

Autumn 2015 Newsletter

Regional Association of West Quebecers



President's Message



"Everybody can be great because everybody can serve" as quoted from Martin Luther King Jr. As Thanksgiving has passed, the Regional Association of West Quebecers (RAWQ) is in a great position to offer thanks.

From an association perspective, we are thankful for the contribution of Heather Stronach who

served RAWQ and our community as our Executive Director. We wish Heather the health and energy to continue serving her community. In a few weeks, at West Quebecers' 12th annual Awards Banquet, we will be celebrating community members who have given, and continue to give generously, of their time and talents as community builders. If there is someone that you know who is being recognized, please reach out and give them a call. They served without looking for recognition but a little acknowledgement helps.

Public service is a noble calling and this is exhibited by the number of quality candidates who are offering to serve our vast communities as our representatives in the Parliament of Canada. I genuinely get the impression that they are offering to "serve us" and are making great personal sacrifice to do so. Those who are supporting them behind the scenes are clearly providing a community service by helping get the vote out. The best way to thank them is to get out and vote on Election Day.

At RAWQ we have recently re-organized our services to encourage youth to be further involved in our community. Our schools and colleges do a great job encouraging student involvement. Our task is to invite and encourage this involvement in our community.

Our challenge at RAWQ is not to serve only our membership. We are here to serve our community and

*"A healthy English-speaking community
in a secure French-speaking Quebec.
A strong Quebec in a united Canada."*

your membership can make our service more effective. Alone we can make a difference but together we can be more effective and go farther. Our

new RAWQ Executive Director, Brian Rock, is present in our offices and extends an open invitation for members of our community to drop in for a chat.

This is true of many other community organizations: we have the opportunity to be great because we have the opportunity to serve.

Personal best wishes.

James Shea

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Executive Director's Message



I am Brian Rock, and I am the new Executive Director. I wish to thank the President and the Board of Directors for the confidence that they have shown in me by appointing me to assume these new duties. I am so pleased to join the RAWQ team of personnel: Mr. Aldo Jauregui (Administration and Communications Officer), Ms. Sophie Pon, (Co-ordinator of Youth and Sports), and Mr. Ricardo Barajas Zazueta (Accountant). We look forward to serving you, and would appreciate your dropping by the RAWQ Office to chat.

I wish to pay tribute to Ms. Heather Stronach who recently retired as Executive Director after many years of dedicated service. I have enjoyed working with Heather over the last eighteen months as a volunteer in the roles of Committee Chair, Director, and Secretary. A real class lady! Heather, enjoy your well-deserved retirement. We will miss you.

We are busy organizing our next big event: the RAWQ Community Volunteer Awards Banquet. This is our and your opportunity to honour eleven inspirational dedicated volunteers in the English-speaking community of the Outaouais. Please demonstrate your support by purchasing banquet tickets and coming out to cheer on these amazing community volunteers. The guest speaker is Ms. Audrey Bureau, Vice President of the Boucher Forest Foundation. The Banquet is on Friday, October 23rd, 2015 commencing at 6:15 p. m. in the Aydelu Centre, 94, rue du Patrimoine, in the Aylmer sector of Gatineau. You may purchase tickets at the RAWQ Office or by calling 819-682-9602. See you all there!

“Grandpa Is Not a Cash Cow and Grandma Won’t Take Any Bull” is an acclaimed play that treats the troubling topic of elder abuse in an innovative way. It is staged by La Belle Gang, an amateur troop of Anglophone seniors. RAWQ is in the process of arranging presentations of this play in the Outaouais region during the month of January of 2016. Watch out for the publicity coming out soon!

We are in the process of reorganizing the committee structure of the Regional Association of West Quebecers. Now is the time to volunteer to be a member of a committee or the board of directors. Please call me at 819-682-9602 or visit us in the RAWQ Office. Whatever interests you have, we probably have a committee dealing with that topic. The new committee structure will be announced as soon as it is approved at the next regular meeting of the board of directors later this month.

If you have ideas on activities that you would like to see organized in our region, please let us know. Your input is always deeply appreciated.

Brian Rock

Brian Rock
Executive Director



West Quebecers 2015 Outstanding Volunteer Awards

Graham Greig Award for Outstanding Community Service



Mary-Ann Latimer (Luskville)

For the past 45 years, Mary-Ann has been involved with the management and various projects of the Aylmer Legion where she is currently President. In addition, as current Vice-Commander for District 14 of the Royal Canadian Legion, she is responsible for the management of ten branches in the region.

