



Neighbours Newsletter

FEBRUARY 2023

NEIGHBOURS REGIONAL ASSOCIATION OF ROUYN-NORANDA



FEATURING

RICK LEMIEUX

CLINT GIBBONS



POLICE LINE DO NOT CROSS

POLICE LINE DO NOT CROSS

HOSTED BY
LEWIS HILL

PETIT THÉÂTRE, 112 7E RUE



FEBRUARY 17TH

DOORS OPEN: 7:30 PM

STARTS: 8 PM

FREE FOR MEMBERS,

10\$ FOR NON-MEMBERS

Visit Neighbours' website and Facebook page for daily updates

www.neighbours-rouyn-noranda.ca

<https://www.facebook.com/neighbours.rouynnoranda>

PAR LES 2 BOUTTES !

An interdisciplinary thingy in honour of 100 years of Jack Kerouac.

Par les 2 bouttes is an exciting, artistic risk-taking. On a thin wire tight between two limits, sublime and disaster, a crowd of creators from Rouyn-Noranda in equilibrium, with only one security net, their spontaneous genius, and the heritage Jack Kerouac.

Café-Bar L'Abstracto
144 Rue Perreault E

February 22–25
7:30 pm each
night



Groundhog Day

Written by: Jeff

Groundhog Day is a well-known holiday based on the myth that whether or not a Groundhog sees their shadow on February 2nd will decide the weather for the coming weeks. How did this originate? Let's find out!



February 2nd was celebrated as *Imbolc* by the Celts, a pagan festival to mark the halfway point between the winter solstice and the spring equinox. With the spread of Christianity throughout Europe, *Imbolc* evolved into *Candlemas*, a day involving feasts, purification, and a celebration of the return of light after winter's darkness. Christians in some parts of Europe believed that a sunny Candlemas meant 40 more days of cold and snow.

Germans had their own take on the legend, pronouncing the day sunny only if badgers glimpsed their own shadows. When German immigrants settled in Pennsylvania in the 18th and 19th centuries, they brought the custom with them, choosing the native groundhog as the annual forecaster.

Source: history.com

One-time Top-up to the Canada Housing Benefit

The one-time top-up to the Canada Housing Benefit aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.



The Canada Revenue Agency (CRA) administers this one-time payment. To apply for this new federal one-time payment, you do not need to receive other housing benefits such as the Canada Housing Benefit, which is co-funded and delivered by the provinces and territories.

Applications are open **until Friday, March 31, 2023**.

You can use the link provided for an online application, or call **1-800-282-8079**.

<https://www.canada.ca/en/services/taxes/child-and-family-benefits/top-up-canada-housing-benefit.html>

Black History Month

written by Jeff



Black History Month originated in the United States as *Negro History Week* in 1926 to recognize the contributions of African Americans to the history of the United States. Specifically, it was the second week of February. This was chosen because it includes the birthdays of Frederick Douglass and Abraham Lincoln, two influential persons against slavery. It was in 1976 when it officially became Black History Month in the United States.



In Canada, the Ontario Black History Society was established in Toronto in 1978, with a desire to have February be known as Black History Month. Toronto issued a proclamation in 1979. However, the first Black History Month was celebrated only in 1988, in Nova Scotia. It was officially recognized by the House of Commons in December of 1995.

Sources: <https://kids.nationalgeographic.com/history/article/black-history-month>

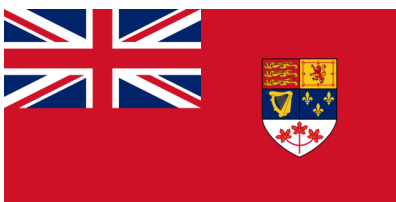
<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/about.html>

Flag Day!



February 15th

Canadian Red Ensign
(Unofficial flag of Canada)
1957 - 1965



Maple Leaf
(Official flag of Canada)
1965 - Present

Union Jack
(Official flag of Canada)
1801 - 1965



Happy Valentine's Day: What's your Love Language?

By: Jochelle Labid



Have you ever been in love before? How do you usually show that you genuinely care for someone? Each individual has unique and different ways of expressing the emotion of 'love'. Dr. Gary Chapman, a famous American Author, introduced the Five Love Languages which are used to communicate love in any form of relationship. But mostly, this article would focus on the use of love language between romantic partners.

Words of Affirmation

If you are the type of person with this love language, you would always prefer to receive verbal support and encouragement.

Acts of Service

An individual who has this love language would greatly appreciate thoughtful gestures received from their partner. Exerting effort such as initiating to do household chores and preparing meals for their loved one are some examples.

