



# Neighbours Newsletter

FEBRUARY 2025

NEIGHBOURS REGIONAL ASSOCIATION OF ROUYN-NORANDA

NEIGHBOURS PRESENTS

# BRENT AND SARAH



*Valentine's Day  
dinner & show*

MORE DETAILS ON PAGE 3!

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>

# ICE FISHING ACTIVITY

ICE FISHING | ECO QUIZ



**SUNDAY, MARCH 9TH, 2025 – FROM 1:00PM TO 4:00PM**

Learn the basics of ice fishing; techniques, equipment, types of fish, and more!  
In the comfort of a heated fishing cabin, learn more about Osisko Lake, its history, its ecological portrait, and a project to preserve the quality of the ecosystem by taking part in a quiz!

Access to the activity: Presqu'île Lac Osisko, by taking chemin de la Grande Place.

Parking and heated toilets available.

**To reserve your spot**

**call the office 819-762-0882**

NEIGHBOURS PRESENTS

# BRENT AND SARAH



## Valentine's Day dinner & show

BRENT AND SARAH'S COMEDY MAGIC SHOW

FRIDAY  
**14TH**  
FEB, 2025

6:00PM DOORS OPEN  
6:30PM STROLLING MAGIC  
7:00PM DINNER  
8:00PM THE GREAT BIG SHOW

TICKET PRICE

MEMBERS: \$20.00 \*15 years old and older

NON-MEMBERS: \$40.00

FOR 8:00PM SHOW ONLY: \$10.00

\*Must be a member 30 days prior to event

TOMATE & PESTO  
55 AVENUE DALLAIRE

TICKETS MUST BE PURCHASED BY  
JANUARY 31ST 4:00PM

# HAPPY Valentine's Day

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

Amour

Card

Cupid

Flowers

Love

Romance

Valentine

Beloved

Chocolates

Date

Heart

Pink

Roses

Candy

Crush

February

Kiss

Red

Secret admirer

# FLAG OF CANADA DAY

February 15th is National Flag of Canada Day! But what is the history of our flag? Our current national flag is actually quite recent, being made official in 1965. We'll take a look at what came before, and what led to the one we know today!

Canada's original flag, the Union Jack, was our official flag until 1965. In fact, it was even used before Confederation (1867)! The Union Jack is the official flag of the United Kingdom, and it was used in many British colonies and dominions until they adopted their own national flags.

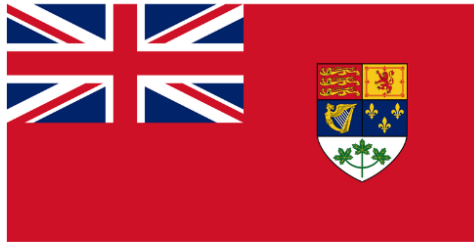


Another British-inspired flag, the Canadian Red Ensign, was used heavily also. It was adopted in 1868 following Confederation, but it officially became the navel flag for Canadian ships starting in 1892. Unofficially, it was also used on land as well. It was approved for use on Canadian government buildings outside Canada in 1924, and for those inside Canada in 1945. It was used as the unofficial national flag until 1965 when the Maple Leaf flag became the national flag of Canada.

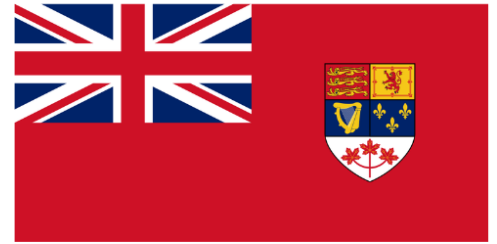
The Red Ensign contained the Union Jack and a shield which included the arms of the provinces, and as such was updated as more provinces joined the Confederation. After Canada was granted the Coat of Arms in 1921 by King George V, the shield on the Red Ensign was replaced by that of the Coat of Arms. In 1957, the maple leaves on the shield were changed from green to red, and this was the version used until 1965.



1868-1921



1921-1957



1957-1965

After becoming Prime Minister in 1963, Lester Pearson was determined to solve the "flag problem", and in 1964, proposed his concept for the design that would become known as the "Pearson Pennant", but it was strongly opposed. A committee of 15 Members of Parliament was made later that year, and given 6 weeks to design a new flag. After thousands of submissions, the design proposed by George Stanley, inspired by the Royal Military College of Canada, was unanimously selected by the committee. After a 6 week long debate by the House of Commons, Stanley's flag was voted to be the official flag of Canada. The design was refined by graphic artists and design specialists in order to create the design that is used today.