Besides her administrative role at the Legion, Mary-Ann is also concerned with the needs of the members and has provided invaluable help to the veterans and their families as well as to the Aylmer community. Mary-Ann has organized and/or participated in numerous activities including information sessions with Veterans Affairs, sports activities such as the Legion's annual Golf Tournament, ceremonies and celebrations such as Canada Day, Remembrance Day, etc., the Aylmer Santa Claus Parade, weekly suppers at the branch and the Poppy Campaign. She has also organized the selection and granting of student bursaries from the Legion.

Mary-Ann is particularly known for her catering skills. She shops and cooks regularly for the Legion's weekly dinners and also does catering for events to raise funds so that the Legion can continue to support various community organizations that help those in need.

Mary-Ann also contributes to the welfare of veterans and the community at large through her participation in several local service organizations, including Aylmer Meals on Wheels (she is President), the Aylmer Civitan Club and more.

J.D. Coulson Award for Outstanding Achievement

Marc Cockburn (Wakefield)



Marc, originally from Northern Ontario, is a long-time resident of Wakefield. He works at Library and Archives Canada as a Cartography Archivist. His strong interest in Canadian history led to him joining the Board of the Gatineau Valley Historical Society (GVHS) in 1999 and he has been President since 2004.

As a Board member of the Society, Marc began with editing the Newsletter and participated in planning and coordinating various Society events such as the Annual Auction and the Chelsea Remembrance Day Service. While President, Marc has designed and developed unique archival exhibits and presentations, and under his leadership, the GVHS has endeavored to open up its resources to researchers through digital means, and to increase the Society's huge outreach with public events, and assistance to the wider heritage community.

Marc has worked tirelessly to ensure that the heritage of the Gatineau Valley is preserved, known, and appreciated. He also brings the same enthusiasm as the Group Commissioner for First Wakefield Scouts, and as a Coach for the Ottawa Special Olympics Alpine Ski Team.

Wakefield's Fairbairn House Heritage Centre considers GVHS its most important partner and their President, Michael Cooper, describes Marc as "the ever-present and ever-reliable face of the GVHS" and notes that "his longstanding professional, enthusiastic and innovative work deserves all our recognition".

Health and Social Service Award

Quebec Association for Independent Living (QUAIL) (Chelsea)



QUAIL is a non-profit association created in 1993 to care for developmentally challenged adults. QUAIL operates a home in Chelsea, Quebec for five English-speaking residents from the Outaouais, who need assistance with the tasks of daily living. The goal is to provide the residents a home and support for life, or as long as QUAIL can support their needs. Services for the residents include food and lodging, personal assistance, psycho-social adaptation and community integration.

Founders Award for Outstanding Leadership

Nancy Peppy (Aylmer)



Nancy Peppy has been an active volunteer for over thirty years, playing a leadership role in every organization to which she belonged. When her sons were in school, she was Chairperson of each school committee in the schools her children attended, Chairperson of the Western Quebec School Board's Parents Committee and Vice-President of the Quebec Federation of Home and School Associations (QFHSA). Her work for the QFHSA included assisting in the start-up of a Home & School Association at Eardly Elementary and travelling to many towns in the Pontiac to talk about Home and School. She also developed a fifty-page directory and information guide on Alcohol and Drug programs and services for youth in Quebec and Canada.

Nancy has made a significant contribution to West Quebecers. As President of RAWQ's Board of Directors for three years she led the development of a new Strategic Plan, Personnel Policy, Governance Manual and Board Orientation Manuel. Nancy currently chairs West Quebecers' FROM Committee which is responsible for RAWQ events and has recently agreed to offer her experience and skills as a member of the Board.

Nancy also volunteers with other community groups. She has been a Board member of the local Health and Social Services organization, ENRICH, now called CONNEXIONS, and is currently Vice-President and, since last year, she is a volunteer in a CLC program at Pierre Elliott Trudeau Elementary School which pairs seniors with a special group of children to help with their English writing skills.

In addition to all the extra-curricular volunteering in the Gatineau community, Nancy also participated in numerous workplace activities. These included the United Way campaign which led to her being seconded for two years to the City of Ottawa's workplace campaign.

Education Award

The Nursing-ECCE Guatemala Project, CÉGEP Heritage College (Gatineau)



An Early Start: Health and Education for Guatemalan Children is a joint project with the Nursing and Early Childhood Care and Education (ECCE) programs at CÉGEP Heritage College which started in 2010 and is in the sixth year of operations. During this ten-day humanitarian trip, faculty and students from both programs work collaboratively with health care and early childhood professionals in rural villages in Guatemala. Faculty and students from Heritage College provide workshop training to early childhood educators on best practices in early learning, nutrition, dental health and other health promotion measures.

