

TOWNSHIPERS

TOWNSHIPERS.ORG

VOL.42 NO.1 • FREE

SPRING - SUMMER 2021

As a community publication, TOWNSHIPERS 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 e-mail ta@townshippers.org for our publication guidelines. Be sure to include your name, e-mail, and phone number in your contact info. Businesses, individuals, and organizations are also invited to request a copy of our advertising rates.

CONTACT

General

website: www.townshippers.org
e-mail: ta@townshippers.org
social media: @townshippers

Estrie (Head Office)

3355 College, Sherbrooke, QC J1M 0B8
tel: 819-566-5717, toll-free: 1-866-566-5717

Montréal-Est Office

3-584 Knowlton Rd., Lac-Brome, QC J0E 1V0
tel: 450-242-4421, toll-free: 1-877-242-4421

Free Legal Information Clinic

seasonal
tel: 819-566-2182, toll-free: 1-877-566-2182
e-mail: legalinfo@townshippers.org



EDITOR

Maggie Severs
msevers@townshippers.org

COVER IMAGE: Image by Pixabay

CONTRIBUTORS: Rachel Hunting, Gerald Cutting, Jane Loiselle, Cathy Turner, Michelle Lepitre, Bethany Vanasse, Lisa Payne, Vanessa Asselin, Jennifer Muir, Mental Health Estrie, Yvonne Geoffrion, Richard Goldman, Maggie Severs

IMAGE ATTRIBUTIONS: Rachel Hunting, Gerald Cutting, Michelle Lepitre, Jennifer Muir, Bethany Vanasse, Richard Goldman, Elizabeth Dupere

TOWNSHIPERS is the official members-only magazine of Townshippers' Association, a non-profit, non-partisan community organization focused on promoting and supporting the interests of the English-speaking minority community in the historical Eastern Townships, in Quebec, Canada.

While every effort is made to ensure the information in this publication is correct at the time of publication, the publishers and the Association cannot accept legal responsibility for any errors or omissions. TOWNSHIPERS is solely owned, designed, and published by Townshippers' Association and is made possible, in part, by financial support received from Canadian Heritage.

All rights reserved. No part of this publication may be reproduced without obtaining the written permission of the Association.

PRIVACY POLICY: Townshippers' Association respects your privacy. We do not sell, trade, or otherwise share our mailing list. For information on our privacy policy, see Townshippers.org. If you wish to be removed from this or another mailing list, please contact the head office.

Average Circulation: 1,000 print
Publication Mail Agreement
No. 1711172

ISSN 2561-6382(Print)

ISSN 2561-6390 (Online)

Dépôt légal - Bibliothèque et Archives nationales du Québec, 2020.

TOWNSHIPERS is published biannually.

Canada Québec



CONTENTS

Association News	3
Community and Partners	7
Health and Social Services	13

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™



Executive Director's Message

Welcome spring!

Reimagining any and all of the activities that the team at Townshippers' hosts or is involved in has been a challenge over the winter months that our team has risen to and met with passion and dedication; continuing to work with, and support partners across sectors to make valuable contributions to communities across the Eastern Townships during this global pandemic.

While our project managers have been active in almost every (virtual) corner of the Townships tackling work on important is-

ssues including service delivery and access for English-speakers, employment opportunities, educational priorities and more, TA's senior leadership and I have been busy on the representation and advocacy front in preparation for the long-anticipated modernization of Canada's Official Languages Act. After intervening in presentations to the Senate Standing Committee on Official Languages (OLLO) and the House of Parliament Standing Committee on Official Languages (LANG) multiple times between 2017 and 2019, we were cautiously optimistic to see some of the measures asked for included in the draft update of this critical piece of Canadian legislation.

As we head further into 2021, it is imperative that we remain vigilant as a community and remind our governmental representatives, federal and provincial alike, that it is entirely possible to protect and defend the French language in Quebec and Canada without diminishing the rights of other citizens and without further disenfranchising the English-speaking minority community in Quebec. Modifications promised to provincial legislation later this year aimed at safeguarding the place of French in Quebec and Canadian society stand to have significant impacts for our communities and vulnerable English-speakers across the province.

Shifting gears to a little light housekeeping –keep an eye out for the date of our upcoming Annual General Assembly in early June. We'd love for you to join us even if it must be through the magic of technology (we shall see what our public health directives are at that time); the AGM is a great way to learn about what the association has accomplished in the last year and is still a wonderful opportunity for family and friends to celebrate our communities and connect with each other.

Hang in there – we're thinking of you!

Rachel Hunting

President's Message

Winter can be a long and difficult time even under the best of conditions. Add the COVID pandemic to the mix and it's no wonder why so many of us are down and out these days. Thankfully, the staff of Townshippers' Association has once again risen to the challenges that must be confronted and overcome, in order to be able to continue the programs that are in place. We constantly strive to become an active partner in the regional response to the crises that we face on a daily basis. This publication is a testament to those efforts being undertaken on your behalf.

As if the conditions brought on by a global pandemic were not enough, there is, as anticipated, a confrontation of monumental importance developing between our Federal and Provincial governments over the linguistic rights and freedoms of both the French and English-speaking minority communities of Canada. Also, as predicted, the English Speaking Community (ESC) of Quebec is not just a focal point but the centerpiece when it comes to defining how our Canadian identity—in terms of Linguistic Duality—will be changed in upcoming legislation.

The Federal Government has now released its much-awaited Working Paper containing a number of proposals designed to “modernize” the Official Languages Act. A copy of this document can be obtained by going online at <https://www.canada.ca/en/canadian-heritage/corporate/publications/general-publications/equality-official-languages.html>.

