



Neighbours Newsletter

December 2020

NEIGHBOURS REGIONAL ASSOCIATION OF ROUYN-NORANDA

DECEMBER 2020 ...

Unfortunately, Neighbours will NOT be able to host our Annual Holiday Social this year ☹️

But rest assured that Neighbours is working hard to make sure that December will be a safe activity packed month both on-line and in little groups!

Throughout the month of December:

✓ All kids' groups will continue their activities with

A special event added: Family Scavenger Hunt

Senior Wednesdays will all have a special Holiday Theme

And stay tuned

✓ Every day at 2:00 pm on our Facebook page to find out about your

Elf of the Day Activity!

Activities will include: Photo games, Riddles & Puzzles, Cooking videos, Storytime, Zoom party, Special messages and whatever our Elves come up with!

And we are sure Santa will be dropping off some nice prizes for participants!

Tune in every day at 2:00 pm

If you do not have access to Facebook - no worries; call the office to receive a little package of December Fun so you can play along with our Elves!



Visit Neighbours' website and Facebook page for daily updates

www.neighbours-rouyn-noranda.ca

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

Let's Talk Garbage!

We are all learning to separate our garbage in our different bins, but what do we know about replacing or purchasing our bins?



Bins are sold in most hardware stores. But keep in mind that the prices vary but so does the quality of the bin. The bins come in different colours and sizes but there are standards to follow. The green or black bins are for solid waste, blue bins are for recycling and now the brown bins are being introduced for organic waste. The garbage and recycling bins must have a capacity of 360 litres (95 gallons), while the brown bins 240 litres (64 gallons). Another thing to look out for is the grip type of your bins. Depending on where you live the grip needed will be different due to the method used to empty the bin. For the city of Rouyn-Noranda the European grip is needed because the bins are dumped into the truck manually while in other areas such as the Évain district the garbage and recycling bins have the American grip since the garbage truck clamps take hold of the bin to empty it.

If you have a damaged bin and decide to make repairs on it, keep in mind that the repairs must not interfere in the handling of the bin.

As of present there are no businesses that repair bins, but there are some independent contractors who offer this service. It is always possible to get replacement parts buy ordering them through local hardware stores or you can also visit the local recycling center for parts such as wheels or covers, etc.



**ORGANIC MATTER
BROWN BIN
EUROPEAN GRIP**



**RECYCLABLE
MATTER
BLUE BIN
EUROPEAN
GRIP**

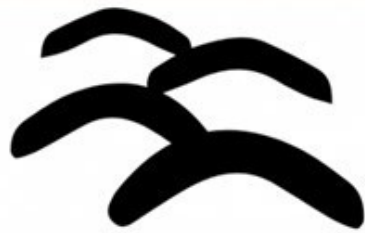


**SOLID MATTER
GREEN OR BLACK BIN
EUROPEAN GRIP**

According to regulation 2007-521, article 4.3, all owners must identified their bins with their civic address. On the pick up days, remember to always place your bin on your property and not in the street, sidewalk or cycle path, etc. Bins that are not on the property are an offense and if they are damaged, the damages will be your responsibility. With the winter months fast approaching remember to always keep you bins free of snow on and around them for pick up.

It is always possible to get the calendar for the pick up dates of your area by going on the city's site.

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



StoryScaping

Quebec Writers' Federation

Creative Word-Shops for
Youth and Seniors

January 19, 26 and February 2,
2021

Maximum 8 participants who
must attend all three sessions!

New project between Neighbours and the Quebec Writers Federation!

An opportunity to connect and to shape
(or "scape") our personal stories through
wordplay and experimentation.
The focus is on giving participants a chance to
share their stories, document their lives, and
read or perform their creative work.'

To register for this activity, please call the office!



New Flag Representing Quebec's English Community Unveiled!

Back in the October issue of Neighbours' newsletter, we told you of the conclusion of online vote held by Y4Y Quebec's Symbolism Project to decide which of three designs created by English-speaking Quebec youth artists would be the winning design for a new flag to represent Quebec's English-speaking community.

As all other provinces and territories in Canada have their own official flags to represent their French-speaking communities, having one for the minority language of Canada's two official languages in this province was lacking!

