



Rachel WRITES

by Rachel GARBBER

COVID ALERT APP

I really don't go out much these days, except for unavoidable hunting and gathering trips. So I wasn't sure about downloading the new Covid-19 Alert system to my cell phone.

But then, I am occasionally uneasy about contacts. After all, an infected person who has no symptoms can still pass the coronavirus on. What if someone infects me, unknowingly, and then can't let me

know because they don't recall our meeting, or my name. What if I pass the little velcro-like virus on, unawares, to someone I've met?

So now that the Quebec government has signed on the Canadian government's Covid Alert system, I have signed up for it. My phone took two minutes flat to download the app. I took a few more minutes to read the ample explanations about how it works, and how users' privacy is protected.

The only shortcoming I can see is that the app is only as effective as the number of people using it. If you don't have a cell phone or you don't use the Covid Alert app, both you and I are still at the mercy of our respective faulty memories. The more people using it, the better it will work, offering instant and electronic recall of any possible coronavirus exposures.

How it works: The app uses Bluetooth to exchange random codes with nearby phones every 5 minutes. The random codes change often and cannot be used to identify you.

If, within the past two weeks, you've been closer than 2 metres for 15 minutes to someone infected, the app will notify you.

If you test positive for Covid-19, your healthcare provider will give you a one-time key, and only you can use the key to tell Covid Alert to upload your random codes and inform other users they've

had contact with an infected person. Both you and they remain anonymous.

I am impressed by the privacy features. I'm in! My only worry is that I'm the only one in the Townships using this nifty contact tracer. More info is at: 1-833-784-4397, hc.AlerteCOVIDAlert.sc@canada.ca.

PLANNING ESTATES & FUNERALS

Townshippers' Association's "Looking Ahead..." series of Tuesday workshops: Living Wills & Estate Planning on October 20, and Funeral Planning on October 27. Both are via Zoom, 7 to 8:30 p.m. Each presenter will talk for 30-45 minutes and then answer questions. To register: Michelle at ml@townshippers.org or 819-566-5717 (leave message).

EATING WELL & PANDEMIC

Eating Well During the Pandemic is the topic of a CHEP conference with Thea Demmers, a dietitian from Concordia University's PERFORM Centre. The Zoom is planned for Wednesday, October 21, from 10 to 11:30 a.m. To participate: Michelle, ml@townshippers.org, or Marie-Lisa Jolin, mlj@townshippers.org.

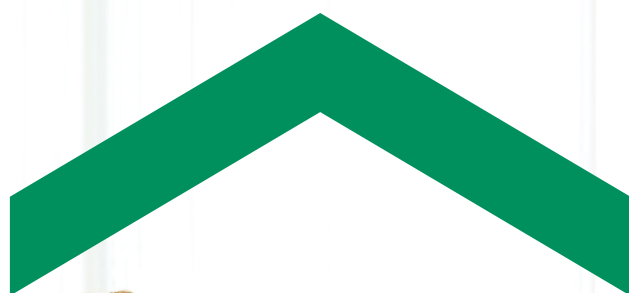
PARENTING TO UPLIFT & INSPIRE

Nurture, Uplift, Inspire is the title of a Parent Talk workshop series via Zoom on Wednesdays, October 21 to November 25, from 6:30 to 8:30 p.m. The series addresses parenting skills that help promote independence, develop character, set limits, and more.

To register: Sandra Seasons at seasonss@edu.etsb.qc.ca by Monday, October 19. The series is offered by Townshippers' Association and La Relève du Haut-Saint-François, with support

Semaine de la coopération

Mieux vivre avec ses finances



Du 11 au 17 octobre 2020

Prenez part à nos rendez-vous virtuels qui vous aideront, pas à pas, à mieux vivre avec vos finances.

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Semaine de la COOPÉRATION

Du 11 au 17 octobre 2020

Faire affaire avec les coopératives et les mutuelles du Québec : un choix gagnant !

Du 11 au 17 octobre 2020 se tient la Semaine de la coopération. À cette occasion, les réseaux membres du Conseil québécois de la coopération et de la mutualité (CQCM) vous invitent à vivre *L'EFFET COOP* ! Avec cette thématique, le CQCM souhaite promouvoir les retombées et les impacts positifs des coopératives et des mutuelles de la Belle Province et ainsi inciter la population à faire affaire avec ces entreprises humaines des plus bénéfiques pour notre communauté.

Soutenir l'économie d'ici

En effet, les quelque 2700 coopératives et mu-

tuelles du Québec sont présentes dans de nombreux secteurs d'activité (alimentation, arts et culture, éducation, loisirs, restauration, santé, services funéraires, transport, télécommunications, etc.), et elles offrent des services dont on ne saurait se passer. Qui plus est, elles contribuent au développement économique des différentes localités et assurent du même coup leur vitalité. Car recourir à leurs services ou consommer leurs produits, c'est acheter localement !

Autrement dit, en choisissant d'encourager les coops et les mutuelles de chez nous, vous favoriserez notamment la création