



Missisquoi North Volunteer Centre (CAB) Newsletter

Winter 2009/2010

HOW TO REACH US

CAB Office:	314 Principale Mansenville, QC JOE 1X0
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*Happy Holidays
and a
Happy New Year
To all !*

ANNOUNCING FOUR EASY WAYS TO DONATE TO THE CAB

- ✓ In person
 - ✓ By mail
 - ✓ By credit card
 - ✓ By electronic transfer
- N.B.:** It's not too late to get a 2009 tax receipt!

WE'VE GONE GREEN !

In an effort to cut costs and go green, CAB newsletters are not mass mailed. Instead, they are e-mailed (please send us your address) with printed copies available at the following outlets:

- Bolton Centre:**
- Town Hall
- Eastman:**
- Caisse Desjardins
 - Marché J.P. Fontaine
 - Station O-Kataventures
- Mansenville:**
- CAB office
 - Caisse Desjardins
 - CLSC
 - Dépanneur des 13
 - Library
 - Reilly House
 - Town Hall
- St-Étienne de Bolton:**
- Town Hall
- South Bolton:**
- Dépanneur Fusée JC
- Stukely:**
- Dépanneur de Stukely
- Vale Perkins:**
- Jewett's Store

Let us know if you'd like your newsletter mailed to you.
infos@cabmn.org

COMING SOON TO A COMPUTER NEAR YOU!

All of us here at the CAB are very excited to announce the upcoming launch of our new website! Our address at www.cabmn.org remains the same. Expected launch is mid-December. Soon we'll have a whole new look, a calendar

of events, regular news and updates, a blog, a community forum, an archive of past newsletters, recent photos and videos, along with tons of new information. E-mail us at infos@cabmn.org if you'd like information about advertising your business while contributing to a worthy cause.

SENIOR NEWS



Exercise! Exercise! This is the key to getting and keeping in good physical shape. Kino-Québec's Viactive program, given within the CAB's Drop-in for adults, is designed to promote physical activity in seniors. It is offered at the Mansenville Elementary School each Wednesday from 10 to 11 a.m. **O p e n t o a l l !**

Recently, we welcomed the Eastman Golden Age Club to the Kino-Québec program. Arianne Chabot (Viative councillor) and Lucie Lessard supported and trained Francine Gagnon and Mireille LeMonde to offer the program to their group. Bravo to Francine and Mireille for their initiative!

KEN JONES CENTRE

The Ken Jones Centre is responsible for respite care, social integration and leisure activities for special-needs clients, particularly persons with intellectual disabilities and their families.

Current and upcoming activities include:

- * Weekly respite care for natural care givers, with leisure activities for special-needs clients;
- * Monthly breakfast-bowling (December - April);
- * Skiing with Owl's Head Special Olympics team (January - March).

For further information, telephone 450-292-4171 or e-mail scriptique@bell.net.



*Répit-dépannage
Respite Care*

PARTAGE / SHARE

Thanks to many generous donations and some 40 Christmas elves (volunteers), the Partage/Share Committee once again distributed great Christmas Baskets for those in need in the community. Please remember the Food Bank operates year round, therefore donations are always welcome.

YOUTH CENTRE

The Youth Centre welcomed Townshippers Association's WE CAN-ACT NOW theatre group, which presented their play on Health Services at the youth centre on November 6. Forty-one youth and adults attended this event and the presentation got rave reviews.

The Rock-a-thon Fundraiser held at the Youth Centre on November 7 was a great success. Over 20 rockers raised \$3,700.00! A big **THANK YOU** to all individuals, businesses and organizations who supported this event.

On November 21 and 22 the Students Against Destructive Decisions (SADD) and Former Youth Involvement (FYI) committees took part in a workshop retreat weekend organized and animated by the Youth Centre. Twenty-four youth took part in a variety of workshops to build self esteem, leadership and team building skills throughout this two-day event. Guests for the Saturday night "Look Who's Coming To Dinner" activity and presentation that followed were the members of the Pottton Municipal Council, the Mayor and their spouses. There was also a surprise visit from Pierre Paradis, our MNA.

MEN'S GROUP

The Men's Group, which formerly met on Thursdays, now plays pool on Mondays from 6:30 to 9 p.m. at the Youth Centre.

For information: André Lamy, 450-292-3657.

THE CAB'S PROGRAM COMMITTEES

Former Youth Involvement

Ken Jones Centre

Nutri-Santé

Partage / Share

SADD (Students Against Destructive Decisions)

NUTRI-SANTÉ

The committee is proud to announce its experimental project "Surprise Basket" designed for moms living in Pottton and Bolton Est with children born between April 1, 2009 and March 31, 2010. For information: 450-292-3114 or L.lesard@cabmn.org.



We welcome Marie-Hélène Hvizdak, member of le Baluchon OPP, who joined the Nutri-Santé committee.

We send thanks to the
Mansenville



Elementary School and le Baluchon for their collaboration and participation in our workshops.

The committee is in search of volunteers to help with its workshops. Interested? Please phone Thérèse Descary 450-292-0202 or Lucie Lessard 450-292-3114.

Organic Fruits and vegetables? The winter season has just begun. There's still time to register with potageremylou.net or Lucie at the CAB 450-292-3114.

Membership in the CAB gives you a vote at general meetings; It also supports us in our endeavours.

Give us a call or drop by.