The new flag was made official by Queen Elizabeth II on January 28th, 1965. It was inaugurated in a public ceremony on Parliament Hill on February 15th, 1965, and it was presented to the world at Expo '67, on the 100th anniversary of Canada's Confederation.



The Pearson Pennant



George Stanley's design

# Your questions on Trudeau's resignation, answered

Announcement comes at critical junction for Canada both at home and abroad

CBC News · Posted: Jan 06, 2025 8:05 PM EST



Prime Minister Justin Trudeau will soon be stepping down after nearly a decade in office, bowing to mounting political and public pressure to make way for new leadership.

Monday's (*Jan. 6*) announcement, while not surprising, comes at a critical junction for Canada both at home and abroad.

Here are some answers to frequently asked questions about what comes next.

## **Why is Trudeau resigning?**

Trudeau has been facing pressure from both inside and outside his party for months. A growing number of Liberal parliamentarians had been asking him to move aside and let someone else tackle the Conservative Party, which has a commanding lead in the polls, in the next election.

Trudeau had repeatedly said he planned to stay on as leader, but Chrystia Freeland's blunt resignation from cabinet on Dec. 16 proved to be too sharp a rebuke of his leadership. Trudeau said Monday he thought about his next steps over the holidays and told his children about his decision over dinner on Sunday night.

"This country deserves a real choice in the next election, and it has become clear to me that if I'm having to fight internal battles, I cannot be the best option in that election," he said.

## **Is Trudeau leaving office immediately?**

No. Trudeau is still the prime minister and head of the Liberal Party. He said he will step aside once a replacement is chosen for both roles. Meanwhile, Parliament will be prorogued, or suspended, until March 24.

## **Do we have an election date?**

No. Because Parliament has been prorogued, opposition parties — who had originally planned a non-confidence motion to bring down Trudeau's minority government this month — will now have to wait months to do so. If all the opposition parties vote together on the motion, the Liberals will be defeated and a new election would be set.

All said, an election is unlikely to be held before spring.

Parliament is scheduled to start its summer break no later than June 20. If the Liberals are still in power by then, an election would be held as scheduled at the end of October.

## **If Parliament is suspended, what happens to laws that hadn't passed yet?**

All government bills that hadn't received royal assent before Monday's prorogation don't exist anymore.

To revive those bills, they would have to be reintroduced in a new session of Parliament.

Opposition parties could also choose to bring them back, but there is no guarantee they would do so if they want to defeat the current government. It means some legislation, like proposed changes to the capital gains tax, could be wiped out.

### **When will the Liberals choose a new leader?**

A date has not been set. Trudeau said Monday he asked the party to start the process of choosing a new leader.

Liberal president Sachit Mehra said he would call a meeting of the party's national board this week to begin the process and gave no further details.

### **Could a new leader help the Liberals win the next election?**

Polls indicate the Liberals will lose the next election, but the scale of the defeat could be tempered if Trudeau is no longer leader.

"I am confident today's decision will leave us in a far better place as a party and as candidates ... in the next election," Anthony Housefather, Liberal MP for Quebec's Mount Royal riding, told *Power & Politics*.

"I'm glad that we're going to be able to offer Canadians a different vision, a different face and a type of change."

### **Could Trudeau be forced out sooner?**

Governor General Mary Simon, the personal representative of King Charles, has the ultimate constitutional power in Canada. She could remove Trudeau, in theory, but there is virtually no chance she will.

"The governor general won't dismiss a prime minister who still holds the confidence of the Commons," said Philippe Lagasse, a professor and constitutional expert at Ottawa's Carleton University.

### **How might Canada respond if the U.S. imposes tariffs?**

U.S. president-elect Donald Trump has threatened to impose a 25 per cent tariff on all imports from Canada and Mexico on his first day in office on Jan. 20 unless the two countries do more to address border security.

As mentioned, Trudeau is still the prime minister. Cabinet ministers, ambassadors, premiers and other diplomats are still in place, too, so all the leaders who would need to need to respond to Trump still have all their privileges.

The key difference is that, with Parliament now suspended, the federal government can't pass laws. Ottawa would have to respond to new tariffs another way — like enacting counter-tariffs, for example, since those don't need to be approved by Parliament to come into effect.

That's what happened when Trump imposed tariffs on Canadian steel and aluminum products during his first presidency. Back then, the Trudeau government reacted with an order laying out counter-tariffs on U.S. steel and aluminum.

After Trudeau's announcement on Monday, Immigration Minister Marc Miller said the current government is still preparing for a second Trump administration.

