



TOWNSHIPPERS

Spring/Summer 2011 Vol. 32, No. 1

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TOWNSHIPPERS has a lot of news for you... *check it out!*



Inside

- Building Community2**
- Youth8**
- E-Team.....12**
- Community & Culture14**
- Health & Social Services20**

- Wall
- Info
- Photos
- Discussions
- Events
- Video



Share: Status Photo Link Video

What's on your mind?

Wall

- Info
- Photos (17)
- Notes
- Friends

- Sutton Arts Gallery
- Centennial Theatre
- Knowlton Players
- Musique chez nous
- Orford Arts Centre
- Musée des beaux-arts de Sherbrooke
- Sherbrooke Symphony Orchestra
- The Piggery Theatre
- Theatre Lac-Brome/Arts Knowlton



Take a look at **page 5** to find out how you can **Connect with Us!**



Are you 18–35 and looking to settle in the Townships? Learn more about how **Make Way for YOUth** can help you...



Want to see the **Hooked on School Days** contest entries? Check out **pages 12–13**.



On **page 15**, learn how you could **win a \$25 Townships Expressions Gift Certificate!**



Learn about our **NEW business support network** on **pages 16 and 17**.



PLUS: Meet our staff members! Throughout this edition of *Townshippers*, look for **staff profiles** to learn more about the people who help to make our Association what it is...

Visit our other sites!



T DAY

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Photo: Karen Smith

President's Message

After having been elected President of Townshippers' Association in June, 2010 – nearly one year ago – I have had the chance to experience the changes that accompany each season in the Townships – from the heat of summer to the chill of winter – at the helm of this important Association. Now, at a time when many of us are looking forward to the return of spring, I am both warmed and excited to see what has been accomplished over the last year as a result of the extraordinary efforts of the staff and volunteers at Townshippers' Association.

It is true that there have been many changes at Townshippers' since last June. These many changes, however, have been accompanied by a new vision and a new direction for our Associa-

tion, now in its thirty-second year. 2010 has been a year of transition – a re-birth of sorts – as Townshippers' moves towards new projects and new challenges. With newfound vitality, some clear thinking and a lot of hard work, it is amazing to see all that has been accomplished over the past year in the pursuit of building our community and ensuring a stronger presence for the English-speaking community.

At the same time as I look back on all that has been accomplished, however, I also eagerly look forward to what the future holds for our Association. I hope that you will join us on the journey we are undertaking in the present day; it is one which, I believe, will lead our community towards a stronger, increasingly dynamic and eclectic future.

Gerald Cutting
President

Townshippers is the official newsletter of Townshippers' Association, a non-profit, non-partisan organization whose mission is to promote the interests of the English-speaking community, strengthen its cultural identity, and encourage the full participation of English speakers in the community at large in the historical Eastern Townships of Quebec, Canada.

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Head Office

100-257 Queen (Lennoxville)
Sherbrooke, QC J1M 1K7
Tel: 819 566-5717 • Toll free: 1-866-566-5717
Fax: 819 566-0271
E-mail: ta@townshippers.qc.ca

Montérégie Office

3-584 Knowlton Road
Lac Brome, QC J0E 1V0
Tel: 450 242-4421 • Toll free: 1-877-242-4421
Fax: 450 242-5870

Websites

www.townshippers.qc.ca
www.topportunity.ca
www.tday.ca

Privacy Policy

Townshippers' Association respects your privacy. We do not sell, trade or otherwise share our mailing list. For information on our privacy policy, see www.townshippers.qc.ca. If at any time you wish to be removed from this or another mailing list, contact us at 819 566-2182 (toll free: 1-877-566-2182) or info@townshippers.qc.ca.

Editors: Michelle Amy Lepitre, Ingrid Marini

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Board of Directors

Gerald Cutting, Coaticook (President)
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Otus Paré, Brigham
Peter Riordon, Sutton
Marion Standish, Rougemont
Stacey Vaughan, Stanbridge-East

Townshippers' Association Staff



Ingrid Marini, Executive Director
im@townshippers.qc.ca



Michelle Amy Lepitre, Assistant Executive Director
dga@townshippers.qc.ca



Kathy Bieber, Financing and Marketing Agent
admin2@townshippers.qc.ca



Debbie Bishop, Co-coordinator, Estrie Network of the Eastern Townships Partners for Health & Social Services
db@townshippers.qc.ca



Michael Caluori, Coordinator, Estrie and Montérégie-East Human Resources Development Project
mc@townshippers.qc.ca



Mary Gunter, Accounting Assistant
admin@townshippers.qc.ca



Shannon Keenan, Co-coordinator, Estrie Network of the Eastern Townships Partners for Health & Social Services
sk@townshippers.qc.ca



Eric Akbar Manolson, Coordinator, With Respect to Our Elders Project
eam@townshippers.qc.ca



Kate Murray, Co-coordinator, Montérégie-East Network of the Eastern Townships Partners for Health & Social Services
km@townshippers.qc.ca



Sheila Quinn, Make Way for YOUth/Desjardins Migration Agent, Estrie English-speaking Community
mwfy@townshippers.qc.ca



Norma Salisbury, Accounting Clerk
ns@townshippers.qc.ca



Evelina Smith, Information & Referral Coordinator
info@townshippers.qc.ca



Lindsay Tuer, Co-coordinator, Montérégie-East Network of the Eastern Townships Partners for Health & Social Services
lt@townshippers.qc.ca



Cathy Turner, Office Manager / Expressions Coordinator
ct@townshippers.qc.ca



Kate Wisdom, Community & Culture Coordinator
kw@townshippers.qc.ca

TABLE OF CONTENTS

Building Community

President's Message	2
Executive Director's Message	3
Membership News	4
Keep in Touch	5
Young Townships Leaders.....	7

YOUTH Townships

Discovery Days Weekends	8
YOUTH Council	10
Media Contest	11

E-Team

Hooked on School Days	12
business support network	16

Community & Culture

Townships Expressions	14
Cultural Partners	18

Health & Social Services

Income Tax, Referral & Legal Info	20
Access to English Services	21
Montérégie-East Network	22
Estrie Network	23
Coffee Mornings!.....	26

Respect Project

With Respect to Our Elders.....	24
---------------------------------	----

Townshippers' Foundation

Donors 2011	27
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Through the Rear-View Mirror

I know they say you should never look back – the past is the past, look forward to what is to come – but I spend too much time driving to not take a moment to look in my rear-view mirror and see what is behind me...

I accepted the position of Executive Director in April of 2010. Driving to work at the Lennoxville office, I have had many opportunities to observe the splendid scenery of each season in the Eastern Townships and, naturally, each season has represented something different for me. In light of this, I'd like invite you to join me as I look back at this past year, my first as Executive Director of Townshippers' Association, through the rear-view mirror.

The beauty of new life that inevitably accompanies spring is reflected in the newness of my appointment as Executive Director. Just like spring newborns, I found I had to get used to my new legs as I ventured out into the world of regional associations to face the realities of our English-speaking community. A few lessons took me longer to learn than others and, looking back in my rear-view mirror, I see the reflection of red and blue flashing lights; my spring commute included a couple driving violations.

The heat of the sun during the summer months is representative of the relaxing atmosphere in the office, an atmosphere which allowed me to really warm up to my new position through many hours of studying and researching the wonders, demographics, history and concerns of the exceptionally interesting community I now find myself representing. With the heat generated by some of the more sensitive political issues I faced, I found myself quite glad to have air conditioning in my car! Driving to Danville in preparation for Townshippers' Day also gave me the opportunity to visit parts of the Townships that were new to me and I continue to marvel both at the vastness and size of our region and its beauty.



Photo: Karen Smith



For any comments or inquiries, contact Ingrid Marini, Executive Director of Townshippers' Association, directly.

When the leaves on the trees started changing colours in the fall and the landscape was transformed into a beauty beyond words, animals prepared to hibernate and flowers died. Our Association, however, was full of life with projects moving ahead at full-speed, funding applications due, and everyone looking forward to the multitude of possibilities and hopes for the future. As I looked back in my mirror and saw all that had been done, I also saw the importance of building on these accomplishments with future projects and goals.

For drivers, winter is by far the most challenging season. Road conditions on highway 10 are not always ideal and roads in Quebec can get bumpy and rough. Working with a multitude of community partners, governments and service providers, I have realized that the roads in community development can also be tricky; sometimes, you hit icy patches. Looking back now, as we move towards spring again, I realize that each patch of ice I hit taught me something. Obligations to funding agencies can still sometimes send winter chills down my back and, just as objects in mirrors are closer than they appear, deadlines usually are as well... but I have not missed one yet!

Almost one year, and seventy thousand kilometres later, here I am: living in (and driving across) one of the world's most beautiful regions every day to work with, and for, amazing people in a wonderful community. Seeing the wonderful accomplishments of the team at Townshippers' warms my heart and reflects the mission of our Association the way the sun reflects off of white snow, warming the crisp winter air. I have learned many things along the way and, as I learned these important lessons through the cycle of the seasons, I have realized that the road ahead will, in time, get smoother than the one I see in my rear-view mirror.

Ingrid Marini,
Executive Director



Photo: Sheila Quinn

On the Subject of...

Ingrid Marini, Executive Director

"Don't sweat the small stuff."

Born and raised in the Montérégie part of the Eastern Townships, Ingrid chose to raise her two children in the same beautiful area where she grew up. A farm girl from a large family in a small community, she truly understands the importance of staying united and strong. Ingrid loves travelling – even by car – and tries to visit a new part of our beautiful country each year. She also loves music, dancing, snowboarding with her family and a good workout to relieve stress!

Ingrid says: "Although I would go into a severe depression without my BlackBerry and laptop for phone calls and e-mails, I much prefer face-to-face conversations, and anyone who knows me, knows how I love to TALK!

And listen, of course... ©"



Photo: Al Barber

Membership News

By Evelina Smith,
Information and Referral Coordinator

Those who have recently renewed their Townshippers' Association memberships may have noticed something new: plasticized membership cards. All new and renewing membership cards are now plasticized so that they are sturdier and have a more polished look. They look great in your wallet!



Some of you may have also received a phone call from a volunteer back in November about renewing

your membership. This is because Townshippers' Association held a phone-a-thon in 2010! Our membership committee realizes the great importance of reaching out to our members and listening to their concerns and we hope that our phone-a-thons will allow us to re-connect with our members, as well as give them an opportunity to share their comments and suggestions with us.

During the November 2010 phone-a-thon, our volunteers contacted over 100 lapsed members in the Estrie region. We found out that many of the people we contacted had simply forgotten to renew their memberships and were pleased to get a friendly reminder.

Although the phone-a-thon used to be an annual tradition at the Association, it had been on a five-year hiatus. Now, these activities are up and running again and will become regular events in the future. A second phone-a-thon for the Estrie region is being planned for March or April. Recently, a phone-a-thon for former members took place in the Montérégie region, but another is planned for the coming months. Stay tuned for more details!



Photo: Townshippers' Association

Are you a current member who is looking for a way to become more involved in the Association? Our membership committee is always looking for volunteers to participate in activities and make decisions relating to membership issues. If you think you'd like to be part of this committee, give us a call at 819 566-2182 (toll free: 1-877-566-2182), or send us an e-mail: info@townshippers.qc.ca.

**Want to become a member?
Contact us for more information:**

By Phone: 819 566-2182 (Toll-free: 1-877-566-2182)
By E-mail: info@townshippers.qc.ca

Townshippers' Association is a non-profit, non-partisan organization serving the English-speaking community of the Eastern Townships.

Become a Member!

Check One: New Member Renewal ID # _____

First Name _____ Family Name _____

First Name _____ Family Name _____

Address _____

City _____ Province _____

Postal Code _____ Telephone _____

Email Address _____

Information for our statistics—Thank You!

No. in family _____

Individual's / each family member's gender & year of birth:

Circle one: Male Female ➔ Year of birth _____

Male Female ➔ Year of birth _____

Male Female ➔ Year of birth _____

Male Female ➔ Year of birth _____

Male Female ➔ Year of birth _____

Reside in Townships? No Yes ➔ No. of years? _____

Please send information about volunteering: Yes

For more information, please call 819-566-5717 (toll free 1-866-566-5717).
Townshippers' Association respects your privacy. For information, see www.townshippers.qc.ca or contact our Privacy Officer at 819-566-2182 (1-877-566-2182).

Membership Fee: (Circle one)	1 year	3 years	Lifetime
Individual	\$15	\$35	\$125
Family	\$25	\$65	\$125
Seniors (65+)	\$10	\$25	\$100
Seniors (65+) Couple	\$15	\$35	\$100
Community Group	\$15	\$35	
Business	\$25		

TOTAL ENCLOSED \$ _____

Please return completed form and cheque to:
Townshippers' Association
100-257 Queen, Sherbrooke, QC J1M 1K7

Don't Forget!

In order to participate as a voting member at our Association's Annual General Meeting on Saturday, June 4, 2011, you must be a member in good standing. A Townshippers' Association membership gives you the opportunity to share your ideas and concerns; this is YOUR Association, so help us make it work for you.

Not sure if you are still a member? Give us a call! We can check your membership status and, if it has lapsed, we'll send you a renewal card. Your support is important to us!



