



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



Information source for the South Shore English-speaking community

THE ADVISOR

Inside This Issue

Notice of AGM	2
CGPKC Collective	3
Activity Calendar	4/5
GPK News	6
Candiac Corner	7
HRR Review	8
HRR Activities	9
Involved Dads	10
All About June	11
Community Activities	12
Bulletin Board	13

ARC's Annual General Meeting

Wednesday, June 15

In-person
Greenfield Park
Legion

4:30 to 6:00 p.m.

Register:

info@arc-hss.ca or
call (514) 951-9711

See page 2 for more info

Hello there June And just like that, we've transitioned into the long days of late spring, flowers popping everywhere and trees at their most glorious.

New this month in Haut-Richelieu-Rouville (see page 8 and 9 for details):

- Moms and Tots Walking Club on Tuesdays and 10:00 a.m. in St-Jean
- Podcast Production for youth 9-15 on June 28, 10:00 a.m. to 3:00 p.m.
- Mural Workshop for families on June 27, 10:00 a.m. to 3:00 p.m.

We would like to welcome **Christine Prince** as our newly appointed Caregivers and Early Childhood Program Coordinator. Christine has joined us after 25+ years in academic health care administration at the McGill University Health Centre. Her background in learning activities and special events coordination, along with a passion for early childhood literacy promotion, make her a welcome addition to our team.

Also, new to ARC is **Adam Hall**. Adam's background is in teaching, human resource management, gambling and video game addiction education and prevention. His experience will be an asset in his role as the Youth and Employment Coordinator.

On June 7, from 11:00 a.m. to 1:00 p.m., if you are a resident of Greenfield Park, you are invited to the launch of the **CGPKC (GPK Collective)** at the Legion. This launch will be an opportunity to learn more about the projects and initiatives that the CGPKC is currently working on, and also to meet with representatives of organizations and associations working in Greenfield Park.

Our thanks to Chantal Lacroix, the owner of the **Provigo St-Lambert**, located at 1461 Victoria, for contributing items for the silent auction activity at the Seniors Wellness Centre activity.

It's Father's Day on Sunday, June 19. Happy Father's Day to all the dads in our community!

If you have been forwarded this newsletter and wish to **subscribe**, [send us an email](#).



ASSISTANCE AND REFERRAL CENTRE
106 Churchill Blvd.,
Greenfield Park J4V 2L9
(514) 605-9500
info@arc-hss.ca

Notice of ARC 2022 Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Assistance and Referral Centre (ARC) will be held **in-person**

- **Wednesday, June 15, 2022 at 4:30 p.m.**

For the purpose of:

- receiving and considering the 2021-2022 annual report;
- auditor's report & financial statements, and 2022-2023 provisional budget;
- electing members to the Board of Directors;
- appointing auditors;
- and other business as may properly come before the meeting.

Location: **Greenfield Park Legion**
 205 Empire Street, Greenfield Park J4V 1T9

Register: info@arc-hss.ca

On behalf of all the members of ARC's Board of Directors, we thank you in advance for attending.

Lorraine Torpy
President, ARC Board of Directors

Health Canada has contributed financially to this activity through CHSSN



Health
Canada

Santé
Canada



Invitation to Greenfield Park Residents

Over the past year, the GPK Collective (CGPKC) has worked in collaboration with several partners and citizens of the Greenfield Park community to establish its key orientations and modes of governance. This work has notably taken the form of the organization of 4 Grand Rendez-vous in which about forty different partners have participated.

It is now time to share the results of this work with the community. You are therefore invited to the launch of the strategic planning of the CGPKC, whose mission is to work towards improving the quality of life of the Greenfield Park borough community, particularly by fighting social exclusion and poverty.

The launch will take place in-person on June 7 from 11:00 a.m. to 1:00 p.m. at the Royal Canadian Legion (205 Empire Street). This launch will also be an opportunity to learn more about the projects and initiatives that the CGPKC is currently working on, and also to exchange with representatives of organizations and associations working in Greenfield Park.

