



# TWNSHIPERS

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TOWNSHIPERS.ORG



As a community publication, TOWNSHIPPERS welcomes contributions from the community. Priority is given to our partners. If you are a community member or local organization who would like to submit an article, photograph, idea, or story, please email ta@townshippers.org for our publication guidelines. Be sure to include your name, email, and phone number in your contact info. Businesses, individuals, and organizations are also invited to request a copy of our advertising rates.

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WITH THE SUPPORT OF



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## 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**.

**Contact us!**

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*the*  
**PRESIDENT'S MESSAGE**  
*fall - winter 2022*



The past few years have been difficult for us all. In addition to living through a pandemic (for the first time in decades), our community has been greatly affected by a hostile political environment and the introduction of restrictive laws like 21 (secularism), 40 (education), and finally 96 (language). All these laws have had deep and meaningful impacts on our individual rights. While sections of these laws will continue to undergo court challenges in the coming months, their tone and content have left many of us feeling ostracized, disturbed, and wondering where we fit into the province of Quebec. We are also facing pending amendments to federal language legislation with Bill C-13 (Official Languages Act), and it remains unsure how the changes proposed in this bill will affect the English-language minority here in Quebec.

Despite these uncertainties, however, I think we can all take a moment to pause and recognize how fortunate we are to live in the Townships – one of the most beautiful regions of Canada. It's also worth remembering that many of our families have been here for generations and our roots in this region are deep. Recent threats to our cultural identity may have affected us, both individually and as a community, but we remain Quebecers despite it all.

It can be easy to feel discouraged when facing such challenges. And it is true that change and conflict can be difficult and exhausting. At the same time, though, change and conflict can also be catalysts for growth. I think that Townshippers' Association, and our entire English-speaking community, have what it takes to persevere and navigate these challenging times together. We can find ways to continue to look after each other, as we have always done, and to connect with our French-speaking neighbours so that we all have a better understanding of the issues we face. I am confident that our community will grow from our experiences and be stronger because of them, and I am proud to be able to play a role in this period of growth.

*Donald Warnholtz*



Would you like to know what events are happening in your community?  
Are you planning a community event and want to invite others to join in?

Visit our online community calendar today!

<https://townshippers.org/calendar/>

# Messages from Management

## Executive Director



It was with heavy hearts and great respect that Townshippers' Association said goodbye to our long-time president, Gerald Cutting, at our 2021-2022 Annual General Meeting. Gerry's influence on, and on behalf of, the association cannot be summed up in this one address without inundating you with a decade worth of accolades, referencing senseless inside banter that would only provoke insatiable curiosity, and subjecting you to tangled run-on sentences. Instead, I will say that Gerry carried out his duties as president of Townshippers' Association with passion, expertise, dedication, and commendable character. While Gerry's accomplishments continue to benefit the association, our new president, Donald Warnholtz, has quickly demonstrated his ability to continue the efforts that preceded him.

This past summer, the CAQ Quebec government enacted historically significant amendments to provincial language legislation. Sweeping amendments to the Charter of the French language were facilitated by arguably the most controversial clause within the Canadian Charter of Human Rights and Freedoms, section 33. This clause, established to allow parliament or the legislature of a province to override fundamental freedoms (section 2), legal rights (sections 7 to 14), and equality rights (section 15) as constituted in the Canadian Charter, is the notorious notwithstanding clause.

While Quebecers have been navigating the transformation of the language landscape here at home, the federal government tabled legislative amendments to the Official Languages Act as presented in Bill C-13: An Act to amend the Official Languages Act, to enact the Use of French in Federally Regulated Private Businesses Act and to make related amendments to other Acts. Bill C-13 is still in the review process, although it sailed through initial parliamentary review without suggested amendments. C-13 trivializes the oppressive language landscape of Quebec and compromises the ever-decreasing scope of federal jurisdiction to support English-speaking Quebecers.

As English-language minority groups across Quebec continue to advocate for English-language rights in Quebec, we have now found ourselves advocating on behalf of our minority language status, and our constitutional rights as such, to the country. Opportunities for federal consultations and hearings have been made available to Quebec's English-language community groups, although it is yet to be determined whether our communities' needs and opposition to the oppressive transformations of the Charter of the French language and the Official Languages Act will be conceded by legislatures.

*Maggie Severs*

## Director of Programs and Communications

The leaves are falling outside the window as I write this message, and it seems so hard to believe that the winter will soon be here again! The spring and summer months at Townshippers' Association were full of action this year, with our staff and directors participating in a variety of consultations, meetings, and events in our community and beyond.

As we move towards the end of 2022, many of our in-person activities are starting up again and we are so excited to be able to get out there and meet you where you are! You will likely see many new Townshippers' faces at our events and kiosks in the coming months, so we've included a short section in this magazine that will help you get to know us and our projects a little bit better. You will find introductions to our wonderful, talented staff members on pages 7-10, and details about our dedicated board of directors on pages 11-12.



You will likely have noticed one popular activity that didn't return this fall: Townshippers' Festival. As disappointing as it was for us to make the decision to postpone the return of our wonderful fall festival, we simply did not have enough time this year (after restrictions were lifted in the spring) to put together an event that would live up to the Townshippers' Festivals of the past! Do not worry though – we are already starting to think about next year and how we can make the festival's return spectacular! But we could use your help to do this. On page 27, you will find a short survey about the festival and we'd love it if you could fill it in and return it to us. Your comments will help us to plan future festivals that you will love.

I hope I will have an opportunity to re-connect with some of you in the coming months at some of our events. In the meantime, I encourage you to reach out to us if there's anything that our Association can help you with. We are here for you!

*Michelle Amy Lepitre*



# PRESENT TODAY FOR TOMORROW

## GIVE NOW

Help us to advance new treatments  
and to cure more people  
by offering them better care.

