



Neighbours Newsletter

February 2021

NEIGHBOURS REGIONAL ASSOCIATION OF ROUYN-NORANDA

Elf Activity December 2020

During a very difficult December, your Board of Directors and Staff went on-line and went a little extra silly to try and make your December a little bit more joyful!!!

Facebook followers were bestowed with recipes, puzzles, games, sharing activities and a whole lot of fun! To end each December week—participants were treated to a vast array of prizes as well!

We were even allowed to host a couple of activities for our youths and one luncheon for our seniors within ARC; of course strictly following all sanitary measures!

To end the year and month—we were offered heartfelt Holiday Wishes from Mr Christopher Skeete, Mme Emilise Lessard-Therrian our MNA, Mme Diane Dallaire our Mayor, your Neighbours staff and Neighbours Board of Directors! Hope you enjoyed our efforts!



Visit Neighbours' website and Facebook page for daily updates

www.neighbours-rouyn-noranda.ca

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

Maple Sugar Season



In late winter and early spring, due to warmer days but still below-freezing nights, maple tree sap starts running!

- Canada produces 71% of the world's pure maple syrup
- Quebec is the main producer, making approximately 90% of all Canada produces

Indigenous peoples were the first to collect sap from maple trees and the Anishinaabe called it the "sugaring off" period, a term still used today.

- Anishinaabe word for "maple tree water" - ninaaligwaboo
- Anishinaabe word for "sweet water" - wiishkababoo

Maple-curing meats was a food preservation method practiced by the Anishinaabe that allowed communities to keep food stores for winter months when food was scarce. In the 1500's, French settlers learned from indigenous peoples how to tap trees to obtain sap and boil it to reduce it to sweet syrup.

Today, there are over 11 000 maple farms in Canada with about 8000 of them being in Quebec!

Canadian maple products are exported to more than 50 countries.

Emblem of Canadian Identity

The saying "as Canadian as maple syrup" demonstrates the degree to which maple products and production are associated with Canada, and our Canadian identity. The leaf of the sugar maple is even at the center of our national flag! Maple products are commonly sold in tourist shops across the country and given as diplomatic gifts.

For Quebecers and French Canadians in general, going to the "cabane a sucre" or "sugar shack" is a cultural practice which remains very popular. Often coinciding with Easter, visiting a sugar shack or gathering for "le temps des sucres" - maple season - is also a way to celebrate the end of winter and the arrival of milder temperatures. Boiling maple syrup then pouring it onto snow to cool then picking it up on wooden sticks to eat the sweet taffy is such a Canadian experience!

Source: www.forbes.com



After showing us how to cook this recipe on Neighbours' Facebook page, here it is again back by popular demand!

Nathalie's Maple Tarts

Preheat oven to 375 degrees

Ingredients:

3 eggs, beaten

1 cup of Maple syrup

3/4 of a cup brown sugar

2 tbsps. butter, melted

Tenderflake tart shells (find them in frozen aisle at grocery store).

Put all ingredients into a mixing bowl and mix well. Pour the mixture into frozen tart shells placed on a baking sheet..

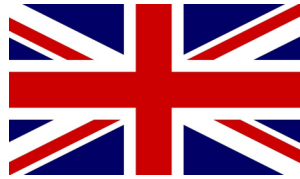
Bake for 20 minutes.



February 15th is National Flag of Canada Day

Our distinctive maple leaf flag was made official by a proclamation from Queen Elizabeth II on January 28th, 1965.

But before that, what flag represented Canada? In the early days, flags of the founders, French and English were used. For many years the flag of the United Kingdom, commonly known as the “Union Jack” was representative, then, the “Canadian Red Ensign”, which combined the shield of Canada and the Union Jack on a red background, was used unofficially as a national symbol. There were many versions of this flag, modified to include the arms of each province as they joined Confederation. During the First World War, the Canadian Red Ensign was a popular patriotic emblem.



