

Eastman Volunteer Monique David refers to herself as a link in the volunteer action chain

By Mable Hastings

If you've never heard the name Monique David you likely have never spent much time in the Eastman area. Since her arrival in Eastman some twenty-two years ago she has been a force behind many initiatives and is seen as a dynamic, motivated, and implicated volunteer. The well-being of the people living in her area is at the heart of her motivation in bringing forth positive change and growth as she gives of her time and talents in an attempt to better the lives of those with whom she volunteers.

A teacher by profession for some 35 years, after retiring to live in Eastman, Monique spent seven years as the President of the social club Missisquoise, a non-profit organization with over 250 members from the Municipality of Eastman and surrounding areas. She is now the Vice-President and the club's objective is to create opportunities for members to get together, get to know each other better, exchange ideas, and provide members with services and equipment that allow them to practice activities and personal development. Offering

its members, a variety of physical, recreational, and cultural activities as well as a monthly brunch, live entertainment, and facilities available to rent for family, cultural, corporate, and professional activities.

"I consider my volunteering and implication with the Club Missisquoise as one of my greatest accomplishments," said Monique. "I truly feel that the efforts being made to encourage seniors to break the isolation, meet, exchange, share, and benefit from being with others is vital," she added.

Monique has long been a volunteer with Le Train des mots; the Magog region's literacy center. The center offers free individual support to adults who want to become better in reading, writing, and arithmetic. It also offers help in writing letters and filling out documents.

She has also been involved in the following: - Family/Seniors Committee (municipality of Eastman), seniors' representative since 2019, TCAM, representative of the Club La Missisquoise for 2 years, Frigo communautaire Eastman, administrator for 2 years, Les Veilleurs, volunteer since 2007, La

Fabrique (food aid), volunteer since 2007, Le train des mots, volunteer since 2011, Les cuisines collectives, volunteer since 2018 and Eastman en santé, seniors' representative from 2012 to 2018. Monique also volunteers at the Centre d'Action Benevole de la Missisquoi Nord (CABMN) where she works closely with the SAPA Senior Services team.

"Everyone who volunteers is part of a chain and I am merely one link," shared David. "The chain requires all of the links to be strong and to meet its desired results; each person, as well as the CABMN and other community groups, are all viewed as links in the bigger chain coming together making a strong bone to help others," she said.

When asked what advice she would give to anyone thinking of becoming a volunteer, the 82-year-old said the following.

"Just do it!" "The twenty hours a week that I have to contribute or the one hour you may have can both bring equal results," she said. "You don't necessarily have to give a lot of time but rather view yourself as a link in the big chain doing what you can. It's the total of all of our efforts that brings concrete results."



COURTESY

Monique David says she will continue to volunteer as long as her health, energy, and mind permit her to do so.

"When I needed support in my life others were there for me and I appreciated it," she said. "It's a give and take in life and becoming a link in the chain can bring rewards back to you in so many positive ways."

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