



Neighbours Newsletter

APRIL 2023

NEIGHBOURS REGIONAL ASSOCIATION OF ROUYN-NORANDA

I BELONG GALA

On March 16th, Neighbours was pleased to host the *I Belong* Gala. Noranda School secondary students' final creations, in comic book format, were presented. These were done after having interviewed some of Neighbours' senior members about their lives and sense of belonging in an English community.

Each work was presented on our big screen by English Language Arts teacher Mrs. Ridley, and copies of the comic books were given to our senior members who participated. Students were awarded certificates by school principal Mrs. Barker for: Best Storyline, Most Colourful, Most Artistic, Best Dialogue/Speech Bubbles, and Funniest. Our members had much pleasure interacting with them and were delighted with the final results!

Noranda School partnered with LEARN Quebec for this activity, and Neighbours was very happy to lend our support!



Visit Neighbours' website and Facebook page for daily updates

www.neighbours-rouyn-noranda.ca

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



Free public transport after May 1st, 2023

Collective transportation will be free as of May 1st this year! For a period of at least one year, you can take the bus for free! This initiative aims to encourage citizens to adopt new sustainable mobility behaviours while increasing bus ridership.

NOTICE

The office will be
CLOSED
on Friday, April 7th
and Monday, April 10th

Copper Concentrate Spread in the Snow of Rouyn-Noranda

Dark particles were found on snow last Wednesday in Rouyn-Noranda. The Fonderie Horne confirmed that these particles were in fact copper concentrate, which doesn't contain arsenic.

The ministry of the environment confirmed to have received numerous reports from citizens.



Snow was sampled from the outskirts of Lac Pelletier, last Thursday.

Notices of non-compliance in relation to sections 20 and 21 of the Environmental Quality Act were issued to Glencore.

As recently as Saturday, the ministry's teams also took snow samples at the Notre-Dame-de-Protection school and at the Osisko Lake peninsula.

Nicole Desgagnés, spokesperson for the Comité Arrêt des Rejets et Émissions Toxiques de Rouyn-Noranda, deplores the lack of information provided to the population.

The Regional Public Health Department has issued several recommendations related to the presence of the contaminated snow, including avoiding the presence of children and animals near the affected areas. When asked if they would fine Glencore for the mine residue found throughout the city, the Ministry of the Environment said that it was still too early to tell. They prefer to wait for the conclusions of its investigations in relation to the contaminated snow collected at Lac Pelletier, at the Notre-Dame-de-Protection school, and at the Osisko Lake peninsula.

In the meantime, the Ministry of the Environment intends to follow up closely with the company regarding corrective measures that may need to be taken.

As of March 20th, the Ministry of the Environment has demanded that the Fonderie Horne pick up the copper concentrate



Sources:

https://tvaabitibi.ca/2023/03/13/fonderie-horne-du-concentre-de-cuivre-repandu-dans-la-neige-a-rouyn-noranda/?fbclid=IwAR19iA_KAzfsSGlOGGUO2s6HA5fu6EKKYhQXgxVzcMqtxWtiMhPipMxCeXg

<https://ici.radio-canada.ca/nouvelle/1964800/environnement-glencore-rouyn-noranda-quartier-notre-dame-polluants>

HOPPING INTO EASTER!

Ann Mary Koryck



Almost every month of the year has a special something. December has Christmas, January has New Year's, February has St. Valentine's Day, March has St. Patrick's Day and April celebrates Easter.

Easter has a few names, such as Pascha, Resurrection Sunday, or Easter Sunday Pascha. It is a Christian Festival and cultural holiday commemorating the resurrection of Jesus from the dead.

Ever wonder why Easter Sunday changes date every year? Well, it is called a movable feast, because it has to do with the lunar calendar and the position of the moon. Easter falls on the first Sunday after the full moon that takes place on or after March 21st, (which is said to signal the start of spring), and that is why Easter Sunday has a different date every year.

