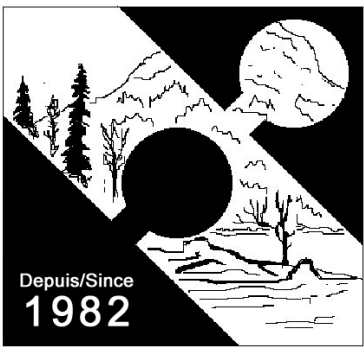


CABMN Newsletter



CABMN Missisquoi North Volunteer Centre

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Second Annual Commu- nity Volunteer Party

National Volunteer week takes place from April 10-16, 2011. The Municipality of Potton and the CAB have begun planning for the 2nd Annual Potton Community Volunteer Party on Saturday, April 16, 2011. Please watch for details on our respective websites in the coming weeks. Happy Volunteer Week!

CAB's Third Annual Silent Auction and KJC Supper

Red circle: Saturday, March 26 at the Catholic Church for this year's spring happening! The CAB is promising something for everyone with a smorgasbord of collectibles and great deals. Included are sports outings, entertainment packages, donations from artists and artisans, celebrity-signed posters, and gift certificates galore valued at over \$5,000. Price for the ham supper (with baked beans and the works), including admission to the auction, is \$15 or two for \$25. Auction alone (6:30 - 8 p.m.) is \$2. Supper served from 5:30 - 7 p.m. Tickets are on sale now!

Volunteer Receptionists

The CAB is seeking volunteers who would be willing to be trained to do reception for half or full days during regular business hours. Volunteers will need to have a strong command of both French and English. Interested persons should contact Alison at the CAB office.

Pop Quiz

Which one of the following events has never been implemented as a fundraiser by (or for) the CABMN?

- Auction
- Autumnfest
- Baseball Tournament
- BBQ
- Car Wash
- Jewellery Sale
- Halloween Party
- Lawn Sale
- Oktoberfest
- Rock-a-Thon
- Spaghetti Supper
- Theatrical Performance
- Valentine's Day Dance
- Winterfest



(Answer on page 2)

Nutrition Month

Anxious to instil good habits for elementary-aged youth, the Nutri-Santé Committee conducts workshops on healthy eating throughout the year. For the sixth consecutive year, in collaboration with the Syndicat des pomiculteurs de l'Estrie, the committee distributed free apples to children at École le Baluchon and Mansonville Elementary School during the month of March, in an effort to highlight Nutrition Month.



The December workshop focused on citrus. Since this was the season for these delicious fruits, our guest Gérard Leduc cooked a delectable fruit salad with the youth. Students left with the recipe in hand so that they can make it at home.



Ken Jones Centre Respite & Activity Program

There was plenty of laughter and movement for respite clients and guests at the KJC's recent "Play With Heart Day," held as part of Festive Heart Month. Included were races, dancing, and a variety of heart-beating exercises – ranging from hula hoops to skipping – all topped off with prizes, beverages and healthy snacks.



"In the past year, Ludger has been participating on an occasional basis in the Ken Jones Centre Thursday respite and activity program, and has now started skiing in the Quebec Special Olympic program. It's been a marvellous opportunity for him to make friends and to participate in physical activities that help him to develop new motivation.

On behalf of Ludger, thank you to all the organizers and volunteers who so admirably devote themselves to these programs."

Robert Gagnon, Ludger's father (Verdun)

"Ludger equally appreciates the bowling outings and delicious breakfast, especially with fries!"
Anne Gagnon, Ludger's aunt (Potton)

CABMN Newsletter

Welcome Volunteer Translators

The CAB welcomes Claudie Audet and Lucie Maurer who responded to our call for volunteer translators. They are currently working with our Communication Agent, Kim Nichols, to develop a series of communication templates from our various departments.

Special General Meeting



The Board of directors has recommended a change to our membership policy. This change is being presented to current members of the CAB at a Special General Meeting on April 14, 2011 at the CABMN Youth Centre (282, rue Principale, Mansonville) at 7:00 p.m. All members are welcome.

Did you know...

The CABMN offers assistance to everyone in the community? The CAB has a significant impact on the area. In fact, a large percentage of the population depends on us. We, in turn, rely on community support to be able to maintain our services. Contact us today to find out how you can give.



The CABMN Nutri-Santé Committee



Left to right, back row: Marie-Hélène Hvizdak (volunteer), Karen Tinker (volunteer), Ariel Betancourt (CAB Board member). Left to right, front row: Denise Sansoucy (volunteer), Lucie Lessard (CAB Community Animator), Madeleine Soucy (volunteer).

Pop Quiz Answer: Winterfest
While this event is organized by the CABMN in conjunction with the Municipality of Potton, it is not a fundraiser.

Winterfest

Despite the low temperatures and chilly winds, over 160 people attended this year's Winterfest outdoor family fun day organized by the Missisquoi North Volunteer Centre Former Youth Involvement (FYI), Students Against Destructive Decisions (SADD) and the Municipality of Potton, on Saturday, February 26, 2011. Activities included: A horse drawn sleigh ride, ski doo rides, First Responder truck rides, QPP Mascot Polixe, Bonhomme Carnaval, sugar on snow, outdoor games, a Kiddie Korner, Tubing, indoor bingo, crafts, hair wrapping, face painting, book sale, and refreshments served by the MES parents committee. Over 50 door prizes were drawn at the end of the event.

The youth wish to thank the many businesses, both locally and in adjacent towns, for their support in donating prizes to make the day even more special. Following the busy day, the youth enjoyed a Pizza Party at the Youth Centre with delicious pizza made by Jacques Hébert and Norma Clifford.



Long Lost Youth

Recently, Mable Hastings, CABMN Youth Director, received an email from a long-lost Drop-In and Dance Theatre participant. Jolene had found someone on Facebook who put her in touch with Mable. It had been about 14 years since Mable had heard from her, so it was truly a welcome surprise. Her email started as follows:

"I'm sitting here with tears in my eyes. You were such an important part of my growing up, during those awkward teenage years. I'm happy to hear you are still doing your thing at a wonderful 'new' Youth Center."

Jolene Batchelor, Victoria, BC

Join our two groups on Facebook by searching for "CABMN" and "Mansonville Youth Centre" at facebook.com.



SADD Coffee House

On Friday, January 28, 2011 the CABMN SADD (Students Against Destructive Decisions) group organized a Coffee House Open Mic Musical evening hosted by Ralph Steiner. SADD wishes to thank the 26+ performers and the 98+ spectators who attended the event.



Left: Katimavik participant, Cyprien Tacq shares his talent at the piano.



Right: Robyn Hughes sings a riveting rendition of Amazing Grace.



Facebook Comment:

"Loved the coffee house the other night!! Amazing talent of all kinds! And the food was good too, even if I missed the cheesecake..lol"

Jeri Burgess McGovern

