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Café COOP Racine Changes Lives

A cozy Huntingdon café with a big social mission



The COOP Racine Team.
Emily Southwood

EMILY SOUTHWOOD
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COMMUNITY. Café COOP Racine has been serving up 100% butter croissants to Huntingdon locals since 2012. What many Haut Saint-Laurent residents might not be aware of is the social change that is happening inside the charming country café. As well as frothing a Plateau Montreal-quality latte, the COOP employs local youth who wouldn't otherwise have any job prospects.

The vision for the COOP came about as a Youth Table of the Haut-Saint Laurent mission. Founded in 1999, the Youth Table is a public health initiative made up of representatives from local organizations like the CLSC, NFSB, and Maison des jeunes. When these representatives came together to discuss what kind of project they would pursue with the allocated funding, there was a consensus around one, multifaceted social issue: the Huntingdon area has a problem with young adults who don't have high school diplomas or any work prospects, and who are in poor physical and mental health.

The Youth Table didn't have the statistics to prove it, so they first set about doing the research. The numbers came back that a staggering 43% of the population of young adults age 16 – 35 were in this very challenging position. The group came up with the idea for a social enterprise that would help transition young adults into the work force by giving them employable skills, and thus, an alternative to relying on welfare.

Nathalie Collins, one of the seven board members who donates their time and skills to the project, laughs when she says, "We never could have imagined the number of challenges—from acquiring professional-grade appliances to getting a license to use pure

butter from the Quebec government." After finally jumping through all the licensing loopholes, and many fortuitous Kijiji purchases, they managed to open the café. These days, a refurbished door from Nathalie's barn forms a table, local artisanal goods are displayed for sale, vibrant artwork lines the walls, and locals rave about the sandwiches and coffee.

For the last three years, the café has employed six or seven youth at a time with government-subsidized salaries and the possibility to pursue cooking certification. The rotating café staff also prepares lunches at high school Arthur Pigeon, a collaboration that has worked well and allowed the café to lower overhead costs by buying produce in bulk. But the project is not without major challenges. The business isn't able to sustain itself without funding, since they are only charging a fraction of what these goods would cost at a Montreal café. "The local population won't pay those prices," Nathalie explains.

Another challenge is affording the salaries of a full-time chef and café coordinator, who also need to double as counselors for the staff. There are many day-to-day operational hiccups, Nathalie explains. "It's a huge challenge to count on staff to arrive on time. We are constantly coaching them through life issues such as pregnancy and substance abuse or helping them try to budget out their paychecks." The COOP does not have a selection process and will employ any youth, regardless of their background.

Despite all of the logistical challenges with such a mammoth project, the café has proved completely life changing for many individuals. Recently a former staff member enrolled at CEGEP John Abbott. Another now works at Valleyfield's La Petite Grange.

"Seeing just one member of the team make a positive life change makes it all worth it," Nathalie says. "It means we've empowered them to change their lives."

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Artist Alyson Champ calls attention to endangered farm animals

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McGill Celebrates Huntingdon's Dr. George Lefebvre

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The Gleaner

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Morning sickness. Life. Privilege.

How is it that we forget about all the gritty parts in pregnancy?



STÉPHANIE MCBRIDE
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OPINION. I always forget about morning sickness. During my first pregnancy, I could barely make a sentence without throwing up on someone. Gradually that passed, and those memories were blotted out, along with the trivialities that went along with being the size of a beached whale.

The second time, it seemed better, but since we were in the middle of moving, I was distracted. I was placed on bedrest after that, so that experience involved a lot of trying not to be annoyed at the prospect of staying still—while desperately trying to make sure that the baby stayed in my belly.

These days, whenever I have a bout of nausea, I am reminded about how wonderful morning sickness was—and also, how sporadic. I also wonder how I forgot about how awful it all

was, although with two children to take care of, it does sort of get brushed under the rug. That aside, I try to see it as confirmation of life, of a healthy baby, and that makes it easier. During these times, I remember that it really is an amazing gift and blessing to be able to give birth, to make life. And I will continue to try to remember that as I run to the washroom for the second time this morning—that life is beautiful, that it is a privilege and worth almost any sort of trouble.

