



TOWNSHIPERS

MAGAZINE

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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 hello@townshippers.org for our publication guidelines. Be sure to include your name, email, and phone number in your contact information. Businesses, individuals, and organizations are also invited to request a copy of our advertising rates.

CONTACT

General
website: www.townshippers.org
email: hello@townshippers.org
social media: @townshippers

Sherbrooke (Head Office)
3355 College, Sherbrooke, QC J1M 0B8

Lac-Brome Office
3-584 Knowlton Rd, Lac-Brome, QC J0E 1V0

Phone number
819-566-5717
1 866-566-5717

Free Legal Information Clinic
Seasonal
Email: legalinfo@townshippers.org

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EDITOR: Suzanne Lepage, slepage@townshippers.org

PROOFREADERS: Michelle Amy Lepitre, Alexandra Reid-Lacerte

COVER IMAGE: Abbey Driscoll: La Vallée de la Coaticook.

CONTRIBUTORS: Donald Warnholtz, Denis Kotsoros, Michelle Lepitre, Suzanne Lepage, Zia Amiri, Allyson Sirois, Abbey Driscoll, Emily Côté, Alexandra Reid-Lacerte, Nathaniel Lamont, Brenda Hartwell.

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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.

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Welcome to our Townshippers' Magazine

In this edition, we are exploring—or rediscovering—the Townships!



Born and raised in Montréal, I moved to the Eastern Townships in 2007 and quickly realized what I had been missing all these years. The lakes, the roaming hills and valleys, city life, country life—even farm life! Whether you are seeking artistic or cultural events, great food, farmers' markets, berry or apple picking, scenic bike rides or hiking routes, wine or beer tasting, the Eastern Townships have so much to offer—and a little something for everyone.

When thinking about this edition of our magazine—having learned so much about our Association's history in our Fall/Winter magazine—I knew that I wanted to do something that would not only shed light on our region, but also require me to research and explore. I summoned my colleagues to help me—help you—discover some of our region's, and our Association's, gems.

Wishing you all a fantastic summer. Now get out there and explore our beautiful Eastern Townships!

Suzanne Lepage, Community Information Agent

Message from our President



I am proud to reflect on the incredible progress and positive transformation Townshippers' Association has undergone. We have come through a highly productive year, marked by strategic restructuring and growth, all aimed at strengthening our support for the English-speaking community of the Eastern Townships.

A key focus of our work has been building strong networks and partnerships across all sectors—health, education, government, business, families, seniors, arts and culture, community services, and organizational. These connections are vital as we continue to advocate for and support the needs of English speakers in our region. While our primary mission remains rooted in the

Eastern Townships, we have also seen an increasing number of requests for support from groups beyond our traditional boundaries. In the spirit of collaboration, we remain open to extending our expertise and assistance where—and when—possible.

I must also take this opportunity to recognize the dedication of our board members, whose volunteer efforts and expertise are invaluable. The commitment and leadership of our Executive Director, Denis Kotsoros, and the work and dedication of our exceptional team, continue to create new opportunities for growth and positive change.

Looking ahead, I am very optimistic that Townshippers' Association will remain steadfast in its mission, ensuring that our community is well supported and well represented. Together, we are making a lasting impact, and I am excited for what the future holds.

Sincerely, Donald Warnholtz

Message from our Executive Director



Upon assuming the role of Executive Director at Townshippers' Association, a key priority was to realign our operational mission to effectively serve our community's evolving needs in the 21st century. This process began with a detailed review of our organization's foundational principles.

Historically, Townshippers' functioned as a vital umbrella community organization, supporting individuals and entities who delivered direct community services. Recognizing the enduring value of this core purpose, we embarked on a process of refining our responsibilities to better enable these essential organizations. This resulted in the articulation of four strategic pillars: Administration and Finance, Program Management, Data Collection and Analysis, and Marketing and Communications. A focused restructuring of our operations around these pillars has yielded increased efficiencies, allowing us to expand our service delivery without incurring additional costs.

We are excited to announce the establishment of a dedicated Community Development Coordinator role. This position will foster closer collaboration with Community Development Corporations (CDCs) across key Municipal Regional Counties (MRCs) within our region, thereby strengthening our network and enhancing support for the English-speaking community of the Eastern Townships. Additionally, thanks to new funding, we are developing a Workforce and Employment Strategy Coordinator position to facilitate training and workforce reintegration.

Our Inclusive Mentorship Program has been refocused to enhance English services within the Healthcare Network. We have also cultivated a significantly more productive and collaborative relationship with our Members of the National Assembly (MNAs) and Members of Parliament (MPs), built on mutual trust and open communication. To optimize our operational effectiveness, we have invested in a Client Relationship Management (CRM) tool. This system will enable us to more accurately track our networking efforts and align our budgetary resources with our key priorities.

Through careful attrition management and a comprehensive review of our salary structures, we are now able to offer competitive compensation packages. This, combined with our attractive benefits and a reputation for fostering an inclusive and dynamic work environment, has enabled us to attract highly qualified professionals from our region's universities. This recruitment plan has resulted in a Townshippers' Association that more accurately reflects the diversity of our community and Quebec society.

Our fully staffed Marketing and Communications team has significantly increased our community visibility over the past year. We have transitioned to a proactive event planning cycle, scheduling events 10 to 18 months in advance, which enhances efficiency and ensures timely dissemination of information, news, and services. For example, we were pleased to announce our Townshippers' Festival in Lennoxville on September 20, 2025, well in advance.

Our enhanced budget management system now allows for accurate monthly reviews and six-month financial forecasting, enabling proactive adjustments to our financial position. The implementation of the CRM will further refine our financial tracking and long-term forecasting capabilities.

It is a privilege to serve as the Executive Director of Townshippers' Association. Our growing stature within the community and province is a direct result of the collective dedication and effort of our entire team. For their commitment and contributions, I express my sincere gratitude.

Sincerely, Denis Kotsoros

Townshippers' Staff

Although we are assigned to a team—and each have our roles and responsibilities, Townshippers' is all about working together to accomplish our mandates.



