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TOWNSHIPPERS

Spring/Summer 2010 Vol. 31, No. 1

FREE

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Photo: Katie Murray

Like What You See?

These are some of the youth entries in the *Picture My Region* photo contest.

Pages 12-13

Picture My Region photos, and *Townships P.I.* stories and drawings (see p. 9), on exhibit at a reception at Studio Georgeville on Friday June 4. The reception will fold into the *AGM* which leads to the Murray Memorial Hall for... well, read all about it on p. 7.

Awards, on Friday June 4 in Georgeville. Don't miss it!



Photo: Michael Dutka



Photo: Hannah Taylor

Where's Townshippers' Day?
Danville!

When is Townshippers' Day?
September 17-18

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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
Email: 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
www.youthtownships.ca

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Editor: Valérie Bridger

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Townshippers' Association Staff

Rachel Garber, Executive Director
Valérie Bridger, Assistant Executive Director
Debbie Bishop, Co-coordinator, Estrie Network of the Eastern Townships Partners for Health & Social Services
Christelle Bogosta, Co-coordinator, Montérégie East Network of the Eastern Townships Partners for Health & Social Services
Alanna Fernandes, Co-coordinator, Townshippers Youth Council
Mary Gunter, Administrative Assistant
Mary Harvey, Co-coordinator, Townshippers Youth Council
Shannon Keenan, Co-coordinator, Estrie Network of the Eastern Townships Partners for Health & Social Services
Michelle Amy Lepitre, Make Way for YOUth / Desjardins Migration Agent
Eric Akbar Manolson, Coordinator, With Respect to Our Elders Project
Karen Murray, Co-coordinator, Montérégie East Network of the Eastern Townships Partners for Health & Social Services
Daniel Ozon, Communications Agent
Sheila Quinn, Co-coordinator, Townshippers Youth Council
Norma Salisbury, Accounting Clerk
Evelina Smith, Information & Referral Coordinator
Cathy Turner, Administrative Assistant / Expressions Coordinator
Kate Wisdom, Community & Culture Coordinator

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END OF AN ERA

By Michael van Lierop, President

This will be a year of substantial change at Townshippers' Association: both its Executive Director, Rachel Garber, and its President (me) will be stepping down after several years at the helm of this great enterprise. For Rachel, the time has come – after 10 years with the Association – to turn the page and enjoy more of the peace and tranquility that comes with living in the upper Saint Francis. For myself, the time has come – after four years as President and nearly 10 years on the Board of Directors – to turn a similar page and focus on other ways to support, promote and build Quebec's English-speaking minority community.

Of course, endings tend to bring new beginnings. Our strategic plan has guided us well over the years and continues to evolve, while the fundamental tenets remain solidly implanted in the new ethos of Townshippers' Association, with a strong emphasis on engaging and supporting youth in our community. Our new Townshippers Youth Council has come a long way already to achieving this. Shortly, we will announce the new Youth Council President and executive officers for this young and engaged group of concerned English speakers. Our Make Way for YOUth initiative has been effective at luring new, young English speakers to the Townships, as the only English version of *Place aux jeunes* anywhere in the province. And, when you join us for the Annual General Meeting & Awards Banquet, you will see the Outstanding

Townshippers Awards joined by the Young Townships Leaders Awards ceremony, entering its seventh year of celebrating youth leadership in the Townships, having awarded over \$20,000 in prizes during that time!

During my four years as President, I have had the pleasure of steering an organization toward greater relevancy in the community, as a respected and vital interlocutor between our own English-speaking institutions and partners, and enhanced credibility among Francophones. I have enjoyed my time working with some of the most dedicated, diverse and competent community volunteers I have ever seen. I have witnessed the tremendous devotion of a staff who, despite being underpaid, commit themselves to the Association and its mission and return to work each day with a goal we all share: to make the Townships the best place to be.

Over this time, the Association's emphasis on youth involvement has grown to reflect a new energy in the English-speaking community, an energy that needs to be harnessed and focused so that it is not wasted. Our image is evolving, from an old bastion of Anglo rights protestors, to a dynamic, intergenerational and diverse organization intent on rebuilding the community and making the English-speaking community viable once again. And why not? We have everything we need: the people, the language skills, the schools, welcoming health and social services providers, a wealth of resources and experience, and an unswerving tenacity. Our future is a bright one. Townshippers' Association will help blaze that trail, with you and for you.



Photo: Townshippers' Association

Townshippers' Association's Executive Committee hard at work. Left to right: Jim Kanner, treasurer, Michael van Lierop, president, Heather Bowman, past president, Gerry Cutting, vice-president and Melanie Cutting, secretary.

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So Long, Farewell

By Rachel Garber, Executive Director

Recently, someone pointed out to me that by virtue of being born, we can be certain that, at some point, we will die. That's the contract.

Yes, all things come to an end, even such good things as my 10-plus years working at Townshippers' Association, first as Assistant Executive Director, and then as Executive Director. My last day on the job will be June 4, 2010.

Working with varied personnel, presidents, board members, committee chairs and members has enriched my life. I continue to be impressed by the sincere and caring energy so many people have and continue to put into developing the English-speaking community in the Eastern Townships. As an Eastern Townships resident by choice since 1996, I have grown to love the region and its people through my work at the Association. Beyond geography, the Townships have become my home because my heart is here.



Looking back, I see that the Association has grown tremendously over the past decade, both in size of the organization, and in depth of focus. Our strategic plan is a roadmap with clear objectives and action plans for carrying out Townshippers' mission. Our board of directors has become smaller, but its members are extremely active and engaged in the governance of the Association at a policy-making level. The number of staff members has grown, and enabled Townshippers', as a generalist organization, to forge stronger working relationships with our many active partners in the fields of arts, culture and heritage, health and social services, and economic development, education, employment and entrepreneurship.

I am gratified to have taken part in this growth, and feel a great deal of gratitude towards the many people who worked with me through the inevitable growing pains that come with such change. Yes, I mean MANY, over the years. Thanks to all the intrepid volunteers on the board of directors and committees of the Association, but especially the three presidents with whom I have worked: Peter Quilliams, Heather Bowman and Michael van Lierop each brought great and varied expertise and experience to their jobs and mine.

I am grateful to all the staff members, but I cannot refrain from giving special mention to Valérie Bridger, Assistant Executive Director, whose instrumental support and intelligent counsel have made my job much easier, and Accounting Clerk Norma Salisbury, Information & Referral Coordinator Evelina Smith, and Community & Culture Coordinator Kate Wisdom, all of whom pre-dated me at Townshippers' Association, and all of whom contributed strong support, dedication and initiative along the way.

So I say farewell, but not good-bye. I'm staying in the Townships! I'm looking forward to spending more time on various other jobs, including our small acreage, and a good summer's work of creating heaven out of the hell that is now our garden.

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of members of Townshippers' Association will take place at Studio Georgeville, 20 Carré Copp, Georgeville, on Friday, June 4, 2010, at 5:30 p.m. The AGM will be held in conjunction with the Picture My Region photo contest exhibit and reception. See page 7 for more information about the AGM and the Awards Banquet.

From either Montreal or Sherbrooke on Highway 10, take Exit 118 and go south on Chemin Rivière aux Cerises (Route 141) until you cross Principale St. (Route 112) in Magog. Continue straight on Route 247 South until you get to your destination. Studio Georgeville is about 20 km south of the exit.

Townshippers' Association members in good standing are invited to participate. At this meeting, members receive the annual financial statements, choose an auditor, and elect board members.

CALL FOR NOMINATIONS: BOARD OF DIRECTORS

Townshippers' Association invites nominations of candidates from members at large for the Board of Directors. If you are a member in good standing and would like a nomination form, please contact Townshippers' Association at 819-566-2182 (1-866-566-2182) or info@townshippers.qc.ca. The deadline is May 4.

The Board of Directors is comprised of 12 – 15 volunteer members, who are elected at the Annual General Meeting (June 4, 2010). The Board of Directors is responsible for setting policies and directions for the Association. As a volunteer-led organization, Townshippers' Association relies on public-minded citizens' assuming the responsibilities of good citizenship.

The term of office for all board members is one year. Board members attend 11 board meetings per year. Travel is reimbursed. Should a board member

need to pay for babysitting to attend meetings, babysitting expenses are reimbursed as well.

Board members are at the forefront of prioritizing, planning and partnering to develop the English-speaking community in the Eastern Townships. They have an opportunity to contribute meaningfully to present and future generations. In the process, they are able to build expertise and knowledge about a variety of areas, and acquire a broad perspective on current and future developments in the Eastern Townships.



Photo: Barbara Lavoie

Townshippers' Association's Board of Directors 2009-2010. Back row: Jim Kanner, Mark McLaughlin, Peter Riordon, Andre Rowsell, Michael van Lierop, Gerry Cutting, Salim Hashmi. Front: Melanie Cutting, Marion Standish, Heather Bowman. Absent: Joanna Bateman, Cheryl Gosselin, Alice McCrory, Peter Quilliams, Nancy Robert.

Desjardins and Townshippers' sign partnership

Townshippers' Association and *Les Caisses Desjardins des Cantons-de-l'Est* recently finalised a three-year partnership agreement.

"This partnership marks the first time Townshippers' Association has established a multi-year sponsorship at this level, and with such a well-known entity like the Desjardins group," remarked Association President Michael van Lierop. "It is encouraging to see the business community reaching out to the English-speaking community in the Townships in this way."

"The partnership between Townshippers' Association and Desjardins speaks to our shared goal of establishing strong professional links with members of the English-speaking community," said Richard Lacroix, regional vice-president of the *Fédération des caisses Desjardins du Québec, Cantons-de-l'Est*. "We are proud to support the Association, and to promote Desjardins' financial expertise and scope."

