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Sherbrooke



Montréal



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Capitale canadienne

Let's celebrate Canada's 150th anniversary!

June 16 to July 2, 2017

Travel Journal

Message

It is with great pleasure that I send you this travel journal of your journey in Eastern Canada. With the generous participation of all ambassadors to this document we have a complete and interesting report! I hope it will provide you with great memories of the time you spent here among our 5 clubs.

I got the idea for this journey about 3 years ago. Working with other clubs in close geographical proximity has been my objective while I was President of the Montreal Club. We started about 6 years ago our collaboration through summer activities, just to get to know each other. After a couple of years I was convinced that we could work together to offer a journey in our region. Canada's 150th anniversary and the 375th Montreal celebrations were an opportunity for us to do so. The five clubs showed a great interest in this project. I am glad it allowed a good exposure to culture, history, nature and gastronomy to our Canadian friends. As Friendship Force Field Representative for Eastern Canada since January 2016, it is a real pleasure to see how good it felt to offer a domestic exchange using a different formula and to get the involvement of so many people!

It was a pleasure to have you visiting us and we hope you will use your recently acquired knowledge to become our best spokesperson in the rest of Canada!

As a memory jogger, the representatives of the clubs you have visited were:

FF Région de Québec: Louis Lamothe and Ginette Delage
FF Région de Sherbrooke: Yvon Lamontagne
FF Montréal: Guy Bédard
FF de la Région de la Capitale Canadienne : Jocelyne Tessier
FF Ottawa : Pierrette Benoit

The Coordinators were :

Yves Thouin
Aline Landry

I am pleased to have worked on this report for you all!

Have a good reading!

CHRISTIANE BEAUPRÉ

Chair, Coordination Committee

July 2017



ARRIVAL JUNE 17 - MUSÉE DES PLAINES - QUEBEC CITY

We awoke to grey skies and hoped that the day would bring sunshine for the start of our Journey to Celebrate Canada's 150th Birthday.

At 10 am, twenty ambassadors from Western Canadian clubs, their hosts and the Coordinators of the Journey met at the Plains of Abraham museum. Louis Lamothe, the FF Quebec Host Coordinator, welcomed us with an introduction to our Quebec City Journey. Christiane Beaupre and her husband Yves Thouin arrived from Montreal to welcome us, provide an outline of the Journey itinerary, and have lunch with us before driving back to Montreal. Ginette Delage, the President of the FF Quebec gave us a welcome from her club. Aline Landry, the overall Host Coordinator for the 5 club Journey, welcomed us as well with a short speech. The ambassadors had their photos taken with their hosts and introduced themselves. We all felt very lucky to have been selected for this unique journey visiting five clubs: Quebec, Sherbrooke, Montreal and Capital Region in Quebec and the club in Ottawa.



We then moved to a small room for a very creative and entertaining history lesson on the siege for Quebec City between the French and English in 1759. British General Wolfe and French General Montcalm, dressed in their military uniform, provided us with an outline of their battle plan and the outcome of the battle. General Wolfe tried to whip us into shape as his soldiers; he told us how to come to attention and showed us how to load a flint lock gun. We were then shown how to load a canon. Some of our soldiers then went to the front and held their guns to the commands of Wolfe. We were given a demonstration of how our leg would be amputated in a field hospital if we were injured in battle. Various objects (a 12 lb cannon ball, an instrument to perform craniotomies, a small ball for a grape cluster cannon bomb) were passed around. We then enjoyed a box lunch (from Les Saveurs de Nadine) under sunny skies in the courtyard of the Museum.



Following lunch, we walked to the Observatoire de la Capitale, or Marie Guyart building, which provides the highest and best view of Quebec City. Our guide Josée took us to the 31st floor which is 221 meters high, and pointed out the landmarks and notable buildings from each of the four points of the compass. The walls on each side of the building provided many facts about Quebec.

Upon returning to the lobby we met Bernie, who gave us an entertaining guided tour of old Quebec. Some of the sites we saw were the fortified walls, the Cathedral Holy Trinity, the Musée des Ursulines de Quebec, St Andrew's Presbyterian Church, the clock from Jura, the Place de l'Hôtel de Ville, the Escalier Casse-cou, the Mural of Quebecers and other memorable sites in old Quebec city. We ended our tour in the spot where Champlain built his first settlement.

We had some free time before dinner so we went with our host Ginette to have a coffee on St Jean Street, a vibrant street of market stalls and musicians. We walked through J.A. Moisan, a very old grocery store, but unfortunately it was closing so we had to find somewhere else to have our coffee. At 7 pm, we met the rest of the group for a nice dinner at Bistro 1640 located in old Quebec. We had a very busy and interesting day without rain.

BY ANGIE AND ANDY GRIKIS-JUNE 17



The day started with a lovely breakfast with our hosts and then onto Montmorency Falls. The falls were quite spectacular; you could hear the roar of the power of the water cascading down. We also had a look at the Bridal Veil Falls which were as the name suggests much more delicate.

Then it was off to the Isle de Orleans and what a gorgeous place. There are 7 small towns on the island, all prettier than the other with mostly old style Quebec houses.



Our first stop was the Felix Leclerc museum. Felix Leclerc was the first recognized star singer in Quebec although he had to go to Paris to get this recognition. A film was featured of his rise to fame and as it was original footage, it was translated for us by Andre. We then had time to browse through the museum.

