



ISSN 2561-6382

VOL.40 • NO.1 • FREE



SPRING • SUMMER 2019

TownshippersWNSHIPPERS

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 information. Businesses, individuals, and organizations are also invited to request a copy of our advertising rates.

CONTACT

General
 website: www.townshippers.org
 email: ta@townshippers.org
 social media: @townshippers

Estrie (Head Office)
 100-257 Queen, Sherbrooke, QC J1M 1K7
 Tel: 819-566-5717, toll-free: 1-866-566-5717

Montérégie-East
 3-584 Knowlton Rd., Lac-Brome, QC J0E 1V0
 Tel: 450-242-4421, toll-free: 1-877-242-4421

Free Legal Information Clinic
 Seasonal
 Tel: 819-566-2182, toll-free: 1-877-566-2182

TOWNSHIPERS
 Spring - Summer 2019 - Volume 40, No. 1

 Townshippers' Association

HEAD OFFICE (ESTRIE)
 100-257 Queen, Sherbrooke, QC J1M 1K7
 Tel: 819-566-5717, toll-free: 1-866-566-5717

MONTÉRÉGIE-EAST OFFICE
 3-584 Knowlton Rd., Lac-Brome, QC J0E 1V0
 Tel: 450-242-4421, toll-free: 1-877-242-4421

EMAIL
ta@townshippers.org

EDITOR
 Michelle Lepitre
ml@townshippers.org



COVER IMAGE: Masaaki Komori via Unsplash

CONTRIBUTORS: Gerald Cutting, Rachel Hunting, Katie Bibbs, Michelle Lepitre, Bethany Vanasse, Jocelyn Grubb, Agatha Veale, Maggie Severs, Lisa Payne, Melissa Mailloux, Daphnée Carrier, Caroline Fauteux, Marie-Soleil Larouche-Roberge, Sheena-Lee Lemaire, Centre de prévention de suicide de la Haute-Yamaska, Mental Health Estrie

IMAGE ATTRIBUTIONS: Townshippers' Association, Cathy Turner, Maggie Severs, Lisa Payne, Melissa Mailloux, Daphnée Carrier, Caroline Fauteux, Marie-Soleil Larouche-Roberge, Sheena-Lee Lemaire, Centre de prévention de suicide de la Haute-Yamaska, Mental Health Estrie

.....

TOWNSHIPERS is the official members-only newsletter for Townshippers' Association, a non-profit, non-partisan community organization focused on promoting and supporting the interests of the English-speaking minority community in the historical Eastern Townships, in Quebec, Canada. While every effort was made to ensure the information in this publication was correct at the time of going to press, the publishers and association cannot accept legal responsibility for any errors or omissions. TOWNSHIPERS is solely owned, designed, and published, twice a year, by Townshippers' Association and is made possible, in part, by financial support received from Canadian Heritage. All rights reserved. No part of this publication may be reproduced without obtaining the written permission of the Association.

.....

PRIVACY POLICY: Townshippers' Association respects your privacy. We do not sell, trade, or otherwise share our mailing list. For information on our privacy policy, see Townshippers.org. If you wish to be removed from this or another mailing list, please contact the head office.

.....

Average Circulation: 1,000 print
 Publication Mail Agreement
 No. 1711172

ISSN 2561-6382 (Print)
 ISSN 2561-6390 (Online)

Dépôt légal - Bibliothèque et Archives nationales du Québec, 2019.

Townshippers is published twice a year.

Contents

—

3

Association News

8

Community and Culture

13

Education and Employment

16

Health and Social Services

25

Youth

29

Awards

WITH THE SUPPORT OF



Message from the President



We are now into a new year, a year which has begun with bone-chilling cold snaps that have forced us all to bundle up and prepare for the unexpected. On the political front, the forecast is also chilling, though not unexpected.

