School Page   *Pope Memorial Elementary*

A busy fall at Pope Memorial

BURY

This fall has been a busy time at Pope Memorial. Students and staff celebrated Halloween with treats, classroom activities and a delicious dinner sponsored by the Bury Women's Institute. and served by members of the Parents' Participation Organization.

We got to taste more yummy treats when the Escouade des Gourmands, a project organized by *Les Cuisines Collectives du Haut St Francois* in partnership with the Eaton Valley CLC, visited our school. Students from Kindergarten to Grade 6 learned how to measure the ingredients and prepare homemade hummus.

The Eaton Valley CLC collaborated with local resident and martial arts instructor Mike Perry, to offer self-defense classes for women & girls. The classes were held on Saturday mornings in the newly renovated school gym during the month of October. Mike Perry taught participants different ways to protect themselves against an aggressor. There were lots of laughs and sore muscles, but at the end of the course, everyone agreed that it was "a great opportunity – (Mike's an) awesome teacher!"

GLIMPSES OF THE PAST

Louis-Philippe Demers Fonds, Sherbrooke Historical Society

Abbott Joseph-Arthur Laporte founded the Beauvoir Sanctuary in 1820 as a place of worship devoted to the Sacred Heart of Jesus. The site, which features a magnificent viewpoint, became important for pilgrimages in 1920 when several local farmers helped build the small stone chapel. To celebrate its 25th anniversary in 1945, a second more modern church was built and officially blessed by Rt. Rev. Desranleau on June 13, 1947.

INTERESTED BY HISTORY ?

Visit the bilingual exhibit, *Sherbrooke, a Place to Call Home,* presented in the André-Désilets room of the Sherbrooke Historical Society.

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LA SOCIÉTÉ D'HISTOIRE
DE SHERBROOKE
www.histoiresherbrooke.org

Health in the driver's seat

THE SCOOP
MABLE HASTINGS

Missisquoi North Volunteer Centre coordinator of services for seniors and their caregivers, Angelle Laplume provided those of us who have had a driver's license for quite a few years with the opportunity to learn some updated information that will keep us safe when in the driver's seat. Specifically targeted for seniors and their caregivers, all were welcome to attend.

The information session, "Road Safety for All Ages" was held on Wednesday in the Mansonville Town Hall. A free and bilingual presentation was hosted by Marie-Eve Laforest from the Quebec automobile insurance corporation, the SAAQ, and SQ officer Patrice Gregoire.

Although the session was aimed to inform elderly drivers and their caregivers, the information was pertinent to any driver with questions on topics such as: roundabouts, sharing the road with heavy vehicles, road sign updates, traffic light regulations and more.
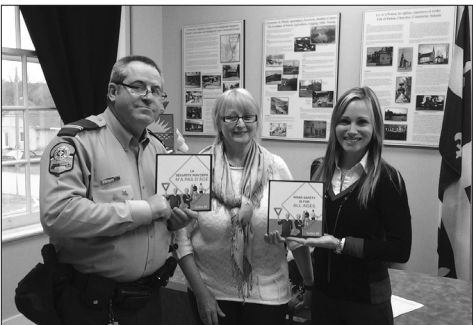
"The presentation was excellent," said organizer Angelle Laplume. "There were 10 people who attended and we were able to ask questions. I learned a lot myself. I would strongly recommend this type of thing to anyone who has had their license for many years as there might be things that have changed or changes in our roads themselves," she added.

Through her job as the coordinator of services for elderly persons and their caregivers, Laplume organizes many workshops throughout the year on a variety of subjects. She welcomes suggestions on topics of interest specifically targeted toward seniors; her target group.
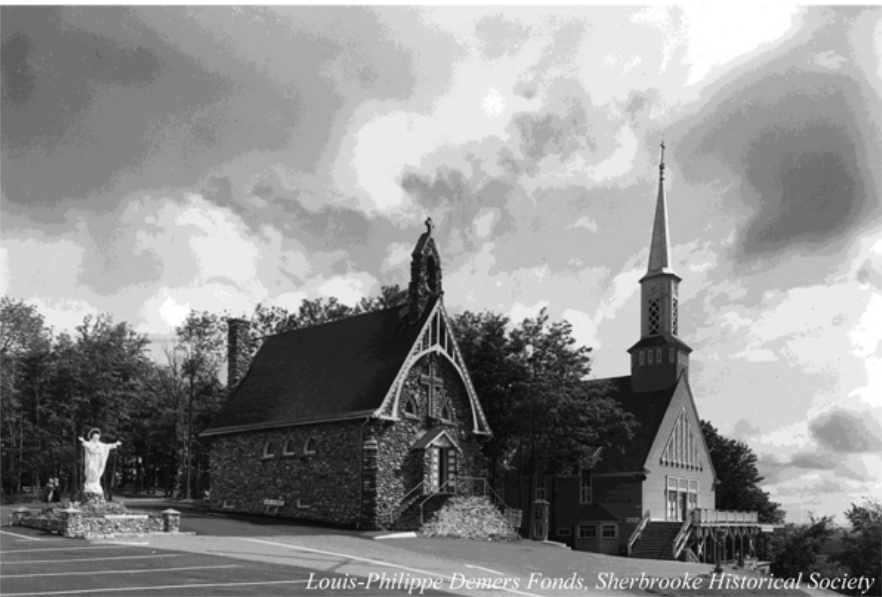
For Officer (and long time Potton friend), Gregoire, the session gave him the opportunity while in Mansonville, to stop by the Reilly House for a homemade lunch prior to the session. Here, he was able to touch base with a variety of people from the community as the Tea Room was extra busy.

For more information about workshops, information sessions and activities being organized by all facets of the CAB Volunteer Centre, visit their website at www.cabmn.org or call the main office at 450-292-3114.

COURTESY