

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

# ACTIVITY REPORT

**2024-25**

**450-292-3114**

[infos@cabmn.org](mailto:infos@cabmn.org)  
[www.cabmn.org](http://www.cabmn.org)

Over 230  
volunteers!

Over 1800 hours  
of weekly programs  
per year

Weekly programs  
for seniors, youth and  
persons with disabilities

Income tax service,  
Medical equipment lending  
Emergency food bank

Accompanied transport  
service, help with  
Government forms,  
referrals, support

Youth Centre-  
Special Programs  
offering programs  
5 days/wk!

Senior Centre  
with multiple  
activities!



**314B Principale, Mansonville, Qc J0E  
1X0**

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**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 Board of Directors 2024-2025



Madeleine Langlois  
President



Brenda Clark  
Vice-President



Cathy Riendeau  
Administrator



Robert Gagnon  
Administrator



Patricia Lachance  
Secretary



Kathy Mullins  
Administrator



Rolf Maurer  
Administrator



Marc VanOordt  
Administrator



# Our CABMN Staff 2024 2025



Mable Hastings  
Director



Debbie Harding  
Administrative assistant  
Volunteer Coordinator



Jennifer McGeean  
Assistant  
Administrator



Krysten Vanier  
communications and Youth  
Centre Animator



Angelle Laplume  
SAPA Team Member



Lucie Beaudoin  
SAPA Coordinator



Carmen Aubin  
SAPA Team Member



Ethan Ball  
Special programs and Youth  
Centre Animator



Karen Tinker  
CIUSSE-CHUS Special  
Programs



Sheila Samborsky  
KJC Animator



JO-ann Drobot  
Friendly Seniors' Visits



Anna Segal  
Senior Day Centre Animator  
Satellite Office



Maryse Plouffe  
Senior Day Centre  
Animator





## 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:

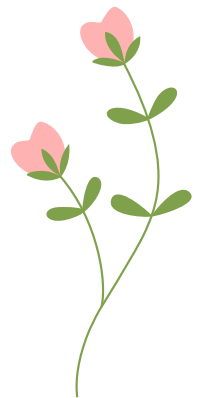
- a) Individual: Any CABMN member, committee member, donor, and volunteer (age 16 and up), active in the past two years and freely supporting the work of the Corporation is automatically granted free membership in the CABMN. Membership is open to individuals aged 16 or older, and to organizations that 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 20, 2024
4. Deposit of the 2024-2025 Activity Report
5. Presentation of the Financial Statement of March 31, 2025
6. Presentation of the 2025-2026 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 40th Annual General Meeting  
Missisquoi North Volunteer Center  
June 20th, 2024, 5:30 PM  
Meeting held at The feather in the wind centre

Voting Members Present: Beatrice Baass, Jason Ball, Peter Blatter, David Burnham, Bob Chacra, Brenda Clark, Jean-Pierre Côté, Michelle Côté, Joan Walter-Davis, John Dillman, Deborah Dimitruk, André Ducharme, James Eby, Joan Westland Eby, Jeremy Eldridge, Sharon Fewtrell, Robert Gagnon, Odette De Chantal, Monique Gilbert, John Haberl, Ron Jones, Patricia Lachance, Madeleine Langlois, Louise Larose, Gerald Laplume, Marie Lussier Timperley, Catherine Lusson, Lucie Maurer, Rolf Maurer, Nathalie Moliavko-Vistotzky, Kathy Mullins, Réjean Neron, Linda Orfice, Josiane Ouimet, Murielle Parkes, Hartland Paterson, June Peacock, Pierre Pradier, Cathy Riendeau, Paul Rivard, Laurette Rouleau, Frank Ruiz, Jenny Stonier, Barbara Taylor, Marc VanOordt, Louis Vigneault

Non-voting members present: Ethan Ball, Lucie Beaudoin, Kate Eldridge, Debra Harding, Mable Hastings, Tess Hostyn, Angelle Laplume, Jennifer Mcgeean, Sheila Samborsky, Gail Seymour, Terry Stott, Karen Tinker, Krysten Vanier, Dorian Johnson

1. President's welcome. Cathy Riendeau welcomed everyone. She thanked all for showing up in person and for their extremely generous support.

1.1 Introduction of the Board of Directors and staff. Mable Hastings introduced the members of the Board of Directors and staff.

1.2 Nomination of a President and Secretary of the meeting. Mable Hastings proposed the nomination of Brenda Clark as president and Madeleine Langlois as secretary for the Annual General Meeting.

Moved by Cathy Riendeau, Seconded by June Peacock.

Carried

1.3 Verification of quorum. There was quorum. It was confirmed by Angelle Laplume who took the attendance. Verified by Brenda Clark.

2. Reading and adoption of the agenda. There were no additions to the proposed agenda. Item 5 went to fourth place and item 4 to fifth. There were no raised hands to indicate disagreement. Motion to adopt the agenda.

Moved by June Patricia Lachance and seconded by Kathy Mullins.

Carried

3. Reading, if necessary, and adoption of the minutes of the AGM held June 20 2024. Reading of the minutes was not requested. Motion to adopt the minutes of the AGM held June 15th, 2023.

Moved by Hartland Paterson and seconded by John Haberl

Carried

4. Presentation of the financial statement of March 31, 2024. Dorian Johnson presented the Financial Statement. Motion to adopt the Financial Statement of March 31, 2024. Questions from the audience were answered by MNP.

Moved by Robert Gagnon, Seconded by Pierre Pradier.

5. Deposit of the 2024-2025 Activity Report. Mable listed the services and programs which the CABMN provides, highlighting certain programs and details.

6. Presentation of the 2024-2025 budget. Mable presented the 2024-2025 budget.

Moved by Jeremy Eldridge, Seconded by Ronald Jones.

Carried.

7. Appointment of an auditor. Motion to appoint MNP LLP as auditor for the 2024-2025 fiscal year.

Moved by Hartland Paterson, Seconded by Frank Ruiz.

Carried.

8. Report of the Nominating committee and election of the Board. The nominating committee report was presented by Madeleine Langlois (BOD Member and Nominating Committee representative). The committee was grateful that Brenda Clark accepted to come back to the Board for another mandate. Motion to adopt the Nominating Committee report.

Moved by Jason Ball, Seconded by June Peacock.

Carried.

9. Questions and comments. There were some questions about the policy of a maximum of two terms on the Board and the mandatory leave for one year.

10. Adjournment. The meeting was adjourned at 6:53 PM.

Moved by André Ducharme.

  
Carried.

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Madeleine Langlois, secretary



## A word from our President



### Madeleine Langlois

It has been my honor and privilege to serve as President on the Board of Directors for the Missisquoi-North volunteer Centre for the 2024-2025 fiscal year. This is a privileged role because it places me at the heart of the action and gives me an unparalleled view of the activities, services and programs offered by this group of workers who spare no effort to meet the needs of communities that are sometimes isolated and struggling with growing needs and resources that, on the contrary, seem to be shrinking.

The challenge of the Five-Year Vision Plan adopted at the Annual General Meeting in June 2024 is well underway. All the players involved are following up and advancing their pawns on the chessboard to ensure that all objectives are achieved or ongoing or modified to meet new, unforeseen situations

Under the magic wand of our Executive Director, Mable Hastings, we have seen multitudes of white rabbits out of a seemingly bottomless hat. Her enviable energy, unwavering determination and big heart are great assets to find an unexpected solution, some miracle funds, sometimes inconceivable compromises and surprising partnerships that meet the needs of the moment. The team she leads is well equipped with new ideas, volunteers happily mix in to help out in activities, events where good humor reigns in situations often difficult.

The elected directors of the Board of Directors are proud to support, assist and ensure the smooth running of the CABMN. As President, I would like to thank the CAB staff, its executive director and the armies of volunteers who work in various areas of activity, on behalf of myself and my colleagues on the Board, and salute them for another successful year.



## Director's message



### Mable Hastings

Another year of growth and accomplishments that “we” can all be proud of as part of the Missisquoi North Volunteer Centre (CABMN) organization. From weekly postings on our Facebook and website to the monthly newsletters and articles appearing in the newspaper, we look back on the 2024-2025 year with a true sense of community and collective success.

Reading through this annual report you will be able to see the many actions taken during the year by not only a devoted and committed staff but equally by you, our dynamic, implicated and inspiring volunteers. Those who partake in the work on the CABMN Board of Directors, Committee Members and those who give in a multitude of ways as volunteers, donors and partners. Without you, all of these amazing and continuous achievements would not have been possible.

