



# Neighbours Newsletter

October 2020

NEIGHBOURS REGIONAL ASSOCIATION OF ROUYN-NORANDA

## Neighbours 17th Annual General Meeting (AGM)

Our Annual General Meeting was held on the evening of September 21st. News was shared of all that had taken place at Neighbours in the past year, what our Board and employees had been up to, and what we strive to do and have accomplished for you, our members!

Over twenty of our members came out to hear our reports, and all through the meeting, which was held at Le Noranda, strict Covid-19 safety protocols were of course followed.

Richard Nolet did a great job presiding over his first AGM as Chairman of our Board of Directors.

Members listened with much interest as each of our employees, accompanied by our Board members, spoke from separate podiums about what had been accomplished over the year, and what we aim to do in service to our English community.

Reports were given on Human Resources, Networking, which included speaking about the many conferences and training sessions Neighbours staff had attended, Bright Beginnings activities and projects, our English Health Service Agent's accomplishments, and what we do on Senior's Wednesdays.

Also spoken about was what Neighbours does to serve our community, and how one employee went above and beyond and potentially risked her own health and safety to aid some of our members during the worst part of the Covid-19 crisis, when people were in lockdown.

Of course, the treasurer's report was given, also a communications report and one on our membership.

Ann Marie Del Col has completed her term as director; and we thank her for her many years with us. Two new members were elected to our Board of Directors, Linda Marion and Michelle Desrosiers. Congratulations!

The meeting was followed by snacks, dessert, coffee and tea, and a bit of socializing.

Neighbours is very proud of our great progress and many successful endeavours this past year!



*Visit Neighbours' website and Facebook page for daily updates*

[www.neighbours-rouyn-noranda.ca](http://www.neighbours-rouyn-noranda.ca)

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

# The Winter of my Life

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is, my friends are retired and getting grey, they move slower and I see an older person in myself now. Some are in better and some worse shape than me, but, I see the great change. Not like the ones that I remember who were young and vibrant but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day. Taking a nap is not a treat anymore... it's mandatory cause if I don't on my own free will, I just fall asleep where I sit!

And so, now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did. At least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

If you're not in your winter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long. Life goes by quickly. Do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to

remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good.. coming home is even better!

~You realize you're never going to be really good at anything.... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words ... "what?"..."when?"...???

~Now that you can afford expensive jewellery, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But "Old" is good in some things: Old Songs, Old movies ... and best of all, our dear ...OLD FRIENDS!! Stay well, "OLD FRIEND!"





# Itty Bitties Club

## 0-5 age Group



**Saturday**  
**October 24th 2020**  
**10a.m**



**The Bright Beginnings team from Neighbours is trying to reach a different age group and their families of the English-speaking population. The Itty Bitties Club will be a pilot project to give us a chance to meet parents and further discuss activities to see if there is a demand for this type of English group in our community.**

**We will be hosting a Saturday morning activity, story time and snack following safety rules and regulations. Parents must be present with their child/children, this is NOT a drop off service or daycare service.**

**Register at [neighboursbbprojects@outlook.com](mailto:neighboursbbprojects@outlook.com) OR  
819-762-0882**



# Back to School 2020

This year's school re-entry was like no other ever before, to say the least. After being closed for two months last spring, school was re-opened in May for elementary students only, with attendance being optional. So, as of August 31st, with attendance now being mandatory for students of all ages, many children found themselves back in school for the first time in almost six months! Because of the pandemic, students, teachers, and even school bus drivers have had to deal with many new government rules and adaptations.

As for transportation to and from schools, things were a little tricky to plan. Seeing as about 50% of school bus drivers in our area are over age 60, as well as the fact that it is hard to practice social distancing in such an enclosed space full of children, all measures possible are being taken to protect our children as well as drivers. Drivers are protected by a plastic curtain. All buses are now equipped with hand sanitizer, used by each student as they embark on the bus. Masks are mandatory for students aged 10 and over riding the bus. Seating is limited to 48 students only, so not all seats are occupied as to respect social distancing. Siblings must sit together. Due to the limited seating available, parents are asked to transport their children themselves if possible. The buses will pick up and disembark students from one address only, so parents with shared custody may have had a few headaches with planning! The buses are sanitized and disinfected each evening.

As for inside the schools, there have been many changes to ensure safety. To keep each class as its own "bubble", teachers now move between classes to teach different subjects instead of the children switching classrooms, this decreases movement through hallways, thus maintaining closed groups as much as possible. Masks are worn by children in grade 5 and up, in all common areas except inside the classroom.

