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TOWNSHIPPERS

Townshippers' Association Autumn/Winter 2014 Vol.35, No.2
FREE

TOWNSHIPERS.ORG



CELEBRATING 35 YEARS AS THE
ENGLISH-SPEAKING COMMUNITY'S
ORGANIZATION

Don't miss out on Townshippers' celebratory events, plus, learn about the upcoming school board elections, events and activities in the region, and more....



MESSAGE FROM THE PRESIDENT

Recently, the Quebec media have been focused on the excitement of the referendum in Scotland, drawing frequent and not unexpected comparisons between our situation and theirs. With the results of our own provincial election last spring we, like the Scots, are in a rebuilding process.

However, I do have a word of caution for all English-speaking Townshippers. It is certainly the case that the present provincial government is making a sincere effort to both recognize and include the English language minority in its policies and orientations, but we are at risk in the implementation process. With massive spending cuts coming in all sectors of government services, along with significant restructuring of the way in which services are delivered, I fear that the interests of rural English-speaking Townshippers may be swept downstream, caught in the current of these rapid changes.

Again, it is evident the we must have a strong public voice in all matters that impact on the services that English speakers require and are entitled to receive. The need to think in terms of "strategic objectives" must become an even stronger priority in your Association's daily operations.

We can all be very proud of the way in which Townshippers' Association has fulfilled our mission over the last few months. Thanks to the hard working and truly dedicated staff,

as well as the unflagging efforts of our volunteers, we have not just maintained but expanded our offerings. Our credibility has never been greater because we deliver on our commitments. At a time when public funding is always in question we are seen as one of the go-to organizations, one that is reliable and dedicated to the well-being of our community and an active partner in the development of a prosperous and inclusive Quebec.

In the coming months it will be necessary to dedicate even more time to issues of advocacy, to ensure that our voice is heard, and that we are seen as a constructive and objective participant in the ongoing process of change.

In closing, I am asking each and every one of us to accept the idea that we must not allow ourselves to be SPECTATORS at a time when we need to be PLAYERS in the strengthening of our community as a vital part of Quebec society. Together, we can get the job done.

Gerald
Cutting

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TOWNSHIPPERS

Autumn/Winter 2014 Volume 35, No. 2

TOWNSHIPPERS is the official members-only newsletter for Townshippers' Association, a non-profit, non-partisan community organization focused on promoting and supporting the interests of the English-speaking minority community in the historical Eastern Townships, Quebec, Canada. While every effort was made to ensure the information in this publication was correct at the time of going to press, the publishers cannot accept legal responsibility for any errors or omissions. TOWNSHIPPERS is solely owned, designed and published twice a year by Townshippers' Association and is made possible, in part, by financial support received from Canadian Heritage. All rights reserved. No part of this publication may be reproduced without obtaining the written permission of the Association.

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Why are we so quick to push our youth away from home?

Check Townshippers.org to keep updated on events happening in a town near you! Exhibits, shows, concerts and more, the community calendar is a great way to support talented people in the Townships.

IMPORTANT REMINDER: Digital, Postage, Pickup

When it is time to renew your membership don't forget to indicate your magazine preference! Digital editions are free but, due to the increasing cost of postage, there is an annual fee of \$5 to receive this magazine by post. It is also possible to make arrangements to pick up your copy in our office during business hours and save postage fees. If you don't indicate your preference when you renew, by default we will add you to the digital editions.

** Does not apply to current holders of lifetime membership.*

For membership renewals/info contact:

Evelina Smith, Information & Referral Coordinator,

819-566-2182 (1-877-566-2182) info@townshippers.qc.ca

COMMUNITY GENEROSITY

In the last issue of Townshippers [Vol.35, No.1, page 9 - Team Canada Recruits Townships Teen] South Durham teen Jen Deslauriers appealed to Townshippers across the region to help her compete internationally on Team Canada's handball team in April by supporting her fundraising efforts.

Thanks to your generosity, Jen was able to realize her dream by competing and she gained invaluable life experience at the same time. Jen wished to share her gratitude with all those who supported her athletic dreams.

A letter of thanks.....

"I would like to thank everyone who purchased gift carts to help me raise funds to go to Brazil with Team Canada handball. We played against five different countries and we had a lot of fun with the Brazil team, even if we did not understand what they were saying. Unfortunately we did not win but the experience showed me how lucky we are in Canada, and how sad it is that we are still not pleased with what we have. In Brazil even though they live in poverty they are still happy and thankful for what they have. I learned so much from this experience and I couldn't have done it without you. Thank you."

Community Support

Time and time again it is the tremendous support of individual Townshippers that helps to make our community a better place for all. Whether supporting young athletes, donating funds or goods to local organizations, giving your time and efforts to a cause at home or abroad, your caring and compassion are inspirational and set an excellent example for tomorrow's leaders.



Image: Santiago Russo

TEAM WORK ON AN INTERNATIONAL SCALE Team Canada and Team Brazil showed more than a competitive nature when they met for an international handball competition in Brazil last April. Athletes enjoyed a cultural exchange and camaraderie, despite the language barrier. The generosity of Townshippers across the region helped South Durham teen Jen Deslauriers realize her athletic dreams by playing for Team Canada.

35 years of Townshippers' working for Townshippers

By Rachel Hunting & Corrinna Pole

Since its creation in 1979 Townshippers' Association has had the interest of the English-speaking community of the historical Eastern Townships at its heart. Its focus has been to ensure that all of the members of this minority community remain visible. It continues to be an integral part of the English-speaking community.

Through a broad range of services and initiatives, Townshippers' works to strengthen the community and culture of English-speaking Townshippers, open doors of opportunity for youth, and promote access to health, social and other services in English. The association is still important today and its input is sought by federal, provincial and local governments and other bodies on a variety of issues that touch the lives of English-speakers in Quebec.

As Townshippers' celebrates its 35th birthday this year, we are humbled and inspired to continue serving our fellow Townshippers. We invite you to

join us to celebrate Townshippers' and the community spirit that has powered the association for the last 35 years on Friday, December 12th from 5 p.m. to 7 p.m.

Explore the location of Townshippers' head office in the Marquerite Knapp Building, discover what activities the association has been involved in and what is coming up next, chat with the team responsible for so many projects and activities and meet with representatives from the Association Board. Enjoy door prizes and refreshments served along with the 35th anniversary cake!

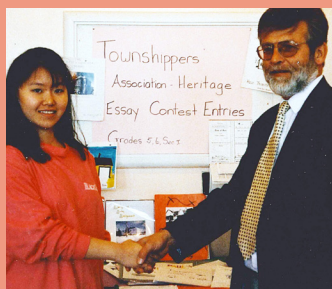
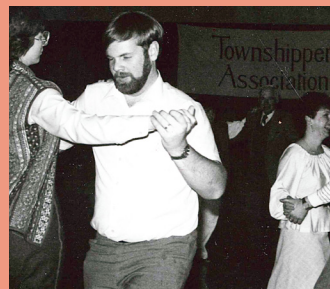
Townshippers' 5 à 7 Birthday

Bash takes place on Friday, December 12th, 2014, at Townshippers' Association's head office, in the Marguerite Knapp Building, 257 Queen Street, Sherbrooke. For more information contact Townshippers' Association, 819-566-5717 (toll free: 1-866-566-5717), ta@townshippers.qc.ca, Townshippers.org.