Our first year Vision Plan has come to an end with a multitude of results and we approach the second year with the same positive intent. Please read the results of our first year in this report and the plans for this year, the second as well.

The CABMN is growing and evolving however as we meet our objectives and see our successes in serving the population, we also consider it our mission to maintain our quality programs and this is a priority. Growth is a positive goal but sustaining and assuring the continuation of programs and activities offered must be at the forefront for all.

The commitment, from you our volunteers to be the driving force behind our goal to pursue our mission of contributing to the well-being of our community inspires our staff, our Board of Directors and others to join us in being part of the CAB's ongoing success story.

Personally, as the Executive Director and a member of the CABMN staff team for close to forty years now, I want to take this opportunity to reiterate my gratitude, sincere admiration and immense sense of pride for all of the amazing contributions made in support of the CABMN. Moving forward I look to my left and to my right and sometimes feel the need to pinch myself when I see you all there; doing your part and staying implicated knowing the work will never cease and the needs will always be there. We are not alone and somewhere in that knowledge is our strength and our hope. It is your faces that light our path and with our hands held tightly together, we are the CAB Missisquoi North! Thank you.



# Volunteer Coordination Report

**TRACK IT FORWARD**

<https://www.trackitforward.com/site/cabmn>  
Your volunteer hours count!



**Debra Harding-Volunteer Coordinator**

## **VOLUNTEERING AND COMMUNITY ACTION**

Volunteers are at the heart of our CABMN and volunteer action improves the quality of life of our citizens! THANK YOU!



### **INTERNATIONAL VOLUNTEER DAY-DEC. 5**

This is a global celebration that takes place every year on December 5th to emphasize the impact volunteers have on bettering the world. On Thursday evening December 5 the CABMN held its annual volunteer party celebration at the CABMN Feather in the Wind Senior Centre. Forty-three volunteers attended the event despite the stormy weather. The evening included refreshments, door prizes and the presenting of this year's recipients of the Karen Muzerall Memorial Volunteer Award.



### **Volunteer Action Week**

The CABMN celebrated by buying and distributing green light bulbs to all the businesses and citizens living on Principal Street in Mansonville. If the participants lit up the night with their green bulb their names were put into a hat to receive a prize.



### **Volunteers of the Year**

This year 3 recipients received the Karen Muzerall volunteer award for their outstanding volunteer efforts in making the community a better place to live. They are Anne-Marie Savard, for her work with seniors, Beatrice Baass, for giving French lessons to persons wanting to learn a second language and Maryse Plouffe, for her many hours making regular check-in calls to seniors.



### **Volunteers of the Month**

Carmen Aubin, Mable Hastings, Francis Marcoux, Christian Demers, Rick Fergusson, Ken Wraight, Madeleine Langlois, Mary Lachance, Lucie Maurer

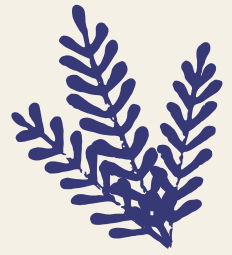
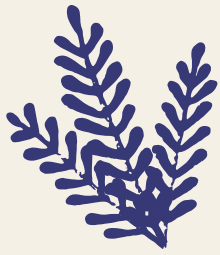


**VOLUNTEERS REGISTERED WITH CABMN**

**204 in 2023**

**210 in 2024**

**232 in 2025**



## LUCIE BEAUDOIN SAPA COORDINATOR

It has been a wonderful year for the SAPA program, Support for Seniors' Autonomy. It is with much gratitude that I take a moment to reflect on it.

Every day, my role as coordinator enables me to invest myself fully in a mission that is close to my heart: promoting seniors' well-being, dignity, and independence. For the second year, I have had the privilege of working and mixing with a variety of people - dedicated colleagues, committed partners, caring families and, above all, inspiring seniors. Each encounter has enabled me to grow both professionally and personally.

Several activities marked our daily life and contributed to creating a stimulating and warm environment for our seniors. Our weekly Super Bingo events attended by an average of 15 participants were moments of shared fun and heartfelt laughter. Our various "café-rencontres", meet and greet, enabled rich exchanges on a variety of subjects, reinforcing our sense of belonging and community.

Gatherings such as the December Christmas Dinner, the Spring old-fashioned maple breakfast and, of course, our end-of-season closing picnic at André-Gagnon Park in June were real highlights of the year. These festive moments are key to breaking isolation, not only for seniors, and creating happy memories for all. I love my work and I am proud of what has been achieved so far.



# SAPA-SUPPORT FOR SENIOR'S AUTONOMY

A YEAR OF CELEBRATION

2024  
2025



# Centre La Plume au vent-Feather in the Wind Senior Centre-309 Principale



309 Principale

Lucie Beaudoin-  
Coordinator Seniors  
Programs

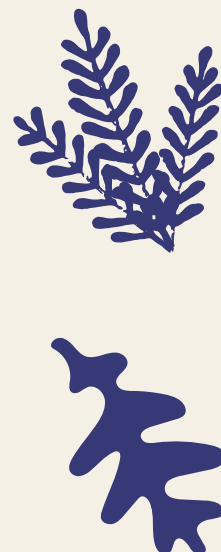
Statistics	2023	2024	2025
<b>Groups and Programs</b>			
Individual interventions	343	168	78
Services Provided	429	217	39
Referrals given	427	139	81
Viactive Potton	406	433	306
Viactive Stukely-sud	406	319	391
Walking Club-Fridays	268	219	662
Cafe-Rencontre	112	166	266
Vaccination	n/a	60	197
La Chouette Chorale	140	654	666
Bridge Club	244	393	n/a
Scottish Dance	n/a	339	512
Program PIED	130	344	140
Bingo	n/a	367	452
Tricotage-Switch	n/a	44	29



Angelle Laplume-Animator  
Seniors Programs



Carmen Aubin-Animator  
Seniors Programs



## THE YOUTH CENTRE COORDINATOR

I hope the Potton kids, and their parents, realize how lucky they are to have such great opportunities and such dedicated adults to coordinate all these activities and look after them so generously. This is what happens when you put your heart in your work.

***Marie Lussier Timperley***

2024 has been a transformative year for Missisquoi-North Youth Centre (CABMN). We are proud to report continued growth, increased impact, and a deepened commitment to empowering young people in the community of Potton. From educational support to mental health services, arts programs, and career readiness training, our team has worked tirelessly to create a safe, inclusive, and inspiring environment for youth. Thank you to our funders, staff, volunteers, and—most importantly—the young people who trust us every day. You are the reason we do this work.

With gratitude,

Ethan Ball

Youth Centre Coordinator

Our Mission

To empower and inspire young people through inclusive programs that support personal growth, community connection, and future success.

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### 2024 Highlights

- Annual Rock-a-thon (raised 3000\$+)
- Leadership building Retreat weekend
- Two Sales (November and April) – raised 2000\$+
- Harlem Globetrotters, Montreal Canadiens and Tyler the Creator



# YOUTH PROGRAMS



2024 2025

A YEAR OF LEARNING AND  
GROWTH



# MAISON DES JEUNES-YOUTH CENTRE(CABMN)

## 2024-25 YOUTH PROGRAMS



**Ethan Ball**  
Youth and Special Programs  
Coordinator



282 Principale



**Krysten Vanier**  
Animator youth centre

Statistics	2023	2024	2025
<b>Groups and programs Participants/Participations</b>			
MAYO/JAM-Farm	370	257	262
Home Economics	309	111	317
Leadership	N/A	179	265
Dance	237	267	275
SADD-Students			
Against Destructive Decisions	175	182	280

**Fundraising (rock-a-thon, jewelry sales, etc.)**

**Outings: Concerts, sporting events, musical evenings...**

**French courses - Ukrainian adults**



Beatrice Baass,  
Volunteer  
Teaching French  
to Ukrainian  
adults



Julia Hastings  
and Laurette  
Rouleau-  
Volunteers for  
Jewellery sales





# SPECIAL PROGRAMS-RESPIRE AND CIUSSSE/CHUS DAY CENTRE FOR PERSONS WITH DISABILITIES



**Sheila Samborsky**  
Animator Respite



**Ethan Ball**  
Coordinator Youth and  
Special Programs



**Karen Tinker**  
Animator-Day Centre



Statistics	2023	2024	2025
<b>Groups and Programs</b>	<b>Participations</b>	<b>5 clients - 1 volunteer</b>	
Ken Jones Respite	230	322	312
CIUSSSE-CHUS Day Centre	405	552	563
Special Events- Ruiter Valley visit etc....	3	3	4
Special Community events (vernissage at library...)	4	2	2



Ken Jones Respite Program for persons with intellectual and physical disabilities is one of the CABMN's longest running programs that addresses matters concerned with programming, integration and related fundraising for special needs clients.. This groups meets every Thursday at the Youth Centre from 8:30 am to 2:30pm.

