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Townshippers WNSHIPPERS

As a community publication, Townshippers welcomes contributions from the community. 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 in your contact info. Businesses, individuals, and organizations are also invited to request a copy of our advertising rates.

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Contents

—

3

Association News

11

Community and Culture

13

Education and Employment

18

Health and Social Services

39

Youth

41

Excel in the Estrie

45

Awards

Message from the Executive Director

by Rachel Hunting

As the hot summer weather gives way to cooler temperatures and changing leaves, I'd like to take this opportunity to highlight some of the representation and advocacy work that your Townshippers' Association has been up to since our magazine was last published in March, as well as some of the results of that important aspect of our mandate.

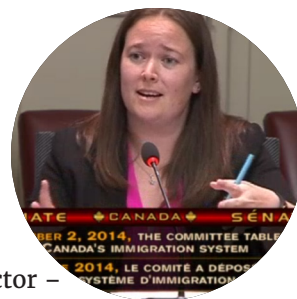
Following a series of pan-provincial engagement sessions and dozens of town hall meetings held by the Minister responsible for Relations with English-speaking Quebecers, Kathleen Weil, your Executive Director and President met with Minister Weil in early May, here at our Sherbrooke office, to discuss the specific needs and priorities of folks in the Eastern Townships.

Those watching the nightly news this spring may recall seeing Mr. Cutting and a representative from the Centre Intégré Universitaire de Santé et Services Sociaux de l'Estrie – Centre Hospitalier Universitaire de Sherbrooke (CIUSSSE-CHUS) participate in a press conference to announce the funding of a new pilot project in the Estrie (run by TA), which is focused on French-second language skills and our health and social services sector (read on for an update on that project from its coordinator, Jocelyn Grubb!). Townshippers' Association will receive just under \$150,000 to complete this pilot over the next 18 months, while colleagues at Dialogue McGill will benefit from a similar amount of funding to conduct

research on the employment needs of English speakers in the health and social services sector – particularly recent graduates and young professionals.

Just prior to our Annual General Meeting this past June (thank you to all those who came out to Johnville to celebrate another year with us!), I was invited to address the Standing Senate Committee discussing modernizing the Official Languages Act for a second time in as many years regarding the needs, realities, and priorities of English speakers in the Eastern Townships and how Canada's Official Languages Act impacts our lives.

Nominated by the Community Health and Social Services Network (CHSSN) as one of two representatives on a joint selection committee (with representatives named from the Quebec Community Groups Network and the community-at-large), I participated in the selection process for the newly established Provincial Committee for the Provision of Health and Social Services in the English Language that resulted in the appointment of 11 committed community leaders by Health Minister Gaétan Barrette. An updated regulation conferring responsibility on the QCGN and the CHSSN for recruiting and proposing committee members to the Minister of Health has helped to ensure that members of the provincial access committee are more representative of Quebec's English-speaking community. This new procedure resulted in a strong committee, made up of English-speaking Quebecers who will be able to advocate forcefully in favour of



the real and pressing need for English-speaking Quebecers to have proper access to health and social services in our own language. Townshippers' Association felt privileged to be a part of this important process.

Still with me?! It can be hard to see the light at the end of the tunnel when you are in the midst of driving up and down autoroute 10 or 20 and feel like you've been telling the same story multiple times to many people and you're just not sure what the outcomes will be. If you keep going, however, the rewards can have a significant and powerful impact on our most vulnerable community members. A six-year, \$24.5 million commitment was passed in the 2018 provincial budget, and over half of those funds have already been allocated to programs and projects supporting the vitality of Quebec's English speakers over the next three years. Canada's department of Canadian Heritage has increased the core funding of its currently funded organizations by 20%, and included a brand-new envelope of over five million dollars dedicated to our communities, regions, and most vulnerable populations in the new Action Plan for Canada's Official Languages. Representing our community effectively and advocating on its behalf with passion and a solid knowledge base is hard work, but it is rewarding when we see those efforts start to pay off in policy adjustments, funding increases, and the acknowledgement on the part of government that English-speaking Quebecers are part of the solution to supporting community vitality, and that we have significant and necessary contributions to make to these important processes.

Thank you for continuing to support Townshippers' Association so that we may continue to support you and the Townships communities that are dear to you! •

Rachel Hunting

CALENDAR OF EVENTS

OCTOBER

- 26 Musique Chez Nous Concert @ 8 pm
- 21 Allyna Harris Exhibition Éphémères Vernissage @ 11 am
- 31 Colour Café Cookshire (JHPCC) @ 2 pm

NOVEMBER

- 2 Colour Café Bury @ 11 am
- 2 Food for Thought @ 12 pm
- 8 Alzheimer's & Dementia Workshop for Caregivers @ 1:30 pm
- 10 Empty Bowls Project @ 11:30 am
- 10-11 Bromont Christmas Market
- 14 Colour Café Cookshire (LPWC) @ 2 pm
- 14 Food for Thought @ 12 pm
- 21 Health Link Session @ 11:30 am
- 28 Colour Café Cookshire (JHPCC) @ 2 pm
- 29 BU Singers Christmas Concert @ 8 pm

DECEMBER

- 7 Food for Thought @ 12 pm
- 8-9 Ayer's Cliff Christmas Village
- 8, 15 BU Christmas Carol Service @ 7:30 pm
- 12 Colour Café Cookshire (LPWC) @ 2 pm
- 14 Colour Café Bury @ 11 am
- 19 Marguerite Knapp Building Open House @ 5 pm

JANUARY

- 9 Colour Café Cookshire (LPWC) @ 2 pm
- 11 Colour Café Bury @ 11 am
- 18, 25 Musique Chez Nous Concerts @ 8 pm
- 22-26 BU Arts Festival
- 30 Colour Café Cookshire (JHPCC) @ 2 pm

FEBRUARY

- 1 Colour Café Bury @ 11 am
- 13 Colour Café Cookshire (LPWC) @ 2 pm
- 22 Musique Chez Nous Concert @ 8 pm
- 27 Colour Café Cookshire (JHPCC) @ 2 pm

MARCH

- 1 Colour Café Bury @ 11 am
- 6 Colour Café Cookshire (LPWC) @ 2 pm
- 17 St. Mark's Chapel Organ Concert @ 3 pm
- 20 Health Link Session @ 11:30 am
- 22 Musique Chez Nous Concert @ 8 pm
- 27 Colour Café Cookshire (JHPCC) @ 2 pm
- 29-30 BU Singers Concert

Find the details for these events and more on our Facebook page and the Community Calendar on our website!

President's Message

by Gerald Cutting



Autumn is now upon us and the atmosphere is charged with a sense of urgency and intensity: crops must be harvested, buildings must be winterized and the schools are back in operation. To add to the excitement this year there was also a provincial election and the return of Townshippers' Day in a new format and with a new name: "Festival Townshippers' Festival".

On the political side, this election had a distinctly new twist. The main contenders for power were not facing off as to what is best for Quebec in terms of federalism or separation, but instead were focused on themes that the English-speaking population could easily identify with: access to health care, education, and employment opportunities for youth. In terms of major events, for the first time ever in Quebec a televised English-language debate took place. This was a clear signal that we can be more than that "inconvenient minority" and a respected part of Quebec society.

With a new government in place, Townshippers' Association will be moving quickly to establish a working relationship with the newly elected members of the CAQ caucus from the Townships. From the start, we shall convey the message that we are deeply concerned about the future of our English Language School Boards and the continuation of the Secretariat for English Affairs. As a minority, we must have the necessary input in the decision-making process if we want to be able to control our own destiny.

The Townshippers' Festival, which was held on September 29th at Richmond Regional School in Richmond, turned out to be a great success. After a year-long process of intense soul searching and negotiations, Townshippers' Association, the Eastern Townships School Board and the Integrated Board for Health and Social Services (CIUSSS de l'Estrie-CHUS) came to an arrangement for a new format, combining the best of T-Day with some fresh new ideas. To everyone's delight, this re-imagining of our annual day of celebration did indeed have wide-ranging appeal with a turnout that brought in close to 2000 visitors from across the Townships. To celebrate the occasion, the Honourable Mélanie Joly, Minister for Tourism, Official Languages and La Francophonie, was on hand to deliver the opening address.

In closing, I am sure you will be absolutely amazed with the number and variety of projects and activities that Townshippers' Association has undertaken on behalf of the English-speaking population. We are indeed a proud and vital part of Quebec society thanks to the dedication and hard work of our staff and volunteers. Together we do indeed make a positive difference on behalf of our community. •

Gerald Cutting

Townshippers' Festival Recap

Another fall celebration is in the books and we are all feeling the afterglow of a well-attended and successful event. If you were there, you were part of an enthusiastic audience of close to 2,000 who enjoyed activities, performances, and exhibitors in celebration of our region's English-speaking community.

Over 200 participants and volunteers helped the day run smoothly. The Eastern Townships School Board and Richmond Regional High School were gracious hosts, and the weather cooperated with brilliant sunshine all afternoon!