The family, J.S Fry & Sons Limited in the U.K. made the first chocolate egg in 1873. Based in Bristol, the chocolate business was founded by Joseph Fry, a Quaker, who started making chocolate in 1759. Today, the chocolate Easter egg is made by Cadbury because, in 1919, J. S. Fry & Sons merged with the increasingly popular chocolate company, Cadbury. The chocolate Easter egg is so popular that Cadbury's makes 500 million Creme Eggs every year!

Almost every holiday has roots that are older than Christ, dating from the Pagans, and Easter is not any different. Named after the Anglo-Saxon Goddess, Eostre who was depicted as a Fertility Goddess and a Goddess of Dawn and Light, it was a festival celebrating the arrival of spring, and it was another occasion where Pagan traditions were blended with Christian holidays.

Rabbits bringing eggs doesn't make a lot of logical sense, but just like Santa Claus has no Christian significance to Christmas, the Easter Bunny also has no real connection to this holy day. The Easter Bunny comes from pre-Christian Germany, where a nest of colorful eggs was left for children who were well-behaved on Easter Sunday.

Painting Easter eggs come from Ukrainian traditions, calling out to the Gods and Goddesses of health and fertility. This colorful custom didn't take off until Ukrainian immigrants came to the U.S.

Easter is the second best-selling candy holiday in America after Halloween.

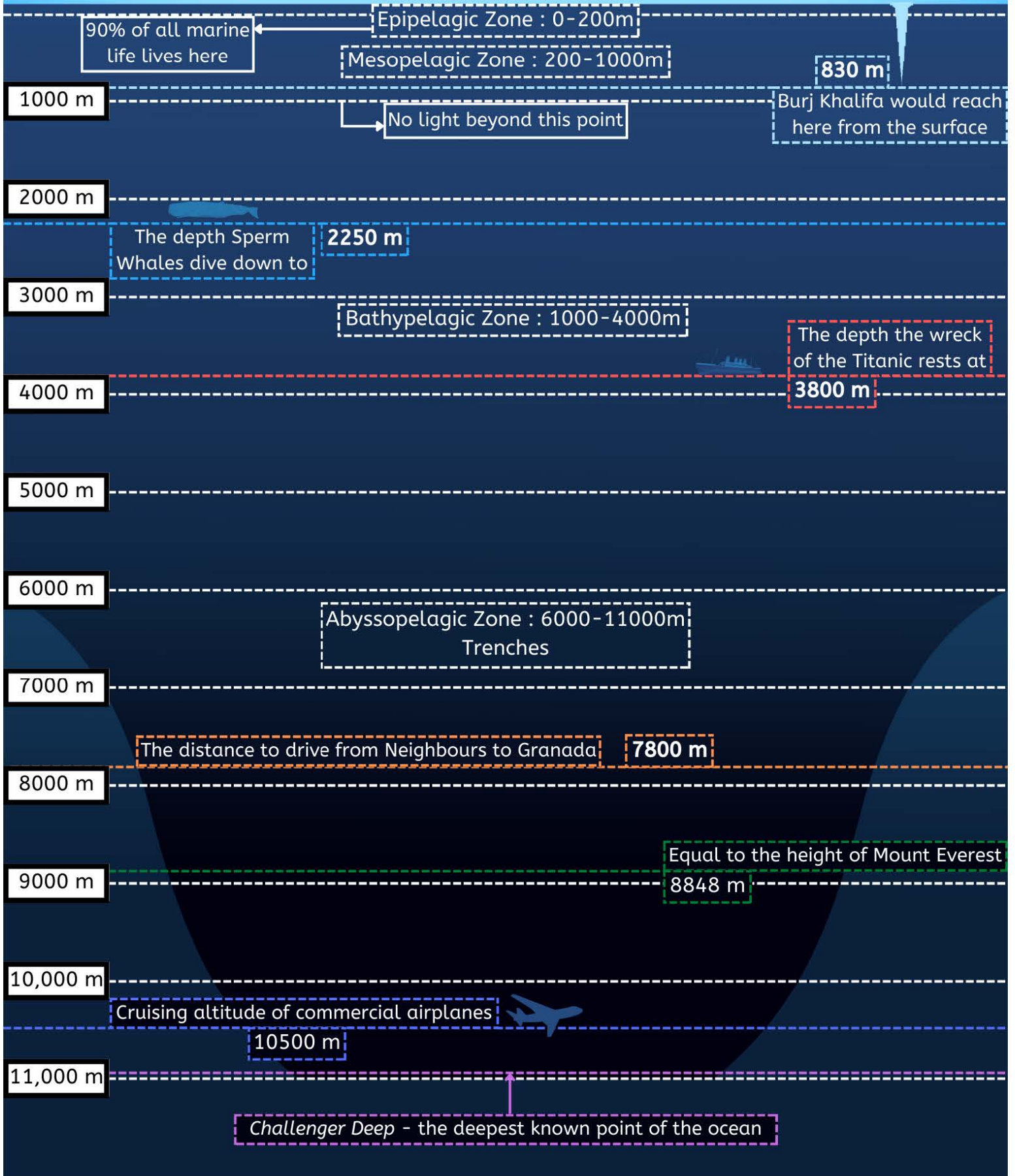
Source: <https://blog.gratefulness.me/april-quotes/>



