

Council for
Anglophone
Magdalen
Islanders

Building Healthier Communities

Newsletter
Sept - December
2015

WINTER 2015

The snow flakes are finally settling down on the ground, and the air turns crisp we hope that you have a relaxing and Happy Holidays!

CAMI's 5th Annual Breast Cancer Awareness Walk was held on October 4th, which saw a total of 36 people walk from the Fire Hall, in East Cape, to the Community Centre, in Grosse Ile, for a total of 5 kilometers. As well, 11 Entry Islanders walked from the wharf to the school in order to raise awareness and participate. In total, all the walkers raised \$1,031 in funds that were donated to the Francine Daigle fund at the local Hospital Foundation. Refreshments were served afterwards, along with a few words of welcome and appreciation from CAMI and the Hospital Foundation's Coordinator, Marie-Michelle.

Thanks to all of our sponsors including the Caisse Populaire Desjardins of House Harbour, CFIM, and Douglas Clark. Also thanks to our partners, the East End Fire

Department for their volunteers; to the Municipality of Grosse Ile for free use of their infrastructure; the CISSS des Iles for providing us with educational resources to fill our participant bags; and to the Hospital Foundation for supporting the promotion and publicity of this year's event! Without your support, this event would not have been possible!





BOO BOOOO! GHOSTLY REPORT ON HALLOWEEN ACTIVITIES

The Halloween activities took off like a broom stick on October 29th with Pumpkin carving, bobbing for apples, wrap the mummy, face painting, and pin the wart on a nose (eek). There were 10 teams in total who were competing with one another to make the greatest Halloween pumpkin known to Grosse Ile! That evening there were 20 to 25 adults who attended the spooky Casino night.

On October 30th, the Grosse Ile Haunted House and Halloween Rally started off the night to a great success. The evening was followed by a Halloween Dance for adults to also celebrate. Finally, another traditional Lobster bingo was held on November 1st with the prizes being 2 cases of lobster paste for the mini game; a case of lobster for the 8 regular games; and a \$100 House Harbour IGA gift card alongside a case of lobster paste for the special game. If you weren't one of the 100 people who attended, keep a lookout for the next event!



A DAY OF ADVENTURES: GROSSE ILE SENIOR'S DAY TOUR!

CAMI's first Cultural Island tour, organized by Jenny Dickson, took 30 Grosse Ile community elders on an excursion of Magdalen Islands October 11th. Participants were treated to a full day of adventures, which included a guided tour by Jonathan Patton.

To start the day, they toured the Grosse Ile Salt Mine Interpretation Centre and afterwards headed to the Pied-De-Vent cheese factory. While in the region of House Harbor they also toured the local smokehouse, Fumoir d'Antan! After a nice lunch at La Patio, the group headed off to the grand Lavieniere church, which was constructed from old boat material and houses a mysterious bell tower... To finish the day, they visited the Musee de la Mer and the Fatima church. Jenny Dickson reports that they all thoroughly enjoyed the day's events! This event was made possible thanks to the funding from the New Horizon's for Seniors Program.





TAKING A MOMENT TO PAUSE: REMEMBRANCE DAY

GROSSE ILE MEMORIAL

At CAMI we were extremely inspired to see the Grosse Ile youth from Grades 5 & 6 attending and contributing poems to our Remembrance Day ceremony held in Old Harry. This certainty added to the voices of old and young generations to remember not only those who have fallen, but also those who have come back from countries of conflict to later deal with what was experienced. Overlooking the sea, the Annual Remembrance Day ceremony took place at The St. Peter's by the Sea Church in Old Harry. The memorial, hosted by CAMI,



attracted members from all different communities, which filled the entire church beyond capacity. Muriel Clarke read a beautiful piece that helped us remember those whom have fallen in the past. Following a moment of silence, the East End firefighters placed crosses at the church alter in memory

of each fallen soldier from the Magdalen Islands.

Afterwards, both Robina Goodwin and Master Seaman David Macpherson lit candles

to remember people whom had been lost in past conflicts that were from the Magdalen Islands. Graham Burk sang "old rugged cross" while participants were invited to light candles in

memory of loved ones or simply in respect for those whom were lost during battle.