Many thanks to everyone who helped make the 38th edition of our cherished fall event such a success, including the public, artists, organizers, volunteers, and staff members. We'd also like to thank our organizing partners, the Eastern Townships School Board and the CIUSSS de l'Estrie-CHUS, as well as the following sponsors: Canadian Heritage, CBC, The Sherbrooke Record, Cass, CJMQ 88.9 FM (The Qube), Global Excel Management, Ville de Richmond, Canton de Melbourne, BRP, The Honourable Marie-Claude Bibeau, MP for Compton-Stanstead and Minister of International Development, The Stanstead Journal and Raymond Chabot Grant Thornton.

We invite you to discover new surprises next year at Townshippers' Festival 2019! Check back with us at Townshippers.org/tfest to see what is in store for next year's event at Massey-Vanier High School in Cowansville, September 2019. •



Additions to the Team

This year, we've had the pleasure of welcoming six new team members to Townshippers', including summer interns! We hope you'll have the opportunity to meet and work with our new additions! First off, we'd like to introduce you to our summer interns, who, although they are no longer at the office, were wonderful to have for the summer and continue to be involved in the Townships communities.

KENDRA PARNELL
FALL FESTIVAL COORDINATION ASSISTANT

Hello, my name is Kendra Parnell. I was the Festival Coordination Assistant for Townshippers' Association this summer. I assisted with the newly named Townshippers Festival, which took place on Saturday, September 29.

I am from the small town of Sawyerville, and I have great appreciation for the beautiful Eastern Townships. I am a graduate of Champlain College Lennoxville in Liberal Arts, and I am currently in my second year at Bishop's University in Educational Studies. I would like to become an elementary school teacher after I complete the four-year program. I have several interests, which include art, writing, and music; singing is one of my favorite things to do.

This past February, I wrote and directed my first script about the original settlers of the southern Eastern Townships. It was used as a fundraiser for the Eaton Corner Museum and it was a success! I really enjoyed the experience and I would like to continue writing in my spare time.

I also have a great passion for agriculture, specifically the beef industry. My family owns a growing Hereford herd, along with 30 head of commercial cattle. As a result of this passion, I am a strong advocate for 4-H and I am currently president of my local 4-H club. In the future, I would like to take my creative interests and integrate them into my teaching career. I would also like to participate in my family's tradition of working in agriculture throughout my life. I have enjoyed my internship with Townshippers' Association and I am happy that the Townshippers Festival was a great success!

During the summer of 2018, I worked as the Promotional Assistant at Townshippers' Association. I was born and raised in the area, and I have always had a spark of passion for writing. Working for Townshippers' this summer gave me the opportunity to not only do some writing, but also to do some interviewing, website management, public relations, and more. It's hard to imagine finding a better work experience, seeing as I'm studying in the arts, literature, and communications program at Champlain this fall.

The people I had the pleasure of working with at Townshippers' were some of the nicest, most down-to-earth people I've met in a long time. Cathy, our saint of a secretary, even helped me to edit my chaotic writing. Our IT man, Corey, helped me more than once with website mishaps; I would have been lost without him. Between Townshippers' and a retail job, I feel I've gained a great deal more experience here, taking part in all sorts of endeavours.

For a summer student, just finding a job can be a nightmare, but finding one that is relevant to your ambitions? That's even more difficult. I think it's fair to say I found a real gem. My summer was amazing and I want to say a personal thank you to everyone who helped me - in all my awkwardness!

AIDEN WILSON
PROMOTIONAL ASSISTANT

Our Communications Team has two fresh faces this year, who are behind all of our content and communications you receive. Corey manages our website and social media and is our go-to guy for IT problems. Aggie started with us as a summer intern in communications and is staying on part-time this year to continue working with the team!

AGGIE VEALE
COMMUNICATIONS ASSISTANT

I started at Townshippers' in June this year as a summer intern, and now I'm here part-time to continue managing communications for the Association. I help manage the social media networks, emails, newsletters, magazine, graphic design work, and pretty much anything that gets published or posted!

I'm from Ottawa and came to the Townships four years ago to attend Bishop's, where I graduated in Arts Management and am currently finishing up my double honours in History and Studio Arts. I love the Townships, and working for Townshippers' has given me an even greater appreciation for the people and the area. Although my job is spent mostly in front of a screen, I'd choose an off-the-grid, no-cell-service, camping, hiking, or backpacking trip any day.

I've spent the last few years working in communications and/or arts-related jobs, ranging from the Bishop's Students' Council to exhibition curation in Dublin. I like to stay busy and so I freelance as a photographer and graphic designer, act as the Artistic Director of the annual Arts Festival at the University, and edit the annual History Review of student papers, so if you don't meet me at the TA office, chances are you'll see me around the area doing something else!



• *communications* •



COREY CUTTING
WEB AND SOCIAL MEDIA COORDINATOR

Corey is the go-to man for everything that runs on power. From developing and updating websites to fixing and equipping computers, he's been working on contract with Townshippers' Association for 5 years now. This year, he has also come on board as a part-time staff member.

As a lifelong Townshipper, Corey had connections with many non-profits - including the Lennoxville Youth Center - as a child. Now, as an adult, he has had the opportunity to manage many of the current websites for these same organizations.

Corey has been a real asset since joining the team, keeping Townshippers' Association's website in check and lending a hand to the summer students with their projects.

We have two new project managers with us this year - Beth is replacing Holly (who is on maternity leave with her beautiful new baby girl) on Make Way for YOUth, and Jocelyn is heading a new project called the Inclusive Membership Initiative. We're sure you'll be seeing a lot of them this year!

I joined the Townshippers' team in May 2018 as the Make Way for YOUth Migration Agent, in replacement of Holly McMillan who is currently on maternity leave.

I am a native Townshipper – born and raised in Way's Mills – and I couldn't be more proud to be showcasing our beautiful region through Make Way for YOUth Discovery Days and talking-up my home at recruiting events. Although my roots are in the Townships, they certainly didn't keep me grounded here initially! I have spent my twenties travelling across North America, Europe, Asia, Africa, and South America, and living in the UK, Sweden, and Korea before finally making my way back home. The time I spent away from here gave me a lot of perspective on how fortunate I was to have been raised in this community – and it's also why I eventually found my way back here.

BETH VANASSE
MAKE WAY FOR YOUTH MIGRATION AGENT

My education has been somewhat eclectic. I studied Creative Arts at Champlain College before majoring in Popular Culture and International Politics at Bishop's University. Following that, I completed my master's in Peace and Development Work at Linnaeus University in Sweden. More than anything, I think this mish-mash of seemingly incompatible fields of study just mirrors the fact that there isn't much I don't love. I am passionate about all things creative – films, music, painting, literature, photography, and fashion to name just a few things. But I also love the outdoors, and I can't wait to get out hiking, sailing, skiing, camping, or snowshoeing. Of course, if there is one thing that is sure to plaster a giant smile on my face, it would have to be food. All food, any food. I love it spicy, icy, classy, creamy, crunchy, cheesy, fresh, melt-in-your-mouth, comfort – you name it (And boy, do I have a sweet tooth!).

All that being said, if there is one thing any bio of mine would need to include to sum up who I am, it would be my wonderful friends and family. Whether they are people from my childhood, those whom I met abroad, or ones that I am embarking upon new adventures with, they are what made me who I am and what matters most to me.



