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NCC/CHARLES H. ESTE CULTURAL CENTRE
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PRESIDENT'S MESSAGE

During one of my rare moments of just chilling some years ago, I was glancing through 'People' magazine and came across an article about a man by the name of Dr. Kent M. Keith. It seems that back in 1968 when Keith was a nine-teen-year-old idealistic sophomore at Harvard College, he wrote a set of guidelines for achieving personal fulfillment. Written as part of a book for student leaders entitled, "The Silent Revolution: Dynamic Leadership in the Student Council" Keith called them, "The Paradoxical Commandments" also known as "Anyway, The Final Analysis and the Ten Commandments of Leadership."

I wanted to know more about this new set of commandments, so I accessed the website that was mentioned in the article and learned that Keith's commandments, like the 'Desiderata' were shared by people from all over the world. It is only back in the early 90s, when he learned of the growing popularity of these rules when a faculty member in Keith's doctoral program handed them out as part of a packet of inspiring quotes that had meant a lot to her, in her own life.

Although, Kent had written these very simple rules for himself, he had no idea that they were being embraced and used by so many,

and although they were first published in the Harvard student booklet, they were now being quoted and praised worldwide but Kent had rarely been credited as the author. In September of 1997, at the time of Mother Teresa's passing Keith learned that The Paradoxical Commandments were on the wall at her children's home in Calcutta. When he learned this touching and life-changing information, he decided to write a book about them. I would like to share these most empowering rules, which I try to live by on a daily basis.

1. People are illogical, unreasonable and self-centered. Love them anyway.
2. If you do good, people will accuse you of selfish ulterior motives. Do good anyway.
3. If you are successful, you win false friends and true enemies. Succeed anyway.
4. The good you do today will be forgotten tomorrow. Do good anyway.
5. Honesty and frankness make you vulnerable. Be honest and frank anyway.
6. The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.
7. People favour underdogs but

follow only top dogs. Fight for a few underdogs anyway.

8. What you spend years building may be destroyed overnight. Build anyway.
9. People really need help but may attack you if you do help them. Help people anyway.
10. Give the world the best you have and you'll get kicked in the teeth. Give the world the best you have anyway.

Since those ten rules Dr. Keith has written a fourth book about the Paradoxical Commandments entitled "Have Faith Anyway: The Vision of Habakkuk For Our Times," which contains the author's new 11th Paradoxical Commandment: The world is full of violence, injustice, starvation, disease and environmental destruction. Have faith anyway. In it, the author recounts the story of the Old Testament prophet Habakkuk, whose vision of a conversation with God led him to an inspiring affirmation of faith even in the face of devastation and death.

There you have it, ten, now eleven simple rules, not unlike the ten biblical commandments, that everyone can afford to live by. *Dr. Kent's Book, titled Anyway: The Paradoxical Commandments is available in most bookstores and also available in French, Dutch, Spanish, German, Korean and Japanese.* - S. Gyles

THANK YOU

On behalf of the Board of Directors of the NCC and its membership, we extend a sincere thank you to **Ms. Katleen Paul Roc** and **Ms. Michal Harewood**, who both recently resigned from the Board due to their very busy schedules. We wish them continued success in all their future endeavours.

- S. Gyles



FACEBOOK

We are now on **Facebook** with our very own group and fan page. We look forward to your joining, '**The Official NCC/Charles H. Este Cultural Centre Group**' and being a part of the diverse and interesting discussions. Watch for Dr. Malinda Smith's (University of Alberta) thought provoking blogs and comments. We also encourage you to browse our fan page entitled "**The NCC/Charles H. Este Cultural.**" Remember to "Like" our page to receive updates and news!

