



Gros Mecatina Times

Family Literacy Day World Record Attempt

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On Fri. Jan 23rd, 2009, the Mecatina School Library held its 7th annual Family Literacy Day Celebration. This year we took part in the exciting reading event, Family Literacy World Record Attempt, sponsored by ABC CANADA. Participants across Canada were invited to help attempt to break the Guinness World Record for *Most Children Reading with an Adult, Multiple Locations*, currently held by the United States at 78, 791.

The event attracted students of all ages and some of their parents too! With the help of several volunteer witnesses and readers from the community, the participants all enjoyed listening to a number of “animated” stories written by Robert Munsch.

According to ABC CANADA, it will take several months before the results will be posted but there is a good indication that we will not only break the record but possibly double it! Congratulations to all those that participated!



Submitted by Tanya Poole
Library Coordinator



Special points of interest:

- Early Childhood Development Project
- Road to Solidarity & the Bridge for Generations
- St. Lawrence Visits Pakuashipi
- 5/30 Health Challenge
- Poetry Corner
- Literacy Trunks

Quebec Adult Learners Week on the LNS - March 28th to April 3rd

The objective is to develop, in all populations of the Lower North Shore, a taste and the possibilities for life-long learning in the different areas of personal, social, and professional life.

Did you know that it is possible to learn on the job by improving your skills, learning to adapt to new tasks, and acquiring better organ-

izational skills.

Did you know that it is possible to become an adult student by getting a High School Leaving or Professional diploma, working towards a trade of your choice, taking courses at a distance, improving your language and mathematical skills, and expanding your knowledge and interests.

Did you know that it is possible to learn in everyday life by joining a group and expressing your ideas, encouraging your children to learn, exchanging and sharing knowledge with each other, giving free reign to your passions, and reaching for a dream.....



LNS Quebec Adult Learners Week Schedule of Events

Local Recognition Celebrations: March 28th—April 3rd

-Check your local listings for community based celebrations
-Promotional posters and information available

-Radio trivia contest
-Prizes to be won

YES Montreal Youth Employment Conference: March 28th, 9:30 a.m.—12:30 p.m.

Netagamiou CLC (Chevery) with other sites across Quebec

-This exciting event brings together job trend experts from across Quebec (including the LNS) to deliver accurate and practical information specific to youth working in Quebec. Youth and adults both on and off the LNS are encouraged to attend at one of the available sites. See YES Montreal website for more details:
www.yesmontreal.ca/yes.php

Literacy Learning: March 31st, 7:00 p.m.—9:00 p.m.

By videoconference: Lourdes de Blanc Sablon, St-Paul's River, St-Augustine, Chevery, La Tabatiere

-Literacy and French as a second language are essential in today's work force. Find out about programs and resources available to improve your skills.

LNS Employability & Job Trends: April 2nd, 7:00 p.m. —9:00 p.m.

By videoconference: Lourdes de Blanc Sablon, St.-Paul's River, St.-Augustine, Chevery, La Tabatiere

-Find out about LNS job trends, employability & entrepreneurship programs, training available for upcoming employment opportunities.

!!!Participation Prizes!!!

Laptop and more available to be won!

You only need to participate in the following ways: a) Daily radio trivia: 1 call = 1 entry

b) Videoconferences: 1 conference = 8 entries

c) Local Activity: 1 activity = 3 entries



Sponsored by: QAAL, CLD, Desjardins, Emploi-Quebec, CJE, CSL, CSSSBCN, & ICEA

Early Childhood Development Project

The Coasters Association Inc. in partnership with Commission Scolaire du Littoral and CSSSBCN, is implementing a project on Early Childhood Development. The main goal of the project is to identify the needs, programs, services, and resources within each community on the Lower North Shore for 0-5 year olds.

Overall, through the research collected, the Lower North Shore has access to a number of programs and services for the age group of 0-5 such as daycare service, PACE, speech therapy and OLO (Eggs, Milk, and Orange Juice), developmental screening, workshops for parents, and programs for vulnerable families.

The majority of parents would like to have more activities

implemented for parent/child, more parental workshops, more child-care services. Models of activities and programs are prepared for each community, as per the recommendations received from the parents.

The project thus far has collected valuable base information on what communities along the Lower North Shore would like to see come to their towns.

Upon completion of the project in March 27, 2009, a detailed report of the accomplishments will be prepared.

I am very pleased to say that with the CLC we now have a reading group started in La Tabatiere. The Reading Group consists of 8 senior volunteers and 5 youth volunteers that will read bedtime

stories to our 0-4 year olds. We hope to see you again next month.

There will be an information session to launch The First Five Years program that has been purchased by the Early Childhood Development project. The CSSSBCN will be giving the information session on how to use the materials on March 31, 2009 at 1:15 at the following locations: CLC in La Tabatiere, CLC in Chevery, CLC in St. Paul's, and VCN at CSSSBCN in Lourdes de Blanc Sablon.

Submitted by Kim Organ

Project Coordinator

Reading Circle

We were very pleased to host our first Reading Group for children aged 0-4 years old on Thursday March 19th, 2009. Senior and youth volunteers read 4 bedtime stories to the children and parents. They really enjoyed the stories that ranged from a touch and feel book, to stories about animals, children and manners. The children also enjoyed the snack that was provided. Thanks to all who participated!

Reading group will be held every 3rd Thursday of the month. Reminders will be posted at the local businesses. Children are welcome to wear their pyjamas. We hope to see you there!

Submitted by Kim Organ ECD Project Coordinator
& Molly Organ CLC Coordinator



Quilting Under Way at Mecatina

Another exciting project is well under way at Mecatina School. This project, which is a joint effort between Mecatina School and Community Learning Centre, got off to a start in 2007-2008 and it has been taken to a new level this year.



