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Weather



TODAY:
SNOW

HIGH OF 0
LOW OF -5



TUESDAY:
60% CHANCE OF
FLURRIES

HIGH OF 0
LOW OF -8



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -7
LOW OF -14



THURSDAY:
FLURRIES

HIGH OF -5
LOW OF -7



FRIDAY:
SNOW

HIGH OF -2
LOW OF -9

Missisquoi North Volunteer Centre (CABMN)-Providing services in the western sector of the MRC Memphremagog



THE SCOOP

MABLE HASTINGS

The Missisquoi North Volunteer Centre-CABMN (formerly Citizen Advocacy) was incorporated in April 1982. Today it is a registered charity, accredited as a volunteer centre and youth centre providing a plethora of services for seniors, those with disabilities, youth, food bank, accompanied transport, income tax, and sick room

lending equipment services and more... Serving the western sector of the MRC Memphremagog, it is governed by a volunteer board of directors to represent the community-at-large.

The Board of Directors (pictured here, from left to right) includes in (front row): James Eby, Ron Jones (Secretary), Hilary Head (Vice President), Murielle Parkes and in the back row: Jocelyne Veilleux, Brenda Clark (President), Cathy Riendeau, Danielle Cousineau and note taker, Sharon Fewtrell. This diverse and dynamic group of volunteers are a driving force behind the success and growth of the CABMN as an organisation devoted to providing services for its clientele in the communities it serves.

The CABMN works in close cooperation with the local health network. The centre offers more than 30 health and social services to the wider community. With an eleven member staff team made up of part-time and full-

time employees, the CABMN is striving to expand its services in hopes of reaching clientele in need in the vast territory covered in the MRC West (Potton, Bolton-Est and when possible, St.Etienne-de-Bolton, Stukely Sud and Eastman). For more information about the services, programs, events and happenings at the CABMN and its Youth Centre, visit the website at www.cabmn.org, give them a call at 450-292-3114 (Main Office), 450-292-4886 (Youth Centre) or stop by either location to say hello and maybe become a volunteer.

The amazing and vital efforts made by over 220 registered volunteers have enabled the CABMN to become a force in supporting community initiatives, events and projects. The contribution of those who give of their time and talents is one highly recognized and applauded by many.

Stop by the CABMN and join in the efforts in supporting community health and wellness.



COURTESY

Ben by Daniel Shelton