The winning design, with 1597 votes in it's favour:



A Fleur-de-lis represents Quebec as the geographic context of the community. An "E" is outlined in the flower as the first letter of "English". The array of colours in the background represents the cultural diversity of the English-speaking community.

The hope is that this new flag will be used by community organizations to identify events for our English-speaking community members, thus creating a feeling of unity.

Source: y4yquebec.org



"One kind word
can warm
three winter months."

JAPANESE PROVERB



**Senior Afternoon Activities
Coming up in December!**

- December 2nd 2020 1:30p.m
“Cookies and Chat”
- December 9th 2020 1:30p.m
“Holiday Craft”
- December 16th 2020 NOON
“Holiday Special”

Join Us!

HOLIDAY PHOTO SESSION

Open to Members

Neighbours is offering a Free Holiday Photo Session for you and your family!

Dress formally, in ugly holiday sweaters or in matching pyjamas, the choice is yours!

On December 3rd evening, December 5th and 6th, we will be taking family photos.
Scheduled appointments only

****Bring a USB key to save your pictures****

Call the office at 819-762-0882 to schedule a time for your family portraits to be taken so that health measures can be met!



The Book Club

Neighbours finally has a Book Club!!!

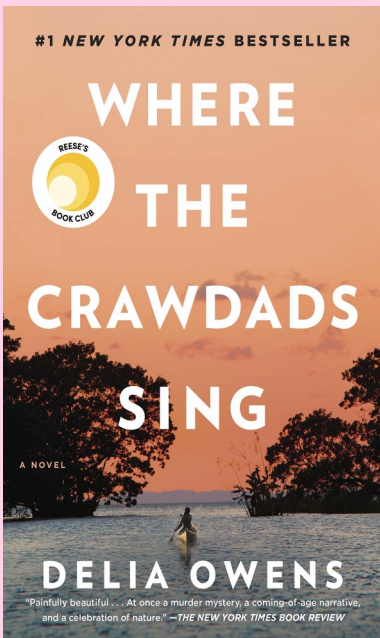
Our first book will be *Where the Crawdads Sing* by Delia Owens.

Please call the office if you are interested in participating! We have a couple of books on hand which we can share!

The holiday season is a great time to cuddle up with a good book and then we will come together to discuss the book in January during a cold winter night!

Let the office know if you are interested!.

819-762-0882



HOLIDAY Photo Scavenger Hunt

Explore the city to find the elusive objects!

View the Scavenger list on Neighbours Facebook page
December 4th @ 2:00pm
(or at Neighbours office)

The hunt is scheduled at your pace, on your time!

Enjoy the activity with family & friends

For more information call the office

Canadian Winter Weather Records



Record wind chill. It was bad enough on Jan. 28th, 1989 when the temperature dropped to -51°C in Pelly Bay NWT, but the wind made the air even colder when the wind chill reached -91 degrees C!



The greatest one day snowfall occurred in Burns Lake, B.C. on February 11, 1999.

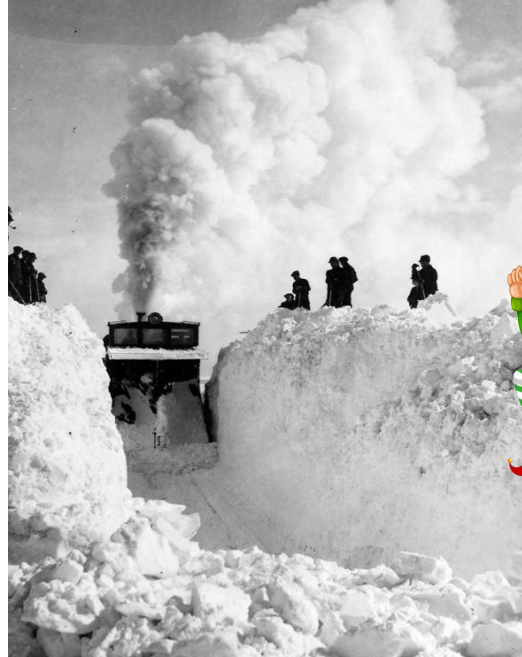
The weather station at Tahtsa Lake recorded Canada's most snowfall ever in a single day: 145 cm! That's about 4 feet, 9 inches!