The CIUSSSE-CHUS Day Centre is a program funded by the CIUSSSE-CHUS but managed by the CABMN and is a two day per week program (Mondays and Wednesdays) bringing together clients with disabilities to join in crafts, exercising, special projects and fun. This group runs from 8:30am to 2:30pm on both days at the Youth Centre.



# PARTAGE/SHARE EMERGENCY FOOD BANK



Partage/Share committee: Julia Eldridge (Présidente), Cathy Riendeau(Secrétaire), Claire Alger, Christian Donaldson, Réjean Neron, Kathy Mullins

Statistics	2022	2023	2024
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## Annual Christmas Baskets

Number of families served	34	40	38
Number of adults	64	65	65
Number of children	15	28	37
Total in Potton	36	35	29
Total is Bolton-Est	2	5	10
Total Other	0	0	0

Statistics	2022	2023	2024
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## Emergency Food Bank Requests

Number of Requests	56	48	49
Number of families served	17	16	21
Number of individuals	111	97	72

## Public Market Coupon project

Number of families, individuals and children served	10	10	12
	19	17	20

## Coupon details

12 families or individuals were given \$30 per week of coupons to spend from July 6 to October 12, 2024 at the Potton Covered Market. Coupons were for \$15 veggies and \$15 meat, for 15 weeks. If all of the coupons were used, the result would be \$5400 for the year.

Partage/Share Committee: Julia Eldridge (Chairperson), Cathy Riendeau (Secretary), Claire Alger, Christian Donaldson, Réjean Neron, Kathy Mullins



# Nutri Santé annual Report

## Committee Members

This year, two cheerful new members have joined our team: Richard Hotte and Kathy Mullins. And having taken on new responsibilities at CABMN, Madeleine Langlois, whose remarkable skills were much appreciated, is stepping down.

Thus the Committee includes: Suzanne Côté, Christian Donaldson, Danielle Galipeau (secretary), Monique Hébert (president), Richard Hotte, Kathy Mullins and Janine Sourdif.

## Committee Meetings

The Committee met a number of times during the past year. There were four meetings to prepare the four culinary classes. There were two more sessions to prepare the decorative accessories, like the Mason jars for soups, and to prepare a recipe book; however, after consultation, this project was canceled.

## Preparatory meetings Culinary classes

19 June 2024 > Surprise Bags (Madeleine Langlois)

2 October 30 October 2024 > Lemon Carrot Cake November 27

11 December 18 December 2024 > Soup in a Mason Jar February 12

19 March 9 April 2024 > Salad Bursting with Flavour

## Training

Four more committee members followed the training offered by Ateliers Cinq Épices: Suzanne Côté, Danielle Galipeau, Richard Hotte and Janine Sourdif, enabling them to give these workshops if they wish and benefit from the impressive pedagogical material offered by ACÉ ([cinqepices.org](http://cinqepices.org)).

## Gratitude

A) The Nutri-Santé Committee is very happy to contribute to this CABMN activity and is most grateful for the support from the CABMN personnel and from Mable Hastings, General Director. Without this support, the Nutri-Santé Committee could not do its work. We are also very grateful for the collaboration of Le Baluchon's personnel, particularly of Alexandra Bruneau, an important ally.

B) The Committee wishes to underline the constant generosity of Les producteurs de pommes des frontières, who, for the past two years, through La maison de la pomme, offer to the Nutri-Santé Committee, two bushels of apples each spring. The apples are made into a special year-end treat for the children.

## Conclusion

The pupils are curious and love taking part in the workshops. According to their age and level, each one finds its place in these culinary adventures. This important enriching and rewarding activity helps them to better understand how to create a healthy flavourful and colourful diet and to use their talent to do so.

For the Nutri-Santé Committee, Danielle Galipeau, secretary.





# INCOME TAX ASSISTANCE PROGRAM

**2024-2025**

For low income  
families and  
individuals



Three trained volunteers  
MINIMUM Donation for MAXIMUM  
results



Coordinator Administration  
**Jennifer McGeean**

## Statistics Taxes Completed

2023	2024	2025
<b>71</b>	<b>78</b>	<b>87</b>



Communications/Youth  
Centre Animator  
**Krysten Vanier**

## MEDICAL EQUIPMENT LENDING

	2023	2024	2025
Pieces of equipment lent out			
Wheelchairs	7	5	10
Crutches	4	11	17
Bath seats	12	6	14
Transfer seats	0	5	6
Canes	6	5	9
Walkers	13	6	8
Raised toilet seats	6	16	27
Commodes	5	8	26
Other	1	3	13

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....





# MEETINGS

- 9 BOARD OF DIRECTORS
- 6 NUTRI SANTÉ
- 5 PROPERTY COMMITTEE
- 6 CABMN SUPPORT SERVICES COMMITTEE
- 4 NOMINATING COMMITTEE
- 6 SPECIAL PROGRAMS COMMITTEE
- 5 POP COMMITTEE
- 3 HR
- 3 PARTAGE/SHARE COMMITTEE

## EVENTS

DECEMBER 5 – INTERNATIONAL VOLUNTEER DAY

APRIL 14 TO APRIL 20 VOLUNTEER ACTION WEEK – VOLUNTEERING IS BRILLIANT!



AGM JUNE 2024

3RD EDITION OF THE EPIQ TRIATHLON FUNDRAISER SEPTEMBER 28

## PUBLICATIONS

- 52 WEEKLY NEWSLETTERS
- 12 SENIOR'S MONTHLY NEWSLETTERS
- 137 FACEBOOK POSTS CABMN
- 89 FACEBOOK POSTS (YOUTH CENTRE)
- 343 POSTS TO OUR CABMN WEBSITE
- 279 LIKES: CABMN
- 651 LIKES: YOUTH CENTRE



COURTESY  
Mike Cyr-Sotheby's Quebec presenter of the EPIQ Triathlon, Mable Hastings-Executive Director of the Volunteer Centre (CABMN), Marc Van Oordt Co-founder of the EPIQ Triathlon

<https://www.facebook.com/profile.php?id=100093947867251>



[www.cabmn.org](http://www.cabmn.org)

# ACCOMPANIED TRANSPORT 2024-2025



**Transports Coordinator  
Debra Harding**

The service is offered to clients 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 through a police check. People who need a transport to go shopping or visit a friend can request a driver, but they must pay for the mileage and other related expenses. These requests are only met if staff time permits.

2022-23	2023-24	2024-25
<b>166</b>	<b>190</b>	<b>298 transports</b>
<b>29</b>	<b>33</b>	<b>67 different users</b>
<b>17</b>	<b>24</b>	<b>24 active drivers</b>





Krysten Vanier



Fondation  
de l'Hôpital de Memphrémagog



**2024-25**  
**MEMPHRÉMAGOG**  
**HOSPITAL FOUNDATION**  
**FUNDING: SENIOR VISITS**  
**AND SUPPORT CALLS**

**Home Visits: 184+**

### Testimonial:

I've been the grateful recipient of many of the CABMN's services.

Accompanied transport has been part my weekly routine for many years, without which I would not be able to live in this wonderful community. The volunteers & staff are friendly, efficient, & professional.

Friendly visits, newer to my agenda, has been a real boost for my moral and piece of mind & link to the community.

Both programs are now essential to my well-being and enrichment of my quality of life & introduced me a whole new network of fantastic people.  
Thank you for this opportunity to express my appreciation.