As members of the English community, we must anticipate a direct assault on our institutions and our values. Let me remind you that Townshippers' Association was formed some forty years ago as an advocacy association precisely for the purpose of defending our rights as one of the founding peoples of Canada/Quebec. As the "inconvenient minority", successive governments have used the "English Threat" as a ploy to win elections. The present government, before the National Assembly has even reconvened, has set a tone which signals that we should anticipate a hard line when it comes to signage, religious freedom, immigration and, most certainly, school boards.

What is at the centre of this attitude is a profound difference in ideologies and values. At the heart of the English community are the values attached to individual rights and freedoms, which can be seen as being in direct opposition to the concept of collective values safeguarding the integrity of the French-speaking community.

For example, take the issue of religious symbols and employment in a secular state. Either the secular state must be committed to ensuring that individuals cannot be discriminated against because of their religious orientations, or the state can actively prohibit the individual from the expression of his/her religious orientation in order to ensure the neutrality of the state. The differences here are rooted in our values.

Differences can be either feared or welcomed, and it is

the role of the state to create a climate that promotes respect and understanding.

Townshippers' Association has always maintained that any form of state discrimination against an individual because of race, religion, gender, sexual orientation, or language is a violation of the Charter of Individual Rights and Freedoms. We assert that the differences in values must be recognized and dealt with in a reasonable and compassionate manner. In our present context, where populism has infected almost all western democracies, the differences are exaggerated to create division. What is now desperately needed is dialogue and measured compromise: the more bridges we can build, the easier it will be to promote the concept of inclusion, not discrimination. As Canadians and Quebecers, we have a right to be different, and we intend to bring this point of view to the attention of our elected representatives.

A major confrontation is also building around the move to abolish school boards and replace them with service centres. Although the details of the law are not yet known, it would appear that we are about to lose the last institution that fully belongs to the English community. Like our hospitals, if we give up our school boards, we will never get them back. Townshippers' Association has fought this battle before and we are ready to fight it again.

Thanks to the staff and volunteers, we are actively involved in making a real difference in the lives of English-speaking residents of the Eastern Townships. Your continued support and involvement in the Association is greatly appreciated.

Gerald Cutting

Message from the Executive Director



Welcome to our spring/summer magazine!

Your team at Townshippers' Association has been busy over the winter months, working with partners across sectors to make interesting and valuable contributions to communities across the Eastern Townships.

Have you had the chance to attend a Colour Café activity with our partners in the Haut-Saint-François or take in a lunch conference with the Food For Thought series (now in Knowlton and Magog!)? Perhaps you've attended Health Matters or Health Matters Revisited with partners in the Montérégie-East, or maybe we saw you at Townshippers' Festival in Richmond last fall? In almost every corner of the Townships, Project Leaders and Eastern Townships Partners for Health and Social Services Agents are present and hard at work on important issues, including service delivery and access for English speakers, employment opportunities, educational priorities, and more.

As we head into our fiscal and program year-end, I'd like to thank everyone involved at the Association – our staff, volunteers, and members – for their commitment to a vital and thriving Eastern Townships English-speaking community. Our organization strives to connect those important dots between community and stakeholders for the maximum benefit of all, and I'd like to encourage you, as readers, to get to know us and our initiatives better in the hope that you find an activity or program close to home that benefits you or a loved one, or that you feel passionate enough about to want to volunteer for!

Don't forget to note the dates of our upcoming events: the Annual General Assembly is coming up in June, and the Townshippers' Festival will make its way to Massey-Vanier High School in Cowansville this fall, on the 21st of September 2019. We'd love for you to join us for one, or both, of these events. The AGM is a great way to learn about all the association has accomplished in the past year and the Festival is a wonderful opportunity for family and friends to celebrate our communities and connect with one another.

Rachel Hunting



Townshippers' Association's Executive Director, Rachel Hunting, welcomes the Honourable Mélanie Joly (Minister of Tourism, Official Languages and La Francophonie) to Richmond for the 2018 Townshippers' Festival.

