

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



ACTIVITY REPORT

2025-2026



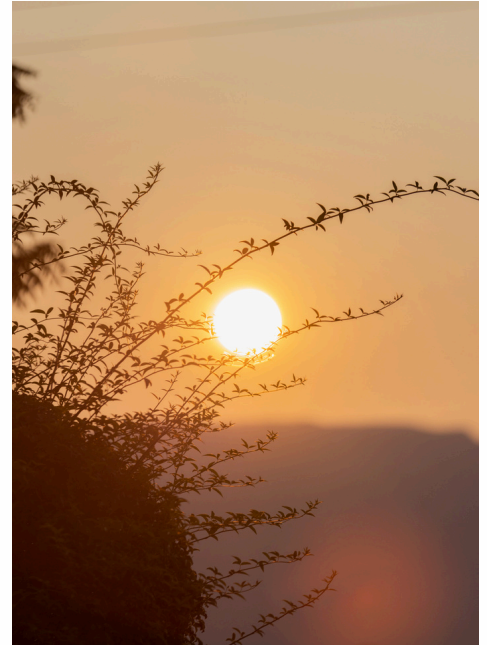
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Bureau Principal
314-B Principale
Mansonville, Qc
JOE 1X0



Maison des Jeunes
282 Principale
Mansonville, Qc
JOE 1X0



Centre La Plume au Vent
309 Principale
Mansonville, Qc
JOE 1X0

HISTORY and MISSION - Missisquoi North Volunteer Centre (CABMN)

The Missisquoi North Volunteer Centre (CABMN) is a non-profit community organization partly financed and recognized by the Agence de santé et services sociaux de l'Estrie (regional health board) as a partner in the health and social services network. The mission statement is "An improved quality of life." The aim of the Missisquoi North Volunteer Centre is to attend to issues concerning health, social services, protection, education, and other quality-of-life issues for all but especially for the marginalised and youth.

Incorporated in 1982, the CABMN opened its doors in Magog as the Eastern Townships Citizen Advocacy with a mandate to locate, match and support volunteer citizen advocates with persons needing assistance. In 1984, it moved to Mansonville to serve the population of Potton and East Bolton, gradually increasing its services to include volunteer drivers, respite care, job training and more.

From 1986 to 1995, the organization received major funding from the United Church of Canada as a program of the Mountain Valley Outreach Mission. Further health and social services were added to include a comprehensive youth program, support groups, referral, counselling and crisis intervention.

The CABMN became a member of the Fédération des centres d'action bénévole du Québec in 1993. As such in addition to offering direct services we support volunteers, volunteer organizations and promote community development and volunteer action.

In 1995, the volunteer centre returned to its original independent-charity status, then gradually broadened its territory to include the western sector of the MRC Memphremagog (Potton, East Bolton, Stukely Sud, Saint-Etienne-de-Bolton and Eastman). A capital campaign was initiated in 2002 for the construction of a permanent home for the volunteer centre's youth centre programs which exist since 1987. The opening was held in November 2003. In 2006, it adopted its present name. In 2008 building on the site of the present-day office was demolished and re-constructed. The premises are provided free by the Municipality of Potton and is shared with the CSSS Memphrémagog service point in Mansonville. In 2008-2009 the Youth and Ken Jones Centre benefited from a \$35,000 cycling fundraising campaign sponsored by Jacques Marcoux. The yard was transformed into a recreational field and half of the basement now has a mirrored dance floor.

Today the CAB MN works in close cooperation with the local health network. The volunteer centre offers more than 30 health and social services to the wider community, including youth, seniors, those with disabilities and the marginalized. Service extends to the western region of the MRC Memphrémagog; governance is by a volunteer board of directors.



Co-founders of the Citizen Advocacy (CABMN) Murielle Parkes and Ron Coughlin

**Employees hired through United Church Moutain Valley Outreach Mission funding:
Murielle Parkes, Rupert Clark and Mable Hastings**



INTRODUCING THE CABMN

OUR BOARD OF DIRECTORS

2025-2026



Brenda Clark-President
Community Member



Kathy Mullins-
Vice-President
Community Member
Program user



Madeleine Langlois
Secretary
Community member
Program user



Robert Gagnon
Administrator
Community Member, Eastman



Cynthia Marcoux
Administrator
Community Member



Marc VanOordt
Administrator
Community Member



Louise Proulx
Administrator
Community Member



Rolf Maurer
Administrator
Community Member
Program user

PRESENTING THE CABMN

OUR CABMN STAFF

2025-2026



Mable Hastings
CABMN Director



Debbie Harding
Administrative Assistant
and Volunteer coordinator



Jennifer Mcgeean
Administrative Coordinator



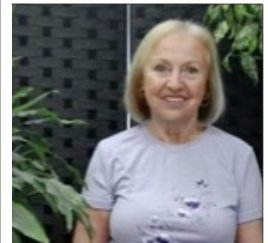
Krysten Vanier
Reception and
Communications



Lucie Beaudoin
SAPA Coordinator



Angelle Laplume
SAPA Team Member



Carmen Aubin
SAPA Team Member



Ethan Ball
Special Programs and
Youth Programs Coordinator



Sahara Jacob
Youth Centre Animator



Sheila Samborsky
Special Services Team Member



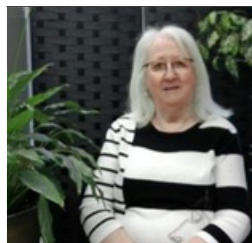
Karen Tinker
CIUSSE-CHUS Day Centre for
special needs adults



Anna Segal
Senior Day Centre and
Friendly visits



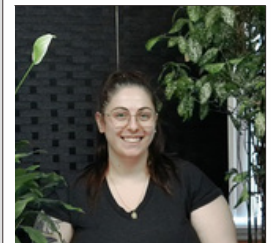
Maryse Plouffe
Senior Day Centre
Animator



Jeanette Lamarre
Friendly Visits



Charles Brouillard
Community Support Worker
Contract



Kristina Bellefeuille-Woodard
"Pat's Promise Coordinator
(contract)

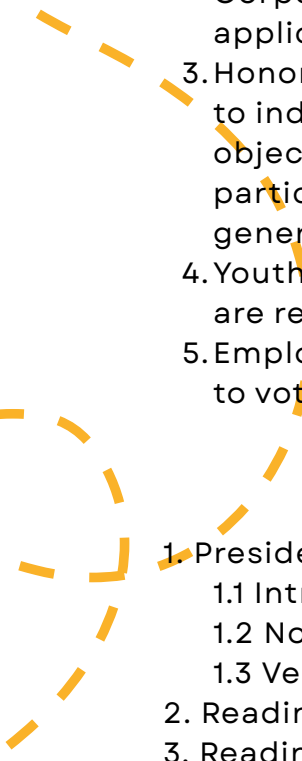


Registration of voting members

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:

1. 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 bylaws, policies, procedures, aims and objectives;
2. 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.
3. 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, are invited to annual and special general meetings, but may not become directors.
4. Youth: Any youth age 12-15 is eligible for youth membership. Youth members are recognized as non-voting members.
5. 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 12, 2025
4. Deposit of the 2025-2026 Activity Report
5. Presentation of the Financial Statement of March 31, 2026
6. Presentation of the 2026-2027 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 41st Annual General Meeting
Missisquoi North Volunteer Center
June 12th, 2025, 4 PM
Meeting held at The Feather in the Wind Centre

Voting Members Present: Robert Aubin, Jason Ball, Jean-Marc Bourgeois, David Burnham, Brenda Clark, Jean-Pierre Côté, Christian Demers, Joan Eby, James Eby, Jeremy Eldridge, Julia Eldridge, Sharon Fewtrell, Réal Forget, Robert Gagnon, Julia Hastings, Monique Hebert, Ron Jones, Janet Jones, Dorian Johnson, Mary Lachance, Patricia Lachance, Marc Lanctot, André Lamy, Madeleine Langlois, Gerald Laplume, Michelle Lemieux, Lucy Maurer, Rolf Maurer, Cindy Marcoux, Susan Marcoux, Katie Mallaly, Danielle Melanson, Kathy Mullins, Linda Schachtler, Marie Timperley, Marc Van Oordt, Linda Orefice, François Orsat, Josiane Ouimet, June Peacock, Murielle Parkes, John Patterson, Laurette Rouleau, Frank Ruiz Anne-Marie Savard, Gail Seymour, Cathy Riendeau.

Present Non-Voting Members: Carmen Aubin, Ethan Ball, Lucie Beaudoin, Kate Eldridge, Debbie Harding, Mable Hastings, Angelle Laplume, Jennifer McGeean, Maryse Plouffe, Sheila Samborsky, Anna Segal, Karen Tinker, and Krysten Vanier.