Schedule

- 11:00 a.m.: Opening of the doors and visit of the kiosks
- 11:45 a.m.: Welcome speech
- 12:00 p.m.: Presentation of current initiatives and projects
- 12:30 p.m.: Unveiling of the strategic plan
- 1:00 p.m.: End of the activity

>>[Register here](#)<<

For more information or to obtain registration assistance, please contact Raphaël Massé, Social Development Advisor at the Ville de Longueuil, by email at raphael.masse@longueuil.quebec or at (514) 236-8991.

The CGPKC looks forward to discussing the future of the Greenfield Park community with you.

The Quebec anglo: A new documentary portrays a reality far from the “pampered elite” myth

“*What We Choose to Remember* sheds light on stories that have rarely been heard in public and is a celebration of people whose contributions have been downplayed or ignored. It’s a call to learn about and value each other’s heritage in the hopes of creating a more unified and inclusive Quebec for all.”

<https://youtu.be/P2bSMSRokpg>



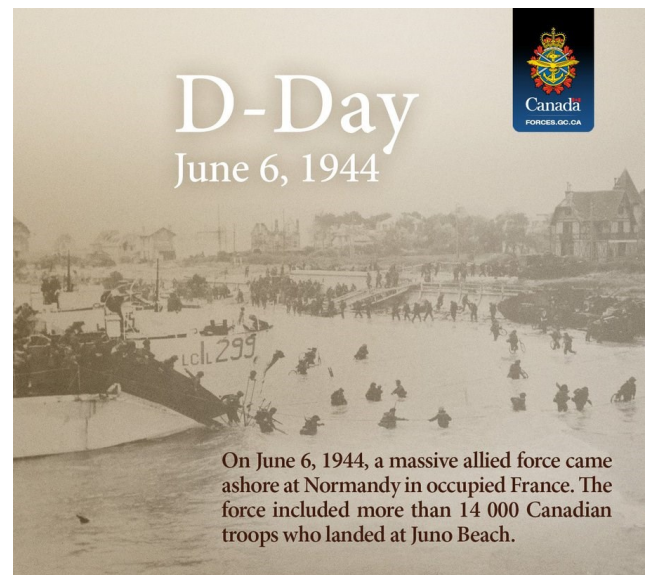
11:00 a.m.: Opening of the doors and visit of the partners' stand
12:00 p.m.: Presentation of the CGPKC's ongoing initiatives and projects
12:30 p.m.: Unveiling of the CGPKC strategic plan

**June 7th from 11:00am to 1:00pm at the
Royal Canadian Legion (205 Empire Street)**

Come and meet (in person!) with
organizations from your community!

Registration is required:
<https://forms.gle/oQ3EUrCPZRhugR8r6>

For more information:
raphael.masse@longueuil.quebec
514 236-8991



June Activity Calendar–Page 1

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;">For information or to register, please contact our Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711</p> <p style="text-align: center;">These activities are made possible thanks to our funders: <i>Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, AP-PUI Monteregie, Dialogue McGill and Bright Beginnings.</i></p>						
			<p>1</p> <p>Mother Goose on Zoom English Conversation @ CISSS</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p>	<p>2</p> <p>Mother Goose St. Lambert English Conversation @ CISSS</p> <p>Walk & Talk in-person @GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>	<p>3</p>	<p>4</p>
5	<p>6</p> <p>Mother Goose GPK x 2 English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>7</p> <p>Mother Goose Brossard English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Social Cooking with Jody @ Activity Centre 10:00am-12:00pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Chat for Well-being via Zoom 7:00 pm</p>	<p>8</p> <p>Mother Goose on Zoom English Conversation @ CISSS</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p>	<p>9</p> <p>Mother Goose St. Lambert English Conversation @ CISSS</p> <p>Walk & Talk in-person @GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>10</p>	<p>11</p>
12	<p>13</p> <p>Mother Goose GPK x 2 English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>14</p> <p>Mother Goose Brossard</p> <p>Moms & Tots Walk 10:00 am @ St-Jean</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Cooking Life Skill Class (Our Harbour) 10:00am-12:00pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Caregivers Support Group Via Zoom 7:00-8:30 pm</p> <p>Book Club via Zoom 7:00 pm</p> <p>Chat for Well-being in-person 7:00 pm</p>	<p>15</p> <p>Mother Goose on Zoom English Conversation @ CISSS</p> <p>CHEP: Stroke Prevention, Management & Care via Zoom 10:00-11:30</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Annual General Meeting (AGM) @ Greenfield Park Legion 4:30 – 6:00 pm</p>	<p>16</p> <p>Mother Goose St. Lambert English Conversation @ CISSS</p> <p>Walk & Talk in-person @GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p> <p>Seniors Activity @CHSLD 2:00-3:00 pm</p>	<p>17</p>	<p>18</p>