Lunch followed this and we were treated to a fine lunch at the «Auberge Au Poste de Traite». The building was originally a trading post and very old and had many taxidermy animals of the furs that were traded there. The highlight of the lunch was that owner had just gotten his Canadian citizenship that week and our group sang O Canada to commemorate this. It was very moving.

After lunch we stopped at the «Parc des Ancêtres» for a group picture. In this park was a monument where all the early settler families in the region were recorded. Several people in our group had their family names listed. We were to have a tour of the church there but as a Christening was to take place shortly we were only able to have a few minutes inside to look around.



Following this, we made a short stop at an observation post and some of us managed to get an ice cream.

Next, followed a very nice visit at «Le Jardin des Arts » which featured artisans from all over Quebec. There were wonderful jewellery displays as well as paintings, ceramics and other crafts. From here, we carried on and had a short stop at «La Goéliche» for a nice lookout.

Wine tasting followed at Isle de Bacchus winery where we tasted 4 different wines.

Then we were off to the Sugar Shack for a maple sugar demonstration and dinner. The demonstration was very informative as many of us did not realize how much work goes into producing our maple sugar. This operation has been in the same family for over a hundred years and still produces all maple products. Dinner was a hearty affair with traditional food, ham, « tourtière», sausage, potatoes, baked beans and of course all made with maple syrup. While dinner was going on, we were serenaded with traditional Quebec music played with an accordion and banjo. After dinner there was a musical spoon competition and some traditional dancing. All in all, a very full and wonderful day.



BY HILDA MILLER, JUNE 18

Today we started our day visiting the Parliament buildings in Quebec City, which were built in 1877. After passing through security we gathered in a waiting room where we were asked by our guide to be especially quiet for the first part of our tour, as there was a press conference being held by the members of the opposition. Not an easy accomplishment for FF members.



In the front foyer, we were told that the decorative wall ornamentation was primarily «fleur de lys» but there also was a significant compliment of the British rose. We then moved on to the Legislative Assembly, the legislature in Quebec City is called the National Assembly to recognize Quebec as a nation inside the nation of Canada. The C over one of the doors recognized Canada before the country had its own symbol. The maple leaves in the decor represent the maple trees in Quebec and not the maple leaf of Canada. We then went on to the senate room which is primarily used as a committee meeting room. We walked to the Citadel, which is in a star shape, and built as a fortification by the French to protect Quebec City. There we had a delicious lunch complete with the complete table settings of a formal dinner. After lunch, we had a guided tour of the “Fort”. We were able to witness the troops practicing the full changing of the guard ceremony. This was complete with the full dress of the 22 Régiment Canadien Français (Van Doos) and the full marching band.



After leaving the Citadel we made our way to the board walk in front of the Château Frontenac and then down the funicular to Old Quebec City. We broke up in groups according to interests and some of us made a dash for the Levis ferry for a quick ferry ride. We then walked a few blocks for our evening meal at the Portofino. We thought at first a couple of ladies were missing but indeed they were fully aware of their destination and arrived post haste. After dinner, we dispersed to our homes after a long and fulfilling day, full of great knowledge about Quebec City and its long heritage.



BY JOYCE NELSON, JUNE 19

We were transported via a Car Pool from Quebec City to Trois Rivières to meet up with our new hosts from the Sherbrook FF club. We met in the pouring rain at the Information Center and were afraid the walking tour of Three Rivers would be cancelled due to the rain. But true to the good weather Karma we had been having the rain stopped shortly after the start of our walk. It was a most interesting walk starting along the St. Lawrence new docking system for the Cruise Boats. The town has been developed nicely in the last while (especially along the water front) to accommodate all the passengers from the Cruise Ships.

At the same time they have kept a lot of their beautiful old heritage buildings of which we had the opportunity to see and hear some of the history from our guide. The town was originally settled due to the Champlain Fur Trading Post set up July 4, 1664, which really started the History of Canada. The Ursulines came to the area in 1697 to set up a Monastery and schools for girls. They also developed a twelve bed hospital in 1886 which is still in use as a hospital for the retired sisters. A severe fire started by a little boy playing ball devastated most of the town in 1908. He lost his ball in the barn and lit a match to find it. Miraculously no one was killed in the fire, but two days later a wall fell on a man and killed him. Many of the homes have a huge history and housed many of our Explorers and Politicians of the time some of whom were: Radisson, des Groseilliers - Brother-in-law to Radisson who created Hudson Bay Trading Company-, Pierre Boucher who was a popular Governor who saved the town from being burnt by the Iroquois, by telling the town's people to be very nosy during the night to sound like there were more people than there were. The Ricolets (none still alive) were in Trois Rivières before the Ursulines and built a Catholic Church in 1760 and also used it to teach boys. Two Paper Mills, an Aluminum Company and a Nuclear plant helped the town to grow. The Nuclear plant has been shut down for a few years, but they say it will take over 30 to clean up the land it was on.



The St Lawrence is 2 miles wide at this point and the St Maurice River flows into it. A particularly nice attraction was the stairwell up to the walk along the River. Each riser had a history of the town on it so you could read this as you walked up the stairs. There are also five public pianos around town that people can stop and play when they like.