MRC Hosts Local Art Exhibit to Celebrate Work of Havelock Resident

The MRC du Haut-Saint-Laurent and the Alfred-Langevin Cultural Hall are to present the work of Pascale Bourguignon

STEPHANIE MCBRIDE
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ART. Offering up a welcoming break from the monotony of winter, the MRC du Haut-Saint-Laurent and the Alfred-Langevin Cultural Hall will present their latest show «The Tranquil Transformation of Reality Over a Palpable Distance.» Presented by Havelock native Pascale Bourguignon, the exhibition will run from January 29th to February 19th.

Beginning her studies at the École des Beaux-Arts in Paris, Bourguignon went on to the Parson School of Photography in New York. She then took a course at the Cegep de Maisonneuve in digital imaging, tridimensional modeling, virtual illustrations and architecture. Additionally, she went on to obtain a certificate of competence in ceramic art at the Institut européen des arts céramiques in France. Finally, as an independent student, she completed her training in ceramic art at Concordia University in Montreal.

The multidisciplinary artist's training is reflected in her work. "Technically and visually, she transcends the plastic and esthetic possibilities offered by ceramics, while including other materials, colours, textures or forms of expression, such as photography, video and sketches," says Nancy Brunelle, Event Coordinator at the Alfred-Langevin Cultural Hall.

Bourguignon is particularly interested in the concept of relations, movement and displacement of populations. «I work on the connections between humans,

on immigration and the displacement of individuals from one location to another, on the relations which are created and broken, on memory and erasure.» explains the artist.

"Two months on roads and paths, 6,000 km between Mexico and Saint-Rémi [Montérégie], 16 statuettes made of clay modeled in three art schools in the United States, 20,000 seasonal Mexican agricultural workers—these are the premises of the work presented in Huntingdon by Pascale Bouguignon," says Brunelle.

This work has been made possible thanks to the financial assistance of the CALQ and the support of various players such as the MRC du Haut-St-Laurent, the School of Art Institute of Chicago, the Tarrant County College in Fort Worth, Texas, and the Hill Country Arts Foundation of Ingram in Texas.

This eclectic exhibition will be presented in the Alfred-Langevin Cultural Hall (10 King Street, Huntingdon). The vernissage will take place on Sunday, January 29th at 2 P.M. Admission is free.

For more information, contact Nancy Brunelle at 450-264-5411, ext. 226 or email nancy.brunelle@mrchl.com



THIS AND THAT

ANNUAL ORMSTOWN LIONS CLUB BRUNCH

The Ormstown Lions Club Brunch will take place on Sunday, February 5th at 10 A.M.-1:30 P.M. at the Ormstown Community Centre (87 Roy Street). Adults \$12, children (8 and under) \$6. For more information, please contact Chantal Côté 450 826-0381.

CRF'S SNOWY MEET AND GREET

On Saturday, February 11th, the Centre de Ressources Familiales will host an open house from 10:00 A.M. to 2:00 P.M. at the activity centre at 16 King Street in Huntingdon, QC. The day will include winter activities, a scavenger hunt and a comforting snack.

CINÉ CINEMA AT LITTLE GREEN LIBRARY

The film, Demain, will be presented in its original French version, with dialogues both in French and in English (sub-titled in French), on Friday, February 10th at 7:30 P.M. and on Sunday, February 12th at 2:00 P.M. Admission is \$7 for adults and \$3 for children.

NOTE:

If you or someone you know has an event that they would like to see promoted in the paper or in the This and That section, please send an email to info@stephmcbride.com. Please note that all advertising inquiries must be directed to The Gleaner's head office. Due to space constrictions, not all requests can be featured in the This and That.