In collaboration with Townshippers' Association, Desjardins is planning a presentation in English on the financial markets, to take place this May at Up-lands Cultural and Heritage Centre in Sherbrooke (Lennoxville).

For more information, please contact Valérie Bridger, assistant executive director, at 819-566-5717 (1-866-566-5717) or ta@townshippers.qc.ca.



Yves Gaudet of the Community Development division of the Caisses Desjardins de Sherbrooke with Michael van Lierop, president of Townshippers' Association, Eric Manolson, coordinator of With Respect to Our Elders and Richard Lacroix, regional vice-president, Eastern Townships, of the Mouvement Desjardins.

One Lump or Two?

The purpose of Coffee Mornings isn't to give or receive "lumps" of any kind, but they remain an ideal time to give feedback and suggestions to Townshippers' Association's staff and volunteers. Most importantly, from our point of view, Coffee Mornings provide us with a chance to meet with community members with reduced mobility, those who don't have the time to travel all the way to one of our offices, or those who just prefer to stay close to home. They permit community members to put faces to those names that keep cropping up, and vice versa!

Coffee Mornings is an outreach initiative which travels to different Townships communities each month. In some cases, other local organizations are invited to join us, as was the case in January when Service Canada joined us at the Eaton Valley Community Learning Centre in Bury. The Yamaska Literacy Centre came along to the Sutton Coffee Morning. Staff members take part in spontaneous discussions on subjects as varied as access to

health and social services, the cultural offering in that particular community, gender equality or the youth migration problem – whatever is pertinent to participants.

Information on up-coming Coffee Mornings can generally be found in our *E-Bulletin*, which is distributed free to all who so desire – contact Cathy Turner at ct@townshippers.qc.ca if you'd like to be added to our mailing list. Do you have questions or comments? Contact Kate Murray in the Montérégie-East office at 450-242-4421 (1-877-242-4421) or km@townshippers.qc.ca, or Shannon Keenan in the head office at 819-566-5717 (1-866-566-5717) or sk@townshippers.qc.ca.

Coffee Mornings are made possible in part by support from the Networking and Partnership Initiative of the Community Health & Social Services Network and Health Canada, as well as Canadian Heritage.



Photo: Townshippers' Association
Sylvie Tardif, senior citizens services specialist from the Citizens Services Branch of Service Canada, brought lots of information to the Coffee Morning in Bury on January 19, 2010.



Coffee Morning: Margaret Marshall, Trudy Cornell, Bohdana Zwonok, Edie Holiday, Isabel Sutherland, Kate Wisdom, Kate Murray and Norma Sherrer at the Emmanuel United Church in Cowansville on February 16, 2010.

Photo: Reg Holiday

WANTED: English-Speaking Reps

Hot off the press is a new initiative to prioritize recruitment of English-speaking representatives for organizations who ask Townshippers' Association to help them head-hunt for positions on their boards, tables and committees. Demand outstrips supply, and too often the request leaves little time to search for someone to fill the vacant position. So the Association's board of directors has set the following priorities:

- Positions on decision-making bodies in the community at large.
- Non-decision-making or advisory positions in the community at large or the larger English-speaking community.
- Positions that help maintain and support organizations, institutions and agencies which primarily serve the English-speaking community.

Within this framework, the Association's Health & Social Services Committee, Community & Culture Committee, and E-Team will be responsible for recruiting, orienting and supporting English-speaking representatives on boards, tables and committees of other organizations, institutions and agencies on an

ongoing basis. The plan is to review the inventory of current and possible positions, and recruit potential representatives for targeted positions before they become open.

The committees are charged with creating a strategy for supporting the representatives, and ensuring it is carried out. This strategy will include offering an orientation to representatives, giving them written information about the English-speaking community and its characteristics and needs, and creating regular opportunities for information exchange among representatives, relevant committee members and Townshippers' personnel.

Based on a recommendation from the Strategic Planning Committee, this approach aims to maximize our volunteer resources for the greatest possible good of the Townships English-speaking community and the community-at-large.

Would you like to be part of this initiative? Please contact **Evelina Smith** at 819-566-2182 (1-877-566-2182) or info@townshippers.qc.ca. As coordinator of Townshippers' volunteer bank, she will be more than happy to put you in touch with the right person.

Volunteers Live Here

Townshippers' Association is a volunteer-led community organization. Beyond the board of directors, the Association depends on a whole troop of volunteers who contribute their time, expertise and ideas. Here are some of them.

The new chairperson of the Association's Health & Social Services Committee is **Cheryl Gosselin, PhD**. The mandate of this committee is to advocate access to appropriate health and social services in English and to promote the development of services in English as needed. A sociology prof at Bishop's University, Gosselin also chairs the Eastern Townships Resource Centre, and has long experience volunteering in the community health and social services sector.

The new E-Team also has a new chairperson: **Joanna Bateman**. This committee's mandate is to address the issues of economic development, education, employment and entrepreneurship, and support the work of the Youth Council. Bateman graduated from Bishop's University two years ago, and is active in the Tierra del Fuégo initiative.

Finally, **Bob McKeage** chairs the brand new Townshippers' Day 2010 Organizing Committee. He brings lots of experience and know-how to creating the two-day event in Danville on September 17-18.

Here's who is leading the other committees of the Association:

Community & Culture Committee: *Nancy Robert*

Executive Committee: *Michael van Lierop*

Finance Committee: *Jim Kanner*

Membership Committee: *Melanie Cutting*

Strategic Planning Committee: *Peter Quilliams*

Townshippers' Day 2010 Organizing Committee: *Bob McKeage*



Are you interested in participating in any of these working groups? Please contact **Evelina Smith** at 819-566-2182 (1-877-566-2182) or info@townshippers.qc.ca. As coordinator of Townshippers' volunteer bank, she will be more than happy to put you in touch with the right person.



LET'S KEEP IN TOUCH!

This is a pretty fancy newsletter, don't you think? We use it to let members and the general public know about what we've done and why, and what we're going to do and how. If you'd like more specific information, general information, or just other information, then we have other avenues of communications to offer you.

On the World Wide Web

www.townshippers.qc.ca: We've recently put some work into this site so that it looks much fresher and the information provided is more pertinent. It offers an interesting place to browse our offerings at Townships Expressions: Books, Music and More from the Townships. Check out our latest press releases or columns, if you happened to miss them. Find out what events are currently being planned in our Upcoming Events section.

www.tday.ca: all the information you need regarding Townshippers' Day 2010 in Danville. If it's not there yet, try again another day! It's a work in progress, just like the event itself.

www.toppportunity.ca: one-stop shopping for jobs requiring English in the historical Eastern Townships. Find out about the top 40 careers and training opportunities in the Townships. What do Townships youth call a "Dream Job"?

www.youthtownships.ca: Information about the new Townshippers Youth Council.

Direct to Your Inbox

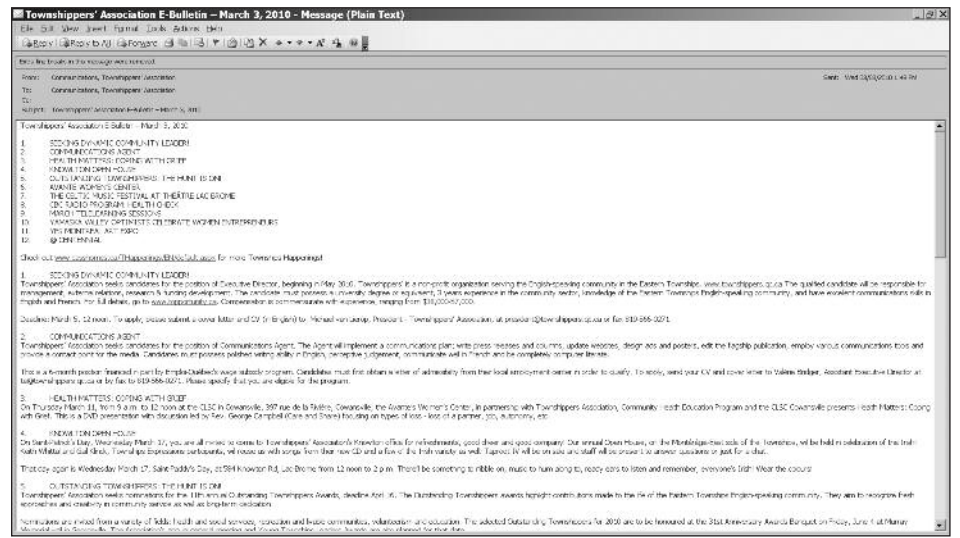
E-Bulletin: weekly events and initiatives of Townshippers' Association and its partners.

ArtsWatch: occasional news bulletin about funding, training opportunities, and more for arts professionals, including visual arts, writing, acting and more.

Community Groups: when we have opportunities or information that pertain to community groups, we use this distribution list to get the news out.

To subscribe to any of these Townshippers' publications, even the one you're holding RIGHT NOW, please send a message to ta@townshippers.qc.ca and specify which publication you would like to receive. Or really get plugged in by becoming a member!


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This is what you receive in your Inbox, text-only, when you subscribe to our weekly E-Bulletin.



The TA website has been refreshed! Check it out on www.townshippers.qc.ca.



Avante Women's Centre

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- Computers
- and much, much more...

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yamaskalit@endirect.qc.ca



YAMASKA LITERACY COUNCIL

Photo Exhibit and Reception

A 5-à-7-style reception is planned at Studio Georgeville, 20 Carré Copp in Georgeville, to recognize the efforts and hard work of participants in both the Picture My Region Photo Contest and the Townships P.I. contest.

