



# TOWNSHIPERS

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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 email [ta@townshippers.org](mailto: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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## WITH THE SUPPORT OF



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to the Community**



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# President's Message

Here we are in the year 2022 and, in many ways, it looks very much like 2021. The pandemic is still with us but, thanks to all those people who got vaccinated, wore masks, and respected social distancing, we are moving towards a post-pandemic world. However, before we start the celebrations, there are some major adjustments to cope with. On the national and provincial levels, "The slogan 'we are all in this together' most certainly no longer applies in our new world. The protest/occupation of our national capital, and the blockade of the Ambassador Bridge in Windsor Ontario denouncing the measures in place to control the pandemic in the name of Freedom, have shown us that there are major ideological differences within our nation that are not easily surmounted and, perhaps, are here to stay.



At the same time, the future of the English-speaking Community of Quebec is now front and centre as the clause-by-clause study of Bill 96 at the provincial level unfolds. Given that the CAQ government has a majority in the National Assembly, this bill, with or without the use of closure, will be passed with little in the way of amendments. The most shocking part of the bill is that the use of the English language will not only be minimized but, in certain instances, also criminalized. To ensure that these acts of legislature cannot be challenges in the courts, the "notwithstanding clause" will be invoked to set aside the Canadian Charter of Rights and Freedoms as well as the Quebec Charter. Such a move is an attack on the very fabric of democracy and should be considered an affront to all Quebecers, whether they be French or English speakers.

At the Federal level, the long-awaited modernization of the Official languages Act – Bill 13 – has now been introduced in the House of Commons. While this bill most certainly is designed to promote the ability of French-speaking Canadians to live and work in French wherever they may reside in Canada, there is very little to offer the English-speaking community in Quebec given the devastating impact Bill 96 will have when passed. Will the federal government take a stand? Canada is just now waking up to the reality of Bill 21 and the perverted use of the Notwithstanding Clause included in it. Nevertheless, as members of our community, you have come to expect that Townshippers' Association will be on the front lines to defend and promote the interests and vitality of our community. Under the leadership of Executive Director Maggie Severs and Director of Programs and Communications Michelle Lepitre, the staff and volunteers of the Association are united in our ongoing commitment to fulfill our mission. Throughout this publication, you will witness the dedication and achievements of your Association, all of which enhance our community's vitality and our strengths.

As Townshippers our reality must become, more than ever, "We are all in this together" and we do not accept second class citizenship in our own country.

*Gerry Cutting*



## Message from the Executive Director

Townshippers' Association has seen many changes throughout this past year. As we all know too well, changes are often difficult to navigate, particularly in a time inundated with ongoing public health and safety concerns, such as the reality that has affected us all throughout the COVID-19 pandemic. Yet, despite these obstacles, the team at Townshippers' Association has persevered and worked collectively and diligently to ensure the success of the Association. We are incredibly fortunate to have a team of such

dedicated and resourceful individuals. Through uncertainty, our team has harnessed opportunity and I am in awe of their tenacity and initiative. We have not skipped a beat in continuing to develop our programming, to grow our network of partners, and to advocate for our community while it is being threatened by the legislation of Bill 96.

I would also like to take this opportunity to express my gratitude to our Board of Directors. Throughout this period of administrative transition, our Board of Directors has provided steadfast support. Not only did they ensure that operations were being tended to, but they also prioritized the wellbeing of the team. It is a great pleasure to be working alongside all those who play a role in the success of this organization, as recent months have only further showcased the dedication and resiliency of those committed to the vitality of the English-speaking community of the Eastern Townships.

I have been with Townshippers' Association for 8 years. I began my career with the Association as an agent in the field of health and social services for the Montérégie-East network, working out of the satellite office in Knowlton. Under the tenure of Rachel Hunting, I was able to grow my position and responsibilities to facilitate new experiences and challenges in the pursuit of my mandate. Prior to Ms. Hunting's resignation from the Association, I received a promotion to Branch Office Program Director for the Montérégie-East office. Ms. Hunting was a supportive and innovative leader, a mentor, and a friend. I was disappointed to see her go, while also once again inspired by her initiative to take on a new challenge that will continue to support the vitality of communities across Quebec. It was an honor to work with, and learn from, her. It is a blessing, as well as an irrefutable challenge, to be tasked with filling her shoes. However, I mustn't approach my new role as a challenge to fill Ms. Hunting's shoes, but rather as an opportunity to benefit from the footprint that she has left for us and continue to advance the mission of the Association and champion the rights and vitality of our community.

If you would like to check out the Townshippers' team, visit the team page on our website: <https://townshippers.org/the-team>. Our offices are still closed to the public due to the pandemic, so please give us a call at 1-866-566-5717 or send us an email if you wish to reach us. You can find all of our email addresses on our website.

# Message from the Director of Programs and Communications

If living through a pandemic has taught us anything, I think it's how to adapt to new situations and changes. Over the past two years, nearly every one of us has had to find new ways to work, to socialize, and to just plain live – and I think we all should give ourselves a pat on the back for that. Adapting to constant change under stressful circumstances is no small feat and it is one that deserves to be celebrated.