1. President's welcome. Madeleine Langlois welcomed everyone. She thanked all for showing up in person.

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 Julia Eldridge, Seconded by June Peacock.

Carried

1.3 Verification of quorum. There was a quorum. It was confirmed by Debbie Harding, who took the attendance. Verified by Brenda Clark.

2. Reading and adoption of the agenda. There were no additions to the proposed agenda.

Moved by Jason Ball, Seconded by Marc Van Oordt.

Carried

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

Moved by Patricia Lachance. Seconded by Robert Gagnon

Carried

1. Presentation of the financial statement of March 31, 2025, and appointment of an auditor. Dorian Johnson presented the Financial Statement. Motion to adopt the nomination of MNP as auditor for the fiscal year 2025-2026 MNP.

Moved by Lucie Maurer, Seconded by Julia Eldridge.

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

3. Presentation of the 2025-2026 budget. Mable Hastings presented the 2025-2026 budget.

Moved by Robert Gagnon, Seconded by Marc Van Oordt.

Carried.

4. Report of the Nominating Committee and election of the Board. Madeleine Langlois (BOD and Nominating Committee Member) presented the nominating committee report. The committee proposes electing Cynthia Marcoux and Louise Proulx as new administrators on the Board of Directors. Motion to adopt the Nominating Committee report.

Moved by Madeleine Langlois, Seconded by June Peacock.

Carried.

5. Questions and comments. There were some questions about different items on the budget.

6. Adjournment. The meeting was adjourned at 5:30 PM.

Moved by Marc Van Oordt, Seconded by Robert Gagnon.



Madeleine Langlois, secretary



A Word From Our President Brenda Clark

As another successful year at the CABMN comes to a close and a new and exciting year begins, I reflect upon the message that I wish to convey.

This organization has been helping young and old alike in the communities that it serves for 40 years now, and it never ceases to amaze me just how many different types of services we offer, and the increasing number of people who benefit.

This CAB started as Citizen Advocacy Inc. in 1982 and after receiving a five-year declining grant from the United Church of Canada became, the Mountain Valley Outreach Mission, with Murielle Parkes at the helm, Mable Hastings as Secretary, and soon to be the first ever Community Animator – my Dad, Rupert Clark.

Over the years Mable Hastings evolved into her role as Youth Animator extraordinaire and stayed at that job for many years until becoming our trusted Executive Director.

Now we are known at the CABMN (Missisquoi North Volunteer Centre).

Regardless of the name changes, the mandate has always been the same. Our mission is to help others. I have been your President on and off for many years and have worn several different hats on Committees. It is fulfilling, sometimes challenging, and most often rewarding – and I thank you for the privilege.

In conclusion, my message is simply this:

If you can lend a helping hand to someone else, please do so. We all need that helping hand from time to time and it is a wonderful experience to pay it forward.



DIRECTOR'S MESSAGE

MABLE HASTINGS

For the past 40 years, I have had the privilege of working with the Missisquoi North Volunteer Centre (CABMN) — 29 of those as Youth Director, and the past 11 as Executive Director. Four decades offer more than just time; they bring perspective, growth, and a deep appreciation for the people and community that make this journey worthwhile.

If there's one truth that stands above all, it's this: our future is rooted in our past. Every step forward is built on the dedication of those who came before us—staff, volunteers, donors, and countless supporters who gave their time, talents, and resources to help shape what CABMN is today. Their contributions are not just remembered; they are the foundation upon which we continue to grow.

As you explore this Annual Report, you'll see both familiar faces and new ones. Each represents a vital thread in the fabric of our organization. No matter where you've joined us along this journey, know this—you are valued, you are celebrated, and you are essential. Because of you, our programs thrive, our reach expands, and our impact deepens. Without your commitment, this story would be incomplete.

We are fortunate to be guided by a passionate staff team, a dedicated and knowledgeable Board, and creative, driven committee members. And we carry with us the legacy of those no longer beside us—the hands that once guided, the hearts that believed, and the voices that helped define our mission. Their spirit lives on in everything we do.

Founded in 1982, CABMN has always stood for community, care, and possibility. As we continue to evolve, we are not only honoring that legacy—we are building upon it. With every new initiative, every service expanded, and every life touched, we are paving the way forward and planting seeds for generations to come.

Someday, others will look back on this moment—on our efforts, our resilience, and our shared accomplishments—and they will be inspired to carry the work even further. There is something truly powerful about being part of something enduring, something built with purpose, compassion, and collective strength.

Thank you for walking this road with us. Just ahead lies our next chapter—full of opportunity, challenge, and promise. So, let's keep moving forward together. The journey continues, and with you by our side, there is no limit to what we can achieve.

Volunteer Coordination Report

TRACK IT FORWARD

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



Debra Harding
Volunteer Coordinator

5,392 HOURS OF VOLUNTEERING

IF WE CALCULATED THE VALUE OF THE HOURS CONTRIBUTED BY OUR VOLUNTEERS BASED ON MINIMUM WAGE, THIS WOULD MEAN THAT IN TERMS OF “HUMAN CONTRIBUTION,” OUR VOLUNTEERS CONTRIBUTED A TOTAL VALUE OF: \$89,507.20

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, 2025

The CABMN hosted a celebration at the Feather in the Wind Senior Centre to recognize the dedication of its volunteers. The event welcomed over 50 volunteers, each of whom received a gift of appreciation upon arrival.

Executive Director Mable Hastings, delivered a presentation emphasizing the significant impact of volunteer contributions. By calculating volunteer hours at minimum wage, the estimated value of time donated to CABMN programs and activities was approximately \$80,000.

The evening also featured door prizes and the presentation of the Karen Muzerall Memorial Volunteer Recognition Award. This year's award honored a mother-and-daughter team, Patricia and Mary Lachance, in recognition of their more than 35 years of dedicated service to CABMN.

Volunteer Action Week - April 27 to May 3, 2025

Theme: “Let's Get on the Road to Volunteering”

CABMN celebrated Volunteer Action Week with a special event held on May 1, 2025. The event brought together over 50 volunteers from the MRC Memphrémagog West.

Attendees enjoyed an evening of desserts, games, and community engagement. Local businesses contributed by donating prizes, enhancing the celebratory atmosphere.

During the event, Executive Director Mable Hastings delivered a presentation highlighting the CABMN's facilities and the wide range of services provided through the combined efforts of staff and volunteers.

Volunteers of the Month

CABMN recognized several individuals for their exceptional contributions throughout the year. The following volunteers were honored:

Brenda Clark, Cathy Riendeau, Gail Seymour, Jean-Pierre Côté and Michelle Lemieux, Julia Eldridge, Lucie Maurer, Marc VanOordt, and Mr. Lucky

Conclusion

CABMN's 2025 volunteer recognition initiatives successfully celebrated the invaluable contributions of its volunteers. Through organized events and ongoing acknowledgment, CABMN continues to foster a strong culture of appreciation and community engagement.

VOLUNTEERS REGISTERED WITH CABMN

210 in 2024

232 in 2025

253 in 2026

SAPA COORDINATOR



At the end of the 2025–2026 year within the Support Program for the Autonomy of Seniors (SAPA), I would like to take a moment to reflect with gratitude and pride.

Once again this year, my role as a coordinator has allowed me to fully invest myself in a mission that is deeply meaningful to me: promoting the well-being, dignity, and autonomy of seniors. It is a true privilege to work alongside dedicated colleagues, committed volunteers, valued partners, and caring families — and above all, the seniors who remain at the heart of everything we do and continue to inspire us every day.

Our weekly activities have once again been at the core of our programming. They provided meaningful opportunities for social connection, enjoyment, and sharing, helping to reduce isolation and strengthen our sense of community.

Several key events marked the year. Our open house events in September and January helped showcase our services and welcome new participants. In October, our Mexican-themed luncheon celebrating Seniors' Day was a vibrant and much-appreciated gathering.

The Christmas dinner was an outstanding success, bringing together more than 120 participants in a warm and festive atmosphere. We would also like to highlight the valuable culinary contribution from Microbrewery Équinoxe, which greatly enhanced the event. Leading up to this celebration, a successful fundraiser was held through the screening of two films — one in French and one in English — about Switzerland, presented by Lucie and Rolf Maurer.

As tradition holds, preparations for our “Déjeuner d'antan” in March brought great enthusiasm. The event, held in April, welcomed 51 participants — a result we are very proud of.

This year also brought moments of sadness. We experienced losses, whether through relocations or the passing of some of our members. These moments affect us deeply. We take time to pause, reflect, and breathe, before continuing our mission with even greater compassion and solidarity.

Together, the volunteers and the SAPA team at CABMN continue to move forward with resilience, dedication, and heart. We remain driven by the desire to make a meaningful difference in the lives of seniors in our community.

