

CENTRE
D'Action BÉNÉVOLE
DE LA MISSISQUOI-NORD
MISSISQUOI NORTH VOLUNTEER CENTRE

ACTIVITY REPORT 2023-2024

📞 450-292-3114

✉️ infos@cabmn.org

🌐 www.cabmn.org



314B Principale-Mansonville

TABLE OF CONTENTS

Français.....	1
Introducing the CABMN	31
History and Mission of the CABMN	31
Registration of Voting Members	32
Proposed Agenda	32
Minutes of the 39th Annual General Meeting.....	33-34
A word from our President	35
Director’s Message	36
2023-2024 Activity Report	
Volunteer Coordination	37-38
Support for the Autonomy of Seniors (SAPA).	39-41
Partage/Share (Food Bank)	42
Nutri Santé	43-44
Youth Centre and Special Services	45-49
Ken Jones Centre Respite Program	50
CIUSSE-CHUS Day Centre	51
Income Tax Assistance Program	52
Medical Equipment Loans	53
Accompanied Transport.....	54
Memphrémagog Hospital Foundation	55
Main Office.....	56-57
Press Review and Testimonials.....	58
Our Partners	59-60
Epiq Triathlon Fundraiser	61
Vision Plan.....	62-63
2023-2024 Financial Statements.....	64



Main Office
314-B Principale
Mansonville, Qc
JOE 1X0



Youth Centre
282 Principale
Mansonville, Qc
JOE 1X0



Feather in the Wind
309 Principale
Mansonville, Qc
JOE 1X0

INTRODUCING THE CABMN

OUR MISSION
The mission of the North Missisquoi Volunteer Centre:
"To improve the quality of life while developing volunteerism."

MAIN OFFICE-314B
PRINCIPALE

YOUTH CENTRE-
282 PRINCIPALE

FEATHER IN THE
WIND SENIOR-
CENTRE-309
PRINCIPALE

OUR BOARD OF DIRECTORS 2023-2024

Cathy Riendeau-President
Hartland Paterson-Vice President
Madeleine Langlois-Secretary
Kathy Mullins-Administrator
Patricia Lachance-Administrator
Hilary Head-Administrator
James Eby-Administrator
Ronald Jones-Administrator
Robert Gagnon-Administrator
Peter Blatter-Administrator

OUR OBJECTIVES:

The
Development
of Voluntary
Action

Support to
Volunteers

Support to
Organizations

Services to
Individuals

THE VALUES THAT GUIDE US ARE AS FOLLOWS:

- Respect and honor everyone
- Be an integral part of the community
- Set clear goals and be accountable for their effectiveness; and be responsible stewards of public funds.

HISTORY OF THE CABMN

The Missisquoi North Volunteer Centre (MNVC) is a non-profit community organization recognized and funded in part by the CIUSSS-CHUS as a partner in the health and social services network. Founded in 1982, it has been a member of the FCABQ since 1993.

THANK YOU TO ALL
OUR VOLUNTEERS





Registration of voting members

The Annual General Meeting is for members of the CABMN and the public at large. Eligible members have the right to vote. The public has the right to express their opinion.

There are five categories of members:

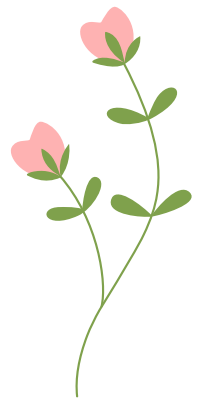
- a) Individual: Any CABMN member, committee member, donor, and volunteer (age 16 and up), active in the past two years and freely supporting the work of the Corporation is automatically granted free membership in the CABMN. Membership is open to individuals aged 16 or older, and to organizations that support the mission of the CABMN; Subscribe to the CABMN's by-laws, policies, procedures, aims, and objectives;
- b) Corporate: Organizations - public, para-public, or not-for-profit, including bona-fide groups recognized by the board may also be granted membership. Corporate members appoint one voting representative who pays the applicable membership fee.
- c) Honorary: From time to time, the BOD may grant free honorary membership to individuals who have exceptionally helped the Corporation achieve its objectives through work, deed, or financial donations. Honorary members participate in the Corporation's activities, and are invited to annual and special general meetings, but may not become directors.
- d) Youth: Any youth aged 12-15 is eligible for youth membership. Youth members are recognized as non-voting members.
- e) Employees: Employees of the Corporation are members but are not entitled to vote.




Proposed Agenda


- 1. President's welcome
 - 1.1 Introduction of the Board of Directors and Staff
 - 1.2 Nomination of a President and Secretary of the meeting
 - 1.3 Verification of quorum
- 2. Reading and adoption of the agenda
- 3. Reading, if necessary, and adoption of the minutes of the AGM held June 15, 2023
- 4. Deposit of the 2023-2024 Activity Report
- 5. Presentation of the Financial Statement of March 31, 2024
- 6. Presentation of the 2024-2025 budget (including adoption)
- 7. Appointment of the auditor
- 8. Report of the Nominating Committee and Election of the Board
- 9. Questions and comments

Adjournment





**Minutes of the 39th Annual General Meeting
Missisquoi North Volunteer Centre
June 15, 2023, 4:30 PM
Held at The Feather in the Wind Senior Centre**



Voting members : Murielle Parkes, Robert Gagnon, Deborah Dimitruk, Pierre Pradier, Brenda Clark, Cathy Riendeau, Madeleine Langlois, James Eby, Hilary Head, Hartland Paterson, Ron Jones, Janet Jones, Sharon Fewtrell, Peter Blatter, Josiane Ouimet, Laurette Rouleau, Réjean Gauthier, Jason Ball, Beatrice Baass, Kathy Mullins, Carmen Aubin, Pat Lachance, Jeremy Eldridge, Marie Timperley, Joan Walter Davis, Zygmunt Grygar, Marie-Jane Bernard, June Peacock, Mary Lachance, Frank Ruiz, Catherine Lusson, John Patterson, Joan Eby

Non-voting members : Debbie Harding, Jennifer McGeean, Krysten Vanier, Ethan Ball, Sheila Samborsky, Terry Stott, Karen Tinker, Karina Coates, Lucie Beaudoin, Mable Hastings, Angelle Laplume

1. Welcome from the President. Cathy Riendeau welcomes everyone. She thanked everyone for coming in person and for their extremely generous support.

1.1 Introducing the Board of Directors and staff. Mable Hastings introduces the members of the Board of Directors and the staff.

1.2 Appointment of Chairman and Secretary. Mable Hastings proposes the appointment of Brenda Clark as Chairman and Madeleine Langlois as Secretary of the Annual General Meeting.

Proposed by Ron Jones, Seconded by Pierre Pradier.

Adopted

1.3 Verification of quorum. Quorum was reached. It was confirmed by Mary Lachance who took attendance. Verified by Brenda Clark.

2. Reading and adoption of the agenda. There are no additions to the proposed agenda. No hands are raised to indicate disagreement. Motion to adopt the agenda.

Proposed by June Peacock. Seconded by Patricia Lachance.

Adopted

3. Reading, if necessary, and adoption of the minutes of the AGM of June 16, 2022. The reading of the minutes is not requested. Motion to approve the minutes of the AGM of June 16, 2022.

Proposed by Jeremy Eldridge. Seconded by Cathy Riendeau.

Carried



4. Deposit of the 2022-2023 activity report. Mable lists the services and programs the CABMN offers, highlighting certain programs and details. Staff members present the year's participation statistics and activities.

5. Presentation of financial statement to March 31, 2023. Brenda presents the financial statement. Mable explains the report. Motion to adopt the March 31, 2023 financial statement.
Motion carried.

6. Presentation of the 2023-2024 budget. Mable presents the 2023-2024 budget. She explains the budget categories and details certain items.

7. Appointment of auditor. Motion to appoint MNP LLP as auditor for the 2023-2024 fiscal year. Proposed by June Peacock, seconded by Hartland Paterson.
Carried.

8. Report of the Nominating Committee and election of the Board of Directors. The Nominating Committee report was presented by Madeleine Langlois (Board member and Nominating Committee representative). The committee appointed Patricia Lachance, Peter Blatter, and Kathy Mullins as new members. Motion to adopt the report of the Nominating Committee.

Proposed by Madeleine Langlois, Seconded by June Peacock.
Carried.

9. Questions and comments.

10. Adjournment. The meeting adjourned at 6 p.m.
Moved by Patricia Lachance, Seconded by Mary Lachance.
Carried.



Respectfully submitted,
Madeleine Langlois, Secretary



A WORD FROM OUR PRESIDENT



What a magnificent year of development! The main office, the Ken Jones Centre and the Centre La Plume au vent have once again overflowed with new and existing services, projects, and activities of all kinds! The CABMN team has surpassed itself in creativity and dedication, much to our delight.