I can say with absolute certainty that finding new ways to adapt to change has been a particularly useful skill for our Townshippers' team in the past few months, as our Association has undergone some big transitions. When our long-time Executive Director, Rachel Hunting, announced her resignation in November of 2021, I know that we were all a bit worried. We had relied on her support and leadership to accomplish our work – and we were all nervous knowing that we'd be heading into a new year without her behind us.

We are a few months removed from that event now, however, and I can confidently say that adapting to the change has brought us closer together as a team. With the generous and unfailing support of our president, Gerry Cutting, and of our board of directors, we have succeeded in keeping our programs and projects on track and we have also continued to bring new ideas and new issues to the table. We are fortunate that Rachel created a strong foundation for us to build on in future years, and I think I can speak for everyone – staff and board included – when I say that we are all now eagerly looking towards the future!

My own, personal history with Townshippers' Association dates back to grade four, when I was lucky enough to win a prize in the Heritage Essay Contest. Little did I know then that my connection with Townshippers' would continue for decades. Since that time, I've worked as a summer student for Townshippers' Day, as a youth engagement coordinator, a Make Way for YOUTH (now Place aux jeunes) migration agent, the Association's assistant executive director and, more recently, as an agent for our health and social services partners' network. I feel intimately connected to the Association's mission and programs, which is why I am so excited to be taking on a new role as the director of our programs and communications.

I am also thrilled to have an opportunity, alongside my colleague and friend Maggie Severs, to put my leadership skills to use supporting our fantastic team. Every one of our team members (pictured on page 8) works hard on behalf of our community every single day to represent the interests of English speakers. I hope that you will soon have the chance to meet them in person, if you haven't already, and to get to see for yourself what genuinely lovely people they are. Until we can safely meet in person again, I wish you all the best!

*Michelle Amy Lepitre*



# Association News

## Meet our team...



### **Kelly Bush**

**Eastern Townships Partners for Health and Social Services Network Agent, Montérégie-East**

Kelly was born in Montreal and grew up in the Eastern Townships. After university, she returned to the region to raise her family and begin building a career in the non-profit sector.

Kelly is inspired by Townshippers' Association's work and she enjoys having the opportunity to contribute to the vitality of the English-speaking community in the Eastern Townships.

Kelly's email: [kb@townshippers.org](mailto:kb@townshippers.org)



### **Vanessa Asselin**

**Eastern Townships Partners for Health and Social Services Network Agent, Estrie**

You may have already met Vanessa in her previous Townshippers' Association roles - as an Eastern Townships Partners for Health and Social Services Network Agent and as the OLMC Project Coordinator - and she just couldn't miss the opportunity to work with the English-speaking community again.

Vanessa's bush craft skills may not be entirely acquired yet, but she loves spending time outdoors with her family!

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# Feature Article

## Four Vegetables and Herbs To Discover This Spring

Submitted by: The Collective Kitchens of the Eastern Townships

### Asparagus

One of the first signs that spring is around the corner is when you see this green vegetable (known for its slender spears) in farmers' markets. It is a great addition to many dishes, from quiche to salads. Before you eat asparagus spears, you'll want to trim off the white, thick ends, usually by about 1 inch. Asparagus can be served whole or chopped into pieces. It can be eaten raw or it can be prepared in these ways: grilled, roasted, sautéed, steamed, or blanched. If you're in a hurry, you can cook it in the microwave. Place the spears in a dish with a little water and lemon juice and heat for four minutes or until tender.



Here's a quick and easy recipe:

#### *Ingredients:*

- 1 bunch medium asparagus
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly grated parmesan cheese
- 1 teaspoon lemon zest
- Salt and pepper

#### *Method:*

1. Fill a medium saucepan with lightly salted water. Bring to a boil.
2. While the water is heating, rinse the asparagus, break off any tough, white bottoms and discard. Cut the spears into 1-to-2 inch sections, slicing the asparagus at a slight diagonal.
3. Add the asparagus to the boiling water and lower the heat slightly to simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water.
4. Toss the asparagus with olive oil, parmesan, and lemon zest while it's still hot. Salt and pepper to taste.



## Chive Blossoms

Chive blossoms are a flavourful, aromatic, and colourful edible flower that will appear at the end of chive stalks in late springtime. These blossoms have a delicate flavour of onion and garlic and can be used as both a garnish as well as an ingredient in recipes. Here's a recipe that you can put in pasta as well as in tomato sauce:

### **Chive Blossom Pesto**

#### *Ingredients:*

- One bunch chive blossoms, about 4 oz
- 1/4 cup raw almonds
- 1/3 cup freshly grated parmesan cheese
- 1/2 teaspoon sea salt
- 1/8 teaspoon pepper
- 1/4 cup olive oil



*Method:* In a food processor, pulse almonds until they are broken up and the size of small pebbles. Add chive blossoms with stems and pulse for another five seconds. Add cheese, salt and pepper and, with the food processor running, slowly drizzle in olive oil until just combined with other ingredients. Put the pesto in a jar and keep it in the refrigerator for up to a week, or store in ice cube trays in the freezer for a quick and easy option.

