



# Townshipers WNSHIPERS

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TOWNSHIPERS.ORG



FALL · WINTER 2019

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# Executive Director's Message

by Rachel Hunting

Here we are well into the fall season and I'd like to thank you all for your patience and understanding over the past two months as our Lennoxville team transitions into a new space (which we are admittedly not yet moved into as I type this from my home office!); you will find more information on our move and our new space further along in these pages.

This fall has shown our Association its share of successes and challenges, from beautiful weather and great attendance at Townshippers' Festival in Cowansville on September 21, 2019, to the introduction of Bill 40, the very public disengagement of some members of our community from the coalition group the Quebec Community Groups Network, and the recent media frenzy around political comments suggesting Quebec's government may attempt to define who qualifies as an "historical Anglophone Quebecer"... it has indeed been quite a season! Rest assured, your Association is hard at work bringing our community's perspective to the conversation and going on record for the protection of your constitutional rights.

Politics aside, I'd like to take this opportunity to highlight the Townshippers' staff team whose hard work and dedication make possible all of the initiatives and activities the association undertakes. You are likely to encounter one of our team members out in the region working on anything from information and referral to health sector networking, youth retention to employment opportunities; there is a project coordinator with issues that are important to you on their radar and the expertise to negotiate the terrain.

We've had some team members leave for new opportunities and some new faces join us in the past six months; not sure which Townshippers' staff member has their finger on the pulse in your neck of the woods? Browse the staff section on our newly rejuvenated [Townshippers.org](http://Townshippers.org) (under the About tab)!

*Rachel Hunting*





# President's Message

by Gerald Cutting

Autumn is now officially here with all of its magnificent colours and frosty nights. Mother nature is preparing for the long hibernation that is just around the corner. At the same time, here in the Townships it is the season of festivals, fairs, and celebrations that bring people together from across the province. The second edition of Festival des Townshippers' Festival in Cowansville at Massey-Vanier Regional High School was a fine example of how we, as Townshippers, continue to celebrate our culture and traditions.

With our partners, the Eastern Townships School Board and the CIUSSS de l'Estrie – CHUS, we were able to demonstrate how people from the English- and French-speaking communities can and do form lasting partnerships through cooperation and understanding. We were delighted to have in attendance a number of deputies from the CAQ caucus that represent ridings in the Townships, as well as Dr. Eric Jabbari, Political Advisor to the Premier, Mr. Legault. We sincerely hope that this opportunity to spend some time with us helped to reinforce our message that, as a founding people of this region, we have been and will continue to be major contributors to Quebec and Canadian society.

Townshippers' Festival was indeed a concrete example of the importance of our school board as an essential institution to the development of our regional community, which must be supported. The right to elect our commissioners is central to our identity as an English-speaking community and while we applaud the CAQ's decision to not remove this right in the upcoming legislation known as Bill 40, it is our opinion that there are serious issues in this Bill that must be addressed. Hopefully Townshippers' will be invited to address these issues at the upcoming hearing scheduled for later this fall so that we can present our questions and observations on the record.

We are very pleased that under the leadership of Mr. Christopher Skeete, Parliamentary Assistant to the Premier, the Secretariat for Relations with English-speaking Quebecers held a consultation on



October 25 at Champlain College in Lennoxville, as part of a provincial tour with the English-speaking community. Townshippers' Association played a role in helping to organize this event and we came well prepared to voice our concerns on a number of issues that impact our community.

With a Federal election now over and a Liberal Minority Government in place, the question of linguistic minority rights may take a back seat in terms of priorities. With the rise of populism and Quebec nationalism, minority rights are a thorny issue. We have already seen how quickly Charter rights can be set aside in order to promote "the will of the majority".

If a teenaged girl from Sweden can wake up the world to the impact of climate change, then surely we, as an English-language community, can respectfully demand—from those sitting in Parliament—a firm commitment to ensure the survival of minority rights in our own country.

In closing, I am once again very pleased to be able to work with such a great staff and dedicated group of volunteers. Read through this publication, and I am sure you will be amazed by the number of projects and the positive impact of your Association on our Townships communities.

*Gerald Cutting*



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# Townshippers' Festival Recap

This year's edition of Townshippers' Festival was blessed with sunny skies and a warm, crisp fall breeze at Cowansville's Massey-Vanier High School on September 21, 2019. More than 2,000 visitors flocked to the event to celebrate our region's English-speaking community, discover nearly 60 artisans and exhibitors, enjoy delicious fare from 5 local vendors, learn more about how to cultivate healthier lifestyles thanks to organizing partner CIUSSS de l'Estrie – CHUS, and receive information about organizing partner the Eastern Townships School Board's various initiatives, in addition to getting the chance to explore Massey-Vanier's fantastic facilities.

The festival program was packed with fun activities and entertainment—from arts and crafts, face painting, and hair wrapping for kids to live music, dancing, and other performances that contributed to the fun, festive atmosphere. The silent auction was once again a popular draw featuring a myriad of generously donated local items and services. Townships Expressions was also onsite offering an array of books, music, and art by Townships artists; authors Deborah Henderson and Ross Murray also made appearances to meet visitors and discuss their most recent books.



Thanks to the hard work of the Green Team and supported by visitors and vendors, Townshippers' Festival kept its commitment to leaving a minimal footprint on the environment, with only 1 bag of garbage produced by participants and visitors.

Townshippers' Festival's 2019 organizing partners would like to send out a BIG thank you to all those who helped bring this year's festival to life and to all our visitors for sharing this wonderful event with us. Special thanks go out to the 2019 partners who made the festival possible, including the CIUSSS de l'Estrie – CHUS, the Eastern Townships School Board, the Secrétariat aux relations avec les Québécois d'expression anglaise, Cass Funeral Homes, Global Excel Management, Raymond Chabot Grant Thornton, Deputy for Brome-Missisquoi Isabelle Charest, The Sherbrooke Record, Deputy for Granby François Bonnardel, CEDEC, Windmill Plastics Ltd., Spa Bolton, Deputy for Saint-François Geneviève Hébert, Deputy for Richmond André Bachand, Deputy for Mégantic François Jacques, the Ville de Cowansville, and Estampe Illumina Inc.

You're invited to join us for next year's edition of Townshippers' Festival at Alexander Galt Regional High School in September 2020! Check back with us at [Townshippers.org/tfest](http://Townshippers.org/tfest) to see what is in store!



# Additions to the Team

Since the spring, we've had the pleasure of welcoming four new/newly returned members to the Townshippers' team, and three summer interns! We hope you'll have the opportunity to meet and work with our new additions!

**Melissa Crook**  
Staff Resource Development Officer

Melissa Crook joined the Townshippers' team in May as a Staff Resource Development Officer. Melissa was born and raised in Ayer's Cliff. She moved away from the area a few times before settling here to raise her family, including energetic explorers Elliot, 3, and Eloise, 1.

