



TOWNSHIPERS

**Silent;
No More**
Townshippers' President calls for
action against Bill 14

Community
**Are You An
Outstanding
Townshipper?**

Nomination open for those
incredible everyday people who
keep the community
running smoothly

Culture
**Townshippers'
Day 2013**

The when and where for the 34th
annual festivities is unveiled

**YOUth Townships
Employers &
Youth Connect**

Make Way For YOUth offers
employers one-on-one recruitment

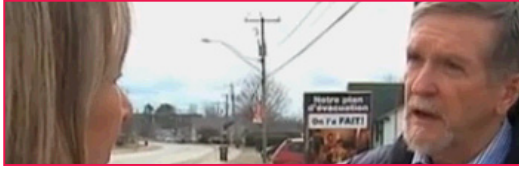
In Action
**Taking on
Bill 14**

What you need to know
& what you can do

Since 1979

TOWNSHIPERS

Spring Summer 2013 Volume 34, Number 1



Townshippers' In Action

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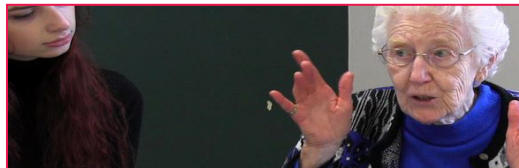
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TOWNSHIPERS
Spring/Summer 2013 Volume 34, Number 1

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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Townshippers' Seeing Red...Dresses That Is!



The Red Dress is the official symbol of the Heart and Stroke Foundation's Heart

Truth campaign which aims to raise awareness among women about how they can reduce their risk of heart disease and stroke, and give them the tools they need to protect themselves. It evokes femininity, strength, confidence, and enhances the spirit of a cause with which all women across the country can identify and in which they can feel proud. The Red Dress

also represents women's courage, passion and the power they have to change things by knowing the reality of heart disease and stroke and educating women around them to the importance of heart health.

Our very own Executive Director, Rachel Hunting, is one of 12 ambassadors for the 2013 campaign, "I was very pleased to be asked to participate as an ambassador for this important event which serves to promote cardiovascular health in women. I have been fundraising and volunteering to raise awareness about other health issues affecting women for the past few years and was looking for a way to get involved

in this cause because cardiovascular disease has recently touched a few women in my own family."

Support this cause by attending the 6th edition of the Heart and Stroke Foundation's Red Dress Gala organized by its Estrie regional office, on Friday June 21 at the University of Sherbrooke's Cultural Center. Twelve ambassadors will don their red dress to highlight the prevalence of heart disease and stroke's among women. Guests can attend a cocktail dinner in the company of ambassadors as well as a performance by this year's 50 Featured Artists Group Show. To purchase tickets please call Rachel Hunting at 819-566-5717 or visit www.fmcoeur.qc.ca/grr-estrie.

The Who's Who of Townshippers'



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Silent: No More

Gerald Cutting, President

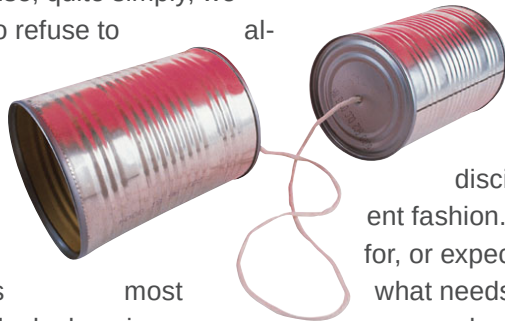
Over the last few months the English-speaking community has felt a deep winter chill, one that cuts to the very core of our identity. It is merely the latest of recent attempts to remove – or at the very least, severely limit – the use of English under the pretext that such a move will enhance the French language. This will not work because, quite simply, we are going to refuse to allow this to happen.

For too long now we have behaved as most minorities do, by keeping a low profile in order to survive. At the same time we have become bilingual, in ever increasing numbers, in order to enhance our employment possibilities and participate in the social, cultural and political life of Quebec. We have worked hard to build partnerships within our institutions to serve the greater good of all Quebecers. We have become “les Québécois qui parle anglais”

The present government of Mme Marois, instead of applauding our efforts to integrate, portrays us as the root cause of “institutional bilingualism” which must be stamped out by passing a law (Bill

14) to modify existing language legislation contained in Bill 101. Bilingual municipalities and small businesses are particularly at risk. Given our historical contribution to the pioneering of the Eastern Townships we do not deserve this treatment.

So how do we protect our identity, our heritage, our place in this, OUR COMMUNITY?



We need to begin by giving a voice to our concerns in a disciplined and coherent fashion. We must not wait for, or expect, others to do what needs to be done. Let us speak out in our best English and our best French to the world around us to bring attention to the inherent wrong-headedness of this proposal. The history of the modern world is full of examples of how to obtain social justice through democratic means when the populace speaks up for itself. In a very real sense, Bill 101 gave the French majority that sense of justice that brought linguistic peace to Quebec for over thirty years. Clearly, Bill 14 is NOT about enhancing the French language.

So, where and how do we take action to give voice to our concerns? We must, first and foremost, insist on being served in English when-

Board of Directors

Townshippers' Board of Directors are a very busy bunch, working hard to guide the Association and ensure the continued vibrancy of the English-speaking community. Composed of up to fourteen volunteers, the board brings with them a wide array of expertise, in both private and public sectors, in fields such as education, industry, and health and social services.

Here are but a few of the issues that board members are working on:

- Board representatives collaborate and are involved with the Community Health and Social Services Network (CHSSN) and the Quebec Community Groups Network (QCGN);
- Board representatives appeared before the Standing Committee on Official Languages early last spring;
- The Association's Strategic Plan for 2012-2017 was finalized and adopted;
- A brief outlining the Association's position related to proposed changes to the federal electoral map was presented at a hearing in Sherbrooke in October;
- A brief was submitted to the Quebec National Assembly regarding the proposed Bill 14 and a delegation accepted the invitation to present on Bill 14 in person.

Thanks to all the board members for their insights, ideas, and actions!

ever we are dealing with an agency of either the municipal, provincial or federal governments. “En Anglais, s’il vous plait” is a right, not a request.

Remember, we are in “use it or lose it” mode. If all employees have the right to work in French in Quebec, we should still have the right to be served in English when interacting with representatives of government agencies. Of course, there is a very real need to exercise prudence and common sense in all our actions to avoid being categorized as “Angryphones” or anti-French. We can certainly use our burgeoning French language abilities to explain our concerns

to the larger French-speaking audience. Our objective is to affirm our right to first class citizenship, not to attack the French language.

Additionally, and on a very direct level, take action by calling your MLA and town councilors to let them know that we insist upon re-

taining bilingual status for our municipalities, in recognition of our historical contribution to the development of Quebec. Individual freedom and social justice are the pillars of the foundation of a prosperous and dynamic Quebec. We must let them know that they, as public officials, need to oppose this repressive legislation wherever and whenever necessary.

To borrow and (slightly alter) a catch phrase that has been in the press a great deal lately, this is the perfect time for Quebec English speakers to be “SILENT: NO MORE”.



Townshippers' President Gerald Cutting speaking with TVA about Bill 14.

Photo: tvanouvelles.ca

34th Annual General Meeting

The Annual General Meeting of members of Townshippers' Association will take place at the Orford Arts Centre, 3165 Chemin du Parc, Orford, on Friday, June 7, 2013.

Members can look forward to an evening of networking and a dynamic presentation of the Association's activities during 2012-2013 followed by refreshments and a light buffet. Members are encouraged to confirm their attendance in advance with Cathy Turner at ct@townshippers.qc.ca or 819-566-5717. (1-866-566-2182).

Call For Nominations:

Townshippers' invites nominations of candidates from members at large for the Board of Directors. Members in good standing can obtain a nomination form, by contacting Townshippers' at 819-566-2182 (1-866-566-2182) or info@townshippers.qc.ca. The deadline is May 6.