LE MOT DE LA PRÉSIDENTE

Au cours un de mes rares moments de détente il y a quelques années, je feuilletais le magazine « People » et suis tombée sur un article portant sur le Dr Kent M. Keith. Il semble que, dans les années 1968, Keith étudiant idéaliste de dix-neuf ans en deuxième année à Harvard, avait écrit un ensemble de directives pour la réalisation de l'épanouissement personnel. Rédigé du livre pour chefs étudiants, intitulé « La révolution silencieuse : une direction dynamique au sein du Conseil étudiant » que Keith a appelé, « les préceptes paradoxaux » encore connu sous « quoi qu'il en soit, l'analyse finale et les dix commandements de la direction ».

Pour en savoir plus sur cette nouvelle série de préceptes, j'ai visité le site Internet qui faisait mention de l'article et c'est ainsi que j'ai appris que les enseignements de Keith, comme le « Desiderata » était partagé par des gens à travers le monde. C'est seulement au début des années 90 que le Dr Keith découvre la popularité croissante de ces préceptes, lorsqu'un membre du corps professoral de son programme de doctorat les remet en selles dans un ensemble de citations très inspirantes pour sa propre vie.

Quand, Kent a écrit ces enseignements très simples pour lui-même, il ne soupçonnait pas qu'ils étaient aussi acceptés et utilisés par tant de gens, bien que publiés pour la première fois dans le manuel de l'étudiant de Harvard. Ils étaient désormais cités et loués à travers le monde. Toutefois, Kent avait rarement été reconnu comme l'auteur. En septembre 1997,

à la mort de Mère Teresa, Keith a appris que les préceptes paradoxaux étaient sur le mur de la maison de ses enfants à Calcutta. Quand il apprit cette touchante et bouleversante information qui changeât sa vie, il décida d'écrire un livre sur eux. Je voudrais partager avec vous ces préceptes les plus dynamisants que je tente de suivre dans ma vie quotidienne.

1. Les gens sont illogiques, déraisonnables et égoïstes. Aimez-les malgré tout.
2. Si vous faites du bien, les gens vous accuseront d'arrière-pensées égoïstes. Fais le bien malgré tout.
3. Si vous réussissez, vous gagnerez de faux amis et de vrais ennemis. Ayez du succès malgré tout.
4. Le bien que vous faites aujourd'hui sera oublié demain. Fais le bien malgré tout.
5. L'honnêteté et la franchise vous rendent vulnérable. Soyez honnête et franc malgré tout.
6. Les plus grands hommes et les grandes femmes avec les plus grandes idées peuvent être abattus par le plus petit des hommes et la plus petite des femmes avec le plus petit des esprits. Pensez grand malgré tout.
7. Les gens soutiennent les laissés pour compte, mais vont seulement suivre les chefs. Lutte pour quelques laissés pour compte

malgré tout.

8. Ce qui vous prend des années à bâtir peut être détruit en une nuit. Bâissez malgré tout.
9. Les gens ont vraiment besoin d'aide, mais peuvent vous attaquer si vous les aidez. Aidez les gens malgré tout.
10. Donnez au monde le meilleur de vous-même et l'on vous frappera. Donnez au monde le meilleur de vous-même malgré tout.

Depuis que Dr Keith a écrit ces préceptes, un quatrième livre sur les préceptes paradoxaux intitulé : « Ayez foi quoi qu'il en soit : la vision d'Habakkuk pour notre temps », qui contient le 11^e commandement de l'auteur : Le monde est plein de violence, d'injustice, de faim, de maladie et de destruction de l'environnement. Ayez foi malgré tout. Dans ce document, l'auteur raconte l'histoire de l'Ancien Testament, le prophète Habakkuk, dont la vision d'une conversation avec Dieu l'a conduit à une affirmation de foi, même face à la dévastation et à la mort.