Each Monday evening, students and talented community members meet to complete squares for a quilt that depicts life on the beautiful Lower North Shore. The students have designed their squares and now are being helped to make these squares.



The students have shown a great interest and talent as the quilting experts pass on their knowledge. We have made great progress so far and are hoping to have the quilt completed by the end of the school year.

The big question that keeps being asked is, "What will we do with the completed quilt?" Several ideas have been bounced around, but so far, perhaps the best one is that it be displayed in the seniors' home, which we are all hoping will become a reality in the very near future.



A big thank you goes out to all our volunteers: Carrie Robertson, Lorraine Green, Shirley Willcott, Carol Vatcher, Marilyn Collier, Dorothy Robertson, Alcida Wellman and Jean Willcott. As well, our hats are off to the students who have volunteered for this project:



Chelsea Robertson, Amanda Robertson, Kiana Robertson, Alanna Willcott, Cara Gallichon, Corey McKinnon, Loren Willcott, Mason Organ,

**"Good friends are like quilts,
they age with you and never lose
their warmth."**

-Author Unknown

Benjamin Collier, Zackary Nadeau, Nico Bateman, and Joshua Vatcher. This project has also been supported through a grant from the CHSSN, as well as Mecatina School for the use of facilities and equipment.

Thanks to all!

Submitted by Melinda Gallichon, teacher, & Molly Organ, CLC coordinator.

Bridge Competition

In Secondary I and II Science and Technology classes, we held our bridge competition at the end of February. The bridges were constructed from popsicle sticks which could be cut, pierced or bent. The length of the bridges had to be between 50 cm and 90 cm and the bridges could not exceed 500 grams. The width of the bridge had to be between 10 cm and 14 cm. The goal



of the project was to gain some engineering skills throughout construction.

$$\text{(load supported)} * (\text{length})^2$$

$$\text{Total points} = \frac{\text{---}}{\text{Mass(grams)}}$$



WINNERS:

1st place winners: 1182 pts
Currie Gallichon
& Dylan Vatcher

2nd place winner: 1137 pts
Joshua Vatcher

3rd place winner: 1030 pts
Andrew Robertson

Congratulations!!!!!!

Submitted by Miss Mckinnon

**“We don’t stop playing because we grow old;
we grow old because we stop playing.”**

George Bernard Shaw

Chess & Games Clubs

Since February 13th, 2009 Mecatina students have been busy strategizing. Students from Grade 5 to Sec. 5 meet every Friday from 12:00 to 1:00 pm to play chess. They compete against each other, online, or the computer. Frank Collier (parent volunteer) and Dylan

Vatcher (student volunteer) are ready to lend advice to beginners, as well as challenge more advanced players.

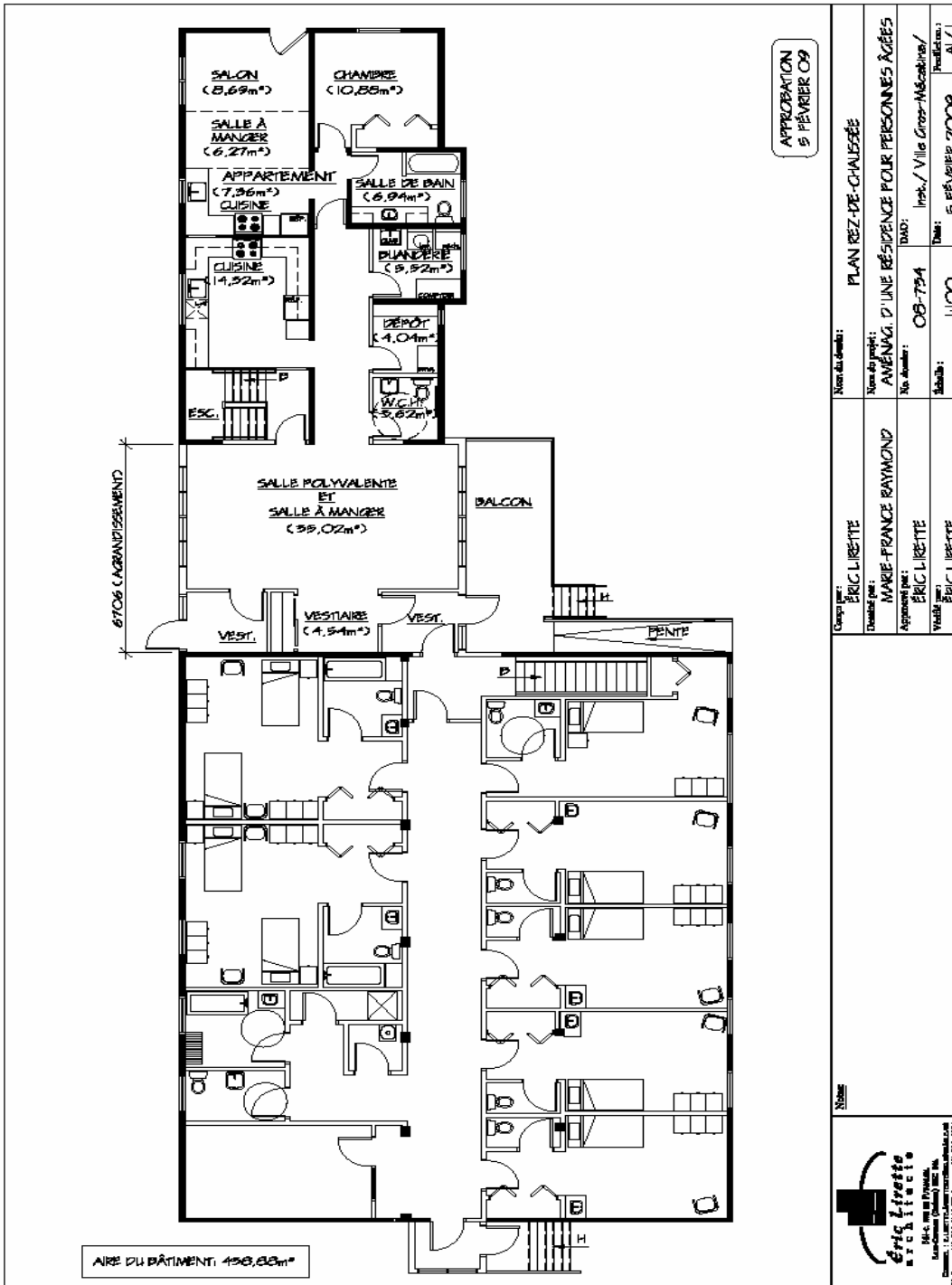
Beginning Friday, April 3rd, students from Grades 1 to 4 can take part in the Games Club