2012-2013 Board of Directors:

Gerald Cutting, Coaticook (President); Peter Quilliams, Fulford (Vice-President); Salim Hashmi, Sherbrooke; Robert McKeage, Danville; Colin Standish, Quebec; Cheryl Gosselin, Sherbrooke; Melanie Cutting, Sherbrooke (Secretary); James Kanner, Cookshire-Eaton (Treasurer); Heather Bowman, Sherbrooke; Peter Riordon, Sutton; Claire Holt, Sherbrooke; Alice McCrory, Eastman; Kohl Kelso, Sherbrooke.



BILL 14:

R Townshippers' Association responded to the proposed Bill 14 with a six page brief followed by a ten minute presentation and hour long question period on the first day of the public hearings. Townshippers' welcomed the opportunity to represent the English-speaking community of the historical Eastern Townships and voice their concerns to the Committee on Culture and Education.

E The following excerpts have been extracted from the presentation to breakdown the cause and effect of Bill 14.

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—Identity

"A community's identity and sense of self worth are rooted in its history, language, culture, and institutions. Surely this is a position that can be understood by the dominant French-speaking majority of Quebec within the context of a modern democracy."

—Heritage

"The English-speaking community of the historical Eastern Townships is not a recent immigrant group. Our roots go back to the late seventeen hundreds. Indeed, our ancestors were the very first settlers of European heritage to enter this region."

—Consequence

"Proposed changes to the Charter of Rights and Freedoms are of huge consequence to the English communities: if the Charter of Rights and Freedoms is changed to be in conformity with the Charter of the French Language, any minister charged with the enforcement of the Charter of the French Language can introduce changes to laws without regard for the rights and freedoms of non-Francophones."

- ### 3 Easy steps to fight Bill 14
- There are a few simple steps that can be taken to stop Bill 14. Visit colinstandish.ca for additional links to websites, email and postal addresses.*
- 1** Contact your Liberal or CAQ M.N.A. and encourage them to vote against the measure.
 - 2** Sign the petition (by May 14, 2013) to be presented to the National Assembly to prevent the adoption of Bill 14.
 - 3** Make your voice heard! Grassroots steps:
 - A. Write a letter to your local newspaper
 - B. Join a Facebook group
 - C. Tweet about Bill 14 (#Bill14)
 - D. Most Important – Get others involved! Tell at least five family members & friends to do the same thing.

—Accessibility

"Missing from this Bill is a confirmation in law that members of English-speaking communities will receive services in English from the Government of Quebec and its various agencies so long as there is a need."

"Service needs should be determined by open and transparent consultations and not as a result of sweeping powers such as those accorded to the Minister under this Bill (sections 1.2 through 1.7.)"

—Ambiguity

"This Bill clearly states that students graduating from either a secondary school or a college in Quebec must have sufficient knowledge of French to "interact and flourish in Quebec society, and participate in its development" in order to graduate -this Bill does not state any clear and precise definitions of the appropriate levels of French

desired and thus leaves open the possibility for double standards, as compared to graduation requirements in French language institutions."

—Conclusion

"The oppressive measures of Bill 14 could lead to an even greater outward migration of English-speakers, leaving behind an even more fragile minority community. Should this occur, it must be anticipated that our community will require even greater levels of support from the already diminished sources of public funds. It is, therefore, in the best interest of the community at large to enhance the vitality of the English-speaking community, and to recognize us as a partner in the construction of a dynamic and prosperous Quebec."

The brief and presentation can be downloaded from www.townshippers.qc.ca/newsroom. The documents can also be viewed in Townshippers' offices in Sherbrooke and Lac Brome.

Member Matters

Members are the strength of all community organizations. They guide and provide credibility to the group's actions and orientations.

Townshippers' values each and every member. The Association works hard to promote the interests of the English-speaking community, strengthen the cultural identity of this community, and encourage the English-speaking population to fully participate in the larger community. Having the backing of a solid membership means that we know we're on the right track!

The Association wants to be socially conscious by offering members the chance to have an electronic version of its newsletter. Subscribing to the e-newsletter is a very ecologically friendly gesture! If you are not already subscribed to receive the newsletter in your email but would like to, simply contact Evelina Smith at info@townshippers.qc.ca.

MEMBERSHIP CHANGES

Starting in April, there will be changes in membership. There will be a slight increase in the cost of a membership (we have not raised our prices in over four years), and our memberships will be simplified into

two categories of members: individual and households. Members will now have the option of taking either a one year or three year membership, and seniors over age 65 continue to enjoy a reduced rate.

NEW PAYMENT OPTION

You can now pay for your memberships with any major credit card using Paypal! Whether you have an existing Paypal account or not, this new payment option will make it even more convenient to ensure your membership is up-to-date. Paypal is offered online at www.townshippers.qc.ca/ membership and transactions can be completed in office.



MORE BENEFITS

Membership to Townshippers' has its benefits such as discounts at cultural partners. We will soon be contacting our cultural partners to develop a meaningful partnership that will provide even more perks and benefits to our valued members. Stay tuned for more information!

Legal Service

Recess called after a successful season

Every year since 2007 Townshippers' Association has been offering a free legal information service to help answer the public's questions, thanks to an amazing collaboration with the Université de Sherbrooke's Law Faculty and Carleton Monk, lawyer and Bishop's University Williams School of Business teacher.

From September until March, volunteering law students from the UdeS Law Faculty spend one day a week answering legal questions for free and in English at Townshippers' Sherbrooke office.

For the 2012-2013 school semester, we have been fortunate enough to have third year law student Dominik Danakas who has been answering your legal questions by phone, email, and in person by appointment each Thursday.

As her time manning the legal information clinic wrapped up on March 28, Dominik reflected on her last few months working with the English-speaking community.

"It's incredible how time has flown by. The eleven weeks I spent at Townshippers' during the fall,

although not terribly busy, were undoubtedly instructive. While I learn how to read and interpret laws in school, it is here that I am learning what being a lawyer is truly like. Even this close to graduation, being able to truly listen to what someone is telling me, then pinpointing their issue and finding the applicable law, is a skill I am still working on.

Being at Townshippers' is a constant learning experience and is fulfilling in every way, for which I am very grateful."



Dominik Danakas

We are also grateful to have had Dominik with us these past few months and she will be missed. All of us at Townshippers' congratulate Dominik on her graduation and wish her the best of luck as she pursues the dreams ahead of her.

The Legal Info Service is now closed for the season. It will return in September 2013.

Outstanding Townshippers

Kate Holbrook

With the passing of Cowansville teacher, Ms. Marion Phelps, just short of her 105th birthday we remember one of our very first **OUTSTANDING TOWNSHIPERS**, who never stopped working for her community in the field of heritage.

Over the last dozen years, we have bestowed more than sixty Outstanding Townshippers awards to members of our community. By now you might think we would run out of people to recognize. That might be true anywhere else but NOT in the Townships!

In working with the community we know there is some truth to the observation that "It is always the same people who do all the volunteer work." That is, until you look at what happens in an area where certain activities and events reach their due date and drop out of popularity. What happens next is amazing.

People who have recently set up their life here because of the great community spirit find themselves "all caught up with volunteering" and suddenly we have a spate of new activities. Ask anyone who has moved to the region in the last ten years and I am sure they would reply that their retirement suddenly became a bit more like a job!

The resurgence of community spirit is something I have witnessed recently in the cultural sector and in the way that new bilingual committees are being created with younger volunteers taking on some of the hard work

previously done by our wonderful seniors. Several young families choose to remain in the region because of they value this community feeling and the spirit of volunteering is the main example of the quality of life we achieve here.

Who do you know who has made a difference, revived a tradition and always stayed positive in the face of challenge? It's this human investment in the sustainable development of our community that the Outstanding Townshippers awards aim to recognize.

OUTSTANDING TOWNSHIPERS' 2013

This year, whether they are employed to do it or give their time for free, I would love to see some nominations for the award from the "releve"; *up and coming community volunteers and workers.*

Look around and you will find them and their fresh energy, involved in planning and setting up for celebrations such as Canada Day or any festival or music event, fundraisers to benefit the school nutrition programs to combat hunger and to give scholarships to our young people. They are also the people who are ensuring our young children have a chance to experience soccer, basketball, drama, art and music.

You might be very surprised to see the hundreds of hours invested in meetings and administration, just for few short days of summer, to make the Townships the best place to bring



The late Ms. Marion Phelps one of the first Outstanding Townshippers.