Photo: Al Barber

One of Townshippers' Association's dedicated volunteers, Johanne Bilodeau, helped out during last year's Annual General Meeting, signing in members at the welcome table. As we get closer to this year's AGM, we encourage you to make sure that your membership is current... it will allow you to share your comments and concerns with us! For more information, contact us at 819 566-2182 (toll free: 1-877-566-2182) or info@townshippers.qc.ca.

How Can You Keep in Touch with Townshippers'?

Read About Us • Listen to Us • Friend Us!

Townshippers' has a number of media tools – print, radio and online – which we use to keep in touch with you, our members. These tools help us to tell you about what we are doing, share stories about our accomplishments and those of our partners and, last but not least, hear your ideas and opinions about the work that we do. Read on to learn more about how you can keep in touch with us!

IN PRINT:

Townshippers

Our flagship publication, Townshippers, is our strongest link with our members. Published twice a year (in March and September), this publication is full of information about the many projects we are involved in. It includes lots of photos and fun new ways for you to interact with us. What better way could you find to keep in touch with your Association? Be sure to share your copy with someone else and introduce them to Townshippers!

Keeping in Touch Column

We produce a weekly column for The Sherbrooke Record. This Keeping in Touch column, published every Wednesday, allows us to keep community members up-to-date with our regular activities, as well as those of our partners.

About Townshippers Column

New this year, we are also writing a bi-weekly newspaper column for the Brome County News. The About Townshippers column enables us to share news about the activities of the Association which are more specifically targeted to the Montérégie-East region.

ON THE AIRWAVES:

About Townshippers

Tune in to CIDI 99.1 FM every Friday afternoon between 5 and 6 p.m. for the latest Townshippers' Association news, presented by staff members Kate Wisdom, Kate Murray and Lindsay Tuer.

For Our Partners

Connections, the newsletter of the Eastern Townships Partners for Health and Social Services networks, offers news about the activities and projects of our two health and social service networks in the Estrie and Montérégie-East regions. These community-based networks bring together service providers and the English-speaking community in order to help enhance access to health and social services.



Photo: Courtesy of Townshippers' Association

Our website is being re-designed in order to allow us to better communicate with you, our members! We have added new features to the homepage and changed the look of the site. Even more changes are in the works for the coming months so be sure to check www.townshippers.qc.ca often... and don't forget to tell us what you think of our new style! Send us an e-mail at ta@townshippers.qc.ca with your comments or suggestions.

ONLINE:

Websites

Our websites offer a wealth of information about Townshippers' Association and its initiatives. From purchasing music or books by Townships' artists to finding a new career or training opportunity in the Eastern Townships, these online resources can help you find what you seek.

www.townshippers.qc.ca
www.toppportunity.ca
www.tday.ca

Facebook, Twitter and YouTube

This year, Townshippers' Association has taken the plunge into the social media world! You can now connect with us on facebook, twitter and youtube to get short, timely messages about what we are up to and share your ideas or comments with us. To find us in the social media world, search for 'Townshippers' Association' on facebook, twitter or youtube. You can also visit our website (www.townshippers.qc.ca) for direct links to all of our social media pages. See you online!

IN YOUR INBOX:

In addition to all of our other resources, we produce three regular news bulletins. These regular newsletters bring you information about activities, events and opportunities available to members of the English-speaking community. Interested? Contact us today to learn more or to sign up!

E-Bulletin

Keep informed about Townshippers' Association initiatives and those of our cultural partners. The e-bulletin is distributed on Wednesdays.

Arts Watch

Are you an artist? The Arts Watch bulletin will keep you informed about interesting funding and training opportunities in all disciplines.

Make Way for YOUth's Accro des regions e-bulletin

Are you a recent, or soon-to-be, post-secondary graduate looking for information about the latest interesting job opportunities available in the Estrie? Do you want to learn more about fun activities and events happening in the Townships? If so, sign up for Make Way for YOUth's Accro des regions e-bulletin. For more information about this news bulletin, contact Sheila Quinn, Make Way for YOUth/Desjardins Migration Agent, at 819 566-5717 (toll free: 1-866-566-5717) or mwfy@townshippers.qc.ca.

Save the Date:

Townshippers' Association's
Annual General Meeting,
 Banquet and Awards Gala will take place
 on **Saturday, June 4, 2011**

Townshippers' Association's Annual General Meeting for 2011 will take place on Saturday, June 4. This year will feature a combined event which will include a benefit supper and Awards Gala Intergenerational Variety Show, organized in collaboration with Townshippers' Association's RESPECT project. During the gala, this year's Outstanding Townshippers and Young Townships Leaders will be honoured in a special intergenerational ceremony.

More details (including the location of the event) and tickets will be available in the coming months. Be sure to mark this date on your calendars and watch for further details in our Keeping in Touch and About Townshippers columns, as well as in our regular e-bulletin.

For more information, contact Kate Wisdom, Community and Culture Coordinator, at 450 242-4421 (toll free: 1-877-242-4421) or kw@townshippers.qc.ca.



For media inquiries or communications requests, contact:
 Michelle Lepitre, Assistant Executive Director,
 at 819 566-5717 (toll free: 1-866-566-5717)
 or dga@townshippers.qc.ca.

On the Subject of...

Kathy Bieber, Financing and Marketing Agent

"Don't count the days, just make the days count."

One of the more recent additions to the Townshippers' team, Kathy started work as the Financing and Marketing Agent in October 2010. Her primary focus is on helping to develop the Association's new business support network. After only a few weeks at the Association, Kathy was surprised – and happy – to learn that she would be sharing an office with a friend from long ago: Sheila Quinn. Outside of the office, Kathy likes to go horseback riding and travelling.

Kathy says: "My favourite funny life anecdote is of dropping my six-year old off at school, having her hop out of the car and say, 'love you more than rabies!'"



On the Subject of...

Norma Salisbury, Accounting Clerk

"Laugh and the world laughs with you."

Norma is the veteran staff member of Townshippers' Association: she has been with us for more than twenty years! She is a dedicated staff member and a hard-working accounting clerk (she certainly crunches a lot of numbers!), but don't let that fool you: she's also one of the most fun-loving people on our team and is tons of fun to have around. There are few people with whom you can share a joke the way you can with Norma... her laughter is infectious and her office often echoes with it, be it because she and another staff member are sharing a funny story or because she is reading a comical e-mail message.

Outside of the office, Norma's pastimes include sleeping, eating and singing. She also enjoys showing horses with her family and spending time with her grandchildren.

Kathy Bieber, Norma Salisbury and Mary Gunter make up the Association's Finance team. They took time to pose for a quick photo during a recent staff meeting.

On the Subject of...

Mary Gunter, Accounting Assistant

"Life is too short to waste hating anyone."

Mary has been working at Townshippers' Association for two years, assisting both the Executive Director and the Accounting Clerk. Mary is an excellent and efficient member of the Association's team who always manages to keep smiling, even when faced with daunting accounting tasks! Nonetheless, when asked what her greatest wish might be, Mary did not hesitate to say that she'd like to be able to better organize herself in order to find more leisure time or time to spend with friends & family. Outside the office, Mary loves to spend time with her grandchildren and dance.

Mary says: "A smile is worth a thousand words... so keep smiling!"



Photo: Karen Smith



Brown



Thompson

PLAY SPORTS, SEE MY FRIENDS,
TRAVEL AROUND, STOP WORKING,
I HAVE NO PROBLEM WITH THAT.

BUT MAKING SURE I HAVE INCOME FOR LIFE
TO ENJOY MY RETIREMENT TO THE FULLEST,
I CANNOT DO THAT ALONE.

Retirement can last a long time! Making sure you have enough money to enjoy it, that's important.

When I meet with people like Mrs. Brown and Mr Thompson, I take time to discuss their dreams, their projects and their finances. I often notice that it would be to their advantage to have a financial cushion within their retirement income plan. I then suggest they include a life annuity from Desjardins Financial Security.

Knowing that you have a guaranteed stream of income to cover your basic needs is reassuring.

And you, have you thought about a life annuity to cover your current expenses to age 83, 87... 93, 98, 102?

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* The financial planner represents Desjardins Financial Services Firm Inc.

It's Time to Notice the Ones Who Are Doing All the Work...

By Kate Wisdom, Community and Culture Coordinator

Look around your community... who stays after an event to stack the chairs and put them away? Who is the person who always stays positive, even when things get to that difficult point? Who is the one making an impact in various committees and organizations? There is a saying here in the Townships that it is "always the same people who do everything" but, somehow, these hard-working volunteers often go unnoticed. Maybe you haven't always realized how important they are to the quality of life in your community. Now that you have, however, here is your chance to bring them out from behind the scenes and say "thank you"! Nominate that special volunteer for a 2011 Outstanding Townshippers award and give him or her the recognition he or she deserves.

If you are not sure about the eligibility of your chosen nominee, or if you have questions about the application process, don't be shy to contact us at the Townshippers' offices. We will be pleased to explain the nomination process to you. The application is a very simple form to be filled out and mailed in, accompanied by at least one letter of support.

To see examples of past recipients of the Outstanding Townshippers awards, visit our website (www.townshippers.qc.ca). The deadline for submissions for the 2011 Outstanding Townshippers Awards is Monday, April 18, 2011, at 9 a.m.

Call Townshippers' Association's office in Knowlton at 450 242-4421 (toll free: 1-877-242-4421) for more information. The 2011 Outstanding Townshippers award winners will be celebrated at the Association's Annual Awards Gala, scheduled for Saturday, June 4, 2011.



Photo: Al Barber
The winners of last year's Outstanding Townshippers awards were Mary Purkey, Kelli-Ann Ferrigan and Heather Keith (pictured).

The Young Townships Leaders Awards Are Back for 2011!

What are the Young Townships Leaders Awards?

The Young Townships Leaders Awards are presented to young Townshippers who have shown exemplary leadership in their school, town or in the Eastern Townships community. These young leaders are youth, between the ages of 15 and 35, who have demonstrated solid commitment and an existing or potential capacity for leadership through their actions and endeavours within the Eastern Townships English-speaking community.

Who can be a Young Townships Leader?

In order to be eligible for a Young Townships Leader Award, candidates must:

- Be between the ages of 15 and 35;
- Have carried out actions or initiatives demonstrating leadership;

- Have pursued these initiatives within the Eastern Townships English-speaking community;
- Have carried out these initiatives within the past two years (Jan. 1, 2009 – Jan. 1, 2011);
- Be a resident of the Eastern Townships;
- NOT be a member of the Townshippers' Association Board of Directors.

Can you think of a young person who fits this description? Pick up (or download) a nomination form and nominate him or her today! Your nominee could win one of these prestigious awards, complete with a \$1000 cash prize.

To obtain a nomination form, or for additional information about the nomination process, contact Michelle Lepitre at Townshippers' Association's Sherbrooke office, by phone at 819 566-5717 (toll free: 1-866-566-5717) or by e-mail: dga@townshippers.qc.ca.



Melissa MacIver (upper left), Patrick Wang (lower left) and Rachel Hunting (above) – Young Townships Leaders Award winners from 2010.

Photos: Al Barber





Make Way for YOUth

Discovery Days Weekends

By Sheila Quinn, Make Way for YOUth/Desjardins Migration Agent

Discovery Days weekends are all-inclusive, FREE visits to the Estrie region, which include networking activities, workshops related to improving job searching and other skills and tourist activities. Accommodations are always established in the loveliest bed and breakfasts, hotels and cottages of the region and networking meals take place in the real gems of Estrie eateries. Transportation costs and all fees relating to the activities are also included in the Discovery Days weekends!

The Year in Review

August Discovery Days Weekend:

Where: the Haut-Saint-François and Granit MRCs

What: A workshop with the *Carrefour jeunesse-emploi/Place aux jeunes du Haut-Saint-François*; networking meals at Restaurant Da Rita (Weedon), the *Élégance B&B* (Sawyerville) and *l'Eau Berge* (Lac-Mégantic); guided visits of *Caitya du Caprice Caprin* goat farm (with owner Francis Landry) and *Ferme La Paysanne* (with young entrepreneur and farmer Sylviane Bégin); a stop at Bury's Magasin General Store and a visit with owner Maria Garcia; and a trip to Mont-Mégantic to see the stars during the Perseides meteor showers. Participants stayed at the *Élégance B&B* and *Le Joyau Ancestral* in Cookshire-Eaton on Friday evening.

September Discovery Days Weekend:

Where: Val-Saint-François and des Sources MRCs

What: Townshippers' Day and a networking supper at Danville's renowned restaurant *Le Temps des Cerises* on the weekend of their 25th anniversary.

January Discovery Days Weekend:

Where: Sherbrooke, Lennoxville and Stanstead

What: A networking supper, tour and beer tasting at *La Boquébrière Microbrewery*; a networking brunch at *Sebby's* steakhouse; a guided walking tour of Stanstead with Patrick Gauthier, coordinator of the Stanstead Cultural and Recreational Center; a networking supper at *La Vieille Douane* and a tour of the Border Theatre revitalization project; and a concert with Juggling Embers and Jake and the Leprechauns at Checkpoint Charlie. Accommodations for the weekend included stays at Lennoxville's *Les Matins d'Antoine* and Stanstead's *Domaine Lee Farm* (historical former home of Dr. Frederick Banting's wife, Lady Banting).