HOW DEEP CAN THE OCEAN BE?

WRITTEN BY: JEFF

The *Challenger Deep* is the deepest known part of the ocean, in the Marianas Trench. If you were curious just how deep it is, check this out!

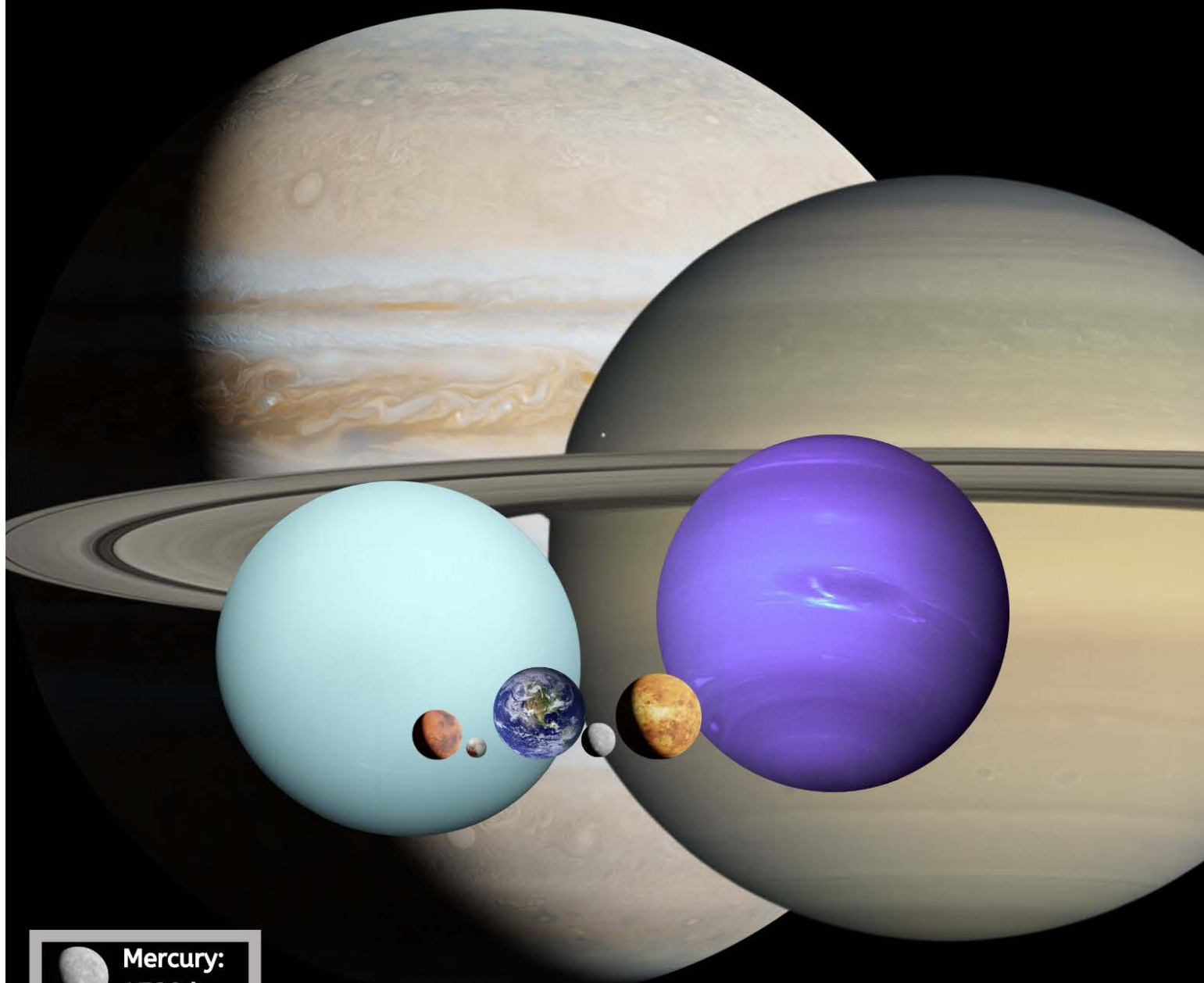


THE SIZE OF THE PLANETS!

Written
by: Jeff

Planets are quite large! How large, you may ask? Let's take a look at their sizes, and their diameter!

*Photos to approximate scale



	Mercury: 4780 km
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	Venus: 12104 km
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	Mars: 6780 km
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	Saturn: 116 464 km
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	Neptune: 49 248 km
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	Earth: 12756 km
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	Jupiter: 139 822 km
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	Uranus: 50 724 km
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	Pluto: 2400 km
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Earth Day 2023

After the 1969 Santa Barbara Oil Spill, which resulted in the death of over 10,000 animals, activists mobilized, which led to the creation of Earth Day on the one year anniversary of this disaster. With the 53rd Earth Day coming up soon, let's look at some ways we can help the environment!

Use less water.

Conserving water at home is one of the easiest ways to protect the environment. Think of all the times you consume water, both inside and outside your home; then, make adjustments as you can.

For example:

- Turn off the tap while you brush your teeth.
- Fix leaky faucets.
- Make your water use more efficient by aerating faucets, using sprinklers that reduce runoff and installing low-flow toilets and efficient shower heads.