Photo: BromeMuseum.com

up a family or look after a senior citizen.

These are the types of people who can be nominated for the awards by general public and local organizations.

WHO CAN BE OUTSTANDING?

Anyone can be outstanding but for the Outstanding Townshippers award the Selection Committee is looking for exceptional contributions to the English-speaking community of the Eastern Townships.

Nominations are prioritized according to long-term dedication, as well as new approaches and creativity in community service. Individuals, couples or a groups of all ages, may be nominated as long as they live or study in the historical Eastern Townships now or in the past. Post-humous nominations are also accepted.

If someone has been nominated previously their name can be

resubmitted however you must still fill complete the form and submit supporting documentation.

The only ones who are not eligible for nomination are current staff members of Townshippers', its board of directors or members of the Outstanding Townshippers Selection Committee.

SUGGEST SOMEONE OUTSTANDING

Don't wait to send us the name of your favorite hard-working hero as your nomination for the Outstanding Townships of 2013.

To nominate someone in your community, complete the official nomination form and attach a letter of support from one or more people.

This award is highly competitive so make sure you do justice to your nominee by getting information about the various activities and organizations they work with, they deserve the effort.

The nomination period ends on **WEDNESDAY, JULY 23, 2013**. The recipient will be awarded at Townshippers' Day during Opening Ceremonies at Bishop's College

School in Lennoxville on Saturday, September 14, at 10.30 a.m.

For additional details or to obtain forms, please contact Kate Holbrook at 450-242-4421 (toll free 866-242-4421) or kw@townshippers.qc.ca. Information and forms can also be downloaded from www.townshippers.qc.ca/Outstanding or picked up in Townshippers' offices at Sherbrooke (257 Queen Street) or Lac-Brome (584 Knowlton Road)

Community Ser-

Info & Referral Confidential, English and Free

Did you know that Townshippers' Association receives over 600 requests for information each year?

While we continue to receive questions over the phone or in person, we are getting more and more requests for information via email. People call for a number of reasons; some are looking for a specific phone number, others need help finding a specific resource, and others may need help filling out a government form.

The Association now has a brand new databank which contains over 700 entries. We are now able to find an organization, contact person, phone number, or email with a simple click of a mouse!

Get the answers to your questions in English by calling the confidential Information & Referral Service at 566-2182 (toll free 1-877-566-2182) or email info@townshippers.qc.ca

We can also direct you to other organizations which offer the service if you do not live in the Sherbrooke area.

This service would not be possible without some amazing individuals. Thank you to our veteran volunteers Bonnie, Mary, Nina, and this year new volunteer Robert. And many thanks to Dominique, Geneviève, Nicole, and Nancy from the Volunteer Tax Program. You are all so supportive and helpful!

Tax Time! Get help filing with Townshippers'

It's income tax time and once again we're gearing up! The Association is pleased to be able to offer a free income tax service to low-income individuals and families. Our volunteers are trained and ready to help you file your taxes.

Clients have the option of having their taxes either filed electronically or by paper. For those who choose e-filing, our volunteers take care of sending the information electronically and provide a summary sheet and confirmation codes for clients.

How does the service work? It's quite simple: the first step is to call and make an appointment. You bring in your documents

and leave them with us and once they are completed we'll give you a call to come back and pick them up. You can expect a delay of about two weeks, depending on how busy our volunteers are. Unfortunately, we are unable to do them while you wait.

If you would like more information about the program or would like to make an appointment to bring in you taxes, contact our Information & Referral service at 819-566-2182 or info@townshippers.qc.ca. We can also direct you to other organizations which offer the service if you do not live in the Sherbrooke area.



Townshippers' Day

This family-friendly festival celebrates the creativity and vitality of our English-speaking community by showcasing an array of musicians, dancers and artists, alongside entrepreneurs, community services and enterprises.

For more than three decades, people from far and wide have gathered together in September to celebrate the vitality and creativity of the Eastern Townships English-speaking community at **TOWNSHIPERS' DAY**.

Take part in this Townships tradition with us at the 34th annual Townshippers' Day, on **SATURDAY, SEPTEMBER 14, 2013**, at **BISHOP'S COLLEGE SCHOOL (BCS)** in the Borough of Lennoxville.

The picturesque grounds of the private boarding school are not only beautiful but well suited to host a much more intimate event, as well as the thousands of anticipated visitors who will join us for the opening ceremonies at 10 a.m. and activities from 11 a.m. until 4 p.m.

A special focus will be placed on welcoming all Townshippers -- past, present, future and honorary -- and organizers are aiming to give this anticipated event a neighborhood party

feel, even if our historic Eastern Townships neighborhood is the size of Belgium!

While plans are still being developed, the scenic grounds at BCS will be ready to accommodate a family friendly day of fun activities, headlining Townships Expressions entertainment and, of course, scrumptious food, which can all be found in the school's square.

With space at a premium, exhibits space is being allocated to community groups this year. Various organizations will share their information and resources from tables located in the country's oldest indoor hockey rink!

While continuing to cultivate our community and culture, Townshippers' Day -- affectionately dubbed T-Day -- has a unique meaning for each visitor. For

some it is a time to visit family or reunite with old friends, for others it's a moment to reconnect with their roots, and for new arrivals, it's a time to plant fresh ones. T-Day is also known for bringing English and French speaking visitors together.

TOWNSHIPERS' DAY 2013

**SATURDAY
SEPTEMBER**

14

**SHERBROOKE
BISHOP'S COLLEGE SCHOOL**



BCS courtyard, site of the 34th T-Day *Photo: Bishop's College School*

HELLO AND WELCOME!

Over the last year you may have noticed the various linguistic greetings in Townshippers' monthly e-bulletin. It may be useful to remember some of those greetings as we are extending a special invita-



Built in 1929, Bishop's College School's arena is the oldest, and coldest, covered ice rink in Canada. Photo: Bishop's College School

tion to all English-speakers to join us, whether English is the first language or their fifth!

Also receiving a special invitation will be each of the former host communities. With the event

taking place in a different sector of the region each year, its safe to say that in its 33 years of travel T-Day has touched nearly every corner of the region! In early spring we will be sending out in-

vitations to the previous hosts, so encourage your community to get involved!

Mark your calendars now for **SATURDAY, SEPTEMBER 14, 2013**, and check out the official T-Day website at www.tday.ca for its re-launch in mid-April.

If you have questions or would like additional information, contact **KATE HOLBROOK**, Coordinator, Community & Culture/ Townshippers' Day at 450-242-4421 (toll free: 1-877-242-4421) or kw@townshippers.qc.ca.

Top Rate Culture; Its Closer Than You Think

Townshippers' is updating our cultural partnerships to give both our members and arts organizations even more! If you are interested in becoming a cultural partner, contact us for details at ta@townshippers.qc.ca, 819-566-5717/1-866-566-5717.

Townshippers' Association believes in supporting the arts and

culture in the English-speaking community. This is why we estab-

lished a number of cultural partnerships with local arts centres and organizations to share their programs and events with you, our members!

Cultural Partners
Support local arts by visiting one of our cultural partners and enjoy discounts when you show your Townshippers' membership card!

Our community is fortunate to have theatrical, musical, film and cultural events and activities available from one end of the Townships to the other. With your membership to Townshippers' you can receive discounts from participating cultural partners on top quality entertainment and culture.

Watch our website at townshippers.qc.ca later this spring for

details about some exciting improvements to our existing partnerships. In the meantime, remember to show your Townshippers' membership card and ask for your discount when purchasing your tickets. (Please note; Discounts

vary and may not be combined with other offers. Contact the respective organization for details.)

View the latest listings from our partners each month in our e-news. Sent directly to your

email, this digital bulletin features activities and events hosted by Townshippers' and our partners.

Not signed up yet? It's easy! Just send an email to Evelina Smith at info@townshippers.

Cultural Calendar

ANGLO FRANCO CABARET

APRIL 20, 7:30 P.M.

A bilingual family show with a multicultural theme.

At the Maison de la culture Waterloo, 441 Rue De La Cour, Waterloo.