The coldest temperature ever recorded in Canada was logged on February 3rd, 1947 in the Yukon Village of Snag. The mercury dipped to -63 degrees Celsius, which is similar to the surface temperature of Mars!



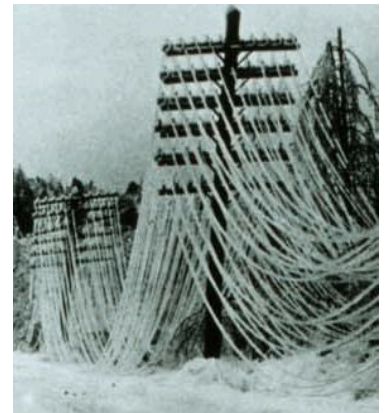
Worst blizzard in Canadian railway history, Jan. 30 to Feb. 8th 1947. A 10 day blizzard buried towns and trains from Winnipeg to Calgary, causing some Saskatchewan roads and rail lines to remain plugged with snow until spring. Children stepped over power lines to get to school and built tunnels to get to the outhouse. A Moose Jaw farmer had to cut a hole in the roof of his barn to get in to feed his cows!



Montreal's snowstorm of the century –March 4th, 1971 killed 17 people and dumped 47 cm of snow on the city with winds of 110 km/h producing 2nd storey drifts. Winds snapped power poles and felled cables, cutting power for up to 10 days. In total, the city hauled away 500 000 truckloads of snow!



Ice storm of the century, Jan. 4-9th, 1998. One of the most destructive and disruptive storms in Canadian history hit Eastern Canada causing hardship for 4 million people and costing 3 billion \$. Losses included millions of trees, 130 transmission towers and 120 000 km of power and telephone lines. Power outages lasted from several hours to 4 weeks!



Source: ec.gc.ca (environment and climate change Canada)

ALCOHOL DURING THE HOLIDAYS

Office parties, cookie swaps and other fun festivities offer plenty of tempting treats during the holiday season. It's easy to get carried away with eating and drinking when you're in a celebratory mood, but making mindful choices now is important to maintaining your health — especially when it comes to alcohol consumption. You can still enjoy a drink but keep moderation in mind.

As you can see, holiday drinks can be a real hindrance when it comes to health and wellness. Here are a few tips to help you sip smarter during the holidays.

- Drink water between alcoholic drinks. Not only will this help keep you hydrated, but also it will help slow down your drinking and keep you comfortable in a social setting. (No one has to know it's not alcohol.)
- Drink slowly. Have no more than 2 drinks in any 3 hours. Enjoy and savor your drinks by sipping slowly. Being mindful can help you reduce your overall calorie intake without feeling restricted.
- Use low-calorie mixers, such as no-calorie soda or tonic water or lemon and lime wedges, to help reduce added calories. You can also make healthier ingredient swaps without sacrificing flavor. For instance, use low-fat milk in your eggnog and cut the amount of cream in half — or skip it entirely.
- Keep the focus on family and friends and remember the reason for the gatherings: a time to celebrate with those you love.
- Set limits for yourself and stick to them.



Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion. Plan to drink in a safe environment.

For these guidelines, “a drink” means: ▶▶▶

 Beer 341 ml (12 oz.) 5% alcohol content	 Cider/ Cooler 341 ml (12 oz.) 5% alcohol content	 Wine 142 ml (5 oz.) 12% alcohol content	 Distilled Alcohol (rye, gin, rum, etc.) 43 ml (1.5 oz.) 40% alcohol content
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Now you're ready to toast a healthy and bright year ahead. Cheers!

Source: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/alcohol-during-holidays/art-20270845>

Cheers to a very safe holiday season!



Did you know that in Japan, it is traditional to eat KFC (yes, Kentucky Fried Chicken!) for Christmas dinner? It's so popular that customers place their orders months in advance!



*It's
finger lickin'
good*

Canada Banning Plastic Single-use Items By End of 2021

The end is coming for plastic grocery bags, straws and cutlery after the federal government announced in October 2020, which single-use plastics will be covered by a national ban coming into effect by the end of 2021.