Là, vous avez, dix et maintenant onze préceptes simples, un peu comme les dix commandements bibliques que tout le monde peut se permettre d'appliquer. (Le livre du Dr Kent, intitulé de toute façon : Les commandements paradoxaux sont disponibles dans la plupart des librairies et aussi en français, néerlandais, espagnol, allemand, coréen et japonais. - S. Gyles

A TEST OF TIME: THE MISSION and VISION FOR THE NCC

Over the past few years, for the residents in **Little Burgundy** and many others who have been associated with the NCC, the idea of reopening the NCC building on Coursol Street has slowly moved from being a reality to almost becoming a fairy tale. There has been an abundance of effort and a cornucopia of people who have given of their time, their spirit and their all, to contribute to the cause, the reopening of the Centre. Yet, the doors remain closed and the complaints of menacing bricks held by weak mortar, seemingly ready to fall, have replaced the call for the opening of the Centre. To add insult to injury, there is a situation where squatters are breaking into and entering the building on an almost weekly basis. This activity calls for a swift and immediate response, one that will be noticeable shortly.

In this sea of doubt and uncertainty, the members of the Board are staunch in their belief that not only will the Centre see a new day, but that this organization is needed even more than ever because of the great historical value and relevance that it holds, and all that it has meant and means to the Black community in Montreal. In times like these, uncertainty and patience can be the litmus test of

the resiliency of a people. We ask that members of the community keep us in their thoughts and minds as we work towards this very important ultimate goal.

It is said that nothing happens before its time. We are here to proclaim that the members of the Board are not waiting idly by for the passage of time but that we are undertaking the necessary steps, in the required time to ensure that due diligence is carried out in this long and laborious process. No, it is not a waste, as it has been said but an invigorating, frustrating and rewarding challenge to see this project through to the end with all its quirks and quarks all the while trying to remain upbeat and engaging.

With all this, one may ask, what we are working for. What will the Centre be? Well this is answered in the Mission Statement which states that the purpose is to establish and manage a community centre where workshops, athletic programs, theatre, art, music recreation and hobby can benefit the public at large. These educational courses and programs, in the long run, will enlighten and affect everyone's mental and physical situation in an extremely positive way. Our Vision is clear and they encompass these 5 principles/ideas:

- **A Black organization that is inclusive**
- **Support the needs of the community**
- **Promote Montreal's Black culture and history**
- **A meeting place**
- **Encourage empowerment**

We encourage you to spread a positive word about the NCC and what it means to you, what it meant for the generations that came before and what it will mean for those who will follow. - *S. Nelson*

WHAT WILL THE CENTRE BE?