MAJOR FUNDRAISING CAMPAIGN\* 2018-2022

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*you can*

## STAY UP-TO-DATE

*There is always a lot going on with Townshippers!*



Here are a few ways to keep in touch:

- Visit our website: [www.townshippers.org](http://www.townshippers.org)
- Read our **Keeping in Touch** column in **The Sherbrooke Record** (published the 3rd Wednesday of each month)
- Read our **About Townshippers** column in **The Brome County News** (published the 3rd Tuesday of each month)
- Subscribe to our mailing list to receive our regular **ebulletin** and other email messages that match your interests
- Listen to our weekly **About Townshippers radio show on CIDI 99.1 FM**

(or listen online: <https://www.cidi991.com/soundcloud>)

- Watch our About Townshippers web series on YouTube: [www.youtube.com/user/Townshippers](http://www.youtube.com/user/Townshippers)
- Follow us on social media: **Facebook, Instagram, LinkedIn, and Twitter**
- Give us a call at 819-566-5717 (1-866-566-5717) or 450-242-4421 (1-877-242-4421)

Find more information on our website, or email us:

[ta@townshippers.org](mailto:ta@townshippers.org)

**PRATIQUEZ VOTRE FRANÇAIS!**

**GAGNER DES PRIX!**

**Family Fun Kahoot! Game Night**

**Soirée jeu Kahoot! en famille**

CANADIAN PARENTS FOR FRENCH QUEBEC & NUUNAVUT

Townshippers

For information or to register for the game night, visit:  
<https://qc-nu.cpf.ca/en/virtual-cultural-events/>



## meet our NEW STAFF MEMBERS

### **Nikki Moar**

*Eastern Townships Partners for Health and Social Services Network Agent, Montérégie-East*

My name is Nikki Moar, and I'm thrilled to be one of your Eastern Townships Partners for Health and Social Services network agents. I am a proud Townshippier and I truly believe in the strength of our community!

I'd love to hear from you to know more about how I might be able to help you! You can reach me by email at [nm@townshippers.org](mailto:nm@townshippers.org).

### **Matthew Clairmont**

*Accounting Clerk*

My name is Matthew Clairmont and I've been in the Townships for about 7 or 8 years. I am originally from Ontario, I lived in Quebec City for a few years, and then moved out to Sherbrooke to start a family. I'm excited to be a part of this organization, to learn more about the history of the region, and to participate in the community. I look forward to working with everyone!

To contact Matthew, send him an email at [mc@townshippers.org](mailto:mc@townshippers.org).



### **Abbigail (Abby) Whitcher**

*Eastern Townships Partners for Health and Social Services Network Agent, Estrie & Montérégie-East*

Hi there! I'm Abbigail - but everyone calls me Abby. I recently graduated from the University of Ottawa, and I'm happy to be back in the Townships and working for Townshippers'!

Feel free to share your burning ideas for the Townships with me. I'm all ears! You can reach me by email at [aw@townshippers.org](mailto:aw@townshippers.org) or find me on

Facebook at Abby At Townshippers.

### **Sunmi Lee**

*Administrative Assistant*

I am originally from South Korea and I immigrated to Canada in 2013, first settling in Winnipeg and then moving to the Eastern Townships earlier

this year. Joining the Townshippers' team was a dream come true for me because I have always wanted to work for a non-profit organization! I believe the steady and genuine support of the English-speaking community can make a difference.

To contact Sunmi, send her an email at [sl@townshippers.org](mailto:sl@townshippers.org).



# ABOUT TOWNSHIPERS RADIO SHOW

*your hosts:*



Did you know that Reginald Fessenden's 1906 broadcast of a Christmas concert is considered to be the first radio show in history?<sup>1</sup> And did you also know that this world-renowned communications pioneer was born in East Bolton, in the heart of the Eastern Townships?

With that in mind, could it be considered a stretch to suggest that the weekly About Townshippers show on CIDI 99.1 FM is, in some way, a tribute to this local broadcasting trailblazer? Perhaps it is, and perhaps not.

“OUR HUMBLE OBJECTIVE? TO HELP ENGLISH SPEAKERS LEARN ABOUT, AND GET ACCESS TO, THE PROGRAMS AND SERVICES THEY NEED.”

Truth be told, good ol' Fessenden isn't often on our minds when we sit down to prepare our 60-minute show each week, brainstorming what information might make a difference in the lives of our listeners. He doesn't really influence our choice of guests nor their excitement when discussing the activities, services, and programs either.



Helping English speakers navigate the health and social services network, discover a local camp for their child with special needs or learn about employability resources may not have been a priority for Mr. Fessenden when he achieved the first two-way radiotelegraphic communication across the Atlantic,<sup>1</sup> but it is for us!

The About Townshippers radio show is presented by four Townshippers' Association project agents who each get a monthly turn in the hosting chair. When Nikki Moar or

Cisco Armstrong are behind the microphone, listeners can expect in-depth looks at subjects ranging from health and wellness hacks to government policy and appreciation for the Townships. While Ed Humphrey's interviews highlight individuals and organizations making a difference

in various community sectors, Abby Whitcher's Townships Q & A episodes serve up lots of goodies for the curious at heart and her interviews put the spotlight on services and programs of interest to English-speaking youth. Basically, it's a real team effort!



By taking advantage of an accessible and well-proven technology pioneered in part

by an internationally renowned engineer born in East Bolton, we've created a laid-back, educational, and often humorous show. Our humble objective? To help English speakers learn about, and get access to, the programs and services they need.

We think Reginald Fessenden would be proud.

*About Townshippers* is broadcast on CIDI 99.1 FM on Tuesdays at 10 am and Thursdays at 1 pm. Catch up on past episodes by visiting the Program or Podcast sections of the CIDI FM website at [www.cidi991.com](http://www.cidi991.com).

**By: Ed Humphrey**

<sup>1</sup>. Noaks, Taylor C. Reginald Fessenden. The Canadian Encyclopedia. Last Edited April 1, 2021, The Canadian Encyclopedia.

*get to know*

# TOWNSHIPERS' ASSOCIATION'S STAFF



You'll find all of our contact information on our website:

**[www.townshippers.org/the-team](http://www.townshippers.org/the-team)**

We look forward to connecting with you!



