



**SENIORS
ACTION
QUEBEC**

BUILDING COMMUNITIES TOGETHER

LAURENTIANS, OUTAOUAIS, QUEBEC REGION

Goals of this Project: *This project celebrates and promotes social participation by inviting seniors to gather stories about their own contributions to the vitality of their communities over the past fifty years. Contributions are made through participation in a range of activities and by reaching out to other seniors, community leaders, and historical societies.*

We hope this project inspires others in the community to become involved and make a difference. We also hope that it encourages seniors to have the confidence to develop leadership and take charge as leaders in their communities. Ideally, this booklet demonstrates the positive impact that volunteering has and, correspondingly, we hope it successfully fights the isolation often felt by seniors. Finally, this project makes visible, through photographs and stories, the tremendous contribution that seniors and volunteers make in our communities.

Seniors Action Quebec, in partnership with Concordia University's Design & Computation Arts Department through the Design Outreach class, under the supervision of Israël Dupuis, present: "Building Communities Together" Laurentians, Outaouais and Quebec Region.

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**SENIORS
ACTION
QUEBEC**



UNIVERSITÉ
Concordia
UNIVERSITY

OFFICE OF COMMUNITY
ENGAGEMENT

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CELEBRATING SENIORS CONTRIBUTIONS THAT ENHANCE THEIR COMMUNITIES

Dear Friends,

On behalf of Seniors Action Quebec, I would like to take this opportunity to thank the many individuals who have made this project a reality. The goal of "Rediscovering & Reconnecting with Our Past and Celebrating Our Seniors' Contributions" is to provide a means for communities, organizations, and individuals to nominate seniors who, through volunteer work, have made contributions to the community.

Seniors Action Quebec initiated this project because we want to:

- Give Seniors a sense of belonging and communicate the value of seniors*
- Demonstrate the important contributions that seniors make to the well-being of organizations and to society as a whole*
- Encourage seniors to become involved so they can make a difference*
- Encourage seniors to remain involved and, by doing so, assist organizations who rely on volunteer support*
- Make visible the sense of satisfaction that comes from living an active, healthy lifestyle*

This project has been collaborative and I would like to express my immense gratitude toward all involved.

For the Laurentian region, I would like to acknowledge the work and support of the staff and Board of Directors of 4Korners Family Resource Centre. For the Outaouais region, I thank the staff and Board of Directors of the Regional Association of West Quebecers. I would also like to thank the following individuals: Jan Anderson, Diane Kameen, Edward Slattery and Richard Walling who volunteered as the planning committee in Quebec.

We are grateful for our partnership with Concordia University, especially to Israël Dupuis, Concordia University Part-Time Faculty, Design & Computation Arts Department, for his direction. His team includes Amanda Hui and Le Michelle Nguyen. Their design, technical expertise and support have been integral to the creation of this project.

Permit me to thank Kevin Dobie and Eryn Fitzgerald with the Office of Community Engagement at Concordia University. Also, thanks to Kim Sawchuk and the Mobile Media Lab, at Concordia.

Volunteers played an important role in bringing this project to fruition. In particular, Lyna Boushel and Gemma Raeburn-Baynes, members of Seniors Action Quebec. Without their support, this project would not be what it is today. A special thanks to June Weiss who worked on this project but donated many hours.

As a provincial organization, we are delighted to present Phase II of this project - it is a compilation of stories and images that profiles a small group of volunteers and their generous contributions to communities that span the mainland regions of Quebec.

Volunteers dedicate hours of their time, thoughtfulness, and care to a range of worthwhile causes. We thank you for giving your time to this project.

I am pleased to present this booklet as a small glimpse into the positive impact that volunteering can have on society. I hope it encourages other seniors to become involved.

Once again, please accept my gratitude for all of the work that has been done. Thank you to all of the volunteers who continue to volunteer. You make all the difference.

Of course, without the financial support of New Horizon Seniors Program none of this would have been possible.

Ruth Pelletier

Vice-President

Seniors Action Quebec

www.seniorsactionquebec.ca



SENIORS ACTION QUEBEC

VISION:

English-speaking Quebec seniors live, work and play in their supportive communities.

MISSION:

Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec Seniors.

STRATEGIES:

- 1. To work on behalf of English-speaking Quebec seniors to promote and provide opportunities to work, play and live in English with access to services that promote a healthy, active lifestyle.*
- 2. To support and develop senior leadership locally and provincially.*
- 3. To celebrate and maintain the contributions of English-speaking seniors throughout Quebec*
- 4. To access and address the living conditions of English-speaking seniors in Quebec, through a variety of aspects*
- 5. To ensure access to information for English-speaking seniors throughout Quebec*
- 6. To develop partnerships with organizations with common objective*

BOARD OF DIRECTORS

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EDITH URY

Born in Budapest, Hungary on November 16, 1936, Edith Ury lived through both WWII and the Hungarian uprising in October 1956. She left Hungary in December, only three months after she had married. In February of 1957, she immigrated to Canada.

While raising three children, Edith worked as a sales clerk at Kresge's; as a bank clerk at CIBC; and as a craftsperson, where she knitted and crocheted for an haute couture salon in Montreal. She also worked as an accountant at Brown Boveri and for a private accounting firm before moving on to manage her own textile agency, for four years.

Two years after enrolling at McGill University (1976) and with a B.A. in Psychology, Edith worked as a counselor with emotionally disturbed teenagers. In 1981, she entered a Master's program at McGill. After completing her graduate work, she held a private practice, which lasted until 2013. She has five years of clinical training in family and individual psychotherapy. Up until 2005, Edith taught and supervised students' clinical work at the Argyle Institute of Human Relations. Additionally, she completed a two-year coaching program in 2009.

Edith's volunteer work started when she became the director of the Argyle Institute. She also worked as their treasurer for six years. She briefly served on the board of the *Centre for Community Organizations/COCO* (Montreal) and worked for the Laurentian Caregivers group. Her association with 4Korners started in late 2010. Her work with 4Korners involves the coordination of the organization's video conference programs, which aim to bring awareness to health issues.

After several weeks of volunteer work with a school in Guatemala in 2012, Edith fundraised for equipment needed by the school. She helped organize a community presentation with a guest speaker for the Caregivers Training Program. In fact, she has the ability to inform the entire Argenteuil MRC with one email. She has also been working diligently to improve access to services in English through the LESANA/Laurentian English Services Advisory Network Argenteuil. She has worked to advertise for various programs created and facilitated by 4Korners. One of these programs contributed to the creation of a branch office in Lachute. Now 77, Edith's inexhaustible passion for serving her community continues, unabated.



**I CAME INTO THIS COUNTRY
WITHOUT ANYTHING AND WAS
PROVIDED THE OPPORTUNITY
TO EDUCATE MYSELF, TO
CHANGE MY PERCEPTION AND
TO DEVELOP INTO THE PERSON I
AM TODAY. AND SO IT IS TIME TO
GIVE BACK.**

**THAT'S WHAT MOTIVATES ME -
TO GIVE OUT WHAT I HAVE.**

We older people and those who are coming - the Boomer tsunami - have tremendous life experience from all kinds of things we have learned. We have wisdom. We should focus as a society on bringing this treasure to the surface. Instead, our seniors are being pushed aside.

-

In 1956, I immigrated to Canada from Budapest, Hungary - I was twenty and newly-married. I was with my husband and our baby and we had nothing more than the clothes on our backs. After three years in the small town of Morrisburg, Ontario, we moved to Montreal where I worked in various jobs and raised three children. My home is about 60 km from Lachute and I live in the foothills of the Laurentians, next to a lake. I can regularly fulfill my lifelong passion for swimming.