taking place from 12:00 to 1:00 pm. Maureen Collier (parent volunteer) and Jessica Poole & Kyle Buffitt (student volunteers) will help students learn new board games, as well as have a blast playing some of their old favorites!

Submitted by Molly Organ (CLC coor.)

Proposed Plan for Seniors Residence



APPROBATION
5 FÉVRIER 09

<p>Groupé par: ÉRIC LIBRETTE</p> <p>Dessiné par: MARIE-FRANCE RAYMOND</p> <p>Approuvé par: ÉRIC LIBRETTE</p> <p>Valeurs par: ÉRIC LIBRETTE</p>	<p>Nom du client: PLAN REZ-DE-CHAUSSEE</p> <p>Nom du projet: AMÉNAG. D'UNE RÉSIDENCE POUR PERSONNES ÂGÉES</p> <p>No. Avenue: 08-734</p> <p>Ins./V. Gros-Mecatina/Projet(s):</p> <p>Date: 5 FÉVRIER 2009</p> <p>Projet(s): A/1</p>
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This is the preliminary drawing for the seniors residence for our municipality. Council has passed a resolution to purchase the buildings of the old Bay (Realm) and we are presently working with a firm to draw up the plans and this is what it should look like. We have also been working with Vincent Joncas regarding the carpentry course that is being given here. They have agreed to work at this as part of their training. Should this work I am convinced that we will have something to be proud of.

Submitted by
Randy Jones
Mayor MGM



The Road to Solidarity and the Bridge for Generations !Press Release!

In a press conference held in Blanc Sablon on Thursday, March 12th, 2009 an announcement was made concerning the launch of a regional offensive in order to implement a project to extend and upgrade highways 138 and 389, and construct a bridge over the Saguenay River. It is under the theme *Together, Paving the Way to Posterity* that the North-Shore is invited to promote the realization of important structural projects for its highway network.

The Vice-President of the Conference and President of the Regional Commission on Transportation, Mr. Ivo Di Piazza, will be the spokesman for the movement to regroup active forces on the North-Shore. "Through this offensive approach, the likes of which has yet to be seen in the field of transportation, we invite elected representatives, concerned socio-economic parties and the entire population of the North-Shore including First Nations with whom we wish to become partners to unite in the hopes of realizing these major infrastructure projects that represent a new era for future generations of the North-Shore," indicated Mr. Di Piazza.



From left to right: Mr. Armand Joncas (mayor of Blanc Sablon), Mr. Ivo Di Piazza (mayor of Baie Comeau), Mr. Randy Jones (mayor of Gros Mécatina), & Mr. George Henri Gagne (president of the CRE)

People of the North-Shore United for the Future will be promoting the Road to Solidarity and the Bridge for Generations. On the one hand, following the upgrades and extension of highways 138 and 389 the Road to Solidarity would join highways 500 and 510 in Labrador, thus closing the inter-provincial loop and creating new and interesting possibilities for all of the North-Shore. Residents of the Lower North-Shore would no longer be isolated and new relationships with our 500 000 neighbours residing in Newfoundland and Labrador would be created.

On the other hand, with the Bridge for Generations the entrance to the

North-Shore would have, for the first time in its history, a real and lasting continental connection for the present population as well as for future generations. The bridge would be a permanent link with the rest of Quebec and Canada. Furthermore, it would provide efficient inter-regional transportation activities and the regular flow of both people and merchandise would no longer be restricted by the saturation and capacity ferries.

According to the President of the Regional Conference of Elected Representatives of the North-Shore, the moment is right to launch an offensive of this sort.

Continued on page 8.....

The Road to Solidarity... Continued

Mr. Gagne explained, "We have been working on this project for a few years and we now have a Regional Commission for Transportation. With the Northern Plan and investment projects in the background, the context is favourable to bring the North-Shore transportation issue to fruition."

The President of the CRE added: "In this period of economic crisis, the project can be used as a leverage tool by the Government for unprecedented economic development since it will generate major economic spin-offs throughout the province."

"We are convinced that there is only one way to attain our objective: we must unite and together we will pave the road to sustainable prosperity," declared Mr. Di Piazza. In the upcoming months, manifestations regarding this call for solidarity among all of the people of the North Shore will be seen wherever they reside in the territory. We will expend all of the resources, energy and strength of conviction required to add regional and national allies to the already extensive list of supporters and ensure that both

levels of Government as well as the Government of Newfoundland and Labrador become partners in this indispensable project: partners in the Road to Solidarity and the Bridge for Generations, generators of wealth and of structural and sustainable impacts on the economy as well as the demography of the region," concluded Mr. Di Piazza.