*Michelle Lepitre, Maggie Severs*

## LEADERSHIP TEAM

Our leadership team is responsible for the Association's day-to-day operations, including working with our funding partners, managing projects and partnerships, and supporting the Association's board, administration, and project teams.

In addition to this, they are responsible for representation, advocacy, and communications.

**“ TOWNSHIPERS' ASSOCIATION COUNTS ON A TALENTED TEAM OF PROFESSIONALS TO CARRY OUT ITS WORK. ”**

*Michelle Lepitre,  
Director of Programs and Communications*

## ADMINISTRATION TEAM

Our administration team is a powerhouse of professionals who keep our offices running smoothly. Between managing the Association's financial responsibilities, and supporting our leadership and project teams, they are the core of the Association's activities.

They also support the Townshippers' Research and Cultural Foundation, by offering administrative support.



*Matthew Clairmont, Cathy Turner, Mary Gunter, Sunmi Lee*

## ENHANCING REGIONAL COMMUNITY CAPACITY (ERCC) TEAM

Our ERCC team develops projects and partnerships in a number of fields, including: arts and culture, education, employment, and entrepreneurship. They also run our annual high school career fairs - Rooted in the Townships - and the Inclusive Mentorship initiative, which helps English speakers to strengthen their French skills.



*Cisco Armstrong, Heather Ancliffe, Ed Humphrey*



*Nikki Moar, Abby Whitcher, Vanessa Asselin*

## EASTERN TOWNSHIPS PARTNERS FOR HEALTH AND SOCIAL SERVICES TEAM

Our Partners for Health and Social Services team works with local organizations, institutions and health care professionals in our two partner networks to improve access to services in English. They also coordinate outreach activities for community members in collaboration with their community partners.



*Bethany Vanasse*

## PLACE AUX JEUNES EASTERN TOWNSHIPS

As migration agent, Beth helps young professionals discover (and move to) the Eastern Townships region.

## IT AND SOCIAL MEDIA

Corey works as a contractor to manage the Association's technology and keep you updated on news through our social media accounts.



*Corey Cutting*

*get to know*

## TOWNSHIPERS' ASSOCIATION'S BOARD OF DIRECTORS

Our Association also relies on a talented and dedicated group of volunteers who set the priorities for our work. Our board members have backgrounds in accounting, business, community development, communications and marketing, education, health services, and more. Their vast knowledge and commitment to supporting the English-speaking community of the Eastern Townships help the Association to better support all English speakers.



**DONALD WARNHOLTZ**

*President*



Donald Warnholtz has been extremely involved as a community volunteer for most of his life. He has an extensive professional background in the health and social services sector, where he was a clinical program manager for 36 years and, more recently, was a member of the province's provincial committee on the provision of health and social services in the English language. He is currently the Director General of the Dixville Foundation.

Donald is enthusiastic about his new role as president of the Association and about supporting the English-speaking community of the Eastern Townships. You'll likely see him around in the coming months, or hear him on the radio, as he speaks on behalf of the English-speaking community here in the Eastern Townships!



**CHERYL GOSSELEIN**

*Vice-President*



**DOUG BOWKER**

*Treasurer*



**JAYME MARROTTE**

*Secretary*



**HEATHER BOWMAN**  
*Past President*



**ALICE McCRORY**  
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*Magog*



**SALIM HASHMI**  
*Sherbrooke*



**PETER STARR**  
*Sutton*



**WADE LYNCH**  
*Sherbrooke*

# the TOWNSHIPS RESEARCH and CULTURAL FOUNDATION

*Annual campaign now underway!*

Our Annual Financial Campaign for 2022 is underway and we want to thank our supporters. Every dollar is appreciated.

We could not do what we do without the support we receive from the community. The past two years have been difficult for everyone: restrictions, cancelled events, and working at a distance have all contributed to a new kind of working environment. The Foundation has continued to support both our projects and our partnerships with a view to helping all the volunteers who work so hard for their communities.

There are multiple ways you can make a donation:

- Send a cheque (payable to TRCF) to 3355 College Street, Sherbrooke, QC J1M 0B8.
- Donate online at [www.canada-helps.org](http://www.canada-helps.org).

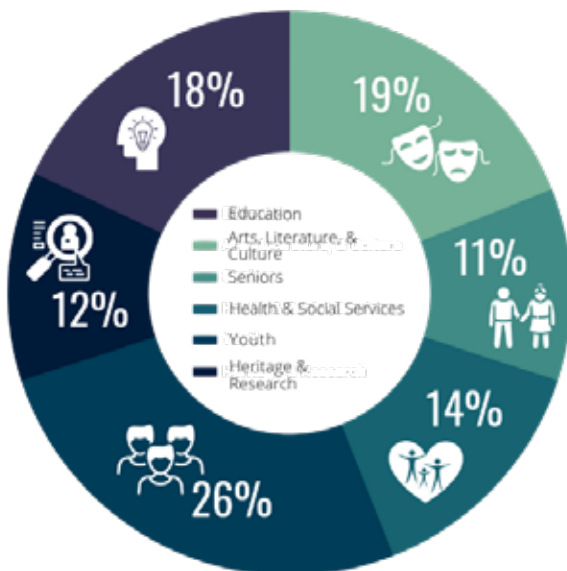
- Send an e-transfer to our email address [trcf@townshippers.org](mailto:trcf@townshippers.org) (be sure to include your name and address when sending the answer to your e-transfer question).

We are also able to accept a donation of shares. Please contact the office if you require further information.

We are also pleased to announce that our Foundation has been selected by CBC as their off-island Charity Project for 2022. CBC will be offering its support in the form of publicity to highlight the projects we have supported this past year. We will keep you informed throughout the fall season, as this project continues until December.