I have had a prolific career as a practicing psychologist and as a family and youth counsellor. I have held a private practice since 1983, which is now shared with my daughter, a psychoanalyst. My career is complimented by my passion for volunteerism. My volunteer work began in the late seventies. I counselled parents with babies at the Montreal Children's hospital. Next, I served for six years on the Argyle Institute of Human Relations Board of Directors, including four as treasurer, where I also taught and supervised.

Beginning in 2004, I dedicated about eighteen months of volunteer work to a caregiver's advocacy group, and as a group animator for seniors at the Caldwell Residences in Montreal. After a brief volunteer stint with the Laurentian Caregiver's Association in 2010, I joined 4Korners which is a non-profit community

organization in Two Mountains. Here, I served as coordinator of the video conferences on health care issues. Through this effort, I have become more knowledgeable of the issues and concerns that people in my community and the people throughout the eight smaller municipalities of MRC of Argenteuil may have.

I felt that 4Korners needed a satellite office in Lachute, which is 65 km from Two Mountains. Such an office could offer services that would be more accessible to its residents. Unfortunately, I was told that there was no budget for this. In spite of this, I managed to obtain funding for one year from the MRC General Director and through the provincial government's local representative. Other funding, from the Mayor of Lachute, has provided access to office space, with another not-for-profit on Main Street.

In 2011, the six members of the Caregivers Training Group - all caregivers themselves - participated in the production of a play on elder abuse. The play entertains and educates, skilfully blending humour with its message. First performed in French and then in English, it has sold out at every performance. There are upcoming performances in Mont Tremblant, Quebec City and Deux-Montagnes. This has been one of my most memorable volunteer experiences.

-

I never looked at myself as a leader - I just go ahead and do things. If you get involved you learn what is needed. Then if you have the motivation, you can go after it and establish it.

Born in Deux-Montagnes in 1948, Gertrude Dore grew up as the second eldest of eight children. In 1966, she attended nursing school at the Sacré Coeur hospital. She went on to work for twenty eight years as a nurse at the Saint-Eustache hospital, serving in its maternity and surgical departments. She also worked in short term, long term, and outpatient care.

Having lost her mother to cancer, Gertrude was drawn to volunteer for a cancer support group at SERCAN in Saint Eustache, where she did home evaluations, answered cancer-related questions and supplied information to those in need of support. In so doing, she was able to acquire the skills required to provide care and support for people in need. These were skills she would have liked to have while caring for her mother. In 2005, while she was starting to think about the possibility of retiring, Gertrude became head of staff at the Maison de Soins Palliatifs Saint-Eustache, a position she held for four years. Once retired, she offered her services to the 4 Korner's Family Resource Centre. Gertrude started off as a volunteer, running a cancer support and grieving group and she is now indispensable to the organization. She can often be seen sitting at the front desk, working as the volunteer coordinator and giving her time and energy to keep things running smoothly. She also serves as a board member for 4 Korner's.

In addition, Gertrude is the coordinator of Women's Time Out, a non-profit social women's group. Married for 42 years, with three children and ten grandchildren, Gertrude is a shining example of volunteerism. She generously gives her experience, time and passion back to the community. She encourages you to do the same.

GERTRUDE DORE



**WHAT KEEPS ME INVOLVED AS A
VOLUNTEER IS MY BELIEF, BASED
ON PERSONAL EXPERIENCE,
THAT SOMETHING POSITIVE
CAN EVENTUALLY COME OUT OF
WHAT YOU'RE INVOLVED WITH.**



I was born in Deux-Montagnes in 1948 and I am the second eldest of eight children. I was thirty-two when my mother passed away with cancer. This experience left me with a lingering regret and sadness over the lack of local support services for cancer patients and their families.

While English was the language spoken at home with my family, I worked in French throughout my thirty-eight year nursing career - ten in Sacré-Coeur and twenty-eight in Saint-Eustache.

Fluently bilingual, I often accompanied my husband's unilingual Irish-Canadian mother to her medical appointments. I could also be of assistance when French-speaking co-workers needed to understand what English-speaking hospital patients were asking for.

In the late nineties, I was thinking about retirement while recovering from a surgery. I happened to come across an ad in the local paper offering cancer support volunteer training. Motivated to give others the support services that weren't available when my own mother was being treated for cancer, I promptly signed up for classes



on cancer support, end of life palliative care and grief counselling.

Ten years of related volunteer work followed.

My next move was to join the 4 Korner's Family Resource Centre in Lake of Two Mountains, where I did follow-ups on cancer support and grief counselling. I especially remember a situation where the skills I had acquired enabled me to offer comfort to a distressed widow. I had been invited by the family who had been participating in my cancer support group for six months.

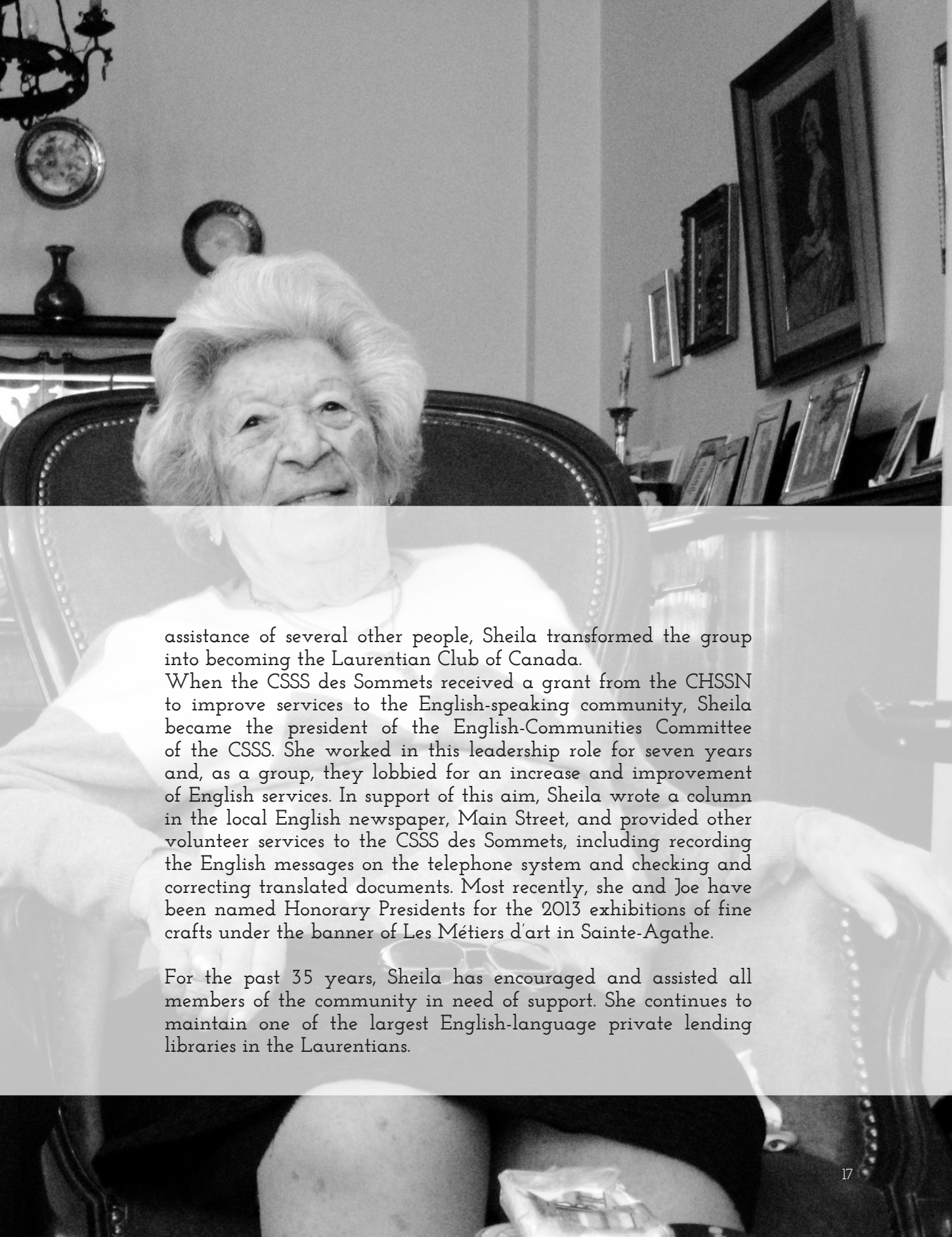
I have also helped out with 4 Korner's membership and volunteers, where I served as a volunteer coordinator. True to my longstanding conviction that the English-speaking community should have the same services available as the majority community, my next move was to get elected to the Board of Directors, where I can continue to have a voice. And so long as I can walk and talk, I have every intention of continuing to serve.