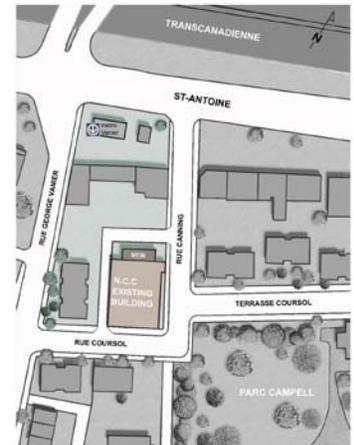
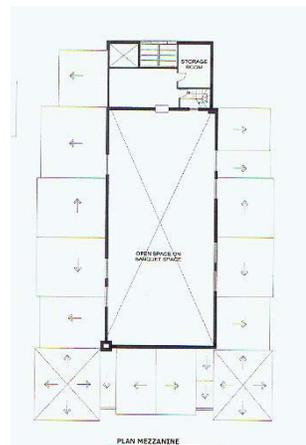
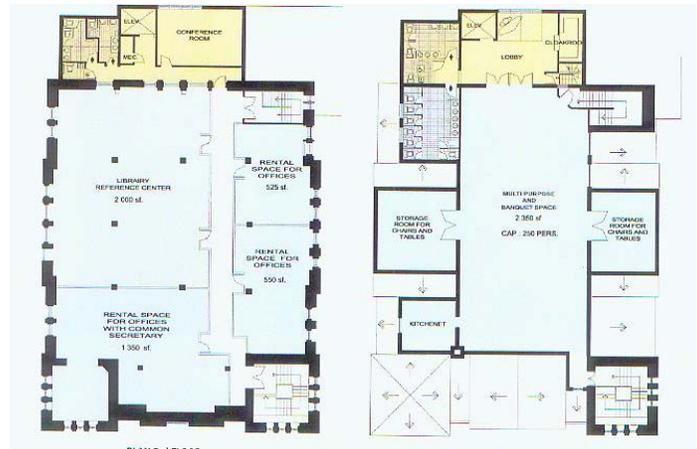
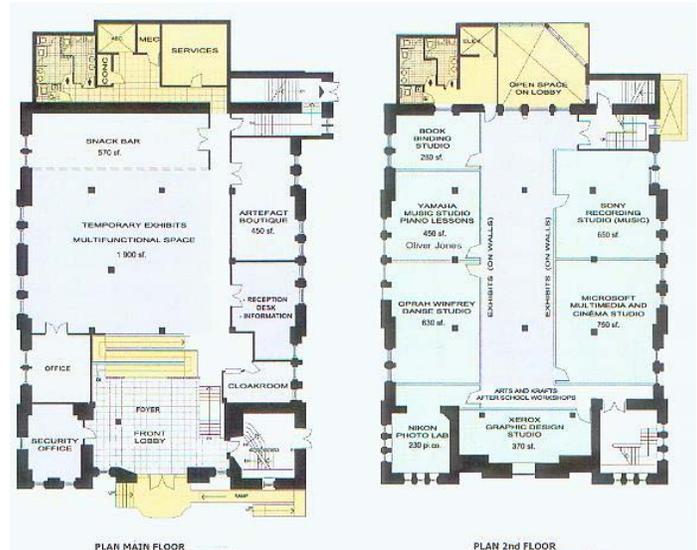
In 2008, a prospectus was produced whereby an overview of the history and raison d'être of the proposed rehabilitation of the NCC building was presented by Mr. Weber Laurent of Lauvac Architecture Inc. In the initial plans, space was provided for subsidized housing, however in 2010, the plans had to be revised removing the housing components. This change was necessitated, on the advice of the Quebec government, who stated that a plan for housing and a cultural centre would have to be submitted as two separate entities.

The purpose of this section is to give you a floor-by-floor description of the plans, the types of services and facilities that will be available in the revitalized building. There will be four floors open for public use: 1st floor, Rez-de-Chaussée: Welcome and Eco-museum space; 2nd floor: Art studio and after school activities; 3rd floor: Reference and documentation centre and office rental space; and 4th floor: Banquet Hall and multi-purpose space. The East side of the building (Canning Street), will be modified to accommodate the addition of an elevator, a ramp, the mechanical room, lavatory areas, a conference room and other rental spaces. The 5th floor will be a mezzanine overlooking the 4th floor.

The proposed 1st floor layout will offer services and office space for such things as a snack bar, an artefact boutique, an eco-museum, administrative offices, foyer, security desk, cloakroom, information and reception desk. The proposed plan for the 2nd floor calls for separate recording, dance and music studios, a book binding workshop, a multimedia and cinema studio for movie editing, a graphic design studio, a photo lab and arts and crafts for afterschool programs. Proposed plans for the 3rd floor will have the following proposed layout and services: a reference and documentation centre, a conference room and office space for rent. Plans are to also have employment opportunities for at least three students. The 4th floor will have the proposed layout and services: a banquet hall capable of seating 250 people, space to store furniture and a semi-professional kitchen. No additional land space will be required in the renovation process other than utilizing the small lot in the back of the building. In addition, there will be changes to the look of the building on the outside which will be in keeping with new architectural and modern design and the gentrification of the neighbourhood.

The members of the Board realize that we cannot undertake this endeavour on our own and have actively gone out in search of partners and associates. A few newsletters ago, we thanked those who so generously wrote a letter of support, recognizing the importance of a cultural centre for our community that celebrates our history and many of our achievements. In an effort, to bring the name of the NCC into the United States, we have fostered a partnership with North Country Underground Railroad Historical Association (NCUGRHA) in Plattsburgh, New York.