You can learn more about the Foundation on our website:

[townshippersfoundation.ca](http://townshippersfoundation.ca)

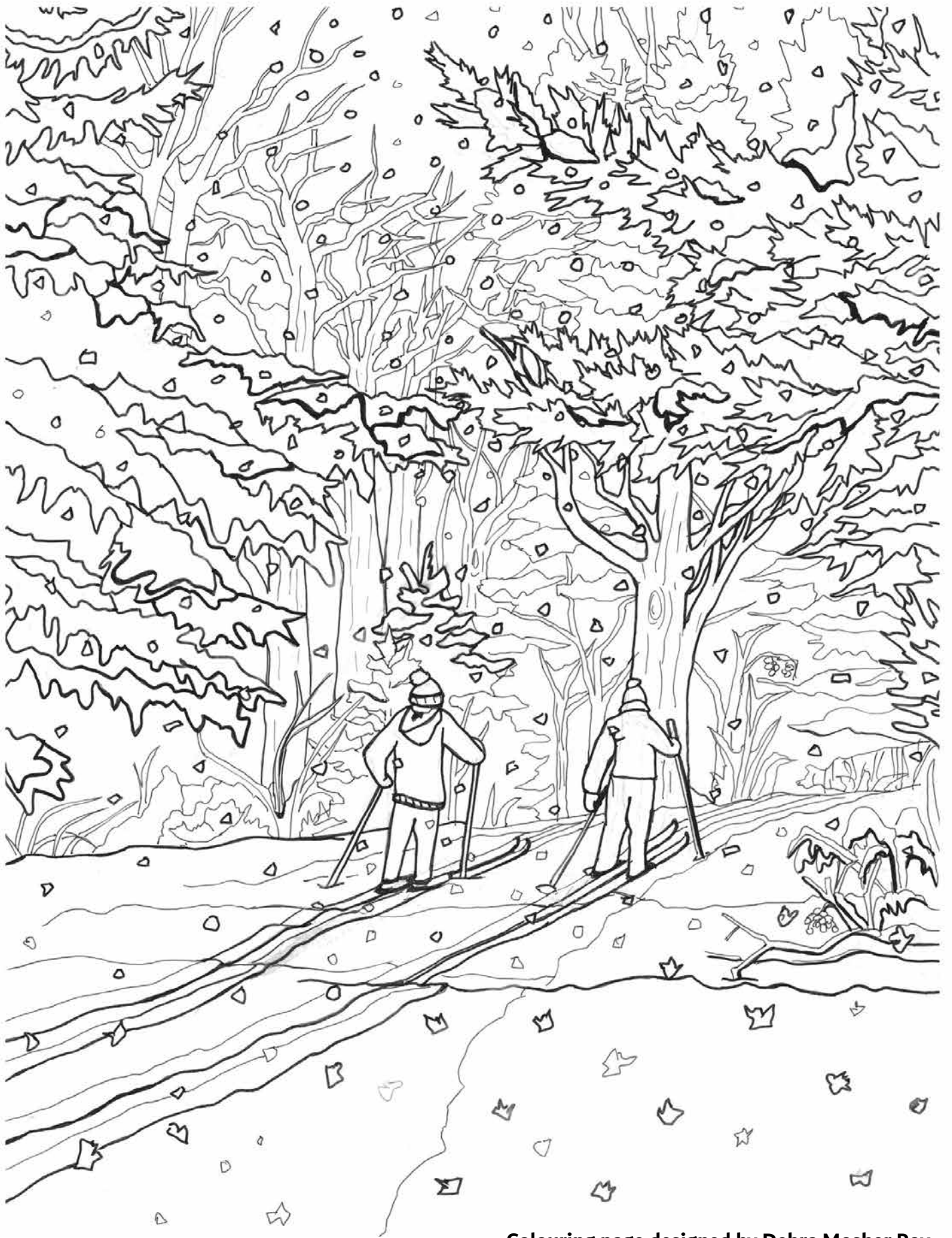


**QUESTIONS?**

819-822-3314

[TRCF@TOWNSHIPPERS.ORG](mailto:TRCF@TOWNSHIPPERS.ORG)

[TOWNSHIPPERSFOUNDATION.CA/WAYS-TO-GIVE](http://TOWNSHIPPERSFOUNDATION.CA/WAYS-TO-GIVE)



Colouring page designed by Debra Mosher Roy

# BOUNDARIES WITH FAMILIES

*By: Nikki Moar*

Agent for Townshippers' Association's ET Partners for Health and Social Services Network, Montérégie-East

What an exciting time in the townships! After a long pandemic, we are allowed to gather. Although we are excited to spend time with each other, we are reminded of how complicated it can be! As we dust off our rusty social skills while coming out of our pandemic bubbles, we joyfully reunite with loved ones, colleagues, friends, and family. While it's fun to be together again, it can feel overwhelming to navigate social dynamics. Respecting our personal boundaries will ensure that we enjoy a positive experience while gathering with others. That said, having boundaries sounds great, but this abstract concept can be tricky to put in place. So where do we begin?

Let's start with the basics. What is a dynamic? As a noun, according to the Britannica Dictionary, a dynamic is defined as "the way that two or more people behave with each other because of a particular situation." Simply put, a dynamic occurs when we interact with the rest of the world. As soon as there is more than one person involved, this interaction becomes its own dynamic. This phenomenon is the essence of my social work career. Without complicated dynamics, there would be no need for social workers, because social workers are only needed when dynamics disrupt joy. I've always believed that a dynamic is like a dance, and when two or more people dance, toes will be stepped on!

It's interesting to look at how a dynamic is defined. Do you notice a pattern in these definitions?

- Something that causes change or growth in something else.
- The science that studies motion and the forces that cause or stop motion.
- Changes in how loudly a piece of music is played or sung.

When dynamics are involved, one thing is guaranteed: change will occur. Perhaps this explains why it can be so challenging to re-enter the world of gatherings after a long 2-year pause.

Interactions will result in change, and change can be terrifying! Our primal brain will want to hang on to the comfort of the status quo because this feels safe. However, most of us were struggling alone during the pandemic. We were safe, but we were bored! We need each other to learn, grow, and change. But is there a way we can be challenged by dynamics while maintaining that feeling of safety? The answer is yes. But it will take some effort. This is where boundaries come in!

“BUT HOW DO WE CREATE BOUNDARIES?”

