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## Weather



TODAY:  
SUNNY

HIGH OF -8  
LOW OF -12



TUESDAY:  
FLURRIES

HIGH OF -4  
LOW OF -7



WEDNESDAY:  
FLURRIES

HIGH OF -4  
LOW OF -14



THURSDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -13  
LOW OF -19



FRIDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -10  
LOW OF -14

# CIUSSSE/CHUS social workers introduce services at Christmas lunch for seniors in Potton



## THE SCOOP

MABLE HASTINGS

On Tuesday, December 10 at 10:00am, the Missisquoi North Volunteer Centre (CABMN) SAPA Senior Services Program Coordinators, Monique Gilbert and Angelle Laplume organised a "Café Rencontre" and Christmas lunch for seniors at the basement of the Mansonville Catholic Church.

The purpose of the "coffee time" was to give senior services social workers, William Constantin-Dyer and Valerie Letarte, who are both relatively new to their positions at Potton's CLSC (CIUSSE/CHUS), the opportunity to explain the services offered through health and social services. The two also took the time to introduce themselves, their roles and how best to access services.

"We felt that this was a vital and valuable introduction," said Laplume. "We must educate seniors in regards to what is available in the way of services and facilitate access," she added.

The 60 in attendance were keen and many voiced that having a link as well as a name to the faces of those providing services was appreciated. For many, while some services were known to them, there were others that they did not know could be accessed through the local clinic. The two social workers did a



PHOTOS: COURTESY

wonderful job in presenting the information and also in extending a supportive link and resource to be called upon whenever needed. Constantin-Dyer who has been replacing Catherine Brousseau until January will no longer be working in Potton when Catherine returns, however his contribution to the presentation was highlighted due to his impeccable bilingualism and his friendly approach in exchanging with the group.

"For the Volunteer Centre (CABMN), it is imperative that all of the local resources work together," said Gilbert one of the organisers of Tuesday's gathering. "Our seniors are precious and making a comfortable introduction as well as clarifying services is something the CAB is able to help to facilitate."

The information session was followed by a Christmas dinner with all the trim-

mings and a joyous chatter among friends added to the success of the activity making it another positive collaboration organised by the CABMN.

"As the senior population grows in the MRC West, exchanges like the one today where the citizens are able to receive information, ask questions and make connections, can only benefit everyone," added Gilbert.

If you would like to reach one of the Potton social workers, contact: 450-292-3376 and the receptionist will connect to their extension. For William and Valerie, the day was considered a highlight as a connection to new faces and friendships as well as the chance to share information was achieved. For more information about the CABMN, visit: [www.cabmn.org](http://www.cabmn.org)

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Association for children with cancer

## Ben by Daniel Shelton

Panel 1: A boy is reaching for an ornament on a Christmas tree. A dog named Ben is barking "WOOF WOOF".

Panel 2: A man says, "HEH HEH... SORRY, ALEC. I TRAINED HIM TO PROTECT THE TREE AND MAKE SURE NO ONE IS TEMPTED TO TOUCH THE ORNAMENTS."

Panel 3: The man says, "SOME OF THEM ARE PRETTY OLD AND FRAGILE."

Panel 4: The man says, "HOWEVER, THE PROBLEM IS THAT HE ALSO FEELS TEMPTED ..."

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