As Canada matured as a nation, it became more important to create uniquely Canadian symbols to represent the country. In 1921, King George V granted Royal Arms to Canada and the shield of Canada’s new official coat of arms took its place on the Canadian Red Ensign. It is this version of the Canadian Red Ensign that represented Canada during the Second World War.



Beyond a new coat of arms, many Canadians also wanted a new, distinctive Canadian flag to represent them. Appeals for such a flag increased steadily in the early 20th century. But creating an entirely new flag was no easy feat. Which symbols could be chosen to represent and characterize Canada and its values?

In the years following the Second World War, public opinion grew in favour of a new national flag, but the nation was divided. Canadians had fought and died under the Union Jack and the Canadian Red Ensign, and many were still attached to these emblems and to their British heritage.

In 1960, Lester B. Pearson, then Leader of the Opposition, declared that he was determined to solve what he called ‘the flag problem’. He said it was critical to defining Canada as a unified, independent country.

A parliamentary committee was created, and after considering a few thousand designs submitted by Canadians, a design received from George Stanley, Dean of Arts at the Royal Military College in Kingston, Ont. was chosen.

Why the Maple Leaf?

While the design was new, it featured a symbol with a long history of use in Canada. Generations of Canadians had already adopted the maple leaf as a symbol of their identity, but it was during the First World War that it became the most widely recognized emblem of our nation. For many, the maple leaf had already long been a shared symbol of pride, courage, and loyalty.

On February 15th of 1965, at a public ceremony on Parliament Hill, the Canadian Red Ensign was lowered and at the stroke of noon, the new National Flag of Canada was hoisted for the first time.

Prime Minister Pearson declared “May the land over which this new flag flies remain united in freedom and justice... sensitive, tolerant and compassionate towards all.”

Since then, our flag (and indeed, the red maple leaf) is instantly recognizable all over the world as the foremost symbol of Canada, it’s values, and the millions of citizens who make up the Canadian family.



Source: www.canada.ca Canadian-heritage



ACES
(Active, Connected, Engaged and Stimulated)
a Seniors VIRTUAL INITIATIVE

visit - www.recreotherapy.com

Students from Concordia University

Online community with FREE online sessions

Ten weeks 1: 1 and group sessions

Personalized sessions

For more information please call Neighbours office : 819-762-0882



Seniors Action Quebec

www.seniorsactionquebec.ca

We're all in this Together

Webinars

Bimonthly episodes

2nd and 4th Fridays

6pm

on YouTube or Facebook

January 29th - Mindfulness and Movement

February 12th - interview with Louise Penny

February 26th - Creative Writing

March 12th - Laughter Yoga

March 26th - Trivia with Noah and Joanna

And more to come.....

(previous activities saved on the site for you to watch)

If you would like to receive

Seniors Action Quebec's

Quarterly Newsletters

Contact Neighbours Office

Your Snow Could Be Tax Deductible!

Some people can obtain a credit of up to 6825\$

Are you over 70 years old, live at home, and use snow removal services? Keep your bills, you may be entitled to a tax credit!

The snow that has been accumulating in your driveway and yard and that you may be having removed by a snow plow this winter could earn you a tax credit. But be careful, it only applies under some very specific conditions.

This tax measure which on the surface seems too good to be true, is part of a set of codes put in place by the Quebec government to encourage home care for seniors.

It covers snow removal, but also other services like lawn mowing, household maintenance, meal preparation, help with clothing and hygiene, as well as some nursing services. The only conditions to be met to benefit from it are to be 70 years of age or older, to call in professionals and to have the invoices to prove expenses.

The measure appears on line 458 of the provincial income tax return, the tax credit for home support for seniors. It is equal to up to 35% of expenses up to a maximum allowable of 19 500\$ per person. For example, a single person will get a credit of up to 6825\$ (35% of 19 500\$), while a request for a couple will result in a maximum of 13 650\$ (35% of 39 000\$). For a non-autonomous person, the maximum admissible goes from 19 500\$ to 25 500\$.