The People of the North-Shore United for the Future is a movement of elected representatives and intervening socio-economic parties from the North-Shore who wish to ensure the economic prosperity and the sustainable demography of the region through high quality, efficient and safe highway infrastructures.

Submitted by Mr. Randy Jones

(Mayor of Gros Mecatina)



RCMP Graduate



Irene's graduation day—Dec.8th,2008

Irene Jones, originally from La Tabatiere, becomes the first woman on the Lower North Shore to graduate as Royal Canadian Mounted Police officer. At 32 years old Irene concluded her studies in Regina, Saskatchewan and was transferred to PEI where she is presently working.

!!!CONGRATULATIONS!!!

Submitted by Randy Jones

(Proud Dad & Mayor of Gros Mecatina)

St. Lawrence School visits Ecole Pakuashipi

To enhance their learning about the Montagnais, Tyanna Bobbitt and Paige Buffitt had a chance to visit the grade 2 class at Ecole Pakuashipi. The children spent the day, March 23rd, 2009, learning about the Innu culture and interacting with the children. A great amount of the Innu culture is displayed in the school through



the animal tiles on the floor, clothing made from animal

skins mounted on the wall, a huge teepee set up in the entrance, to name a few. If you have a chance to visit the school, I would suggest taking a moment to view how the Innu incorporated their way of life into their school to preserve certain traditions.

Submitted by Tina Leon
Teacher



“We want to raise our children so that they can take a sense of pleasure in both their own heritage & the diversity of others”

-Mister Rogers



Seal Fishery Project—Quebec Labrador Foundation

I would like to begin by introducing myself. My name is Monica Green and I was hired on November 3rd, 2008 to work on a project about the Seal Fishery on the Coast more precisely I was to concentrate on La Tabatière and Mutton-Bay. The project is a collaboration between the Quebec-Labrador Foundation, the Mecatina Tourism Association and Mecatina School.

As we are getting near the end of the project which will end on March 31st, 2009, I thought that I should do a summary of the things that have happened while working on this interesting project.



My main task was to get all the information I could about the Seal Fishing. Let me tell you I was at the right place. I went to see the men of the Big Fishery, (Leonard, Maynard known as Mayn by the locals, Russell, Bill Robertson and Ivan Smith) they all gave me valuable information and it was a real pleasure to go and talk to them all. I know at times I asked some strange questions but they understood that if we wanted to tell this story to other people, details were needed to make other people understand the way of life back then. I also went to Mutton-Bay to find out about the shoal nets. The first person I talked to was M. Lloyal Mansbridge who made me a replica of a komatic which was an invaluable tool back in those days and



still is today. His wife also told me things about those days. Then I spoke to M. Junior Green and his wife as well and they showed me their pictures. M. Green as well as M. Mansbridge explained how the shoal nets were set and who fished where.

I could not have had the whole story without talking to the women who lived at that time. Therefore I went to see Ms. Ivy Robertson whose husband was also part of the Big Fishery. I went and talked to Ms. Blanche Jones who lived at Lac Salé for several years with her family as well as Ms. Bride Gallichon who lived where the locals call the Cove. In Mutton-Bay I went to see Ms. Minnie Gallichon who used to have a store in Mutton-Bay as well as being a telegraph operator in the time of the war. All of their stories intertwine as the labors were the same for everyone but each had their own memories which they all cherish. These remarkable ladies have gone through a lot in their times as well as the men in those days.

I have had also the opportunity to work with some students at Mecatina School. The secondary V students worked on a Podcast about the seal fishery in collaboration with Blue Metropolis and I have helped coordinate things for the Podcast with their

teacher Ms. Lana Rowsell. It has been a fun experience which I think we have all learned from. The students showed real interest when we went to do Interviews about the seal fishery and it made me really proud to be part of this.

Another teacher that has been involved was Ms. Kelly Anderson. Her secondary I, II, III and IV students in art class have worked on building a komatic made of Popsicle sticks. We have also tried to do a replica of the seal foundry out of a type of dough but it did not work out. The students then went on to work on a picture project about the Seal Fishery. All through this the students

“All of their stories intertwine as the labors were the same for everyone, but each had their own memories which they all cherish.”

-excerpt from Seal Fishery article

have learned by trial and error which I think is a great learning experience as you will remember it more for another time.

I need to mention M. Michael Osborne who is working on a mural with all of the children from the school and in this mural a part will be allotted for the seal fishery. As this is going on as I am writing this article I am sure everyone is having lots of fun.

What was done with all the information gathered?.....

Continued on page 11

Born to Read Celebration

On Friday February 1st, Mecatina School Library and CLC held a very special Born to Read event, celebrating new additions to families in the Gros Mecatina community. Families enjoyed an afternoon of exchanging "baby" stories, listening to stories read by the principal, Mr. John Weideman



and Mrs. Melina Shattler, both a parent and lover of children's books and some yummy refreshments. The families were then presented with a beautiful red canvas bag filled with board books, donated by the QFHSA - siblings also received a book donated by the school library. Many thanks to Miss Kim Organ, ECD Project Coordinator, for her support as well as Miss Molly Organ, CLC Coordinator.

Submitted by Tanya Poole
Teacher



"Children are made readers on the laps of their parents."

-Emily Buchwald

Seal Fishery Project Continued...

A booklet is at its editing stage which will introduce the Seal Fishery on the Coast, a part is dedicated for La Tabatière, the shoal nets, the migration of seals, the products, the women's role to name a few things. This will be done for the Mecatina Tourism Association so they can sell the booklet to get our story known and get funds to help them promote our region. We are also having two outdoor panels being done about seal



fishery. One will be in La Tabatière and the other in Mutton-Bay. There are two portable panels being done on this subject as well so it can be brought where the tourists are. A small map location will also be produced in time for the tourist season.