The Photo Contest aimed to encourage youth in secondary levels 4 and 5 to pick up their cameras, capture the spirit and energy of their home region in pictures, and write a short accompanying text. The Townships P.I. contest encouraged kids in grades 5 and 6 to investigate a story about something that happened here, in the past, and write an illustrated short story about it.

All entries to both contests will be displayed. This is an excellent occasion to encourage our youth in their creative efforts. Admission is free for this reception.

A Short and Sweet AGM

Stick around after the reception! Townshippers' Association's Annual General Meeting will take place from 5:30 to 6 p.m. at Studio Georgeville. Thirty minutes is such a short time to hear about the projects and initiatives the Association has undertaken in the past year, and to fulfil our legal requirements. Admission is free to the AGM, and so are the refreshments. Please make every effort to join us – the Association needs you!

No Outstanding Townshippers Banquet?

We're not having an Outstanding Townshippers Banquet this year? To be clear, the Association is simply having an Awards Banquet, honouring both Outstanding Townshippers and Young Townships Leaders at once. Yes, the annual banquet has gone intergenerational!



Photo: Louise Abbott

Festivities begin in Studio Georgeville at 20 Carré Copp, for the Reception and AGM.

And why not? Don't both young and older make meaningful contributions to our community? Shouldn't they both be given the same level of visibility and recognition for what they did, in their own way, in their own time? And celebrate together?

The Awards Banquet, then, is scheduled for Friday, June 4, at 6:30 p.m. From the exhibits reception and AGM at Studio Georgeville, we'll cross the village green and head for Murray Memorial Hall, 4680 Georgeville Road. A buffet meal will be served. The master of ceremonies will keep us in stitches (I've no doubt) as honourees and nominators entertain us with positive and inspiring stories.

Mark your calendars: Friday June 4 in Georgeville. The events start at 5 p.m., and we'll keep you busy and fed during a great evening. Please note that seating is limited. Tickets cost \$28 per person. Please bring your own libations, if you wish.



For more information or to reserve your seat, please contact Cathy Turner at 819-566-5717 (1-866-566-5717) or ct@townshippers.qc.ca.

The party continues at Murray Memorial Hall, just across the street, for the Awards Banquet.

Photo: Niels Jensen

WHO IS OUTSTANDING?

Townshippers' Association seeks nominations for the 11th annual Outstanding Townshippers Awards, deadline April 16. These awards highlight contributions made to the life of the Eastern Townships English-speaking community. They aim to recognize fresh approaches and creativity in community service as well as long-term dedication.

"This is our chance as a community to identify, discover and celebrate those who have contributed massively during their lives to the Townships' English-speaking community," commented Michael van Lierop, President of the Association. "This is not just about 'celebrity volunteerism'; it's about bringing out the best of our community, those unsung heroes, and giving them the lime-light for a change. The banquet and awards ceremony are full of emotion and memories that everyone can appreciate."

Nominations are invited from a variety of fields: health and social services, recreation and livable communities, volunteerism and education. The selected Outstanding Townshippers for 2010 are to be honoured at the Awards Banquet on Friday, June 4, along with the Young Townships Leaders Awards. The Association's annual general meeting is also planned for that date.

The 2009 recipients were Alice Gunhouse of Dunham, Denis Palmer of Sawyerville, Maureen Quigg of Lennoxville, Judith Ross of Magog, and Martha Shufelt of Brigham.

Nomination forms are available on the Association's website at www.townshippers.qc.ca/C-outstanding.aspx or by contacting Kate Wisdom, Community and Culture Coordinator at 450-242-4421 (1-877-242-4421) or kw@townshippers.qc.ca.



Denis Palmer, Outstanding Townsshipper 2009, contributed once more to his community by agreeing to meet with participants at the Make Way for YOUth exploratory event on January 29 in Eaton Corner. Outstanding!

Photo: Alan Barber

Awards: Calling all Young Leaders!

By Michelle Lepitre



Photo: Barbara Lavoie

The recipients of the 2009 Young Townships Leaders Awards included the members of the Tierra del Fuego Community Resource Centre and Trading Post, Jessica Coleman and Danika Bouchard (absent from photo). Their many and varied achievements are great examples of the things young people in our community are doing every day. If you happen to know a young person who is also doing great things, pick up a form today and nominate him/her for a Young Townships Leader award!

The year 2010 will mark the seventh anniversary of Townshippers' Association's annual youth leadership awards, and a big change is in the works for this year's edition! Whereas in past years the names of the winners were kept a secret until the day of the awards, this year's winners will be revealed in advance of the ceremony. The ceremony itself will be on June 4 at the Murray Memorial Hall in Georgeville, during the Association's Awards Banquet. Three Young Townships Leaders will be honoured and get to celebrate alongside the 2010 Outstanding Townshippers awards recipients. It will be a night of celebration for the leaders in our community, both the young and not-so-young!

During the awards ceremony, each Young Townships Leader will receive a beautifully framed certificate, as well as a \$1000 cash prize, as thanks for their leadership contributions and their dedication to the Eastern Townships English-speaking community.

Not sure what to do to nominate someone? Just take two easy steps:

First, visit www.townshippers.qc.ca or contact Michelle Lepitre, Make Way for YOUth/Desjardins Migration Agent, to download this year's nomination form.

Second, along with a fellow nominator (each nominee must be presented by two nominators), submit a completed nomination form and a minimum of TWO supporting documents, such as a list of the nominee's achievements, letter(s) of support, scrapbook(s), short video(s), etc.

If you can think of a young person who is deserving of this special recognition, nominate him or her for a Young Townships Leader Award today! Nominations will be accepted until Monday, May 10, 2010, at 5 p.m.

For more information about the Young Townships Leaders awards, contact Michelle at 819-566-5717 (toll-free 1-866-566-5717) or ml@townshippers.qc.ca.

Youth Council – What? Where? When? How?

By Mary Harvey, Montérégie-East Youth Coordinator

Townshippers' Youth Council is an initiative of Townshippers' Association meant to give young people aged 12-25 a forum to develop critical thinking, team-building, communication and community development skills.

Participants are encouraged to meet regularly, explore current issues, and enact projects that will benefit their communities. The goal is to establish 10 community-based councils throughout the Townships, and one regional council comprised of representatives from each locale. A Youth Council representative will also sit on Townshippers' Association Board of Directors.

Last November the first Townshippers' Youth Council Round-Up took place at Camp Val-Estrie in Waterville. We had an excellent turn-out for the event, with 30 youth participants and youth workers from Stanbridge East, Bedford, Shefford, Lennoxville, Stanstead, Richmond and Thetford Mines. One of our main goals is to provide skills-based learning, and participants were led through a series of workshops related to interpersonal and community development, such as health and well-being, motivation and involvement, prejudice and diversity, media and pop culture.

Throughout the weekend, participants also took part in Youth Council work, including brainstorming about plans and goals for the year. A lot of energy was evident among youth to contribute positively to their communities and shape their lives in constructive ways.

Subsequent local activities included a Holiday carol 'flash mob' in Sherbrooke, free book distribution in Lennoxville, a clothes swap and 'geek' activity night in Richmond, winter carnival activities in Mansonville, Stanbridge East, Lac Brome and Stanstead, and an Estrie Youth Council regional meeting in mid-February.

Coming up on March 27-28 will be our second Youth Council Round-up in Dunham at the Hameau Oasis. The regional council representatives (two per group) will elect two co-presidents for the Townshippers' Youth Council. This time the accent will be on workshops developed by and for the members. Two Youth Council representatives who attended the QCGN's skill building and community development weekend in Montreal in February will lead the workshops.

Topics will include youth engagement strategies, publicity and outreach, introduction to community development and workshop planning. We will hear from three reps who attended the TYPS 'Ignite and Unite' weekend in Ottawa. Katimavik and Service Canada will also give presentations. Other activities are a workshop on editing films for YouTube and the web, a 'Zine-making activity, plus an inter-Townships Improvisation match on Saturday night.

The weekend will once again offer games, free homemade food, spontaneous jam sessions, arts and crafts making, and opportunities for youth and youth workers to make connections across school and municipal lines.

We are always looking for more participants and volunteers. If you want any more information or to sign up, please contact Sheila Quinn (sq@townshippers.qc.ca), Mary Harvey (mh@townshippers.qc.ca), and Alanna Fernandes (af@townshippers.qc.ca), or all three coordinators at townshippersyouthcouncil@gmail.com.



Stanstead, Lennoxville and Thetford Youth Councils in a tug-of-war at the Stanstead Winter Carnival, February 2010.

Photo: Mary Harvey



Photo: Katie Murray

A Townships P.I. to give us the *Real Scoop!*

By Michelle Lepitre

Are you a grade five or six student who loves a good mystery? If so, we've got a job for you! We at Townshippers want to learn all about the things that happened here in the Eastern Townships that ARE NOT talked about at school. For this reason, we are asking you to investigate a story about something that happened here in the past. Ask around to learn more about the stories of the Townships, talk to your parents, grandparents, teachers and older family friends (they're sure to have lots of information to share with you). Then give us the REAL scoop!

Once you've completed your investigation, we are asking you to create an illustrated short story (2-10 pages), that tells us about the event or mystery you investigated. When your story is complete, fill out a registration form and send it to us. You have until Friday, April 23, 2010, at 5 p.m. to send everything in, if you want a chance to win a prize!

Out of all the entries we receive, there will be two winners and two runners-up. The stories with colour drawings will have one winner and one runner-up, and the stories with black and white drawings will have one winner and one runner up. Each winner will get a bound copy of his/her story, a \$100 gift certificate to a local art supply (or book) store, and publication of the story in the September 2010 newsletter. Each runner-up will receive a \$50 gift certificate to a local art supply (or book) store, and publication of his/her story in the September 2010 issue of the Townshippers' newsletter.