We had a lovely lunch at an old restaurant called Le Four a Bois then left with our new Sherbrooke hosts to go to Kingsey Falls and visit the Jardins Marie-Victorin which was celebrating the one hundredth birthday of botanist Conrad Kirouac (better known as Brother Marie-Victorin) who was from Kingsey Falls and was instrumental in getting the Montreal Botanic Gardens started. There is much to be said about the gorgeous plant sculptures, 6 gardens ie. 450 species of butterflies, 152 species of birds, 4000 live plants to make one caterpillar etc, but I believe we all got lots of pictures which say way more than I can about the gardens.

That evening was spent at our host's (Maryse Couture) home with a wonderful dinner of hand picked fiddle greens (150 lbs from the forest), salmon, tuna, homemade wine and becoming friends.

RON AND SHARON PIRART – TUESDAY, JUNE 20

Being a farm girl, the first thing I notice are the mountains, green rolling hills, and dairy farms dotting the landscape, a product of early colonization by American farmers. Today Sherbrooke is a thriving city of over 160, 000, of which 92% are of French origin. Loyalist descendants make up about 6% of the population. The city owes its good fortune to its early lucrative industries: railway, electricity, sawmill, textile, and copper mining.

First, a visit to City Hall where a flower bed proclaims the city's motto, loosely translated as «Anything is possible». Indoors, we were greeted by one of the councilors Pierre Tardif, who, as I was sitting in his council seat, explained some of the city's history. As we exited the building, we found ourselves on the front lawn in front of an English journalist who took our FF story and group photo. Next day, we were featured in the local newspaper!



Pierre then took us on a walking tour of the old city core. Heritage buildings, covered in colorful frescoes, transform the downtown core into a true street museum. Many of the murals took us back to what life was like in the late 19th century.

Visiting Capelton Mine was a peek into life underground between 1863 and 1907. After a ride in the VIP wagon, our guide took us through a series of steep turns, wet areas and even up ladders! Except for some electric lights, the mine remains much the same as back then, and we enjoyed learning of the old technology.



An interview with Jacques, in 1864, may have sounded like this: «I make \$1.10 per day to support my family but I am strong and happy to be paid by the amount of ore I can produce. The mine is profitable because the Yanks need our copper for ammo. I hammer a hole in the rock, stuff it with black powder, light it and voila! I come back next day to collect the copper. My mule Sylvie sure makes it easy to haul the ore out and without her I would be working much harder». Years later, Jacques' grandson may have told a different story. "My grandfather died at age 35. His lungs just gave out. He worked long hours, by hand, with only a candle for light. There was no compensation for widows or for any injuries, for that matter. All for a rich man, who never set foot in his mine."



I was excited to get back to a 100+ year old house built by my host's grandfather. And the best part was, it was situated right next to a delightful river, complete with tumbling waterfalls! One only had to open the window to its sublime music. Oh, the natural beauty of running water...

BY LIZ KUSHNIRUK, JUNE 21

Our day began with a presentation by the Townshippers' Association in Lennoxville, an English speaking suburb of Sherbrooke. Townshippers is a non-partisan, non-profit organization mandated to support the rights of English speaking people in the predominantly French speaking Eastern Townships. As the English population declined following the French language charter brought in by the Parti Quebecois government in 1977, the association was born. It advises members of local resources and supports numerous initiatives in the areas of health, education and employment, all the while maintaining the long standing friendly vibe between the two distinct populations.

Following this, a short drive into the countryside took us to Compton to visit Dominion Ives Hill, a black currant farm set amid scenic rolling hills. Since its inception in 1992, the owners have expanded on their dream enterprise to include a strong agritourism business. We were hosted with a tractor-wagon train tour and a wine tasting event. Their inventory offers black currant wines, fruit spreads and cosmetic products for purchase. Having learned of the many health benefits of black currants, a flurry of wine purchases ensued!



A box lunch in the sunshine allowed us to enjoy the beauty and serenity of this lovely farm.

Our next stop in this action-packed day was in Valcourt, Quebec, the birth place of Bombardier Inc. Founded by Joseph-Armand Bombardier in 1942, it has grown from small beginnings to a multibillion dollar aerospace and transportation company providing equipment and services around the globe.

It was fascinating to learn how Joseph-Armand's dream, at age 13, to build a machine that could float on snow, evolved to its present state. A tour of the large modern Bombardier Museum in Valcourt depicted how its history evolved from the very first bulky and strange looking snowmobile to ski-dos, jet skis, trains and planes such as the Boeing 737 and Lear jets. As is often the case, there were numerous serious setbacks over the years, but at each turn, these challenges led to new and better inventions, e.g. a drop in the sales of snowmobiles after WWII led to the invention of snow plows.

Bombardier has been part of many well-known installations such as the New York subway, BART light rail transit in San Francisco and the English Chunnel.



After this very busy day, it was time to unwind at the Sherbrooke Farewell BBQ while sharing dinner, stories and happy camaraderie. With sad hearts and hopes to meet again, we later sang adieu to our new Sherbrooke friends with a rousing rendition of 'This Land is Your Land'.