SHEILA ESKENAZI

Sheila was born in Montreal, on January 11, 1952. Now a resident of the Laurentians, Sheila became actively involved with Alliance Quebec and the English-Speaking Parents' Network. She understood these organizations as having the capacity to address the needs and rights of the region's Anglophone minority and to assist with the integration of Southeast Asian refugees.

She helped to establish and coordinate the Ste-Agathe Heritage Committee and RARE, the first recycling lobby group in the MRC des Laurentides. In the mid-90s, she created a Canada Day celebration in Ste-Agathe with her husband, Joe. Together, Joe and Sheila ran this event for six years. Around the same time, a group of retirees who wanted to provide socio-cultural activities for the Anglophone community invited the couple to speak at the founding meeting of the Laurentian Canadian Club. Meetings were held on Tuesdays, which is the one day of the week that Sheila and Joe's family business was closed - this allowed Sheila to become an active participant and board member. She has been working with the group for most of its existence and, with the



assistance of several other people, Sheila transformed the group into becoming the Laurentian Club of Canada.

When the CSSS des Sommets received a grant from the CHSSN to improve services to the English-speaking community, Sheila became the president of the English-Communities Committee of the CSSS. She worked in this leadership role for seven years and, as a group, they lobbied for an increase and improvement of English services. In support of this aim, Sheila wrote a column in the local English newspaper, Main Street, and provided other volunteer services to the CSSS des Sommets, including recording the English messages on the telephone system and checking and correcting translated documents. Most recently, she and Joe have been named Honorary Presidents for the 2013 exhibitions of fine crafts under the banner of Les Métiers d'art in Sainte-Agathe.

For the past 35 years, Sheila has encouraged and assisted all members of the community in need of support. She continues to maintain one of the largest English-language private lending libraries in the Laurentians.

**I'VE LEARNED MORE BY DOING
AND FROM WONDERFUL
EXAMPLES IN THE COMMUNITY
WHO TAUGHT ME HOW TO
BECOME INVOLVED AND HOW
TO LEAD. VOLUNTEERING MADE
IT POSSIBLE TO CONTINUALLY
LEARN NEW THINGS, MEET
AND FORM BONDS WITH NEW
PEOPLE. AND THERE'S THE
SATISFACTION IN KNOWING I'VE
DONE SOME GOOD - AND THAT
THERE ARE PEOPLE OUT THERE
I CAN RELY ON WHEN I NEED
THEM.**

Thinking community is a family tradition. My great-grandfather almost singlehandedly organized the Montreal Jewish community in the early 1900s. His brothers and sisters were actively involved in the community as were my mother and her siblings.

-

In 1975, I left the city to live in the country, grow my own food and raise my family. I continue to enjoy this lifestyle, but I've also been strongly motivated by community involvement and am dedicated to leading by example. I try to persuade others to be less consumer-oriented and more production-oriented.

My first volunteer experience occurred during the post-Vietnam War refugee crisis. I organized a team to sponsor Southeast Asian families. The government was so pleased with our work that they sponsored another 75 refugees. This experience led to my position as President of the Refugee Integration Committee of Ste-Agathe. I had only lived in the area for one year and this position allowed me to meet people and learn about the community. All of this was taking place during the first referendum. When I witnessed the way in which the refugees, people who had come from absolute hell, were being propagandized, I became much more conscious of my English identity.

I was soon involved in English community work. By the early nineties, I became a founding member of a sociocultural group called the Laurentian Club. I'm now Vice President of Publicity, having served as president for too many years. It's the only group that brings together English speaking residents of the Laurentians - from Sainte-Anne-du-Lac to Mont Tremblant. Together, we build links, we learn and we have fun together. We meet once a month. It was



through this experience that I became aware of the need for English services in the health and social sectors.

This led to founding the English Communities Committee of the CSSS des Sommets. I have now presided there for seven years.

I've met people from throughout Laurentians community and we still link to share our best practices and knowledge. We're isolated in the rural areas because a physical, English community does not exist. In fact, there are only four English-speaking families in Ste. Agathe. Over the years, through the work at the CSSS (formerly CHSSN) and 4 Korner, we've identified people who are working in these pockets.

The other thing I'm very actively involved with is Canada/Worldwide Opportunities on Organic Farms/ WWOOF, an organization that receives volunteers from around the world to learn about organic farming. Last year, we were cited by Mother Earth News, the bible of the back-to-the-land movement, as one of the exemplary homesteads in North America.

-

Volunteer work extends the family beyond blood lines. It involves working for a common cause, sharing and supporting each other emotionally and physically with services.



BRENDA ROONEY

Born May 22, 1950 in North York, Ontario, Brenda has lived consistent with her belief that those who have skills and talent have a responsibility to use them for the "public good." In that spirit, she has done a fair amount of volunteering in her own community of Wakefield, in the Outaouais region of Quebec, and beyond. The two main groups she works with locally are Theatre Wakefield and Wakefield Grannies.

Theatre Wakefield is a volunteer organization that presents thirty nights of entertainment and four weeks of summer Film Camp each year. All board members are active in producing the shows presented. As the president and chair of Theatre Wakefield, Brenda's contribution includes her publicity, seeking sponsorship, and the training she provides for new board members and producers. She trains board members and producers in the creation of budgets for shows and events. She also trains them to work with the 140 volunteer members that work with the theatre. Additionally, she oversees two part-time staff members.

Brenda is also a founding member of the Wakefield Grannies, a group that donates over \$25,000 a year to help South African grandmothers raising children who have been orphaned by AIDS. In October 2013, the Wakefield Grannies received two visitors from South Africa. Brenda organized two events for their visit - one in the village of Wakefield and the other in Ottawa. These events were attended by people from twenty-four regional Granny groups. Taking a leadership role, she also booked their tickets on Aeroplan points, worked on their website, created a power point presentation, sat on related committees and attended meetings regularly.

As a member of the Priority Setting Steering Committee of QCGN, Brenda helps out with any number of other projects when needed. Just as importantly, she reads children's books on Skype for about an hour a day, giving her granddaughter a short break from the rigours of raising three kids under five years of age.

IT'S AMAZING HOW MANY OF THEATRE WAKEFIELD'S 140 VOLUNTEER MEMBERS GOT INVOLVED AFTER A BREAK-UP, ILLNESS OR OTHER KIND OF CRISES. IF YOU DON'T GO OUT AND TRY SOMETHING NEW, IF YOU DON'T PUSH YOUR ENVELOPE, YOUR ENVELOPE JUST SHRINKS. WHEN I SEE PEOPLE WHO HAVE NOT REACHED OUT TO VOLUNTEER TIME TO EACH OTHER OR THEIR COMMUNITY, THEY ARE TOO OFTEN LONELY, LOST AND BITTER. IN MY MIND, VOLUNTEER WORK ENRICHES YOUR LIFE. YOU GET OUT MANY TIMES MORE THAN WHAT YOU PUT IN.