This Act sets out in law how the Federal government will address the reality that Canada has two official languages, and spells out the responsibilities and obligations all agencies of the Federal government must adhere to once this Modernization is enshrined in law by the House of Commons. The working Paper is a reasoned approach to ensuring that Canadians in a minority language situation can have an opportunity to live and work in their first language.

There is still a long way to go before that happens, as is the case with all working papers. How the opposition parties vote is crucial in a minority government situation, and right now word on the street has it that the ESC of Quebec is on the chopping block in Ottawa when it comes to winning votes in Quebec.

The Provincial government has put forward the position that the Act should be changed so that there is only one Minority Language Community that is officially recognized, and that should be the French Language. The very clear outcome of the acceptance of this proposal would mean that we, as the ESC of Quebec, would no longer have minority status in Canada, thereby losing all the legal protection and support from the Federal government that we now enjoy.

Given our precarious position, Townshippers' has become very active in our role of advocating on behalf of our rural community. I am pleased to report that our local MPs and Mme. Joly, the minister in charge of this file, have been very quick to meet with us and listen to our concerns. This will be a major preoccupation for your Association over the next few months.

So for now, stay warm, play it safe and get vaccinated asap.

Gerry Cutting





2021 TOWNSHIPERS' AWARDS

DEADLINE: APRIL 30, 2021

1

OUTSTANDING TOWNSHIPERS AWARD

This award recognizes the dedication, generosity, and talent of individuals and groups who are contributing positively to the English-speaking community in the Townships.

2

YOUNG TOWNSHIPS LEADER AWARD

presented to a Townshipper aged 15 to 35 who has shown leadership within the English-speaking community in the Townships through their actions at school, work, or in the wider community.

\$1000 cash prize

NOMINEE CRITERIA:

- ★ Current or former resident of the historical Eastern Townships;
- ★ Neither the candidate(s) nor the nominators are an employee or board member of Townshippers' Association;
- ★ The candidate has made a considerable contribution to the Townships English-speaking community or their local community.

NOMINATION INFO:

- ★ Your name and contact information
- ★ The nominee's name and contact information;
- ★ Explanation of accomplishments or contributions to the English-speaking community in the Townships;
- ★ Endorsement letter from someone supporting your nomination, along with their name and contact information.

NOMINATION FORMS

<https://townshippers.org/outstanding-townshippers-awards/>
<https://townshippers.org/ytaward/>

TOWNSHIPS EXPRESSIONS

by Townshippers'

THE ONLINE SHOP FOR LOCAL BOOKS, MUSIC, CARDS AND MORE

TOWNSHIPS EXPRESSIONS continues to fulfil online orders while our offices are closed to the public.
PLACE YOUR ORDER ONLINE AT: shop.townshippers.org/

In-person pick-up is available at the Borough of Lennoxville office
by appointment only on Tuesdays and Wednesdays.

All items must be pre-ordered and all transactions must take place outside* the building.
Please come with the exact change needed to purchase your order.

To make arrangements, please contact Cathy Turner: ct@townshippers.org

*Our office building remains closed to the general public.

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.

Are you interested in a career at Global Excel?

Visit our Career Page to see the many opportunities we have for you!

globalexcel.com





EXCEL IN THE ESTRIE

Essay Contest

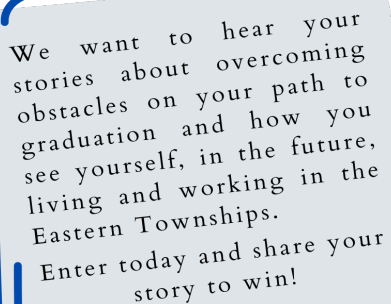
2 ways to enter

Written essays requirements:

- Word count: 500 - 600 words (include the word count);
- Title your essay;
- Typed using 11 or 12-point Times New Roman or an equivalent font;
- Entries must be submitted in Microsoft Word (.doc or .docx) format.

Video essays requirements:

- Entry must not exceed three minutes in length;
- Video can be shot using any kind of equipment provided the orientation is landscape/horizontal;
- Entries must be submitted via Google Drive or YouTube link



We want to hear your stories about overcoming obstacles on your path to graduation and how you see yourself, in the future, living and working in the Eastern Townships.
Enter today and share your story to win!



Entry Criteria:

Each essay must be submitted along with a completed entry form to:

paj@townshippers.org.

For an entry form and all contest details, visit:

<https://townshippers.org/essay-contest/>

DEADLINE: APRIL 16, 2021

Organized by Place aux Jeunes Eastern Townships

WE'RE GOING TO THE 'SHIPS PLACE AUX JEUNES EASTERN TOWNSHIPS

It has been quite a year for Place aux Jeunes. We have had a complete facelift: new branding, new logo, new website, and even a new name! Most notably, the name change from Make Way for YOUTH Estrie to Place aux Jeunes Eastern Townships



signifies the expansion of our territory from Estrie to the entire region of the Eastern Townships. All the while, navigating the monumental challenges presented by 2020.

Luckily, at Place aux Jeunes, we have some experience in helping our participants embrace change, adapt, and achieve their goals. So, we harnessed our experience and explored our own practices to come up with new ways to support our Place aux Jeunes candidates through the pandemic.