BY ELECIA MAKSYMETZ, JUNE 22

En compagnie de Samuel de Champlain / Travelling With Samuel de Champlain

As I sit at my computer on a sunny day back home in St. Albert, the sky is bright blue, not a cloud. I am listening to the cheerful sound of the Renaissance music of the 17th Century, composed during the reign of Henry



IV of France. I can hear the flutes of the aboriginal peoples, the recorders, the baroque violin, the bagpipes, the lute and the tunes of the terpsicore dancing of the royal court which sent Champlain across the Atlantic to become the Founding Father of New France, Quebec.

However, the fort wasn't built until 1711, the last of three forts built by the French to defend against the Iroquois. Today it is maintained by Parks Canada and is known as *Fort Chambly National Historic Site of Canada*.

My memories of that pleasant day include a dip into Canadian history under an umbrella. Il a plu. Il a plu. Il a plu!

It rained and rained and rained, but we called it "liquid sunshine"! Our guide, Jacynthe, really helped us to get into the spirit of the age. There were no hiding places surrounding the Fort. The soldiers were sent by France, and the Fort could house 150 soldiers at a time. We enjoyed a live presentation of those original French soldiers, including how they dressed. We learned that a good soldier could re-load his musket in 3 minutes....fun!



Lunch was at le restaurant Au Coin de la Baie, a pleasant venue overlooking the Richelieu River, a "perfect highway" connected to Lake Champlain. The menu was oh, so Québécois, très délicieux! I enjoyed tremendously my crème d'aubergine et crumble de falafel; saumon, salsa de tomates séchées et prosciutto couscous Israélien et légumes; et languette de chocolat pour dessert.

It was here in Fort Chambly, where we had been driven by our Sherbrooke hosts, that we met our Montreal hosts. My day began in the comfortable home of Claude and Fleurette LaTour with a wonderful petit déjeuner of framboises, bleuets, toast, fromage à la crème, café au lait, and jus d'orange. My day ended with a perfect buffet of charcuterie, diverse breads, salads, and of course some fabulously delicious wine from both Portugal and France, courtesy of Chantal de Geoffroy Caron and Teresa Costa.

Those Québécoises sure do know how to have fun!

BY HELEN ARNOTT, JUNE 23



WIKIPEDIA - PAINTING BY WILLIAM HENRY BARTLETT

Today was a National holiday in Quebec and we started our day with free time in the morning allowing us to have a leisurely breakfast of Fairmount Bagels and smoked salmon with my hosts.

We were each provided with a picnic lunch by our hosts which we enjoyed near the Olympic stadium. After lunch we visited the insectariums followed by the large Biodôme. There were insect snacks available along the way but I don't think any of us were adventurers.



The Biodome is a huge building with five different Eco systems—the tropical rainforest, the Laurentian maple forest, Gulf of St. Lawrence, St. Lawrence and Labrador coast and the sub-Antarctic Islands. Although it was very humid in the tropical rainforest, many of us enjoyed watching the colourful macaw parrots.

We walked through the lush Laurentian maple forest and the Gulf of St. Lawrence and spent some time watching the Puffins in the Labrador coast exhibit but the highlight for many of us were the penguins in the sub-Antarctic Islands area. I think the Penguins put on the show just for us.

Our Nature day continued with a guided tour of the Montreal Botanical garden.

We were informed that there was talk of creating a large botanical garden in Montreal in the mid 19th century but it wasn't until the 1920s when the idea took hold in the mind of a young botany teacher, Brother Marie-Victorin. In 75 hectares of space, there are various exhibitions with a diverse array of plants and trees.

The roses were absolutely stunning and the pictures do not give the full beauty of the large garden with a multitude of colours, shapes and smells of a vast variety of roses.



The Chinese garden is getting a facelift but the miniature trees in the garden of weedlessness were old and well cared for. The photograph shows a miniature maple tree that is over a hundred years old.

As it was a holiday, there were many other visitors in the park and it was a pleasure to see local Montrealers reading a book or newspaper under one of the shady trees.

My group was so thrilled to be shown the Edelweiss blooms that they broke into the song "Edelweiss" from Sound of Music. Fun!!! I was pleased to see a Saskatoon Berry bush.



Our day ended with a fabulous meal at Toit Rouge restaurant. The set menu included options of chicken, fish and pasta. The meal was delicious and a perfect way of celebrating Saint-Jean-Baptiste Day.



BY JO CUSTEAD, JUNE 24

We had a very busy day today and met some new Friendship force friends! It all started at the Place Ville-Marie and took a walking tour through the downtown, Old Montreal and the Old Port. We saw the McGill gates, cross of Mount Royal, the Queen Elizabeth Hotel (where John Lennon and Yoko Ono stayed), Basilique Marie-Reine Du Monde (modelled after St Peter's in Rome), Expo 67 and the Central Train Station where the national anthem is on the wall in English. We then went to the Observatory and viewed Montreal from a great vantage point.

In Old Montreal (Hochelaga) there was a metro sign at the metro that was a gift from Paris, a piece of the Berlin wall, Notre Dame Cathedral (built with local materials and having a Casavant organ). We then visited Place Jacques Cartier where the Cirque du Soleil started and City Hall. The Cirque presentation we attended was fantastic! Our night ended with dinner at Crepe Suzette.

In the tradition of travel journals we write, it is our custom to highlight the top events so here goes.....



10. Yves Thouin was our wonderful guide for the day. We especially liked his initial comment, "Let's concentrate on what is fun". He made it a fun day!