Giving Gifts

Giving not necessarily expensive things, but any thoughtful tangible material would be a way of expressing feelings of someone with this love language.

Quality time

Unlike the first three, this love language doesn't require any grand gesture, just a simple bonding time, walking together, eating lunch, in any way as long as they spend their time together, is already sufficient.

Physical Touch

This could mean holding hands, cuddling on the couch, hugging, and more.

Whatever yours is, it's important to know your love language and to communicate it with your partner so you can both work on your relationship. Some may be comfortable with words or physical touch, but some are not. It helps if you are both aware so you can better express yourself and at the same time, your love tank would be filled and satisfied!



Source: <https://www.betterhelp.com/advice/love/the-5-love-languages-how-to-show-love-to-your-partner/>

CHSSN YOUTH PULSE CHECK SURVEY

Data was collected between December 20th, 2021 - March 31st, 2022 to view the experiences that English-speaking youth between the ages of 18-29 with accessing mental health care across Quebec during Covid-19. In particular, LGBTQIA2S+, Black community members, young carers, parents, youth with disabilities, and foster care alumni are more vulnerable to mental health struggles and access to adequate services.

GAPS AND BARRIERS TO ACCESS

Overwhelmingly, English-speaking youth feel there is a dramatic lack of adequate mental health services and support in English in their region, exacerbated by the COVID-19 pandemic. **90%** of respondents experienced feeling mentally unwell within the previous two weeks, and over half of these respondents felt like this “all of the time” or “most of the time”. **40%** of respondents, on average, do not have access to a family doctor, similarly **40%** do not know what mental health services are out there. **46%** of respondents said they were not very comfortable or not comfortable at all speaking French and feeling understood when talking about their mental health

FINANCIAL STRESS AND WELLNESS

English-speaking youth felt a high correlation between financial stress and their mental health struggles. This stress is exacerbated by the lack of mental health support available in English in the public sector combined with the high cost of mental health support in the private sector. **32%** of respondents said that their financial struggles negatively impacted their mental health

URBAN VS RURAL OUTLOOK

There are higher levels of stigma felt around mental health struggles and a dramatic lack of services in rural vs. urban regions of Quebec. **24%** of respondents based in the most urban areas of Quebec said they felt that they would be judged for seeking help for their mental health, and in the rest of Quebec, this percentage jumps to **32%**.

INFORMAL SUPPORTS AND COPING MECHANISMS

Instead of turning to public health and social services as a first resort, English-speaking youth are relying heavily on informal support networks and using adaptive and maladaptive coping strategies. About **50%** of respondents would turn to their family, friends or significant other most often and only **25%** would turn to their family doctor or a clinic if their mental health took a turn for the worse. Over **72%** of respondents lean on a friend/supportive person or engage in relaxing activities, **57%** exercise and **35%** use one or more substances to feel well (i.e. cannabis, alcohol, nicotine, etc.).

“Just having a phone discussion with friends [helps me to feel well]. It’s very important to just have someone to talk to when I am feeling isolated because it makes me realize that I am not as alone as I had originally thought.”

Read the full “Youth Pulse Check | survey results report” CHSSN, 2022.
<https://chssn.org/documents/>

Putting Earth's History Into Perspective!

Written by: Jeffrey

The Earth is quite old, 4.5 billion years old to be exact! It's difficult, if not impossible, to comprehend how long that is, so how about we scale that down to 24 hours?

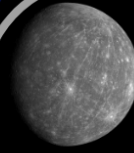


As you may already know, a year is the amount of time it takes for our planet to orbit the *Sun*. Our modern day calendar used in most parts of the world, the Gregorian calendar, is *365 days long*. However, a tropical year is actually approximately *365 days, 5 hours, 48 minutes, 45 seconds*, which is accounted for with our use of leap years.

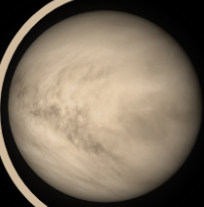
But, how long are years throughout the *Solar System*?

THE YEARS OF THE SOLAR SYSTEM

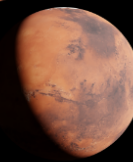
Written by Jeffrey



As the closest planet to the *Sun*, a year on *Mercury* is a lot shorter than the *Earth*, taking approximately **88 Earth days** to orbit the *Sun*.

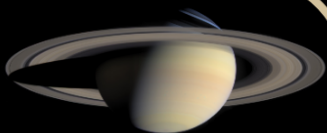


Venus, our sister planet, has a year equal to **224.7 Earth days**. This is not even two full days on *Venus*, where a day lasts *117 Earth days*!