By being involved with young people, listened to and treated with respect, you continue to have validity. And, because I do Film Camp and work with kids, I know all the cool things to say. I know what's going on and I have the most amazing sense of warmth and connectedness.

-

Before settling in Wakefield Quebec, which is a thirty minute drive from both Gatineau, Quebec and Ottawa, Ontario, I ran twenty community youth centres as a District Youth Worker in South London. This remarkable feat was preceded by fifteen years of training on three continents - Ecuador, South America; London, England; and Toronto, Canada.

I think of the, now retiring, Boomer generation as being composed of women who are qualified, experienced and knowledgeable. We know how to make teams work. I am a founding member of the first Granny group - the Wakefield Grannies. We started as twelve friends who were committed to sponsoring 40 women in Africa. In 2012, we raised over \$25,000 and, in a more recent bazaar, we raised another \$8,000. The money goes to two African groups of grandmothers that we support through a community mental health clinic. The women we raise money for are essentially alone. They have buried their own children and are now raising their grandchildren, who have been orphaned by AIDS. The grandmothers' lack of education adds to their personal burden, making it difficult for them to help their grandchildren with homework. Our care for these women has a broad impact - on their communities and in their families. Our financial support improved the position of these women, in their communities.

Closer to home, I offer workshops in theatre and documentary film-making at Wakefield's youth community centre. I produced a documentary on the Wakefield Grannies, from its first meeting to what eventually snowballed into a national program. There are currently 240 Granny groups across Canada. New Granny groups crop up wherever the documentary is screened. The group's efforts are snowballing.

I co-produced another documentary with my husband Robert. It recently premiered in Wakefield. It features the tireless campaign of the determined and committed local resident, Dr. Nicole Bruinsma. She has been working to mobilize her community to ban the use of lawn pesticides. By 1998, Dr. Bruinsma's work resulted in the municipality's adoption of a bylaw banning pesticides. At the first screening, more than half of the 240 people in the audience were related to the subject, a hundred of whom donated to the film.

My experience with volunteer work convinces me that as long as we remain engaged in society and strive to be active and articulate as well as involved and knowledgeable, we'll be treated with dignity and respect. When we back off, there is potential to become isolated and lose this respect.

-

I really believe that it takes a village to raise a child. Living in a village or smaller community, we tend to be more aware of how much we need each other. One shouldn't be too quick to judge or criticize because this may be the only person who will bring water or help in crisis. This is true everywhere. So in my world, community is the group that I'm helping and which I hope will support me.

MO LAIDLAW

Mo Laidlaw was born in London, England on December 22, 1946 and educated at Cambridge. In 1988, she moved to the municipality of Pontiac in the Outaouais region of Quebec - a large area consisting of a diverse scattering of small villages. She began her volunteer activities shortly thereafter.

Mo dedicates a significant amount of time to ensuring that others have the opportunity to remain well-informed. Her commitment to the health and wealth of the Municipality of the Pontiac has greatly benefitted her community. Since 2002, Mo has transcribed and reported, in both French and English, for Municipality of Pontiac Council meetings. These include public meetings on the bicycle trail, waste management, budgets and hydro-geological studies for community newspapers. (See <http://www.heritagepontiac.ca/Municipality/Municipality/Reports.html>)

She has also been a member of the community group, Action Pontiac since 2009. Mo has served as volunteer in the local school system from 1996-2001. First, she worked with the South Hull Elementary School library and, subsequently, she worked with the Home and School Committee of Symmes Junior High and Philemon Wright High School. True to her interest in keeping the heritage and history of the region alive, Mo wrote a history of South Hull School (1951-2001) to celebrate the school's 50th anniversary.

In 1995, Mo wrote "Nepean Sailing Club, 1979 to 1994 - The first fifteen years." In the year 2000, she wrote "Heritage Highway - the scenic route to the Pontiac," which is a guide to heritage buildings in the municipality of Pontiac. http://www.heritagepontiac.ca/Pontiac/Heritage_highway.html.

From March 2010 to April 2011, Mo helped prepare an inventory of Aylmer's heritage buildings for the Aylmer Heritage association and served as a committee member to help consultants Bergeron Gagnon Inc. designate heritage buildings within the MRC des Collines - "*Inventaire du patrimoine bâti de l'Outaouais: comité Collines*."

She currently serves on the stewardship committee for the Breckenridge Creek Nature Preserve (Nature Conservancy of Canada). This involves occasional walks or snowshoe hikes around the preserve to note illegal activity or other problems. Mo's intense dedication to report faithfully on political matters combined with her willingness to gather and preserve facts and pictures on cultural heritage have been of deep value to the entire community of the Municipality of the Pontiac.





**I WAS NEVER RELUCTANT
TO VOLUNTEER WHEN
CIRCUMSTANCES REQUIRED MY
INVOLVEMENT.**



In 1988, circumstances changed my life. I moved to an enchantingly beautiful old stone farmhouse in Breckenridge, just beyond Aylmer. I then joined the Aylmer Heritage Association to explore its history.

While researching the background of my home, my interest expanded to the heritage of the houses around my own. This led to a project that took an inventory of houses in Aylmer. Then, sometime in the year 2000, I met a local person, Armand Ducharme, who was trying to get bicycle routes and a park going at Sault-des-Chats. Armand explained that he had background on many other houses. Although Armand's vision of bike paths never materialized, we produced a guide to the heritage houses in the new Municipality of Pontiac in late 2000. The project was inspired by Diane Aldred's guide to heritage houses in Aylmer. Entitled Heritage Highway: The Scenic Route to the Pontiac, the fifty-six page tome documents the 44 km long stretch straddled by heritage houses. The publication not only enriched the community but also enhanced the owners' appreciation of these special houses. The intrinsic and historic value of the houses, which had previously gone unnoticed, became apparent.

Inevitably, politics emerged from the project. I found myself attending Council meetings. Soon, local media came to rely on my acumen. The editor of the Aylmer Bulletin, the Quebec Post and the Pontiac Journal ultimately requested that I report on my experiences at council meetings. <http://www.heritagepontiac.ca/reports.htm>

All too aware that documents, records and paraphernalia that define a time and place are vulnerable to "spring cleaning," I set out to document the history of the Nepean Sailing Club on the other side of the river - despite the fact that I'd never written a history book. The club was founded in the late seventies. There was a need to document for posterity the many activities and personalities that had made the sailing club a local institution. Because of this work, an historical context exists in the present.

My heritage work web site: <http://www.heritagepontiac.ca>



NOEL W.F. GATES

Born on December 25, 1924, Noel was raised in Epping, Essex. He studied philosophy, politics and economics before immigrating to Canada in 1950. He holds Masters degrees in Political Science (Queen's University, 1951) and in Linguistics (Université de Montréal, 1964). He has worked as a Parliamentary Interpreter in both the House of Commons and the Senate and as a grants officer with the Canada Council and the Social Sciences and Humanities Research Council.

Noel has spent over ten years on the board. He has also worked as the president of the Regional Association of West Quebecers (RAWQ). This work has culminated into decades of service to his community. Undoubtedly, Noel has contributed to the vibrancy and strength of his community. His contributions, through his writing and meetings with senior officials, also stretch beyond his community; they have had a positive impact throughout Quebec. He has been equally effective at the grassroots level, elevating the visibility of RAWQ and inspiring other members to become involved.



