



CABMN

Missisquoi North Volunteer Centre

Office:

314-B Principale,
Mansonville, QC, J0E 1X0
Tel: 450-292-3114
Fax: 450-292-3373

Youth Centre and Ken Jones Centre:

282 Principale,
Mansonville, QC, J0E 1X0
Tel: 450-292-4886
Fax: 450-292-4886

Internet:

infos@cabmn.org
www.cabmn.org

CABMN Newsletter

A SADD “Rock” Star!

Norma Clifford has been involved with the CAB Youth Centre for almost 20 years now. She faithfully volunteers every week, mostly in the kitchen and at special events. Norma is also a super star at fundraising. In the 14 years that the SADD group (Students Against Destructive Decisions) has been holding annual “Rock-a-Thons” as its major fundraising event, Norma has personally raised over \$11,000!

The CAB recognizes Norma’s outstanding generosity and thanks her for all of her hard work and dedication. We hope she will continue to be part of the CAB family for many years to come. (Visit our website for the full story.)



Photo Fun!

This photo was taken at a SADD/ FYI Retreat, in November 2008. What do you think these FYI members might be saying?

Send your funny speech bubble ideas to k.nichols@cabmn.org and we’ll publish our favourite in the next newsletter!

Be sure to include your name so we can give you credit.



Christmas Closing

The CAB office and Youth Centre will be closed for the holiday season from December 23 to January 5, inclusive. In case of a social emergency please contact the CLSC or call 819-843-2572.

Best Wishes

The CAB wishes its volunteers, users, and supporters all the joy of the holidays and all the best in the year to come.

Christmas Food Baskets

The CAB’s Partage/Share Committee encourages you to think of community members in need this Christmas.

How to donate?

Please bring your donation of non-perishable food to the CAB office. Monetary donations can be dropped off or sent by mail.

How to register?

You may be eligible for a Christmas Food Basket, but you must call the CAB at 450-292-3114 before December 4, 2010.

As always, all requests will be treated confidentially.

Thank you all!



Supper and Silent Auction

Join us on March 26, 2011 for our Third Annual Supper and Silent Auction. Once again our Ken Jones Centre Committee will be serving a hearty meal prior to a fundraising event full of treasures to bid on. Tickets for the supper go fast, so please reserve early. Watch for details in our winter newsletter in the New Year.

Pop Quiz

The CAB currently requires 11 committees to run its daily operations. If CAB volunteers and employees sat on only one committee each, how many people would it take to maintain the status quo?

(Answer on page 2)

Ken Jones Centre: A Community of Special Friends!

Thanks to the Ken Jones Centre, the world’s a little more interesting and welcoming for folks with intellectual disabilities. Recently the camera caught several such friends at a few fun events, including the KJC’s weekly respite care and activity program, Oktoberfest, Family Breakfast Bowling, and a Halloween party that benefitted the CAB.



CABMN Newsletter

Gazpacho! Do you know what it is?

Students from both primary schools in Mansonville discovered this Spanish dish thanks to the Nutri-Santé committee. Their appetite whetted by the scent of fresh vegetables, students prepared the delicious soup under workshop animator Denise Sansoucy's dynamic supervision.



Like Our New Look?

Taking into consideration the suggestions at the last Annual Consultation, we have attempted to make better use of space and improve the legibility of our newsletter. We hope you enjoy the new look, and we welcome your feedback!

Missisquoi North Youth Centre News



Thanks to ALL who donated to our Annual SADD Rock-a-thon Fundraiser held on October 30, which raised over \$4,000! Your generosity is very much appreciated. Congratulations to volunteer Norma Clifford who raised over \$1,000 of the amount!

The SADD/FYI Haunted Halloween, organized with support from the Mansonville Optimist Club, was held at the Youth Centre on Halloween night with over 100 trick-or-treaters attending a horrifyingly happy event!

The Second-Hand Jewellery Sale held on November 6 raised approximately \$680. Thanks to all who donated jewellery, purses, scarves, belts, and more. And to our volunteers that day, your help is worth more than all of the silver and gold



imaginable.

Other events at the Youth Centre:

- Nov. 12: Quebec Provincial Police Information Evening
- Nov. 13-14: SADD/FYI Workshop Retreat Weekend
- Nov. 27: Craft Day with Cyndi Marcoux



Nov. 27: Usborne Book Sale with Tamara Hamelin

Still to come:

Youth Drop-In Christmas Supper (for youth who attend Drop-in), December 11 at 5 p.m.

Reminder to youth ages 5-12 and their parents: Weekly Boys and Girls groups are meeting after school on Thursdays and Fridays. For more information, call Sarah or Sheila at the Youth Centre.



A Free Service – Good for Your Wallet, Your Comfort, and the Environment!



The Éconologis Program, offered by the Agence de l'efficacité énergétique, has allowed thousands of households with modest budgets to improve the comfort of their residence by taking advantage of advice and products connected with energy efficiency. The program also plans the installation of electronic thermostats, programmable or not, according to certain conditions.

For the 2010-2011 season, one ENERGY STAR refrigerator will go to the winner of a draw of all Eastern Townships households visited.

For information, please call ACEF Estrie – Éconologis at 819-563-1585.

A Great Reason to Party!

This October, Jason Ball decided to use his second Halloween Party as a fundraiser for the CAB. For a small entrance fee, costumed party-goers enjoyed great music and great food for a great cause. Our heartfelt thanks go out to Jason, who raised more than \$570 with this event! We also thank everyone who donated to the buffet, and of course, all who attended the howling evening!

Pop Quiz Answer: 57
There are 57 people filling 77 positions on CAB committees. Thank you to all of our devoted volunteers and employees who keep this organization running smoothly!

The CAB Welcomes Kim Nichols to the Team

Kim Nichols, long time volunteer and resident computer wizard, has recently been hired as the CAB's new Communication Agent. Kim works on a contractual basis. She is responsible for external communications, including four annual newsletters, posters, press releases and website postings. She can be reached at k.nichols@cabmn.org or by calling 450-292-3157.

