

Townshippers WNSHIPPERS

Townshippers' Association Spring/Summer 2018 Vol.39, No.1 • ISSN 2561-6390 • FREE • Townshippers.org



SAVE THE DATE

AGM 2018 June 8, 5pm

@Centre Communautaire D'Eaton,
62 ch Jordan Hill, JOB 2A0
Join us for a recap of 2017/2018, a
celebration of community contributions
and a presentation from a new
community partner.
Light refreshments will be served.
Townshippers.org/AGM2018

Health Link

Armoury Community Centre,
563 Main, Bury
11:30am - April 18, May 16
Presentation free/Meal \$5 donation at
the door/RSVP at 819-872-3771, ext. 2

Food for Thought

St.Paul's United, 211 rue des Pins, Magog
12pm - April 6, May 4
Presentation free/Meal \$7, cash at the
door/no RSVP

Colour Café: Afternoon

La Passerelle, 275 Principale Est,
Cookshire-Eaton
2pm - April 11, May 9, June 13
Free/No RSVP

Colour Café: Evening

Maison de la Culture John Henry Pope,
25 Principale Est, Cookshire-Eaton
6pm - April 11, May 9, June 13
Free/No RSVP

YES Business Coaching

Sherbrooke @Townshippers', 257 Queen
All day - April 24, June 6
New clients \$20/Existing clients, free.
Appt: 819-566-5717/ ct@townshippers.
org

Lac-Brome @Townshippers', 584
Knowlton

All day - April 26, June 7
New clients \$20/Existing clients, free.
Appt: 450-242-4421/ msevers@
townshippers.org

DEADLINES

Friday, April 20

Excel in the Estrie

Essay challenge for high school seniors to
win up to \$500.

Townshippers.org/Essay

Friday, May 18

Outstanding Townshippers

Recognition award for people and
groups who go above and beyond for the
English-speaking community

Townshippers.org/OT

Friday, May 18

Young Townships Leaders Award

For young leaders ages 15-35, making a
difference in their communities.

Townshippers.org/YTLA

TOWNSHIPERS

Spring/Summer 2018, Volume 39, No. 1

Townshippers' Association

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promoting and supporting the interests of
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TOWNSHIPERS MAGAZINE

As a community publication, *Townshippers* welcomes contributions from the public. Priority is given to our partners. 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 for our publication guidelines. Be sure to include your name, email and, phone number. Businesses, individuals and organizations are also invited to request a copy of our advertising rates.

WITH THE SUPPORT OF:



FROM THE Executive Director

It has been a busy winter of representation activities for Townshippers' Association's President and me. From federal consultations hosted by a multitude of government departments and touching on many topics including youth and revisions to the Official Languages Act, to provincial consultations with Quebec's newly created Secretariat for relations with English-speaking Quebecers, to regional consultations dealing with social development and access to health and social services, we have done our very best to ensure that our community's needs are at the heart of these important discussions.

As we move forward into a new fiscal year, our team is hard at work on the ground in the region supporting partner organizations, health and social service providers and community institutions like our schools in the important work they do to provide quality opportunities to the English-speakers living in the historical Eastern Townships.



If you are already a member of our dynamic Association, I'd like to thank you for supporting the work that Townshippers' does to help improve the lives of your fellow Townshippers! If you are not, I'd like to encourage you to join your voice to ours and help us continue to support Townshippers of all ages across this beautiful region of ours!

Sincerely,

Rachel Hunting

TOWNSHIPERS' FOUNDATION

The Eastern Townships is unique in its history and heritage, its people noted for their sense of community and their commitment to institutions and organizations. As a non-profit, charitable organization, Townshippers' Research & Cultural Foundation (TRCF) aims to promote the well-being of our community by supporting this commitment.

Established in 1986, TRCF works with donors and the community to distribute donations, received through gifts and bequests, to local projects and organizations that enhance the quality of life in the Townships. Grants are awarded to projects in the areas of the arts, health and social services, heritage, youth, education and research. Grant applications are due annually on January 31.

Another way TRCF support projects or activities is by forming

partnerships with groups or organizations that do not have registered charitable status, allowing income tax receipts to be issued to donors. Projects must fall within our funding criteria and are subject to approval.

To maximize the impact of donations, TRCF works hard to keep our expenses low, operating with a dedicated volunteer board and one part-time staff member. This way, the bulk of funds entrusted to us may be reinvested back into the community, allowing us to give away a significantly higher percentage of monies collected than most foundations.

To make a donation, visit TownshippersFoundation.ca. For more information about the Foundation, call 819-822-3314, or email trcf@townshippers.org.

"King Can" Kelly to raise \$100,000.00!

For many years, Richmond volunteer Joe Kelly has been collecting cans and bottles, then donating the refundable deposit to local organizations, such as Townshippers' Foundation.

This year Mr. Kelly will have raised a total of \$1 million! That's nearly two million 5¢ can deposits! Incredible!

Your donations and Mr. Kelly's efforts have touched the lives of countless members of our community who enjoyed activities and projects made possible through those funds.

Cans and beer bottles (PLEASE NO WINE BOTTLES) can be deposited at Townshippers' Sherbrooke office, 257 Queen. Thank you for your contribution and thank you, Mr. Kelly, for your help!

PRESIDENT'S MESSAGE



With spring just around the corner, one can certainly say that there is a flurry of activity around all things anglo, in great part due to the obvious early start to the provincial elections coming next fall. As we have often witnessed in the past, all the major political parties are positioning themselves as to whether it is advantageous to be anglo-friendly or to target the English-speaking community as a threat to the survival of the French language and culture. We have seen this all before. The difference this time is that as a rural English-speaking community that is less than ten percent of the population, scattered over a huge territory, our vote can be the deciding factor in several of the Townships ridings. Our priorities and needs as a community are not to be ignored, no matter which political party forms the next government.

Giving credit where credit is due, the present Government has kept its promise to create a Secretariat for English Affairs under the direction of Minister Kathleen Weil. Ms. Weil has wisely hired Bill Floch to be the senior civil servant in that ministry. Mr. Floch, to our delight, is a former executive director of Townshippers' Association. His vast experience in research and with the plight of rural English-speakers make him a most valuable spokesperson in Quebec.

Already Ms. Weil has undertaken the task of engaging in extensive consultations with the English-speaking community. What she has been hearing is essentially the same message your Association has been putting forward for years: it is past time to address our priorities in health care, education and youth employment. In many respects, due to the persistence and the quality of our presentations, your Association has taken a strong leadership role in the representations required to bring about positive changes in attitude that impact on our community.

Our immediate attention is now focused on concrete actions that cannot wait any longer:

1. After three years of waiting, we cannot continue without functioning Access Committees in our health care institutions, to ensure that services are available in the English language.
2. We must have access to a wide variety of training programs in the English school system that will make it possible for young people to stay in the Townships.
3. We must have targeted programs that encourage employers and the Quebec Civil Service to hire English-speaking youth. Clearly, the effectiveness of the Secretariat will soon be placed to the test, with precious little time to waste.

While we are on the topic of important issues, there is another one that is very much within our responsibility, and that is how we are to mobilize our community to get out and vote in the upcoming election of our School Board Commissioners. In many of the regions of Quebec, the School Board is the last English institution left that the community has a direct hand in forming. Voter turnout will no doubt be the major criterion in determining what happens to the future of elected School Boards. Townshippers' and the Eastern Townships School Board are already in talks to get the largest number of candidates committed to running for office and to get the English population out to vote. It is up to us to exercise our constitutional rights.

In closing, you are invited to read about the programs and initiatives that your Association has put in place. Many of these projects are already being seen as models that can be used on a province-wide basis. In addition, we have, through partnerships, expanded our outreach and created new avenues to ensure that the mission of Townshippers' Association continues to guide us as a regional force working on behalf of the English-speaking community.

Gerald Cutting

HOLLY McMillan



Growing!

