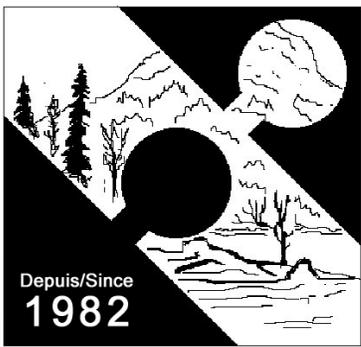


CABMN Newsletter



CABMN Missisquoi North Volunteer Centre

Office:

314-B Principale,
Mansonville, QC, J0E 1X0
Tel: 450-292-3114
Fax: 450-292-3373

Youth Centre and Ken Jones Centre:

282 Principale,
Mansonville, QC, J0E 1X0
Tel: 450-292-4886
Fax: 450-292-4886

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infos@cabmn.org
www.cabmn.org



From left to right: Colin, Lucette and Michelle Field, Blair and Linda Anderson. Each year, Michelle also sells her own art work and hasty notes.

Ken Jones Centre

Friends and members of the Ken Jones Centre take time out from barbecuing German sausages and serving home-made soup and chili at this year's Autumnfest – an annual three-weekend event on Mount Owl's Head. KJC volunteers, in partnership with the Heritage Association, are old hands at feeding the crowds; they've been running the concession since 2005. New this year: Oktoberfest (October 15) will be a collaborative effort with the KJC and Masons (St. John's Lodge #27). See Colin (450-292-5058) for tickets.

Volunteer Receptionists Needed

"Centre d'action bénévole, how may I help you?" If you can manage that line, we need your help! The CAB is seeking bilingual volunteers for reception at the office (half or full days) during regular business hours. Volunteers would become a valuable part of the office team. Training is provided and volunteers will have an opportunity to use any spare time at the office for their own development. Contact Alison at the CAB office.

Halloween Party

Join us on October 29 at 8:00 p.m. at the Town Hall (2, rue Vale Perkins, Mansonville) for Jason Ball's 3rd Halloween Party to benefit the CABMN. CAB volunteers will operate a bar and "Deejay Jason" will provide the music for dancing. There will be refreshments, prizes for costumes, door prizes and lots fun for all who attend! Tickets are \$10. Call 450-292-4886 to reserve yours today.



On to New Adventures

Lucie Lessard has left the CAB for a fulltime position at the Spa Bolton. She will be sorely missed by her colleagues, the board, volunteers and the countless individuals who have been touched by her presence throughout her 15 year career with us. Best wishes Lucie!



Katimavik

The CAB welcomed Katimavik volunteer Danielle Bateman, who spent the summer at the office working with Angelle on a procedural guidebook for volunteer receptionists. Currently we have Catherine Dzbik at the office, Jaelynn Matheson and Clara Bradley at the Youth and Ken Jones Centre, respectively.

The CABMN Youth Centre Programs

25 years, three generations, and still going strong!

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, free wireless Internet access, and PlayStation 3. 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.



Some of the SADD Youth with Alison Brunette of CBC Radio



A visit from voice actor, Daniel Brochu who does the voice of Buster Baxter on the cartoon series, Arthur



Craig Cote shows off his poster at Boys Group, which won SADD's Destructive Decisions contest. Violetta Fontana was the Girls Group winner (not shown).



Youth Centre representatives with New York Times best-selling author, Louise Penny, at Brome Lake Books

Want more information? Call the Youth Centre at 450-292-4886 or visit our website at www.cabmn.org.

CABMN Newsletter

Celebrating our Harvest!

Harvest time has arrived! With vegetables they had sown and harvested themselves, students from the elementary schools in Mansonville cooked up tasty dishes under the supervision of the CAB Nutri-Santé committee members and teachers.



On Friday, September 30, students from the two schools met at École le Baluchon to enjoy a delicious meal prepared with love. The greatest reward was to see how the children were happy to try unfamiliar foods. The joy was in the preparation and friendly communication between students from both schools.

Board of Directors

Jennifer Sherrer was newly elected to the Board at the Annual General Meeting in June. She will be taking on the role of secretary. Jennifer joins Brian Nichols, Lana Lane, Pat Barnes, Ariel Betancourt, Almut Ellinghaus, Michael Cyr, and Tammy Hamelin.