What's Just Passed:

March 18–20th saw a Discovery Days weekend take place in the Val-Saint-François MRC. Activities centered on the St. Patrick's Day festivities, and included a St. Paddy's party, a concert by Celtic band *Crowfoot* at Richmond's Centre d'Art and Sunday's legendary St. Patrick's Day parade in Richmond.

For more information about Townshippers' Association's *Make Way for YOUth* project, visit our website (www.townshippers.qc.ca/make-way-for-youth.aspx) or contact Sheila Quinn, Make Way for YOUth/Desjardins Migration Agent, at 819 566-5717 (toll free: 1-866-566-5717) or mwfy@townshippers.qc.ca.

Make Way for YOUth
ESTRIE



Desjardins
Money working for people

Investing in Youth
Empowering Québec's Future
jeunes.gouv.qc.ca

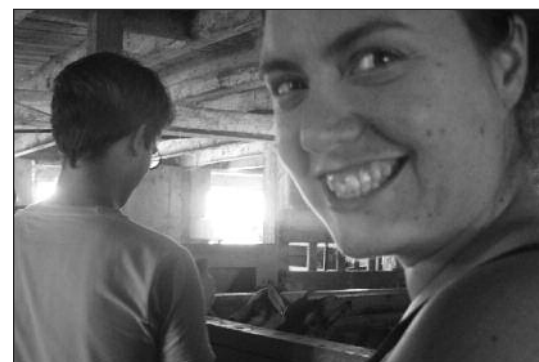
Place aux jeunes
en RÉGION



Photo: Marc-Antoine Fournier



Photo: Marc-Antoine Fournier



All other photos: Sheila Quinn

Make Way for YOUTH

Estrie English-speaking Community

By Sheila Quinn, Make Way for YOUTH/Desjardins Migration Agent

The sun shone brightly down on the St. Felix hillsides. I had spent the day walking through my brother and his wife's newly-acquired land, in part to distract myself from the anxiousness associated with news I was waiting for... On a summer day in July of 2010, I learned that I was about to become a Migration Agent; my sons, my sister-in-law, my nieces and nephews (even the dog!) celebrated.

If you've never heard of the Make Way for YOUTH project, you may find yourself wondering what exactly a migration agent is: would one track the seasonal paths of animals? Work with new Canadians? Assist in organizing senior snowbirds for their annual trips south?

Nuh-uh, not really, nope. The Make Way for YOUTH/Desjardins Migration Agent is a member of several teams, simultaneously:

- One of sixty-six agents working across the province of Quebec

through the *Place aux jeunes en région* organization.

- One of a team of five agents working in the Estrie region.
- One of the staff members at Townshippers' Association, the promoters of the Make Way for YOUTH project in the English-speaking community.
- A part of many committees, groups, and projects that relate, in various ways, to the demographic of 18-35 year olds.

The Make Way for YOUTH project is also unique in that:

- Of the sixty-six *Place aux jeunes en région* projects, the Make Way for YOUTH/Desjardins project is the only regional project in the province, that is to say that it covers the ENTIRE Estrie administrative region (from Mansonville to Stanstead, Racine to Lac-Mégantic, and everywhere in between). Rather than only being responsible for the municipalities within one MRC – as is the case for the other *Place aux jeunes*

projects – our migration agent works in SEVEN MRCs: Coaticook, des Sources, du Granit, Haut-Saint-François, Val-Saint-François, Memphrémagog and the City of Sherbrooke.

- It is the only project of the sixty-six that offers services in English, to the English-speaking population.

WHO a Migration Agent works with:

- 18-35 year olds.
- Post-secondary students or graduates.
- Those who are living outside of the Estrie region and looking to relocate to the area.
- Those who have recently moved to the area and are looking for support in settling here.
- Candidates who are new to the area, or who originate from the area and would love to move back home.

WHAT a Migration Agent can do for you:

- Help with job searches.
- Help with networking and connections in the community.
- Help to locate services (specialized or otherwise).
- Help with living arrangements (rental, purchasing).

Throughout the year, Make Way for YOUTH has been present at the Bishop's University annual Rubber Duck Race, on tour with Juno Songwriter of the Year nominee Royal Wood, at Montreal's Café thEATre, at Sherbrooke's Choco-La gourmet chocolate shop, at the 2010 Accro du Val Teen Information Day in Windsor, at Youth Forum, at the Townshippers' Youth Council Round-Up and Epique Night, among other events!



Sheila Quinn
 Make Way for YOUTH/
 Desjardins Migration Agent
 819 566-5717 | 1-866-566-5717
mufy@townshippers.qc.ca



Photo: Sheila Quinn

Young post-secondary students or graduates can benefit from a number of services through Townshippers' Association's Make Way for YOUTH project. These services – which can include help with job searches, assistance locating living arrangements and other important services, even help making connections in the region – can be invaluable to young people who are just embarking on a new phase of their lives, in the English-speaking community of the Eastern Townships.

The services help newcomers feel supported and less alone in a new place. For more information about this unique project, contact Sheila Quinn, Make Way for YOUTH/Desjardins Migration Agent, at 819 566-5717 (toll free: 1-866-566-5717) or mufy@townshippers.qc.ca.



Photo: Sheila Quinn

On the Subject of...

Sheila Quinn, Make Way for YOUth/Desjardins Migration Agent

"Be the hype!"
(Sheila Quinn, 2010)

Sheila began working as the Make Way for YOUth/Desjardins Migration Agent in July of 2010. She has an incredible passion for her job and an unwavering devotion to the Eastern Townships, qualities which make her THE perfect person to entice post-secondary students and graduates to live in the region. In addition to this, Sheila has an enthusiastic and genuine personality which people are drawn to... it's no accident that she has 2043 facebook friends (and counting)! Sheila's interests include photography, her DH radio show on CJMQ, journalism, music, youth work, volunteering with teens, making jewellery, watching movies and spending time with her family.

Sheila says: "I love working with Townshippers"! I have ridden the rapids in Chambly without a boat, scored my first try in rugby while wearing a prom dress, been captain of the Belle Bottoms team to raise funds for cancers below the waist, was a high school librarian, a gas jockey, a tree planter, a nanny, a department store decorator. I have big plans for this great life!"

Townshippers' Youth Council Be Part of the Action!

Are you a young person between the ages of 12 and 21 who would like to be part of a Townships-wide group of youth who are working to make their communities a better place? Want to meet new people, make friends and have fun? If so, become part of the Townshippers' Association Youth Council!

All youth under the age of 21 are eligible for FREE membership in the Association and the Townshippers' Youth Council. This membership will get you inside information about all the cool things happening for youth in the Townships and will help to connect you with youth from around the region who have interests and goals similar to yours. You'll also get invitations to participate in upcoming youth gatherings, to which only youth council members are invited.

To learn more about how to become part of the Townshippers' Youth Council, or to find out more about what we do, contact Michelle at 819 566-5717 (toll free: 1-866-566-5717) or dga@townshippers.qc.ca. You can also find us online... check out www.townshippers.qc.ca/townshippers-youth-council.aspx to learn more about what we do, or to find out how to reach us on facebook.



Photo: Karen Smith

On the Subject of...

Michelle Amy Lepitre,
Assistant Executive Director

"There is no such thing as chance, and what seems to us mere accident springs from the deepest source of destiny." (Friedrich Schiller)

Michelle is fulfilling what could be seen as just that - destiny. While she is one of the youngest staff members at the Association, she has had a long-standing connection with Townshippers', dating back to winning the Heritage Essay Contest when she was in grade four at Cookshire Elementary School. Her essay (relating to her grandfather's house) was published in Crossroads, much to her grandparents' happiness. In the past, Michelle worked as the T-Day Events Coordinator (summer student position) for T-Day 2001 in Waterville and began working full-time at Townshippers' in January of 2007 as Youth Coordinator. Since that time, she has occupied the roles of youth project coordinator, Make Way for YOUth/Desjardins Migration Agent and, since the summer of 2010, Assistant Executive Director.

Michelle loves to cook, read, learn and create. One of her funniest memories is of August 2010, when she found herself on a school bus (at 2:00 a.m.) on her way up Mont-Mégantic with Sheila Quinn and her first Discovery Days group. To Michelle's surprise, the best part of the journey wasn't the much-anticipated Perseides meteor shower she had expected to witness; rather, it was the unusually animated tour guide who kept Sheila and Michelle in stitches all the way up to the summit. The event involved much giggling and many, many tears (of laughter!).

Are you an adult volunteer who would like to help out with the Townshippers' Youth Council? We are looking for supportive adults in various communities throughout the Townships to help support the community councils affiliated with our Youth Council; the young members of these councils want adults who can help them to carry out their activities and give them helpful hints and the freedom to make decisions and plans for their activities. If this sounds like a role that would interest you, contact Michelle (819 566-5717, 1-866-566-5717 or dga@townshippers.qc.ca) to find out how you can get involved.

New Health and Social Services Human Resources Development Projects

The Health and Social Services Human Resources Development Projects offer a unique opportunity for bilingual students and professionals in the health and social services fields to discover the enchanting area of the Eastern Townships of Quebec and, at the same time, support the growth of regional access programs for English-speaking communities.

These two projects - one in the Montérégie-East and the other in the Estrie - will provide another way for us to increase the number of English-speaking healthcare professionals in the Eastern Townships region. It will also enable us to work on retaining the services of these professionals, and on improving the English-speaking community's access to services in their own language.

To learn more, contact Michael Caluori, Coordinator of the Health and Social Services Human Resources Development Projects, at 450 775-5900 (toll-free: 1-866-566-5717) or mc@townshippers.qc.ca.



Photo: Al Barber

Michael Caluori, Coordinator of the Health and Social Services Human Resources Development Projects, posed with two interns at the recent launch of the Montérégie-East project.

Sold Out! *Media Contest*

Are you a student in elementary or high school? Do you think that you would make an excellent salesperson? Would you like to work in the media/advertising fields when you get older? If so, Townshippers' Association's *Sold Out!* Media contest is for you... Whether you are in elementary school or in high school, we want you to share your ideas and your creativity with us.

Here's what we're asking you to do:

We want your help to create some cool new advertisements that will show people why the Eastern Townships region is THE BEST place to live! We are asking you to put all of your sales skills and media savvy to work to prove to everyone that we live in the best place in the world. Are you ready?

For students in Elementary School —

Create an advertisement (a poster, a collage or an iMovie commercial) telling people why the Eastern Townships is the best place to be. Your advertisement should not be more than one page (or 10 slides for an iMovie), and must include both text and images. The advertisement can be typed/drawn on the computer or produced by hand. Students may submit projects as a group but, if the entry is chosen as a winner or runner-up, the group will receive only ONE prize package.

Entries from students in elementary school will be grouped into *TWO* categories: Grades 1–3 and Grades 4–6.

For students in High School —

Create a brochure or video advertisement to “sell” your audience on the Eastern Townships. Tell us: Why should someone choose to live here? What is great about the region? What makes your community special? Show your audience the great advantages of living in the Townships and make them want to live here too.

You can include first-hand accounts from people who already live here, use images of activities from local events or local places, include photos and/or footage from your school or youth group activities, etc. Just remember: YOU are a salesperson and your job is to make people LOVE the Townships and want to be here too.

Brochures can be submitted as digital images, or they can be produced by hand. Videos should be no longer than five minutes in length. Students may submit projects as a group but, if their entry is chosen as a winner or a runner-up, the group will receive only ONE prize package.

Entries from students in high school will be grouped into *TWO* categories:

Cycle One (Sec. 1–2) or Cycle Two (Sec. 3–5).

For each one of the four previously-stated categories, one winner and one runner-up will be chosen. The winners will receive a special prize package worth \$100. Runners-up will receive a special prize package worth \$50.

For more information about this contest, or to download the registration form, visit www.townshippers.qc.ca/sold-out-contest.aspx. You can also contact Michelle (dga@townshippers.qc.ca) or Sheila (mwfy@townshippers.qc.ca) at 819 566-5717 (toll free: 1-866-566-5717). The deadline for entries to be received is October 17, 2011, at 5 p.m.

Good luck!



Photo: Sheila Quinn

Investing in Youth
Empowering
**Québec's
Future**
jeunes.gouv.qc.ca



Townshippers' Association's

Hooked on School Days Contests

How I Support Youth

By Anne-Marie Grondin, Director General of Jeunes Entreprises

Proud Believer in Youth Potential

Junior Achievements/ Jeunes Entreprises encourages youth through the elaboration of an entrepreneurship project. We empower them to take control of their lives, to participate actively in their community and to believe in themselves. By working together, towards a common goal and with the continuing support of their adult coaches, they learn many things about themselves.