One of the biggest changes of the year was how we decided to tackle the problem of our Discovery Trips. In previous years, unaffected by the consequences of a global pandemic, we would invite groups of young professionals from Montreal and elsewhere to visit our region for a full weekend; that was not an option this year. In response to this dilemma, we opted to go virtual. In June of 2020, we embarked on a filming tour of the Townships with a humble film crew of two. The goal was to capture a specific place, event or concept in bite sized, 3-minute videos which could be easily pieced together to create full 30-minute Virtual Discovery Trips. Taking into consideration that the needs and interests of our participants are individually unique, we customised each video compilation – a feat that was accomplished by sending each participant a questionnaire to identify their personal preferences. Think of it as a buffet-style service, where all the options are laid out in front of you, you take what you want and leave the rest. As such, each participant ended up with a customized video containing information about the places and activities that reflected their

personal interests. Of course, Discovery Trips are not only about seeing the Townships. It is also important that participants have an opportunity to network with employers, make community contacts, and get a sense of the region before they decide

to move. That is why our Virtual Discovery Trips are more than just 30-minute videos. In addition to the video, each participant receives employer information and invitations to virtual job fairs with local employers. Participants are also invited to a Virtual Wine & Cheese event to meet other newcomers and community members, and they each receive a Voucher Booklet containing over a dozen gift certificates for places to visit in the Townships, post-pandemic.

Through our adapted approach to Discovery Trips, we aim to continue to provide Place aux Jeunes Eastern Townships participants with the opportunity to genuinely discover the beauty of the Townships and the possibilities that await them here, while they remain safe and socially distanced in their own homes.

If you or someone you know is interested in moving to the Eastern Townships (or you have moved here less than 12 months ago) then please contact our Place aux Jeunes Eastern Townships agent, Bethany Vanasse, at paj@townshippers.org. You could be eligible for all our free services, including our new Virtual Discovery Trips. Place aux Jeunes and Townshippers' Association are here to help you find jobs, housing, community, or anything you need to start your new life in the Townships.

By Bethany Vanasse



SUPPORT FOR "CAPITAL CAMPAIGN" UNCONTESTED BY COVID-19

When the shutdown began in March 2020, who among us imagined that we would still be living with so many restrictions into 2021? The exact timeline for conquering a pandemic cannot be predicted. We all do our best to follow guidelines, be considerate of our neighbours, and be thankful for essential workers and that we live in the Townships where we have the freedom to enjoy a variety of outdoor spaces.

The Townshippers' Foundation has continued to be active thanks to the hard work and adaptability of our staff member. Supported by technology, we have persevered. At that, the Foundation could not be more pleased with the success of our Capital Campaign. We had anticipated a decrease in donations but, instead, we have seen unwavering support from our donors, and the community can be assured that these monies will be well used. Due to the pandemic, groups are struggling to raise funds to support their activities, and we are pleased to be in a position to maintain our community support.

The Foundation has partnered with many lo-

cal groups that do not have charitable status, allowing us to issue tax receipts for their donors. We charge a minimal fee to cover our administrative costs, and the incentive of a tax receipt helps groups raise more money. Despite the pandemic, communities across the Townships have supported local fundraising efforts allowing initiatives to continue moving forward. Creativity has been the key word for these groups.

Each year the Foundation receives grant requests up to January 31st and subsequently hosts a luncheon to meet and award our grant recipients. Our 2020 luncheon had to be cancelled due to the pandemic, and we are unfortunately restricted by the same circumstances again this year. Be that as it may, this pandemic will not last forever, and we look forward to once again gathering the community to celebrate, to feel the warmth of community get-togethers, and to appreciate the many wonderful activities offered throughout the region.

Until we meet again, take care of each other. We will get through this.

By Jane Loiselle



For more than 30 years, Townshippers' Foundation has been helping those who live in the Eastern Townships by donating more than \$1 million to community organizations and projects.

**HELP US REACH OUR
GOAL OF RAISING
\$50,000 TO INVEST IN
YOUR LOCAL COMMUNITY!**

TOWNSHIPERSFOUNDATION.CA/WAYS-TO-GIVE

By giving to the Foundation, you're investing in the Townships and supporting grassroots projects that help improve the quality of life in the Townships.

QUESTIONS? CONTACT US AT

819-822-3314 OR TRCF@TOWNSHIPERS.ORG



ACTION COMMUNAUTAIRE LAC BROME HAS A YOUNG NPO IN BROME LAKE BEEN OVERCOME BY THE PANDEMIC?

Action Communautaire Lac-Brome (ACLB) is a bilingual non-profit organization (NPO) whose mission is to promote integration and mutual aid, and the improvement of living conditions, in support of the citizens of Brome Lake, West Bolton, and Brome Village. In pursuing these objectives, ACLB is committed to delivering programming that complements existing services and does not duplicate the offerings of other community organizations covering the same territory. To date, ACLB's approach has included prevention, support and accompaniment services, support for families with children under 18, the development of social skills, and the strengthening of intergenerational exchanges.

After only 8 months following the founding of ACLB in July 2019, the influences of the 2020 pandemic began to manifest. As has been the case for many organizations, activities slowed down in compliance with public health recommendations. Despite this, the Board of Directors have focused on the development and realization of the following projects.

Pursued by the MRC Brome-Missisquoi as the spearhead of the Sensitization to Diversity project for the Brome Lake area, ACLB carried out several immigration and diversity awareness initiatives. These initiatives included multiple trainings on sensitization, the production of a video featuring immigrants living in the Brome Lake area, an evening to experience a foreign culture, and the project was concluded with two coffee meetings and the donation of books on immigration and diversity to the two elementary schools in Brome Lake.

The second project includes the recent hiring of an outreach worker for youth between the ages of 12 and 25. Mr. Éric Crosier, who has more than ten years of experience working with youth in the region, will be present in places frequented by youth to cultivate trusting relationships and be available as a support resource, or direct or accompany them in accessing health and social services. Through open communication and mutual respect, Eric will also invite the youth to take part in designing projects and workshops that will support their needs; additional workshops will be offered to both youth



“As has been the case for many organizations, activities slowed down in compliance with public health recommendations.”

and their families. Over the last few weeks, Eric has initiated contact with community partners (schools, municipalities, community organizations, social services, etc.) and began to introduce himself in the community.