The "first matter of business" after Trudeau's announcement "was to jump into a very technical Canada-U.S. cabinet committee meeting talking about the measures that we plan, should we need to respond to the Trump government," Miller told *Power & Politics*.

Source : <https://www.cbc.ca/news/politics/trudeau-resigns-trump-tariffs-what-happens-now-1.7424288>



**SLEEP** IS IMPORTANT FOR YOUR MIND AND BODY

**5 TIPS TO HELP YOU SLEEP BETTER**

## SLEEPING AREA

RELAXING

QUIET



DARK

COMFORTABLE TEMPERATURE

## EXERCISE

PHYSICAL ACTIVITY DURING THE DAY



HELPS YOU SLEEP AT NIGHT



## CONSISTENCY

GO TO BED AND GET UP AT THE SAME TIME EACH DAY



## BEFORE BEDTIME AVOID:



CAFFEINE



LARGE MEALS



ALCOHOL

## NO SCREEN TIME



Source: World Health Organization

# NEW GEAR!

Neighbours now has a debit/credit card machine! You can now pay your membership and other purchases (example; holiday social tickets) with your card!



## Valentine's day word search answers

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

## CRAZY WINTER FACTS!

The coldest recorded temperature in Canada was in the town of Snag, Yukon in 1947, where it reached  $-63^{\circ}\text{C}$ !

The greatest snowfall in a single day in Canada happened in February 1999. Tahtsa Lake in British Columbia received 145 cm of snow in one day!

In the town of Pincher Creek, Alberta, in 1962, chinooks caused a dramatic 41-degree temperature change: it shifted from  $-19^{\circ}\text{C}$  to  $22^{\circ}\text{C}$  in only one hour!




# Campfire Club



# KOOL KIDS CLUB


**February 4th:  
All About Igloos**

Learn why and how our First Nations Inuit build igloos, and do an igloo craft!



**February 6th :  
Snowflakes: Science and Art**

Get the science behind snow! Then learn to draw different shapes of snowflakes!



**February 11th :  
No school, no Campfire Club**



**February 13th : Snowy Night Art and Science**

A recreation of Van Gogh’s “Starry Night” with a winter theme, and a science experiment showcasing the properties of an endothermic reaction to make “snow”!



**February 18th :  
Playdough Snowmen**

Have some fun with playdough by making snowmen on playdough mats or in 3D!



**February 20th :  
More Van Gogh Art**

Recreate a version of Van Gogh’s famous painting “Bedroom in Arles”, giving it your own flair!



**February 25th :  
Snowflakes and “Snowball” Launchers**

Learn how snowflakes are formed, make your own pretty snowflakes, and have fun launching cotton balls at each other!



**February 27th :  
Winter Tree Nature Art**

Make your own tree out of real twigs and decorate it for the season!



**MOVING MONDAY!**



**Mondays at 1:30pm**

Join us every Monday at 1:30pm for a Viactive 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**

**Feb. 5th**

**Vitamins & Minerals**

Do you need them & are they beneficial?

**Feb. 12th**

**The Basics of Numerology**

**Feb. 19th**

**SHARP**

Post-Caregiving Grief.

**10 AM**

Call to reserve your lunch

**Feb. 26th**

**OCD**

The truth & misconceptions about the disorder

**FUN FRIDAY GAMES**

**At 1:30pm**

**Feb. 7th**

Game Day

**Feb. 21th**

Game Day



**FUN FRIDAY MOVIES**

**At 1:30pm**

**Feb. 14th**

**Set It Up** (2018)

1h45m

Two overworked and underpaid assistants come up with a plan to get their bosses off their backs by setting them up with each other.



**Feb. 28th**

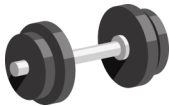




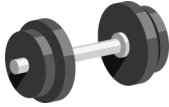













**Fly Me to the Moon** (2024)

2h12m

Sparks fly between a marketing executive and a NASA official as he makes preparations for the Apollo 11 moon landing.



# FEBRUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 	4 	5 	6 	7 	8
9	10 	11 <b>NO ACTIVITY</b>	12 	13 	14 	15
16	17 	18 	19 	20 	21 	22
23	24 	25 	26 	27 	28 	



*Our Health*  
IS IN OUR HANDS



Neighbours McGill  
Bursary, Recruitment and  
Retention program



Campfire Club  
After school



Wellness Wednesday  
1:30pm



ViActive Exercises  
1:30pm



Kool Kids Club  
After school



Movie/Game Day  
1:30pm

In partnership with



Patrimoine  
canadien

Canadian  
Heritage

139 avenue Murdoch  
Rouyn-Noranda, Québec

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