ALL entries will be displayed during a special reception Friday, June 4, 2010, before the AGM and the Young Townships Leaders and Outstanding Townshippers Awards Banquet.

For more information about the *Townships P.I.: The Real Scoop* contest, or to request a registration form, contact Michelle Lepitre, Make Way for YOUth/Desjardins Migration Agent at 819-566-5717 (1-866-566-5717) or ml@townshippers.qc.ca.

Make Way for YOUTH: Help Us Spread the Word!

By Michelle Lepitre, Make Way for YOUTH/Desjardins Migration Agent

Townshippers' Association's Make Way for YOUTH project is part of the *Place aux jeunes en région* initiative which aims to counter youth exodus and encourage qualified and talented young professionals to move to areas outside of Quebec's large city centres.

To accomplish this goal, the Make Way for YOUTH/Desjardins migration agent provides a variety of services for post-secondary students and graduates between the ages of 18 and 35. Exploratory activities allow young professionals and/or families to explore a community and meet new people. Long-distance, personalized support helps make a young person's move to the region just a little bit easier. Finally, participants have instant access to a selection of the best job offers available in the Estrie region.

The best part about this project? All of these services are offered FREE of charge to participants!

So why does Make Way for YOUTH need help? It's only that too few young people actually realize that these very important (and helpful) services are available to them. Maybe that's because this is the only *Place aux jeunes* project in English. So we at Townshippers are working extra hard this year to make sure that more young English speakers are aware of the Make Way for YOUTH project, and how they can benefit from it.

To help spread the word about this important and unique project, Townshippers' Association has produced eye-catching Make Way for YOUTH postcards (you'll find one in this very newsletter!). We are asking you, our fellow Townshippers, to send one to a young family member or friend. By sharing your postcard with a young person you know, you will not only be informing him or her about the FREE services we have to offer, you will also be helping the Eastern Townships English-speaking community to be a dynamic, vital and wonderful place to live!

For more information, or to receive more postcards, contact Michelle Lepitre, Make Way for YOUTH/Desjardins Migration Agent, at 819-566-5717 (1-866-566-5717) or mwfy@townshippers.qc.ca.



Photo: Esther Keller, Make Way for YOUTH Participant

During the first Make Way for YOUTH activity of 2009-2010, our group visited the historic town of Stanstead. During our time there, the participants were particularly fascinated by the Canada-United States border line near the Haskell Library, insisting that it was a perfect photo opportunity!



Photo: Corrinna Pole

Participants in this year's first exploratory weekend take a short break outside the Auberge Ayer's Cliff on Friday, September 18, 2009. After a jam-packed day of exploring and networking, these enthusiastic young people were tired, but still looking forward to the next day's big event: Townshippers' Day.



Photo: Al Barber

During this year's second Make Way for YOUTH exploratory activity, participants had the opportunity to mix and mingle with members of the Townships English-speaking community during a special 5-7 on Friday, January 29, at the Old Academy in Eaton Corner. In a relaxed atmosphere, they met new people who might be able to help them make new professional contacts in the area, as well as get a taste of what life in the Eastern Townships is really like. The evening's activities were followed on Saturday morning by a scrumptious brunch at the *Élégance B&B* in Sawyerville, followed by a trip to visit the Mont-Mégantic park and observatory.

Quebec Community Groups Network: Young Leaders Project

By Shanna Bernier

On January 29 and 30, my fellow Lennoxville resident Joanna Bateman and I attended a conference hosted by the Quebec Community Groups Network, or QCGN, on the theme of young leaders. The purpose of the weekend was to talk about the challenges and strengths a young leader must face and possess, and how they can share their skills with their own communities. As a group of 12 young people aged 18 to 29, we had two jam-packed days of workshoping, discussion,

bonding and eating!

We represented the far reaching distances of English-speaking Quebec, with some of the participants having flown from as far as the Lower North Shore of the St. Lawrence River. We each developed a better understanding of what makes us a leader, as well as facing some of the obstacles which might be in our paths.

To fulfill the mandate of this event, we were each asked to give a short workshop to 10 other youth

in our own home communities. Joanna and I will do this collaboratively at the upcoming Youth Round-up at the end of March (for more info on the Youth Round-up, contact Alanna (af@townshippers.qc.ca), Mary (mh@townshippers.qc.ca) or Sheila (sq@townshippers.qc.ca), the co-coordinators of Townshippers' Youth Council). We are spreading the art of leadership to others in hopes that this will be a chain reaction, and that we can be engaged participants and leaders in all of our communities.

Join Quebec's Youth Forums to Have Your Say!

By Michelle Lepitre,
Make Way for YOUth/Desjardins Migration Agent

As part of its Youth Action Strategy, Quebec supports 21 youth forums across the province. These youth forums are intended to encourage the social participation of youth and ensure that young Quebecers are active participants in the development of their communities.

Officially called the *forums jeunesse régionaux*, these organizations have the mandate to encourage the representation of youth, to facilitate and maintain communications between youth representatives and local and regional partners, to advise the community on youth-related issues, and to promote youth involvement and financially support youth initiatives and projects through the management of the local *Fonds régional d'investissement jeunesse*.

Quebec's youth forums are an excellent way for young people to get involved in their communities. Although all youth forums are set up differently and offer different opportunities for

involvement, each still provides youth with opportunities to get involved in the decision-making processes and concrete actions of their community.

To learn more about your regional youth forum, visit the *Table de concertation des forums jeunesse régionaux du Québec* website: www.forumsjeunesse.qc.ca/forums_e.htm.

For more information about youth forums in general, contact Townshippers' Association's Information and Referral Service at 819-566-2182 (1-866-566-2182) or info@townshippers.qc.ca.

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Topportunity

By Mary Harvey, Montérégie-East Youth Council Coordinator

Sponsored by Townshippers' Association, this site is continually updated with interesting job opportunities for English-speaking and bilingual young adults in the Eastern Townships. It even has sections for student and part-time work,



so you can find a summer job and start saving before CEGEP!

For further inspiration, check out the Top 40 list of dream jobs chosen by regional youth, training opportunities, government postings and of course, our entrepreneurship page.

You can also find information about free employment-related services such as help building your CV, resources for financial aid for your continued studies, tools for work and literacy improvement.

EMPLOYERS! You can post your jobs on this site – for FREE!

Check it out: www.topportunity.ca

www.topportunity.ca – a world of work and opportunity to explore.

Picture My Region! Photo Contest

By Michelle Lepitre, Make Way for YOUth/Desjardins Migration Agent

For the second year in a row, *Place aux Jeunes en région* organized a Picture My Region photo competition, intended to encourage youth in secondary levels 4 and 5 to pick up their cameras and capture the spirit and energy of their home region in pictures.

This year, Townshippers' Association decided to add to the appeal of this competition by organizing its own photo contest through the Make Way for YOUth project for students in the Eastern Townships English-speaking community. The contest had the same theme and rules as the *Place aux jeunes en région* contest, but a different prize: local winners receive a \$200 gift certificate from a photo shop.

When we launched the contest earlier in the year, we didn't realize that the Eastern Townships had so many incredibly talented young photographers. A total of 30 youths submitted photos and short texts, each telling us what the Eastern Townships means to them. The end result? Our judges were so impressed by the quality of the shots and the touching tributes to the Townships that they decided to declare a tie for first place. As a result, this year's Make Way for YOUth photo contest has two first-place winners, instead of one first-place and one second-place winner.

Our judges felt that this year's winning entries were both representative of the Eastern Townships, but in very different ways. One entry showcases the beauty of our farmlands and winter landscapes, while the other honours the people who make our region such a special place to live.

The winners are: Ashley Patterson, a student from Richmond Regional High School, and Katie Murray, a student from Alexander Galt Regional High School. Congratulations to both of you!

Photos this page by Ashley Patterson



Picture My Region: *Landscapes*

By Ashley Patterson

While taking these pictures I was trying to showcase the Eastern Townships' beautiful farmland as well as its winter landscapes. The lush green colors of the fields and the warm autumn colors of the trees are what really stand out in my mind when I think of my home here in the Eastern Townships.

The hay bale in one of the pictures is really symbolic to my region. I can remember looking out my car window and seeing the fields full of round, golden bales littering the landscape. The winter picture is a very beautiful depiction of the harsh winters that this region faces. The trees are coated with a heavy layer of ice causing them to drape gracefully downwards, which I find to be both pretty and cruel at the same time. It reminds me of the ice storm that hit the Eastern Townships years ago, when all the trees were coated with ice, very beautiful, but very destructive.

To me these pictures are my home. They show only a few sides of my community, but hopefully I successfully captured the essence that is the Eastern Townships.



Photo: Jessica Logan



Photo: Tiffany Nelson

See Them Live

If you like what you see on these pages, remember that all the photo contest entries will be displayed during a very special reception on June 4, 2010, at the Murray Memorial Hall in Georgeville, right before the AGM and the Young Townships Leaders and Outstanding Townshippers Awards Banquet. To see the talent of ALL our young photographers with your very own eyes, be sure to stop by!

A special thank you goes out to all the students who submitted their entries for this contest, as well as the three jury members who helped us choose the winning entries.

