



NEIGHBOURS

ABITIBI-TÉMISCAMINGUE

NEWSLETTER | OCTOBER 2025



PUMPKIN PICKING

Come join us on October 5th to pick out your own pumpkins at the **Ferme chez Lyne et Sylvain** in Lorrainville! An activity for all ages!



FREE ENTRY FOR MEMBERS

\$12 value



Includes : wagon ride, mini-farm, ninja course, and other activities for kids

RESERVE BY OCT 1ST

via Messenger or by phone at 819-762-0882

\$ Bring cash for the kiosks and pumpkins! \$



Dress warm and wear boots!



We will leave Neighbours' office by bus at 10 AM. A snack on the bus will be provided but you must bring your own lunch (Meals are available for purchase at the farm). We will return at 2:30 PM.



Visit Neighbours' website and Facebook page for daily updates

www.neighboursat.ca

facebook.com/neighbours.rouynnoranda



HALLOWEEN MOVIE NIGHT

FRIDAY, OCTOBER 31ST

6:30PM TO 8:30PM THE ADDAMS FAMILY

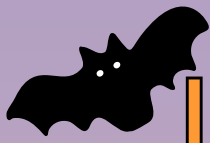
9:00PM TO 11:00PM UNTIL DAWN (14+)

139 AVENUE MURDOCH

MOVIES - PRIZES - CHOCOLATE - CANDIES

CHILDREN MUST BE ACCOMPANIED DURING THE FAMILY MOVIE





KEEP YOUR KIDS SAFE FOR

HALLOWEEN



Trick-or-treating is a great time for kids to have fun, wear cool costumes, and get a lot of candy! But as with any outdoor activity, making sure your kids are safe is top priority!

Some costumes could pose risks such as tripping, getting caught on objects, or making your children hard to see. Therefore, it may be a good idea to avoid costumes with large, dangling pieces, such as capes or baggy sleeves. For visibility, brightly coloured costumes are a good option, otherwise adding reflective tape can help also!

If your child wears a mask, make sure they fit properly so they can see and breathe easily. Also, do not use contact lenses that change eye colours as they can cause injury to your children's eyes.



Until your children are old enough to trick or treat with a friend, you should accompany them each year. Tell them to stay in well-lit areas and only visit homes with their outside lights turned on. Make sure they know to NEVER go inside houses or cars.

It is important that your children are extra careful when crossing the street. They should look both ways and only cross when there are no cars coming, and avoid crossing the street between parked cars, and only at corners.



Let your children know that they can't eat any treats until you have looked them over, and be careful with giving them any that could be a choking hazard.

Check any toys for small parts and do not let children under three years of age play with them.



Written by Jeffrey Nesteruk

Source: <https://www.canada.ca/en/health-canada/services/home-safety/halloween-safety.html>

Stand up to bullying

Remember that no one deserves to be bullied or harassed

For those who are experiencing bullying

- Talk to an adult that you trust
- Spend your time with friends that you can count on and who will stick up for you
- Appear confident and let the person doing the bullying know that it's not okay
- Stand up to yourself without being aggressive



For those who are bullying others

- Talk to someone you trust and that can help you find ways to have healthy relationships
- You do not have to like everybody, but you have to respect everybody
- Ask a friend to tell you if they notice if you start to bully others
- Challenge yourself to be more inclusive of others and be a good friend
- Everyone has power. Use yours in a positive way to help others, not hurt them

No to Cyberbullying

- Protect your personal information online - never give out your passwords
- Before sending out a text message, ask yourself if you are okay if the world sees it because private messages and photos can go public
- If someone is cyberbullying you, ask for help, find tips www.cyberbullying.ca and save messages you receive as evidence
- Be kind online. Do not post or pass anything negative about another person



For those who witness bullying

- By getting help, you are part of the solution
- If you see somebody who is getting bullied, assess the situation, intervene if you feel safe and report it
- Do not encourage, laugh or cheer on bullying - refuse to go along with it
- Talk to the person who has been bullied. Let them know that they do not deserve to be treated like that and show them that you care



Written by: Tracy Lynn Garrick/ Source: Canadian Red Cross

BURSARY WINNER



Neighbours in collaboration with McGill distributed a \$10 000 bursary for the *Health and Social Services Community Network Bursary Program - 2025-2026 Academic year*. Emilie is studying for her Master's degree in Nursing at the Laval University.