We look ahead to the coming year with enthusiasm, full of new ideas, renewed energy, and inspiring projects.

If you would like to contribute to your community, we invite you to join us as a volunteer at CABMN. Your involvement truly makes a difference.

Thank you to everyone who makes this journey so enriching, year after year.
- Lucie -



2025-2026 SAPA-SUPPORT FOR SENIORS AUTONOMY A YEAR OF IMPLICATION



Feather in The Wind



Senior Centre *309 Principale*

Statistics	2024	2025	2026
Groups and Programs			
Individual interventions	168	164	153
Services Provided	217	162	197
Referrals given	139	145	182
Viactive Potton	433	306	375
Viactive Stukely-sud	319	437	568
Walking Club-Fridays	219	392	363
Cafe-Rencontre	166	266	421
Vaccination	60	197	255
La Chouette Chorale	654	666	605
Bridge Club	393	406	400
Scottish Dance	339	512	440
Program PIED	344	140	N/A
Bingo	367	452	534
Embroidery, Tricotage et Switch	44	29	95



Lucie Beaudoin-
Coordinator Seniors
Programs



Angelle Laplume-
SAPA team member

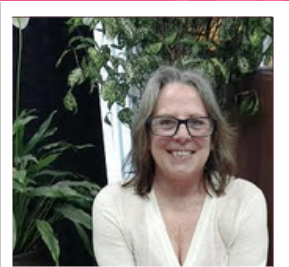


Carmen Aubin-
SAPA team member

PARTAGE/SHARE EMERGENCY FOOD BANK



Partage/Share committee: Julia Eldridge (President), Cathy Riendeau(Secretary), Claire Alger, Christian Donaldson, Réjean Neron, Kathy Mullins, Cynthia Marcoux



Debbie Harding
Administrative Assistant /
Volunteer coordinator



Jennifer Mcgeean
Administrative Coordinator

Statistics	2023	2024	2025
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Annual Christmas Baskets

Number of families served	40	38	41
Number of adults	65	65	66
Number of children	28	37	30
Total in Potton	35	29	32
Total in Bolton-Est	5	10	9

Collaborating with and supporting:



Memphrémagog
Food Bank



Market Coupon
Program

Statistics	2023	2024	2025
Emergency Food Bank Requests			
Number of Requests	48	49	38
Number of families served	16	21	15
Number of individuals	97	72	69
Public Market Coupon project			
Number of families	10	12	12
Individuals and children served	17	20	19
Coupon details			
12 families or individuals were given \$30 per week of coupons to spend from July 6 to October 12, 2025 at the Potton Covered Market. Coupons were for \$15 for vegetables and \$15 for meat, for 15 weeks. If all of the coupons were used, the result would be \$5400 for the year.			



NUTRI-SANTÉ ANNUAL REPORT

Nutri-Santé Encouraging young people's curiosity, developing their taste and cooking skills through healthy eating habits.

Committee Members

Anne-Marie Savard joined the team this year.

The committee is composed of: Suzanne Côté, Christian Donaldson, Danielle Galipeau (Secretary), Monique Hébert (President), Richard Hotte, Kathy Mullins, Anne-Marie Savard, and Janine Sourdif.

Committee Meetings

The committee met eight times: four preparatory meetings for the workshops and four culinary workshops offered to students at École du Baluchon.

Preparatory Meetings

June 4, 2025

October 1, 2025

November 19, 2025

February 25, 2026

Culinary Workshops

June 18, 2025

October 22, 2025

December 17, 2025

March 18, 2026

> Melon, feta, and basil salad

> Pinocchio's GOGO Wrap

> Energy balls (no baking)

> Multicolored maple salad

Acknowledgements

A) The Nutri-Santé Committee is pleased to contribute to this CABMN activity and appreciates the support of the staff and Executive Director Mable Hastings in this initiative. Without her support, the committee would not be able to run these activities. We also greatly appreciate the collaboration of the staff at École du Baluchon.

B) Once again this year, Les producteurs de pommes des Frontières, through La Maison de la Pomme, donated two bushels of apples to the Nutri-Santé Committee. The apples were used in a recipe during the fourth workshop and were also offered to the students as a snack. The committee would once again like to highlight their generosity.

Conclusion

This year, the committee placed greater emphasis on tasting during the workshops, a special moment for the students. It gave them time to taste and discuss their experience with the volunteers. The students are always cooperative and eager to discover new recipes and ingredients. They are curious and skillful in the kitchen. The members of Nutri-Santé have observed their culinary growth and hope that the workshops encourage them to continue developing their interest in cooking and discovering new foods.



SPECIAL PROGRAMS AND YOUTH CENTRE COORDINATOR



Field trip to the Plains of Abraham with the leadership group, courtesy of Gilles Bélanger, Member of Parliament for Orford



Connecting, learning and thriving...

Over the past year, the Youth Centre has continued to serve as an engaging space for young people in our community. We saw consistent attendance and strong participation across a wide range of programs, including, leadership opportunities, recreational events, and skill-building workshops.

This year, we placed a strong emphasis on fostering connection, inclusion, and personal growth. Many youth took on active roles in planning events, contributing ideas, and supporting their peers, helping to build a stronger sense of ownership and community within the programs. Highlights included themed activity nights, collaborative projects, and special events that brought in new participants and strengthened existing relationships.

We also worked to expand our programming by introducing new activities based on youth feedback, ensuring the Centre remains relevant. Staff and volunteers remained dedicated to creating a positive environment where all feel respected, and encouraged to develop confidence and life skills.

Overall, the year has been marked by growth, resilience, and strong community spirit. We look forward to building on this momentum in the coming year and continuing to provide meaningful opportunities for youth to connect, learn, and thrive.

Ethan



CAB Services Support
Committee
Brenda Clark (Chairperson),
Madeleine Langlois and
Laurette Rouleau



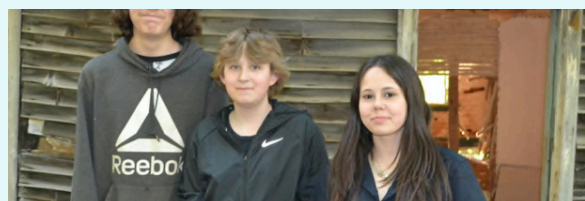


CONNECTING, LEARNING AND THRIVING...



Youth Programs

2 0 2 5 - - 2 0 2 6



YOUTH CENTRE (CABMN) 2025-2026 YOUTH PROGRAMS

Statistics	2024	2025	2026
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Groups and programs Participants/Participations

MAYO/JAM-Farm	257	262	N/A
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*Please note that the MAYO/JAM did not take place this year due to a lack of transportation to take the young people to the farm and bring them back.

Home Economics	111	317	262
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Leadership	179	265	223
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Dance	267	275	281
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SADD-Students			
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Against			
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Destructive	182	280	145
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Decisions			
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CABMN Property Committee members: Jeremy Eldridge, Brenda Clark, Frank Ruiz, James Eby, David Stirling, Real Forget and Mable Hastings



Ethan Ball

Special Programs and
Youth Centre Coordinator



Sahara Jacob
Animator Youth
Centre



Krysten Vanier
Animator Youth Centre

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Sheila Samborsky
Animator KJC
Respite



Ethan Ball
Coordinator Special Programs
and Youth Centr



Karen Tinker
Animator-Day Centre

special
programs-
respite and
ciussse/chus
day centre for
persons with
disabilities

Statistics

2024 2025 2026

Groups and Programs Participations 5 clients - 1 volunteer

Ken Jones Respite	322	312	276
CIUSSSE-CHUS Day Centre	552	563	479
Special Events-Ruiter Valley visit etc....	3	4	13
Special Community events (vernissage at library...)	2	2	6

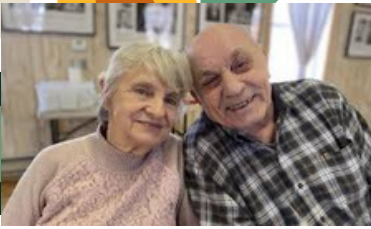


Ken Jones Respite Program for persons with intellectual and physical disabilities is one of the CABMN's longest running programs that addresses matters concerned with programming, integration and related fundraising for special needs clients. This groups meets every Thursday at the Youth Centre from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

SPECIAL PROGRAMS COMMITTEE MEMBERS: June Peacock (Chairperson), Debra Harding (Secretary), Krysten Vanier, Beatrice Baass, Linda Schachtler and Cynthia Marcoux





2025-2026

SENIOR DAY CENTRE



Funded by the CIUSSSE-CHUS and Managed by the CABMN

Funded by the CIUSSSE-CHUS health board, the Monday day Centre for seniors under the management of the CABMN has been operating for a year now. The activity is offered as a Respite for caregivers of a senior who would benefit from socializing with others. Every Monday at the Feather in the Wind Senior Centre of the CABMN located at 309 Principal in Mansonville, the group gathers at 8:30am. The activity runs through to 3:00pm offering exercises, social games, arts and crafts, music and discussion...