• project managers •



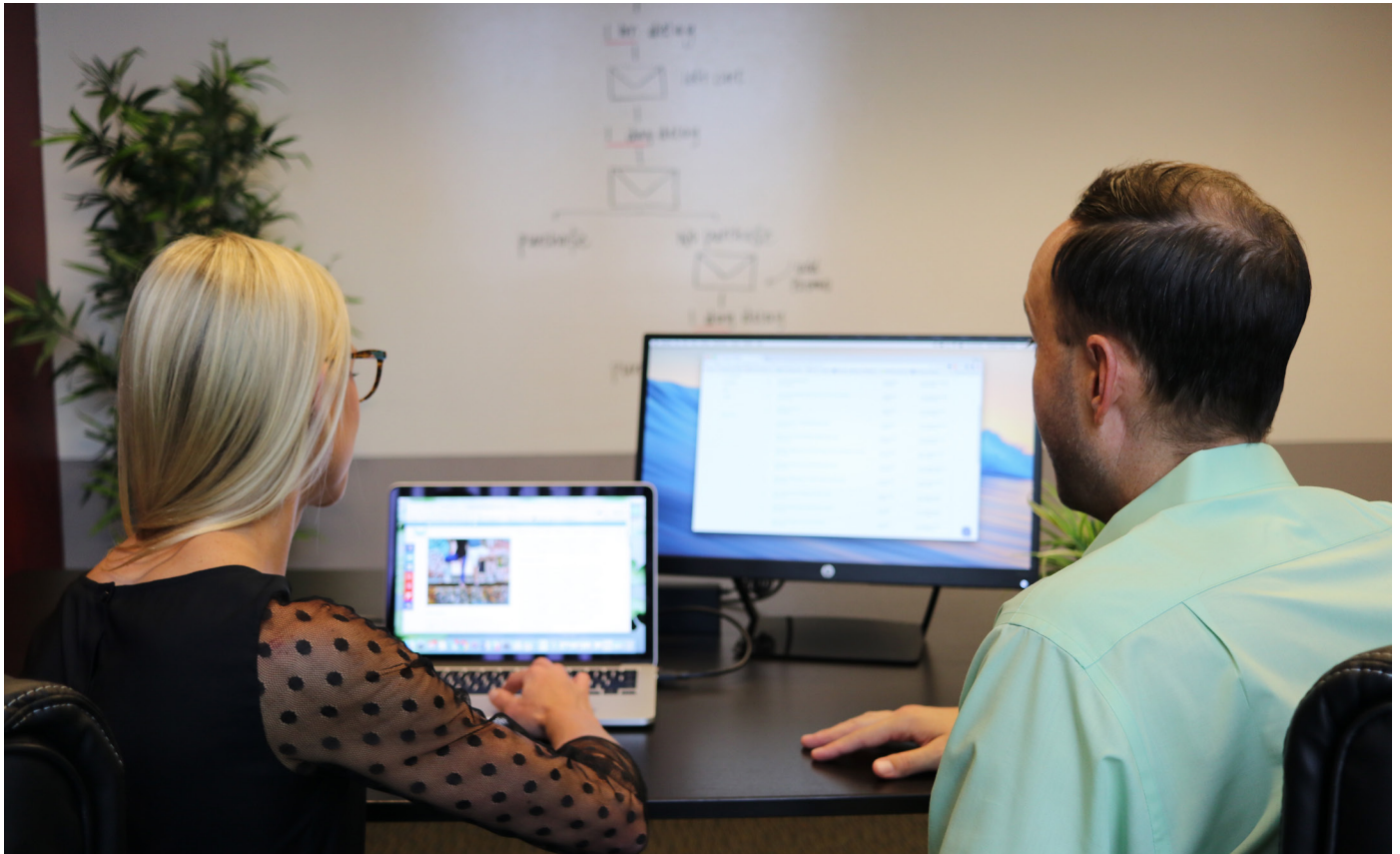
JOCELYN GRUBB
INCLUSIVE MENTORSHIP INITIATIVE PROJECT MANAGER

JOCELYN GRUBB

As a recent (re)addition to the Townshippers' team, I am happy to say that I am back! I first joined TA in 2016 as a summer student (Festival Administration Assistant), and now I am back on the team as the project coordinator for the Inclusive Mentorship Initiative. In my role, I will be coordinating a pilot project to learn more about English-speaking health and social service graduates in the Estrie, and to increase their employability in the region's public health system through French second-language immersion activities and workplace mentorship. I am excited for this new role, and I am looking forward to building on my previous experience with other English-language non-profit organisations in the community.

Despite identifying as a Townshipper, I am a native of Southwestern Ontario. I grew up with French immersion and spent summers in Quebec, which led to my eventual (and, I like to think, inevitable) move to Sherbrooke in 2012. I took a leap of faith and moved to the area for my undergraduate degree in Liberal Arts and Sociology at Bishop's University. My experience with Bishop's and my passion for education led to my current enrollment in the Leadership, Languages, and Societies graduate program at the university.

Over the past six years, I have found a home here and have become an official Townships-transplant. The community, location, and history of the Eastern Townships continue to fascinate me. An avid swimmer, traveler, and lover of Townships scenery, you can find me lake-hopping in the summer and enjoying the Fall colours before winter arrives.




FREE LEGAL INFO SERVICE IS OPEN FOR BUSINESS!

Thanks to a partnership with the Université de Sherbrooke, Townshippers' Association is pleased to once again provide this clinic giving the public free, easy, and confidential access to legal information in English. A student from the Law Faculty at the UdeS volunteers once a week to answer legal questions by phone, email, and in person by appointment. Do you have a legal question? The Townshippers legal info clinic is open every Monday – between 11 am and 3:30 pm – until December.

Contact us by phone at 819-566-2182 or by email at legalinfo@townshippers.org.

It is important to remember that legal information interns are still students. By law, they are not allowed to dispense advice or offer opinions. This is reserved for lawyers who have passed the bar exam. Students can, however, refer people to practicing lawyers or other services such as Educaloi.

*Write here,
write now.* 

**“the workshops
will include poems,
short stories, guided
imagery, and more”**

by Aiden Wilson

The pen is mightier than the sword they say, and it’s hard to argue when you see how much writing shapes our world. Words are the fuel that keeps our social age in motion, and writing is a skill that remains useful no matter what your age, job, or education is. Even writing for fun can be beneficial for the mind, so why not look to improve this skill? After all, it is one that is very easy to improve – and we know the perfect way to help you do it!

Write Here, Write Now is a new Townshippers’ Association creative writing project, and the coordinators of it are a group of wonderful individuals who will be carrying out writing workshops all over the Estrie region over the next two years. These writing workshops will be open to community members of all ages, and anyone who would like to take part in them is encouraged to stop by a workshop and just join in.

Topics to be covered during the Write Here, Write Now workshops will include poems,

short stories, guided imagery, and more, and all of the activities will be tailored to fit the needs of the individual groups. The coordinators will also be available on-site during these activities and will be happy to help participants out every step of the way.

With all of these opportunities for you to learn and improve your writing skills – free of charge, might I add! – there’s really no reason not to mark a few of these exciting workshops on your calendar.

Benefitting from the support of the Canadian government, Write Here, Write Now is a group that just wants to share the joy of writing with others. They’ve partnered with Bishop’s University and the Québec Anglophone Heritage Network to give you the chance to learn and grow your writing skills regardless of your current writing level. So, what are you waiting for?

To find the next workshop near you, check the calendar at townshippers.qc.ca/whwn/.

HABITAT FOR HUMANITY

by Aiden Wilson

The unfortunate truth is that we live in a world where, for some, even basic needs are hard to come by. That's why, when an organization like Habitat for Humanity rolls around, it's important to spread the word. This fall, the organization is planning to build a triplex for three modest-income families with several children – something which I'm sure will be a welcome change for them. Projects like these can change lives, but they can't be carried out alone – and that's where you come in. Even with generous support from the city of Sherbrooke and regional businesses, volunteers are still needed to make this new home a reality.

The dreams of a bright future are surely ones we all share and, by giving just a few hours of your time, you can make these dreams a reality for a few local families. No experience is needed to help out, and everyone is an asset. With construction specialists and volunteers all lending a hand, projects like this one can have an immense impact on the lives of others.

In this region, Habitat for Humanity has been the leg up for three different families in Sherbrooke this summer alone! Habitat for Humanity's vision is one of a world where everyone has the right to safe and decent housing. Projects like these may seem to have just a small impact, but they are the steps we need to take to end the vicious cycle of poverty. As a result of Habitat for Humanity's involvement and support, four families here and three there turn into the 13.2 million people the organization has been able to help as of 2017.

The world can be a cold place, so reach out a hand to help someone else, even for just a day. Your support could help to provide a home and a future for three local families, and that is something you just can't put a price tag on.

For more information on how to get involved, visit habitatqc.ca or call 514-937-0643. •

Project Update

PILOT PROJECT GIVES YOUNG ENGLISH SPEAKERS GREATER ACCESS TO EMPLOYMENT SERVICES

Based on 2016 census data, there are more than 6,400 English speakers between the ages of 15 and 29 in the Historical Eastern Townships, and these youth show higher unemployment (11.9%) and low-income (67.2%) rates than their Francophone counterparts (9.1% and 59.8%, respectively). They also represent a significant part of a target demographic that is served by local community organizations called carrefours jeunesse-emploi (CJEs).

CJEs are government-funded centres for youth (aged 16-35) that offer a range of services, from helping people with complex issues to integrate more fully into society to providing practice interviews for job seekers. They are supportive environments that are rich in resources, yet English-speaking youth don't necessarily use their services. And there are two main reasons for this: language barriers and a lack of awareness about what these organizations offer.

These reasons are what a current Townshippers' pilot project was created to address. By acting as a link between these typically French-speaking service providers and the English-speaking population,

“I am most excited about the relationships made between CJEs and local English-language organisations.”



project coordinator Katie Bibbs has worked to improve access to, and awareness of, the eight CJEs around the Townships. Over the last year and a half, various initiatives have been undertaken to improve usability for English speakers. These actions included translating more than 160 documents and improving the language skills of some CJEs. According to Katie, “as part of the capacity-building stage of the project, we were able to offer English classes to three CJE teams. We found instructors who were willing to design the course specifically for the CJE, allowing staff to learn the most relevant terms, and functional English, for their jobs.”

In addition to resource adaptation and language training, five of seven French websites have been translated through the

project, meaning that now six of the eight partners have bilingual platforms to welcome clients online. “This is key to attracting new clients,” Katie explains, “because so many youth look for answers online. If they see a local organization’s site has at least one page in English, it helps them feel more welcome and therefore they are more likely to use the service.”

With just six months left in the two-year project, the goal is to market the services of all CJEs to the community at large. Katie is gearing up for a communications campaign to better market their services on a variety of platforms. She just recorded an announcement for CJMQ radio 88.9 FM (listen now to hear it!) and she is working with the various CJEs to provide social media posts in English. The efforts will hopefully entice more young English speakers to check out their local CJE, and in turn motivate CJEs to continue to prioritize improving their accessibility to this group.