Register at Townshippers35th.eventbrite.ca to receive an event reminder in your email.



Enjoy these photos from Townshippers' archive



REGIONAL SUPPORT FOR CAREGIVERS IS GROWING

By Kate Murray - Over the last decade there has been a growing awareness that more and more people in this region are filling the role of caregivers to friends, neighbours and loved ones. In past generations, when people lived in close contact with extended families, this also took place but many family members participated and people were not as isolated.

With families now living further away it is often just one or two people who are helping keep loved ones at home. They don't necessarily identify themselves as caregivers and take on more and more tasks for their loved ones. Caregivers often run the risk of becoming exhausted and ill themselves. There is help available but the first step is for people to recognize that they are caregivers. In the Montérégie-East there are two organizations dedicated solely to helping caregivers: The Brome-Missisquoi Caregivers Support Group, located in Cowansville and CSRF - La Maison soutien aux Aidants, located in Granby.

Both of these organizations provide information and respite care as well as other services. Alzheimer's societies also provide support for caregivers. In Brome-Missisquoi we have a peer support group called Caregiver's Café held monthly at St. Paul's Anglican Church in Knowlton. This group has guest speakers on topics chosen by those who attend. There is resource sharing and problem solving that takes place among caregivers. Support services are also available from the CLSC in all regions.

For information, Service Quebec has a booklet in English for seniors and also one for Caregivers. There is a provincial organization called L'Appui, which is active in many regions. They can be reached on their website - www.lappui.org - or by phone 1-855-852-7796 to learn about where services are available.

In Magog, there is a project with Townshipers' Association called Food for Thought, funded through L'Appui. This series of information sessions takes place in a warm atmosphere along with a wonderful lunch.

Townshippers' Association has many projects in the works to help caregivers, so stay tuned for more information or give us a call at our offices in Sherbrooke 819-566-5717 or Lac-Brome 450-242-4421 to learn more.



Quebec AM

with
Susan Campbell

WEEKDAYS 6:00 to 8:30 am

cbc.ca/quebecam



radio one

TOWNSHIPERS' ASSOCIATION IS PLEASED TO ANNOUNCE THAT OUR



Food *for* Thought

LUNCHEONS ARE BACK!

Funded through *L'APPUI Pour Les Proches Aidants D'Ainés Estrie* and coordinated by Judy Lawson, Townshippers' initiative *Increasing Access to Information for English-speaking Caregivers of Seniors* includes a series of seven luncheons providing information and resources for individuals in the English-speaking community who are fulfilling the caregiver role.

The luncheon activities will take place the third Friday of each month, beginning October 17th, 2014, from 12 pm to 2 pm at St. Paul's United Church, 211 Rue des Pins, Magog, J1X 2H8. Each luncheon costs just \$6 per person with all proceeds being reinvested in the project and contributes to covering catering expenses for each activity.

ON THE MENU FOR OCT 17TH

Guest speaker Yvonne Clark, a licensed social worker, family therapist and certified grief counsellor, will help us understand the grieving process. We all at one time or another face loss in our lives - loss of loved one, loss of job, loss of a relationship ... Please come and invite anyone you know who is experiencing a loss. Yvonne's presentation is sure to touch you very deeply.

Accompanying this presentation will be gourmet grilled cheese, Caesar salad, coleslaw, and homemade pie – reservations are not necessary but a timely arrival is recommended as space is limited and you won't want to miss out!

Introducing... Judy Lawson

Coordinator, L'APPUI initiative



Judy Lawson (nee George) is someone whose heart has always been in the Eastern Townships. With many roots and many relatives in the area, and having spent every summer at a cottage on Lake Memphremagog she is pleased to have moved back to the Townships with her husband, Steve (a transplant from Toronto) to be a part-time caregiver for her father and his wife in Knowlton.

Judy attended Champlain College in Lennoxville, and then received a degree in Gerontology (the study of aging) from Laurentian University in Sudbury, Ontario. As well as cooking and good food, she enjoys accompanying older adults on their journey. The Food for Thought luncheons combines these three passions.

Activities in Health

The Eastern Townships Partners for Health & Social Services is a community-based network that promotes the improvement, development and accessibility of health and social services, based on the needs of the English-speaking community. Initiated in 2004 by Townshippers' Association, four coordinators work to inform and empower the English-speaking community through projects and activities in the Estrie and Montérégie-East regions. Interested in the project found on these pages? Unless otherwise noted in the project, you can contact the coordinators in your region for more information.

Estrie Network

Shannon Keenan

sk@townshippers.qc.ca

Debbie Bishop

db@townshippers.qc.ca

819-566-5717 (toll free: 1-866-566-5717)

.....

Montérégie-East Network

Kate Murray

km@townshippers.qc.ca

Maggie Severs

msevers@townshippers.qc.ca

450-242-4421 (toll free: 1-877-242-4421)

STANSTEAD MENTAL HEALTH

By *Debbie Bishop*

After a summer break, the Stanstead Mental Health group resumed its group activities on September 26th, 2014. The group gets together for three sessions during the year and each session lasts 11 weeks. The point of these group meetings is to give the participants an opportunity to socialize and integrate into their community.

The group meets for a day during which they have a creative activity, physical activity, and a meal. Activities include painting, building birdhouses, gardening, basket weaving, stained glass, and cooking, as well as whatever else inspires them creatively. Exercise

ranges from walking, snowshoeing, yoga, and exercises with a trained leader. Group members frequently do their own cooking to learn about healthy eating, basic necessities, and especially about how to work together. They also do community work such as walking dogs or visiting the cats at the Frontier Animal Society and they help with maintenance of the community garden.

The group started with five members and is currently at nine. New members are always welcome but must be referred by their social worker. This project is ongoing due to funding from the CSSSM (Centre de santé et de services sociaux de Memphrémagog). The results continue to be positive and the group continues to be a dynamic one.



Image: Ross Murray

The Stanstead Mental Health group is a social integration project bringing together individuals with moderate to severe mental health illnesses to help socially integrate them into their communities. This is an important initiative that someone you know might benefit from! Visit the 'health and services' tab at townshippers.qc.ca for more information.

& Social Services

Prenatal classes

By Shannon Keenan

Prenatal classes will be offered by the Lennoxville & District Women's Centre in three locations this fall, including Lennoxville, Magog and Richmond. In an effort to reach out to more communities the Women's Center is offering the prenatal classes beginning October 28 to December 9 through videoconferencing in partnership with the Community Learning Centers in Richmond and Magog. Townshippers' Association and Champlain College are supporting partners.

If you are expecting a baby, the classes will help to make your birthing experience more meaningful, safe and pleasant. It's a great opportunity to meet other parents and ease your worries by having the prenatal coordinator answer your questions and address your concerns.

The prenatal classes are \$50 for seven weeks. Light snacks will be served.

