



Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

NEWSLETTER SEPTEMBER 2026

***WE'RE BACK! WITH A NEW LOGO
WE HOPE YOU HAD A GREAT SUMMER!***

OUR OFFICES WILL BE CLOSED ON SEPTEMBER 7th FOR LABOUR DAY

Important dates in September:

- **September 7** : Labour Day.
- **September 10th World Suicide Prevention Day**
The following link will bring you to a heartfelt article written **by our Executive Director, Mable Hastings** on the subject.

https://cabmn.org/wp-content/uploads/2026/08/2026_08_14_The_hole_stay_but_so_does_the_love.pdf



- **September 22:** Beginning of Autumn Equinox: the time of the year when the Earth's axis is tilted neither toward nor away from the sun, resulting in a "nearly" equal amount of daylight and darkness at all latitudes.
- **September 26:** This month's **full moon** is widely known as the Harvest Moon (or the Corn Moon), as it is the full moon that occurs closest to the autumnal equinox.
- **September 30:** National Day for Truth and Reconciliation. A federal statutory holiday to honor residential school survivors, their families, and communities, also widely recognized as Orange Shirt Day



Zodiac sign: Virgo from August 23rd to Sept 22nd

Virgos are known for their practicality, intelligence, and meticulous nature. They are detail-oriented, analytical, and strive for perfection in their work and relationships. Virgos are also considered loyal, kind, and helpful, often acting as problem-solvers and dependable friends.

A new logo for the CAB!



Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

Since its inception in 1982 as Citizen Advocacy, our CAB has undergone several logo changes, the last one being in 2006. It was time to adopt a new visual identity—especially since the Board of Directors established a new Promotion and Marketing Committee last year to boost the Volunteer Centre's visibility within the community. A strong visual identity was the logical first step in this effort.

We were fortunate to work with a professional in the field, Caroline Royer-Laliberté—a Pottton resident and CAB volunteer—who guided us through a structured process. We began by gathering keywords that best represent the CAB from staff, volunteers, Board members, and committee members. Words such as support, care, compassion, and empathy came up most frequently. Caroline then proposed a color palette to reflect these concepts. Finally, she presented several logo options; the winning design was selected by the CAB Board and unveiled at the Annual General Meeting on June 18, 2026.

Time will tell if it remains relevant for another 20 years, but for now, we love it!

Note: Interested in getting involved with the Promotion and Marketing Committee? Contact Marc van Oordt at marcvanoordt@gmail.com or 514-815-6987.

EPIQ TRIATHLON

**26 SEPTEMBER 2026 AT OWL'S
HEAD
FUNDRAISER FOR THE CABMN
(Volunteer Center)**



The ÉPIQ Triathlon returns on

September 26 for its 5th edition. Participants swim in Lake Memphremagog, ride gravel bikes on Potton's most beautiful roads (and may even pass by your house), and run on roads and trails, including the ascent and descent of Mount Owl's Head.

This year, we've also added "just" a run/hike up Owl's Head, the EPIQ Ascent (Montée ÉPIQ). The twist: you go up Kamikaze by foot, come down by chairlift, and repeat as many times as you can/want between 8am and 5pm. Open to solo and team relay participants.

The ÉPIQ Triathlon is also an event by the community for the community, as all participants commit to fundraising, and the event's operating surplus is donated to the Missisquoi North Volunteer Centre (MN Volunteer Centre).

Participate (alone or in a team), cheer (on site or on the trails), or become a volunteer!

For information

www.triathlonepiq.ca

For registration

www.ms1inscription.com/epiq2026/en

For volunteering:

www.ms1inscription.com/epiq_benevole2026/en

Last year over \$25,000 were raised for the CABMN

Don't miss the opening of our new season on September 9th

Portes Ouvertes / Open House Soupe & Dessert

 **Centre La Plume au Vent** 

309, Principale, Mansonville

MERCREDI 9 SEPTEMBRE 2026 / WEDNESDAY SEPTEMBER 9, 2026

PROGRAMME / PROGRAM

10 h 15

Accueil et mots de bienvenue
Welcome and opening remarks

10 : 30

Présentation des activités d'automne
Fall activities presentation
Démonstration Viactive / Viactive demonstration
Groupe Scottish Dance / Scottish Dance group
NOUVEAUTÉ CETTE ANNÉE! / NEW THIS YEAR!
Démonstration SURPRISE avec Lucie Maurer, Monique
Racette et Lucie Beaudoin
Surprise demonstration with Lucie Maurer, Monique
Racette and Lucie Beaudoin

11 : 15

Présentation du Service incendie de Potton « Évacuation en
cas d'urgence »
Potton Fire Department presentation "Emergency
evacuation"
avec / with Carine Daoust

11 : 45

Tirage prix de présence
Door prize draw

11 : 45

Soupe et desserts maison / Homemade soup and desserts
Réservation nécessaire / Reservation required
450-292-3114 poste 113 - Lucie Beaudoin

AU PLAISIR DE VOUS Y VOIR! / LOOKING FORWARD TO SEEING YOU!