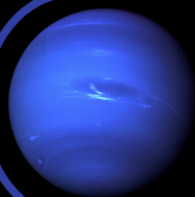
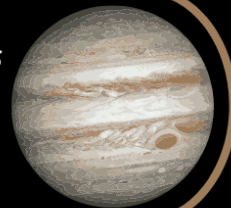


A year on *Mars* lasts **687 Earth days**, almost two *Earth years*!

Even if it travels through space at *9.68 km/s*, it is over a billion kilometers from the *Sun*, so it takes about **29.5 years** to orbit the *Sun*!

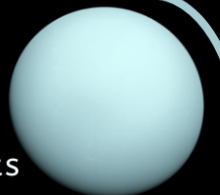


Now the years begin to get long! *Jupiter's* year is equal to **4328.9 days** on *Earth*; **11.86 years**!



Neptune's year is almost twice as long as a year on *Uranus*, it lasts **164.8 Earth years**!

Uranus completes its orbit every **84 years**! It has only orbited the *Sun* twice since its discovery in 1781. Its third will be completed in 2033!



If you thought those years were long, just wait until you hear about *Sedna*, one of our *Solar System's* dwarf planets! As of 2022, it is *1.26 billion kilometers* from the *Sun*. At its farthest point, it is *140.2 billion kilometers* from the *Sun*! Thanks to its orbital speed of *1.04 km/s*, one year on *Sedna* is **11,400 years** on *Earth*!

Pluto, the most well-known dwarf planet, has an orbit which lasts **248 Earth years**, *84 years* more than *Neptune*!



Sedna's orbit

Pluto's orbit (in purple)

NEIGHBOURS ON THE GO

This fall, Neighbours' Bright Beginnings coordinator Laurie travelled to Quebec City for a conference called "Outside the Sandbox", which brought together all the youth and families coordinators from the NPI's all over Quebec. The conference was filled with guest speakers touching on all youth aspects.

All in all, the conference was very useful and Laurie took away much learning that she can apply to her children's groups, activities for parents and children, and gaining new partnerships to expand Neighbours' reach more youth and families.



Eclaireurs: The Network Eclaireurs in psychological health is a project initiated by the Ministry of Health and Social Services (MSSS). Neighbours is part of this initiative, Nathalie attended the very first meeting in order to see and meet other players of the network as well as healthcare professionals behind it.

Val d'Or Adult Education: A new collaboration has developed with the Adult Education where Neighbours travel to Val d'Or, once a month, to give presentations. The first workshop was on "Saving at the groceries". Nathalie and Jochelle presented a powerpoint on how to save money. Laurie discussed healthy and low cost recipes. The students follow a recipe to make healthy energy balls.



Golden Valley: While in Val d'Or, Laurie presented a workshop on "Stretching out the stress" to elementary students (K4-2). This workshop has become an annual event during Early childhood week. Over 40 students participated and received valuable tips on breathing and stretching.

Building Together 2023—CHSSN retreat: Sharleen and Nathalie attended the retreat in Quebec city where they hosted a kiosk and shared tools, booklets and pamphlets to Repondant en Sante from across Quebec. Sharleen accompanied by Mme Tremblay, Regroupement provincial des comites des usagers gave a presentation on User's Committee. This presentation generated multiple interest with our sisters' organizations.

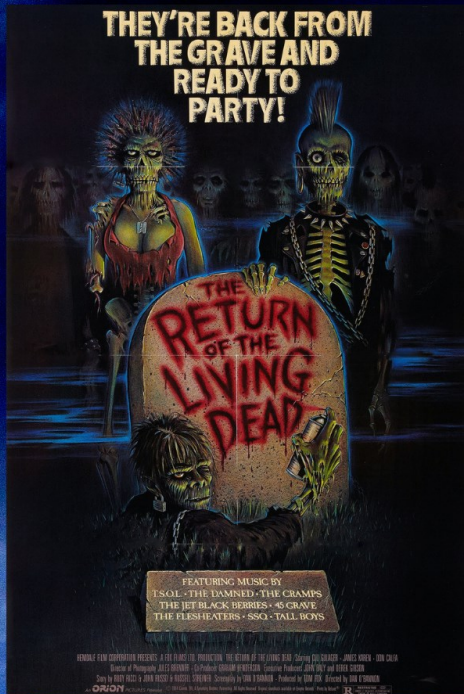


A NEIGHBOURS SPECIAL DOUBLE MOVIE NIGHT...