Environment Minister Jonathan Wilkinson unveiled the list of soon-to-be-banned items at the Canadian Museum of History in Gatineau, Que.

The single-use plastics that will be banned are:

- Grocery checkout bags
- Straws
- Stir sticks
- Six-pack rings
- Plastic cutlery
- Food takeout containers made from hard-to-recycle plastics (like black plastic packaging)

Banned single-use plastics



The regulations to introduce the ban will be finalized by the end of 2021, said Wilkinson.

"When a ban comes into effect, your local stores will be providing you with alternatives to these plastic products, like reusable or paper bags in place of plastic," he said.

"I know it is presently hard to come back from the grocery store without a single use plastic item ... You use it, you throw it in the recycling bin and more often than not, it ends up in a landfill. This has to change, which is why we'll be working with grocers and industry leaders and provinces and territories to keep more plastic in our economy through recycling."

Wilkinson said the ban will not include plastics used to make personal protective gear or medical waste.

As part of the government's goal to reach zero plastic waste by 2030, the federal government said it's developing new standards for other plastic items to require them to contain a minimum amount of recycled material.

Source: CBC news

Say goodbye to plastic straws at Tim Hortons



The coffee giant announced plans to eliminate millions of plastic straws over the next year — by replacing them with paper alternatives.

In a press release, the company promised to make the environmentally-friendly transition over the next year. By early 2021, Timmies intends to have paper straws in all 4,000 restaurants across Canada.

300 million plastic straws will be eliminated from Tim Hortons.

Timmies also says they're currently "testing" compostable cutlery. This comes as the federal government announced plans to ban multiple single-use plastics in Canada by the end of 2021. In 2019, one report found Tim Hortons to be one of Canada's biggest plastic polluters, as their cups, lids, straws and other branded plastics were found littered across Canada's shorelines.



Source: <https://www.msn.com/en-ca/lifestyle/food/foodnews/tim-hortons-wants-to-remove-300-million-plastic-straws-from-its-restaurants-by-2021>

Landlines During A Power Shortage, What You Should Know

Oh the landline, the dinosaur technology of phones. Did you know that during a power shortage your landline or 'corded phone' still works. Since your phone is connected to a telephone jack, this jack continues to power your phone even if there is an electrical shortage. Now, even if your caller ID is not working on your phone, your line is still connected because your telephone will be connected to the telephone jack for your phone service and will also be plugged into the electrical outlet for your caller ID, which are 2 separate things.

Now many people who still have landlines will often times own cordless phones. Most cordless phones will not work without electricity unless they have some kind of battery pack or alkaline batteries for base-power backup. Others use the stored power from the handset's battery to operate. Don't forget that a cordless phone will only work for the duration of the battery's life without power!

So be reassured, even if you are sitting in the dark because you have no electricity you can still reach out and call somebody to pass the time.

By: Manon Lavallée

Source: <https://www.skybest.com/residential/blog/4-why-you-should-always-have-a-corded-phone-in-your-home#>



Call Santa Claus on His Hotline!

Santa's hotline is open! Never called the North Pole?

Call (it's free!) 1-319-527-2680

Your child can listen to a message from Santa himself!



VectorStock®

VectorStock.com/6812344

Write Santa A Letter!

You can write to Santa, and he will answer you back with a letter sent right to your mailbox!

Here is Santa's postal address:

Santa Claus

The North Pole

Canada

H0H 0H0



No postage stamp is required on your letter if it is sent from in Canada, but be sure to put your return address on the envelope so Santa can write back to you!



Invitation to participate in a research project:

The aging of the population and the organization of health care and social services are the results of an increase in the number of seniors living at home.

To this end, we wish to meet with seniors and their caregivers who receive home-care services and evaluate their comprehension in health literacy.

Health literacy refers to a person's ability to access, understand, use and communicate the information concerning their health.

Your participation...

- A socio-economic questionnaire (5 minutes);
- A questionnaire on your level of health literacy (10 minutes);
- An interview of approximately one hour will be conducted with the student researcher on your healthcare pathway, the partnership relationship with your social worker and your health literacy (1 hour).



You can participate if...