- *S. Nelson*



Projected front view (South) of rehabilitated building on Coursoil Street



Projected side view (East) of rehabilitated building on Canning Street



Photos – S. Gyles

749 MUTUAL ACTIVITIES PRIVATE SOCIAL CLUB

There is a classy new joint in town, an unexpected treat, the **749 Mutual Activities Private Social Club** located at 9001A Airlie in Ville LaSalle. Owned and operated by Mr. Butch Johnson, a retired Via Rail pensioner the club has been opened since June 3rd of this year. The official opening was held on two separate nights, Friday the 24th and Saturday the 25th of June, to accommodate the many invited guests. The 749 caters to those who want to go out for a pleasant evening of socializing with friends and listening to music; patrons can either, sit upstairs and enjoy conversing while taking in the cozy and relaxing ambience or they can frequent the downstairs area where there is a dance floor and pool table. Each floor has its own bar and music station.

To join and enjoy this unique club with its

wonderful decor and great music, one simply has to sign up for a yearly membership of fifty dollars. Non-members are welcome to visit as well. Opening hours are Thursday to Sunday from 2 PM until 3 AM. The club is also open to members during the day where they can enjoy a game of backgammon, cribbage, board games and cards; the mandate and objective of the 749 is to get members out for socializing during the afternoons as well.

Johnson had been involved in a similar venture some twenty –five years ago but this time around with the help and support of his wife, Mrs. Margot Flint Johnson and friend and investor, Mr. Charles Husbands, things are working more in line with what he had originally envisioned. Some of the in-house activities planned for the future are: main event playoffs and fight nights such as the UFC, WBO, NBA, NHL and the NFL • Billiards •

Poker (house money) • Black Jack (house money) • Spoken word nights • Major holiday celebrations • Musical entertainment (*pianist, guitarists, jazz trio's and a live DJ every night*) • Health, nutrition and Personal Trainer (*advice*) • Entrepreneurial ideas and speeches • Produce and business launches • Grandparent/Grandchild Day. Planned Outings: Dinner and Dance boat rides around Montreal • sugar shack • apple picking • bowling • Bar-B-Qs • fishing trips • Trips up North to the SPA (with driver) • Chalet retreats.

This premier elite private social club works hard to satisfy its members while also promising to ensure an amazing experience for everyone. For more information to apply for a membership please call 514-507-5958 or email: club749@bell.net. Hope to see you there soon. – S. Gyles

HIGHLIGHTING BLACK BUSINESSES IN MONTREAL



Mrs. Christiana Howe, Business Owner
 Caribbean Essence (Essence Caraibe Inc.)
 Gift boutique and hair and beauty supply
 Specializing in African-American and
 Caribbean fine art prints, gifts and souvenirs
 Galeries des Sources
 3237 Boul. Des Sources,
 Dollard des Ormeaux, QC Tel. 514-946-8845
 Email : caribbeanessence@gmail.com
 Website: www.caribbeanessenceboutique.com

Passion has many definitions but for **Mrs. Christiana Howe**, a skilled registered nurse, it gives her that special feeling that money just cannot buy. Howe has made it her mission to ensure that Black people are represented in Galerie des Sources in DDO. I had the opportunity in early June to speak with Mrs. Howe regarding her business, *Caribbean Essence*. It was an enlightening conversation in which Christiana focused on her experiences, her joys, her challenges and the vision for the future of Caribbean Essence.

SN: What inspired you to start this enterprise?

CH: I wanted a business that represented Blacks and I was inspired by the fact that there were no other of its kind in Galerie des Sources. I wanted a place that gave us a presence and made us feel a part of the mall.

SN: Where do you get your entrepreneurial spirit from?

CH: My Mom, she had fourteen children and never worked outside of the home; however, while taking care of her family, she managed to sell Avon products, women's fashion, eggs, lettuce and even a variety of animals. I believe that I inherited my entrepreneurial spirit from her.

SN: Is your family involved in the business?

CH: No, retail does not interest my children but they are always there to help in any way they can.



SN: Tell us about your first years of owning this business.

