

Beattie calls for immediate reinstatement as campus director at Champlain Regional College

By Sharon McCully

Weeks after she was placed on paid administrative leave by the Champlain Regional College Board of Governors, campus director Nancy Beattie has responded to the board in two separate letters, sent to The Record by an unnamed source, expressing her disbelief and disappointment with the board's decision to suspend her and to ask for her full and immediate reinstatement. Champlain Board Chairman Matthew Mazur confirmed receipt of the letters, saying the board has responded to Beattie's first letter and a response is currently being prepared to the second.

In an 11-page letter sent to all board members Jan. 29, 2024, Beattie said it was with "utter disbelief" she listened to the resolution announcing her suspension read out publicly at the close of a Jan. 10 in-camera session of a special meeting of the Board of Governors, called to respond to a motion put forward by the Syndicat de l'Enseignement du Collège Champlain Lennoxville (SECCL), the union representing teachers of the college.

In her letter, Beattie says a day prior

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Falun Dafa workshop brings personal cultivation and meditation to Potton



COURTESY

Virginia Neville (Falun Dafa animator, Lucie Beaudoin (CABMN Senior Services Coordinator) and Carmen Coté (Falun Dafa animator)

By Mable Hastings

On Tuesday afternoon, Feb. 27, the Missisquoi North Volunteer Centre (CABMN) in Potton held a Falun Dafa workshop offering gentle exercises through meditation and relaxation. Fifteen participants including the facilitators attended the 1.5-hour session held in the basement of the Mansonville Catholic Church.

Falun Dafa, also known as Falun Gong, is a spiritual practice that many around the world have made a part of their lives. Rooted in the Buddhist tradition, it consists of two main components: personal cultivation and meditation, the later being the focus of the Potton session held on Tuesday. The meditation is based on the principles of authenticity, benevolence and tolerance.

Two facilitators from Sherbrooke

volunteered their time and travel to animate the event in Potton, Virginia Neville and Carmen Coté.

"The animators were very positive and did a wonderful job in teaching the group gathered some techniques that left us all feeling peaceful and positive," said Senior Services Coordinator, Lucie Beaudoin.

The CABMN strives to bring a variety of workshops and experiences to its participants and this session was organized following information obtained by the CABMN Senior Services team at a FADOQ organized forum in October. FADOQ is the largest seniors' organization in Canada. It brings together and represents people aged 50 and over with the goal of improving and maintaining their quality of life.

"We are always looking for ways to encourage our seniors to relax, breathe properly and to focus on their well-

being," said Beaudoin. "Attending a particular workshop or information session is always left at the discretion of each individual," she added.

There are outdoor practices of Falun Dafa every Wednesday at 3:30 in Sherbrooke's Parc Jacques Cartier and for information contact: Nathalie 819-570-5652.

Next week on Tuesday, March 5, the CABMN senior services team will be celebrating the 30th Anniversary of the Boulangerie Owl's Bread Bakery and the efforts of owners Denis Mareuge et Agnes Castilloux. The Coffee Hour will be held at the Feather in the Wind Senior Centre of the CABMN (309 Principale) in Mansonville at 9:30am that day. If you would like to attend this special event, the SAPA team prefers that you register by calling 450-292-3114 extension 103 or 113 by Friday, March 1.