9. Seeing the old Metropolitan sign from the Paris subway at the metro location in Victoria Square. We recognized these signs from Paris and added an interesting touch to an English named location.

8. The street performers at Place Jacques Cartier. They had everyone captivated.

7. Bringing back old memories when a few of us choose to sing the Canadian Centennial song (Cannnaadaaaa...) while facing the inscribed anthem on the wall at the train station.

6. View of McGill University area from the top of the Observatory building. It was beautiful!

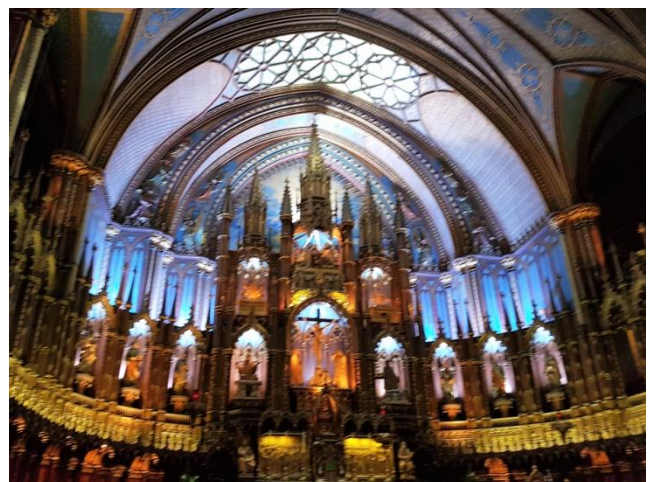
5. Enjoying the Cirque du Soleil performance, particularly the trapeze/bungee cord and the bicycle performances.

4. Seeing the street sign at the intersection of Robert Bourassa and Rene Levesque. It seemed all too ironic.

3. Notre Dame Cathedral. What can we say? Although we had been inside the basilica before, the sight is still overwhelming.

2. Meeting our new Friendship Force friend from the Montreal club, Paule-Lyne Bergeron. What a delightful and interesting person!

1. Having the Montreal club sing the appreciation song "Gens du Pays" by Gilles Vigneault.



BY BRIAN AND GWEN ROTHWELL - JUNE 25

Au Revoir to Montreal and off to Montebello to meet our National Capital Region hosts.

Chateau Montebello was constructed in 1930 over a period of three months. 3,000 workers toiled 7 day a week because the local priest was called to Rome. As this was during the depression time, their salary was 10 - 30 cents per day. This

hotel is the largest log structure in the world. Because of the risk of fire many of the staff are trained as firefighters. This once private club was the gathering place for the 1981 G7 meeting of world leaders.

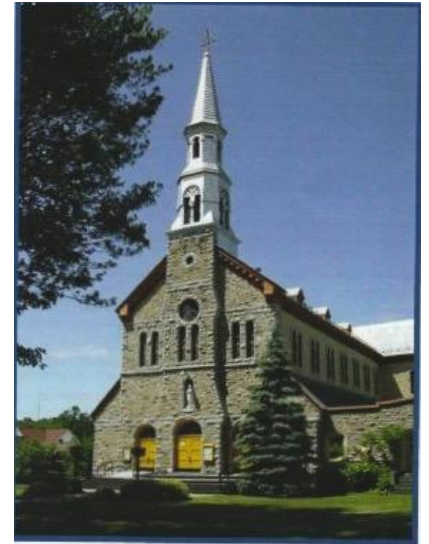


FAIRMOUNT - INTERNET SITE

We ate lunch in the elegant dining room, where guests Bing Crosby, and Princess Grace of Monaco, once dined.

We were guided through the Manoir of Louis Joseph Papineau, who was active in politics for fifty years, until his death aged 85. In 1832, he was responsible for the passage of an act, ensuring any person, of any religion, could be elected for public office. He was the architect of his family home, which featured a library of 3800 books, and a dumb waiter of his own design.

The Montebello Church of Notre Dame de Bonsecours is of significance because it has an upper and a lower altar. I shall remember this place of worship because of the squirrel racing around this sacred area of the church, built in 1831.



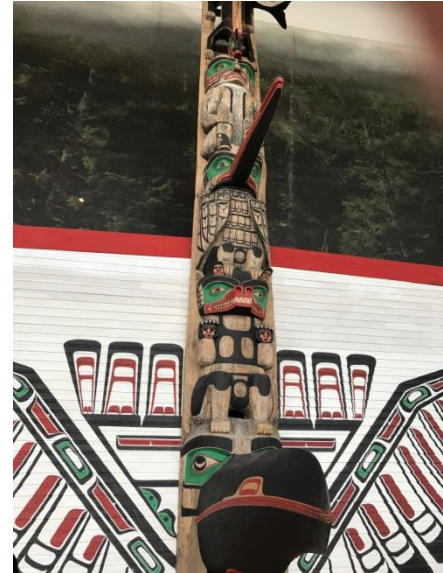
Located in the old railway station is «Chocomotive Chocolate Shop». We were given a demonstration of how chocolates are made by hand. Everyone enjoyed tasting the artisans' delicious creations.

Dinner was in the homes of our Capital Region hosts.