Animated by two bilingual animators, participants bring their lunch and together, the group enjoy a day of fun and activity. All participants must register through the CABMN Main Office by calling 450-292-3114. 8 spaces are allotted and referrals can come from the Social Workers of the CIUSSSE/CHUS or from the CABMN.

46 weeks 276 hours of animation multiplied by an average of 3 seniors per week in attendance means that there were approximately 138 Participations throughout the year. Sadly, in the past year the Centre lost three special friends who passed away and another who moved to a different Municipality.

The Senior Day Centre program of the CABMN is truly a place of joy, positivity and inclusion.





INCOME TAX ASSISTANCE PROGRAM

Statistics Taxes Completed

2024 2025 2026
78 87 90

*Administrative coordinator
Jennifer McGeean*

*57 Potton, 11 Eastman, 8 Bolton-Est
5 Saint-Etienne-de-Bolton, 6 Austin, 3 autres*

FOR LOW-INCOME FAMILIES AND INDIVIDUALS

2 0 2 5 - 2 0 2 6

MEDICAL EQUIPMENT LENDING

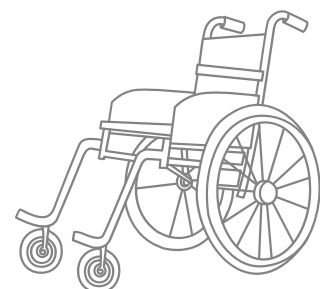
This service is aimed at people who need medical equipment during their convalescence or transition period. The CABMN has a variety of wheelchairs, bath seats, raised toilet seats, commodes, crutches, and walkers....

	2024	2025	2026
PIECES OF EQUIPMENT LENT OUT			

Wheelchairs	5	10	4
Crutches	11	17	2
Bath seats	6	14	10
Transfer seats	5	6	0
Canes	5	9	6
Walkers	6	8	16
Raised toilet seats	16	27	11
Commodes	3	8	2
Other	5	13	14



**Communications and Youth
Centre Animator
Krysten Vanier**



ACCOMPANIED TRANSPORT 2025-2026

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.



Transports Coordinator
Debra Harding

Potton:	241
Bolton-Est:	54
Saint Étienne-de-Bolton:	5
Eastman:	33
Stukely-sud:	10

**1050 hours of
driving time
35,988km
driven**

2023-24	2024-25	2025-26
190	289	343
33	67	58
24	24	21

Transports

Different
Users

Active
Drivers

ACCOMPANIED TRANSPORT TESTIMONIALS

2025-2026

EASTMAN

My husband and I do not have our licenses anymore, so we depend on this service to take us to our medical appointments. The drivers are super nice and even if we call at the last minute the CAB has been able to provide for our transportation needs. This service is essential to our well-being.

Daniel Ferland and Louise Lapointe Residents of Eastman

SAINT-ÉTIENNE-DE-BOLTON

I live in Saint-Etienne de Bolton a small village with very little services. I needed several transports to take me to my eye appointments. I could not drive back after my treatments therefore; the CAB was very helpful in fulfilling my needs to get me back home safe and sound. The drivers stayed for the whole time the appointments took. I am very pleased and thankful to the CAB for this essential service.

Pierrette Moise

STUKELY-SUD

I am very satisfied with the service. When my son is away I count on the CAB to provide me with transportation to take me to my medical appointments. The drivers are always super nice and supportive. The transport service is needed especially for people like me that don't drive anymore.

Jacque Vaillancourt resident of Stukely-Sud

BOLTON-EST

The services provided by the CABMN are absolutely key to my mother's quality of life. The volunteers' friendly, patient, respectful, and helpful demeanor go a long way to lift her spirits on the days she needs it most. It is so much more than just a transportation service; it provides genuine connection for her and immense peace of mind for me. Thank you for all that you do. Adam son of Carolyn Bovi

POTTON

I would like to give a resounding cheer for the Cab's transportation service. It has been literally a lifesaver for me.

I don't have a car anymore and I live a minimum of a 2-hour trip from the three hospitals in our area. I have had to go to all three for various interventions as well as being on a regular treatment schedule. Missing an appointment is serious for me. The CAB has kind and courteous drivers always on time and warmly sympathetic in their approach.

Thank you to you all

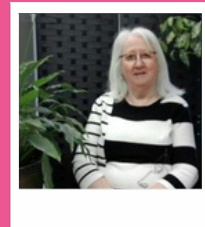
Stansje Plantenga - Potton

2025- 2026



Fondation
de l'Hôpital de Memphrémagog

MEMPHRÉMAGOG
HOSPITAL FOUNDATION
FUNDING: SENIOR VISITS
AND SUPPORT CALLS



Home Visits To Seniors: 39 weeks -132 visits

Testimonials:

I really love the visits—they make me happy. I don't get enough of them; I'd like to have more. It's hard for me to just sit here staring at these four walls. Mr. Paul Fiola (Bolton-Est)

I enjoy and appreciate You people coming.
I enjoy chatting and talking about many different things, even if it's once a month. Mr. Ross Taylor (Potton)

It makes a difference in my life.
I appreciate the constant banter.
Keeps my brain working and keeps me up to speed.
Nancy Tranchemontagne (Potton)

Check-in Calls to seniors:

Potton: 165

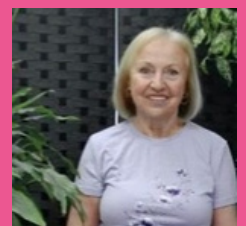
Bolton-Est: 78

Saint-Etienne-de-Bolton: N/A*

Eastman: N/A*

Stukely-Sud: N/A*

TOTAL: 243



*Due to a long-term staff absence, calls were not made to the municipalities indicated above but have now resumed.

Crisis interventions
References and
Collaborations

MAIN OFFICE STATS

Walk-ins: 1409

Calls : 2288

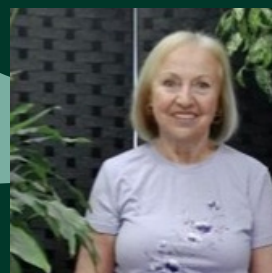
Main Office Volunteers



Lucie Maurer



Mary Lachance



Carmen Aubin

Photocopies,
Faxes and
liaison with
governments

MEETINGS

- 9** BOARD OF DIRECTORS
- 8** NUTRI SANTÉ
- 7** PROPERTY COMMITTEE
- 2** CABMN SUPPORT SERVICES COMMITTEE
- 4** NOMINATING COMMITTEE
- 6** SPECIAL PROGRAMS COMMITTEE
- 3** POLICY, ORGANIZATION & PROCEDURES COMMITTEE
- 9** HUMAN RESOURCES
- 2** PARTAGE/SHARE COMMITTEE
- 3** PROMOTION AND MARKETING COMMITTEE

PUBLICATIONS

- 52** WEEKLY NEWSLETTERS
- 10** SENIOR'S MONTHLY NEWSLETTERS
- 107** FACEBOOK POSTS (CABMN)
- 66** FACEBOOK POSTS (YOUTH CENTRE)
- 198** POSTS TO OUR CABMN WEBSITE
- 395** LIKES: CABMN
- 694** LIKES: YOUTH CENTRE

Events

DECEMBER 5 – INTERNATIONAL VOLUNTEER DAY

APRIL 27 TO MAY 3: VOLUNTEER ACTION WEEK – VOLUNTEERING IS BRILLIANT!



ANNUAL GENERAL MEETING: JUNE 2025

4TH ANNUAL EPIQ TRIATHLON FUNDRAISER: SEPTEMBER 27, 2025



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

Human Resources Committee Members: Brenda Clark, Madeleine Langlois et Patricia Lachance

Policies and Procedure Comm. Members: Madeleine Langlois, Louise Proulx and Gretchen Timmins

Nominations Committee Members: Madeleine Langlois and Brenda Clark

www.cabmn.org

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

OUR PARTNERS 2025-2026 FINANCIERS+

Memphrémagog Food Bank (BAM)
 Centraide Estrie
 CIUSSS de l'Estrie-CHUS
 PSOC
 Federal Government–Various Programs
 Provincial Government–Various Programs
 L'APPUI
 Alliance de la solidarité Estrie
 The Municipalities of Pottton, Bolton-Est,
 Saint-Étienne-de-Bolton, Eastman, and
 Stukely-Sud
 NexKemia Pétrochimie Inc.
 Montreal Canadiens Foundation
 Destination Owl's Head
 Holt Foundation
 Grand Defi Pierre Lavoie
 Epiq Triathlon
 Girardin Blue Bird Inc.
 Grand Montreal Foundation-Three Pines
 Belanger/Bedard Foundation
 Saputo Foundation
 Anonymous Donors
 TCA Memphrémagog

A big thank you
for their help.



