



# Townshippers TOWNSHIPERS

Townshippers' Association Spring/Summer 2017 Vol.38, No.1 • FREE

[Townshippers.org](http://Townshippers.org)



## Canada 150th

Commemorative ebook project moves onto its next phase

## Fraser Retires

Saying goodbye to Canada's official languages commissioner

## Jobs On Tap

New app features local careers and bursary opportunities

## TOWNSHIPERS

Spring/Summer 2017 Volume 38, No. 1

### Townshippers' Association

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Townshippers' Association, Bulletin board and card image created by Kstudio - Freepik.com, Maggie Severs, Jenny Menard, William Stitt Unspalsh.com, Katie Bibbs, Yes Montreal Jan Draper, Julia Rohan, Evansplace - Freepik.com, Stephan Thompson, Townshippers' archive - Bruce Porter, Rosemary Willis Sullivan, McMord Museum, CIUSSS de l'Estrie - CHUS

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

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Average Circulation: 1,000 print

Publication Mail Agreement  
No. 1711172

[Townshippers.org](http://Townshippers.org)

Canada

## MEMBERS:

To all of our new and returning members, thank you! Your on-going support validates our work here at the Association.

And don't forget to attend our Annual General Meeting June 9.

Details coming soon!

National  
Volunteer  
Week

April 23-29,  
2017

## Conferences with

Cass

The team at Cass invites you to a information session offered in English at their Cookshire location:

WHEN: April 11th at 2:00 p.m.

TOPIC: Prearranging

WHERE: Salon Cookshire, 50, rue Craig

SPEAKER: François Fouquet, Cass Funeral Homes Free for Coopérative Funéraire de l'Estrie/Cass members, \$5 for non-members, limited seating.

Info/RSVP: 819-565-7646

**Educaloi** is an independent non-profit organization that explains the law to Quebecers in simple language. A wealth of information on all legal aspects can be found on their website - [www.educaloi.qc.ca](http://www.educaloi.qc.ca).

Don't have a computer? Give them a call at 514-954-3036 for printed guides or visit Townshippers' offices for Educaloi documents.



## INFO & REFERRAL SERVICE

Free, confidential and in English!

819.566.2182

1.877.566.2182

[info@townshippers.org](mailto:info@townshippers.org)

TOWNSHIPERS.ORG

# Help Showcase Past Outstanding Townshippers & Young Townships Leaders

In Townshippers' Sherbrooke office sits a large binder filled with photos and stories of our Outstanding Townshippers honourees. Over the years, the pages have become worn as people flip throughout the book. A few photos have gone missing.

It was high time to freshen up the book. In the process, we thought it would be useful to offer a digitized version of the book on our website. While the people featured in the book are, and in some cases were, very connected to our community, many of their families and friends have since moved away. A digital version allows those connected to our Outstanding Townshippers – no matter how far away – to take pride in their loved one's accomplishment.

Last summer, Risha Davis, one of our student interns, worked on digitalizing these books – cleaning up the text and scanning the images. We quickly realized that the quality of some of the photos were not at their best. We are hoping you, our members, can help.

Shortly we will be adding a page to our website with a link to download the digital book, along with the names of past winners and details for how to share a good quality photo with us for a future update. We would like to follow suit with a book for our much newer Young Townships Leaders Award.

If you are a past winner or family member who has a favourite photo of an honouree, you can email it to [ta@townshippers.org](mailto:ta@townshippers.org) with "past OT/YTLA" in the subject line.

Visit [Townshippers.org](http://Townshippers.org) in the coming weeks for information or follow us on [Facebook.com/Townshippers](https://www.facebook.com/Townshippers).



## CALL FOR NOMINATIONS:

Nominations are now being accepted for the 2017 **Outstanding Townshippers** award, which pays tribute to Townshippers' who have made outstanding contributions, and the **Young Townships Leader Award**, which recognizes youth leadership.

By nominating someone who is making a difference in their community, together we can celebrate their efforts while inspiring others to get involved!

*Eligibility criteria & nominations:*

Outstanding Townshippers

**[Townshippers.org/OT](http://Townshippers.org/OT)**

Young Townships Leaders Award

**[Townshippers.org/YTLA](http://Townshippers.org/YTLA)**

## TOWNSHIPPERS Magazine

*Townshippers* is a free community based magazine and the strongest link to Townshippers' Association's members. Published in-house twice a year (April and October), the magazine features current projects and activities from the Association and our partners, as well as information about and for our community.

Townshippers' members and partners receive this magazine, either digitally or in print (a small annual fee is charged for copies sent by post). One month after publication, it is available to the public. Past issues can be downloaded and viewed at [www.Townshippers.org/Publications](http://www.Townshippers.org/Publications).

As a community publication, *Townshippers* welcomes contributions from the community. If you are a community member or local organization who would like to submit an article, photograph, idea, or story, please email [ta@townshippers.org](mailto:ta@townshippers.org) for our publication guidelines. Be sure to include your name, email, phone number in your contact info.

Businesses, individuals and organizations are also invited to request a copy of our advertising rates.

In our last magazine, Townshippers' was thrilled to announce that two members of our team - Maggie Severs (Eastern Townships Partners for Health & Social Services Agent) and Jenny Ménard (Make Way for YOUTH Migration Agent) – were growing their families. Well, it was a neck-and-neck race but the babies have arrived!

## IT'S A...



Image: Maggie Severs

## BOY

for Maggie who welcomed baby **Bodhi Derek** on January 10.



Image: Jenny Ménard

## GIRL

for Jenny who greeted baby **Novah Rose** the next day, on January 11.

The new babies and first-time moms are all doing very well. The team at Townshippers' was excited to meet and cuddle with the adorable bundles of joy at our February staff meeting. We extend our congratulations to the new families and look forward to many, many more cuddles...with the babies!

**500 WORDS = \$500**

**EXCEL IN THE ESTRIE!**

**ESSAY CHALLENGE**



HIGH SCHOOL SENIORS IN THE EASTERN TOWNSHIPS ENGLISH-SPEAKING COMMUNITY, SHARE YOUR STORY ABOUT OVERCOMING OBSTACLES AND PAINT YOUR PICTURE OF A FUTURE IN THE ESTRIE.

**Townshippers.org/Essay**



**DEADLINE  
APRIL 14, 2017**

mwfy@townshippers.org  
819.566.5717  
toll-free: 1.866.566.5717



# CANADA 150

Are you a volunteer? Do you want to celebrate Canada's 150th Anniversary? Why not join the **Canada 150 for 150 Volunteer Challenge!**

Volunteer Ottawa in partnership with Volunteer Canada as well as volunteer centres across the country, challenges Canadians to volunteer 150 hours in 2017 to celebrate Canada's 150 years.

Volunteering can be formal, such as mentoring a young person, visiting lonely seniors, serving on boards and committees, delivering meals on wheels, or helping out at the local animal shelter. It can be also informal, such as shoveling the snow off a neighbour's walkway, organizing a neighbourhood barbeque, or simple random act of kindness.

For more information and to register for the Challenge, go to the 150 for 150 website at **volunteer150for150.ca**.



## JOB LINKS

| [joblinks.etsb.qc.ca](http://joblinks.etsb.qc.ca)  
| 2365 Galt West, Sherbrooke

### Career and Employment Counseling Services

#### Job Links offers:

*Job search coaching;*

*Career plans through guidance counseling;*

*Interview techniques and practice;*

*Job search assistance;*

*Resumés and cover letters in both French and English;*

*Information on financial support available to go back to school.*

*For information or to make an appointment please contact us at 819-566-2422 or [joblinks@etsb.qc.ca](mailto:joblinks@etsb.qc.ca)*



**Townshippers.org**

[ta@townshippers.org](mailto:ta@townshippers.org)

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[info@townshippers.org](mailto:info@townshippers.org)

#### Free Income Tax Filing Clinic

Service available to low income taxpayers, by appointment only.  
819-566-2182 toll-free: 1-877-566-2182  
[info@townshippers.org](mailto:info@townshippers.org)

#### Free Legal Information Clinic

Seasonal  
819-566-2182 toll-free: 1-877-566-2182  
[legalinfo@townshippers.org](mailto:legalinfo@townshippers.org)

Gerald Cutting



Once again, we of the North are awaiting, with anxious anticipation, the rejuvenation that spring time brings to us. More sunshine and warmth—along with some maple syrup and a flower or two—does wonders for both body and mind. However, we must recognize that the winter of 2017 has not been an easy start to a new year, particularly for Quebecers. No matter our race, religion, gender, sexual orientation or language, the question of who we are remains central to our politics and daily lives.