Toute la communauté est la bienvenue!
The whole community is welcome!



Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

**Inform,
Bouger,
Socialiser,
S'amuser!**

**Inform,
Move,
Socialize,
Have Fun!**

ACTIVITÉS / ACTIVITIES

" CENTRE LA PLUME AU VENT "

309, Principale, Mansonville

Information : Lucie 450.292.3114 poste 113

Contribution volontaire apprécié pour ces activités /

A voluntary contribution is appreciated to help support these activities.

LUNDI / Monday

- Centre de jour pour aînés / Senior's Day Centre
8 h 30 à 14 h 30 / 8:30 a.m. – 2:30 p.m.
Inscription nécessaire / Registration required
Info : 450.292.3114 / m.hastings@cabmn.org

MARDI / Tuesday

- Bingo (13 h 30 – 15 h 30) \$

MERCREDI / Wednesday

- Viactive (10 h 00 – 11 h 00)
- Café-Rencontre (13 h 30 – 15 h 30) Sujets aléatoire / *Various subjects*
- La Chouette Chorale (17 h 30 – 20 h 00) \$

JEUDI / Thursday

- Déjeuner-causerie en Français pour femmes réservation obligatoire avec Lucie 450.292.3114 /113
(8 h 45 – 11 h 00) [2e jeudi du mois] \$
- Danse écossaise /Scottish Dance (11 h 30 – 13 h 00)
- Broderie,Tricot & Cie... / *Embroidery,Knitting & More* (13 h 30 – 16 h 00)
[1er, 3e, 5e jeudi du mois] / *[1st, 3rd, and 5th Thursday of the month]*
- Danse en ligne Country- Pop *Line Dancing* (13 h 30 – 15 h 30)
[2e, 4e jeudi du mois] \$ débutants / Beginners

VENDREDI / Friday

- Club de Marche Panoramique Hiking Club (10 h 00 – 11 h 00)
- Bridge (12 h 30 – 16 h 00) aux Appartements Potton
Info: Mike McCusker 514.688.9331



Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

50 +

IN SEPTEMBER AT THE FEATHER IN THE WIND CENTER

309 rue Principale in Mansonville

Every Tuesday 1:30 TO 3:30 p.m.

Every Wednesday 10 to 11 a.m.

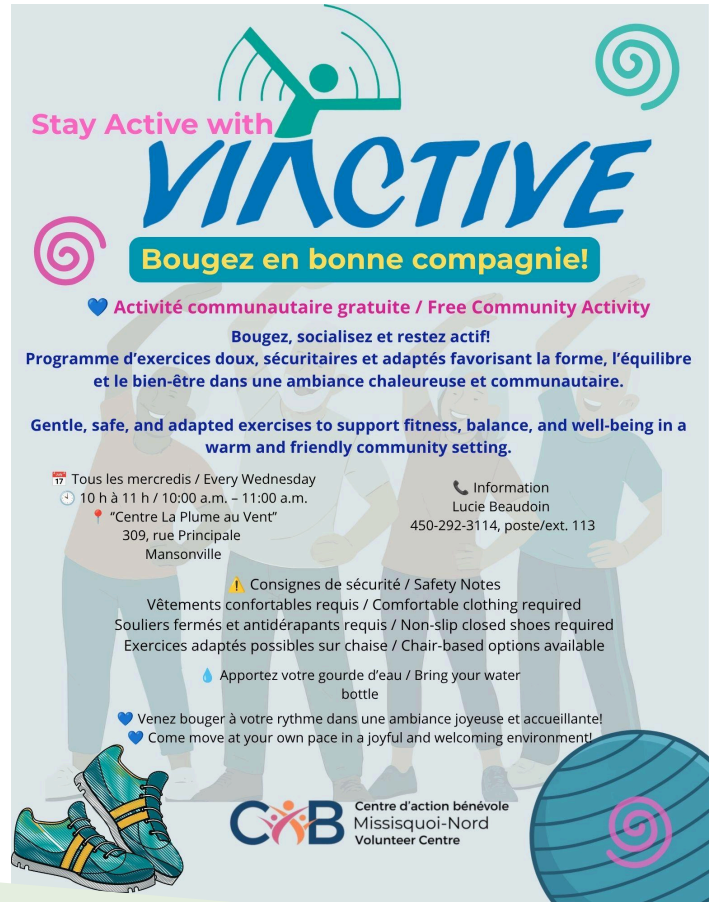


For fun
BINGO
pour le fun

Venez vous amuser dans une ambiance chaleureuse!
Come and enjoy a fun and friendly afternoon!