CH: They were rather challenging to say the least and although I have made many strides forward, things are still somewhat of a challenge that requires a lot of dedication and hard work. When I first started my store front in 2005, I sold mainly gifts and souvenirs, but shortly after I realized that I needed to modify my direction to include home décor and hair and beauty products; gifts tended to be more popular for special and holiday occasions. I had the storefront for two years when I discovered I had to close down due to declining sales. Never a quitter, I chose to move to Hampton and Sherbrooke Streets in NDG to see if business would be better there. At this location, I added clothing and more hair and beauty products.

SN: What did you notice at this new location?

CH: I loved selling the clothes but discovered that the competition was stiff and other established businesses were not pleased that I had opened in such close proximity to their establishments; they became somewhat unpleasant with my presence. Although I was established in NDG, I always returned to Galeries des Sources for short-term special events, such as sidewalk sales, where I sold my products at a booth.

SN: What is the difference between the two stores?

CH: I found it interesting that customers in NDG would not go to my store in the West Island when I was there and vice-versa, both sides citing that the distances were too far to travel. However, at both locations, I had loyal customers so it was a pleasure for me to have experienced these situations. I tried to be as central and accessible to my clients as I possibly could; I did discover however, that the biggest client base was in NDG and I also observed that people in NDG tended to buy more clothing while those in the West Island bought more gifts.



SN: Where exactly are you located now?

CH: Inevitably, I have returned to Galerie des Sources, but this time, I have a booth right in front of Rob McIntosh.

SN: You are back in DDO now, do you think that you will return to NDG?

CH: If I ever have a chance, I will return to NDG but at a more visible location, at street level and not below ground as I was before. I would also, at the same time, do road shows at local hospitals, particularly the Children's Hospital. I found that although people do not buy much while I am on these road shows, they would take my business card and find me.

SN: You also work as a nurse part time. How do you do it?

CH: Yes, I am still working part time as a registered nurse while I am still working in the business and I have always had an assistant and I must say that it can be challenging to find the right employees. I have had many instances that made me stop and wonder about the commitment of employees to their job, to themselves.

SN: Tell us about some of your challenges.

CH: Challenges faced from other businesses can be a harrowing experience. I have had a few instances in the past years at Galerie des Sources. The first was with a greeting card retailer who felt that I should not sell greeting cards. In this case, I quickly pointed out that I sold to a particular demographic and

that other stores were also selling greeting cards. To some extent, they have accepted this and I keep on selling my cards. The second instance was with a hairdressing salon who felt that I should not be selling hair care products. I used the same logic with them, however, they involved the administrators of the mall. In essence, it has come to the point where there is an underlying threat to cancel my contract in the mall if I do not stop selling the many Black hair care product lines. My response is that different demographics needs are being met. Although this is somewhat a nuisance, I know that challenges come with business ownership and I am ready to deal with them. At present, I have more business savvy than when I first started so I am planning my next steps to solve this.

SN: Do you have other types of businesses?

CH: Yes, when I first immigrated here to Montreal, in the early 90's from Montserrat I owned another business before Caribbean Essence. I started Sunshine Health Care Agency, for home and hospital care patients. I loved the business and it was lucrative too but I had to close after the government closed many hospitals and many nurses left the province. Many of these departed nurses knew their stuff and gave my business the distinction of being a top quality service, something that I truly appreciated. Incidentally, I also opened a similar store in Montserrat, which my niece manages. It was started quite by accident because every year when I would go home, I brought things to sell. It came to a point where I had to find a place to sell these items. Not only did I sell gifts and hair and beauty products but also clothing. It just happened!

SN: Percentage wise, what is the breakdown of your cliental?

CH: Everyone is welcome, however our cliental is predominantly Black, about seventy percent.

SN: When do you have sales?

CH: They are periodic and depend on what is going on. I encourage people to stop by my booth and/or to visit my newly-designed website for more information or to purchase products online.

SN: Can you give us an idea of your prices?

CH: I can say that we have the most competitive prices on the West Island for Black hair care products. I invite everyone to come and see what we have to offer.