- You are 65 years of age and over
- Live in the Abitibi-Témiscamingue region
- Live at home
- Receive home-care services from the CISSSAT
- Have a social worker involved in the case



The project was approved by the UQAT (University of Quebec in Abitibi-Temiscamingue) research ethics committee on 08/05/2020.

Please be assured that your anonymity will be maintained. A consent form will be explained to you and signed.

If you are interested please call the office for more information!

Important Note

Neighbours office will be closed from
Friday, December 18th, 2020 (at noon)
until Tuesday, January 5th, 2021

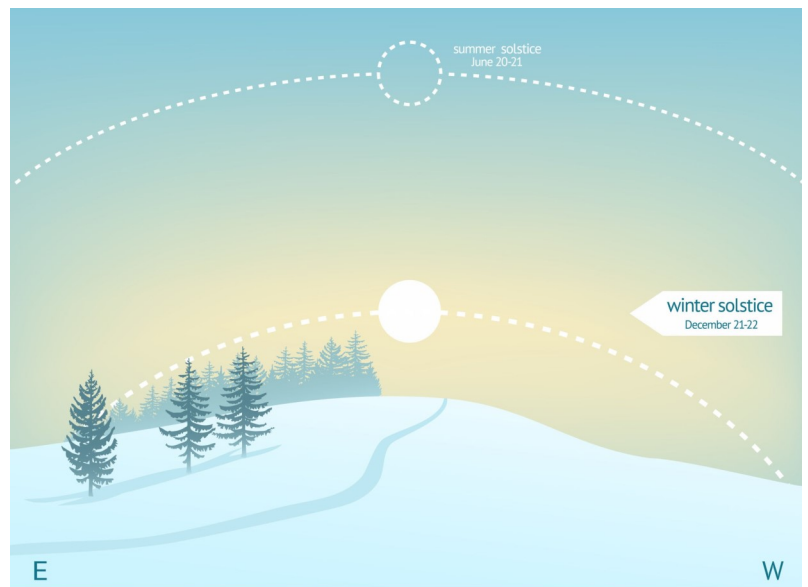
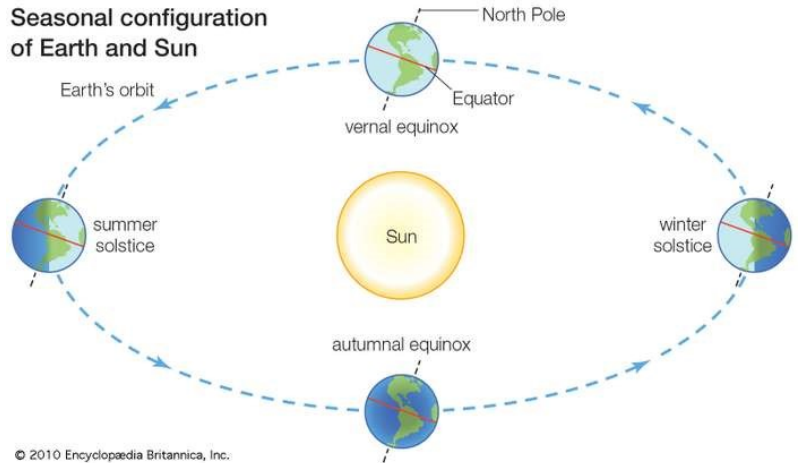
Happy Holidays Everyone!!!



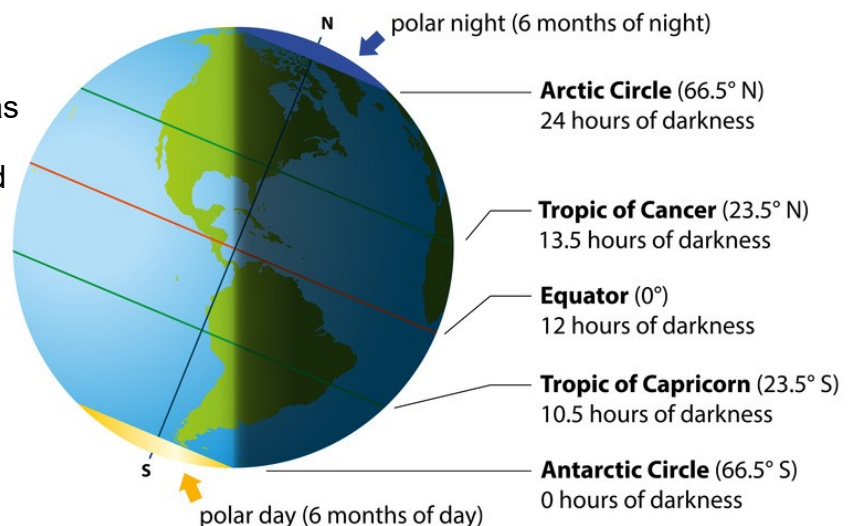
What is the Winter Solstice?