17 Tous les mardis / Every Tuesday
13 h 30 à 15 h 30 / 1:30 p.m. to 3:30 p.m.
"Centre La Plume au Vent"
309, rue Principale, Mansonville
1 \$ la carte / \$1 per card
Prix à gagner / Prizes to be won
Prix de présence / Door prizes
Pause-café et desserts / Coffee break and desserts
Contribution volontaire / Voluntary contribution
Bienvenue à tous! Everyone is welcome!
Information: Lucie ☎ 450-292-3114, poste/ext. 113

CAB Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre



Stay Active with
VIACTIVE
Bougez en bonne compagnie!

♥ **Activité communautaire gratuite / Free Community Activity**
Bougez, socialisez et restez actif!
Programme d'exercices doux, sécuritaires et adaptés favorisant la forme, l'équilibre et le bien-être dans une ambiance chaleureuse et communautaire.

Gentle, safe, and adapted exercises to support fitness, balance, and well-being in a warm and friendly community setting.

17 Tous les mercredis / Every Wednesday
10 h à 11 h / 10:00 a.m. – 11:00 a.m.
"Centre La Plume au Vent"
309, rue Principale
Mansonville

Information
Lucie Beaudoin
450-292-3114, poste/ext. 113

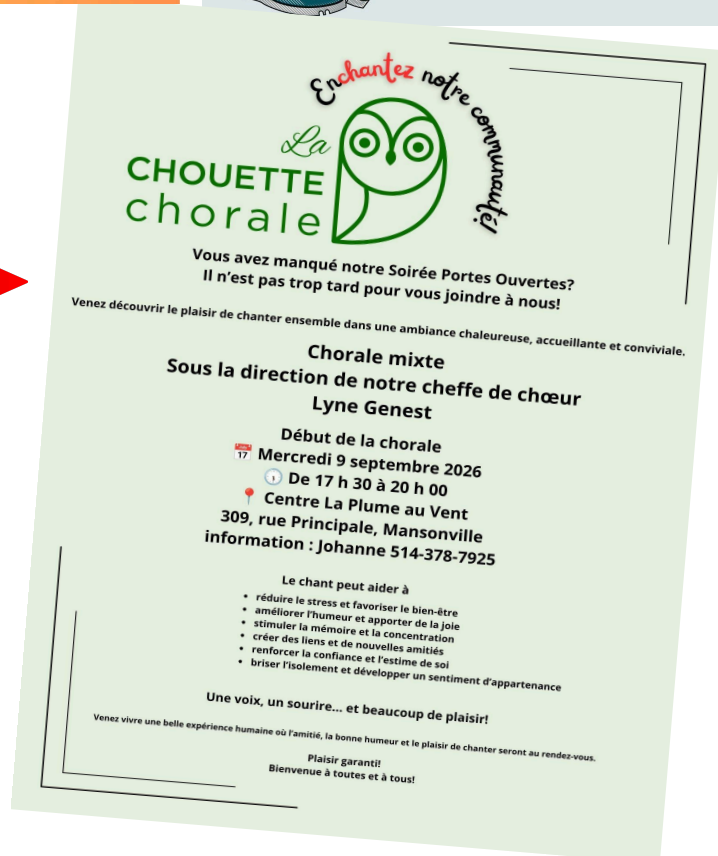
⚠ **Consignes de sécurité / Safety Notes**
Vêtements confortables requis / Comfortable clothing required
Souliers fermés et antidérapants requis / Non-slip closed shoes required
Exercices adaptés possibles sur chaise / Chair-based options available

💧 Apportez votre gourde d'eau / Bring your water bottle

♥ Venez bouger à votre rythme dans une ambiance joyeuse et accueillante!
♥ Come move at your own pace in a joyful and welcoming environment!

CAB Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

Every Wednesday
5:30 to 8:00 p.m.

Enchantez notre communauté
La CHOUETTE chorale

Vous avez manqué notre Soirée Portes Ouvertes?
Il n'est pas trop tard pour vous joindre à nous!

Venez découvrir le plaisir de chanter ensemble dans une ambiance chaleureuse, accueillante et conviviale.

Chorale mixte
Sous la direction de notre cheffe de chœur
Lyne Genest

Début de la chorale
17 **Mercredi 9 septembre 2026**
De 17 h 30 à 20 h 00
Centre La Plume au Vent
309, rue Principale, Mansonville
information : Johanne 514-378-7925

Le chant peut aider à

- réduire le stress et favoriser le bien-être
- améliorer l'humeur et apporter de la joie
- stimuler la mémoire et la concentration
- créer des liens et de nouvelles amitiés
- renforcer la confiance et l'estime de soi
- briser l'isolement et développer un sentiment d'appartenance

Une voix, un sourire... et beaucoup de plaisir!