“ [My poem helps] to remember WWII and the sacrifices that were made by the soldiers and their families. ”

- Morgan Clark

Following the church service, the congregation continued on to CAMI for the annual wreath

laying ceremony, and to visit the Veteran's Museum.

A lunch was provided at the Grosse Ile Community Centre following the morning's service. The CAMI organization would like to extend their

heartfelt thanks to all those who helped to make this year's event a memorable one.

ENTRY ISLAND MEMORIAL

November 11th also saw another Remembrance Day ceremony being held on Entry Island at the All Saint's Memorial Church. This memorial honored those who went to war and died, as well as those whom continue to endure the hardships of war. With the largest turnout this year, 28 people attended to pay their respects, which included an 81 year old resident whose father had died as a prisoner of war in Hong Kong. Mrs. Ada Welsh, the eldest member of the community and wife of a WWII veteran, recited the names of every soldier who had fallen. The service on Entry Island was followed by a lunch at the Community Room of the School. This event was sponsored by CAMI in partnership with the All Saint's Memorial Church.



INTERGENERATIONAL CONNECTIONS

In collaboration with the Grosse Ile school, Jennifer Dickson and Rosanna Taker took the Grade 5 & 6 students to meet and interview Joan and Conrad Laundry. For those that don't know, Conrad fought in Word War II where he met Joan who is originally from England. After the war, they decided to move to Magdalen Islands to be married and start a new life. The students found the event really interesting and engaging.

A CROWD PLEASER: GROSSE ILE'S ANNUAL ARTISAN FAIR

Grosse Ile's Annual Artisan Fair had a large turnout again this year despite the rainy and windy conditions, with approximately 260 Magdelinots, from all over the islands, taking part in supporting local artisans. As well, the fair hosted a total of 27 artisan tables selling a variety of hand crafted items, baked goods, and other products. A warm and welcoming canteen service provided for more than just the hunger needs! Lots of laughs and smiles were provided by staff members Candy, Guylaine and Miranda.

Mr. & Mrs Clause were also present making traditional Christmas decorations, and taking photos with children. The general comments received from artisans indicated that overall they felt satisfied with their sales! This event was brought to you by the Grosse Ile Tourism Development Committee which includes CAMI, The Municipality of Grosse Ile and the CEDEC.



CELEBRATING OUR HERITAGE: LES GRANDES MARÉES BRINGS TOGETHER MULTIGENERATIONAL HISTORY



The Grandes Marées project held events across the Magdalen Island's territory, which focussed on collecting, sharing, and connecting our traditional heritages through stories, singing, dancing, and more. Within the English-speaking community, they paid a visit to both Entry Island and Grosse Ile to reflect upon these histories and stories. On Entry Island, 26 people attended the gathering and a similar event held in Grosse Ile saw 22 people attend.



On Entry Island, one of the residents spoke about the strong connection Entry Island had with the community of Amherst. Traditionally, during winter the ocean would freeze and create an ice bridge, which the Entry Islanders would use to cross to Amherst, by horse "n" cart, ski-doo and even trucks/cars. It wasn't that unusual for people to be invited in for a cup of tea or coffee on a cold day after they had crossed over or before they returned home. Seniors spoke of the sense of bond and pride that they had with this ongoing relationship. This continued in the summers with the ferry traditionally leaving from Amherst in the mornings and returning there in the evenings. Presently, the ice no longer freezes across between the two islands and with the change of the ferry this connection has changed somewhat.

While Grosse Ilers had less common stories to share they were extremely proud of the values that are still strong in the community. The importance of inclusivity among all community members to marriages and family activities was identified. Additionally, the ongoing support and assistance of those who are ill or in need. As well, there is a great pride in the traditional boat builders and musicians who carry the Irish and Scottish heritages.



Unsung Heroes: Our Entry Island Volunteers

A great deal of the success of our organization can be attributed to the endless contributions of volunteers for our Entry Island projects and activities. It is these people that truly have helped us get to where we are now, and have contributed a great deal to the functioning of our organization. Volunteering is enshrined in our culture, and most of the time we think that the little community efforts that are made are just simple acts or "helping someone out." The reality is that these acts are all a means that help us feel proud, help each other, and contribute to strong community.

If you know someone who volunteers for CAMI or any other organization, be sure to give

them thanks. If you are interested in volunteering you may contact Candy at the school or via Facebook.