The pandemic provided very clear physical boundaries. Health experts advised that everyone must keep their distance. No more double kisses while greeting or saying goodbye! This was tricky to put in place at first, but many people were secretly relieved. Some people were never comfortable with the double kiss in the first place! Many did not know whether to double kiss, single kiss, hug, or handshake. The pandemic took all these decisions away, and the elbow bump was our only option. The physical distance boundary was clear. But now that we're back in the saddle, and having been through a pandemic, I would dare to say that greeting and saying goodbye is even more complicated.

Covid is still a thing. A virus that becomes a real disease. And yet, we seem to have moved on as if nothing happened! Those same physical boundaries are required to avoid catching the virus. The difference is that the government is not putting those boundaries in place



for us anymore. Now, we need to decide for ourselves, a task that can be very challenging.

Townshippers share a beautiful culture, always doing our best to be polite, welcoming, and warm. But what happens when our health gets in the way of being polite? I would suggest that this is a boundary that needs to be explored. When deciding on boundaries, physical boundaries are a great place to start.

But how do we create boundaries? Here is a simple 3-step process designed to help you make decisions when gathering with friends, family, and colleagues this fall and winter.

### **FEEL YOUR FEELINGS.**

This sounds easy but, from a young age, we were often encouraged to ignore or suppress our feelings, especially negative feelings. So we often don't know how we feel. But we can only establish boundaries if we allow ourselves to feel those uncomfortable emotions. When someone enters your personal space and your stomach gets twisted, you have a lump in your throat, you're breathing faster, your heart is racing, and your palms are sweaty, I know this is uncomfortable, but try to let yourself feel it all! Your body is giving you important information. Listen to your body.

### **DECIDE WHAT YOU NEED.**

You might need more physical distance when greeting or saying goodbye. And that's ok! It was ok before Covid, and it's certainly ok now that we are exposed to a contagious virus. Your feelings are important, and your needs matter. But you are the only one who can ensure your needs are met. You are in charge; take the reigns. If you don't, nobody will!



### **PERMIT YOURSELF TO POTENTIALLY HURT SOMEONE'S FEELINGS.**

Their reaction to your boundaries has nothing to do with you, and everything to do with them. Although Townshippers pride themselves on being polite, the priority is your emotional and physical health. Sometimes your boundaries will make others feel uncomfortable, but hopefully you can learn to be ok with that.

We need each other to grow, change, and reach our potential. But nobody said it would be easy! Just like you take your body to the gym to develop physical muscle, social interactions require developing your boundary muscle. And, like going to the gym, it's hard to get there, but once you're there you will feel great! You are exploring your feelings, and your needs, all while letting go of people pleasing. That's a lot of work, but Townshippers are strong.

We can do this! And remember, as difficult as certain dynamics can be, there is nothing more soul-crushing than isolation. The pandemic has shown us how much we need each other. No matter how difficult it is, we can all learn to dance again. Just don't be shy to let others know when they step on your toes!

## **WANT TO WRITE A FEATURE ARTICLE FOR A FUTURE EDITION?**

We love to receive content from our partners! If you are a local community organization who'd like to contribute something to an upcoming edition of our Townshippers magazine, get in touch with us today and we'll make a plan. Contact Michelle, our Director of Programs and Communications, to learn more: [ml@townshippers.org](mailto:ml@townshippers.org).

# EDUCATION & EMPLOYMENT

## ROOTED IN THE TOWNSHIPS IS BACK!

*By: Ed Humphrey*

One might think that getting a glance into the future wouldn't be very easy, but students participating in the upcoming Rooted in the Townships Career Fairs will be doing just that!

To be presented at Richmond Regional, Alexander Galt, and Massey-Vanier High Schools on December 7, December 14, and February 15 respectively, the Rooted in the Townships

their communities who have worked through professional detours, distractions, and decisions to get where they are today.

As part of the event planning, students will be invited to complete an online survey to give event organizers a glimpse into their career interests and aspirations. With this information in hand, a series of 30-minute panel discussions

will be set up, during which individuals from the community will talk about their educational and career paths, share words of wisdom, and answer the students' ques-



events will give Secondary 4 and 5 students an opportunity to discover a variety of careers that are available to them in the Townships, and they will introduce students to potential employers, educational institutions, and organizations that can support them on their professional journeys. In a nutshell, the initiative is a way to help students see themselves, and their futures, here in Québec's beautiful Eastern Townships.

To kick off each event on a motivating and inspirational note, local keynote speakers will take the stage to share anecdotes and wisdom from their lives and careers, be they traditional in nature or perhaps more eclectic and unexpected. The presentations will offer students a chance to meet dynamic individuals from

tions. Getting the "inside scoop" on a certain profession could confirm someone's interest in that field, encourage them to take a deeper dive into what's needed to follow that path, or lead them to consider other options. This year, we're expecting the panelists to speak about business and entrepreneurship, agriculture, health and social services, public safety, trades and vocational training, the performing arts, and technology just to name a few topics!

While part of the group will participate in the panel discussions, others will visit the networking zone, a series of kiosks with representatives from businesses, educational institutions, and community organizations.

This zone will offer students a chance to ask questions ranging from a college's entrance requirements, registration deadlines, and campus "atmosphere", to the type of mental health, employment, and social support community organizations can offer them. Local employers will also be on-hand to talk about what their companies do, their work environments, benefits, and the type of employees they're looking for.

The success of this regional initiative is always a result of many great people coming together for a great cause – the future of our English-speaking youth. I'd therefore like to recognize, in advance, Townshippers' Association's gratitude for the participation and contributions of the panelists, community organizations, educational institutions, the Eastern Townships School Board and, of course, all the teachers and staff at Alexander Galt, Richmond Regional, and Massey-Vanier high schools. Thank you!

If you know any secondary 4 and 5 students who attend one of our English high schools in the Townships, please share this article and remind them to mark the dates in their agendas. You can also mention that the in-



valuable encounters they'll have and the insights they'll gain from the program will get them what some would call a "superpower" ... the ability to glance into the future. Their future!