## Fiddleheads

In May, you will start seeing this peculiar vegetable. Fiddleheads are sweet like asparagus, grassy and snappy like a green bean, and with a touch of broccoli stem. Because they contain a trace amount of a toxin, you should never eat them raw. Once unfolded, the fiddleheads aren't edible. Prep the fiddleheads by rinsing them and rubbing off the brown papery husks. Cut away any brown or darkened parts of the stem. Wash the fiddleheads thoroughly in plenty of water. This basic cooking method is great for preparing fiddleheads for salads, frittatas, pasta, etc.



#### *Ingredients:*

- 3/4 lb (340 g) fiddleheads
- 3 shallots, chopped
- 3 tablespoons butter

#### *Method:*

1. Bring two large pots of salted water to boil. Plunge the fiddleheads into the first pot and blanch for 1 minute. Drain and discard the water. Repeat with the second pot of boiling water. Plunge the fiddleheads into a bowl of ice water to stop the cooking. Drain.
2. In a skillet over medium heat, soften the shallots and fiddleheads in the butter for 3 minutes. Season with salt and pepper.



# Garlic Scapes

These thin and curly green stalks come into season in the late spring and early summer, when they're often sold by the bunch. Garlic scapes are the stalks that grow from the bulbs of hardneck garlic plants. The scapes taste mild and sweet, like chives or scallions, but with a hint of garlicky flavor that's softer than its bulbous counterpart. Raw garlic scapes are crunchy, but you can eat scapes raw or cooked, whole or chopped.

Prepping them couldn't be easier: Just trim and discard the stringy tip of the scape, then cut crosswise, either into tiny coins or string bean-like stalks. The easiest way to think about cooking with garlic scapes is to use them the way you would use garlic.

Here's a recipe full of vegetables:

## *Ingredients:*

- 10 garlic scapes
- 3 oz. baby corn
- 3 oz. carrots
- 1 oz. shiitake mushrooms
- 3 thin slices of ginger
- 2 tablespoons oil
- 1/4 cup white wine

## *For the sauce:*

- 1/4 cup vegetable stock
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- 1 teaspoon cornstarch
- 1/4 teaspoon pepper

## *Method:*

1. Cut the shiitake mushrooms into 1/8 inch thick strips and set aside.
2. In a small bowl, stir together the vegetable stock, soy sauce, sugar, cornstarch and pepper.
3. In a wok, heat the oil and add the garlic scapes and ginger slices, then stir-fry for about 30 seconds.
4. Add the carrot slices to the wok with the white wine and stir-fry for about 30 seconds. Cover and steam for another minute.
5. Uncover and add the baby corn and mushrooms and stir-fry for a further 30 seconds. You may add an additional 1/4 cup of vegetable stock, if needed.
6. Pour the sauce into the wok-fried vegetables, and let it thicken.
7. Arrange the vegetables on a plate and serve hot.



## What are Collective Kitchens?

Have you ever heard of collective kitchens? Collective kitchens are community-based organizations that offer citizens an opportunity to get together and pool their time, money, and abilities to create healthy, delicious, and money-saving dishes to take home. Each collective kitchen offers basic ingredients that are available to members at no cost. Individuals can form cooking groups of their own or sign up to join existing groups.

Group members select their cooking day and recipes to make and, with the help of a group facilitator, they make a grocery list of the extra ingredients they need to buy to make their meals. They simply bring their ingredients with them on their cooking day, get down to work, and then leave with generous portions of food to eat at home and share with their families. This model provides a great opportunity for people to get together and cook, share the work and expenses, and add a bit of social time into their days. Collective kitchens are open to everyone, regardless of gender, age, or family income.

The goal is for people to come together and create healthy meals, learn new skills, help and support each other, and contribute (individually and collectively) to the development of their communities.



Collective Kitchens can help you:

- Get out of the house
- Meet new people and make new friends
- Build your self-confidence
- Enhance self-reliance and self-care
- Enhance, acquire, and share knowledge
- Experiment with new skills
- Develop a support network
- Encourage local and organic farming

To find the collective kitchen nearest you, visit the *Regroupement des cuisines collectives du Québec*'s website, [rccq.org/en/members/nos-membres](https://rccq.org/en/members/nos-membres), or contact us at Townshippers' Association and we'll guide you to the right one.

### References:

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[https://www.simplyrecipes.com/recipes/baked\\_asparagus\\_with\\_parmesan/](https://www.simplyrecipes.com/recipes/baked_asparagus_with_parmesan/)  
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<https://cook.me/recipe/vegan-stir-fried-garlic-scape/>