Townshippers' is excited to share the news that Holly McMillan, our Make Way for YOUth Migration Agent, is expecting her first child in June 2018! We look forward to meeting our newest Townshipper and we hope you will join us in wishing Holly a healthy and happy pregnancy!

EMILY Prangley Desormeaux



Changing!

Emily Prangley Desormeaux's role at Townshippers' is changing again! Her position as Cultural Events Coordinator was short-lived but is evolving for the better. As of April 1, 2018, Emily will become Townshippers' new Community Outreach Coordinator, working to engage and educate the community about the Association and its goals.

As Community Outreach Coordinator, Emily will act as a liaison with community partners in the employment, education, literacy and cultural sectors to further the Association's goals for community and volunteer education. In her new role, Emily will take part in the development of fundraising events and supporting partners in their own outreach initiatives. Last but not least, she'll be the point-person for the Townshippers' Day organizing committee. As with her last position, Emily will continue to serve the entire Eastern Townships but will now work out of both of Townshippers' offices in Sherbrooke and Lac-Brome.

"This new position will allow me to touch several new areas of the community that speak to me personally: arts and culture, as always, and now education, literacy, and employment. I was a teacher for a couple of years abroad and my partner is an elementary school teacher here. I'm so pleased with this opportunity to work more closely with education in general. I've been doing a side contract with the Yamaska Literacy Council since November and doing community outreach in Mansonville. It's such important work, and I'm thrilled to continue strengthening our relationship with Townshippers' literacy partners. My experience with employment is more limited, but there's a great team here at Townshippers' and we've got some wonderful community partners across the region, so I feel well supported in my growth. This mandate is huge, the territory is huge and I really feel like the sky's the limit."

JAYME Marrotte



Goodbyes!

The Rooted in the Townships Project has come to an end, which means it's time for us to say goodbye to our project coordinator Jayme Marrotte. While we will miss Jayme around the office, she'll still be working with the community through Phelps Helps.

Jayme, we wish you all the best in your future endeavors and thank you for being a part of Townshippers' team!

Congrats!

Townshippers' president Gerald Cutting is extending his work with the English-speaking community through the Quebec Community Groups Network. The association's president was recently welcomed to the board of directors for the English-speaking rights group providing another way to collaborate on behalf of our community. Congratulations, Mr. Cutting!

Drummondville English school looks for long- term solution to overcrowding

| Corrinna Pole

Drummondville Elementary School (DES) has a big problem – it’s growing! Much faster than its building can handle, and with no sign of slowing down, it needs a solution, fast!

DES first opened in 1999 when the Eastern Townships School Board (ETSB) took it over from the French Catholic school board who themselves had already outgrown the space.

“It was adequate when it opened with 65 students but not now,” says Michael Murray, the chair of the ETSB.

As the only English-language school in the city, DES has 239 students taking 15 classes, but it only has 14 physical classrooms to accommodate them all. A room is rented across the street in the church basement for the preschool. The gym is too small and provides the only access to the school’s washroom. There is no dedicated library or French classroom. No storage or office space. Not even a janitor’s closet.

It all adds up to an inadequate learning situation for the students and staff.

“We’ve been making do. As a school board and a school, we’ve done all we can do including diversifying existing space,” Murray explained. “We’ve repurposed rooms, students now eat lunches at their desks, and we’ve had to split the times for lunch and recess.

“The list of inadequacies is growing, but to their credit, the people working at the school – the staff, teachers, administrators – have a great

attitude about it and have been working hard to make sure our students are not feeling affected by the inadequacies they are dealing with. But how long can we keep ‘keeping on,’” Murray asked rhetorically. “When speech therapists are having one-on-one meetings in the hall or on the stairway because there are no rooms for private meetings, you can’t keep making do.”

The tiny school has grown slowly over the years. By 2012, it had nearly 200 students, and enrollments have continued to climb, with 250 students already registered for next year... and registrations are still open.

To alleviate the schools overcrowding, the ETSB passed a resolution in August 2017 to apply to the Ministry of Education to build a new school. Renovating the existing structure is not an option.

“We don’t have adequate space to add to it,” explained Murray. “The school is in an old residential neighbourhood with narrow streets, which is already causing traffic problems with the busses, even the staff has nowhere to park.”

Murray went on to explain that when the school was last expanded several years ago – a project that took three years to approve – trailers were set up on the school grounds as makeshift classrooms.

“The municipality has since passed a by-law preventing that so even that avenue is closed to us,” Murray said, noting that the local French school board has had three schools built in the last six years.

On February 27, the CBC reported on a Ministry of Education statement indicating DES “did not meet the requirements of the budgetary investment rules for school boards,” noting that school must “be four classrooms short of space – or have a waiting list of 125 students – before becoming eligible for a new building.”

A follow-up report from the CBC on March 1 noted that Quebec Education Minister Sébastien Proulx had promised more money for school renovations and expansions but there was still no word if any of it would be put towards to the Drummondville school.

By late March, the ETSB had still not yet received a formal response from the Ministry, but the board had received informal responses from



Photo: Eastern Townships School Board

The Drummondville Elementary School is growing too big for its current structure prompting the Eastern Townships School Board to appeal to the Ministry of Education for funds to build a new school. As seen in this photo from the ETSB, the current building site is limited and the surrounding residential neighbourhood has narrow streets leaving limited options for expanding the current school.

other provincial politicians.

“We’ve had Karine Vallières [Richmond MNA] tour our school and Minister Kathleen Weil [Minister responsible for Relations with English-speaking Quebecers] is aware of the dossier, but we’ve heard nothing from the minister of education or the ministry,” said Murray.

The school board also sent Minister Proulx a formal invitation to tour the school and see the overcrowding for himself. The Minister has yet to respond.

While the ETSB is stuck in limbo waiting to see what can be done, Murray is concerned about the long-term affect the inadequate conditions will have on the school, the board and the local community.

“Parents who wish to have children educated in English are being turned off because of the inadequacies,” said Murray. “Drummondville is growing, and people are coming from elsewhere in Canada and Quebec who have a right to educate their children in English. We have to be ready to accommodate them. It’s a disadvantage to them and it’s going to disadvantage Drummondville.”



The free legal information clinic operating from Townshippers' Sherbrooke office has come to an end for the 2017-2018 period.

This year's volunteer legal students, Laura Pronovost and Sasha Munizaga, have helped provide general information in response to all manner of legal questions for our community.

On February 14th, Laura and Sasha shared their experiences with other law students at the Université de Sherbrooke's (UdeS) Carrefour étudiant to help recruit future volunteers.

As Laura and Sasha head towards their exams, the team at Townshippers' wishes them all the best!



Photo: Cathy Turner

The clinic will return in autumn 2018 with a new volunteer and schedule. We'd like to acknowledge the invaluable contributions of Josée Chartier and Liliane Normand from the Law Faculty at the UdeS, who work very hard each year to find that "perfect" law student for our community.

The legal information clinic is a free confidential service offered to all English-speaking Townshippers.

During the school year (from September to November and January to April) clinic volunteers answer legal questions by phone, email, and in person by appointment, at Townshippers' Sherbrooke office. Please note that clinic volunteers can not provide legal advice; only information.

Tel: 819-566-2182

Toll-free: 1-877-566-2182

legalinfo@townshippers.org

Townshippers.org/LegalInfo.

Income tax clinic moved

In 2005, Townshippers' joined the Canada Revenue Agency's Community Volunteer Income Tax Program and began helping taxpayers with modest incomes and simple tax situations to file their basic returns. We served just 45 clients in our first year, and more than 300 people in the last tax season.

Now an established success, we've handed this busy annual income tax preparation clinic over to the very capable hands of Literacy in Action. The clinic will complement the volunteer-based organization's community activities such as one-on-one tutoring, game nights, workshops, and more.

Contact Literacy in Action at 819-346-7009 or visit lia-estrie.org.

**DEADLINE
MAY 18
2018**

Celebrate

the people building our

COMMUNITY

OUTSTANDING TOWNSHIPERS

For exceptional and/or lifetime contributions that make a healthier community for us all!