- Collect and use rainwater for watering plants.
- Shorten your shower by a few minutes—or skip it altogether if you don't really need one that day.
- Only run your dishwasher or washing machine when it's full.

Conserve electricity.

As you can guess, we're quite fond of this method of protecting the environment! Anytime you can use less electricity, it's a win for the planet. Try some of these quick ways to conserve energy around your home:

- Trade incandescent bulbs for more energy-efficient CFLs or LEDs.
- Use smart power strips, which turn off the power to electronics when they're not being used. (Or, simply unplug power cords from the wall when items aren't in use.)
- Use a programmable or smart thermostat.
- Maintain your heating, ventilating and air conditioning (HVAC) system.
- When it's time to buy a new appliance, choose an Energy Star-certified model.
- Seal air leaks around doors and windows.
- Make sure your home is properly insulated to the recommended level of heat resistance ("R-value") for where you live.
- Use ceiling fans to circulate warm air in the winter and cold air in the summer.

Source: <https://www.greenmountainenergy.com/why-renewable-energy/protect-the-environment>
<https://www.earthday.org/history/>



HAVE YOU THOUGHT OF HAVING AN ALOE VERA PLANT?

WRITTEN BY ANN MARY KORYCK

Aloe vera has been a popular plant indoors for hundreds of years. Maybe you or someone you know has an aloe plant. This plant has thick, short-stemmed leaves. It is best known for treating minor skin injuries like cuts and scrapes and sunburns.



This plant is used a lot in cosmetics and pharmacy products and even the food industry used it. The gel inside the leaves contains a host of ingredients, like amino acids, minerals, vitamins, and antioxidants.

