



Southside Navigator

Be alert, be healthy, be safe

Decision Fact Sheet

If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family. Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

Adults & children

I have a fever (temperature $\geq 38\text{ }^{\circ}\text{C}$ (100.4 $^{\circ}\text{F}$) or $\geq 37.8\text{ }^{\circ}\text{C}$ (100 $^{\circ}\text{F}$) for seniors) or any of the following symptoms:

- Onset or worsening of cough
- Difficulty breathing
- Extreme fatigue
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Muscular pain
- Headache
- Major loss of appetite
- Sore throat
- Diarrhea

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

DECISION

I stay at home and call the 1-877-644-4545 coronavirus hotline

Follow instructions.

GENERAL INFORMATION

Service Québec

Coronavirus hotline

1-877-644-4545 (toll free)

Deaf or hard-of-hearing persons

1-800-361-9596 (toll free)

Important phone numbers:

Your pharmacist:

Your doctor:

Your CLSC:

20-210-194WFA

Adults & children

I have a fever higher than $38\text{ }^{\circ}\text{C}/100.4\text{ }^{\circ}\text{F}$ and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Blue lips
- Difficulty moving
- Fever (baby less than three months of age, see page 13)
- Somnolence, confusion, disorientation, difficulty staying awake
- No urine for 12 hours

DECISION

Go to the emergency room immediately.

If help is needed, call 911.

Keep informed. The [Québec.ca/coronavirus](https://www.quebec.ca/coronavirus) website has up-to-date news.

Remember When...

Happy Birthday Canada!

By: Pamela Clark



In photo: The eldest citizen of Grosse Ile at the CAMI Ralph McKay and youngest at the celebration Serena Clarke and Robina Goodwin.

CAMI along with the Municipality of Grosse Ile celebrated Canada Day at the Little Red School House in Old Harry by having a birthday cake for our country, raising the flag (raised by Mayor Clark) and singing the national anthem (sang by Kathy Keating).

Serena Clarke, 7 months old, was chosen as youngest citizen at the celebration and Ralph McKay, who is celebrating 92 years, is our community's oldest citizen at the celebration.

There was also a luncheon to be enjoyed and games for the kids. After the festivities ended at CAMI, they began at Old Harry Beach. This year instead of having the celebration at Grosse Ile Boat Park, it was held in the parking lot of the beach. Here, young and old alike

received a special treat. Paula Clarke held a dog show with her two dogs, Cannelle and Touski. Those two dogs were capable of playing basketball to giving high fives to Paula. An excellent show it was!

Like every year, there was face painting and free hotdogs. Kathy Keating sang "Oh Canada" in English while Nicole Cummings sang the French version. A job well done. It was then time for the fireworks. Looking up towards Ad's Cove, one could see vehicles lined up on the cape waiting to see the show. But this was not the end of the celebration. Unlike previous years, entertainment was provided until 11 pm.

This year's celebration was a success and we look forward to see what is in store for next year.



Interested in joining the Meals on Wheels program?
Contact Lisa at 418.985.2116 x5

Local trivia...

- 1.A) What year did Grosse Ile become a Municipality? _____
B) Who was the first Secretary-treasurer of the Municipality of Grosse Ile? _____

- 2.A) On _____, the post office at Grosse Ile opened its doors for business with _____ as postmaster.

B) Who transported the mail by horse for several years from the mail steamer in Grand Entry to Old Harry and Grosse Ile every Friday from mid-April to December?

3. What year was the first bridge built in East Cape? _____

4. Which Governor General of Canada visited Grosse Ile in 1955? _____

5. Which airline company served Grosse Ile in the early 1940's for service men who were home on leave and also to transport sick people to the hospital in Charlottetown, PEI? _____

6. A) What was the name of the theatre owned by Byron Clarke, which opened on January 23, 1979? _____
B) What was the first movie played there? _____
C) Which date was the last movie was played in the theatre? _____

7. In July 1975, a plaque was installed at Grosse Ile North cemetery in memory of _____, the first Anglican Missionary to be stationed on the islands.

8. Which ferry made her first trip to the Magdalen Islands in July 1924? _____

9. Which ferry ran for thirty-six years between Pictou, Souris and the Magdalen Islands? _____

10. What year was the first School House built in Grosse Ile? _____
Where was it located? _____

Guess Who???