His work in the political arena is impressive. He has worked as an advocate and spokesman for Quebec's English-speaking community before the Standing Senate Committee on Official Languages, in its study on the English-speaking communities of Quebec (November 2010). He has also worked with the Official Languages Committee (April 2012); the Bill 14 hearings in Quebec City (spring 2013); and the proposed Quebec Charter of Values (2013). Noel has fought for recognition of the English-speaking community as an integral and creative part of Quebec society - it is a community that has its own particular needs. His accomplishments have been paired with charm, intelligence and wit. His clear and thoughtful comments are persuasive and convincing.

On a lighter side, Noel taught puppeteering to English and French children under twelve, which proved to build bridges among youth. The plays were well attended, with generous support from the Aylmer Library. Since retiring in 1985, Noel has been active as a free-lance translator and volunteer editor for RAWQ's publications. Since 2002, has served with his wife, Ilse-Marie, as a member of the Regional Association of West Quebecers Board of Directors. They have four children and four grand-children.

See Noel speak in this video from his interview (Ottawa Citizen) on the rights of English-speaking Quebecers: <http://www.ottawacitizen.com/Video+Anglophone+minority+rights/4657852/story.html>

BRING SENIORS IN. WHERE THEY'VE GOT EXPERIENCE, USE IT. IN DOING SO, YOU WILL INCREASE THEIR SELF-ESTEEM AND PROBABLY HELP THEM TO LIVE LONGER. IF SOCIETY TREATS THEM AS PEOPLE WHO CONTRIBUTE, THEY WON'T BE A DRAIN ON IT. IF SOCIETY IGNORES THEM, THEY WILL JUST QUIETLY WITHER AWAY AND BECOME DEPENDANT.



Get involved with something. Find an organization with activities that are of interest to you and then offer to help. Volunteers are in demand for everything from housekeeping to organizing events.

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I was born in England on December 25th, 1924. I grew up in Epping, Essex and went on to study philosophy, politics and economics at Oxford. Thereafter, I became an organizing tutor in adult education - this is the term used by the Workers' Educational Association of England and Wales. I did this until 1950 and then immigrated to Canada, one year later. At Queen's University, my studies led me to a Master's degree in Political Science, a decision that coloured my future volunteer work in the Ottawa-Hull English-speaking community. Stints in Kingston and Toronto in 1953 led me to a position at Central Mortgage and Housing in the nation's capital. I became involved with a young, largely French-speaking group that was active in a youth hostel venture, affiliated with the Canadian Youth Hostels Association. For the next three years, this connection provided opportunities for discovery trips to various destinations. In 1959, with money saved from previous work, I decided to change careers. I entered the University of Montreal, earning a Master's degree in Linguistics. After that, my wife and I returned to what was then called the Township of South Hull and bought the house that continues to be our home.

During the 1960s, as Quebec nationalist turmoil rocked the nation, my interest in the relationship between the English and French-speaking communities intensified. Upon returning to the Ottawa-Gatineau area in 1960, I was employed as a Parliamentary Interpreter and my colleagues were mostly French-speaking. This experience in the House of Commons and the Senate made me keenly aware of longstanding relations between English and French-speaking Canadians. I also became aware of the consequent linguistic implications.

In 2000, at a meeting of the Outaouais Alliance, now the Regional Association of West Quebecers (RAWQ), I became a board member. I still hold this position but I have also served as secretary and I have been president since 2011.

Despite the challenges that come with area, size and money, working to achieve full recognition of Quebec's English speaking minority, as a valued and important part of the Outaouais society, is justification for the existence of an organization such as West Quebecers.

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In my mind, community means that people not merely encounter each other but that they work together more or less harmoniously to further their community and its relations with other, surrounding communities.

GAIL QUINN

Gail Quinn has been involved with volunteers for her entire life, both in her professional roles and as a volunteer herself. Her ability to connect with people has proven invaluable to her work over the past twenty-five years.

Born on December 1, 1950, Gail was raised in Quebec City. Her first volunteer experience involved becoming the president of the Quebec High School's Student Council and the Red Cross Society. She also volunteered on various committees and this experience has culminated in her role as the president of the Governing Board of the Citadel Foundation.

Ms. Quinn has been involved with the Citadel Foundation for well over twenty years and she has spent four years as the president of the organization. After a two-year absence, she returned last year to serve as a board member once again. She has been an active member and volunteer with the Voice of English Speaking Quebec for close to thirty years, including the seven years she spent on their Board of Directors. She was also the president in the final year of her mandate. She has been a member of the Jeffery Hale Foundation's Board of Directors and executive for six years.

Gail has held the position of Volunteer Coordinator for the Holland Centre and now serves as Coordinator of the Jeffery Hale Friends Foundation and its Community Art Program. She continues to be an active volunteer in the English-speaking community of the greater Quebec City region. In addition to all of this, she recently joined the Board of Directors of McGreevy Manor. She continues to volunteer for the Community Christmas Hamper Campaign each year.

Gail continues to have a positive impact as a role model for volunteerism. Her own daughter followed in Gail's footsteps when she became a volunteer for the Quebec High School's Student Council. Similar to Gail, she also moved forward to become the president of the council. Gail's daughter now lives in the United States and works as a volunteer with the Historical Society of Minneapolis and with her local school and library. Gail's continued contribution as a volunteer is connected to her feeling that volunteering is one of the most precious gifts a community has.



A VITAL COMMUNITY IS THE COMING TOGETHER OF ALL AGES. OUR ENGLISH SPEAKING COMMUNITY IS A DIVERSE, WIDELY DISPERSED GROUP, BUT OUR ORGANIZATIONS BRING THEM TOGETHER. WHILE THE VOICE OF ENGLISH-SPEAKING QUEBEC DOES A WONDERFUL JOB WELCOMING NEWCOMERS, IT IS ALSO VERY SUPPORTIVE OF SENIORS IN OUR COMMUNITY. IN MANY CASES, THEIR CHILDREN HAVE YOUNG FAMILIES AND HAVE MOVED AWAY, BUT MANY OF THE SENIORS HAVE STAYED AND THEY'RE ON THEIR OWN. BY A CERTAIN AGE, IT'S DIFFICULT TO LEAVE YOUR FRIENDS BEHIND.

One of my greatest joys is giving art classes to people of all ages in the community. I have special needs children coming in from the high schools as well as seniors - some of whom have never painted before - saying "Why did I wait so long?" It's never too late! The reward comes when you see their joy and when you see how happy they are. So, retirement? No, I'm not ready for that yet.

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I was born on December 1, 1950 and raised in Quebec City. I started volunteering during my daughter's elementary and high school years. I have been involved in the community for many years, recruiting volunteers to work in various programs and working as a volunteer myself.

Presently, I am volunteering with the Jeffery Hale Friends' Foundation. Their primary purpose is to fundraise for the Jeffery Hale Hospital. I started twenty-three years ago - it was both exciting and frightening. At that time, it was called the Holland Centre and I worked there with Richard Walling and Diane Kameen. The foundation was new and they didn't know how it would work out. Would the community respond? In the "Field of Dreams" spirit of Build it and they will come, they did so and, over the years, it grew! I started there as a volunteer coordinator, recruiting volunteers to work in the various programs. Back then, the programs were still in the development phase. As years went by, the foundation expanded and it has become quite large. It was nice to be there from the beginning.

I also work on the boards of various foundations - my work includes everything from health and social services to education. In particular, I remember having had the honour of presenting an award to volunteer

Moe Rosenhek. He was very active in the community and "touched absolutely everything." To continue his legacy, his family created the Moe Rosenhek Award for community volunteers. This award is part of Jeffery Hale Friends' Foundation's annual meeting and award ceremony, which happens through the Citadel Foundation. The foundation helps schools serve a hot meal program; sends kids to camp; and contributes to the "slush" fund for kids who need support.