Venez vivre une belle expérience humaine où l'amitié, la bonne humeur et le plaisir de chanter seront au rendez-vous.

Plaisir garanti!
Bienvenue à toutes et à tous!

1st, 3rd & 5th Thursday 13:30H



BRODERIE, TRICOT & Cie

Embroidery, Knitting & More

**Créez, partagez et inspirez-vous!
Create, share and be inspired!**

Les 1er, 3e et 5e jeudis de chaque mois
Every 1st, 3rd and 5th Thursday of the month
13 h 30 à 16 h 00
1:30 p.m. – 4:00 p.m.

**Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre**
"Centre La Plume au Vent"
309, rue Principale
Mansenville

Aucune expérience requise!
Apportez votre projet de broderie, de tricot, de crochet ou tout autre ouvrage à l'aiguille.
Madeleine et Gisèle sont là pour vous accueillir, vous encourager et vous accompagner dans une ambiance chaleureuse et conviviale.

No experience necessary!
Bring your embroidery, knitting, crochet or other needlework project.
Madeleine and Gisèle are here to welcome, encourage and support you in a warm and friendly atmosphere.

Venez créer, apprendre, échanger... et passer un bel après-midi!
Come create, learn, share and enjoy a wonderful afternoon!

Information : Madeleine: m.langlois@cabmn.org
Gisèle: mcnabbg46@gmail.com

Second Thursday of the month 8:45 a.m



DÉJEUNER-CAUSERIE

Pour les femmes

En collaboration avec le Centre des femmes de Magog
Un moment chaleureux pour bien commencer la journée...
dans la convivialité, l'écoute et le partage!

Déjeuner continental servi
Un thème différent chaque mois

10 Septembre: Être soi-même, facile à dire, difficile à faire
08 Octobre: Pauvreté, richesse et simplicité volontaire
12 Novembre: L'aide à mourir
10 Décembre: Est-ce que la violence prend des vacances?

Le 2e jeudi de chaque mois
De 8 h 45 à 11 h 00
Centre La Plume au Vent
309, rue Principale
Mansenville

Réservation obligatoire au plus tard le lundi précédant le déjeuner
☎ 450-292-3114, poste 113
✉ l.beaudoin@cabmn.org

♥ Contribution volontaire \$\$\$
Une contribution volontaire est grandement
appréciée afin de contribuer au règlement des frais
du déjeuner et de soutenir la collaboration avec le
Centre des Femmes de Magog.

Venez seule ou avec une amie!
Un espace pour échanger, partager et créer de nouveaux liens.
Toutes les femmes sont les bienvenues!

**Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre**

**Every Thursday 11:30
a.m. to 1:00 p.m.**



SCOTTISH DANCE / DANSE ÉCOSSAISE

Tous les jeudis / Every Thursday
11 h 30 à 13 h 00 / 11:30 a.m. – 1:00 p.m. Pour adultes de tout âge
"Centre La Plume au Vent"
309, rue Principale, Mansenville

**Venez bouger au rythme de la danse écossaise!
Come and enjoy the rhythm of Scottish dancing!**

Découvrez le plaisir de la danse écossaise dans une ambiance conviviale!
Come have some fun and discover scottish dancing.

Que vous soyez débutant ou que vous ayez déjà dansé, venez bouger, vous amuser et
rencontrer de nouvelles personnes. Aucune expérience n'est nécessaire.
It does not matter if you are a beginner or have some experience, come and dance,
move, have fun and meet a lively group. No experience required.

À apporter / Please Bring

- Des vêtements confortables pour bouger
- Des chaussures appropriées pour la danse
- Votre gourde d'eau
- Comfortable clothing suitable for dancing
- Appropriate dance shoes
- Your water bottle

Information: Gisèle McNabb
☎ 514-663-6041 ✉ mcnabbg46@gmail.com

**Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre**

NEW 2nd & 4th Thursdays from 1:30 to 3:00 p.m.

DANSE EN LIGNE / LINE DANCING *Country*

Pour débutant 55+ / For Beginners 55+



Une activité plaisir pour les 50 ans et plus / A fun activity for adults 50+

Venez bouger, apprendre et vous amuser avec la danse en ligne! / Join us for line dancing!

Aucune expérience nécessaire – tout le monde est bienvenu! / No experience required – everyone is welcome!

30 \$ pour 6 semaines / for 6 weeks
Du 24 septembre au 10 décembre / September 24 to December 10



	Quand / When: Le 2 ^e et 4 ^e jeudi du mois / 2nd and 4th Thursday of each month	
	Heure / Time: 13 h 30 à 15 h 30 / 1:30 p.m. to 3:00 p.m.	
	Format: Via ordinateur et écran avec un tutoriel de danse / Using a computer and screen with a dance tutorial	
	Lieu / Location: "Centre La Plume au Vent" 309, rue Principale, Mansonville	only 16 places seulement
	À apporter / Please bring: Bouteille d'eau, Vêtements confortables, Chaussures adéquates pour bouger / Water bottle, Comfortable clothing, Appropriate footwear	
	Information : Lucie Beaudoin, 450-292-3114 poste / ext. 113	

Venez danser, garder la forme et surtout avoir du plaisir! / Come dance, stay active and have fun!



Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

CLUB DE MARCHÉ PANORAMIQUE PANORAMIC WALKING CLUB

Bougez, découvrez et respirez la nature! / Move, explore, and enjoy nature!

Sur les routes secondaires du canton de Potton, prenez le temps de bouger autrement, de découvrir des paysages magnifiques et de profiter pleinement de l'air frais et de la tranquillité de la nature.
Une belle occasion de rester actif, de se ressourcer et d'apprécier tout ce que notre milieu a à offrir.

On the secondary roads of the Township of Potton, take the time to move differently, discover beautiful landscapes, and fully enjoy fresh air and the peace of nature.
A great opportunity to stay active, recharge, and appreciate everything our community has to offer.

Tous les Vendredis / Every Fridays

♦ Lieu changeant chaque semaine / Location changes weekly

✦ En vous inscrivant avec votre courriel, vous recevrez les informations du lieu de départ chaque jeudi précédent
✦ By registering with your email, you will receive the weekly departure location every Thursday

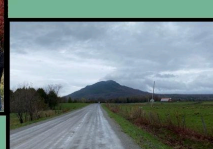
🕒 Départ : 10 h à 11 h / Start: 10:00 a.m. – 11:00 a.m.

📞 Information : Lucie Beaudoin
450-292-3114 poste 113 / l.beaudoin@cabmn.org

⚠️ À prévoir / What to bring
Vêtements adaptés à la météo / Weather-appropriate clothing
Bonnes chaussures de marche recommandées / Good walking shoes recommended
Eau / Water bottle

📍 Venez marcher, socialiser et profiter de paysages magnifiques! / Come walk, socialize, and enjoy beautiful scenery!







Centre d'action bénévole
Missisquoi-Nord
Volunteer Centre

Fridays 10 to 11 a.m.

You can also enquire about our Senior Home visits




SENIOR HOME VISITS

Did you know that the CABMN offers personalized home visits for seniors that are not able to get out and socialize as often as they would like? Well, we do! We have two CABMN employees that love spending a part of their day with someone who just needs to talk. This visit can be as simple as them going to see you or even going out for a coffee and a chat. It is all up to you!



www.cabmn.org



450-292-3114



Judith Mitchell-Ball Obituary

Judith MITCHELL-BALL
1946 - 2026

After a courageous battle with cancer, at the CIUSSSE-CHUS Magog Palliative Care Unit, on Wednesday, July 1, 2026, Rev. Deacon Judith Mitchell-Ball passed away. Predeceased by her husband Kenneth Ball.

Judy has two children Jason (Mable) and Laurie (Steve); her grandchildren Tom, Simeon, Ethan, and Danika; her brother Keith; as well as many nephews and nieces, other relatives and dear friends.

Family and friends were welcomed on Saturday, July 11, 1 p.m., at the former St. Paul's Anglican Church in Mansonville (309 Principale) to give condolences and 2 p.m. the Funeral Service with reception followed at the Centre MJM, 471 Rte de Mansonville. Interment at Knowlton Protestant Cemetery.

Judy was the long time medical secretary (prior to the arrival of the CLSC), for the medical clinic in Mansonville and in Knowlton. She then worked at the Foyer Sutton for many years.

She became a Deacon of St. Paul's Church and Diocese and supported many families through her work at the Church. Conducting funerals, weddings, baptisms and visiting the sick in hospitals.

Judy loved animals, birds, music and helping people.

At Judy's request, Donations in her memory to the CABMN Youth Center of Mansonville, website: www.cabmn.org, would be appreciated.

HER FINAL GIFT a heartwarming article in the following link by her daughter in law Mable Hastings:

https://cabmn.org/wp-content/uploads/2026/08/2026_08_21_Her_final_gift.pdf

YOUR TIPS MAKE A DIFFERENCE

The Bolton-est **Bistro du Marché** and the **Bistro du Rucher** dinner shows donated \$2,500 to the Centre d'action bénévole de la Missisquoi Nord (CABMN), from the generous tips you leave when you visit them. This amount will be used to fund Christmas baskets, vouchers at the Public Market for families in need, as well as emergency food assistance applications .

Thank you for your generosity!



CONGRATULATIONS AND THANK YOU TO OUR VOLUNTEERS OF THE MONTHS OF JULY, AUGUST AND SEPTEMBER

CABMN'S VOLUNTEER OF THE MONTH FOR JULY

JASON IS ALWAYS READY TO LEND A HAND WHEN NEEDED. HE TRULY EMBODIES THE SPIRIT OF VOLUNTEERISM, IMPROVING QUALITY OF LIFE WHILE INSPIRING OTHERS TO GIVE BACK.