The best way to encourage youth to succeed in school and to pursue their training and education is to believe in their full potential. Everyone can succeed with support, encouragement and belief in them self. I offer entrepreneurship programs to youth. I pride myself on giving my full support and being present in every step of their project. Many youth are surprised that I am confident in their success, that I am present from beginning to end and through good and bad. As a youth mentor, I believe that genuine faith in all youth is the best way to appeal to them. I have a group of seven young men, who did not choose to participate in an entrepreneurship program. I started the school year with one interested in starting his student business, then three and today, all seven participate. Why you may ask? I adapted myself to



Photo: Courtesy of Anne-Marie Grondin

Pictured are the riders who participated in the Hazer Rail Jam in Waterloo on February 26. The Hazer Rail Jam was an activity promoting talented youth in extreme sports, demonstrating the positive aspect of collaborating with the youth. The participants were a talented, good humoured and respectful bunch of young people!

their reality, I helped them find a project that interested them and I pushed them to believe in their own success. They have put after-school hours into their project and continue to surprise

staff all around them. This is only one example of success, I have many more! Many youth lack support: from schools who too often tend to see them for their actions (troublemakers are branded and not many people expect more from them), parents (many work, forget to just "be" there for their kids) and peers (lots of pressure all around, it is difficult to change). To give a child positive reinforcement, to help them attain self pride and love, to help them succeed (through good and bad) and to support them (even when we know they may fail – some of the best lessons happen when we must keep going) are the ways to help youth persevere with their education, training and to take a positive place in society. By lending a supportive ear, a strong presence and a trust in who they are and in who they can become, we not only succeed in regards to their education, we also succeed in strengthening their self worth. During a three-day business plan race (COJEQ 2011), more than 150 youths' lives changed for the best – some have accepted their differences and chose to live, some have learned to control their negative impulses and chose to change their behaviour – all because they were confronted to work in a group, to build team spirit and to step out of the conventional box. Together, we must look at our actions, stop judging before knowing and trust in the power of the youth! They can all change, we must just believe that they can!

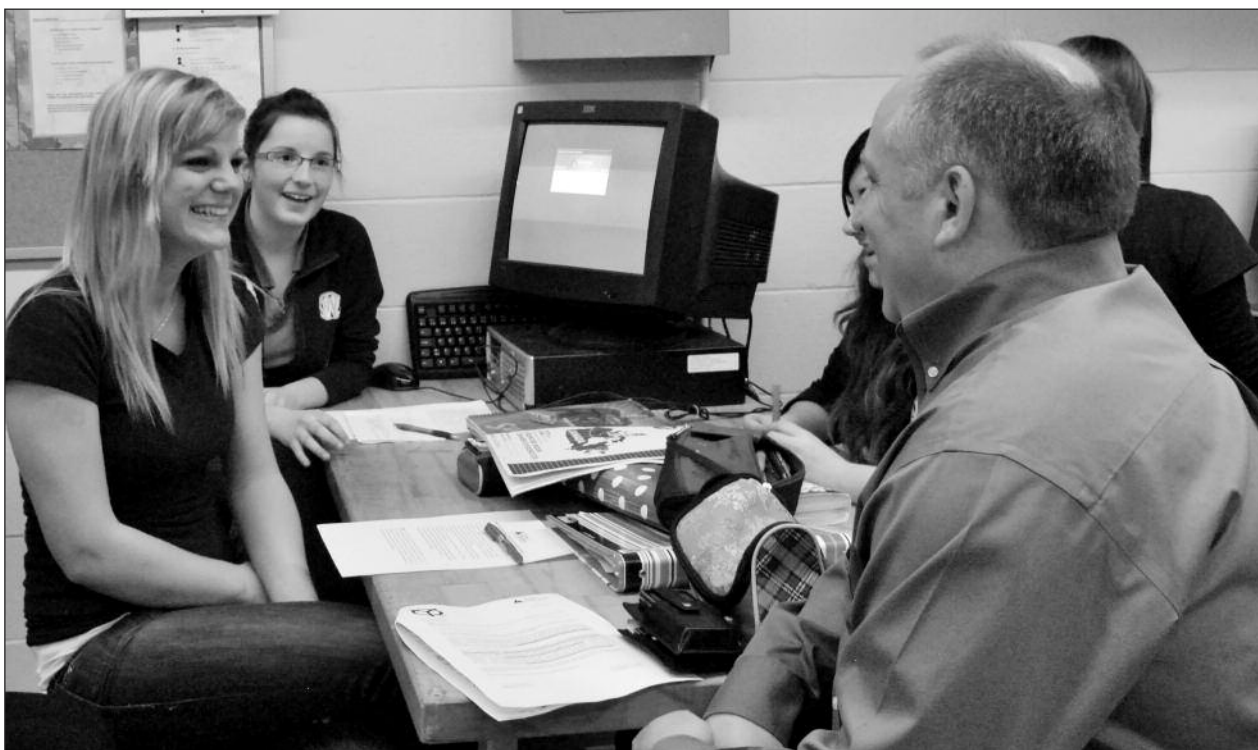


Photo: Courtesy of Anne-Marie Grondin

Pictured is the Mayor of Waterloo meeting with the JEWL group, a group of participants in the Junior Achievements program.

Hooked on School Days Contests: *Following My Dream*

We know that a lot of times young people get asked what they want to do when they get older... This year, for the Hooked on School Days, we asked students in elementary school to think about the importance of staying in school, as well as why this would help them to achieve their goals.

Out of 72 entries received, our judges picked six of their favourites... and here they are!



Drawing by Jaysin Sornberger

I will like to be a surgeon when I grow up. I want to be a surgeon because I want to save peoples' lives. So they can live happy long lives with their families. To become a surgeon I have go to school and Cegep.

Jaysin Sornberger,
Grade 4, Heroes' Memorial

When I grow up I want to be a mechanic. Staying in school is important for this job because I need to learn mathematics and measurement for example if I need to put in $\frac{3}{4}$ of 3L of oil into a car you need to know fractions or if you wanted to know the difference between 2 car's rpm's at a certain speed you would probably have to subtract.

Dylan Blanchette,
Grade 6, Sunnyside Elementary

When I grow up I want to be a barrel racer because I have 25 horses and I barrel race at fairs. I like to barrel race because it is a speed event. It is what my mom used to do. Dale Moser is a man that wins almost every barrel race at Ayer's cliff fair.

Staying in school is important for this job because you need to learn about the horse, how it will act around people, the white fence and the different

color of barrels. It is also important for you to know and to learn how to barrel race because there is a special order to place everything.

Katy Tilton,
Grade 6, Sunnyside Elementary

When I grow up I want to be a scientist. I need to go to school because I need to learn how to construct things. To make formulas and to build inventions, I need to read the instructions well. I need to go past high school to be a scientist.

Claude Beaulac,
Grade 5, Heroes' Memorial

What I want to be when I grow up!! I want to be a teacher when I grow up because I want to teach student's what I learned in grade 4 and to show how much fun it is to have special privileges when we complete our work and pay attention to what the teacher taught, we receive privileges. It takes awhile to be a teacher. Being a teacher takes a lot of work because you have to act serious cause when the student does not listen you sent them to the office or warn them. You have to discipline them when they are bad. It takes courage to be a teacher cause you have to know what your doing how to do it. You have to stay in school if you want to be a teacher cause you have to learn how to be a teacher. Right now I am still young but we all grow up to be something.

Melissa Azarkiewicz,
Grade 4, Heroes' Memorial

When I get older I want to be an owner of a music store where I would sell everything to do with music, from microphones to instruments, to sheet music. I need to stay in school to learn more about music and to get the skills I need to run a business.

Natalya Rain Roy Legault,
Grade 5, Heroes' Memorial

To read the other entries in the *Follow My Dream Contest*, visit:
www.townshippers.qc.ca/hookedonschool.aspx



Drawing by Claude Beaulac



Photo: Sheila Quinn



Drawing by Natalya Rain Roy Legault

Make Way for YOUTH Greeting Cards Experience the Townships!

By Sheila Quinn, Make Way for YOUTH/Desjardins Migration Agent

How would you describe the Eastern Townships?

- Four seasons
- Rolling hills, beautiful valleys
- Observable wildlife
- Farm country
- The ultimate setting for healthy, happy life
- Caring communities
- Dynamic living

The Make Way for YOUTH project has captured 10 scenes of Townships life on greeting cards, featuring photos taken by local high school students. From snow-laden trees to round hay bales, sunsets to running water, each card is a testament to what we love about the area.



Photo: Matthew Richard

Each year, Make Way for YOUTH raises funds to gather necessary support for the important programming related to helping youth ages 18–35 explore life and opportunities for settling in the Townships. This year, with the launch of the Make Way for YOUTH greeting cards, you can have the opportunity both to celebrate our region and support a crucial set of services which are, every day, helping to ensure the vitality of our region.

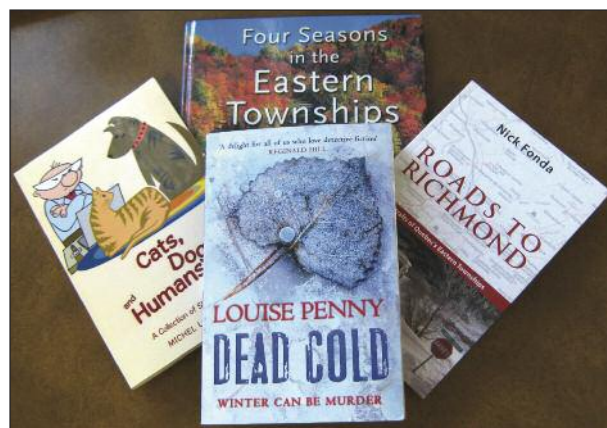
The launch of the first series of Make Way for YOUTH greeting cards coincided with the Marguerite Knapp Building's Open House in November of 2010; the second series of cards will be launched in the spring of 2011. At \$2.50 per card (or 5 for \$10.00), these cards are a perfect reminder of home for Townshippers who are living elsewhere, and a perfect gift for any occasion. The Make Way for YOUTH greeting cards are available at Townshippers' Association's Lennoxville office and the Wales Home. For more information about the cards, or if you would be interested in establishing a point of sale, please contact Sheila Quinn, Make Way for YOUTH/Desjardins Migration Agent, at 819 566-5717 (toll free: 1-866-566-5717)

Townships Expressions

By Cathy Turner, Expressions Coordinator

Townships Expressions is a project of Townshippers' Association which helps English-language artists in the Eastern Townships to sell and publicize their works. Townships Expressions features a unique selection of greeting cards, music, books, calendars, postcards, cookbooks and prints. All of the works for sale have been created by Eastern Townships artists and/or have a Townships theme. They are on display in the Townshippers' offices in both Sherbrooke and Knowlton, or can be viewed online at www.townshippers.qc.ca.

Shop *Townships Expressions* and you may just find a unique gift for yourself or a loved one, while also supporting our region's many talented artists!



BOOKS

The *Townships Expressions* collection includes books by authors such as:

Ronald Sutherland, Louise Abbott and Neils Jensen, Micheline Mongrain-Dontigny, Winona Lawrence Matthews, Evelyn Coburn, Grandpa Bob, Michel Larocque, Klaus Bremer, Dorothy Dutton, P. Masterson, Minna Trower, Louise Penny, Françoise Hamel-Beaudoin, Matthew Farfan, Thérèse Bernard, Paul Laramée and Marie-Josée Auclair, D. Montgomery MacLean, Munira Judith Avinger, Denis Palmer, Ray and Diana Baillie, Janna Kendall, Mary Jean Woodward Bean, Kay Kinsman, Marcel Arcand and Claude Croisétière, W. George Pinchin, Louise Oliver, Annik Williams, Joan Windle Barnes, Gordon Lambie, Elaine Laraway, Barbara Verity, T.A. McKay, Brian Eddington, Dr. Robert Paulette, Bernard Epps, Heather Keith and Sharon McCully, John K. Davison, Barbara Heath, Nick Fonda, Wendy Jean MacLean, Keith Whittall and Victoria Moulton, Hilda St. James, Donald Patriquin, Tom Edmonds, Tanya Tkach, Laurie Hannan, Jean-Rémi Brault, Harrison Yates, Huguette O'Neil, W. Gillies Ross, Jenifer Thornburg, Wayne Robinson, Ann Mitchell, Phyllis Hamilton, Ross Murray and Oscar Dhu, among others.



CDs

For music lovers, many CDs are available through Townships Expressions. These include music by Gail Klinck and Keith Whittall, Donald Patriquin, Jim Robinson, Mike Goudreau, the Canadian Harmonists, Choromondo, Allyna Harris, David Francey, Betty Piette, the Boppin' Blues Band, Eric Akbar Manolson, Le Vent des Cantons, Peter Mendieta, Julia Rohan, Stacey Clark, Matthew McCully, Amos Joannides, Michael Ayles, Sarah Biggs, Kate Morrison, Lynn Hamilton, Trisha Pope, Jan Graham, the Road Scholars, Laurencio Beaudin and others.



CARDS, CALENDARS and OTHER ITEMS

Our card collection features original cards made from prints of watercolours and other media by Marie-Thérèse Fitzgibbons, Zdanka and Kristine Fonda, Sonia Palik and Annis Karpenko, among others.

We also have a number of DVDs for sale, including Louise Abbott's "Criss-crossing Fences" and "Giving Shelter: Historic Barns of the Eastern Townships", Keith Whittall and Victoria Moulton's "Salmon Creek Days, Memories of Dance Halls" and Albert Nerenberg's "Laughology", as well as others.

For more information about the *Townships Expressions* collection, contact us at 819 566-5717 (toll free: 1-866-566-5717). You can also stop by one of our two boutiques – in Lennoxville or in Knowlton – or order online via our website: www.townshippers.qc.ca.