Gouvernement
du Canada

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

Québec



OUR PARTNERS 2025-2026

SUPPORT-SERVICES-FINANCIAL SUPPORT

A big thank
you for
their help.

Saint-Benoit-du-lac Abbey
Richelieu grocery store
Dépanneur des 13 Bonisoir
Shell garage station J.F Giroux
Giroux et Giroux (RONA)
Appalachian Coffee Roasters
Equinox Brewery
Mansonville Baptist Church
Local elementary schools
Massey Vanier High School
Memphrémagog 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
The Record Newspaper
Memphrémagog Women's Center
Owl's Bread Bakery
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'Estrée
Men's Billiard Group
Benoit Savard-Monique David (Longévité)
CÉSAM
Connection Thermale
Judy Martin and Joan Westland-Eby



2025
\$25,000
Collected!

EPIQ

TRIATHLON EXTRÊME

LAC - GRAVELLE - MONTAGNE



**NEXT EVENT:
SEPTEMBER
26, 2026**



2025-2026

31 CABMN Volunteers

362 hours donated

If you would like to volunteer
for this special event please
contact Debbie Harding
d.harding@cabmn.org

Event by the
community FOR the
community

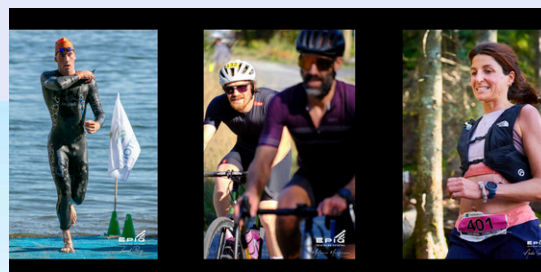
epiqtriathlon@gmail.com

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

Presented by:

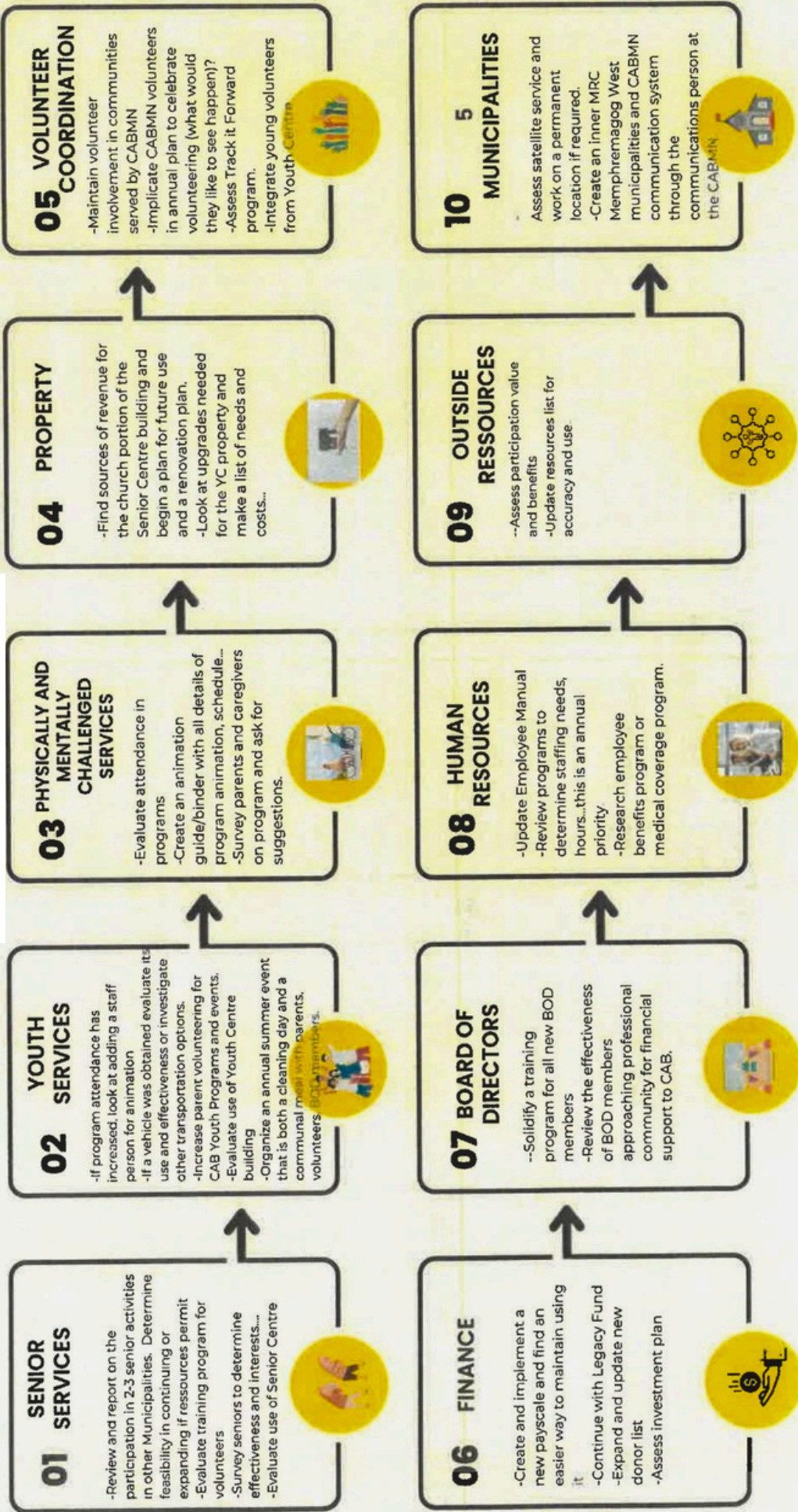
MIKECYR
COURTIER IMMOBILIER AGRÉÉ
CERTIFIED REAL ESTATE BROKER

Sotheby's
INTERNATIONAL REALTY
Québec



CABMN VISION PLAN 2024-2029

Year **three** (2026-2027)



CABMN VISION PLAN 2024-2029

Year **three** (2026-2027)



VISION PLAN

YEAR TWO PROGRESS REPORT FROM STAFF TEAM-MABLE HASTINGS

SENIOR SERVICES

In January the CABMN created a simple two-page survey for all who participate in the Senior services of the CABMN at the La Plume au Vent Senior Centre. The survey was shared with approximately 40 users from a variety of our Senior groups and activities including participants in Bingo, walking group, Scottish Dance, Chorale Chouette, Viactive, Embroidery, workshops, cafe rencontres etc...

The survey asked respondents to indicate their satisfaction in each of the programs and activities offered using a rating grid. The average response was a 4 which indicates that all are very satisfied as the response, regarding programming. Respondents were also encouraged to indicate their suggestions of other programs or activities of interest to them. Results were compiled and shared with the Board of Directors of the CABMN. Senior Services staff are using the results for planning purposes for the coming year.

The use of the Senior Centre (Feather in the Wind) finds the space being used five or more days per week. During the coldest winter months, the heat remains an issue but during the rest of the year the many groups and programs using the space are quite happy. Thanks to David Bensadoun, a retractable screen and projector was purchased and installed by volunteers at the centre. This has added to the use of the building for many functions and presentations held throughout the year. The CABMN continues to explore ways of bringing some of its seniors programming and services to the five municipalities in its service territory. This priority is being carried over to the third year of our plan with more to come... The CABMN SAPA team continues to offer information sessions for clients, volunteers and community members on a variety of subjects that provide training and vital information to all. These sessions also benefit our staff team and keep the team up to date on a variety of topics and particulars.

YOUTH SERVICES

Since we were not able to get funding that would allow us to purchase a van to use to transport the youth for our after-school Mayo/Jam farming

program, the program was suspended for this past year. We continue to explore possible funding sources for this purpose as many of our youth programs would benefit for outings if the CABMN had its own vehicle for this purpose. In the absence of the May/Jam program a greater emphasis was put on the weekly Home Economics after school cooking program incorporating farm and food growth initiatives through this program.

The use of the Youth Centre building located at 282 Principale in Mansonville is at five days per week with the Day Centre for persons with intellectual and physical disabilities operating on Mondays and Wednesdays. The Ken Jones Respite program for the same clientele on Thursdays and the youth programs on Tuesdays, Wednesdays, Thursdays and Fridays.