JASON BALL

THANK YOU FOR YOUR INVALUABLE HELP WITH OUR MOVIE NIGHT FUNDRAISER, WHICH WAS ORGANIZED TO RAISE FUNDS FOR EQUIPMENT, ACTIVITIES, AND OUTINGS FOR OUR FRIENDS WHO PARTICIPATE IN THE KEN JONES RESPITE PROGRAM AND THE CIUSSSE/CHUS DAY CENTER FOR PEOPLE WITH INTELLECTUAL DISABILITIES.

**CENTRE
D'ACTION BÉNÉVOLE**
DE LA MISSISSQUI-NORD
MISSISSQUI NORTH VOLUNTEER CENTRE

CABMN'S VOLUNTEERS OF THE MONTH FOR AUGUST

DANIEL AND MARYSE ARE ALWAYS READY TO LEND A HAND. THEY ALSO SEEM TO BE AROUND EVERY TIME WE NEED THE EXTRA HAND! THANK YOU FOR BEING SO AMAZING!



**DANIEL OUELLET
& MARYSE PLOUFFE**

THANK YOU FOR YOUR INVALUABLE HELP WITH THE KEN JONES AND SPECIAL PROGRAMS BARBECUE, WHICH WAS ORGANIZED TO CELEBRATE OUR FRIENDS WHO PARTICIPATE IN THE KEN JONES RESPITE PROGRAM AND THE CIUSSSE/CHUS DAY CENTER FOR PEOPLE WITH INTELLECTUAL DISABILITIES.

CAB Centre d'action bénévole
Mississquoi-Nord
Volunteer Centre

CABMN'S VOLUNTEER OF THE MONTH FOR SEPTEMBER

WE THANK PIERRETTE FOR HER DEDICATION, HER WILLINGNESS TO HELP, AND HER CONSISTENTLY POSITIVE INVOLVEMENT IN THE ACTIVITIES OF THE CENTRE LA PLUME AU VENT. HER ABILITY TO LISTEN, HER WISDOM, HER ZEST FOR LIFE, AND HER POSITIVE ENERGY ARE GREATLY APPRECIATED.



PIERRETTE DENIS

THANK YOU, PIERRETTE, FOR YOUR GENEROSITY AND YOUR INVALUABLE COMMITMENT!

CAB Centre d'action bénévole
Mississquoi-Nord
Volunteer Centre

In case you missed it in the Sherbrooke Record, you can find it right here.



WHAT'S NEW?

**By our Executive director Mable Hastings
In the Sherbrooke Record "THE SCOOP"**

- **New selfie station at Owl's Head (part 1 and 2)**
https://cabmn.org/wp-content/uploads/2026/08/2026_08_21_New_selfie_station_s_at_Mount_Owls_Head_1.pdf
https://cabmn.org/wp-content/uploads/2026/08/2026_08_21_New_selfie_station_s_at_Mount_Owls_Head_2.pdf
- **Her final gift**
https://cabmn.org/wp-content/uploads/2026/08/2026_08_21_Her_final_gift.pdf
A must read on the loss of someone dear
https://cabmn.org/wp-content/uploads/2026/08/2026_08_14_The_hole_stay_but_so_does_the_love.pdf
- **Optimist Club annual golf tournament tremendous success**
https://cabmn.org/wp-content/uploads/2026/08/2026_08_14_Mansonville_Optimist_Club_annual_golf_tournament_a_tremendous_success.pdf
- **Spirit of Potton festival**
https://cabmn.org/wp-content/uploads/2026/08/2026_07_31_Spirit_of_Potton_Festival_2026_goes_western.pdf
- **Meals on wheels in Potton**
https://cabmn.org/wp-content/uploads/2026/08/2026_07_31_Coop_de_la_Solidarite_in_St_Etienne_de_Bolton_brings_Meals_on_Wheels_to_Potton.pdf
- **Potton's Sundays in the park**
https://cabmn.org/wp-content/uploads/2026/07/2026_07_17_Pottons_Sundays_in_the_park_bring_music_to_the_community.pdf
- **Potton's annual beach party**
https://cabmn.org/wp-content/uploads/2026/07/2026_07_17_Pottons_annual_beach_party.pdf
- **New event for cyclists "La Garnotte" de Potton**
https://cabmn.org/wp-content/uploads/2026/07/2026_07_17_First_edition_of_La_Garnotte_de_Poyyon_a_resounding_success.pdf
- **Annual youth end of year awards**
https://cabmn.org/wp-content/uploads/2026/07/2026_07_10_Volunteer_Centre_annual_youth_and_special_programs_end_of_year_awards_evening.pdf

