



Missisquoi North Volunteer Centre (CAB) Newsletter

Spring 2010

**VOLUNTEER WEEK
APRIL 18-24, 2010**



"Volunteering first comes from an individual place. It is a person who gives his or her best, freely and without counting, to help others. Volunteering is selfless, comes from a deep "seeded" desire and compassion to come to the aid of the most needy by sowing compassion in the community. This is what drives volunteers to the roots of their being. Because an entire forest can grow by planting only one small seed, we know that an individual can play a key role in the future of our society." (FCABQ, 2010 translation).

During Volunteer Week and throughout the year the Missisquoi North Volunteer Centre wishes to sincerely thank the hundreds of volunteers in our community who give of themselves through volunteer action. You are our treasures !

THE CAB'S PROGRAM COMMITTEES

Former Youth Involvement

Ken Jones Centre

Nutri-Santé

Partage / Share

SADD (Students Against Destructive Decisions)

NUTRI - SANTÉ



On the last school day in 2009, students at the two Mansonville schools received a surprise visit from Santa Claus and the Star Fairy distributing healthy snacks.



In February, Nicole Raymond gave a workshop to show students how to grow sprouts with different seeds; students left looking forward to continuing the activity at home.



In March, for the fourth consecutive year, the committee furnished students at both Mansonville schools with four varieties of apples, thanks to the Syndicat des pommiculteurs de l'Estrie.

April 13, Mme. Rachel Bégin will visit the two schools to introduce students to the art of bread making.



May 11, Marie-Élaine Hvizdak holds a Lunch-Box Workshop with a Power Point presentation for students at Le Baluchon.

For the project "Paniers santé for young mothers," Madeleine Soucy prepared and distributed 11 baskets with the help of Thérèse Descary and Lucie Lessard.

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.

HOW TO REACH US

CAB Office:	314 Principale Mansonville, QC JOE 1X0
Tel:	450-292-3114
Youth Centre: Ken Jones Centre:	282 Principale Mansonville, QC JOE 1X0
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For online subscriptions:
www.cabmn.org

Printed copies are also available at the following outlets:

Bolton Centre:

- Town Hall
- Caisse Desjardins
- Marché J.P. Fontaine
- Station O-Kataventures
- Town Hall

Mansonville:

- 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

KEN JONES CENTRE

Meet the Sunshine Group.

Four lucky adults – Mikala Riker-Lake, Michelle Field, Roland Jersey and Alli Leonard – are looking ahead to living in their own apartment. And they're hoping it'll be in the not-too-distant future.

Not only do the four Ken Jones Centre members come together weekly to mix, socialize, play games, exercise and do crafts with nine other folks, their families have also been meeting regularly for nearly three years to build a special residence in Mansonville where the four friends can live independently.



The "Maison soleil" will have five units – one for each of the four and a live-in caregiver – plus a common room for dining and socializing.

Want to help? Phone Colin Field (450-292-5058) or Stanley Lake (450-292-3835). Donors receive a tax receipt from Memphrémagog Han-logement.

INCOME TAX

Tax Clinic

For low income earners: single person, \$20,000; couple, \$26,000.

Trained volunteers complete your return for \$5.

Bring your forms to the CAB by no later than April 15, 2010.

YOUTH CENTRE

The following (all since the new year) are above and beyond regular weekly programs:

January:

- Youth welcomed Quebec Provincial Police Officer Eric Tremblay, who provided information on the new laws for impaired driving;
- Indoor Sale Fundraiser.

February:

- Coffee House Open Mic Musical evening (130 attend);
- Winterfest / Outdoor Family Fun Day (more than 240 attend);
- 92 Moo FM radio visit and Pizza Party at the Centre;
- Youth Employment Vision meeting with Pottion mayor and council;
- Youth Pool Tournament (nine teams participated).

March:

- SADD & FYI members take part in Townshippers Round Up Day in Dunham.

Upcoming activities and events include:

- Boys and Girls group Bowling Days;
- SADD Awareness Day;
- Spring Coffee House;
- Open House;
- Two-day Garage Sale in Knowlton.

... and there's more.

For information, call 450-292-4886 or email m.hastings@cabmn.org

SENIOR NEWS



Recent bowling outing with members of Wednesday's Porte Ouverte (drop-in for adults). For information: Lucie Lessard at <infos@cabmn.org> .