ADMINISTRATION & ACCOUNTING

COREY CUTTING, IT COORDINATOR (CONTRACTOR);
DENIS KOTSOROS, EXECUTIVE DIRECTOR & PRIVACY OFFICER;
FADÉLA HAMOU, SENIOR ADMINISTRATIVE COORDINATOR;
MATT CLAIRMONT, BUDGET & ACCOUNTING ANALYST.

COMMUNICATIONS

MICHELLE LEPITRE, DIRECTOR OF COMMUNICATIONS;
SUZANNE LEPAGE, COMMUNITY INFORMATION AGENT;
LEXIE REID-LACERTE, EVENTS AND OUTREACH COORDINATOR.



ENHANCING REGIONAL COMMUNITY CAPACITY (ERCC)

ALLYSON SIROIS, COMMUNITY DEVELOPMENT COORDINATOR;
NATHANIEL LAMONT, ERCC PROGRAM MANAGER;
SIMONE GOLOVEN, ERCC PROGRAM COORDINATOR.

Townshippers' Staff, cont'd



HEALTH AND SOCIAL SERVICES (HSS)

KRYSTOPHER ISIDORE (IZZY), YOUTH & FAMILIES COORDINATOR.
EMILY CÔTÉ, HSS PROGRAM MANAGER;
ZIAULHAQ AMIRI, SENIOR WELLNESS INITIATIVE COORDINATOR.

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ABSENT FROM THE PHOTO: **SALIM HASHAM**; **PETER STAR**; **BASSAM CHIBLAK**.

Townshippers' Association: A membership that's meaningful!

By Alexandra (Lexie) Reid-Lacerte, Community Outreach and Events Coordinator

Proud to call the Eastern Townships home? Whether you're an English speaker or someone who values the richness of a diverse community, Townshippers' membership is for everyone! For just a \$10 annual fee, you'll enjoy exclusive access to Townshippers' Magazine, our monthly e-newsletter, VIP member events, contests, and merchandise—all while supporting the growth and inclusivity of the English-speaking community. It's an easy and meaningful way to stay connected, make a difference, and celebrate the vibrant culture of the Eastern Townships.

As a member, you'll receive a copy of Townshippers' Magazine (digital or print), filled with inspiring stories, interviews, and insights about life in the Eastern Townships. Stay informed with our Townshippers' e-newsletter, featuring updates, events, and programs that matter to you. Plus, you'll gain access to VIP events where you can network, connect, and engage with a welcoming community of like-minded individuals. But that's not all! Your \$10 membership also unlocks exciting contests and exclusive merchandise, letting you proudly show off your Townshippers' pride with T-shirts, tote bags, and more! Keep an eye out for upcoming community events such as movie nights, mindfulness workshops, clothing swaps, just to name a few, hosted by yours truly, Lexie.

You'll also receive exclusive updates about Townshippers' Festival, coming September 20th in Lennoxville! This exciting event celebrates our English-speaking community with music, food, art, and much more. As a member, you'll get exclusive access to exciting extras, and of course it is one of the best opportunities to connect with the community and enjoy the festivities. Mark your calendars for this can't-miss event!

The recent change to the membership form enhances the experience for you, our valued members, and allows for a more organized system for our hardworking volunteers and staff—plus it is easier for you to navigate! This change means quicker, more efficient membership renewals, so you can stay connected—hassle free. It also helps us better communicate with you and ensure that you're always in the loop.

While Townshippers' focuses on supporting English-speaking residents of the Eastern Townships, we are deeply committed to creating a space where everyone—regardless of language or background—can connect, share, and celebrate our region's unique cultural fabric. Your membership goes beyond just perks; it supports a nonprofit organization that ensures that all communities are represented and valued. By joining Townshippers', you're contributing to a cause that advocates for English speakers, while helping to create a united and vibrant community that emphasizes accessible resources and connection.

Whether English is the language you are most comfortable speaking, or you simply want to be part of a positive change, your membership helps Townshippers' continue advocating for the English-speaking community in the Townships while fostering unity across language and cultural lines. This is more than just a membership—it's an opportunity to be part of something bigger, where everyone is welcome.

You can find our membership form online at townshippers.org or come by our Lennoxville office at 3355 rue College, Lennoxville, Qc. For any questions regarding membership, please email me at AReid-Lacerte@townshippers.org.

TOWNSHIPERS' ASSOCIATION

MEMBERSHIP

One-Year Membership Fee - \$10

Name: _____ Date: _____

Telephone: _____

Age: 14-17 ☐ 18-20 ☐ 21-35 ☐ 36-45 ☐
 46-59 ☐ 60-89 ☐ 90+ ☐

New or returning member? New ☐ Returning ☐

Signature: _____

Mailing Info

Name: _____

Address: _____

City: _____

Province: _____

Country: _____

Postal Code: _____

Membership form is available on our website, visit townshippers.org/membership-form/

Your membership includes a FREE subscription to our TOWNSHIPERS MAGAZINE

Magazine Options

☐ Digital edition (email) ☐ Print edition (mail) ☐ Print edition (Pickup in Sherbrooke office)

☐ I don't want to receive the free magazine

Do you also want to receive our monthly email newsletter? ☐ YES! ☐ No thanks

☐ I authorize Townshippers' Association to contact me by email regarding my membership and the Association's activities.

E-Mail: _____

Note: We will never share your information with any third parties + you can opt out any time.

Form of Payment

☐ Cash Date payment received: _____ Employee initials: _____

☐ Cheque Please make cheque payable to Townshippers' Association

☐ Credit card* Credit card number*: _____

Welcome to Townshippers' Association!

Learn more about us and meet our team: 

Aussi disponible sur notre site web en français: townshippers.org/fr/formulaire-dadhesion/

TOWNSHIPERS' ASSOCIATION

ADHÉSION

Cotisation annuelle - 10\$

Nom: _____ Date: _____

Téléphone: _____

Âge: 14-17 ☐ 18-20 ☐ 21-35 ☐ 36-45 ☐
 46-59 ☐ 60-89 ☐ 90+ ☐

Nouveau membre ou Renouvellement? Nou ☐ De retour ☐

Signature: _____

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Nom: _____

Adresse: _____

Ville: _____

Province: _____

Pays: _____

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☐ Mail ☐ Ramassage au bureau de Sherbrooke

Mode de paiement

Espèces: ☐ Virement électronique: ☐

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**making a
difference.**

We feel this is a value that is shared
by the Townshippers' Association.