The McGill Bursaries provides financial support to students in health and social services programs; it is designed to respond to regional and local priorities for access to health and social services in English. Neighbours wishes her a great year ahead!

TRICK-OR-TREATING ROUYN-NORANDA



SAT, OCT 25TH



4:30 PM - 9:00 PM

Save the Date

Municipal elections

Advance voting: Sunday, October 26th, 2025

Election Day: November 2nd, 2025



BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month! An unfortunate reality is that 1 in 8 women will develop breast cancer during their lifetime. In fact, it is the most common type of cancer among Canadian women, and the second leading cause of death from cancer among them. Therefore, it is a good idea to be aware of its symptoms.

The most common types of breast cancer are ductal carcinoma (starts in the ducts, which are the tubes that carry milk from the lobules to the nipples) and lobular carcinoma (starts in the lobules, the glands that make milk).

Ductal carcinoma's most common symptom is a firm or hard lump, while lobular carcinoma tends to feel more like the breast tissue is getting thicker or harder.

Other symptoms of ductal and lobular breast cancer include:

- A lump in the armpit (the axilla)
- Changes in the size or shape of the breast
- Changes to the nipple, such as a nipple that suddenly starts to point inward (called an inverted nipple)
- Discharge that comes out of the nipple without squeezing it or that has blood in it

Later symptoms of breast cancer include:

- Bone pain
- Weight loss
- Nausea
- Loss of appetite
- Jaundice (yellowing of the skin and white of the eyes)
- Shortness of breath
- Coughing
- Headaches
- Double vision
- Muscle weakness



Did You Know?
Breast cancer can occur in men too, but it's rare, making up less than 1% of all breast cancers.

Written by: Jeffrey Nesteruk

Source : <https://cancer.ca/en/cancer-information/cancer-types/breast/what-is-breast-cancer>

Public transport overhaul: promise kept, adjustments announced

Last December, the City of Rouyn-Noranda undertook a complete overhaul of its bus system, a first in over 30 years. In keeping with its commitment to evaluate the service after six months, the City is today announcing adjustments that will take effect on September 18th, 2025.



Public transit users are encouraged to consult the new schedule guide to adjust their routines accordingly. It is available now on the City's website and on the Zenbus app, which allows users to track buses in real time.

Main adjustments

Starting September 18th, users will benefit from several concrete improvements:

- Addition of the Notre-Dame district, now served via the Murdoch-Carter loop;
- Improvement of the route in Évain, which now reaches a larger part of the district;
- New connection between routes 1 (green) and 2 (orange) on avenue Dallaire, near Du Terminus, in both directions;
- Adjustments to schedules and frequencies to better reflect actual travel times and improve punctuality.

A listening and innovation approach

These adjustments are the result of a broad consultation process conducted since January. Hundreds of comments were collected through paper forms at the terminal, an online form, interventions at city council meetings, social media posts, and discussions with bus drivers. Their field expertise was essential in targeting improvements.

In addition, the Zenbus app, which geolocates buses in real time, made it possible to analyze travel habits and support decisions with concrete data.

Increase in users

Since January 2025, more than 122,000 trips have already been recorded on the bus network. At this rate, the year could reach approximately 184,000 trips, which would constitute a historic ridership record in Rouyn-Noranda.

Since the introduction of free travel in May 2023, more than 359,000 trips have been made, compared to 130,000 trips for the same period before free travel. This represents an increase of 178%, or nearly three times as many trips, confirming citizens' growing interest in public transit and the relevance of the efforts made to improve the service.

These results demonstrate that the network is moving in the right direction. The City will continue this effort to provide a more efficient, inclusive, and accessible public transit service for all.

To learn more about Zenbus and the City of Rouyn-Noranda's public transportation services, visit the Bus page or download the app now.