PHYSICALLY AND MENTALLY CHALLENGED SERVICES

Programs for the physically and mentally challenged were evaluated by the Special Program committee with several suggestions arising and implemented. New volunteers offered activities like a Viactive exercise program with Gail Seymour, guitar sing-a-long with David Burnham and Ruiter Valley Land Trust continued to offer special project days for the clients to enjoy. Added to this, the Special Programs Committee upgraded the weekly Bingo event enjoyed by the clients with even more fun prizes to be won. In the coming year, the committee has instructed the program animators to bring back the bowling outings to Magog and other special activities offering a variety of ideas.

PROPERTY

Over the past year a variety of improvements were made at both the Youth Centre building at 282 Main and the Senior Centre building at 309. The youth centre now has a thermo pump installed to improve electricity costs while providing heat and air conditioning as the season require. New lighting will be installed shortly in the dance floor area. The building will also require some repairs to the gutter system on the outside of the building and the CABMN Property Committee is keeping repairs and improvements at heart meeting regularly to assure needs are met. At the Senior Centre the Property Committee continues to monitor needs there as well. This summer the inside of the

hall will be painted, a cover was made for the electrical panel, we are awaiting a grant for the building of a porch along the entire front of the building and the CABMN has reserved 50% of this cost pending the grant confirmation.

VOLUNTEER COORDINATION

Our volunteer coordinator has done a lot of work in sharing information about the need for volunteers as they arise. Posted on the CABMN website, a mass email sent out to all in our volunteer bank and in calling volunteers when a task arises.

Our annual volunteer celebration emphasized an attempt with our Volunteer Bingo to focus on the “fun” rather than a lot of speeches and so on...Many of our volunteers commented on the casual evening of fun and games together with others.

FINANCE

Rather than a wage scale, the Human Resources in consultation with the ED has created an Employee Salary Review Scale. The Employee Salary Review Scale is a more useful tool given the fluctuating hours worked by CABMN staff that can range from 1 day per week to five.

The donor’s list is updated annually respecting personal information of our donors.

The investments of the CABMN remain as they were last year. This amount assures that if the CABMN were ever to experience financial difficulty, these funds are there for such a purpose.

BOARD OF DIRECTORS

As another fiscal ended, we turn back to see how we fared in accomplishing what we said we would during the second year of Vision Plan Year 2. We talked about solidifying a training program for all new Board members. We looked at the resources we could allocate to this task and were struck by how little is affordable in our area. The planning of this was also complicated by the unpredictability of when a new member would join the Board and their specific experience in that field. So, we are now considering a mentor program in which a more experienced member of the Board would be designated to accompany a new member starting a mandate. The

technicalities are still being examined but we believe it would be more realistic and efficient. To be followed... The second goal of the BOD was to review the effectiveness of its members to approach professional communities for financial support. This goal was not as easy to grasp but we think that our shiny new Marketing and Promotions committee could be instrumental in reaching this objective.

HUMAN RESOURCES

We needed to update the employee manual and have been working steadily to do this. We needed to go upstream to start at the right place and have reviewed, updated and rewrote the Policies, Organization and procedures document. The employee manual is being reviewed according to this new POP and all the changes that occurred in the course of the fiscal year including Law 27 that kept the HR committee quite busy. The search for employee benefits and- or medical coverage has been undertaken by the executive director and she will report on this. The determination of staffing needs is an ongoing effort by the HR committee and the executive director.

OUTSIDE RESOURCES

The CABMN staff have increased its presence in some outside committees to assure that we remain informed as well as contribute to pertinent discussions regarding our services and programs. These committees include: The TCAM (Table de Concertation pour les Aînés Memphremagog) of the Ciusse/chus, Comité Sécurité alimentaire Memphrémagog (CéSAM), Comite des Usagers...

A list of resources and contact information in this regard is kept up to date regularly.

FIVE MUNICIPALITIES

The CABMN continues to offer Satellite Services in the other Municipalities served by the CABMN and these services include: Registering volunteers in each community to volunteer in their respective communities, accompanied transportation service, income tax service, medical equipment lending and support to seniors.

COMMUNICATIONS

The CABMN Communications person has created a direct link to the various municipal newsletters and has increased the presence of other communities' programs and activities on the CABMN website as well. Our communications person is also able to track our website and newsletter statistics and use providing us with a portrait of our traffic and use of the site.

The CABMN Board has created a Communications and Marketing committee (with volunteers having an expertise in marketing and promotion) to improve the CABMN website, visual presence and marketing technics in celebrating the great work and programs of the CABMN.

MAIN OFFICE SERVICES

The Main office has focused on extending its communication regarding office services available to the public: photocopies, faxes, support with forms and Government calls, referrals, connection services etc...These services have been posted regularly on our website.

We are supporting the Popote Roulante Meals on Wheels services offered by the Coop de la solidarité de Saint-Etienne-de-Bolton. The CABMN has been asked to collaborate by helping to find candidates to benefit from the service, to find volunteers to help deliver the meals and to find volunteers to help prepare the meals. The service will start in Potton in the summer.

ARCHIVES

The CABMN archives have received a lot of attention from our CABMN President and volunteer, Brenda Clark. Brenda has sorted many of our archived boxes and arranged for non-pertinent information to be destroyed properly with a secure disposal company. We have another volunteer (Mary Lachance) who has been putting useful information onto our storage drive. This information is being provided and organized by volunteer and CAB co-founder Murielle Parkes. Our thanks go out to all who have helped reduce or carbon footprint and preserved valuable information.

Étas financiers 2025-2026

2025-2026 Financial Statement



Centre d'action Bénévole de la Missisquoi-Nord
Financial Statements
March 31, 2026

Centre d'action Bénévole de la Missisquoi-Nord

Contents

For the year ended March 31, 2026

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Schedules

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Independent Auditor's Report

To the Board 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 statement of financial position as at March 31, 2026, 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 possible 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, 2026, and its financial performance 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, 2026 and 2025, current assets as at March 31, 2026 and 2025, and net assets as at April 1 and March 31 for both 2026 and 2025. Our audit opinion on the financial statements for the year ended March 31, 2025 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 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.

Centre d'action Bénévole de la Missisquoi-Nord

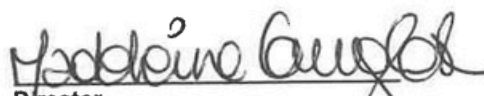
Balance Sheet

As at March 31, 2026

	2026	2025
Assets		
Current		
Cash	431,026	320,520
Short-term investments (Note 4)	100,000	100,000
Accounts receivable (Note 5)	11,293	6,832
Sales taxes receivable	-	4,258
Grants receivable (Note 6)	25,000	33,885
Prepaid expenses	9,761	11,021
	577,080	476,516
Property and equipment (Note 7)	180,489	185,988
	757,569	662,504
Liabilities		
Current		
Accounts payable (Note 9)	36,028	32,301
Sales taxes payable	2,207	-
Deferred government grants for future operating activities (Note 12)	7,780	-
Current portion of deferred government grants related to property and equipment (Note 11)	2,149	2,448
Current portion of deferred contributions related to property and equipment (Note 13)	394	423
Deferred contributions (Note 10)	-	7,000
	48,558	42,172
Deferred government grants related to property and equipment (Note 11)	51,788	53,937
Deferred contributions related to property and equipment (Note 13)	8,760	9,154
	60,548	63,091
	109,106	105,263
Net Assets		
Invested in property and equipment	117,398	120,025
Externally restricted	7,780	7,000
Internally restricted	98,995	30,995
Unrestricted	424,290	399,221
	648,463	557,241
	757,569	662,504

Approved on behalf of the Board


Director


Director

The accompanying notes are an integral part of these financial statements

Centre d'action Bénévole de la Missisquoi-Nord
Statement of Operations
For the year ended March 31, 2026

	2026	2025
Revenue		
Fundraising	108,502	82,080
Funding from other community organizations	60,100	45,417
Senior services (Fondation de l'Hôpital de Memphrémagog)	16,579	19,016
Program and other revenues	12,191	8,042
Rental revenue	2,066	8,390
Respite services	7,137	7,020
Amortization of deferred contributions related to property and equipment (Note 13)	423	459
	206,998	170,424
Government grants (Schedule 1)	365,752	374,940
Municipal funding (Schedule 2)	30,500	29,000
	603,250	574,364
Expenses		
Salaries	380,408	365,703
Program expenditures	46,464	35,631
Property expenses	24,563	81,668
Telecommunications	16,652	17,706
Professional fees	12,365	9,632
Materials and supplies	7,297	7,846
Equipment and equipment rental	4,999	2,985
Travel	3,801	2,917
Staff and volunteer support	3,362	4,363
Fundraising	1,834	2,423
Association fees	1,585	1,586
Payroll services	1,574	1,455
Promotion	1,423	1,145
Subcontractors (Vision Plan and PAGMAP)	1,050	9,755
Miscellaneous	956	214
Bank charges and interest	333	367
Insurance	251	578
Amortization	8,296	8,259
	517,213	554,233
Excess of revenue over expenses from operations	86,037	20,131
Other revenue		
Interest income	5,185	6,572
Excess of revenue over expenses	91,222	26,703