YOUNG TOWNSHIPS LEADERS AWARD

For youth, aged 15-35, who are changing their communities through their actions!

Townshippers.org/OT

Townshippers.org/YTLA

New tool for raising awareness on the subject of

BULLYING AMONG OLDER ADULTS



Photo: DIRA-Estrie

Volunteers of the *I stand up for myself!* project

Marie-Philippe Dubuc,
S.W., Project Manager

Bullying can affect anyone, regardless of age...

Among children and teenagers, bullying is widely publicized, and several awareness-building activities have been created in order to fight against this phenomenon in schools. On the contrary, bullying among older adults is seldom documented and often passed over in silence.

Bullying is a social issue that affects everyone. Regardless of the targeted person's age, bullying impacts human dignity and the sense of security of those who experience it. It also affects many other players; even the living environment can be affected by it.

I stand up for myself! - To make a difference and promote mutual respect

DIRA-Estrie, a support centre for victims of elder mistreatment, offers a new tool for raising awareness on the

subject of bullying among older adults: **I stand up for myself!** This activity is designed specifically for older adults, and another is tailored to families, friends, and staff members.

Through a video and discussion, this activity helps participants to recognize the different forms, and consequences of bullying and provide them with the tools needed to take action when faced with a bullying situation.

As a bullied adult, a witness, a bully, a family member, or a staff member, will you take the opportunity to learn how to stand up positively against bullying?

I stand up for myself! is the outcome of a two-year project, including an initial phase of intergenerational activities on the subject of bullying. The project has been made possible by the Government of Quebec (Québec ami des aînés).

Bullying refers to isolated or repeated negative behaviour.¹

This behaviour is based on a power relationship, and is displayed with the intent to harm one or more individuals.

3 COMMON TYPES OF BULLYING:

SOCIAL

Spreading rumours, causing public embarrassment, intentionally excluding someone, harming other's social reputation or relationships.

PHYSICAL

Intentionally shoving, hitting, kicking or pinching someone, taking or breaking another's belongings.

VERBAL

Degrading remarks, name calling, insults, intimidation, threatening to cause harm.

DIRA-Estrie
Centre d'aide aux aînés
victimes de maltraitance

(819) 346-0679 300 Du Conseil Street, Suite 337
www.dira-estrie.org Sherbrooke, QC, J1G 1J4

¹ Please note! Not all negative behaviour is bullying. Furthermore, cognitive impairment or mental health problems can lead to displaying negative behaviour, but this behaviour is not necessarily intentional. Interventions must be adapted to each situation.

UPDATE:

Youth employment pilot project is a hit at the halfway mark!

As 2018 begins, so does the second year and a new phase of the Youth Employment Pilot Project. Funded by the Secrétariat à la jeunesse du Québec, Townshippers' Association recruited a project coordinator - Katie Bibbs - to work with local youth employment centres in an effort to open up existing service providers to English-speaking youth.

The main goals of this two-year initiative are to first build the capacity of eight local CJEs to serve English-speaking clients, and then get more English-speakers to use their local CJEs.

What is a CJE?

CJEs, or carrefour jeunesse-emploi, are all over Quebec. They help young Quebecers, aged 16-35, reach their potential through services such as social integration programming, guidance counseling, subsidies for first jobs and helping youth to stay in school. They also fill the "employment service provider" role by posting jobs and writing resumes and cover letters.

How are we doing so far?

In year one, the focus was on building relationships with the seven CJEs in the Townships and helping them to identify what they need to effectively serve their English-speaking clients. From there, we were able to provide individualized support to each CJE depending on what they felt was an effective use of project resources.

As project coordinator, Katie acts as a liaison between the English-speaking community and the CJEs, and in the process helps various local organizations to connect with their CJEs to accomplish shared goals. For example, she introduced the CJE Memphrémagog to Phelps Helps, a local non-profit offering educational and career support in Stanstead. The two organizations are now working together to help youth in Stanstead gain access to employment services.

In addition to relationship-building, the project has been able to fund a huge amount of resource adaptation for the benefit of current and future CJE clients, and translation has covered a big part of it. With the help of professional translators, over a hundred documents and three websites have been translated so far.

Several PowerPoint presentations have also been adapted to allow workshops to be hosted for the first time in English. We've co-facilitated two workshops with the Richmond CJE at their local high school, and plans are in the works to help them this spring with another presentation at the Richmond & Region Community Learning Centre.

An example of how the project

PROJECT HIGHLIGHTS

8 CJEs have partnered with the project (the 8th, located in Cowansville and Granby, found out about the project and ask to join!)

2 CJEs are set up with English classes to help their teams develop their language skills.

3 public youth consultations involving **2** CJEs.

10 workshops by CJEs to community with the Project's assistance.

Over **130,000** words have been received for translation, including **3** websites (with **4** more expected, totaling **8** bilingual platforms) and **113** documents!

is making a difference is our relationship with the CJE du Granit in Lac-Mégantic. They so rarely get English speakers that they weren't too sure how they could benefit in the beginning. Almost a year later, they emailed us asking if we could translate some documents for one of their new clients, who is an English speaker. With our assistance, the CJE was able to help that person, who otherwise would have fallen through the cracks.

Although we thought that would be the only request we'd receive from them, a few weeks later we received another document, this time for a whole group of new-

Canadians who are set to arrive this spring. English is their second language, but their first official language spoken. The CJE thought that it would make their lives easier by translating a welcome package that can be used by anyone coming to them in the future. This project really shows that “if you build it they will come”: it is helping to open the eyes of those who work with youth, and hopefully, the youth themselves.

Two CJEs have also asked for help with their own language skills. As a result, we’ve been able to set them up with English classes for their teams through the Lennoxville Vocational Training Centre. This will be of particular benefit to Alexander Galt Regional High School students, as the CJEs receiving English classes both offer services at the school.

In year two of the project, we’ll focus on marketing the services of local CJEs to the community at large. While continuing to support the CJEs in their service delivery, there will also be a communications campaign that includes radio and print interviews, social media announcements, the design of bilingual materials that represent all the CJEs in the Estrie, and events with partner organizations to build awareness in the community.

If you have any questions or comments to share about this project, feel free to connect with Katie Bibbs at eliasion@townshippers.org; 819-566-5717.

YOUTH CONSULTATION: MY VOICE COUNTS!

In October 2017, the Réseau des carrefours jeunesse-emploi du Québec (RCJÉQ) ran a province-wide consultation – Ma Voix Compte! - to find out what issues concern today’s youth.

To share the perspectives of English-speaking youth in our region, Townshippers’ Youth Employment Project Coordinator Katie Bibbs organized consultations in Richmond, Lennoxville, and Stanstead. The

groups identified similar and unique challenges, highlighting how complex the range of issues are for youth across the province.

The desire to feel included and heard was expressed by everyone, as was the recognition of the importance of bilingualism. The focus group results were sent to RCJÉQ along with the voices of 5,000 other participants across Québec - Francophones, Anglophones, and Allophones from all walks of life; farmers, immigrants, professionals, parents, and students.

Below is a summary of the RCJÉQ’s consultation.

#MaVoixCompte

10 concrete proposals from youth

REMOVE obstacles that prevent a healthy work-life balance

ENSURE that everyone has access to sustainable transport systems that meet communities’ needs

ESTABLISH a dedicated place to address bullying

FACILITATE access to a variety of learning methods and facilities

GUARANTEE everyone the right to a life of dignity

IMPLEMENT cultural and sporting activities that are diverse and accessible for all

FOCUS on sustainable employment integration

PROVIDE education that prepares youth for adult life

TRANSFORM our production and consumption habits

ENCOURAGE diversity to improve social cohesion

KEY FIGURES

39 themes

Nearly 200 consultations

More than 2 months of discussions

Nearly 5,000 people consulted

Ma
Voix
Compte!