For more information and to register please call the Lennoxville & District Women's Center at 819-564-6626, info@ldwc.ca

RESOURCES REFERRAL

By Debbie Bishop

THE RESOURCES REFERRAL TEAM (RR) was created with the intent of benefiting from the expertise and knowledge of different organizations in the Memphremagog MRC to find innovative ways to respond to people's needs in the region.

It is always important to ensure continuity of services in the more populated areas and to establish contact with those who are further away and therefore have less access to resources. Clients who benefit from this service include: anyone 12 years old and up, anyone in assisted living, with special needs, individuals wishing to return to school, job seekers, and anyone who wishes to reclaim a balanced, healthy lifestyle, and good daily habits.

The team is currently made up of two people with a third starting in October. The RR team recognizes that they have an English clientele and are working hard to reach this community.

COMMUNITY HEALTH EDUCATION PROGRAM

By Debbie Bishop

THE CHEP program is back! The program returned on September 24th with an interactive videoconference about keeping your back strong titled "Backs and Balance."

CHEP videoconferences allow audiences from all over Quebec to have the opportunity to find out more about a health topic from a professional presenter as well as ask questions, and hear the questions and concerns of others.

Videoconferences are an excellent way to reach out to isolated communities and provide valuable health information in English. Most of the presenters are from Quebec and able to provide local resources.

In the Estrie Townshippers' partners with three Community Learning Centers - in Bury, Magog and Richmond - who are set up to host the activities. They are also offered at various locations in the Montérégie-East.

The next sessions will cover Autism in October and Prostate Cancer in November. Visit the community calendar at Townshippers.org for details.

Legal Information Service

By Evelina Smith - For the past seven years, Townshippers' Association has been privileged to have a third year law student present at our Lennoxville office one day a week to coordinate the legal information service.

Unfortunately, this fall no student from the Université de Sherbrooke was available to provide this service. As a result, there will be no legal information service from September to December. People with questions are encouraged to consult the Educaloï website www.Educaloï.qc.ca/en.

A law student will be at the Association from January to March. Her schedule will be determined in the new year.

TOWNSHIPS EXPRESSIONS

in concert

Nov 15th 2014 | 7 pm

Bandeem Hall, Bishop's University

Sarah Biggs & Amos Joannides

Townshippers' Association's 35th anniversary was commemorated at Townshippers' Day on September 13th with the launch of ***Taproot V: Poetry, Prose and Images of the Eastern Townships***. A tradition established 15 years ago, this latest volume once again showcases written and visual works of the region's English-speaking community and acts as a record of our cultural offerings. Throughout the year the Association also provides a forum for local artists to share and sell their works through the **Townships Expressions** initiative, an online and in-office boutique.

Needless to say, celebrating our culture is just as important to the Association as celebrating our community. What better way to keep the 35th anniversary celebrations going than with **Townships Expressions in Concert**.

Helping the Association to celebrate our 35 years as a community organization are Townships musicians Sarah Biggs and Amos Joannides who will share their unique artistry and sounds at Bandeem Hall, Bishop's University. The artists will also be participating in a very special meet & mingle wine & cheese before the show.

There's more to come but for now mark your calendar for **Saturday, November 15th**, and keep watching Townshippers.org, our social network or our regular newspaper columns for details.

TICKETS

\$25 GENERAL ADMISSION, \$20 STUDENTS & SENIORS

Purchase from Townshippers' Sherbrooke office 257 rue Queen, Lennoxville, online at Townshippers.org or TownshipsExpressions2014.eventbrite.ca and at the door (RSVP via eventbrite encouraged to secure seating)

NOTE: tickets will not be available at Bishop's University or at the Centennial Theatre box office.

Amos Joannides

Amos was just six years old when he first picked up a guitar. He was writing songs by age 13, and by 14 he had begun performing.

Still deeply committed, Amos is known to consistently impress audiences with his signature sound, using his looping pedal masterfully, laying down complex harmonies, soloing and beat-boxing.

His refreshing stage presence blends honesty and effervescence with a deep commitment to musical growth.



Sarah Biggs

“Time passes, everything changes, everything stays the same”, hails itself as a reoccurring theme for Sarah Biggs.

Originally from Dunham, Quebec Sarah has replanted her roots in the sweet little village of West Brome. She has spent the past 10 years in the Townships exploring everything from song writing for an original stage production (Ourstory) to collaborating on a WWII era, Andrew Sisters style trio. Her taste and musical experience ranges from folk to country to jazz.

Sarah is now returning to her first love in music as a singer/songwriter, and will soon be back in the studio to explore new ideas for her fourth studio album.



TOPPORTUNITY

If you are wondering what employment opportunities there are in the Eastern Townships, or have a question about schools, health and social services, or Townshippers' youth activities, then Topportunity.ca is the website for you!

Topportunity has listings of bilingual employment opportunities right here in the Eastern Townships. It also has a section for posting up-coming events. There is a list of community organizations with their contact information, and also a list of health and social services institutions.

If you are an employer seeking bilingual employees, why not post on Topportunity? Send an email with all of the details to Evelina Smith, Information & Referral Coordinator, at info@townshippers.qc.ca.



Connect with



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Online: Townshippers.org
Topportunity.ca | Tday.ca



Every Wed in the Record
Bi-weekly Brome County News,
& 24/7 on Townshippers.qc.ca



Radio & Stream:
CIDI 99.1 FM www.cidifm.com
Fri @ 5-6 pm (repeat Tue 8am)

YES Business Coaching

Starting your own business can be exciting – and a bit scary. How do I get start-up funding? What is a business plan and how do I make one? How do I market my product? Those kinds of questions call for qualified, competent advisors.

YES, Youth Employment Services Montreal, can help you out! Coby Ingham, who works at YES and is a business coach with many years experience, is in Lennoxville and Knowlton once a month to meet with established business owners, people who are just starting out, and even people who have nothing more than a lot of enthusiasm and a desire to go into business for themselves.

You can meet with Coby for a one-on-one hour long meeting to discuss your ideas and concerns. Writers, musicians, photographers, and other artists are also welcome to use this service.

This is a free service; a one-time only administrative fee of \$25 is required by YES to open your file.

To register for a coaching session in the Estrie region, contact **Evelina Smith** at 819-566-2182 or info@townshippers.qc.ca. People in the Montérégie region can contact either **Kate Holbrook** at kw@townshippers.qc.ca or **Maggie Severs** at msevers@townshippers.qc.ca. You can reach Kate and Maggie at 450-242-4421.

For more information about YES Montreal, call them at 514-878-9788 / 1-888-614-9788 or visit www.yesmontreal.ca.



Townshippers' Association and **Townshippers Research & Cultural Foundation** – also known as **Townshippers Foundation** – have been serving the English-speaking community of the historical Eastern Townships for many years. They are often confused as being the same organization and while they may share a history, and, occasionally, resources, they do indeed serve very different purposes. Let's take a closer look at these sibling organizations that are working to support groups and individuals across the Townships.

*By Jane Loiselle, Townshippers Foundation,
Rachel Hunting & Corrinna Pole, Townshippers' Association*

Townshippers' Association

The **Association** was formed in 1979 to ensure the English-speaking community would remain visible despite a declining population.