The third project concerns hiring an outreach worker for people aged 65 and over. This project aims to improve the well-being of our senior population by breaking isolation and reducing the loneliness experienced by many. The need for an initiative of this nature has increased in a context where health measures linked to the COVID-19 pandemic have reduced social interactions and access to local resources. The outreach worker approach favours reaching people where they live and facilitates consultation between local organizations. In addition, this project will be supported by and benefit from the network of partners involved in the MADA Lac-Brome project (Municipality friend of the elderly). This collaboration will facilitate additional support avenues and the referral of people to the appropriate resources. To realize this project, ACLB submitted a grant request to the New Horizon Program for Seniors (federal) and the answer will be known in the spring.

TO CONTACT ACLB OR BECOME A MEMEBER:
actioncommunautairelacbrome@gmail.com

TO CONTACT ERIC CROSIER; YOUTH OUTREACH WORKER:
crosiereaclb@gmail.com

By Yvonne Geoffrion

ÉDUCALOI - 20 YEARS OF INFORMING QUEBECERS OF THEIR RIGHTS

What are my rights as a common-law spouse? If my employer wants to fire me, can I contest it? What will happen if I die without a will? Although we may not think about such matters as “legal questions,” that’s what they are. Indeed, the law is a part of our everyday lives, whether it be buying a home, signing a lease or an employment contract, or interacting with government agencies.

Éducaloi is a non-profit organization with the mission of explaining the law to Quebecers in an understandable manner. If you have legal right -- for example, to contest a job dismissal or a rent increase -- but you don’t know about it, that right might as well not exist!



RICK GOLDMAN; ÉDUCALOI LAWYER,
COORDINATOR OF ÉDUCALOI'S
COMMUNITY MOBILIZATION PROGRAM

Éducaloi’s principal resource is our website (www.educaloi.qc.ca), which has hundreds of articles in English and French on legal topics of everyday concern such as family law, housing, workplace protections, consumer rights, and wills. The English side of our website

“INDEED, THE LAW IS A PART
OF OUR EVERYDAY LIVES...”

features content of particular interest to English-speaking Quebecers, includ-

ing articles on the right to receive health and social services in English and language rights in court in Quebec.

The website also offers many pamphlets and detailed guides in printable format on topics like wills, protection mandates, and avoiding financial fraud. You can download these and print them up, if you wish. You can also order paper copies, which can come in handy if you need a large quantity for an activity or an organization. As with all of Éducaloi’s services, this is free of charge.

Éducaloi also offers legal information workshops in English and French for the general public and for specific clientèles, such as frontline workers in community organizations. We also have a program of in-class workshops for legal education of students.

Given the increasing popularity of social media, you can now follow Éducaloi on Facebook, Instagram and Twitter. With the ongoing COVID crisis, we have also moved our workshops online. They are currently being offered by Zoom, with registration done directly on our website. The silver lining is that we can now reach a much wider audience than when we offered only in-person workshops.

To support English-speaking communities across Quebec, particularly in outlying regions, Éducaloi coordinates a Community Mobilization Program. This project, made possible with the financial support of the Community Health and Social Services Network (CHSSN), currently includes 13 community groups, from Gaspé to Gatineau. In 2020, we were delighted to have the Townshippers join our merry crew! The 13 community organizations receive training and support on offering legal information and referrals. They also agree to present several legal information workshops each year on topics of interest to families, seniors and students, as well as other legal information and education activities.

In 2020, Éducaloi celebrated its 20th anniversary. We look forward to many more years informing both English and French-speaking Quebecers about their legal rights through an increasing variety of innovative programs.

By Rick Goldman

KEEPING IN TOUCH WITH OUR COMMUNITY

Staying socially connected, despite physical distancing, has been an important theme this past year. Mental Health Estrie was tasked, as many others were, with finding creative ways to continue offering our services to the English-speaking community in Estrie while respecting the public health and sanitary measures. We transitioned our peer support groups online, we became more active on social media, and we continued to respond to calls for information and referrals to psychosocial services. To further connect and help support our community members, MHE had the great pleasure of running workshops in partnership with Townshippers' Association, the Lennoxville & District Women's Centre, and the ETSB Community Learning Centres (CLCs). These virtual events offered an opportunity to learn and practice skills and techniques to improve our mental health and overall wellbeing during the pandemic, the winter season and beyond. Our hope was to create a welcoming, engaging, and informative space for community members to grab a cup of hot chocolate and pause, just for a few moments, to then return to their daily lives with positive coping strategies which could be added to their mental health toolkit.

We are also very excited about our collaboration with Melissa Hindley (M.A, c.o.), a licensed psychotherapist with the Order of Psychologists of Quebec. Between the end of February and the beginning of March, Melissa is running a mini virtual workshop series focused on anxiety management. Through education, discussions, and interactions, Melissa is shedding light on anxiety in general and how it relates to the pandemic as well as offering a variety of exercises and tools to better manage stressful life events.

As social beings, in-person interactions are invaluable for our wellbeing; however, we have learned that, when necessary, we are able to build and maintain our connections through friendly phone calls,



heartwarming messages, and engaging Zoom meetings. Until we are able to welcome you in our offices, MHE will continue to reach out from a distance. Let's stay connected!

Mental Health Estrie is a non-profit community organisation committed to providing information, support, education and advocacy to English-speaking families and individuals in Estrie impacted by mental illness.