## Want to write a featured article for a future edition?

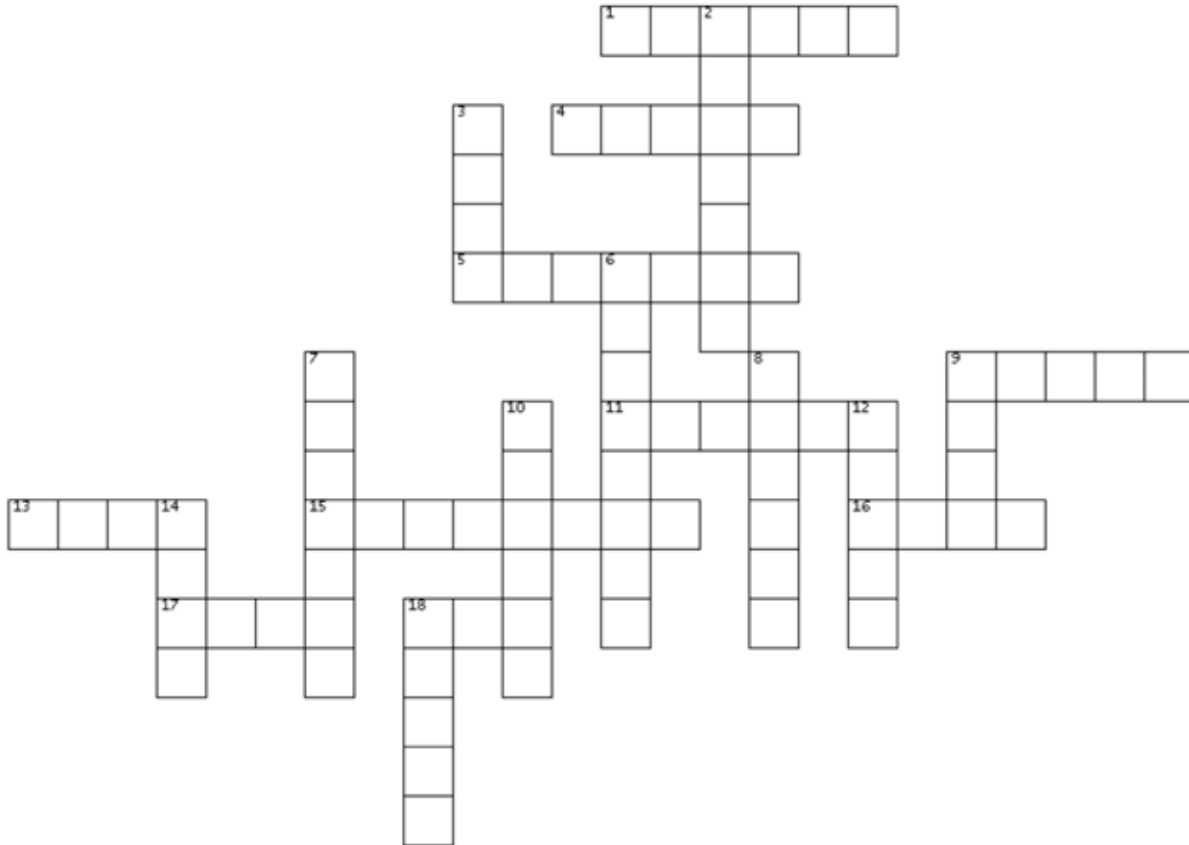
We love to receive content from our partners! If you are a local community organization who'd like to contribute something to an upcoming edition of our Townshippers magazine, get in touch with us today and we'll make a plan. Contact Michelle, our Director of Programs and Communications, to learn more: [ml@townshippers.org](mailto:ml@townshippers.org).



# Springtime Crossword Puzzle



Use the clues to fill in the words below. Words can go across or down.  
Letters are shared when the words intersect.



## ACROSS

1. where there is room to grow
4. one of the earliest birds to appear in spring
5. what some relationships do
9. they're for the birds
11. fledgling plant
13. plants do this in the spring
15. yellow spring flower
16. Easter flower
17. wet weather
18. nectar collector

## DOWN

2. spectrum of color in the sky
3. flower starter
6. nickname of a sweet-natured person
7. beginning to develop
8. scattering seeds
9. potting need
10. bouquet component
12. dutch beauty
14. early birds breakfast
18. burst into flower





# Townshippers' Awards

**Deadline: May 13, 2022**

## Outstanding Townshippers Award

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

## Young Townships Leader Award

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

**\$1000 cash prize!**



Scan these QR codes to access the nomination forms or visit:  
**[www.townshippers.org](http://www.townshippers.org)**



Join us!

# Annual General Meeting

**Friday, June 10, 2022**

**5 - 7 pm**



**Marais de la rivière aux cerises\***  
**69 chemin Roy, Magog, Qc J1X 0N4**

**To confirm your presence, contact Cathy by Friday, May 27:**  
**[ct@townshippers.org](mailto:ct@townshippers.org)**

\*If public health regulations allow. Participants will also be able to join by Zoom.



# Want a better night's sleep? ..zzzz

Try eating one of these sleep-promoting foods in the evening

Prepared by: Elizabeth Di Flumeri, Student Intern from the Université de Sherbrooke



## KIWI

Has numerous vitamins and minerals. Researchers believe its sleep-inducing properties may be related to the fruit's antioxidant properties, its amounts of folate, and/or serotonin.



## TART CHERRIES/ TART CHERRY JUICE

Contain an above-average concentration of melatonin, a hormone that promotes sleepiness and helps to regulate the circadian rhythm.



## FATTY FISH

Provides a healthy dose of vitamin D and omega-4 fatty acids, which are involved in the body's regulation of serotonin.