Is a non-profit, non-partisan community organization

Receives primary funding from federal grants, and secondary funding from provincial and other grant sources, fundraisers, donations and membership fees

Works in collaboration with a number of other organizations and institutions in the Eastern Townships region in order to support activities and programs for the English-speaking community

The **Association** has a volunteer board of directors who represent various sectors of the community.

Townshippers Foundation

The **Foundation** was formed in 1986 to allow the Association to issue tax receipts for donations.

Is a registered charity

Is funded through gifts and bequests received from donors.

Offers grants to local, grassroots organizations and projects in heritage, arts, health, social services, education, and research. Currently the **Foundation** is supporting 24 groups including the **Association**.

The **Foundation** has a volunteer board of directors (independent from that of the **Association**) who select the projects which will be supported each year.

While they serve different purposes one thing is certain; both organizations rely on community support and involvement to accomplish their work. Encourage those in your personal network to become a member of **Townshippers' Association** and, when looking to make a charitable donation, consider giving to **Townshippers Research & Cultural Foundation** so that those funds can be invested back into our community.

To learn more about the **Association** visit Townshippers.org or call 819-566-5717 for the **Foundation** visit TownshippersFoundation.ca or call 819-822-3314

September 13, 2014

“Celebrate the past, shape the future.”

In conjunction with Coaticook's 150th anniversary, this year's Townshippers' Day showed the value in looking to the past to better understand the future. Despite a little rain in the afternoon, plenty of visitors came out to celebrate the English-speaking community for the 35th year.

Five venues welcomed visitors, the busiest being the Pavillion des Arts de Coaticook which hosted the opening ceremonies, launch of Taproot V, silent auction and entertainment all day long. The Parc Chartier was the central spot for nourishment and a performance by the Harmonie de Coaticook and the Rainbow County Cloggers who were able to get in a performance before being rained out.

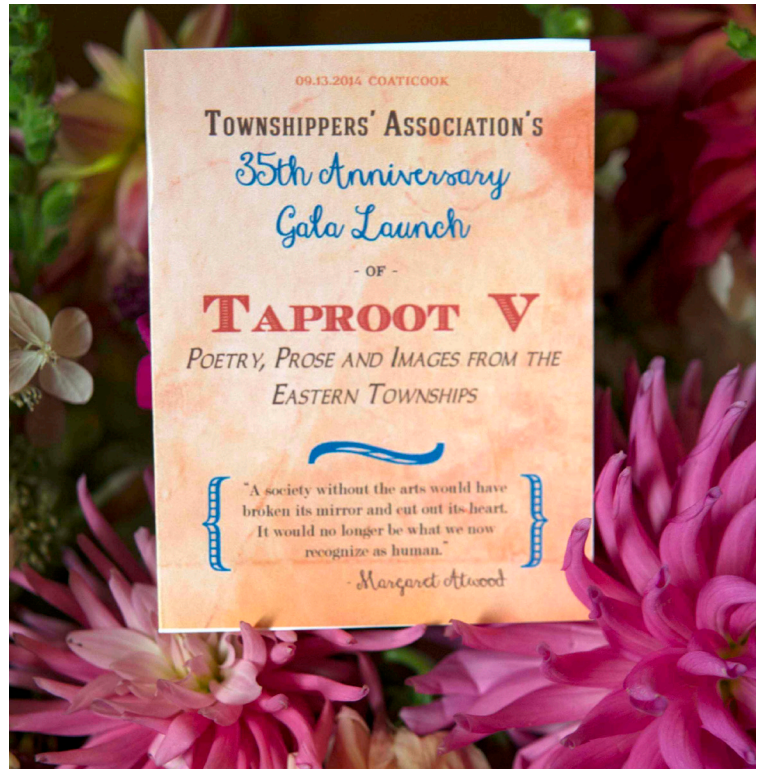
First time visitors were charmed by the stunning Musée Beaulne, and discovered the town library and Historical Society. Longtime T-Day attendees were happy to visit the exhibits and see the return of local artisans.

For the first time in its history Townshippers' Day is able to boast that there was ZERO trash produced (thanks to recycling and composting) and that on-site first responders had no situations to respond to.

A fun, safe and clean event, what a great thing to boast about!

Just as with every year, T-Day would not be possible if not for the involvement of so many team members, participants, sponsors, and volunteers. Thank you to all those who had a hand in making Townshippers' Day possible and a success. As for the Town of Coaticook, they invite the English-speaking community to visit again and often!

*By Corrinna Pole & Benjamin Duncan
Images: Stephen Thompson*



Taproot V was launched with great success. Hosted by Editor Brenda Hartwell, Julia Rohen performed and various contributors read selections. Copies of Taproot V sold like hot-cakes but don't worry, we still have plenty available for purchase from the Townships Expressions boutique in-office and at online Townshippers.org



T-Day Opening ceremonies celebration with Mrs. Nathalie Dupuis, Mayoress of the Town of Waterville; Mr Jacques Madore, Prefect of the MRC of Coaticook; Mr. Bertrand Lamoureux, Mayor of the City of Coaticook; Mr. Gerald Cutting, President Townshippers' Association, Mrs. Susan Campbell, CBC Quebec AM; Mr. Jean Rousseau, Federal Deputy of Compton-Stanstead, and Mr. Guy Hardy, Provincial Deputy of Saint-Francois.



The Green Team put trash in its place once again! Coaticook is itself an established leader in waste management a fact that likely contributed to the lack of garbage produced on T-Day. This is the first year there was ZERO trash. Everything was recycled or composed.



Thanks to more than a hundred wonderful donations, the silent auction was buzzing with activity right until bidding closed. Thank you to all who donated and bid \$3,000 was raised by the auction alone.



Artisans were among the 60 plus exhibitors in the École Gendreau sharing a wide array of locally produced created arts and crafts.



Performers at the Pavillon des Art et de la Culture de Coaticook; Julia Rohan; a willing participant with Magician Ry Guy; multigenerational choir Personne Comme Jésus; Mike Goudreau Trio.



TOWNSHIPERS'
COATICOOK
13 SEPT 2014

To all of the sponsors, partners, volunteers
& visitors who contributed to the success
of the 35th Townshippers' Day in
Coaticook

PRESENTED BY



Thank you!

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BRONZE Caisse Desjardins des Verts-Sommets de l'Estrie | Guy Hardy, Député de Saint-François | Harmonie de Coaticook | Musée Beaulne | Raymond Chabot Grant Thornton **PARTNERS** Pierre Paradis, Député de Brome-Missisquoi

THE
RECORD

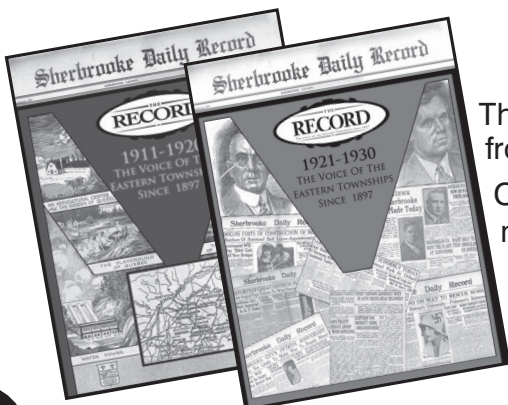
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Linking the Townships English-speaking community for the last 117 years.