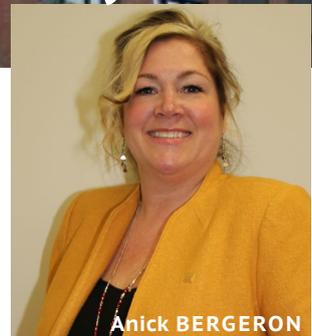
f t i
WWW.RCJEQ.ORG

An Initiative of
RCJÉQ
RÉSEAU DES CARREFOURS
JEUNESSE-EMPLOI DU QUÉBEC

LOCAL ROOTS, INTERNATIONAL REACH

Quebec-born CGI offers young talent the chance to grow their careers in Sherbrooke and beyond

As part of Townshippers' Association's Youth Employment Pilot Project, we are profiling businesses in the region that offer great opportunities to young English speakers. Katie Bibbs, project coordinator, sat down with CGI's Director of Consulting Services, Anick Bergeron, at their Sherbrooke office, to find out about how she found her career at CGI, and why young professionals should consider doing the same.



Anick BERGERON

Photo: CGI

Founded in 1976 out of then 26-year-old Serge Godin's basement, CGI is one of Quebec's, and Canada's, greatest entrepreneurial success stories. As a multinational corporation with 72,500 people in its ranks, CGI is one of the largest IT and business consulting services firms in the world. Working with clients across the globe, CGI's professionals are maximizing the technologies that transform business.

Opened in 2008, the Sherbrooke office employs just over 260 people and is still growing fast: as of print, they had 19 job posts on their website! So, what does this mean for young professionals today? It is good news. Especially if you're in the tech industry.

As the company has grown to

become Canada's largest IT services provider, the spirit of Godin's entrepreneurialism has been nurtured in the people who work for CGI. All employees have the option to become shareholders, making them part owners who share in the company's gains. Innovation is encouraged through open communication and collaboration across teams, offices, and countries. As Anick explains, "you build relationships with people from all over the world. If I need information, I have contacts, and those contacts have contacts."

That sense of connection is one of the reasons why she loves her job.

Anick grew up in the Townships, attending Alexander Galt Regional High School then

Champlain College Lennoxville. After attending the Université de Sherbrooke, Anick left the region for the job markets in Toronto, then Montreal. It was rewarding in many ways, but over time Anick missed her hometown and decided to move back. Through her manager at Montreal's CGI office, Anick learned her company had opened an office in Sherbrooke's downtown core. She jumped at the opportunity to interview for a position and move back while continuing to work at CGI.

While she originally moved away after school to pursue a career in her field, these days there are more large organizations like CGI taking root in the Townships, creating opportunities across many sectors.

“..the growth opportunities that you, historically found in the larger centres are now more available in Sherbrooke, because companies have grown in the regions.”

“All of the growth opportunities that you historically found in the larger centres are now more available in Sherbrooke, because companies have grown in the regions,” she explains.

CGI is contributing to a more vibrant city and region by providing people with opportunities to stay and have a rewarding globally focused career.

The option to stay in Sherbrooke while growing professionally is made possible because CGI offers support to everyone who wants to invest in their careers.

“You’re always learning. It’s never stagnant. Because it is a large organization, there is a ton of opportunity to be involved on projects across various industries,” Anick explains.

The company reimburses some training when employees pass certifications that relate to their position. In addition to the stimulation and challenging environment, “you’re never alone,” she exclaims, noting that the team dynamic is really strong.

CGI is a great company to work for, but what kind of person do they seek? As a global business, they value bilingualism (“the more languages the better!”), but that doesn’t mean you must be perfectly bilingual to work there. If you struggle with French, they offer language classes to help you improve.

“Our people have to be team-oriented,” said Anick. “Strong

interpersonal skills allow you to be successful in your role, [because] there is a great deal of teamwork at CGI.”

So what kind of roles are in demand in the IT field? CGI is currently looking for developers, solution architects, business analysts, quality assurance testers, project managers and service desk technicians.

“Everything is changing faster and faster, so you’ve really got to be flexible... Be open to opportunities and willing to make changes to your game plan, and adjust as necessary.”

For those graduating in the coming years, Katie asked Anick what skills are essential for the future.

“Nowadays, technology is available to everyone. You really need to be adaptable. Everything is changing faster and faster, so you’ve really got to be flexible and open to opportunities and willing to make changes to your game plan, and adjust as necessary.”

When asked if she had any advice for young English-speakers, Anick encouraged developing language skills as much as possible.

“I think today, we are now in an era where you’re not just working locally. Clients are global. You need to be bilingual. You need to be trilingual!” This isn’t to discourage youth who don’t speak French or English perfectly, but rather to inspire them.

“CGI invests in its people,” Anick says.

Just as French is important to bond with teammates, English is considered invaluable as well, because of CGI’s position in the market.

Anick’s final words of advice: “If at first you don’t succeed, you try again. Things are changing rapidly and people who can adjust and learn will succeed.”

CGI SHERBROOKE

- 260+ employees.
- Service offerings include high-end IT and business consulting, systems integration, outsourcing, intellectual property.
- Bilingual office environment & language training offered.
- Key employment opportunities: developers (various kinds), architects (Java, Sharepoint), project managers, business analysts, BI analysts, quality assurance testers, and service desk technicians.
- Key industries served: financial services, government, manufacturing, retail and consumer services, telecommunications, engineering.

Explore available jobs at cgi.com/careers

Unlock Your Future: Discover Opportunities in the Eastern Townships

Just Do-ET! The first event of its kind that encourages Eastern Townships School Board students to envision their futures in the Townships was a huge success

| Jayme Marrotte

The inaugural Unlock your Future: Discover Opportunities in the Eastern Townships (Do-ET) tour has come to a successful end for the 2017-2018 school year. Supported by Townshipers' Association with the involvement of local organizational, educational, and employment partners, the career and skills days connected nearly 700 students with customized information and resources to plan their futures.

Massey Vanier High Schools half-day event went off without a hitch on November 22nd, 2017, for the first leg



Students at Alexander Galt Regional High School meet with professionals to explore potential career options.
Photo : Downey Creative Photography



Steve CHARBONNEAU



Léo GAUDET



Shawn YOUNG



Amelia KINGSLEY

of the tour. Richmond Regional High School followed closely behind on December 6th, and the tour ended in a big way with a full-day event at Alexander Galt Regional High School on January 17th, 2018. Feedback from each event has been positive with motivation to have a similar event take place in future years!

Do-ET's project coordinator Jayme Marrotte had students thinking about their post-secondary path even before these events took place. In October, she created an online survey asking students about their career and workshop interests, their current plans for after high school, and how they plan to achieve their career goals. Based on their answers, students were provided with individualized schedules for the event that took their interests into consideration. Workshop facilitators and panelists were also invited based on survey results, which highlighted the overall



Photo: Downey Creative Photography

career aspirations and interests of the students at each school.

Each event was set up in a similar fashion. Students, staff, and invited guests gathered in the auditorium for an opening ceremony. A large part of the ceremony was dedicated to a keynote speaker who shared personal stories about their path from high school to finding a successful life and career in the Townships.

Steve Charbonneau, a retired professional football player from the Montreal Alouettes who returned to Cowansville and became the Executive Director of the Adaptive Sports Foundation, spoke at his alma mater Massey Vanier.

Léo Gaudet, a local dentist who has an exciting and unique background that led him to discover and then choose to adopt the Townships as his home later in life, was invited to Richmond Regional.

Two speakers were brought in for the full-day event at Galt. The morning featured Shawn Young, who spoke of his journey from Galt graduation to co-founder and CEO of successful local start-up Classcraft. The afternoon hosted Amelia Kingsley, a graduate from the class of 2000, who is now an osteopath working in two different clinics in the Townships and an active volunteer in her community.

After these insightful speeches, students followed their individual schedules to attend three different activities, which were divided into two Zones: the Networking Zone and the Skills Zone.

Resembling your typical career fair, employers, educational institutions, and community organizations set up kiosks in the Networking Zone. Held in



Students at Massey-Vanier High School explore the career and employment options at the networking booths.