Melissa's past work experience includes employment counseling and human resources, particularly recruitment and selection, so her new position at Townshippers' presents an opportunity to broaden the use of her many skills. In her new role, Melissa is responsible for bookkeeping and human resource development, which involves developing the Association's professional development and team-building program for administrative staff and project managers.



## • operations •



In April, Holly McMillan returned to work at Townshippers' in a new position following 10 months away from her desk with her first-born, Lizzie.

You may recognize Holly from her volunteer work at the Eaton Corner Museum and Magog Community Night School (to name a few), or from her previous roles at the Association as a Community Information Agent, Canada Games Project Coordinator, and Make Way for YOUTH Migration Agent.

In April, Holly took on a new role as Communications & Grants Officer. In this role, she will be the voice behind many of the Association's print publications, as well as the e-newsletter, in addition to assisting the Executive Director with funding applications and reports as needed.

**Holly McMillan**  
Communications & Grants Officer



We have two new project managers with us this year—Ed is the Project Manager for the newly created Enhancing Regional Community Capacity project, and Heather is seeing the Inclusive Membership Initiative through to its term. We're sure you'll be seeing a lot of them this year!

Ed Humphrey  
Project Manager, ERCC

Ed Humphrey joined the Townshippers' team in May as the ERCC Project Manager. Ed is from Vancouver; he has spent 17 years in the heart of the Canadian prairies and nearly 20 years in Québec. His previous work experience includes exciting stints in the fields of tourism, education, wildlife management, broadcasting and the community sector to name a few, the majority of which were in a French-language minority context in Winnipeg. Those experiences really opened his eyes to the challenges facing official language minority communities throughout Canada.



Ed is supporting the English-speaking community through the Enhancing Regional Community Capacity (ERCC) initiative. The project aims to support English speakers in the Townships through the development and continuation of partnerships and initiatives that contribute to our minority language community's vitality. Some of the projects he works on include career fairs for youth, regional networking events, dynamic forums for women, and other collaborative initiatives with both French- and English-speaking community partners.

*• project managers •*



In October, Heather joined the Townshippers' team as the project coordinator for the Inclusive Mentorship Project, which pairs English-speaking health and social service students with French-speaking health professionals in the region to help HSS students gain confidence working in the public sector in their second official language and to increase the presence of English-speaking health professionals in the public health care system in the Eastern Townships.

Heather studied Business and Public Relations, and she has more than 15 years of work experience in sales, B2B marketing and communications. Her heart lies within the non-profit sector; she feels the most comfortable and fulfilled doing work that brings people together.

Not only is Heather new to the Association, but, she is also new to the region. Heather is from Montreal but spent the past four years living in Bordeaux, France with her French partner, Samuel. Sam recently received a job offer at the CIUSSSE - CHUS and Heather happily followed him back to her beloved Canada. They are both very excited to embark on this exciting new adventure together in the beautiful Eastern Townships.

Project Coordinator, Inclusive Mentorship Initiative

Heather Ancliffe

## Free Legal Info Service is Back! —



Thanks to a partnership with the Université de Sherbrooke, Townshippers' Association is pleased to once again provide this clinic giving the public free, easy, and confidential access to legal information in English. A student from the UdeS Law Faculty volunteers to answer legal questions by phone or e-mail, from September to December and January to March.

Contact us by phone at 819-566-2182 or by e-mail at [legalinfo@townshippers.org](mailto:legalinfo@townshippers.org).

It is important to remember that legal information interns are still students. By law, they are not allowed to dispense advice or offer opinions. This is reserved for lawyers who have passed the bar exam. Students can, however, refer people to practising lawyers or other services such as Educaloï.

## It's Moving Day for Our Lennoxville Office! —

After two decades in the Marguerite-Knapp Building, Townshippers' Sherbrooke office is moving on up—the hill. In early October, Townshippers' team sealed up their boxes and prepared to work remotely until a new location could be found that would fit the unique needs of a regional community organization.

After a long search, we are thrilled to share the news that we will soon be moving into the building at 3355 College, which was previously occupied by the CRDITED Estrie and the Dixville Foundation. And we have more good news – many of the other organizations who are currently located at the Marguerite-Knapp Building plan to make the move with us.

We are grateful to the Eastern Townships School Board for providing a community hub to our organization and many others for a good number of years, and for their support throughout this transition.

It will take us a little while to get settled, but we look forward to welcoming visitors and partners to our new location.



*See you soon!*





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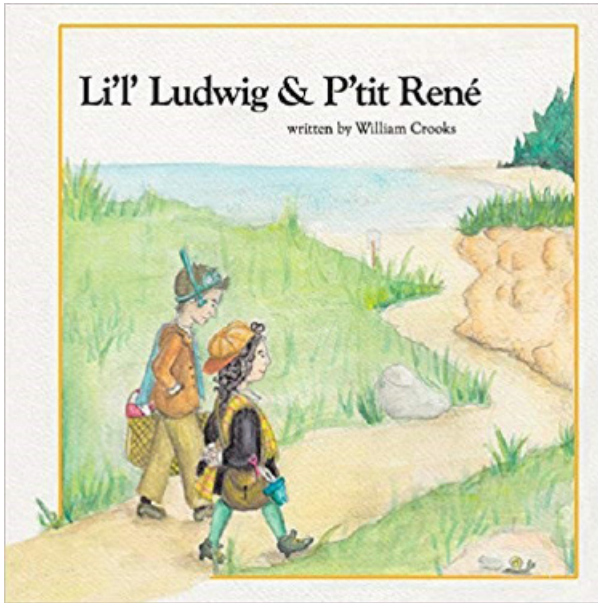
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# New in Townships Expressions



## LI'L' LUDWIG & P'TIT RENÉ

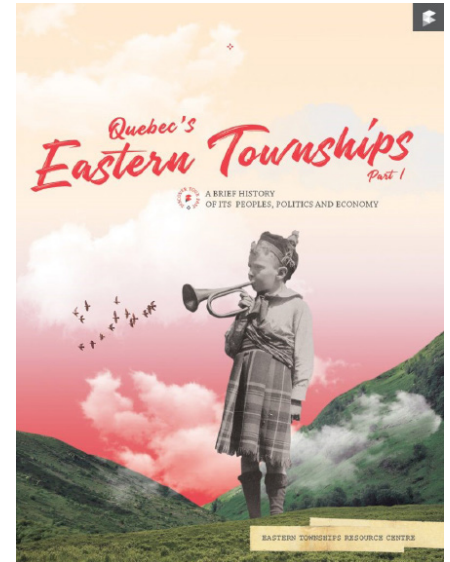
**William Crooks**

L'il' Ludwig and P'tit René is a philosophical picture book for children (and perhaps an adult or two). Join them as their play on the beach transforms into a surreal, rhyming wrangle over the nature of perception, dreams, math and more. There is even a run-in with an Evil Genie! Meant to span a wide age range, the gorgeous, watercolor illustrations, poetry and silly accents should entertain the young, while the ideas expressed, accurate representations of those of the famous philosophers after which the young protagonists are named, should perplex and engage a more mature reader.

