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NCC Board Members

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Sharon Nelson, VP
Barbara Glasgow, Tr.
Janis Riven, Sec.
Andrew Biteen
David Clarke
Sharin Freeman
Chad Gyles
Michal Harewood
Marla Noel
Katleen Paul Roc
Doreen Rycce

SUBSCRIPTION INFORMATION

To make donations and/or submit community-related articles:

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Receipts will be sent for donations in excess of \$25.

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NEGRO COMMUNITY CENTRE

NCC/CHARLES H. ESTE CULTURAL CENTRE

NCC/CENTRE CULTUREL CHARLES H. ESTE

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www.nccmontreal.org

PRESIDENT'S MESSAGE

Summer has started off with a bang, school is out and many students are looking for jobs. Wouldn't it be great if the Centre was opened and we could offer a number of these students summer employment, but do not despair; we on the Board are extremely optimistic! I promise you all that we are working to make this long awaited anticipation, a reality.

Of course, the building is still closed and there appears to be no activity, however, Board members are continuously busy working to have the building renovated and eventually reopened. **Believe me, it is never dull.** We are counting on you for your continued support and truly appreciate your patience regarding this very focused and detailed project. We are lucky to have staunch supporters in the community and in the government who also look forward to the ribbon cutting ceremony. Enjoy your summer. – *Shirley Gyles*



CONGRATULATIONS MR. TYRONE BENSKIN

Tyrone Benskin,
NDP Representative, Jeanne-Le Ber

The members of the Board of the NCC would like to congratulate Mr. Tyrone Benskin for his valiant win in the Federal Elections held in May 2011. Mr. Benskin stated that he was both humbled and honoured by the confidence that the electorates have shown in him and he is also very cognisant of the fact, that this duty carries huge responsibility, one that he takes very seriously.

At present, renovations are underway at his new office located in Verdun near the Charlevoix metro. It will open in a few weeks so that Mr. Benskin will be able to greet constituents.

We take this opportunity to wish Mr. Benskin all the best and much success in his endeavours in the political arena. – *S. Nelson*

BONNE FÊTE DE LA ST-JEAN BAPTISTE
HAPPY ST. JEAN DE BAPTISTE
HAPPY CANADA DAY!
JOYEUSE FÊTE CANADA!!

NCC FACEBOOK PAGE

Stay tuned! The NCC will have its very own Facebook page soon; when released, please visit and make sure to tell everyone all about it. Remember to also tell them to select "like" on our fan page so that we can have a Facebook web address. We look forward to interacting with you in this medium as well.

LE MOT DE LA PRÉSIDENTE

L'été a débuté avec un bang, l'école est en relâche, et de nombreux étudiants sont à la recherche d'emplois. Ne serait-il pas fantastique si le centre était ouvert et que nous pouvions offrir bon nombre de ces emplois aux étudiants? Ne désespérez pas, car nous demeurons optimistes! Je vous promets que nous travaillons pour que cela devienne une réalité.

Le bâtiment est fermé et semble inactif, mais les membres du conseil sont occupés à travailler pour que le centre soit rénové et ouvert. **Croyez-moi, cela n'est jamais ennuyeux.** Nous comptons sur vous pour votre soutien continu et nous apprécions votre patience dans ce projet très précis et détaillé. Nous sommes chanceux d'avoir les fervents partisans dans la communauté et au gouvernement qui ont aussi hâte à la cérémonie d'inauguration. Profitez de vos vacances. – *Shirley Gyles*

50TH ANNIVERSARY OF THE FREEDOM RIDERS

From May 1961 to December of that same year, **Freedom Riders**, Black and White, the majority of them college students, set out for the Deep South to defy Jim Crow laws and call for change. They were met by hatred, violence and local police who more often than not refused to intervene. The brave actions of the Freedom Riders transformed the Civil Rights movement.

For the period of seven months, these brave soldiers rode buses and sat in places that left them open and vulnerable to physical and verbal abuse.