This project works collaboratively with Sheila Silver and Brian Swan (of Wakefield QC) from Salidos Ninos (formally known as the Guatemala Daycare Project) to build partnerships with local NGOs, community-driven daycare centers and local health clinics. The intention of the project is to facilitate a dialogue and assist with practical applications related to child development and health. The team works to put theory into practice by sharing student-developed teaching and learning resources with front line childcare workers through train-the-trainer style workshops and on-site daycare visits. Extensive preparation for the Guatemala trip includes student participation in Spanish classes, cultural sensitivity training and the creation of instructional posters and resources to be used to teach best practices in health and early childhood education. A focus on collaboration and cooperation within a diverse team is an integral aspect for student learning and faculty teaching.

Recreation and Liveable Communities Award

Colinda Dubeau (Aylmer)



Colinda Dubeau's volunteer work with numerous organizations over the past thirty years. She has had a positive and lasting impact on her community. Starting from an early age, she has been involved in various volunteer activities through her school, her church, her workplace and many Aylmer sports, recreation and charitable groups.

Colinda has received awards for her fundraising efforts for the Heart & Stroke Foundation and she has been involved in numerous activities and events for the United Way Workplace Campaign for the past 15 years. Colinda has also participated in the organizing of the annual Women's Golf Classic Tournament in support of Breast Cancer and she has helped raise funds for the Make a Wish Foundation and been involved in granting the wishes of three children. Colinda has also been involved in fund-raising and other activities of the St. Vincent de Paul Society, the Circle of Friends and Smiles for Seniors (a humanitarian project that ensures that seniors with no family receive a gift at Christmas).

Colinda has spent her life working relentlessly to improve the lives of others but feels that she is only living her life according to the way she was raised. In her words: "my involvement is simply an extension of my faith and giving to others allows me to be grateful for the many blessings I have".

Community Spirit Award

Rose Regimbald



Rose has been a resident of Aylmer for twenty years. After retirement, she became involved in a broad range of volunteer activities, providing care, empowerment (through literacy) and a hopeful example of unity and inclusion.

As a member of the local branch of the Royal Canadian Legion, Rose is the Treasurer of the Board and also serves on the Community Outreach Committee which supports other non-profit organizations in their endeavours.

Rose volunteered for Bénévole Accès (Aylmer) day program in Aylmer for two years followed by two years at the Store of St. Vincent de Paul.

Rose is currently a member of the West Quebec Literacy Council and tutor for English students. In addition, she is a member of the Board of the Seniors Action Quebec and, in this role, works locally with Connexions, an organization which links the English-speaking community of the Outaouais to health and social services. Rose is also a member of the R.A.W.Q. and West Quebecers can always count on her when volunteers are needed to help with an event. Rose is currently focused on affordable housing for seniors and encouraging social interaction for those who have experienced trauma in their lives.

Arts and Culture Award

Mara McCallum



Mara has been an enthusiastic volunteer in Wakefield's Arts & Culture community since her early teens. She is a talented fine artist, designer and actor and has become known for her creative innovation.

Mara has been active as a cast member, set designer, production coordinator and Board member of Theatre Wakefield for ten years. She has also been a leader at Wakefield Film Camp, taught theatre improvisation for youth at the Wakefield Community Centre and draws and paints for community events.

During the past three summers, while working at Fairbairn House Heritage Centre, Mara also contributed extra hours as a volunteer: she acted in plays, coordinated events, initiated new activities at Fairbairn, scripted and directed two historic videos and worked to ensure efficient coordination with all the Arts and Culture organizations of the Wakefield area.

Leadership for Youth Award

Caitlin Grady (Chelsea)



Caitlin Grady has demonstrated her leadership and organization skills in her community and school. She was a recipient of a West Quebecer's Student Youth Leadership Award and was named Chelsea's Youth Volunteer of the Year in 2015. Also, this year, she was the recipient of a Loran scholarship, the Lieutenant Governor's Youth Award and was named Radio-Canada and Le Droit's Personality of the Week in April.

Caitlin has initiated projects to gather and empower youth in her community and engaged in the political issues affecting the region. In 2012, she started the Chelsea Youth Council to give youth a stronger voice in community decisions. She was also a Board member of the Chelsea Youth Co-op (2013-2014) and Vice-President of Table Jeunesse Outaouais (2013-2015). In addition, Caitlin was leader of the International Action Club at her CÉGEP last year. Caitlin has also been a volunteer for Soccer Chelsea and the Chelsea Co-op Nursery School and has been involved in other volunteer projects abroad.