Tickets: \$10. Available at Townshippers' Association (Lac-Brome) 450-242-4421 (1-877-242-4421)

25TH TOUR DES ARTS

JULY 13-21

An artist studio tour
Info: www.tourdesarts.com

KNOWLTON WORDFEST

JULY 19-21

Several activities have been planned for this popular literary festival, such as; *Writing workshop with Josip Novakovich* July 19, 1:30 – 4:30 p.m. Cost: \$2. To register call 450-242-4421

Shakespeare on the Beach, July 20. A FREE event for families, enjoy a Midsummer Night's Dream by Repercussion Theatre at Douglass Beach in Knowlton
Info: 450-242-2242
Full program:
www.knowltonwordfest.ca

KNOWLTON ART CAMP

JULY 8-26

A three week art camp for children, run by artist Shannon Brown.
Info: 450-242-2927

HONKY TONK BLUE...

JULY 19-21

Honky Tonk Blue...The Night Patsy Met Hank is back for a return performance at the Piggery Theatre, 215 Chemin Simard, North Hatley
Info: 819-842-2431

EASTERN TOWNSHIPS FILM FESTIVAL

August 15-18

The 3rd edition of the Eastern Townships Film Festival returns to Knowlton.

Info:
www.easterntownshipsfilmfestival.com

BOOK LAUNCH

AUGUST 25

Louise Penny launches her latest book "How the Light Gets In" at the Centre Lac Brome. FREE event.

At Brome Lake Books in Knowlton at the Mill Pond
450-242-2242

PICNIC IN THE PARK/ FESTIVAL ESTIVAL

AUGUST dates to be determined

Annual Community Picnic in the Park in Cowansville (Parc Davignon) and Festival Estival Waterloo are back!

Musicians are invited to sign up to perform. For details contact Townshippers' (Lac-Brome) at 450-242-4421 (1-877-242-4421)

TOWNSHIPPERS' DAY

September 14

Townshippers' Day is back for the 34th year and for the first time at the scenic Bishops' College School campus, 80 Moulton Hill Road, Sherbrooke (Borough of Lennoxville). Watch www.tday.ca for the launch of the 34th edition later this spring.

CELTIC HARMONIES INTERNATIONAL FESTIVAL

OCTOBER 4-12

The 2nd Celtic Harmonies International Festival takes place in several Eastern Townships municipalities.

Artists interested in getting involved can contact,
450-292-3456, ext. 228

Info:
www.celticharmonies.ca

WANT MORE?

Events are added throughout the year. To keep on top of these events and more, check out **TOWNSHIPPERS'** monthly e-news, click on the calendar on our website www.townshippers.qc.ca and follow us on Facebook and Twitter.

ArtistsExpress

Get Into The Collection

With its distinctive selection of greeting cards, music, books, calendars, postcards, cookbooks and prints TOWNSHIPS EXPRESSIONS is ever growing but there's always room to add more works of talented artist, writers and musicians!

Expressions artists enjoy several advantages including:

EXPOSURE, their works are prominently displayed for purchase in our offices in Sherbrooke and Knowlton and in the e-boutique.

PUBLICITY, we tell the Township's community about your works and events through our weekly Keeping in Touch column, our monthly e-news and social networks.

PREFERENCE, Expressions artists are first in line to perform or participate at receptions, Townshippers' Day and benefits.

INTERESTED IN BEING PART OF THE COLLECTION?

Consult www.townshippers.qc.ca/townships-expressions for a complete list and description. For further information, please contact Cathy Turner at 819-566-5717 (toll free 866-566-5717) or email ct@townshippers.qc.ca.

NEW ARRIVAL

Amos Joannides

latest release

I Want to See You Smile

(\$20)



Townships Expressions

There's something truly special about the Eastern Townships, and its reflected in the more than 100 unique works that can be found in the TOWNSHIPS EXPRESSIONS.

Offered by Townshippers' Association and made possible in part by the financial support of Canadian Heritage, the Expression collection features works that are conceived by artists and/or that have a Townships theme.

Whether you're a fan of arts and culture, history or fiction, jazz or folk, you'll find something for yourself or a great gift idea for someone special! Trade trudging the malls for supporting the region's many talented artists by purchasing from the collection today.

Outstanding homespun talent aside, here are a few other treasures you'll find in the collection.



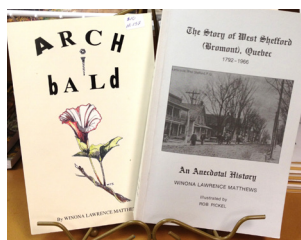
DAVID FRANCY isn't just an outstanding songwriter and

storyteller, he's also a multi-award winning Canadian folk singer with not one but TWO Juno's on his mantel. David's CD's *kating Rink* (\$20) and *Tom Screen Door* (\$20) are stocked in the collection.

ANN SCOWCROFT is a professional writer and editor but it was her first collection of poems that won her the 2011 Quebec Writers' Federation Award – Concordia University First Book Prize. *The Truth of Houses* (\$19) continues to be shortlisted for national and international awards.

The Townships community lost a special spark in 2011 when **WINONA LAWRENCE MATTHEWS** passed away. As a result of her passing only precious few of the late Mrs. Matthews publications are still in stock in Townshippers' office including three copies of *Archbald*

(\$10) a poetic biography of the fictitious dreamer/inventor Archibald Bell.



Mrs. Matthews earlier publication *The Story of West Shefford (Bromont), Quebec 1792-1966: An Anecdotal History* (\$30) is a must for researchers and historians but with only four books remaining, you should grab yours before they vanish.

Fact: the latest book to join the collection is *The Cabin - a memoir by Munira Judith Avinger*; an author that Mrs. Matthews credits for encouraging her to write *Archbald*!

Memories of a former Townships' musician/teacher are honored in the sounds of *The Church Street Café LIVE a Tribute to*

Ken Madokoro (\$15). All proceeds from the sale of this CD go to the Champlain College's, **KEN MAKADORO** Fine Arts Award created in memory of this veteran professor who passed away suddenly in July 2003.



Check out the collection in person at Townshippers' offices in Sherbrooke (257 Queen St.) and Knowlton (584 Knowlton Rd.) or explore Expressions from the comfort of your computer by visiting the e-boutique at www.townshippers.qc.ca/townships-expressions.



We've Arrived!

Less than five months to go to the **CANADA SUMMER GAMES – SHERBROOKE 2013!**

What are the Canada Summer Games?

They are the largest multi-sport event in Canada, and will be the largest sport event held in Quebec since the 1976 Olympics.

Over 4,200 athletes, 5,000 volunteers, 12,000 participants and 15,000 visitors from every province and territory will take part!

As a proud Townshipper, the Host Society is hoping to bring you on board as a volunteer. Those thousands of participants will be mostly English speakers. We're hoping to make them feel right at home, and you can help!

In the Lennoxville area we're looking for volunteers for the Athletes Village at Bishop's University, at Coulter Field for soccer, the Price Sports Centre for basketball and at Atto-Beaver Park for beach volleyball. Milby Golf Club also needs score keepers.

Whether you are a canoe or kayak fan, a wrestler, a baseball fan or love triathlon, your partici-

pation will help us to be the most bilingual Games ever held.

If you are keen on sustainable development, security, health

STS, will have access to volunteer lounges for snacks and drinks, and if they work back-to-back shifts they will be provided with a healthy meal.

A huge volunteer appreciation party will be held after the Games, and for those who would like it the Host Society will provide a letter of reference.

For further information don't hesitate to contact us at the Canada Games House, 400 rue Marquette in Sherbrooke, 819-823-2013x381, or by email at volunteer@2013canadagames.ca. You can check our website for more information at www.2013canadagames.ca

We're looking forward to having you join our team!

LIVE THE GAMES!



LIVE IT



AUGUST 2 TO 17 2013 - 2013CANADAGAMES.CA

services, healthy food or you are simply enthusiastic about sports and interested in seeing the best athletes in the country compete, we've got a position for you!

A volunteer position with the Games comes with tons of benefits. Each volunteer that works a minimum of 24 hours will be clothed by Columbia, provided free public transportation by the



Photo: Canada Games Host Society

Townshippers' Is Game, Are You?

Townshippers' Association is passionate about its community! In fact one of our prime mandates is to encourage the English-speaking population to get involved both in and beyond the larger community.