SN: What type of advice would you give to those starting their own business?

CH: You must greet your clients and know as many of their names as possible. Make sure to always thank clients for their patronage and let them know that you appreciate their business. Lastly, correct immediately, without hesitation, anything which is not right.

SN: What is your reputation?

CH: I am known as, "the lady with the Caribbean store in the mall." People know who I am and I like that!

SH: Do you still like what you do?

CH: I love what I do with a passion. I love the fact that people meet at my booth and stop to talk for a while about what is happening with them or simply just to talk about what they are doing; it gives much satisfaction. At this point in my life, I am more passionate about the business than when I first started. This is due to many factors such as the fact that I have more business savvy and have been through so much in this business.

SN: What would you like to add?

CH: I feel that we need true business mentors in our community to help the novices and the already-established with advice on how to expand and grow their business. At present I and a few other Black business owners are working on creating a collective association where owners can work together in supporting each other. I am doing this by promoting the many hairdressers in the West Island and in return, they tell their clients about where to find certain hair care products that are not widely sold in other Black owned stores. We find that it is important to be able to identify Black owned businesses so that money can flow back into our community. There are many businesses that are owned by Blacks in the West Island but the general public is not always aware. I feel that they should be promoted in the community as my experience is that Blacks would support them in their efforts. In closing, I would also like to include some other nuggets of advice: 1. Take a course or workshop on business ownership. (YES, Montreal! has helped me a lot); 2. Understand your client base; 3. Find a niche; 4. Have a passion for what you are doing; 5. Believe in yourself; and 6. Enjoy!! Money will follow.
- S. Nelson

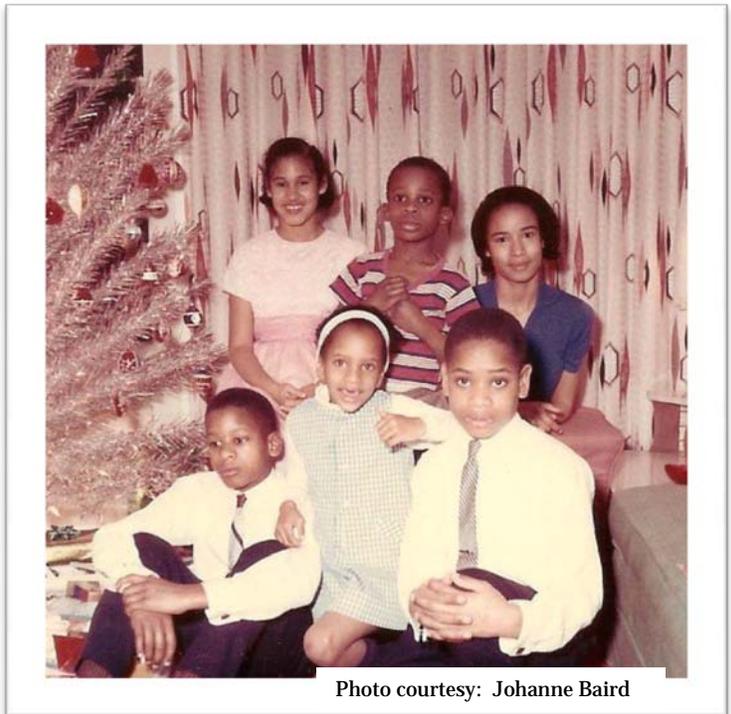


Photo courtesy: Johanne Baird

Can you identify these beautiful children?
Answer: bottom page 8.