Booking photos of some of the Freedom Riders
Source <http://ms50thfreedomridersreunion.org/>

To commemorate the anniversary of the brave and peaceful acts of these courageous souls, many celebratory activities were held last May across the US. Among them, Oprah Winfrey, who hosted her last show by having 178 of the Freedom Fighters come to her studio audience to talk about their experiences. Mrs. Winfrey recognized that without the efforts of these individuals, her life would not be what it is today. For more information, please visit: www.pbs.org/wgbh/americanexperience/freedomrider/s/watch or at <http://www.oprah.com> – *S. Nelson*

HEALTH AND WELL-BEING

EATING WELL BALANCED MEALS

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible – all of which can be achieved by learning some nutrition basics and using them in a way that works for you.

Healthy eating begins with learning how to “eat smart”—it's not just *what* you eat, but *how* you eat. Your food choices can reduce your risk of illnesses such as heart disease, cancer, and diabetes, as well as defend against depression. In addition, learning healthy eating habits can boost your energy, sharpen your memory and stabilize your mood. You can expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet¹.

EXERCISE

Exercise is a very important component to health and well-being. By taking a few moments in your daily schedule to exercise is a sure fire way to restore not only peace of mind, to make you feel good, but also improve your health. Listed below are a few practices you can start:

1. **Walk for at least 20 minutes a day.**
2. **Pilates** is a system of exercise that allows you to take control of your mind and your body. It uses smooth, flowing movements that tone and stretch your body while increasing strength and flexibility in your muscles and joints. It also utilizes the power of the mind to help with the exercises and to increase the harmony between body and mind.²
3. **Yoga.** If you want to relax and become balanced, centered and calm, yoga will lead you there. If you want to achieve peace of mind and discover your hidden potential, yoga is the answer. Yoga will also help improve your physical health, tone your muscles and internal organs, relieve inner tension, reduce weight, and strengthen your bones.¹
4. **Swimming**
5. **Cardio classes**
6. **Find a personal trainer (suggestion: Mr. Joel Forbes)**
Mr. Forbes can help you lose weight, create muscle mass and consult with you on how to maintain a balanced diet.
 His mantra: “Training is not a hobby, it’s a lifestyle, work hard.”
 Contact him at: Tel. 438-777-4705 or at jforbesfitness@gmail.com
7. **Find a gym (suggestions below)**
 The YMCA, www.ymca.ca
 Club Sportif MAA, www.clubsportifmaa.ca
 Sattva Yoga Shala, www.sattvayogashala.com



Joel Forbes, Personal Trainer



REST and SLEEP

A recent survey found that more people are sleeping less than six hours a night and sleep difficulties affect 75% of us, at least a few nights a week. A short-lived bout of insomnia is generally nothing to worry about. The bigger concern, reported in the **Harvard Women’s Health Watch**, is chronic sleep loss, which can contribute to health problems such as weight gain, high blood pressure, and a decrease in the immune system’s power. While more research is needed to explore the links between chronic sleep loss and health, it’s safe to say that sleep is too important to shortchange³. *Disclaimer: Consult your doctor before engaging in any exercise plan or making any changes to your diet.* 1. http://www.helpguide.org/life/healthy_eating_diet.htm, 2. *The New Guide to Relaxation*, Paragon Publishing, 2005, ISBN 1-40545-271-4, 3. http://www.health.harvard.edu/press_releases/importance_of_sleep_and_health.

NCC HEALTH CHECK-UP SESSION
SATURDAY, JULY 16, 2011

Join **Mr. Joel Forbes**, Personal Trainer, **Mrs. Sebrena Jackson**, Personal chef to Executives and **Mrs. Hazel Williams**, Nursing Assistant, for an afternoon of fun, food and facts about healthy living. The activities will be held at the Greene Centre (1090 Greene Avenue, Westmount) starting at 11:00 am until 3:00 pm. Cost: FREE. Remember to bring your workout clothes and running shoes. For more information, please contact Sharon Nelson at 514-935-3437.