Thank You
for enriching our community.

Your continued presence, your engagement
and your support to the English-speaking
community truly make a difference.

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Townshippers' Festival 2025: Building bridges and celebrating community connections

By Alexandra Reid-Lacerte, Community Outreach and Events Coordinator

Lennoxville will be hopping on September 20, 2025, as Townshippers' Festival returns to celebrate the spirit of the Eastern Townships. This annual event draws both longtime residents and newcomers to experience our region's rich tapestry. More than just a festival, TFest is about building bridges across cultures and generations, highlighting the area's unique history and the strong bonds that tie its people together.

Lennoxville, a historic neighborhood known for its charming streets and welcoming atmosphere, is the perfect setting for this celebration. Townshippers' Festival brings to the forefront the cultural fabric of the region, emphasizing not only the English-speaking community's vital contributions but also the region's multicultural spirit. The festival offers an opportunity to connect with the community, learn about its past, and appreciate the diverse experiences that shape it today.

In my own words, I would say this: "Townshippers' Festival is about creating connections. It's an opportunity to bridge gaps, celebrate our shared history, and build new relationships across cultures. Whether you've lived here for decades or are visiting for the first time, the festival offers a welcoming space to connect and discover the richness of this community."

At Townshippers' Festival, visitors will be treated to a day of live music, food, and family-friendly activities. The festival will feature performances by both emerging and established local artists, creating a dynamic musical lineup that reflects the diversity of the Eastern Townships. Whether it's folk, jazz, or rock, there will be something for every musical taste, providing a soundtrack to the day's celebrations.

Food lovers won't be disappointed either, as the Festival will showcase an array of local food vendors offering regional specialties. It's a chance to indulge in the flavors of the Eastern Townships while supporting local businesses that are the backbone of the community. TFest is also an opportunity for families to enjoy a wide range of activities, from hands-on workshops to interactive games—a little something for every age group to enjoy.

One of the central themes of the 2025 Townshippers' Festival is community building. The festival is not only a chance to celebrate the region's heritage but also a platform to strengthen ties within the community and beyond. The event creates space for conversations, learning, and mutual understanding, helping to bridge cultural divides and encourage a spirit of inclusivity. It's about fostering connections that will last well beyond the Festival itself.

Best of all, Townshippers' Festival is free to attend, making it an accessible and open celebration for everyone, regardless of background or age. It's an invitation to explore the history, the creativity, and the people who make Lennoxville and the Eastern Townships a unique and special place.

Mark your calendars for **September 20, 2025**, and join us in **Lennoxville** for a day of music, food, and cultural connection.

Event Details:

Date: September 20, 2025

Time: 9:00 a.m. – 5:00 p.m.

Location: Lennoxville, Quebec

Admission: Free

For more information or media inquiries, contact Alexandra Reid-Lacerte at areid-lacerte@townshippers.org.



Fun facts about the Eastern Townships



114 municipalities
Dozens of charming villages
30+ public markets

ESTRIE

population = 516 919, 5.82% of the Quebec population (2023)

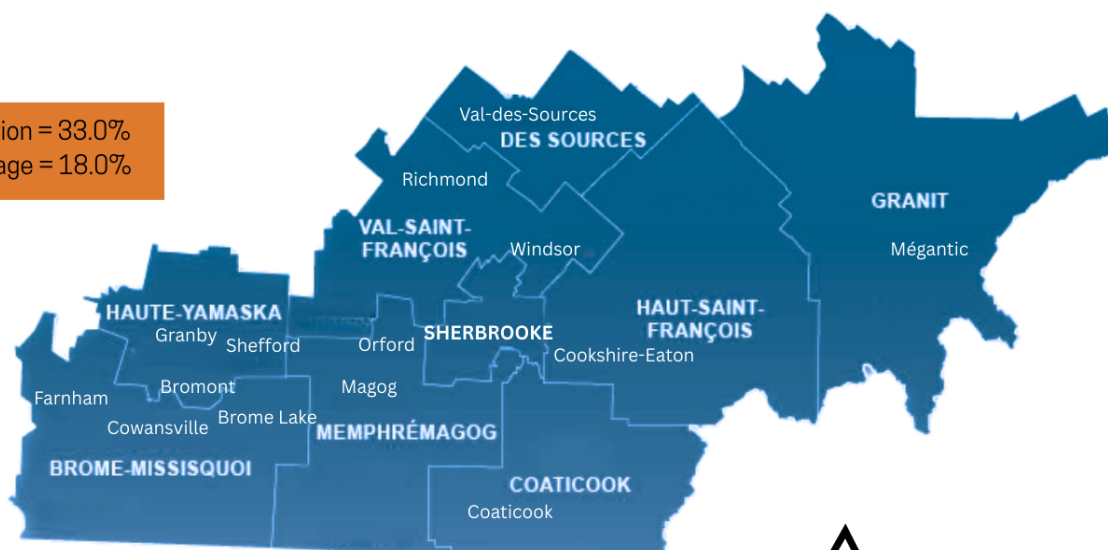
English speakers = 41 075; 8.3%

French speakers = 452 950; 91.4% (2021)

Sherbrooke = 180 936, largest population, + 1/3 of total Estrie population



Rural population = 33.0%
Quebec average = 18.0%



2 teaching hospitals
Numerous health centres



Four national parks:
Yamaska, Mont-Orford,
Frontenac, Mont-Mégantic

100+ hiking trails



The 5 largest cities w/population:

1. Sherbrooke, 180 936
2. Granby, 70 825
3. Magog, 29 904
4. Cowansville, 16 340
5. Bromont, 11 943



References:
1. economie.gouv.qc.ca/pages-regionales/estrie/portrait-regional/occupation-du-territoireA
2. bonjourquebec.com/en-ca/where-to-go/regions-of-quebec/eastern-townships
3. easterntownships.org/
4. <https://chssn.org/documents/regional-profiles-rt-s-de-lestrie-chu-de-sherbrooke/>



Eastern Townships, aka Estrie, is divided into 9 territories (aka, RCMs (regional county municipalities):

- Le Granit
- Les Sources
- Le Haut-Saint-François
- Le Val Saint-François
- Sherbrooke
- Coaticook
- Memphremagog
- Brome-Missisquoi
- La Haute-Yamaska

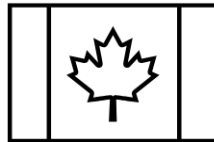


Tourist routes:

1. Townships Trail: 430 km, 31 cities and villages, Victorian homes, round barns, life-size historical characters, covered bridges, churches, museums, etc.
2. Route des Sommets: From Mont-Mégantic to Mont Ham, breathtaking views and impressive mountains.
3. Route des Vins: 20+ passionate winemakers and wonderful products.
4. Têtes Fromagères: 14 cheesemakers, fine cheeses, cheese curds, raw milk cheese, sheep, goat or cow's milk



365 km of cycling routes
10 mountain bike centres
++ gravel circuits



Estrie shares its border with Vermont, New Hampshire and Maine.