The Jeffery Hale Foundation has a broad scope. It donates money to the hospital and assists other community organizations. For example, it contributes to the Morrin Centre and the library. Both foundations nourish Quebec's English-speaking community by funding a variety of causes. These foundations always need volunteers. I volunteer on several boards and intend to return to day volunteer work, once I have retired. I enjoy my head leadership role with the Voice of English-speaking Quebec. Recently, I have slowed down somewhat. I now work three days, rather than five. I think of this as my gradual retirement.





KAY BERGERON

Catherine "Kay" Hodgson Bergeron was born in Quebec City on July 22, 1930. At the young age of fourteen, family circumstances cut her education short. Her father, who had been serving in the Canadian military overseas, was hospitalized with shell-shock and unable to work. In response to these dire circumstances, Kay shifted her focus to finding work in order to help support her family.

Kay enrolled in a course in office administration to qualify for a job with a local shoe manufacturer in the Quebec City area. She worked there until she met and married Raymond Bergeron, a plumber by trade. They had two sons, Peter and Stephen. Today Peter resides in Chateau Richie with his wife and three children. Stephen lives in Stoneham, with his wife and their child. Kay is the proud grandmother of four grandchildren and recently became a great-grandmother.

Volunteer work has been an important part of Kay's life. For twenty-eight years, she served as a volunteer with Quebec's English-speaking Christmas Hampers and as a member of the Catholic Women League. She also served for thirty-one years as a caregiver for students in Quebec's St-Patrick's School cafeteria. Now eighty-three years old, Kay tutors students who need help with the English language. She also finds the time to continue as an active member of both the Quebec's Seniors Out-and-About group and the Catholic Women's League.

WHEN I BEGAN VOLUNTEERING WITH CWL WE HAD A RUMMAGE SALE THAT WAS SPECTACULAR. I HAD NEVER WITNESSED ANYTHING LIKE IT. PEOPLE WOULD JUST BRING IN WHATEVER THEY HAD. THERE WAS A TIME WHEN A LADY BROUGHT IN A FEW GARBAGE BAGS. ALL SHE DID WAS TAKE HER CURTAINS OFF THE WINDOWS - FULL OF DUST AND EVERYTHING - AND HAND THEM OVER TO US. THAT WAS AN EXPERIENCE, LET ME TELL YOU. BUT RUMMAGE SALES WERE A LOT OF FUN IN THOSE YEARS.

I began volunteering when my two sons started school. In those years, a teachers' union didn't exist. So, the principal asked if a few parents would fill in and help with different chores in order to assist the teachers. One day, when a kindergarten teacher had to escort a child to the hospital, the principal asked me to take over the classroom - and I did. It all started that way. After that, they would often call on me to substitute and I continued to do so for seventeen years. To this day, I continue to teach English to French-speaking students.

I then worked with a friend in the school cafeteria until I retired, at age sixty-five. By then, I had worked in the school for thirty-one years. Once my children were in school, I had more time and I began volunteering. So, I joined the Catholic Women's League (CWL) and, through this organization, I became a volunteer with the Christmas hamper campaign. It started back then as a parish affair, but expanded seventeen years ago when all the parishes got together. I've been a volunteer with the CWL for twenty-eight years, including two terms as their president. I continue to be involved with the executive.

It's easy to say that people should volunteer but when you have children, your availability can depend on what kind of work your husband does. My husband was a plumber. He worked for the city and kept regular hours (7am to 4pm), so I had my evenings. When I had a parent meeting or a volunteer meeting, my husband babysat

our sons and I never had a problem. So, I had all the time in the world - sometimes.

You can make a lot of friends doing volunteer work for the community and, when you have a down day, your friends listen. You always see people who are worse off than yourself - you see many poor people. I also volunteered in the French sector because I used to give English courses with the French community. I was involved in the Christmas hamper there as well - but that has all closed down now. The churches are almost empty now. There are less people.

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You can make a lot of friends doing volunteer work for the community and, when you have a down day, they listen.



MAMIE STEWART

Mamie Stewart (Mary Elizabeth MacDonald) was born in Malignant Cove on April 19, 1942 and raised in Antigonish, Nova Scotia. The spirit of generosity was imprinted on her early in life. Her family always had a place at the table for someone in need of a good meal and companionship. She clearly remembers her father reminding her as a young girl, "it is more blessed to give than to receive."

As a teen, Mamie volunteered at the local seniors' retirement facility, the R.K. MacDonald Rest Home. After high school graduation, she became a telephone operator with Maritime Telephone. Soon after, she met Bob, married and settled down in Quebec. While raising their three children, Mamie volunteered as a leader of the Sillery Brownie Pack.

In 1993, after taking a volunteer training program with the newly formed Holland Centre, Mamie scheduled readers, servers etc. for all masses at St. Stephen's & St. Vincent's Chapel. She also organized social activities and eventually became a member of their Pastoral and Management Committee. She continues to help out on hamper delivery week, offering a steady arm, listening ear and warm smile for seniors who need assistance with errands, groceries and transportation to medical appointments. She often delivers books to those who cannot reach their local library. Mamie also found the time to serve a term as a member of the Trustees of St. Patrick's Parish and for the Voice of English Speaking Quebec (VEQ).

Mamie was such a valued volunteer that the Centre eventually hired her as a Group Animator for the Day Centre, where she worked cheerfully and tirelessly for many years. She didn't retire until 2009. Mamie is fondly remembered as the instigator of the Jeffrey Hale Community Services' Annual Christmas Hamper Auction and Spaghetti Luncheon fund raiser and for her baskets of homemade jams and cookies. The Auction & Luncheon continue to this day with all proceeds directed to support the Community Christmas Hamper Campaign.

Mamie continues volunteering weekly with the Telephone Check-In program. Her tireless dedication and contagious smile continue to bless everyone she encounters.



**TO ME, COMMUNITY MEANS
PEOPLE GETTING TOGETHER AS A
GROUP AND HELPING OUT. TAKE
FOR EXAMPLE, OUR ANNUAL
CHRISTMAS HAMPER PROJECT.
THE COMMUNITY REALLY COMES
OUT BY DONATING MONEY AND
FOOD OR BY HELPING TO PUT IT
ALL TOGETHER TO BE DELIVERED.
THAT'S WHAT A COMMUNITY IS
ALL ABOUT.**



Since childhood, my volunteer work has involved seniors. After taking a volunteering course at the Holland Centre (now Jeffrey Hale Community Services), I volunteered for about eight years in the community. I took seniors to medical appointments, and helped them with their errands.

I was able to borrow books from the library and bring them to seniors who lack mobility. My lifelong dedication to seniors caught the eye of Jeffrey Hale Community Services and they hired me as a Group Animator at their day centre. I worked there from 2000-2009. Up until three years ago, I also dedicated myself to a wide range of church volunteer work. I am now a retired senior myself but my dedication to volunteer work spans twenty-five years.

When I am asked whether my volunteer experience played an important role in developing my leadership skills, I explain that I was shy and, because of this, I always

preferred to work in the background. All of my volunteer work was done while raising her three children at home.

It was my subsequent volunteer experience with seniors that gave me the courage to apply and be hired by the local day centre for seniors, something I previously would never have thought I could do.

The self-confidence that came through my range of volunteer experiences made this possible. I continue to work three days a week with the Jeffrey Hale Day Centre; now, as a volunteer. I do morning telephone check-ins to briefly chat with and check up on seniors. This program runs seven days a week and is performed by a cadre of dedicated volunteers.

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The English speaking community in Quebec City is so small that I think we should all contribute a little bit.

The seniors I've worked with over the years were all, I'll tell you, really special. I enjoyed it so much. I think if everybody gave a little bit of their time, it would be great.