**Nancy Tranchemontagne**

### Phone Calls:

Potton: 176

Bolton-Est: 83

Saint-Etienne-de-Bolton: 75

Eastman: 121

Stukely-Sud: 68

**TOTAL: 523 calls**



With the Help of :



Jo-ann Drobot  
CABMN team

Maryse Plouffe  
CABMN volunteer

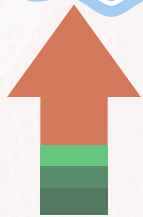




Walk-Ins

**1383**

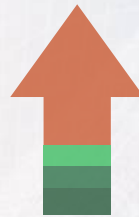
up from  
last year by  
30



Calls

**2515**

up from last  
year by 171  
calls



Crisis Interventions  
References and  
Collaborations

## Main Office Stats



Photocopies, faxes, and liaison with  
governments



Main Office Volunteers





# “You can Quote me”

I would like to extend our heartfelt thanks to Centre Bénévole Action (CAB) for taking the time to help Mansonville Elementary School connect with dedicated community volunteers. Your support has made a meaningful difference in our school, from assisting with daily tasks like offering hot lunches to working one-on-one with students who need extra help. Your commitment to our students' success is truly appreciated, and we are grateful for the positive impact you continue to have in our school community.

Kimberley Morin Teaching Principale - Mansonville Elementary school

You volunteer to help others. In return, you have the pleasure of having been useful, but you also have the pleasure of meeting other interesting people.

Beatrice Baass Fussinger - Volunteer

Chauffeuring someone to a medical or other appointment is probably the most unpredictable form of volunteering. We often don't know how long it will take, and the person we're helping can't tell us exactly how long it will take, since it's out of their control. But one thing is certain, it makes all the difference in the world to the client. One of my passengers told me quite clearly that without the CABMN and the services of the volunteer drivers, she wouldn't be able to continue living in her house. The last time I transported this client, we stopped at a grocery store on the way home to do some shopping, and she was so happy I felt like I'd taken her to a five-star restaurant and a trip to the theater. These moments are worth all the waiting that comes with transportation/accompaniment. So I'm happy to do it.

Madeleine Langlois - volunteer



## **VOLUNTEERS**

Hooray for volunteers, hooray for you all  
For all that you do, you can stand so very tall  
We are proud of you, each and everyone  
You should be proud too for all that you've done

You make the friendly calls, the home visits too,  
Medical transports you drive both fro and to  
You help at events, you go the extra mile  
Most important of all you bring your smile

The CAB is so thankful for the time you give  
Without which our mission we could not live  
We say the CAB serves, but not without you  
We love you and THANK YOU THANK YOU THANK YOU!!

**Poem by Mary Lachance**



**Volunteer extraordinaire**



# Our partners 2024-2025

## 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

Centre intégré universitaire  
de santé et de services sociaux  
de l'Estrie - Centre  
hospitalier universitaire  
de Sherbrooke

Québec

Municipalities of Potton, Bolton-Est, Saint-Etienne-de-Bolton,  
Eastman and Stukely-Sud  
Eclaireurs

Rucher Boltonnois  
NexKemia Petrochemicals Inc.  
Montreal Canadiens Foundation



Gouvernement  
du Canada



Destination Owl's Head  
Townshippers Foundation  
Scowen Family Foundation  
Desjardins Memphremagog



fca**♥**q  
Fédération des  
centres d'action bénévole  
du Québec

Epiq Triathlon  
Girardin Blue Bird Inc.  
Optimist Club of Mansonville  
Owls Head chapter No. 35 O.E.S.  
ANONYMOUS DONORS



Centraide  
Estrie



Québec



L'APPUI  
ESTRIE  
POUR LES  
PROCHES AIDANTS  
D'ÂÎNES



FONDATION  
TOWNSHIPERS  
FOUNDATION



# Our partners 2024–2025

A big thank you for their help.

## SUPPORT-SERVICES-FINANCIAL SUPPORT

Saint-Benoit-du-lac Abbey  
Richelieu grocery store  
Depanneur Bonisoir  
Shell garage station  
Giroux et Giroux (RONA)  
Euro-Deli  
Appalachian Coffee Roasters  
Equinox Brewery  
Mansonville Baptist Church  
Local elementary schools  
Massey Vanier High School  
Memphremagog Food Bank (BAM)  
Covered Market  
API MD Farm (honey and honey related products)  
T.C. snow removal service  
Bourassa Maple Syrup  
Neil Smith Maple syrup and wood products  
Bresee vineyard  
The Record Newspaper  
Memphremagog Women's Center  
Boulangerie Owl's Bread  
Resto Bolton  
FamiliPrix Mansonville  
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







2024  
Over  
\$18,000  
raised



Event by the community  
FOR the community

[epiqtriathlon@gmail.com](mailto:epiqtriathlon@gmail.com)



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

**MIKECYR**  
COURTIER IMMOBILIER AGRÉÉ  
CERTIFIED REAL ESTATE BROKER

Sotheby's  
INTERNATIONAL REALTY  
Québec

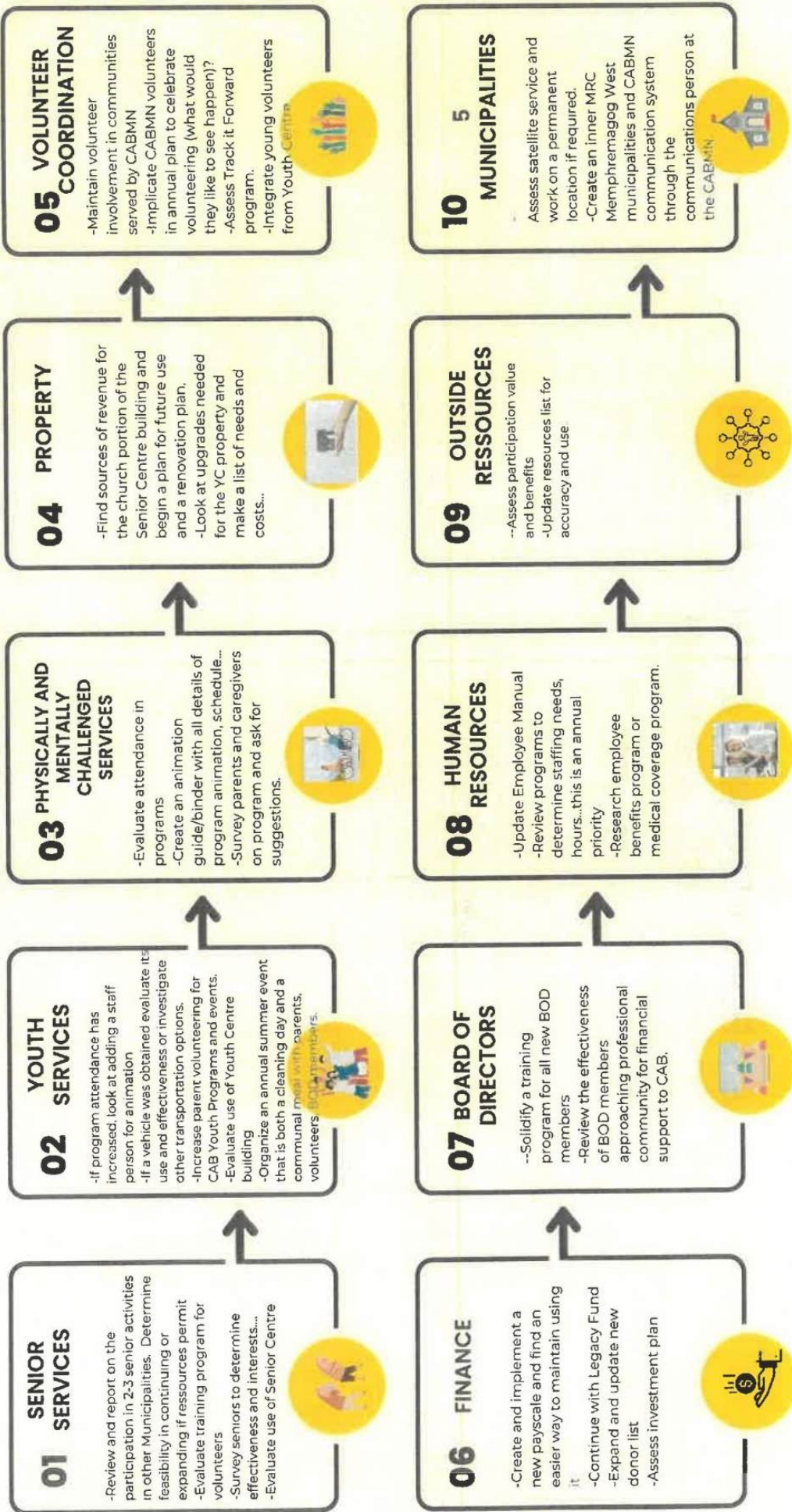
2024-2025  
27 Volunteers  
256+ hours  
donated