## BURSARY AND SCHOLARSHIP DIRECTORY

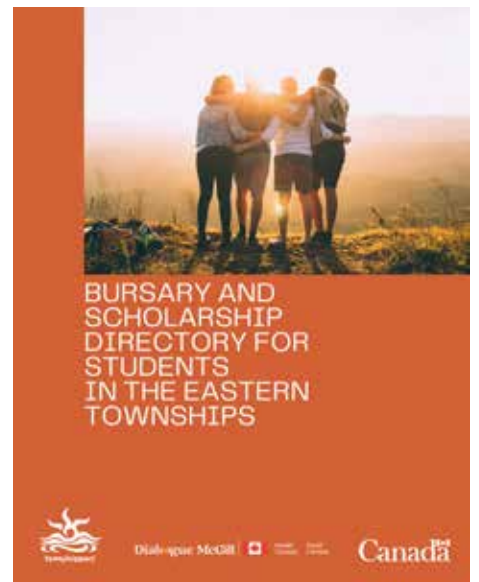
By: *Ed Humphrey*

*Now Available!*

So, you've decided to either continue your studies or go back to school. Great! You may be starting to wonder, though, how exactly you're going to pay for this important career and life choice. If you're trying to figure out the what, who, where, when and how of paying for your studies, we have a solution for you!

Townshippers' Association's **Bursary and Scholarship Directory for Students in the Eastern Townships** was created to help high school graduates and post-secondary students find financial support to further their education, whether it be at a college/cégep, vocational training centre, or university.

This useful resource offers advice on applying for bursaries and scholarships. It also includes practical information on the benefits of applying, details for how to apply for awards, and a comprehensive directory of bursaries and scholarships available to students in the Eastern Townships. The goal of the guide is to support students by facilitating access to financial resources. Bursaries and scholarships are there to help make your educational journey easier, but you must be willing to make the effort to apply... this guide can help you through that process!



Find the **BURSARY AND SCHOLARSHIP DIRECTORY** on our website: [www.townshippers.org](http://www.townshippers.org)

# 2022 TOWNSHIPERS AWARDS NIGHT

*By: Michelle Lepitre*

On Thursday, August 25, we hosted our first Townshippers' Awards Night to celebrate the recent Outstanding Townshipper and Young Townships Leader award winners, as well as the Excel in the Estrie essay contest winners and the recipients of the Dialogue McGill Health and Social Services Community leadership bursaries. This festive event was special for so many reasons - but one of the most obvious was that it was the first official in-person event that we have hosted since the early days of 2020!

While guests arrived at the Johnville Community Centre and mingled, local musicians Joel Kerr and Marie-Claire Durand treated everyone to an hour of fantastic live jazz music. Townshippers' Association's staff members also prepared a buffet of food for the guests, including a variety of appetizers, snacks, and desserts - even homemade pizzas!

Our host for the evening's celebration was Townshippers' Association's very own Ed Humphrey. Ed entertained us and introduced the winners of the Outstanding Townshippers and Young Townships Leader awards who were present. Bethany Vanasse, Place aux Jeunes Eastern Townships agent, joined Ed to introduce the 2022 winners of the Excel in the Estrie essay contest, and Heather Ancliffe, Inclusive Mentorship Program Manager, joined in to introduce the Dialogue McGill Health and Social Services Community Leadership bursary recipients.

The evening was a great success and a beautiful demonstration of the strength, dedication, and involvement of our English-speaking community here in the Eastern Townships. It was a perfect way for us to re-connect after spending so many years apart!

This year's awards ceremony was made possible thanks to the generous support of the Government of Canada, and the support of the Young Townships Leader Award sponsors: Global Excel Management, Cass Funeral Homes, the CIUSSS de l'Estrie - CHUS, NAV Canada, Champlain Regional College, and Stanstead College.



# YOUNG TOWNSHIPS LEADERS AWARDS

The Young Townships Leaders Awards (also known as the YTLAs) highlight the achievements, dynamism, and involvement of young people by celebrating young Townshippers ages 15-35 who have shown leadership within the English-speaking community of the historical Eastern Townships. These awards are made possible thanks to the generous support of sponsors, including **Global Excel Management, Cass Funeral Homes, the CIUSSS de l'Estrie - CHUS, NAV Canada, Champlain Regional College, and Stanstead College.**



## EVELYNE VERRETTE

Evelyne Verrette is a highly motivated and dedicated young person who loves to challenge herself. Her varied and impressive accomplishments attest to her intelligence, her determination, and her willingness to support her community.

According to one of her nominators, Evelyne is passionate about helping others and her goal in life is to use her university training to improve social welfare and the environment. To this end, she has undertaken a variety of initiatives to support the community during her studies. In addition to her numerous school and work-related contributions, Evelyne

has been involved locally as a community volunteer for several years. It is clear that Evelyne is an exceptional student and volunteer who will certainly accomplish great things in the future!



## WE ARE NAV CANADA

As Canada's air navigation service provider, we work each and every day to keep our skies safe and aircraft moving efficiently.

We are proud to support the Young Townships Leader Award in celebrating young leaders in the community.



## CARESSE COMEAU-ELMAN

According to one of her nominators, Caresse Comeau-Elman is a person who does good things for the sake of doing what is right and

helping others. A recent graduate of Alexander Galt Regional High School, Caresse was highly involved in school activities during her time at AGRHS - in fact, she was a driving force behind many school activities and initiatives. In addition to her achievements at Galt, Caresse was also involved in the school's international students' program and volunteered as a mentor and camp counsellor at Phelps Helps.

Without a doubt, Caresse is a great person and, as one of her nominators told us, her empathy and potential to do good know no bounds! She most certainly has a bright future ahead of her!

# HEALTH & SOCIAL SERVICES BURSARIES

*Dialogue McGill*

## COMMUNITY LEADERSHIP BURSARY PROGRAM

*Contributing to student success and the health of our community*

*By: Ed Humphrey*

Reaching our professional or educational goals can be a challenge at the best of times and the added pressure of our province's present economic situation isn't making it any easier. Few are those that haven't been impacted by the increases in the price of gas, food, lodging, travel, building materials, and clothing just to name a few. In the case of many college and university students keeping a keen eye on one's budget is always a vital part of their educational journey, and even more so in the present context.