The openness of globalization is being swept aside, as a form of nationalism heavily influenced by white supremacy ideologies is taking hold across the Western world. Intolerance toward those who are different, especially Muslim women, is evident: they are branded as a threat to the majority and must be controlled, limited or excluded from mainstream society. On the home front, Bill 60, the famous “Charter of Quebec Values”, is an example of such policies. Although never passed, it did give permission to cultivate bigotry as a legitimate expression of social values.

A mass shooting took place in a Quebec City mosque; an obvious hate crime inspired and carried out against a group that is different from the mainstream. As shocking as it may be white supremacy groups now openly demonstrate in public, calling for measures to protect “the Quebec identity” from erosion by those who are not, in their definition, “real Quebecers.” As a minority language community we have head

this line before.

As I have pointed out on many occasions, we, English-speaking Townshippers, are a founding people of this nation. To reaffirm our identity in the present day context we must act with courage and remain committed to the principles that, through dialogue, education and

*...we must act with courage and remain committed to the principles that, through dialogue, education and respect for the rights of others we can create a society where no one is excluded because they are different.*

respect for the rights of others we can create a society where no one is excluded because they are different. To rephrase what has been said many times, it is not what you wear on your head that is important, it what is inside that counts.

With these thoughts in mind, it must be said that we need to take a stand when injustices occur. Most recently, when our very own Prime Minister Mr. Trudeau came to Sherbrooke on January 17<sup>th</sup>, he shocked English-speaking Quebecers when he refused to answer, in English, questions addressed to him in English. He openly stated, while the cameras were filming, that since he was in Quebec he would speak French. Not what was expected from the elected official who is supposed to be the champion of official Canadian bilingualism.

Townshippers' Association moved quickly on this issue, seeking a public clarification, because such a statement coming from the PM could

well undermine decades of work devoted to gaining recognition for our minority community. Following a spate of media interviews with myself on January 18<sup>th</sup>, Townshippers' Association sent a letter to Mr. Trudeau asking for an apology and clarification as to what this might mean in terms of policy from his

government.

Mr. Trudeau responded with a letter (copy included in this issue on the facing page) that is both a sincere apology and a statement that this government is committed to official bilingualism. Bravo to the PM, because his response makes it clear that, as a minority group in Quebec, we are part of the fabric of Canadian society, and valued as such. In a world that is turning ugly Canada is a country where we can still talk to each other with respect and dignity. If we *must* show intolerance here is my motto: “No hate mongers allowed.”

In closing, I would say that not only is this issue of *Townshippers* a good read, it is confirmation of the extensive work that is being carried out on a daily basis by the staff and volunteers who work so hard to make this Association an instrument for positive change in our community: lots of great projects, lots of great people, lots to be proud of.



CANADA

PRIME MINISTER • PREMIER MINISTRE

Ottawa, Ontario  
K1A 0A2

Dear Mr. Cutting:

FEB 14 2017

I want to thank you and the Townshippers' Association for taking the time to write to me following my recent visit to Sherbrooke.

I have reflected on your letter, and all the communications that I have received concerning my French responses to English questions.

First of all, let me be clear that my personal commitment and love for our two official languages is unequivocal. I have stood up my entire life for our linguistic minorities across the country, and I will continue to do so as Prime Minister.

As for the Sherbrooke town hall, I would like to express my sincere regrets to you and to the entire community. Canada is a bilingual country, and as such, I recognize that I should have answered questions in the language they were asked, be it in Quebec or anywhere else in Canada. You can rest assured that I will do so in the future.

Following that town hall meeting, I had a conversation with Mrs. Ross, where I expressed my regrets and answered her question. I thank her for her time and kindness, as well as her commitment towards mental health.

I want you to know that I clearly understand the importance of the Prime Minister of Canada speaking to minority language communities in their own language.

-2-

As you may know, I grew up in a house where both languages were commonly used. My mother is English-speaking and my father firmly believed in the importance of bilingualism, the historical importance of our two official languages, and the richness that resulted from their coexistence. I share these beliefs and our two official languages are part of my cultural heritage.

I want to reiterate my government's commitment to supporting our official language minority communities. We recognize the importance and role of these communities in our society. We also recognize that these communities face many challenges and are counting on our support.

I know that the Minister of Canadian Heritage, the Honorable Mélanie Joly, has also heard you. As you know, she is currently preparing our government's first action plan on official languages. And the Honorable Marie-Claude Bibeau, Minister of International Development and La Francophonie and MP for Compton–Stanstead, is also a great ally.

You can count on them, just as you can count on me and all our Government.

Sincerely,

# The long road to a provincial pilot project...

## a Townshippers' tale

By: Rachel Hunting, Executive Director

I'd like to give you a glimpse into some of the representation and advocacy work done by the association by sharing the timeline of Townshippers' participation in the negotiation of a pilot program [see page 12 to meet the coordinator and learn more about this project] funded by Quebec's Secretariat à La Jeunesse.

Relier les Jeunes d'expression anglaise à l'offre provinciale des services d'employabilité et de ressources en matière d'emploi is the result of a 29 month labour of love on the part of myself and the Executive Directors of the Community Health and Social Services Network (CHSSN) and the Committee for Anglophone Social Action (CASA).

The catalyst for Townshippers' involvement in

negotiations with the Secretariat à La Jeunesse was an August 2014 call for support from long-time funder, Place aux Jeunes en Région (PAJR); what began as a simple outreach activity seeking the support of our region's MNAs in PAJR's funding renewal process turned into a rare opportunity for our community to find itself named and supported in the province's new fifteen-year youth strategy (Stratégie d'action jeunesse 2016-2021).

The following is a behind the scenes look at the role TA played in securing funds to execute a pilot initiative linking young English-speaking Quebecers (age 15 to 29) with existing provincial resources to ensure our youth are served, equipped and encouraged on their path towards the development of employability skills in their respective regions.

## Along the road...

14 meetings over 29 months

- 12 in person
- 2 conference calls

~ 5,477 km driven

2 Academic conference presentations (BU-SUNY & ACFAS)

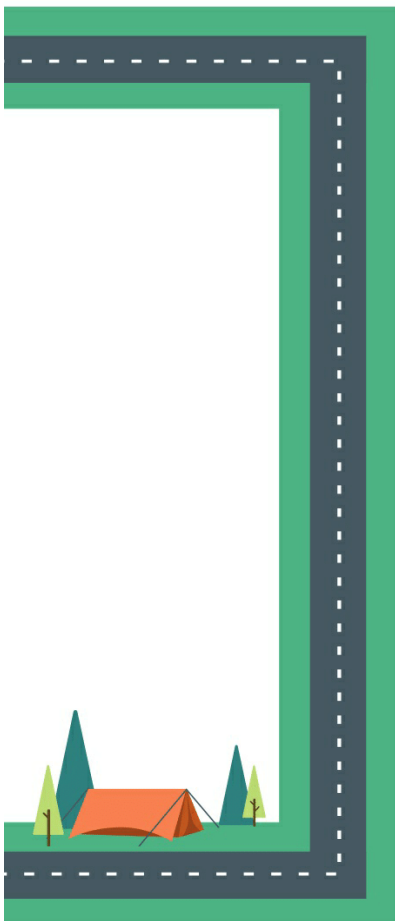
4 proposal drafts (including action plans & budgets)

4 MNAs (Reid, Vallières, Chevarie, Simard)

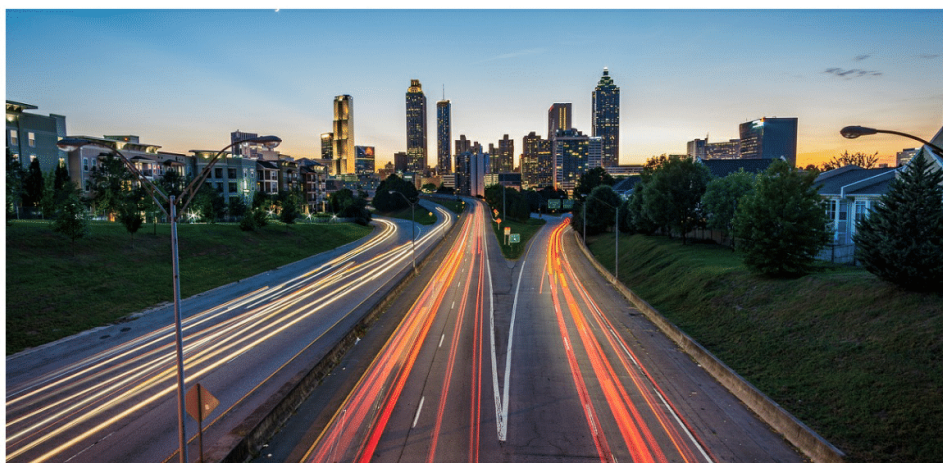
1 Premier's attaché (François White)