Source: <https://www.rouyn-noranda.ca/actualite/refonte-du-transport-collectif-promesse-tenue-ajustements-annonces>

THE EVOLUTION OF HALLOWEEN OVER TIME



SAMHAIN
~2000 YEARS
AGO

The ancient Celts marked Samhain as the midpoint between the fall equinox and the winter solstice. Believing the barrier between the physical and spirit worlds was breachable during it, they prayed, lit massive bonfires, and dressed in costumes.



**ALL SOULS'
DAY**
10TH CENTURY

Christianity's influence spread into Celtic lands in the 9th century. Then in the 10th century, the Catholic Church made November 2nd All Souls' Day. It was the day after All Saints' Day, also known as All-Hallows. The traditional night of Samhain, the day before All-Hallows, started being called All-Hallows Eve then Halloween. Over time, Halloween, All Saints' Day, and All Souls Day essentially merged into one holiday.



**'TRICK-OR-
TREATING**
MIDDLE AGES

In England and Ireland during All Saints' Day and All Souls' Day celebrations, poor people visited the houses of wealthier families and receive pastries called soul cakes in exchange for a promise to pray for the souls of the homeowners' dead relatives. Known as "souling," the practice was later taken up by children, who would go from door to door asking for gifts such as food, money, and ale – an early form of trick-or-treating.



**JACK-O-
LANTERNS**
19TH CENTURY

People carved scary faces into turnips and potatoes and place them near doors and windows, their own versions of Jack's lanterns from an Irish myth about a man who tricked the devil named Stingy Jack.



**HALLOWEEN
IN AMERICA**
19TH CENTURY

Halloween celebrations were limited in America until new immigrants helped popularize the celebration in the mid-19th century. These immigrants celebrated as they did back in their homelands, especially by pulling pranks. By the early 20th century, vandalism and violence was not uncommon on Halloween. This led to parents organizing haunted houses in the 1930s to keep their children off the streets.



COSTUMES
1950S

Costumes as we know them today started to emerge in the mid-20th century, becoming more important as neighbourhoods began organizing activities to keep kids safe and occupied. In the 1950s, mass-produced costumes became more affordable, leading to more kids dressing up.

Source: <https://www.history.com/articles/halloween-timeline>

Three cyclists from Abitibi cycle at the World Championships

For the second time in history, three cyclists from Abitibi-Témiscamingue will represent Canada at the Road World Championships, which will be held in Kigali, Rwanda, from September 21st to 28th.

They are Olivia Baril from Rouyn -Noranda, in the elite women's category, as well as Jérôme Gauthier from Amos, in the under-23 category, and Hubert Lamothe from Amos, in the junior category.



PHOTO: RAFA GOMEZ/ SPRINT CYCLING AGENCY/ MOVISTAR

They are Olivia Baril from Rouyn-Noranda, in the elite women's category, as well as Jérôme Gauthier from Amos, in the under-23 category, and Hubert Lamothe from Amos, in the junior category. The only other time the region has sent three cyclists to the World Championships was in 2017, when Karol-Ann Canuel, Marc-Antoine Soucy, and Charles-Étienne Chrétien from Amos represented Canada in Bergen, Norway.

Olivia Baril will compete in the individual time trial on Sunday, followed by the road race next Saturday. Her national time trial title, won in June in Beauce, immediately secured her an invitation to the World Championships.

“So it wasn't a surprise to me to be selected. The question was more whether I would go or not. Now we have to pay for our plane tickets, with the bike bags and everything. It's very expensive. We also have to pay \$100 a day to Cycling Canada. There are also all the health risks. There are many cyclists who don't go,” she points out.

But the 27-year-old athlete ultimately decided to experience the World Championships for a fourth time. Both the 31 km time trial course and the 165 km road race feature several elevation changes that should be advantageous to her. However, the race is at an altitude of 1,500 meters and in a different climate.

“I think it's a good course for me. I'm not setting any goals like I did in other years. I think I'll just do it for fun because it's quite difficult to judge; it's at altitude, and I'm not really acclimatized. I just want to do my best and see how it goes.” A quote from Olivia Baril.