In keeping with social distancing measures, a distance of 2 metres is to be kept between students and other students who do not belong to the same "class bubble", as well as between students and school personnel. There are no physical distancing measures between Kindergarten students and their teachers. Bathrooms have been designated for different student groups.

For lunchtime at Noranda School, older students now eat in their classrooms, while younger students eat in the cafeteria. To lessen handling and the risk of contamination, there are no more heating of lunches in the warming oven, or use of microwave ovens. Parents have been getting creative with cold lunches, and thermos lunches! Traditional water fountains are now off limits, but the school is lucky to have a hands-off water filling station for students to fill their reusable bottles.

Student groups also have designated doors to enter and exit the building, in keeping with their separate "bubbles".

Physical education classes are being conducted outside whenever possible, let's hope for great weather! When playing outside for recess, children keep to their respective groups.

Sanitizing and disinfecting are done continuously throughout the day.

At the end of the day, parents are not permitted in the schoolyard to retrieve children who do not take the school bus, but need to meet outside the school grounds.

In short, every measure possible is being taken to provide a safe environment for all.

With all these new rules and changes, how have things been this past month? Mrs. Amy Barker, principal of Noranda School, told Neighbors "it is a lot of extra organization behind the scenes and additional challenges for the teachers and support staff but the students seem to be very happy to be back at school. I think I can speak for all the staff when I say that the extra work and sacrifices are well worth it to keep everyone safe. We are happy to have them back!"

*By Laurie Ann Boast*



Happy Thanksgiving

**IMPORTANT MESSAGE!!!**

**PLEASE TAKE NOTE THAT THE OFFICE WILL BE CLOSED ON: MONDAY, OCTOBER 12TH, 2020.**



**CHEP Video conference Topic: Healthy Eating During the**

**ACTIVITY**  
Thursday, October 22nd  
from 10:00 a.m. to 11:00 a.m.  
Via Zoom  
**POSTPONED**  
Please call the office to reserve a spot by Monday, October 19th, at  
819-333-0882  
**DUE TO COVID-19**  
**RESTRICTIONS**

**CHSSN**

Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux





# Annual Welcoming Event for Rouyn-Noranda's New Citizens

On September 20th, the city of Rouyn-Noranda held its annual activity, "Welcoming New Rouynorandians", to officially welcome our city's new citizens.

In partnership with the local youth resource centre and La Mosaïque, the event took place at La Place de la Citoyenneté with city hall as a backdrop. Strict measures were followed due to the current public health crisis, with advance registration to visit the site, and one family group at a time making the visit. The weather was ideal that day for the organizers to welcome Rouyn-Noranda's new arrivals!

Families who arrived in the past year and have made our town their new home were able to visit 10 information kiosks on the site. Local and government establishments with kiosks providing info were: the Rouyn-Noranda municipal library, la Maison de la Famille, Vision-Travail, le Centre Local de Développement (local development), la Sureté du Québec (Police), la Mosaïque (international club), le Centre Ressources Jeunesse (youth center), le Cégep de l'Abitibi-Témiscamingue, l'Université du Québec en Abitibi-Témiscamingue, the Minister of Immigration, Francisation and Integration, and of course Neighbours' kiosk, manned by Nathalie.

A 'Welcome Kit' was presented to our new citizens by the Mayor of Rouyn-Noranda, Diane Dallaire.

The political attaché representing Emilise Lessard-Therrien, our Member of the National assembly, was also on site to greet the newcomers.

Some interesting statistics:

64 new Rouyn-Noranda citizens attended the activity, including some international students, and a few temporary workers. 18% moved here from another town in the Abitibi-Témiscamingue Region, while 56% came from another region of Quebec to settle here. 26% came here directly from another country to call Rouyn-Noranda their new home!

Reasons given for making the move to come live here included for work, schooling, and coming to live near family.

This year's annual welcome event was deemed a great success by the organizers.

As for Neighbours, 15 families enquired about our services when they visited Neighbours kiosk! We hope they will visit us or reach out for anything we can help with!

*By Laurie Ann Boast*



Neighbours' Nathalie at our kiosk with Mayor Diane Dallaire

# Autumn's Departure on the Wing

One of the surest signs of fall is the sight and sound of Canada geese flying in their distinctive "V" formations, headed south to warmer climates to spend the winter in the continental United States or northern Mexico.

Have you ever wondered why they honk while flying? The ones in the back of the formation do the honking, to encourage those in front to keep up their speed. In fact, geese are noisier in flight than they are on land! Honking so much during flight does expend lots of energy, but it is a fair trade-off, as the honking is also used to co-ordinate position shifts, flight speed and direction as they fly, thus saving energy for each goose in the long term.