## QUEBEC'S EASTERN TOWNSHIPS Eastern Townships Resource Centre

*Quebec's Eastern Townships: A Brief History of its Peoples, Politics and Economy* tells the story of the region's unique history and lets you discover its past. What do Americans have to do with the region's development, what is the story behind the lone pine on the St. Francis River and what is the Irish Orange Lodge doing in the Townships?

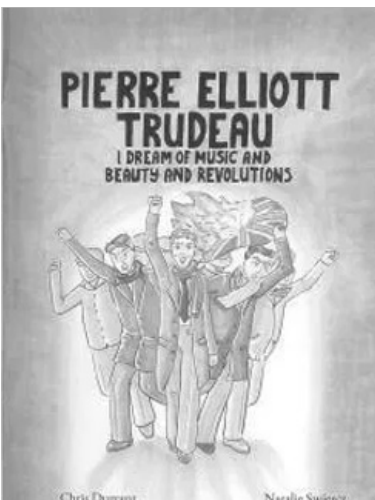
The Historical Eastern Townships has greatly evolved over the past few decades. This brief history of the Eastern Townships aims to provide an overview of various events and individuals who had an impact on the development of the region.



## PIERRE ELLIOTT TRUDEAU

### I DREAM OF MUSIC AND BEAUTY AND REVOLUTIONS

**Chris Durrant**



To borrow a phrase from cartoonist Joe Ollmann, this is a work of speculative non-fiction. Trudeau himself never spoke publicly about the most interesting activities of his formative years. Max and Monique Memni's *Young Trudeau* and John English's *Citizen of the World: The Life of Pierre Elliott Trudeau* have provided us with historical facts, and I have filled the gaps. The talented Natalie Swiercz did the illustrations. Any errors are my own. Chris Durrant, Fredericton, 2018

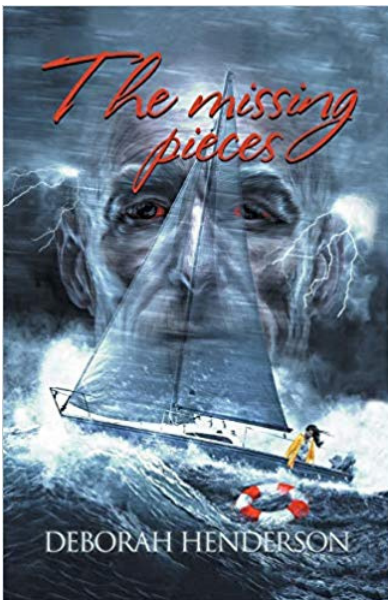
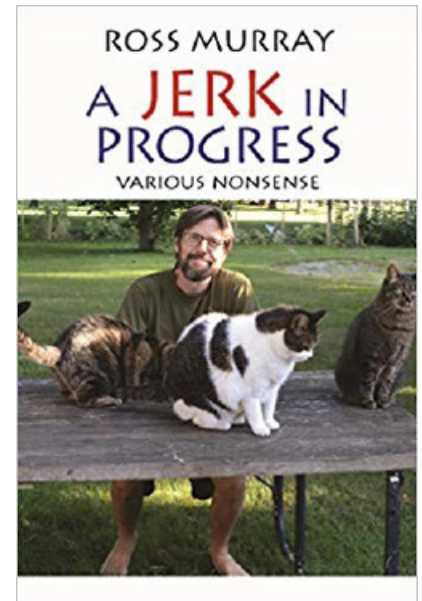


## A JERK IN PROGRESS

### Ross Murray

In these uncertain times, you need to know how to redeem yourself as a mouse rescuer; how to recycle religiously; what the shepherds said after the angel skedaddled; the side-effects of Rictusol; ways to make the most of 3 minutes of gardening and 30 seconds of heavy drinking. In this latest collection of some of his best columns, award-winning Eastern Townships humorist Ross Murray shares all his knowledge and a substantial portion of his ignorance as he slides gracefully into middle-age. He is a jerk in progress.

Subtitled “Various Nonsense,” the collection features more than 80 columns and essays that originally appeared in *The Sherbrooke Record* and *Life in Quebec Magazine*, as well as in audio form on CBC Radio’s Breakaway.



## THE MISSING PIECES

### Deborah Henderson

This story is about severe trauma and a woman’s struggle to survive the aftermath. After twenty years in prison, Bobby is granted her freedom. With no recollection of her past and the events that led to her incarceration, she sets off to build a life for herself. Alone in the world, she cautiously tries to integrate back into society.

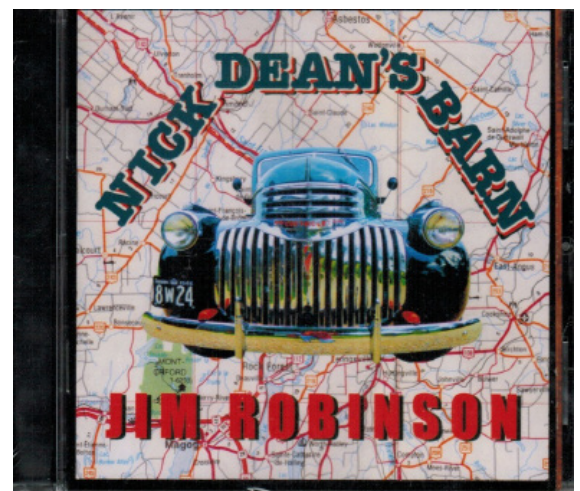
As she goes about her new daily life, the pieces of her past start exploding around her. Nightmares, flashbacks, and people she meets connect her to fragments of a frightening life before prison. Knowing that Bobby suffers from PTSD, her new friends try to help her put the missing pieces of her life back together.

## NICK DEAN’S BARN

### Jim Robinson

The property on which Nick’s Barn Dance stood was located along Route 147 near Route 143 and during the 1940s belonged to Nicolas Dean. What you saw here was a barn with a French style roof. After the flood of 1943, Dean decided that he no longer wanted to keep cows and converted the first floor of the barn into a dance hall. On Sunday morning the Beaulieu children would be kept busy picking up the empty bottles found here and there across the grounds. In 1960, Ti-Blanc (Adelbert Richard) bought the part of the property on which the dance hall stood.

This hall was destroyed by fire somewhere between 1970–1975 and was not rebuilt.