1 Political advisor for the minister of Education, Leisure and Sport (François Whittom)

2 secrétaires adjointes à la jeunesse du ministère du Conseil exécutif (Nikolas Ducharme, Isabelle Mignault)

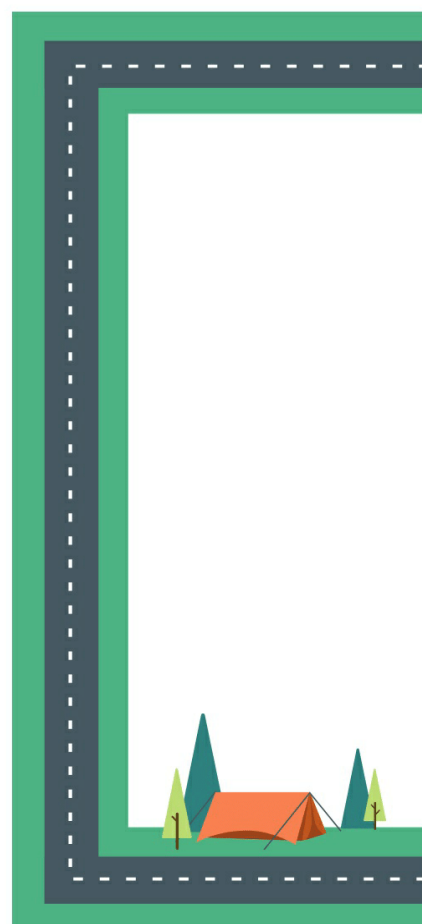






## Challenges

- Not knowing who to contact
- Getting someone to listen AND to follow-up
- Repeating yourself over...and over...and over
- Group work with busy schedules
- Big gains and big setbacks
- Changes in major players
- Impossible and often unknown deadlines
- Increased workload and stress
- Impact on resources





## Rewards

- Expansion of the network
- Strengthened ties among organizations
- Recognition of CHSSN's Community Mobilization Model and network expertise
- ESC development recognized and supported under provincial policy
- ESC named in action plan
- Provincial funding injected into the community to improve ESC access to employment services
- Creation of employment opportunities at TA for the duration of the pilot



constitue donc une priorité pour le Québec.

**OBJECTIF**  
**INTÉGRER SUR LE MARCHÉ DE L'EMPLOI**  
**LES JEUNES EN DIFFICULTÉ ET LES JEUNES**  
**NI EN EMPLOI, NI AUX ÉTUDES, NI EN FORMATION**

**ACTIONS**

Développer un nouveau service direct qui vise à favoriser le développement de compétences et l'adoption de comportements leur permettant d'être autonomes sur le plan personnel et social **CJE**

Mettre en place un projet-pilote qui vise à favoriser l'arrimage entre les jeunes de communautés anglophones du Québec et les services d'employabilité offerts par les CJE **RCSS**  
**RCJEQ**

Permettre à des jeunes en démarche d'insertion socioprofessionnelle qui sont ni en emploi, ni aux études, ni en formation, de participer à des stages en milieu de travail et à des projets de groupes hors du Québec ou dans une autre région du Québec que la leur **LOJIQ**

Développer les compétences de base des jeunes afin d'éviter qu'ils se retrouvent à l'assistance sociale dès leur sortie des centres jeunesse grâce à des entreprises d'insertion en emploi **RETSB**

**RENDRE PLUS DE JEUNES**

**ACTION**

Effectuer une analyse de traitement des contrats de r

**OBJECTIF**  
**PROMOUVOIR LE TRAVAIL,**  
**LA VIE FAMILIALE**

**ACTIONS**

Soutenir financièrement la politique interne par les établissements et les commissions

Offrir à des parents un accès à des services un horaire non u



**01** December 2016: Pilot project is named under AXE 4, Emploi, of the 2016-2021 Stratégie d'action jeunesse

**02** Premier Philippe Couillard confirms a budget of 450K from 2016-2019 for the pilot project

# Linking English-speaking youth to the provincial offer of employability and employment resource services

## CONTEXT:

According to 2011 Census data, young Anglophones are more likely to be unemployed than Francophone youth (13.7% vs. 9.9%) despite an equivalent level of low education and a higher proportion of individuals obtaining a university degree or more.

Provincial programs that address employability, career counseling, curriculum vitae writing/translation, and social reintegration must be adapted in conjunction with the English-speaking community in Quebec to meet the specific needs of that population. In order to overcome the existing and historical social barriers to their use, these programs require a concrete association with reputable organizations already established within the English-speaking minority community.

Due to the complex nature of the problems of linguistic minority communities, close collaboration between the two linguistic communities is essential.

## Meet Katie Bibbs

Community Liaison Coordinator

Katie was raised in West Vancouver, BC, but has called the Townships home for almost eight years. She fits the Vancouverite stereotype fairly well- yes, she loves yoga and sushi- but she also considers herself a proud Quebecer (with a strong affinity for maple syrup and snowshoeing).

Originally, Katie moved to Sherbrooke to learn French, then fell in love (in more ways than one!) with Quebec and decided to stay. Over the past several years, she has worked in Sherbrooke, Coaticook, and Magog, and has earned an MBA from Concordia University in Montreal. She is still learning French.

Katie is beyond excited to join the Townshippers' Association as Community Liaison Coordinator for a newly minted pilot project that addresses youth employment in the region. She hopes to make a difference serving the English-speaking community in this role, and looks forward to all the people she will meet along the way.

## PROJECT DESCRIPTION:

Through the work of a liaison officer, the English-speaking community (through the CHSSN) will work to support member organizations of the RCJEQ in developing their knowledge base and developing their capacity to serve an English-speaking clientele in two regions (Estrie and Gaspésie).

The objective is to link existing resources available in the regions with young English-speaking Quebecers to ensure that young Anglophones in Quebec aged 15-29 are served, equipped and encouraged on their path towards the development of employability skills in their respective regions.

Meet Townshippers' new Community Liaison Coordinator below.



Image: Katie Bibbs

# OPPORTUNITY TO-GO

For people looking for a change, a new app from Townshippers' Association makes it even easier to ensure you never miss an opportunity for success in the Eastern Townships!

The lightweight **Topportunity Mobile** app connects you directly to the Topportunity.ca hub, a one-stop resource center for local jobs to help you launch your career and bursaries to help support your studies. Now live in the Google Play store for Android devices, and coming soon to Apple, developers are working on adding even more features. Right now the app gives you access to:

## Employment

New local opportunities listing jobs that include English as a required skill, are posted regularly! Our job bank includes an average of 20 full-time, part-time and student jobs per week, sorted by category. Get notified when a new job is posted!

## Student Bursaries

Health care sector students, get notified when Townshippers' announces the annual call for applications to the bursary program. Open to students from selected Quebec regions with appropriate English and French language skills pursuing full-time studies in the health and social services fields

Visit Topportunity.ca online for even more access to:

## Learning Resources

Thinking of going back to school or strengthening your skills? Consult the list of local English-language schools, support services and resources to help improve your French. Plus, learn more about contests, bursaries and scholarships.

## Community

Connect with a number of English-language community resources in the Eastern Townships.

## Health

If you are studying or working in a field that touches health and social services, visit this section to learn more about student bursaries and internship opportunities to help you succeed in your career.

## 18-35

Details on the individual support services and group activities offered by Make Way for YOUth Estrie to help post-secondary graduates (or soon-to-be) between ages 18 and 35, settle in the region.



## We're Here to Support Entrepreneurs Like You in DEVELOPING YOURSELF AND YOUR BUSINESS

- + Free Monthly Business Coaching
- + Specialized Online Workshops
- + Online Legal & Accounting Information Clinics
- + and So Much More...



If you are self-employed and are looking for an opportunity to talk about the ins and outs of your business, then perhaps YES Montreal can help!

YES Montreal, a non-profit organization, offers a multitude of services to small business owners, including one-on-one coaching sessions and webinars. Apart from a one-time administrative fee of \$20, there is no charge for the one-on-one coaching sessions, and most webinars are offered free of charge.

Business coach Coby Ingham visits Townshippers' Association's offices in

Sherbrooke (Lennoxville) and Brome Lake (Knowlton) monthly. If you are interested in meeting with him, contact Evelina (Lennoxville) at 819-566-2182 / info@townshippers.org; or Emily (Knowlton) at 450-242-4421 / msevers@townshippers.org to make an appointment.