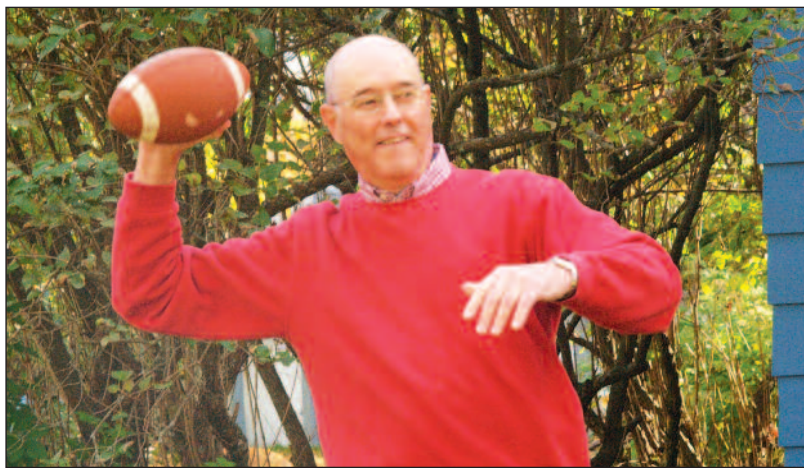
Picture My Region: People

By Katie Murray, Stanstead

I've noticed that when people talk about the Eastern Townships, the things that are most often mentioned are the landscapes, the activities and organizations. But, in my opinion, the first thing that should come to mind when thinking of the Eastern Townships is the people. If it weren't for all the people who live in the Eastern Townships, we wouldn't have anyone to keep our land beautiful or to create and participate in activities in the area.

That is why my three pictures are of people. The three individuals in each photo are each a member of the Eastern Townships who lives and participated in activities in the area. Without these three people and many others like them, we would not have the activities, educational programs or organizations we do today. Without the people, we would not have the Eastern Townships we are so proud of.

The three photos also show each person participating in different activities. These may not be very exciting activities, but my point isn't to represent the activities, but the people themselves. That is why these three pictures are so important to me and that is why I think they are perfect to represent the Eastern Townships.



Photos left and below by Katie Murray



Celebrate the Townships and Danville's 150th

By Robert McKeage, Chairperson, Townshippers' Day Organizing Committee

Danville celebrates its 150th anniversary this year, and as part of the ongoing celebrations we are pleased to host Townshippers' Day on September 17-18.

Today's Municipality of Danville dates from 1999 when the Town of Danville and the surrounding area, Shipton, were combined into one municipality to become Danville.

Danville was founded in 1801 and was incorporated as a village in 1860. The history of Danville is interlocked with the Township of Shipton and dates back to the Townships' earliest times. Richmond and Danville became important settlements in Shipton. Danville was first known as "Inner Village." Many of the settlers were from Danville, Vermont, which explains the change of name!

With the arrival of the Grand Trunk Railway in the mid-1800s, commerce was further developed, including Jeffrey Mine in Asbestos, Denison's Mill, No-colet Falls Pulp Mill, Castlebar, and Lorne (Kingsey Station). Today all of these settlements, except Asbestos, are included in the Municipality of Danville.

Danville is the birthplace of many famous people. The Barnard family invented the replaceable plow point. James Naismith Greenshield, a famous lawyer, helped defend Louis Riel (www.ballyhoo.ca). Mack Sennett created Hollywood studios and discovered Charlie Chaplin. George William Hill, a renowned sculptor, created the War Memorials on King Street in Sherbrooke and in Richmond. The Johnson family, Irish immigrants, included Daniel Johnson, who became Premier of Quebec, as did his two sons who followed him.

The Danville of today is a quiet, picturesque, residential town. The town square, which is quite unique in the province, hosts various activities throughout the year as well as being surrounded with a variety of shops and boutiques. Architectural

walking tours take one past centennial houses that reflect the styles and affluence of the past. The restaurant *Le Temps des Cerises*, in the converted Presbyterian Church, is considered amongst the finest in the Townships, with a setting that has respected the character of the old church. Interestingly, their opening day was Danville's Townshippers' Day 1987.

"Of the many charming villages in the Eastern Townships, there is none which is more attractive, prosperous or progressive than the village of Danville, and none whose people, as a whole, possess in a greater degree those qualities which are necessary to good citizenship."

—(Sherbrooke Daily Record, 13 September 1901)



Photo: JF Brière

On the southern outskirts of town, *Les Serres de St-Laurent Tomates Savoura* are the largest greenhouse producers of tomatoes in Quebec, and Burbank Pond has a five-kilometer walking trail around the pond with several shelters and observation points along the way, making it a popular attraction for bird watchers, hikers and nature lovers.

We welcome you to come explore it all on September 17 and 18!



Photo: R. McKeage

Townshippers' Day — Sept 17-18

Your rendez-vous for the 31st annual Townshippers' Day is Friday evening and all day Saturday, September 17 and 18, in Danville. The theme is, fittingly, "Celebrate the Townships and Danville's 150th / Fêtons les Cantons et le 150^e de Danville."

Townshippers' Day is a bilingual autumn festivity of friendship which usually attracts some 6,000–10,000 visitors. It kicks off with an arts gala on Friday evening, and on Saturday offers a wide range of music, dance, art, activities, artisans, information booths and healthy fare and fun for all ages, types and tastes.

Each year a different community hosts the event. This year, its personality will bear the stamp of Danville's host community's organizing committee, headed by Robert McKeage.

"Townshippers' Day aims to strengthen the cultural identity of the Townships English-speaking community by contributing to the vitality of its cultural and social life, and that of the community at large," said Rachel Garber, Executive Director. "To check out the details as they develop, visit www.tday.ca."

Admission for the Saturday's activities is \$2 per person, to help defray costs.



Townships Expressions

By Bev Taber Smith,
Community & Culture Committee Member

Townships Expressions helps support English-speaking writers and musicians of the region by offering greater visibility, and sales of books, music and small graphic arts items such as cards, postcards, prints and calendars.

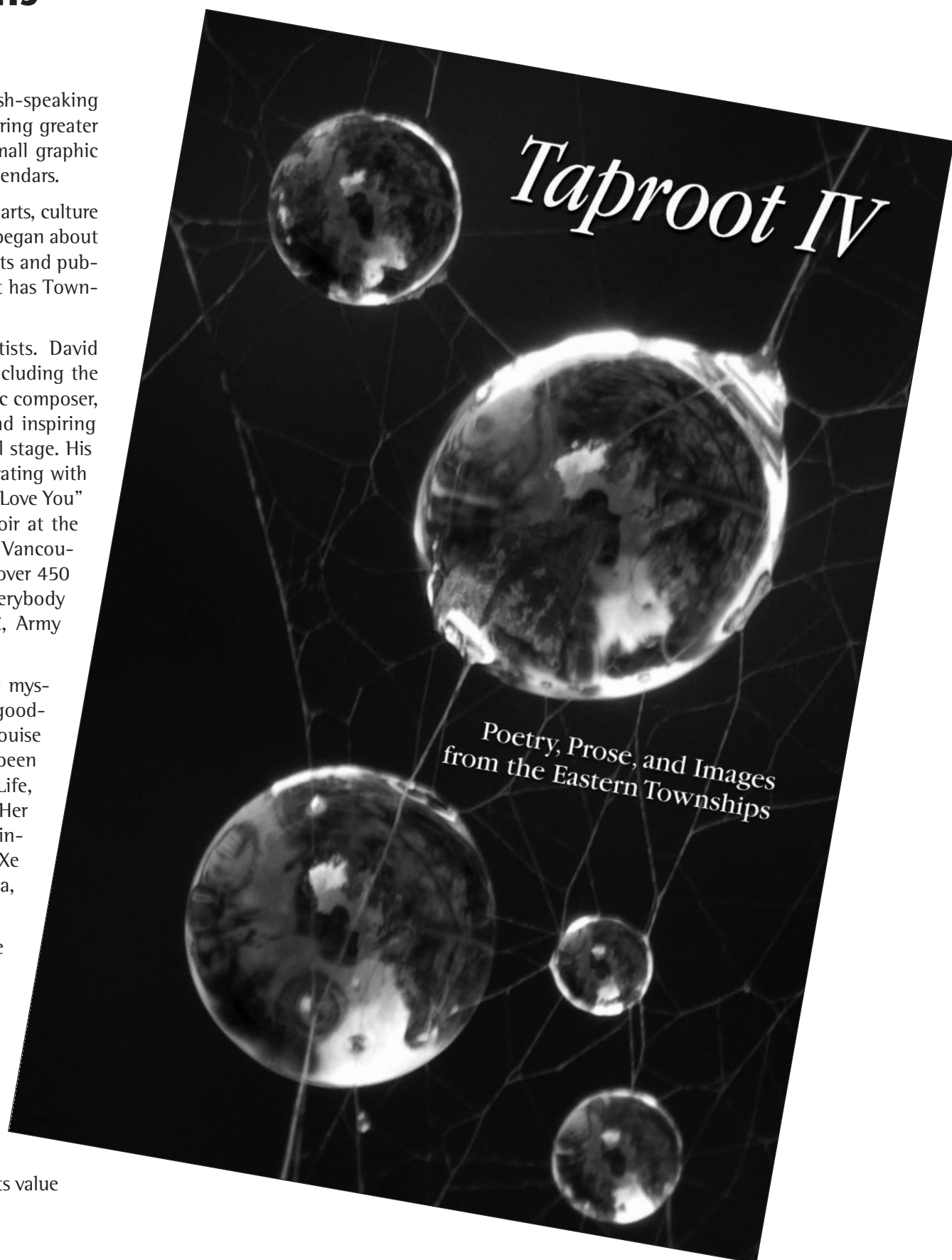
This project allows people interested in Townships arts, culture and history to buy works unique to this region. It began about 20 years ago with a dozen titles. In 2000, 56 artists and publishers took part. Now with 130 books and CDs, it has Townships' books and music to satisfy many tastes.