Organizers of the Summer Canada Games-Sherbrooke 2013 have a special need to get the English-speaking community involved as volunteers and as a platinum friend of this unique pan-Canadian multi-sport event, Townshippers', is helping mobilize our community.

Get involved in this unique and unforgettable experience and help us welcome all of the spectators and participants to this incredible region.

Attend or book a fast and free information session with Holly McMillan, Recruiter/Coordinator, Canada Games Project, at 819-566-5717 or volunteer@townshippers.qc.ca.



Service Canada

Improvements to the Delivery Network

Did you know that Service Canada is modernizing its Service Delivery Network? That's right, in the Estrie region too!

Service Canada is continuously improving its service delivery network to adapt to the changing needs of Canadians and communities in each region. Pursuing its mission to make Government of Canada programs and services accessible to citizens remains Service Canada's main focus. New challenges, a new approach and new alignment!

Reflecting current demand!

To meet the needs of Canadians

in a modern, effective and efficient manner and to also align services with citizens needs, www.service-canada.gc.ca gives everyone 24/7 access to Government of Canada programs and services. You can also call **1-800-OCANADA** every day between 8 a.m. and 8 p.m.

Want to access your personal information related to Employment Insurance or

Old Age Security?

By registering for a **My Service Canada Account**, you can! You can also obtain information from the specialized Employment Insurance

and Old Age Security call centres and the Employer Contact Centre.

Prefer to meet with an officer in person?

Service Canada operates a number of service points in the Estrie region. Drop by the **Service Canada Centres** in Sherbrooke, Magog, Coaticook, Asbestos or Lac-Mégantic Monday to Friday between 8:30 a.m. and 4 p.m.

Has a specific situation occurred in your community?

To deliver its programs and services in exceptional situations and meet the specific needs of your community, Service Canada can make special arrangements to accommodate you.

Programs and services for everyone

Service Canada is continuously improving its service delivery network to provide you with top-quality service. Employment Insurance, Social Insurance Number, Old Age Security Program, Youth

Employment Strategy and much more.

Service Canada: **People serving people!**

Dale Miner Home Inspections

Helping take the risk out of your Real Estate deal!



- Inspections conducted in English
- Reports written in English
- Thorough, comprehensive service
- Experienced in the building trades
- Serving Sherbrooke and the Eastern Townships area

Phone: 819-829-4109

Email: dale@dminspect.ca

Learning for Life

Evelina Smith

When we think of literacy, the first thing that often comes to mind is basic reading and writing skills. While they are indeed fundamental, the idea of literacy has expanded to mean much more than that.

With the constant changes in information technology, literacy today also means that workers need to update their skills when it comes to their jobs. And community groups are being called upon more and more to help people meet their literacy goals.

On February 6 and 7, the Quebec English Literacy Alliance (QELA) hosted a conference in Montreal entitled “Partnering Insights for Effective Learning Progression”. The first day of the conference focused on literacy trends and statistics. The

second day focused on community groups, and Townshippers’ Association was invited to speak about the Information & Referral service as part of a round table discussion. The panel discussion titled “Developing Wrap Around Services – A process more than a service” focused on developing a successful referral partnership network.

This was a wonderful opportunity to showcase the information and referral service as well as network with other like-minded groups. While some of the challenges were unique to a particular organization or region (for example the challenges of working with urban clients compared to rural one), most of us shared the same struggles and concerns – making sure the information we

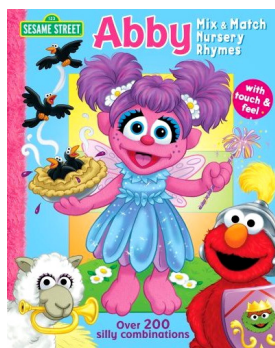
provide meets the needs of the clients, working with clients who may need more than one service, and working hard to help people on limited funds.

One important and often overlooked point brought up at the conference is that community groups can sometimes feel as though they are working in isolation. All of the groups realized that we need to get to know the other organizations around us, and get to know them and the services they offer. It is not necessary to develop a partnership with a particular group right away; but neither should we wait until we do need to partner with a group before making contact.

It was a great learning experience and a great occasion to network with other groups and hear about their work in the community.

YOUNG READERS ROCK!

Give the early readers in your life a new book to explore by entering for a chance to win a copy of...



Abby Mix & Match Nursery Rhymes:

Abby Cadabby is pretending to be some of her favourite nursery rhyme characters - Humpty Dumpty, Little Boy Blue, and more. Each page is cut into three sections (head, body, and feet), so kids can mix and match the characters and backgrounds in more than 100 different ways! Touch-and-feel elements and five nursery rhymes make this book engaging and fun! *Ages 2 & up.*

Members of Townshippers’ Association, enter today by telling us what reading activity or book you love to share with your young reader(s). One winner will be selected by random draw.

Send your answer, along with your name, town, phone number and email address, by email to ta@townshippers.qc.ca or to:

Townshippers’ Association, Readers Rock!,

100 - 257 Queen Street, Sherbrooke, QC J1M 1K7.

Entries must be received by MONDAY, APRIL 22, 2013.

PCLENNOX
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Corey Cutting
54 Rue Warren
Sherbrooke, QC. J1M 1P2
email: info@pclennox.com
tel: 819.791.2336

www.pclennox.com

Working in the Townships

Townships Opportunity is Top Opportunity!

If you are looking for employment why not check out **TOPPORTUNITY..**

Managed by Townshipers', the Topportunity website at www.topportunity.ca has a list of employment opportunities for both part and full-time job seekers. All of the positions listed require bilingualism. There is also a listing of provincial and federal employment opportunities. We recommend

you frequently check the employment section as the jobs are updated regularly.

We are in the process of re-vamping the website to make it more user-friendly and provide pertinent information for visitors. Stay tuned for more information! Contact Evelina Smith, Information & Referral Coordinator, at 819-566-2182 or info@townshippers.qc.ca with your questions.

BUSINESS MEMBERSHIP

Do you have a business? Are you interested in reaching the English-speaking community? Why not join the Association as a business member?

The idea of offering a business membership began over a year ago we are in the process of taking it to a whole new level and making sure it meets the needs of its members. To help us

out with this we are fortunate to have an intern from the Sales and Marketing program at Lennoxville Vocational Training, Adam Dubois.

Adam will be working on a business membership package, and

will be contacting businesses to find out what they would like to see in terms of a membership and where their interest lie. We already have a number of businesses registered; Adam will also be contacting them to



re-establish that all-important connection and obtain feedback on their needs and expectations.

Business membership packages will be ready soon and

we will keep you informed! In the meantime, if you have any questions, you can contact Evelina Smith, Information & Referral Coordinator, at 819-566-2182 or info@townshippers.qc.ca.

GlobalExcel 

Discover
our career opportunities

Global Excel Management Inc.
www.globalexcel.com

Make Way for YOUTH ESTRIE

Make Way For YOUTH (MWFY) takes steps to counteract the loss of the educated young English-speaking people in the region to “brain drain”, through personalized and individual support services, free access to websites and bulletins with local job offers and free Discovery Days weekends.

Part of the province-wide Place aux jeunes en région’s initiative to counter youth exodus to Quebec’s larger cities., MWFY is a starting point for post-secondary graduates or soon to be graduates to realize the potential of living in the Estrie.

The free and all-inclusive Discovery Day activities, gives them a unique opportunity to immerse themselves in the region over a weekend and kick-start their careers and by making one-on-one connections with employers.

Did you know that most of Townshippers’ staff are imports?

Although not Townshippers by birth, these individuals have gone beyond planting their roots and dedicated themselves to working with and for the English-speaking community.

Ask them and these Townshippers’ will share their experiences and stories with you. They also might just give you insight about what it was that attracted them to the Townships and made them call it home!

Discover & Explore! Spread the word, help others discover their potential in the Estrie.

Discovery Day weekends, what better way to see for yourself the kind of amazing atmosphere that exists in the Townships English-speaking community!

The Make Way for YOUTH project has welcomed participants to the Estrie region for two successful Discovery Day weekends since 2013 arrived. Recent weekends have showcased a portion of the regions diverse offerings through activities that range from exploring the natural features to networking with professionals and local residents

Through our recent Discovery Day weekends, participants have had the opportunity to network and discover services by meeting with potential employers, meeting with Townshippers’ Association’s Information and

Referral Coordinator, Evelina Smith, and learning about the home-buying process from a local Real Estate Agent.