Photo: Bernard Messier



Photo: Bernard Messier

Project coordinator Jayme Marrotte directs students at Massey-Vanier High School during the Do-ET day last November.

classrooms, the Skills Zone included career panels and workshops. Professionals from the Townships were invited to sit on career panels chosen based on student interest in the fields of medical and health, sports and recreation, education and social services, agriculture, law and public protection, arts and culture, and business. Workshops focused

on improving students' post-secondary skills were hosted by organizations including the school's local *carrefour jeunesse-emploi*, YES Montreal, Dale Carnegie Training, and CEDEC, as well as various professionals.

Workshops at the Do-ET event allowed for another Townshippers' project to get involved under its own mandate. Katie Bibbs, from the Youth Employment Pilot Project, helped the *Carrefour jeunesse-emploi* (CJEs) in Richmond and Sherbrooke facilitate nine workshops in English. Since this project is helping build the capacity of CJEs to serve in English and connect English-speaking youth to their local CJEs, the Do-ET events were the perfect time to introduce students to their local CJEs!

Following their schedule allowed students to receive stamps in their event passport. Completed passports were entered into a draw for a chance to win one of many prizes donated by our partners.

"The number of donations was overwhelming," stated Marrotte. "We received t-shirts, sweaters, water-bottles, USB keys, smoke detectors, gift cards, books,



Photo: Downey Creative Photography

Richmond Regional High School students during the Do-ET tour's opening ceremony last December.

and other great items!"

Owen Dubeau, a student at Galt, was the lucky winner of a pair of Montreal Canadiens hockey tickets, generously donated by Global Excel Management.

Now that the first Do-ET tour has come to an end, Townshippers' would like to once again thank everyone who participated and made it a success. From the high schools, their staff and students, to the community members, volunteers, local

businesses, and those traveling from as far as Montreal to provide workshops, this event was a success due to your commitment. We look forward to seeing you all again next year!

The Do-ET project has been made possible in part by the Government of Canada, as well as the ETSB, Cass Funeral Homes, CEDEC (Community Economic Development and Employability Corporation), Lennoxville Youth Center, Global Excel Management, and Townshippers' Foundation.

How to Negotiate as an Entrepreneur

| Rachel Morgenstern-Clarren

Being able to negotiate is the secret to success in business. Entrepreneurs need to be able to reach agreements with all kinds of different people: clients, employees, suppliers, vendors, members of the local community, etc. No matter who the other "negotiating party" is, the key to successful negotiations is valuing both parties' needs, listening with an open mind, and staying focused on mutually beneficial outcomes.

How to prepare

Beforehand, you'll want to find out everything you possibly can about the other party. Look at their LinkedIn profile and do a web search to get a sense of who they are, how their company is run, and what their key issues are. Research similar companies and deals to see what the market is like, and what your competition is up to as well. It's equally important to identify your own needs, costs, and break-even point, so you know when you're getting a good deal and when to walk away.

If this is the first time you're meeting the other party, be sure to educate yourself about any potential cultural differences. The best negotiators are firm while also being respectful. You don't want to accidentally derail negotiations because of an unintended insult!

At the negotiating table

Always keep the other party's "main motivators" in

mind, and ask questions during your negotiations to test your assumptions. Clarify early on that the other party has the power to make a binding commitment. Be confident, but not arrogant. Studies show that whoever makes the first offer usually gets what they want, so be sure to be the party that "sets the bar"!

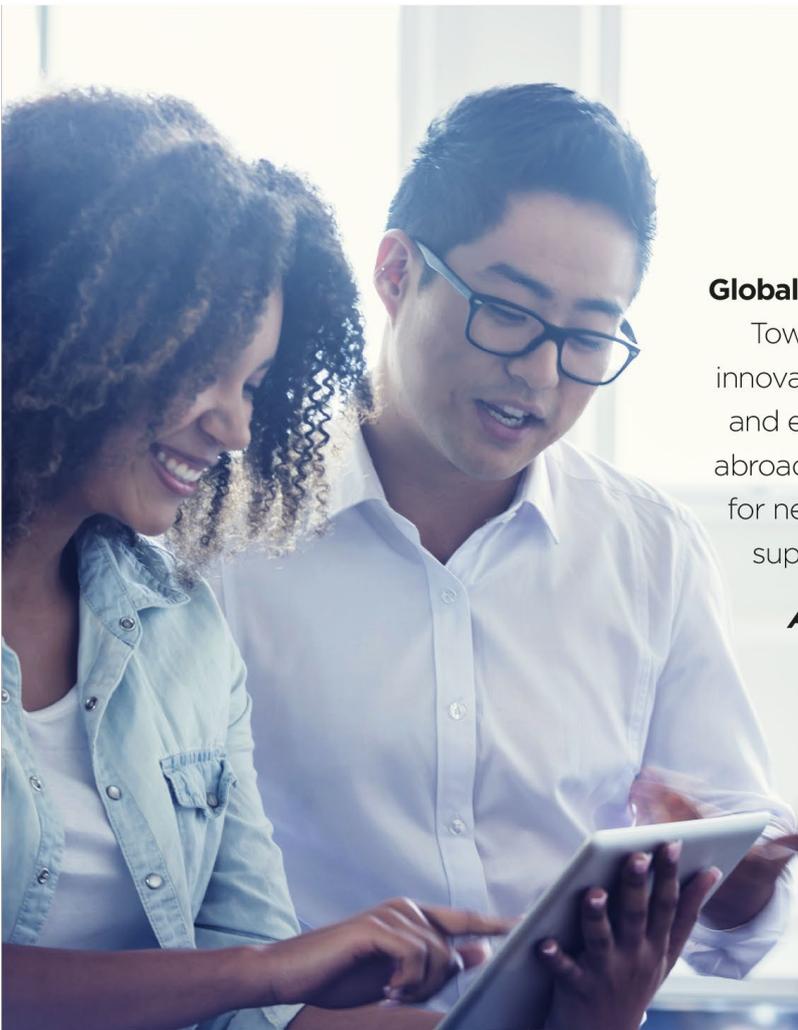
When it comes to your initial offer, be realistic, but always ask for more than you expect the other side to give you. This will allow you to later scale back your offer to a compromise you are both comfortable with. Make sure to include something you can "give away" without hurting your position – a bargaining chip, like getting a lower price for a later delivery date for instance. Prioritize your goals and don't get fixated on a particular outcome; you can never predict exactly how the conversation will go, and you want to be sure you have considered all the possible alternatives ahead of time.

If it's a short-term relationship, you can negotiate a bit harder. If it's a long-term relationship, however, then maintaining that connection is more important than getting everything you want in one particular situation. Strive for an outcome that's win-win for both of you. Then create a Letter of Intent or Term Sheet that outlines the terms and conditions of your business deal and can be used to prepare the final agreement.

Renegotiating

Negotiation is an art that takes time to perfect. Young entrepreneurs, in particular, are more likely to make mistakes or sign deals that are not as beneficial as they could be. Don't be afraid to take the initiative and come back to the drawing table later on to renegotiate a better deal for yourself.

Visit yesmontreal.ca or call 1-888-614-9788 for more information on our interactive online workshops, seminars, and business coaching services.



Growing with you.

Global Excel is an international company based in the Eastern Townships. The success, the growth and the capacity to innovate of our company are directly linked to the dedication and expertise of our 650 employees located both here and abroad. To support this growth, we are always on the lookout for new, talented people with a serious interest in delivering superior customer service to our 365 clients worldwide.

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globalexcel.com



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SHARE YOUR STORY! ENCOURAGE OTHERS! INSPIRE YOURSELF!

EXCEL IN THE ESTRIE!

ESSAY CHALLENGE

Townshippers' Association's Make Way for YOUTH project invites all high school seniors in the Eastern Townships English-speaking community to submit their entry to the Excel in the Estrie Essay challenge.