I'd also like to highlight the work of our Board of Directors team, who offered their precious time to the community, as well as all the many generous volunteers who helped make these activities possible. From Potton, Bolton-Est, Saint-Étienne-de-Bolton, Eastman and Stukely-Sud, they cared for their fellow citizens with panache and contributed to this beautiful community quilt that makes our region of the MRC de Memphremagog West an exceptional place to live. They say it takes a village to raise a child, but here we have a full community of caring people to nurture, cherish and delight young and old alike. We're all incredibly lucky to be part of it. Bravo to all of you!

I'm proud to work with all of you, and on behalf of the CABMN, the Board of Directors and the staff, I'd like to express my sincere gratitude to everyone who supports this organization, which has existed in the region for over 40 years.

Cathy Riendeau
CABMN President

OUR TEAM 2023-2024

Mable Hastings-Executive Director
Debra Harding-Assistant to the Director-Volunteer Coordinator-Responsible for Partage-Share
Jennifer McGeean-Administration-Responsible for Tax Assistance Program
Krysten Vanier-Communication-Reception-Website, medical equipment loans, accompanied transport
Lucie Beaudoin-Coordinator of SAPA Services (SAPA)
Angelle Laplume-SAPA Services
Gail Seymour-SAPA Services-Viactive
Christine Bortkiewicz-SAPA Services-Walking club
Ethan Ball-Coordinator Youth Centre and Special Programs
Tess Coll Hostyn-Animator Youth Centre
Sheila Samborsky-Animator for the Ken Jones Center
Theresa Stott-Animator for the Ken Jones Centre and and the CIUSSSE-CHUS Day Centre
Karen Tinker-Animator for CIUSSSE-CHUS Day Center



DIRECTOR'S MESSAGE



Mable Hastings
m.hastings@cabmn.org
450-292-3114 ext. 104



Over the course of 2023-2024, our CABMN has focused, thanks to funding from Centraide, on creating a five-year vision plan for the organization. This plan will be put in place following this Annual General Meeting, and has been prepared in consultation with the five MRC Memphremagog west municipalities served by our CABMN, committee members, staff, volunteers, users and more...

Thanks to government funding and donations, we've made improvements to our Feather in the Wind Senior Centre, including new, universally accessible bathrooms, heat pumps, insulation and a new roof in the coming months. The centre is being used to the full and has become a true activity centre for seniors.

The Youth Centre programs and the programs for people with intellectual and physical challenges (CIUSSSE-CHUS Day Centre and KJC Respite Program) have all increased the number of participants meeting in our CABMN building at 282, Principale street. Youth programs were expanded this year to five per week, including the Friday dance sponsored by the Townshippers Foundation. We've been able to enhance our home economics/agriculture/food programs thanks to support from CIUSSSE-CHUS and programs like Pathfinders...NexKemia Petrochemicals Inc. continues to support our healthy youth snack program in all CABMN programs.

It's our committed and extremely dedicated volunteers who make all the difference to the success of the CABMN and to supporting the needs of the MRC Memphremagog West. We are touched beyond words by their support, generosity and talent. Thanks will never be enough, but we are deeply grateful to each and every person who gives to the CABMN in so many ways.

In closing, I would like to thank the team of CABMN employees for their hard work, dedication and achievements for the benefit of the community and beyond. I'm proud of the work the CABMN does as a collective, and I look forward to next year with enthusiasm and joy. Hand in hand with our volunteers, we make a difference, and that's what a community organization is all about!

Mable Hastings
Executive Director



Volunteer coordination

2023-2024

report

Serving the

Community

INTERNATIONAL VOLUNTEER DAY



Debra Harding

On Tuesday, December 5, the Missisquoi North Volunteer Centre celebrated International Volunteer Day with a wine and cheese evening at the Feather in the Wind Senior Centre, from 7 to 9 pm.

Nearly 70 volunteers attended the event, which featured "Double or Nothing" musical duo Kylie Cote and Mike Patrick.

The annual Karen Muzerall Memorial Volunteer of the Year Award was presented to Barbara Taylor for her dedication and efforts in settling the Malikova family who moved to Potton from Ukraine last summer. Julia Eldridge, new chair of the Partage/Share Committee, thanked June Peacock, who stepped down as committee chair, with a beautiful bouquet. Ethan Ball, coordinator of the Youth Centre and special services, took time to highlight three volunteers: Hilary Head for her work with people with physical and mental disabilities, Beatrice Baass for giving weekly French lessons to Ukrainian residents who now live in Potton, and finally Joan Eby for helping to organize a pen-pal project between Potton youngsters and children in Colombia.

Food and drink included cheese from Abbaye Saint Benoît, cold cuts, grapes, crackers, baguettes, wine, and soft drinks, which were enjoyed by all party-goers. Three door prizes containing items from local businesses and merchants were awarded to three lucky winners: Murielle Parkes, Bob Chacra, and Carmen Aubin 3 hard-working volunteers for the CABMN.

Volunteer Week, April 16 to 22, 2023

Instead of the usual celebration organized by the municipality with the collaboration of the CABMN, the municipality of Potton decided to donate the funds that would have been used for the celebration to the CABMN, to be used as it sees fit.

The CABMN did, however, place baskets of candy around town, at all local merchants and businesses. The baskets were accompanied by a small message saying, "Volunteering is Sweet". The CABMN also placed a huge A-frame sign on the main lawn to thank all Potton volunteers.

Volunteer of the month: -VOLUNTEERS ARE THE LIFEBLOOD of our organization.

This is a new initiative launched in February 2024 to recognize volunteers who have been generous with their time and talents, volunteers who bring light and life to CABMN. Recognizing these selfless individuals for their valuable contributions is an essential part of letting them know how essential they are to the CABMN and the community.

Our first recipient is Rick Fergusson for his 30 years of volunteer work with the income tax program.

VOLUNTEERING AND COMMUNITY ACTION

Volunteer promotion and support

Volunteering at the CABMN

Volunteers are at the heart of our CABMN, and volunteer action contributes to the improvement of the quality of life of our citizens!

210 active volunteers registered with the CABMN on March 31, 2024, an increase from the previous year.



33 volunteers helped prepare Christmas baskets for a total of 150 hours

26 volunteers participated on our various committees and gave over 900 hours of volunteer time

10 Board members attending Board Meetings and other committee commitments gave over 600 hours of volunteer time

165 volunteers tracked their hours with "Track it Forward" registering 5750 volunteer hours

There were 16 Community volunteer requests activating 99 volunteers who contributed over 700 hours of volunteer time

A big thank you to all of our volunteers

The CABMN team presented the annual Karen Muzerall Volunteer Recognition Award, a life dedicated to the betterment of our community, to Barbara Taylor for her dedication and efforts in settling the Malikova family who moved to Potton from the Ukraine last summer. She devoted over 1,000 hours to this cause.





**A word from Lucie
Beaudoin, Seniors Services
Coordinator -SAPA**

Sometimes, in our lives, beautiful things happen. My name is Lucie Beaudoin and I'm the Senior Services Coordinator at the CABMN. Some of you may know me as a waitress, having worked in various restaurants in the region for many years. I'm also a wife and mother, and I'm a proud resident of Potton since 1986!

The CABMN found me! I was told that I would be "perfect for the job" for Senior Services Coordinator. I had the pleasure of being trained by Angelle Laplume, who has been with the CABMN for over 30 years!

With the CABMN staff and extraordinary volunteers (without whom I couldn't accomplish all that I do), and with the participation and involvement of the senior population in various ways, the new Feather in the Wind Senior Centre would not be as successful as it is. Remarkable things are happening every day. I'm very proud of everyone who has contributed and supported this new venture and the growth of the senior centre building.

Many new groups, programs and activities have been added, most of which take place weekly. Special events are well attended and, as our statistics show, the CABMN places the well-being of seniors at the forefront of its efforts.

I've found the job of my dreams, or rather, it's found me, and I'm looking forward to another year of shared pleasure in the company of the seniors of Potton and the those living in the MRC Memphremagog West!



SAPA-SUPPORT FOR SENIOR'S AUTONOMY

2023-2024

STATISTICS

A Year of Incredible Growth

- Individual interventions: 168
- Services provided: 217
- Referrals given: 139
- Events/outings: 37
- ViActive Potton: 433
- ViActive Stukely-Sud: 319
- Walking Club: 219
- Special events: 327
- La Chouette Chorale: 654
- Bridge Club: 393
- Scottish Dance: 339
- Program PIED : 344
- Bingo: 367
- Lunch & apprendre: 54
- Café Rencontres: 166
- Tricotage-Switch: 44
- Rendez-vous music: 70
- Vaccination: 60
- Nettoyage Express: 16





Sapa's new coordinator, Lucie Beaudoin, is full of ideas. With her team Angelle Laplume, Carmen Aubin and a few hard-working volunteers.