The accompanying notes 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, 2026

	<i>Invested in property and equipment</i>	<i>Externally Restricted</i>	<i>Internally Restricted</i>	<i>Unrestricted</i>	2026	2025
Balance, beginning of year	120,025	7,000	30,995	399,221	557,241	530,538
Excess of revenue over expenses	(5,424)	(7,000)	(10,000)	113,646	91,222	26,703
	114,601	-	20,995	512,867	648,463	557,241
Interfund transfers (Note 16)	-	7,780	78,000	(85,780)	-	-
Invested in property and equipment	2,797	-	-	(2,797)	-	-
Balance, end of year	117,398	7,780	98,995	424,290	648,463	557,241

The accompanying notes are an integral part of these financial statements

Centre d'action Bénévole de la Missisquoi-Nord
Statement of Cash Flows
For the year ended March 31, 2026

	2026	2025
Cash provided by (used for) the following activities		
Operating		
Excess of revenue over expenses	91,222	26,703
Non-cash items		
Amortization	8,296	8,259
Amortization of deferred contributions related to property and equipment	(423)	(459)
Amortization of deferred government grants related to property and equipment	(2,448)	(12,614)
Amortization of deferred government grants related to future operating activities	-	(12,218)
	96,647	9,671
Net change in non-cash items related to operating activities		
Accounts receivable	(4,461)	(61)
Grants receivable	8,885	(3,885)
Sales taxes receivable	4,258	6,893
Prepaid expenses	1,260	(2,352)
Accounts payable	3,727	(1,498)
Sales taxes payable	2,207	-
	112,523	8,768
Financing		
Deferred contributions	(7,000)	7,000
Deferred government grants for future operating activities	7,780	-
Investing		
Purchase of property and equipment	(2,797)	-
Increase in cash and cash equivalents	110,506	15,768
Cash and cash equivalents, beginning of year	320,520	304,752
Cash and cash equivalents, end of year	431,026	320,520

The accompanying notes are an integral part of these financial statements

Centre d'action Bénévole de la Missisquoi-Nord
Notes to the Financial Statements
For the year ended March 31, 2026

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

The Organization follows the deferral method of accounting for contributions.

Government grants and contributions from community organizations intended to fund operating activities are recognized as revenue in the period in which the related expenses are incurred. Amounts received for which the related expenses have not yet been incurred are recorded as deferred contributions. Operating grants for which there are no stipulations are recognized in the year received or receivable.

Multi-year project grants are recognized as revenue as the eligible project expenditures are incurred, in accordance with the funding agreement. Unspent amounts are recorded as deferred government grants for future operating activities.

Municipal funding is recognized as revenue in the year to which the funding agreement relates, provided collection is reasonably assured.

Capital contributions and government grants received to fund the purchase of property and equipment are deferred and amortized to revenue on the same basis as the related capital asset.

Fundraising revenue and donations are recognized when received.

Service revenue, including Senior services, Respite services, and Program and other revenues, is recognized as services are rendered to clients, provided collection is reasonably assured and the amount can be reasonably estimated.

Rental revenue is recognized on a straight-line basis over the term of the lease in accordance with the terms of the rental agreement.

Interest income is recognized on an accrual basis as it is earned.

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.

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.

Centre d'action Bénévole de la Missisquoi-Nord
Notes to the Financial Statements
For the year ended March 31, 2026

1. Status and purpose of the organization

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Centre d'action Bénévole de la Missisquoi-Nord
Notes to the Financial Statements
For the year ended March 31, 2026

2. Significant accounting policies *(Continued from previous page)*

Property and equipment

Purchased property and equipment are accounted for at cost. Contributed capital assets are recorded at fair value at the date of contribution plus all costs directly attributable to the acquisition.

Amortization is provided using the declining balance method at rates intended to amortize the cost of assets over their estimated useful lives.

	Rates
Buildings	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 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 should the carrying amount of the asset exceed 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. An impairment loss must not be reversed.

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. The cost of a financial instrument in a related party transaction depends on whether the instrument has repayment terms.

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 decrease 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 materials and 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, office rent, and inventory are not recognized in the financial statements.

Centre d'action Bénévole de la Missisquoi-Nord
Notes to the Financial Statements
For the year ended March 31, 2026

4. Short-term investments

	2026	2025
Guaranteed investment certificate, due December 2025, 3.20% per annum	-	100,000
Guaranteed investment certificate, due December 2026, 2.60% per annum	100,000	-
	100,000	100,000

5. Accounts receivable

	2026	2025
Accounts receivable	10,593	5,969
Accrued interest	700	863
	11,293	6,832

6. Grants receivable

	2026	2025
Municipality of Potton	25,000	25,000
Municipality of Bolton-Est	-	4,000
CIUSSS de l'Estrie - CHUS - Day centre activities	-	4,885
	25,000	33,885

7. Property and equipment

			2026	2025
	Cost	Accumulated amortization	Net book value	Net book value
Land	11,616	-	11,616	11,616
Parking lot	20,638	2,478	18,160	19,116
Buildings	274,826	126,980	147,846	154,007
Equipment and furniture	49,067	48,748	319	456
Data network infrastructure equipment	3,796	3,610	186	266
General purpose computer equipment	14,041	11,679	2,362	527
	373,984	193,495	180,489	185,988

8. Line of credit

The Organization has an authorized line of credit of \$20,000 bearing interest at 9.95% annually. As at March 31, 2026, the line of credit was unused. The line of credit is unsecured.

Centre d'action Bénévole de la Missisquoi-Nord
Notes to the Financial Statements
For the year ended March 31, 2026

9. Accounts payable

	2026	2025
Accounts payable	29	1,103
Accrued liabilities	924	851
Salaries payable	32,118	28,090
Government remittances	2,957	2,257
	36,028	32,301

10. Deferred contributions

	2026	2025
Balance, beginning of year	7,000	-
Amount received during the year	-	10,000
Less: Amount recognized as revenue during the year	(7,000)	(3,000)
Balance, end of year	-	7,000

11. Deferred government grants related to property and equipment

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

	2026	2025
Balance, beginning of year	56,385	68,999
Less: Amortization of grants recognized as revenue during the year	(2,448)	(12,614)
	53,937	56,385
Less: Current portion	2,149	2,448
Balance, end of year	51,788	53,937

12. Deferred government grants for future operating activities

During the year, the Organization received \$8,830 representing the first instalment (25%) of a total approved grant of \$35,318 from the PAGMAP (Plan d'action gouvernemental Mobiliser, Accompagner, Participer), awarded through the Alliance pour la solidarité. The funding supports the project "Ma journée – Briser la stigmatisation et s'élever vers le haut," which aims to combat poverty and social exclusion through group support, community cooking activities, budgeting guidance, and initiatives to break the isolation caused by poverty. The grant is payable over five instalments through 2029, with subsequent instalments of 20% (2026), 25% (2027), 25% (2028), and a final 5% upon acceptance of the project's final report. As at March 31, 2026, \$1,050 had been spent, with the unspent balance of \$7,780 recorded as deferred government grants to fund future project activities.

Centre d'action Bénévole de la Missisquoi-Nord
Notes to the Financial Statements
For the year ended March 31, 2026

13. Deferred contributions related to property and equipment

The deferred contributions represent funding for property and equipment acquisitions from non-governmental sources.

	2026	2025
Balance, beginning of year	9,577	10,036
Less: Amortization of contributions recognized as revenue during the year	(423)	(459)
	9,154	9,577
Less: Current portion	394	423
Balance, end of year	8,760	9,154

14. Economic dependence

The Organization receives 56% (58% in 2025) of its funding from the Regional Health Board - CIUSSS de l'Estrie - CHUS.

15. Financial instruments

Financial risks

The significant risks arising from financial instruments to which the Organization is exposed as at March 31, 2026 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 liquidity risk with respect to the financial liabilities recognized in the statement of financial position.

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.

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
Notes to the Financial Statements
For the year ended March 31, 2026

16. Interfund transfers

The Organization's internally restricted net assets of \$30,995 were designated for staffing (\$20,000) and renovations (\$10,995). During the year, the Organization spent \$10,000 (2025: \$10,000) on staffing, which was transferred to unrestricted net assets. The remaining internally restricted balance of \$20,995 consists of \$10,000 for future staffing and \$10,995 for renovations.