Make Way
for YOUTH
ESTRIE

PRIZES

Winning essays will be

PUBLISHED

+ authors could win up to

\$500

INSTRUCTIONS

To apply, submit either a video essay under three minutes in length, or a written essay of 500 words, in English, that focuses on both parts of the challenge:

- (1) identify any obstacles* [academic, social or personal] and their as solutions you experianced while in school;
- (2) share your future plans, tell us how you see yourself, five years from now, living and working in the Townships.

* If you don't have a personal experience to share, feel free to identify an obstacle you've noticed others struggling with and suggest a solution that may help.

DEADLINE

APRIL

20

Townshippers.org/Essay

mwfy@townshippers.org 819.566.5717 TOLL-FREE: 1.866.566.5717

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Coming this fall...

SCHOOL BOARD ELECTIONS

Education is everyone’s business, whether you have school-age children or not. English school boards are also one of the few jurisdictions in Quebec where people can play a part in the decision-making process. The Eastern Townships School Board (ETSB) is fortunate to enjoy a higher voter turnout than other boards. However, getting on the right voter list can sometimes be a challenge, and **it’s important to note that you are not automatically added to the school board you pay taxes to.**

Get ready to VOTE in the upcoming school board elections by making sure you are on the right school board voting list.

How do I find out what list I’m on?

Parents are registered in the school board in which their children attend school.

Adults without children are registered in the francophone school board, unless they ask to be registered in the anglophone school board.

Your voters list may change!

Graduates of English public high schools are automatically registered in the francophone school board;

Upon turning 18, you are automatically registered in the francophone school board.

For voter registration info, contact the Information Centre for **Quebec’s Director General of Elections** **1-888-ÉLECTION** (1-888-353-2846)

Where do I go to vote on election day?

You will get a notice in the mail from the school board that you are registered in telling you the day and the hours when your polling station is open.,

What if I get a notice from a school board I don’t want to be registered in?

You can contact the Information Centre for Quebec’s Director General of Elections at 1-888-ÉLECTION (1-888-353-2846) to ask to be registered in the school board of your choice.

ElectionsQuebec.qc.ca/english/school-board

A great place to find information, in English, about the electoral map, school boards in your region, how to make sure you are registered on the right list for election day, where to vote, training opportunities for new commissioners and more!

GET ON BOARD

Be a voice for Townships Students

The Eastern Townships English-language public schools are directed by publicly elected school boards. The board members – called Commissioners – play a key role in shaping our education system and making decisions that will shape young minds. It's a community effort, and you can help by becoming a voice for your local school.

Of course, you can't have an election without candidates and candidates are not always easy to find. While the ETSB has seats for 11 commissioners, only three wards held elections in 2014. With no other candidates running against them, eight commissioners and one chair ran unopposed and retained their seats.

A diverse school board is a good thing for education. Commissioners are parents and grandparents, young people and senior citizens, and community members from all walks of life. They represent their communities, share their perspective and ideas, and establish budgets and policy. Accept the challenge of running for the next school board commissioner or chair, it's vital work for our children's futures.

Considering running? [The next great school board member could be YOU!](#)

A GREAT commissioner or chair is someone who:

- wants to make a positive difference in the quality of services given to students;
- wants to raise awareness among educators about local Eastern Townships culture;
- has free time and a desire to give back to their community.

I'm ON BOARD! How can I become a candidate?

You may run in a school board election if you are registered on the voting list of the board you want to run for and, on election day, you have lived in that board's territory for at least six months. You don't need to own a property or pay school taxes to run as a candidate.

You may only run for one position on the Council of Commissioners of a school board: either the chair or a commissioner and you may only run in one school board, in one of its electoral divisions.

Is there paperwork?

Yes, but you can get a nomination paper from the returning officer of the school board you want to run in. This paper must include, among other things, your full name and signature. The form needs to be supported by the names and addresses of at least 10 electors from the selected electoral division.

If you are running for the office of chair, you will need the names and addresses of at least 50 electors from that school board's territory.

The returning officer will provide you with information about how and when to submit your completed nomination form.

I'M GOING TO RUN!

What are my next steps?

- Contact the returning officer of your school board
- Contact Élections Québec:

1-888-ELECTION

(1-888-353-2846)

ElectionsQuebec.qc.ca



Photo: Jon Tyson Unsplash



Photo: Pleins Rayons

PLEINS RAYONS

| Interview with About Townshippers,
| Maggie Severs & Emily Prangley Desormeaux

Pleins Rayons is a bilingual, social economy program for teenagers and young adults who have intellectual disabilities, are on the autistic spectrum or at-risk students at the high-school level. Based in Cowansville but serving the wider region, the goal is to engage participants and include them as active members of our communities, while training them to have practical, professional skills and earn a small salary. Maggie Severs and Emily Prangley Desormeaux recently interviewed Stephan Marcoux, the director general and director of operations of Pleins Rayons, and Tony Donavon, a Pleins Rayons participant, on About Townshippers, the Association's weekly radio show on CIDI 99.1FM (Tuesdays 10 am, Fridays 4 p.m.).

About Townshippers: Can you start by giving us a general overview of what Pleins Rayons does, and a brief history?

Pleins Rayons: So first of all, Pleins Rayons is a non-profit organization that helps individuals who are 21 years of age with an intellectual disability or on the autistic spectrum, and also students at risk at the high-school level. What we do is, we work on social-professional things, in a variety of ways. One of the main things we do is we take old bikes and turn them into new bikes, and we put them back into the community.

Your organization isn't very old, right? And yet you've grown tremendously and been recognized across Quebec.

In February 2018 we're starting our third year, so yeah, we're only two years old. And that's right, only ten months into the program we

developed, we were recognized the best non-profit in Quebec by the OPHQ, which is the Office des personnes handicapées du Quebec, and yeah we got a big recognition there. Right away we knew that this program was solid and that it was there to stay.

We were talking a bit before the show and you said there are some fairly new initiatives you've been developing and getting into.

You know the old ways of non-profit organizations is: raise funds and offer services. For us, the government is still not helping, which after two years it's kind of tough to see, but we have to deal with that and find funding in different forms.

The way we go about it is yeah, we do receive funding from private donors and the community, but... we also created six social economy projects that tailor and

develop skills of the individuals we serve and also help us raise a certain amount of funding to keep the show on the road.

What is a social economy project?

Social economy, in a sense, is a way for our individuals to get a little bit of money, and also through the services we offer, [Pleins Rayons] gets money. We offer services to the community at large, for example our main project is the bike shop. We have a real bike shop open and what is cool with Pleins Rayons is, we have several bike mechanics being formed and the top ones, that are ready, go into the shop and work on the bikes for the customers that bring their bikes. We charge [the customers], and [our individuals] make a little money. Most of them are on welfare/disability and they're allowed to make a certain amount of money without their welfare being cut. It's approximately \$100 a month, which is not very much. I'm advocating to have this raised, but it's not an easy task to take on the government... But that's what it is in a nutshell: It's a way for us to raise money but also for them to get money, and we're hoping to raise/create enough funding to soon be able to pay all of our individuals that walk through the door at Pleins Rayons.

It sounds like there's some great community involvement.

This is a project that was developed by people in the community, for people in the community, so it's important that, you know, everyone gets involved because it's everyone's project in a sense because there's a tremendous amount of individuals that benefit from it. When we look at the number of people who come to our program, we have fifty-six different individuals that come to our program on a weekly basis, for a total of 82 spots a week. So, it's a lot of people, we're only two staff to deal with all these individuals and try to continue to offer quality services. So, it's a big challenge but like I said it



Photo: Pleins Rayons



Photo: Pleins Rayons

belongs to the community and it's important for the community to continue supporting us and we have that going for us.

There's such a big need in the community for something like this to exist, and you're really the only people doing it. Especially on a bilingual platform, which is so beneficial for the English-speaking population.

I would even say the percentage of Anglo-Franco at our facility we serve is 60% Anglo and 40% Francophone. So, it's important to serve the English-speaking population when we look at the amount of services needed. It's important.

What about girls and boys, what's that ratio like?