## Hot Off the E-Press: Our Stories 2.0

On August 29, Townshippers' Association's Write Here, Write Now project launched its second e-book, Our Stories 2.0, at Uplands Cultural and Heritage Centre, attracting a crowd of more than 40 people. Attendees had the opportunity to hear many of the contributors read their works, while enjoying the light refreshments that were served. Following the formalities, there was time for guests to mingle and meet one another, which was particularly noteworthy as, for some, it was their first time meeting contributors who either hadn't attended the Write Here, Write Now workshops, or had attended workshops in other parts of the region.



Melanie Cutting described the event as “an unqualified success. It was great to finally meet some of the contributors I didn't know, and also wonderful to see those I already know from their workshop participation!”

# On Site, Close to the Community



Preferred partner of the Eastern Townships Anglophone community, our experts are on site, close to their clients, working with dynamic local organizations. Every day, we do our utmost to fulfil your ambitions and help you unlock your **full growth potential**.

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For those who missed the launch, Our Stories 2.0 will soon be available online for \$7.00 and on a USB key for \$10.00, exclusively at Townships Expressions.

Write Here, Write Now encourages local writers (and non-writers) to connect and to explore different writing techniques and literary genres. Each workshop focuses on a technique of writing—plot, setting, images for example—and in every workshop there is an opportunity for those present to write and then read their work to the group. Melanie Cutting noted that, “This project has definitely given a voice to many Townshippers who might not have found a way to have their work come to fruition otherwise.” Writing experience is not required; beginners are most welcome.



Receiving welcome support from Canadian Heritage, the Write Here, Write Now project aims to establish sustainable creative writing groups in the Townships. Coordinated by Jan Draper, with assistance from Melanie Cutting, this project is in response to a need expressed by the Townships’ English-speaking community. In a 2016 survey undertaken by Townshippers’ Association, literary events were ranked among the top three cultural activities requested by respondents. A true community effort, WHWN is partnered with Bishop’s University’s Senior Academy for Lifelong Learning (BUSALL) and the Quebec Anglophone Heritage Network (QAHN).



For more than 30 years, Townshippers’ Foundation has been helping those who live in the Eastern Townships by donating more than \$1 million to community organizations and projects.

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**QUESTIONS? CONTACT US AT**

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# Perfect the Way I Am

## 11 Townships Women Reclaim Their Bodies Through Photography

By: Michelle Lepitre

Everyday, as we scroll through our social media newsfeeds, we come across images, advertisements, and posts encouraging us to lose (or gain) weight, start intense fitness routines or diets, invest in cosmetic surgeries or “miracle” products to rid ourselves of wrinkles and other signs of aging, and buy make-up or clothes to improve our appearances and make us more beautiful. According to these various (un)reliable sources, all of these things will lead to true happiness and fulfillment – the perfect body and the perfect life. But who really gets to decide what perfect means?

And what happens when the pressure put on us to keep up with these never-ending expectations actually becomes the thing that makes us the most unhappy? Sometimes, the desire to be perfect can push us too far and mean that we stop ourselves from doing the things we actually enjoy, eating the things we love, or living the life we want to so that we don’t have to feel inadequate, ugly, or sad. The pressure that results from these kinds of messages can be immense and can have a truly damaging effect on a person’s view of themselves.

To keep up with society’s standards, we women sometimes deprive ourselves of the things we truly want: building sandcastles on the beach with our children, eating an extra piece of cake on our birthday, or wearing that beautiful dress we love just because we are afraid it hugs our curves a little too tightly. Many of us are afraid to let ourselves be seen as we are – imperfect but real.

You may be thinking this sounds like an exaggeration, but it’s not – talk to the women around you and see how many of them have felt ugly, or inadequate, recently. In fact, you’ll probably find out that society’s strict standards for beauty and femininity have had a much greater impact on them than anyone – even they, themselves – ever realized. It’s an unfortunate and distressing reality, but it’s also a reality that we have the power to work on, each in our own way.

### Perfect the Way I Am

It is for exactly this reason that Avante Women’s Centre and Townshippers’ Association recently decided to work together to offer Avante’s members a chance to participate in a unique photo project intended to help women address their insecurities, better recognize the influence that social standards can have on them, and begin the process of reclaiming – and loving – their real, perfect bodies. Inspired by the Perfect the Way They Are photo project organized by La Passerelle Women’s Centre in Cookshire in early 2019, the Perfect the Way I Am photo project offered women an opportunity to reclaim their power, strength, and beauty and feel more comfortable with their own bodies.

Eleven women of different ages joined in, participating in three weekly workshops during the month of September. Through a variety of group discussions and activities, these women closely examined their own feelings and insecurities with regards to their bodies, discussed past and present social standards that women face (and that contribute to women’s insecurities



and negative feelings about their bodies) and, finally, planned (and carried) out a personal photoshoot to help themselves truly face their insecurities and move ahead in their journey towards acceptance and love of their own bodies. The workshops included more than just work – there was laughter, some tears, and many incredible moments of connection along the way that helped the participants realize how similar we all really are and feel, despite our different appearances.

Michelle Lepitre, who was a participant in the La Passerelle project earlier in the year and one of the group facilitators for the project at Avante, said that the project was a truly emotional, yet uplifting experience. “It was a beautiful gift to work with these brave women and learn more about their stories. They are all wonderful, strong, and beautiful individuals, and I am so proud of the time and effort they put into this project. We developed an incredible connection between the first and last workshops. I think, more than anything else, that connection is the thing that makes this project so powerful – when you realize that you aren’t alone in how you feel, it gives you the strength and the courage to try to address the insecurities you’ve been hiding away.”

Maggie Severs, Agent with Townshippers’ Association’s Montérégie–East Eastern Townships Partners for Health and Social Services network, helped Michelle run the Perfect the Way I Am workshops at Avante. “I could not pass up the opportunity to also involve myself as a participant,” Maggie said. “I don’t think that it is a stretch to say that most, if not all, of us are touched by feelings of insecurity and influenced by society’s standard of beauty. For me, the process of discussion and reflection was incredibly empowering. I started the process feeling isolated by my insecurities and finished feeling surrounded by support and understanding.”

The incredible photos from the Perfect the Way I Am project were displayed during the event at the Centre Communautaire de Magog on Saturday, November 9, 2019. The day included a keynote address by Lyne Bessette, a variety of interactive workshops, and lunch. Representatives from local organizations were also present to share information about their services and activities. At the end of the event, group organizers unveiled the photo project and spoke briefly about its purpose and its impact.

To learn more about this project, contact Maggie Severs at 450-242-4421 or [msevers@townshippers.org](mailto:msevers@townshippers.org).



