



# Rachel WRITES

by Rachel GARBER

## ZOOMING

Remember that auto ad where the kid goes "Zoom zoom" first in a shout, then in a whisper? Now we can all do it, from our armchairs or couches. This is the age of Zoom, YouTube, Facebook and yes, telephone.

Telephone is important – even the old-fashioned kind, because you can use it to participate in Zoom conversations and events, albeit without the visuals. You'd be surprised how many things are available these days at the end of the line, if you have a phone plan that gives you free long-distance calls.

And if you have internet, there's a good chance your provider is giving you unlimited service these days. Just one of the perks of a pandemic. Zoom is really simple to install, and easy to use.

These days, I'm zooming to Sunday morning church services at UUEstrie in North Hatley. Travel time: 30 seconds. We gather and chat over the snap, crackle and pop of participants clearing throats, shooing the cat off the computer, or showing off their homemade hairdos or masks. Then the service leader mutes everyone – mercifully – for the service itself.

I've zoomed to a writing workshop from Montreal offered by the Quebec Writers' Federation. I've zoomed to a free poetry reading, and a graphic design course. I'm youtubing a series of free Shakespeare plays at the Stratford Festival in Ontario – King Lear, Macbeth. (That's a consolation prize because I had to cancel the trip I'd planned in that corner of the flatlands that was my birthplace. Kitchener was the site of one of the first Covid-19 cases in the country.)

Here are a few online treats you too can easily access, when the excessive sunshine is just too much for you.

### PHYSIYOGA – WELLNESS BREAK

"What is physiyoga?" That's the title of a Zoom "Wellness Break" with Jami Crook (not to be confused with Jamie Crooks of Bishops' U.). In short, physiyoga combines physiotherapy with yoga in a "more holistic approach to health and well-being." That's what her website says, at jamicrook.ca.

Crook is a registered physiotherapist with a private practice in Sherbrooke, She specializes in a combination of physical therapy

and yoga, and has worked with an impressively broad spectrum of people, problems and places.

That's after getting her degrees: A Master's in Physical Therapy in 2010; A bachelor's in psychology from Bishop's, and another in Exercise Science from Concordia University. She also is experienced in sports psychology and practices Thai yoga massage.

When? Wednesday, May 27, from 10 to 11 a.m. If you haven't registered yet, do it quickly by emailing mlj@townshippers.org, or calling Townshippers' Association at 819-566-5717 (you'll get a call back – staff are working from home). When you register, you will be sent the Zoom link to click on, or the phone number to call, in order to participate.

This Wellness Break is organized by Michelle Lepitre and Marie-Lisa Jolin of Townshippers' Association, both agents for the Eastern Townships Partners for Health and Social Services Network. They are planning a whole series of online information sessions in June.

Possible topics include creating a living will, choosing a seniors' residence, estate planning, and funeral planning. Dates and times are being worked out. INFO: Check your local media or Townshippers' Association's Facebook page, or contact Michelle at ml@townshippers.org or 819-566-5717.

### ABOUT TOWNSHIPPERS

You noticed, of course, the lack of an apostrophe after "Townshippers." Which means this is about actual people and organizations living in the Townships, not just about the Association. Although it's the Association itself that is organizing this new YouTube series, its purpose is to introduce some of the non-profit groups serving the English-speaking community in the Townships.

The latest one is a conversation with the very creative Joanna Bateman of Literacy in Action. Just go to YouTube.com, and search for "About Townshippers." Or input the link "YouTube.com/user/Townshippers". While there, you can also catch an hour's worth of stories, "Our Stories: An Eastern Townships Anthology." Or subscribe to the Townshippers' channel to keep up with future offerings.

INFO: If you have ideas for, or questions about, the series, contact Ed Humphrey at townshippers.org.

### LIBRARY ONLINE

The Lennoxville Library is organizing a series of Zoom activities in English for children and for adults. There's a Saturday morning storytime for kids. There's a monthly Family Book Club: The next Zoom meeting on June 1st features the book Stella by Starlight, written by Sharon Draper. There's Dungeons and Dragons Night for kids age 9 and up.

For adults, there's a Haiku Workshop on May 28 at 7 p.m. for newbies and experienced haikuists alike, poet Angela Leuck leading. There are book clubs and virtual vernissages.

To take part in any of these Zoom events, or for INFO: bibliolennoxvillelibrary.ca or

819-562-4949.

### ARMCHAIR ART TOUR

A worldwide spate of online art and other exhibits has hit the internet, free of charge. La Guardian has made a list of the 10 best for us. Here are a few:

(1) The J. Paul Getty Museum in Los Angeles has a series of dramatic shows at <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>.

(2) The Guggenheim Bilbao Museum in Bilbao, Spain, offers a fascinating series of online tours at <https://artsandculture.google.com/partner/guggenheim-bilbao>.

(3) The Natural History Museum in London, England, offers a series of virtual reality tours at <https://artsandculture.google.com/partner/natural-history-museum>.

More online exhibits are from Amsterdam, Brazil, London, Paris, and South Korea – oh my! Check them all out in an article by The Guardian at <https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>.