If you would like to  
volunteer for this special  
event please contact Debbie  
Harding  
[d.harding@cabmn.org](mailto:d.harding@cabmn.org)  
Next Event:  
September 27,  
2025



# CABMN VISION PLAN 2024-2029

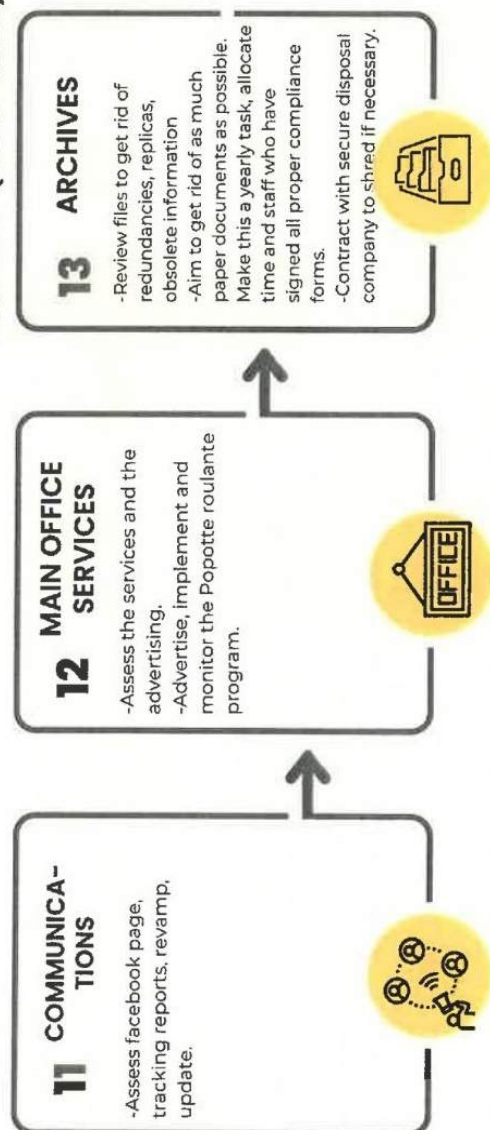
Year **two**-(2025-2026)





# CABMN VISION PLAN 2024-2029

Year **two**-(2025-2026)



## **VISION PLAN**

### **YEAR ONE PROGRESS REPORT FROM STAFF TEAM-MABLE HASTINGS**

#### **SENIOR SERVICES**

The SAPA team has had volunteer trained who are now animating the Viactive program each week (4 volunteers have been trained). The team has also met with and attended a gathering of Viactive instructors held in Magog in April. The CABMN has also continued to offer support to the Viactive instructors in Stukely-sud.

Volunteers possessing skills are leading many of the programs happening at the La Plume au Vent Senior Centre including: The Scottish Dance, Gypsy dance, Embroidery, Bridge... As we implicate volunteers, we find if needed or requested training....for example: with les eclaireurs in offering training of looking after yourself while being a support and natural caregiver to others, sessions on assisted death, Wills and mandates...

The ED and CAB President met with Saint-Etienne-de-Bolton and following this meeting the SAPA team connected with Saint-Etienne and provided them with a list of potential workshops that could be offered to seniors in their region along with the contact information for the animators of each. We felt that Saint-Etienne is the most centralized area in between Bolton-Est, Stukely-sud and Eastman.

The ED is in talks with the CIUSSS-CHUS to see if the CABMN would be able, when confidentiality is required or a quiet workspace and the office of the Social Workers is empty, if the CABMN can access it and use it. The CIUSSS had agreed and is working on an agreement and schedule. Of course, the CLSC use is always a priority, but it will give the CABMN a quiet space to access.

#### **YOUTH SERVICES**

New sources of revenue have been accessed for youth activities resulting in a \$10,000 grant from Grand Defi-Pierre Lavoie to aid with the Home Economics, MAYO/JAM expenditures for purchasing food, cooking equipment, farming materials etc...this grant also helps with activities that get the youth moving and exercising.

We have applied to two funding sources to try and get the funds to purchase a second-hand van to transport the youth to the farm and to other activities. No positive results in this demand yet.

As always, the Youth Centre continues to experiment with weekly programs offered from fall to summer each year assuring that there is an interest of the part of the youth to attend. A big focus this year has been on nutrition and cooking, exercise and dance as well as leadership with a special project this year on Indigenous history.

We received a \$2000 donation through Gilles Belanger Depute Orford which is an increase from the regular \$500 annual contribution.

The Youth Centre has been able to maintain its annual fundraising goals and in a time when other groups find this difficult, the SADD and YC seem to excel at it.



## **PHYSICALLY AND MENTALLY CHALLENGED SERVICES**

The Day Centre agreement gives the CABMN a year by year commitment. The CIUSSSE-CHUS has committed to funding the program as long as the CABMN can maintain the attendance. If ever they decide it has to discontinue, we will receive a 6-month notice.

## **PROPERTY**

The Property Committee of the CABMN has expanded to cover both of the CABMN building (Youth/Senior) a list of necessary work continues to be made and items are ticked off as they are completed. Most recently the gallery entrance and ramps were replaced. This was done in a way that will allow for expansion if we receive a grant applied for from the Enabling Accessibility fund. The renovation plan and upkeep plan for both buildings is continuously updated. The Youth Centre building required a new entrance ramp, and this was also done in November 2024 by a licensed contractor.

## **VOLUNTEER COORDINATION**

A survey was sent out via survey monkey with some 50 responses given. The survey asked questions regarding volunteer involvement, questions regarding the volunteer experience at the CABMN, support, etc...The results are being used to improve our volunteer coordination although we did receive many positive responses. A Volunteer Campaign sheet was created for each CABMN Municipality served. This included a sheet answering the question a resident might pose, "Why should I volunteer with the CABMN in Potton to serve MY municipality?" And a sheet with questions an organization might ask like, "Why should I call the CABMN if I need volunteers in MY municipality?" Accompanying these sheets was an activity calendar for each municipality with annual volunteer opportunities in each of the 5 served by the CABMN. This information went to each municipality, and we are pursuing a follow-up constantly with each.

Volunteer needs for each municipality have been and continue to be posted on our site, on each of the Municipal sites, in each Municipalities monthly bulletin that goes out to all citizens...

## **FINANCE**

The ED has created a List of Major donors to the CABMN presently and continuously adds new names. The ED is in the process of contacting major donors to determine if they would be willing to make a commitment to 3-5 years of giving. We did obtain 2 new major donors this passed year.

## **BOARD OF DIRECTORS**

In the last year, the Board of Directors lost three of its directors either because it was the end of a mandate or resignations for personal reasons. The nomination committee was very active and found two great new directors who joined us in November/December which means in mid-fiscal year. Nevertheless, the Vision Plan was at the forefront of our thinking and actions. The nominating committee, once the new directors were found and integrated, continued to work on the composition of an efficient board of directors. We met multiple times and decided that a robot portrait was probably not going to fit reality at any given time. So, we moved to working on a system of punctual assessment of the board to prepare for new members who would complement the board when they integrate it. We are also now testing a questionnaire to be used when we are interviewing potential candidates for the Board. This should make it more formal and would allow us to build from there. It would also be a good guide for future members working on finding new directors.

The committee also focused on a succession plan for the executive to make sure that there was support available for new executives who would in turn take on the future executives. We have been looking at training options for the members of the board and are in the process of finding and making an inventory of options that are offered by diverse organizations at a cost that wouldn't deplete the CABMN's coffers too much. Already, we have attended seminars and searched the web for ideas and inspiration from other organizations similar to ours.

Our two new members on the Board have been working on the creation of this new committee that will most likely address our goal of reaching out to professional communities the directors have been connected to in their career and open the way to their involvement in fundraising. This committee is in progress and its mission will aim towards events, public relations, marketing etc...

Considering the reduced team of administrators on the Board for a good part of the year, it seems like that everything is in place to reach those goals even if they were to be realized in the second Year of the Vision Plan. 2025-2026 aims to solidify training for new BOD members which will be well on its way. Implicating BOD members more in reaching out to professional community in a variety of needs of CAB may need some rethinking.

### **HUMAN RESOURCES**

The HR committee has abolished the pay scale and rather created an "Employee Salary Review Scale." This document better suits the needs of the ED and the evolving positions of the CABMN staffing needs and is based on the everchanging positions at the CABMN at any given time. It also notes the many hats worn by some employees and tasks related to the varying positions.