I would like to add that although this is the end of one particular project, it is also part of a general, ongoing effort for the Mecatina Tourism Association and for the community to promote the story of the seal fishery. So this is not the end but rather a beginning in the promotion of our history.

I sincerely want to say thank-you to everyone that I have went to see and took the time to talk with me and lend their pictures for this project. I know at times I asked a lot of questions in

order to have a good understanding of things. I want to take this opportunity to thank Ms. Adrienne Blattel and Maro Adjemian of the Quebec-Labrador Foundation to have been such great collaborators in this project as well as M. John Weideman from Mecatina School and the members of the Mecatina Tourism Association. Working on this project has been a great experience for me and has made me more appreciative of what our parents, grand-parents and so forth have had to go through. We would not be here today if not for their perseverance while facing adversities.

Submitted by
Monica Green
Quebec Labrador Foundation

Have You Taken Up The Challenge?

Congratulations to all who have taken up the 5/30 Health Challenge. Over 250 residents of the Lower North Shore have taken up the challenge to eat 5 portions of fruit and vegetables and get 30 minutes of physical activity at least 5 days per week between March 1 and April 11, 2009.

This is the first year that the 5/30 Health Challenge has been offered in English as part of a pilot project in selected regions throughout Quebec. The province wide program developed by Acti-Menu and presented by the Coasters Association in partnership with the Community Health and Social Services Network (CHSSN) with funding from the Public Health Agency of Canada was developed to encourage the population to adopt a healthier lifestyle.

Students, their families and community members have embraced the challenge and some ways that they are staying motivated and on track include:

Taking advantage of the tips and tools on the 5/30 Health Challenge website at www.530healthchallenge.ca.

Using the information in your free IGA support kit to learn what constitutes a serving size.

Incorporating fruits and vegetables into each meal and for snacks (frozen fruit smoothies for breakfast, raw veggies and dip for snacks, ½

cup of vegetable or fruit juice with meals)

Trying new vegetarian recipes and meals. Check out iga.net for some great ideas.

Making kids part of the process. Let kids help with meal planning and check up on their progress to help keep them motivated.

Limiting T.V. or computer screen time by planning family activities or have children earn screen time (60 minutes of physical activity for 2 hrs of screen time)

Being an example and get moving with them.

Taking advantage of school and community planned activities and events.

The Challenge goals are ambitious but by taking small steps and making changes in stages, you can make choices that last a lifetime. The Challenge goals are guidelines and the main goal is to develop the desire to move more and eat well. At the end of each week take stock of your accomplishments and congratulate yourself on positive steps you have taken to a healthier lifestyle for yourself and your family.

Experts estimate that it takes 6 weeks to establish a habit so after entering Week 3

5/30 Health Challenge™

Watching hockey on TV is a sport for you?



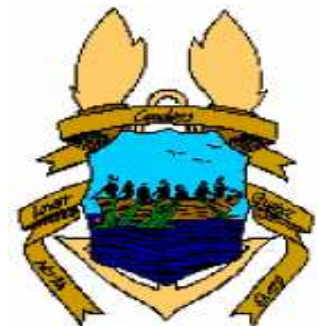
of the Challenge you are well on your way, Congratulations. You will find it gets easier and easier over time so if you are achieving your 5 and 30 goals why not take on an extra goal and add more fruit and vegetables and go for the Goals Plus to *Strengthen Your Muscles, Adopt Whole Grains or Relaxing to Stay Balanced.*

For more tips and a little push in the right direction watch for our regular newsletter designed to help keep you on track with some tasty recipes, ideas to keep active and encouraging stories from other participants on how they stay motivated.

If you would like to share your 5/30 Health Challenge experience or ideas with others please contact Melody Strickland, Program Animator at (418) 787-2107 or by email at runmelrun@hotmail.com, or Shelley Fequet at the Coasters Association at (418)379-2600.

Submitted by Melody Strickland

Program Animator



Pilot Project Launched on the Lower North Shore

Québec en Forme and the Lower North Shore Coalition for Health working together

Media Release



Lower North Shore, March 16th, 2009 – In January, a pilot project, «Healthy active youth...Ensuring a healthy active future», promoted by the Lower North Shore Coalition for Health (LNSCH) and sponsored by Québec en Forme (QeF) officially got underway on the Lower North Shore. The vision of QeF is to see local communities create favourable environments for youth and their families to adopt and maintain healthy active lifestyles which they will carry with them throughout their lives.

The 2009 pilot project targets 2 municipalities (Bonne Espérance and Côte-Nord du Golfe St-Laurent) and focuses on physical activities for youth ages 4-12. Three part-time animators have been hired to work in three communities of the Lower North Shore. Shane Ransom, Melody Strickland and Roxanne Roberts will be responsible for organizing activities for youth in Harrington Harbour, Chevery and Bonne Espérance, respectively. The pilot project extends until the end of August 2009. During these 8 months, information and work sessions will be held with the

communities of the Lower North Shore to develop an action plan for the next phase of the project.



Community mobilization

Québec en Forme supports local community mobilization projects that favour the adoption and maintenance of healthy lifestyles for youth 0-17. Community mobilization involves all facets of the community: schools, health centres, municipalities, local action groups and families to name a few. The implication of the Lower North Shore Coalition for Health in many initiatives to assure the quality of health and social services in our region demonstrates that we are already working together to achieve a common goal. Therefore, the addition of QeF's support in our region will strengthen these initiatives and create an environment on the Lower North Shore that encourages our youth to lead healthy active lives.

Future plans

Over the next three years, it is planned to incorporate all 5 municipalities of the Lower North Shore in the QeF movement as well as other age groups such as 0-4 and 13-17 and themes such as healthy eating and safe environments.