New this year is the weekly Café-rencontre with a different theme each time. The aim is to help people discover or rediscover their local businesses, such as our bakery, which is 30 years old this year. Other activities include lectures on decluttering, a knitting class, and even homemade chocolate workshops.

And our bingo for fun won over many regulars. What about the monthly luncheon meeting offered by Le Centre des Femmes de Magog, an appointment that more than 10 Pottton women don't miss.

And then there's the monthly musical rendez-vous with Lucie Maurer, who takes us back in time with music from the 60s and French songs, with more to come next year - people love it!

We'll have to step up the board games for next year, as well as the Switch workshop to follow....

We offer two Open Houses for our schedule of activities: one in September and one in January.

Our special events:

Seniors' Day in October, which is very important to us, is celebrated with dinner and music.

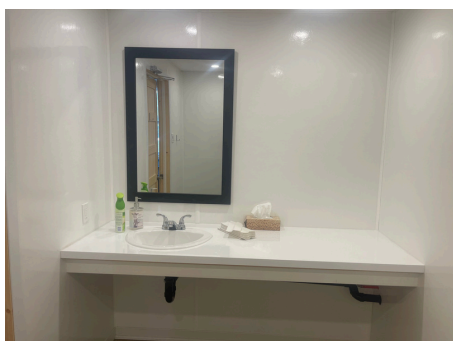
Christmas dinner, attended by 117 people this year

A new tradition is the Déjeuner d'antan, which takes place in early to mid-April. This year was a first, with 30 participants and 5 volunteers.

The Scottish dance group gets more than a dozen people moving every week.

Event statistics:

- September 6 Open house presenting upcoming activities 24 participants
- September 28 Apple outing at the Abbey 27 participants
- October 11 Seniors' Day 61 participants
- November 23 Exploratory walk in the village 17 participants
- December 13 Traditional Christmas dinner 117 participants
- January 10 Open House Yoga on a chair, Soup and dessert 19 participants
- March 20 Tribute to Paul Vachon 34 participants





PARTAGE/SHARE

EMERGENCY FOOD BANK



15 firefighters-26 hours, 18 committee members and others 124 hours

- Manages the emergency food bank
- Conducts its own fundraising
- Facilitates access to the Memphrémagog food bank
- Provides regular reports to the Board of Directors
- Respects privacy and confidentiality

Christmas baskets

40 families served.

65 adults

28 children

35 families in Mansonville and

5 in Bolton-Est

Emergency Food Bank statistics

of requests - 49

of individuals and families served - 68

of adults -57

of children -15

Public Market Coupon Project 2023-2024

\$4500 was allotted for the program this year.

10 families and individuals received \$30 worth of coupons every week for 15 weeks.

Funding sources – the municipality of Pottion \$1250. The Partage/Share committee allotted the remainder needed to cover the amount of \$4500.

of adults 10

of children 5

Committee: Julia Eldridge President, June Peacock, Cathy Riendeau secretary, Claire Alger, Christian Donaldson, Réjean Néron, Judy Ball, Kathy Mullins





NUTRI-SANTÉ ANNUAL REPORT, APRIL 1, 2023 TO MARCH 31, 2024



NUTRI-SANTÉ

Our mission is to organize workshops that promote healthy eating habits and encourage a passion for cooking among young people.

Committee members

Suzanne Côté, Christian Donaldson, Danielle Galipeau, Monique Hébert (president), Madeleine Langlois (secretary), Christine Médaille (secretary), Janine Sourdif. Madeleine Langlois took over from Christine Médaille as secretary in February 2024.

Committee meetings

The Nutri-Santé Committee held four regular meetings. Follow-ups between meetings for workshop preparations were made by e-mail exchanges.

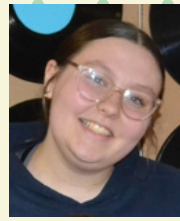
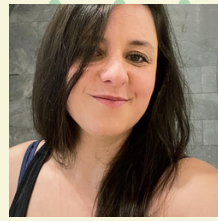
- April 19, 2023
- September 20, 2023
- November 15, 2023
- February 28, 2024

Workshops

Committee members gave four workshops at Le Baluchon elementary school in Mansonville.

- May 24, 2023, Bruschetta workshop
- October 18, 2023, Pumpkin muffin workshop, cancelled (power failure). However, several committee members got together on October 25 to make pumpkin muffins, brought them to school and gave a short presentation on the squash family. The Baluchon students were delighted with the surprise.
- December 13, 2023, Mini pizzas in the shape of Christmas ornaments. The bright colors of Christmas were in the spotlight, and the children thoroughly enjoyed the activity.
- March 20, 2024, Tofu Spread workshop. The discovery of tofu was a pleasant surprise for most of the children.





Youth Centre

2023-24

“In Summary”

The Youth Centre had an action-packed year which saw big changes and accomplishments. With respite programs (for those suffering from a mental or physical disability) operating for all but 2 weeks during the summer, our youth groups also returned earlier than they usually do. This year saw the continuation and success of our CIUSSSE-CHUS Day Centre staff Terry Stott and Karen Tinker who animated programs on Mondays and Wednesdays each week as well as KJC animators: Sheila Samborsky (and Terry) on Thursdays for the KJC Respite program.

We also hired Tess Hostyn as our new Youth Animator during after-school programs each week (Tuesday-Friday) who was a perfect fit for our centre as she motivates Ethan (Youth Centre Coordinator) and our group’s members – who just love her.

The combined efforts of the aforementioned staff are what contributed to a prosperous year at the Youth Centre: bringing material they are passionate about to our clients each day which thereby increased interest and numbers attending the programs. Our participants sinched the deal (the success of our year) as each new craft, game, sport, or activity was met with an open mind and appreciation. With attendance higher than ever before (in recent history), the Youth Centre team looks forward to the fall, where we’ll be challenged to top our previous year’s programming and once again welcome new and familiar faces to the building! We offer our sincerest thanks to anyone who donated their precious time or money to our groups this year since without the support of our dedicated volunteers and community, none of our accomplishments would have been possible.

Thank you.



“The Social Media Gauntlet”

With 5 youth programs offered by our centre, we (Ethan and Tess) are given 5 opportunities each week to post our day’s happenings.

While not always getting every post done in a week, we continue to share updates with our Facebook following, regularly to attempt spreading joyful/positive information (something uncustomary on social media these days).

Our page has **500+** followers and receives **hundreds** (occasionally thousands) of engagements.



3 core principles during the 2023-24 year:

1. To boost SADD attendance (our group growing from 5 to 8).
2. To maintain consistent programming (never shutting down due to schools striking and always being in contact with caregivers regarding closures).
3. To keep better track of statistics, budgets etc... We hired Tess Hostyn as Youth Animator this year who has helped tremendously to keep track of all clerical information. With Tess' help, we've managed to stay on budget, have a better understanding of our average participation numbers each month and much more.



Having promoted programs throughout both local elementary schools and Jenny's Day Camp, we saw a boost in attendance in comparison with last year's statistics.

With these participants we achieved another successful year of programming across the board.

Group Specifics:



Dance

Mandate:

-To address matters concerned with programming, and related fund-raising for youth participants – specifically, elementary level kids ranging from ages 5-11.

Today's Group:

Dance program running from 2:30PM until 5PM each week on Fridays.

Dance took on a new form in 2023. Taking place on every Friday afternoon (after-school) and having received a grant for 2000\$ to put towards a dance teacher salary but being unable to find a dance teacher for the first part of the year, Youth Centre animator (Tess Hostyn) and Ethan Ball (with help from volunteer – Mable Hastings) made do until we hired Savannah Jersey in December.

Savannah is a college student who drives from Sherbrooke after a week at school to work with our Dance group. Passing on her knowledge gained from many years of dance experience, the kids have taken to Savannah and are passionate about the Dances they've learned this year.

In conclusion:

Dance is enjoyed by all our passionate dancers who show up at the end of their school week to participate and shake out any left-over energy before the weekend.

Total Participants: 21-840 participations

Inspired by Joan Westland, Tess and the Leadership group started learning Spanish (Tess is fluent), have successfully sent our Colombian counterparts a package and raised funds to benefit their class.

In Conclusion:

The newly founded Leadership program had a profound impact on the kids who remained involved throughout the year.

Learning to be young leaders is one accomplishment but, establishing connections with kids over 5,000km away and attempting to better the conditions in a place they've never been to are accomplishment on a completely different level.

Total Participants: 13 (Age 8+)-520 Participations

MAYO/JAM (MANSONVILLE. AGRICULTURAL. YOUTH. ORGANIZATION)

Mandate:

-To address matters concerned with programming, and related fund-raising for youth participants – specifically, elementary level kids ranging from ages 5-11.