Participants explored the region through activities such as moon-lit snow-shoeing on Mont-Megantic, attending a comedy night at Bishop’s University and visiting the Bombardier Museum in Valcourt. They were able to

hear first-hand from Townshippers Claire Holt, Corrinna Pole, Lyssa Paquette and Jason Kacprzak who joined us to share their success stories and experiences moving to the Townships’.

Planned by Jenny Ménard, Make Way for YOUTH - Desjardins Migration Agent, these weekends allow individuals to discover or rediscover the Estrie. Meals, transportation and accommodations are provided for, leaving those who are not familiar with the area to get a taste of what

it’s all about in one bite-sized weekend!

So open-wide, and taste the Estrie with us.



Photo: Claudia Racine.



Photo: Townshippers’



Photo: Townshippers’

Creating Contacts, Networking, & Living in the Townships;

What is imperative to a community's survival?
How can we all guarantee economic well-being?

An important component of MWFY project is its work with community members and employers to discuss the roles that young people have in a community. It is undeniable that having young skilled individuals returning to the rural regions is an imperative step to a community's survival, and economically also.

We all know that finding a job in the area would greatly solidify the move of young professionals

looking to relocate to the Estrie region. This is why employers play a key role in retaining or attracting young qualified professionals to the area.

In order to connect entrepreneurs and qualified candidates, Jenny Ménard, Make Way for YOUth - Desjardins Migration Agent, is working to build those vital bridges and create



Day Weekends seem more profitable to an individual coming to visit the region, the exploratory weekends are an excellent networking opportunity for employers, giving them the chance to meet with graduates (or soon-to-be) who are interested in living in the Estrie in the long-run.

Not only do employers get to meet with potential new employees through these networking activities, they have the opportunity to connect with prospective customers, other entrepreneurs, and individuals living in the area. All this, with little to no cost.

Time is money, and when you take the time to get involved in the community, you reap a long-term investment.

There are other benefits as well, to learn more about how Make Way For YOUth can help you, contact Jenny Ménard today, 819-566-5717 (Toll-free: 1-866-566-5717), mwfy@townshippers.qc.ca

personal contacts with entrepreneurs seeking employees where English is required or considered an asset to the position, on top of requiring post-secondary education.

MWFY offers free job postings and excellent visibility, as well as networking opportunities to help local businesses find qualified employees, make new contacts and increase their visibility in the English-speaking community.

While Discovery

 **PLAY**
 **DISCOVER**
 **NETWORK**
Make history in the Estrie!

Make Way for YOUth
ESTRIE  TOWNSHIPPERS

FREE all-inclusive exploratory weekends for 18-35 year olds

Register/Info:

Jenny Ménard
819-566-5717 toll free 866-566-5717
www.Townshippers.qc.ca/18-35

Boost A Young Leader!

Nominate someone you know for the 2013 Young Townships Leaders Awards
Lyssa Paquette

Do you know a young person or group of persons whose are doing great things in our community? Do you believe their actions and endeavours in their community demonstrate leadership? If you are looking for a way to encourage their efforts and honour their contribution, then nominate them for the 2013 Young Townships Leader Award!

Established a decade ago, the high-profile Young Townships Leaders Awards celebrates and encourages Eastern Townships English-speaking youth to become culturally, socially and economically involved in their community.

The award recognizes young people between the ages of 15-35 whose outstanding actions and initiatives have demonstrated leadership and outstanding involvement. As thanks for their contributions and their dedication, recipients receive a beautifully framed certificate and a cash prize, thanks to donations from local sponsors.

Last year highly deserves recipients included Michael Durrant, a 30 year old Champlain College

biology professor who stood up for his community by leading an initiative to save a historic 160 year old hydroelectric dam on Ascot River.

Jessica Wilson was also chosen because, among other things, she has involved herself in helping local youth and serving as an active community leader though Lennoxville Elementary School's Governing Board and the Lennoxville Youth Centre where she serves as vice-president on the Board of Directors.

Champlain College students James Lamarre, 20, and Madhiha Taseen, 18, nominated each other for the award in hopes of having their volunteer and leadership efforts within the school community recognized. They shared the award for their passion to improve college life through tutoring, helping new students adjust to college life as Cougar Ambassadors, and their



The 2012 Young Townships Leaders Award recipients Michael Durrant, Jessica Wilson and co-winners James Lamarre and Madhiha Taseen, are all shining examples of how youth are getting involved in their community. Nominate a young leader for the 2013 award.

Photo: Townshippers'

involvement with the Champlain Students' Association (CSA), among other things.

For this year's edition, only one recipient will be chosen. The winner will be recognised, alongside the 2013 Outstanding Townshippers, during the opening ceremonies of the 34th annual Townshippers' Day, September 14, 2013.

For full details as well as nomination criteria, visit www.townshippers.qc.ca or contact Townshippers' at 819-566-5717 (toll-free 1-866-566-5717) or ta@townshippers.qc.ca.

Learn Together! Act Together!

Empowering seniors to be more resilient to financial fraud. *Apprendre ensemble, agir ensemble - pour prévenir les mauvais traitements des aînés!*

Over the last nine months, Townshippers' Association has brought a wonderful group of Bishops' University students to seniors' groups in different parts of the Townships. Together, they have been learning about financial fraud and developing tips to avoid scams.

From these interchanges, a dynamic 14-minute bilingual video is being created, which will be viewed by seniors groups and others across the province.

The video documents what happens when different generations come together and focus their attention on a particular theme - Empowering seniors to be more resilient to financial fraud.

Through role-playing, humour and images, tips to help prevent internet, telephone and grandparent fraud are shown. Reference is made to helpful information produced by organizations in the area.

Thank you to the Conférence régionale des élus de l'Estrie for their financial support. Thanks also goes to the Jolly Seniors of Bury, OPALS (Older People with Active Lifestyles) in Lennoxville and the Memphremagog Commu-

nity Learning Centre for their great participation and the students of the Enactus-Skills Training and Entrepreneurship Program (STEP) for their inspiring leadership and presence.

NEW PROJECTS

We are undertaking some fascinating inter-generational projects over the coming months. Would you like to become involved?

We can use your help, and you can be of any age! We are looking for:

- New places to show the video and help with the public launch event;
- Creation of other video projects – different aspects of production;
- Mandala art making with seniors;
- Performing under Townshippers' tent at the 4th annual Lennoxville Street Festival (Saturday August 24);
- Supporting English-speaking caregivers

For more information, or to get involved, please contact Eric Akbar Manolson, Intergenerational projects coordinator, at eam@townshippers.qc.ca.




Conférence régionale
des élus de l'Estrie



Townshippers' Research and Cultural Foundation

Investing in the future

For more than 25 years, Townshippers' Research and Cultural Foundation has supported various projects within the historic Eastern Townships by providing funds built from contributions from generous donors.

In promoting the well-being of our community in the fields of health and social services, arts and heritage, youth, education and research, Townshippers' Foundation also supports local groups with funds through a Partnership Agreement. This agreement gives them the ability to provide tax receipts to those making donations.

In order to take advantage of this Agreement, groups meeting a spe-

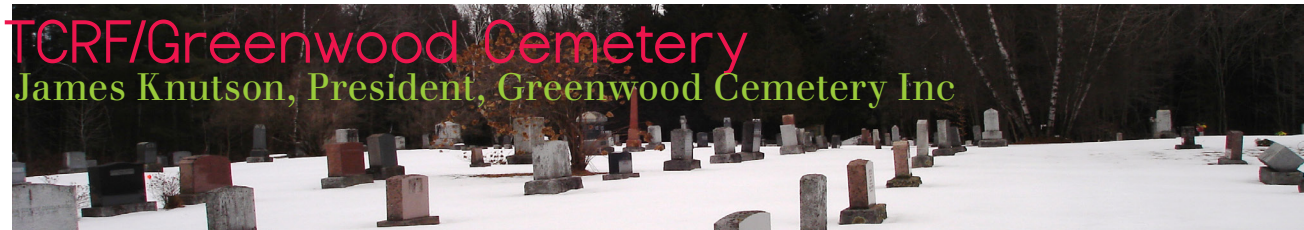
cific funding criteria must apply and be approved for a two-year agreement. A modest fee is charged which helps to cover our administrative costs.