For more information on our services go to : <https://cabmn.org/>

Missisquoi North Volunteer Centre holds annual general meeting



CAB AGM 2026



THE SCOOP
 MABLE HASTINGS

On Thursday, June 18 the Missisquoi North Volunteer Centre (CABMN) held its annual general meeting at the Centre MJM located at 471 Rue de Mansonville. With some 50 people attending, the evening was a celebration of the work accomplished by the non-profit charitable organization over the past year. The Annual Activity Report was shared with copies distributed to all in attendance. The report includes statistics for programming for seniors, youth, persons with disabilities and detailed information on the CABMN volunteer coordination, a companioned transportation service, emergency food bank, various committees, medical equipment lending, income tax service, collaborative efforts in the MRC Memphremagog West, senior's home visits, check-in calls, vision plan update as well as financial information.

The CABMN unveiled its new logo thanks to its Promotions and Marketing committee. The new logo, its colours, visual impact and image better suits the mission of the CABMN. The launching of the logowas followed by the sharing of a song written about the CABMN entitled, "All Because of You," a dedication to the volunteers who are the foundation of the non-profit organization. Celebrating the many who were part of the CABMN when it came to Potton in 1982 as Citizen Advocacy, through to its continued community support and involvement today some 44 years later; with emphasis put on the fact that the path the CABMN follows is continuous and ever changing with many faces



CABMN staff team

implicated along the way. Coming and going but never forgotten.

The CABMN Board elected two new members, Jean-Pierre Cote, a resident of Saint-Henri-de-Bolton and Patricia Lachance, who has been a CABMN volunteer for over 30 years. Patricia will assume the role of Vice-President. Brenda Clark remains the President. Madeleine Langlois, the Secretary and continuing members of the board of directors includes: Kathy Mullins, Louise Provost, Cynthia Marcoux, Rolf Maurer, Marc Van Oost and Greg Mierzwinski.

Financials were presented by the Auditing firm of MNP LLP with Dorian Johnson on hand to answer questions and to share the financial statements. The CABMN staff presented some statistics during the Activity Report on a variety of services and all in attendance were encouraged to take some time at home to read the report that was shared to assure all are informed about what the CABMN has done and is working on in the community. The third year Vision Plan is included in the report and with 13 categories of services and an update on the 2026-2027 plan, readers are able to, along with the other information, have a good portrait of the organization



PHOTO BY ITHA NIALE

CABMN board of directors

and its role. Copies of the AGM can be picked up at the CABMN Main office at 3148 Principale in Mansonville. If you would like to read the report, you can find it on the organization's website at www.cabmn.org.

The CABMN will be launching its 2026-27 Annual Financial Campaign within the next two weeks. Donations

are always appreciated and can be sent via the post to: CABMN, 3148 Principale, Mansonville, Quebec JOE 1X0, on the website through Canadahelps at: www.cabmn.org or via e-transfer at: info@cabmn.org For more information call: 450-292-3114. Charitable tax receipts are issued for all donations.

POTTON ACTIVITIES AND SPORTS THIS FALL

For more information on activities in Potton, go to [Potton in brief](#)

For the **FALL Leisure and Activities Programming** click on the following link:

<https://potton.ca/wp-content/uploads/2026/08/FR-PROG-LOISIRS-A2026.pdf>

MUNICIPAL LIBRARY bibliotheque@potton.ca

Exhibit “*Ponts couverts - Covered Bridges*” André Cloutier photographer

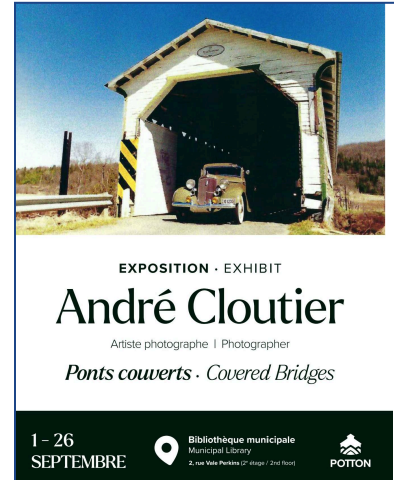
We are back to the regular hours:

Tuesday to Thursday, 9am to 12:30pm / 1:15pm to 4pm

Friday 9am to 12:30pm

Saturday from 10am to 1pm

You can also reserve your books by phone at 450 292-3313,
ext. 23



CINÉMA POTTON SEPTEMBER September 11, Mansonville 16:00h



OWL'S HEAD IN COLOURS FOUR FUN FILLED WEEKENDS

Family Weekend!

September 19–20, 2026



Sports weekend!

September 26-27, 2026 with the fifth edition of the **ÉPIC Triathlon fundraiser for the CABMN** on the 26th.

Gourmet Weekend! With flavors of the Townships.