## NUTS

May contain melatonin, magnesium, and zinc - all essential ingredients for a number of bodily processes. Try walnuts, pistachios, or cashews.



## MALTED MILK

The explanation is uncertain, but there may be a link between the concentrations of vitamins B and D and their ability to reduce sleep interruptions. Milk itself also contains melatonin.



## RICE

Consuming foods with a high glycemic index approximately four hours before bed can promote sleepiness (this may not be true for all foods, such as sweets).



Learn more by visiting the Sleep Foundation's website:  
[www.sleepfoundation.org](http://www.sleepfoundation.org).

Source: <https://www.sleepfoundation.org/nutrition/food-and-drink-promote-good-nights-sleep>





# Caring for Your Mental Health

By: Alexandra Letourneau, Student Intern from the Université de Sherbrooke

Have you noticed:

- Any changes in your mood, sleep, motivation lately?
- Do you feel like you are pulling away from people around you?
- Have you had any thoughts of death or suicide?

If you answered yes to any of these questions, it's a good time to ask for help.

## Reach out to one of our partners for help:

**Mental Health Estrie**  
mentalhealthestrie.com

**JEVI Estrie**  
jevi.qc.ca

**L'Éveil de Brome-Missisquoi**  
eveilcowansville.com

**Mon Shack (My Shack)**  
monshack.ca/en

**APPAMM Estrie**  
appamme.org

**Centre de prévention du  
suicide Haute-Yamaska**  
cpshy.qc.ca

**Mood Disorders Society  
of Canada**  
mdsc.ca

**AMI-Quebec**  
amiquebec.org

**Canadian Association  
for Mental Health**  
quebec.acsm.ca/en

**Find your CLSC - Ask for the Psychosocial Intake Department for Mental Health Services:**

<https://www.santeestrie.qc.ca/soins-services/pour-tous/services-communautaires-clsc>



## Need help right away?

- Call Info-Social 811 (Option 2)
- 911
- Visit [www.suicide.ca](http://www.suicide.ca)
- Provincial Helpline for Suicide Prevention: 1-866-APPELLE (1-866-277-3553)
- Kids Help Phone: 1-800-668-6868
- Visit the Relief website for more options: [myrelief.ca](http://myrelief.ca)

## Growing with you.

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

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

[globalexcel.com](http://globalexcel.com)





# Recipe: The Ultimate Power Bowl



Looking for a simple and easy way to gather all the nutrients you need for a meal in one bowl? Look no further! A power bowl is not only healthy, but also a fun, colourful way to satisfy hunger. It can be made with almost any ingredients you have on hand, and can be prepared in one dish, which means less prep time and less clean-up time - a win-win situation!

So, let's build a bowl!

## Directions

Step 1: Bring on the veggies and fruits! Anything goes here; just add in your favorite fruits and vegetables! (Examples: Carrots, cabbage, cucumbers, corn, leafy greens, sweet pepper, mushrooms, broccoli, tomato, pear, apple).

Step 2: Add a cooked whole grain such as: barley/brown or wild rice, quinoa/couscous, or pasta/noodles.

Step 3: Add in protein foods, such as eggs, cheese, fish or shellfish, poultry, lean meat, legumes (chickpeas, black beans), lentils, tofu, nuts, and/or seeds.

Step 4: Add a little kick and sprinkle on toppings of your choice, such as: green onions, fresh herbs (cilantro, basil, dill), olives, or hot peppers.

Step 5: Drizzle on the dressing!



Suggestion: Lemon Tahini Yogurt Dressing

In a small bowl, mix until well combined: 1/2 cup of plain yogurt (not Greek) + 2 tablespoons of tahini + 1 clove of garlic + 2 tablespoons of lemon juice + pinch of salt

SOURCE: <https://dairynutrition.ca/en/educational-resources/nutrition-month-2022-how-build-power-bowls>

# Spring is Back - It's Time for Outdoor Adventures!



A few ideas of things you can do in the Townships this Spring

Prepared by: Emily Nolan, Student Intern from the Université de Sherbrooke

## A FEW FUN FACTS

- A study suggests that just 20 minutes outside in the fresh air can give you the same amount of energy that you would get from one cup of coffee. (1)
- Many research studies show that smells from nature (lavender, roses, freshly cut grass, and pine) make you feel more calm and relaxed. (2)
- Almost 90% of our vitamin D comes from casual exposure to sunlight. If you want your body in optimal condition, this vitamin is essential! Some of the great things it does: it helps us to absorb calcium, it prevents osteoporosis and it reduces inflammation. But don't forget sun protection, especially during peak hours! (3)
- Time spent in nature or just outdoors can help reduce many symptoms of anxiety and depression. (4)

### Sources:

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4. Huynh, Q., Craig, W., Janssen, I. et al. Exposure to public natural space as a protective factor for emotional well-being among young people in Canada. *BMC Public Health* 13, 407 (2013). <https://doi.org/10.1186/1471-2458-13-407>

## PICK YOUR SUMMER ADVENTURE (OR TRY THEM ALL!):



**Bleu Lavande**  
Magog  
[en.bleulavande.com](http://en.bleulavande.com)



**Granby Zoo**  
Granby  
[zoodegranby.com/en/](http://zoodegranby.com/en/)



**Bromont,**  
Montagne d'expérience  
[www.bromontmontagne.com](http://www.bromontmontagne.com)



**Parc de la gorge**  
Coaticook  
[gorgedecoaticook.qc.ca/en/](http://gorgedecoaticook.qc.ca/en/)





## IT'S A GOOD TIME FOR SOME "WORDS OF WISDOM"

By: Ed Humphrey, ERCC Project Manager

The Culture for Seniors team is excited to announce the launch of a brand new edition of Words of Wisdom. This video and podcast series puts the spotlight on seniors in the RCMs of Val-Saint-François and des Sources and on the role that arts and culture play in their lives.