June Activity Calendar–Page 2

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20	21	22	23	24	25
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Moms & Tots Walk 10:00 am @ St-Jean</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Social Cooking with Jody @ Activity Centre 10:00am-12:00pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p>	<p>Walk & Talk in-person @GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>		
26	27	28	29	30		
	<p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Community Mural Workshop @Noyan 10:00 am-3:00 pm</p>	<p>Moms & Tots Walk 10:00 am @ St-Jean</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Podcast Production Workshop @Noyan 10:00 am-3:00 pm</p>	<p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Ilana's Drawing Class in-person @ Activity Centre 10:00 am-12:00 pm</p>	<p>Walk & Talk in-person @GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>		

Activity Locations

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8

Wellness Centre Chambly @ Randell Hall

2000 Bourgogne Ave.
Chambly J3L 1Z4

Community Mural & Podcast Production

1312 Ch. de la Petite France
Noyan JOJ 1B0

News from the GPK Office

The upcoming June CHEP health video conference via Zoom is **Stroke Prevention, Management and Care**, with Dr. José Morais on Wednesday, June 15 from 10:00 - 11:30 a.m.

Dr. Morais is a Professor and Director of the Division of Geriatric Medicine at McGill, MUHC, and JGH. You must register in advance to obtain the Zoom link. [Register here.](#)

This year, the **Community Outreach Group**, a new group formed to include all of the community, not just St. Paul's, has decided to go back to the monthly themes but instead of food, they will be collecting hygienic items throughout the year (different items/different months) and put aside for the shelters, families and homeless and given out upon special request (which seems to come more often lately) or kept for Christmas. To participate, please read the list below and bring items, with your name attached, to St. Paul's, 321 Empire, Greenfield Park on any Wednesday between 11:30 a.m. and 1:30 p.m. Items requested: Kleenex, toilet paper, paper towels, and all paper products.

Garage sales - June 4 + 5: Yard sales are again authorized, but must follow Public Health Department guidelines during gatherings: (1) a maximum of ten people from three different households are allowed on the site, (2) social distance of two metres between individuals must be applied, (3) wearing a mask or face covering is recommended. Sellers must comply with municipal rules and no permit is required to hold a garage sale. Stalls must not encroach on the sidewalk or the public domain. Signs are prohibited elsewhere than on the site of the sale. Sales take place between 9 a.m. and 6 p.m. Outside these hours, the stalls must be put away. Click [here](#) for all the information.

The **"Save food and help the planet"** app dreams of a planet with no food waste, and every day the team works on making that a reality. The app is the most direct way to get savings on perfectly good, surplus food from local stores. It's always a surprise, and an instant good deed for the planet. Click [here](#) for all the info.

CHSSN
The COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) invites you to the conference

Stroke Prevention, Management and Care

with Dr. Jose Morais

For more info:
(514) 605-9500 / gpk@arc-hss.ca

Free, on June 15
From 10:00 to 11:30 am

Health Canada Santé Canada ARC

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023

Affordable Baskets

Fruits and vegetables baskets at a fair price

Small	Medium	Large
12\$	17\$	22\$
1-2 pers.	2-3 pers.	Family

Add 2\$ to offer a solidarity basket to a family in needs

Every Wednesday 2h00-7h00 pm
alternately in LeMoynes and Greenfield Park

To reserve your basket:
capl.inter@gmail.com or 450-486-1400

Logos: CAPL, ARC, TQ, LM, GPK

Affordable baskets in Greenfield Park - ARC has partnered with CAPL (Committee Action Populaire LeMoynes) to distribute affordable fruit and vegetable baskets to residents of Greenfield Park. Baskets can be picked up from the ARC Activity Centre, located at 91 Churchill, every second week from 2:00-7:00 p.m.

Small basket for 1 person \$12, medium basket for 2-3 people \$17, large basket for family \$22. Reserve your basket with CAPL by calling (450) 486-1400 or by email to capl.inter@gmail.com. Payment is accepted through email transfer or cash upon pick up.