We can be reached by:

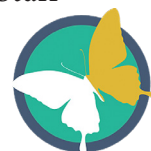
Phone: 819-565-3777

Email: mhe.info@bellnet.ca

Facebook: <https://www.facebook.com/MentalHealthEstrie/>

Website www.mentalhealthestrie.com

Article submitted by MHE Staff



Mental
Health
Estrie

SLP PROGRAM ADDRESSES **EARLY CHILDHOOD** LANGUAGE DEVELOPMENT ACROSS THE TOWNSHIPS

Most 5-year-olds will start kindergarten, curious active sponges ready to embark on their educational journey. However, some children have more difficulty adapting to this new environment. The 2017 Québec Survey of Child Development in Kindergarten (QSCDK) investigates the developmental level of children at this stage of their lives, provincially, regionally, and locally. In general, the study found that children who are English mother tongue are more vulnerable

and scored lower on several

developmental bench-

marks in com-

parison to their

French mother

tongue counterparts.

As a community organiza-

tion, we ask ourselves; what can

we do? (For the full report https://chssn.org/wp-content/uploads/2014/11/EQDEM_CHSSN_ENG.pdf)

Thankfully, the CHSSN (Community Health and Social Services Network), of which Townshippers' Association is a member, is attempting to respond to these findings. The CHSSN supports their network partners in accessing funding to bring activities and programming in English to regions throughout Québec. Community members across the Eastern Townships and their families have been the recipients of these efforts with parenting courses, school transition kits for Kindergarten students, hearing

screening collaborations and much more.

The most recent effort has been the *Empower Parents and Communities to Support Language Development* program. This online program ran from January to March 2021. It was two-fold. The first part of the program was developed as information sessions detailing various topics in speech and language; Language development, Bilingualism and Literacy: Ideas for supporting good readers in every

language. We gathered our com-

munity partners to share the

information and as a re-

sult, these events

were attended by

professionals from

various fields as well as

parents and educators. The

second part of the program was

parent/child dyads. We targeted families with a child between 18 months and 5 years with a speech delay.

Parents committed to a schedule of 2 hours for 6 Saturdays. Through their participation in the parent/

child dyads, parents learned to integrate language stimulation strategies and techniques through play.

These small groups were led by a speech pathologist.

This program was overwhelmingly successful and we hope to offer this opportunity to additional fam-

ilies when resources become available.

By Lisa Payne

SPEECH-LANGUAGE PATHOLOGISTS CAN HELP WITH:

- SPEECH DELAYS AND DISORDERS; ex. articulation, phonology and motor speech disorders.
- LANGUAGE DELAYS AND DISORDERS; ex. expression, comprehension in oral and non-verbal contexts
- FLUENCY DISORDERS; ex. stuttering
- VOICE AND RESONANCE DISORDERS
- SWALLOWING AND FEEDING DISORDERS IN ADULTS, CHILDREN AND INFANTS
- COGNITIVE-COMMUNICATIVE DISORDERS; ex. social communication skills, reasoning, problem solving, executive functions.
- PRE-LITERACY AND LITERACY SKILLS; ex. phonological awareness, decoding, reading comprehension and writing.
- COMMUNICATION AND SWALLOWING DISORDERS RELATED TO OTHER ISSUES; ex. hearing impairments, traumatic brain injury, dementia, developmental, intellectual or genetic disorders and neurological impairments.

Source: <https://www.sac-oac.ca/public/what-do-speech-language-pathologists-do>

THE KNOWLTON ACADEMY SECRET GARDEN NOURISHING PLANTS, MINDS, BELLIES AND COMMUNITY

The Knowlton Academy Secret Garden is a hugely successful project that teaches students about healthy eating, growing their own foods, sustainability, and nature.

Knowlton Academy students participate in all aspects of the garden from planning, seed starting, planting, watering and weeding, harvesting, building beds, making decorations, cooking with the produce we grow and fundraising. The garden has been an instrumental teaching



they planted as seeds in the spring, as often as possible. We also collect the seeds from various vegetables that our students grow to dry and re-plant them the following year. When we started the garden, 5 years ago, we had 14 raised beds. In these past 5 years, the Knowlton Academy Secret Garden has expanded significantly. Our success has been supported by various grants and financing from our mu-

nicipality, local charitable organizations such as The Optimist Club and The Oddfellows, and many

“This educational kaleidoscope, known most commonly as “the garden”, would have been impossible to realize without the incredible support from the community.”

tool for the children to learn about healthy eating – we find that it makes a huge difference in what they eat when they grow it themselves!

We feel it is important to teach our students about sustainability as much as we can. We often repurpose old materials into new things, for example transforming a car tempo into what is now a beautiful squash and bean tunnel. We also teach our students about the cycles of nature. In the fall, we invite our students to harvest the same plants that

generous donations of all kinds; from additional funds to plants, materials and anything and everything “garden” from local farms, businesses, and private citizens. This educational kaleidoscope, known most commonly as “the garden”, would have been impossible to realize without the incredible support from the community. We have received donations of everything from lumber to build a pergola, to plants from local farms and garden centers, an old car tempo, a BBQ for outdoor cooking, seeds, a treehouse, lilac trees, several hundred bulbs of garlic to plant and so much more!

This project is truly a community effort that we hope will continue for many years to come; continue to support our students in learning and creating healthy eating habits, continue to allow our students to learn, in a hands on way, about growing and harvesting food, and doing so in a beautiful, natural environment.

By Jennifer Muir



COMMUNITY-SUPPORTED AGRICULTURE: CONNECTING FARMERS AND CONSUMERS IN THE TOWNSHIPS

Here in the Eastern Townships, we are fortunate to have easy access to fresh and delicious local produce. In fact, during the summer months, nearly every one of us can stop by a local farmers' market or farm to pick a few things up for the week ahead... but did you know there is also another great way to get fresh, local, seasonal vegetables all

"...did you know there is also another great way to get fresh, local, seasonal vegetables all year round, while supporting your local economy?"

year round, while supporting your local economy? It's called community-supported agriculture (CSA) and it's probably available at a farm near you!