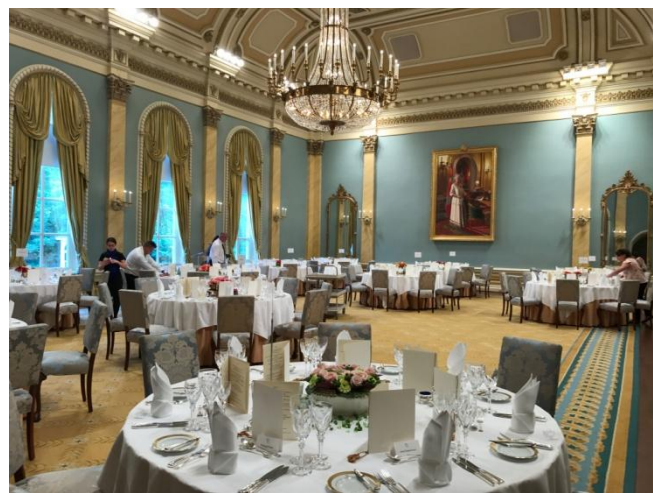
BY ELIZABETH SCHIRMER, JUNE 26

We begin the morning with a visit to the Canadian Museum of History. Our guide did an excellent job of explaining what we were seeing in spite of the crowds of people there at the same time. The building was designed by Douglas Cardinal. It is meant to resemble a canoe with uplifted oars. The Grand Hall features the world's largest indoor collection of totem poles. There are 6 reconstructions of houses of the Northwest Coast peoples, showing their art and everyday objects. Recreated archaeological digs of the Tsimshian people show how discoveries were made between 1966 and 1978 near Prince Rupert. One striking art copy is the Spirit of Haida Gwaii, designed by Bill Reid.



We had lunch at the Bistro café. We had preordered in advance so service was prompt and everyone enjoyed a delicious meal and good company. After lunch we had some time to see whatever we wanted and I chose to view the temporary exhibit of hockey. It was most interesting and very well done. Elizabeth had the opportunity to try on some hockey equipment. There were some interactive activities to try.

Our next stop was a visit to Rideau Hall, the home of His Excellency the Right Honourable David Johnston, the governor General of Canada. We had an excellent guide who showed us through the various rooms open to the public. The staff was preparing the ballroom for a state dinner in honor of the President of Italy, Sergio Mattarella. It was a treat to see the room ready for the dinner. The ceiling chandelier, a gift from Great Britain in gratitude for the help Canada provided in World War Two, consists of 12,000 pieces of Waterford crystal and 80 bulbs and weighs one ton. The residence contains many outstanding pieces of art work in the Canadiana fund, chosen to illustrate Canada's heritage. Other pieces are on loan from the National Gallery of Canada. The paintings of William Kurelek's series of six panels, the Ukrainian Pioneer, are one example of Canadian heritage from the National Gallery.



Following that visit, we drove to the RCMP stables where the horses for the musical ride are housed. They are all German Hanoverian thoroughbreds. They must be black, 15 to 17.5 hands in height and have a suitable temperament. They spend 3 years on the farm and then 3 years in training. Those chosen can serve for 20 years and then are retired. There are 37 horses and 37 riders, but only 32 of each perform during the Musical Ride.

Our next adventure was on the Ottawa river in a voyageur canoe. We had 2 canoes with a guide in each to discuss the sights along the way. Everyone paddles the canoe and it is a fun experience, pretending we are back in the days of the fur trade. The rain was threatening but held off.



The evening is capped off with friendship dinners, small dinner parties of 6 to 10 people enjoying an evening of good food, good fellowship and good conversation. All in all, a busy, diverse, informative, and fun day, one of many on this unique journey.

BY KATHY LESYK, JUNE 27

Today, we spent the day at Wakefield Village and the Mackenzie King estate. In the evening we attended a farewell pot-luck supper as we said our goodbyes to the FF de la Capitale Canadienne.



Wakefield Village

This very pretty and touristic village of 1000 people lies along the shores of the Gatineau River, about a half hour north of Ottawa. The main attractions here are the red covered bridge, a foot bridge spanning the Gatineau River and the Maclaren Mill which was built in 1836 and named after an early prominent family. The early settlers were mainly British.

The town seemed to have young families of a bohemian and artistic bent evidenced by the appearance and feel. There was a single general store for groceries and a bistro. The store catered to an eclectic clientele as it offered the New York Times and other international newspapers as well as many epicure delights as well as the basics.



Fairbairn House

Also situated in the village is a restored farmhouse and log house which now is restored and has become a Heritage Centre for Quebec's lower Gatineau River Valley. They were originally built 160 years ago and moved to a pretty location near the red foot bridge. There were many exhibitions and interactive displays depicting daily life, work life (agriculture) and there were excellent displays of the steam train travel from Ottawa which had ceased within the last ten years.

One display about logging in Quebec explained that shanty town comes from the French Canadian word "chantier" which means lumber camp and one that had to be built in a day. Another display explained how dominant the Maclaren family was as economic driver and employer. They owned the gristmill, then built a saw mill and woollen mill which enabled the community to produce essential building materials.

There was a particularly impressive exhibit on the second floor of "Notable Women". This exhibit focused on the extraordinary contribution of 10 women in shaping the history of this region.

The log house was a smaller, pioneer home built by a settler from the area which was predominately settled by British settlers involved in agriculture. The displays and artifacts mostly depicted daily life which included working the land and raising animals for food.