CALENDAR OF EVENTS

MARCH

22 Musique Chez Nous Concert @ 8 pm
29-30 BU Singers Acapella & Acoustic @ 8 pm

APRIL

5 Colour Café (Bury) @ 11 am
5 Food for Thought (St. Paul's Church Hall)
5 PJ Story Time (RRHS CLC Room)
9 Tea & Talk (RRHS CLC Room)
10 Colour Café Cookshire (LPWC) @ 2 pm
10 Food for Thought (Knowlton United Church)
17 Health Link Session (Armoury Community Centre)
18 BU Singers with OSD: Prince et Tsar @ 7:30 pm
24 Colour Café Cookshire (JHPCC) @ 2 pm

MAY

3 Colour Café (Bury) @ 11 am
3 Food for Thought (St. Paul's Church Hall)
4 First Aid CPR Course (RRHS CLC Room)
7 Tea & Talk (RRHS CLC Room)
8 Colour Café Cookshire (LPWC) @ 2 pm
8 Food for Thought (Knowlton United Church)
10 PJ Story Time (RRHS CLC Room)
15 Health Link session (Armoury Community Centre)
29 Colour Café Cookshire (JHPCC) @ 2 pm

JUNE

7 Townshippers' Association AGM (Studio Georgeville)
12 Colour Café Cookshire (LPWC) @ 2 pm

FALL EVENTS

We don't have all of the information for our fall events yet (we still have some planning to do!), but we wanted to give you a heads up now so you could reserve the dates in your agenda. Follow us on social media or get in touch to find out the details as the dates get closer.

SEPTEMBER

6 Colour Café (Bury) @ 11 am
6 Food for Thought (St. Paul's Church Hall)
11 Colour Café Cookshire (JHPCC) @ 2 pm
11 Food for Thought (Knowlton United Church)
18 Health Link Session (Armoury Community Centre)
21 Townshippers' Festival Cowansville (Massey-Vanier High School)

OCTOBER

4 Colour Café (Bury) @ 11 am
4 Food for Thought (St. Paul's Church Hall)
9 Colour Café Cookshire (LPWC) @ 2 pm
16 Health Link Session (Armoury Community Centre)

Find the details for these events and more on our Facebook page and the Community Calendar on our website!

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!

819 822-4000

#rcgtonsite

rcgt.com



Raymond Chabot
Grant Thornton

An instinct for growth™

Comings & Goings

KATE MURRAY

It is with great thanks that Townshippers' Association announces the retirement of Kate Murray, long-time Agent for The Eastern Townships Partners for Health and Social Services Montérégie-East Network, at the end of March this year. Kate has worked for more than a decade in support of the English-speaking community in the western end of our region. Not only has Kate helped to build the reputation and helped to ensure the impact of Townshippers' Association in the Montérégie-East, she has also built a reputation for herself amongst community members and professional partners as a thoughtful, ambitious, and knowledgeable collaborator.

Kate will continue to be an asset to her community as she involves herself with many local initiatives on a voluntary basis; she will be greatly missed by her colleagues at Townshippers' Association, and we wish her the absolute best in all of her future endeavours.

NORMA SALISBURY

When it comes to dedication, Townshippers' Association has been fortunate to have Norma Salisbury as a member of its work family. It was with sincere appreciation that the Association saw Norma move on from her post as Accounting Clerk earlier this winter; she had been a familiar face at Townshippers' for close to three decades and her contributions as a team member are noted by her colleagues and volunteers alike. Whether by her contagious laugh or fun-loving nature, Norma's presence in the office brought a smile to the faces of her peers; undoubtedly, Norma will continue to spread joy to all those around her. Norma will be greatly missed by her colleagues at Townshippers' Association, and we wish her all the best.



KATIE BIBBS

This spring, we also say farewell to Katie Bibbs, Coordinator of the Employment Liaison Project since 2016, who is leaving to pursue new challenges. We wish you the best of luck in your future projects, Katie! It has been a pleasure to have you on the team.