Business Award

Mountainview Turf Farm Ltd. (Quyon)



The Hamilton family began to work for their community in 1977 when they formed their company, Mountainview. Care and concern for their employees led to an interest in the entire area. The Hamiltons have contributed much to the vitality of Quyon by hiring local residents, buying locally and sponsoring and promoting, both financially and with hands-on help, numerous community and charitable organizations and groups, and many sports and cultural events.

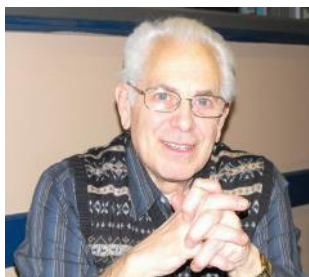
Mountainview has made many significant donations to its community, including a contribution of \$35,000 to the construction of a new community centre for Quyon, a piano to the United Church, a large play structure to the Quyon Community Park and a defibrillator to the

Shawville Curling Club. The Hamiltons have also donated hundreds of hours of their time helping out with events such as the Quyon Agricultural Fair and sharing their musical talents at many events in the region. The gratitude of their community was demonstrated in 1991 by an outpouring of help following a fire which destroyed much of Mountainview's buildings and equipment.

The Hamiltons have also put a considerable amount of time and effort into groups and organizations that strengthen cooperation and understanding between French and English speakers in the area. As Bill Hamilton says "It's what people in the Pontiac do ... As a company, we're proud to be able to help out, but really, we just do what we can with our efforts, our wallets and our hearts."

President's Award

Charles Gutta (Aylmer)



Charles Gutta has been extremely involved in getting the Department of National Defence to recognize that nothing had been done for the families and victims of an accident forty-one years ago which caused the death of seven army cadets and injured forty-eight.

Mr. Gutta, who had been a sergeant in charge of the cadet camp at the time of the accident, discovered the injustice in 2008 and, after listening to some of the victims' stories on social media, decided to act. For the past eight years he has conducted a campaign, with all correspondence in both English and French, to obtain financial and medical

care for the survivors of the tragedy.

In July, 2015, in a statement from Minister of Defence, Jason Kenney, survivors of the blast received an apology and a promise of action.

CÉGEP Heritage College: The Making of a New Generation

We are establishing a legacy of student support for generations to come.

By Michael Randall, Director General , CÉGEP Heritage College



CÉGEP education started in the Outaouais region at CÉGEP de Hull in July 1967 and was offered in French only. Our English post-secondary offering began in 1969 with a modest enrolment of seven students. Our independent status was granted in 1988 thanks to the perseverance of engaged parents, employees, students and pioneers who believed in the benefits of an English CÉGEP in the Outaouais.

CÉGEP Heritage College is the only public tuition-free CÉGEP in Western Quebec offering education in English. We have seen a remarkable increase in admissions; our student population is close to 1200! We are now welcoming the second and third generations to the College. To learn more about our programs, please visit : www.cegep-heritage.qc.ca. Winter registration has already begun. Don't be disappointed, register early.

Heritage College is an important economic development partner for the Outaouais. We are proud of our community involvement, our growth and our reputation. We are engaged in many sectors of activity in the Outaouais, thereby providing sought after adult educational opportunities as well as eight career and four pre-university diploma programs in response to regional job market needs.

Former students often credit Heritage for their success - from the academic excellence, the dedication of the staff and faculty who were instrumental in shaping their learning experience, to the varied sports (rugby, basketball, soccer, etc...) and cultural activities such as the Bacchus Players Drama Club.

Alumni have fond memories of their Heritage experience and have expressed: "I have learned a lot from professors about life, about being an adult and about who I am". "Thanks to my engaging and inspiring teachers and the caring and committed staff, I flourished academically."

We have recently launched an **Alumni & Friends Network** on Facebook with the objective of providing a platform for social, professional and academic networking. **Are you a former Heritage student?** Please join our alumni network by searching for **Heritage Alumni & Family** on Facebook or by contacting: nlefebvre@cegep-heritage.qc.ca.

In 2013, the *registered charitable* **Heritage College Foundation** was created in order to help our college respond to the escalating student needs and to safeguard initiatives that foster self-esteem, engagement in college life and community values. Considering the limited funding at the College's disposal, our Foundation launched a major fundraising campaign last May with the goal of raising **1 MILLION dollars** over five years. Response from the business and the internal community has been significant; we have raised half of this amount. Once again, in this time of need, we are turning to our friends, parents, pioneers and alumni to get involved. Please help us to meet our objective for our students, and for generations to come.

