

# News from Memphremagog Conservation Inc.

## Record Staff

Despite the situation with Covid-19, Memphremagog Conservation Inc (MCI) is letting the public know that their administrative team is still hard at work from home, and that most of their summer activities are still on the calendar, with a few exceptions.

## Lake Patrol

The organization's lake patrol will be ready to begin its season on Lake Memphremagog on May 19, and will begin patrolling as soon as the Québec government allows it. MCI is proud to welcome back Eric Phendler, Bishop's University student in environmental sciences and biodiversity and ecology, who will coordinate patrol activities this year. The team also includes Frédérique Thibault-Lessard, completing her bachelor's degree in environmental studies at the University of Sherbrooke, and Marguerite Duchesne, University of Sherbrooke student in ecology.

The patrol can be reached by tele-

phone or text at 819 620-3939 or by email at patrol@memphremagog.org if anyone has any questions or observations. This summer the patrollers will also be sharing news on Facebook.

## Angler Survey

After one full year of working with the State of Vermont to assess the state of sport fishing on Lake Memphremagog, the team is ready to begin its second season. Under the leadership of Maxime Veillette, biologist and former MCI patroller, 5,500 anglers have already been interviewed on the Canadian side of the lake to learn more about their habits and opinions, and to develop a global portrait of sport fishing on Lake Memphremagog. The study's second season will end on this coming October 31st.

## Annual tree distribution

MCI's annual tree distribution in shoreline municipalities will be postponed until June or cancelled altogether. We are awaiting confirmation from Quebec's Ministry of Forests, Wildlife, and Parks.



COURTESY

## Annual general meeting

MCI's annual general meeting will be held on Saturday, August 22nd, 2020 at 9:30 a.m at the Austin Town hall, if the Covid-19 situation permits it.

## AsideRenewal of your membership for 2020

If you from these announcements,

the organization is also taking the time to remind members that now is the time to renew their membership for 2020. Those who do so will continue to receive MCI's annual newsletter and also get a new sticker in recognition of the part they have played in helping to protect Lake Memphremagog and its watershed.

# The Memphremagog Food Bank (BAM)-Providing emergency support during Covid-19 Pandemic



## THE SCOOP

## MABLE HASTINGS

The Memphremagog food bank (Banque Alimentaire Memphremagog-BAM) is a charitable organization founded in 1991 and incorporated in 1995. The organisation operates under a volunteer Board of Directors and through the efforts of a very devoted staff.

In 2013, the Food Bank modified its mission and its values as follows. The mission of the BAM is to provide temporary food assistance to residents in the Memphremagog MRC who are in need striving to improve the quality of life and help to return to food independence. The values of BAM strive for respect through creating mutual aid, listening and non-judgemental assistance, integrity in guiding choices and actions to respect the rules, laws and to preserve the trust of the community, effectiveness in achieving its mission through sound management, commitment to all and the implementation of maximizing the means to return to the community and finally, altruism in fostering empathy, encouraging self-giving and the use of ones talents and time to serve others.

The BAM offers clients food troubleshooting skills, budget advice, con-

sulting and reference services, dietary advice, children and infant funds and support, Christmas baskets, network service with emergency Energy Estrie and a social café. Their services are free however an evaluation is conducted when a request is made to better understand the person's situation.

For anyone wishing to donate foods, the BAM accepts non-perishables and nutritious foods and for the most part, economical. In donating to the food bank, you can also include treats and some more expensive foods that disadvantaged families don't usually get to buy due to budget restraints. Beyond the basics, think about what you would like to receive.

If you feel like being a part of the BAM team and it's over 80 volunteers, you are welcome to offer a few hours of your time and talents (sorting food, gardening, cooking, etc.). You will likely help improve the quality of life of hundreds of people. The BAM Staff team consists of: ANDRÉE GAGNON, Executive Director, CELINE EDWARD, DANIEL LESSARD, JASMINE BÉDARD, MYRIAM VIGNOLA, JOHNEY SAVARD, JOSEE FONTAINE, FRANCINE LAVALLÉE and MADELEINE LAVALLEE. The BOARD of Directors is made up of: FRÉDÉRIC DEMERS-President - Consultant, CHRISTIAN COUPAL, CHANTALE DEMERS, MICHEL MORISSET, MAREK WAKULCZYK, MELISSA BEAUDOIN and JEAN-FRANÇOIS LALONDE.

"For the Missisquoi North Volunteer Centre (CABMN) serving the municipalities of Potton, Bolton-Est, Saint-Etienne de-Bolton, Stukely-Sud and Eastman, the BAM has been outstanding in giving its support to our non-profit organisation during the COVID-19 pandemic," shared Mable Hastings-Executive Director. "There has always been a solid collaboration between BAM and

our Partage/Share food bank however we feel we must note with the highest regard, the efforts and support we have received at the difficult time. The team at BAM have been outstanding!"

Considering the current pandemic situation in Quebec and the measures put in place by the Quebec government, the Memphremagog Food Bank (BAM) has been obliged to put into place the following measures at this time:

- Reception is closed; Surplus at the reception desk is no longer available;
- Social café is closed; Social grocery store is closed.

People in a situation of food insecurity may contact us at: 819-868-4438 and requests will currently be conducted by telephone, rather than face-to-face meetings. Following the contact by phone with one of our workers, food aid will be distributed by means of warehouse conveyors, located in the parking lot on the side of the building. It should be noted that only one entrance is available, it's the one on the side of the building. The BAM is located at 581 rue Sherbrooke in Magog, Quebec J1X 2S4. 819-868-4438



PHOTO: COURTESY