



# Missisquoi North Volunteer Centre (CAB) Newsletter

Fall 2010

## HOW TO REACH US

<b>CAB Office:</b>	<b>314 Principale Mansenville, QC J0E 1X0</b>
<b>Tel:</b>	<b>450-292-3114</b>
<b>Youth Centre:</b>	<b>282 Principale Mansenville, QC J0E 1X0</b>
<b>Tel:</b>	<b>450-292-4886</b>
<b>E-mail:</b>	<b>infos@cabmn.org</b>
<b>Web site:</b>	<b>www.cabmn.org</b>

## Volunteer Drivers Wanted

The CAB is looking for volunteer drivers for medical appointments. You donate your time according to your availability and the cost of using your vehicle will be reimbursed to you. Call us for more information.

## Halloween Party

To benefit the Missisquoi North Volunteer Centre.

Saturday, October 30, 8:00 p.m.  
Owl's Nest, 741 route 243,  
Mansenville. Tickets \$10  
(advanced sales only).



Paper copies of this newsletter are available at the following outlets:

### Bolton-Est:

- Dépanneur Fusée JC
- Town Hall

### Eastman:

- Caisse Desjardins
- Centre d'affaires Eastman
- Marché J.P. Fontaine
- Station O-Kataventures
- Town Hall

### Potton:

- CAB office
- Caisse Desjardins
- CLSC
- Dépanneur des 13
- Jewett's Store
- Library
- Reilly House
- Town Hall

### St-Étienne-de-Bolton:

- Town Hall

### Stukely:

- Dépanneur de Stukely

Let us know if you'd like your newsletter mailed to you.

## It's been a great three years!

Three years ago, having just moved to Mansenville, I was immediately invited to enroll my daughter Allison in the Ken Jones Centre's weekly program for intellectually challenged adults. We jumped at the chance; in St. Hubert, we had been waiting for such a call for several years!

Allison now enjoys fun and challenging activities with a group of good friends, while I receive respite. As an offshoot, Allison has two jobs in the community and has joined the Special Olympics Ski Team. Thanks to the KJC, my daughter leads a more enriched and rewarding life.

Wanda Leonard  
Photo: At Autumnfest: Alli Leonard (left) with two of her special friends - Roland Jersey and Michelle Field.



## The Missisquoi North Youth Centre Programs: Something to Talk About!

Hey Kids...

Weekly programs re-start this fall and we look forward to seeing you all in the coming weeks.

**Boys Group** (Thursdays) & **Girls Group** (Fridays): These two groups meet after school to enjoy sports, crafts, games, dance ... For kids aged 5-12.

**SADD** (Students Against Destructive Decisions): If you like organizing things, being part of a team and working hard, then SADD is the group for you! For youth 12 and up.



At **Drop-In**, kids over 12 will enjoy outdoor sports, pool tables, darts, ping pong, table soccer, Nintendo Wii, wireless Internet access, and PlayStation 3 (new this year: Madagascar Kartz, Legends of Wrestlemania, Darksiders, and more ...) . For youth 12 and up.

**Dance/Theatre**: Past plays have included: Grease, Cinderella, Twin Freaks, Bad Medicine and more! The play or project for the current year is determined once a group of youth is formed. Must be at least 12.

Want more information? Call the Youth Centre at 450-292-4886 or visit our website at [www.cabmn.org](http://www.cabmn.org).

## Nutri-Santé

The Nutri-Santé committee, whose goal is to promote nutrition among young people, will continue its workshops at the French and English elementary schools in Mansenville. Members had their first meeting and enthusiastically prepared their programs for the upcoming year.

The committee members are Marie-Élaine Hvizdak, Denise Sansoucy, Madeleine Soucy, Karen Tinker, Ariel Betancourt (CAB board member) and Lucie Lessard (CAB employee).



## Christmas Baskets

A donation of non-perishable food, money or even your time would be greatly appreciated! Please call the CAB at 450-292-3114 to help.



## Wednesday Drop-in for adults

Wednesday Drop-in for adults, including the Viactive program (exercises for people 50 years and up), is held every Wednesday at Mansenville Elementary School, starting at 9:00 a.m.

Call or email ([l.lesard@cabmn.org](mailto:l.lesard@cabmn.org)) for information on outings, events, or conferences.

## Oktoberfest

Saturday, October 16, 2010, from 4 p.m. at Owl's Head Ski Chalet. Music: die Musikmeister; Show: Schuhplattler Gruppe (Bavarian dancers); Traditional German cuisine. To benefit the CAB's Ken Jones Centre and the Potton Heritage Association. Information and tickets: 450-292-5058.

## Looking for Volunteer Translators

In our efforts to improve and increase communication within the community, we have also increased our translation costs. Last year we spent about \$1,500 on translation alone, which includes the reduced rates and donations that our generous translators have given us.

If you have translation expertise, you can help us continue to improve communication within our community. Tax receipts can be given for donated services. Contact us for information.

## Needs Survey

The CAB is conducting a survey for residents aged 55 and over in order to better answer their needs. You can obtain a copy at the CAB or on our website.