It's funny, today I got into [the bike shop] and there are tons of colds going around so people are missing, and for the first time I looked around the shop and I said "Wow, it's 50-50", so it was 50% girls and 50% boys... We have, right now, six or seven girls in the program and it's cool, we like that. In the bike shop for the customers, last summer I had a girl and a boy running the shop. She was a great mechanic, but she was also the welcoming committee and she's autistic, which is fantastic to see her social skills. She was doing all the money handling, and things like that. You know, it's powerful to see. We give them a chance to belong and also to shine and to see that they're worth something.

How can people donate and help make a difference?

People can go on our website, we have a variety of ways. We have a GoFundMe campaign still going

right now so people can donate that way. On our website, pleinsrayons.ca, it explains how to donate to us. Any help would be fantastic. We've been very challenged; just a month ago we were almost giving our two-week notice for the program. We worked hard, certain individuals [from the board and the community] have helped us and we all worked together to raise enough money to keep the show on the road for a little while, but we still do need help greatly. We actually just recently had to let a staff member go due to lack of funding, so Myriam and I are both left doing two jobs.

What are your hopes for the future of Pleins Rayons?

My hope for the future obviously is to be recognized by the government. That's a huge one for me. We do touch so many lives and make such a difference in our area that we do need this recognition and the funding, but we also need people out there who are capable and are feeling touched by this to donate to us, we really do need the help. The only idea that comes to my mind when I think about the money is, I'd get more staff. The more staff I have the better help my participants will get. There would be a smaller ratio of participants to staff, and with that they will get more attention and I can focus on the continuation because we have six projects, I run all these projects. I need people to help me run these projects, but I need funding to make it happen.

[Townshippers' Foundation also collects donations on behalf of Pleins Rayons. Donate online at TownshippersFoundation.ca and select "Pleins Rayons" under Fund.]

Tasty Traditions:

A Nourishing Intergenerational Cooking Project

| Maggie Severs

Tasty Traditions is an intergenerational cooking project that is bringing free, hands-on cooking classes to English schools in the Eastern Townships. Made possible through a partnership between Townshippers' Association and Avante Women's Centre, this annual project pairs volunteering local seniors with grades 5/6 classes at three Eastern Townships School Board (ESTB) schools. Tasty Traditions, which has been running in various forms for the last several years, aims to benefit both seniors and youth within the English-speaking communities of Brome-Missisquoi and Haute-Yamaska.

The seniors in our communities are a wealth of knowledge, and they have many years' worth of skills and expertise to share. The senior volunteers, often gathered with the help of local CABs (Centre d'Action Bénévole), are empowered through their mentorship role in guiding and leading the students in cooking and baking techniques.

"We graduated from [Parkview Elementary] almost 50 years ago! It's very fun to be back in the school and see the changes," said two volunteers who participated in the Parkview Elementary cooking classes.

The women called their Tasty Traditions experience "very rewarding" and added, "what's a couple of hours in the morning once a week when you're retired, and you're able to help children with a project like this?"

A typical session lasts two hours and usually includes two recipes. While one dish is cooking in the oven, the group cleans up quickly and prepares to make the next dish. The seniors play a vital role in guiding the group of three to five students they are working with, reading the recipe together, checking for understanding, and guiding the

kids on techniques and rules of thumb. A very important rule that is practiced frequently is knife skills: the dangers of a dull knife, differentiating between slicing and dicing, choosing the right knife for the job, and especially how to keep fingers out of harm's way! Less hazardous but equally important are skills related to measuring carefully, understanding abbreviations (tsp and TBSP), adjusting to taste, how to use the oven and burners, and other kitchen tips.

While the intergenerational exchange is at the heart of this initiative, Tasty Traditions also encourages kids to find passion in the kitchen and strengthens their health and food literacy. The students who participate become more confident, develop a new skill set, and increase their knowledge about healthy eating and home-cooked meals. Getting kids involved in the kitchen is empowering and builds agency. They take ownership of their recipes, gain the confidence to adjust them based on their own tastes, what's in the fridge or what's on sale that day, and really take an active role in preparing their own food. While some students are hesitant to try new things, most are keen, enthusiastic, and ready to learn.

"My favorite ones were pancakes and Vietnamese rolls," a Parkview Elementary student wrote in a colourful, oversized thank you card signed by the whole class. "I loved it! It was awesome!"

If you're interested in volunteering with Tasty Traditions, please contact Townshippers' Lac-Brome office at 450-242-4421 or email msevers@townshippers.org.

Tasty Traditions is a CHSSN initiative funded by Health Canada through the Roadmap for Official Languages 2013-18: Education, Immigration, Official Languages.

GET TO KNOW...

your CLC Community Development Agent!

Within the Eastern Townships School Board, "Community Development Agents" are working to promote school-community partnerships through local Community Learning Centres (CLC). Here's a look at who they are, where they work, and what they have been working on.



Siu-Min Jim

CDA Richmond, Danville & Drummondville Regions CLC
Richmond Regional High & St. Francis elementary schools

So much has happened since I came to [Richmond Regional] as its first CLC Coordinator in 2011. We went from a single-site CLC school to an extended CLC encompassing our feeder elementary schools and with it a dedicated CDA (Julie) to work alongside. It seems like so much happens when you blink an eye (or come back from a year of maternity leave)!

Two of our most popular programs, Parent-Child Mother Goose rhyme time for babies and toddlers and Movie Mania Fridays (community movie nights) are still going strong with sessions planned into the spring. Coming up in May, there will be a student photography exhibition and sale in support of a charitable cause. This will take place during RRHS' annual Night of The Arts, where we hope many of you will come admire the multi-faceted talents of our students!

Follow us: [Facebook.com/RichmondRegionCLC](https://www.facebook.com/RichmondRegionCLC)
Call us: 819-826-3702 ext: 24026



Pervana Mladenof

CDA Memphremagog CLC
Princess Elizabeth Elementary School

Pervana has been the CDA at this phase-two community learning centre for nine years.

"This has been the best time of my life" is just one of the comments received from students when they attend extracurricular Horseback Riding with partner Parkside Ranch to promote physical fitness, student engagement, and health and well-being.

[In the] Book Worms Program, volunteers read with our students one-on-one to improve reading and comprehension skills, all the while creating meaningful relationships.

In partnership with Literacy in Action and the Seniors Academy for Life Long Learning, the volunteer-driven Adult Evening Classes skills exchange program is in its 11th year continuing to offer up to 20 classes in the spring and fall. The spring session is coming soon, and many other exciting programs are offered here at MCLC! Get in touch with us to find out more!

Follow us: [magogclc.ca](https://www.magogclc.ca)
Call us: 819-238-1285



Holly Bailey

CDA Bedford & Farnham CLC
Butler & Farnham elementary schools

I'm Holly Bailey, the latest edition to the CLC network here at the ETSB. Our extended model CLC is located in Bedford and Farnham and based out of the Butler and Farnham elementary schools.

Since our CLC launched in April 2016, we've been working away at connecting with our communities, creating partnerships and providing our students and families with opportunities to share, have fun, and learn.

Supporting literacy is one of our CLC's priorities and we are so proud and pleased to have launched a regional project to address our early literacy needs for young families here in Brome Missisquoi – namely, the Parent-Child Mother Goose program. We partnered up with local groups like the CAL of Brome-Missisquoi, Avante, and the Yamaska Literacy Council, to name a few, in order to train instructors and provide free programming to our English-speaking families. We are currently offering a 10-week Mother Goose program at Butler and spots are still available...so get in touch! "Get to know us...join us!"

Email: baileyh@etsb.qc.ca



Julie Corriveau Wilson

CDA Richmond, Danville & Drummondville Regions CLC
Asbestos-Danville-Shipton & Drummondville elementary schools

Three years have flown by since I joined the ETSB's CLC family. I am proud to have the privilege to support community connections within the schools I work with.

Our most recent program offered at ADS [Asbestos-Danville-Shipton] Elementary School is the very successful Books to Belly. This program, developed by Literacy in Action in collaboration with ADS CLC, invites families to come together to enjoy a series of eight thematic reading and cooking workshops.