Deborah Humphrey is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 605-9500.



The Candiac Corner

June marks the one-year anniversary of our office in Candiac and has become a place that English-speaking people can come for help and also enjoy some activities. The Candiac Afternoon Social, held in person at the Chartwell Le Montcalm, started last October and has been going strong ever since. This activity is a great opportunity to get together, break isolation, play games, laugh, chat and grab a coffee. The Walk & Talk also started in October with participants enjoying the company of new and old friends while taking in fresh air and admiring the season's scenery. The walk starts at different locations to help people become more familiar with diverse parts of the town as well as getting a little history lesson on what the area was like when the town had just a population of 2,000. And finally, the Twisted Stitches began in November 2021, where the participants create beautiful things, one stitch at a time.

Our Activities

The Candiac Walk & Talk is held every Tuesday at 10:00 a.m. The love of walking clears your mind, enriches the soul, takes away stress, and opens up your eyes to a whole new world. Take the time to go outside and enjoy the fresh air—there is nothing lovelier than nature. For more details call (438) 455-2747 or email candiac@arc-hss.ca.

The Candiac Twisted Stitches spring session has come to an end and we would like to thank all the participants who came to join in the fun, getting together to mingle, trade yarns and ideas! 'Til we meet again in the fall!

Community Activities

The organic-local market is back! Starting June 23, from 3:00 - 7:00 p.m. every Thursday until October 13. Citizens will be able to purchase a variety of quality certified organic foods, including fruits, vegetables and various products from local producers. The market will be held in the parking lot at 90 Montcalm Boulevard N. Parking spaces will be made available to visitors and will be clearly identified during the opening hours in the City Hall parking lot (100 Montcalm Boulevard N.). More [info here](#).

Registration for swimming lessons is June 7. To register on the new online platform, make sure to create an account. This step, which requires a valid citizen card, is done in just a

few clicks and takes less than 5 minutes to complete. All details are available under the [registration tab](#).

Visit "Mémoire" by Jonathan Severin: Until June 7 this exhibition is presented at the Sentier des arts du parc André-J.-Côté and is greatly influenced by his interest in architecture and modern design. Jonathan Severin incorporates simple concepts such as geometry, symmetry, volume and clean lines into his 38 pieces that are on display. More [info here](#).

Line Dancing starts June 2 at 6:30. Learn line dancing and country dancing in a friendly atmosphere with a gorgeous view overlooking the St. Lawrence River. This runs for 18 consecutive weeks at Scène Cascades (parc André-J.-Côté). More [info here](#).

Outdoor Zumba - June 6 at 7:00 is an exhilarating, effective and easy-to-follow Latin-inspired fitness style where dancing burns calories at Scène Cascades (parc André-J.-Côté). Many more activities, all (free) without registration—[click here](#) for more info.

Seventh Edition of the Art Symposium: Meet more than 30 artists who will introduce you to various forms of visual arts. This year's edition will take place under the presidency of Yves Groulx (painter) at the Fondation Hélène-Sentenne on June 4-5 in Parc André-J.-Côté. [Click info](#).

Son et Brioches Show starting June 5 from 11:00 a.m. - 12:00 p.m. Love music? Come join in the fun at Fondation Hélène-Sentenne in Parc André-J.-Côté. For all + for free. [Click info](#).

Exhibition "Ma différence, ma vision, mon art" From June 8 to August 23. "My difference, my vision, my art" by artist William Caron will be presented at the Sentier des arts in André-J.-Côté Park. To discover the 2022 exhibition program, go to the [arts and culture section](#).

Outdoor Cinema June 28 at 8:30 p.m. - Come watch the movie called (Chantez 2) outside, in the fresh air at Scène Cascades (parc André-J.-Côté). In case of bad weather, the movie will be postponed to Wednesday. Remember to bring chairs and blankets, as well as snacks and beverages. Free admission and no sales or distribution will be made on site.

HAUT-RICHELIEU-ROUVILLE

Review



Spotlight on a Health and Social Service in Haut-Richelieu-Rouville

Adapted Transport (Transport adapté) is a service offering accessible transportation to those with permanently reduced mobility or other disabilities which hinder their ability to use other forms of public transportation. To access this service, one must meet the qualifications established by the government of Quebec.