Return of the Living Dead

&

American Werewolf in London



When two medical supply warehouse employees accidentally release a deadly gas, it causes the dead to come back to life.

FRIDAY
FEBRUARY
10TH

Two American college students on a walking tour of Britain are attacked by a werewolf that none of the locals will admit exists.

7:00 pm

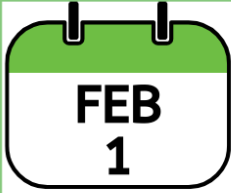
8:30 pm



WELLNESS WEDNESDAY



FUN FRIDAY



Groundhog Day Snacks

Be creative in designing your Groundhog Pudding Cup as we talk about the history of this day!



1:30 PM



Groundhog Day

February 3rd

1 h 41 mins

Drama
Comedy

A narcissistic, self-centered weatherman finds himself in a time loop on Groundhog Day, and the day keeps repeating until he gets it right.



Are you getting enough sleep?

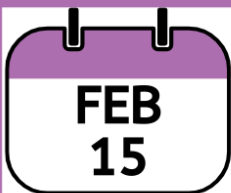
Learn some tips on how to improve Sleep Quality among Elderly



1:30 PM

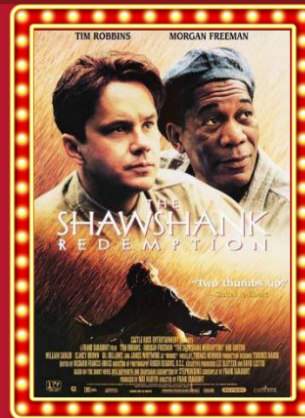


Game Day!



CHEP Session: Keeping your Back and Spine Healthy as you age

10 AM - Register in advance for lunch



Shawshank Redemption

February 17th

2 h 22 mins

Drama

Andy Dufresne is sentenced to prison for a crime he didn't commit. He forms a friendship with Red and experiences brutality of prison life.



Museum Day 1:30 PM

Spend your afternoon by visiting one of the town's Art Museums! Let's appreciate art and learn new things together



Game Day!



Feb. 7th : Animal Fun

Trivia, info, and games about all kinds of animals!



Feb. 14th : Valentine's Day Crafting

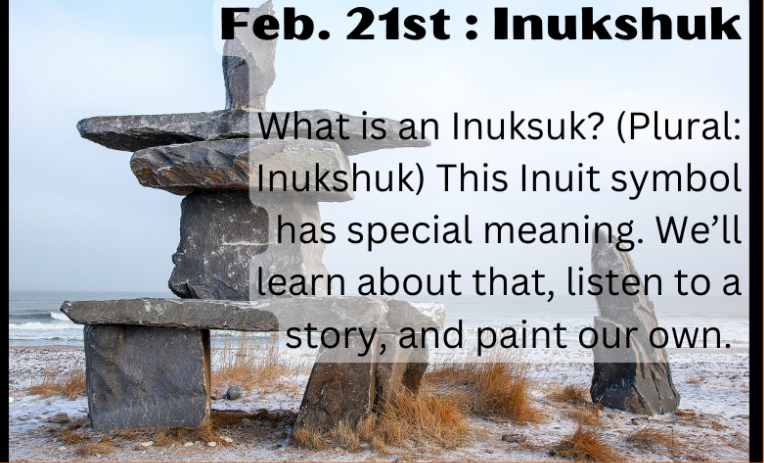


Come try your hand at making 3D Hearts and colourful woven Danish Hearts!

Campfire Club



Feb. 21st : Inukshuk



What is an Inuksuk? (Plural: Inukshuk) This Inuit symbol has special meaning. We'll learn about that, listen to a story, and paint our own.

Feb. 9th : Valentine's Fun

Learn the history of this day and some fun facts, and play some games!



Feb. 16th : Countries of the World



Test your geography skills! We'll play some games and try to locate the countries on our huge wall map!

















Feb. 23rd : Visit to the Art Gallery

A fun visit to local art gallery L'Écart, just steps from Neighbours. We will visit three large exhibits, including one where we will wander under the changing effects of coloured lights!



KOOL KIDS CLUB

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 	3 	4
5	6	7 	8 	9 	10 	11
12	13	14 	15 	16 	17 	18
19	20	21 	22 	23 	24 	25
26	27	28 				



Our Health
IS IN OUR HANDS



Campfire Club
After school



Kool Kids Club
After school



Wellness Wednesday
1:30pm



Movie/Game Day
1:30pm

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In partnership with



Patrimoine
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