



**Outaouais region
community of
the Native
Alliance of
Quebec**

Local 059



Region 02

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Kwé Kwé

Newsletter

Volume 15 - Number 2

Fall 2024

Message from the President — October 2024

Kwé Kwé dear members,

I hope you had a relaxing summer and was able to take advantage of the sun. By the time you read this, fall, the equinox, the harvest season, and the time to give thanks for the bounty Mother Earth has given will likely be behind us! Remember, our ancestors hunted and the produce of the hunt helped them survive the winter. They prayed before killing an animal and gave thanks with tobacco if they were successful. Wisely, they took only what they needed to survive. They left us this legacy, to protect Mother Earth and all her inhabitants.



My start as president is also the beginning of a new phase for our community. I would like to thank our president whom is leaving, Larry Vanasse. A special thank you to Kassandra Durand-Lafleur, who is taking over as Secretary-Treasurer! I am therefore taking over with a team that I am particularly proud of, and you can find their names and responsibilities in this newsletter.

Patrice, Kassandra, Anne-Marie and I attended the provincial AGM held in Sherbrooke last August. The Quebec Native Alliance is doing well, but there are still challenges to ensure we get the recognition we deserve. We must remain proud of our Aboriginal identity.

Our team is working hard to build an impressive calendar of activities this year. We are asking for your help, because remember, we are all volunteers, and it is up to all of us to pitch in to keep our community alive.



You are invited to our popular Solstice celebration again this year, and we will be putting even more emphasis on our children. I look forward to connecting with you.

You are invited to tell us what you think of our Bulletin by sending us your comments. Happy reading!

In peace, harmony and friendship,
Lucie Veilleux, President

A Word from the Secretary-Treasurer

Kwé à toutes et à tous,

As the new Secretary-Treasurer of the community, I would first like to warmly thank Lucie for her many years of service and the excellent work she accomplished as the outgoing Secretary-Treasurer. What a relief to know that she remains with us, now as President! The transfer of knowledge continues and we are working hard to continue to serve you well.



Please also check the expiration date of your card to see if a renewal is necessary. The provincial office no longer accepts cash payments, but you now have the option to pay your dues by credit card and check your balance via the Alliance website at <https://aaqnaq.com> Simply click on the "Pay your dues" button at the top of the page.

For any additional information, don't hesitate to contact us at this address : aaqcommunaute059@live.ca.



We would also like to acknowledge the contribution of the City of Gatineau, our official partner, which is continuing its support for the year 2025, as well as the collaborative work of the provincial office.

Mig8etc,
Kassandra Durand-Lafleur

A Word from the Vice-président and Membership Director

Kwe everyone,

As for membership, unfortunately I have fallen behind in processing applications.

I thought I could catch up this fall but it was impossible.

I do not foresee any respite from my family responsibilities in the near future.

And therefore I am looking for one or two people who have the time and desire to help members and future members of the community.



For more details please contact me.

Tel. 819-743-1411 / Courriel : 059membership@gmail.com

Thank you for your understanding.

Patrice Pharand

2024 PASSED ACTIVITIES

Archery Workshop

May 4, 2024

Great outdoor activity on this ancestral practice of the 'Les flèches d'argent'



Provincial AGA in Sherbrooke

August 25, 2024

Some Directors of our Board of Directors assisted as delegates and observers



NEW MEMBER TO THE BOARD OF DIRECTORS—COMMUNICATIONS

Hello, my name is Anne-Marie Liberty. I am of Indigenous descent, belonging to the Huron Nation and the Kitchi-Sipi community. As a mother of two pre-teens, I am deeply involved in my community and aspire to help those around me. I am a member of a neighborhood committee in my area and co-owner of a small business specializing in custom creations.

I am also a volunteer parent with my children's scouts, which allows me to contribute to their development and that of other young people. I love spending time in nature, whether it's walking in the woods or paddle boarding in the summer.

Being Indigenous gives a special meaning to my life. It connects me to my roots, our culture, and our history, and motivates me to pass these values on to my children. Knowing my origins is essential to me, and I am happy to be part of our beautiful community. I enjoy learning more about our traditions and sharing them with those around me.

Thank you for allowing me to introduce myself!

Anne-Marie Liberty



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Our ancestors lived on
Turtle Island for over
10,000 years. We are the
protectors of
Mother Earth.
Here in the Outaouais
region, we live on a
traditional, unceded
territory of the
Algonquin Nation.

**Kwé Kwé!
Native Alliance of
Quebec Outaouais
Region Community
Newsletter
Layout :
Renée-Claude Sauriol**

**Send us your texts,
pictures and comments
by email :
aaqcommunaute059@live.ca
or phone us at :
aaqcommunaute059@live.ca
ou téléphonez-nous au :
819-743-1411**

Community member profile involved in our community

The accompaniment makes you grow !

Following my retirement and the loss of several family members, I wanted to demystify the end of life. So, in January 2024, I started my 12-module course (36 hours) that prepares us to support people in palliative and end-of-life care.

Yes, Albatros is a movement that has existed in Quebec for 44 years, which started in Trois-Rivières and is present in 14 regions of Quebec, and for more than 11 years in the Outaouais. The objective is to accompany, free of charge, 3 hours/week or more, the person in palliative and end-of-life care and also to give a break to caregivers.

If you or your loved ones are diagnosed with a serious illness leading to palliative and end-of-life care, Albatros is there to support you at home, in the hospital, in a CHSLD, in a seniors' residence or even in the Palliative Care Home.

Albatros Gatineau La Lièvre serves the greater Outaouais region from Pontiac to Lachute. Yes, each accompaniment is unique, special and very rewarding.

I, Suzanne Lebeau, am a proud volunteer accompanist for Albatros Gatineau—La Lièvre

For more information : www.albatrosgatineaulalievre.org / AlbatrosgatineauLL@gmail.com /
tel : 873-455-9632

Migwetch,
Suzanne Lebeau

2024 Board of Directors



President : Lucie Veilleux

Vice-president and Membership Director
and Economic Development : **Patrice
Pharand**

Secretary-Treasurer : **Kassandra Du-
rand-Lafleur**

Cultural activities Director and volunteer
committee : **Christine Laflamme**

Director : **Robert Simard**

Director : **Monique Marcil Morissette**

Communications Director : **Anne-Marie
Liberty**

Head of Housing committee and Direc-
tor : **Kimberly Perrier**

Director : **Nicole Brady**

Upcoming Events

Drum making workshop

Saturday, November 9, 2024, 9:45am
Community Center Ernest-Lattion
(Aylmer sector)
30 Court St., Gatineau
***Registrations must be done at :**
aaqcommunaute059@live.ca

Winter Solstice

Sunday, December 8, 2024, 11:00am
Community Center Ernest-Lattion
(Aylmer sector)
30 Court St., Gatineau

Planned workshops for 2024 & 2025, subject to the teachers and rooms availabilities:

Beading
Talking stick
Dream catcher
Medicinal plant
Archery
Summer solstice
*** Informations will follow by email and our
Facebook page**

Facebook group

Please visit our Facebook group regularly to see the different announcements, activities and information at 'Communauté de l'Outaouais Québécois de l'Alliance Autochtone du Québec 059'

Did you renew your Annual Membership?

Membership fees are due annually, on the date identified at the back of your card. For inquiries,
please write at : aaqcommunaute059@live.ca