1 085 maple enterprises
 9M taps
 30.3M lbs of maple syrup
 (~22M cans)



2 universities:
Université de Sherbrooke (French)
Bishop's University (English)

4 school service centres
 7 post-secondary institutions

Numerous elementary and high schools



Four ski resorts
Orford
Sutton
Owl's head
Bromont



422 dairy farms
 3862 jobs on local farms

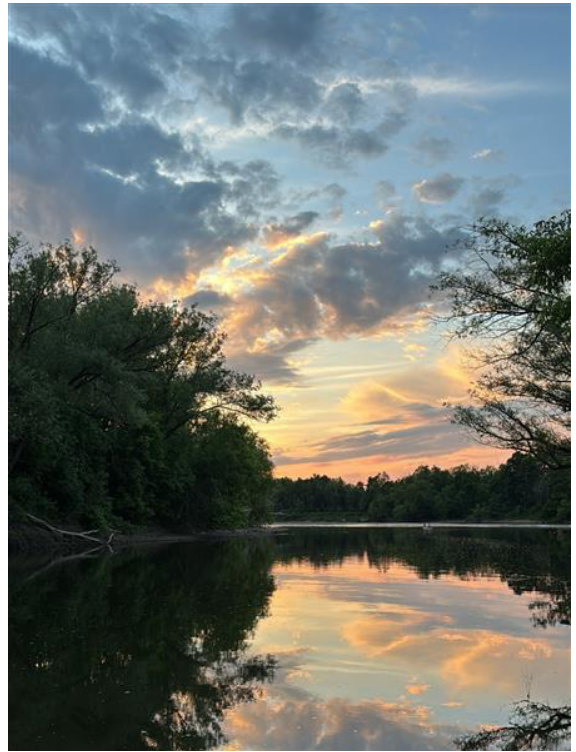


Mystery locations in the Townships... where are we?

1



2



3



4



5



6



7



See page 26 for answers and more information on each location.

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navcanada.ca/careers



NAV
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Spring has sprung in the Townships!

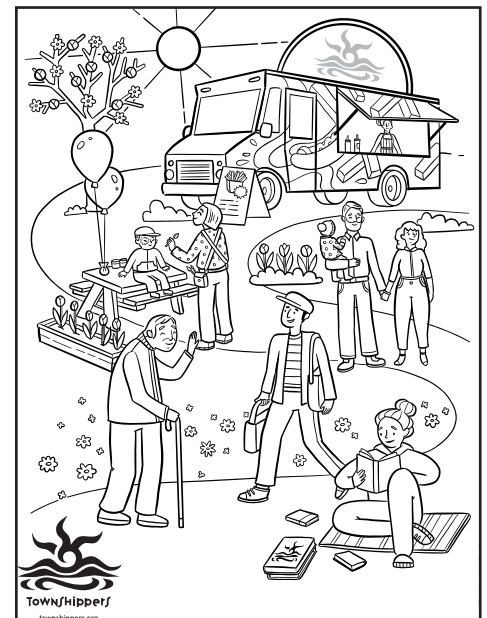
In this spring/summer magazine, we continue to celebrate Townshippers' Association's 45th anniversary with another colouring page by local illustrator, Valérie Desrochers.

This spring colouring page can be found on the back cover. You can also download it from our website, print it, share it and colour it with both the young and not so young colouring enthusiasts in your life.

Stay tuned for the final 45th anniversary colouring page—summer—that will be coming out soon, and be sure to follow us on social media to participate in our summer colouring contest.

Until then, if you missed our fall and winter colouring pages, you can find them on our website at townshippers.org/forty-five/.