We have international and award-winning artists. David Francey has been winning awards since 2004, including the Socan Folk Music Award and a Juno. Choral music composer, Donald Patriquin, is known for his energetic and inspiring music and for bringing world music to the choral stage. His most recent special accomplishment was collaborating with Sunil Mahtani on the bilingual song "Canada, We Love You" performed by the Richmond 3500 Children's Choir at the Richmond O-Zone during the Olympic Games in Vancouver and spotlighted on CTV. Mike Goudreau has over 450 songs signed to date on such TV shows as Everybody Hates Chris on CW, Dirty Sexy Money on ABC, Army Wives on Lifetime and Kath and Kim on NBC.

Louise Penny, with the award-winning Gamache mysteries, describes her books as being about terror, goodness, choices, friendship, belonging and love. Louise Abbott's feature stories and photo essays have been published in The Gazette, Harrowsmith Country Life, Heritage, and other newspapers and magazines. Her photos have also appeared in many photo books, including Hivers, Regards du Québec, Montréal au XXe siècle, Treasures of the National Archives of Canada, and Children in Photography – 150 Years.

Unfortunately, it is impossible to discuss all of the wonderful works. To listen to some of the music in Townships Expressions, tune in to CJMQ 88.9 FM. For gift-giving anytime, see a complete listing at www.townshippers.qc.ca/C-townshipse.aspx, or stop in at Townshippers' Association's offices. For information, contact Cathy Turner at 819-566-5717 (1-866-566-5717) or ct@townshippers.qc.ca.

Townships Expressions has a modest budget, but its value to our community is huge.



Taproot IV: Poetry, Prose and Pictures of the Eastern Townships is a vibrant part of the Townships Expressions roster. Come get your copy of this exciting new anthology of works by Townshippers or about the Townships we all love.

The Brome Missisquoi Caregivers Support Group

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Offerings from Our Cultural Partners

ARTS SUTTON GALLERY

www.artssutton.com

Arts Sutton presents *Les Unes et les autres*, an exhibit of art works by Françoise Belu and Suzanne Blouin, until April 11.

CENTENNIAL THEATRE

www.centennialtheatre.ca

New shows, movies, every week!



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THÉÂTRE

Townshippers Association Members benefit from a \$5 rebate on individual regular priced tickets for shows included in Centennial Theatre's 2009-2010 Season (Movies and University Singers excluded).



Alex Cuba Wednesday,
April 14 @ 8 p.m.

Centennial Theatre

KNOWLTON PLAYERS

www.knowltonplayers.com

Lucy Hoblyn directs *Babes in the Wood* by Bob Heather and Roger Lamb, from May 6-16, Thursday, Friday, Saturdays at 8 p.m. & Sundays at 2 p.m. presented at Theatre Lac Brome, 9 Mont Echo Road. For tickets, call: 450-242-2510.



Lucy Hoblyn, director,
Babes in the Wood

Danny McAuley

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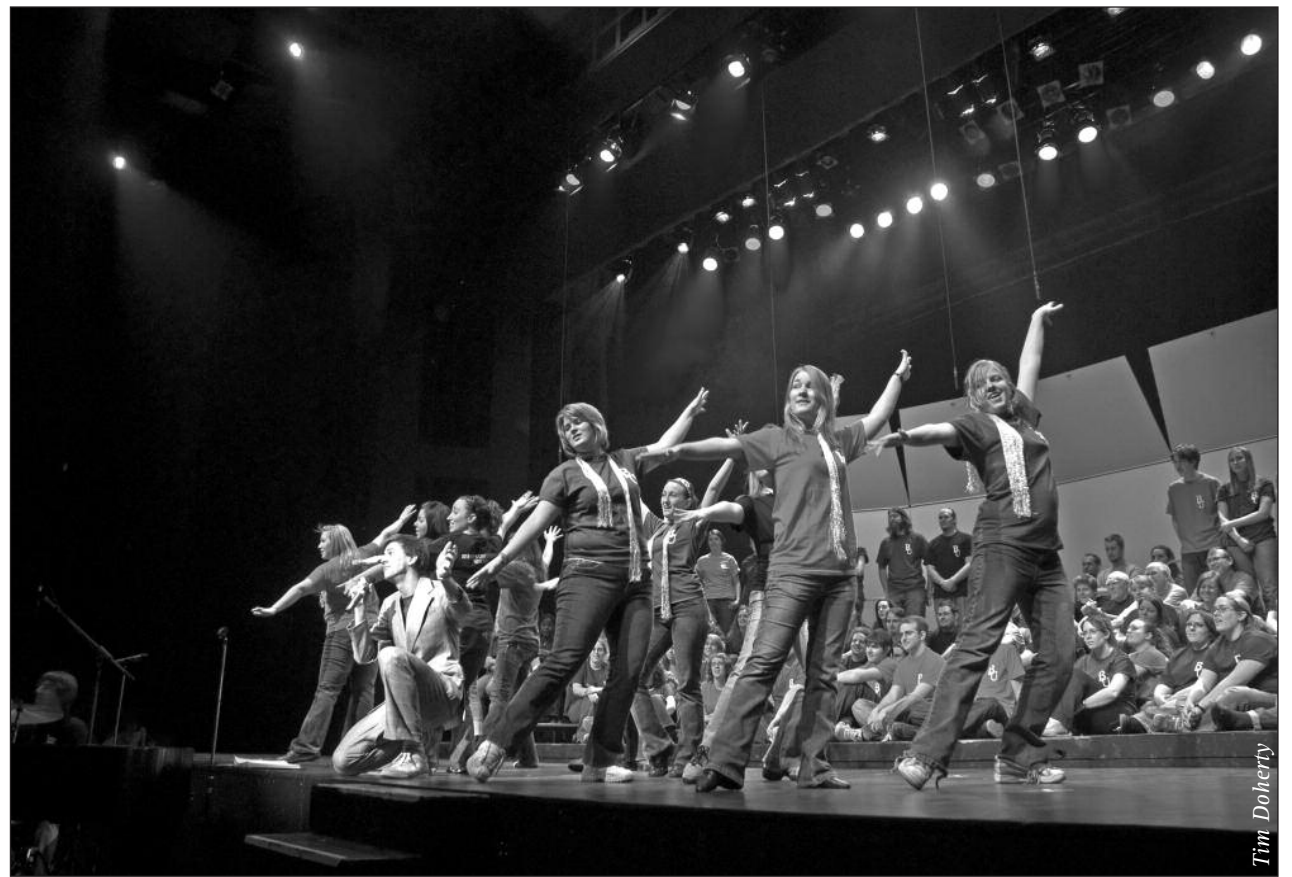
www.mbas.qc.ca

Frederick Simpson Coburn Exhibition: *Portraits*, until May 2010.



Frederick Simpson Coburn.
Malvina with handkerchief, n.d. Oil in pannel. Coll.: MBAS. Malvina was Coburn's wife.

Musée des beaux arts
de Sherbrooke



Tim Doherty

MUSIQUE CHEZ NOUS, BISHOP'S UNIVERSITY

<http://ubishops.ca/cc/cultural/mcn/index.html>

On April 9, 10, and 11, the Bishops University Singers present a colourful and lively spectacle of song and dance, with choir director Dr. James Crooks. The theme is Gospel: Aretha Franklin, Madonna, Bob Dylan, Bruce Springsteen, Michael Jackson, and more.

For box office reservations call 819-822-9692.

The Bishop's University Singers perform *LennoxVegas* April 9, 10 and 11 at Centennial Theatre. Not to be missed!

ORFORD ARTS

www.arts-orford.org

The 2010 Orford Festival welcomes Kent Nagano and The OSM from Saturday July 31 to Sunday August 8, 2010.

SHERBROOKE SYMPHONY ORCHESTRA

www.css-oss.com

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SUNSHINE THEATRE PRODUCTIONS

www.sunnymead.org/sunshine

A presentation in collaboration with the new Literary Festival in Knowlton on July 17 and 18.

Did You Know?

Did you know, as a member of the Townshippers' Association you can take advantage of some of the most interesting cultural venues in the region? Simply present your membership card at most of our cultural partners on this page and enjoy an immediate 10% off the cost of admission. Check our partners' websites for all their exciting offerings for the 2010 season!

THEATRE LAC BROME

www.theatrelacbrome.ca/index1.html

A Summer Festival of English-Language Theatre in Knowlton from June 26 to September 5 featuring two comedies by John Mortimer (*The Dock Brief & Edwin*), *Shakespeare's Will* by Vern Thiessen, Daniel Taylor in Concert, Noel Coward's *Shadows of the Evening & Come into the Garden Maude*, Maynard Collins' *Hank Williams: The Show He Never Gave* featuring Ralph Steiner and Bowser & Blue with George Bowser & Rick Blue.



Théâtre Lac Brome

Hank Williams: The Show
He Never Gave

THE PIGGERY THEATRE

www.piggery.com

House & Garden Tour on Thursday July 22, *From the Shoulders Down*, a one-man show by Richard Lynch, *Boardwalk*, *The Doo Wop Musical* by Randy Van-court, Sylvia by A.R. Gurney, and more.



The Piggery

The Piggery Theatre in North Hatley.

NEW INSIGHTS in Promoting Health

New Insights: Eastern Townships English-speaking Community is a one-day multi-sectoral symposium that Townshippers' Association is presenting on two days – once in Cowansville and once in Lennoxville, on March 23 and 24.

The program encompasses health promotion and demographic research, including various health determinants – the building blocks of a vital community. The focus is on preventive measures that help keep our communities and their members healthy.

Foremost on the program is a presentation of Health Promotion and Health Determinants Initiatives for the Townships English-speaking Community, by Natalie Kishchuk, Ph.D., based on a survey of existing public health initiatives in various areas of the Townships. Her work is followed by a presentation of The Demographic Evolution of the English-speaking Population of the Eastern Townships, 1996-2006, by William Floch, Manager, Research Team for the Official-Language Programs Support Branch, Canadian Heritage.