As the project moves into its final phase, Katie feels hopeful that a lasting impact will have been made to carry forward into future

years: “I am most excited to hear about the relationships made between CJE’s and local English-language organisations. Among the collaborations we’ve developed, the CJE Memphrémagog now has ongoing partnerships with two local youth-oriented non-profits, and CJE Cantons de l’Est is in the process of organizing an employment event with the Sutton Youth Centre this fall. I know that one of the only ways to foster sustainability in this pilot is by facilitating these kinds of relationships between the CJE’s and their English-speaking communities. Once the project is over, it will be up to the front-line helpers who are actively invested to maintain the partnership network.” •

On Site, Close to the Community



Preferred partner of the Eastern Townships Anglophone community, our experts are on site, close to their clients, working with dynamic local organizations. Every day, we do our utmost to fulfil your ambitions and help you unlock your **full growth potential**.

Contact us!

819 822-4000

#rcgtonsite

rcgt.com

 **Raymond Chabot
Grant Thornton**
An instinct for growth™

PHELPS HELPS

by Jayme Marrotte

What began as a single high school tutoring program in 2012 to combat the unacceptably high dropout rates, now has 9 programs dedicated to educational and career support for the Stanstead area. The co-founders, Catherine Vander Linden and Jeanie Markwick, had a vision of Phelps Helps from the day they were informed of the shocking statistics behind Stanstead's high school students. This vision, however, has been realized faster than anyone could have predicted.

Phelps has grown in tandem with the needs expressed in the community. In the first year, seven local high school students attended the High School Tutoring Program. The coordinator, now the Executive Director Katie Lowry, recognized the importance of creating a connection and building trust with the students and families before the transition to high school. As a response, the Elementary Educational Program at Sunnyside Elementary was created in 2013 to foster this connection as well as instill a love of learning at an early age through hands-on activities. A year later, after their after-school homework program budget had been cut, the Principal of Sunnyside Elementary approached Phelps requesting help to fill this critical gap in

services. Of course, Phelps accepted.

In 2015, Elementary and High School Programs were going well but it was evident to the Phelps team that the transition from an elementary school of approximately 100 students to a high school with an enrollment of 1000 students was difficult on many of these rural kids. An additional stressor experienced by Stanstead-area youth was the long bus ride; sometimes upwards of 3 hours needed to be spent on a bus in order to get to and from school each day! The Mentoring Program was developed to help ease this transitional period by pairing grades 5 and 6 students with high school students for fun activities exploring the community. Through participation, mentees gain a familiar face in high school and someone they can ask questions/discuss concerns with, while mentors develop leadership skills and an experience to add to their CV. Later that school year, the Summer Program was also developed with similar objectives, but with an additional goal of providing the mentors with a valuable first employment opportunity.

2017 was another innovative year at Phelps Helps. 5 years after launch, Phelps was seeing many of its participants graduating, but they seemed to struggle with a shared question: 'what's next?'. The Graduate Support

Program was developed to help them address this question, providing local youth with the opportunity to have one-on-one guidance about future career and educational goals.

Also launched in 2017, the *Phelps en français* Program added a third evening of free tutoring for high school students, this time in a French environment. *Phelps en français* was created to address the need for bilingualism and to bridge the gap between the two language communities in the Stanstead area.

With seven programs on the go, the 2017-18 school year was a successful year with 160 individuals participating in one or more of our programs. Even with this success, Phelps continues to grow and adapt to ensure the highest impact and quality of its offerings. One such change is the redefining and renaming of the Graduate Support Program to Compass.

The Compass Program has expanded in order to provide individualized support for the transition to postsecondary education, re-attachment to education, and the search for employment. In addition, this year, two new programs have been added: Family Literacy and *Phelps en français Elementary*. The Family Literacy Program will host events throughout the school year with fun activities for the whole family. *Phelps en français Elementary* is similar to our Homework Program at Sunnyside Elementary but, as requested by the school and parents, at the local French elementary school Jardin-des-Frontières.

Phelps is always looking to grow our team with additional volunteers. Passionate volunteers play an essential role at Phelps Helps and our programs would not be possible without them. For the coming school year, we are seeking Francophone and Anglophone volunteers for elementary and high school levels, in all subjects. Being a volunteer does not mean being an expert in any one subject; most importantly, volunteers create a positive relationship with a local youth. Phelps provides all the training you need to feel confident in your role as a tutor. Sign up as a volunteer today by contacting our Volunteer Coordinator, Clea Corman, by email ccorman@phelpshelps.ca or call 819-704-0799. •



(left to right): Clea Corman, Katie Lowry, Jayme Marrotte, Genevieve Lalande, Alvin Sully, and Elizabeth Courchesne.



*A mammogram for your own
peace of mind*

SANTEESTRIE.QC.CA/MAMMOGRAM



Facing Cancer? You Don't Have to Do It Alone



by Michelle Lepitre

Cancer is something that seems to touch everyone's life at one time or another. Maybe you know someone who has been recently diagnosed, or a loved one has been through it in the past, or you are living through it right now.

Whatever your situation, this guide is meant to share information with people who might feel in need of some comfort, support, or resources. We hope you will keep it handy for future reference or share it with a friend who might be able to use it.

SOMEONE I KNOW JUST LEARNED THEY HAVE CANCER...NOW WHAT?

by Michelle Lepitre

When you or a loved one receives a cancer diagnosis, it may feel like you are very suddenly put on a rollercoaster. Emotions run high and strong – for everyone. Suddenly, there are many, many appointments, often with a seemingly ever-growing list of specialists and health care professionals. You will have questions; so will your loved ones. You will feel easily overwhelmed – by everything you are going through, by all the questions you have, by the loss of control you suddenly have over your own life. You may feel that life is unfair. You may also feel alone and scared. But anyone who’s been there will tell you that it’s normal to feel all those things.

Dealing with cancer is life-changing, and stressful, and hard. But the most important thing for you to remember when it comes to facing cancer is that it isn’t something you need to handle alone. There are many people out there who can help you face this new journey you are on, who can listen to you if you need to talk, and who can offer support and resources to take a bit off your plate and help you breathe a little easier.

Several organizations and community

resources exist to help and support you before, during, and after a cancer diagnosis. These organizations offer a multitude of resources that will help you feel less stressed about your new reality and better equipped to face the future. From the loaning of wigs and scarves to offering home-care help or



transportation to and from appointments, these organizations provide valuable services that ensure you have fewer everyday things to worry about so that you can focus on yourself (or your loved one).

Here are just a few of the resources to remember:

Quebec Cancer Foundation: The Quebec Cancer Foundation supports Quebecers with

cancer and their loved ones. They offer services that address the daily needs and concerns of their clients. They are also there to listen to, inform, comfort, care for, and even provide lodging for individuals when needed. The Quebec Cancer Foundation offers support and information, psychological support, physical wellness programs, accommodations, corporate support, and other services. To learn more, visit their website: <https://fqc.qc.ca/en>. You can also call them at 819-822-2125 or visit a Quebec Cancer Foundation office near you.

Canadian Cancer Society: The Canadian Cancer Society provides information and

support before, during, and after cancer strikes, offering a multitude of resources intended to help you feel less stressed and better equipped to cope with your new reality. Services include a cancer information service, psychosocial support (support groups, an online community, and a peer match program), relaxation tools, services through local service centres (such as loan of wigs and scarves, temporary breast implants), a wide range of publications and documents to help you better understand cancer care and treatments, a financial assistance program, a community services locator, and much more. For details, visit the “Support and Services” tab of their website: <http://www.cancer.ca/>



en/?region=qc. You can also call them at 819-562-8869 or visit the office nearest you.

La Rose des Vents: Offers a variety of services to help individuals living with cancer. These services include home-care, transportation assistance, listening, referral and support, support groups, financial assistance, and activities. The Rose des Vents is primarily intended for the Sherbrooke area, but some of their services extend beyond those limits to include all the Estrie region. To learn more about this organization, visit their website: <https://www.rosedesvents.com/> (website available in French only). You can also call La Rose des Vents: 819-823-9996.

Biblio-aidant: The Biblio-aidant program is an information service offered to caregivers through the Québec Public Library Association. The program includes a variety of booklets to inform caregivers about various illnesses and the issues that may arise from them. Each booklet contains a list of organizations, a selection of relevant websites, and reading and film suggestions that relate to the theme of the booklet. A booklet on the topic of cancer is available on their website: <http://biblioaidants.ca/en/cahiers.php>.

Did you know...

There are several ways you can help to support individuals living with cancer? The

Canadian Cancer Society, the Quebec Cancer Foundation, and La Rose des Vents rely not only on generous donations but also on volunteer support to carry out their many activities. Visit their websites to find out how you could lend a hand. After all, the more English-speaking volunteers these organizations have, the better equipped they will be to support English-speaking clients and their loved ones!

www.cancer.ca – Select the “Get Involved” tab or call 819-562-8869.

<https://fqc.qc.ca/en> – Select the “Get Involved” tab or call 819-822-2125.

www.rosedesvents.com – Select the “Devenir Bénévole” tab or call 819-823-9996.



CANCER MINI-TALKS

by Michelle Lepitre

Did you know that the Quebec Cancer Foundation offers mini-talks on cancer for employers and their employees? These mini-talks last about 30 minutes, are adapted to meet the realities of different workplaces, and are now available in English.

The goal of these mini-talks is to help employees better understand cancer and its major risk factors. After participating in one of these talks, employees will feel better equipped to cope with cancer if/when it affects them or someone they love.