LISA PAYNE

Lisa Payne joined the TA team this past February. She will work out of the Knowlton office, and will take on Kate Murray's role as Agent for the Eastern Townships Partners for Health and Social Services Network in the Montérégie-East region. Lisa has recently moved back to her hometown of Knowlton after twelve years working abroad with the *Cirque du Soleil*/big top touring shows. Originally hired as a teacher, touring in a Big Top/Chapiteau, she taught the children of the artists in small temporary schools set up all over the world for a few years. Lisa continued touring worldwide with the company as an Associate Company Manager. Before traveling, Lisa taught in several ETSB elementary schools. A Bishop's University alumnae, she also earned her Master's degree in Educational Leadership. Returning home, Lisa brings a grateful heart and many memories. She is excited to begin a new chapter at home, rediscovering the area and giving back to a beloved community.



Meet: Maximillien Alepin, Legal Info Student

by Jocelyn Grubb

January usually marks the time of year when Townshippers' Association welcomes a new legal student to manage our free legal information clinic. This semester, though, we have the pleasure of welcoming back our fall 2018 legal student, Maximillien Alepin.

Maximillien is a third-year Bachelor of Civil Law/Juris Doctor of Common Law student at *Université de Sherbrooke*. He was born in Scarborough, Ontario and then moved to Montreal, where he later received his Bachelor of Commerce from Concordia.

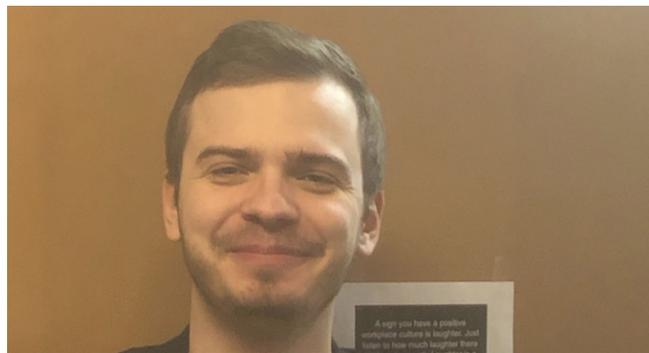
Maximillien enjoyed his experience last fall so much that he decided to come back to Townshippers' Association for a second semester. Maximillien says he is happy to be back in the office and to take advantage of the full year with Townshippers' Association. He is very supportive of the work that Townshippers' Association does in the community, and he says the English-speaking population is close to his heart. He also loves the positive work environment at Townshippers' Association's head office (specifically Big Ears, everyone's favourite office dog!).

Although this year has seen some of the busiest months the TA legal information clinic has ever had, Maximillien has also been working hard to rebrand the position and the services offered. He wants to get both law students and legal information clinic clients excited about Townshippers'. He recognizes the need to promote the program, and he believes that during this second semester he can really get into the groove and make a difference.

Though he is usually busy with school, Maximillien enjoys reading, going to the gym, and teaching ESL online in his spare time. He will finish his degree this summer, and then he will continue his studies in the fall in the Masters of Law (LLM) program at *Université de Sherbrooke*. Maximillien says he may leave Quebec in the future to work in other parts of Canada. He specifically hopes to be able to help those with mental health issues and/or disabilities.

Maximillien will be in Townshippers' Association's Lennoxville office every Monday between 11 am and 3 pm, from now until the end of March. You can reach him by phone at 819-566-2182 (toll free: 1-877-566-2182) or by email at legalinfo@townshippers.org. All calls and emails are strictly confidential.

Please remember that the legal information students are not legally allowed to dispense advice or to offer opinions. This is reserved for lawyers who have passed the bar exam.



Maximillien Alepin will be on hand until the end of March to offer legal information through Townshippers' Association's legal information clinic.

New in Townships Expressions

We have a selection of new items available through Townships Expressions this Spring. Here is a glimpse of the most recent additions to our collection. To learn more or to get your copy of one of these great items, visit our online shop or one of the Townshippers' Association offices.