Natalie Kishchuk

Each symposium includes a poster session by participants, presenting various research and best practices. The day is to finish with a discussion focusing on priorities for better adapting existing health promotion initiatives and resources to meet the needs of the English-speaking minority.



William Floch

This symposium is the first step in a three-year health promotion initiative supported by the Community Health & Social Services Network and Health Canada.

Townshippers' Association is also grateful for the extraordinary collaboration of our many partners in the Eastern Townships. To name just a few, this initiative received letters of support from the *Agence de la santé et des services sociaux de l'Estrie*, the *Agence de la santé et des services sociaux de la Montérégie*, the *CSSS de la Haute-Yamaska*, the *CSSS La Poméranie*, the *CSSS de Memphrémagog*, Avante Women's Centre, Mental Health Estrie, the Brome-Missisquoi Caregivers Support Group and the Yamaska Literacy Council. Many other partners collaborated in Dr. Kishchuk's research, as well, as acknowledged in her report.

The reports presented at these events will be made available on www.townshippers.qc.ca, or upon request to Rachel Garber at 819-566-5717 (1-866-566-5717) or dg@townshippers.qc.ca.

Improving Access

Townshippers' Association is participating in a new four-year initiative just launched by the *Agence de la santé et des services sociaux de l'Estrie* to improve accessibility and continuity of services offered to English-speaking persons in the Estrie. Other partners are the CSSS-IUGS (Sherbrooke) and the CHUS.

Townshippers' part of the project begins by an evaluative survey of existing health and social services and their availability in English. This includes written information and reception services, in addition to actual interventions, within the context of the *Agence Estrie's* Regional Program for Access to Services in English. Heather Keith has been engaged to carry out this evaluation.

This initiative is supported by the Community Health & Social Services Network and Health Canada. We are grateful to the financial support thus received, and to Charles Lamontagne and the Access Committee of the *Agence Estrie* for inviting our collaboration in this important step forward.

Internships Project is Back!

Townshippers' Association's Training and Human Resources Development Project in Brome-Missisquoi and Haute-Yamaska is just up and running again, after a hiatus of almost a year due to funding delays. We welcome its coordinator, Michael Calouri, back in business!

His last major initiative was a speech therapy clinic last April, which brought five speech therapy interns and their supervisor from McGill University to Cowansville. It had a happy result: their supervisor decided to move to the area and work for the Eastern Townships School Board! Calouri hopes to organize a similar initiative again in the coming months.

This project is part of the Quebec-wide Health and Social Services Training and Human Resources Development Project, led by McGill University and made possible in part by support from Health Canada. The aim is to encourage bilingual health and social services professionals to establish their careers in rural regions, primarily through assisting students in health and social services to complete a field placement in one of our partnering establishments. In the past four years, we have recruited nurses, social workers, speech therapists, physiotherapists and occupational therapists. We also sponsored a bus that brought 20 prospective doctors to visit the region.

A similar project is in place for the Estrie region and is coordinated by the CHUS. For more information about the Montérégie-East project, contact Michael Calouri at 450-775-5900 or mc@townshippers.qc.ca. For information about the project in the Estrie administrative region, contact Cynthia van Vliet at cv@preish.info.

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Ask Us!

By Evelina Smith, Information and Referral Coordinator

INFORMATION & REFERRAL SERVICE

Do you need to speak to someone about making a budget? Are you looking for an English-speaking psychologist? Would you like to get a birth certificate or passport and don't know where to go? We can help!

The Information & Referral Service has a dedicated phone line and email address. There is also a confidential answering machine if you would like to leave a message after hours. If we don't know the answer we will direct you to someone who can help you. The service is free, it's confidential, and it's in English!

To reach the Information & Referral Service call 819-566-2182 or toll free 1-877-566-2182. The email address is info@townshippers.qc.ca.

LEGAL INFORMATION SERVICE

For the fourth consecutive year, Townshippers' Association, in collaboration with the Université de Sherbrooke's Law Faculty, offers a legal information service in its Sherbrooke office.

We have been extremely fortunate to have Mathieu Tanguay join us this year. Mathieu, who is originally from the Beauce region, is in his third year of law school. Mathieu is in the office every Monday to provide information on your legal questions. It is important to note that because Mathieu is not a practicing lawyer (not yet, but soon!), he is only allowed to give information. He is not allowed to give legal counsel or advice.



INCOME TAX SERVICE

For most of us, filing out our income taxes is a necessary evil. We know that it's only once a year, so we bite the bullet, get out our forms, and send them off. Some of us do them ourselves; others may go to an accountant or taxation service.

But what if you are unable to complete your income taxes? And what if paying an accountant or taxation service is financially impossible? The solution: an income tax service.

For the fifth consecutive year, Townshippers' Association is offering an income tax service for individuals and families; including students and seniors, with limited income. Income taxes are completed by volunteers trained by Revenue Canada and Revenue Quebec. There is no charge.

To find out more about the income tax service, or to make an appointment to bring in your income taxes, contact Evelina Smith at 819-566-5717 (toll free 1-877-566-2182) or info@townshippers.qc.ca. The income tax service is completely confidential and runs until May 1.



To reach Mathieu you can call him at 819-566-2182 or toll free 1-877-566-2182. You can also email him at legalinfo@townshippers.qc.ca. All calls and emails are strictly confidential.

Mathieu will be leaving us at the end of March; and there is no service over the summer months. However, a new law student will be joining us in September and his or her schedule will be determined then.

After the Rainbow...

By Meaghan Davis, Coordinator, Stanstead Mental Health Project

The Stanstead Mental Health pilot project is a component of the Eastern Townships Health Promotion Project, and aims to reduce the isolation of adults living in Stanstead who suffer from acute mental illness by offering an activities program. A second goal is to reduce the stigma surrounding mental illness in the community by providing information seminars and support to caregivers.

A bilingual group of ten adult participants formed the group they entitled "After the Rainbow Comes the Sun." This group meets weekly at CAB R.H. Rediker in Stanstead. The activity program was designed based on the expressed interests of the group.

The day begins with physical exercise followed by a meal prepared by CAB Meals on Wheels. The afternoon is spent in writing or painting workshops. Jan Draper, former professor at Champlain College, led writing workshops on the topics of seasons, feelings and individual interests. The painting workshops are given by Pauline Leroux, who has led similar groups in the past. The group is painting landscapes inspired by the local countryside.



This program gives participants the opportunity to meet new people and share new experiences together. Recently, a participant asked the group if they would like to go snowshoeing one morning. To his surprise, everyone thought it was a great idea. Eight pairs of snowshoes were borrowed from around the community. For many in the group, this was their first time snowshoeing. Although the snow had begun to melt, they had a fun time touring the Beebe Park. This group also has plans for a bowling party and a private vernissage. The participants have expressed great enjoyment, and hope the group continues.

An information session on Mental Health was offered in March. Topics included the prevalence of mental illness, and services available in the region. Judy Ross of Mental Health Estrie led the session, followed by presentations from various service providers.

This project is an initiative of Townshippers' Association, CSSS de Memphrémagog and other community organizations, and supported by the Community Health Promotion project, supported by the Community Health & Social Services Network (CHSSN) and Health Canada

Hooked On School

By Debbie Bishop, Co-Coordinator, Eastern Townships Partners for Health and Social Services - Estrie Network

School perseverance and success is a hot topic in both the Montérégie East and Estrie regions. This is why Townshippers' Association has teamed up with the group *Partenaires* Brome-Missisquoi Partners (PBMP) and Partners for Educational Success Estrie (PRÉE).

February 15 to 19 was dedicated to school perseverance and educational success, offering a specific timeframe to mobilize communities towards school perseverance. PRÉE's "Hooked on School" initiative is based on the belief that staying in school is everyone's business, and youth, parents, teachers, employers and all community members need to be involved.

Through workshops, theatre productions, media coverage, campaign launches and individual school involvement, the message is getting out that we want our youth to achieve educational success. School dropout rates in the Estrie region are the highest in Quebec.

In order to beat the dropout trend and increase educational success, we need to combine forces at all levels, and benefits employment, economic development, and healthy lifestyles, all of which lead to a healthy community. So if you see someone sporting a green and white ribbon (representing educational perseverance), stop and think how you can contribute.

This collaboration is made possible through support from the Networking & Partnerships Initiative of the Community Health & Social Services Network and Health Canada.



Photo: Ross Murray

Roxane Boutin, *Commission scolaire des sommets* representative, Robert Gauvin, Principal, *Jardin des Frontières*, Elaine Baylis Creary, Principal, Sunnyside Elementary and Josiane Bergeron, coordinator of *Projet PRÉE*, Eastern Townships School Board, display the Hooked on School poster.



Council of Commissioners Michael Murray speaks with Literacy in Action's Kathy Richan and Stanstead's Matthew Farfan at the launch of the Stanstead "Hooked on School" campaign.

Townshippers' Foundation



The Board of Directors of the TRCF wishes to thank all of our donors: Both longtime supporters and new.

We are fortunate to have such support from the community and we are proud to support a variety of projects across the Eastern Townships.

Our goal would be to grant to the maximum every request we receive for a project but WE CAN ONLY GIVE WHAT WE RECEIVE.

Our campaign coffers are down this year with the number of requests the highest we have seen in many years.

We ask that if you have been the recipient of the work of a project we have sponsored that you would consider a donation to help us continue our support of the many worthwhile initiatives which take place each year in the many corners of the Townships.