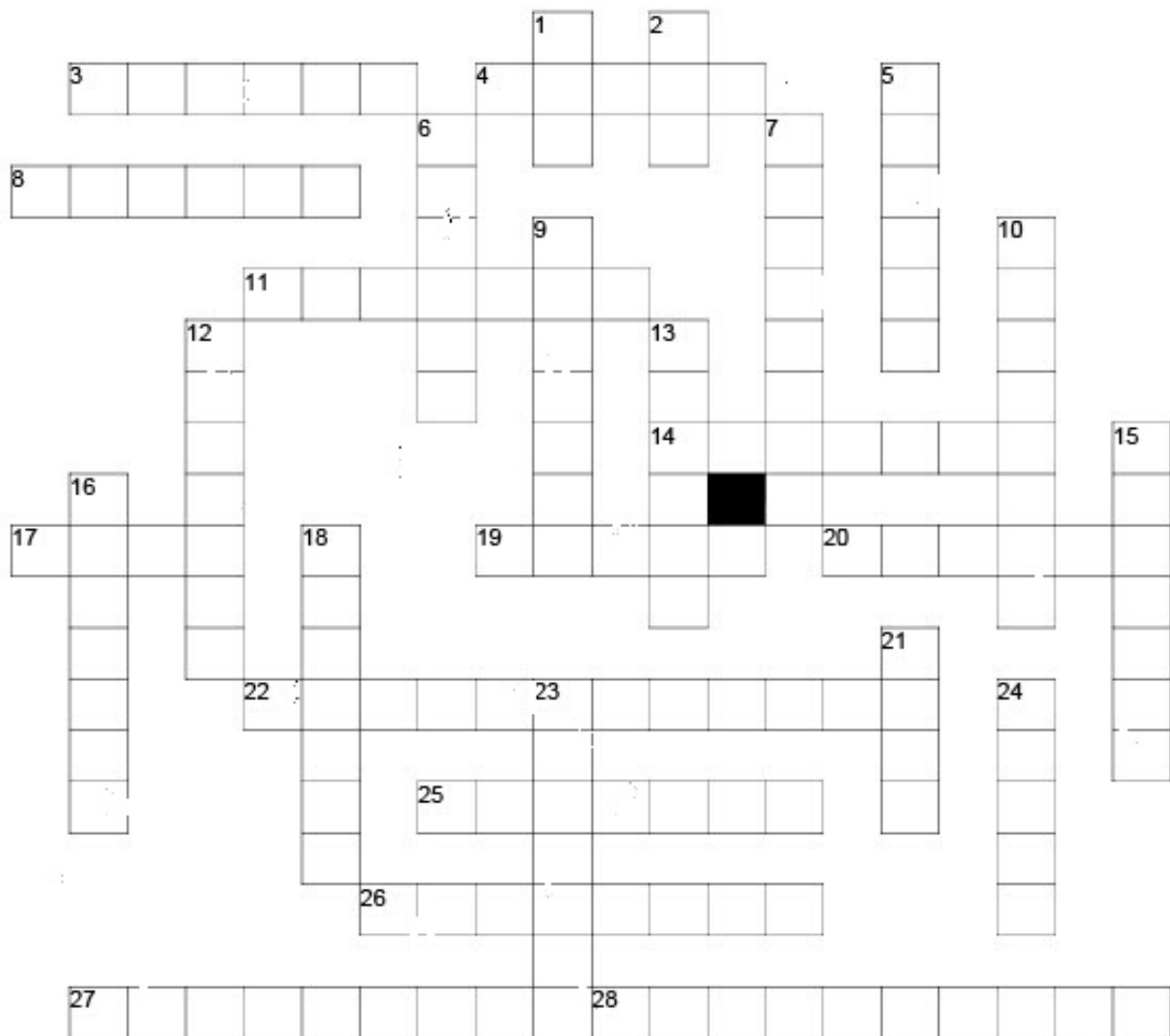
What's Cooking Blonde Brownies

- 1/3 cup sugar
- 1 1/2 cups brown sugar
- 2 eggs, beaten
- 1 tsp vanilla
- 1 cup flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup walnuts
- 1 cup chocolate chips

Mix all together. Put in greased 9" pan.
Bake for 30 minutes at 350 F.