Today's Program:

Our agriculture club gathers weekly at the Youth Centre from 2:30PM – 5PM on Tuesdays.

MAYO/JAM was once again very popular this year.

With attendance far too high to effectively travel back and forth to farms, our year was not compromised and instead became about finding ways to bring farming to the Youth Centre, learning about the interesting passions of our members and animators, and competing for awesome prizes.

Founded in 2019, the MAYO/JAM project aims to get kids thinking about agriculture and farming, promoting healthy living, and getting outdoors!

In Conclusion:

MAYO/JAM has increased in popularity despite our inability to currently afford a bus to travel the group more effectively from our building to farms.

Here at our building the group mostly becomes about engaging with each other as kids (rather than as students) and increasing our members ability to communicate with one another – through the taking part in our planned activities.

Total Participants: 19-760 Participations





Home Economics:

Mandate:

-To address matters concerned with programming, and related fund-raising for youth participants – specifically, elementary level kids ranging from ages 5-11.

Today's Group:

Bursting at the seams, Home Economics was one of the most highly attended after-school groups we offered this year. In mid-November our Home Economics club received a 2000\$ grant to put towards ingredients for better quality recipes and activities for Home Economics. These funds came just in time as our group had doubled from its size last year (12+/- to 24+/-) and our weekly budget we'd accounted for was 30\$!

This club is hosted afterschool to 5pm on Wednesdays each week.

In conclusion:

With a much larger budget, our Home Economics group was able to accomplish much more diverse recipes this year. The kids also had an increased exposure to all sorts of cultures and places in the world as we learned the origins of each recipe we produced.

Total Participants: 28-1120 participations

Leadership

Mandate:

-To address matters concerned with programming, and related fund-raising for youth participants – specifically, elementary level kids ranging from ages 8-12.

Today's Group:

Our newest addition at the Youth Centre is a Leadership program run from 2:30PM until 5PM each week on Thursdays.

Leadership targets the older demographic of elementary level students and aims to boost kids leadership and teamwork building skills.

Hosting a brief – 30-minute meeting each week which focuses on the above-mentioned skill building before adjourning to a “hangout” style for the remainder of the afternoon (where participants can play games such as Ping-Pong, Foosball, or Billiards; a privilege usually reserved for much older kids in SADD).

Leadership developed into something much more meaningful this year as Animator – Tess Hostyn helped us to create a pen pal project with a group of elementary school students in Colombia.





SADD (Students.Against.Destructive.Decisions)

Mandate:

-To address matters concerned with programming, and related fund-raising for youth participants – specifically, high school kids ranging from ages 12-15.

Today’s Program:

Our SADD board grew **from 5 members last year, to 8 members this year.**

With new faces welcomed to our group, more members mean a more evenly distributed workload. The SADD Mansonville Chapter returned one week before their highly anticipated concert at the Bell Centre on September 23 – to see country singer: Morgan Wallen (an opportunity made possible by our 2022-23 year’s budgeting).

In October, the group hosted a successful “Rock-a-thon” fundraiser in collaboration with our Leadership (after-school group hosted at our building for older – elementary-level kids); the group earned over 3000\$ to put towards another outing in the future and to help support the aspirations of our other groups.

In February, the group hosted their annual “Retreat” – Leadership building weekend where the group rented a local chalet and spent the weekend participating in public speaking and teamwork/leadership building workshops.

In April, the group was privileged once again by scoring Noah Kahan (Popular Indie-pop singer) tickets at the Bell Centre for a fraction of their actual cost thanks to the generosity of the Bell Centre and the haggling ability of Mable.

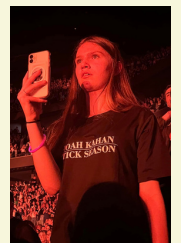
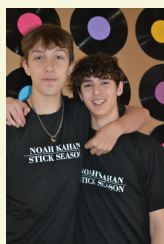
This experience was a “once in a lifetime” experience for many of our kids who’d otherwise be charged an arm and a leg to sit so close to the stage at such a special venue.

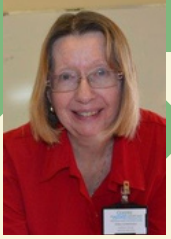
The SADD group hosted their weekly hour-long meetings followed by activities and games animated by Ethan on Saturdays.

In Conclusion:

The SADD group is a devoted group of young people and with new members joining this year, there were rarely occasions where our group attendance dwindled to less than six on a weekly basis.

With these numbers the group was able to fundraise more money and thereby: better support our other groups who sometimes needed their help (financially); funding certain activities on behalf of Leadership and Dance until grants for younger youth and promoting the prevention of destructive decisions and awareness for their peers. **280 Participations**





KEN JONES RESPITE PROGRAM



Recorded by participants and participations

Mandate:

- To address matters concerned with programming, integration, and related fund-raising for special needs clients – specifically, adults with intellectual disabilities, or victims of brain trauma (with or without physical disabilities) – and respite for their families.
- To work towards expanding its services to other special needs persons able to benefit from the existing program.
- To continue extending to the Francophone community a special outreach and welcome to ensure, as fully-as-possible bilingual participation.
- To ensure that all services are appropriate and in accordance with Missisquoi North Volunteer Centre (MNVC) policy.

Today's Program:

The Ken Jones Centre is one of our longest running programs and today, remains one of our most consistent programs (as proven by the group only closing once during the scheduled calendar year: the least of all our groups).

The Ken Jones Centre serves six clients each week on Thursdays.

Animated by Sheila Samborsky and her new partner Terry Stott, the Ken Jones Centre respite program meets at the CABMN Youth Centre from 8:30AM-2:30PM where the group enjoys crafts, social and leisure activities including bowling, dancing, live music, games and more.

This year the group also welcomed Jaime Pina who volunteers weekly to help Sheila and Terry keep the client's company (Jaime volunteered approximately 155 hours this year).

In Conclusion:

Sheila and Terry make an awesome pair of animators for the Ken Jones Centre clients.

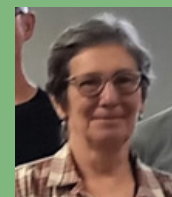
Making meaningful connections with each other and the participants which strengthens the bond the group shares. The Ken Jones Centre welcomed 32 volunteers (adding up to 209 hours) and 59 visitors.

Total Participants: 7-322 participations





CIUSSE-CHUS DAY CENTRE



Mandate:

- To address matters concerned with programming, integration, and related fund-raising for special needs clients – specifically, adults with intellectual disabilities, or victims of brain trauma (with or without physical disabilities) – and respite for their families.
- To offer meaningful programming adapted to the client’s ability.
- To animate and interact with client’s, pushing the limits of what we/they know they are capable of (within reason).
- To ensure that all services are appropriate and in accordance with Missisquoi North Volunteer Centre (MNVC) policy.

The Day Respite Program:

Terry Stott and Karen Tinker are our animators on Mondays and Wednesdays for the Day Centre respite program.

Twice per week, the group meets at the Youth Centre (8:30 AM – 3:00 PM) where the group enjoys themed exercises, games, crafts activities, guest speakers and more.

Terry, Karen, and their group can also frequently be found taking a walk through the village as they work to integrate clients with the community.

A year put to good use was the result of the efforts made by our Day Centre animators as there was never a wasted moment throughout the year’s programming. Taking advantage of nice days by going for walks in the village or playing outside or, hosting interesting workshops and crafts to the clients when weather was less permitting. Animators note the support of volunteer, Hilary Head and thank her for her dedication and talents in supporting the group and program.

In Conclusion:

Terry and Karen remain devoted to improving the quality of services we offer and continue to find ways of diversifying the program to make things much more exciting for the clients.

Total Participants: 6

Note from the Youth Centre Coordinator:

As the Day Centre (and Ken Jones Centre) continue to develop, we’ve noticed our respite programs are being looked at as a standard for an “ideal” care situation.

Respite programs which offer client’s caretakers a much-needed break during 3 days of each week are few and far between.

Throughout the year, there were many visitors who were intrigued by our services and the fact they were offered at all (hoping to bring back the idea to their communities since, Potton seems to be one of the few places where those suffering with intellectual disabilities AREN’T institutionalized).

552 participations

Income Tax Assistance Program

2023-2024

For low-income families and individuals

4 TRAINED VOLUNTEERS
MINIMUM CHARGE FOR
MAXIMUM RESULTS



Jennifer McGeean








**78 TAX RETURNS
COMPLETED**

Two CABMN Income tax volunteers were honoured for their 30+ years of volunteering with the program! Congratulations to Ken Wraight and Rick Fergusson! MANY THANKS!