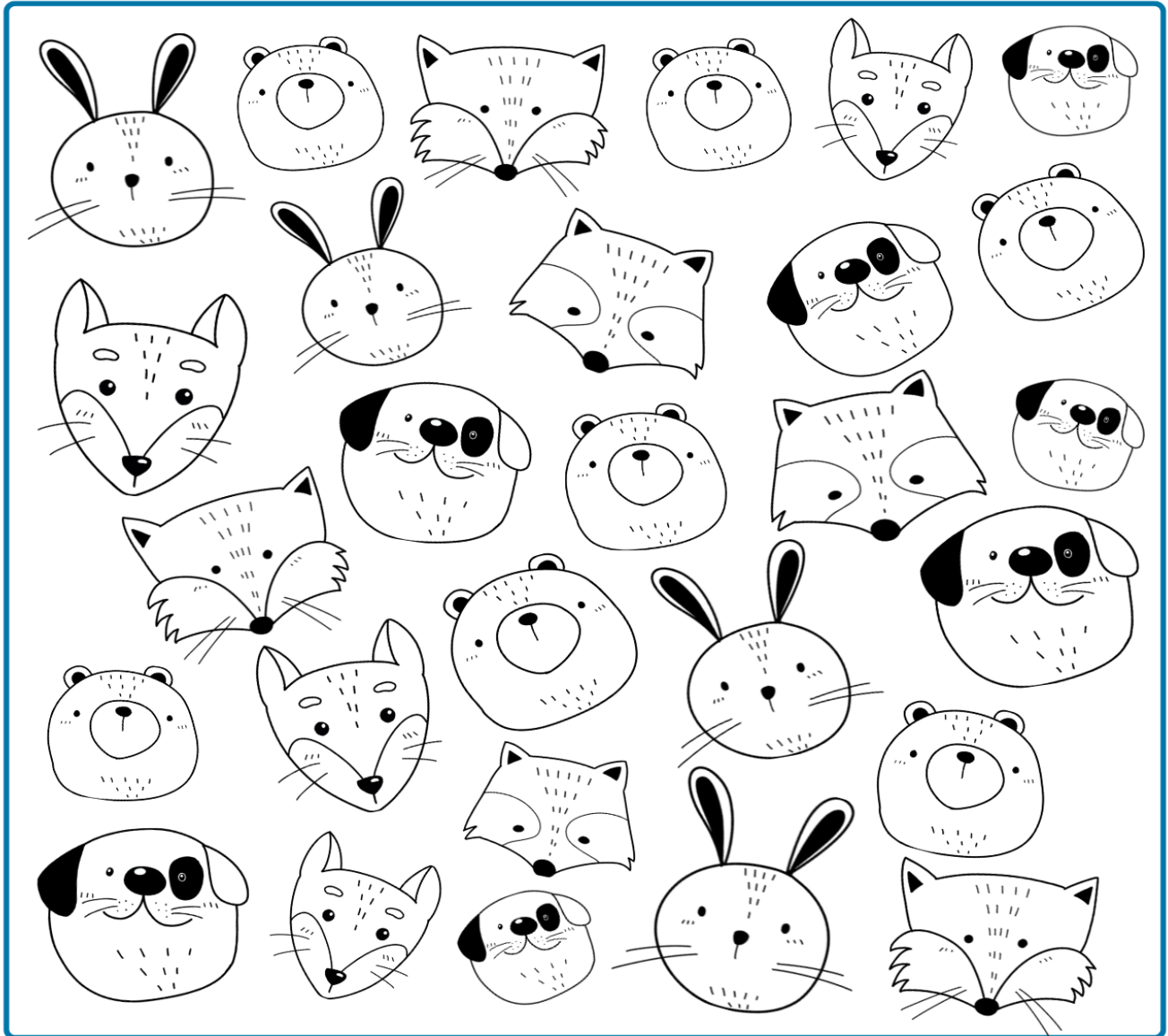
Happy colouring!



The warmer weather is here

and the animals are out and about

Colour the animals, then count each type; write the number for each in the boxes below. Have fun!



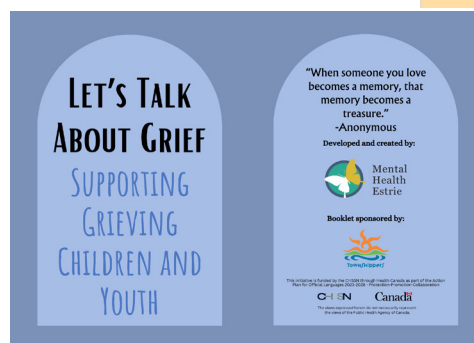
Health and Social Services: Strengthening the fabric of the Eastern Townships

By Emily Côté, Health and Social Services Program Manager

For nearly two decades, Townshippers' Health and Social Services (HSS) program has played a vital role in supporting the well-being of English-speaking communities across the Townships. At the heart of these efforts is the Networking and Partnership Initiative (NPI)—a model that has shaped every aspect of the Association's health and social services programming.

What makes this initiative so essential to the region? It addresses a unique reality: **over 75% of English speakers in the Eastern Townships live in rural areas**, outside of urban centres such as Sherbrooke, Magog, and Granby. This widespread distribution creates a challenge in accessing services—one that the NPI meets head-on by bringing together local and regional partners to ensure that no community is left behind. Rather than offering direct services, Townshippers' Association fosters partnerships with local organizations to ensure that services are accessible and correspond to the realities of the English-speaking community. This collaborative approach allows community members to connect with crucial health and social services, while also maximizing local resources and expertise.

Programs such as *Ready, Set, Grow (RSG)* are a perfect example of how the NPI enriches lives. This comprehensive parent-child program uses rhymes, songs, and storytelling to strengthen early childhood development in English-speaking families. Following the successful launch of the program in Val-Saint-François and Val-des-Sources in the fall of 2022, we collaborated with several partners in the Memphremagog area to launch the RSG program in Magog in January 2025. The spring session started in April, and we hope to offer a fall/winter session.



The *Let's talk about grief* booklet, co-developed with Mental Health Estrie in 2024, was such a triumph that we partnered up with them again to develop a guide for supporting grieving children and youth. This guide discusses how children experience grief and provides a wealth of resources to support bereaved children and their caregivers. It is available to the community since May.

Events such as *Family Day* at the Sherbrooke Elementary School in April 2025—organized in collaboration with medical students from the Université de Sherbrooke—illustrate how the HSS program brings people together to celebrate local resources and help families connect with one another. Twelve community organizations were on hand to promote their services to the 73 community members who participated in the event. Following the success of this day, we plan to make it an annual event.

These projects demonstrate that TA's Health and Social Services program is more than a network—it's a helping hand that supports the English-speaking community in living well. This program—and its team—is a reflection of what makes the Eastern Townships so special: people, strong connections, and a lasting sense of community.

To reach out to the HSS team, contact Emily Côté at ecote@townshippers.org

TA's Senior Wellness Initiative program: Connecting, caring, and empowering

By Zia Amira, Senior Wellness Program Coordinator

Through its Senior Wellness Initiative (SWI), Townshipers' Association is committed to breaking the isolation often experienced by English-speaking seniors in our communities. Acting as a bridge, we connect seniors with organizations and services that cater to their unique needs.

Presently, the SWI program is active in five locations—Richmond, Bury, Sherbrooke, Magog, and Knowlton—with a sixth location on the horizon. The topics covered in our sessions are carefully selected based on participant feedback and the evolving needs of our seniors. Session frequency varies by location as a response to each location's needs and expectations.

Our programming includes both informative and engaging activities. On the educational side, we regularly host sessions on health and legal matters to keep seniors informed and empowered.

We are equally committed to supporting the physical and mental well-being of our region's senior population. Our wellness offerings include chair yoga, Zumba, line dancing, music, and dance sessions—all designed to encourage an active, happier and healthier life. And, best of all, sessions are free. Just drop by, join in, and enjoy!

