



Missisquoi North Volunteer Centre (CAB) Newsletter

Summer 2009

HOW TO REACH US

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Coming Soon!

(to a mailbox near you)

In the next few weeks, the CAB will be launching its annual financial campaign.

We rely on generous donors. Please be one and join us for our campaign launch.

Date and place to be announced.

WE'RE GOING GREEN!

In an effort to cut costs and go green, future CAB newsletters will no longer be mass mailed. Instead, they will be 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
- Town Hall

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.

Friends and family celebrate the inauguration of Marcoux Park

Mansenville: Saturday, June 6, some-70 friends and family members met at the CAB's youth centre to celebrate the unveiling of a commemorative stone to mark the inauguration of Marcoux Park. The occasion was an opportunity to thank Jacques for his Crazy-guy-on-a-bike fundraising efforts made on behalf of the Youth and Ken Jones Centres.

From April 12 to September 1, 2008, Jacques pedaled 11,340

km through 20 states and three provinces. He also raised more than \$37,000 for physical and health-related programs for youth, and adults with intellectual disabilities.

As a result, the backyard of the youth centre has been transformed into a 70' X 98' grassed-in play area that includes a basketball hoop and concrete practice court; and the basement now boasts a new 30' X 30' dance floor



with a mirrored wall.

Still to come are two raised garden beds accessible for people with disabilities, a garden shed, a volleyball / badminton court, protective netting and several other outside games.

Whatever DO we do?

We exist because we're needed. In fact, you can ask us for just about anything. Well, *almost* anything.

For example, as part of a host of health and social services programs – all aimed at improving the quality of life – the CAB works closely with the CLSC, collaborates with partner groups, intervenes with government and other officials, and provides regular weekly programs for youth, persons with disabilities and seniors.

It also participates in crisis intervention, provides walk-in support and advocacy, meets requests for volunteer drivers, lends out sick-room equipment and locates service providers,

like the time we once found someone to dispose of a wasp nest.

A few years back, at the request of the SQ, the CAB also mobilized volunteers for a search party that found a woman lost in the woods for two nights.

More recently, the CAB's been supporting students in search of summer work (phone 450-292-4583 if you'd like a student worker) and young families in search of day care.

However, we don't do everything. Please ask us. No matter what, we'll do our best to refer you to the right resource and, if necessary, help with applications.

Do You Know?

1. The approximate number of km traveled last year by our volunteer drivers?
2. What day of the week seniors gather at the Mansenville Elementary School for the CAB's Drop-In program?
3. The number of folks with disabilities registered in the KJC's respite care program?
4. The total number of volunteer hours given by SADD and FYI members last year?
5. The number of pounds of apples distributed by Nutri-Santé in March?

Answers below.



OUR NEW DANCE FLOOR



Come visit us!

Mansenville's Multicultural Festival Day:

- The Youth and Ken Jones Centres will be in the parade;
- The CAB and two committees — Nutri-Santé and Partage/Share — will have booths;
- The KJC will have a snack bar, and host a garage sale at the Youth Centre.

Do drop by!

CAB'S Five Program Committees

Former Youth Involvement (FYI):

A group of older youth ages 18-30, mostly SADD graduates and now mentors who volunteer their time to assist in organizing Youth Centre and fundraising activities with and for the younger youth.

Ken Jones Centre (KJC):

Provides programs for persons with special needs, especially those with intellectual disabilities and their families.

Nutri-Santé:

Promotes healthy nutrition to foster individual, community and global health.

Partage/Share:

Helps provide essential food and household consumables where need exists in the community. Manages an emergency food bank and distributes Christmas baskets.

Students Against Destructive Decisions (SADD):

Students, ages 12-17 who meet weekly to be responsible citizens, acquire leadership and public speaking skills, organize youth dances, coffee houses, special events and fund raisers for the youth centre and others.

Answers to our five questions

1. 17,000 km;
2. Wednesday;
3. 10 adults;
4. 2,066 hrs;
5. 960 lbs of apples