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Lois Slinner Callum
Rolf Gasser

The following groups and projects received support in 2009 from donations to Townshippers' Foundation:

Youth and Education

- Mansonville Elementary School
- Waterloo Elementary School
- Arts Sutton
- Theatre Lac Brome
- 10th Language Arts Festival
Support for the day long program for young people to learn about and meet Canadian authors and artists.
- Townshippers' Association
Make Way for YOUth

Health and Social Services

- Avante Women's Centre (Bedford)
- Council of Seniors of Memphremagog
Support for the May 6 English health information day in Magog
- Maison de la Famille des Frontières
- Yamaska Literacy Council
- Memphremagog Community School

The Arts / Heritage

- Orford Music Festival
Support for two scholarships to The Music Academy for Eastern Townships students.
- Heritage Sutton
- Quebec Anglophone Heritage Network
- Le Comite des Amis St. Matthew
- Miner Heritage Farm (Granby)
- Missisquoi Historical Society
Support for permanent panel marking the Fenian Raids.
- Patrimoine Potton
- Phyllis Hamilton
- Robert Lemire & Danielle Pigeon
- Ascot Heritage
- Josiane Caillet
Support for the Haskell Free Library and Opera book.
- Louise Abbott & Niels Jenson
Support for The Working Landscape project and book.
- Stanstead Masonic Association

Partnerships

- Active
- CIDI Radio
- Miner Heritage Farm
- Promomuse
- Knowlton Players
- Townshippers' Association

A few of our previous partners

- *Taproot IV*
- QAHN
- Lennoxville Women's Center
- CFUW Lennoxville
- *One Room School House*

Groups or organizations which do not have registered charitable status can enter into a partnership arrangement with TRCF, whereby income tax receipts will be issued to donors for contributions to specific projects or activities of the organization. Such projects or activities must fall within our funding criteria. A small administrative fee will be levied for this service.

Townshippers' Research & Cultural Foundation 2010 Campaign

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Community Health Education Program

By Kate Murray, Co-Cordinator, Eastern Townships Partners for Health and Social Services – Montérégie-East Network

In collaboration with the McGill University Health Center, the Community Health Education Program (CHEP) brings health and social information via distance community learning to English speakers in Quebec. Townshippers' Association is collaborating by organizing sessions in various parts of the Townships.

Several methods are used. Videoconferences on various topic by an expert in the field are delivered from Montreal. People attending these sessions in various parts of Quebec are able to ask questions of the speaker. Recent topics have included Parkinson's disease (44 people attended at Massey-Vanier High School and the CLCs in Magog and Bury) and Alzheimer's disease (30 attended at the CLCs of Magog and Bury). Attendees reported they found the sessions informative, enjoyed hearing the questions from other regions and found the handouts helpful.

Second, telephone conferences offer information about topics such as mental health issues, coping with cancer treatments and care for family members with Alzheimer's disease. Sessions take place through AMI Quebec and Care-Ring Voice.

Third, DVD presentations of the videoconference sessions are offered, with local experts in attendance to answer questions. The value of this part of the program is that we can schedule sessions where and when suitable for the community. One example of this is the current Health Matters series offered as a partnership of Avante, Townshippers' Association, CHEP and CLSC Cowansville. A recent DVD session on Bone Health with an audience of 16 also offered additional information and practical advice from occupational therapist Jacinthe Lussier.

Finally, follow-up activities from the Teleconference and DVD sessions are an important part of CHEP. After the Bone Health presentation at the Cowansville CLSC, the community members present formed a group to receive training from the CLSC on "Musculatation." A very positive outcome of the Alzheimer's Disease session was that the Alzheimer's Society has decided to hire a bilingual person, as the large turn-out demonstrated the need for this.

For more information on past and upcoming events, contact Shannon Keenan (Estrie) at 819-566-5717 (1-866-566-5717) or sk@townshippers.qc.ca, or Kate Murray (Montérégie-East) at 450-242-4421 (1-877-242-4421) or km@townshippers.qc.ca.

New Guide To Be Launched in March

By Brenda Hartwell, Editor

This March, members of the Memphrémagog Community Outreach Committee for the English-speaking community are launching a new guide to help English-speaking people in the MRC of Magog find the services they need. *Community Watchdogs / A Helper's Guide* is based on a peer-based active listening movement, which encourages ordinary people to reach out to individuals in their community who are exhibiting warning signs of distress.

The small spiral-bound guide will include a brief description of several problems prevalent in our society, such as abuse, addiction and mental illness. Each description will be followed by a list of warning signs (red flags), and the final section of the guide will list contact information for services available in the Memphrémagog MRC to address these problems.

The first part of the booklet will provide guidance concerning the boundaries of being a Community Watchdog. Emphasis will be placed on being aware of the people who surround us, being a good listener, then referring those in trouble to the help they need.

Dogs are known as man's best friend. They are good listeners and good companions. Dogs are a comforting presence when we feel troubled, sad or lonely. Because of this and because many in our community have a fondness for dogs, the committee decided to use the term watchdog. Hopefully fewer people will fall through the cracks when Community Watchdogs are on the ground as the first line of defence against such problems as addiction, abuse, isolation, and depression. The guide will be used in workshops for training future volunteers.

The Memphrémagog Community Outreach Committee members include CSSS Memphrémagog, Eastern Townships CEDEC, Memphrémagog Community Learning Center, Eastern Townships School Board, Literacy in Action and Townshippers' Association. The project is part of the Eastern Townships Health Promotion Project carried out by Townshippers' Association and supported by the Community Health & Social Services Network (CHSSN) and Health Canada, through the Community Health Promotion Project.



Townshippers' new publication
Community Watchdogs / A Helper's Guide

We Can! Act Now.

By Shannon Keenan, Co-Coordinator, Eastern Townships Partners for Health and Social Services – Estrie Network

Townshippers' Association presented the third and final play in the We Can Act trilogy at several venues around the Eastern Townships this past November. The three plays - *We Can Act*, *We Can Act Too* and *We Can! Act Now*. – used community theatre as tool to engage the audience in an entertaining way, while providing information about health and social services how to best use them.

The first play, *We Can Act*, provided a general overview of services and how to use them. The second play, *We Can Act Too*, allowed a peek behind the door of healthcare providers, and showed people what it would look like to use those services. The third play, *We Can! Act Now*, looked at how getting involved in your community by supporting the resources of the health care system can actually increase your own sense of value and power as a person.

In total, approximately 1,500 people saw the three plays that were presented in the Montérégie and the Estrie over the last three years. The plays were written and performed by Sunshine Theatre with input and participation from partnering community organizations and CSSSs.

Many thanks to all our partners who contributed by reading and commenting on the script, hosting the event and helping with coordination and publicity, and to the Community Health & Social Services Network and Health Canada for supporting this initiative.



Photo credit: Sunshine Theatre Productions

With Respect to Our Elders

Townshippers' Association's intergenerational program for seniors and more!



Do you like to...

PERFORM MUSIC?

Do you enjoy...

BAKING COOKIES?

Have you ever wanted to...

CREATE ART?

If you answered yes to any of these questions, you may soon be emulating the happy faces you see pictured here!

- Play at our next Intergenerational Music Festival
- Be a cookie taster at our next Intergenerational Cookie Contest (where everybody wins a prize)
- Help create a Giant Intergenerational Mural

Contact Eric Akbar Manolson for information and to become involved: eam@townshippers.qc.ca, 819-566-5717 (1-866-566-5717)

With RESPECT to Our Elders has been organizing events and activities over the past year in the Lennoxville area, Montérégie-East and the MRC of Memphrémagog. This year we expand to the Haut-Saint-François and Val-Saint-François, as well. We are looking for people who share our vision to work with us.

The objective of the RESPECT project is to increase the awareness of the gifts and contributions of older people within Eastern Townships society through intergenerational interactions and shared creative expression.

We are grateful to all our many volunteers and community partners, and to the Government of Québec's *Ministère de la famille et des Aînés* whose financial support helps make our programs possible.

Intergenerational Quiz

- How old was the eldest participant at the second Intergenerational Cookie Contest in February 2010?
(a) 99 (b) 98 (c) 89 (d) 75
- Statistics show that the English-speaking population of the Eastern Townships has a higher proportion of people over 65 than in the French-speaking population. What is one reason for this?
(a) English-speaking people like spending more time with their elders.
(b) The out-migration of young people and the 'missing middle' generation who leave the Townships to live, study and work elsewhere.
(c) There are more social activities to break the isolation for English-speaking people 65 years and older.
(d) all of the above
- The RESPECT project collaborates with many other community organizations to build its programs. Which organization in this list is not a RESPECT project partner?
(a) The United Church of Granby
(b) The Anglo-Franco committee of Waterloo
(c) The Cirque de Soleil
(d) Tierra del Fuego resource center in Lennoxville
- The United Nations has declared an annual special day to be aware of prevention of abuse of older people. The day is observed in the Eastern Townships with intergenerational writing contests, theatre presentations and more. What is the date of the International Day for the Prevention of Maltreatment of older people?
(a) July 4 (b) Oct. 1 (c) March 21 (d) June 15
- In the beginning of this century, the United Nations released a study showing the importance of providing good services for older people. Their research showed that in the next 15 years (2010-2025) the population of people aged over 65 in the world will:
(a) double
(b) be 2/3 of what it originally was
(c) increase by 30%
(d) stay almost the same.
- Seniors' Day is an annual event in May in Magog that draws people from all over the Townships. With an average attendance of over 400 people, it is the largest gathering of Townships seniors outside of Townshippers' Day in September. This year marks is the ___ anniversary of Seniors' Day.
(a) 6th (b) 12th (c) 9th (d) 10th
- The U.N. initiated a world wide program called Age Friendly Cities (*Villes amies des Aînés*) to encourage city planners to make urban communities better suited to the needs of older people. Only 33 cities across the globe participated in this program in its first year. Which Canadian city took a leadership role?
(a) Saskatoon (b) Sherbrooke (c) Halifax (d) Edmonton

