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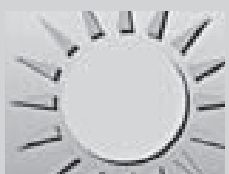
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## Weather



TODAY: SHOWERS

HIGH OF 11  
LOW OF 9



TUESDAY: SUNNY

HIGH OF 15  
LOW OF 2



WEDNESDAY: CLOUDY

HIGH OF 15  
LOW OF 6



THURSDAY: 60% CHANCE OF SHOWERS

HIGH OF 12  
LOW OF 6



FRIDAY: 60% CHANCE OF SHOWERS

HIGH OF 15  
LOW OF 7

# Social intervention students from France make second visit to the Missisquoi North Volunteer Centre



## THE SCOOP

### MABLE HASTINGS

On Tuesday, October 1, the Missisquoi North Volunteer Centre (CABMN) staff team welcomed 13 students from NISKA—a development consulting cooperative which offers training on citizen action and community development. The adult students are directors and coordinators of “Community Centres” in social intervention from France. This is the second year that the exchange has been part of the group’s studies in the field of community development and social work.

The students were accompanied by Isabelle Mercieca Coordinator for NISKA. Mercieca has long worked in the community through Quebec en Forme and the Membre en Mouvement programs

and until recently, she played a leadership role in the Potton Partners committee that works with families and youth promoting healthy eating and life habits.

CABMN Executive Director, Mable Hastings shared information with the group in regards to the territory covered by the CABMN that serves the Memphremagog West sector consisting of five Municipalities: Potton, Bolton-Est, St.Etienne-de-Bolton, Eastman and Stukely-Sud. Danielle Cousineau, a volunteer member of the CABMN Board of Directors explained the history of the Volunteer Centre and talked about the role of a board member. She also spoke about the CABMN Nutrition program of which she is a member. Debora Harding, Assistant to the Director shared information about CAB services including: sick room lending equipment, accompanied transport, emergency food bank, income tax clinic, referrals, support and more... Both Harding who also works alongside Sarah Jersey as part of the CABMN Volunteer Coordination Team shared their abundance of information about the registering of the CAB’s 220 active and devoted volunteers and exchanged with the group on this topic.

Following a five minute break where delicious homemade desserts prepared

by volunteers (Deborah Dimitruk, Christian Donaldson, and Debra Harding), were served, the presentations continued with Eszter Csiszer, a member of the Special Program Coordination Team working with the Ken Jones Respite group for persons with intellectual and Physical challenges, shared information about the program and answered questions posed by the students. The afternoon ended with Monique Gilbert and Angelle Laplume, the Senior Services Coordination Team presenting their many programs, workshops and projects for the senior population as well as statistics that alerted all to the high senior population in the MRC Ouest.

Many experiences, highlights and challenges were shared with the group and the questions presented by the students were thought provoking and interesting. At the end of the three hour exchange the group posed for a photo bringing this second annual visit to completion. By all accounts, the time shared with the NISKA students was a success.

For more information about CABMN programs and happenings like this one, visit: [www.cabmn.org](http://www.cabmn.org) and subscribe to their weekly newsletter. You can also contact the CABMN Main Office at 450-292-3114 or the Youth Centre building at 450-292-4886.



PHOTO: DEBRA HARDING

## Ben by Daniel Shelton