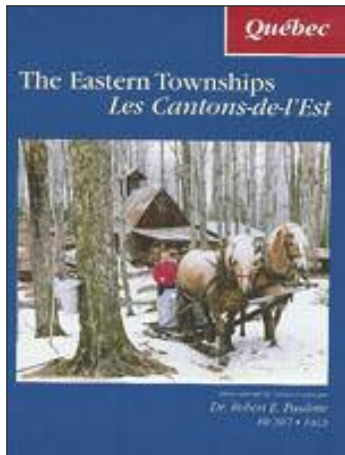
Seek and Win:

Find the *Townships Expressions* Items Hidden in this Publication and Win a Gift Certificate Worth \$25!

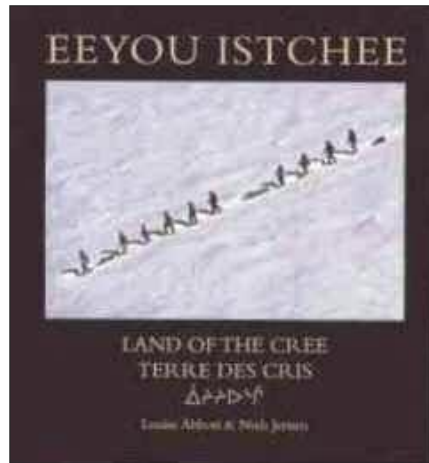
Now that you've read about the *Townships Expressions* collection, it's your turn to put your new-found knowledge to the test! Throughout the pages of this publication, we have hidden images of FIVE popular items from our *Townships Expressions* collection of books, music and more created by Townships artists... did you find them all? If so, fill out the entry form found on this page and you could win one of three *Townships Expressions* gift certificates worth \$25!

Here are the items that we've hidden:

- *The Eastern Townships*, a book by Dr. Robert Paulette
- *My Name is Amos*, a CD by Amos Joannides
- *Eeyou Istchee*, a book by Louise Abbott
- *Matthew McCully and the Matter of Principale*, a CD by Matthew McCully
- *You're Not Going to Eat That, Are You?*, a book by Ross Murray



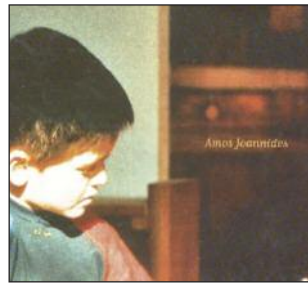
five items



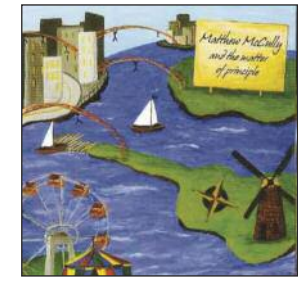
and



Find these



hidden in the paper



Win Big!

Townships Expressions "Seek and Win" Contest Entry Form

First Name _____ Last Name _____

Street Address _____

City _____ Province _____ Postal Code _____

Phone Number _____ E-mail Address _____

Item..... Page Where the Item Can Be Found

The Eastern Townships, a book by Dr. Robert Paulette.....

My Name is Amos, a CD by Amos Joannides.....

Eeyou Istchee, a book by Louise Abbott.....

Matthew McCully and the Matter of Principale, a CD by Matthew McCully.....

You're Not Going to Eat That, Are You?, a book by Ross Murray.....

Please return your entry form to: Townships Expressions "Seek and Win" Contest
100-257 Queen, Sherbrooke, QC J1M 1K7

The deadline for entries to be received is Friday, May 27, 2011 at 5 p.m. Three winners will be drawn at random, from among all of the complete entries received. The drawing will take place following Townshippers' Association's Annual General Meeting, on Saturday, June 4, 2011.

For more information about Townships Expressions or the "Seek and Win" Contest, contact:
Cathy Turner, Townships Expressions Coordinator, at 819 566-5717 (toll free: 1-866-566-5717) or ct@townshippers.qc.ca.

business support network

As a member of Townshippers' Association's NEW Business Support Network, you will:

- Have opportunities to share your ideas and opinions about the kind of support that would be most beneficial to you, as a business owner.
- Be invited to participate in special entrepreneurship and skills development workshops which will focus on topics you have indicated are of interest to you.
- Develop a link with our Make Way for YOUth/Desjardins Migration Agent, who will help put you in touch with a bank of interesting and qualified young professionals (18–35) who are looking to make the Eastern Townships their home. As a result of your involvement with the Make Way for YOUth project, you will also receive regular invitations to Make Way for YOUth networking activities and will be invited to post job openings (at no cost to you) on the Association's Topportunity website and the Make Way for YOUth section of the Accro des regions website.
- You will receive regular mailings from the Association, which will include news about upcoming activities and events.
- You will be automatically subscribed to our e-bulletin and will also have opportunities to advertise your business and services via this communications tool, distributed by e-mail to more than 800 of our members.
- Find your company's logo and name, as well as a link to your website, included on Townshippers' Association's Business Network website.
- Get added visibility for your business in the English-speaking community of the Eastern Townships, both through mentions in the Association's regular media tools and in the promotional items (flyers, posters, brochures) produced specifically for the business network.
- Be included in the Online Business Support Network Directory that will advertise businesses offering services in English. This directory will be available both online, to all members of the Association, as well as via our Information and Referral service.
- Get recognition in Townshippers' Association's annual report for your company's involvement in the Business Support Network.
- Be given regular opportunities to increase your client base by providing discounts or special offers exclusively to Townshippers' Association members.

When you sign up as a member of Townshippers' Association's Business

Support Network, you will receive:

- A letter of welcome from our President.
- Promotional items which will allow you to promote your membership in the Business Support Network to potential clients.
- An invitation to become part of Townshippers' Association's E-Team, a committee which deals with matters of Education, Employment, Economic Development and Entrepreneurship.
- An invitation to submit an advertisement and/or special offer for inclusion in an upcoming edition of Townshippers, our flagship publication. This publication will include a special Business Support Network section.
- Regular copies of our Annual Report, as well as of our Flagship publication.

How to become a member:

For more information about Townshippers' Association's NEW Business Support Network, contact:

Evelina Smith, *Membership Coordinator*

Townshippers' Association

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

By E-mail: TAbusinesssupport@townshippers.qc.ca



Topportunity

The One-Stop Shopping Source for Services and Resources in the Townships

By Sheila Quinn, *Make Way for YOUth/Desjardins Migration Agent*

There's something to be said for one-stop-shopping, for being able to find everything you need right in one place. When it comes to learning about the services and resources available in the Eastern Townships, our Topportunity website is the perfect one-stop shopping source for YOU!

Topportunity (www.topportunity.ca) is a dynamic, regularly updated resource centre and a vital tool for anyone looking for information relating to opportunities in the Townships.

For job seekers, the site includes:

- Job postings specially chosen for English speakers;
- Job postings that require skills in English;
- Links to services in the Eastern Townships;
- Ways to stay connected to what's happening in the Townships.

For those leading a healthy, active, fulfilling lifestyle, Topportunity can help:

- Them become more resourceful, by informing them about what opportunities are available in the Townships;

- Increase their connections within the community;
- Find the services which suit their needs.

If you are a job seeker who wants to explore full-time, part-time and summer employment opportunities in the Townships, as well as learn about dream jobs, visit www.topportunity.ca!

Topportunity – it's all about connection, community and the ultimate tool to explore opportunities in the Eastern Townships!

For more information, contact us at 819 566-2182 (toll free: 1-877-566-2182) or info@townshippers.qc.ca.

DON'T FORGET!

If you're an employer, the Topportunity website is also a perfect spot to fulfill your business's quest for qualified, trained employees. Contact us today to find out how this website can help you: 819 566-2182 (toll free: 1-877-566-2182) or info@townshippers.qc.ca.

business support network

business support network

business support network

business support network – Membership Form

Check One: New Member Renewal ID# _____

Business Name: _____

Street Address: _____

City: _____ Province: _____

Postal Code: _____ Telephone: _____

Website: _____

Would you like a link to your website to be featured on ours? Yes or No

Contact Person Name: _____

E-mail Address: _____

In order to better serve the needs of our members, we require some additional information from you. This information will be used to advertise your business within the network, as well as to our members.

Type of products or services offered by your business: _____

Business Hours: _____

Mailing address and contact person (if different from above): _____

Please include a business card with this form (and, if possible, e-mail your company logo to TAbusinesssupportnetwork@townshippers.qc.ca). It will be used for advertising purposes.

Membership Fee: \$75 for one year \$50 for one year (*Reduced rate for benefit offers**)

*To be eligible for the reduced membership rate, your company must offer a qualified benefit to regular Townshippers' Association members who show proof of valid membership. These benefits may include a free gift with a purchase, or a reduced rate for products or services.

Membership benefit to be offered: _____

(To qualify for the reduced rate, the benefit offered must be approved by a staff member of Townshippers' Association.)

For more information about the Townshippers' Association Business Support Network, please call 819 566-5717 (toll free: 1-866-566-5717).

Townshippers' Association respects your privacy. For more information, visit www.townshippers.qc.ca or contact our Privacy Officer at 819 566-2182 (1-877-566-2182).

Please return your completed form and a cheque for the total amount of your membership, made payable to Townshippers' Association, to:

Townshippers' Association
100-257 Queen Street
Sherbrooke, QC, J1M 1K7

business support network



Photo: Karen Smith

On the Subject of...

Kate Wisdom, Community & Culture Coordinator

"To be or not to be; that is the question." (William Shakespeare)

Kate is well known for her theatrical interests; she loves to direct and act and has also designed hundreds of costumes for show like *Guys and Dolls* and *Oliver*. She loves to interact with young people and give them chances to be creative. Kate swims, skis and enjoys travelling.

Kate says: "I love the Townships. To live here as an immigrant from England (or anywhere in Europe) opens up a lovely world, in which the seasons are so different: each has its own beauty. There is so much space and I feel close to nature here. I think to be Canadian and a Townships is to get the best of both worlds. Our attributes are to be calm and resilient. We learn many survival skills here, and one of them is how to get along with each other. I believe we should help each other out and look after each other."

Our Cultural Partners

For a number of years now, Townshippers' Association has maintained cultural partnerships with a number of arts centres and organizations in the Eastern Townships. Our Association helps to raise awareness about cultural events and exhibitions taking place by informing our members and, in exchange, our cultural partners offer Townshippers' Association members a 10% discount (where applicable) on regularly-priced tickets and entrance fees, upon presentation of a valid Association membership card.

Arts Sutton Gallery
www.artssutton.com/

The Arts Sutton Gallery offers year-round exhibitions of professional artists. The calls for submissions run from November to March for the following year.

Hours: Thursday to Sunday from 11 a.m. to 5 p.m. Admission is free.



Photo: Courtesy of Centennial Theatre
Centennial Theatre will feature Meaghan Smith and the Cricket Orchestra on April 14, 2011 at 8 p.m. For the show, Meaghan Smith will deliver her original music with a look to the '20s, '30s and '40s.

**Centennial Theatre,
Bishop's University**
www.centennialtheatre.ca

Centennial Theatre's season opens in the fall and includes dance, world music, concert music and jazz performances.



Photo: Courtesy of Knowlton Players

Knowlton Players had another sold out Dinner Theatre success in 2011 with a new play by Laura Teasdale entitled "Love for Sale".

Knowlton Players
www.knowltonplayers.com

The Knowlton Players are a community theatre troupe. Their season opens in the fall, with open auditions for three plays and a Christmas show for children.



**Musique Chez Nous,
Bishop's University**
www.ubishops.ca/academic-programs/humanities/music/musique-chez-nous.html

Musique Chez Nous is a concert series held in Bishop's University's Bandedeen Hall – from September to April – featuring the talents of local musicians, visiting artists and Bishop's University's own music teachers. Special subscription tickets (*apply to all concerts in Bandedeen Hall, and may be shared freely*) are available at the cost of 6 for \$50, which represents a saving of 10% for Townshippers' members.



Photo: Courtesy of Centennial Theatre

On April 6, 2011, Centennial Theatre will bring to the stage "Dulcinée—Dulcinea's Lament" with Dulcinea Langfelder & Co. This is your chance to see Don Quixote's Dulcinea in a brand new light! The show begins at 8 p.m.

Musée des beaux-arts de Sherbrooke

www.mbas.qc.ca

The Musée des beaux-arts de Sherbrooke, founded in 1982, offers year-round exhibitions. A library of art and historical publications is open to members, and a gift shop is available on site.



Photo: Courtesy of the Musée des beaux-arts de Sherbrooke

From June 18 to October 2, 2011, the Musée des beaux-arts de Sherbrooke will feature an exhibition entitled "Impressionism? Chosen Works from the Collection of Musée national des beaux-arts du Québec." This exhibition will present the work of Québec artists such as James Wilson Morrice, Marc-Aurèle de Foy, Suzor Coté, Clarence Gagnon and Henri Beau (pictured) and compare them to the paintings of Eugène Boudin, a precursor of impressionism.

Sherbrooke Symphony Orchestra

www.css-oss.com

The Sherbrooke Symphony Orchestra hosts concerts from September to May. Tickets are available online at www.admission.com.



Photo: Courtesy of the Musée des beaux-arts de Sherbrooke
Between June 11 and September 25, the Musée des beaux-arts de Sherbrooke will present an exhibition of the works of Joe Fafard, a twelfth generation Canadian who was born in Sainte-Marthe, Saskatchewan. Fafard is a sculptor best known for creating objects which are inspired by, and pay homage to, his community and farm life. He is equally well known for his intricate sculptures of individuals, be they artists, writers, theorists, politicians, strangers or friends. Whether drawing his inspiration from the animal kingdom or fellow artists, Fafard's sculptures hold within them a quiet dignity and strength which continues to amaze and capture the public's attention.