For more information, please contact

Jackie Mckinnon

Coordinator – QeF project, LNSCH

Telephone: (418) 773-2443

E-mail: jmckinnon@globetrotter.net



**Lower North Shore
Coalition for Health (LNSCH)**



Healthy active youth...Ensuring a healthy active future

Mecatina Volleyball Meet in Chevery

On February 10th and 11th, we, Jolene Bateman and I, went to Chevery for a volleyball tournament in Chevery. The main purpose of this tournament was to select a CSL volleyball team for boys and girls for the Regional meet in Baie Comeau on April 3rd, 4th and 5th.

We had a fun time in Chevery, meeting friends and playing some great volleyball. Thanks to Chevery school for hosting the event. We were proud of our volleyball players as five of our players were selected to go to the regionals.

Furthermore, we later found out that there would be no regional team for the Juvenile Boys categories. Therefore, our boy's team representing CSL will be going directly to the Provincials on April 17th, 18th and 19th.

Congratulations and best of luck going out to our Mecatina Volleyball players: Jessica Poole, Alex Bateman, Tyler Jones, Pierre-Yves Letellier and Kyle Buffitt.

Submitted by Fay Collier

Physical Education Teacher



"Individual commitment to a group effort – that is what makes a team work."

- Vince Lombardi

Volleyball Participation Tournament

We have an upcoming volleyball weekend March 27th- 28th. What we hope to get from this tournament is a full filled two days of mixed community volleyball. The goal is to get everyone together from different communities and enjoy playing volleyball. We realize that not all communities have enough players to make their own team and this is fine. We will mix everyone

together and try and even out the teams as best we can. The tournament will begin at 7:00 p.m. and continue on until probably midday on Saturday. Canteen services will be available. More details to follow on this tournament coming in the next issue!

Submitted by Fay Collier

Physical Ed. Teacher



Badminton Tournament in Lourdes de Blanc Sablon

This past weekend, Thomas McKinnon and I took our group of Badminton players to Blanc Sablon for the local tournament. We played in singles and doubles. We had a great time, met new friends, enjoyed eating out but most of all we did exceptionally well on the badminton court. Here are our results from the weekend:

Juvenile Singles Boys

Tyler Jones-Gold
Alex Bateman-Bronze

Cadet Singles Boys

Trevor Robertson-Gold

Benjamin Singles Boys

Brandon Leon-Silver

Pee Wee Girls Singles

Corey McKinnon-Silver

Pee Wee Boys Singles

Marcus Bobbitt-Gold
Zackary Nadeau-Silver

Juvenile Doubles boys

Tyler Jones/Alex Bateman

Cadet Doubles Boys

Trevor Robertson/Fred Likelier-Gold

Benjamin Doubles Boys

Brandon Leon/Loren Walcott

Pee Wee Girls doubles

Cara Robertson/Amanda Robertson-Silver

Pee Wee Boys Doubles

Marcus Bobbitt/Zackary Nadeau-Gold



Our students have put lots of time into training for this tournament. Their dedication and interest in the sport certainly paid off for them. Keep up the good work and remember to always do your best and you'll never be disappointed, win or lose. Congratulations to Tyler, Trevor, Brandon, and Marcus for making it to the regional competition in Port Cartier on April 3—5th!

Submitted by Fay Collier (Physical Education Teacher)



Fitness With Otis



During Health Week, March 16-20, 2009, Grade 5 & 6 students took part in a VCN workshop with former World Middleweight Boxing Champion Otis Grant. This event was



aimed at modeling the importance of warming up, exercising and cooling down when taking part in an active lifestyle. Students participated in a 10 minute warm up, 20 minutes of exercise, and a

20 minute cool down, followed by a question and discussion period with Otis.

Submitted by Molly Organ (CLC coor)



Poetry Corner

After learning about several poets and various styles of poetry, the Cycle 3 students experimented with writing some poems of their own. Here are a few the students wanted to share....

When I Awoke One Morning

When I awoke one morning,
A frog hopped on my head,
I asked, "What are you doing there?"
It looked at me and said...

..."My friends and I have a bet,"
He went on with a voice so sweet,
"If I sat on a little girl's head,
My friends won't eat for a week!"

I found it kind of crazy,
For frogs to do such things,
But if those little frogs could make
bets,
Bunnies might as well have wings!

Alanna Willcott
Cycle 3 Year 1



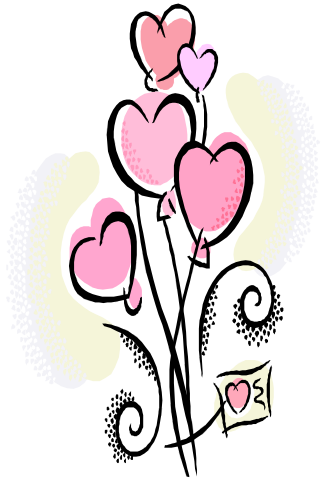
My Valentine

My Valentine is not a lover,
But she is my best friend.
Without her I'd really suffer,
Our fights always amend.

I love her with all my hear,
But she lives so far away,
I hate being apart,
I need to get to her someday.
I'll buy her lots of chocolates,
And maybe a balloon or two,
And if she was in danger,
There is nothing I woldn't do.

So next time that I see her,
I wish it were today,
The first thing I'll do is hug her,
Because I'll always feel this way.

Amanda Robertson
Cycle 3 Year 2



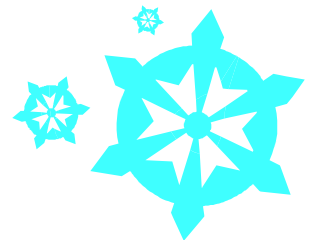
A Skidoo

On a cold winter morning I slowly start, warm up then go.
As I proceed across the road my throttle tightens, I increase in speed then hit a tree.
I am bleeding gas very badly and my skis are all twisted up.
My bumper is warped but I try to keep going, then stop.