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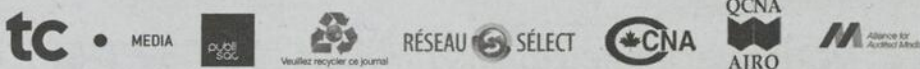
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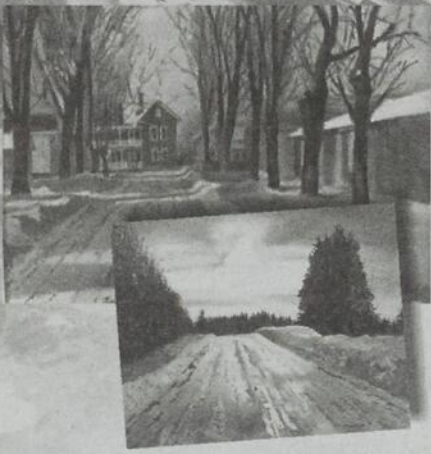


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DOUGLAS RANDY
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On January 29, 2017, at home surrounded by his loved ones, Randy Douglas passed away at age 64. He leaves in his wake his wife Christine Shannon, his daughter Kim (Ross Cotton), his son Christopher (Mathieu Caron), his sisters Dale, Diane and Debby (Jacques Rapin), his mother-in-law Lucette Shannon, his in-laws John (Elaine), Susan, Norman (Chantal), Lorraine (Stephane) and Cynthia (Mario), his brother in arms Bill (Shirley) as well as his beloved nieces and nephews and numerous friends. He joins his darling mother Antoinette Fortier, his father Willard Douglas and his father-in-law Steve Shannon. The family will receive condolences Friday February 3, from 1 to 5pm, and from 7 to 10pm at the Funeral Complex E. Montpetit & Son located 315, Danis Street in Salaberry-de-Valleyfield. Please note that visitations on Saturday February 4th will take place from 10am to 12:30pm at the Hotel Plaza Valleyfield in the Empire Room, located at 40, avenue du Centenaire in Salaberry-de-Valleyfield. A memorial service in his likeness will be held at 12:30pm in the Empire Room. Burial to take place at a later date. The family suggests donations Randy's honour be made to the St-Elisabeth's Health Services for at home nursing care. Donation forms will be available during visitations. You may also donate via the website at www.saintelizabeth.com/Saint-Elizabeth-Foundation. For further information, please contact us at 450.373.3511 or by visiting our website at www.emontpetit-fils.ca

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Are Farm Animals Becoming Rare Beasts?

Haut Saint-Laurent visual artist Alyson Champ calls attention to endangered farm animals

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ARTS. Endangered is not a word many commonly associate with farm animals, but Haut Saint Laurent artist, Alyson Champ, wants us to make the connection.

"Think about how many types of cows you relate to milk production: surely Holsteins and Ayrshires? But have you ever heard of a Lynch Lineback?" The critically endangered breed, though smaller than her counterparts, is an extremely hearty animal that lives a long, milk producing life."

Champ's Rare Beasts project tackles the subject of how the current global and industrialized nature of our food production has limited the diversity of breeds. To draw attention to the many, once common, farm animals that are now considered rare or endangered, Alyson is creating 20 painted, paper collages. The original artworks will be exhibited throughout the Haut Saint-Laurent region. Texts with information about the rare animals will accompany each original artwork and a bestiary, or book, will also be produced and sold.

From her farmhouse studio on Rang Ste. Anne, Alyson delved into realities that we don't necessarily think about with each trip to the supermarket. For example, how large-breasted, commercially sold turkeys are too big to mate naturally. By contrast, The Ridley Bronze Turkey—depicted in a bright, regal collage—is a hearty, cold withstanding bird that reproduces and forages. The types of characteristics we might well appreciate one day. "Climate change is real and it's happening," Alyson says. "Since we don't know what our future agricultural needs will be, we can't predict what we will lose in the traits of these animals. I think perhaps we've gotten so comfortable that we don't even see it happening."

A stunning Clydesdale, a breed considered in critical condition due to dwindling numbers, is another animal featured in one of Alyson's first 8 collages. It's easy to forget that many breeds



Alyson Champ in her studio.
 Emily Southwood.

of horses are animals that have largely lost their function (except, of course, for the favored few in beer commercials). With Rare Beasts, Champ also wants to encourage the public to think about the cultural heritage we are losing if the animals that populated our grandparents' farms cease to exist. How will it affect us from a cultural perspective to see these majestic, fabled creatures disappear?

One of the challenges of the Rare Beasts' project is choosing from the long list of farm

animals considered critical. As much as possible, Alyson is trying to depict local animals and work from her own photographs. To contribute to the list of suggested animals, follow her blog, and find all other information on the ongoing project, see: <http://rarebeastsproject.alysenchamp.com/rare-beasts/>

The Rare Beasts Project is being funded by CRE and le Conseil des arts et des lettres du Québec (CALQ) et de la Conférence régionale des élus de la Vallée-du-Haut-Saint-Laurent (CRÉ).