This year's Annual Volunteer Appreciation celebration was held on Entry Island where we celebrated the energy, contributions, and endless work of community volunteers. Each year, the community nominates volunteers whom they feel have had a big impact on the vitality of the community as a whole through their efforts.

This years event was filled with laughter during the "dress the elf" challenge, which was followed by a hot turkey dinner. As well, participants played bingo and had a gift exchange.

“ Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. ”

- Margaret Mead

“ No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence. ”

- Martin Luther King Jr.



THIS YEAR'S NOMINEES



When **Captain Incredible Troy Dickson** is not working his regular job he can be found mentoring male youth to fight the evil low self-esteem vilans. His special powers include an ability to listen, patience, and treating youth with respect! You can find him flying from various situations to teach the youth how to smelt fish, fix bikes, and hunt and clean ducks.



Not new to the superhero scene, **The Legendary Nicole Clarke** has been protecting Entry Island for many years. If you don't see this superhero in the community garden you might catch her organizing the summer festival, running bingos, or treasurer of the church. Late at night, you might find her fighting the hunger vilans for people who live alone through delivered pies and desserts!



While a young superhero to the scene, **Super Jonathan Patton** saved the day with co-coordinating an annual Rock-a-Thon fundraiser for the All Saints Church. He uses his superhero intelligence and compassion to share knowledge, plant crops in the local garden, and save the day when he can.

AND THE AWARD GOES TO...



After much thought among the Superhero Consortium, CAMI headquarters, this year's superheroes were selected. It is our honor to present **The Legendary Nicole Clarke** and **Super Jonathan Patton** with the superhero volunteer award for 2015. All nominees received a small appreciation gift, and the two awarded winners received an additional prize. Watch out they now have even better tools to make change!

On behalf of the CAMI staff and Board, we would like to congratulate this year's volunteer nominees and winners! Without the contributions of volunteers our organization and communities could not sustain themselves!





THE EAST END REACHES OUT AND BUILDS RELATIONSHIPS

If you haven't already seen the posters or heard the talk from the East islanders then you are missing out! Deux Communautés: One Maritime Lifestyle has been making waves through Grande Entry and Grosse Ile in holding events that bring the two communities together, and not just for older adults but also the younger folk too. This has helped to build linguistic duality amongst all the participants and increase the strong relationship between the two communities thanks to Guylaine's work. [Watch our Facebook pages for updates regarding these activities and further developments in the project!](#)

CARD MAKING

One of the first events held was an activity centered on making cards for Christmas, whereby approximately 11 people attended!



“ Capotant! It's the time of the week that I take for myself and socializing with people. It definitely makes me leave the house, improve, and learn new techniques! I hope to see new events next year. ”

- Dorothee Miousse

COUNTRY LINE DANCING

On the more active scene, country line dancing classes have started up again this year and are being held one week in Grande Entry and another week in Grosse Ile. Guylaine reports that the dancers are having fun practicing different moves and are really improving! As well, the turnout of 20 people has been really fantastic. If you are considering attending you really should since there is a wide range of dancing levels within the class, and it's a great way to meet people from the two communities or just dust off your cowboy boots.

BELLY DANCING

12 young Eastenders, ages 3 to 12 years old, have also started their own dance classes! Each week these youth are practicing and perfecting the difficult and challenging belly dancing techniques.

TRADITIONAL WORKSHOPS

Finally, traditional workshops on butter making, quilting, and Christmas practices are being offered to both communities. Our first demonstration took place at the Annual Artisan Fair in November, and another workshop has been held with children from Grand Entry School in early December.



AT THE BASE OF BIG HILL: NEWS ON ENTRY ISLAND

Meals on Wheels started off by serving a warm and delicious duck stew delivering 12 meals to Entry Island seniors. A group of volunteers have committed to supporting this program each week by preparing the meals, which serves approximately 16 to 20 people on the island.

As well, the Collective Kitchens began in October and has seen five different kitchen sessions, which have whipped up some yummy meals. If you aren't cooking with the collective kitchens and would like to, you may contact Candy.

FLANDER'S FIELD

Justin Keating wrote the following poem that was read at Grosse Ile's Remembrance Day

I used to be a soldier.
But I died and now
I lay beneath Flander's Field.
Where the poppies
grow, and blow row by row.