MEDICAL EQUIPMENT LOANS



This service is aimed at people who need medical equipment during their convalescence or transition period. The CABMN has a variety of wheelchairs, bath seats, raised toilet seats, commodes, crutches and walkers. This year's loan statistics:

- 5 wheelchairs
- 11 pairs of crutches 
- 3 bath or toilet seats
- 5 transfer seats 
- 5 canes 
- 6 raised toilet seats
- 17 walkers 
- 7 others (door extension...) 



ACCOMPANIED TRANSPORT



The service is offered to customers who need transportation for health reasons or for essential social needs of the community, including adapted and collective transport by Transport des Alentours, as well as the protection of users by ensuring the screening of all volunteer drivers.

VOLUNTEER TRANSPORTATION

People who need to be transported to go shopping or visit a friend can request a driver, but they must pay for the mileage, etc. requested. These requests are only met if staff time permits.

STATISTICS 2023-2024

190 Transports

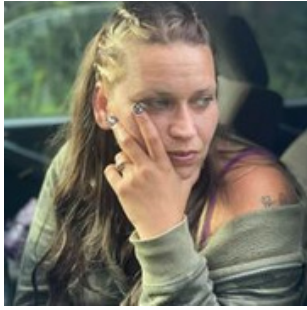


33 Different users



24 Active drivers





Krysten Vanier



Fondation
de l'Hôpital de Memphrémagog

2023-24

**MEMPHRÉMAGOG
HOSPITAL FOUNDATION
FUNDING: SENIOR VISITS
AND SUPPORT CALLS**



Home Visits: 43

"CABMN's weekly visits are a ray of sunshine from start to finish! As you know, I don't easily accept or admit that I could benefit from a little help! These visits are something I look forward to. Thank you!"

J. Willey

Phone Calls:

Potton: 528

Bolton-Est: 157

Saint-Etienne-de-Bolton: 153

Eastman: 305

Stukely-Sud: 85

TOTAL: 1228 calls



With the Help of :



Gail Seymour
CABMN team

Maryse Plouffe
CABMN volunteer



OUR MAIN
OFFICE
SERVICES

MAIN OFFICE STATISTICS



**Crisis
intervention -
References
-Collaborations**



References...



**Photocopies , faxes and
Liaison with Governments**

**INCOMING
CALLS -2344
WALK-INS-1353**



264 FEWER
THAN LAST
YEAR

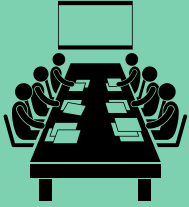


52 MORE
THAN LAST
YEAR



Main Office Volunteers

MEETINGS:



8 Regular board meetings

Annual General Meeting 2023: 15/06/23 total members: 45 present

Partage/Share meetings: 4

Nutri Santé meetings: 4

Property Committee meetings: 7

Income tax meetings: 2

CAB Services Support Committee meetings: 3

Ken Jones Centre Committee meetings: 9

POP-2, HR-5, Nominating Committee-3 meetings

PUBLICATIONS:

Weekly newsletter: 52 newsletters to 378 subscribers

Seniors' newsletter (monthly): 12 letters

Facebook posts (CABMN): 198 CABMN Friends:218

Facebook posts (Youth Centre): 68 posts-616 followers

Visits to our CABMN website 2023-24:

Country Users

Canada 1633 Finland 13

United States 465 France 13

South Korea 38 Austria 8

China 36 Sweden 8

Singapore 35

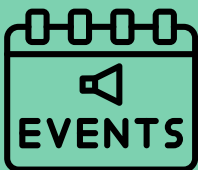
Netherlands 17 TOTAL users: 2266



EVENTS:

December 5-International Volunteer Day-76 attendees

April 16-22-Volunteer Action Week-"Volunteering is sweet"



PRESS REVIEW:

The CABMN was featured in many articles over the past year. You can access these articles by going to the CABMN website at www.cabmn.org and clicking on "communication zone" then "In the News".

TESTIMONIALS:

Working with the CABMN has been an enriching experience. Working with the CABMN has opened my eyes to the community and what it really means to be a team. The Missisquoi North Volunteer Centre is one of the few organizations that go out of their way to care for those in need. I feel privileged to have the opportunity to work with the CABMN team.

Kate Eldridge



2023 CABMN Summer Student

Thursdays are VERY good for Jaime. The atmosphere and the fun do him a lot of good, and it has a calming effect.

Francoise Orvoine

Everything goes well, I have a lot of fun and the atmosphere is good. The people I work with are very friendly and the participants are always very happy to see me, always smiling and happy to be able to do great activities.

Jaime P.

I'm a volunteer at the CABMN and I really appreciate the staff, who are available and loving. I'm happy to be part of this group.

Pierrette Denis





Our partners 2023-2024

FINANCIERS+

A big thank you for their help.

Centraide Estrie
 CIUSSS de l'Estrie-CHUS
 Federal government-Miscellaneous programs
 Provincial government-Miscellaneous programs
 L'APPUI
 Municipalities of Potton, Bolton-Est, Saint-Etienne-de-Bolton,
 Eastman and Stukely-Sud
 Rucher Boltonnois
 NexKemia Petrochemicals Inc.
 Montreal Canadiens Foundation
 Destination Owl's Head
 Townshippers Foundation
 Scowen Family Foundation
 Desjardins Memphremagog
 Epiq Triathlon
 Girardin Blue Bird Inc.
 Optimist Club of Mansonville
 Owls Head chapter No. 35 O.E.S.
 ANONYMOUS DONORS



Our partners 2023-2024

A big thank you for their help.

SUPPORT-SERVICES-FINANCIAL SUPPORT

Saint-Benoit-du-lac Abbey
Jacques Ducharme-Richelieu grocery store
Depanneur Bonisoir
JF Giroux
Giroux et Giroux
Euro-Deli
Appalachian Coffee Roasters
Equinoxe Brewery
Mansonville Baptist Church
Local elementary schools
Massey Vanier High School
Memphremagog Food Bank (BAM)
Covered Markets
Api MD Farm
T.C. snow removal service
Bourassa Maple Syrup
Maple products GnR Laplume
Bresee vineyard
The Record Newspaper
Memphremagog Women's Center
Boulangerie Owl's Bread
Resto Bolton
FamiliPrix Mansonville
Stanley Lake Pottery and Almut Ellinghaus Sculpture-
Ruitter Brook Pottery
Yamaska Literacy Council
Potton Fire Fighters and First Responders
Transport des Alentours
FCABQ
PAIR Program
TCAM (Table de Concertation Aînés Memphremagog)
Québec Provincial Police (QPP)
RCABE-Regroupement des centres d'action bénévoles de
l'Estrie
Men's Billiard Group



POTTON



Bolton-Est



Saint-Étienne-de-Bolton






ÉPIQ 2023
 athlete
 fundraiser:
\$11,192.90
THANK YOU!!!!



The ÉPIQ Triathlon (lake-gravel-mountain) is an extreme triathlon. The swimming portion takes place in open water in majestic Lake Memphremagog, while the two-wheeled portion is done on gravel bikes on the most beautiful gravel roads in Potton Township. As for the running portion, it's partly on trails, including the ascent and descent of Mont Owl's Head, which rises to over 500 metres.

This is an event with a high level of difficulty, which advocates a return to the roots of triathlon, in semi-autonomous conditions, in a natural environment that encourages the surpassing of oneself.

The ÉPIQ Triathlon is also an event by the community for the community, as all participants commit to completing a reasonable fund-raising and



the event's operating surplus will be donated in its entirety to the Missisquoi North Volunteer Centre. For its third edition on September 28, 2024, the ÉPIQ Triathlon offers three triathlon events and two duathlon events, all with plenty of D+!

For the 2024 edition, Triathlon ÉPIQ is proud to offer an eco-responsible event certified ÉcoTQ Bronze by Triathlon Québec and the Quebec council of Eco-Responsible Events.

The CABMN is a non-profit organization whose aim is to find solutions to problems affecting health, social services, protection, education and everything that concerns the quality of life of all, especially that of marginalized people and young people in the western sector of the Memphremagog MRC. What's more, when registering, each participant undertakes to complete a fundraising campaign for the CABMN.

This year's goal: \$15,000!!!!

<https://www.facebook.com/epiqtriathlon>

epiqtriathlon@gmail.com

Presented By:



Subject to change

CABMN VISION PLAN 2024 – 2029

Year **one** – (2024–2025)

Created 01/03/2024

01 SENIOR SERVICES

- Set up a permanent training program for staff
- Set up training program for regular volunteers willing to animate programs
- Set up concrete plan to partake in 2-3 senior activities in other Municipalities served by the CAB.
- Create workplace that is quieter and better designed to insure confidentiality.