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The Record has scanned and digitized original copies of the front pages of our newspaper from the turn of the century.

Our goal today is to print volumes in segments highlighting the most important stories of each decade.

Volume 1: 1911-1920 • Volume 2: 1921-1930.

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Boo Safely This Halloween

It is nearly here; that time of year that little boos and ghouls costume up and go on their candy haunt. This year Halloween falls on a Friday. It is an exciting time for both children and adults, but it's also the time of year when people can get easily carried away and run the risk of injuring themselves or someone else. Applying these useful safety tips can ensure your Halloween is simply

SPOOKTACULAR!

KIDS

Costumes; avoid flammable materials as well as those that are loose and present a tripping hazard or are too thin to keep out the autumn chill. Also avoid dark costumes and add ample amounts of reflective tape. The Canadian Paediatric Society suggests putting your child's name, address and phone number on their costume.

Avoid masks and opt for makeup that won't obstruct the view.

Road rules still apply so remind little trick-or-treaters to be good pedestrians (walk don't run, stick to sidewalks, look both ways before crossing, never run between parked cars, etc.)

Young Drivers of Canada suggests putting a small lit flashlight in the bottom of children's Halloween bag so their movements are visible. Remember to use fresh batteries

Parents accompany your child on their candy rounds and remind them that their treats will be checked at the end of the night.

If your child is old enough to go out alone make sure they have discussed their route, in a familiar neighbourhood, will be in a group (three to five is a good number), and have arranged a time to be home.

HOMEOWNERS

Take a moment to clear pathways of dangers and slippery debris.

Turn on lights if you are handing out candy or turn them off to discourage visitors.

Be mindful of the fire hazard caused by lit candles and place them safely out of the way.

Planning on spooking your visitors? Save your scares for the bigger kids and don't frighten very young trick-or-treaters.



Image: PublicDomainPictures , Petr Kratochvil

PETS

InfoVet reminds pet owners that Halloween can be stressful for some pets. In many cases it's much safer to keep your pet inside. Outdoor cats, especially black ones, should also be kept inside several days before and after Halloween to avoid pranks or other cruelty-related incidents.

Trick-or-treat candies are not for pets. Chocolate is poisonous to many animals, and tin foil and cellophane candy wrappers can be hazardous if swallowed.

Keep open flames away from wagging tails or curious noses. Don't costume your pet unless you know they love it. When choosing a costume make sure it's safe, does not constrict movement or obstruct views and does not contain any loose bits that present choking hazards.

To be extra safe ensure your pet is wearing reflective collars with proper identification.

ADULTS

A special reminder to adults from CAA, plan your route home in advance if attending a Halloween party where alcohol is being served. Never drive when impaired! Instead get a lift with a designated driver, call a taxi or make other plans.

MOTORISTS

CAA offers motorists these useful tips:

Stay well below the speed limit and give yourself extra driving time;

Pay extra attention to your surroundings especially at sidewalks, roadways and between cars. Remember many trick-or-treaters are small and not as visible as in the daylight; When reversing look back and do not move until you are certain the pathway is clear.

Following these tips on October 31 will ensure everyone has a safe and very **HAPPY HALLOWEEN!**

Make Way
for **YOUTH**
ESTRIE

EXCEL IN THE ESTRIE



By Jenny Ménard

As part of the HOOKED ON SCHOOL DAYS initiative, **Make Way For YOUTH**, a project from Townshippers' Association that supports youth retention and youth migration into the Estrie, is encouraging youth from the area to **EXCEL IN THE ESTRIE!**

Since 2012, the EXCEL IN THE ESTRIE! essay contest has invited graduating high school students to share their plans for the future and their plan for success, for a chance at winning one of the financial awards offered for the contest.

The contest will return next year, giving high school students graduating in 2015 a chance to share their challenges and dreams by writing about obstacles they have faced (e.g. in their community, in high school) and how they overcame them. Students are also asked to showcase their future plans, and where they see themselves living and working five years from now. Entrants are required to provide proof of acceptance to a post secondary institution in the Estrie region.

Take a look at the three winning entries from the 2014 edition which were awarded during the Annual General Meeting on Friday, June 20th, 2014.

THEN STAY TUNED... the Essay contest will be launched during HOOKED ON SCHOOL DAYS, taking place the week of February 16th - 20th, 2015.

Meggie Bolduc

17, Cookshire-Eaton

One of the key aspects discussed among teenagers are the obstacles that they have been through to succeed, especially when they are in transition from their teenage years to adulthood.

Looking back, my first year at high school was my biggest struggle. I was put in the level one modified program at Alexander Galt Regional High School. This was basically repeating grade 6 in high school. In this program, I had three great teachers; Mrs. Comeau, Mr. Hinks and Mr. Morgan. They worked with me and helped me progress in school. At the end of the year, I had such good grades that the government gave me the opportunity to try my level one regular exam. I studied a lot and I succeeded so high that I was not only put in the level two (the next year) with the people my age, but I was added to the cour-plus program, which is a little harder than regular.

In level two, a tragedy happened at Alexander Galt. We lost a great friend named Matthew Cloutier in a car accident. This deeply affected Alexander Galt's community. He was in my modified program and I spent a year with him in our classes. He was very nice and funny. He had something in his personality that made EVERY girl fall for him. He made everyone feel special in their own way. At first, his death was very hard for everyone, especially when it's someone your age. His death taught me and many others at Galt that life is a very precious and delicate thing. We don't take life for granted anymore because we realized we could lose it in the blink of an eye. It taught me to stop caring about and giving power to gossip and people who don't matter, to take care of the people I love because I never know when they could leave me. It brought Alexander Galt's students together.

Lately, I was faced with a complication: what should I do in life? It seems like a simple decision but it has a big impact on the direction of your life. Luckily, in level three I decided to take all the enriched programs (French, math, physics, chemistry, etc.) in order to open doors for my future. Then I could choose any job in the future. I stopped and took some time to realize who I really am and what I want to do later. I left to work in British Columbia for six weeks to discover



Image: Katryna Belanger

my strengths and capabilities. I came to the conclusion that I'm a person who craves justice and I needed to defend people's rights. This is how I decided to pursue an education in Law. This is why I'm going to take the languages and communication program at Champlain College. A good lawyer knows many languages including French, English, Spanish, German, Mandarin and Cantonese.

Once my education is complete, I plan on settling in the Estrie region. It's in constant growth; therefore a lawyer will have a lot of opportunities. It's also a very stable region because both French and English communities live here hand in hand with no tensions. Furthermore, it's a great place to live and to establish a family because the surrounding areas has great housing at reasonable prices. I will be able to choose between the mall and the cinemas in downtown Sherbrooke. On the other hand, I will be able to go in the woods to take a deep breath and have some time alone. You can't find all those qualities in cities like Montreal or in the woods up north. This is why I will settle in the Estrie region.



