



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

Ken Jones Centre Play with Heart Day

February 23, there was plenty of fun, games and exercise at the KJC's *Play With Heart Day* as these respite participants can attest. Not only did the group begin with regular leg raising exercises, but it also played table tennis with balloons, moved around several small balls, kicked a giant one, hoola hooped to music and played Wii tennis and golf. The day also included a bounty of healthy snacks - vegetables, dip and fresh fruit.



Y
O
U
T
H

News from the Youth Centre

Girls Group (ages 5-12) 2:00-4:30 p.m. Fridays

2012 "Fit Chicks" activities includes aerobics, obstacle courses, and now weekly Hip-Hop dance funded by Quebec en Forme/Memphre in Movement.

Boys Group (ages 5-12) 2:00-4:30 p.m. Thursdays

Friendship, team work, and outdoor activities have been the 2012 focus. Pool, knee hockey, relay races, obstacle courses, basketball, beach volley ball and more...

This year both groups have enjoyed sports, crafts, cooking, and silly games. We had our Christmas party at Mountain View Farms, in Sutton. Upcoming activities include the annual bowling outing, end-of-year BBQ, and more. Both groups have benefited from the "teacher for the day" program; allowing the kids to have a chance to practice academic skills, in a fun atmosphere.

Want to see what all of the buzz is about? Register your son or daughter by calling or stopping by the Youth Centre.

The Potton After School Program

With funding from Quebec en Forme and Maison de la Famille Memphremagog, the program for youth aged 5-12 runs from November 2011 to May 2012 (Tuesdays and Wednesdays from 2-5 p.m.) at the English school. The program offers an hour of physical activity and an hour homework period. With 20 children registered it has been a successful initiative. For more information or to register your child contact the Youth Centre.



Career Day held on February 4. Youth of all ages were divided into two groups with one visiting Owl's Head Ski (with Luc "Skypowder" St.Jacques) and Nexkemia Petrochemicals (with Mark Jersey). Very informative and a highlight for the youth.



The Youth Centre Book Club begins its 3rd novel in the Louise Penny Series. On February 25, the group held its meeting in Knowlton followed by a visit to Brome Lake Books!

Some 190 people attended the FYI/SADD Winterfest Family Fun Day on February 11th. Activities included: A horse-drawn sleigh ride, First Responder Truck rides, sugar on snow, indoor activities...and, new this year, inflatable games (gladiator and Shrek play centre)



SADD Coffee House Open Mic held January 27 was attended by over 100 people with many talented performers. Another Coffee House is scheduled for the month of May. Watch for posters with details.

The SADD Mansonville Chapter "You Go Girl" program, animated by 17 year old SADD member, Kristi-Ann Bouchard, is a monthly support group by girls for girls ages 11-17. The first meeting was attended by eight girls. Topics include body image, skin and hair care, exercising, nutri-

C
E
N
T
R
E

PHOTOS



CABMN Newsletter

Potton Volunteer Party

Come join us as we celebrate volunteer week. On the 19th of April from 5 p.m. to 7 p.m. the Municipality of Potton and the Missisquoi North Volunteer Centre are hosting their third Volunteer party to show their respect and appreciation for all the volunteers of Potton. Reservations are compulsory. If you volunteer with a local organization you can reserve your place through the organization. If you are a volunteer who is not associated with an organization you can reserve your place at the party by calling the municipality at 450-292-3313 (Trish or Chris) or by email at fetesdesbenevoles@potton.ca.



Silent Auction

The CAB would like to thank everyone who helped out with the Silent Auction on the 17th of February. The night ended up being a huge success! Thanks to all the wonderful donations from sponsors, the CAB was able to raise over \$2,600! Thank you to everyone who came out to support the CAB and the Ken Jones Centre who with their Chili supper raised an additional \$1,000! We hope to see everyone again next year!



Slipper-y Donations



Ken Jones Centre respite participants (*and workers, too!*) beamed as they showed off new slippers, a fun donation from the Hatley Store (www.hatleystore.com) arranged by FYI member Jason Forget, who let the family-run business know such a gift would be appreciated. The company, which is known for its social and environmental awareness, is inspired by nature and humour.

Income Tax Service for Low Income Earners

Volunteers trained by Revenue Canada and Revenue Québec are available to fill out income tax returns for you. This program is available to single individuals earning up to \$20,000 per year and to couples earning up to \$26,000 per year.

Between March 1, and April 13, 2012, bring your tax forms to the CABMN office. There is a \$5 fee to cover printing costs. For more information, call 450-292-3114.

New Service

The CABMN is among 20 community organizations in Quebec who received the approval of the Family and Seniors Ministry to develop an information centre for seniors. This new service will allow us to accompany and assist seniors seeking to understand federal, provincial and municipal government services. Stay tuned!



More Comings and Goings

It was with best wishes and much gratitude that members of the Ken Jones Centre (KJC) bid farewell to Christine Brulotte-Ruiz on January 26. For the past year, Chris has assumed the role of Coordinating Animator, having been with the KJC's weekly program since 2008.

The KJC, which provides social integration and leisure activities for adults with intellectual disabilities, and respite for their families, has as many as 13 clients each week. For Chris' last day, members of the committee stopped by to wish her well.



Sheila Samborsky

The following week, the KJC committee welcomed Sheila Samborsky as its new Coordinating Animator. Pascale Marquis serves as Animator, while three volunteers – Glen Allingham, Daniella Quilty and Thomas McMullin provide invaluable assistance. The latter two are Katimavik youth with the group since mid-January. Glen's been on board since October.