The Quebec Cancer Foundation is very enthusiastic about offering these mini-talks to English-speaking employers. If you'd like to make one happen in your workplace, contact Michelle at Townshippers (1-866-566-5717; ml@townshippers.org) to find out how to set one up.

More information about the cancer mini-talks is available on the Quebec Cancer Foundation's website:

<https://fqc.qc.ca/en/news/mini-talks-on-cancer>.

Did You Know?

The Canadian Cancer Society offers some interesting and helpful booklets and resources on cancer. Topics covered include:

Coping with cancer

Eating well when you have cancer

Chemotherapy and other drug therapies: A guide for people with cancer

Complementary therapy

Understanding your diagnosis (various booklets)

Listen first: And 9 other ways to support someone with cancer

These booklets are available on the cancer.ca website (under Support & Services, Resources, Publications), or through your local Canadian Cancer Society office.

Cancer Resources Word Search

Hidden in the word search below are 20 words that list just a few of the many kinds of support offered to both patients and their loved ones by the Quebec Cancer Foundation and the Canadian Cancer Society. Can you find them all?

H	X	P	X	M	L	R	E	Z	X	P	D	T	D	Z	L	E	O	E	M
F	I	N	A	N	C	I	A	L	X	J	Z	S	T	O	H	X	M	J	Z
S	C	Z	H	W	Y	C	W	I	L	S	K	S	M	C	Y	A	M	O	Y
C	L	T	K	S	W	B	E	G	A	S	S	A	M	I	K	B	U	V	R
A	S	N	O	I	T	A	D	O	M	M	O	C	C	A	E	G	N	I	A
I	P	L	D	G	C	K	I	N	E	S	I	O	L	O	G	Y	I	U	R
F	S	G	E	H	O	T	L	I	N	E	S	G	P	W	W	U	T	F	B
W	Y	U	V	W	I	Q	I	U	L	J	D	S	H	R	J	C	Y	D	I
O	C	U	E	X	V	U	N	Y	K	K	D	O	E	J	H	L	L	N	L
R	H	C	S	F	I	C	F	O	N	L	I	N	E	N	B	Z	K	Y	G
K	O	Z	L	R	Z	C	O	N	E	N	H	E	R	L	E	C	M	R	X
O	S	N	R	J	G	O	R	A	U	X	C	W	K	Y	B	R	O	Q	Y
U	O	D	A	C	C	O	M	P	A	N	I	M	E	N	T	U	A	X	T
T	C	K	T	P	B	F	A	F	A	G	T	F	C	L	P	V	U	W	L
S	I	C	R	T	V	G	T	W	S	R	P	Q	Q	S	E	O	T	P	A
G	A	X	Q	I	P	M	I	A	B	W	O	H	L	S	T	V	Z	A	K
C	L	Y	C	O	R	P	O	R	A	T	E	I	F	H	N	E	A	X	J
B	O	M	W	S	J	F	N	T	N	F	A	J	Z	U	P	N	X	R	R
W	Y	P	A	R	E	H	T	V	S	C	A	R	V	E	S	M	Y	V	T

Information
Wigs
Scarves
Financial
Groups
Online
Community

Travel
Accommodations
Psychosocial
Relaxation
Workouts
Hotline
Library

Art Therapy (2 words)
Kinesiology
Massage
Corporate
Awareness
Accompaniment

BREAST CANCER SCREENING - A MAMMOGRAM FOR YOUR OWN PEACE OF MIND!

by Michelle Lepitre, with support and information from Santé Publique Estrie's Dr. Geneviève Tremblay and Catherine Leduc

Everyone has a role to play in helping raise awareness about the importance of breast cancer screening tests. Whether you are a woman aged 50-69, a mother, aunt, or friend – even a husband, father, or son – you can help spread the word about screening tests and their proven record of saving lives. The month of October is well known for being Breast Cancer Awareness Month, so it's a perfect time for you to remind the women you love about the importance of taking their health into their own hands and getting regular screening tests for breast cancer done every two years after they turn 50.

What is the Programme québécois de dépistage du cancer du sein (PQDCS)?

The Programme québécois de dépistage du cancer du sein (Quebec's breast cancer screening program) invites women between the ages of 50 and 69 to have regular screening mammograms (one every 2 years) to help detect cancer early. Women are invited to make an appointment for a mammogram at a designated screening centre near them. Once they have had their mammogram, the results are sent both to their home and to their family

physician, who will oversee the follow-up. If they do not have a family physician, a doctor who voluntarily accepts to follow-up on the results of their mammogram will be assigned to them. The goal of the PQDCS is to reduce the number of deaths caused by breast cancer.

What is a mammogram?

A mammogram is an x-ray of the breasts. It is true that mammograms do not detect all breast cancers, which is why breast cancer is sometimes discovered a few months after a normal mammogram. Nevertheless, it remains the most effective way of reducing deaths that result from breast cancer. Screening mammograms are done even if you don't have breast problems and they are free! All health professionals who perform mammograms are women and you are free to decide if you want to have one done. The pros of having a mammogram are decreased mortality, less invasive treatments, and reassurance. The cons can be discomfort, anxiety, overdiagnosis, and radiation.

What are the side effects of having a mammogram?

The side effects of having a mammogram are variable. For some women, the mammogram results are normal every time. For others, a screening mammogram may lead to further

Did you know a screening mammogram can detect a cancer early, when it's still too small to find yourself?

tests, which could cause some anxiety and may result in some unnecessary testing. However, among the minority of women who receive a cancer diagnosis following a mammogram, there are some whose lives will have been saved thanks to this screening process.

The decision of whether to have a screening mammogram through the PQDCS or not is yours to make. If, after reading about it here, you are still not sure if you'd like to participate in the program, you may want to talk to a doctor or a specialized nurse practitioner about it.

Eligible women are sent a referral letter that acts as a medical prescription. With this letter, you simply contact the designated screening centre of your choice to make an appointment. In the Estrie region, there are five designated screening centres:

- Centre Radiologique de l'Estrie (Sherbrooke)
- Centre Imagix-radiologie de Granby
- Centre de santé et de services sociaux du Granit: Lac Mégantic
- Hôtel-Dieu de Sherbrooke
- Brome-Missisquoi-Perkins hospital (Cowansville)

What are the advantages vs. the disadvantages of participating in the breast cancer screening program?



Advantages include:

Better chances of a cure: Since screening generally detects cancers at an early stage, they can be treated more effectively, thereby reducing the number of deaths due to breast cancer among participants.

Less chemotherapy: Because screening generally detects cancers at an early stage, they can be treated without using chemotherapy.

Disadvantages include: Since screening can detect cancers in the early stages of development, some of them may be cases of overdiagnosis. This means that these

cancers would not have had consequences for the woman's life, because they would have remained inoffensive or would have developed very slowly. Since it is impossible to tell whether a cancer is inoffensive or deadly, all cancers are treated. This means, a woman may: Receive needless treatments; Suffer the side effects of these treatments; Live with a cancer diagnosis; Have more frequent medical appointments to ensure the cancer does not reappear.

Risk Factors

- Being a woman
- Age (> 80% of cancers are discovered in women > 50 years old)

Being in the high-risk category:

- Gene mutations (e.g.: BRCA 1 and 2)
- Chest radiotherapy (< 30 years old)
- Family history of cancer, especially breast (also breast cancer in a male parent) and/or ovarian
- 1st degree
- Before 50 years old
- Previous breast cancer and/or ovary cancer
- History of atypical hyperplasia (biopsy)
- Hormone exposure via:
 - Oral contraceptives (> 10 years)
 - Peri-menopause hormone therapy (>5 years)
 - 1st late pregnancy (30 years old) or no pregnancy to term
 - No breastfeeding
 - Early menstruation (\leq 11 years old)
 - Late menopause (> 55 years old)
- Alcohol consumption
- Obesity after menopause

- Inactivity
- Smoking or being exposed to second-hand smoke
- High breast density

Breast Changes to Look Out For

Whether you decide to participate in the screening program or not, watch for the following changes in your breasts. If you notice any of them, consult a doctor without delay, even if a recent mammogram was normal.

Changes to a breast:

- A lump (mass) appears in a breast
- Puckering of the skin on a breast (retraction)
- The skin of a breast becomes dimpled (like an orange peel)
- The skin of a breast becomes red over at least one third of the breast

Changes to a nipple:

- A sudden discharge of liquid from the nipple
- A nipple becomes inverted (seems to be pulled inwards into the breast)
- A change appears on the skin of a nipple (looks like persistent eczema)

How Much Do You Know About Breast Cancer?

1. Considering that the average life expectancy of a woman in Quebec is about 84 years of age, how many women are likely to be diagnosed with breast cancer in their lifetime?

- a 1 out of 500 women
- b 1 out of 100 women
- c 1 out of 72 women
- d 1 out of 8 women
- e 0, Breast cancer is a myth

2. Which of the following is false?

- a Many breast cancers are diagnosed in women presenting no symptoms
- b Breast pain is a frequent symptom of breast cancer
- c Nipple discharge can be a sign of breast cancer
- d Breast skin changes can be a sign of breast cancer
- e A breast lump can be a sign of breast cancer

3. A screening mammogram can detect a lump as small as a ...

- a Pin head
- b Blueberry
- c Strawberry
- d Tomato
- e Watermelon

4. How can I participate in the PQDCS if I do not have the invitation letter?

- a By getting a prescription from a doctor or a specialized nurse practitioner
- b By paying a \$200 fee
- c By contacting the Health Minister directly
- d By showing up at the emergency room pretending to have a severe illness
- e By making a copy of my friend's invitation letter

5. What is the cost of a screening mammogram within the program?

- a \$20 per breast
- b \$60, excluding tips for the radiologist
- c \$962.34, including taxes
- d It depends on your income
- e Free

Answer key located on the bottom of page 29.