Moulin Rouge

The original Mill is refurbished and is now a very up-scale hotel and spa. This is where we ate a fabulous 3 course lunch in a sun-room adjacent to the waterfalls and rushing water required for the original energy source.



Drive to Gatineau Park



The Gatineau Parkway is very green and pretty and takes us to The Mackenzie King Estate which is only a short distance. On route we stopped at the Champlain Lookout which provides a wonderful overview of the Eardsley Escarpment, a text book example of the floor, which is flat farmland and a 45 degree slope which is tree covered. The park is under the auspices of the National Capital Commission and covers 139 sq. miles of the Gatineau Hills area, which seems to be rolling hills and trees.



Mackenzie King Estate

This is a 230 hectare estate of William Lyon Mackenzie King. He was Canada's longest serving prime minister, serving for 20 years including the war years. He laid many of the foundations for social programs. He bought the original Kingswood before he entered politics but added to and improved this splendid natural wooded retreat where he spent nearly every summer for fifty years. The second purchase was Moorside which had a larger, more elegant cottage where there are bedrooms for his mother, sister and an office and space for his secretary. These homes are architecturally pleasing and practical in design.

At Moorside, he also landscaped using flower gardens and low walls and also a structure made from ruins of some significant old buildings which lay in ruins eg. original Houses of Parliament which had burned down.

We did not see the third estate known as "the Farm" which is allocated to the House Speaker.

Pot Luck Supper Farewell

We returned to Ottawa and made our way to a Farewell gathering held in the party room of a Gatineau FF club member. Then the rain started, but luckily we were mostly inside by then.

We ate from a large variety of foods and had a wide selection of beverages. It was a delicious meal.

Jocelyne's brother entertained with a wild story and we enjoyed his theatrical rendition. Our club thanked the Gatineau members and we did our song, led by Gordon, "this land is our land."

The Gatineau club responded and sang a French song. Jocelyne as their ED and she certainly had provided us with a full and varied program.

Many thanks to the Gatineau Club and to all those who contributed in any way to the success of such a wonderful journey. «Je me souviens».

BY BRENDA KOCH SCHULTE, JUNE 28

At our home, we had a leisurely breakfast then my Host (Claire O'Connor) drove Jo and I to the rendez-vous/exchange in the Gallery parking garage....good spot as it was heavy drizzle outside. So new hosts were met, some farewells, luggage off-loaded, and group re-formed with Pierrette Benoit as leader.

We broke into 2 groups to tour the National Art Gallery, focussing on the Indigenous and Canadian exhibit, which was terrific. We had a brief allotment of free time to see other areas. We lunched individually at the Gallery restaurant (having been given a cash allowance for today and Saturday's lunch).

Slightly soggy group picture was taken under the giant spider, "Maman" which is installed outside the NAG.



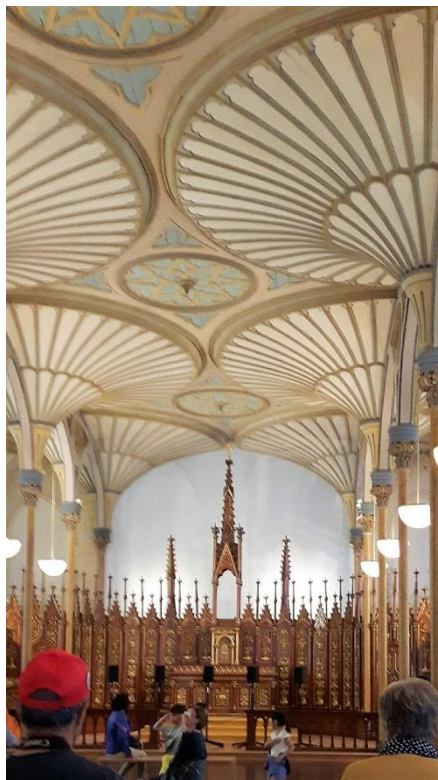
We ogled the downtown buildings, locks/canal, and crowd gates being set up as we walked over to Parliament Buildings. We had to wait awhile for our tour time, so some viewed the main stage prep, some to statues of Famous 5 women, and others to viewpoint behind the buildings.

Our tour leader was thorough with facts (338 seats in House of Commons, and 105 seats in Senate) but avoided any discussion about terrorism threats.

Rest of day was free time. As my new host (Rosemae Blackwood) lives downtown, and was not on the tour, I had a lovely slow walk home alone. I heard the sound checks on the Hill, and was moved to tears at the singing of O Canada, and God Save the Queen....we are truly blessed with freedoms in this great country!

Rosemae served a lovely dinner with tomorrow's day host, Elisabeth, as a guest also.

By Bonnie Cohoe, June 29





The morning was misty and cool and the Experimental Farm was our morning stop. The gardens were tended by the farm's volunteers who were pruning and weeding the fading rose gardens. The gardens also had lovely perennial beds. Some members visited the Canadian Agricultural & Food Museum.

For lunch at 12, we ate at the Canal Ritz where we lunched on soup, salad and our choice of delicious dessert.

Afternoon was free time, (now wish time), but many members went home with their hosts as it was pouring rain in the afternoon. Some members continued to explore Ottawa. Our day host, Gertaude, took us to the Museum of Nature, which she loves, and we saw a great 3D documentary on Bird flight.



