



Missisquoi North Volunteer Centre (CAB) Newsletter

Fall 2009

HOW TO REACH US

CAB Office:	314 Principale Mansenville, QC JOE 1X0
Tel:	450-292-3114
Youth Centre: KJC Centre:	282 Principale Mansenville, QC JOE 1X0
Tel:	450-292-4886
E-mail:	infos@cabmn.org
Web site:	www.cabmn.org

**PANDEMIC OR
EMERGENCY
MEASURES**

**ARE YOU INTER-
ESTED
IN VOLUNTEERING?**

WE'RE GOING GREEN !
In an effort to cut costs and go green, CAB newsletters will not 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.

Financial Campaign



On September 5 our resident "Crazy Guy on a Bike" aka Jacques Marcoux and friends set off on a three-day 400K cycling tour to officially

launch our annual financial campaign. We can't do much of what we do without the generous support of donors. Won't you please help us reach our goal of \$40,000? There are four ways give. Donations can be sent by mail, by credit card at our website at www.cabmn.org, by contacting us to set up an electronic funds transfer or by simply bringing in your donation to the office.

COMMUNITY ANIMATOR

Hi, my name is Lucie Lessard, fall is here and so is a new season of programs. Our Wednesday Drop-in for adults is every Wednesday at the Mansenville Elementary school from 9 a.m. to 3 p.m.

The Stand-up program for autonomous seniors is offered twice weekly (Wednesday & Friday) at Residence Potton from 10:00 a.m. to 11:00 or 11:30 a.m. for 12 weeks. Pre-registration is required.

Call or email (l.lessard@cabmn.org) for information on events or conferences.

Ken Jones Centre

At the Multicultural

F e s t i v a l
Alli and Michelle participate in a variety of Ken Jones Centre social integration programs, including respite care (for natural care givers), every Thursday, 9 am - 3 pm.

Oktoberfest:
Saturday, October 17, 2009, Owl's Head Ski Chalet

Music: die Musikmeister(s); Schuhplattler Gruppe (Bavarian dancers); Traditional German cuisine. Benefit of the CAB's Ken Jones Centre and the Potton Heritage Association. Information and tickets: 450-292-3020. Sorry! Advance sales only.



PARTAGE/SHARE

The committee wishes to thank all those who generously baked for our August 8 fundraiser. It was a great success and very much appreciated. The money raised will help feed those in need all year round and at Christmas time. Thanks also goes to those who made a donation.

Sincerely,
Angelle Laplume
a.laplume@cabmn.org

YOUTH CENTRE

2009-2010 YOUTH PROGRAMS BEGIN AT THE MISSISQUOI NORTH YOUTH CENTRE

Our five weekly youth programs for youth ages 5 and up will re-start at the end of September. With our new backyard, basketball court, volleyball court, basement dance floor with mirrored wall and sports equipment, we are looking forward to a physical and fun year of activities.

NEW at the Missisquoi North Youth Centre: **Play Station 3, Rock Band-Beatles, and new sports equipment.**

Call for Exact start up dates and Fall Registration forms will be available soon! We look forward to seeing you at the Youth Centre.

For more information or to register your son or daughter in a program, contact the Youth Centre at 450-292-4886 or m.hastings@cabmn.org



THE CAB'S Program Committees

- Former Youth Involvement (FYI)
- Ken Jones Centre (KJC)
- Nutri-Santé
- Partage/Share
- Students Against Destructive Decisions (SADD)

Nutri-Santé committee



We would like to thank everyone who supported our activities throughout the past year and at the Potton Multicultural Festival.

This fall educational nutrition workshops will continue at l'École du Baluchon and introduced to the Mansenville Elementary School.

Committee president, Thérèse Descary has retired after 3 years of fabulous work to pursue other projects. She will continue to volunteer. The committee extends thanks and wishes her good luck. "We'll miss you!"

Want to express a comment or suggest Ideas to the committee? Please contact us by calling the CAB MN at 450-292-3114.

The committee :
Angèle Hébert
Madeleine Soucy
Ariel Betancourt
Lucie Lessard.

Thanks you to all !

**WOULD YOU LIKE
TO BECOME A
MEMBER OF THE
VOLUNTEER
CENTRE?
IT'S NOT ONLY
EASY BUT IT'S
FREE!
GIVE US A CALL
OR DROP-IN.**