Coby will be in Lennoxville April 5 and May 31; he'll be in Knowlton April 6 and June 1. Further dates will be confirmed shortly.

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

# Our Stories

The Eastern Townships' chapter in Canada's 150-year story

**Townshippers' Association's commemorative ebook project  
& creative writing workshops**



Canada

By **Melanie Cutting**

This exciting dual-focus project, commemorating the role of the Eastern Townships in Canada's 150-year history, kicked off last November. Funded by the Government of Canada, the ebook will take the form of a special historical anthology of creative work, both written and visual, and is scheduled to launch in June 2017.

Editors Jan Draper, Melanie Cutting, and Kyl Chhatwal have been welcoming submissions from aspiring and established writers and artists with ties to the Eastern Townships. Written and visual work were submitted that related to either the historical roots of our region, the experience of settlers in our region, our community's role in shaping the region or contributions made by individuals and our community to both the province and the country.

As of the March 1<sup>st</sup> deadline, we have received over 40 submissions, and have been hard at work reviewing the material in order to select the very best for inclusion.

Meanwhile, the writing workshop component of the project is moving right along. We have already hosted seven very successful free workshops in various parts of the Townships, and have another twelve scheduled over the next three months. Most are open to the public, although a few are limited to specific groups, such as elementary school students.

If you would like to participate, visit [www.Townshippers.org](http://www.Townshippers.org) or follow the Association at [www.Facebook.com/Townshippers](http://www.Facebook.com/Townshippers) to find out when and where the workshops will take place. You are also welcome to call Townshippers' at 819-566-5717 for more information.

**And now, here are some reflections from Kyl and Jan on two of the writing workshop topics on offer: Memoir and Poetry...**

**Kyl Chhatwal** - Everyone has interesting memories. What makes a memory interesting? It does not have to be exotic, or involve great moments of history. With good writing, it is the "how" that matters more than the "what." Some of the most successful memoirs I've ever read (either short or long) have been about the quieter, everyday moments in life.

I once had a student submit a wonderful piece about a pine bench in the front hallway of her childhood home. When her uncle came to visit, he would collapse on this bench, like it was his only respite from a hectic world (he was a businessman who travelled a great deal).

The writer's mother did not get to travel. So she would badger her brother with questions. Where did you go this time? Who did you get to meet? What sort of wonderful things did you see?

From his staked-out position on the bench, the uncle would fend his eager sister off with shrugs, grunts and ineffectual protests.

What began for the writer as a memory of a piece of old furniture became a touching portrayal of her mother's relationship with her elder brother. This is what writing at

its best can be: a process of discovery, as much for the writer as for the reader.

Writing from memory is no simple thing. But it is also the most democratic kind of writing. Everyone has memories, and everyone has the ability to make those memories mean something.

The trick to getting started is... well, to start! Put pen to paper (or fingers to keyboard). Use words like spotlights. Throw them on the memory from various angles. Explore all the contours of this memory, the shades of meaning. You'll be surprised at what you find.



Writing workshop

Image: Jan Draper

**Jan Draper** - Sometimes people walk in the door of the workshop—especially if it concerns poetry—and shake their heads saying, “I can never do this.” Twenty minutes later they are writing their first poem. It is all in the approach. Poetry relies for its success on imagery, words that refer to what we can perceive with our five senses: the scent of coffee, the feeling of a wool blanket, the sound of a flute playing faraway, the taste of dark chocolate, the sight of a wild horse in motion. Poetry is immediate.

When someone begins to write, it is important to focus on these impressions. Describe your favorite season. What does it look like? What sounds can you hear? What does it smell like? These are easy questions but they produce answers unique to the individual but understood by everyone. “OK. Now take the three most compelling images and make them into a poem.” Simple, right?

What people produce is not simple, though. It is evocative, and takes us quickly to winter or fall. From there we move to emotions. What color is sadness? What does grief taste like? What is the texture of joy? Poems emerge and two hours later, people leave beaming. They have taken the first step to becoming poets and will always see the world in a slightly different way. People leave celebrating, and they hold onto that feeling of success and excitement.

*Early Spring*

*Evenings find ice on the pond*

*Ragged v's of geese in the air*

*From under the dead grasses the sharp scent of mint.*



Sue Bennett, workshop participant

Image: Jan Draper

Come to the workshops. Have fun with images and words. Explore your memories. Meet others and learn some new ways to record feelings and ideas.

## TOWNSHIPERS' RESEARCH & CULTURAL FOUNDATION

The Townships Research and Cultural Foundation (TRCF) has reached an important milestone – we are celebrating 30 years of working for, and with, the communities of the Eastern Townships.

It takes effort to make things happen: The volunteer board members who have been such an important part of the Foundation, staff who keep things running smoothly and most importantly, the donors who have made all of this possible. We like to say – we can only give away what we receive – and this is just what we do. We take our responsibility of being good stewards of your money by keeping costs to a minimum. Townshippers' Association plays an integral part by giving us office space and staff support. We keep only enough in the budget to pay for office expenses – everything else goes to support projects.

In recent years, the Foundation has entered into partnerships with groups looking to raise money but unable to offer a charitable tax receipt. They must meet the same criteria as our project requests: we withhold a small percentage of funds received to help cover our expenses.

donations help us keep our project funding stable as donations change from year to year. We cannot state it often enough how much this is appreciated: It is an acknowledgement of the Foundations' work.

We also have a discount brokerage account. This allows donors to offer shares, pay no capital gains and receive a tax receipt. Another interesting fact is that someone making a first-time donation can receive additional credits when filing their income taxes – The First-time Donor's Super Credit. Check with Revenue Quebec for more details.

For those wishing to use a credit card, secure on-line donations can be made through our website [www.TownshippersFoundation.ca](http://www.TownshippersFoundation.ca) or at [www.canadahelps.org](http://www.canadahelps.org) You can also send a cheque to Townshippers Foundation, 100-257 Queen, Sherbrooke, Quebec, J1M 1K7

A local initiative organized by Joe Kelly helps us fund at least one project per year: your donations of cans. It is amazing how one person can make such a difference.

Additional information is available by calling 819-822-3314, emailing [trcf@townshippers.org](mailto:trcf@townshippers.org) or on our website [www.TownshippersFoundation.ca](http://www.TownshippersFoundation.ca). The office is open Tuesdays, Wednesdays and Thursdays.

By Jane Loiselle,  
President, TRCF

The Foundation has been most fortunate to have received bequests over the years. These



## In Stock @ Townships Expressions

Townships Expressions', is a Townshippers' Association initiative to let people discover and buy works unique to this region while supporting the region's English-speaking artists. Books, music, videos and more can be picked up from Expression's online boutique at [Townshippers.org/Shop](http://Townshippers.org/Shop) or in person at Townshippers' offices in Sherbrooke - 257 Queen - or Lac-Brome -584 Knowlton Rd.

### A BIOGRAPHY OF CHARLES CLARK FRASER

*Historical book, \$13.00*  
*Author, Winston Fraser*

A biography of the late Charles Clark Fraser (1881-1978), one of Cookshire's most unique native sons. This soft-cover book contains 155 pages including many photos, historic documents and sketches to illustrate Charlie's amazing variety of occupations during his long life. The author has honoured a forbearer's wish by taking the memorabilia of a life well lived to create a wonderful story.

### THE MAN BEHIND THE STORY

*Historical book, \$26.00*  
*Author, Merrick Belknap*

The story of Merrick's family, his search for history and the stories he has told. Merrick is 94 years old and has taken on this venture with a little bit of help to assemble so many memories of the area and the people. He tells about his parents remarkable journey; The Frontiers Men; George Belknap, Cactus Jim; his brother Charles, train engineer of US president Franklin Delano Roosevelt's funeral train; the Woodman family; Baldwin's Mills and life in Stanstead as well as many other stories he has written.

### THREADS OF OUR HISTORY LIVING MEMORIES OF THE GOOD OLD TIMES IN THE COATICOOK AREA

*Historical DVD, \$25.00*  
*Author: Coaticook's cultural consultation table*

This is a set of three DVDs featuring stories from about thirty seniors from the mainly English-speaking communities in the Valley. It features many stories of

rural life from their memories in the past century," said the organization's president, Michèle Lavoie. "As many of these people are getting on in years, they are able to offer unique accounts of the time of the region's settlement. The purpose of the project was to record their memories as quickly as possible to preserve this living heritage for dissemination to the public, and to offer it to future generations."