If you or someone you know is presently a student or planning to be a full-time student in 2023 and could benefit from some financial assistance and an incentive to live in the Estrie or Montérégie areas, the McGill Health and Social Services Community Leadership Bursary Program may be what you're looking for!

### WHAT IS IT?

Created by Dialogue McGill in 2011, the objective of the program is to address the need for professionals with English and French language skills in health and social services in selected Quebec regions. This ongoing project works with regional community networks (Townshippers' Association has two: Estrie and Montérégie-East) to facilitate the retention and the recruitment of English-speaking (bilingual) health students and interns in the Townships.

To learn more about the Dialogue McGill Health and Social Services Community Leadership bursary program, visit: <https://townshippers.org/mcgill-bursary-program>.

## MEET THIS YEAR'S BURSARY RECIPIENTS!



**Catherine-Marie Blais**  
*Nursing*



**Savio Habash**  
*Nursing*



**Tanya Marisa Rodrigues**  
*Nursing*

# EXCEL IN THE ESTRIE

## SEVEN YEARS

*By: Katherine McLellan*



My name is Katherine McLellan and I love mathematics. I have severe dyslexia and school has always been a challenge for me. It took seven years of elementary schooling and seven years of high school, for a total of 14 years, to get to this point in my life. I am now a few months away from finally graduating high

school and attending college.

In elementary school, I was in a modified program for English, French, and Mathematics. I had to redo Grade 1. I then started my high school career in a specialized program where I was working at cycle 1 elementary level. My teacher, Ms. Carole Porter, always pushed me to realize my true potential. With her guidance, I surpassed my difficulty and persevered to achieve my dreams. After four years of high school, she convinced me to join a regular secondary 1 mathematics class. I quickly progressed from there and completed the secondary 1 and 2 program in that 1 year. The following year, she encouraged me again to integrate regular secondary 3. I am now in regular secondary 5 and, in June 2022, I will obtain my Secondary School Diploma.

I grew up in Cookshire-Eaton with my parents, older brother, and sister. The Eastern Townships is my home and, therefore, I plan on settling here. What I love the most about the Lennoxville area is the college-town feel-

ing. Education is central to this area and education has always been important to me. I love to learn. Although I love mathematics, I also love baking and arts. I always want to learn new things and, even when it is very challenging for me, it just makes me feel more accomplished when I finally figure it out.

For as long as I can remember, I have wanted to attend CEGEP and university. I was often told that going to college would not be feasible for me and, for a long time, I believed it. I now see that becoming a college student is very possible. In January 2022, I applied to Champlain College - Lennoxville in their Accounting and Management Technology program. Last week, I received my conditional acceptance. I was over the moon. I proved myself and others wrong. I can accomplish my dream of becoming a college student. I now plan on not only completing my CEGEP program but my wish is to also continue on to university and complete a Bachelor's degree in Business Administration at Bishop's University.

As you see, I am very persistent and resilient. Alexander Galt Regional High School has nominated me for the Lieutenant Governor's Youth Medal. One student per high school is nominated and the purpose is to recognize the involvement, determination, and constant striving of a student who has shown inspiring attitude and has had a positive influence in their school community. I will be receiving this medal on April 24, 2022 in front of my friends and family. This nomination was a pleasant surprise for me, and my family and myself are incredibly proud. My hard work in those seven years of elementary school and seven years of high school have paid off tenfold. I am grateful.

 To learn more about the Excel in the Estrie contest, visit:

<https://townshippers.org/essay-contest>

# EXCEL IN THE ESTRIE

## THE MANY TRANSITIONS OF AN ENGLISH-SPEAKING STUDENT

By: *Cazian Comeau-Elman*

The first obstacles I faced as an English-speaking student were in kindergarten, after I was transferred from Sunnyside to Jardin-Des-Frontières. I barely knew three words of French, so my sister and I were placed in a special program with other children like us. As well as being unable to socialize with many students, we would be taken out of class for extra help, further distancing us from others. Eventually, we learned enough of the language to exit the program and be integrated into the regular classes. When I transferred back to the ETSB for the beginning of high school, I faced many difficulties due to the renewed language barrier. Even though English is my primary language, the higher difficulty level of the English classes in particular came as a shock, whereas it was the French that was easier in level one than in grade six. Writing responses was foreign to me as, back in elementary school, memorizing colours and speaking in full sentences had seemed to be the standard. That certain aspect of the curriculum is still my least favourite portion of the exams. Other more subtle differences, even in non-language classes, also frustrated me at times. For example, not knowing the English polygon vocabulary and method of long division resulted in a few embarrassing moments in math class. Following both transitions, I have rediscovered my ability to adapt in a new educational environment, which has brought some reassurance to me for when I begin CEGEP. Being able to speak both English and French has also allowed me to connect with fellow speakers of either language outside of Canada.

Currently, I have been accepted into the Pure and Applied Science program at Champlain College in Lennoxville, just up the road from Alexander Galt Regional High School. Hopefully, I will graduate from CEGEP after a two-

year course and will pursue higher education in aerospace engineering. Unfortunately, achieving a university degree in this field may require temporarily leaving the Eastern Townships, my home, and my family by studying in Montreal, since Bishop's University does not offer this advanced program. After a few years away for school, I hope to return to this rural region and potentially

work for the Aviation division of Bombardier Inc., putting my new degree to good use. Ideally, I will continue to live in Ogden, as I appreciate the wilderness and proximity to Lake Memphremagog, which means that I would have to possibly commute to work. Later in my career, I would love to somehow represent the Eastern Townships, Quebec, and even Canada on an international level by being part of the Canadian Space Agency or by working closely with other countries' space programs, such as NASA. I could even participate in the development of projects on Mars or other research in our solar system. Even though I want to travel and explore the world as an adult, I can picture myself retiring here, which will not happen for many decades though. Regardless of where my education or career will take me, I will always call the Eastern Townships my home.