Image: Katryna Belanger

Robert Weary

16, Sherbrooke

Why I love the Eastern Townships:

The Eastern Townships is a beautiful place nestled between the Appalachian Mountains, the American Border and the St. Lawrence Valley. It is also my birthplace and when I am finished my studies, I wish to continue to spend my time here. The beautiful scenery of the area, the vast number of outdoor activities, the fun-loving people and the bilingualism of its inhabitants all make this place an amazing region to live in.

The great thing about the Townships is that you can walk down the street and say hello/bonjour and be unsure whether or not the answer will be in English or in French. Being in an Anglophone family, my parents decided to send me to a French

primary school to broaden my language capabilities. By spending my first years in the French system, visiting museums, the Capelton Mines and the Université de Sherbrooke's Science Department, I gained an appreciation for our history, culture and ingenuity. For high school, I chose to move to Alexander Galt Regional High School to enhance my English reading and writing skills. But this move was not always easy.

At first, I did not really fit in at Galt. I tried to find friends in robotics and basketball, two activities I really liked at my previous school, but it was somehow different and didn't work out. Then I gave the school play a shot, thinking it might be a nice way to integrate into my new school. I was thrilled to land the lead role that year and at the same time, found one of the most welcoming group of people I have ever met. I never looked back! To me, my fellow actors in the Drama Department were open and welcoming. We hung out together and everyone spoke with one another. These friendships drew me in and they have continued to act as my emotional pillar in high school.

Since moving to a school under the English school board, I have had to adapt my school work accordingly. I had to relearn the entire science vocabulary from things as basic as chemical names, to anatomy. The focus in science was much more lab oriented and I believe this helped me grow my love for science. In my literary classes, the emphasis went from mostly writing stories brought to life by my imagination, to having to write responses to books, short stories and movies. In our research projects, I learned the proper way to write a bibliography and I had to get used to calling all my teachers by their last names! This shift required fast adaptation, a skill I plan to develop.

In the future, I am continuing my education in sciences, by taking Pure and Applied Science at Champlain College, Lennoxville. The combination of Champlain having a strong program, shared campus with Bishop's University and the proximity to my home town, made this CEGEP an

excellent choice in my mind. The Eastern Townships is such a beautiful place that I would like to stay here for my university studies, since the Université de Sherbrooke has an excellent and well-respected Civil Engineering Program, I am planning on switching once again and doing my studies primarily in French. I know the change will be a challenge, but I do not see this as an obstacle because I have been able to continue to improve my French writing and speaking skills at Galt, with its strong bilingual program. I feel fortunate to have been given this opportunity in life to complete my secondary schooling, with the wonderful asset of being completely bilingual.

I feel so at home in this perfect area that I wish to stay here for much longer. The beauty of the area and the kindness and warmth of the people makes the Eastern Townships the place I want to stay for the rest of my life.



Frédéryk Johnson

17, East-Angus

High school: probably the biggest and most enriching experience of my life. Coming from a small elementary school with about 80 students from Pre-K to grade six, to a huge high school with approximately 200 students in level one alone, is a big change for a shy girl like me. However, I managed to get through this big adventure.

If I had to choose one thing that high school has taught me that will help me all my life, it would be that friends are something you need and this is absolutely amazing. Starting in level one, I was getting bullied daily at school due to my height. I had no friends, nobody to protect me or to help me. Measuring 1,22 meters at 13 years old seemed very funny for some. When I look back at those times where I was getting bullied, I realize that the ones who laughed

at me, called me names and were mean to me are actually the ones that made me stronger. I wanted to prove them wrong, to prove to them that even if I was small, I was able to have friends and have my place at school, just like everybody else. At that moment, I started making friends, who even five years later are there for me. These friends I know I can count on no matter what, at any time, anywhere.

After making new friends and the bullying stopped, my grades became better and better. I managed to get through level one, two and three with an 85% average and above in all terms. In level one I won a French award. This award was dedicated to the female with the highest average in French. Now, in my last year of high school in level five, the courses are getting harder and harder. Getting good grades comes with effort, studying and will. With high level math, physics and chemistry, I still managed to obtain an 85% average in term two. All these good grades and efforts come from my will to prove to people that even if I am small, I can be just as good, friendly and intelligent as anybody else.

Values are very important in my family. Education is very high on my list of values. It is a big part of my life and I plan on making it part of my future family's life too. I enjoy school and I will go on with my studies. I am planning to be a probation officer. For me, working with people from my community is something very important. Since I was 11 years old, I have served at the spaghetti supper held by my village every year. Since summer 2013, I have worked in a summer day camp as a leader. Having a good connection with people from my community that I see daily, is something that makes me smile. I want to keep this close contact with people. In five years from now, I plan on living in the village where I grew up; with the people I know and have good connections and strong links with. I want to raise my children in a place that is safe and fun. I want to show everybody I work with, every new friend I will make, how the Estrie is such a great place to be.

CELEBRATING COMMUNITY LEADERS

By Benjamin Duncan & Corrinna Pole

Each year, Townshippers' Association aims to recognize the everyday people who are empowering the English-speaking community with two peer nominated awards; the Outstanding Townshippers award which pays tribute to those Townshippers' who have made outstanding contributions, and the Young Townships Leader Award which recognizes youth leadership.

The opening ceremonies at Townshippers' Day on September 13 in Coaticook served to celebrate these leaders whose efforts have made our community better, stronger and more vibrant because of their involvement.



Image: Stephen Thompson

Kohl Kelso, Director, Townshippers' Association, Matthew Nutbrown, 2014 YTLA, and Gerald Cutting, Townshippers' Association President at the 35th T-Day

Matthew Nutbrown is an important leader in his community. Whether coaching sports at Alexander Galt Regional High School, commanding a community garden, or developing the "Feed Those in Need" initiative, the 21-year-old Lennoxville native clearly has what it takes to make a positive impact where he lives.

Specifically, Matthew serves as the Lennoxville delegate on the "Projet Le Passage" and was previously awarded the Borough of Lennoxville Youth Award in 2013.

By demonstrating initiative and leadership within the Eastern Townships English-speaking community, Matthew is a deserving

recipient of the 2014 Young Townships Leader Award which includes a \$1,000 cash prize made possible thanks to generous financial contributions by **Canadian Heritage, the Lennoxville Youth Center** and **NAV Canada**.



Image: Gary Crandall

Kathryn Idell Pettes Crandall was unable to accept her award in person at the 35th T-Day, so Kate Holbrook, Townshippers' Association, delivered it personally to the soon-to-be centenarian.

Kathryn Idell Pettes Crandall

, who celebrates her 100th birthday this March, was nominated for the Outstanding Townshippers award for her continued personal contributions to the community.

Since 1977, Kathryn has been a life member, past board member and Honourary Trustee of the Brome County Historical Society. With a remarkable memory and ability to identify people, landmarks and old photographs, Kathryn continues to add to the rich history of the Eastern Townships.

Just like her ancestors who helped establish the Village of Knowlton, Kathryn too has contributed her fair share to the area. Her other involvements in the community include decades of active membership with the St. Paul's Anglican Church Ladies Evening Guild, I.O.D.E and the Anglican Church Women.