Oddly enough, the first edition of this project came about thanks to the pandemic. "Several cultural mediation activities, which are at the heart of the Culture for Seniors project, had to be cancelled because of COVID-19," says project director, Marie Dion. "Members of our Words of Wisdom committee then suggested that we reach out to seniors in another way, namely through television, radio, and the internet. From there, we came up with the idea of creating content where seniors are really the stars of the show! This is truly an initiative by and for seniors, which is also one of our guiding principles!", admits Ms. Dion.



Photo by Johan Gass

The concept is quite simple – a series of laid-back and entertaining discussions where participants talk spontaneously about their activities, passions, interests and how they benefit from arts and culture from day to day. For example, questions include: what makes you feel good? Where does your creativity shine? What in your life are you really proud of? From these seemingly simple chats emerge a variety of precious life lessons about optimism, "stick-to-it-iveness" and the power that music and any other creative activities can have on our lives.

***"This is truly an initiative by and for seniors, which is also one of our guiding principles!"***

***"***



The Words of Wisdom series is a great example of "cultural mediation," an approach or "process" that gives participants the opportunity to not only be spectators during an activity or presentation, but to also play an active, often "hands-on" role. While creating a great drawing or having the best dance steps can be important for us in the overall creative experience, cultural mediation goes a few steps further by creating an environment where individuals reap important social benefits as well while doing more than just "watching."

Giving an interview, learning creative writing skills, taking a virtual art class or simply speaking to musicians after their show are but a few examples of how "active social participation" in artistic and cultural activities allows individuals to build relationships and break isolation.

*Words of Wisdom*, for example, is a win-win for everyone involved. These new episodes offer a wonderful opportunity for participants to share captivating anecdotes and insights from their lives while being exposed to, and learning about, the planning and technical aspects of giving on-camera interviews. (Quite an experience regardless of one's age!)

For those of you interested in watching the videos or listening to the podcasts - whether you're 17 or 97 years old - it's a great chance for you to discover the stories, experiences, and outlook of some pretty interesting senior members of our community!



Photo by Johan Gass

***IT'S A GREAT CHANCE  
FOR YOU TO  
DISCOVER THE  
STORIES,  
EXPERIENCES, AND  
OUTLOOK OF SOME  
PRETTY INTERESTING  
SENIOR MEMBERS OF  
OUR COMMUNITY!***



Photo by Johan Gass

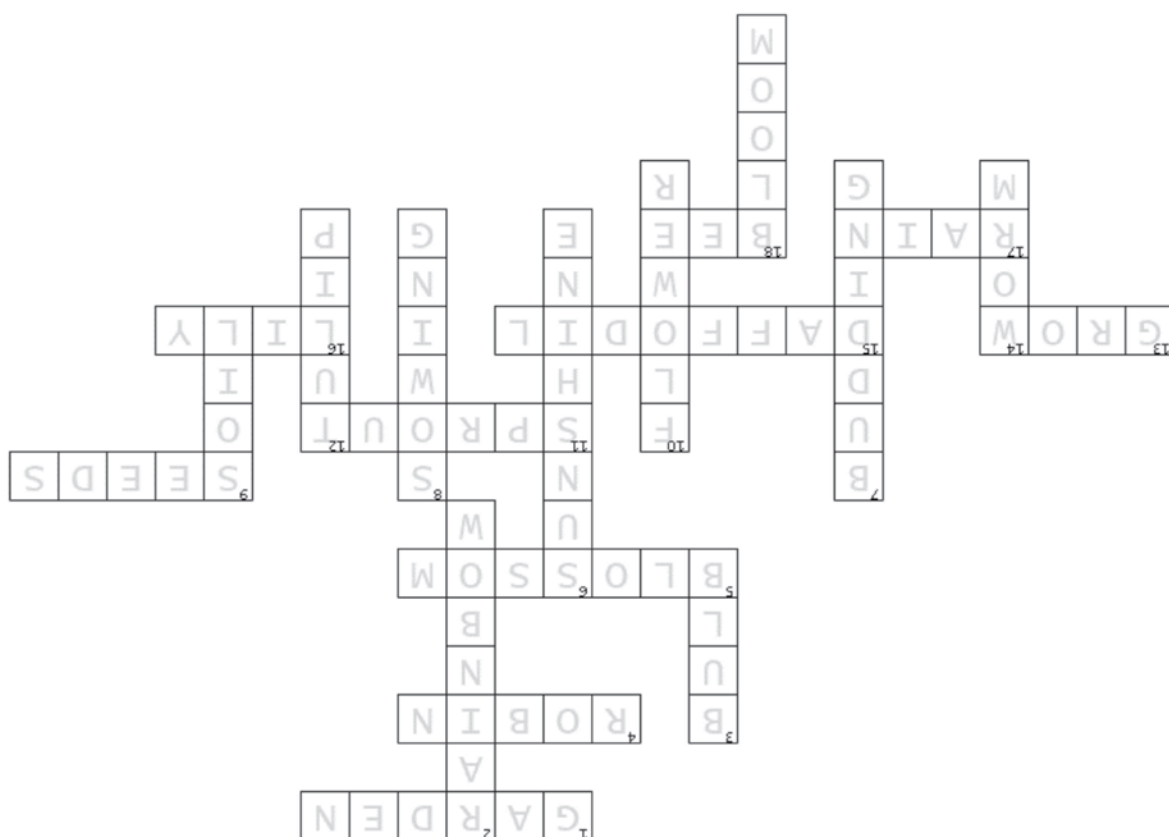
### What is Culture for seniors?