A FAMILIAR FACE IN THE CHUS FOUNDATION'S
40TH ANNIVERSARY CAMPAIGN

by Rachel Hunting

On September 25, 2018, the CHUS Foundation launched an ambitious fundraising campaign as part of its 40th anniversary – raise 40 million dollars with the help of 40 volunteer ambassadors over a five-year period.

Townshippers' Association's Executive Director Rachel Hunting is one of the volunteer ambassadors who will be working alongside the CHUS Foundation team to bring awareness to the projects and priorities that the major campaign hopes to contribute to by reaching their goal: cancer, intensive care, mental health, medical research, and more.



1. 1 out of 8 women will develop breast cancer in their life. Breast cancer is the most frequent cancer diagnosed among women (excluding skin cancer).

2. Pain in the breast is usually not a symptom of breast cancer. A palpable breast lump, breast skin changes, and discharge from the nipples are signs of breast cancer that need to be discussed with your doctor. Many times, early breast cancer has no symptoms. This emphasizes the importance of a screening program that can find breast cancer at an early stage.

3. A screening mammogram can detect a lump as small as a pin head. It is the only screening method that is scientifically recognized as reducing the number of deaths from breast cancer.

4. You can participate using your own invitation letter or with a prescription for a screening mammogram from a doctor or a specialized nurse practitioner.

5. Screening mammograms are free for women eligible to the program and for women aged 35 and older (with risk factors) who have a prescription from their doctor or specialized nurse practitioner.

Answer Key

KEEP THE FLU AWAY THIS WINTER - GET YOUR FLU VACCINE!

The flu is a respiratory infection that spreads easily. It is caused by the influenza virus and travels around the world each year. In the province of Quebec, it is most commonly spread in the winter time (late fall to early spring).



Since the flu spreads so easily, the Government of Quebec recommends that certain people get the flu vaccine each year. These include:

- People with certain chronic diseases (from the age of 6 months)
- Pregnant women with certain chronic diseases (throughout their pregnancy)
- Pregnant women in good health, in their 2nd and 3rd trimesters
- People aged 75 and over
- Close relations of people who are most at risk of developing complications
- Close relations of children under 6 months of age
- Health care workers

You've probably heard people say: "I'm not

getting the flu vaccine – it gives you the flu!"

Well, you can rest assured that this is not true. The vaccine cannot transmit the flu or other illnesses because the viruses or parts of the virus that it contains are killed, or are too weak to reproduce and cause illness.

Then how is it that people who get the vaccine can still get the flu, you ask? It all depends on the strain of flu that is circulating. When the strain of virus the flu vaccine contains matches the one that is going around, it can help to prevent the flu in about 40% – 60% of healthy people. And, perhaps most importantly, it also helps to reduce the risks of complications (hospitalisation, death) for people who are at risk. This means that, even if you don't want to get the vaccine for yourself, it's always a good idea to get it so that you can protect the people around you.

To learn more about the flu (influenza), visit: <https://www.quebec.ca/en/health/health-issues/flu-cold-and-gastroenteritis/flu-influenza/>.

Ok, I'll do it! So how do I get my flu shot?

You can make an appointment to receive your flu vaccine any time after October 1, 2018.

There are two ways to make an appointment to get your flu vaccination:

1. Online

- a. Go to the Health Click website: www.clicsante.ca/en/.
 - b. In the box at the top of the page, select your service (in this case, “Seasonal flu vaccine”).
 - c. In the box that appears after you select your service, select “Estrie” (note that this includes the Haute-Yamaska and Brome-Missisquoi regions) and then select “CIUSSS de l’Estrie – CHUS” as your health care centre.
 - d. Click “Find Your Appointment”
 - e. In the new window that opens, follow the instructions to choose and confirm your appointment.
- Note: this new window may open in French, but you can change the language to English by clicking on the “En” button in the top right-hand corner.

2. By phone

If you do not have internet access, you can also make your appointment by phone:

- a. In Sherbrooke and surrounding areas: Call 819-821-5118.
- b. Elsewhere: Call 1-877-921-5118.

Note that phone appointments are available as of Monday, October 15, 2018.

The Flu vs. a Cold

The flu is often confused with a common cold, which is another one of the reasons why people tend to believe that the flu virus often makes people sick or weakens their immune systems. But that’s not true. One thing that is true, though, is that a flu vaccine will not protect you against the common cold!

Feeling under the weather? Here’s how to know if it’s the flu, or just a cold.

Symptoms	Flu	Cold
Fever	<ul style="list-style-type: none"> • Common • Temperatures between 38 °C and 40 °C (100.4 °F and 104 °F) • Sudden onset 	<ul style="list-style-type: none"> • Rare
Cough	<ul style="list-style-type: none"> • Common • Sudden onset 	<ul style="list-style-type: none"> • Common • Mild or moderate
Headache	<ul style="list-style-type: none"> • Common • Sometimes intense 	<ul style="list-style-type: none"> • Rare
Aches and pains	<ul style="list-style-type: none"> • Common • Sometimes intense 	<ul style="list-style-type: none"> • Rare • Mild
Fatigue	<ul style="list-style-type: none"> • Common • Intense • Duration: A few days, sometimes longer 	<ul style="list-style-type: none"> • Common • Mild
Nausea and vomiting	<ul style="list-style-type: none"> • Common in children • Rare in adults • Often accompanied by diarrhea and abdominal pain in children 	<ul style="list-style-type: none"> • Rare • Mild
Runny nose or nasal congestion	<ul style="list-style-type: none"> • Rare 	<ul style="list-style-type: none"> • Common
Sneezing	<ul style="list-style-type: none"> • Rare 	<ul style="list-style-type: none"> • Common
Sore throat	<ul style="list-style-type: none"> • Common 	<ul style="list-style-type: none"> • Common

LOOK OUT FOR FUN COMMUNITY PROJECTS NEAR YOU!

by Debbie Bishop

Books to Belly is a fun project brought to you by “Literacy in Action” in partnership with local community organizations. It is a free workshop for parents, or caregivers and their children. The original project was intended for parents with children between the ages of 5 and 12. The basic idea is to have fun cooking with family and friends with an added exciting, educational twist to collective cooking.

You start by adapting a recipe inspired by a children’s book. Each workshop begins with a story, followed by a cooking session. An example would be to read a story like “If you give a cat a cupcake”, and then find a recipe suitable for your age group. If you wanted to promote healthy eating, for example, then you could always make zucchini cupcakes.

The project has been adapted so that it can be done with a younger age group as well. In this case, you could read a book such as “Green eggs and ham”, and teach the child how to make scrambled eggs. All materials and ingredients are provided so there is no cost to the parent. It is a great way to meet other parents with children the same age, have fun, and maybe pick up a couple of cooking tips. Another project for parents with young children is based on the trademarked “Mother Goose” program. **Mother Goose** is all about

cuddling, communicating, and connecting! In this free program for parents or caregivers and their 0-3 child(ren), participants learn rhymes, sing songs, and listen to stories in a relaxed and supportive atmosphere. This program is structured to create and stimulate interaction between parent and child while encouraging language and communication development. The program is adapted and structured based on the community needs where it is being offered.



BACK BY POPULAR DEMAND: THE COLOUR CAFÉ

by Michelle Lepitre

Have you ever walked by a display of pencil crayons or markers in a store and remembered how much fun you had colouring when you were a child? Well, we have good news for you - Colouring isn't just for kids anymore! Colouring for adults has become more and more popular in recent years and interest in it is still growing.

Want to bring a little colouring into your life again? Come join us at one of our Colour Cafés! You can relive this fun pastime for a few hours a month and get a fun social outing too! It's the perfect chance to fit some relaxing colouring time into your schedule and pick up some tips and tricks from other colorists. You'll also meet new people, join in some lively conversations, and learn about activities and resources available to English speakers in the area.

There is no cost to participate and no reservations are needed. You can join us whenever you are able to and leave whenever

Project Update

you want to. We offer snacks, beverages, and lots of great conversation time. We also have supplies to lend out for people who have never coloured before, who don't have supplies of their own, or who just want to test out some new colouring tools.

Here are the details:

Want to learn from (and trade tips with) some expert colorists? Join us in Bury on the first Friday morning of the month (11 am – 1 pm; see Calendar of Events) for our Colour Café with Pope Memorial Elementary School. This Colour Café is a fun, relaxing way to end your week in the company of other community members and Pope Memorial School students. If you are a woman, you may want to join us in Cookshire at La Passerelle Women's Centre on the second Wednesday of each month (2 – 4 pm; see Calendar of Events) for a bilingual Colour Café! For this one, English-speaking and French-speaking women get together to colour – and to practice and share their language skills. Please note that this group is for women only because it takes place in a women's centre.