Canada Day Crossword



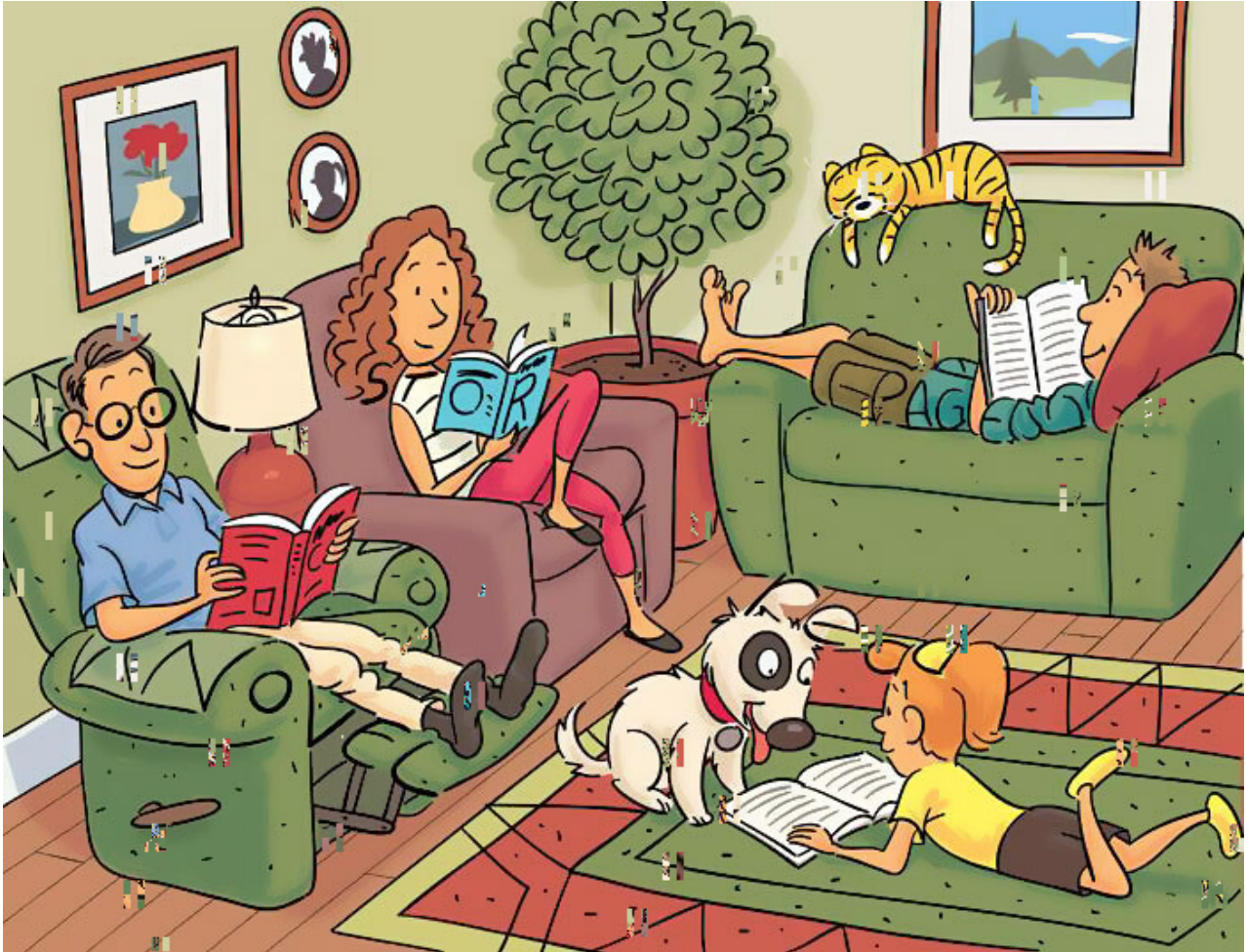
Across

- 3. Big Bay
- 4. Little Bay
- 8. Canada's National Animal
- 11. Nickel City
- 14. Most popular cheese in Canada
- 17. Worth one dollar
- 19. Number of territories
- 20. Capital
- 22. Stuck between Alberta and Manitoba
- 25. Last Province or territory to join Canada
- 26. Canada's national summer sport
- 27. Calgary
- 28. Famous Coffee

Down

- 1. National bird : Gray ...
- 2. Number of provinces
- 5. Fresh Water Beach
- 6. Cheese Province
- 7. Capital of Manitoba
- 9. Our Columbia
- 10. Second largest French speaking city in the world
- 12. Big City
- 13. Canada's national winter sport
- 15. Most Famous Cup
- 16. Famous Quebec dish
- 18. Most popular province
- 21. Canadian precipitation
- 23. Biome found in Canada
- 24. Favorite Syrup

Find the hidden words...



Answers from last issue

Anagram Riddles. 1. Nap/pan. 2. Horse/shore. 3. Bread/beard
4. Gallery/allergy. 5. Leap/pale. 6. Wolf/flow. 7. Paws/wasp.
8. Sink/skin/ 9. Leapt/ plate 10. Lemon/melon.

Guess who picture- Darrell Burke, Neil Turnbull, Kendall Dickson,
Dale Clarke, Patsy Clarke, Steve Turnbull, Vita Boudreault, Barbie
Taker and Jamie Clarke