During the year, the Board approved additional internal restrictions as follows: \$50,000 for salaries and training to be used upon hiring replacement staff; \$3,000 for future renovations to the Youth Centre and the Senior Centre; and \$25,000 for the construction of a porch at the Senior Centre.

Additionally, an amount of \$7,780 was transferred to externally restricted net assets, representing unspent PAGMAP grant funds received during the year. Of the \$8,830 received through the Alliance pour la solidarité – Estrie 2024-2029, only \$1,050 was spent on eligible project expenses as at March 31, 2026. The balance is externally restricted as the funding convention requires that funds be used exclusively for the designated project through March 31, 2029, and any unused amounts must be returned to the funder. The \$7,780 is recorded as deferred government grants in accordance with ASNPO 4410.

The remaining internally restricted balance of \$98,995 consists of \$60,000 for staffing and training, \$13,995 for renovations, and \$25,000 for the construction of the Senior Centre porch.

17. Comparative figures

Certain comparative figures have been reclassified to conform with current year presentation.

Centre d'action Bénévole de la Missisquoi-Nord
Schedule 1 - Government grants
For the year ended March 31, 2026

	2026	2025
Regional health board - CUISSS de l'Estrie - CHUS	263,193	256,492
CUISSS de l'Estrie - CHUS - Support program for the autonomy of seniors	40,538	37,806
CUISSS de l'Estrie - CHUS - Day centre activities	31,488	30,810
Centraide - Support of the overall mission	12,624	12,624
Provincial grants	8,499	2,385
Canada summer jobs	5,214	4,818
Amortization of deferred government grants related to property and equipment	2,448	2,752
Ministère de l'Emploi et de la Solidarité Sociale - Accompanied travel	1,748	733
Centraide - Vision plan	-	14,778
Community volunteer income tax program	-	1,880
Employment and Social Development Canada	-	9,862
	365,752	374,940

Schedule 2 - Municipal funding
For the year ended March 31, 2026

	2026	2025
Municipality of Potton	25,000	25,000
Municipality of Bolton-Est	4,000	4,000
Municipality of Saint-Étienne de Bolton	1,000	-
Municipality of Eastman	500	-
	30,500	29,000

CENTRE D'ACTION BÉNÉVOLE DE LA MISSISQUOI-NORD

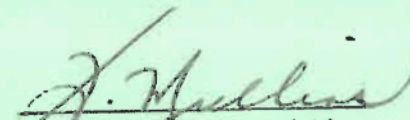
Prévision budgétaire 2026-2027 Budget previsions

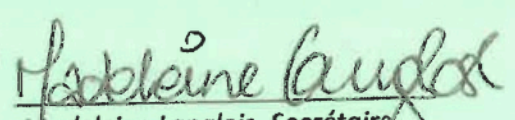
Compte	2027 budget	2026 actual	2026 budget	2025 actual
Funding from other community organizations	35,000.00	60,100.00	45,000.00	51,652.00
Fundraising	90,200.00	108,502.00	73,400.00	82,456.00
Rental revenue	200.00	2,066.00	8,700.00	8,390.00
Program and other revenues	8,200.00	12,191.00	3,000.00	1,430.00
Amortization deferred rev.-Capital assets	600.00	423.00	600.00	459.00
Services	7,000.00	7,137.00	7,250.00	7,020.00
Senior services (Fondation de l'Hopital de Memphémagog)	25,000.00	16,579.00	30,000.00	19,016.00
Total revenues other than government grants	166,200.00	206,998.00	167,950.00	170,423.00
Regional health board-CIUSSS	344,000.00	335,219.00	325,000.00	325,108.00
Federal grants	12,000.00	12,624.00	12,500.00	27,402.00
Other Provincial Revenue/Grants	16,000.00	8,499.00	2,000.00	2,385.00
Canada summer jobs	4,000.00	5,214.00	3,500.00	4,818.00
Ministère de l'Emploi - accompanied travel	1,500.00	1,748.00	1,000.00	733.00
Municipal funding	30,500.00	30,500.00	29,000.00	29,000.00
Community Volunteer Income Tax Program	500.00	0.00	1,000.00	1,880.00
Amortization of government grants	3,000.00	2,448.00	3,000.00	2,752.00
Total government funding	411,500.00	396,252.00	377,000.00	403,940.00
Total revenues	577,700.00	603,250.00	544,950.00	574,363.00
Salaries	425,000.00	380,408.00	400,000.00	365,703.00
Subcontractors (Vision Plan)	25,000.00	1,050.00	0.00	9,755.00
Property expenses	54,900.00	24,563.00	81,150.00	83,627.00
Program expenditures	50,400.00	46,464.00	41,800.00	35,631.00
Material and supplies	7,550.00	7,297.00	6,500.00	7,846.00
Professional fees	14,000.00	12,365.00	12,000.00	9,632.00
Promotion	1,550.00	1,423.00	1,750.00	944.00
Telecommunications	20,600.00	16,652.00	17,000.00	15,748.00
Equipment & equipment rental	6,000.00	4,999.00	4,000.00	2,985.00
Staff and volunteer support	5,100.00	3,362.00	5,600.00	4,563.00
Insurance	350.00	251.00	700.00	578.00
Travelling expenses	5,000.00	3,801.00	4,000.00	2,917.00
Association fess	1,800.00	1,585.00	1,800.00	1,586.00
Payroll service	1,600.00	1,574.00	1,500.00	1,455.00
Miscellaneous	1,950.00	956.00	750.00	214.00
Bank charges and interest	350.00	333.00	350.00	367.00
Fundraising	2,500.00	1,834.00	4,000.00	2,423.00
Amortization	8,300.00	8,296.00	8,000.00	8,259.00
Total expenses	631,950.00	517,213.00	591,400.00	554,233.00
Excess (deficiency) of revenues over expenses	-54,250.00	86,037.00	-46,450.00	20,131.00

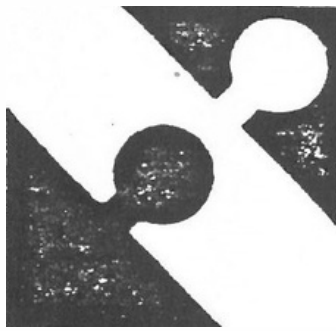
Rapport du Comité de sélection
Report of the Nominating Committee
Le 18 juin 2026 – June 18, 2026

Les personnes suivantes ont accepté de demeurer au Conseil d'administration en 2026-2027 :		The following have agreed to remain on the 2026-2027 Board of Directors:	
Nom/Name	Année/Year	Mandat/Term	Domicile/Residence
Kathryn Mullins (2023-24)	1	2	Potton
Madeleine Langlois (2021-22)	3	2	Potton
Brenda Clark (2024-2025)	3	1	Potton
Marc Van Oordt (2024-2025)	3	1	Montreal/Potton
Rolf Maureur (2024-2025)	3	1	Potton
Cynthia Marcoux	2	1	Potton
Louise Proulx	2	1	Potton
Gregory Mierzwinski	1	1	Potton
Les personnes suivantes ont accepté de se présenter aux élections du Conseil en 2026-2027		The following have agreed to stand for election to the 2026-27 Board of Directors	
Jean-Pierre Cote	1	1	Saint-Étienne-de-Bolton
Patricia Lachance	1	1	Potton
Remarques :		Notes:	
Un mandat dure trois (3) ans.		A term is three (3) years.	
À la fin d'un second mandat consécutif (6 ans), une interruption d'un an est obligatoire.		A mandatory recess of one year is imposed at the end of any second consecutive term (6 years).	
Le Conseil doit comprendre entre sept (7) et onze (11) membres.		The Board shall consist of seven (7) to eleven (11) members.	


 Brenda Clark, Présidente


 Kathy Mullins, Vice-Présidente


 Madeleine Langlois, Secrétaire



1982-incorporated as Citizen
Advocacy Inc.



MOUNTAIN VALLEY OUTREACH MISSION
of the UNITED CHURCH of CANADA - L'ÉGLISE UNIE DU CANADA

Bolton Centre United Church, Mansonville United Church, Vale Perkins United Church

Board of Directors from Charge (2) Presbytery (1) Conference (1) Citizen Advocacy (3)

1986-1995 Mountain Valley Outreach
Mission (1993 becomes a member of the
Federation des Actions Benevoles du
Quebec (FCABQ))



The two logos fused for awhile and
became Citizen Advocacy/Mountain
Valley Outreach Mission

1995 – Regains its status as an
independent nonprofit organization

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

2006-Missisquoi
North Volunteer
Centre (CABMN)

**2026 ?????????????? Unveiling of our new logo
AGM 2026!**

Promotion and Marketing Committee Members: Marc Van Oordt,
Louise Proulx, Rolf Maurer, Francine Dubois, Carolyne Royer
Laliberte and Greg Mierzwinski