Launched in the fall of 2019, Culture for Seniors has already reached over 3,200 English- and French-speaking seniors in the RCMs of Val-Saint-François and Des Sources. With its strong collaborative and community framework, the project's main objective is to increase the participation, social inclusion, and well-being of seniors through interactive experiences in arts and culture.

Culture for Seniors would like to thank Wales Home, the Centre d'Action Bénévole de Windsor & Région, and Townshippers' Association for their precious help in making the Words of Wisdom series possible.

You can find the English and French versions of Words of Wisdom in both video and podcast format on the web at [wordsofwisdom.ca](http://wordsofwisdom.ca).

For more information on Words of Wisdom or on Culture for Seniors, please contact: Mariane Ménard, Project Manager, [projet@cultureauxaines.ca](mailto:projet@cultureauxaines.ca).



Springtime Crossword Puzzle - Answer Key

COMMUNITY

# HEALTH & SOCIAL SERVICES BURSARY PROGRAM

Calling all bilingual (French and English) health and social services students from the Estrie, Brome-Missisquoi and Haute-Yamaska regions!

It's time to apply for a McGill Health and Social Services Community Leadership Bursary - you could get up to \$10,000 to help you with your studies.

Visit <https://townshippers.org/mcgill-bursary-program/> to learn more...

Contact *Heather* to request application forms:  
[inclusivementorship@townshippers.org](mailto:inclusivementorship@townshippers.org)

Applications due May 16th, 2022, by noon.

Dialogue McGill



Health  
Canada

Santé  
Canada







Image courtesy of Vision Attractivité

# (RE)DISCOVER THE TOWNSHIPS

BY: Bethany Vanasse and Heather Ancliffe

Whether you have recently moved to the region, or have lived here your entire life, we invite you to take a little road trip and discover a few of our favourite places in the Townships.

Why not make it a challenge? See how many of these locations you're already familiar with and how many still need to be scratched off your list! This summer you can fall in love with some of the amazing places across the region that make the Townships so special. Use our list as a starting point and embark on your own adventure.

Each dot on the map marks one of the places we invite you to discover. Different places are categorized according to the following colour scheme:



## INVESTIGATE YOUR OPPORTUNITIES

Thinking of returning to school? Spring forward into an exciting new career with the help of these local educational institutions. The **Inclusive Mentorship Initiative** can help guide you along the way with immersive French-language mentoring, if needed.

1. Thinking of a career in Nursing or Special Care Counselling? **CRC** has you covered with a multitude of exciting program offerings.
2. **LVTC** offers specialized training programs in numerous fields, in either French or English.
3. Why not pick up French or English as a second language with **Bishops' University Continuing Education**?
4. **New Horizons** offers affordable (& sometimes free) francization courses.
5. **Brome-Missisquoi Campus**: Offers francization courses and numerous adult education career options.



## IMMERSE YOURSELF IN NATURE

Here in the Townships, there's no shortage of gorgeous outdoor spaces to lose yourself in. Here are a few of our favourite spots that cater to different interests and skill levels.

1. Less known than the Mont Megantic dark sky reserve, **Mont Hereford** can be accessed by foot or by car for amazing views of the night sky.
2. Try bird-watching at **Étang Burbank**.
3. Learn some local ecology at the **Johnville bog**.
4. Kayak the **Cherry River Marsh** at sunset for stunning views of Mont Orford.
5. Start your bike ride in Sherbrooke and make your way to the US border via **Le Wippi** pedestrian ferry.

## EXPLORE NEW TASTY TREATS

Whether you're hopping onto your bike or loading the kids into the car, don't forget to pack a picnic for the journey around the Townships!

1. With two locations in Sherbrooke, **les Vraies Richesses** has all your bread and pastry needs.
2. What is bread's best friend? Cheese! **Fromagerie Nouvelle-France** has got you covered.
3. Might as well make the BEST sandwich with the help of **Charcuterie Scotstown**.
4. For that 3:00 pm pick me up, try **Virgin Hill** coffee.
5. For the adults, end your day with hard cider from **Cidrerie Milton**.