I'm being towed away by another of my kind.
As I wait on the komatik I wonder what will occur.
Will I get thrown away or will I get fixed?
Luckily I see the garage and later I go away... so I will see another cold winter day.



Ben Collier
Cycle 3 Year 2



Poetry Corner Contd...

If Water Was Invisible

If water was invisible...

People would see your whole body when you are swimming;

You would see things under water when you are looking in the water;

When you drink, you would see nothing in the cup;

When you dive in the water you would see the ground and think you would hit the bottom;

You would see the fish bite your book when you are fishing;

You would be able to see through a waterfall;

And when you are in a boat you would see all the shoals and pointy rocks that you would bang into if water were not invisible.



Zackary Mercier-Nadeau

Cycle 3 Year 1

'Where I'm From'

i'm from the cove of salty waters
and
the gravel roads of a neighbor-
hood known well.

i'm from the small community
where everyone knows your
name.

from the school lockers where
friends gathered and shared
secrets.

from the volley-ball court where
we hoped we'd get noticed.

i'm from the girl who always had
so many friends-the one
who always made the others
laugh.

i'm from the rides down to the
beach to the sitting
on the playground swings,
looking up at the stars.

i'm from the ski-doo rides of first
snowfalls and early curfews.

i'm from the family of bickering
and loud Christmas dinners.

to the standing by one another
during the tough times.
i'm from the family who always
worries
from the family that always puts the
children first.

i'm from the background of hard
workers
from sitting around the kitchen
table, filled with newfoundland
music
from a house that is somewhat
empty now...

i'm from the girl who dreams of
feeling secure
from the girl who strives to always
do well
from the idea that control means
everything
i'm from the girl who always hid
behind a mask
to the woman who still does.

i'm from 28 years of friendship, the
love of a family & the desire to
succeed...

**"A poem begins in delight and
ends in wisdom."**

- Robert Frost

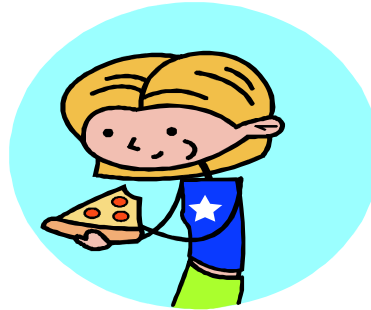
*Courtesy of Cherrilane S.,
native daughter of Tabatiere and
newlywed...*

*Submitted by
Deborah Foltin,
pedagogical consultant
Cs du Littoral*

House Teams

We have completed the second term of the House League activities. As you know the teams were set up to build school spirit and encourage participation in various in-school activities. The team standings for the 2nd term were:

Blue Team	3845 points
Green Team	3820 points
Red Team	3765 points
Yellow Team	3545 points



The winning team was treated to a pizza lunch at Ashley's restaurant. One significant difference this team

had was the fact that they accumulated Respect & Behaviour tickets. Students receive tickets for good interpersonal habits and actions, and this made the difference in who was the winning team. This is telling the school that the House League program is beginning to meet its objective.

Submitted by John Weideman
School Principal

Literacy Trunks

Through the Mecatina CLC, the Montreal Centre for Literacy has provided trunks of books to our school library. This collection includes material intended for both adolescents and adults. Every six months we will be exchanging these trunks of

books with other CLCs. To borrow books from this collection....& more, community members may soon be able to visit the library in the evenings. We will keep you posted.

Submitted by Tanya Poole (teacher) &
Molly Organ (CLC coor)



Choir



On Tuesday, March 17th a choir was formed at Mecatina School. Students from Grade 1 and up were invited to join Jolene Bateman and Tanya Bateman for lots of fun and singing. The students and leaders meet every Tuesday from 3:00 to 4:00 pm and are

busy learning lots of new songs.

Look for them in the near future performing at various events in the community!

Submitted by
Molly Organ (CLC Coordinator)

Regional Public Speaking Competition 2009

This year's Regional Public Speaking competition was once again a huge success. All the students did a fabulous job and should be commended. This year, despite the bad weather and other delays, Mecatina School proudly hosted the annual Regional Competition. Secondary one to five students from St. Theresa School, St. Paul's School, St Augustine School, and Netagamiou School, along with the students from Mecatina School all participated in this wonderful event. The students from Harrington school were scheduled to come, but the bad weather, sadly, prevented them from attending. We are sorry that the students were unable to attend and they were greatly missed.

I was very glad to see such a huge turnout again this year. This was the first year that the Regional Competition was split into two levels, so it was quite exciting. This year we had students compete in a Secondary 1-3 level, and students compete in a Secondary 4-5 level. This was tremendous because it meant

that we had double the participants this year! This was fabulous! Of course with the increased number of participants, we also had an increased expense, and I have to thank some people from the bottom of my heart. This year Hydro Quebec proudly donated \$500.00 to public speaking. As public speaking subsists on donations, this was a terrific gift! Hydro's gift allowed us to increase the second and third place prizes for the winners of the competition, which was wonderful! The first place prizes were two round-trip tickets to Sept-Iles, donated by the Commission Scolaire du Littoral, and all I can say is thank you so much. The second place prizes were \$150.00 each, and the third place prizes were \$100.00 each. This year we required double the prizes, and with the donation from Hydro, we were able to increase the prizes from \$100.00 to \$150.00! Thank you so much to Hydro for sponsoring this wonderful event. The Caisse Populaire also donates

money to Public speaking every year, and I would like to say a big thank you to them as well. Without the help from businesses like these, our public speaking competition would have never reached the level it has, so thank you very much. Finally, I would like to thank all people who donated their money to our competition. As was said previously, public speaking survives on the donations it receives, and it is due to your generosity that we are able to have this meaningful competition every year.

