

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.
Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.
Subscribing is as easy as 1,2,3:
1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
A MIX OF SUN
AND CLOUD

HIGH OF 18
LOW OF 11



TUESDAY:
CHANCE OF
SHOWERS

HIGH OF 14
LOW OF 5



WEDNESDAY:
SHOWERS

HIGH OF 7
LOW OF -1



THURSDAY:
SNOW OR RAIN

HIGH OF 3
LOW OF -2



FRIDAY:
CHANCE OF
FLURRIES OR
RAIN SHOWERS
HIGH OF 6
LOW OF -1

Leadership building retreat weekend for Mansonville S.A.D.D. youth



THE SCOOP MABLE HASTINGS

The Mansonville chapter of Students Against Destructive Decisions (SADD) sponsored over the past 35 years by the Missisquoi North Volunteer Centre (CABMN) in Potton held a youth leadership building retreat this weekend, Saturday, April 23 to Sunday April 24. The event was held at a local Airbnb location in the perfect setting for learning, self-expression, team-building and leadership skills sharing. Animated by Ethan Ball and assisted by Eleanor Cote, the two brought a wonderful experience to the youth taking part.

A “retreat” is the gathering of youth in a non-familiar location to partake in a variety of workshops with others where confidentiality, encouragement and skills are shared as well as games, discussion groups and public speaking activities. Basically, the youth are encouraged to learn about themselves, learn about others and discover how they can be leaders in today’s world. The CABMN Youth Programs have been holding SADD leadership retreats for many years. However, after skipping a few years, this seemed like new territory to the animators and the youth attending.

“As with most things, we learned together as we went along,” said Ethan Ball, who animated the two-day event with his co-pilot, Eleanor Cote. “The weekend theme was ‘who you are vs who you’ll be’” explained Ball.

The retreat began similar to all other retreats, at the youth centre.

Bustling by, carrying in supplies bin-by-bin, was Eleanor Cote. In toe Ethan readies for a first big monologue.

Revising rules and going over expectations a final time, keen Retreat

goers file by the entrance and wait to be delivered to the destination, three kilometres away, but now further than they could really imagine.

Workshops included: a photo-taking workshop, numerology and various horoscope signs and their descriptions (giving the youth a look at the “type” in this regard to compare to others), this allowed the opportunity to discuss people’s strengths and difficulties. Consensus workshops, team-building and strengthening exercises, reflection exercises and an evening campfire, glow stick tag in the dark and a voting game before bedtime.

During Saturday evening’s dinner, theyouth had to dress up as a person who they felt would have a positive impact on the group if invited to dinner. Vicky Gaulin, a 13-year-old group member chose to come as Cathy Riendeau, the local Familiprix Pharmacist. Decked out in a stethoscope and white coat, she explained her choice as follows...

“Cathy Riendeau seems very successful, and I think she could really teach us all something,” said Vicky.

After dinner, the group celebrated (group member and avid Montreal Canadiens fan) Ken Clifford Jr’s birthday and played him a special message sent in by retired Montreal Canadiens great, Guy Carbonneau, who wished Ken and the entire SADD group great success on their unfolding leadership building weekend.

The weekend saw gifts from the Hatley clothing company (Little Blue House) thanks to Jason Forget as well as food prepared by Resto Bolton (delicious) and spaghetti sauce prepared by Jason Ball. Eleanor Cote was in charge of logistics, supplies, meal coordination and SUPPORT for all activities. Jeremy Eldridge delivered food and June Peacock helped do the shopping. The Gosselin Family provided delicious homemade chocolates leftover from Easter.

After a morning breakfast of fruit, yogurt and toast, the fuelled up group was privy to “Ethan memories workshop,” where Ball shared his morning ritual as a kid of watching the animated series, Arthur, and sharing how when he was in SADD as a kid, he got to meet the voice actor, Daniel Brochu, who voices Buster on the show. This sharing was followed by a character-building game.



COURTESY

The kids played outside and roasted marshmallows into the night, then played hide-n-go-seek in the dark (with glow sticks for the sake of ever finding anyone again).

“Our final circle was held using the song Real World by Matchbox Twenty,” said Ethan. “It felt like the right song as we all headed back out into our various realities in life.”

With cleanup under their belts, the two animators left the rental property feeling proud. “I’d want to thank Eleanor for helping as she filled in gaps and was there at my side helping me along the entire time. I couldn’t have done it without her,” shared Ball.

“I enjoyed this weekend and look forward to planning another where (hopefully) a lot more participants can attend,” Ball concluded.

For more information about SADD or other youth programs of the CABMN, visit www.cabmn.org or the group’s Facebook page.

Ben by Daniel Shelton