There is a form which must be filled out by the individual applying and a professional who supports them such as a doctor or social worker. If accepted, the person will receive an ID card and be able to reserve transportation through the website or by calling the number of their local Adapted Transportation service. The bus will pick them up at their place of residence and take them to their destination as long as it is within the bus network. Chambly-Carignan area (EXO bus service): 1-877-433-4004 - download English form [here](#). Haut-Richelieu Area: 450-359-2010 - download the English form [here](#).

Activity in Haut-Richelieu-Rouville:

The Wellness Centre in Chambly (Wednesdays from 1:30-3:30) has been very active and the attendance is increasing. A highlight during the month of May was a donation by a kind and generous person of a headset that our hearing challenged members can use to better understand during activities. The equipment worked beautifully and this kind gesture was much appreciated.

The upcoming topics for the Wellness Centre are "Maintaining Fine Motor Movement," "Exercises for Memory" and a final special activity which will be announced soon. Then the Chambly Wellness Centre will be taking a break until September. It is possible that there may be a special outing in August, which will be announced in the July/August issue of The Advisor.

Did you know? Our local Chambly library... lends more than books. There are kits for stargazing, birdwatching and even fun equipment to borrow such as kites and croquet sets. All you need is an access card, which can be obtained upon presenting a photo ID with proof of residence at the Pole de Chambly at 1625 De Périgny Blvd.

In the area of Haut-Richelieu-Rouville, the **Food Security Table** (of which ARC is a member), along with [Aliment-Terre](#), has been coordinating a project to establish community refrigerators in the territory along with cooperating community organizations. This project, called "Partage don ton boeuf!" has helped establish

these fridges in St-Jean-sur-Richelieu, St. Alexandre and soon in Chambly at POSA (620 Senecal St.) –Grand Opening June 8. How does this work? Excess unexpired sealed food or fresh produce is put into the fridge and a person may take something out that they need. Please feel free to participate in this important community project.

What's Coming Up!

Moms and Tots will be able to stroll together once a week on various trails around St-Jean-sur-Richelieu. Starting June 14, strolls will take place from 10:00 -11:00 a.m. every Tuesday. This ARC activity is an important and safe way for moms and their little ones to benefit from mutual support and get a little exercise at the same time. For more information see the poster below and contact Amanda at stjean.walkinggroup@gmail.com.

Have you been missing festivals and group events? There are some good ones happening in Venise-en-Quebec this spring and summer. Firstly, there is the **Lake Champlain Cycling Day** taking place on June 11, where 1000 cyclists are expected, with routes ranging from 25 to 110 km. Registration is \$50 before June 4 and increases up to the day of the event. Chick here to [register](#). The other event is the weekly **Craft Fair (Rendez-vous des Artisans)** starting on June 25 and continuing every weekend until September 28. The fair will be under the big tent at 151 14th Avenue W. For more information [click here](#).

Saint-Jean-sur-Richelieu

MOMS & TOTS

WALKING GROUP

Every Tuesday,
starting June 14
10-11AM

For more info, email Amanda: stjean.walkinggroup@gmail.com
or contact Alexi at (450) 525-1176



PODCAST *Production* Workshop

**For Youth
9 to 15**

This activity will allow youth aged 9 to 15 an opportunity to explore different ways of expressing themselves and strengthening their ability to "raise their voices."

Date: **Tuesday, June 28**
Time: **10 am to 3 pm**
Place: **1312 Ch. de la petite France
Noyan**

To register:

☎ (450) 525-1176

✉ npi@arc-hss.ca



COMMUNITY *Mural* Workshop

**For Youth
and Families!**

This is an art project that calls for collaboration between the people involved in the activity, favouring the exchange of ideas and learning from each other

Date: **Monday, June 27**
Time: **10 am to 3 pm**
Place: **1312 Ch. de la petite France
Noyan**

To register:

☎ (450) 525-1176

✉ npi@arc-hss.ca



MFRC - ARC

Book Club

Tuesday, June 14
7:00 to 8:30 p.m.
on Zoom

For June: We will be discussing books that are considered light summer or "beach reads".