### **OUTSIDE RESOURCES**

Maintaining links with outside resources: This too is ongoing and many meetings have been had with resources from the CIUSSSE-CHUS including: mental health, vaccines/shots with CIUSSSE-CHUS nursing team, Social Workers, workshops and information sessions etc....

Assuring CABMN has representation at regional meetings: We have representation on the Table de Concertation des aînés Memphremagog (TCAM). We have representation on the CeSam food insecurity committee. This is being done as staff hours allow. We will continue to join pertinent committees as time permits.

### **5 MUNICIPALITIES**

Through the Volunteer Coordination all of the five municipalities were contacted and each one, or organizations with regular volunteer opportunities were consulted and Annual Volunteer Opportunities were put onto a calendar for each Municipality. This gives the CABMN pre-knowledge of upcoming activities in each Municipality and allows the CABMN to know which organizations and what is normally needed for these annual events. We can also make the calendars available to the Municipalities of requested and the Municipalities have been advised of this.

We are advancing our volunteer registration in the more distant communities with a one day per week CABMN satellite that will concentrate on four goals...

1. Promoting volunteering in each Municipality, registering new volunteers in each municipality to volunteer in their community.
2. Signing volunteers up to become Accompanied transport drivers in each area and promoting the service in each.



3. Promoting senior health with possible vaccine clinics in other area as well as offering workshops on subjects of interest to the senior population. We will also offer medical equipment lending through the satellite person.

4. Promoting food security (getting emergency food requests filled in these more distant areas and finding volunteers interested in food security projects. We have already started the negotiation process with Saint-Etienne-de-Bolton in having the satellite person given a space in their Town Hall (free of charge) to begin the Satellite Pilot project (one day per week). We have hired the person and she is being trained now and will start in the Bolton area in the next two weeks.

### **COMMUNICATIONS**

Our Communications person has made contact with every Municipal Newsletter and when the CABMN has postings, she sends them to each. We are also subscribed to each one so we see our postings. We send postings to other communities as well.

### **MAIN OFFICE SERVICES**

Services like the Income Tax Clinic have grown. This year statistics are as follows:

2024 Income Tax filing year (87 total): 60 Mansonville; 7 Bolton-Est; 5 Saint-Etienne-de Bolton; 8 Eastman; 6 Austin; 1 Sherbrooke.

By comparison to last year (Below) we note the increase....

2023 Income Tax filing year (78 total): 49 Mansonville

We note that services like Medical Equipment lending is also on the increase.

We continue to support the Coop in its Meals on Wheels service in a variety of ways.

### **ARCHIVES**

We continue to sort our archives destroying all information that is not necessary to retain. Volunteer, Murielle Parkes is in the very lengthy process of dating, archiving and storing all of the MANY years of information regarding the CABMN that she has in her possession as co founder and long-time ED. Murielle is working with a CABMN volunteer in getting all of this in order and preserved. The determining of what is kept and what is destroyed is presently in the hands the ED. The proper procedures and a plan for archiving has not been determined and finalized yet.

# États financiers 2024-2025

## 2024-2025 Financial Statement





**Centre d'action Bénévole de la Missisquoi Nord**  
**Financial Statements**  
*March 31, 2025*

# Centre d'action Bénévole de la Missisquoi Nord

## Contents

*For the year ended March 31, 2025*

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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, 2025, 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, 2025, 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, 2025 and 2024, current assets as at March 31, 2025 and 2024, and net assets as at as at April 1 and March 31 for both 2025 and 2024. Our audit opinion on the financial statements for the year ended March 31, 2024 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<sup>1</sup> LLP**  
MNP LLP

Cowansville, Québec  
June 9, 2025

<sup>1</sup> By CPA auditor, public accountancy permit No. A133116



**Centre d'action Bénévole de la Missisquoi Nord**  
**Statement of Operations**  
For the year ended March 31, 2025

	2025	2024
<b>Revenues</b>		
Fundraising	82,456	101,374
Funding from other community organizations	51,652	36,821
Senior services (Fondation de l'Hôpital de Memphrémagog)	19,016	8,224
Rental revenue	8,390	8,265
Respite services	7,020	7,956
Other	1,430	1,587
Amortization of deferred contributions related to property and equipment	459	503
	<b>170,423</b>	<b>164,730</b>
<b>Government grants (Schedule A)</b>	<b>374,940</b>	<b>376,295</b>
<b>Municipal funding (Note 7)</b>	<b>29,000</b>	<b>30,000</b>
	<b>574,363</b>	<b>571,025</b>
<b>Expenses</b>		
Salaries	365,703	361,010
Property expenses	83,627	29,684
Program expenditures	35,631	34,336
Telecommunications	15,748	16,630
Subcontractors (Vision Plan)	9,755	36,733
Professional fees	9,632	7,731
Material and supplies	7,846	6,574
Staff and volunteer support	4,563	4,308
Equipment and equipment rental	2,985	7,882
Travelling expenses	2,917	2,955
Fundraising	2,423	8,330
Association fees	1,586	1,591
Payroll service	1,455	1,446
Promotion	944	1,121
Insurance	578	551
Bank charges and interest	367	339
Miscellaneous	214	1,561
Honorarium	-	1,750
Amortization	8,259	8,018
	<b>554,233</b>	<b>532,550</b>
<b>Excess of revenues over expenses from operations</b>	<b>20,130</b>	<b>38,475</b>
<b>Other revenue</b>		
Interest income	6,572	2,182
<b>Excess of revenues over expenses</b>	<b>26,702</b>	<b>40,657</b>

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, 2025*

	Invested in capital assets	Externally Restricted	Internally Restricted	Unrestricted	2025 Total	2024 Total
Balance, beginning of year	115,211	12,218	70,999	332,111	530,539	489,882
Excess of revenues over expenses	4,814	(12,218)	(43,004)	77,110	26,702	40,657
Interfund transfers (Note 4)	-	7,000	3,000	(10,000)	-	-
<b>Balance, end of year</b>	<b>120,025</b>	<b>7,000</b>	<b>30,995</b>	<b>399,221</b>	<b>557,241</b>	<b>530,539</b>

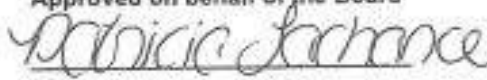
The accompanying notes are an integral part of these financial statements.

**Centre d'action Bénévole de la Missisquoi Nord**  
**Balance Sheet**  
March 31, 2025

	2025	2024
<b>Assets</b>		
<b>Current</b>		
Cash	320,521	304,752
Short-term investments (Note 5)	100,000	100,000
Accounts receivable (Note 6)	6,832	6,772
Sales taxes receivable	4,258	11,151
Grants receivable (Note 7)	33,885	30,000
Prepaid expenses	11,021	8,669
	476,517	461,344
<b>Property and equipment (Note 8)</b>	185,987	194,246
	662,504	655,590
<b>Liabilities</b>		
<b>Current</b>		
Accounts payable (Note 10)	32,301	33,798
Deferred contributions (Note 11)	7,000	-
Current portion of deferred government grants related to property and equipment (Note 12)	2,448	2,751
Current portion of deferred contributions related to property and equipment (Note 14)	423	459
Deferred government grants related to future operating activities (Note 13)	-	12,218
	42,172	49,226
<b>Deferred government grants related to property and equipment (Note 12)</b>	53,937	66,248
<b>Deferred contributions related to property and equipment (Note 14)</b>	9,154	9,577
	105,263	125,051
<b>Net assets</b>		
<b>Invested in capital assets</b>	120,025	115,211
<b>Internally restricted</b>	30,995	70,999
<b>Externally restricted</b>	7,000	12,218
<b>Unrestricted</b>	399,221	332,111
	557,241	530,539
	662,504	655,590

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, 2025*

	2025	2024
<b>Operating activities</b>		
Excess of revenues over expenses	26,702	40,657
Non-cash items:		
Amortization of property and equipment	8,259	8,018
Amortization of deferred contributions related to property and equipment	(459)	(503)
Amortization of deferred government grants related to property and equipment	(12,614)	(2,590)
Amortization of deferred government grants related to future operating activities	(12,218)	-
	9,670	45,582
Net change in non-cash items related to operating activities:		
Short-term investments	-	(100,000)
Accounts receivable	(60)	(5,112)
Sales taxes receivable	6,893	(8,249)
Grants receivable	(3,885)	(23,000)
Prepaid expenses	(2,352)	(4,254)
Accounts payable	(1,497)	11,332
Deferred contributions	-	(1,000)
	8,769	(84,701)
<b>Investing activity</b>		
Acquisition of property and equipment	-	(53,196)
<b>Financing activities</b>		
Deferred government grants related to property and equipment	-	42,420
Repayment of government grants related to property and equipment	-	(20,000)
Deferred contributions	7,000	-
Deferred government grants related to future operating activities	-	12,218
	7,000	34,638
<b>Increase (decrease) in cash and cash equivalents</b>	<b>15,769</b>	<b>(103,259)</b>
<b>Cash and cash equivalents, beginning of year</b>	<b>304,752</b>	<b>408,011</b>
<b>Cash and cash equivalents, end of year</b>	<b>320,521</b>	<b>304,752</b>

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, 2025

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**1. Status and purpose of the organization**

Centre d'action bénévole de la Missisquoi-Nord - Missisquoi North Volunteer Centre (the Organization) 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:

	<b>Rates</b>
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 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 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 \$36,108 on the replacement of the existing roof of the Senior Centre, \$3,004 (2024: \$20,638) on the paving of the parking lot and other renovations at the Youth Centre, nil (2024: \$10,000) on general programming, and \$10,000 (2024: \$10,000) on staffing.

