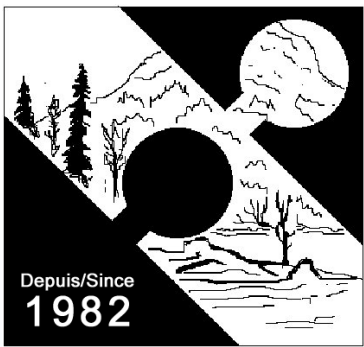


# CABMN Newsletter



## CABMN Missisquoi North Volunteer Centre

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## Congratulations, Mable, on 25 Amazing Years!

On behalf of everyone at the CAB – the Board of Directors, employees, volunteers and friends – we extend heartfelt congratulations to Mable Hastings for 25 years working at the Missisquoi North Volunteer Centre. Our community would not be the same without her, and we thank her profusely for her dedication and her immense contribution to our little corner of the world.

A grand celebration in Mable's honour was held on June 11, at the St. Cajetan Church in Mansenville. Party-goers laughed and cried along with a very surprised Mable as they enjoyed stories, poetry, musical performances, art, photo slideshows, good food, and an evening of dancing into the wee hours of the morning. Read more about the momentous event from Mable's perspective in her article published in The Record, which is available on our website.

We will be showing the video recording of the party at the Youth Centre on June 29 at 6:30 pm – all are welcome to join us for some fun entertainment and popcorn!



## The Partage/Share Committee is much more than a Food Bank

The Partage/Share Committee is also a listening ear, it's helping people go forward in life, it's making the right connections, i.e.: linking people to the resources that can help them – whether it be finding work, dealing with substance abuse, budgeting, etc.

If you have any questions do not hesitate to contact us at the CAB. As always, the service is confidential.



## Merci and Good Luck!

It's been an experience! For us at the CAB and also for our five Katimavik volunteers who've been with us since January gaining valuable experience in fields that interest them and help us at the same time. From left to right are Jillian, Laura and Josephine, who spent one day a week at the Ken Jones Centre – Jill also worked at the CAB office – and Sean and McKenzie who helped at the Youth Centre. To all of them we say "Merci!" and "Good luck!" Your energy and enthusiasm are contagious.



## Lob ball Tournament Fundraiser

Again this year, FYI member and volunteer, Jessie Lee Johnson is organizing her second annual Lob ball tournament fundraiser to benefit the youth programs. The event will be held the weekend of July 1, 2 and 3 at the ball field in Mansenville. Anyone interested in playing in the tournament should contact Jessie for more information or to register at (819) 993-1585.



# Drop-In



## Fall Youth Programs

Fall youth programs will start in September. Any youth between the ages of 12 and 17 who is seeking a leadership role, likes to be active in the community and who enjoys working toward a good cause is encouraged to join our Students Against Destructive Decisions (SADD) youth board of directors for the 2011-2012 year.



For more information about the SADD and other CAB youth programs, contact Mable Hastings, Youth Director at (450) 292-4886 or visit the CAB website.

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## Mashed Potatoes Galore!

Thanks to plenty of peeling, boiling and mashing (50 pounds of potatoes, to be precise), KJC Committee members – Colin Field and Rick Fergusson – can now add *Master Mashed Potato Chef* to their resumes. As soon as they found their recipe (on the Internet under *Mashed Potatoes for Dummies!*), the KJC committee knew their Ham and Baked Bean Supper (at the CAB's Silent Auction) would be a winner. By all counts, it was!



## Missisquoi North Youth Centre – Summer Employment

The Missisquoi North Youth Centre will be helping youth as they seek summer employment. As part of the Potton Employment Partners (PEP) committee, the Youth Centre along with representatives from the Municipality, the Caisse Populaire, the Carrefours Jeunesse Emploi, and the CSSSM are working to help youth find jobs this summer. Need to write a CV, cover letter or to find a list of employers in the area who are looking for students? Contact the youth centre and we will refer you or help you to find the support that you need: 450-292-4886.

## Working Hard at Having Fun

KJC participants have been busy having fun recently. First, it was a BBQ to which friends and family were invited, and then it was a Variety Show in which members danced, sang and played percussion. The latter was a combined fundraising KJC/SADD/FYI event brought together with the help of Katimavik volunteers, respite staff

and Mable, who choreographed three KJC dance routines starring Alli, Roland, Michelle and Vicky. The evening was unforgettable – even, extraordinary – thanks to KJC, SADD, FYI and community performers; the Municipality of Potton and SADD/FYI each presented certificates of appreciation to delighted KJC participants.



## Boys and Girls Groups

As another year of boys and girls group draws to an end... we reminisce about a year of fun, laughter, memories & friendships made. Silly games, crafts, bowling, tubing, a sleigh ride, hiking, playstation, dancing, and cooking are a few of the activities the youth participated in this year.

The Boys and Girls groups will restart in the fall, with a sense of anticipation and excitement. So, watch for the registration forms to be sent home in your child's school bag in September.

We look forward to seeing all of the smiling shiny faces of the girls and boys this fall at the Youth Center. Have a safe & happy summer!

Sarah Jersey, Assistant to the Youth Director, and Sheila Samborsky, Animator.



## Ken Jones Centre Respite & Activity Program

Waiting for the bus can be a fun time if you're a member of the Ken Jones Centre respite group. Not only do these folks get to swing, sway and socialize, but they also get to bowl, dance, and engage in other physical activities especially geared for them. Ken Jones Centre programs are devoted to providing social integration and leisure activities for persons with intellectual disabilities, and respite for their families. For more information: [ckjc@cabmn.org](mailto:ckjc@cabmn.org) or phone 450-292-3114.