When I was in the war.
The guns were firing.
The men were dying.
The planes were bombing.
The cannons were blowing.

If I fell asleep there was a chance that
I would die
I was not willing to take that chance.

It happened anyway.

BI-MONTHLY ACTIVITIES WITH CENTRE DU JOUR

Two animators from the CISSS came to Entry Island on December 7th to carry out activities with 6 elders from the community. The day began with light exercise, which were followed by a Christmas craft making activity. Everyone enjoyed the traditional Christmas lunch complete with turkey, meat pie, and all the trimmings. In the afternoon, the group played shuffle board and bingo, which was the favourite among the group!





McGill Community Leadership Bursaries Received!

ENGAGING YOUTH:

DRUG & ALCOHOL AWARENESS WEEK

Jenny, from CAMI, & Nadine Lapierre from Maison des Jeunes des Iles went to Grosse Ile School to present the “My Independence Matters to Me” program to local youth in partnership with the CLC. As part of the activity, participants helped to decorate their own classroom doors demonstrating their own vision of a Drug free theme. **Did you see oversized cigarettes at Grosse Ile school?** Jenny also worked with the Grades 5 and 6 children to research the effects of smoking and the chemicals found within cigarettes. They then created several large cigarettes, which displayed this research on each cigarette and placed them at the entrance of the school. Nancy Clark held a discussion surrounding issues of drug and alcohol with Grades 9 to 11 students. The youth were then placed into four different debate teams, and debated each other on two different issues relating to drug and alcohol use. During the debate, the Grade 7 and 8 students and teachers were in attendance as the audience.



CAMI, in collaboration with McGill University, launched a call for bursary applications within the framework of the McGill Training and Retention of Health Professionals Project in July 2015. The purpose of the Bursary program is to address the need for professionals with English and French language skills in health and social services in selected Quebec regions by supporting students who pursue studies in health and social service disciplines in educational institutions located outside their region and encouraging them to return to their region to work and serve their communities.

On behalf of CAMI, would like to congratulate this year’s recipients for the Magdalen Island’s Region:

-  **Karina Cyr** will receive a bursary of \$5,000 for the 2015-2016 school year. Karina is studying at CEGEP St-Foy and is enrolled in the Radio Diagnostic Technology program.
-  **Danielle Aube** will receive a bursary of \$5,000 for the 2015-2016 school year. Danielle is studying at CEGEP Garneau and is enrolled in the Nursing program.
-  **Sabrina Clarke** will receive a bursary of \$5,000 for the 2015-2016 school year. Sabrina is studying at CEGEP St-Foy and is enrolled in the Nursing program.

In order to qualify for the bursary program, students must commit to working for a minimum of one year in a public health and social service organization or related organization in one of Quebec’s regions for each bursary awarded.

Congratulations to this year’s recipients! Wishing you the best of luck with your studies!

WINTER GOODIES: TRADITIONAL GINGERBREAD COOKIES



This months cake recipe comes to us from the CAMI Cookbook and Norma Jean!

TOTAL PREPARATION 30 minutes
COOKING TIME 8 - 10 minutes

INGREDIENTS

Wet Ingredients

1/2 cup shortening
1/2 cup sugar
1 beaten egg
1/4 cup molasses

Dry Ingredient

1 3/4 cups flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 teaspoons of grated ginger

LETS MAKE THE LITTLE PEOPLE

1. Preheat the oven to 375 C
2. Cream the shortening and sugar in a separate bowl with a whisk
3. Add the eggs and molasses. Beat the mixture until light and fluffy
4. In another bowl, sift together the flour, baking soda, salt, and ginger
5. Gradually add together the dry ingredients to the wet ingredients and mix well
6. Once completely mixed test the dough. If your dough is too soft add more flour until you can make it into a ball
7. Sprinkle a little amount of flour on a flat surface. Then using a rolling pin, roll out the mixture into a 1/4 " thick dough
8. Using a gingerbread cookie cutter cut out the shapes that you desire and place on a cookie sheet with optional parchment paper underneath. Be sure to eat the remaining dough!
9. Cook for 8 to 10 minutes! The little ginger people will be ready to eat.



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