Over the years we have had Partnerships with community radio station CIDI, the Canadian Federation of University Women Sherbrooke and District, Knowlton WordFest, Townshippers' Association Youth Project, and Heritage Sutton, to

name a few.

One of our newer partnerships is with Greenwood Cemetery. Its President, James Knutson, sums up the concerns, problems and solutions they face and we are sure many other cemetery groups face as well.

For more information on Townshippers Research & Cultural Foundation, visit www.townshippersfoundation.ca



The Greenwood Cemetery Company was incorporated on June 26, 1899. The Deed of Sale not only recorded the transaction; it also named the Trustees and set down the By-Laws. This deed is our governing document. We have no charter that we know of; hence, we cannot obtain charitable status to issue tax receipts.

For more than a hundred years our predecessors kept the cemetery going. By the 1990s our investments actually paid for the upkeep. Other aspects such as burials and monuments were self supporting.

Then came the low interest years of the 2000s. Our investments failed to cover expenses. We needed donations. Quite by chance we learned about Partnering with the Townshippers' Foundation. Over the past year the Partnership has brought in over \$2,000 in donations.

Unfortunately the source of donations is diminishing. Moreover, none of the normal cemetery income adds up to enough to continue operations in perpetuity, even though we sell graves with the promise of perpetual care. It is perpetual only as long as there are people to care.

There are solutions which are uncomfortable to face:

- cut and sell the forest land;
- sell some unused land as there is more property than is needed;
- follow the European model and recycle or redeem the graves every twenty five years;
- increase fees to double or even triple;
- seek government involvement in cemeteries;
- keep up a vigorous fundraising campaign;
- form a volunteer group to do the upkeep.

The latter may be our best

long-term bet. We prefer not to see the government or even the municipality take over the cemeteries.

Fundraising will help, but we do not want to have to approach the same donors year after year. We need to work on development of new volunteers.

I plan to retire this year, and I could easily do the grass mowing myself for only the cost of fuel and supplies. This would hopefully give us a five year "breathing spell", before someone else would have to take over. It would also give us five years of additional savings.

There are a few people out there who would like to get involved, but it is a bit scary. In 1980 one of the trustees asked me to help, and I gave a tentative "yes". Within a few years I was hooked.

These are my people.

Health & Social Services

The Eastern Townships Partners for Health & Social Services project consists of an Estrie Network and a Montérégie-East Network. Townshippers' Association initiated these networks in 2004. The Community Health & Social Services Network (CHSSN) and Health Canada support them through the Quebec-wide Networking & Partnership Initiative (NPI). These community-based networks promote the improvement, development and accessibility of health and social services, based on the needs of the English-speaking communities. Through collaborations between service providers, community organizers and individuals, the Networks aim to inform and empower the community.

Your health and social services team.



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



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



Kate Murray
Montérégie-East Network of the Eastern Town-
ships Partners for Health & Social Services
km@townshippers.qc.ca

Networking at Work

Debbie Bishop

In February, Townshippers' NPI coordinators Shannon Keenan and Debbie Bishop (Estrie) and Kate Murray (Montérégie-East Network) had the opportunity to meet with other NPI coordinators from throughout Quebec to celebrate and recognize the efforts and accomplishments of each of the networks.

NPI -- the acronym for Networking & Partnership Initiative -- is a province-wide project that allows members of the network to share information and tools with individuals outside their regular network.

Not only is information about new projects and services more widely distributed to the English-speaking community, but the network offers an opportunity for members to present issues of concern to the English-speaking population and to work together on solutions.

At the February meeting it was clear that amazing work is being done throughout the province to promote and maintain services to English speaking clientele.

This retreat was followed by a two-day exchange session where

various health initiatives were presented and discussed. Many partners continue to work together to develop strategies for adapting health and social services.

There have been, and still



are, many challenges to accessing English health care. However, there have been, and still are, many people and organi-

zations tackling these challenges with positive results.

Use It Or Lose It!

The North Shore Community Association (NSCA) has launched an interesting project to raise awareness about increasing access to English services through the "Use it or lose it" awareness campaign. It is imperative these services be used if they are to be maintained. The "use it or lose it" message can also be applied to our English-speaking community.

Using two different examples, the NSCA paints a picture about how the English population remains invisible within their own community and how bilingualism and the assimilation of English, has been dealt a blow to the accessible services.

It's been noted that many English

speakers admit to never asking for services in their language. The reasons range from fearing service delays, prejudice, or embarrassment.

In their effort to be accommodating, those who have a grasp of French can add to the problem by switching languages rather than making a request for English services. Even if you do not need access to English services, when you ask for them before switching to French, you can help improve access for those friends, relatives, neighbors and visitors who really need these services, especially when faced with a medical crisis.

NUMBERS MATTER!

Numbers are important to the English community. When studied, they help decision-makers and stakeholders decide whether or not a service is necessary. The more a service is used, the more

likely it is to be maintained. So, stand up and be counted, help improve accessibility to services in English by asking for them.

USE IT BEFORE WE LOSE IT!

Help Improve Access to Health & Social Services in English

*Ask for services in English before switching to French;

*Ask for documents in English;

*Press the appropriate number on the telephone for services in English;

*Make use of the English services already in place.

Live & Interactive Video Learning

Shannon Keenan

Although Townshippers' Association was advised that the Community Health Education Program (CHEP) video conferences were coming to an end, funding has been reinstated for three more sessions while a review is being carried out on the program. Funds from McGill University and Health Canada help to support the program.

Hosted by Townshippers' Association in partnership with local Community Learning Centers (CLC), these free video sessions have given the English-speaking community access to information on a variety of topics. Health care professionals have presented on

issues ranging from memory fitness to care giving support, diabetes to shingles, encouraging healthy aging and more.

The live and interactive videos will continue to be offered for three more sessions focusing on:

Revisiting Arthritis

April 18, 10-12 pm.

The Myths around Grief & Loss

May 29, 10-12 pm

Navigating the Health Care System What Are Your Rights

June 12, 10 - 12 pm

In offering these video conferences, Townshippers' and the CLC's will be joining up to 10 other sites around Quebec, including sites in Gaspe, Lachute, Thetford Mines etc. The community is invited to

attend and will have an opportunity to ask and to listen to questions or concerns about the topics being presented.

The next three free conferences will be presented at the Eaton Valley Community Learning Centre (CLC) located in the Pope Memorial School, 523, Stokes Street, Bury the Memphrémagog Community Learning Centre, Princess Elizabeth Elementary School, 120 Bellevue Street West, Magog, and the Richmond & Region CLC at the Richmond Regional High School, 375 Armstrong Street.

For more information, please contact Shannon Keenan, sk@townshippers.qc.ca or Debbie Bishop, db@townshippers.qc.ca at Townshippers' Association at 819-566-5717 (toll free: 1-866-566-5717).

CHUS Gives Expectant Parents Virtual Visit

Shannon Keenan

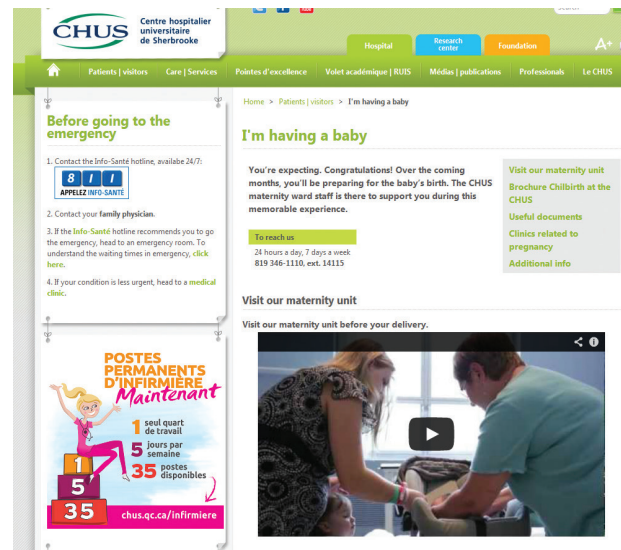
The Centre hospitalier universitaire de Sherbrooke (CHUS) has produced a new video, in English, to ease expectant parents minds and help them prepare for their baby's arrival by giving them a virtual visit of the hospital's maternity ward.