**“TRACING THE FOOTSTEPS OF LAVINIA BELL”
A BUS TRIP TO UPSTATE NEW YORK
SATURDAY AUGUST 13, 2011**

Members of the community are invited to join the NCC for a memorable trip to upstate **New York**. The day will consist of following in the footsteps of **Lavinia Bell** and so many other slaves who were brave enough to escape their bondage and head to Canada; a place they perceived to be promised land. We will begin with a visit to the newly opened (May 2011) **North Country Underground Railroad Historical Association Museum**, followed by lunch at a local restaurant. After our meal, the tour will continue and participants will see three sites where safe houses were located and where many slaves were hidden as they made their way along the Underground Railroad. After our visit, participants will be allotted approximately two hours for shopping.

Itinerary

- 08:00 Leave 1986 St. Antoine, (Salon Anne-Marie)
- 10:00 Arrive **NCUGRHA Museum**
- 12:00 Lunch, **Cricket’s Restaurant**
- 14:00 Visit 3 historical sites (*safe houses*)
- 17:00 Shopping
- 19:00 Depart for Montreal
- 21:00 Arrive Montreal

Participants will absorb the important history of the region while reflecting on the immense courage of individuals who took risks for themselves and for others. The day promises to be filled with exciting history, reflection and fun.

We will be travelling in comfort and style via **Coach Canada** with all the necessary amenities.
Cost: \$75 (includes transportation, lunch and museum entrance fees)

Contact : Sharon Nelson, Tel. 514-935-3437
Email: nelsonsharon85@yahoo.ca
Shirley Gyles, Tel. 450-672-7081
Email: sagyles@sympatico.ca

Buy your tickets early for this event as they will surely sell-out quickly!

REMEMBER A VALID PASSPORT IS REQUIRED TO CROSS THE BORDER INTO THE UNITED STATES!

MONTREAL’S BLACK ORAL HISTORY SEMINAR

The NCC held its first Black Oral History Seminar on Saturday June 11 at the Little Burgundy Sports Centre. We take this time to thank retired educator, **Mr. Ivan Livingstone** and board member, **Mr. David Clarke**, for participating as speakers in this series and for sharing their stories about growing up in Montreal. We greatly appreciate their insight and the time they gave to be there. We would also like to thank **Mr. Michael Farkas** for moderating the event. Stay tuned for the next instalment of this seminar. – *S. Nelson*



BREAK-IN AT THE CENTRE

A few weeks ago, someone or some persons broke into the building on Coursol Street. Building contractor, **Mr. David Massop** was immediately contacted to ensure that the building has been secured from such activities. Some repairs have been completed while others are still in the works.

KUDOS DESTA!

On Wednesday June 8, DESTA held their 2nd annual fundraiser at the McAuslan Brewery on St. Ambroise Street in St. Henri. Attendance was high as participants revelled despite the inclement weather. The outdoor event was a huge success which garnered much support from local businesses such as McAuslan Brewery, Little Burgundy Shoe Wear, Pretty Ballerinas, and Tuck Shop just to name a few. The reggae band, with their musical vibes, added great ambiance to the evening.

DESTA is a non-profit, community based organization serving marginalized youth, primarily from the Black community in the greater Montreal area, ages 18 to 25. Their offices are located at 1950 St. Antoine Street in Little Burgundy. For more information on this organization, 514-932-7597 or view their website at www.destabyn.org. – *S. Nelson*



17th ANNUAL JACKIE ROBINSON INTERNATIONAL GOLF TOURNAMENT

All are invited to join members of the Black Academic Scholarship Fund (BASF) for their 17th annual golf tournament. This yearly event raises scholarship funds in support of young Black students. This time around, the invitation includes a special call to women to form their own teams of four. Over the past few years, there has been a growing number of female golfers to grace the links.

BASF has been active in the community since 1991. Its main goal is to provide scholarships to visible minority students who are actively pursuing a course of study at an accredited institution.