ROBERT STEWART

Robert (Bob) Stewart was born in Montreal on May 16, 1940. He spent most of his youth in Quebec City. He attended St. Patrick's High School and holds a Bachelor of Commerce degree from St. Francis Xavier University in Antigonish, Nova Scotia.

It was there that he met and courted his lovely wife, Mamie. The couple settled in Sainte-Foy in 1965 and Bob began his career as Bursar with St. Lawrence College. When it became a campus of Champlain Regional College in the early 70s, Bob's title was changed to Assistant Campus Director. He oversaw student services, building and equipment management and finance and non-teaching personnel. Despite this demanding workload, Bob still found time for volunteering while he and Mamie raised three children.

Bob joined the parents' committee of Katimavik High School in the 1980s. He also served on the Board of Directors of St. Brigid's Home and of the St. Brigid's Home Foundation, with a stint as Chairman of the Board from 1990 to 1993. Bob also served for many years as financial officer for St. Stephen's & St. Vincent's Chapel Committee and for ten years as chairman of the Holland Centre.

For sixteen years, Bob worked diligently on the Community Christmas Hamper Campaign Organizing Committee. He spent much of that time as chairman and was instrumental in helping to secure seed money, enabling it to continue for years to come. He continues to work tirelessly behind the scenes during hamper delivery week - he makes boxes, pushes trollies, removes trash and acts as a speedy gopher when last minute problems arise.

In 1966, after 33 years of service, Bob retired from CEGEP St. Lawrence. At present, he is Chairman of the Board of the Fraser Recovery Program, a community supported organization that helps young people cope with drug and alcohol abuse.

Bob's dedicated service to the community has often been accomplished behind closed doors. He is fondly credited for his legendary spaghetti sauce, his ability to wrap hamper meetings up by 9 a.m. and for the heart of gold that beats beneath his sometimes gruff exterior.





**WHAT KEEPS ME INVOLVED IS CARING
- THAT'S ABOUT IT. IN MY MIND,
COMMUNITY INCLUDES PEOPLE
WHO ARE LIKE MINDED AND WHO
ARE TRYING TO CONTRIBUTE TO THE
BETTERMENT OF THE GROUP AS A
WHOLE. BUT I'M FAR LESS INVOLVED
NOW THAN I USED TO BE. AFTER
SERVING TEN TO FIFTEEN YEARS IN THE
SAME ORGANIZATION, YOU FIGURE
IT'S TIME FOR SOMEONE ELSE TO STEP
UP.**



Program I worked on school committees, the Christmas basket and St. Brigid's Home. Before I married and had children of my own, I acted like ninety-eight percent of the population: I looked out for and took care of myself. I wanted to change this - to give back to society. This is what compelled me to volunteer. When I see people with drug habits or other addictions, I think of the different decisions I've made in my own life, and I think, "there but for the grace of God go I."

I am the current chairman of The Fraser Recovery Program, which is a non-profit charitable corporation that responds to the needs of youth suffering from alcohol or drug addiction. It was founded in 1996, eighteen years ago, by Hugh Fraser, a Nova Scotian man who worked on the St. Lawrence Campus, at the Champlain Regional College.

I was often puzzled when I saw students, who should have been succeeding, failing. I could identify the leader of a crowd of students who hung out together and was able to convince him to go to meetings on substance abuse. The leader's friends soon followed and things got better after that. Subsequently, upon retiring, I founded the recovery program and dedicated myself to it full-time. And with youth as young as thirteen coping with drug and alcohol issues, I realize that much work remains to be done.

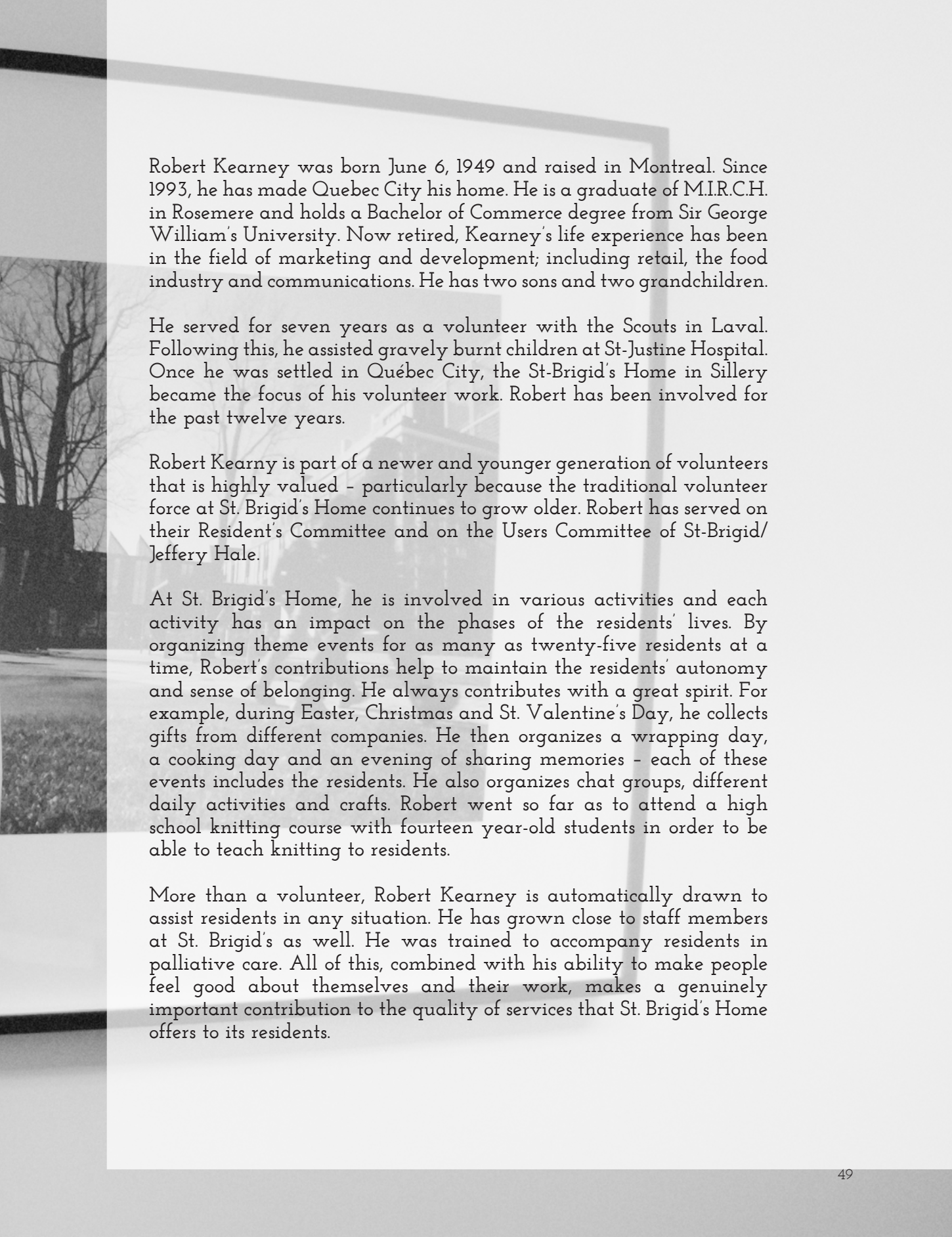
I have volunteered with other community organizations as well. Before the Recovery

The stories I hear about young people sexually or physically abused by the people who are closest to them always stick in my mind. As a parent, I can't begin to understand that part of human behaviour.