*Michelle participated in La Passerelle Women’s Centre project in early 2019 and said that the project had a profound impact on all of the participants, including herself. After she shared her experience with Maggie and Gayl (of Avante Women’s Centre), the three women decided to offer this unique and thought-provoking experience to a group of women from Bedford and the surrounding area. Michelle participated in the project a second time, offering her a chance to further reclaim her body and help continue to raise awareness about the importance of body diversity. Her photo, shown here, is one of 11 that were on display at the Perfect the Way I Am photo exhibit.*

## McGill Bursary Winners 2019–2020



DAPHNÉE CARRIER

NURSING

I've been a registered nurse for about a year now. I currently work for the CIUSSS de l'Estrie – CHUS in the long-term care facilities of East Angus and Weedon. I have work experience as an orderly, a nursing extern, and a candidate to the profession of nursing.

I pursued my nursing studies at Champlain Regional College Lennoxville and completed the first year of my bachelor's degree in nursing at the University of Sherbrooke in May 2019. I am about to start my second year of my bachelor's degree at the University of Sherbrooke in a few weeks.

I have an interest in providing quality care to the geriatric population in the language of their choice. They are a vulnerable population that has specific needs. The geriatric population has given so much to our community and I find it very important to give back to them.

I'd like to thank the Dialogue McGill Health and Social Services Community Leadership Bursary Program, as well as Townshippers' Association, for their generosity over the past 2 years. I am extremely grateful for all of the support I have received.

MICHAËL BEAUDOIN  
OCCUPATIONAL THERAPY

I am currently in my last year of studies in Occupational Therapy at the University of Sherbrooke, and I obtained a masters' in Administration from the same institution in 2013.

I hope to combine my knowledge of administration and health in order to make sure that every patient receives health care services that correspond to their needs. In 2018, I created a committee to promote occupational therapy amongst the population since I firmly believe in the power of occupational therapists to help people do occupations they want with their capacities.

Raised in Asbestos, I hope to work in the Eastern Townships after my graduation.



*Congratulations!*



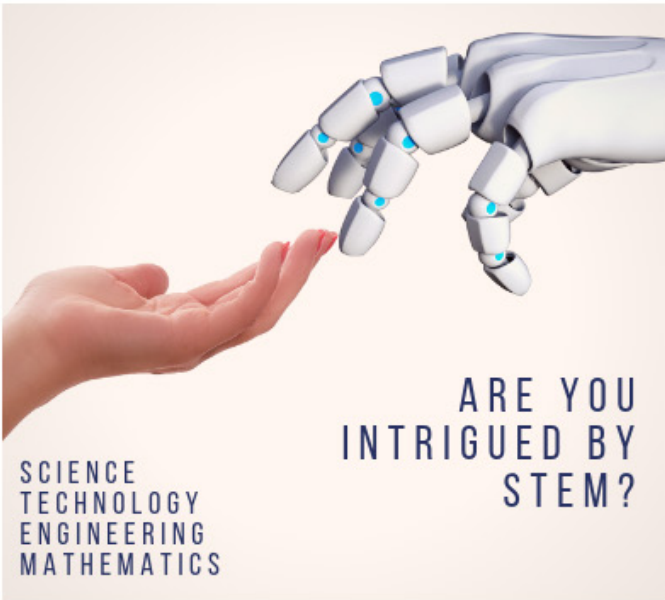
ARE YOU A LEADER IN YOUR COMMUNITY?



DO YOU VALUE AN ACTIVE LIFESTYLE?



DO YOU ENJOY MAKING PEOPLE SMILE?



ARE YOU INTRIGUED BY STEM?

SCIENCE  
TECHNOLOGY  
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TOWNSHIPERS.ORG



# Health & Social Services Summer Projects

By: Kendra Parnell and Michelle Lepitre

This summer, Townshippers' Association hired an intern to work with the health and social services team for 10 weeks on two independent projects: the creation of a how-to guide to help community members organize health information sessions for English-speaking seniors and the development of a bursary and scholarship directory and guide for local students.

## How-to Guide for Organizing Community Health Information Sessions

The first project, a how-to guide for organizing community health information sessions, consists of several helpful resources, and is intended to assist English speakers in finding organizations and resources that can help them address the unmet in their communities. After reading through this guide, we believe readers will feel more confident hosting their own community health information sessions, whether those sessions are intended for small or large groups of English speakers.

The guide includes a wealth of information about local resources that offer presentations and activities, as well as tips for organizing a successful health information session. The guide is meant to inform English-speaking community members about how to best access local and national resources and services. For example, if a community member wants to raise awareness in his or her community about elder abuse, they could refer to this guide for help. In the guide, they will learn that FADOQ's Senior-Aware program, Service Canada, and DIRA-Estrie's "It's not right!" all offer information and resources on elder abuse. The guide includes contact information and/or additional resources for each organization or service listed.

The guide includes details about regularly held health information sessions, programs that offer information sessions for seniors, and organizations you can contact to obtain additional resources and information. It also includes a list of the Community Health Education Program DVDs available to community members through Townshippers' Association's Eastern Townships Partners for Health and Social Services Network and a list of tips for running a successful health information session, all of which were shared by local organizers who have hosted many events.

## Bursary and Scholarship Directory and Guide

The second project is a bursary and scholarship directory and guide intended for graduating students in the Eastern Townships. The purpose of this document is to aid post-secondary graduates in finding financing to help them further their education, whether at a college or cegep, vocational training centre, or a university. Paying for student fees, tuition, and book and residence expenses can be tremendously expensive, so the opportunity to receive bursaries, awards, scholarships, and loans can be extremely beneficial. For most students, savings accumulated from part-time or summer jobs and contributions from parents will not cover their schooling expenses. Therefore, additional money given by schools, institutions, and organizations can contribute to obtaining a degree without experiencing the accompanying anxiety of covering the costs. The directory offers students advice on applying for bursaries and scholarships.



Many students choose not to apply for bursaries because applications are too time-consuming, however in actuality it can help relieve stress if they take the time to apply. This guide also includes practical information, including examples of how to apply for bursaries or awards and some of the benefits of applying. It includes a directory of bursaries and scholarships available to local students, which is organized by school and by local and national organizations that offer awards.

To obtain a copy of one or both of these helpful resources, contact a member of Townshippers' Association's health and social services team, either by e-mail or by phone at one of our offices.

Townshippers' Association would like to thank Kendra Parnell for all of her hard work and dedication putting these guides together for our community to enjoy. They will surely benefit many individuals and groups in the coming years.

## Discover Le Phare source d'entraide

By: Lisa Payne

Le Phare's peer support group is for people living with a mental health condition or emotional distress in the Brome-Missisquoi area. Participants gather at Le Phare's Cowansville and Farnham offices for support and activities that foster collective well-being.