Registration: carolinevdm32@gmail.com



**Talking to Improve
Well-being**

JUNE 7 on Zoom
JUNE 14 in-person!
at 7:00 pm



With Philippe Vaillancourt, a specialist motivational speaker, we will be discussing how to decrease stigma about mental health and build emotional skills and resiliency (coping). Come and join the conversation....your voice matters!

June 7 - Recognizing and managing emotions
June 14 - Healthy habits to prevent anxiety and depression

Secrétariat
à la jeunesse



THIS ACTIVITY IS PRESENTED ON ZOOM AND IN-PERSON

To register or more info:
npi@arc-hss.ca



Involved Dads: Better Outcomes

June is the month when fathers are acknowledged and appreciated for their contribution to the family, particularly in raising children. Traditionally, the role of a father was seen as a hero figure or a pal to wrestle, play catch with on occasion, or someone who could tell a good joke, but not the parent who spent the majority of the time raising their child. Recently fathers' role as co-parents has become much more significant in bringing up confident, high-functioning, and socially well-equipped children in the world.

It is not that fathers were not interested in spending more time with their children, it is just that traditional gender roles had men as the majority income earner. In the past, they were considered secondary caregivers. Nowadays, because of paternity leave and more equal gender roles, fathers can spend more time with their children. When Quebec initiated a new parental leave plan for fathers, over 80 percent of fathers took the opportunity to have more time at home with their children.

Fathers taking the traditional role of being the primary provider may work longer hours to earn more, leading to conflict between work and family life. Mothers who co-parent with fathers that are actively engaged with the children are more comfortable returning to work because they trust their partner's caregiving abilities.

A majority of fathers want to help actively raise their children and indicate that parenting is their greatest joy. The father who is involved in a child's life offers unique and diverse experiences which are not easily replaced if the father is less present. Not only do children grow up healthier and more content but dads turn out to be healthier and happier as well.

With the new post-pandemic era upon us, we now more than ever before can choose a career that allows us to work from home and have more flexible work schedules and this will allow fathers to take a more equal role in their relationship with children and ultimately boost children's self-esteem and long-term developmental outcomes.

This Father's Day let's appreciate how important it is for fathers to spend quality time with their children and continue to support and encourage them as they raise healthy children leading to an overall healthier community.

Sources:

<https://theconversation.com/fathers-day-lesser-known-ways-dads-improve-childrens-lives-117295>
<https://www.pewresearch.org/fact-tank/2019/06/12/fathers-day-facts/>

Supplementary References:

<https://theconversation.com/fathers-day-involved-dads-are-healthier-and-happier-117650>
<https://theconversation.com/how-one-province-got-80-per-cent-of-fathers-to-take-paternity-leave-118737>

Fatherhood a positive experience and central to dads' identity

% saying parenting is extremely important to their identity



% saying parenting is rewarding all of the time



% saying parenting is enjoyable all of the time



Source: Pew Research Center survey of parents with children under 18, Sept.15-Oct.13, 2015

PEW RESEARCH CENTER

Adam Hall is our Youth Program Coordinator in Greenfield Park. He can be reached at (514) 712-6575 or youth@arc-hss.ca.



Did you know? The month of June comes from the Roman, or Julian, calendar. June was initially named Junius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word “Juniores” the Latin word for “younger ones”. In the early Roman calendar, June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days.

June 3 - National Doughnut Day is always celebrated on the first Friday in June and honours the Salvation Army “Lassies” of WWI, and is also used as a fundraiser for needy causes of the Salvation Army. The original Salvation Army doughnut was served in 1917, and during this war “lassies” were sent to the front lines of Europe. These brave volunteers made home-cooked foods and provided a morale boost to the troops. Often, the doughnuts were cooked in oil inside the metal helmet of an American Soldier. The American infantrymen were commonly called doughboys. Salvation Army “lassies” were the only women outside of military personnel allowed to visit the front lines.

June 5 - National Fitness Day. Health and fitness are important every day but the first Saturday in June has officially been titled National Health and Fitness Day in Canada. June 5 represents the efforts of Canadians to engage in fit-

ness activities of any kind in order to strive to be the ‘Fittest Nation on Earth!’ In 2014, the Canadian government passed the National Fitness Act to inspire Canadians to be fit and more active. Since then, more than 270 communities across Canada have marked the day with local events to celebrate and promote the use of indoor and outdoor sport and fitness facilities. Check the [National Health and Fitness Day website](#) to learn more.