**ROBERT
KEARNEY**





Robert Kearney was born June 6, 1949 and raised in Montreal. Since 1993, he has made Quebec City his home. He is a graduate of M.I.R.C.H. in Rosemere and holds a Bachelor of Commerce degree from Sir George William's University. Now retired, Kearney's life experience has been in the field of marketing and development; including retail, the food industry and communications. He has two sons and two grandchildren.

He served for seven years as a volunteer with the Scouts in Laval. Following this, he assisted gravely burnt children at St-Justine Hospital. Once he was settled in Québec City, the St-Brigid's Home in Sillery became the focus of his volunteer work. Robert has been involved for the past twelve years.

Robert Kearney is part of a newer and younger generation of volunteers that is highly valued - particularly because the traditional volunteer force at St. Brigid's Home continues to grow older. Robert has served on their Resident's Committee and on the Users Committee of St-Brigid/Jeffery Hale.

At St. Brigid's Home, he is involved in various activities and each activity has an impact on the phases of the residents' lives. By organizing theme events for as many as twenty-five residents at a time, Robert's contributions help to maintain the residents' autonomy and sense of belonging. He always contributes with a great spirit. For example, during Easter, Christmas and St. Valentine's Day, he collects gifts from different companies. He then organizes a wrapping day, a cooking day and an evening of sharing memories - each of these events includes the residents. He also organizes chat groups, different daily activities and crafts. Robert went so far as to attend a high school knitting course with fourteen year-old students in order to be able to teach knitting to residents.

More than a volunteer, Robert Kearney is automatically drawn to assist residents in any situation. He has grown close to staff members at St. Brigid's as well. He was trained to accompany residents in palliative care. All of this, combined with his ability to make people feel good about themselves and their work, makes a genuinely important contribution to the quality of services that St. Brigid's Home offers to its residents.

**I'VE THOUGHT MANY TIMES OF
DOING SOMETHING ELSE, BUT
I CAN'T LET THEM DOWN. IT'S
JUST THAT FEELING OF GETTING
A SMILE OR HAVING THEM OPEN
UP AND TALK.**

I don't think you need experience. I think you just need to care.

-

Once my active sales and marketing career in Montreal came to an end, my most personal and meaningful work began. Beset by a genetic affliction that destroyed cartilage between my hips, wrist and knee joints, I underwent a series of operations including hip and knee replacements.

Upon recovery, I have dedicated myself to volunteerism. An opportunity through a French association in Quebec City arose and I had the chance to train volunteers throughout the province. I quickly realized that my strength came from my personal and direct involvement.

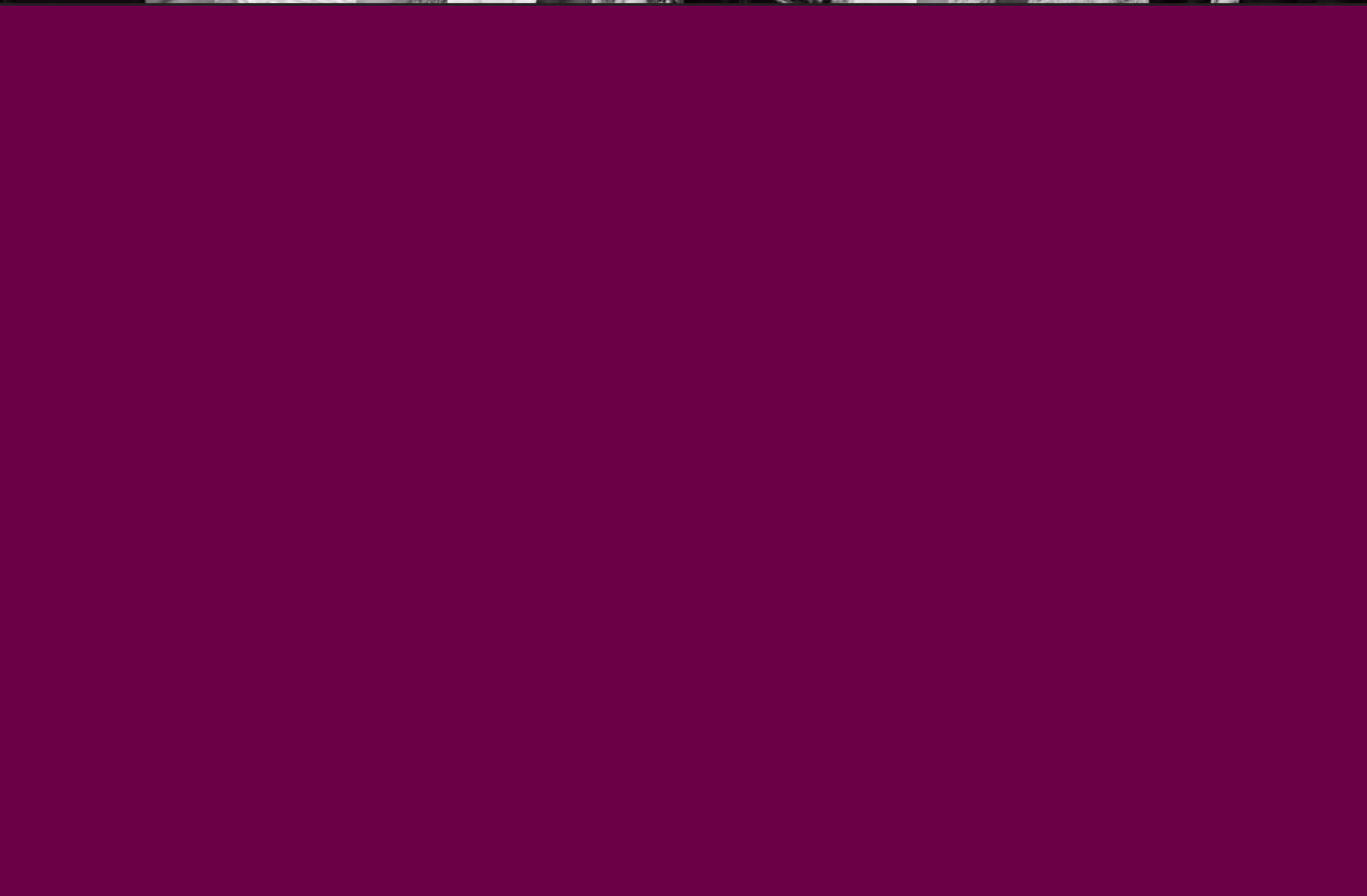
Through my neighbour, I learned of St. Brigid's Home, in Ste. Foy. I've worked as a volunteer on their Resident's Committee for the past thirteen years. I generally work with up to twenty-five of the most capable residents. I generate projects to keep the residents active and involved. Together, we planted a vegetable garden that could be harvested in the fall. Our efforts often culminated in a delicious vegetable stew for whoever showed up to eat. Ketchup, marmalades and jams were made to be sold. I would often take residents on bus outings to their favourite destinations - shopping, museums, or the market where they'd buy supplies for their meals.



With fewer able residents, my emphasis has shifted to entertaining. Afternoon tea and coffee are sometimes accompanied by a presentation of our latest trip or other interesting topics. For Easter, Mother and Father's Day and St. Valentines, I prepare a special dinner for residents. Christmas is a big "to do". We approach businesses in the nearby community of Sillery for sponsorships, gifts and donations. A big Christmas party follows, replete with a volunteer pianist and three other volunteers who help serve the meal.

Festivities begin a few days before Christmas. We host a cocktail party accompanied by a quartet playing classical music. Residents are allowed to invite two visitors. Wine, beer and hors d'oeuvres are served, followed by sandwiches and dessert. The residents enjoy the lively atmosphere and like to dress up for the occasion.

Residents at St. Brigid's are more or less in palliative care. Sadly, for many without family, loneliness is ever present in their final hours. I do my best to offer comfort and a smile.



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