The Organization agreed to restrict \$3,000 (2024: \$3,000) for future renovations of the Senior and Youth Centre.

There remains a balance of \$10,995 for renovations of the Senior and Youth Centre and \$20,000 for staffing.



**Centre d'action Bénévole de la Missisquoi Nord**  
**Notes to the Financial Statements**  
March 31, 2025

**5. Short-term investments**

	2025	2024
Guaranteed investment certificate, due December 2024, 4.15% per annum	-	100,000
Guaranteed investment certificate, due December 2025, 3.20% per annum	100,000	-
	<u>100,000</u>	<u>100,000</u>

**6. Accounts receivable**

	2025	2024
Accounts receivable	5,969	5,283
Accrued interest	863	1,489
	<u>6,832</u>	<u>6,772</u>

**7. Grants receivable**

	2025	2024
Municipality of Potton	25,000	25,000
Municipality of Bolton-Est	4,000	5,000
CIUSSS de l'Estrie - CHUS - Day centre activities	4,885	-
	<u>33,885</u>	<u>30,000</u>

**8. Property and equipment**

	Cost	Accumulated amortization	2025 Net book value	2024 Net book value
Land	11,616	-	11,616	11,616
Building	274,826	120,819	154,007	160,424
Parking lot	20,638	1,522	19,116	20,122
Equipment and furniture	49,067	48,611	456	651
Data network infrastructure equipment	3,796	3,530	266	380
General purpose computer equipment	11,242	10,716	526	1,053
	<u>371,185</u>	<u>185,198</u>	<u>185,987</u>	<u>194,246</u>

**9. Line of credit**

The Organization has an authorized line of credit of \$20,000 bearing interest at 10.45% annually. During the fiscal year, the line of credit was unused.

**Centre d'action Bénévole de la Missisquoi Nord**  
**Notes to the Financial Statements**  
*March 31, 2025*

**10. Accounts payable**

	2025	2024
Accounts payable	1,103	2,854
Accrued liabilities	851	2,874
Salaries payable	28,090	25,910
Government remittances	2,257	2,160
	<u>32,301</u>	<u>33,798</u>

**11. Deferred contributions**

	2025	2024
Amount received for the year	10,000	-
Less: Amortization of grant recognized as revenue during the year	(3,000)	-
Balance, end of year	<u>7,000</u>	<u>-</u>

**12. Deferred government grants related to property and equipment**

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

	2025	2024
Balance, beginning of year	68,999	49,169
Plus: Amount received for the year	-	42,420
Less: Amortization of grants recognized as revenue during the year	(12,614)	(2,590)
Less: Repayment during the year	-	(20,000)
	<u>56,385</u>	<u>68,999</u>

Current and long-term deferred government grants related to property and equipment are \$2,448 (2024: \$2,751) and \$53,937 (2023: \$66,248), respectively.

**13. Deferred government grants for future operating activities**

The Organization received funding of \$50,000 in 2024 and \$2,560 in 2025 from the federal government by way of Centraide Estrie for the Where do we go from here? (Vision Plan) project. The funds were to be used specifically for the future vision of the Organization. At March 31, 2025, the project had been completed and a total of \$14,778 (2024: \$37,782) had been recognized in the statement of operations, with a balance remaining of nil (2024: \$12,218) presented as deferred government grants for future operating activities.

**Centre d'action Bénévole de la Missisquoi Nord**  
**Notes to the Financial Statements**  
*March 31, 2025*

**14. Deferred contributions related to property and equipment**

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

	2025	2024
Balance, beginning of year	10,036	10,539
Less: Amortization of contributions recognized as revenue during the year	(459)	(503)
	9,577	10,036
Less: Current portion	(423)	(459)
Balance, end of year	9,154	9,577

**15. Related party transactions**

	2025	2024
<b>Expenses</b>		
Subcontractors - Patterson, Langlois Consultants <sup>(a)</sup>	9,755	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.

**16. Economic dependence**

The Organization receives 58% (55% in 2024) of its funding from the Regional Health Board - CIUSSS de l'Estrie - CHUS.

**17. Financial instruments**

**Financial risks**

The significant risks arising from financial instruments to which the Organization is exposed as at March 31, 2025 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.

**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 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.



**17. Financial instruments (continued)**

**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.

# Centre d'action Bénévole de la Missisquoi Nord

## Additional Information

For the year ended March 31, 2025

	2025	2024
<b>Schedule A - Government grants</b>		
CIUSSS de l'Estrie - CHUS - Support of the overall mission	256,492	247,692
CIUSSS de l'Estrie - CHUS - Support program for the autonomy of seniors	37,806	36,812
CIUSSS de l'Estrie - CHUS - Day centre activities	30,810	25,925
Centraide - Vision plan	14,778	37,782
Centraide - Support of the overall mission	12,624	12,624
Employment and Social Development Canada	9,862	-
Canada summer jobs	4,818	4,662
Amortization of deferred government grants related to property and equipment	2,752	2,590
Provincial grants	2,385	380
Community volunteer income tax program	1,880	2,130
Ministère de l'Emploi et de la Solidarité Sociale - Accompanied travel	733	398
CIUSSS de l'Estrie - CHUS - Le réseau d'éclaireurs	-	5,300
	<b>374,940</b>	<b>376,295</b>

## CENTRE D'ACTION BÉNÉVOLE DE LA MISSISQUOI-NORD

## Prévision budgétaire 2025-2026 Budget previews

Compte	2026 budget	2025 actual	2025 budget	2024 actual
Funding from other community organizations	45 000,00	51 652,00	29 000,00	36 821,00
Fundraising	73 400,00	82 456,00	110 350,00	101 374,00
Rental revenue	8 700,00	8 390,00	8 465,00	8 265,00
Other	3 000,00	1 430,00	2 900,00	1 587,00
Amortization deferred rev.-Capital assets	600,00	459,00	600,00	503,00
Services	7 250,00	7 020,00	7 250,00	7 956,00
Senior services (Fondation de l'Hopital de Memphémagog)	30 000,00	19 016,00	20 000,00	8 224,00
<b>Total revenues other than government grants</b>	<b>167 950,00</b>	<b>170 423,00</b>	<b>178 565,00</b>	<b>164 730,00</b>
Regional health board-CIUSSS	325 000,00	325 108,00	315 500,00	315 729,00
Federal grants	12 500,00	27 402,00	30 000,00	50 406,00
Other Provincial grants	2 000,00	2 385,00	400,00	380,00
Employment grants	3 500,00	4 818,00	3 500,00	4 662,00
Employment and Social Development Canada	0,00	9 862,00	0,00	0,00
Ministère de l'Emploi - accompanied travel	1 000,00	733,00	1 000,00	398,00
Municipal funding	29 000,00	29 000,00	30 000,00	30 000,00
Community Volunteer Income Tax Program	1 000,00	1 880,00	1 500,00	2 130,00
Amortization of government grants	3 000,00	2 752,00	7 500,00	2 590,00
<b>Total government funding</b>	<b>377 000,00</b>	<b>403 940,00</b>	<b>389 400,00</b>	<b>406 295,00</b>
<b>Total revenues</b>	<b>544 950,00</b>	<b>574 363,00</b>	<b>567 965,00</b>	<b>571 025,00</b>
Salaries	400 000,00	365 703,00	400 000,00	361 010,00
Subcontractors (Vision Plan)	0,00	9 755,00	18 000,00	36 733,00
Property expenses	81 150,00	83 627,00	108 300,00	29 684,00
Program expenditures	41 800,00	35 631,00	36 200,00	34 336,00
Material and supplies	6 500,00	7 846,00	4 100,00	6 574,00
Professional fees	12 000,00	9 632,00	10 000,00	7 731,00
Promotion	1 750,00	944,00	1 250,00	1 121,00
Telecommunications	17 000,00	15 748,00	16 000,00	16 630,00
Equipment & equipment rental	4 000,00	2 985,00	4 500,00	7 882,00
Staff and volunteer support	5 600,00	4 563,00	5 600,00	4 308,00
Insurance	700,00	578,00	1 000,00	551,00
Travelling expenses	4 000,00	2 917,00	2 000,00	2 955,00
Association fees	1 800,00	1 586,00	1 800,00	1 591,00
Payroll service	1 500,00	1 455,00	1 400,00	1 446,00
Miscellaneous	750,00	214,00	1 750,00	1 561,00
Bank charges and interest	350,00	367,00	350,00	339,00
Translation	200,00	0,00	200,00	0,00
Honorarium	300,00	0,00	1 500,00	1 750,00
Fundraising	4 000,00	2 423,00	5 000,00	8 330,00
Amortization	8 000,00	8 259,00	8 000,00	8 018,00
<b>Total expenses</b>	<b>591 400,00</b>	<b>554 233,00</b>	<b>626 950,00</b>	<b>532 550,00</b>
<b>Excess (deficiency) of revenues over expenses</b>	<b>-46 450,00</b>	<b>20 130,00</b>	<b>-58 985,00</b>	<b>38 475,00</b>