Finally, join us in Cookshire at the John-Henry-Pope Cultural Centre on the last Wednesday of the month (2-4 pm; see Calendar of Events) and let your inner artist out. This Colour Café is special because it takes place in an art gallery. This inspiring artistic space is sure to get your creative juices flowing!

To learn more about the Colour Café, contact

Michelle at 819-566-5717, ml@townshippers.org. The Colour Café is a CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023.

Wish you had a Colour Café in your community?

If there isn't a Colour Café where you live, and you aren't able to join us in Bury or Cookshire, no problem – you can start your own! Find some people who want to colour with you, choose a location, gather up a few colouring supplies, and you're ready to go.

You don't need anything fancy to get started. This kind of activity is mostly about finding a way to bring people together. In the Haut-Saint-François, local community organizations offer us places to gather, but you could also make something happen at a local restaurant, coffee shop, school, or church hall. You don't even need a large group of people to make it happen. Just a few people can get something started! •





MINDFUL COLOURING WORKSHOPS

by Michelle Lepitre

This spring, we organized three Mindful Colouring workshops: one in Bury, one in Ayer's Cliff, and one in Lennoxville. These activities were a great way for us to bring people together to practice their colouring and mindfulness skills. During the workshops, local artist Debra Mosher Roy and her daughter, Cynthia Dawn, introduced us to many fun new techniques and colouring tools. Through these workshops, we learned how wonderful it can be to just sit down, quiet your mind, pick up some colouring pencils or markers, and colour away! More than 60 community members joined us for the Mindful Colouring workshops, and they all seemed to truly enjoy the experience. For our part, we were very happy to see how much everyone enjoyed learning new ways to relax and spend more time in the moment.

New to colouring? Here are a few things we learned from Debra and Cynthia:

- Colouring helps improve mindfulness – something achieved (in part) by focusing your attention on the present moment.
- Colouring is a great way to relax while you are waiting for an appointment with the doctor, dentist, garage, etc. Just pop a small colouring book and some pencil crayons into your bag and colour away while you wait your turn. You'll be surprised by how fast time goes by!
- Colouring is actually a great way to help you focus better on what is happening in

the present – for example, a person who is colouring during a class lecture might seem distracted, but they may simply be clearing their mind so that they can focus on what is being said.

- Colouring at night can help you sleep better! It can help you relax and unwind from your day, and it also helps you “unplug” from any electronic devices you might be tempted to use before bed – these devices emit blue light that can interfere with sleep patterns.

And here are a few technical details we picked up:

- People who colour are called “colorists”.
- You don't need to go out and buy fancy (expensive!) colouring pencils, markers, or books to make colouring a fun and valuable experience – almost all the supplies you could need can be found at a dollar store or other discount store. Plus, tons of colouring pages are available for free online.
- You'd be surprised by how nice a job you can do with just a handful of coloured pencils and a picture – it's not necessary to purchase huge colouring sets with dozens of colours to create something beautiful. A small package of 6–12 crayons is perfect!
- Layering, hatching, and cross-hatching are great techniques to help you play with the intensity of the colours you use.
- Patterning is an interesting way to give your pictures a new, eye-catching look! •

**HEALTH LINK:
BACK IN BURY FOR ANOTHER YEAR!**

by Michelle Lepitre

Health Link information sessions are back in Bury for another year! When asked what she thought was special about Health Link, Shelby Fournier-Cross (a former intern who worked with us to plan some of last year's sessions) said: "Health Link is really more than an information session – it brings people together to discuss similar things happening in life. Human contact is important for humans!"

The concept for Health Link is simple and familiar, but the benefits aren't always obvious. To help highlight the great advantages these sessions offer, I asked Brenda Morin and Shelby Fournier-Cross, both interns from the Lennoxville Vocational Training Centre who worked on the project last year, to share with Townshippers' readers what they thought people might particularly enjoy about Health Link. Here is what they said:

"I love Health Link for how welcoming it is, and the fact that it gives someone a reason to get out is amazing." Shelby said. "The information given is also understandable. It's the kind of information that you can look for

on the internet, but you never know if what you find is right. A pharmacist, doctor or nurse is probably more accurate than Google!" Brenda said that "it was great to see the older generation have a place where they could get out and share fellowship with others, while also learning valuable lessons that can help them to improve their lives. The meals were always well-prepared and delicious... something I truly miss now that I am no longer at Townshippers'!"

The Health Link information sessions bring health and well-being information to English speakers in the Haut-Saint-François region. At each session, you can enjoy a delicious home-cooked meal and take the time to visit with new and old friends. Lunch is followed by a one-hour talk on a topic chosen by participants and the Health Link organizing committee. At recent Health Link sessions, we have talked about the new rules for ambulance transportation, drugs and medication, fire prevention, bullying, and fraud prevention.

At the end of each Health Link session, you have a few minutes to speak one-on-one with the presenters and organizers, or with other guests who work for local community organizations. This means that they you

can get information about local services and learn more about what is available to you in English.

At every Health Link event, we also have a resource table available that includes information and documents in English (from local, provincial, and national sources). This is helpful for connecting participants to both services and information available to them in English.

Health Link sessions take place six times per year, on the third Wednesday of the month. Each session takes place from 11:30 am – 2:00 pm at the Armoury Community Centre in Bury. Topics covered in these sessions vary (from diabetes to exercise, nutrition to mental health, prevention of bullying to prevention of fires, and more). They are selected according to feedback received from participants. Health Link is a collaboration between the Eaton Valley Community Learning Centre, the CIUSSS de l'Estrie – CHUS's Haut-Saint-François RLS, the Centre d'Action Bénévole du Haut-Saint-François, and Townshippers' Association. It is a CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018–2023.



TEA AND TALKS

by Debbie Bishop

Due to the popularity of combining food and discussion, the Richmond Community Learning Center is going to promote a pilot project called **Tea & Talks**. Based on the positive attendance at “Food for Thought” in Magog and “Health Link” in Bury/Cookshire, Tea and Talk will be introduced this Fall. The general idea is to have a speaker, local if possible, talk in a relaxed group setting about a topic of general interest. The speaker will then have a cup of tea and some goodies with participants and be available to answer questions. Topics covered in Magog and Bury have included: Nutrition, Stress and Anxiety, Diabetes, Hero in 30, New rules for ambulance transportation (65+), Drugs and Medication (Presentation by local pharmacists), Herbal therapy, Healthy Eating on a Budget, mental health and aging, and many more. This is a new project that we hope will offer an enjoyable social outing for seniors. Come get together and talk! Enjoy some tea and and take the opportunity to exchange opinions and thoughts with special invited guest speakers. Bring a friend to make it double the fun. Bring your ideas about topics you would like to learn more about and discuss. This program is supported by: *Table de concertation pour les aînés de la MRC du Val-Saint-François* and Townshippers' Association.

MAKE WAY FOR YOUTH!

by Bethany Vanasse

This month, Make Way for YOUth is taking a slightly different approach to things. Typically the project's focus is on students and young professionals – helping to find them jobs and kick-start their careers. With the beginning of a new school year, though, a lot of young adults aren't exactly in the right frame of mind to be networking, resume writing, or job searching. The vast majority of students right now are thinking in terms of new class schedules, FROSH, and whether or not they can afford their textbooks. There is, however, one niche group of people that is very much thinking in terms of bringing young people back to live in the Townships: Parents and grandparents.

As mom, dad, grandma, and grandpa help to move their adult kids into the big city to start a new semester – with supportive words about how happy they are that their kids are moving on to new and exciting adventures in the big city, of course – I think we can all

agree that deep down (or, perhaps, not so far from the surface) what they really want is for their kids to be close to them. This is why Make Way for YOUth has decided to kick-start a side campaign aimed at parents of out-of-town kids.

Because no one can apply pressure like parents can.

The idea behind this promotional campaign is to get in touch with parents and grandparents and let them know that there are free services available to help young families find jobs, housing, daycares, and schools in the region. So when they are not-so-subtly trying to convince their kids to move back to the region, they can use Make Way for YOUth as a great counter argument to the classic, “But mom, we can't just pick up and move back – our jobs are here” statement. We will arm dad with all the information and statistics he needs to tell his kid how much more affordable mortgages are here compared to in Toronto, and how beneficial spending time outdoors is

Project Update

for the emotional and cognitive development of his grandkids. The strategy behind this campaign is to simplify the details of the project so that they are easier for people to share by word-of-mouth.

Having a Make Way for YOUth booth at Townshippers' Festival allowed us to get the word out to other locals that these services are available, so when anyone in the community hears that so-and-so is thinking of coming back to the Townships, they will be able to pipe up and say "Hey! Have you heard about Make Way for YOUth?"



Photo Booth at the Make Way for YOUth table at Townshippers' Festival 2018

EXCEL IN THE ESTRIE: A CHANCE FOR YOUTH TO REFLECT ON THE PAST AND FUTURE

by Aiden Wilson

Life can be like a mountain sometimes, with always another peak to climb. And often, we get so caught up with how far there is left to climb that we don't ever take a moment to look back on how far we've come.

Looking back and giving ourselves a pat on the back, however, can be just as necessary as planning for what is to come. After all, it's important for everyone to feel accomplished and happy at the end of the day.