In our society, people who are different are quickly marginalized, excluded, or stigmatized. Their reactions and behaviours are often misunderstood and can cause confusion, or even fear. As a result, people often find themselves isolated, with low self-esteem, and not believing they can cope. Under these conditions, seeking help can often be a big challenge. Once this daunting step has been taken, it opens up a world of opportunities.



### What are the benefits of Le Phare?

- ◆ Everyone is welcome! Being yourself allows you to fulfil yourself
- ◆ Pairing people who have experienced similar challenges reduces the weight of these difficulties and results in participants feeling that: I'm not alone in this situation, I feel more 'normal'. In addition, the strategies developed by others can help participants achieve well-being. This is a source of hope!
- ◆ Renews a personal sense of belonging and accomplishment:
  - ◆ By sharing experiences, participating, offering and receiving mutual support, and feeling that my presence makes a difference;
  - ◆ Through commitment to community life and common goals, members choose activities and can participate in preparing and facilitating these activities.
- ◆ A safe and supportive place to have new experiences, overcome challenges, or rediscover hidden, buried abilities.
- ◆ Connections are forged and a support network is developed. People can count on peers during the most difficult times.

Le Phare's alternative approach is welcoming. Members have a voice within the group and a platform to share their opinions. The relationships between counselors and participants are based in mutual respect and valued equally within the group.

### Increasing services for the English-speaking population

One of Le Phare's greatest challenges is reaching out to people who will benefit from their services, especially English speakers. To encourage English-speaking membership, Le Phare has added workshops and activities in English. These workshops will allow participants to get to know each other, connect, discuss topics of concern, and become familiar with Le Phare's resources. It will also be a time for current members to practise and improve their English!



Please call 450-266-3464 or 450-293-0690 if you would like to learn more about Le Phare's services or participate in the activities or workshops, which take place on Wednesday mornings at 9:30 a.m. at their Cowansville location at 515 South Street, Suite 216, on November 6 and 20 and December 4.

Ask for Jessie or Camille!



*Growing with you.*

**Global Excel** is an international company based in the Eastern Townships. The success, the growth and the capacity to innovate of our company are directly linked to the dedication and expertise of our 650 employees located both here and abroad. To support this growth, we are always on the lookout for new, talented people with a serious interest in delivering superior customer service to our 365 clients worldwide.

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**GlobalExcel.**



# Estrie-Hygge

Make Way  
for YOUTH  
ESTRIE

By: Beth Vanasse

Make Way for YOUTH is taking on a new campaign approach: Estrie-Hygge. The idea behind Estrie-Hygge is to sell the Townships to a younger demographic in a way that speaks to their values.

So, what is Estrie-Hygge? Hygge is a bit of a buzzword these days despite the fact that English-speakers have a hard time giving it a precise definition. For starters, it's a Danish word and therefore there is no direct translation to English. In essence, it is that feeling of comfort and coziness that comes from an appreciation of indulging in the simple things in life. Hygge is sometimes easier to understand through imagery. For example, you know that feeling you get when you cozy up with a book and indulge in a nice cup of coffee while there's a winter storm roaring outside? That is hygge. Wool socks, homemade cookies, and laughing until your belly aches at dinner with a close group of friends all evoke that hygge feeling. Do you see where we're going with this?

Studies are showing that millennials are prioritizing a work-life balance over higher income or job security. In other words,

they're looking for more than just jobs that make money, they're looking to build lives that make them happy. This is why we're taking Make Way for YOUTH in a direction that markets our region as not just a place to get a job, but a place where you can have your fun, comfy, simple dream life. This new direction will highlight our close-knit communities, the natural beauty of the region, and the plethora of cultural activities that Estrie has to offer. While we will continue to boast excellent career opportunities, great schools and affordable housing, we are also selling the idea that unlike the fast-paced lifestyle of major urban centres, settling in Estrie will bring some much needed hygge into your life.

How are we going about this? In addition to some new online marketing and Estrie-Hygge pamphlets that we take to our recruitment events, we're also incorporating more hygge into our Discovery Days. A large focus of the weekend trips continues to be networking and meeting employers, but with the new hygge theme, participants are also encouraged to indulge in the simple yet wonderful things Estrie has to offer. For example, we've brought them into nature for some fresh air and to take in the breathtaking landscape on the top of Mont Pinnacle. Moreover, cultural events such as the Stanstead House Concert Network shows have given participants



the chance to experience the unique closeness that our communities offer as they shared a homemade potluck meal and enjoyed live music in someone else’s home. We have also found that inviting past participants of the Make Way for YOUth project to mingle and share a meal with our guests is a great way for candidates to get an authentic, first-hand account of what it really means to take the plunge and move to Estrie.

Even though Make Way for YOUth is headed in a direction that aims to make us more Instagram friendly, that doesn’t mean that hygge is strictly for hipster 20-somethings. In fact, we’d love for Estrie-Hygge to take off with the wider population of Estrie and find its way into the mind frame and lifestyle of everyone. So if you’re reading this, ask yourself how you can do a little something extra for yourself today and add some much needed hygge to your life.

## **Carrefour Jeunesse-Emploi du Haut-Saint-François Celebrating 20 Years of Success!**

**By: Michelle Lepitre**

On February 1, 1999, the Carrefour jeunesse-emploi du Haut-Saint-François served its first client. In only one month, the organization’s personnel welcomed 96 youth who were looking for help with CV writing and active job searches. Twenty years later, more than 5000 youth have benefited from the CJE’s services, accumulating more than 25 000 visits.

In its early years, the CJE was mainly known by youth as a place where they could receive help with CV writing and find information about job search techniques. Over the years, the CJE has built upon every development and partnership opportunity they could, and put in place a multitude of projects that would respond to the needs of youth.

CV writing; personalized support; help with settling in the MRC, starting a business, or developing projects; these are only a few examples of the CJE’s involvement with, and commitment to, youth. Additionally, the CJE du Haut-Saint-François has been offering a bilingual service for several years now, ensuring that the English-speaking community also receives quality services.

The organization has been able to adapt to its youth clientele by working in close collaboration with various organizations and businesses in the area. Although the CJE has undergone several transformations since its opening in March 1999, it has kept the same values and determination since the beginning. Young people are always at the heart of its decisions.



On October 10, 2019, the CJE team welcomed more than 60 individuals, partners, employers, entrepreneurs, and participants during a festive happy hour to celebrate the 20<sup>th</sup> anniversary of the Carrefour jeunesse-emploi. For the occasion, a short video was produced, which included approximately 10 people who offered testimonies about the impact that the organization has had on



them, and/or on local youth, over the last 20 years.

The CJE took advantage of this celebration to highlight the involvement of two people who have greatly contributed to the development of the organization. Randi Heatherington and Stephen P. Gauley have been involved in, and remained close to, the organization since the very beginning in 1999. Their commitment, vision, and sound advice have ensured that the CJE remains bold and innovative. Thank you!