Community-supported agriculture is an alternative socio-economic model of agriculture that allows both the farmer and the consumer to share the risks and the benefits of farming.¹ In this model, consumers are invited to sign up for harvest baskets, which can include a variety of foods such as vegetables, fruit, milk, eggs, meat, and more, depending on what that farm produces.

By purchasing a subscription to a farm in advance, you help farmers to guarantee the demand for their crops and to better plan their crops around the needs of their subscribers, and you help provide them with some of the capital they need to start their growing season (for example: to buy seeds, compost, etc.).²

In return, you receive a share of the season's harvest and are kept up to date with news from the farm. You also get opportunities to talk directly to the farmers and ask them questions about how to use an unfamiliar vegetable or to get information that helps you better understand the farming process and where your food comes from. Depending on the farm and the farmers, you may also be invited to visit, or even help on the farm – a perfect opportunity for anyone who doesn't have the space or the equipment to garden at home but would like to be involved in growing their own food.²

In the Eastern Townships, many small farms offer CSA subscriptions, and so it would be difficult for us to name them all for you here. However, if you are interested in learning more about the community-supported agriculture model this summer, we encourage you to:

- Visit a farmers' market near you this summer and ask your local farmers if they offer a CSA option, OR
- Visit Equiterre's Family Farmers Network website to see which producers are available near you: <https://www.fermierdefamille.org/en>.

You can also look within your own social network – maybe one of your friends or family members knows of a CSA farmer they would recommend to you!

By Michelle Lepitre



Our region is home to several farmers' markets that offer you a chance to get outside on a beautiful summer day, pick up some tasty produce, and connect with farmers from the eastern townships, all while supporting the local economy.

References:

1. "Community-supported agriculture". Wikipedia.org: https://en.wikipedia.org/wiki/Community-supported_agriculture. Accessed: February 18, 2021.
2. Community-supported agriculture (CSA). By Canadian Organic Growers; September 11, 2015. Found on Organic Canada: <https://organicweek.ca/community-supported-agriculture-csa/>. Accessed: February 18, 2021.

MY EXPERIENCE AS A CSA SUBSCRIBER

WHAT IS IT LIKE BEING A CSA SUBSCRIBER?

I have been a CSA subscriber for approximately 5 years now (with two different local farms, and for both summer and winter vegetable baskets), and I always look forward to vegetable basket delivery days! For sure this has involved some changes to my cooking and eating routines (and I'm still learning and adjusting to it), but I have found the overall experience to be very rewarding. Not only does it feel good to know that I'm receiving (and eating) locally grown vegetables, but I also love knowing that I am supporting local businesses in my community.

IS IT EXPENSIVE?

When I considered becoming a CSA subscriber a few years ago, my first concern was the cost. A CSA subscription does cost a few hundred dollars per season and, initially, I worried that would mean the vegetables were much more expensive... thankfully, I was wrong!

The subscription cost may appear significant at first glance but, when broken down, the baskets generally only cost about \$20-\$30 each, for a regular-sized basket that can feed 2 people (sometimes more) generously – and there is a lot of variety in each one. The cost is comparable to what you'd pay in the grocery store. The initial subscription cost can usually be broken down into 2 or even 3 payments spread throughout the season, which makes it seem less intimidating than paying the total amount all at once. Over the course of the season, the cost is more than worth it – and being a subscriber offers you other benefits as well, such as opportunities to purchase extra produce when the harvest is abundant!

HOW EASY IS IT TO USE THE PRODUCE?

Becoming a subscriber does have some challenges and I'd be lying if I didn't say that using the produce can be one of them. Especially at the beginning, you may find the baskets include vegetables you've never seen before and cooking them can require some research and some creativity!

With today's grocery stores and plentiful produce aisles, we now have year-round, easy access to produce that comes from far and wide... as a result, many of our cooking habits have evolved to be based on the question "what would I love to eat today?" instead of the question "What could I make

today with what I have?"

With a CSA subscription, you quickly realize the importance (and enjoyment!) of selecting your meals according to what you have on hand instead of whatever you can dream up in your head. You may be reading this and thinking: "that doesn't sound fun at all...", but guess what? It really is! With my vegetable baskets, I am learning to cook new recipes that I'd never even heard of a few years ago, and I've discovered that I really enjoy some fruits and vegetables that I used to be sure I'd never eat (hello, ground cherries and cantaloupe!).

It's a really satisfying challenge to open the fridge and think "what kind of new meal could I make with these ingredients?" and it's given me a whole new appreciation for my food and for food preparation. For example: did you know that ground cherries taste delicious in muffins? That kohlrabies can be made into tasty fries? Or that you can turn a butternut squash into a delicious, spicy, and creamy soup using no cream at all? These are all things I've learned through my CSA subscription – and I'm sure that there are plenty more cooking lessons like this in my future!

SO, SHOULD YOU JOIN A CSA?

Of course, this decision is entirely up to you. I can say, though, that if it's within your budget to sign up for CSA vegetable baskets and the idea of learning to cook creatively makes you excited, I think you might enjoy it. When you know what you are getting into, being part of a CSA can be a fun experience, as well as an amazing way to support your local economy and connect with a community of like-minded individuals through your local farm. If you're not sure about the commitment yet (which is completely understandable), but you love the idea of supporting local businesses and adding more produce into your diet, then I recommend starting by visiting a local farmers' market (or two) this summer. Take advantage of living in the Townships to get to know a few local farmers, to learn about their farms, to taste some great local produce, and to put your cooking creativity to the test. Starting small can be a great way to see if a CSA subscription might be right for you... And, no matter which option you choose in the end, you'll still be supporting our economy here in the Townships – and that's a great thing!

