

THE SCOOP

# It’s no fun to grow old but what if we could laugh through it?

By Mable Hastings

Just in time for Valentine’s Day, a month promoting love and a healthy heart, the Missisquoi North Volunteer Centre (CABMN) Senior Services Program held a session on aging with guest speaker retired elementary school teacher, Claudette Cleroux. The gathering was held at the Municipal Space in the basement of the Mansonville St.Cajetan Catholic Church on Tuesday, Feb. 13 at 9:30 a.m.

With a healthy number of attendees, Cleroux was surprised by all who came out to hear her speak about aging;

many faces from her past and new faces and friends that she had yet to meet. Cleroux shared a lot of information about her own journey. An elementary school teacher since 1965 Claudette emphasized that her mission had always been to assure that the children she taught found the pleasure in learning. Her final official ten years as a teacher were spent teaching in Mansonville at the local Baluchon French Elementary School from 2000 to 2010. She has done some supply teaching since.

“My life did not end when I stopped teaching,” explained Cleroux. “I had so many projects and plans I wanted to pursue that I have not been bored for the last 14 years,” she said.



Motivational Speaker, Claudette Cleroux

Claudette feels that aging is a two-sided coin and one’s outlook is vital. Happiness and joy are the key and laughter and love are the best medicine. “You must find joy in life and a passion for all that you do,” said Cleroux. “Happiness doesn’t always fall into your lap, it is a choice you make and it is infectious for others.”

Claudette Cleroux is a woman with many hats that she wears proudly. One of her passions is for clothing and she is a designer with her own company, KONFO. She is renowned locally for her colorful, sheik and sharp clothes and when you meet her, her appearance is striking and one of a kind. She believes that the clothes you wear add to your self-esteem and feeling good when you leave the house each morning.

“If a little lipstick empowers you and makes you feel beautiful, stop and take the time to apply your favourite color and then head out into your day feeling confident and like you made the effort,” said Cleroux.

Embrace and be proud of the things you like to do and present and share them with others with enthusiasm and joy. Your joy will vibrate to others and soon, wherever you go you will be making connections and creating energy...beautiful positive energy.

Cleroux also taught in Toronto and while there she became a pan-Canadian Motivational speaker to share her secrets and her passion with students, parents and principals. “Are

you at your Max” was aimed at anyone who wanted to learn how to live at their best. As a motivational speaker Claudette Cleroux strives to share her messages with others and to empower and inspire the groups with whom she speaks.

“People won’t be asking how old you are,” assures Cleroux. “Instead, they will be asking your secret to such a joyous approach to life and all of its many joys.”

The answer is simple according to Claudette Cleroux. Embrace everyday with joy and forget about what the calendar says or what your birth certificate reveals. Enjoy life, surround yourself with likeminded people, live your passions and face each day being the best that you can be.

“It’s no fun growing old, that is true,” says Cleroux but, “what if you spend more time laughing and less time worrying about it?”

The CABMN Senior Services team is hoping to bring Claudette back for another session and she may even team up with a new friend she met at her presentation!

Claudette Cleroux lives in Magog and is available for conferences. You can contact her at: claudettecleroux@hotmail.com

For upcoming workshops presented by the CABMN visit their website at [www.cabmn.org](http://www.cabmn.org)

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COURTESY

Happy faces pose with Cleroux (back center) who attended her talk on aging on Feb. 13 in Potton