### GROWING UP IN KNICKY KNOCKY QUEBEC

*Historical, non-fiction, \$29.00*  
*Author, Gordon C. Parsons*

Knicky Knocky, in Quebec's Eastern Townships, was settled in 1836 with immigrants from England and Ireland, including my ancestors, the Parsons. There were no more than 20 families living there at its peak.

"My children, and now my grandchildren, always enjoyed me telling them stories about my childhood growing in Knicky Knocky," Parsons said. "They suggested that I should write the stories down for future generations to enjoy, which I have now done.

The book contains a collection 57 of these stories, each illustrated by photos and images.

### A HOLE IN THE GROUND

*Fiction, humour, \$20.00*  
*Author, Ross Murray*

With A Hole in the Ground, longtime Québec humour columnist and broadcaster Ross Murray has written a novel that's a tribute to small towns, small newspapers and the people who keep them running, through holes and high water.





The story behind

# THE WEAVERWORLD TRILOGY



By Julia K. Rohan

If you're one of those readers who avoids science fiction and fantasy in favour of classic literature and non-fiction, you may not be inclined to try something new. In fact, until I started writing a fantasy series for young people in 2003, even I thought of it as a sort of comic-book genre—fun to read, but not to be taken seriously.

The thing that changed my mind was the wild success of the J. K. Rowling series. Rowling's work resonated with readers in a spectacular way, charming those of all ages and nationalities. The books were life-changing for millions, but especially for the author herself, who went from broke, unemployed single mom to O.B.E.-holding [Order of the British Empire] billionaire.

What I loved about Rowling's books was their well-leavened mix of ingredients: humour, imagination, drama, and memorable characters. The resulting soufflé was irresistible. As a reader, I ate it up. As a writer, I was inspired to use these same ingredients to concoct my own recipe. And that's how the *Weaverworld Trilogy* got its start.

Though Rowling's books were the initial inspiration, *Weaverworld* readers

notice that many other loved stories get a nod, too. *The Wizard of Oz*, *The Lion, the Witch and the Wardrobe*, and *The Hobbit* all make cameo appearances. Convinced that Rowling had perfected the conventions of wizards and spells, I made a concerted effort to avoid them. Instead, I set myself the goal of creating a world where magic could be made by using no more than one's imagination and the power of concentrated thought—in essence, accelerated invention by cutting out the middle-man.

It took nine years to complete the first book, *Weaverworld: Grimsnipe's Revenge*. This was in part because I initially over-wrote, resulting in a 1,000-page manuscript which had to be edited down to a more reasonable length. I was already 50 years old when I started writing, so the prospect of spending months, and perhaps years, looking for a literary agent to handle the finished work was less than tempting. That's why I elected to self-publish.

Many people think of self-publishing as the low rung on the publishing ladder. I've had acquaintances say they never read self-published books because they consider them to be, on the whole, amateurish and badly edited. Aware of this prejudice, I had my books reviewed by Kirkus, one of the most respected review companies in North America. To my relief, they

were favourably impressed, and rarely, if ever, mentioned issues with editing.

Self-publishing certainly has its challenges, but I enjoy the freedom to work at my own pace. My sales are modest, but I create my own deadlines, do my own editing, choose the artwork for my book covers, and speak at local engagements as often as I'm asked and time permits. Recently, in the same week, I did a presentation at the Sutton Library, and another at Heroes' Elementary as a guest of the Yamaska Literacy Association. I love these opportunities to get out and talk about the books, and especially enjoy connecting with young readers whose enthusiasm is sometimes overwhelming!

If you would like to learn more about *The Weaverworld Trilogy*, please visit the website at [www.weaverworldbooks.com](http://www.weaverworldbooks.com).

The *Weaverworld* books are available for purchase from Townships Expressions online boutique at [Townshippers.org/Shop](http://Townshippers.org/Shop) or in person at Townshippers' offices in Sherbrooke [257 Queen] or Lac-Brome [584 Knowlton], to order by phone call Cathy Turner at 819-566-5717 or toll-free, 1-866-566-5717. Books can also be picked up at Brome Lake Books in Knowlton, Black Cat Books, in Lennoxville, and on most online bookstores.

# I'M YOUNG. WHY SHOULD I VOLUNTEER?

By: Michelle Lepitre

In today's fast-paced world, it can be hard to find time to volunteer. I know; I've been there too. Between school and responsibilities at home, part-time jobs and friends, our time is limited and we have to save it for the things we think are valuable. And sometimes when we get really busy or stressed, we start to feel that volunteering is something that just doesn't offer us a whole lot of value... after all, we're helping other people out, right? Not ourselves. What do we really get from volunteering, anyway?

The simple answer - **A LOT!**

The act of giving your time is much more than just a boost for a community or for those who are less fortunate; it offers amazing benefits for you, the volunteer, too. Volunteering not only makes you feel great about yourself and the work you do, it is also good for your personal and professional development. It helps you gain job skills, experience, and connections that will serve you well throughout your life. And almost any adult will tell you that those advantages are priceless when it comes to finding your way in the working world.

Makes volunteering sound pretty tempting, doesn't it?

## **OK! So... WHAT WILL I GET FROM VOLUNTEERING EXACTLY?**

By volunteering in your community or getting involved in a campaign for social change, you:

- Gain valuable job skills (i.e. communications and interpersonal skills)
- Develop a better understanding of your community, and the world around you
- Feel better – volunteering can boost your self-esteem and your health!
- Improve your academic performance
- Build new relationships and create social/professional networks
- Determine your strengths and interests (to help you decide what you want to do later in life!)
- Make a difference in your community, and have your voice heard

## **VOLUNTEERING "DOS":**

- Include your volunteer experience on your CV - be proud of your contributions!
- Challenge yourself to take on tasks you normally wouldn't so you can gain new skills.
- Ask questions, share your ideas, and make your voice heard (when you can), but remain respectful of others.
- Volunteer with friends so you can all enjoy the benefits of helping out.
- Try different kinds of work to see what you enjoy and what you are good at.



## READY TO GET INVOLVED?

There are many ways you can take a leading role in your community: sign up to be part of a political youth council, volunteer to help out a community organization, or get involved in clubs or committees at your school. Any way you choose, the benefits will be the same.

Check out these suggestions... maybe one of them will spark your interest!

## NATIONAL/PROVINCIAL POLITICAL PRIME MINISTER'S YOUTH COUNCIL

A body of young Canadians aged 16 to 24, who provide non-partisan advice to the Prime Minister on national issues.  
[www.canada.ca](http://www.canada.ca)

### MEMBER OF PARLIAMENT'S YOUTH COUNCIL

Be a voice for your community. Contact your local Member of Parliament [[www.parl.gc.ca](http://www.parl.gc.ca)] to find out about being a part of your constituencies Youth Council.

### YOUTH WING/COUNCIL OF YOUR POLITICAL PARTY

Support your chosen party by contacting their local office to find out how to get involved.

## COMMUNITY ORGANIZATIONS - GOVERNANCE

### DIRECTOR ON A BOARD SEEKING YOUTH INVOLVEMENT

Join the board of your local community organizations, youth centers, carrefour jeunesse-emploi centres, etc.

### GROUP/PROJECT LEADER

Initiate new projects or activities within a community organization or group, i.e. start a youth council, bring an anti-bullying movement to the community, etc.

## SCHOOL-BASED ACTIVITIES

### STUDENTS' COUNCIL

Make a difference in your school by participating in your students' council and have a say on things that matter to you.

### SPORTS TEAM

As a player or a coach for younger students you can make an impact

### CLUBS AND SCHOOL-BASED ACTIVITY GROUPS

Choose something you are passionate about - like photography club, robotics club, band, etc. - and share that passion with others!

## ONLINE ORGANIZATIONS & CAMPAIGNS DOSOMETHING.ORG

One of the largest organizations for young people and social change. Visit their site to explore campaigns and pick your favourite to get involved in!

### WE.ORG

Passionate youth are working together through the WE movement to shift the world view from "me" to "we". Offers many opportunities for youth involvement and leadership.

### GIRLSACTIONFOUNDATION.CA

Girls' Action Foundation is a non-profit organization that believes in the power of girls as agents of social change. Offers leadership activities and training for young girls.

### MORELOVELETTERS.COM

THE WORLD NEEDS MORE LOVE LETTERS is a global organization that builds on the power of social media, offering a way for people to write and send inspiring letters to people all around the world. If you like to write, this is a great way for you to get involved.