## THE ANGLOPHONE EASTERN TOWNSHIPPER EXPERIENCE

By: *Caresse Comeau-Elman*

I am an Eastern Townships Ogden resident who will be graduating from Alexander Galt Regional High School this upcoming June. My first language is English but, through years of schooling in Quebec, I have also managed to become fluent in French. Although a point of pride for me, being a member of the English-speaking community in our province has come with its share of challenges and unease.



I can recall entering an interscholastic French poem competition. After my performance, a student from another elementary school asked me if I was Anglophone. They said they could tell that French was not my first language from my accent. Although the individual may not have shared this remark with hurtful intent, I felt brought down by their comment as a young child who was still in the process of learning French and was stepping out of my comfort zone by speaking onstage in this language.

Thankfully, my feelings of inadequacy and discouragement were short-lived as I won an award at the event, but the incident remains in my memories, serving as a motivational reminder that being primarily English-speaking does not make me less capable than my Francophone peers. Another nuisance that I have faced in more recent times is that of taking driving lessons when English is my preferred language of instruction and such courses are severely limited. Relearning all the necessary terms in French

has thus been a great inconvenience and discomfort, making the importance and lack of bilingual services evident to me. This obstacle is one that I have been forced to overcome, however, as acquiring my license will be essential for traveling during my upcoming schooling.

Next year, I will be relocating from my home in Ogden to Lennoxville, another area of the Eastern Townships where I shall attend Champlain College. Aspiring to pursue dentistry in my university studies and as a future career path, I will be entering this CEGEP's Health Science program. My enthusiasm and success in high school courses such as chemistry and physics, as well as the experimental and mathematical factors encompassed in these subjects, encouraged me to continue my education in the sciences. What specifically caught my interest in the medical and dental fields were not only financial stability and their great demand for workers, but the idea of helping others every day by relieving them of pain and educating them on their personal health and hygiene.

The Eastern Townships are all I have ever known as a home. Working part-time at a business that sells mainly local products from our region, I have grown to appreciate our area's artisanal charm. From enjoying our many bike trails and ski hills to spending time with friends in the city, I have made nearly seventeen years' worth of memories here and hope to make many more. Whether I am still living rurally or will gravitate towards a more urban area, I can clearly picture myself beginning a career and permanently establishing my adult life in the Eastern Townships, remaining close to my roots and my family. The ideal image that I have envisioned for many years is me taking over a local dental clinic, perhaps in Sherbrooke or Magog, and dedicating myself to maintaining the smiles of my fellow Eastern Townshippers through one-hundred-percent bilingual services, an essential resource that should be more accessible in our region and province as a whole. This is my long-term goal and I will continue to work tirelessly towards its realization in my upcoming years of CEGEP, as I have throughout all of high school.



If you are a Townshipper, chances are that you've attended at least one Townshippers' Day (now Townshippers' Festival) in the past. You may remember the festive feelings in the crisp fall air as Townshippers from near and far gather to celebrate our English-speaking community's culture and roots. The day is filled with music and dancing, food and fun, artisans and information - it's like a buffet of all the best things that our region has to offer!



We've missed a few Townshippers' Festivals in recent years, but we are already starting to talk about the next edition of this beautiful community event - and we'd love to have your help! On the following page you will find a short survey about what you'd like to see at future festivals. We'd love it if you could fill it out and share your feedback with us!

In the meantime, we wanted to share some photos of past Townshippers' Days (Festivals) - enjoy this trip down memory lane! (We certainly did!)



# Community Opinion Questionnaire



Townshippers' Festival is one of the largest annual events for the Association. The Festival celebrates the heritage and culture of the English-speaking community of Quebec's Eastern Townships through family-friendly activities, networking and exploratory events, fabulous entertainment, and more. In preparation for Townshippers' Festival in 2023, we want to know how you want to celebrate being a Townshipper. Tell us what you would like to see included at the event by completing the questionnaire below and returning it to us by Wednesday, March 1.

Which demographic do you identify with?

- Youth  Adult  Young Family  Senior Other: \_\_\_\_\_

MRC or Municipality:

\_\_\_\_\_

Which artistic talents would you like to see highlighted?

- Painting  Sculpture  Architecture  Literature  Music  
 Cinema  Theater

Which community resources are you interested in knowing more about?

- Health and Wellness  Arts & Culture  Employment  
 Education  Law  Entrepreneurship  Community Leadership

Would you attend as a family if children's activities were available?

- Yes  No

Would you participate in recreational workshops?

- Yes  No

Additional Comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Become a member!

**Member:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**Spouse:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**Street Address:**

City/Town: \_\_\_\_\_ State/Province: \_\_\_\_\_

ZIP / Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to be added to our mailing list?

YES, I authorize emails to be sent to me.

NO, I do not authorize emails to be sent to me.

*Note: You can opt out of emails at any point and we will never share your information with any third parties. We believe in the privacy of our members.*

Do you wish to become a voting member of The Townships Sun magazine?

YES, I want to become a voting member of the Townships Sun.

NO, I do not wish to become a voting member of the Townships Sun.

**Membership Fees:**

Under 21 years (1 year) - Free

Individuals (1 year) - \$10

Couple/Organization/Business (1 year) - \$20

Senior (60+) (1 year) - \$5

Seniors, couple (1 year) - \$10

Individuals (3 years) - \$25

Couple/Organization/Business (3 years) - \$50

Senior (60+) (3 years) - \$10

Seniors, couple (3 years) - \$20

**Magazine Options:**

Your membership includes a free subscription to our monthly e-bulletin and biannual issues of TOWNSHIPERS magazine. How would you like to receive your issues of TOWNSHIPERS magazine?

Pick up from our Sherbrooke office - FREE

Pick up from our Knowlton office - FREE

Canada Post - postage fees apply (\$5 per year)

Opt-out - I do not wish to receive the magazine

Please return this form, along with your payment, to the attention of:

**Townshippers' Association**  
**3355 College**  
**Sherbrooke, Qc J1M 0B8**  
**CANADA**

Scan this code to  
sign up online!