The video also answers some questions parents-to-be may have about what happens when you arrive at the hospital to deliver your baby.

To view the video, visit the English version of the CHUS hospital website at www.chus.qc.ca/en/. Under the CHUS

logo, click on the heading Patient/visitors, then I'm having a baby. The video can be found under the heading Visit Our Maternity Unit.

Jean-Guillaume Marquis, chair of the access committee for English services at the CHUS, presented the video at the recent Community Health and Social Services Network (CHSSN) conference in Quebec City for health care services,



as one of the examples of the health care institutions efforts to better adapt services being offered to the English-speaking community.

PRENATAL CLASSES If you are interested in attending prenatal classes in English – please call the Lennoxville and District Women's Centre for more information: 819-564-6626 or email: info@ldwc.ca. The LDWC's Prenatal Courses are the only Child Birth education classes offered in English in the Estrie (05) region.

Improv Turns Teens Into Problem Solvers

Debbie Bishop

Students from Alexander Galt Regional High School and Stanstead College were dared to be pro-active problem solvers with a interactive theatre project that visited the two schools in February.

Developed by a sub-committee from "La Grande Table de Jeunesse de Memphremagog" who focus on 10-17 year olds, three skits addressed some challenges facing teens, such as girls and language use, personal relationships, exclusion and intimidation.

Three actors were employed to perform the scenarios, then the students were invited to "improvise" and act out how they feel these situations should have been addressed and handled. The

skits open an opportunity for dialogue and the students have hands on participation to ensure that it is their voice being heard.

The project premiered at Magog's Ecole secondaire de la Ruche as well as Les Servites, with positive feedback from students and teachers. After Townshippers' became aware of the project, we joined the sub-committee, had the theatre skits translated into English and are now hoping to hear about the same positive results.

The interactive theatre project was presented to students enrolled in levels 1-3 at Alexander Galt on February 26-27 and preformed in front of all students the College on February 28.

Five weeks of beginner computer classes for seven participants is just wrapping up in Richmond, and thanks to the involvement of Gwyn Grant, **TECH TUESDAYS** has been a smashing success.

Formed through a partnership between the Richmond & Region Community Learning Centre, Literacy in Action and Townshippers', Gwyn was hired to design and teach free computer classes that would help participants gain skills and bridge the digital divide.

On January 29, the first two hour class -- including a short coffee break to socialization -- began with participants meeting up every Tuesday morning until February 26.

In the first week participants were given an introduction to the computer and encouraged to set their own personal goals. The next week they learned how to surf websites and checked out the Centre de santé et de services sociaux (CSSS) du Val-Saint-François website along with the services that are available in the community.

Lessons followed in utilizing email and attaching photos and documents and by week



Tech Tuesday's Takeoff; classes help seniors bridge the digital divide

Shannon Keenan

five participants had an opportunity to review what was most relevant to them and could explore popular social networking website such as Facebook, Twitter, Youtube and podcasts.

On Friday, March 1, the project spread to Stanstead with **SENIORS PLUG-IN**. Following a similar format, area seniors began learning and exploring new skills in four beginner workshops from 9 to 11 a.m.

Once the workshops are complete, participants then focus on specific tutorials dealing with chosen topics such as emailing, social media, online banking, using a Kindle or Ipad, searching the internet, and Facebook. There has been a very positive reaction to these tutorials.



Photos: Siu-Min Jim

Montérégie-East; Caring for Seniors & Caregivers

Kate Murray

Spring is in the air, though it will be a while before it actually arrives. I have just returned from a conference in Quebec City where representatives from health agencies around Quebec were present to speak about new initiatives in their regions to improve access to health services for the English-speaking community.

Despite concerns on the political scene, there is a fresh breeze flowing through the policies of the health and social services system to make sure that English-speakers are using the available services.

Of course there is always more work to be done to adapt services to our needs. One area where work is being done throughout the province and here at home is to address the needs of our many seniors and care-givers.

In Brome-Missisquoi we have

the services of the **BROME-MISSISQUOI CAREGIVERS SUPPORT GROUP**, which offers respite services, counseling and information services to care-givers as well as other services. The main office in Cowansville is at the Gilles Carle Home, but there are service points in Sutton, Bedford, Brome Lake and Farnham where a counsellor is present one day a week. The group can be contacted at 450-263-4236. Check out the website for more information www.rsabm.ca.

Recently, a **CARE-GIVERS CAFÉ** has started in Knowlton for caregivers throughout the region. Held the fourth Saturday each month, from 10 a.m. – 12 p.m. at St. Paul's Anglican Church, this peer support group allows individuals to share experiences, advice and tips. Guest speakers present on such topics as stress and the need for respite, as well as where services are available.



Are you a Care-giver?

You may not think of yourself as one but if you are spending time regularly helping a relative who lives with you or elsewhere or helping neighbour – you are a care-giver.

It is important for you to have access to information about services available, about tax information, about how to prevent burn-out, about how other people have the same feeling that you do.

Those of us in the Montérégie-East are few in number compared to the densely populated areas of the South Shore and Vaudreuil-Soulangue, and we are at a distance from the health agency located in Longueuil.

Recently I was able to share two days at a conference in Quebec with the director of access for the English-speaking community and she is sensitive to our needs. I will have the opportunity to meet with her to discuss further the types of services we still require to be adapted to our needs and the comments you provide to us at our various information meetings in the region. Please let us know about comments you have about areas for improvement.

There are areas other than Care-giving where work is being done here in the Montérégie-East and In the next issue of **TOWNSHIPERS**, I will speak about some of them. Give us a call to let us know what aspect of Health and Social Services is of interest to you.



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 100 – 257 Queen Street
 Sherbrooke, QC J1M 1K7



40041197

Mail to:

IS TOWNSHIPERS' REPRESENTING YOU?

Townshippers' Association is a non-profit community organization serving the English-speaking community in Quebec's Eastern Townships. The Association also strives to ensure the voice of the region's English-speaking population is heard among policy and decisions makers. Membership benefits include regular e-bulletins, newsletters, and discounts from cultural partners!

For details contact:
Evelina Smith
 Info & Referral Coordinator
 819-566-2182 (1-877-566-2182)
 info@townshippers.qc.ca

Townshippers' Association: Membership

First Name _____	Family Name _____	Check one: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal (ID# _____) Publication preference: <input type="checkbox"/> Digital <input type="checkbox"/> Print Membership Fee(s): (select one) <table border="1"> <tr> <td></td> <td>1 yr</td> <td>3 yrs</td> </tr> <tr> <td>Under 21 years</td> <td>FREE</td> <td></td> </tr> <tr> <td>Individuals</td> <td>15</td> <td>35</td> </tr> <tr> <td>Family</td> <td>25</td> <td>65</td> </tr> <tr> <td>Seniors (65+)</td> <td>10</td> <td>25</td> </tr> </table> TOTAL ENCLOSED \$ _____		1 yr	3 yrs	Under 21 years	FREE		Individuals	15	35	Family	25	65	Seniors (65+)	10	25
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Email Address _____		Contact Townshippers' directly for details on membership options for community groups, organizations and businesses. Payment: <input type="checkbox"/> Cheque. Please return completed form along with your payment to: Townshippers' Association, 100-257 Queen St, Sherbrooke, QC J1M 1K7 <input type="checkbox"/> Paypal; link online at Townshippers.qc.ca/membership Return form by email to info@townshippers.qc.ca. It can also be sent via postal mail at the address above.															
Information for our statistics – Thank You!																	
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For your convenience, donations may also be made online at CanadaHelps.org.

	Townshippers' Research & Cultural Foundation	Registration No. 11892 2111
	www.townshippersfoundation.ca (Please make cheque payable to Townshippers' Foundation)	Enclosed is my donation of \$ _____ <input type="checkbox"/> \$1000 <input type="checkbox"/> \$500 <input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> \$25 <input type="checkbox"/> I want this gift to be anonymous
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