For more information, please contact Zia, Senior Wellness Program Coordinator, at zamira@townshippers.org.



**RECOGNIZING AND AVOIDING FRAUD
SCAMS IN BURY.**



"BRAIN GYM" IN KNOWLTON.



**ENJOYING A POTLUCK LUNCH IN
RICHMOND.**



ARTS & CRAFTS IN SHERBROOKE.



CHAIR YOGA IN MAGOG.



Eastern Townships

SCAVENGER HUNT



- | | |
|---------------------------------------|--|
| ☐ holstein cow | ☐ round barn |
| ☐ hiking trail | ☐ spiderweb |
| ☐ public beach | ☐ tractor |
| ☐ waterfall | ☐ plaid shirt |
| ☐ museum | ☐ suspension bridge |
| ☐ vineyard | ☐ outdoor market |
| ☐ river | ☐ apple tree |
| ☐ cheese shop | ☐ wild turkey |
| ☐ bale of hay | ☐ family bicycling |
| ☐ food truck | ☐ baseball game |
| ☐ corn stalk | ☐ art gallery |
| ☐ barn | ☐ cyclist |
| ☐ deer | ☐ fruit and vegetable stand |
| ☐ scarecrow | ☐ farm |
| ☐ campground | ☐ garage sale |
| ☐ golf course | ☐ black bird |



Celebrating initiatives in our region

Special contribution by Brenda Hartwell, Townshippers' Foundation

At Townshippers' Research and Cultural Foundation, the first few months of the year are a busy, busy time! Our grant application deadline being January 31, our phone is often ringing off the hook with queries and questions concerning the application. Throughout January, grant proposals arrive via regular mail and email; these are organized and photocopied for the committee members tasked with reviewing them. The ad hoc committee meets to discuss how to divvy up available funds then brings their recommendations to the full board for discussion and approval.

This year, we received 31 applications. It is always a pleasure to read through the wide variety of proposals seeking funding and/or a partnership agreement. Sifting through the applications, we found many worthy and interesting projects; thanks to the generosity of our donors and the LeBar bequest, we are pleased to announce that—once again this year—we funded several exciting projects.

Applicants receiving funds this year are: Symposium d'Art de Danville, Sutton • Borderline Players, Stanstead • Colby Curtis Museum, Stanstead • FestiFestimusik, Stanstead • Eastern Townships Research Centre, Lennoxville • Fondation Santé Vallée Massawippi, Ayer's Cliff • Haskell Free Library and Opera House, Stanstead • Hatley UCC, Hatley • Knowlton Literary Festival, Knowlton • Lennoxville & District Women's Centre, Lennoxville • Lennoxville Library, Lennoxville • Salon du Patrimoine de Cleveland, Melbourne • Pettes Memorial Library, Knowlton; • Quebec Anglophone Heritage Network, Lennoxville • Richmond Historical Society, Richmond • Richmond Agricultural Society, Richmond • Richmond Regional High School, Richmond • St. Patrick's Society of Richmond & Vicinity, Richmond • Richmond Youth Fair, Richmond • La Société de Généalogie des Cantons-de-l'Est, Sherbrooke • Township's Sun, Lennoxville • Uplands Cultural and Heritage Centre, Lennoxville.

And, thanks to some new partnerships, groups can now solicit more funds because TRCF can offer donors a tax receipt. Please note that to be considered for a partnership, organizations must meet the same criteria as the projects supported by grants.

We were very much looking forward to the revival of our Grant Giving Luncheon that took place this past May. This event allows us to meet the people who are behind the applications—and present cheques in person. This luncheon is also an occasion for groups to network, spark conversations, and perhaps collaborate on future initiatives. It is a feel good event, one that celebrates grassroots initiatives in our region.

In closing, thank you once again to our loyal donors. Your support is essential and greatly appreciated by both TRCF and those who receive funding.

If you would like more information about TRCF, visit our website at: townshippersfoundation.ca



2025 TRCF GRANT RECIPIENTS AT THE MELBOURNE COMMUNITY CENTRE.
PHOTO: LAURENT FREY, COURTESY TRCF

Eastern Townships

BUCKET LIST

- | | |
|--|--|
| ☐ DRINK SOME LOCAL
APPLE JUICE | ☐ GO FOR A HIKE |
| ☐ WRITE TO A FRIEND | ☐ JUMP IN A LAKE! |
| ☐ GO ON A DAY TRIP | ☐ READ A BOOK |
| ☐ GO BLUEBERRY PICKING | ☐ STARGAZE |
| ☐ EXPLORE A NEW PLACE | ☐ PAINT A PICTURE |
| ☐ WATCH A MOVIE OUTSIDE | ☐ MAKE A RASPBERRY PIE |
| ☐ SLEEP UNDER THE STARS | ☐ MAKE A BONFIRE |
| ☐ GO TO A FARMERS' MARKET | ☐ VISIT A FARM |
| ☐ PICK SOME FLOWERS | ☐ VISIT FRIENDS OR FAMILY |
| ☐ EAT SOME LOCAL CHEESE | ☐ WALK BAREFOOT IN
THE GRASS |

Pairing up to improve French conversation skills

By Nathaniel Lamont, ERCC Program Manager

The Enhancing Regional Community Capacity (ERCC) program at Townshippers' Association is a collection of initiatives and partnerships that are aimed at increasing the participatory and organizational abilities of people within the English-speaking community of the Eastern Townships. The goals of the ERCC program are to create and support projects in social and economic development, arts and culture, and education. Overall, our goal at Townshippers' is to make it easier and more enjoyable for English-speakers to live and thrive in the Eastern Townships.

Hence, we are proud to offer programs—and support organizations—that help with integration and community building.

One such program is the Inclusive Mentorship Initiative (IMI). This linguistic mentoring program pairs English-speakers with Francophone professionals, thus creating a mentee/mentorship experience. The goal? To increase the mentees' confidence and French conversation skills. Mentors and mentees meet weekly—between October and March—for casual online or face-to-face conversations.

INCLUSIVE MENTORSHIP INITIATIVE
LEARN FRENCH IN A FUN, INFORMAL SETTING – FOR FREE

This immersive French language mentoring program pairs a French-speaking professional with an English-speaking student.