June 6 - National Gardening Exercise Day - No one is sure where “National Gardening Exercise Day” originated but clearly it is reason for celebration! Whatever is planted, there is simple joy in watching it grow. At the same time, the planting, maintaining, and harvesting provides great exercise for the mind and the body. Gardening with kids is a great way to promote sustainability and environmental awareness, as well as healthy eating, mindfulness, and active living. Besides the therapeutic elements of fresh air and sunshine during gardening, there is weeding, digging, spading, planting, pruning, mowing, raking, and walking! Let’s not forget to exercise the brain too! A garden can provide great ways to get in touch with senses, feelings, to cool down and seek relief from tension. Remember, kids feel stress too!

Did you know? Cherries can be saved by helicopters! Cherry buds begin to flower when daytime temperatures start to rise, but a sudden cold snap can kill the buds. In BC’s Okanagan Valley, during a below normal cold snap, helicopters saved the cherries. As the blades turn and push down the warmer air, it increases the temperature near the surface and prevents the cherry buds from freezing. [Read more.](#)



Garden Hack 1. Add worm casting to the soil to kill aphids. Not only do worm castings provide nutrients that help plants, but also contain *chitinase*. When chitinase is absorbed into the plant, the aphids that extract the juices from plants die. While other methods (like insecticidal soap spray) can damage the plant, this method improves the plant’s health while keeping pests away.

Garden Hack 2. Use cornmeal with mulch to prevent early blight on tomatoes. Early blight is a fungal disease that lives in most soils, and causes yellow tomato leaves and can eventually kill the plant. One hack to prevent early blight on tomato plants is to use whole-grain yellow cornmeal by sprinkling the cornmeal on top of the soil around the tomato plants. Then apply the mulch of choice to create a barrier between the soil and the plant. As the plant grows, re-

move the stems and leaves from the bottoms 6-8” and re-apply this cornmeal after a few weeks if needed.

Garden Hack 3. Cinnamon on seedling trays has an anti-fungal property that is helpful to reduce fungal gnats and damping-off disease. When placing seeds in seedling trays, sprinkle a little cinnamon on top, and that will repel the gnats. Water only as needed to keep the soil feeling like a damp sponge.

Garden Hack 4. Use coffee grounds as a supplemental fertilizer, as they provide gentle nitrogen, whether added to the compost pile or directly to the garden. It’s an organic material that worms love and helps improve the nitrogen level. Mix the coffee grounds into the soil so the nitrogen doesn’t escape into the air.



discover community activities for all

June 2 from 3:00 - 7:00 p.m. The Old Saint-Lambert farmers' market gathers citizens and local farmers offering fresh produce from environmentally responsible "full-circuit" farming operations. Located on Hooper Street in front of the multi-purpose centre, come and take advantage of a range of tasty products from regional producers. For more information, [visit](#) or write to them at marchefermiervstlambert@gmail.com.

Fundraising clothing drive - June 4 from 10:00 - 14:00 at Centennial Regional High School, 880 Hudson, Greenfield Park J4V 1H1. One person's clothing is another person's treasure. For more info click [here](#).

June 4 from 9:00 a.m. - 9:00 p.m. the City of Saint-Lambert invites everyone to get together with neighbours to celebrate Neighbours' Day, an initiative of Espace MUNI. This event gives people who live in the same neighbourhood a chance to get to know each other better and develop a stronger sense of community. For more information, please visit [here](#). If you want to close off your street for the occasion, please complete the online form in [block parties](#).

National Bowls Day June 4 from 10:00 a.m. - 3:00 p.m. Come join in the fun at the St. Lambert Lawn Bowling Club for fun lawn bowling games in conjunction with the Intergenerational Project of St. Lambert. Info (450) 923-6612 or email inquiries to boulingsinsaintlambert@gmail.com. 662 Oak, St. Lambert J4P 2R6

Ami-Quebec's support groups are free, and begin at 6:30 p.m. on Monday, June 6 - Family + friends/ Anxiety/ OCD, and Borderline Personality Disorder are some of the groups available. For more info or to register @ [support groups](#).