Photo: Sunshine Theatre

The Sunshine Writers, including Sarah Biggs, Laura Teasdale, Doug Hooper and Maurice Crossfield, are planning a fall tour of *Ourstory*, a play about our Townships heritage.

Montreal West Operatic Society
"The Best of Gilbert & Sullivan" May 28 "Trial By Jury"



Dean Brody
June 15



Stuart McLean June 16 & 17

CBC RADIO TAPING OF
The Vinyl Cafe
at The Piggery Theatre



"2 Old Bags & A Geezer"
June 22, 23, 24 August 3, 4, 5
Starring: Frank Fontaine, Pina Machi, Emma Stevens
Written and Directed by Mary Harvey

Photo: Courtesy of The Piggery Theatre

This year, the Piggery Theatre will be offering a varied program of entertainment, including: the Montreal West Operatic Society's production of "Trial By Jury", a production of "2 Old Bags and a Geezer", a CBC recording of The Vinyl Café with Stuart McLean and a performance by Canadian country music artist Dean Brody.

Orford Arts Centre

www.arts-orford.org

The Orford Arts Centre offers a summer season of classical music performances.

Theatre Lac Brome

www.theatrelacbrome.ca

Theatre Lac Brome's new summer repertory season will run from June 30 to September 3, 2011, and will include two comedies by Mortimer & Meilhac entitled "Mill Hill & The Brazilian" and "Dr Jekyll & Mr Hyde" (adapted by Jeffrey Hatcher), "Let's Be Frank" by Ricky Blue and "Bowser & Blue." The theatre will also host the Knowlton House & Garden Tour, taking place on July 13.

Sunshine Theatre Productions

www.sunnymead.org/sunshine

Sunshine Theatre Productions produces community and semi-professional theatre events and organizes theatre tours and play readings in Brome-Missisquoi.



Photo: Karen Smith

On the Subject of...

Cathy Turner, Office Manager and Townships Expressions Coordinator

"The first step to getting the things you want out of life is this: Decide what you want."

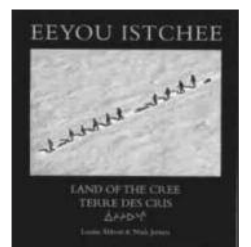
Cathy is well known around the Townshippers' Association offices as the go-to person; she is the one who helps us understand our computer problems, create mail merges and organize our schedules! She also often provides us with delicious, home-made treats (such as birthday cakes!) for our staff meetings. Outside the office, her favourite pastimes include doing outdoor sports, working out, walking her dog, gardening... and laughing. Cathy is originally from Calgary, but now says that the Townships is the place to be: "I would never leave here!"

Cathy says: "In my first year at Townshippers' (around Townshippers' Day), things were really busy & I answered the phone by saying "Townshippers at Work" (one of the categories for participants of T-Day) instead of saying Townshippers' Association. The person on the other end of the line laughed and answered "You certainly are!"

The Piggery

www.piggery.com

The Piggery has a summer/fall season of music and theatre.



FREE Income Tax Service

By Evelina Smith,
Information and Referral Coordinator

Are you terrified, overwhelmed or mystified when it comes to income taxes? Do you receive social assistance or Old Age Security? Are you a student? If so, you can have your income taxes done for free!

Each year, a number of community organizations, in collaboration with Revenue Canada and Revenue Quebec, offer a free income tax service to individuals and families. To be eligible for this service, your annual income in 2010 must have been a maximum of \$20 000 for an individual and \$26 000 for a couple (if you have children, add \$2 000 per child to your annual income). The income tax service cannot do the income taxes for someone who is deceased.

Townshippers' Association offers this free income tax service in its Sherbrooke (Lennoxville) office. There are also a number of other places around the Estrie and Montérégie areas where this service is available. To find the service that is closest to you, contact our Information & Referral Coordinator at 819 566-2182 (toll free: 1-877-566-2182) or Service Canada at 1 800 O-Canada (1-800-622-6232).

Information & Referral

By Evelina Smith,
Information and Referral Coordinator

Did you know that, in 2010, our Information and Referral service responded to more than 200 enquiries? Many were by phone, some were in person... and, of course, Townshippers' Association's many coordinators responded regularly to various e-mail requests.

So what do people want to know? Basically, anything and everything!

We get calls from people who are looking for a phone number, for an English service or group, or even to volunteer. We do our best to answer each and every question and, if we don't know what the answer is, we try to find the information you want. Of course, there are times we are unable to answer a person's question; in such cases, we refer that person to a group or organization that is better able to help them.

If you have a question or just need a little information, contact us! Our Information and Referral Service is free, confidential... and in English! Call 819 566-2182 (toll free: 1-877-566-2182) with your questions or e-mail: info@townshippers.qc.ca.

Legal Information Service

By Evelina Smith,
Information and Referral Coordinator

What happens if a family member dies and does not leave a will? Are you allowed to withhold your rent if your landlord does not make repairs to your apartment? Where can you get information about adoptions? For questions such as these, Townshippers' Association's Legal Information Service can help you!

This past year, we were extremely fortunate to have bilingual legal student Leah Saltiel working out of our Lennoxville office. Leah, originally from Montreal, is in her last year of law school here in Sherbrooke and will be going on to write her bar exams within the next year. She has been a wonderful resource for the Association and for all of the people who contacted her for information. We wish her well in all of her future plans!

The legal information service will be closed between April and August, but will re-open in September with a new law student from the Université de Sherbrooke. In the meantime, if you have a legal question you need answered, we recommend you consult the Éducaloi website. It has a wealth of information about all things legal and can be accessed at www.educaloi.qc.ca/en.

We, at Townshippers', wish to say a huge thank you to Leah Saltiel and wish her good luck in her future endeavours!



Photo Courtesy of Leah Saltiel

T-Day 2011:

Join us in Stanstead on Saturday, September 17!

It's official! This year's T-Day will take place in the beautiful town of Stanstead, Quebec. According to Jody Stone, Municipal Councillor for the town and one of the instigators of T-Day 2011, the town is really excited to be hosting this year's festivities. "We hope to see everyone come and celebrate this wonderful event with us. The town of Stanstead is currently going through some very positive changes as a community and we would love for everyone to come and see what's going on."



Jody enthusiastically told us that Stanstead is going to be a very happening place this summer, with the town's own local festival, Borderfest, taking place on July 9 and Townshippers' Day, happening on September 17, to close out the summer. "In 2011, Stanstead's going to be the place not to miss" he said.

T-Day 2012: Call for Proposals

Want your town to host T-Day 2012? Find out how you can submit a proposal to host this exciting annual event by contacting Ingrid Marini, Executive Director of Townshippers' Association, at 819 566-5717 (toll free: 1-866-566-5717) or dg@townshippers.qc.ca.

Proposals must be submitted by Monday, August 1, 2011 at 9 a.m. in order to be considered.

On the Subject of...

Evelina Smith, Information and Referral Coordinator

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." (William Penn)

Evelina is the Information Expert at Townshippers' Association: she is the person all the other staff members go to with questions about what services are available where and who can access them. As Information & Referral Coordinator, Evelina gets lots of interesting questions. One of the most unusual came in an email a couple of years ago from someone who was planning on visiting the area and wanted to know where the best fishing spot was!



Photo: Karen Smith

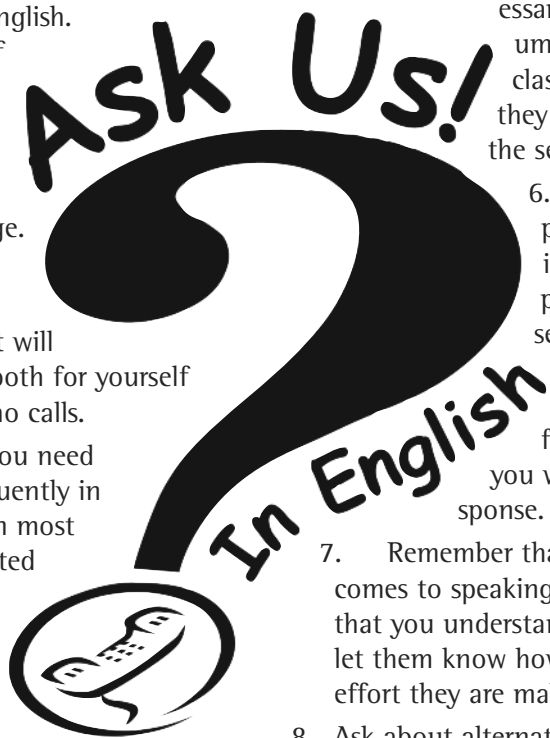
Outside of the office, Evelina has many hobbies including reading, snowshoeing and anything involving water (kayaking, swimming, dragon-boating, etc.). She is also well known for her love of animals; when asked what would be her greatest wish, she replied: "that there would be no animals in shelters because they would all be in loving homes!"

Evelina says: "The best part of my day is returning home to be with my family and my pets."

How to Access Services in English

Have you ever had trouble accessing services in English? Here are a few hints that just might make this task a little easier for you.

1. Start by CLEARLY explaining that you would like to receive services in English. Speak confidently. Often, if your French is good enough to make an appointment, it is believed that you are happy to receive care in either language.
2. Be polite, be patient and stay calm... but don't give up! If you lose your cool, it will only make things worse... both for yourself and for the next person who calls.
3. Be aware that the service you need may not be offered as frequently in English as it is in French. In most cases this is a result of limited resources, not an unwillingness to provide bilingual services. Remember that you may be on a waiting list for services no matter what language you speak.
4. Don't forget to ask to speak to someone in English or have someone phone you back. Many community organizations do have bilingual staff and, although the person you wish to speak to may not be available when you call, they will undoubtedly be happy to phone you back.



5. If the service is not offered in English, ask the organization if they have had similar requests in the past. Sometimes the group is aware of the need but does not have the resources necessary for the translation of documents or to provide language classes for staff. Other times, they are simply not aware that the service is in demand.
6. If the organization is not prepared to consider providing services in English, explain to them that receiving service in English is important to you. Don't be defensive; if you explain the situation from a personal perspective, you will usually get a better response.
7. Remember that people can be shy when it comes to speaking a second language. Explain that you understand their situation as well and let them know how much you appreciate the effort they are making.
8. Ask about alternatives. If the organization cannot provide services in English, ask them to refer you elsewhere for the service. If they are unable to do so, contact Townshippers' Association's Information and Referral Service at 819 566-2182 (toll free: 1-877-566-2182) for further assistance. This service is free, confidential and in English.

9. Ask a friend or organization like your local volunteer centre (CAB) for help when making a call.
10. Take every chance you have to meet service providers and become informed about what they do, as well as express your needs to them. Meet them face to face, learn who speaks English and pass this information along to your friends and relatives. Make your presence known and do it before you need help in an emergency situation.

REMEMBER: Be sure to ask for, and use, the services that are available; show that they are needed so they do not disappear!

For more information about the English-language Health and Social Services available in the Townships, contact the coordinators of our Eastern Townships Partners for Health and Social Services Networks:

Estrie Network

Shannon Keenan: sk@townshippers.qc.ca
Debbie Bishop: db@townshippers.qc.ca

Montérégie-East Network

Kate Murray: km@townshippers.qc.ca
Lindsay Tuer: lt@townshippers.qc.ca

You Asked Us!

Q. What is the new Quebec solidarity tax? How does it work and how will I be affected?

A. Starting July 2011, the provincial government will implement its new Quebec solidarity tax, which will replace the QST credit, the property tax refund, and the tax credit for individuals living in a northern village.

The credit will be paid once a month and the first payment will be made in July 2011.

The amount you will receive will be based on your family income. Revenue Quebec will advise you on the amount of your tax credit and how the amount was calculated. Only one solidarity tax credit claim can be made per couple.

To claim the solidarity tax credit, an individual must be aged 18 or over, be a Quebec resident, have legal status (Canadian citizen, permanent resident, refugee), and not be confined to prison or a similar institution.

To receive the Solidarity tax credit *you must be registered for direct deposit*. Revenue Quebec will not issue cheques in the mail. There are a number of ways you can register for direct deposit. You can go to the Revenue Quebec website and register on-line. You can enclose a blank cheque marked "VOID" with your income tax return. Or you can complete a Request for Direct Deposit form from Revenue Quebec.

For more information about the solidarity tax, visit the Revenue Quebec website at <http://www.revenu.gouv.qc.ca>. You can also contact Revenue Quebec at 1-800-267-6299.



Photo: Al Barber

Let us help you get the answers you're looking for... Ask Us, in English!



Photo: Karen Smith

On the Subject of...

Kate Murray, Co-coordinator of the Montérégie-East Network of the Eastern Townships Partners for Health & Social Services

“Do unto others as you would have them do unto you.”

Kate Murray started working for Townshippers in May 2008 as Assistant Co-ordinator for the Partners for Health and Social Services in the Montérégie. Prior to this, she spent 25 years as a renal dietitian, where her activities centered on organizing, teaching and mentoring. She was president of the Canadian Association of Nephrology Dietitians, organized several national and international conferences, published articles and collaborated in the production of many teaching materials.