02 YOUTH SERVICES

- Set up a youth volunteering campaign aimed at young people to promote implication in CAB volunteering
- Research and apply for possible grants to purchase a vehicle to transport youth to activities (like MAYO/JAM)
- Survey families to find out what youth programs are needed.
- Find new sources of revenues to pay for expenditures



03 PHYSICALLY AND MENTALLY CHALLENGED SERVICES

- Assess training necessary for employees in offering animation of these programs
- Make plan for our clientele group, staff etc...when the program is no longer viable to maintain. -Investigate possible partnership with Sunshine House
- Ascertain commitment from the CIUSSE for the day respite program



04 PROPERTY

- Investigate a CNESTT coverage for volunteers working on Property
- Make a renovation plan for two CAB buildings
- Meet the renovation plan of each year taking into account grants obtained.
- Clarify rules for work that must be done by licensed worker and volunteers.
- Negotiate with insurance company to decrease cost as conditions are lifted



05 VOLUNTEER COORDINATION

- Hold a consultation with volunteers to brainstorm needs, involvement, tasks.
- Investigate and compile available training resources.
- Create a list of three major volunteer opportunities in each of the five municipalities served
- Create a buddy system to help new volunteers' integration



06 FINANCE

- Create a 3-5 year major donor commitment list
- Research establishing a Legacy Fund and create a campaign to promote it
- Establish an investment plan
- Investigate fluidity of restricted funds to spread funds in new ways.



07 BOARD OF DIRECTORS

- Create a template for an annual posting of desired expertise/knowledge when spaces open on BOD
- Create a succession plan for three officers on BOD
- Implicate BOD more in reaching out to professional community in a variety of needs of CAB
- Create a permanent training program
- Involve directors in fundraising



08 HUMAN RESOURCES

- Sustainable budget to increase hours, increase employees in services to allow for services to expand
- Establish annual budget for staff training
- Create a staff representatives committee to bring needs, wishes, ideas of team members to ED...
- Update or re-create a payscale



09 OUTSIDE RESOURCES

- Continue to create and maintain links with outside resources beneficial to the CABMN programs
- Assure a presence of CABMN at regional meetings and with other collaborators as employee hours allow



10 5 MUNICIPALITIES

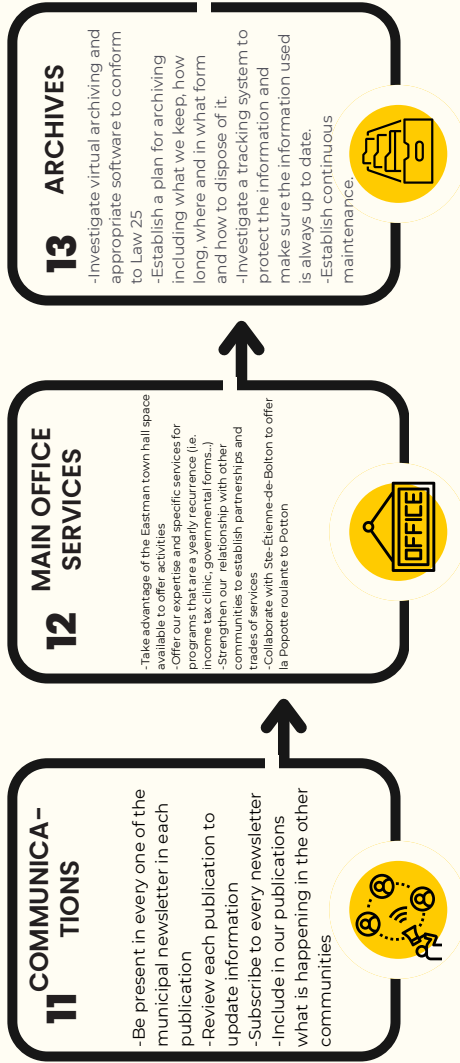
- Using information obtained through the Vision Plan research, develop a list of major activities happening in the 5 municipalities served.
- Establish CAB representation by way of volunteers, staff etc to participate.
- Begin negotiation with Ste-Etienne-de-Bolton to establish satellite



Juste un rappel

CABMN VISION PLAN 2024-2029

Year **one** - (2024-2025)



États financiers 2023-2024

2023-2024 Financial Statements



Centre d'action Bénévole de la Missisquoi Nord
Financial Statements
March 31, 2024

Centre d'action Bénévole de la Missisquoi Nord

Contents

For the year ended March 31, 2024

	Page
Independent Auditor's Report	
Financial Statements	
Statement of Operations.....	1
Statement of Changes in Net Assets.....	2
Balance Sheet.....	3
Statement of Cash Flows.....	4
Notes to the Financial Statements.....	5
Additional Information.....	10

To the Directors of
Centre d'action Bénévole de la Missisquoi Nord

Qualified Opinion

We have audited the financial statements of Centre d'action Bénévole de la Missisquoi Nord (the Organization), which comprise the balance sheet as at March 31, 2024, and the statements of operations, changes in net assets and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the effects of the matter described in the Basis for Qualified Opinion section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at March 31, 2024, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Qualified Opinion

In common with many not-for-profit organizations, Centre d'action Bénévole de la Missisquoi Nord derives revenue from donations the completeness of which is not susceptible to satisfactory audit verification. Accordingly, our verification of these revenues was limited to the amounts recorded in the records of Centre d'action Bénévole de la Missisquoi Nord. Therefore, we were not able to determine whether any adjustments might be necessary to recorded donations, excess of revenues over expenses, and cash flows from operations for the years ended March 31, 2024 and 2023, current assets as at March 31, 2024 and 2023, and net assets as at as at April 1 and March 31 for both 2024 and 2023. Our audit opinion on the financial statements for the year ended March 31, 2023 was modified accordingly because of the possible effect of this scope limitation.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Organization in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organization's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

MNP LLP¹
MNP LLP

Cowansville, Québec
June 13, 2024

¹ CPA auditor, public accountancy permit no. A133116

Centre d'action Bénévole de la Missisquoi Nord
Statement of Operations
For the year ended March 31, 2024

	2024	2023
Revenues		
Fundraising	101,374	96,446
Funding from other community organizations	36,821	36,278
Rental revenue	8,265	8,340
Senior services (Fondation de l'Hôpital de Memphrémagog)	8,224	-
Respite services	7,956	7,254
Other	1,587	2,248
Amortization of deferred contributions related to property and equipment	503	561
	164,730	151,127
Government grants (Schedule A)	376,295	321,380
Municipal funding (Note 7)	30,000	30,950
	571,025	503,457
Expenses		
Salaries	361,010	305,680
Subcontractors (Vision Plan) (Note 14)	36,733	-
Program expenditures	34,336	34,913
Property expenses	29,684	24,509
Telecommunications	16,630	15,830
Fundraising	8,330	449
Professional fees	7,731	5,133
Equipment and equipment rental	7,882	3,903
Material and supplies	6,574	2,750
Staff and volunteer support	4,308	2,106
Travelling expenses	2,955	913
Honorarium	1,750	2,574
Association fees	1,591	1,738
Miscellaneous	1,561	1,790
Payroll service	1,446	1,335
Promotion	1,121	812
Insurance	551	618
Bank charges and interest	339	326
Amortization	8,018	7,765
	532,550	413,144
Excess of revenues over expenses from operations	38,475	90,313
Other revenue		
Interest income	2,182	161
Excess of revenues over expenses	40,657	90,474

The accompanying notes and additional information are an integral part of these financial statements.

Centre d'action Bénévole de la Missisquoi Nord
Statement of Changes in Net Assets

For the year ended March 31, 2024

	<i>Invested in capital assets</i>	<i>Externally Restricted</i>	<i>Internally Restricted</i>	<i>Unrestricted</i>	<i>2024 Total</i>	<i>2023 Total</i>
Balance, beginning of year	89,360	-	108,637	291,885	489,882	399,408
Excess of revenues over expenses	(4,925)	-	(20,000)	65,582	40,657	90,474
Invested in property and equipment	30,776	-	(20,638)	(10,138)	-	-
Interfund transfers (Note 4)	-	12,218	3,000	(15,218)	-	-
Balance, end of year	115,211	12,218	70,999	332,111	530,539	489,882

The accompanying notes are an integral part of these financial statements.