Images from the 2010 event

For more information, please contact Mrs. Theresa Benedek at Tel. 514-737-1035 (theresa.benedek@sympatico.ca) or Mr. Bert Williams at Tel. 514-267-0160 (bertwilliams@gmail.com)

**MONTREAL TEEN FEST
SATURDAY, JULY 2, 2011,
PALAIS DE CONGRES**

(Event held in memory of Bad News Brown)

The Montreal Teen Fest Association is a profitable organization that is geared towards providing teens with a positive and uplifting environment to openly express themselves through the arts. The Montreal Teen Fest is an annual summer event which hosts world renowned artists as they perform live on stage during a day of activities throughout regions of Montreal and beyond for young teens and their families. In order to successfully reach their goal, the Teen Fest committee understands the collaborative necessity among community organizations, the City of Montreal, and the Montreal police department. Montreal Teen Fest and fellow organizations all play a positive role in our community. "Learn 2 Earn" is our motto, and our goal is to successfully satisfy our communities in the process of learning to earn. Part of our earnings will be donated directly to the participating organizations to further develop local communities. For more information on this organization and event visit: www.montrealteenfest.com.

**LEARN TO TAP With
JUSTIN JACKSON**

Classes offered every last Friday of the month at the Greene Centre, 1090 Greene Avenue, Westmount. Tel. 514-931-6202. For information about Justin, visit: www.dancejustinjackson.com



UPCOMING FEATURES

The NCC is proud to highlight the many accomplishments of Black individuals living in Montreal. We will include two more stories in our upcoming issues.

In the August-September issue, we will feature West Island business, **Caribbean Essence (Essence Caribes Inc.)**, which is located in Galeries de Sources in Dollard des Ormeaux and owned by **Mrs. Christiana Howe**. Her passion for her enterprise has given her fuel to grow this business. In the October-November issue, we will feature a home town hero, **Mr. Jeffrey Alleyne**, a Montrealer who represented Canada during the 1964 Olympics held in Rome, in the category of boxing.

If you know of any seniors, businesses or Montreal heroes that you feel should be highlighted, please an email to Sharon Nelson nelsonsharon85@yahoo.ca.

NCC PROMOS

PHOTOS WANTED!

Please send/loan us your photos. We will use their copies for display at 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

BRICKS AND WINDOWS

Large window \$ 5,000 each
Small window \$ 2,500 each
Bricks \$ 25 each

Tax receipts issued. See form online at:

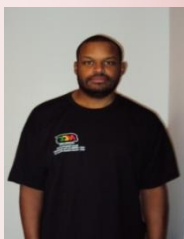
<http://www.nccmontreal.org>

Thank you in advance for your support!!



T-SHIRTS \$15 each

Available sizes: **M, L, XL, XXL**.
To order, or for more information:
Doreen Tel. 514-561-7600 or 514-766-0147.
Shipping and handling charges are extra.



MEMBERSHIP

Youth (>17) \$10 / year, Senior's \$10 / year, Adult \$15 / year.
Forms: www.nccmontreal.org

COLOURED WOMEN'S CLUB

Cruise to Alaska
August 27 to Sept. 12, 2011
Info: Shirley Gyles. Tel. 450-672-7081
Email: sagyles@sympatico.ca



**NCC CALENDAR of EVENTS
2011**

Softball Games, NCC fundraiser,
Location TBA, 6:00 PM– 8:00 PM –
rain or shine



Jackie Robinson, Montreal Royals, 1946

Playing Schedule

Friday, July 8 Friday, July 15
Friday July 22 Friday, July 29
Friday, August 5 Friday August 12
Cost: \$ 10/person for season

Health check-up session

Come and enjoy an afternoon of exercise, food preparation techniques and information on how to prevent and treat diabetes and hypertension. **Saturday, July 16** at the Greene Centre, 1090 Greene Avenue, Westmount, in the Sunroom 11:00 am to 3:00 pm, Cost: **Free**

Bus Tour of the Underground Railroad - "Tracing the Footsteps of Lavinia Bell." Tour upstate New York, sites of the Underground Railroad, and visit the NCUGRHA's new museum! **Saturday, August 13**

Cost: \$75. Bus departs 1986 St. Antoine at 8:00 am sharp.

Annual General Meeting, (AGM) Little Burgundy Sports Centre, New and returning members welcome. September 2011, Cost: **Free**

2012
More events to be announced
Pasta Dinner Theatre
6767 Cote des Neiges, February 2012
Cost: \$25 (\$30 at the door)

Wine, Dine and Learn to Cook - Southern/Caribbean Style
July 2012, Cost: TBA