Migrations can be as long as 3200 to 4800 kilometres, and the geese are capable of flying up to 2400 kilometres in a single day if the weather is good! Their average speed while migrating is about 65 kilometres per hour, but can reach up to 115 kilometres per hour if they catch a strong tailwind!

The "V" shape is aerodynamic and cuts through wind, helping each goose following the leader to benefit from the air currents passing each other goose, permitting them to fly longer distances. If a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front, no doubt encouraged by the honking of his flockmates to get back in line!



Whenever I see and hear a flock of Canada geese flying south in the fall, it gives me a little pang to know that summer is inevitably over, and that the long cold winter is not far off. But I know that next year when I see them flying overhead, northern bound, spring will have arrived once again.

*By Laurie Ann Boast*

*Source: Canadian geographic.ca*

---

## Did You Know....?

Fall is for lovers. More people go from "single" to "in a relationship" or even get engaged, than in any other season. More babies are conceived in colder months than any other time of year too!



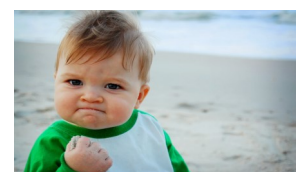
Fall colours are caused by the amount of sugar in leaves.

The more red in a leaf, the more sugar it is storing.

That is why maple trees are so vibrant!



Children born in the fall are statistically better students and live longer. According to the UK department of education, fall is the best time to be born!





# Breast Cancer

A Community

## ACTIVITY

October 24th,

1:30 pm at Neighbours

## POSTPONED

### DUE TO COVID-19

## RESTRICTIONS

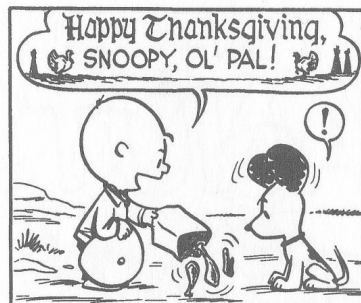
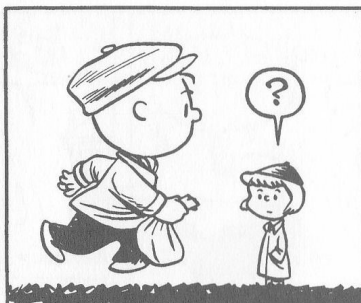
Prevention program

Join us for a brisk walk and some sweet  
treats and social

From all of Neighbours staff and our board of  
directors

# HAPPY THANKSGIVING

Neighbours Office closed Monday Oct. 12th





# News on Official Flag to Represent English-Speaking Quebecers

Voting has concluded on Y4Y (Youth for Youth) Quebec's Symbolism Project which aimed to create a flag representing Quebec's English speaking communities. English-speaking (or any Quebec resident!) Quebecers were asked to vote for their favourite of three flag designs, each of which was made by English speaking artists of Quebec. Voting took place online, and ended in September.

As stated by Y4Y, the goal of acquiring this new flag is to "Promote the visibility and vitality of Quebec's English speakers. It will serve to unite our province's multi-faceted English speaking community, and represent our place in Quebec. The flag will be a unifying symbol and will increase the sense of belonging to our linguistic minority community and to the broader Quebec society. In the future, the flag can be used by community organizations to identify gatherings, events, activities and projects that focus on the English-speaking community."

The new flag has yet to be officially unveiled as of the printing of this newsletter. We will definitely inform our readers as soon as we know!

Each of Canada's other provinces and territories have official flags representing their French-speaking communities, so the acquisition of this flag for our own communities is certainly a meaningful first, and something to be very proud of!

Source: [y4yquebec.org](http://y4yquebec.org) By *Laurie Ann Boast*



Remember, daylight savings time ends November 1st.

Set clocks back one hour at 2 a.m.



**WHAT KIND OF VEST SHOULD YOU WEAR IN THE FALL?**

**A HAR-VEST!**

Fall Puns @ AllWording.com



# The History of Thanksgiving in Canada

Thanksgiving weekend. For many, this long weekend really kicks off the autumn season. People across the country will spend it raking leaves, harvesting, shutting down the family cabin, and hopefully eating a delicious meal surrounded by friends and family. But where did this tradition come from?

In 1621, the pilgrims at Plymouth Plantation, Massachusetts, held the first Thanksgiving in North America, giving thanks for the end to a drought and a bountiful harvest. Without the help of the Wampanoag, who shared planting, hunting, and fishing knowledge and techniques, the pilgrims would have died. Some records say the first official Thanksgiving likely predates this event by around fourteen years.

Believe it or not, Thanksgiving in Canada, or at least the land that would become Canada, has its own history, separate from our American counterparts.