This is a refundable credit. This means that a person can be entitled to it even if he/she does not owe taxes.

Complete details on this tax measure and the procedure to benefit from it are available in your paper tax guide, or on the Revenue Quebec website at <https://bit.ly/3eplwsL>.

Source: lecitoyenrouynlasarre.com



Modernizing the Official Languages Act

The very first Official Languages Act was enacted over 50 years ago. The last complete overhaul of the Act dates back to 1988. Canada has changed significantly since that time!

It's time to finish the work started in 1969. It's time to give Canada a modern, coherent and fully implemented Official Languages Act.

What Francophones outside of Quebec (FCFA) say:

- ⇒ An Act that reflects Canada's commitment to celebrating its diversity and to protecting its two official languages, while maintaining respect for Indigenous languages and traditions.
- ⇒ An Act that enhances Canada's reputation as a country of laws, where minorities are respected.
- ⇒ An Act that puts our two official languages to work for our country's economic and social development.
- ⇒ An Act that strengthens the status of French and English as our two main common languages.
- ⇒ An Act that supports genuinely pan-Canadian linguistic duality, with a strong Francophonie in all regions of the country and a bilingual workforce from coast to coast.

What the QCGN (representing the English Community in Quebec) says:

Substantive Equality: In its implementation, the *Act* must enable adaptation to the specific contexts and needs of the different official language minority communities.

Capacity, Consultation, and Representation: The *Act* should provide for robust, mandatory, and properly-resourced consultation at all levels, including a formal mechanism for consultation at the national level.

- ⇒ A modernized *Official Languages Act* must include a guarantee for equity in services and a work environment where linguistic minority employees are welcome and able to work and advance in their official language.
- ⇒ A modernized *Official Languages Act* must include a commitment to enhancing the vitality of minority language communities.
- ⇒ A modernized *Official Languages Act* must provide for effective implementation and central accountability for application of the entire *Act*.

What Prime Minister Justin Trudeau says:

He called on Minister Mélanie Joly (Minister of Economic Development and Official Languages) to “table a bill in 2021 to modernize and strengthen the Official Languages Act and improve its policies and enforcement programs.” This, in order to “promote the development of linguistic minority communities, protect their institutions and increase bilingualism across the country and in the public service”.

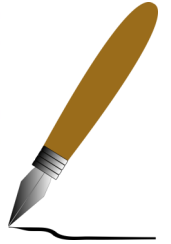
Now we wait to see what Minister Mélanie Joly will say!

Source: Sharleen Sullivan





Literacy Week



Poetry/Short story Contest



Attention All Student Writers!!

Neighbours Bright Beginnings team is having a creative writing contest for Literacy Week for January 2021. The high school secondary 1 through 5 students of Noranda School in Rouyn-Noranda, Golden Valley School in Vald'or, as well as any children of our members attending a different secondary school, are encouraged to put their imagination to work!



This contest has been extended until February 20th 2021 so the students will have plenty of time to work on it!

Winner(s) will be published in the next Newsletter and win a prize!

If any questions please call us at the office at 819-762-0882 or email at neighboursyouth@outlook.com



Yes indeed! We have stretched the entry deadline date to February 20th, so get writing, kids! Your choice of topic, your choice between poetry or short story, any length! Enter as many pieces of work as you want to. We can't wait to read your creations!

Prizes will be Indigo gift cards, and of course winning authors will be published in an upcoming newsletter!

News from the City of Rouyn-Noranda

What to do this winter in Rouyn-Noranda? ❄️

source: <http://www.ville.rouyn-noranda.qc.ca>

Here are a few ideas!

Ice climbing / Nature getaway / Snowmobiling and Quadding / Ice fishing / Skating / Snowshoeing / Alpine skiing / Snowboarding / Cross –country skiing / Oversized wheeled bikes / List of restaurants to visit or order from / Map and snowmobile conditions / Sites and attractions online or offline.