Until the end of March, Drummondville Elementary School is participating in a province-wide Battery Recycling contest. If we were to win this contest, our school would receive a bursary to be invested in student activities. We hope that you can collect and send us used batteries to support our environmental efforts! Starting in March, DES will also be offering evening English as a second language courses.

Follow us: [Facebook.com/ADSCLC](https://www.facebook.com/ADSCLC)
[Facebook.com/DrummondvilleCLC](https://www.facebook.com/DrummondvilleCLC)
Call us: 819-437-4126



Kim Fessenden

CDA Eaton Valley CLC
Pope Memorial & Sawyerville elementary schools

It's hard to believe that I'm already in my fifth year as CDA for the Eaton Valley CLC. When I started this job, they told me that it would be "messy": a tangle of activities, partners, participants, opportunities, deadlines and learning experiences. They were right, but what a great mess it is!

One of the fun programs that we host at our schools is called Book Bag Buddies. Children from local home daycares visit school to find out what it's like to be a real student. The 0-4-year olds are partnered with grade 4 students who read and play with them, under the supervision of our dedicated volunteers and daycare educators. At the end of the visit, the little buddies can borrow a book bag containing books, puzzles, and crafts to take home.

Our Health Link program [with Townshippers'] offering information about health and well-being to English-speakers of the Haut-Saint-François, started up again on March 21st. Keep an eye out for dates and session topics in the coming weeks.

Follow us: [Facebook.com/EatonValleyCLC](https://www.facebook.com/EatonValleyCLC)
Call us: 819-872-3771 ext: 11456



NEW: Sunnyside Elementary School in Stanstead gets its own CLC with CDA Clea Corman!

A lifelong Townshipper, Clea holds a BA in Clinical Psychology and a Master's Certificate in Business Management from Bishop's University. She's a familiar face around Stanstead through her work at Phelps Helps and the local youth centre, Le Lounge.

"I look forward to working with the Stanstead population through the CLC's innovative and dynamic approach, making Sunnyside a hub within the community," says Clea.

The contact information for this CLC is being developed, but in the meantime you can get in touch by calling Sunnyside at 819-876-2469



Photo: Champlain Regional College, Lennoxville

SERVICE AUX ENTREPRISES
FORMATION CONTINUE
Champlain
COLLEGE LENNOXVILLE
BUSINESS SERVICES
CONTINUING EDUCATION

In the late 1970's, Champlain Regional College, Lennoxville campus Continuing Education Services started offering courses to the public. The academic institution began to face the reality that adults who truly desire to better themselves often dive into new learning situations with energy and determination. It had become apparent that an adult who returns to school does not come back to waste their time. Collegial studies programs, full- or part-time, were offered to anyone who reached their 18th birthday and had been out of school for at least one year. Some of the credited courses offered in the fall of 1978 were Improve your French, Administrative Techniques, Library Techniques and New Dimensions, which gave women in the region the opportunity to accept an intellectual challenge and rediscover themselves in preparation for employment or for personal development.

As the years continued, the course choices evolved with the times. In the fall of 1979, credited course included Disco Dancing and Scuba Diving with many other choices such as Farm Buildings and Other Structures, Microeconomics, etc. Non-credit courses offerings included a homeowner's course in energy conservation, oriental (vegetarian) cooking, the art of photography and many more. Champlain's Continuing Education services even assisted in the planning and/or financing of babysitting services; arrangements could be

made according to the needs of the group. The registration cost was then just \$10.00 and students were required to purchase their own books.

It's been many years now that we have been providing quality training tailored to the needs of the Townships workforce. In addition to our courses, the College now offers many services to individuals and businesses.

Just as individuals must change to keep up-to-date, so must our services. Many of the course listings you will find are specific responses to past requests from the community we serve, and we encourage you to make suggestions for new offerings you would like to see.

We are currently working on adding new programs for 2018. Continuing Education's website - conted.crc-lennox.qc.ca - is regularly updated. Keep an eye open; we could have some courses for you!

Programs and courses are all under one roof; the Lennoxville campus is our home now!

Here are examples of our current courses: AEC (Attestation d'études Collégiales)/ RAC (Recognition of Acquired Competencies).

-Early Childhood Education AEC and RAC (English only)

-Transportation Logistics:

Dispatcher AEC (English only)

-Photoshop Workshops, 30 hours (non-credited)

-Pottery, non-credited

The Early Childhood Education

AEC program is primarily directed at those who are already working or have worked in a childcare setting and would like to obtain their certification, or those who express a desire to work with children of this age group. An early childhood educator is one of the most in-demand professions in the province according to Emploi-Québec, and it carries a 'favourable' rating (their highest rating) for prospective employment throughout Québec.

The Transportation Logistics: Dispatch program is designed for students interested in pursuing a rich and dynamic career in transportation management. The goal of this program is to provide individuals with opportunities to broaden their skills and enhance career advancement opportunities in one of the major sectors of economic activity in Quebec. This program will train highly qualified technicians who are versatile, disciplined, very knowledgeable in the workplace and capable of resolving problems within the road transportation industry. The employment prospects for program graduates would include: dispatcher, scheduler, crew scheduler and, transportation route scheduler.

All students who are interested in following a credited course at the continuing education level are required to have a Quebec diploma of Secondary Studies or have received instruction deemed sufficient by the College, be 18 years old or older and have been out of school for a year.

If you are interested in starting or changing a career, or a distraction from your daily routine, have a look at our website to see what is available to you or contact us for more information. We look forward to hearing from you!

Visit conted.crc-lennox.qc.ca or call us at 819-564-3666 extension 132 or extension 113.



Camp

for people living with ID and/or ASD

Registration begins October 2nd 2017

Summer Camp 2018



- | | |
|-----------|---|
| C1 | June 22 - 25, 2018 (3 nights)
<i>Regular rate \$411 / Reduced rate \$336</i> |
| C2 | June 25 - July 5, 2018 (10 nights)
<i>Regular rate \$1370 / Reduced rate \$1120</i> |
| C3 | July 5 - 9, 2018 (4 nights)
<i>Regular rate \$548 / Reduced rate \$448</i> |
| C4 | July 9 - 19, 2018 (10 nights)
<i>Regular rate \$1370 / Reduced rate \$1120</i> |
| C5 | July 19 - 23, 2018 (4 nights)
<i>Regular rate \$548 / Reduced rate \$448</i> |
| C6 | July 23 - August 2, 2018 (10 nights)
<i>Regular rate \$1370 / Reduced rate \$1120</i> |
| C7 | August 2 - 6, 2018 (4 nights)
<i>Regular rate \$548 / Reduced rate \$448</i> |
| C8 | August 6 - 16, 2018 (10 nights)
<i>Regular rate \$1370 / Reduced rate \$1120</i> |
| C9 | August 16 - 18, 2018 (2 nights)
<i>Regular rate \$274 / Reduced rate \$224</i> |

Administration fees : \$55 (once a year),
Transport from Quartier Dix30 (as needed) : \$65,
Additional fees : \$71/night (1/1 ratio); \$41/night (1/2 ratio).
(Additional fees are only applicable to campers needing 1/1 and 1/2 ratio)

Our Mission

Established in 1969 by a citizen's group dedicated to the cause, Camp Garagona welcomes clients living with an intellectual disability and/or an autism spectrum disorder, year round at our beautiful site in Frelighsburg.

Camp Garagona is a community-based organisation and charity which runs a residential camp and a full range of social and recreational services, in English and French, with an emphasis on outdoor, artistic and creative activities.

Camp Garagona
23, chemin Garagona
Frelighsburg (Québec) J0J 1C0

Phone : 450 - 298 - 5159 (Ask for Erica)
Fax : 450 - 298 - 5554

Email : info@campgaragona.qc.ca
www.campgaragona.qc.ca
Registered charity number : 13453 7802 RR0001





Information about Summer Camp 2018