ARE YOU A HSS STUDENT WHO WANTS TO IMPROVE YOUR FRENCH?
ARE YOU A HSS PROFESSIONAL WHO HAS SOME TIME TO VOLUNTEER?

The inclusive mentorship initiative program is seeking mentors & mentees from the health & social services sector. Interested? Contact Simone at sgoloven@townshippers.org

This initiative is made possible with the financial support of:






If you are thinking of moving to the Eastern Townships and are worried about your spoken French skills or feel like you need a little more practice, this is the perfect program for you. You will have an opportunity to practice speaking in a casual, non-judgemental environment. Additionally, mentees and

mentors are paired based on their field of work, allowing you to focus on work-related conversation and industry specific terminology—or to chat about anything else! So, if you want to live and work here, why not sign up for our IMI program and improve your French conversation skills—for FREE!

Want to learn more about the IMI program? Want to volunteer to become a mentor? Please contact Program Coordinator, Simone Goloven, sgoloven@townshippers.org or Program Manager, Nathaniel Lamont, nlamont@townshippers.org.

This initiative is made possible with the financial support of the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA).

All about the Townships

By Nathaniel Lamont, ERCC Program Manager

The Enhancing Regional Community Capacity (ERCC) program is also about arts and culture. Our About Townshippers radio show, which airs weekly on CIDI 99.1FM and CJMQ 88.9FM, highlights the people and organizations who enrich the Eastern Townships' English-speaking community.

This show is a wonderful place to learn about events in the community, English services and resources in the region, and discover local English-speaking artists and musicians. For instance, every year, we speak with Jan Draper who puts on a fabulous writing workshop called *Write Here Write Now*. These online writing workshops help to break isolation and bring together English-speaking individuals from across the Townships.



ABOUT Townshippers
on CIDI 99.1 and CJMQ 88.9

Host
Nathaniel Lamont



Guests
Cindy Elston and Rosalie Boucher

Centre de pédiatrie sociale de la Haute-Yamaska
Helping Children in need

Tuesday, April 08
10 a.m. (CIDI & CJMQ)

Thursday, April 10
1 p.m. (CIDI) & 4 p.m. (CJMQ)




Whether we are hearing from a new guest, or interviewing a returning one, About Townshippers is all about the Townships—from job hunting to a new art exhibit, an upcoming festival or a library that straddles the Canada-USA border.

Follow us on social media (@townshippers) to find out the topic and guests for the upcoming show and be sure to tune in on Mondays at 10 a.m. on CIDI 99.1FM and CJMQ 88.9FM, and on Thursdays at 1 p.m. at CIDI 99.1FM and 4 p.m. on CJMQ 88.9FM.

If you are thinking about moving to the Townships or you have been living here for some time, Townshippers' Association can help you connect. Whether to find services, discover opportunities or learn about events, we seek to welcome, engage, educate, and connect. We look forward to meeting you! Write to Simone Goloven, sgoloven@townshippers.org or Nathaniel Lamont, nlamont@townshippers.org.

Discover the Eastern Townships with Place aux Jeunes

By Abbey Driscoll, Place aux jeune Estrie Agent

Are you dreaming of a new life in the countryside? Place aux Jeunes en Région is here to help! Our program supports people who want to move to the beautiful rural areas of Quebec, including the stunning Eastern Townships.

To help you find out if the Eastern Townships is the right fit for you, we offer **FREE discovery trips**—either in a group or individually. During your trip, you'll experience the sights, sounds, and flavors that make this region so special. From charming villages to breathtaking landscapes, you'll get a true taste of life in the Townships.

Choose your adventure:

- **Group trip:** Enjoy a full-day trip or an overnight stay for groups of three or more. Explore the region with your entourage, dive into local life, and discover everything the Townships have to offer.
- **Individualized trip:** Prefer something more personal? Take a full-day trip designed for one or two guests, giving you an intimate look at the region's lifestyle and community spirit.

What's included:

During these discovery stays, **activities, meals, and accommodations are free!** You'll have the chance to:

- Hike, bike, boulder, and stroll along scenic waterways
- Sample delicious local cuisine at renowned restaurants
- Visit farmers' markets, apple orchards, wineries, cheesemakers, and ice cream parlours unique to the Townships
- Explore quaint towns and meet friendly locals
- These trips are designed to your interests! Note: The above lists are just examples of activities that have been done during past discovery trips.

Whether you're savouring fresh produce, picking apples, or enjoying local wines and cheeses, you'll experience the warm, welcoming vibe that makes the Eastern Townships so special.

Are you eligible?

To participate in a free discovery trip, you must meet the following criteria:

1. You are a Canadian citizen or have a visa that legally allows you to work in Canada.
2. You have been living or studying outside the rural region you wish to move to for the past 12 months or more.
3. You meet one of the following:
 - A. You are a recent graduate (or soon-to-be graduate) from a vocational school, CEGEP, or university.
 - B. You are a skilled worker in a field that typically requires post-secondary education, or you have at least two years of professional experience.

If you are wanting to make a change and move to the Townships, sign up on the Place aux Jeunes website: placeauxjeunes.qc.ca/compte/inscription/candidat

You can also reach me directly at Paj@townshippers.org



PIZZA FROM KNOWLTON CO.



LAITERIE COATICOOK

Townshippers' Dialogue McGill program: Helping provide access to health and social services to the English-speaking community

By Suzanne Lepage, Community Information Agent

It can be stressful enough seeing a healthcare professional. Imagine when communicating is a challenge? Dialogue McGill supports initiatives to help increase access to health and social services for English-speaking communities by funding organizations—such as Townshippers' Association—that help recruit and retain health and social service professionals.

Through the Dialogue McGill bursary program, Townshippers' facilitates recruitment and retention by offering bursaries to eligible health and social service students, who are pursuing a college, vocational or university degree. The bursary helps students financially during their studies and, in exchange, the recipients commit to working in the Eastern Townships for one year upon completing their degree.

After a three-year hiatus, this past spring, Townshippers' once again offered the Dialogue McGill bursary program for the 2025-2026 school year. **Bursaries range from \$2500 to \$10 000** depending on whether the student is studying in or out of their home region, and studying towards a health and social service degree in a college (CEGEP) level, vocational school, or university.