Outside of the office, Kate enjoys reading mystery novels and gardening. Her favourite memories include her grandmother's 100th birthday party and her wedding.

Kate says: “It is love that brought me to live in Foster; I married a classmate I met at our 30-year reunion. It is never too late to make changes in the direction your life takes.”

Eastern Townships Partners for Health and Social Services, Montérégie-East Network

By Kate Murray and Lindsay Tuer, Co-ordinators of the Eastern Townships Partners for Social Services Network in the Montérégie-East

The Montérégie-East Partners for Health and Social Services Network provides services and programs to the English-speaking public through a wide variety of initiatives. For many of these initiatives, the network's co-coordinators collaborate with partners to ensure the success of our activities and projects. It is important to note that all projects undertaken are intended to help find solutions to the multiple root causes identified by the members of the partners network.

One excellent example of how this network brings value to our community is the recent creation of a School Drop-Out Prevention committee. Called Partenaires Brome-Missisquoi Partners, this committee was formed when the principal of Massey-Vanier High School expressed his concern to the partners about the high-dropout rate at his school. Quickly, members from the Yamaska Literacy Council, Sac à Mots, the Carrefour jeunesse-emploi, the Chamber of Commerce in Cowansville and Townshippers' Association formed a core committee to address the situation. There are now members on the committee from many community organizations in the Brome-Missisquoi MRC as well, all interested in helping to improve school perseverance in the region. Initiatives such as work/study conciliation, a mentoring program, and a social theatre project aim to create awareness and sensitize members of the community to this issue, since it is one that affects everyone.

The creation of a Caregivers Training committee is yet another successful example of how partners in the network worked together to develop solutions to a problem that was apparent in the community. Partners from the Avante Women's Center, the Brome-Missisquoi Caregivers Support Group, Emploi Québec, the Eastern Townships School Board and Townshippers' Association organized a series of three programs to enable members of the English-speaking community to become qualified to provide care-giving services in English, both for individuals in their own homes and for those in nursing homes.

By partnering with various community organizations, the members of the partners network have been able to see the realities of the Montérégie-East region more clearly and have determined ways to collaborate that allow them to improve the living situations of the population.

Through this network, Townshippers' Association provides a voice for the English-speaking community on all partner committees, thus allowing our English-speaking community's realities to be recognized in the greater community. We have realized that, in order for our partners and for ourselves to create new initiatives and projects, it is important that everyone participate so that we can see all of the aspects and variables that affect our population.

Although we already have many partners involved in our network, we always welcome additional groups and individuals who are interested in joining. Our partnerships are intended to create links that allow the network to become increasingly effective in bettering the community; for this reason, all support is welcome.

Photo: Courtesy of Townshippers' Association
Every year, Townshippers' Association works with partners to hold two seniors' picnics, one in Cowansville and one in Waterloo. The picnics, which take place in the month of August, are popular events where seniors not only get to enjoy a free meal and great local entertainment, but also have the opportunity to learn about the services that are available to them in the community.



Photo: Karen Smith
The Avante Women's Centre, Townshippers' Association and Butler School combined their efforts this winter to put together a four-week long after-school cooking activity for young girls in Bedford. Under the coordination of Townshippers' Association's Lindsay Tuer, the thirteen girls involved in this weekly project worked with Avante members to make traditional, basic home-cooked meals – such as apple pie, lasagne, homemade soup and vegetable stir-fry – while also learning about the importance of literacy, inter-personal skills and healthy lifestyle choices.



Photo: Karen Smith

On the Subject of...

Lindsay Tuer, Co-coordinator of the Montérégie-East Network of the Eastern Townships Partners for Health & Social Services

Lindsay Tuer is the newest member of the Townshippers' Association team, having started as the co-coordinator of the Montérégie-East network of the Eastern Townships Partners for Health & Social Services in October of 2010. Lindsay's cheerful personality is a great addition to our team; she has lots of fun energy and great new, innovative ideas. Aside from work, Lindsay says she has always loved anything to do with the outdoors and sports. She plays a lot of broomball but never seems to fit in any snowboarding. She also goes on a couple fishing trips every year, loves hiking and snowshoeing, as well as her weekly Jazzercise.

Lindsay says: “If I were to win the lottery, I would travel the world and, most importantly, visit all of Europe! I would have several houses where friends and family could visit and, through all this travel, I would (of course) remain a student for life. This does sound great!”



Eastern Townships Partners for Health & Social Services, Estrie Network

By Shannon Keenan, Co-Coordinator of the Eastern Townships Partners for Health & Social Services Network in the Estrie

What Is It?

The Eastern Townships Partners for Health and Social Services project consists of two networks: the Estrie Network and the Montérégie-East Network. Townshippers' Association created these networks in 2004 with the support of the Community Health and Social Services Network (CHSSN) and Health Canada, as part of the Networking and Partnership Initiative (NPI). The networks in the Townships are now two of seventeen networks in existence across Quebec. Townshippers' Association engaged coordinators for both the Estrie and the Montérégie-East networks to ensure that health and social services needs are being met for the English-speaking population in the region.

The Estrie Network is comprised of a group of community organizations and community members who work with health, social, and educational agencies to ensure that the issues that have an impact on the health and social well-being of the English-speaking minority are addressed and recognized within the larger community. The coordinators of this network are Shannon Keenan and Debbie Bishop.

What Does It Do?

The Estrie network provides a forum by which members exchange information and tools with partners, so that new and existing projects and services are more widely known and adapted for the English-speaking minority communities.

This network provides an opportunity for members of the English-speaking population to voice issues of concern, as well as offer and receive support and collaboration.

The Estrie Health & Social Services Partners Network works to carry out its mission through informing decision makers and service delivery agencies about the needs of the Eng-

lish-speaking community, encouraging volunteer services in English, advocating access to health and social services in English, promoting the development of services in English as needed, and providing information and referral for health and social services to English-speaking people.

The Estrie network has helped to support a variety of community health projects over the years including youth-related projects and seniors' projects, community kitchens, telehealth video conferences, mental health projects, a project for mothers with children 0 to 5, a natural caregivers program and a social theatre play on health and social services. The Estrie network is also presently working in partnership with the *Agence de la santé et des services sociaux* on identifying the level of access to services and documents available within the *Centres de santé et services sociaux* in the region, as well as with gaining a clearer portrait of the services available from community organizations in the Estrie.



Photo: Courtesy of Townshippers' Association

In 2008-2009, Townshippers' Association put together a social theatre project to help explain Health and Social Services to members of the English-speaking community and encourage Townshippers to be proactive about their health. The We Can Act project involved three productions: 'We Can Act', 'We Can Act Too' and 'We Can! Act Now'. This theatre project was just one of the many activities the Estrie Network has coordinated in recent years.

The Steering Committee for the Estrie Network consists of the following members:

Heather Bowman

Member of the Table régionale de concertation des aînés de l'Estrie, Townshippers' Association Board Member

Randy Heatherington

Dean of Student Services at Champlain College

Terry Moore

Director of the Lennoxville & District Women's Centre

Alice McCrory

ETSB School Commissioner and Townshippers' Association Board Member

Evelina Smith

Information & Referral Coordinator, Townshippers' Association

Marie Thibault

Counsellor in Academic Training at Alexander Galt

Kathy Richan

Executive Director of Literacy in Action

Judy Ross

Director of Mental Health Estrie

Caroline Viens

Professor in the Department of Sociology and Anthropology at Bishop's University

Shannon Keenan and Debbie Bishop

Co-coordinators of the Estrie Network



Photo: Shannon Brown

The Bats for All project was a project which the Estrie network partnered on in 2010-2011. It was designed to bring together adults and grades 5 and 6 students at Princess Elizabeth Elementary School, in order to foster a sense of mutual discovery and respect. To accomplish this goal, participants were asked to research, build, market and sell bat houses together.



Photo: Al Barber

Seniors from across the Townships travelled to Magog in May 2010 to participate in the always enjoyable and informative Seniors' Day.

With Respect To Our Elders

Townshippers' Association's Intergenerational Project for SENIORS... and more!



Photo: Lindsay Tuer

Ina Leboff-Cohn
MRC of Haute-Yamaska
"Care for others but do not forget to be good to yourself."

Ina lives in Foster, which is part of the municipality of Lac-Brome. She initiated the idea for the Respect project's Reach-Out 'Friendly Call' service for seniors, which she has been hard at work on for the past year and a half. This service, which pairs seniors who would like to receive a weekly call with volunteer callers, was launched on Valentine's Day. Ina has a degree in Agriculture from McDonald College.

"You do not live longer in the country, it just seems that way."

Ursula Ruf
MRC of Memphrémagog

"There is no such thing as, 'I can't do that'. If it can be done, I can do it."

Ursula lives in Stanstead where she is an active member of her community. As part of the RESPECT project, she is the founder of the 'Seniors Are Cool' project which brings together local younger and older people to share their stories and ideas. Ursula visited the Eastern Townships 34 years ago and never left!



Photo: Townshippers' Association

Together, the members of the RESPECT project team have:

- Over 100 years of experience working with people of all ages;
 - Worked or studied in over 20 countries;
 - Exhibited their art in galleries;
 - Won awards for films, videos and albums;
- Received medals and honours for their community service.

Would you like to join our team?

The RESPECT Project Team: Biographical Quiz

Can you match the statements below to the respective RESPECT project team members? The first one is easy. (Answers are written sideways on the opposite page.)

1. Laughing is my favourite extra-curricular activity.
2. I live on a farm with almost 1000 sheep.
3. I have six grandchildren.
4. A favourite winter pastime of mine is cross-country skiing in a forest.
5. I once crossed the English Channel in a sailboat.
6. I lead a group with prisoners in a penitentiary every week.
7. In the summer, I bake sweet 'tea loafs' and sell them at the farmers' market.
8. My younger brother was the director of *Greenpeace Canada* for many years.
9. I feel most at home when canoe-tripping.
10. I have been the producer of 10 documentary films.
11. My favourite pastime is collecting special rocks for my garden.
12. My favourite dogs are pugs and I own a few of them.
13. I saw the Beatles in concert, for real.
14. I direct children's theatre performances.
15. The first song I ever learned to play was "What Shall We Do with the Drunken Sailor".
16. I work in a bakery every Friday.
17. I spent several days with the Dalai Lama in Vermont.
18. I am a parent... and people tell me that my kids are really cool!

For further information, or to become involved in any of our activities or initiatives, contact Eric Akbar Manolson at Townshippers' Association's Sherbrooke office, 819 566-5717 (toll free: 1-866-566-5717), or eam@townshippers.qc.ca.

The *With Respect to Our Elders* project is made possible, in part, by financial assistance from the *Ministère de la famille et des aînés* of the government of Québec. Thanks also to our many community partners who help to make our project a success.

Julie Miller
MRC of Val-Saint-François

"The truth shall set you free."

Julie lives in Ulverton and is the founder of 'Ulverton Folk', a grass-roots organization that presents acoustic performers from across Canada, as well as local community-based arts events and initiatives. She has been helping put together our next Great Intergenerational Music Festival, which will take place in the Val-Saint-François—at the Richmond Melbourne Centre de ski de fond—on Saturday, April 2, 2011.

"The best horse doesn't always win the race."



Photo: Jonah Smith

Pam Dillon
MRC of Brome-Missisquoi

"Knowledge, nourishment and charity."

Pam lives in Stanbridge-East and is very involved in her community. She has worked with us on The Great Intergenerational Music and Arts Festivals in Stanbridge-East and in Bedford. She also sits on the Users' Committee of the region's hospitals and health centres.



Photo: Shannon Brown

with Respect to Our Elders

Townshippers' Association's Intergenerational Project for SENIORS... and more!



Eric Akbar Manolson
RESPECT Project Coordinator

"We were discussing the value of 'living each day as if it were your last', when the most well-loved elderly woman in our group quietly remarked, 'I do it a little differently. When I am with people, I like to live each day as if it were their last.'"

Eric lives in North Hatley. He co-wrote the grant proposal for the *With RESPECT to Our Elders* project with Rachel Garber several years ago. As well as looking after the overall coordination of the project, Eric likes to develop new ideas, partner with diverse organizations and bring people of all ages and backgrounds together to learn from one another. He previously worked for many years internationally with music in the healthcare system.

Photo: Karen Smith Eric says: "When I first envisioned

the *With RESPECT to Our Elders* project several years ago, I knew it would take a team of talented, extraordinary people working together to achieve the project's goals. Now, today, I am very proud to present the members of the RESPECT project team, right here on these pages!

Each person involved in the project works part-time and has a particular concentration or geographical area for which they are responsible. Twice a year, our group comes together to celebrate our successes, learn from our challenges and align for the coming period.

I feel very grateful for the wonderful people I work with daily, both within the RESPECT project and within Townshippers' Association!



Photo: Eric Akbar Manolson

Pictured are the members of the With Respect to Our Elders project team. From left to right: Shannon Brown, Carlye Watson, Ursula Ruf, Ina Leboff-Cohn, Pam Dillon. Missing from the photo are Julie Miller and Eric Akbar Manolson.

Initiatives of the RESPECT project include:

- The Great Intergenerational Music Festival
- The Great Intergenerational Dance Contest
- The Intergenerational Mandala Art Workshop
- The Friendly Call Service
- Caregiver Support Alliance
- Prevention of Maltreatment of Elders
- The Great Intergenerational Cookie Contest
- The Seniors Are Cool project
- Arts Partnerships Between Schools and Seniors' Residences

Shannon Brown
Arts Program Specialist

"The personal life deeply lived always expands into truths beyond itself."