The closing gala was hosted by the Ottawa club. Pierrette Benoit hosted the evening ceremonies and many organizers were thanked for their hard work and planning!

Brian Rothwell thanked the planners on behalf of the ambassadors and Gord Hamden surprised the gathering with new Friendship lyrics of the Quebec journey to the tune of Side by Side!

Aline Landry announced the answers to the quiz and two Canada



150 pins were presented to Bonnie Cohoe and Liz Kushniruk.

A lovely banquet dinner was enjoyed by all. Christiane Beaupre, one of the organizers of this journey, concluded the evening with compliments and congratulated all the ambassadors for a great and unique journey.



BY ELAINE HAMDEN, JUNE 30



JULY 1ST – CANADA’S 150TH ANNIVERSARY

The end of a two week journey from Quebec City to Ottawa. And now we are so close to «The Hill» to celebrate with thousands of others. The mood everywhere is very festive. Everyone is dressed in red and white – shirts, hats, diddy boppers, big bows, and umbrellas. And we got in line, as directed, and waited and moved slowly and soaked up the rain. We made new friends and waited and laughed and watched the masses of people queuing up and waited. Four hours to a barrier secured by a Policeman. We were early, we lined up, but now we were directed to another line with a four hour wait. I don't think so...



We thought, Jazz Festival. Caught a great military band playing Bruce's favourite – Jazz



Then across the canal to the Market. Amazing, we met up with several of our new FF friends.



The Gelato was tasty. We saw the two new astronauts being introduced on a huge TV screen.

The tomb of the Unknown Soldier

was covered in small Canadian Flags. People milled about, many disappointed, like us that they did not make it to "The Hill".

The buses were running to take us back to Carp to have dinner with our hosts. Fireworks in Kanata were amazing at 10:30 pm. Time to pack up ready to catch our morning flight.



Gloria and Bruce Tuck – July 1

Gordon Hamden's song to the tune of Side by Side:

Quebec has a beautiful parliament
Want to live there expect to pay a high rent!
But the Citadel was great
Gourmet how we ate
side by side!

Oh, we all learned a lot about Felix
His musical magic and poetic tricks
We tasted some wine
And sugar shack dined
Side by side.

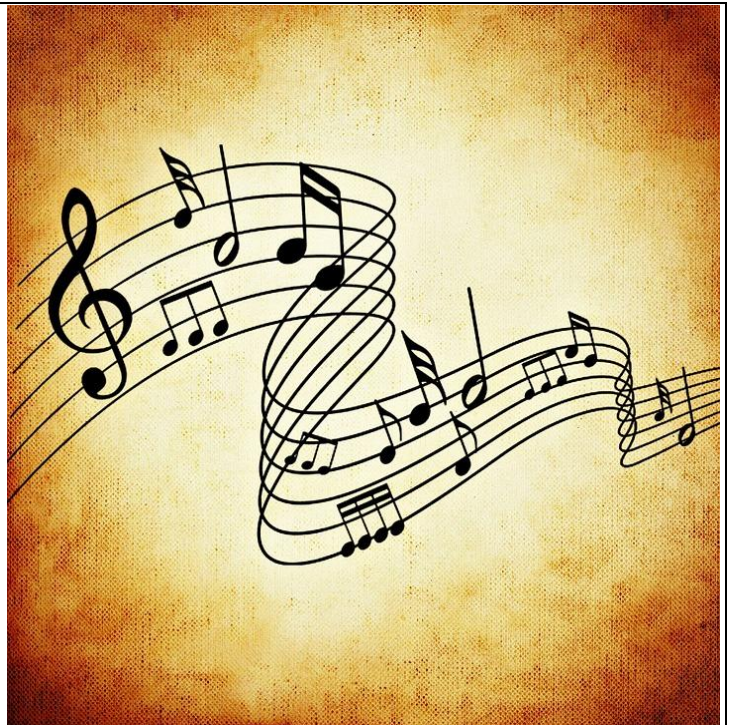
bridge

At lake Massawippi,the waves there touched
the sky
so we shopped and laughed in a pub there
no one drowned and no one got high!

On the plains of Abraham, there's history
Why Wolfe fought Montcalm so not a mystery
Now two cultures live there
Happy to share
Side by side.

We did a walking tour in Montreal
Place Ville- Marie is really tall
Notre Dame was a treat
We forgot our sore feet
Walking Side by side.

We walked up and down in Sherbrooke
Councillor Pierre gave us an Historical look
Great murals you keep
Capelton Mine is so deep.
Down and down!



bridge

At Montmorency Falls there...the water sure tumbles
down
Everyone stared and marvelled
the same as in days of old.

A Highlight for all was Cirque du Soleil
it came at the end of a very long day
the acts were so great
We forgot it was late
Spirits lifted high and high!

Now to you we want to say thank you
This experience has enlightened us thru and thru
Merci nos Amis
Together we'll be
Side by side.

By Gord Hamden

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ÎLE D'ORLEANS

Some more pictures



SHERBROOKE CITY HALL WITH COUNCILLOR PIERRE TARDIF



BOTANICAL GARDEN MONTREAL



VOLTA - CIRQUE DU SOLEIL

Ottawa



CANOT VOYAGEUR - OTTAWA RIVER



friendship force
INTERNATIONAL

Experience different views.
Discover common ground.