The winter solstice or hibernal solstice, also known as midwinter or Yule in Pagan times, -when it was celebrated as “the moon giving birth to the sun”- occurs when one of the Earth’s poles has its maximum tilt away from the sun. It happens twice yearly, once in each hemisphere.

- It is the shortest day of the year, and the longest night.
- Daylight hours grow shorter as winter solstice approaches, and begin to slowly lengthen afterward.
- The word “solstice” literally means “the sun is standing still”. From the Latin words “sol” meaning “sun” and “sistere” meaning “stand still”
- Winter solstice is actually a precise moment in time. Although it lasts only a moment, we refer to it as a day.
- [Winter solstice in Rouyn-Noranda is on Monday, December 21st, 2020 at 5:02 a.m. Eastern Standard Time.](#)
- Although the instant of the solstice can be calculated, direct observation of the solstice by amateurs is impossible because the sun moves too slowly and appears to stand still.
- The Northern Hemisphere winter solstice happens in December in North America, Central America, Europe, Asia, and Northern Africa.
- The Southern Hemisphere Winter Solstice happens in June in Australia, New Zealand, South America, and Southern Africa.
- So in December, it is the Southern Hemisphere’s Summer solstice!
- Since pre-history, the winter solstice has been seen as a significant time of year in many cultures, and has been marked by festivals and rituals. It marked the symbolic death and rebirth of the sun. the seasonal significance of the winter solstice is in the reversal of the gradual lengthening of nights and shortening of days.
- There is strong archeological evidence that huge feasts were held at Stonehenge at the winter solstice.



winter solstice (December 21)



Neighbours Board of Directors and Staff



*Remember to Keep
Your Social Distance
Stay Safe*

*Wish You and Yours the Happiest
Of Holiday Seasons!!*

The Shortest Day

By Susan Cooper

And so the Shortest Day came and the year died
And everywhere down the centuries of the snow-white world
Came people singing, dancing,
To drive the dark away.
They lighted candles in the winter trees;
They hung their homes with evergreen;
They burned beseeching fires all night long
To keep the year alive.
And when the new year's sunshine blazed awake
They shouted, reveling.
Through all the frosty ages you can hear them
Echoing behind us-listen!
All the long echoes, sing the same delight,
This Shortest Day,
As promise wakens in the sleeping land:
They carol, feast, give thanks,
And dearly love their friends,
And hope for peace.



December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Launch of Elf of Day Activity 2:00pm Facebook	2 Seniors Wednesday Cookies & Chat 1:30 pm	3  Family Photo Sessions	4 Launch of Scavenger Hunt 2:00 pm	5 Family Photo Sessions
6 Family Photo Sessions	7 	8	9 Seniors Wednesday Arts & Craft 1:30 pm	10 	11 Neighbours Live Zoom Holiday Party 7-9 pm	12
13	14 	15	16 Seniors Wednesday Holiday Fun! 12:00 pm	17	18	19 Facebook Storytime Grinch! 2:00 pm
20	21	22	23	24	25 Facebook Live 2:00 pm	26
<i>Special Holiday Messages</i>						
Remember to check Every day for the Elf of the Day Activity Neighbours Facebook Page 2:00 pm				30	31 	Jan 1 



In partnership with



Patrimoine canadien

Canadian Heritage



Campfire Club

Every Thursday 4:00pm to 5:00pm



Kool Kids Club

Every Monday 4:00pm to 5:00pm