The annual community-wide garage sale will take place on the June 11-12 weekend, from 8 a.m. to 4 p.m. This is the perfect opportunity to hunt for bargains and chat with neighbours. To read more [click here](#).

June 25 – 28 from 9:00 a.m. to 8:00 p.m., come and explore the exhibition called "Playful Vision" by artist Marianne Shaker at 81 Hooper Street. Click [here](#) for more information.

Health Awareness Days in June

June 2 - Lou Gehrig Day: In 1939, Lou Gehrig, star player for the New York Yankees, stood in front of 62,000 fans and delivered one of the most poignant speeches in the history of sports, after being forced to retire from baseball two weeks prior due to his fatal diagnosis of amyotrophic lateral sclerosis (ALS). He died two years later; days short of his 38th birthday. Today, Gehrig remains an inspiration and is a source of strength, humility and courage to many people facing the devastation of an ALS diagnosis. [Click here](#) to read more.

June 4 is National Health and Fitness Day! Take a friend for a stroll around the block. Wheel to the park for a bit of fresh air. Take a break with family to dance, skip or play. Share your activities with other Canadians using the hashtag #LetsMoveCanada. Why? Because exercise is good for our physical and mental wellbeing and contributes to lifelong health and wellness. And it's just plain fun! For more [information](#).

June 5 - Heart & Stroke Ride for Heart: Join Canada's largest single-day cycling event to support life-saving research for heart and stroke. [Click here](#) for more info and to register.

June 5 is World Environment Day and is the largest global platform for environmental public outreach and is celebrated by millions of people across the world. This year it is hosted by Sweden. Read more [here](#).

June 10 is World Anxiety Day - known as Action Anxiety Day! Help destigmatize anxiety and make treatment more accessible for everyone. Read more [here](#).

June 15 – World Elder Abuse Awareness Day acknowledges the significance of elder abuse as a public health and human rights issue. Click [here](#) for more information.

June 27 is PTSD Awareness Day and recognizes the effects post-traumatic stress has on the lives of those impacted by it. Read more [here](#).



Community Bulletin Board

The Brossard Library in the main hall - June 1 from 5:00-7:00 p.m. donations of books will be accepted. For more information send an [email](#) or click [here](#) to see all the upcoming activities.

AMI's Annual General Meeting - June 7 @ 7:00 p.m. Click [here](#) for more info.

Arthritis South Shore AGM - June 6 @ 6:30 p.m. Click [here](#) for more info.

Are you between the ages of 15-30 and looking for a summer job? AMI-Quebec is looking for a social media content creator and writer, to work 30 hours a week, \$17 an hour, from June 1-August 2, 2022. Work hours are flexible, and must be available during opening hours (9:00 a.m.-5:00 p.m.). For more information click [here](#).

Hope & Cope – helps people to cope with cancer and is a

beacon to anyone touched by cancer. To see all the Support Groups offered, see the [calendar here](#).

Montreal Families is a locally owned and operated business that has been in existence since 1998, whose mission is to provide local information and professional advice to enhance all aspects of parenting and family life. Click [here](#) to see all the activities in the Montreal and surrounding areas.

Residence Mont Royal, located at 3741 Mont Royal in St-Hubert, is seeking full and part-time caregivers for English-speaking seniors. Contact Magdalena at (514) 591-5582 or info@residencesmontroyal.com.

To be added to our contact list, please [email us](#) with your name and email address.

We do not share our email contact list with third parties and we invite you to share our publications with family and friends. You may [unsubscribe](#) at any time.

Greenfield Park (Main Office)

106 Churchill Blvd., 2nd Floor
Greenfield Park J4V 2L9
Tel: (514) 605-9500
info@arc-hss.ca

Candiac

9 Montcalm Blvd., #512
Candiac J5R 3L4
Tel: (438) 455-2747
candiac@arc-hss.ca

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 605-9500
info@arc-hss.ca

Haut-Richelieu-Rouville

927-B Seminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

www.arc-hss.ca

This ARC Assistance and Referral Centre initiative is made possible through the financial contribution from Canadian Heritage.

Stay in touch and follow us on social media



Funded by the Government of Canada
Financé par le gouvernement du Canada



Canadian
Heritage

Canada

Patrimoine
canadien