Centre d'action Bénévole de la Missisquoi Nord
Balance Sheet
 March 31, 2024

	<u>2024</u>	<u>2023</u>
Assets		
Current		
Cash	304,752	408,011
Short-term investments (Note 5)	100,000	-
Accounts receivable (Note 6)	6,772	1,660
Sales taxes receivable	11,151	2,902
Grants receivable (Note 7)	30,000	7,000
Prepaid expenses	8,669	4,415
	<u>461,344</u>	<u>423,988</u>
Property and equipment (Note 8)	<u>194,246</u>	<u>149,068</u>
	<u>655,590</u>	<u>573,056</u>
Liabilities		
Current		
Accounts payable (Note 10)	33,798	22,466
Deferred revenue	-	1,000
Current portion of deferred government grants related to property and equipment (Note 11)	2,751	1,939
Current portion of deferred contributions related to property and equipment (Note 13)	459	503
Deferred government grants related to future operating activities (Note 12)	12,218	-
	<u>49,226</u>	<u>25,908</u>
Deferred government grants related to property and equipment (Note 11)	<u>66,248</u>	<u>47,230</u>
Deferred contributions related to property and equipment (Note 13)	<u>9,577</u>	<u>10,036</u>
	<u>125,051</u>	<u>83,174</u>
Net assets		
Invested in capital assets	<u>115,211</u>	<u>89,360</u>
Internally restricted	<u>70,999</u>	<u>108,637</u>
Externally restricted	<u>12,218</u>	<u>-</u>
Unrestricted	<u>332,111</u>	<u>291,885</u>
	<u>530,539</u>	<u>489,882</u>
	<u>655,590</u>	<u>573,056</u>

The accompanying notes are an integral part of these financial statements.

Approved on behalf of the Board


 Director


 Director

Centre d'action Bénévole de la Missisquoi Nord
Statement of Cash Flows
For the year ended March 31, 2024

	2024	2023
Operating activities		
Excess of revenues over expenses	40,657	90,474
Non-cash items:		
Amortization of property and equipment	8,018	7,765
Amortization of deferred contributions related to property and equipment	(503)	(561)
Amortization of deferred government grants related to property and equipment	(2,590)	(7,108)
	45,582	90,570
Net change in non-cash items related to operating activities:		
Short-term investments	(100,000)	-
Accounts receivable	(5,112)	(118)
Sales taxes receivable	(8,249)	(314)
Grants receivable	(23,000)	(2,000)
Prepaid expenses	(4,254)	3,588
Accounts payable	11,332	(1,611)
Deferred revenue	(1,000)	(1,066)
	(84,701)	89,049
Investing activity		
Acquisition of property and equipment	(53,196)	(26,477)
Financing activities		
Deferred government grants related to property and equipment	42,420	20,000
Repayment of government grants related to property and equipment	(20,000)	-
Deferred government grants related to future operating activities	12,218	-
	34,638	20,000
(Decrease) increase in cash and cash equivalents	(103,259)	82,572
Cash and cash equivalents, beginning of year	408,011	325,439
Cash and cash equivalents, end of year	304,752	408,011

Cash and cash equivalents consist of cash.

The accompanying notes are an integral part of these financial statements.

Centre d'action Bénévole de la Missisquoi Nord

Notes to the Financial Statements

March 31, 2024

1. Status and purpose of the organization

Centre d'action bénévole de la Missisquoi-Nord - Missisquoi North Volunteer Centre is incorporated as a not-for-profit organization under Part III of the Companies Act (Quebec) and is a registered charity under the Income Tax Act. The organization, an accredited volunteer centre, provides services to the elderly, youth, handicapped, economically disadvantaged as well as other citizens requiring assistance in the Missisquoi North region of Quebec.

2. Significant accounting policies

The Organization applies the Canadian accounting standards for not-for-profit organizations.

Revenue recognition

Revenues are recognized when there is persuasive evidence that an arrangement exists, the price is fixed or determinable and collection is reasonably assured.

Grant revenues and rental revenues are recognized per terms of the contract.

Revenues from services are recognized as revenue when they are received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Accounting for contributions

Contributions are recognized using the deferral method. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when they are received or receivable if the amount can be reasonably estimated and receipt is reasonably assured.

Use of estimates

The preparation of financial statements requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and the amounts recognized as revenues and expenses for the periods covered. Actual results may differ from these estimates. The main estimates relate to the impairment of financial assets and the useful life of property and equipment.

Cash and cash equivalents

The Organization's policy is to present bank balances, including bank overdrafts with balances that fluctuate frequently from being positive to overdrawn, under cash and cash equivalents.

Property and equipment

Property and equipment are accounted for at cost. Amortization is calculated on their respective estimated useful lives using the declining balance method at the following rates:

	Rates
Building	4%
Parking lot	5%
Equipment and furniture	30%
Data network infrastructure equipment	30%
General purpose computer equipment	50%

Impairment of long-lived assets

Property and equipment and intangible assets subject to amortization are tested for recoverability whenever events or changes in circumstances indicate that their carrying amount may not be recoverable. An impairment loss is recognized when the carrying amount of the asset exceeds the sum of the undiscounted cash flows resulting from its use and eventual disposition. The impairment loss is measured as the amount by which the carrying amount of the long-lived asset exceeds its fair value.

2. Significant accounting policies (continued)

Deferred grants

Capital grants are accounted for as deferred grants and amortized on the same basis as the related capital assets. Operating grants are accounted for in reduction of operating expenses.

Financial instruments

Initial measurement

The Organization initially measures its financial assets and liabilities originated or exchanged in arm's length transactions at fair value. Financial assets and liabilities originated or exchanged in related party transactions, except for those that involve parties whose sole relationship with the Organization is in the capacity of management, are initially measured at cost.

Subsequent measurement

The Organization subsequently measures all its financial assets and liabilities at cost or amortized cost.

Financial assets measured at amortized cost on a straight-line basis include cash, accounts receivable and grants receivable.

Financial liabilities measured at amortized cost on a straight-line basis include accounts payable.

Impairment

For financial assets measured at cost or amortized cost, the Organization determines whether there are indications of possible impairment. When there are, and the Organization determines that a significant adverse change has occurred during the period in the expected timing or amount of future cash flows, a write-down is recognized in net income. If the indicators of impairment have decreased or no longer exist, the previously recognized impairment loss may be reversed to the extent of the improvement. The carrying amount of the financial asset may not be greater than the amount that would have been reported at the date of the reversal had the impairment not been recognized previously. The amount of the reversal is recognized in net income.

3. Contributed services

Volunteers contribute a significant amount of hours per year to assist the organization in carrying out its services to the community. Furthermore, the organization's offices are provided free of rent from the Municipality of Potton. In addition, the organization receives contributed items for their programs and fundraising activities. Because of the difficulty in determining their fair value, contributed services, and inventory are not recognized in the financial statements.

4. Interfund transfers

During the year the organization spent a total of \$20,638 (2023: \$920) on the paving of the parking lot and other renovations at the Youth Centre, \$10,000 on general programming, and \$10,000 on staffing.

The organization agreed to restrict \$3,000 (2023: \$3,000) for future renovations of the Youth Centre.

There remains a balance of \$10,999 for renovations of the Youth Centre, \$30,000 for replacing the existing roof at the Senior Centre and \$30,000 for staffing.

5. Short-term investments

	2024	2023
GIC, due December 2024, 4.15% per annum	100,000	-

Centre d'action Bénévole de la Missisquoi Nord
Notes to the Financial Statements
March 31, 2024

6. Accounts receivable

	2024	2023
Accounts receivable	5,283	1,660
Accrued interest	1,489	-
	6,772	1,660

7. Municipal funding

	2024	2023
Municipality of Potton	25,000	25,000
Municipality of Bolton-Est	5,000	5,000
Municipality of Eastman	-	700
Village of Stukely Sud	-	250
	30,000	30,950

The \$25,000 and \$5,000 funding from the Municipality of Potton and Bolton-Est, respectively, was receivable at year end (\$5,000 was receivable from Bolton-Est in 2023).

8. Property and equipment

	Cost	Accumulated amortization	2024 Net book value	2023 Net book value
Land	11,616	-	11,616	11,616
Building	274,826	114,402	160,424	133,872
Parking lot	20,638	516	20,122	-
Equipment and furniture	49,067	48,416	651	930
Data network infrastructure equipment	3,796	4,307	(511)	543
General purpose computer equipment	11,242	9,298	1,944	2,107
	371,185	176,939	194,246	149,068

9. Line of credit

The organization has an authorized line of credit of \$20,000 bearing interest at 12.20% annually. During the fiscal year the line of credit was unused.

10. Accounts payable

	2024	2023
Accounts payable	2,854	979
Accrued liabilities	2,874	-
Salaries payable	25,910	20,013
Government remittances	2,160	1,474
	33,798	22,466

Centre d'action Bénévole de la Missisquoi Nord
Notes to the Financial Statements
March 31, 2024

11. Deferred government grants related to property and equipment

Deferred government grants represents funding for capital expenditures and future operating activities from governmental sources.

	2024	2023
Balance: beginning of year	49,169	36,277
Plus: Amount received for the year	42,420	20,000
Less: Amortization of grants recognized as revenue during the year	(2,590)	(7,108)
Less: Repayment during the year	(20,000)	-
	68,999	49,169

Current and long-term deferred government grants related to property and equipment is \$2,751 (2023: \$1,939) and 66,248 (2023: \$47,230), respectively.