For more information please visit:

<https://tourismerouyn-noranda.ca/quoi-faire-a-rouyn-noranda?>

And if you don't have access to the internet— don't hesitate to call the office and one of our staff will be happy to help you find the information you need!



♥️ Each activity have sanitary measures in force at all times. Please follow them! ♥️

Parc national d'Aigubelle

No matter the weather - tube slides are open every weekend (Friday, Saturday and Sunday) starting NOW! Free for children 17 and younger! It is our understanding that tube rentals is free for everyone. There are many other activities available at this wonderful national park!



Feb. 10th, 2021 @ 6:30 p.m. WEBINAR
The City of Rouyn-Noranda is hosting (in French) an information session concerning the use of **Motor boats on Osisko Lake.**

Registration is required by February 8th! A Zoom link will then be sent to you. Details in the event description.

Free Parking: The City of Rouyn-Noranda has decided to offer free parking until February 7th inclusively to facilitate pick-up at local merchants. This exceptional measure is applicable to municipal parking lots controlled by parking meters (du Lac, Fleury, Place du Commerce, Place de la Citoyenneté, et de la Coopération, 7th and 8th Streets) as well as on-street parking lots controlled by parking meters.

Please note that the hospital parking lot is not a municipal parking lot.

Overnight parking remains prohibited on City streets and parking lots between 2:00 a.m. and 7:00 a.m., except in designated permitted areas.



If you have not seen it yet, and you have access to Facebook— please check out our Mayor Diane Dallaire singing a little English tune to wish Neighbours members a Happy Holiday!!

Covid-19 Vaccination Here at Home!

In Quebec, the Covid-19 vaccine will be free of charge for anyone who wants to receive it. The vaccines will be distributed by the Quebec Immunization Program. **Doses will not be available on the private market.**

Vaccines will be available gradually. Some people will be vaccinated before others.

The proposed prioritization of groups to be vaccinated is preliminary. It is in the following order:

- 1) Vulnerable and severely frail individuals residing in residential and long-term care centers (CHSLDs) or intermediate and family-type resources (IR-FTRs).
- 2) Workers in the health and social services network in contact with users.
- 3) Autonomous persons or persons in loss of autonomy who live in private seniors' residences (RPA) or in certain closed environments housing seniors.
- 4) Isolated and remote communities.
- 5) People aged 80 years or older.
- 6) People between 70 and 79 years of age.
- 7) People aged 60 to 69 years old.
- 8) Adults under 60 years of age who have a chronic disease or condition that increases the risk of complications from COVID-19.
- 9) Adults under the age of 60 with no chronic disease or health condition that increases the risk of complications, but who provide essential services and are in contact with users.
- 10) The rest of the adult population.

Immunization of children and pregnant women will be determined based on future studies of vaccine safety and efficacy in these individuals.

As of January 19, a total of 174 260 doses have been given in Quebec. In Abitibi-Temiscamingue the current (Jan 20, 2021) total is 3852— which depending on which numbers you use; represents close to 3% of our population but in reality is 75% of all residents in CHSLD (Long Term Residences).

Our local CISSSAT asks citizens to avoid calling or going to a clinic looking to get vaccinated. When it is your turn - you will be contacted by the health and social services network.

Health professionals are ensuring us that everyone (who wish to be) will be vaccinated by September 2021.

Source: Sharleen Sullivan; information from various meetings



Zoom Conference

Straight Talk About End-of-Life Options

Jennifer Hobbs Robert, M.Sc.A, BCN CNEd,
Seniors Advisor—JHCP

Wednesday, February 17th, 2021

10:00—11:30 AM EST



This session addresses end-of-life options: palliative care, do not resuscitate orders, refusal or withdrawal of treatment, medical assistance in dying, and advanced medical directives.