Note that the deadline for College and University level applicants is May; Vocational students can apply anytime throughout the year.

Learn more about the Dialogue McGill bursary program, eligibility criteria and application deadlines at townshippers.org/dialogue-mcgill

FIND YOUR PLACE!

A CAREER IN HEALTH & SOCIAL SERVICES AWAITS YOU IN THE EASTERN TOWNSHIPS!

DOWNLOAD OUR HEALTH AND SOCIAL SERVICES CAREER OPPORTUNITIES CATALOGUE AT [TOWNSHIPPERS.ORG/DIALOGUE-MCGILL](https://townshippers.org/dialogue-mcgill) OR SCAN:



 **Dialogue McGill**
Health Canada Santé Canada



NEED SOME EXTRA CASH?
IF YOU ARE STUDYING IN HEALTH OR SOCIAL SCIENCES, YOU MAY BE ELIGIBLE FOR A BURSARY!

Dialogue McGill's bursary program, managed by Townshippers' Association, provides financial support to students in health and social services programs. The goal is to help provide access to health and social services in English in the Eastern Townships.

Visit townshippers.org/dialogue-mcgill/ or scan 

 **Dialogue McGill**
 Health Canada  Santé Canada

Stay in the loop thanks to our communication platforms

If you want to stay abreast of what's happening at Townshippers' Association, with our partners, and in and around the Eastern Townships, be sure to follow us on social media, in the local newspapers and on the radio!

Townshippers' online

We use several social media platforms to promote events, share information and stay in touch with our community. Whether it is a holiday, a health and social service awareness day, TA out and about in the Townships or an upcoming community event—by following our FaceBook, Instagram or LinkedIn pages, you are sure to be in the know! These platforms also help us share partner information, advertise our radio show, celebrate key moments, and introduce our staff. Are you searching for services in English or want to understand your rights as an English speaker? Then follow us, we can help! See you @townshippers

Local English newspapers

Every month, Townshippers' publishes two columns in local newspapers: *About Townshippers* in the Brome County News and *Keeping in Touch* in The Sherbrooke Record. Via these columns, we share news about our programs and our Association, write about partner initiatives, legal topics, health and wellness, etc. You will notice that although most of the columns are written by us, some columns are written by—or in collaboration with—a partner. Do you want us to write about something specific? Please get in touch with Suzanne at slepage@townshippers.org.

CIDI and CJMQ radio

Our weekly About Townshippers show airs on CIDI 99.1FM on Tuesdays at 10 a.m. and Thursdays at 1 p.m., and on CJMQ 88.1FM on Tuesdays at 10 a.m. and Thursdays at 4 p.m. Our hosts are Nathaniel Lamont and Simone Goloven, but over the course of the year, other TA staff will be jumping in to share the host role, thus contributing their own flare and interests to the show. Every week, About Townshippers' highlights events, activities, and services that are important to English speakers in the Townships. Be sure to tune in to enjoy in-depth interviews, dynamic guests, and pertinent topics. There is something for everyone including tourism, education, employment, arts and culture, and health and social services.

Newsletter

Our monthly electronic newsletter—exclusively for Townshippers' members—is back since February! Full of upcoming events and news, a recap of the past month and some interesting tidbits, you do not want to miss it. If you are a member and are not receiving our newsletter via email—or you are not yet a member and wish to become one—be sure to contact Alexandra (Lexie) at AREid-Lacerte@townshippers.org

Community Calendar

Be sure to check out the Community Calendar on our website for events taking place in the Eastern Townships! Want to advertise an event that is open to the community—for free? Simply enter the event information and we will publish it for you. Visit townshippers.org/calendar/ to view the calendar or to add an event to promote your upcoming events!

Write to us

Do you have any questions; is there something you want to bring to our attention? Then be sure to send us an email: hello@townshippers.org.



Spoiler alert: Mystery locations from page 7 and 8

Were you able to identify where in the Eastern Townships we were in the mystery locations from pages 7 and 8? Let's see how you did...

1. Camping at the top of Mont Sutton

Enjoy the sun and then the stars as you set up your tent at the top of the mountain.

Learn more: montsutton.com/en/activity/camping-top-mountain/

2. Rivière Saint-François in Lennoxville

Did you know that you can literally kayak across Sherbrooke along the Rivière Saint-François?

Find out more: cantonsdelest.com/blogue/305/across-sherbrooke-in-a-kayak

3. Lake Massawippi in North Hatley

North Hatley is brimming with activities including a public beach, a bike path, a farmer's market, a microbrewery...

Discover this wonderful location: easterntownships.org/things-to-do/4359/lake-massawippi

4. Fishing off the dock in Ayer's Cliff

Whether you are looking for yummy food, waterfront, a farmer's market, a rodeo or a beautiful bike path along the Tomifobia river, Ayer's Cliff is where you want to be!

Learn more at easterntownships.org/towns-and-villages/45035/ayer-s-cliff

5. Parc des Braves in Cookshire-Eaton

Featuring an arrangement of stones called a callanish—standing stones—to commemorate the Scots who came to this area, this park is located in the heart of the village; a wonderful place to enjoy a picnic or attend a free concert during the summer weekends. find out more: tourismehsf.ca/en/list/parc-de-braves/

6. East Bolton Town Hall, a National historic site of Canada

Built in 1867, it originally housed the town administration offices and a courtroom. This building is a part of Loyalist history. While you are there take a moment to enjoy the Appalachian Corridor and spend some me-time at the Spa des Chutes Bolton. Learn more easterntownships.org/towns-and-villages/45095/bolton-est

7. Bromont—so much more than a ski resort

Bromont is more than just skiing, it is water slides, mountain biking, golfing, equestrian competitions, quality hotels, spas, arts and culture, gastronomy and more. Discover all that this active town has to offer easterntownships.org/towns-and-villages/47005/bromont

Want to learn more about these and other locations in Estrie? The Eastern Townships tourism website (easterntownships.org/) is chock a block full of information, suggestions and ideas. Whether you are looking for something to do alone or with friends or family, our region has so much to offer, be sure to get out there and discover its gems!





Townshippers

townshippers.org