O	T
E	S	W	U	N	S	S	L	K	N	N	K	N	A
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JAWS  
BRAVEHEART  
TITANIC  
ROCKY  
ALIEN  
WATCHMEN  
JUMANJI  
TWILIGHT  
ARMAGEDDON  
JUNO  
SAW  
HALLOWEEN  
ERAGON  
EVITA  
SEVEN  
TOOTSIE  
GREASE  
HANCOCK

Play this puzzle online at : <http://thewordsearch.com/puzzle/49/>



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This initiative is funded by ARC Assistance and Referral Centre, with financial contribution from **Canadian Heritage**.

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Tel: 514-605-9500

[www.arc-hss.ca](http://www.arc-hss.ca), [TheAdvisorSouthShore@gmail.com](mailto:TheAdvisorSouthShore@gmail.com)

Follow us on social media [@arcaccess](#)



Canadian  
Heritage

Patrimoine  
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