Photo: Al Barber

Shannon lives in West Bolton. She helped to develop, and now facilitates, our Great Intergenerational Art workshops. In addition to this, she also does research on the positive impacts of art and music, and works on many of our other project initiatives. Shannon is also a producer of documentary films, including the acclaimed "Laughology", a film about the healing benefits of laughter.

The *With RESPECT to Our Elders* project celebrates the wisdom and creativity of older people in the Eastern Townships through its intergenerational initiatives.

We see a connection between expressive arts, intergenerational activities and the health and well-being of our community and of its individuals. Would you agree?

Our project is based on:

- Quality of relationships
- Creativity
- How we add value

Carlye Watson
Program Specialist

"Laughter is the closest distance between two people."

Carlye shares her time between Montreal and the Eastern Townships. With regards to the *Respect* project, she helps to create our systems of recording and evaluation, manages events and develops team retreats. She has been involved with organic farming and gardening and has a Master's degree in International Development.



Photo: Al Barber

Answers to the RESPECT Project Team's Quiz: 1. CW; 2. JM; 3. UR; 4. CW; 5. SB; 6. PD; 7. ILC; 8. EAM; 9. CW; 10. SB; 11. UR; 12. ILC; 13. EAM; 14. JM; 15. JM; 16. PD; 17. EAM; 18. Everyone! (except Carlye)



Photo: Karen Smith

On the Subject of...

Debbie Bishop, Co-Coordinator of the Estrie Eastern Townships Partners for Health & Social Services Network

“Eat, drink and be merry.”

Debbie has been working at Townshippers' Association for almost two years now. Each day, she greets us with a smile, and sometimes even adds a silly little joke that makes us laugh; her sense of humour and positive attitude go a long way towards brightening up our office! In her free time, Debbie enjoys reading, walking, doing puzzles (crossword and jigsaw), cross-country skiing, coaching children's sports and singing. She loves animals and has five cats and a dog. Debbie completed her undergraduate degree when she was 40 (she says that she had to get there before Emily, her eldest, did!) and she plans on continuing her education.

Debbie says: “I was a stay-at-home mom (it was the best decision Ross and I ever made) because, after starting out working when I had just had my second daughter, I realized I was only making enough to pay someone to raise my kids. I worked many part-time and full-time jobs. I quit a crown corporation job (postmaster for Canada Post) to work for a non-profit organization (with no guarantees) and am happier for it.”

Coffee and Conversation:

Join Us at Our Monthly Coffee Mornings!

In 2009, Townshippers' Association launched its much anticipated Coffee Mornings initiative. These coffee mornings – which offer community members an opportunity to gather in a different town each month, meet Townshippers' staff members and volunteers and learn more about what the Association and its partners do – were intended to be a way for the Association to reach out to members of the English-speaking community, hear their concerns and learn about interesting things happening throughout the Townships. The Association's many project coordinators – including Kate Wisdom, Kate Murray and Lindsay Tuer in the Montérégie-East and Shannon Keenan and Debbie Bishop in the Estrie – regularly bring information about Townshippers' initiatives to share with the attendees of these events.

Sometimes the groups of guests are large; other times, they are small. In all cases, however, the coffee mornings are interesting gatherings, full of lively conversation. As a result of the comments and suggestions our coordinators are able to gather during the important discussions which take place, they find they are better equipped to quote community members or provide feedback on issues of importance to the English-speaking community when they participate in committees with other organizations. This means that those community members who attend Townshippers' Association's coffee mornings are able to have a real impact on the types of activities which are undertaken by the organizations in the region.

In recent months, guests from community groups such as the Yamaska Literacy Council, the CAB Cowansville, Literacy in Action, Mental Health Estrie, Service Canada and the Alzheimer's Society have also attended our coffee mornings to speak to guests about their services and meet members of the community. In the Estrie region, the coffee mornings are often joint affairs, organized in partnership with community organizations from the region, such as the Eaton Valley Community Learning Centre in Bury and the Lennoxville and District Women's Centre.

Follow the news about the Association in our Keeping in Touch and About Townshippers columns, as well as in the e-bulletin, to learn when and where our upcoming Coffee Mornings will take place and then be sure to join us and make your voice heard!

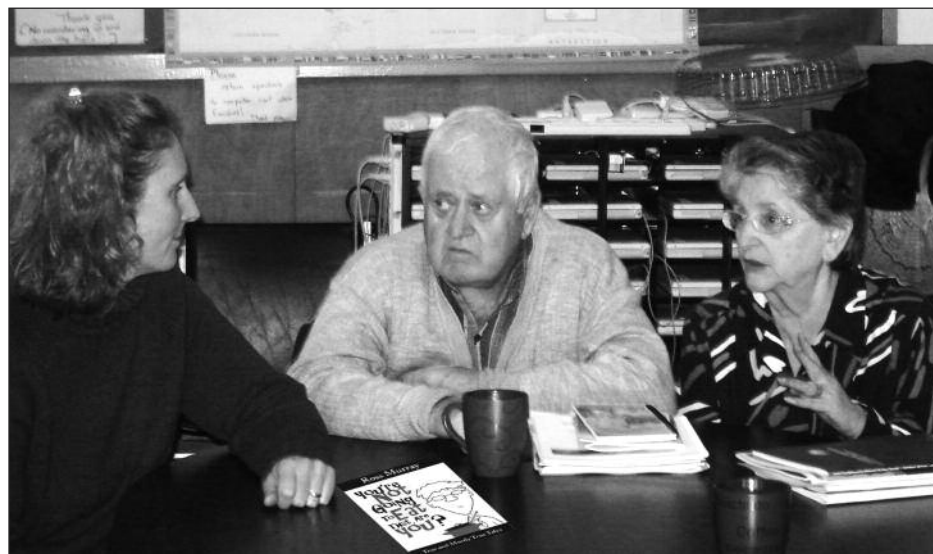


Photo: Courtesy of Townshippers' Association

Join us at the next coffee morning in your area to learn more about what Townshippers' Association does, or to share your ideas and opinions with us.



Photo: Sheila Quinn

On the Subject of...

Shannon Keenan, Co-Coordinator of the Estrie Eastern Townships Partners for Health & Social Services Network

Originally from the Eastern Townships, Shannon moved to Montreal to pursue her studies in Anthropology at McGill University. Following her studies, she worked for an international exchange organization for ten years where she had the opportunity to travel overseas for her work on many occasions.

Shannon moved back to the Townships with her two children seven years ago and bought a big country home by a river in Richmond. The old house has provided her with many hours of pleasure, such as when she has time to sit on her veranda and read, but has also given her many hours of aggravation (for example, when the furnace breaks down, the leaves need to be raked, or the water pump gives out).

Shannon shares her home with her two daughters, a black lab and a cat. One of the reasons Shannon moved back to the Townships was to bring up her children among extended family members; the other was for the opportunities for horseback riding, hiking and skiing.



Townshippers' Research and Cultural Foundation

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 Dustin, Melvin & Phyllis
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Photo: Townshippers' Foundation
 Participants in the bilingual 2010
 Richmond Youth Theatre project,
 "Someone Else's Life", get into
 character before their
 performance.

Evans, Ruth
 Everett, Alberta
 Ewing, Denis
 Feehan, Sextus & Kathy
 Findlay, Lloyd & Beverley
 Fitzsimmons, Robert & Muriel
 Fleury, Leo & Laura
 Fowler, Shirley
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 Gunter, Merlin & Mary
 Gwyn, Hugh & Susan
 Hall, Heather
 Hall, Louise
 Hardacker, Lois
 Harrison, Robert & Norma
 Hatch, Wilder
 Hatfield, Carson & Mary
 Hauser, Eve
 Hobbs, Earle & Carol
 Hogg, Erin
 Holmes, Stanley
 Hornby, Richard & Georgina
 Horton, Betty
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 Jenne, Edwin & Hope
 Jenne, Ronald
 Johnson, Bill & Ruth
 Johnson, David & Patricia
 Jones, William & Marilyn
 Keenan, Agnes
 Keenan, Judy
 Kelly, Joseph
 Kendall, Clarence & Catherine
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 Keyes, Lorne A.
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 Komery, Evelyn
 Komery, George
 Komery, Victor
 Kouri, Robert & Krystyna
 Kyle, Brian
 Lanktree, Adelaide
 Lantagne, Luc
 Laraway, Elaine
 Lasnier, Denis & Katrin
 LePoer, Kathy
 Learned, Douglas & Gertrude
 Leduc, Gerard
 Lee, Jean (Cochrane)
 Leech, Susan
 Lemire, Robert
 Leonard, Charles
 Liebrecht, Susan
 Little, Robert & Janice
 Littlejohn, Pauline
 Lockwood, Norman & Elva
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 Majury, Graydon C.
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 Pedersen, Edward
 Penhale, John Anthony
 Perkins, Chester
 Perkins, Joyce
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 Purdon, Burn
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Robinson, Edward G.
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 Ross, Dorothy (French)
 Ross, Wilma
 Rowe, Bill & Bessie
 Royea, June
 Royea, Vincent & Cathryn
 Ruck, Cyril & Thelma
 Sakamoto, Lawrence & Mary
 Sanford, Audrey
 Savage, Wyatt & Louise
 Schanne, Gertrud
 Schlesinger, Frank
 Schopflocher, Thomas
 Scott, Anna Marie
 Scott, Jean McClatchie
 Seymour, Miriam
 Shaw, Reginald & Fran
 Shepard, Mary
 Skelton, Christopher
 Smerdon, Emily Rice
 Smith, Evelyn MacLeod
 Smith, Frances
 Smith, Garth & Sylvia
 Smith, Ian & Shirley
 Smith, Kay (McIntyre)
 Smith, Mary Ann
 Smith, Wm "Bill" & Barbara
 Snow, Henry & Katherine
 Snow, Katherine
 Sonneveld, Louis & Jean
 St-Sauveur, Jack & Joyce
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Photos: Townshippers' Foundation Participants in the Richmond Youth Theatre project pose before going on stage for their performance.

Bassett, Esther
 Bassett, Shirley
 Beattie, Benny & Gita
 Beattie, Ross & Isabelle
 Bieber & Grant, Hugh & Barbara
 Booth, Joyce
 Bomtraeger III, H.W.
 Bowman, Douglas & Heather
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 Cormier, John
 Cowen, Stewart & Betsy
 Craft, Hardy & Karen
 Crook, Joan
 Crosby, Jonathan
 Cutting, Gerry
 Cutting, Melanie

Davidson, Iona
 Dewar, Frances
 Doherty, Tim
 Downman, Peter
 Duke, William D.
 Echenberg, Donald
 Echenberg, Eddy & Isabelle
 Edgar, Gordon
 Elliott, Phyllis B.
 Ferrier, Elizabeth
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 Gregory, Charles N.
 Griffiths, Hywel
 Hall, Robert & Margaret
 Hamilton, Phyllis
 Heyerhoff, Margot & Peter
 Hobbs, Arthur & Claire
 Holloway, Anne
 Johnston, James & Grace
 Juby, Malcolm & Beatrice
 Kerrigan, Claire
 Laberge, Jacques & Jeannik
 Ladd, Gordon & Phyllis
 Lathe, Irene
 Lawrence, Carol
 Ljungkull & MacAulay, Christine & Douglas
 Loiselle, Jane
 Losier, Andre & Paulette
 Loughheed, Donald & Jackie
 Lynch, Lorna
 Lyon, William & Dorothy
 MacAulay, Myrna Hughes
 MacDonald, Clyne
 MacLean & Porter, Carol & Jim
 Mayhew, Bernard & Stella
 McCormack, David & Carol
 McCurdy, Earle
 McKinley, Carol
 Moffat, Wallace & Patsy
 Moliner, Ouida
 Molson, Eric & Jane
 Montgomery, Ann
 Morgan, David & Helen
 Moss, Susan
 Neil, Douglas & Frances
 Nguyen, Mong & Ha

Pacaud, Nancy
 Parsons, Donald & Gladys
 Paterson, Alex K. & Joan
 Pinchin, George
 Poll, Gloria
 Price, David & Helga
 Renwick, Donald & Dorothy
 Richardson, Robert & Elizabeth
 Robinson, Stuart & Ruby
 Rosevear, John & June
 Rothe, Eckhard
 Rowell, Nelson
 Sadler, Martyn
 Scott, Joe
 Setlakwe, Raymond
 Sise, Phyllis
 Smith, Douglas & Margaret
 Sorel, Reginald
 Soule, Carol
 Stalker, Eleanor Baldwin
 Stewart, Heather
 Sturton, Trene
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Remembering family, friends and loved ones brings with it many emotions. The loss of someone close can bring to mind memories of days gone by or thoughts of times to come which will not be shared. This year, our Foundation received more "In Memory" donations than ever before. We are proud to, in a modest way, help note the passing of fellow Townshippers. These donations are now part of projects across the historic Eastern Townships – and so the circle goes on. Both the recipients and the Foundation thank you.



For your convenience, donations may also be made online at CanadaHelps.org.



Townshippers' Research & Cultural Foundation

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(Please make cheque payable to *Townshippers' Foundation*)

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