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## Weather



TODAY:  
CLOUDY

HIGH OF -2  
LOW OF -9



TUESDAY:  
SUNNY

HIGH OF -8  
LOW OF -16



WEDNESDAY:  
SNOW

HIGH OF -2  
LOW OF -5



THURSDAY:  
SNOW

HIGH OF 1  
LOW OF -5



FRIDAY:  
SNOW

HIGH OF -1  
LOW OF -4

# Missisquoi north volunteer centre (CABMN) celebrates volunteers of the year

THE SCOOP BY MABLE HASTINGS

At its Annual Volunteer Party Celebration held on Dec. 5 in the hall of the Feather in the Wind Senior Centre in Mansonville, the Missisquoi North Volunteer Centre (CABMN) celebrated the efforts of its over 260 active volunteers from Potton, Bolton-Est, Saint-Etienne-de-Bolton, Eastman and Stukely. A wine and cheese party with speeches and fun was organized and gave volunteers the opportunity to exchange and celebrate their collective efforts as part of the CABMN.

Since 2016 the CABMN has honored volunteers who have contributed a number of hours of volunteer time through the organization with the Karen Muzerall Memorial Volunteer of the Year Award. Karen Muzerall came from Miramichi in New Brunswick and was the wife of former Potton Mayor, Jacques Marcoux. Volunteering and community betterment were important to Karen and following her death after a courageous battle with cancer, the award was created in her memory to honor others who work toward this goal in helping their communities.

If organizations were to put a dollar value to the contributions made by volunteers in a variety of tasks the result would likely be astounding! For example, the CABMN has long encouraged its over 270 registered volunteers to enter their hours on its "track if forward" system and while only half have registered documenting each hour contributed, we can clearly see the story this tells us. Last year at the CABMN, 131 volunteers documented 4,235 hours and if we multiply that by a modest \$14.25 minimum wage rate the result is \$60,350 dollars!!!! This is an extremely telling statistic! Organizations like the CABMN volunteer centre and others who request the aid of volunteers could not do all that they do without the remarkable efforts contributed in time; free of charge by these individuals.

This year, the CABMN recognized the efforts of four volunteers and their contributions. Jean Pierre Gauvin who is a volunteer from Eastman who, being



Jean-Pierre Gauvin



PHOTOS COURTESY  
Madeleine Langlois



Lucy Maurer



Pierre Landry

the youngest renter in his building, supports the seniors living in the residence in a variety of helpful ways as well as his weekly reception talents put in on Thursdays at the Main Office of the Volunteer Centre. Pierre is a social gentleman who enjoys dancing, taking walks and cooking. Pierre has become a part of the CABMN team and is a great link to the Eastman community.

Madeleine Langlois is a member of the CABMN Board of Directors. Madeleine can always be found helping at the office and is a problem solver with many talents and a wealth of knowledge. Whether filling out Government forms or navigating a perplexing problem, Madeleine's warmth, patience and humour makes her a joy to be around. Besides her efforts as secretary on the Board of the CABMN, she is a member of various committees and is a receptionist par excellence each week at the main office. Madeleine loves to travel, enjoys spending time with her family and is an amazing seamstress!

Pierre Landry is a volunteer who, in his own words "strives to help others find solutions to overcoming the fear of technology with options for improving their communication skills using computers, cell phones and ipads." He graciously offers his time through one on one appointments with seniors and customizes his approach to their

comfort, rhythm and abilities. Pierre gives two days per week of volunteer time in helping others in this way and plans to expand his help to those living in the other four municipalities served by the CABMN in the MRC Memphremagog west.

Lucie Maurer is a volunteer who wears so many hats she likely has a to label them before leaving the house to give of her time! A Monday reception volunteer at the CABMN main office Lucie is helpful, joyful and her smiling face is the perfect way to greet clients. Lucie pens the newsletter sent each month to the seniors through the volunteer centre, researching, collecting and preparing a variety of information of interest to the many who receive the mailing each month. Lucie's love for music and talent for arranging audio visual presentations finds her on the cultural committee of the Municipality where she compiles music passion evenings on a regular basis. She even did a wonderful music/photo presentation for this year's senior services Christmas lunch held in December!

The CABMN is just one organization rich in volunteers. These amazing people do so much for the community that we must stop from to time to time and shout a resounding "THANK YOU" for their vital and valuable contribution.

## Ben by Daniel Shelton