The athlete, who competes with the Movistar professional team and competes in the International Cycling Union's Women's World Tour, is still among the medal contenders in the individual time trial. A strong performance would put some consolation in what has been a difficult season.

GOOD LUCK OLIVIA!

Source: <https://ici.radio-canada.ca/nouvelle/2193811/championnats-monde-cyclisme-uci-rwanda>

Campfire Club



October 7th : Fall Leaves

Why do leaves change colour and fall off the trees at this time of the year? We'll find out and do some art too!



October 14th : Pumpkins

Let's learn all about pumpkins! How they grow, what you can do with them, and some fun facts and games!



October 21st : Pumpkin Art

Using fabric scraps, create your own pumpkin decoration!



October 28th : Bats

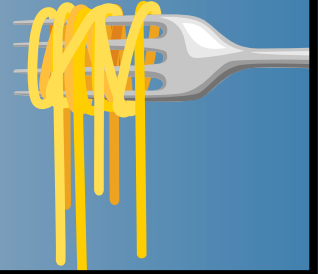
Learn some bat stats and make your own flying bat!



KOOL KIDS CLUB

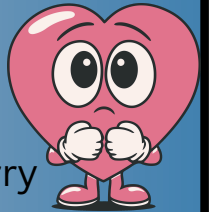
October 2nd : Pasta Challenges

Learn all about how pasta is made, then do some fun pasta challenge games!



October 9th : Worry Boxes

We'll have a discussion about worries and how to deal with them, then make our own "worry box" where you can write down your worries and put them away.



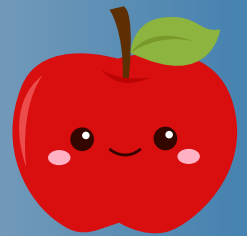
October 16th : Fall Art Project

Create your own autumn-themed decoration!



October 23rd : Apple Tasting

Learn some interesting facts about apples, then we'll taste-test a few different types of apples with some dips!



October 30th : Bats

Learn all about these creatures of the night, the only mammals capable of flight!



MOVING MONDAY!



Mondays at 1:30pm

October 13th: No yoga, office closed

Join us every Monday at 1:30pm for a Viactive or yoga session. Each exercise session is made up of different movements for all levels of ability. Chairs are provided for those who need the extra support!

WELLNESS WEDNESDAY

At 1:30pm

Oct. 1st	Oct. 8th	Oct. 15th	Oct. 22nd	Oct. 29th
Personality Disorders Learn about the different types of personality disorders	Breast Cancer Awareness with Art Therapy With Sophie Royer from <i>Au Sein Des Femmes</i>	Seniors Action Quebec Demystifying retirement 10 AM Call to reserve your lunch	Glass Painting Paint on glass to create a beautiful art piece	Wine Cork Craft Using wine corks create pumpkins, or other art creations

FUN FRIDAY GAMES

At 1:30pm

Oct. 3rd

Game Day

Oct. 17th

Game Day

Oct. 31st

Game Day



FUN FRIDAY MOVIES

At 1:30pm

Oct. 10th

Ride Along (2014)

1h39m

When his motor-mouthed future brother-in-law enters the police academy, a veteran Atlanta cop takes him on a ride-along that he quickly comes to regret.



Oct. 24th

The Starling (2021)

1h43m

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.



OCTOBER 2025

SUN MON TUE WED THU FRI SAT

			1 	2 	3 	4
5 PUMPKIN PICKING 	6 	7 	8 	9 	10 	11
12	13 OFFICE CLOSED 	14 	15 	16 	17 	18
19	20 	21 	22 	23 	24 	25
26	27 	28 	29 	30 	31 MOVIE NIGHT 	



Campfire Club
After school



Kool Kids Club
After school

NEIGHBOURS
ABITIBI-TÉMISCAMINGUE



Wellness Wednesday
1:30pm



Movie/Game Day
1:30pm



ViActive/Yoga
1:30pm

In partnership with



Patrimoine
canadien Canadian
Heritage

139 avenue Murdoch 819-762-0882

Mailing Address : PO BOX 2277, Rouyn-Noranda, QC, J9X 0A0