CVR to Present The Lion King

Local high school students to present one of the most popular musicals in history

STEPHANIE MCBRIDE
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ARTS. Kicking off on February 2nd, the students of Chateauguay Valley Regional high school are set to present *The Lion King*, a musical based on the 1994 Disney animated film of the same name with music by Sir Elton John and lyrics by Tim Rice, along with the musical score created by Hans Zimmer with choral arrangements by Lebo M. The play will take place on site at the school.



"Since opening on Broadway in November 1997, *The Lion King* has become the most successful musical in history. It is the third longest-running show in history and the highest grossing Broadway production of all time. Set against the majesty of the Serengeti Plains to the evocative rhythms of Africa, *The Lion King* uses breathtaking theatrical magic to tell the story of Simba's epic journey to fulfil his destiny as King of the Pride Lands," says Music Specialist Lynn Harper.

As per usual, the Performing Arts Department turned the reigns over to the creative minds of the students. "There are no words to describe the fountain of creativity which bubbled up and overflowed throughout the process. Their enthusiasm, energy and the fruits of their labours will

surely delight audience members. The cast, comprised of the grade 11 Performing Arts class, and a host of volunteers are in the process of putting the final touches on the many dances, songs, costumes, props, set pieces and special effects required to transport us to the Pride Lands. As well, the grade 10 and 11 dance classes are poised to present some spectacular dance segments throughout the show," continues Harper.

Content supplied in part by Lynn Harper.

Showtimes:
 February 2nd, 3rd, 4th at 8:00 P.M.
 February 4th at 2:00 P.M.
 For tickets and information, please call 450-829-2381.

Obituary for Violet Eliza Caldwell (nee Watt)

Passed away peacefully at home in King City, Ontario on Sunday January 22, 2017 at 94 years of age.

Violet is predeceased by her husband Earl William Caldwell, her brother Melvin Watt, sisters Lillian Watt & Olive Wilkins. Beloved mother of Nina Giannotti (Peter), Helen O'Brien, & Richard Caldwell (Shirley). Proud grandmother of Tena Giannotti (Perry), Maria lafrate (Elio), Angela Giannotti (Shaf), Trevor O'Brien, Kelly O'Brien & Byron Caldwell (Julia). Great-Grandmother of Angelina Giannotti, Mario & Fabrizio lafrate, & Quinn O'Brien. She is survived by siblings, Evelyn Gow, Colvin Watt (Therese) & Cora Allen; brother-in-law Earl Wilkins & sister-in-law Ann Rodger & Jean Caldwell. Also sadly missed by many nieces, nephews & friends.

In lieu of flowers, donations may be made to the Alzheimer's Society of Canada or York Region. Visitation will be Saturday, January 28, 2017 from 2-4 pm & 7-9 pm at the J.M. Sharpe Funeral Home, Franklin Centre, Que. Funeral service will take place at 2pm Sunday January 29, 2017 at the church of Nazarene in Franklin Centre with burial immediately after at Bethel Cemetery, Covey Hill, Quebec.

McGill Celebrates Huntingdon's Dr. George Lefebvre

Rural Medicine in 20th Century Quebec: Stories and Devices

EMILY SOUTHWOOD
emilysouthwood@gmail.com

CULTURE. McGill's Osler Library at the McIntyre Medical building recently hosted an exposition showcasing the work and cultural history of Dr. George Lefebvre.

Well known in the Huntingdon area, Dr. Lefebvre practiced as a family doctor from his home on the corner of rue Prince and Bouchette for 45 years. Dr. Lefebvre also worked in the former Huntingdon Hospital ER and as a local coroner.

The expo: Rural Medicine in 20th Century Quebec: Stories and Devices included the donated medical instruments from Dr. Lefebvre's career, as well as an audio visual display with stories from his time as a rural doctor. When Dr. Lefebvre first started his practice, he acquired a number of medical instruments from another local doctor's widow. Since retiring in 1990, the instruments that dated back to the early 1900's had been in storage. He rediscovered the antiquated items last year when it became time for him to downsize, and donated them to the McGill Maude Abbott Medical Museum.