### PINKSHIRTDAY.CA

Pink Shirt Day is an organization to encourage everyone to practice kindness; also to encourage everyone to wear pink to say that they stand against bullying.

## Recreation committees & community involvement

### COMMUNITY ACTIVITY ORGANIZER

Plans specific activities for community events, i.e. leads children's activities, or activities for teens, etc.

### COMMUNITY ACTIVITIES VOLUNTEER

Helps out at events, i.e. T-Day Green team volunteer, Canada Day volunteer, etc.

### COMMITTEE MEMBER

Participates on organizing committees for local events (i.e. Canada Day, T-Day, Agricultural Fairs, etc.)

There are plenty of other opportunities out there too. If one of these suggestions doesn't interest you, put your googling skills to the test and find something you are interested in! Or get in touch with your favourite community organization and ask them how you can help out.

Have you carried out a community project you are particularly proud of and want to share your success? Let us know! Email [ta@townshippers.org](mailto:ta@townshippers.org) or tag us on social media using **#Townshippers #DoingGood**

# FAREWELL TO GRAHAM FRASER

## Canada's Longest Serving Commissioner of Official Languages Retires

By: Corrinna Pole

Since its creation in 1970, the Office of the Commissioner of Official Languages (OCOL) has been mandated with promoting and protecting language rights of Canadians. Part ombudsman, part diplomat, part guardian, the Commissioner plays a crucial role in implementing the Official Languages Act, ensuring the equality of English and French for all Canadians.

Graham Fraser began championing linguistic duality in Canada as the sixth official languages commissioner in 2006 and with his recent retirement, became the longest serving commissioner in Canadian history.

When Mr. Fraser took office on October 17, he arrived with a great sense of responsibility and humility and “nearly 40 years of experience in examining official languages issues from the perspective of a journalist, author and lecturer,” according to a news release from OCOL. “Throughout his career, Mr. Fraser has shown a deep understanding of official language policy and has been a strong supporter of Canada's linguistic duality, a fundamental part of our national identity.”

Of the five books Mr. Fraser has written, *Sorry, I Don't Speak French*, helped stimulate renewed public discussion of language policy in Canada.

Along with fighting for equality of service and highlighting the importance of bilingualism, Townshippers are especially grateful that Mr. Fraser encouraged the federal departments to recognize the English-speaking minority community in Quebec as one of two national minorities rather than one of thirteen provincial minority communities.

During his years in office, Townshippers' Association has been fortunate to enjoy a long and warm relationship with Mr. Fraser, and Mr. Fraser has a great affinity for the Townships having spent many of his summers here. The former Commissioner was a welcome and friendly presence at several of Townshippers' activities and eloquently addressed visitors at events such as Townshippers' Day or at the forum on immigration and the integration of newcomers that was held in summer of 2015, where he gave the keynote address.

Knowledgeable, skilled, tactful, and seemingly tireless, Mr. Fraser's hard work and dedication has empowered minority language communities. His talents were perhaps best summed up by the Quebec Community Groups Network in a tribute



Image: Stephan Thompson

Mr. Fraser (above) delivering the keynote address, and later (below) conversing with Mr. Pierre Reid, MNA Orford, at the Eastern Townships Newcomers' Forum in 2015.



Image: Stephan Thompson



Image: Stephan Thompson

Mr. Fraser speaking with the CBC Quebec crew at the 2016 Townshippers' Day in Brome.

offered at their Community Awards ceremony last November.

“For Quebec’s English speakers, Graham served as a real mythbuster. He never feared to voice inconvenient but necessary truths to snag attention and action from politicians, big shots in business, prominent players in our French- or English-speaking communities, the CRTC, CBC Radio/Canada or our other institutions.

Don't be deceived by a man who could so cheekily and publicly limit his mandate to “part cheerleader and part nag.” Entrusted with a profound responsibility—to nourish and nurture the continual flowering of our innate, dynamic duality—Graham has proven a master. And thus, he enters the rank of nation-builder.”

Although his seven-year tenure ended in 2013, his mandate was renewed for an additional three years. Even in his last year, he showed little signs of slowing down using his last year to address several areas that needed improvement and revisiting unresolved issues he noted during his decade of service.

In his tenth and final annual report tabled before Parliament on May 19, 2016, Mr. Fraser recommended improving access to justice in both official languages and encouraged the government to consider the needs of the minority language communities by examining proposed Bill S-209 - An Act to amend the Official Languages Act (communications with and services to the public)



Image: Stephan Thompson

**DURING HIS  
OCOL CAREER,  
MR. FRASER:**

INTERVENED IN

**23**

COURT CASES  
[NINE BEFORE THE  
SUPREME COURT OF  
CANADA]

DELIVERED

**528**

SPEECHES

HIS OFFICE PROCESSED

**7,156**

COMPLAINTS.



Mr. Fraser (center) in 2007 at his first Townshippers' Day festival as the Commissioner of Official Languages.



Image: Bruce Porter

Townshippers' Day 2009, Ayer's Cliff, Mr. Fraser talks with community members.



Townshippers' Day 2016, Mr. Fraser spoke at the opening ceremonies for his last time as Commissioner of Official Languages.

“For decades, federal services have been delivered in both official languages in different parts of the country where there is a significant demand for services in the language of the minority. A minority community can be thriving and growing, but if the majority grows faster, services are lost. This is simply unfair,” Fraser observed. “A community’s vitality should be taken into account, not simply the rate at which the majority community is growing. Bill S-209 provides a way addressing this injustice, as would a revision of the official languages regulations.”

In December, after a decade on the job, Mr. Fraser finally stepped down to a well-earned retirement. Townshippers’ thanks Mr. Fraser for his many years of service and his invaluable contribution to Canada’s linguistic duality. We have been privileged to know you. Congratulations and best wishes for a wonderful retirement.

While Mr. Fraser’s permanent replacement has yet to be appointed, Townshippers’ hopes our community continues to enjoy a wonderful working relationship with interim commissioner Ghislaine Saikaley, and the future commissioner.

BURY • COATICOOK • MAGOG



# Food

# FOR

# THOUGHT

## LUNCH & LEARN




 Health Canada Santé Canada

TOWNSHIPERS.ORG/FFT

819-566-5717

TOLL FREE: 1-866-566-5717

**Food For Thought** is a series of monthly learning luncheons that connects caregivers of seniors in the English-speaking community with relevant information and resources through expert-led presentations. Participants at these events - covering a variety of useful topics such as making medical decisions, compassion fatigue, legal paperwork and what to do when a loved one passes away - also have the chance to ask the speakers questions. During lunch, caregivers can also take advantage of connecting and interacting with other caregivers.

# MCGILL HEALTH AND SOCIAL SERVICES HUMAN RESOURCES DEVELOPMENT PROJECT

By: Michelle Lepitre

The McGill Health and Social Services Human Resources Development Project offers bilingual students and professionals in the health and social services fields a unique opportunity to work in, learn about, and explore the Eastern Townships region.

The project includes bursaries to help students complete their studies and help finding internships and employment opportunities.

## BURSARIES

The **McGill Health and Social Services Community Leadership Bursary Program** facilitates the recruitment of English-speaking (bilingual) health students and interns who want to become permanently established in the Eastern Townships region.

Bursaries are available for students who are studying outside their home region (up to \$10,000, depending on their level of schooling), and for students who are studying inside their home region (up to \$5,000, depending on their level of schooling).

## INTERNSHIPS

The **McGill Health and Social Services Human Resources Development Project** helps bilingual students and individuals find a personalized placement and an enriching learning experience in the health and social services fields in the Eastern Townships.

The program is open to individuals studying nursing, medical technologies (i.e. radiotherapy, inhalation therapy), occupational and physical therapy, social work, psychology, nutrition, and other fields linked to health and social services.

For additional information about the McGill Health and Social Services Human Resources Development Project, contact our Community Information Coordinator ([info@townshippers.org](mailto:info@townshippers.org)), or visit [www.Topportunity.ca](http://www.Topportunity.ca) (the information is available under the health menu).

## Health & Social Services Bursary: Applications Now Being Accepted!

Applications for the McGill Health and Social Services Community Leadership Bursary Program, which awarded \$20,000 to four students last autumn, are now available through Townshippers' Association.

Created by the McGill University Training and Retention of Health Professionals Project, the program, which addresses the need for health professionals with English and French language skills, awards bursaries to students from selected Quebec regions, who are pursuing full-time studies in the health and social services fields.

Since 2010, approximately \$160,000 has been awarded through 25 bursaries allowing future professionals to pursue careers in the region as nurses, technicians (radiology, inhalation therapy, etc.) social workers, psychologists, nutritionists and more.

