The Missisquoi North Volunteer Centre (CAB) Boys Group take their ideas to the town hall

THE SCOOP

MABLE HASTINGS

Thirteen members of the Missisquoi North Volunteer Centre (CAB) Boys Group, for boys ages 5-12, were asked the question, “What would you do if you were the Mayor of Potton Township?” After much thought and reflection over the last two weeks, the boys prepared some suggestions to share with Potton Mayor, Louis Veillon in a meeting held on Thursday, March 10 during the regular Boys Group hours. McVeillon greeted the boys at the Town Hall and took them on a tour of the offices and building itself explaining what the employees do, where the council meetings are held and how the meetings unfold. The boys were invited to the council meeting area upstairs in the Town Hall where they were given the opportunity to share with Mr. Veillon, their personal ideas and suggestions for improving Potton.

Young Jakob Mierzwinski suggested that we need to “Fix the roads and added, saving people as a bonus idea.” Hектор Gravel who is seven years old felt that more should be done for the elderly, “Meals on Wheels, for FREE,” he suggested, saving people as a bonus idea.”

Loïk Pouliot had similar ideas and both felt that, “People and taking care of them in case their house burns,” would be an important thing to do as the Mayor. Anthony Marcoux felt that “Potton needs better apartment buildings.” Loïk Pouliot had hockey on his mind and felt that, “Potton needs an indoor skating rink.” Réal Diorio and Gaëlisme McIIvuff had similar ideas and both felt that, “Skateboard parks and pump tracks are the way to go!”

And finally, as the best reminder that a Mayor and Municipal Council’s job is also to take decisions that better or improve the life of citizens was a suggestion made by James Tracy who said, “Plant more trees, make a museum to remind us of our history and where we come from but, most importantly, build a hospital so my Dad does not have to go to Montreal for treatments.”

Mayor Veillon listened carefully as the boys made their suggestions and he took note of each and every one. Following the presentation he said, “Well, I was very impressed with the young boy’s ideas about social services!!! They were great with original ideas that helped the general population as a whole, the interaction was amazing and on a basis of work to!!!” For Elizabeth Harvey (parent volunteer) and Eleanor Cote, assistant to the Director Youth and Special Programs at the CAB Youth Centre, this was a very proud exchange. “The boys had amazing things to say and spoke with confidence and pride,” said Cote. “In turn, the Mayor was welcoming, interested and made the kids feel important, which they are,” she added.

For more information about the Missisquoi North Youth Programs in Mansville, visit www.cabmn.org. The youth centre is a proud member of the CAB family of community programs.

By Gordon Lambie

Last year, when social worker Amanda Rocheleau came home to the Township offering a workshop on self-care, she had it in mind that the people she would be speaking to would be other professionals in fields similar to her own. Looking to help defeat the occupational hazard of “compassion fatigue,” Rocheleau came ready to help the others the helper experiences, the more they need to be taken care of for themselves while they care for others. So what is compassion fatigue? Rocheleau described the phenomenon as a gradual wearing-away of compassion and energy to help others over time; an exhaustion of the will to help. The feeling, she said, is completely normal, very common, and a source of great guilt and frustration for people who experience it without understanding what is happening.

“Who cares for the caregivers?” the social worker explained. “Over time we can become depleted and feel exhausted because we don’t have a chance to refuel and regenerate our own compassion.” As one might expect, the more exposure to the hardships and emotions of others the helper experiences, the more quickly they find their empathy burnt out unless they can find strategies by which to recharge. Even as a trained professional, Rocheleau said that she was unfamiliar with the concept of compassion fatigue until she started to recognize it in her own life at home. “I use myself as a case study,” she said.

2016 Calendars still available!

The Record has produced a beautiful 2016 Calendar with scenes from the Townships.

Only $5. while quantities last

Drop by our office at 1195 Galt St. East, Sherbrooke or 5-B Victoria, Knowlton to pick up your calendar.

2016 Calendars still available!

The Record has produced a beautiful 2016 Calendar with scenes from the Townships.

Only $5. while quantities last

Drop by our office at 1195 Galt St. East, Sherbrooke or 5-B Victoria, Knowlton to pick up your calendar.

Who cares for the caregivers?

By Gordon Lambie

Last year, when social worker Amanda Rocheleau came home to the Township offering a workshop on self-care, she had it in mind that the people she would be speaking to would be other professionals in fields similar to her own. Looking to help defeat the occupational hazard of “compassion fatigue,” Rocheleau came ready to help the others the helper experiences, the more they need to be taken care of for themselves while they care for others. So what is compassion fatigue? Rocheleau described the phenomenon as a gradual wearing-away of compassion and energy to help others over time; an exhaustion of the will to help. The feeling, she said, is completely normal, very common, and a source of great guilt and frustration for people who experience it without understanding what is happening.

“Who cares for the caregivers?” the social worker explained. “Over time we can become depleted and feel exhausted because we don’t have a chance to refuel and regenerate our own compassion.” As one might expect, the more exposure to the hardships and emotions of others the helper experiences, the more quickly they find their empathy burnt out unless they can find strategies by which to recharge. Even as a trained professional, Rocheleau said that she was unfamiliar with the concept of compassion fatigue until she started to recognize it in her own life at home. “I use myself as a case study,” she said.

2016 Calendars still available!

The Record has produced a beautiful 2016 Calendar with scenes from the Townships.

Only $5. while quantities last

Drop by our office at 1195 Galt St. East, Sherbrooke or 5-B Victoria, Knowlton to pick up your calendar.