George was born of French Canadian and Irish decent in Saint Antoine-Abbé where his father ran the general store. As a young man, he moved to Montreal to pursue a Bachelor of Arts at McGill and afterwards did a three-year medical degree. At the time, the usual four-year-program had been condensed to three to



Dr. George Lefebvre Vernissage. Denis Lefebvre

encourage enrollment for wartime doctors in demand. After interning at Saint Mary's hospital, George worked as an army corps doctor in the Maritimes before returning to Huntingdon, QC to start a family practice.

The times were very different during the mid-1900's and his son, Denis Lefebvre, remembers patients visiting their home until late into the evening. "Sleep was always one of my biggest challenges," George Lefebvre concurs. "It wasn't like a clinic today. There was only one

door in and one out. Many patients wanted to stick around and talk." As a coroner, ER doctor, and childbirth specialist, he also had to regularly leave the house at all hours of the night.

Dr. Lefebvre had to be given special permission to acquire a car in depression times to travel to women giving birth in the countryside. In inclement weather, farmers would have to meet him at main roads with horse and buggy to transport him the rest of the way to deliver babies at snowed-in rural homes. For the first few years of

his practice, he doubled as a pharmacy needing to have medications on hand; he also completed further study in anesthesiology. As a man who wore many hats in the medical profession, he chuckles when recalling that his salary tripled in the early 70's when Medicare came into effect because he had so often worked for free.

Plans are in the works to permanently house Dr. Lefebvre's collection of medical instruments and rural medicine history on the third floor of the McIntyre Medical building.

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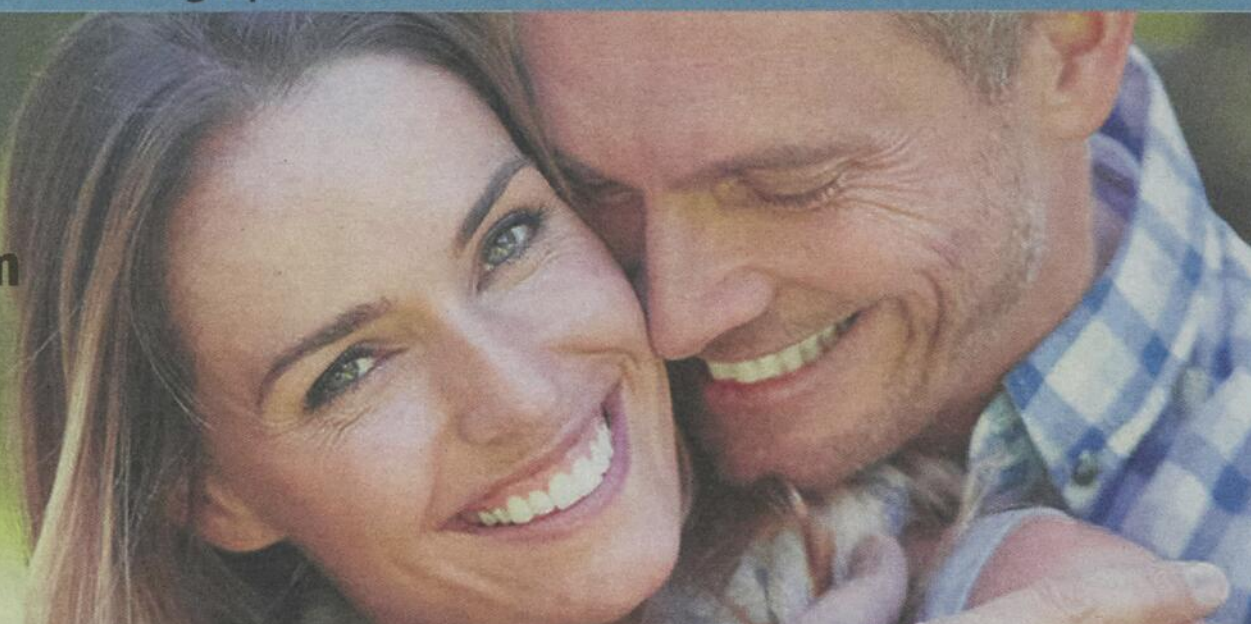
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