### CHURCHES

**United.** Written services are offered by email, mail, at the back door of Trinity United Church (via ramp) or at Sawyerville United Church (on freezer), or posted on Facebook: United Eaton Valley Pastoral Charge. Pastoral care: Rev. Tami, 819-452-3685. Info: 819-889-2838 (listen to the message).

**Baptist.** Contact Pastor Michel Houle at 819-239-8818.

**Anglican.** Bishop Bruce Myers offers Home Prayers on Sunday mornings at 10:30 a.m. on Facebook, and at [quebec.anglican.ca](http://quebec.anglican.ca) (see Worship Videos). Info: 819-887-6802, or [quebec.anglican.ca](http://quebec.anglican.ca).

Do you have news to share? Call 819-300-2374 or email [rawrites@yahoo.com](mailto:rawrites@yahoo.com) by June 1st for publication **June 10** and **June 22** for **July 1st**.

## BÂTIMENT POUR ENTREPOSAGE

Unités d'une superficie de 10' X 20', toutes individuelles avec porte de garage. Emplacement clôturé pour motorisés, roulottes, bateaux, etc.

**640, rue Angus Nord • WESTBURY**

**Information: 819 821-0784**

## Word from the Prefect, Robert G Roy

### Dear citizens,

We are currently living in a very special situation in our regions and which, moreover, is beyond our control and also requires a lot of courage and kindness from everyone.

Please be assured that the MRC and all its municipalities of the Haut-Saint-François will take all the necessary measures to protect you; however we will not be able to achieve the objectives without your involvement.

We all know that this will require enormous sacrifices; however these sacrifices have only one goal, that the situation be restored as quickly as possible.

It is therefore very important to respect the rules of our government, which are updated daily.

A thought for our elderly, who must take special measures to prevent themselves from coming into contact with the virus.

Above all, let's take the



Préfet, Robert G Roy

time to call them to chat with them. Sometimes the few words exchanged in a day will do them good.

Now a word for small, medium-sized businesses, merchants and self-employed people, this includes our small market gardeners and farmers affected by the Covid-19 and for those who must be kept closed due to the pandemic.

I invite you to go to the Government of Canada site, [you.quebec.ca](http://you.quebec.ca) and you

click on the Coronavirus tab (covid-19) and you will have a multitude of information on financial supports available including help emergency services. For the government of Quebec, you go to the website of the government of Quebec at the top of the page in yellow, you click on Information on the coronavirus (Covid-19) and there you will have all the government assistance programs available.

Otherwise, if you need support in your efforts, please do not hesitate to get in touch with our CLD to assist you in your search. Bernard Ricard 819-560-8500 ext. 2204.

In closing, I invite people to speak out against any kind of violence against women, our children, our elders or any kind of bullying whatsoever. For me, this is not tolerated in the Haut-Saint-François.

Here is the list of numbers in case you need help.

Please do not hesitate

Thank you

## RESOURCES HAUT-SAINT-FRANÇOIS

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**CONTINUUMHSF.COM**  
for more information about services

### HEALTH

COVID-19 information	1-844-721-6094 (Estrie)	Information about COVID-19
Psychosocial emergencies	819-821-4000 ext. 0	Distress, crisis, violence, suicidal thoughts, and more
Info-Santé and Info-Social (24/7)	811	Medical information   Psychological and social support

### FOOD AID

Moisson HSF	819-943-2781	Food baskets
Moisson Cookshire	819-875-1431 (Thursday)	Food baskets
Centre d'action bénévole (CAB)	819-560-8540	Frozen meals (\$5 per meal)

### SUPPORT AND LISTENING

Carrefour jeunesse-emploi	819-832-1513	16-35 years of age -- call us no matter what you need
Centre d'action bénévole (CAB)	819-560-8540	Seniors and caregivers
La Passerelle	1-877-447-3423	Women
La Relève	819-875-5050	Families and parents
Mental Health Estrie	819-565-3777	Mental health problems

### 24/7 (NEED TO TALK)

Drugs - Help and referral	1-800-265-2626	Drug and alcohol use
Gambling - Help and referral	1-800-461-0140	Excessive gambling
Interligne	1-888-505-1010	Sexual orientation and gender diversity
JEVI	819-564-1354	Suicidal thoughts
Ligne parents	1-800-361-5085	Parents
La Méridienne	1-888-699-3050	Conjugal violence
Tel-Jeunes	1-800-263-2266	Youth
Secours amitié Estrie	819-564-2323	Everyone (from 8 am in the morning until 3 am at night)

### VIOLENCE ISSUES (PSYCHOLOGICAL, PHYSICAL AND SEXUAL)

Youth protection	1-800-463-1029	Child abuse (reporting)
La Méridienne	1-888-699-3050	Conjugal violence (listening and housing)
Elder mistreatment helpline	1-888-489-2287	Elderly victims of abuse
CALACS Aggression Estrie	1-877-563-0793	Victims of sexual assault

### LEGAL AID

COVID-19 legal aid clinic	1-866-699-9729	Free legal advice about your rights and obligations in the context of the pandemic
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### FINANCIAL SUPPORT

Services Québec	819-832-2403	General information and income support
Local development centre	819-560-8500	Support and information for businesses