October 3–4, 2026

Country Weekend!

October 10–11-12, 2026



Get all pertinent information on this link: [Owl's Head in Colours](#)

ARTS, CULTURE AND ENTERTAINMENT

BROME FAIR LABOR DAY WEEKEND SEPT 4 TO SEPT, 7 2026

Founded in 1856, Expo de Brome is an annual agricultural fair held every Labour Day weekend. It is the largest rural agricultural fair in Quebec. It welcomes visitors from all over the world, giving them a glimpse of today's agriculture. In addition to cattle, horse, goat and sheep competitions, visitors also enjoy traditional craft and horticultural exhibits. Many are delighted by the variety of commercial exhibitors, as well as the shows and entertainment on offer throughout the weekend.



For more information, programming and tickets, go to [Brome Fair](#)

CONCERTS AND EVENTS IN THE AREA (one stop shopping)

For your information, we are pleased to share links for concerts and activities presented in our area.

- **CONCERT ROUTE** for classical music lovers [Home – Route des concerts](#)
- **In Bolton East:** [Rucher Boltonnois](#) You can check out their web site for the shows they are presenting and shop for specialty foods online by clicking on the *Marché public icon*.
- **In Austin:** [Carrefour Austin](#)
- The **Brome Lake** Théâtre - [Programmation | Théâtre de Lac-Brome](#)
- Le Vieux Clocher de **Magog** - [Vieux Clocher de Magog](#)
- Octave microbrasserie **Magog** [Octave Microbrasserie](#)
- Centre Culturel de **L'université de Sherbrooke** - [Programmation - Centre culturel de l'Université de Sherbrooke](#)
- Discover the cultural vitality of our region with a wide range of special events. Love music, dance, theater or comedy? Peruse the events listing and reserve your tickets for must-see shows happening **in the Townships**. From season to season, the region serves as inspiration for a number of events ranging from culinary and cultural to athletic or simply festive. Take your pick! [Events | Eastern Townships \(Québec\)](#)
- **In Saint-Étienne-de-Bolton** The Coop du Grand Bois [Le bistrot-épicerie](#)



HEALTH AND FITNESS



A go-to recipe loved by many. A creamy Alfredo-style ramen with Boursin, ready in under 10 minutes with just a few ingredients. Simple, comforting, and so delicious that you'll wonder why it takes so little time to make.

[Ramen alfredo au Boursin](#)

Moving a little is already a lot!

Good news: yes, doing a little physical activity is already beneficial. Moving for a few minutes a day, even less than 150 minutes recommended per week, can help improve health and reduce risks of diseases. The Prevention Observatory explains.

https://montougo.ca/bouger-plus/bouger-a-sa-facon/bouger-un-peu-cest-deja-beaucoup/?utm_source=TOUGO_Juillet2&utm_medium=email&UTM_NomMessage=TG_260708_Courriel2&utm_campaign=TOUGO2026&oft_id=175192573&oft_k=d22Ws9uQ&oft_lk=56KR1R&oft_d=639225754074600000

COME JOIN US ON MONDAYS CONTINUING ALL SUMMER



**CENTRE DE JOUR POUR LES
PERSONNES ÂINÉES !**

SENIOR DAY CENTRE



**REJOIGNEZ-NOUS POUR UNE JOURNÉE DE
LOISIRS POUR LES SENIORS !**

JOIN US FOR A DAY OF FUN FOR SENIORS!



Venez essayer ! Come and give it a try!

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

Date: Chaque Lundi (8h30 a 15h00/8:30am to 3:00pm)

309 Principale Centre La Plume Au Vent/Senior's Centre CABMN

Répit pour les proches aidants offrant une journée animée et supervisée aux personnes âgées afin qu'elles puissent partager, participer à des activités et passer du temps avec d'autres personnes...

Respite for caregivers providing a animated, supervised day for seniors to share, partake in activities and enjoy time with others...

**FREE.....GRATUIT (Apportez votre lunch, nous
fournissons une collation...Bring your lunch, we provide a snack)**

You must register and be accepted to participate.

Vous devez vous inscrire et être accepté pour participer. 4 spaces available only.

Seulement 4 places disponibles.

Contact the CABMN 450-292-3114 extension 104

Contactez le CABMN au 450-292-3114, poste 104 (demandez Mable).

THOUGHT OF THE MONTH

A quote by John C. Maxwell is displayed in white text against a dark, starry night sky. The sky is filled with numerous small, bright stars. At the bottom of the image, the dark silhouettes of trees and a palm tree are visible against a slightly lighter, orange-tinged horizon.

A man must be big enough
to admit his mistakes,
smart enough to profit
from them, and strong
enough to correct them.

John C. Maxwell

Editing and publishing by Lucie Maurer in collaboration with the CABMN team
l.maurer@cabmn.org