Traditions of giving thanks long predate the arrival of European settlers in North America. First Nations across Turtle Island have traditions of thanksgiving for surviving winter and for receiving crops and game as a reward for their hard work. These traditions may include feasting, prayer, dance, potlatch, and other ceremonies, depending on the peoples giving thanks.

As the story goes, in 1578, English explorer Martin Frobisher and his crew gave thanks and communion was observed, either on land at Frobisher Bay, in present day Nunavut, or onboard a ship anchored there. The explorers dined on salt beef, biscuits, and mushy peas and gave thanks through Communion for their safe arrival in then Newfoundland. This is now accepted as the first “Canadian” Thanksgiving, forty-three years before the first “American” Thanksgiving.

Forty-eight years later on November 14, 1606, inhabitants of New France under Samuel de Champlain held huge feasts of thanksgiving between local Mi'kmaq and the French. Though not known at the time by the settlers, cranberries, rich in vitamin C, are credited with helping avoid scurvy. The neighbouring Mi'kmaq likely introduced the French to cranberries, or as they called them, *petites pommes rouges* (little red apples). Champlain's feasts were

more than an annual affair. To prevent the scurvy epidemic that had decimated the settlement at Île Sainte-Croix in past winters, the *Ordre de Bon Temps* (Order of Good Cheer) was founded, offering festive meals every few weeks. Medical treatises recommended better nutrition (more food) and entertainment to combat scurvy.

However, despite this history of uniquely Canadian thanksgivings, our modern concepts of Thanksgiving were influenced by our American neighbours. Foods that are associated with a “traditional” Thanksgiving, such as North American turkey, squash, and pumpkin, were introduced to citizens of Halifax in the 1750s by the United Empire Loyalists, who continued to spread this “traditional” fare to other parts of the country.

Today Canadian Thanksgiving is held on the second Monday of October every year, or at least it has been since Canadian Parliament declared it so on January 31, 1957. Before this, Thanksgiving in Canada had been held sporadically, often coinciding with other major events and anniversaries.

In 1879, Thanksgiving was officially declared a national holiday to be held on November 6th.

The most recent date change to the second Monday in October was largely a result of the first and second world wars, which we officially remember each year on November 11, Remembrance Day. This was so that the two holidays would not fall on the same weekend.

As Thanksgiving in Canada has historically been celebrated on several different dates, it is fitting that, even though it is observed on Monday, families are equally as likely to celebrate on Saturday or Sunday.

Most Canadians embraced the change of date to October, since that period better coincides with the actual completion of harvest in much of the country.

Parliament officially declares Thanksgiving as “a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed.” While this mandate for Thanksgiving may not be observed by all Canadians in its entirety, the ideas of being thankful, of spending time with family, and sharing a delicious meal still remain.

Source: <https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada>





# ACTIVITY POSTPONED DUE TO COVID-19 RESTRICTIONS

Recycling presentation  
October 1st 2020 at 1:30p.

We will be having a presentation on recyclable materials for our Senior's afternoon. Joining us for questions will be Marie-Josée Bart from the City of Rouyn Normand.



To reserve your spot, please call: 819-762-0882

819-762-0882



## PUMPKIN CARVING CONTEST!

Put your artistic creativity to the test!



Enter our pumpkin carving contest and get the chance to win great prizes!!



\*\*Contest running from October 26th to the 30th at noon\*\*

Send in your picture to our Facebook Messenger or [neighboursinfo@cablevision.qc.ca](mailto:neighboursinfo@cablevision.qc.ca)

Any questions about our contest please call our office at 819-762-0882

**HAPPY HALLOWEEN!!**

# October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Campfire Club 4-5 	2	3
4	5 Kool Kids Club 4-5 	6	7 Senior's Wednesday <b>EVENT CANCELLED</b>	8 Campfire Club 4-5 	9	10
11	12 Office Closed Happy Thanksgiving!	13	14 Recycling Presentation @1:30 pm. <b>EVENT CANCELLED</b>	15 No school= No Campfire Club!	16	17
18	19 Kool Kids Club 4-5 	20	21 CHEP Zoom Meeting <b>EVENT CANCELLED</b> "Eating During the Pandemic"	22 Campfire Club 4-5 	23	24 Itty Bitties @10 a.m. Breast Cancer <b>EVENT CANCELLED</b>
25	26 Kool Kids Club 4-5 	27	28 Senior's Wednesday <b>EVENT CANCELLED</b>	29 Campfire Club 4-5 	30	31



*Our Health*  
IS IN OUR HANDS



Campfire Club  
Every Thursday 4:00pm to 5:00pm

*In partnership with*



Patrimoine  
canadien

Canadian  
Heritage