Very proud of what the organization has accomplished over the years, the Carrefour jeunesse-emploi's team of dynamic and motivated professionals is conscious of the impact of their work and hopes to help many more youth fulfil their ambitions in the coming years.

**SHARE YOUR STORY! ENCOURAGE OTHERS! INSPIRE YOURSELF!**

# EXCEL IN THE ESTRIE!

## ESSAY CHALLENGE

Townshippers' Association's Make Way for YOUTH project invites all high school seniors in the Eastern Townships English-speaking community to submit their entry to the **Excel in the Estrie Essay** challenge.

### PRIZES

Winning essays will be

**PUBLISHED**

+ authors could win up to

**\$500**

### INSTRUCTIONS

To apply, submit either a video essay under three minutes in length, or a written essay of 500 words, in English, that focuses on both parts of the challenge:

- (1) identify any obstacles\* [academic, social or personal] and their solutions you experienced while in school;
- (2) share your future plans: tell us how you see yourself, five years from now, living and working in the Townships.

\* If you don't have a personal experience to share, feel free to identify an obstacle you've noticed others struggling with and suggest a solution that may help.



**Townshippers.org/Essay**

[mwfy@townshippers.org](mailto:mwfy@townshippers.org) 819.566.5717 TOLL-FREE: 1.866.566.5717



# Winning entries

## Hardship & Struggles to Motivation & Strength

By: Mandy Roy

My name is Mandy Roy. I am currently enrolled at Richmond Regional High School and will be graduating in June 2019. My studies weren't always easy for me but nevertheless I have been working hard to overcome all my obstacles. I come from a home of a single mother because my father walked out on us, with three brothers, four kids in all including myself. Money was always very tight and my mother tried her best to support all of us in everything we wanted to do. Even though she worked full time and went to school three nights a week to get better a education to support us more, I was the kid that couldn't play basketball because it was too expensive. I started working at the age of 14 to help my mom out. Working four hours a week didn't do much, but every little thing helped.

I never let my obstacles define me or ever keep me down, because that not why I wanted to be and that's not who my mother taught me to be. I have dyslexia and attention deficit hyperactivity disorder. I always did that extra effort that the normal kids didn't have to. I remember how embarrassed I was to spend my lunch hours inside with my teachers helping me read a simple text, and to this day still am. The easiest tasks were very difficult for me, I had to stay away from windows because I was distracted by the snow falling, when my teacher would talk for more than five minutes I would have to focus very hard on everything that was being said. I never caught easily a topic in my head; I always worked hard to understand and I never gave up, and for that I am very proud of myself.

I plan on pursuing my studies in the Estrie at Champlain College in Lennoxville. I have been accepted into the Special Education Technique Program. I have always been a great listener and always looked to help others in the best way I can. Special education interests me a lot because I never want someone that is different to feel bad about themselves, I am very attentive and my passion is to help people like me, who always degrade themselves because they need to learn a different way. After completing my studies, I plan to work in the Estrie to provide service in English, so anyone who needs it will be more comfortable talking in their mother tongue. I want to give back to the community that helped me through some very hard times. I feel that everyone should have the resources to get help whenever they need it and I want to be that help. I am so very passionate about getting my degree the work ahead of me; going to work won't be a task for me in the morning but a pleasure knowing I will be getting up and helping at least one more person not give up on themselves and helping them feel better and know they are never alone.

I appreciate the time that you have taken to read my letter. Thank you very much for giving me the opportunity to tell my story and I hope I am given the chance to continue my studies with a stress taken off my back.



# Live & Learn on the Path to Success

By: Adrien Drolet

My name is Adrien Drolet and I'm currently a high school senior at Richmond Regional High School. I live in the small city of Drummondville and my goal is to pursue a career in specialized medicine. Throughout my five years at RRHS, the one thing I noticed many struggling with, myself included, was keeping our motivation and confidence levels up. We all start the year with fresh faces, ready for new challenges, but later in the academic year, we tend to lose our focus and confidence. We start to fall a little short on our grades compared to earlier in the year.

For the first two years of high school I was pretty introverted: a bookworm who spent a little too much time in the library, always hellbent on perfectionism, beating myself up over tiny mistakes and becoming disappointed in myself over the smallest things. Once I began secondary 3, I started to open up, changing more and more into an extrovert, even landing myself the position as this year's high school president! I only really changed after I decided to change my mindset, my reasoning, and my perspective on what drives me to succeed. It later became what I needed in order to help others realize the change they can also make in their lives too.

I keep hearing "I'm gonna fail this test" or "I'm not ready at all" from classmates, but for me, I try my best to avoid saying anything close to that because it will just become a self-fulfilling prophecy. In my case, even when I don't do so well on an assignment or test, I stay positive through my optimistic point of view: it's an opportunity to learn and improve. When it comes to motivating my friends, I like to give them some positive reinforcement and make them aware that they can succeed with the right drive and motivation. Even if it doesn't catch on the first time with them, with many of them it eventually clicks and they begin to realize they can do better and gain a stronger sense of purpose in wanting to improve their current state. My answer to anyone who needs a boost of motivation and confidence is simply live and learn. No matter how bad you mess things up, whether it be social or school related, experience is what teaches us. It keeps us strong and ready for the next time something challenging comes our way. With the right mindset and desire to succeed, anyone can do anything.

I'm slowly working my way along the path to a career in medicine. I recently got my acceptance letter into Champlain College's Health Sciences Program where I will try my best to get top grades. Once I graduate from Champlain, I hope to get into McGill's Med-P program, which leads to medical school, then work my way back to Estrie to get more medical resident experience and eventually take on the full responsibility as a specialized medical practitioner. It's a long journey towards my ambitions, but I'm prepared to put as much effort as I need to, and more, to attain this goal of mine by keeping the right mindset: stay positive.

# Young Townships Leaders

The Young Townships Leader Award recognizes youth ages 15 to 35 who have shown leadership within the English-speaking community of the historical Eastern Townships, and encourages younger citizens to become actively involved in their communities by celebrating their achievements, commitment, and efforts. Below you will find a brief description of what makes this year's winners stand out as leaders within our community.

## *Samantha Young*

“Samantha exemplifies the characteristics one would hope to find in a young Township’s leader and serves as an excellent model for others to emulate.

Whether at work, on the playing field, in church, or community, Samantha quickly rises to the fore, leading the way for others to follow with her boundless energy, positive attitude and willingness to help wherever needed. She exhibits all the qualities of a great leader by being first to raise her hand to volunteer for jobs and does not shy away from any task that will advance a cause, or improve the situation for others.

Our Townships community is much better for having Samantha Young in it and The Record is very proud to endorse her as a candidate for this deserving award.”