When we're teens and young adults, this is especially true, since young adulthood is a point in our lives when our decisions and our actions feel like they have the most weight to them. A new workload of post-secondary studies, combined with the near constant changes we are experiencing, often leaves little time for young people to take a moment and reflect on how truly far they've come.

Townshippers' Association is now in its 5th year of organizing the Make Way for YOUth Excel in the Estrie challenge, which dares high school seniors to write essays that consider both the past and the future.

The point of this contest is to offer ambitious students a chance to take a moment and think about all the things happening in their lives. It's a way to spread this idea of self-awareness that people don't ever think to give themselves.

And, of course, there's a reward for those

daring enough to take up the challenge! A cash reward is given out every year to the winning students. This reward not only helps them with their school expenses, but also serves as a thank you for sharing their truly inspiring stories.

This project is one intended to inspire and uplift all the students who might need a little support for the next leg of their journey. We hope that, after reading the uplifting stories of this year's young writers, you'll help us spread the word to others. Check out our website (Townshippers.org/Essay) to learn more about the contest and to help get more people inspired to help themselves and others.

Every year, Townshippers' Association makes it a point to acknowledge the newest batch of local graduates with the help of our Make Way for Youth project and our sponsor, Global Excel Management. We challenge students to share their stories about their past and their future, and about why they have chosen to stay in the Eastern Townships. This year's winning essays are brought to you by not one, but two talented individuals: Sunny Skelling Brooks and Junia Goddard. Both articles thoughtfully show the attachment these students have to the region and their plans for the future. •

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 an essay or video to the 2018-2019 Excel in the Estrie Essay Challenge.

SHARE YOUR STORY! • **ENCOURAGE OTHERS!** • **INSPIRE YOURSELF!**

WINNING ESSAYS & VIDEOS WILL BE PUBLISHED AND THEIR AUTHORS COULD WIN A BURSARY OF UP TO \$500

To apply, submit a 500-600 word essay, or 3-minute video, in English, that focuses on both parts of the challenge:

- (1) identify any obstacles* - academic, social, or personal - as well as solutions on your path to educational success,
- (2) share your plans for your future by thinking about how you see yourself, five years from now, living and working in the Townships.

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

DEADLINE: APRIL 19, 2019

CONTACT US

mwfy@townshippers.org
819-566-5717, toll-free 1-866-566-5717

Learn more at townshippers.org/essay

Make Way
for **YOUth**
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BREAKING OUT OF MY SHELL

by Sunny Skelling Brooks

In all my five years in high school, my freshman year was by far my hardest year mentally. Trying to make friends is quite draining, I can tell you that much. I also did not know what interested me in life and had to figure out my passion, which was a big challenge as well.

When I arrived at Alexander Galt, I knew absolutely no one. Most of my friends went to French high school in Sherbrooke because they did not have the same opportunity I did to attend an English high school. For the first few months, I struggled making a single friend as my social interest was not very high and I was more of an introverted person. In my first year, I joined the science concentration class, which seemed quite interesting at first but was not really my style. In that year, I made a total of 3 friends, which was an amazing feat for someone as reserved as me.

The following year, I decided to try out the bilingual program, which helped me improve both my French and English skills quite astonishingly and indirectly started changing my perspective on how valuable friends really are. I still did not have a clue as to what I wanted to do in life and, being a very worried child at the time, I believed I would end up on the streets. Oh, was I wrong! The three following years are where everything really changed. I entered the sports concentration program at Galt, which led me to discover my passion – helping others.

Playing many sports and making new friends,

helping others improve in the process, is what I enjoyed the most. I am proud to say I have friends that are always there for me whom I cherish very much. Without them, I would not be the person I am today. If I had to give out any advice on how to overcome loneliness and make friends, the most important thing I would recommend would be to get involved in your school and community, sign up for clubs or sports, basically get immersed in things that interest you and meet up with other people who share common interests. This way, you can make friends who share the same passion as you and they will connect with you on a whole other level.

As for finding your passion, just be yourself and give it some time. It's a whole different degree of happiness so you will know when you have found it. I have applied and been accepted in the three-year technical nursing program at Champlain Regional College. At first, I knew that I wanted to work in the health sector, but I did not know in which field exactly. My girlfriend's mother is a nurse who works in the emergency room at the CHUS and I had the opportunity to spend a day in the ER observing how nurses treat and take care of patients. At that moment, I knew that nursing was what I wanted to study in. After I graduate from college, I plan on pursuing university studies to become a clinical nurse and hopefully a head nurse in either the ER or neonatal care at the CHUS.

CONFIDENCE: YOU DON'T JUST STUMBLE UPON IT

by Junia Goddard

“High school: A fresh start.” These are the words I used to convince myself that high school would be a walk in the park compared to what I’d lived in elementary school. But, truth be told, moving forward would be a little more difficult than I had anticipated. My time at Alexander Galt would guide me in how to develop my confidence and how to use it beyond high school.

At first glance, high school seemed like the Promised Land. I was ready for change and a new beginning. But contrary to my belief, my self-esteem did not magically reappear as I stepped through the double doors of Alexander Galt. Reflecting back, I realize it’s no surprise that my self-worth was so low. It was all rooted in the bullying I endured throughout the entirety of my time at elementary school. Due to this, I had no confidence in my abilities, my talents, and my overall personality. Recovering from these events would prove to be difficult. My traumatic past caused me to become distant with the people I cared about. More specifically, my friends. I’d created a perpetual cycle in which I’d distance myself from friends because I believed that they didn’t like me. This would further reinforce my doubts because my friendships had become weaker with this, creating more self-doubt. Consequently, I would repeat this process causing me to be depressed. I was depressed on and off for about 4 years up until late 2017.

During the fall of 2017, I had auditioned and was cast in the role of Belle in Galt Drama’s production of Beauty and the Beast. Although being a part of

the school play was nothing new, receiving a lead role was a completely different experience. The role forced me to be confident in my talents. This confidence not only translated in my talents but in my relationships with others for which I am thankful.

Looking forward, I’m ready to invest my newly found confidence into my career-oriented goals. For several years now, I’ve had my eyes set on a career in journalism. Writing has always been a passion of mine. It’s been a way for me to express my emotion or simply tell a story that I feel needs to be told. I find myself always searching for stories that I believe need to see the light of day. This is why being a journalist is a perfect fit for me. To accomplish this dream, I will be taking Arts, Literature and Communications in the creative arts profile at Champlain in the fall of 2018. After the completion of CEGEP, I hope to be able to attend a University with my desired program nearby. Though it may require me to move away from home, I know that the Townships is where I belong. Not only have I grown up here but it’s where I believe that the most valuable stories are found. The community that’s been built in the Eastern Townships is one I wish to preserve through my career. Whether it be a small act of kindness or a way the community has come together for a cause, there will always be an important moment that I intend to capture.

All in all, my trials and tribulations have shown me that whether I find myself writing for The Sherbrooke Record or reporting for CBC Estrie, I know that I have all the support and opportunities right here, at home in the Eastern Townships.

2018 Young Townships Leader Award: Audrey Morneau

Sometimes, people can go their whole lives without realizing their true passion and so, when someone uses their own passion as a springboard to help others, it's hard not to take notice.

Audrey Morneau has had an ambition for dairy farming ever since she was little and so, when she was asked to work on a school project to develop a fundraising initiative, the Legendairy Show was almost inevitable. Using everything available to her, she created an event that would put entire teams of organizers to shame. On May 12, all the weeks of planning judges, ribbons, lunches, fairgrounds, and participants culminated in an event that none will soon forget. Raising \$7000 for *Au Coeur des Familles Agricoles*, the Legendairy Show was definitely was a success story.

With all that she's done and all that she's yet to do, we congratulate Audrey and wish her the best of luck. She is a girl with big plans and an even bigger heart, and everyone (including us, at Townshippers' Association) will surely look forward to what's next to come for her! •

2018 Outstanding Townshipper Award: Canadian Federation of University Women

In an age where generosity can sometimes be lacking, it's hard to come across those who have it in spades. That's why the Canadian Federation of University Women Sherbrooke & District group was an easy pick for this year's Outstanding Townshipper award.

With 17 organizations and counting receiving generous donations from this group, it's no understatement to say they truly have the best interests of the Eastern Townships at heart. From offering enriching general meetings to hosting captivating interest groups, the club has been a pillar of the English-speaking community since 1968.

So many students, foundations, and everyday people have been touched by the club that it would be a crime not to recognize their accomplishments. They are committed and willing to help students in a way that goes far beyond offering a simple bursary, and they have lent a hand countless times when it comes to furthering the educations of Townshippers of all ages.

No matter who you are, the Canadian Federation of University Women Sherbrooke & District will accept you with open arms. It's hard nowadays to find genuine people and so when you do come across a group of truly generous souls, you've got to commend them for their amazing work. For all of the work they have done in the past to help our fellow Townshippers, and all that they have yet to do, we thank them. •

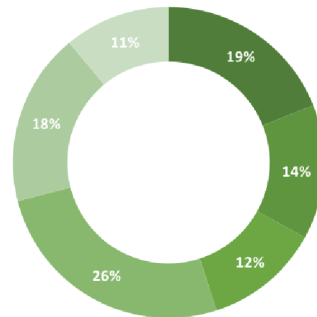


2018 Award Winners



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