By Michelle Lepitre



Spiced-up Butternut Squash Soup

Prep Time: 15 minutes
Cook Time: 30 minutes
Servings: 6



Ingredients

- 1 butternut squash (about 1.125 kg/2 ¼ lb.)
- 5 mL (1 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 10 mL (2 tsp) mild curry powder or paste
- 750 mL (3 cups) sodium reduced vegetable or chicken broth
- 30 mL (2 tbsp) chopped fresh cilantro or parsley (optional)
- 1 mL (¼ tsp) fresh ground black pepper
- 75 mL (⅓ cup) 0% fat plain Greek yogurt (optional)

Directions

1. Using a vegetable peeler, peel squash. Cut squash in half crosswise, then cut each half in half lengthwise. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.
2. In a soup pot or large saucepan, heat oil over medium heat and add onion, garlic, and curry powder or paste. Cook, stirring for about 2 minutes or until starting to soften. Add chopped squash, broth, and cilantro, if using. Bring to a boil.
3. Once at a boil, reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender.
4. Remove from heat and let cool slightly. Ladle into blender in batches or alternatively, using an immersion blender, puree soup in pot until smooth.
5. Stir in pepper. Serve with a dollop of yogurt if desired.

Recipe from Health Canada: <https://food-guide.canada.ca/en/recipes/spiced-butternut-squash-soup/#edit-group-directions>.

Kohlrabi Fries



Ingredients

- 2 kohlrabi roots (stems and leaves removed)
- 1 teaspoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder

Directions

1. Preheat oven to 425 °F.
2. Wash the kohlrabi, then use a sharp paring knife or good vegetable peeler to peel them. Cut them into thin strips.
3. In a medium bowl, toss the kohlrabi fries with olive oil, ground cumin and chili powder, coating evenly.
4. Spread the kohlrabi in a single layer on a baking sheet.
5. Bake for 25 minutes, flipping once, until they are soft and getting blistered and dark on the outside.
6. Remove and eat warm.

Recipe from Nutritious Life:

<https://nutritiouslife.com/recipes/kohlrabi-fries/>.

Ground Cherry Muffins

| Makes 6 large muffins; double the recipe for 12



Ingredients

- 1/4 cup butter, room temperature
- 1/2 cup sugar plus more for sprinkling
- 1 egg
- 1 c. flour
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- pinch of salt
- 1/4 cup milk
- 1/2 pint (approx. 1 c.) ground cherries with husks removed

Directions

1. Cream together the butter and sugar.
2. Add the egg and beat well.
3. Add 1/2 of the dry ingredients alternately with half of the milk, beating after each addition.
4. Fold in the ground cherries.
5. Spoon into a 6-cup muffin tin that has been treated with baking spray. Sprinkle each with a pinch of sugar.
6. Bake in oven preheated at 375 °F for 30 minutes or until a skewer inserted in the center of the muffins removes cleanly.
7. Let cool in the pan for a few minutes before moving to a cooling rack.

Recipe from Wendy at "A Day in the Life on the Farm": <http://adayinthelifeonthe farm.blogspot.com/2015/08/ground-cherry-muffins-for-muffinmonday.html>.



VOLUME MEASUREMENT CONVERSIONS



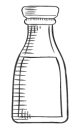
CUPS



TABLESPOONS

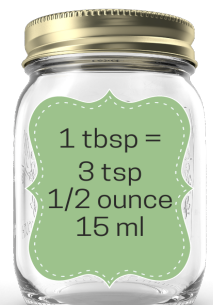
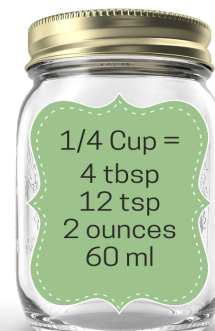


TEASPOONS



MILLILITERS

		1 tsp	5 ml
1/16 cup	1 tbsp	3 tsp	15 ml
1/8 cup	2 tbsp	6 tsp	30 ml
1/4 cup	4 tbsp	12 tsp	60 ml
1/3 cup	5 1/3 tbsp	16 tsp	80 ml
1/2 cup	8 tbsp	24 tsp	120 ml
2/3 cup	10 2/3 tbsp	32 tsp	160 ml
3/4 cup	12 tbsp	36 tsp	180 ml
1 cup	16 tbsp	48 tsp	240 ml



COOKING TEMPERATURE CONVERSIONS

Celcius/Centigrade
Fahrenheit

$$F = (C \times 1.8) + 32$$

$$C = (F - 32) \times 0.5556$$

FOOD SAFETY... what's it all about?

Think you know all about food safety?
Put your knowledge to the test and
see how you score!



- You can tell if food is unsafe by smelling or tasting it.
- You should use soap to wash your produce.
- The safest way to thaw food (especially raw meat, poultry, fish or seafood) is in the refrigerator.
- Flour is a raw ingredient and it should be cooked before it is eaten.
- Leftovers should be left at room temperature to cool before being stored.
- Meat will only turn brown once the bacteria in the food has been killed.
- Food that has been defrosted can be refrozen.
- The amount of food in your refrigerator affects food safety.

True / False

True / False

True / False

True / False

True / False

True / False

True / False

True / False



Adapted from
Health
Canada's
Food Safety
Information

ANSWER KEY:

- False. You cannot tell if food is unsafe by its smell or taste. If you're not sure, throw it out!
- False. Washing fresh produce with soap, chlorine, or other chemicals is not recommended by Health Canada. These items could absorb chemicals that you shouldn't be eating.
- True. The safest way to defrost food is in the refrigerator; defrosting food at room temperature could allow bacteria to grow, and could increase your chances of getting food poisoning.
- True. Flour may be contaminated with harmful bacteria and should be cooked before it is eaten.