Students are invited to apply for one of the two categories of awards available.

Category 1 is for eligible students who are studying at an institution located outside their home region. Bursary amounts are awarded based on students' level of study with up to \$10,000 at the university level and \$5,000 for cégep/college and secondary school vocational training.

Category 2 is for eligible students who are studying at an institution located within their home region. Up to \$5,000 is awarded to university level students and \$2,500 for cégep/college and secondary school vocational training.

Recipients of the bursaries must commit to returning to a selected Quebec region following the successful completion of their studies to work for a minimum of one year in a public health and social services institution or related organization.

All applications must be received no later than MAY 12, 2017, at 5:00 P.M. Information can be found on Townshippers' career and employment website: [www.Topportunity.ca/student](http://www.Topportunity.ca/student).

# Meet the New Executive Director of Mental Health Estrie



*“If nothing ever changed, there would be no butterflies” – Unknown*

It's been twelve years since Mental Health Estrie began offering support, guidance and education to individuals coping with mental illness, as well as to their family and friends.

For a decade, Judy Ross, the driving force behind this Townships based the non-profit community organization, oversaw the operations, helping countless community members to navigate the healthcare system, learn more about mental illnesses, and most importantly, learn how to better cope with the illness in order to lead satisfying lives.

Last July, Mrs. Ross retired as Executive Director and Tanya Gibson was appointed to take up the lead. We spoke with Tanya and asked her a few questions to learn more about her and why she's excited to tackle this new role:

## **Can you share a little bit about yourself and your path to Mental Health Estrie?**

Thank you, it's an honour to have accepted this role and I'm pleased to have this opportunity to introduce myself. I was born and raised in the Eastern Townships, growing up in the very small town of Johnville. I earned my diploma in social sciences at Champlain College, then studied psychology at Bishop's University. I spent several years in public service

until my son was born, then I chose to focus my attention on raising him for his early years.

In 2009, I decided that I needed a career change. I felt drawn to helping people, so I returned to Champlain and graduated with a degree in Special Care Counselling in 2013. Upon graduation I was pleasantly surprised to be presented with the Program Achievement Award for the student with the highest average in the program. I joined MHE shortly thereafter, nearly four years ago, as Intervener and Administrative Assistant and it's taught me a great deal about the issues facing our community.

## **In addition to serving as the executive director for so many years, Mrs. Ross was also one of the original founders. What has it been like working alongside her for the last three years?**

It has been such a pleasure. Judy has a wealth of knowledge and skills. I've spent these last few years at the organization absorbing as much as I could from her. Judy is a woman with a tremendous heart, and an unwavering passion for helping individuals and families affected by mental illness. It has been an absolute joy to know her and to work under her capable supervision. She has been an inspiration and an incredible

mentor. It has been a memorable experience and it has given me confidence to continue with the goals of Mental Health Estrie.

Judy's retirement is richly deserved. I doubt it will slow her down at all, but I truly hope she will find the time to pursue some of the many personal interests she has been dreaming about and get some well-earned rest.

## **What makes you passionate about helping individuals and families who are living with mental health issues?**

During my studies, in addition to internships at the Eastern Townships Learning Centre and Sherbrooke Elementary School, I undertook several stages in the mental health field: Centre Nuhab (addictions and mental health), the Mental Health Department of the CLSC in Memphremagog and the Stanstead Mental Health Group. It was through these experiences that it became abundantly clear to me that my passion was mental health.

I met amazing people. Individuals who are no different than you or I, but who are survivors, who have battled and often continue to battle, invisible illnesses. They inspired me, and I found myself preoccupied with a desire to deepen my understanding of what they were living, as well as ways to improve their quality of life.



This field is always changing, we are always learning. Learning more about what causes mental health problems, and learning new ways to manage our lives. I've always been fascinated by the complexity of the brain and this work provides me the opportunity to learn more about its functions every day. When you are truly interested in what you do and care about the people you work with, you can hardly call it "work."

**Part of what Mental Health Estrie works towards is eliminating the stigma surrounding mental illness and promoting services. How do you see this unfolding in the future?**

I've always had a determination for increasing compassion and understanding for people living with a mental health problem. A diagnosis can be confusing and sometimes frightening but no one should have to go through it alone. That's why MHE works directly with the community to offer support, guidance, education and advocacy to individuals and families affected by mental illness.

I strongly believe that we can achieve better health for our community and I believe that knowledge is critical to this success. Breaking down the barriers, and changing the negative stereotypes that many people with a mental illness face, is a vital step in the right direction.

In any given year, one in five Canadians experience a mental illness. When someone has a mental health problem, it affects not only the person with the diagnosis, but everyone around them: their co-workers, their family, and their friends.

Together, with the support of our community and the involvement of professional health care and social service providers, as well as community partners, we can make a positive difference and work towards a future where more people living with a mental

illness and their families can enjoy complete and satisfying lives.

**What do you find most exciting in your new role as Executive Director?**

I really enjoy my work with MHE. It allows me to help people better manage their personal challenges and to promote our motto, "The recovery of hope and the hope of recovery." Recovery is a process. It means regaining control of one's life. For some it means living a life symptom free, and for others it means living a full life while learning to live with ongoing symptoms.

Many years ago, families and individuals affected by mental illness were given very little hope. We didn't know what we know now, that most people who seek treatment, in fact, recover. It is truly a pleasure to be a part of an organization that not only works toward improving lives, but also spreads seeds of hope.

**What are you looking forward to most about leading Mental Health Estrie?**

Helping our English-speaking community. Without a doubt our community faces many challenges but it is full of incredible people who are passionate, resilient and determined to find solutions. As a native Townshippier, it is a privilege to be able to contribute to the wellness of the very community in which I grew up.

I look forward to collaborating with our dedicated Board of Directors and volunteers to continue to carry out MHE's mission to support English-speaking individuals and families in Estrie. We will continue to offer information and referral services, one-on-one support and support groups as well as the services we offer to the community at large, such as our Mental Health and Well-Being Information Sessions, our lending library and being present at special events such as Friendship Day and Townshippers' Day.

**What's one thing you do every week that helps you stay positive and focused?**

I am very fortunate to have a wonderful social network of friends and family, and spending time with them rejuvenates me, often by playing board games. I also have days where I crave a change of scenery. In the summer I take my son to the beach as often as possible and I absolutely love camping. There is nothing like escaping to a place with no electricity or distractions, and truly connecting with your friends and family. You can often find me deep in the woods with my son, sitting by a campfire, or curled up in a cabin, reading a good book. This past summer I decided to take up fishing. I look forward to improving my skills on this front, as I have yet to bring home a fish, but I truly enjoyed the serenity of the experience.

**SAVE THE DATE**

Mental Health Estrie's first fundraising initiative of the year takes place on June 3, 2017. A delicious méchoui will be held at the A.N.A.F Unit #318 (AKA The HUT) located at 300 St. Francis St. Sherbrooke (Lennoxville borough). Tickets on sale soon! Contact us or drop by the office to get yours. Details will be posted in the Keeping in Touch column and The Crier in the Sherbrooke Record for further details.

Whether you are seeking help, information, or looking to be a part of a worthy endeavour, reach out to Mental Health Estrie.

**You are not alone!**

Call 819.565.3777 or email [mhe.info@bellnet.ca](mailto:mhe.info@bellnet.ca). You can also visit **MentalHealthEstrie.com** or follow MHE on Facebook (Mental Health Estrie) for events and news.

## Expo 67 and the Townships

AS I REMEMBER... it all started when Warren Beatty wanted to drive out to the “country.”

It was August 4, 1967. Bonnie and Clyde had just been shown in the film festival and I had been assigned to Mr. Beatty and his co-star, Faye Dunaway.

The 1967 International and Universal Exposition - or Expo 67 - was a whirlwind. It was my first full time job, with three children under six years old. It was thanks to the child care available at the Canadian Pavilion that I could accept this great opportunity working as a production assistant.

My Expo job had started that January. I spent the first six months as a production assistant for film crews, facilitating radio or TV interviews and sometimes being interviewed myself. In June, my focus switched to attending VIP visitors who wanted to watch the films featuring at Expo. The movies opened my eyes and my heart. As the films flickered across the screen, I yearned to become a part of that world.

I had already learned during my stint as a production assistant that there was no way I could heft the heavy cameras. So, I consigned myself to listening to others, recording interviews and still photography, although I wasn't the one using a camera. Instead I was driving the golf cart, transporting crews and media folk around the site, helping them to get the perfect shot.