Since I am on the

" There are always three speeches, for every one you actually gave. The one you practiced, the one you gave, and the one you wish you gave."

- Dale Carnegie

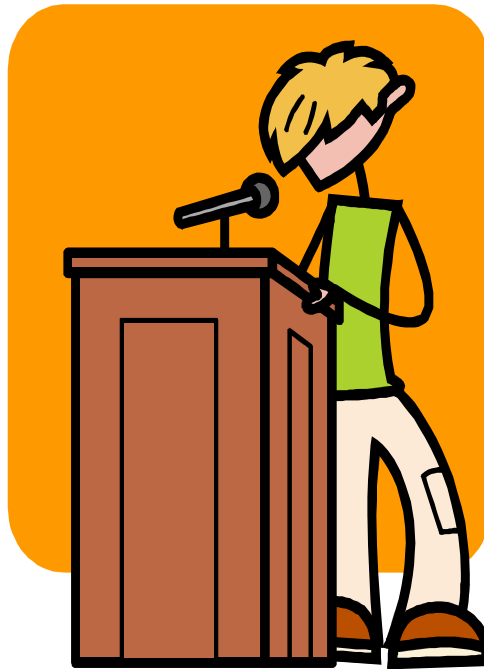
subject of giving thanks, I would like to say a big thank you to all those people who helped me out in any way with the organization of this event. It is a tremendous amount of work to organize not only the Regional Competition, but the local and the classroom competitions as well. I have to

Regional Public Speaking Competition continued.....

thank all the people who volunteered their time to be judges, because without you it would be extremely difficult to select the winners. I would like to thank the staff for letting me take over their classes, and for giving me their valuable time so freely. I would especially like to thank Jean McKinnon who does so much to help me with this process; her calculation skills are unparalleled. I would like to thank all the people who come out to support our public speakers; your love and support is more appreciated than you will ever know. Finally, I would like to thank the students. Without your courage, bravery, and wonderful speeches, this competition would not be possible. As we are getting bigger and bigger every year, you all deserve a pat on the back, because you are the people responsible for the success.

I was very pleased with the turn out this year, and I think the students were too. Although I would like it if everyone could win, as we all know that isn't possible. I

would like to extend my congratulations to the following students who excelled at this competition, and who showed us what public speaking is all about.



In the Secondary 1-3 category, congratulations go out to:

- A) Dylan Vatcher of Mecatina School for getting first place**
- B) Melanie Robertson of Mecatna School for getting second place**
- C) Amber Smith of St. Paul's School for getting third place**

In the Secondary 4-5 category, congratulations go out to:

- A) Andrea Chislett of Netagamiou School for getting first Place**
- B) Jessica Poole of Mecatina School for getting second Place**
- C) Melanie Chislett of Neta gamiou School for getting third place**

I look forward to and enjoy creating, organizing, and hosting this event every year, and I am so pleased that it is such a growing success. Once again I would like to say thank you to all the students, staff, helpers, sponsors, parents, volunteers, and to everyone else who has helped make this competition such a rewarding experience each and every year. So, from the bottom of my heart, thank you all, and I can't wait for next year!!!

Kelly Anderson
ELA Teacher, Mecatina
School
Event host and coordinator

Pottery and Ceramic Art Project



Mecatina School students had the privilege of learning pottery and ceramic art from a famous coastal artist, Michael Osborne. This project was funded in part by the Pacte Rurale to expose students to traditional art and pottery. The school wanted this project to fit into their Seal Fishery History project and Mr. Osborne was able to ensure students created a full size mural depicting the seal

fishery in La Tabatiere.

Sixty students spent at least 3 hours each learning about working with clay, making pottery, firing in the kiln and applying glazes and painting designs.

The mural will represent the work of all our students and these works of art will be mounted at the school.

It is difficult, at best, to get artistic talent the caliber of Michael



Osborne to work with students, however, this project has demonstrated that it can be done. Students and teachers were all very motivated and inspired by the process and look forward to other projects in the future.

Submitted by John Weideman
School Principal

Film Crew Visits Mecatina



Recently, we had the pleasure of a visit from Isabelle and Annette, who are part of an independent film company. They have been visiting the

coast preparing a documentary on life on the coast in the winter.

We had the pleasure of having them in our Cycle 3 class during art. They had very cool stations set up at which the students could manipulate things such as Lego, attribute blocks, chairs and a variety of other items. The students took photos after each maneuver. The end product would result in several animations. We are eagerly looking forward to receiving the final product which Annette and Isabelle are editing.



Submitted by Melinda Gallichon,
Teacher

Mecatina Community Learning Centre

Molly Organ
MCLC Coordinator
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To encourage life-long learning by providing sustainable, safe, and motivating opportunities in collaboration with contributing partners, thereby maintaining and improving quality of life within the community.

A Message from Mecatina CLC

Thank you to everyone who submitted an article for this issue of Gros Mecatina Times. The next issue will be published in June, 2009, and your stories, ideas, & suggestions would be very welcome.

Wishing Everyone a Happy Easter!

Molly Organ
MCLC Coordinator



PARENT WORKSHOPS



Date Topic

March 31 Invest in Kids

Invest in Kids aims to strengthen the parenting knowledge, skills and confidence of all who touch the lives of our youngest children to help ensure their healthy social, emotional and intellectual development.

Apr. 8 Communication: Listening with both ears

Understand the role effective parent-child communication plays in learning and schooling. If a child feels listened to, he or she will feel good about himself or herself. Presented by Pat Waters.



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