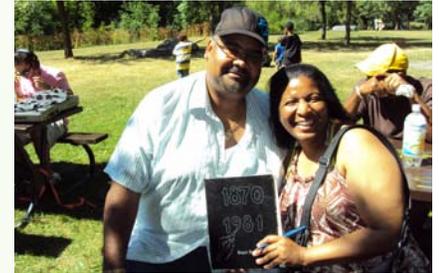


Tamara Berry, Linda Berry Tabb, Steven Berry Wells
Marjorie Howard



NCC AND ROYAL ARTHUR SCHOOL PICNIC

WOW!!! AMAZING!!! Congratulations to Muriel and Viola Walton for a job well done. The **NCC and Royal Arthur School Reunion Picnic** was a huge success. On July 24th, approximately 400 attendees gathered in **Angrignon Park** in Ville Lasalle for a day of reuniting, reminiscing and just having a good time; it was a day to remember. If you were one of those unfortunate individuals who missed it, you really missed something special.



Muriel and her sister, Viola along with a small group of individuals arranged, almost overnight, an enjoyable day as friends and family came together to eat and renew old acquaintances. Among those in attendance, was the Berry family, **Linda Berry Tabb**, her son, **Steven Berry Wells** and daughter, **Tamara Berry**. The three spent almost an hour with yours truly, recalling their final time at the NCC and Royal Arthur School. Steve held his wedding reception at the NCC in 1993 and recalls decorating a room with crumbling walls and making it look so special that one could hardly tell that there was any problem. He also recalled his last grade seven class at Royal Arthur School with Dr. Horace Goddard as his teacher.



According to Wells, when referring to the changes in Burgundy, "The city slowly shut down the neighborhood." "First they took away the banks and the post office, then the fire station, shoemaker, dry cleaner, small stores, the CLSC and finally the Hutchins bath closed." The residents fought back to no avail. Slowly but surely residents started to move out to surrounding areas going as far as the West Island.



One of the other places that the family spoke about was the day nursery in Richmond Square. Linda, who is originally from Nova Scotia lived on Quesnel Street for 47 years and worked at Royal Arthur School. She said that the majority of students went off to Westmount Park School and eventually Westmount High School. She said that, "Not many people were aware that Royal Arthur was initially a Jewish School. She attended the lunch school program of which **Mrs. Eda Terrell**, who still resides on Coursol street was in charge. "Half of the students at Royal Arthur were related, the school was like a large family." – *S. Gyles*



WEBSITE

Our website is still under construction and will be released soon. We had intended to release it earlier on in the year but after revisiting our plans and fine tuning other pages, we felt that it was best to wait and allow our webmaster, **Mr. Jason Altidor** to work his magic. Thank you for your patience and continued support. We know that you will not be disappointed.

PHOTOS WANTED!

Please send/loan us your photos. We will use them for the NCC. Please indicate the following: name of individual (s) in the picture, the event, year and approximate date picture was taken. Electronic copies can be emailed to:
nelsonsharon85@yahoo.ca

FOOD TIP OF THE MONTH

If you decide to go on a diet, do it for yourself. First make a list of the foods that you eat now, keep one copy on the front of the fridge door and the other copy with you at all times. Plan menus using those food items for your three daily meals: break-fast, lunch and supper. Try eating your last meal of the day before 7:00 pm, and reduce your meat portions by half. It is a good idea to add more vegetables to your plate, either steamed or preferably raw. If you choose to eat carbohydrates, use either brown rice or whole wheat pasta. Drink one tall glass of water before every meal and add two healthy snacks in between each meal such as, raw fruits, vegetables, yogurt or nuts. Instead of coffee, try green tea. In the first week of the diet try eating a salad with your main course instead of rice or pasta, because you are preparing your body by saying, "There's a new sheriff in town." In addition to all this, try to complete a 30-minutes workout every other day and you will soon see amazing results. Keep loving food and most of all loving yourself! – *S. Jackson*
mamaseds@hotmail.com

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NCC CALENDAR of EVENTS

Annual General Meeting, (AGM)
 Little Burgundy Sports Centre, Open to new and returning members.
 September 24, 2011, 2-4 pm

Pasta Dinner Theatre
 6767 Cote des Neiges, February 2012
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Answer: Bottom Row: Sur Rodney Sur, Johanne Baird, David Adams
 Top Row: Elizabeth Adams, Derrick Baird, Jessica North O'Connell