Join us to learn how you can ensure that treatment is consistent with your final requests or those of your loved ones.

More information to follow or you are welcome to call the office to register!

REGISTRATION OF NEW STUDENTS TO NORANDA SCHOOL FEBRUARY 8-12, 2021

The Western Québec School Board prides itself in offering English language and French second-language instruction with a variety of extracurricular options from Noranda School (Kindergarten to Grade 11), located at the corner of Québec and Murdoch avenues.

Noranda School believes that students' wellbeing is of paramount importance to their learning. In addition to providing a caring and stimulating English environment for our students, the school strives to be up to date in a variety of teaching/learning strategies.

**ENGLISH
EDUCATION
BILINGUAL
FUTURE**

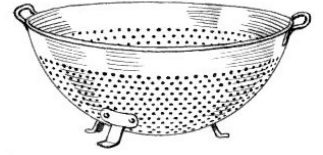


To register for Kindergarten (K5), your child must be 5 years of age on September 30, 2021. For Pre-Kindergarten (K4), he/she must be 4.

For further information on Noranda School, or regarding your child's registration, visit westernquebec.ca, email abarker@wqsb.qc.ca, or call the school at 819-762-2706.

Handy Colander Uses You've Never Thought of Before

If you're only using your colander to drain pasta, you're tapping just a fraction of the potential of this very versatile kitchen tool!



- Use it to prevent grease splatters



Sick of cleaning grease splatters off the stovetop after cooking your famous burgers? Prevent them by inverting a large metal colander over the frying pan. The holes will let the heat escape but the colander will trap the splatters. Caution, the metal colander will be hot! Use an oven mitt or tea towel to remove it.

- Organize bathtub toys

After each bath, collect your child's small toys in a colander and store it in or on the edge of the bathtub. The water will drain from the toys, and they'll be neatly stowed away for next bath time!

- Use it to keep berries and grapes fresh

Do your berries and grapes get moldy before you've had a chance to enjoy them? To keep them fresh for longer, store them in a colander—not a closed plastic container—in the refrigerator. The cold air will circulate through the holes in the colander, keeping them fresh for days.



- Wash produce in a colander




This one is a no-brainer, but in case you haven't tried it - a great way to wash produce is in a colander! Place your fruits or vegetables in the colander and you can put it right in the kitchen sink while you rinse them!

- Sift flour with a colander

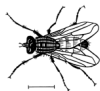
Sifting helps break up clumps and aerate the flour, resulting in a smoother dough. A flour sifter or a fine mesh strainer works best, but if you're in a pinch, you can use your colander!



- Use it as a sand toy

Next summer, forget about spending money on sand toys for your budding archeologist! A simple, inexpensive plastic colander is perfect for sifting sand at the beach or in the sandbox. (Hint: hide rocks or little toys in the sand and let the kids use colanders to sift through and find the "treasures"!) 

- Keep Flies Away



While we're talking about summer, if you plan a picnic or just eat out on the patio, inverted colanders over your dishes of food will help keep flies and other bugs away until you are ready to serve.

- Heat frozen pasta



In addition to draining freshly cooked pasta, a colander is a great tool to use if you want to make pasta ahead and freeze it. Freeze your spaghetti or other pasta noodles in freezer bags with some water, then place in colander in the sink under running hot water to thaw, and drain all in one step! Fast, easy, and ready in no time!

Source: <https://www.readersdigest.ca>

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day 	3	4	5	6
7	8 Possible Opening of Office	9	10	11	12 Chinese New Years 	13
14 Happy Valentine's Day! 	15 National Flag of Canada Day 	16 Strove Tuesday	17 Video Zoom Conf. Ash Wednesday	18	19	20
21	22	23	24	25	26 Purim	27 Full Moon
28						



Our Health
IS IN OUR HANDS



In partnership with



Patrimoine
canadien

Canadian
Heritage