ANSWER KEY:

- False. Refrigerate food and leftovers immediately, as bacteria can quickly grow when food is left in the danger temperature zone (between 4 and 60 degrees Celsius).
- False. Meat can turn brown before all of the bacteria in the food has been killed. For this reason, it is important to use a digital food thermometer for a more accurate temperature reading.
- False. Do NOT refreeze food that has already been frozen. Partly defrosted food can only be refrozen if it still has ice crystals on its surface.
- True. Do not pack your refrigerator with food as this will prevent cold air from circulating and affect the temperature of your refrigerator (and food).

More information and food safety tips can be found in the Food Safety section of Health Canada's website: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips.html>.

KITCHEN HACKS



Keep bananas fresh for longer by wrapping the end of the bunch with plastic wrap. You can also separate each banana. Both tactics block ethylene gases from releasing out of the stem, thereby ripening the fruit too fast.



Freeze fresh herb and olive oil mixtures in ice cube trays to add to your meals.



Use a teaspoon to peel your fresh ginger. Just hold the spoon firmly and scrape away the peel



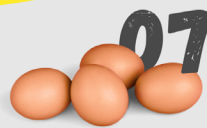
Keep onions in the fridge for 30 minutes before you need them, and enjoy slicing them without the tears!



Avoid plastic wrap disasters! Store the roll in the fridge! Chilling the wrap temporarily reduces its stickiness.



Crumble up your parchment paper then straighten to put on your cookies -it helps stay in place!



To get perfectly boiled eggs that do not crack, add some salt in the boiling water. Then put them directly in cold water to avoid the yolks from discoloring.



Are your stainless steel appliances covered with fingerprints and marks? Put a little bit of olive oil on a paper napkin and wipe the appliance in large strokes.



Unpleasant garlic or fish smell left on your hands? Rub your hands on something made of stainless steel for a minute! Tip: try rubbing your hands on your sink!



Can you prevent brown sugar from hardening? Yes! Put marshmallows in your brown sugar and store them in an airtight container.



Do you have a wooden chopping board that needs cleaning? Spread a mixture of baking soda and vinegar all over the board. Leave it for 30 minutes, then scrub and rinse!



If you need something to ripen quickly, put it in a paper bag with an apple. Apples emit ethylene which speeds up the ripening process.

Food Assistance

*i.e. Halal, Kosher, gluten-free, vegetarian, diabetic diet, etc.

Organization	Contact Information	Specialized Foods*	Meals on Wheels	Food Assistance	Additional Details
CAB de la MRC de Coaticook	819-849-7011 cabmrccoaticook.org	X		X	Food, clothing and furniture assistance available. Assistance is safe and contactless.
CAB R.H.Rediker	819-876-7748		X	X	
CAB de Magog	819-843-8138	X	X	X	
Banque alimentaire Memphrémagog	819 868-4438 banquealimentaire.ca			X	
Partage St-François	819 821-2233 poste 102 partagestfrancois.ca			X	Lunch boxes; come in person in the evening; one per person per day.
Sercovie	819 565-1066 www.sercovie.org		X	X	Our offices are closed; telephone service Monday to Thursday until 1 p.m.
Moisson Haut-Saint-François	819-943-2781	X		X	You will receive your assistance directly to your balcony.
CAB de Windsor et région	819 845-5522 www.cabwindsor.org		X	X	It is important to call us to make an appointment.
La petite ferme de l'auberge	450-548-2736	X		X	
La Tablee populaire	819 474-3245 fondationtablee.org			X	Distribution Monday to Friday, 12 p.m. to 1 p.m. in the rear parking lot
CAB de Sutton	450-538-1919 cab.sutton.com	X		X	Food bank: 3rd Monday of the month. Emergency assistance also possible.
CAB de Cowansville	450-263-3758 cabcowansville.com			X	Food assistance every Tuesday by appointment; call week days 8:30 am and 4:30 pm.
CAB de Bedford	450-248-2473 www.cabbed.org			X	We ask that you contact us by phone first.
CAB de Farnham	450-293-3265 cabfarnham.com			X	Our team is available from 8 a.m. to 4 p.m.
Centre de dépannage Marguerite Dubois	450-534-2825	X		X	Support, food aid, medical transport, friendship calls, meals for seniors or people with loss of autonomy, delivery.
SOS Dépannage/ Moisson Granby	450-378-0221 sos-depannage.org			X	

ARE YOU A
LEADER IN YOUR
COMMUNITY?



DO YOU VALUE
AN ACTIVE
LIFESTYLE?



MCGILL HEALTH AND SOCIAL SERVICES COMMUNITY LEADERSHIP BURSARY PROGRAM

DO YOU ENJOY
MAKING PEOPLE
SMILE?



SCIENCE
TECHNOLOGY
ENGINEERING
MATHEMATICS

ARE YOU
INTRIGUED BY
STEM?

A CAREER IN **HEALTH & SOCIAL SERVICES** IS WAITING FOR YOU!

[HTTPS://TOWNSHIPERS.ORG/MCGILL-BURSARY-PROGRAM/](https://townshippers.org/mcgill-bursary-program/)

With funding from | Avec un financement du

Canada



Dialogue McGill
Better Communication for Better Care

FOR MORE INFORMATION:

Estrie: ml@townshippers.org

Montréal-Est: msevers@townshippers.org



PRESENT TODAY FOR TOMORROW

GIVE NOW

Help us to advance new treatments
and to cure more people
by offering them better care.

MAJOR FUNDRAISING CAMPAIGN' 2018-2022

819 820-6450 | presentfortomorrow.ca



40 YEARS 40 AMBASSADORS \$ 40 M