Image: Stephen Thompson

Mary Lachasseur is a former teacher at Heroes Elementary School in Cowansville, and a familiar face in volunteer circles. She is “known for showing love and devotion in all that she does.”

Mary has been a member of the Stephen Lewis “Townships Grandmothers,” Optimist Club, and Canadian Club. A respected member of Trinity Anglican Church, Mary served as the Rector’s warden. She also had a role in founding the Trinity Church Helping Hands Food Bank, which provides non-perishable food items for upwards of 60 – 70 people monthly. Although her work may not be directly visible to others, it is nonetheless essential to her community!



Image: Stephen Thompson
Gerald Cutting, Townshippers’ Association President, with 2014 OT Adelaide Lanktree and award presenter, Matthew Farfan, Quebec Anglophone Heritage Network

Adelaide Lanktree joined her sister Louise (2012) as an Outstanding Townshipper with a clear love for her community. Known for their contributions towards the preservation and promotion of Anglophone heritage in Quebec, they represent true volunteerism.

Adelaide in particular was past branch president of the United Empire Loyalists’ Association of Canada, Sir John Johnson Centennial Branch from 2003 to 2007. Also she was part of La Société de Restauration du Patrimoine Johnson, whose mission is to restore the Sir John Johnson Family Burial Vault in Mont-Saint-Grégoire.

Adelaide’s other community engagements involve Farnham’s Comité du Patrimoine and for years has been volunteering at the gift shop at the Brome-Missisquoi Perkins Hospital Auxiliary. To top it off, she has been active in the Order of the Eastern Star, Cowansville Chapter No. 17, for more than 60 years!



Image: courtesy Louise Penny

Louise Penny is a prolific writer who has incorporated her ‘Three Pines’ home into the 10 books she has written so far, which have been published in 25 languages. Her work has raised the profile of the Eastern Townships internationally. Louise says she “found the soul of the Townships” in the hearts of the people that live here: passionate and proud, stubborn and resolute, joyful and determined.

Fittingly, Louise is involved in the Yamaska Literacy Council, serving as Honorary Patron since 2006 and participated in the Literacy Council’s 25th anniversary celebration. In 2011 Louise was guest speaker at the Quebec Peter Gzowski Literacy Gala in Knowlton. Louise’s website contains links to local, national, and international literacy resources. She is also a major supporter of her local SPCA.

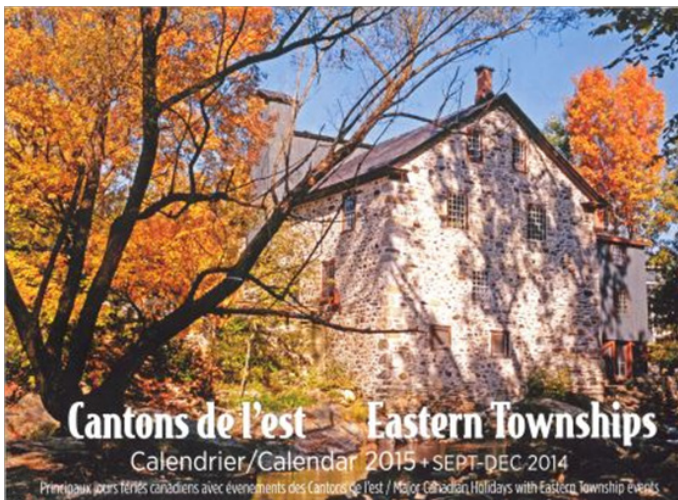
In recognition of her contributions to Canadian culture, Louise Penny was made a Member of the Order of Canada in 2013.

WHAT'S NEW & EXCITING

Townships Expressions lets people interested in Townships arts, culture and history buy works unique to this region. It also gives local artists greater visibility and a means to sell their works, including books, music and small graphic arts items such as cards, postcards and prints. An initiative of Townshippers' Association, with support from Canadian Heritage, Townships Expressions is available now at Townshippers' offices in Sherbrooke, 257 Queen St, and Lac-Brome, 584 Knowlton Rd, or online at Townshippers.org

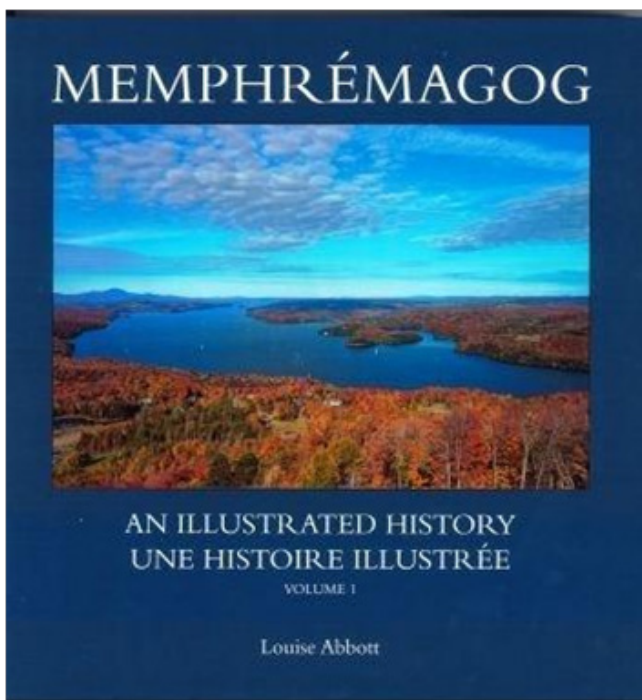
Townshippers' Association is enthusiastic about providing a forum for local artists to share their works. Pickup your copy of *Taproot V: Poetry, Prose and Images from the Eastern Townships* (\$10)

HOT OFF THE PRESSES! 2014-2015 Townships Calendars



This beautiful 16 month bilingual calendar contains four months of 2014 (September to December) and all of 2015. All major Canadian holidays and Eastern Townships events are listed with web addresses for each event, to enable users to find details, confirm dates or access any revisions. All sixteen stunning photos of Eastern Townships scenes have been donated by their authors. Only \$10 tax included, with proceeds benefiting non-profit organizations in the region.

Memphrémagog, an Illustrated History



Georgeville Press is delighted to announce the publication of *Memphrémagog: An Illustrated History / Une histoire illustrée (Volume 1)* by Townships author Louise Abbott. This beautiful, bilingual coffee table book is 308 pages and is richly illustrated with 175 reproductions of historical photos, paintings, and maps as well as ninety contemporary photos by Louise Abbott and Niels Jensen. The retail price is \$50.00, and the Memphrémagog Conservation Incorporated (MCI) will receive a portion of the proceeds from sales.