Partage/Share Needs Your Help

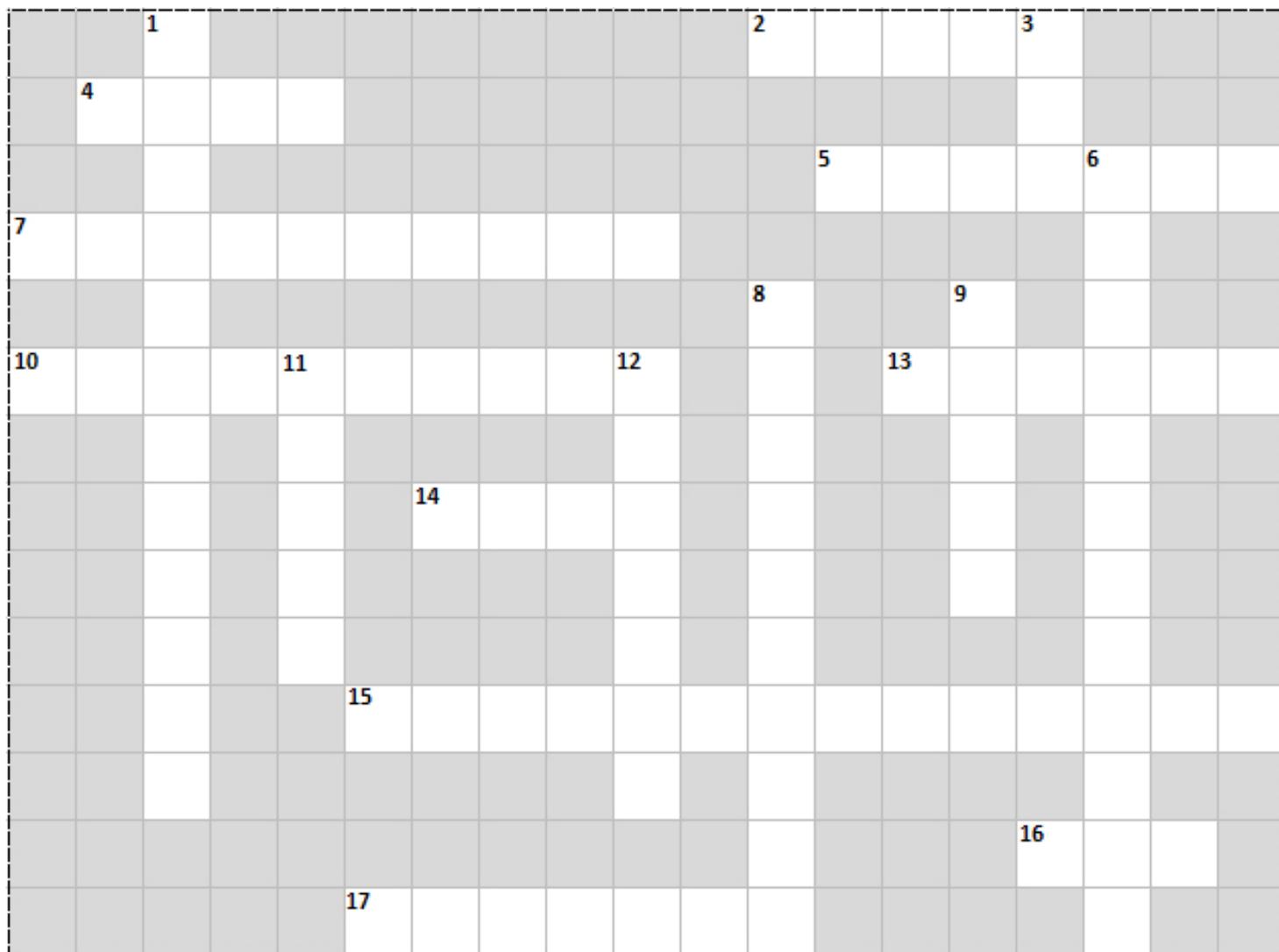
The Partage/Share committee is gearing up for its annual Christmas Food Basket program. We are always in need of non-perishable food items, financial contributions, and volunteers to sort food boxes. Please contact the CAB office if you are able to help.

2012 CABMN Calendar

The CAB is producing a 2012 calendar to promote the CAB, its committees, volunteers, and services. The calendar will also serve as much needed fundraiser. Stay tuned for more information.



CABMN Crossword Puzzle



ACROSS

- 2. Employees
- 4. Activism group for youth dedicated to preventing negative behaviours
- 5. Golden agers
- 7. Promotes a healthy diet for individuals and the community
- 10. Diagram that shows the structure of an organization
- 13. Contribute to a worthy cause
- 14. Meet on Thursday afternoons
- 15. Respite care for persons with intellectual disabilities and their families

- 16. Acronym for our governing committee
- 17. Have voting privileges at the Annual General Meeting

DOWN

- 1. Responsible for Christmas baskets
- 3. Still involved, but out of high school
- 6. Non-profit
- 8. The very foundation of our entire organization
- 9. _____ groups
- 11. "N" in CABMN
- 12. "An improved quality of life."

Answers can be found on our website!