12. Deferred government grants for future operating activities

During the year the organization received funding of \$50,000 from the federal government by way of Centraide Estrie for the Where do we go from here? (Vision Plan) project. The funds are to be used specifically for the future vision of the organization. At March 31, 2024 a total of \$37,782 had been recognized in the statement of operations, with a balance remaining of \$12,218 presented as deferred government grants for future operating activities.

13. Deferred contributions related to property and equipment

The deferred contributions represents funding for capital asset acquisitions from non-governmental sources.

	2024	2023
Balance, beginning of year	10,539	11,100
Less: Amortization of contributions recognized as revenue during the year	(503)	(561)
	10,036	10,539
Less: Current portion	(459)	(503)
Balance, end of year	9,577	10,036

14. Related party transactions

	2024	2023
Expenses		
Subcontractors - Patterson, Langlois Consultants ^(a)	36,733	-

(a) The organization is related to Patterson, Langlois Consultants in that a director of the organization is also a director and shareholder of Patterson, Langlois Consultants.

These transactions are valued at the exchange amount.

15. Economic dependence

The organization receives 55% (59% in 2023) of its funding from the Regional Health Board - CIUSSS de l'Estrie - CHUS.

16. Financial instruments

Financial risks

The significant risks arising from financial instruments to which the Organization is exposed as at March 31, 2024 are detailed below.

Liquidity risk

Liquidity risk is the risk that the Organization will encounter difficulty in meeting obligations associated with financial liabilities. The Organization is exposed to this risk mainly in respect to their reliance on government funding from the regional health board - CIUSSS de l'Estrie - CHUS and accounts payable.

Credit risk

Credit risk is the risk that one party to a financial asset will cause a financial loss for the Organization by failing to discharge an obligation. The Organization's credit risk is mainly related to accounts receivable and government grants receivable. The organization determines, on a continuing basis, the probable losses and sets up a provision for losses based on the estimated realizable value.

Interest rate risk

Interest rate risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in interest rates. The Organization is exposed to interest rate risk on its fixed-interest rate financial instruments. Fixed interest rate instruments subject the Organization to a fair value risk, since fair value fluctuates inversely to changes in market interest rates.

17. Comparative figures

Certain figures for 2023 have been reclassified to conform to the presentation adopted in 2024.

Centre d'action Bénévole de la Missisquoi Nord
Additional Information
For the year ended March 31, 2024

	2024	2023
Schedule A - Government grants		
CIUSSS de l'Estrie - CHUS - Support of the overall mission	247,692	231,776
CIUSSS de l'Estrie - CHUS - Support program for the autonomy of seniors	36,812	35,499
Centraide - Vision plan	37,782	-
CIUSSS de l'Estrie - CHUS - Day center activities	25,925	25,000
Centraide	12,624	12,000
CIUSSS de l'Estrie - CHUS - Le réseau d'éclaireurs	5,300	-
Canada summer jobs	4,662	2,612
Community volunteer income tax program	2,130	855
Ministère de l'Emploi et de la Solidarité Sociale - Accompanied travel	398	1,030
Provincial grants	380	500
CIUSSS de l'Estrie - CHUS - Food distribution	-	5,000
Amortization of deferred government grants	2,590	7,108
	376,295	321,380

Prévision budgétaire 2024-2025 Budget previews

Compte	2025 budget	2024 actual	2024 budget	2023 actual
Funding from other community organizations	29 000,00	36 821,00	34 000,00	36 278,00
Fundraising	110 350,00	101 374,00	99 500,00	96 446,00
Rental revenue	8 465,00	8 265,00	8 265,00	8 340,00
Other	2 900,00	1 587,00	2 900,00	2 409,00
Amortization deferred rev.-Capital assets	600,00	503,00	700,00	561,00
Respite services	7 250,00	7 956,00	7 250,00	7 254,00
Senior services (Fondation de l'Hopital de Memphémagog)	20 000,00	8 224,00	0,00	0,00
Total revenues other than government grants	178 565,00	164 730,00	152 615,00	151 288,00
Regional health board-CIUSSS	315 500,00	315 729,00	315 500,00	297 275,00
Federal grants	30 000,00	50 406,00	56 000,00	12 000,00
Other Provincial grants	400,00	380,00	500,00	500,00
Employment grants	3 500,00	4 662,00	3 500,00	2 612,00
Ministère de l'Emploi - accompanied travel	1 000,00	398,00	1 500,00	1 030,00
Municipal funding	30 000,00	30 000,00	25 000,00	30 950,00
Community Volunteer Income Tax Program	1 500,00	2 130,00	500,00	855,00
Amortization of government grants	7 500,00	2 590,00	7 500,00	7 108,00
Total government funding	389 400,00	406 295,00	410 000,00	352 330,00
Total revenues	567 965,00	571 025,00	562 615,00	503 618,00
Salaries	400 000,00	361 010,00	426 000,00	305 680,00
Subcontractors (Vision Plan)	18 000,00	36 733,00	0,00	0,00
Property expenses	108 300,00	29 684,00	101 600,00	27 602,00
Program expenditures	36 200,00	34 336,00	40 500,00	34 913,00
Material and supplies	4 100,00	6 574,00	3 000,00	2 127,00
Professional fees	10 000,00	7 731,00	5 250,00	5 133,00
Promotion	1 250,00	1 121,00	1 800,00	812,00
Telecommunications	16 000,00	16 630,00	17 000,00	13 360,00
Equipment & Equipment rental	4 500,00	7 882,00	4 500,00	3 903,00
Staff and volunteer support	5 600,00	4 308,00	2 050,00	2 106,00
Insurance	1 000,00	551,00	700,00	618,00
Travelling expenses	2 000,00	2 955,00	2 000,00	913,00
Association fess	1 800,00	1 591,00	1 800,00	1 738,00
Payroll service	1 400,00	1 446,00	1 400,00	1 335,00
Miscellaneous	1 750,00	1 561,00	2 000,00	1 790,00
Bank charges and interest	350,00	339,00	350,00	326,00
Translation	200,00	0,00	200,00	0,00
Honorarium	1 500,00	1 750,00	800,00	2 574,00
Fundraising	5 000,00	8 330,00	2 000,00	449,00
Amortization	8 000,00	8 018,00	8 000,00	7 765,00
Total expenses	626 950,00	532 550,00	620 950,00	413 144,00
Excess (deficiency) of revenues over expenses	-58 985,00	38 475,00	-58 335,00	90 474,00

Rapport du Comité de sélection
Report of the Nominating Committee
Le 20 juin 2024 – June 20, 2024

Les personnes suivantes ont accepté de demeurer au Conseil d'administration en 2024-2025 :		The following have agreed to remain on the 2024-2025 Board of Directors:	
Nom/Name	Année/Year	Mandat/Term	Domicile/Residence
Kathy Mullins (2023-24)	2	1	Potton
Patricia Lachance (2023-24)	2	1	Potton
Cathy Riendeau (2019-20)	3	2	Knowlton
Robert Gagnon (2021-22)	1	2	Eastman
Madeleine Langlois (2021-22)	1	2	Potton
Peter Blatter (2023-24)	2	1	Potton
Hartland Paterson (2022-23)	3	1	Potton/Westmount
Les personnes suivantes ont accepté de se présenter aux élections du Conseil en 2024-2025		The following have agreed to stand for election to the 2024-25 Board of Directors	
Brenda Clark (2024-2025)	1	1	Potton
Remarques : Un mandat dure trois (3) ans. À la fin d'un second mandat consécutif (6 ans), une interruption d'un an est obligatoire. Le Conseil doit comprendre entre sept (7) et onze (11) membres.		Notes: A term is three (3) years. A mandatory recess of one year is imposed at the end of any second consecutive term (6 years). The Board shall consist of seven (7) to eleven (11) members.	

Madeleine Langlois

Madeleine Langlois

Patricia Lachance

Patricia Lachance

Hartland Paterson

Hartland Paterson

LE CABMN DESSERT LE SECTEUR OUEST DE LA MRC MEMPREMAGOG

THE CABMN SERVES THE WESTERN SECTOR OF THE MRC MEMPREMAGOG

5 municipalités

POTTON, BOLTON-EST,
SAINT-ETIENNE-DE-
BOLTON, STUKELY-SUD
ET/AND EASTMAN

Population totale

7395

Distance couverte

522.61 km²

Total de la population âgée

1860 au total des 5
Municipalités

Pour les 65 et plus. 630 des 1852
résidents de Potton sont des personnes
âgées



Nos bénévoles sont notre
force
Our volunteers are our
strength

Chaque heure compte, enregistrez la vôtre
Every hour counts-record yours !