



Discover the Fascinating Origins of Easter

Every year, spring heralds the return of Easter, a colorful and joyful celebration. But what do we really know about its origins?

Easter has its roots in ancient traditions, blending pagan and Christian customs. Originally, this festival marked the renewal of nature after winter, honoring the return of the sun and the beginning of the growing season. Eggs, symbols of fertility and rebirth, were often exchanged and decorated.

With the advent of Christianity, Easter took on religious significance, commemorating the resurrection of Jesus Christ after his crucifixion. This fusion of pagan and Christian traditions enriched the festivities, resulting in a celebration rich in symbolism and ritual.

Today, Easter is a time for family gatherings, festive meals and fun activities like egg hunts. Whatever it means to you, Easter remains a time of joy, renewal and sharing.



Fraud Prevention Month



In this month dedicated to fraud prevention, it's crucial to stay vigilant and informed to protect our finances and personal data. Fraud takes many forms, from fraudulent phone calls to phishing attempts via e-mail.

To help you stay safe, here are a few practical tips:

1. **Be wary of requests for personal information:** Never share confidential information, such as passwords or your social insurance number, by phone or e-mail, unless you are sure of the identity of the person or organization.
2. **Check sources:** Before clicking on a link or replying to an e-mail, make sure it comes from a reliable source. Fraudsters often use phishing techniques to obtain your sensitive information.
3. **Monitor your accounts regularly:** Keep an eye on your bank statements and online transactions. Report any suspicious activity to your bank or service provider immediately.
4. **Protect your devices:** Make sure your electronic devices, including computers and smartphones, are equipped with the latest security software and anti-virus software.

For more information and resources on how to report fraud, visit the Bank of Canada's "3D Fraud" at <https://www.bankofcanada.ca/wp-content/uploads/2020/02/fraud-3d.pdf>

International Women's Day

March 8, 2024



Quebec Meals on Wheels Week

March 10 To 16, 2024

March 10 to 16 is Popottes Roulantes Week, an initiative celebrating solidarity and support for the elderly, disabled and convalescing.

Our partner, the Centre Communautaire des Aînés Vaudreuil-Soulanges, is proud to offer this essential service all year round. Les Popottes Roulantes not only delivers nutritious meals to the home, but is also a vital link between its beneficiaries and the community.

During this dedicated week, we encourage you to get involved as a volunteer, or simply to pass on this information to your friends and family. Every gesture counts and contributes to strengthening the social fabric of our region.

What's more, if you or a loved one need help or additional information about their services or about Popottes Roulantes Week, don't hesitate to contact the Centre Communautaire des Aînés Vaudreuil-Soulanges. Their dedicated team is here to support you and meet your needs.



CAB Soulanges

450-265-3548

<https://popotes.org/popote/centre-communautaire-des-aines-de-soulanges/>



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