**Rapport du Comité de sélection**  
**Report of the Nominating Committee**  
**Le 12 juin 2025 – June 12, 2025**

Les personnes suivantes ont accepté de demeurer au Conseil d'administration en 2025-2026 :		The following have agreed to remain on the 2025-2026 Board of Directors:	
Nom/Name	Année/Year	Mandat/Term	Domicile/Residence
Kathryn Mullins (2023-24)	3	1	Potton
Robert Gagnon (2021-22)	2	2	Eastman
Madeleine Langlois (2021-22)	2	2	Potton
Brenda Clark (2024-2025)	2	1	Potton
Marc Van Oordt (2024-2025)	2	1	Montreal/Potton
Rolf Maureur (2024-2025)	2	1	Potton
Les personnes suivantes ont accepté de se présenter aux élections du Conseil en 2025-2026		The following have agreed to stand for election to the 2025-26 Board of Directors	
Cynthia Marcoux	1	1	Potton
Louise Proulx	1	1	Potton
<b>Remarques :</b> 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.		<b>Notes:</b> 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.	

  
 Kathy Mullins

  
 Madeleine Langlois

  
 Brenda Clark

## **VOS DONES EN ACTION – POUR VOTRE GÉNÉROSITÉ, NOUS VOUS HONORONS**

Grâce à vous et d'autres personnes comme vous, plusieurs résidents du secteur ouest de la MRC de Memphrémagog ont bénéficié au cours de la dernière année de programmes et services essentiels. Nous vous remercions très sincèrement, en leur nom et plus particulièrement pour tous ceux et celles qui ont demandé une assistance, pour votre soutien et votre contribution indéfectible. Chaque année, vous et plus de 250 bénévoles actifs aidez à perpétuer le succès du CABMN. Nous lançons aujourd'hui notre campagne de financement 2025-26 qui nous permettra de continuer à améliorer nos services, nos programmes et notre soutien, notamment la poursuite des rénovations de notre nouveau centre pour personnes âgées situé au 309, rue Principale à Mansonville; la création nouvelles activités et de nouveaux programmes pour les aînés. Nous poursuivrons les rénovations nécessaires à l'entretien de la Maison des jeunes du CABMN situé au 282, rue Principale. Nous maintiendrons la qualité de nos activités hebdomadaires pour les jeunes. Après une année réussie dans l'atteinte des objectifs de notre plan de vision de la première année, notre deuxième année vise à recruter des bénévoles et à les inscrire dans notre banque de bénévoles afin d'offrir un soutien dans tous les domaines de la MRC Ouest ; plus précisément en répondant aux besoins de transport accompagné, de sécurité alimentaire, de services de soutien aux aînés. Nous pourrons aussi poursuivre nos collaborations avec d'autres groupes communautaires

En plus des dons réguliers, voici trois autres moyens de donner au CABMN qui peuvent être utilisés par nos bienfaiteurs : le don mensuel par retrait automatique, don commémoratif, don au nom d'un tiers

## **YOUR DONATION IN ACTION – FOR YOUR GIVING WAYS, WE GIVE YOU PRAISE**

In the past year, thanks to you and people like you, many residents in the Western Sector of the MRC Memphrémagog benefited from essential programs and services provided by the Missisquoi North Volunteer Centre (CABMN). On their behalf, and especially for the many who sought assistance, we thank you most sincerely for your continued support and contributions. Every day, you and our over 250 active volunteers help make the CABMN a continuing success. Today, we launch our 2025-26 Financial Campaign to continue improving our services, programs and support, This year we continue •Renovations at our recently established Senior Center location at 309 Principale in Mansonville. New activities and programs for seniors. Continue any renovations necessary in the upkeep at the Youth Centre of the CABMN located at 282 Principale. Maintaining our quality weekly youth program activities. After a successful year in meeting the goals of our first year Vision Plan our second year aims to recruit volunteers and register them in our volunteer bank to offer support in all areas of the MRC Ouest; specifically in meeting the needs of accompanied transport, food security, senior support services... •Continuing our collaborations with other community groups

Along with regular donations, here are three other means of giving to the CABMN that can be used by our supporters: automatic withdrawal MONTHLY DONATION, MEMORIAL FUNDING, THIRD PARTY DONATIONS

# Ce que les gens disent du bénévolat

## What people are saying about volunteering

Being a volunteer makes your life more valuable  
-Rolf-

Le bénévolat, un don de soi, pour un monde meilleur.  
-Christian-

Volunteering gives me wings.  
-Lucie-

Le bénévolat c'est ouvrir son cœur à l'autre.  
-Anne-Marie-

Bénévolat fait grandir notre cœur. Chaque petit geste fait la différence.  
-Lucie-

It is the CAB, it's wonderful staff and the volunteers that make our municipality, a community. Thank you for building bridges and relationships.  
-Jason-

Le bénévolat ÉGALE LA VIE Le bénévolat ÉGALE LA SANTÉ Le bénévolat ÉGALE L'AMOUR  
-Laurette-

I made some wonderful friends I learned how good it feels to give back  
-Terry-

De belles rencontres, de beaux feelings un énorme sentiment d'appartenance. Merci  
-Angelle-

Pour moi, le bénévolat, je donne peu et je reçois beaucoup.  
-Pierrette-

Always a pleasure to be available for the CAB.  
-Josiane-

Bénévolat pour faire vivre ma communauté.  
-André-

Le bénévolat permet de rencontrer des personnes intéressantes et de socialiser en plus d'être très gratifiant.  
Robert

Volunteering at CAB is something I look forward to and enjoy everyone. I get to interact with stunning especially Mable, because she is (and Brilliant and funny)  
-Gail-

More volunteer parties!  
-David-

If it wasn't for Mable, I would not have volunteered for all these years  
-Réal-

Volunteering, makes me happy  
-Kathy-

Give peace a chance and volunteer  
-Julia-

Partager son temps... Ça donne un élan!  
-Sylvie-

Aide les personnes âgées.  
-Carmen-

Le bénévolat c'est la colle de notre Communauté avec du glitter.  
-Cathy-

Bénévolat me fait rencontrer de belles personnes + Leur donner une petite aide m'apporte beaucoup.  
Louise

Si j'étais le premier ministre, je vous donnerais un très gros budget.  
-François-

Volunteering is a gift you give to your community and to yourself  
-Marie-

One simple thing can really touch somebody, make somebody smile inside. What joy it brings to really touch somebody. Love's a win-win heart reliever. As good for the giver as it is the receiver. From  
Al Jarreau  
-Madeleine-

Superbe votre organisation je me suis enregistré dernièrement et je vais m'impliquer avec le temps.  
Merci  
-Gérald-