Then I was assigned to the big VIPs. Those in public relations did not wear the Expo uniforms, but after almost losing Sir. Laurence Olivier in a crowd, I came up with the idea to wear my special colorful cape over whatever else I wore. With my cape on, I took Ms. Dunaway to John Warden's boutique on Crescent Street. She had the perfect body and blond hair for those flowing white and beige creations of his. I was not a good candidate with a curvy shape on my 5'2" frame.

I remember feeling so comfortable with Dunaway during the radio interview I did with her and Beatty. I am still looking among all the 1/4-inch reel to reel tapes I have saved to find that one.

For some reason, Beatty wanted to take a limousine and driver into the country. His destination, the Eastern Townships. The first time I had been out that way from my home in Montreal was during a skiing trip to Sutton, which earned me a sprained ankle on the first run of the day. Since this jaunt in the limo was in August, there was hope for me yet to survive unscathed.

Maybe Beatty wanted to scout for film locations but I don't remember director Arthur Penn being with us. What I do remember, other than how great it was to be in the beauty of the green hills with its winding roads, grazing horses, and fresh air, was trying to keep up with the constant questions. Beatty has a wonderful quick inquiring mind, and it was a tough job to keep pace. His questions and the landscape increased my curiosity about “this neck of the woods”.

I was a pro at answering questions about Expo - the site, the pavilions, and the films, which were a highlight for the Expo guests, many of whom were film makers themselves. Now I was acting as tour guide in an area I had only visited once before. The Townships itself saved me, the beauty had its own effect. I feel Beatty got what he was looking for, the natural world...beyond films, beyond words.

By the time we were back at the corner of de Maissonneuve and Crescent, I declined Beatty's kind offer to take in more highlights. I was anxious to



Rosemary, pictured above with her children in 1967, and more recently, below, wearing her colourful Expo cape.



Photos: Rosemary Willis Sullivan

get back to my kids, their noise, their questions, and to my own real world. The Townships kept calling to me for years. Ten years later I began bringing my children in the summers and by 1982 resettled in Pigeon Hill.

Thank you, Mr. Beattie and all those who have helped my journey to this place.

*Rosemary Willis Sullivan*



The McCord Museum  
**EXPO 67: THE PLACE TO BE**  
**Outdoor exhibition on McGill College Avenue, Montreal**  
**9 JUNE 2017 — 15 OCTOBER 2017**

Feel the atmosphere of the Expo 67 site! This installation of 24 colour photographs on McGill College will take you back to the hustle and bustle on the islands at that time as well as the spectacular architecture of many pavilions.

*A few items from Rosemary Willis Sullivan's collection will appear in the exhibit.*

Details: [www.musee-mccord.qc.ca](http://www.musee-mccord.qc.ca)

## Your options if you require CARE or a SERVICE

Go to the health reception desk of your CLSC  
[by appointment] for:

- Wound care
- Ear irrigation
- Screening
- Removal of stitches
- Change of dressing (bandaging)
- And much more!

Go to the psychosocial reception desk of your CLSC for:

- Depression
- Bereavement
- Social support
- Stable mental health problem
- Relationship problems
- Crisis or difficult situation
- Addictions (drug, alcohol, etc.)
- Family issues

Go to your CLSC to monitor or follow up on your chronic disease:

- Tobacco cessation
- Diabetes
- Nutrition, weight loss
- Heart problems
- Respiratory problems
- Kidney problems
- Hypertension

## Your options for your OTHER NEEDS

**Prescription renewals**

- At your pharmacy or at a drop-in clinic if I do not have a family physician

**Travel advice or vaccines for a trip**

- Pharmacy
- International traveller's clinic

**General immunization or flu shots**

- Your CLSC

**Youth clinic (25 years or younger)**

- Screening and prevention of sexually transmitted and blood-borne infections

**Contraception**

- Morning-after pill: pharmacy, CLSC or youth clinic

**Interruption of pregnancy**

- Planned parenthood clinic

**Pregnancies**

- [santeestrie.qc.ca](http://santeestrie.qc.ca)

**Forms for the Société de l'assurance automobile du Québec (SAAQ)**

Contact your family physician or go to a drop-in clinic (\$)

**Equipment loans**

From your CLSC if you receive home care or home support services.

In all other cases, go to a pharmacy or a specialized shop.

## Find your service location

### TERRITORY

### CLSC

### TEL.

VAL-SAINT-FRANÇOIS

CLSC de Windsor  
CLSC Richmond  
CLSC - Centre d'hébergement de Valcourt

819 542-2777

DU GRANIT

CLSC Saint-Ludger  
CLSC Lambton  
CSSS du Granit (Lac-Mégantic)

819 583-2572

HAUT-SAINT-FRANÇOIS

CLSC East Angus  
CLSC Weedon  
CLSC de la Patrie  
CLSC Cookshire

819 821-4000

LA POMMERAIE

CLSC Bedford  
CLSC Lac-Brome  
CLSC Farham  
CLSC Sutton  
CLSC Cowansville-Larouche  
CLSC Cowansville-du-Sud

450 248-4304  
450 242-2001  
450 293-3622  
450 266-4342

HAUTE-YAMASKA

CLSC Yvan-Duquette  
CLSC Notre-Dame  
CLSC Saint-Joseph  
CLSC Robinson Sud  
CLSC Waterloo  
CLSC Bromont

450 375-1442  
450 539-3340  
450 534-1248

COATCOOK

CLSC de la MRC-de-Coaticook

819 849-4876

MEMPHRÉMAGOG

CLSC Memphrémagog

819 843-2572

ASBESTOS

Hôpital, CLSC et centre d'hébergement d'Asbestos

819 879-7151

SHERBROOKE

Clinique des Jeunes  
CLSC Speid  
CLSC King Est  
CLSC Camirand (50)  
International traveller's clinic

819 565-0767  
819 780-2220

819 564-5160



## OTHER IMPORTANT INFORMATION

### Urgences-Santé 9-1-1 (health emergencies)

Emergency hotline available 24/7 for a rapid response from police, firefighters, and ambulance technicians.

### Centre anti-poison du Québec (poison control centre)

Emergency hotline available 24/7 for poisonings and intoxications.

**1 800 463-5060**

### Ligne Abus Aînés (elder abuse victims)

Provincial helpline and referral service for those seeking support and information in cases of elder abuse available 7 days a week from 8 a.m. to 8 p.m.

**1 888 489-2287**

### Youth protection

When concerned about a child's safety. Your intervention will remain absolutely confidential. You can call 24 hours per day, 7 days a week.

**1 800 463-1029**

### SOS violence conjugale (spousal abuse victims)

Helpline for victims of spousal abuse. Call if you are a victim or a witness of spousal abuse. Available 7 days a week from 9 a.m. to 9 p.m.

**1 800 363-9010**

### Drop-in clinics business hours [santeestrie.qc.ca/clinique](http://santeestrie.qc.ca/clinique)

## CARE OR SERVICES SATISFACTION

Contact your local service quality and complaints commissioner by dialing 1 866 917-7903 or fill out the complaints form available at [santeestrie.qc.ca](http://santeestrie.qc.ca)

Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke



## USEFUL CONTACTS

CLSC: \_\_\_\_\_

Family physician: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

For further information  
about health care and services,  
visit [santeestrie.qc.ca](http://santeestrie.qc.ca)

December 2016

## YOUR SIMPLIFIED GUIDE DO YOU REQUIRE HEALTH CARE SERVICES?

### Your options if you are WORRIED

Dial 8-1-1 for Info-Santé  
or Info-Social

Non-urgent health problems

Psychosocial problems

1 866 APPELLE | 1 866 277-3553  
if you or someone you know  
has suicidal thoughts

Call your pharmacist for  
medications or for advice

Call the medical clinic of  
your family physician (GMF,  
family medicine group)

### If you need a FAMILY PHYSICIAN

Enroll with the family physician  
access registry (GAMF):

[gamf.gouv.qc.ca](http://gamf.gouv.qc.ca)

Requests are prioritized according  
to your health status. Possibility of  
a check-up with a nurse.

### Your options if you are ILL

Dial 8-1-1 for Info-Santé

Call your pharmacist

Read the Decision Assistant  
if you have flu or  
gastroenteritis symptoms  
[santeestrie.qc.ca/  
grippegastro](http://santeestrie.qc.ca/grippegastro)

Schedule an  
appointment with your  
family physician (GMF)

Visit a drop-in clinic  
[santeestrie.qc.ca/clinique](http://santeestrie.qc.ca/clinique)

Go to the emergency room  
as a last resort or for  
medical emergencies