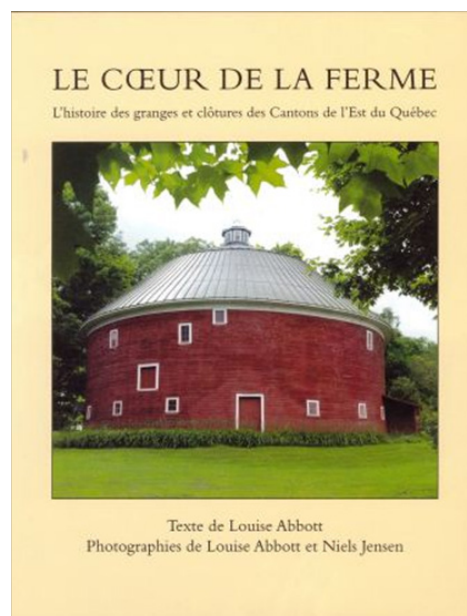
Louise Abbott and Neils Jensen \$50.00

AT TOWNSHIPS EXPRESSIONS?

Le Coeur de la Ferme

The first book in French on historical barns in the province since 1963, and the first-ever book on the agricultural history of the Eastern Townships, *Le Coeur de la Ferme* features a text by Townships historian Louise Abbott that has been translated by Stéphanie Pépin. It also showcases 350 photos by Louise Abbott and Niels Jensen, as well as a rich selection of archival images. This handsome special edition of 306 pages was published by Georgeville Press, a newly established non-profit publishing house in Georgeville, Quebec

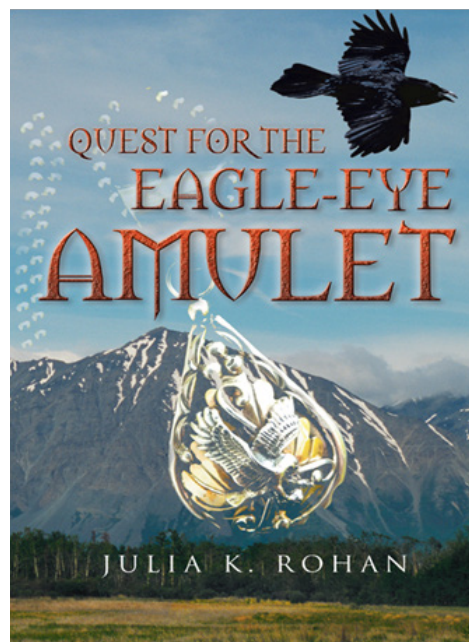
Louise Abbott and Neils Jensen ~~\$63.00~~
SALE \$30.00



Quest for the Eagle-Eye Amulet

Jack Fisher's battles with Grimsnipe are far from over. He has been pulled back to Weaverworld to solve another mystery: the theft of his grandmother's Eagle-eye amulet. Is her arch-enemy, Grimsnipe, behind the crime? "Rohan (Weaverworld: Grimsnipe's Revenge, 2012) returns with the second installment in her fantasy series, in which young Jack must travel back to Weaverworld to replace his grandmother's silver necklace. There's plenty to keep young readers engrossed as shape-shifters, a flying ship and action-packed battles ... keep the young hero fighting the odds as Grimsnipe closes in." -Kirkus Reviews

Julia Rohan \$24.00



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A Townshippers' Association Initiative

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NO

OPPORTUNITIES

HERE

FOR YOUTH

By Jenny Ménard

Do you often hear that there are no opportunities in the Townships? It's rumored that some adults are urging younger generations to uproot themselves to explore other horizons because "there is nothing for them here."

What is to be gained from discouraging our youth from establishing themselves in the area they have called home for so many years?

Knowing as I do that so many opportunities exist in the region, I'm tired of seeing this rumour perpetuated and watching our youth migrate elsewhere. Yes, it's true that life in the Townships has its challenges, but life is full of challenges, and finding employment is likely not the only obstacle you'll face in your lifetime!

NO WORK IN THE TOWNSHIPS?

According to Emploi-Quebec, approximately 29,700 jobs will become available in the Estrie region between 2013 and 2017. Of this number, 19% are due to economic growth, while 81% are to replace those retiring.

As well, it is important to note that 80% of available jobs are not advertised, so imagine what the hidden market might look like! You must make use of your network (friends, family, colleagues, acquaintances etc...) in order to infiltrate the hidden market.

We need YOU

Even if you face challenges due to language or because you haven't gained experience in your

Make Way
for **YOUTH**
ESTRIE

If you know someone between the ages of 18-35 who is thinking about moving to the Estrie region, connect them to Make Way For YOUTH, which offers support services to young professionals

For details, contact;

JENNY MÉNARD

MWFY Desjardins Migration Agent

mwfy@townshippers.qc.ca,

819-566-5717

toll free: 1-866-566-5717)



Photo credit: Townshippers' Association

Rather than perpetuating the rumors that there are No Opportunities Here, adults should encourage today's youth to see that there is No Opportunity Wasted. The opportunities are out there, but they do require networking and an ability to think outside the box. With a bit of imagination and dedication, young job seekers may be surprised where they find themselves in the Townships future.

field, YOU are still needed. YOU are a valuable asset to the region.

If home is where your heart is, there is a place for you here. And if you can't seem to find it, perhaps you haven't searched the hidden corners of the region.

There are many steps involved in planning out your future and it's necessary to be creative with your career path and flexible in order to seize opportunities that arise. Have you considered entrepreneurship? Perhaps, in your case, it's about making your space by creating your own business.

Think it, create it, develop it and voila! It will be hard work, but it will be worth it.

Abandoned Future

Looking to the future, what will our community look like if a collective effort to stem the exodus of our youth from the Townships region is not undertaken?

Will our parks be deserted? Will we be under-represented in the workforce as our aging population seeks retirement? How will our region's economic growth be affected? Will it

fade away as the baby boomers and Generation X'ers retire with no one to replace them? Vacant positions will become challenging and problematic to fill as labour becomes scarcer due to the aging demographic.

"[i]t is the loss of youth and the partial replacement of that demographic by older people that is of most concern...[because the] structural shift has an impact on the economic wellbeing of a community and also on the sense of [its] vitality..." (Salt, 2004.68).

Given this reality, we must stop contributing to the depletion of our community's vitality by encouraging today's youth to relocate. Instead we must encourage them to see that no opportunity is wasted. After all, many benefits exist in the Townships.

It takes a whole community to strengthen bonds, ensure wellbeing and prevent youth exodus. Encourage younger generations to get involved in the community; contribute to their sense of belonging; give a chance to those students fresh out of their studies. What are YOU doing to support youth retention in the region?

Home is where the heart is, and mine is in the Townships.



Knowledge Transfer Activity

Participating researchers:



Mélanie Levasseur

Participate in the Community: Possibilities and Challenges

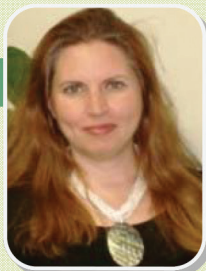


Rona Graham

Neurodegenerative Diseases - How Problems with Olfaction may Predict Impending Cognitive Decline

Lisa Mask

Self-perceptions and Aging



Fuschia Sirois

Self-Compassion and Positive Aging: Implications for Enhancing Daily Health and Well-Being



Susan Reid

Mobile Assistive Services for Active Aging

This event is free!

Take this opportunity to visit our booth and learn more about us as well. Refreshments will be served.

**Centennial Theatre
Bishop's University**
2600 College Street, Sherbrooke

**November 13, 2014
from 17:00 to 20:00**