## FIND YOUR COMMUNITY

Meeting people is easy in some of these community hotspots! If you're looking for new friends, we recommend these lovely little local hangouts and services:

1. **Compton Farmer's Market** on Wednesday evenings is a one-stop shop for food, music, and community.
2. Keep an eye out for **Cookshire-Eaton's Sunday concerts in the park** program.
3. Join the **LDWC Playgroup** for fun and exciting outings for both parents and kids.
4. Check out the weekly **food trucks** all summer at the base of Mont Orford.
5. Don't forget us! **Townshippers' Association** is here for you too!





# INCLUSIVE MENTORSHIP INITIATIVE

Spring forward into an exciting new career with the help of the **Inclusive Mentorship Initiative!**

Are you looking to brush up on your French-language skills and network with professionals in your field?

- Do you Live in **Estrie**?
- Are you between the **ages of 18 and 50**?
- Are you studying any of the following?
  - French as a second language at **Bishop's University - Continuing Education**
  - Health & social service studies at **LVTC** or **CRC**
  - Vocational studies at **New Horizons** or **Brome-Missisquoi Campus** (adult education and vocational training)

If you answered yes to these questions, then the Inclusive Mentorship Initiative is for you!

Contact Heather for more information: [InclusiveMentorship@townshippers.org](mailto:InclusiveMentorship@townshippers.org)



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
**Québec** 



# BECOME AN AMBASSADOR OF YOUR LOCAL COMMUNITY

EXPLORE



By: Bethany Vanasse

Place aux jeunes Eastern Townships has kicked off a Townships Ambassadors project to help newcomers discover new places, find community, and fall in love with their new homes. Despite having only recently embarked on this endeavour, we're excited to share some insights about what we've learned so far.

## It's easy to get involved

There are more ways than you think to become a local ambassador. Participating in programs such as the Place aux jeunes Eastern Townships Ambassadors is one simple example, but other opportunities are widely abundant. Municipalities and event organizers are always looking for volunteers at festivals, fairs, and other community events. It can be a great way to get involved and maximize your impact on your community. You could join pre-existing groups or clubs such as a Townships hiking group, an English book club, a birding group, or attend a Language Meet-up event – all of which are readily found with a simple social media search. And if you can't find a niche group that caters to your interests, why not start your own?

## It's rewarding

Some of the payoffs are a little more obvious, such as the warm and fuzzies that come from helping others. But there are some surprising rewards as well! In addition to meeting new people and making new friends, you might discover new parts of the Townships that you never knew about before. Various outdoor groups are a goldmine for finding out about hidden gems. Another great reward is the possibility of being introduced to a new hobby or passion that it had never occurred to you to try before. There is a stunning depth and richness of Townships culture that you can discover by getting involved with groups that explore history or create art.

## Having an impact

Becoming an ambassador in your community is not only about your immediate contribution. Your involvement can also have an impact on shaping the future of the Townships. Demonstrating an openness will encourage more

diversity and harmony amongst our populations. Connecting with nature fosters a desire to protect the beautiful landscapes and natural environments we sometimes take for granted. Your actions today can have a lasting long-term impact in shaping the Townships into the place you want it to be in the future.

**Becoming an ambassador in your community is not only about your immediate contribution. Your involvement can also have an impact on shaping the future of the Townships.**

**Above**  
*Townships hiking groups can be found with a simple Facebook search.*

# Become a member!

**Member:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**Spouse:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**Street Address:**

City/Town: \_\_\_\_\_ State/Province: \_\_\_\_\_

ZIP / Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to be added to our mailing list?

☐ YES, I authorize emails to be sent to me.

☐ NO, I do not authorize emails to be sent to me.

*Note: You can opt out of emails at any point and we will never share your information with any third parties.  
We believe in the privacy of our members.*

Do you wish to become a voting member of The Townships Sun magazine?

☐ YES, I want to become a voting member of the Townships Sun.

☐ NO, I do not wish to become a voting member of the Townships Sun.

**Membership Fees:**

☐ Under 21 years (1 year) - Free

☐ Individuals (1 year) - \$10

☐ Couple/Organization/Business (1 year) - \$20

☐ Senior (60+) (1 year) - \$5

☐ Seniors, couple (1 year) - \$10

☐ Individuals (3 years) - \$25

☐ Couple/Organization/Business (3 years) - \$50

☐ Senior (60+) (3 years) - \$10

☐ Seniors, couple (3 years) - \$20

**Magazine Options:**

Your membership includes a free subscription to our monthly e-bulletin and biannual issues of TOWNSHIPERS magazine. How would you like to receive your issues of TOWNSHIPERS magazine?

☐ Pick up from our Sherbrooke office - FREE

☐ Pick up from our Knowlton office - FREE

☐ Canada Post - postage fees apply (\$5 per year)

☐ Opt-out - I do not wish to receive the magazine

Please return this form, along with your payment, to the attention of:

**Townshippers' Association**  
**3355 College**  
**Sherbrooke, Qc J1M 0B8**  
**CANADA**

Scan this code to  
sign up online!