## *Brittany Mosher*

“Brittany has supported her peers through tutoring for Quantitative Methods and also by organizing to help her class receive more support when she saw that many students were at risk of failing. She has provided essay editing for students who struggle with English language skills. She consistently helps make connections between teachers and students, fostering a more connected Champlain community, and helping fellow students find the support they need.

Brittany has been a core member of SEXed throughout this year as a peer sex educator. SEXed has a mandate to provide information on consent, healthy relationships, safer sex, peer pressure, and gender and sexual identity. Brittany was an important leader in the SEXed consent campaign, our Sex and Ice cream event meant to raise awareness and address student concerns around sex and sexuality, and various other events planned throughout the year. She also provided individual support for students with questions and concerns



within the mandate of SEXed.... In short, Brittany has proven that she is the kind of leader that bridges communities to create a more inclusive and safer school environment. Her maturity, initiative, intelligence, and empathy have made her an important leader in the Champlain community.”

### *Jessica Meadows-Hornov*

Since moving to the Townships to study, Jessica Meadows-Hornov has become involved in many initiatives in the local community. From becoming a leader in the children’s and young adults’ groups at Hope Community Church, to a student leader of Encounter Student Ministries. She has developed the environmental aspects of Quebec Lodge’s outdoor education program, and given many hours to various environmental clubs on campus. “During the 2015-2016 school year, Jessica was selected to be a part of a committee called the Advanced Student Leader Initiatives. This was an opportunity for students who desire to grow as leaders to obtain experience and learn new tools to develop initiatives they were passionate about. Needless to say, this training did not go to waste as Jessica has been a principal player in the growth of the community of the Eastern Townships. This is seen in the way she connects and seeks out opportunities to help others. She has spent many hours participating in events.... Her caring and selfless actions serve as a base for Jessica to encourage and act as a role model in the Eastern Townships.”



## Outstanding Townshippers

The Outstanding Townshippers Award recognizes the dedication, generosity, and talent of people and groups who are contributing positively to the Eastern Townships English-speaking community. Below you will find a brief description of what makes this year’s winners truly outstanding Townshippers.



### *Miranda Côté*

Leadership, courage, and perseverance set Miranda Côté apart from her peers. Miranda is a familiar face around the Knowlton area. She has been involved in various committees and projects for children. Notably, Miranda has helped manage the Salamander Summer camp in Lac-Brome. Her team, under her watchful eye and leadership, delivered an incredible experience for all campers. As one of her nominator’s worded it, “From organizing our neighbourhood play dates to organizing the whole entire town’s day camp, it has always been her talent to bring people together.” At just 23 years old, Miranda is also a cancer survivor, having conquered cancer with perseverance and a positive attitude. When faced with this

horrible diagnosis, she was brave enough to video blog her journey, documenting the process, raising awareness of blood cancers, helping fellow cancer patients and survivors, and sharing her journey. Miranda's university studies were interrupted by her battle, but now that she is strong and healthy again, she has returned to studying teaching at Bishop's University and she is currently a substitute teacher in the area. We thank Miranda for her continued involvement in and support of local initiatives as an Outstanding Townshipper!



*Ann Rothfels*

Pairing a passion for books and storytelling with unquestionable dedication to her community, Ann Rothfels has been the driving force behind the Sawyerville Library for many years. In the words of one of her nominators, she “single-handedly provides the community with a bilingual library service, creating a beautiful and welcoming space for children and adults, often at her own expense. From sewing the curtains, painting the two rooms, to assembling a children’s corner, Ann has, for many years, provided us with new books she’s bought with her own money, a varied and rich permanent collection, and the ability to order anything in either language through the library system. She also hosts art exhibitions and fills the walls with art she has personally bought or borrowed through the library system. As a story-teller, Ann has a deep appreciation for stories and

books in general, and has shared this love of books and stories with our community for many years. Without Ann, there would be no library in Sawyerville. We are so much the richer for her contributions.”

*Jane Loiselle*

What do you get when you combine community spirit, dedication, and leadership? A lifelong volunteer who is passionate about oh-so-many causes! Jane Loiselle has been contributing to the Townships community as a volunteer for more than 40 years. From her involvement on the Special Olympics Organizing Committee, the Townshipers’ Day Committee, and the Lennoxville Backpack Committee; to sitting on the boards of Townshipers’ Association, Townshipers’ Foundation, Mental Health Estrie, and Lennoxville & District Community Aid; to founding the Lennoxville Residents’ Association; Jane has truly bettered the lives of all those around her. One nominator wrote, “During the 24 years that I have known her, I have witnessed Jane’s dedication and her community spirit. Those who work beside her are impressed with her level head, her diplomacy, and her work ethic. Jane leads by example and even in the role of President, she rolls up her sleeves and does the lion’s share of the work.... Jane is an exemplary Townshipsper





and a shining example for others. She is kind, compassionate, intelligent, hardworking, and personable. She has a sense of humour, and is a natural born leader. It is a pleasure to work with her. Our community is blessed with her presence.”

*To all our 2019 award winners,  
thank you for enriching our community!*

DEADLINE  
APRIL 30  
2020

*Celebrate*  
the people building our  
**COMMUNITY**



**OUTSTANDING  
TOWNSHIPPERS**

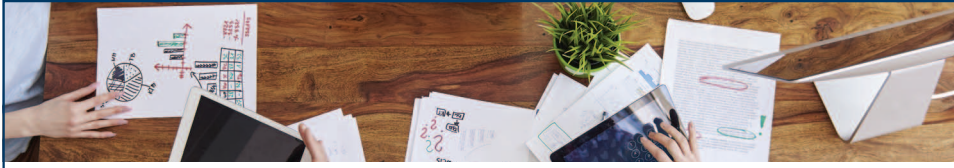
For *exceptional* and/or *lifetime contributions* that make a healthier community for us all!

[Townshippers.org/OT](http://Townshippers.org/OT)

**YOUNG TOWNSHIPS  
LEADERS AWARD**

For youth, aged 15-35, who are changing their communities through their actions!

[Townshippers.org/YTLA](http://Townshippers.org/YTLA)



**Carrefours**  
jeunesse-emploi  
Estrie

16  
-  
35  
years  
old

To help you find  
**YOUR** place!

Stimulating and original projects, personalized support to meet your needs and a professional team ready to help you find YOUR path.

The dynamic, supportive environment and diversity of services offered to youth between the ages of 16 and 35 by each of the region's CJEs enables each client to reach their full potential.

- Are you looking for a job?
- Not sure what your next step is?
- Having trouble in school?
- Have a head full of ideas? Projects?

**Trouve**



Go to this Web site  
to get the location  
of the CJE nearest you

With financial assistance provided by

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**Townshippers**

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819 566 5717