

OUR NEWSLETTER



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HISPANIC LATIN AMERICAN HERITAGE MONTH

One of the most active and dynamic communities in Canada, the Latin American Hispanic community continues to grow. Every day more and more Spanish-speaking immigrants discover the beauty and advantages of residing in our beautiful country. Through the significant efforts of the Canadian Hispanic Congress, we ascertained, that following the 2016 Canadian Census, there were over 1,000,000 Spanish-speaking persons living in Canada. More than one million of us, are living and working here and making significant contributions to the lives of Canadians. We realized then, the need for a specific time to recognize and celebrate the many contributions of the Spanish-speaking community that calls Canada 'home'.

Four years ago, on June 18, 2018, the Canadian Parliament passed legislation designating the month of October, Latin American Heritage Month, now known in our community as a month-long celebration of the Hispanic Latin American Heritage. A celebration of the Hispanic Latin American community's significant contributions to the cultural, social, economic, and political development of Canada.

Our goal during the month of October is to promote the identity, celebrate the roots and share the cultural richness and origins of the 21 Spanish-speaking countries represented in our young, diverse, progressive, and vibrant community.

The Canadian Hispanic Congress salutes the efforts of each member of the Hispanic Latin American community. Let us all celebrate by taking part in the activities and celebrations taking place near you. Please join our celebrations of Hispanic Latin American Heritage Month and the CHC 40th Anniversary celebrations.

HISPANIC LATIN AMERICAN GASTRONOMY

As vast and unique as the rest of the Hispanic Latin American culture, our various cuisines are among the most popular in the world. Hispanic Latin American gastronomy stands out for its impressive fusion of flavors, colors, traditions, and with great appeal around the world. In addition to the great variety and seasonings, much of the appeal of Hispanic Latin American food is its role within the identity of each of its 21 diverse countries. Each country and each region have representative and unique dishes that have endured the test of time. Unique dishes that have passed from generation to generation and continue to represent their people, culture, and traditions. These flavours and food traditions have significantly influenced the world of gastronomy, and some have even been declared a 'Patrimony of Humanity.'

We are pleased to invite you to join us for our virtual 'CHC Hispanic Latin American Gastronomic Tour' event, scheduled for October 27 at 7:00 pm. We invite you to follow us through our social media networks for more information.



11th CONFERENCE PRO-EMPOWERMENT OF WOMEN

The concept of women's empowerment has been a necessity, a goal, and a demand throughout history. This demand for gender equality has been represented by women who, in the face of established canons, have decided to be part of this struggle for women's empowerment and for what is right and what is just, the search for gender equality. The term women's empowerment itself, is relatively recent, having been adopted at the Fourth World Conference on Women, held in Beijing in 1995. The countries attending made the commitment to work and promote change in favour of women's rights. How do we define empowerment?

Women's empowerment implies an all-gender collaboration to ensure that women have access to and participate fully at all levels and in all sectors of life, in their countries and in the world. It is particularly important that women reach economic equality. An empowered woman is stronger and can build a stronger family, a stronger society, a stronger country, and a stronger, more sustainable future. For a country to achieve its goals of progress and sustainability; of improvement of the quality of life for all its people, all its citizens need to be fair and equal partners.

Reconfirming its commitment to women's empowerment, we at the Hispanic Canadian Congress invite you to be part of the '11th Conference Pro Empowerment of Women'. We will have among our guests, trailblazing women representing various sectors of Canadian life. This virtual conference will take place on October 29, 2022, at 2:00 pm, via the Zoom and Facebook Live platforms. We invite you to follow us on our social media channels for more information. Save the date on your calendar.

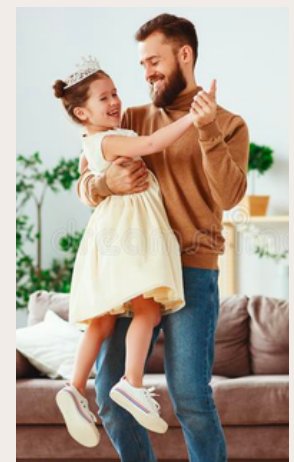
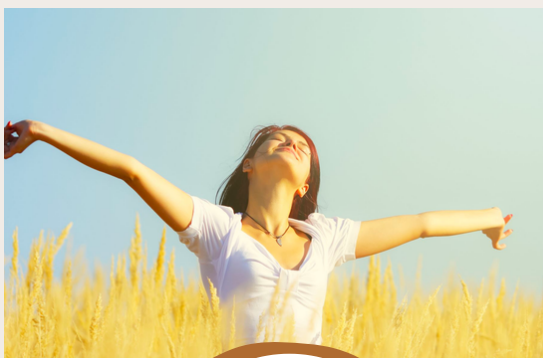
THE HAPPINESS OF OUR LIVES DEPENDS ON THE QUALITY OF OUR THOUGHTS

Marcus Aurelius said that "The happiness of our lives depends on the quality of our thoughts". Regulating our thoughts in the face of what happens to us allows us to see problems as challenges and opportunities for learning and personal growth. It provides the benefit of being aware of seeing the good things in our lives.

Do you sometimes wonder how to achieve this? One option is to practice smiling and laughing more often. There is a lot of scientific research that shows that smiling and laughing cause our brain to secrete an infinite number of endorphins, the so-called happiness hormones. Endorphins are substances produced by our brain that generate feelings of pleasure and well-being. Laughter is one of the ingredients of happiness that allows us to have a more positive attitude towards what happens to us. Remember to engage in activities that raise your endorphin levels.

We live fast and distracted lives, and this keeps us from connecting with others, with nature and with ourselves. Try meditating, physical activity, socializing more, being more generous with your time, laughing and smiling more, to feel better. Smiling is contagious. Infect others into feeling better every day.

Cecilia Jaramillo, Psychologist. Director of Health at CHC.





MESSAGE FROM THE PRESIDENT

Dear friends of the Canadian Hispanic Congress,

We want to begin by wishing you a wonderful month of celebration and recognition of the Hispanic Latin American Heritage Month. We celebrate you and all that you have done as a Spanish-speaking person living in Canada. Continue to make essential contributions to Canada and the lives of Canadians.

Thanksgiving is a time of reflection about the many things that leave us with a sense of warmth and gratitude. You are among the things that elicit feelings of gratitude in all of us at the CHC. You have supported us for many years... by October 2023, the CHC would be alive as an organization for 40 years. We have planned a year long celebration of this milestone.

As we celebrate Hispanic Latin American Heritage Month, we look forward to sharing our two main events with you this month. The first will be our exciting virtual Celebration of the Hispanic Latin American Cuisine on October 27 at 7:00 pm. Please join us:

<https://us02web.zoom.us/j/87277005742?pwd=VTBtK0ptSWpkbnN4Y01Ma0JzSjFGQT09>

We also look forward to you joining us virtually for the 11th Conference Pro-Empowerment of Women. A truly wonderful virtual event planned for Saturday, October 29 at 2:00 pm. Here is the link:

<https://us02web.zoom.us/j/88632398876?pwd=K1AyRTRnWkx2bDMYRC9XZGpUSEZ1QT09>

From our family to you and yours, Happy Thanksgiving!

Warm regards,

Monique Forster
President
Canadian Hispanic Congress

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