Aloe vera is a great plant to have in the home and it doesn't take up very much room. It needs a bright indirect spot. It does not like the full-on hot sun all day long. If you would like a plant, keep an eye out in the stores, they are often available.

UPCOMING CHEP SESSIONS

April 19th
2023
10 AM

If you Love Them Leave Them Lists
(Tips for Advanced Care Planning)

**Call in advance to reserve your place*

May 17th
2023
10 AM

Downsize, Rightsize and Lightsize:
Decluttering your home and mind

**Call in advance to reserve your place*

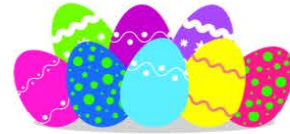
June 21th
2023
10 AM

Men's Health - Taking the fear out of
prostate screenings and follow up

**Call in advance to reserve your place*



Easter Word Search



S	E	A	S	T	E	R	R	C	H	I	C
C	E	E	E	A	G	O	A	A	N	T	A
S	H	H	C	M	G	A	A	R	C	R	G
F	P	O	C	O	S	O	C	R	L	A	R
B	T	P	C	F	I	R	T	O	E	B	A
U	H	S	H	O	I	S	T	T	R	B	N
N	E	E	E	E	L	V	A	P	R	I	L
N	R	N	T	V	N	A	X	N	T	T	M
Y	V	B	A	S	K	E	T	C	H	R	A
P	P	I	E	O	S	N	S	E	E	R	H
A	H	O	L	I	D	A	Y	G	R	R	E
S	H	U	S	T	H	T	E	H	U	N	T



HOP

CHIC

EASTER

CHOCOLATE

HUNT

RABBIT

BASKET

HOLIDAY

EGGS

APRIL

BUNNY

CARROT

April 4th : Easter Craft

We'll make a cute craft to fill with treats for the occasion!



April 11th : No School

No school, no Campfire Club



Campfire Club



April 18th : Wild About Turtles

Earth Day is almost here, let's learn a little about the endangered species of turtles in Canada, and then make our very own little reptile friend!



April 25th : April Rain Umbrella Craft

It's raining, it's pouring!
A fun craft for this showery season.



April 6th : Easter Trivia and Craft!

What do eggs have to do with Easter? We'll find that out and more fun facts too!



April 13th : Paint a Birdhouse

The birds are coming back and will need safe places to build their nests. Come paint a birdhouse for them!



April 20th : What Are Pollinators?

The work of pollinators benefits all of us every day, and you will be surprised: they aren't only bees! For Earth Day, we'll learn how pollinators are being threatened, and what we can do to help them!

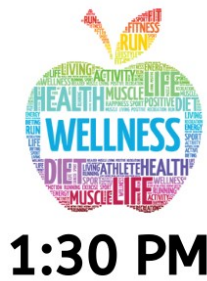


April 27th : Cherry Blossoms

Learn about gorgeous cherry blossom trees, and then we will create our own.



WELLNESS WEDNESDAY



Chill Afternoon

Come join us for a coffee while we answer 21 interesting questions!



Happy Easter!

We will be doing a Special Indoor-Egg Hunting Day and win some prizes!



CHEP Session: If you Love Them Leave Them Lists: Tips for Advanced Care Planning

10 AM - Register in advance for lunch



Mental Break

Spend your afternoon with us! Let's de-stress and relax in learning new forms of art!



**OFFICE
CLOSED
ON
FRIDAY, APRIL
7TH
NO MOVIE**



**Game
Day!**



**The Pursuit
of Happiness**

**April
21st**

1 h 57 mins

**Biography
Drama**















A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.



**Game
Day!**



APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 	5 	6 	7 OFFICE CLOSED	8
9	10 OFFICE CLOSED	11 NO CAMPFIRE CLUB	12 	13 	14 	15
16	17	18 	19 	20 	21 	22
23	24	25 	26 	27 	28 	29
30						



Our Health
IS IN OUR HANDS



Neighbours McGill
Bursary, Recruitment and
Retention program



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
canadien

Canadian
Heritage