Visit us at www.heritagecollegefoundation.org

Email: wecare@heritagecollegefoundation.org



Super Pop Star

Looking for a little sweet or salty for yourself or any special event? Super Pop Star has a wide selection of “old time” candy, along with the newer candies of today. Super Pop Star opened its doors in 2010 in the Galeries d’Aylmer. Their passion is making their customers happy with special candy treats. They invite their clients to come in and create personalized candy baskets and candy bouquets. Customers can choose from a wide selection of heavenly treats. Birthday party loot bags are also available.

Along with Candy, Super Pop Star is the biggest supplier of popcorn in the region; popped daily, they stock over 20 flavours, people can delight with dill pickle flavoured popcorn, cheddar, and the all time favourites caramel or chocolate, just to name a few.

Many schools and day care centres have also taken advantage of their fundraising ideas with pop corn.



Super Pop Star is located in the Galeries d’Aylmer and open 7 days a week. You can stop by, email them or give them a call. Phone: 819-682-2171, email: superpopstar@bellnet.ca

New Residents’ Package (NRP)

West Quebecers offers a package which includes various types of information aimed at helping new English-speaking residents access English information from the Government of Quebec and Outaouais municipalities.

It also includes information about businesses, community associations, cultural activities and other events so that newcomers can plug into their new community more quickly.

Contact us at 819-682-9602 or send an email to spon@westquebecers.ca



RAWQ Out and About

Staff, Volunteers and Friends Working for a Healthy English-speaking Community

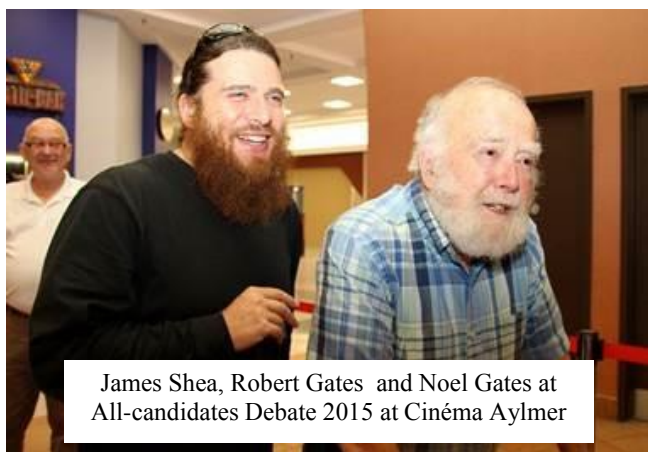
Photos: Patricia Cassidy



West Quebecers at the Boucher Forest Festival 2015



Patricia Cassidy, Mary Tessier and Brian Rock at the Boucher Forest Festival 2015



James Shea, Robert Gates and Noel Gates at All-candidates Debate 2015 at Cinéma Aylmer



Sophie Pon and Aldo Jauregui representing RAWQ at All-candidates Debate 2015 at Cinéma Aylmer



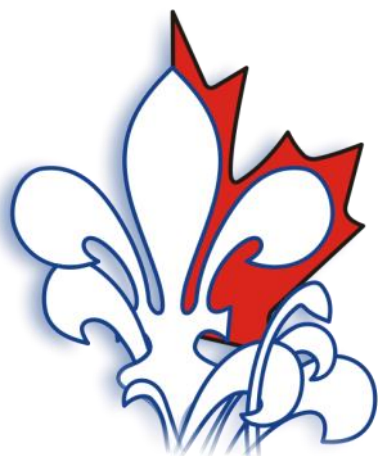
James Shea and Heather Stronach
Heather's farewell party at RAWQ's Headquarters



Heather Stronach cutting the cake!

*Gold in the ground, blue in the sky, pumpkin latte, apple pie,
and harvest time, Autumn gorgeous in yellow and red...*

Anonymous



**Support West Quebecers' projects and
the local food bank by joining in the fun!**

**March 4th, 2016, 6:30 pm
Knights of Columbus Hall
78 Principale St. Gatineau (Aylmer)**



& Silent Auction

50/50

Cash Bar

Door Prizes

What We Do

The Regional Association of West Quebecers plays a significant role in initiatives that support the minority English-speaking community in the Outaouais by means of advocacy, networking, information, programs for youth & seniors and more.

Who We Are

The Regional Association of West Quebecers is a not-for-profit organization dedicated to serving and supporting the minority English-speaking Community in the Outaouais.

Our Coordinates :

We are located in les Galeries d'Aylmer

181, rue Principale, Unite A-11

Gatineau (Aylmer) QC J9H 6A6

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