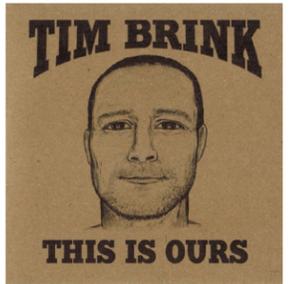
INDELIBLE BIG BLUE MEMORIES, LIFE IN THE THINK TANK Winston Fraser, \$20.00

This book provides a close-up, candid, and sometimes comical look at life inside IBM during the company's glory days. It follows one man's career from the punched card period through the UPC-initiated retailing revolution to the era of the personal computer. Punctuated by the recollections of his contemporaries, it relates some of the trials and the triumphs of working for a company with such a unique culture.



THIS IS OURS Tim Brink, \$12.00

The music on Tim Brink's album is a mixture of folk rock & Canadiana, with a touch of country. Half of the songs are heartbreak songs and the other half feel-good party songs. Tim likes to go on adventures with his family, but the Eastern Townships will always be his home. Tim would like to thank everyone who has supported, and continues to support him, in his career. It is more appreciated than you know.



VISIONS OF HOME / LIGNES DU CŒUR Various artists from across Quebec Jo Cooper, \$22.00

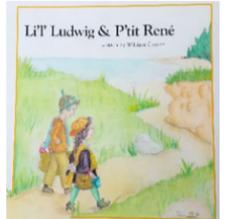
This beautiful collection of 27 line drawings was developed by artist Jo Cooper and created by a multicultural, multi-generational group of Quebec-based artists. It is a treasure to behold. Each featured artist shares a beautifully rendered line drawing, accompanied by a short text or poem crafted in one or two of multiple languages: English, French, Abenaki, Inuktitut, Basque, Korean, Northern Cree, and more.

Pick up this book to take in the beauty and meaning of the line drawings, add your own colours to each Circle of Life, or enjoy the calming music that accompanies the book. Whatever way you choose to interact with this artistic work, you will certainly enjoy it.



L'IL' LUDWIG AND P'TIT RENÉ William Crooks, \$25.00

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, watercolour 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 more mature readers.



Townships Expressions Presents:

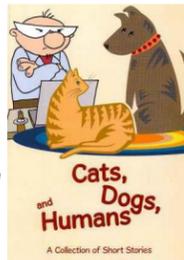
Summer is on its way again, and with summer comes vacation time. Without a doubt, one of the greatest things about summer vacation is having the opportunity to choose how you spend your day... If you are a reader, then that may mean you decide to spend a day or two in a comfortable chair (or maybe even under a tree!) with a good book.

HUMOUR

CATS, DOGS, AND HUMANS

Michel Laroque

In this collection of whimsical and humorous short stories and reflections on everyday life, *Cats, Dogs, and Humans* all learn to live together in harmony. Entertaining prose intertwines with interesting characters in relatable settings, making this compilation of short stories appealing to anyone who wants to just keep it simple and once again remember that the quirky moments in life are often the most fun and memorable.



A HOLE IN THE GROUND

Ross Murray

It's 1998, and the Town of Beverly is home to Canada's deepest but least exploited sinkhole. For years, Mayor Conrad Lemon's efforts to transform it into a tourist attraction have been unsuccessful, as have most of his plans to put Beverly on the map.

When an emergency thrusts Beverly in the spotlight, Mayor Lemon is determined to make the most of it... no matter what. At his side (against her will) is Jemima MacNaught, assistant editor of *The Beverly Modicum*, who finds herself forced to choose between loyalty to her profession and her town, though she's not sure she wants to stick with either.

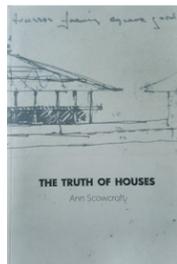


POETRY

THE TRUTH OF HOUSES

Ann Scowcroft

"These are poems filled with intricacies of life – subtle and human, anarchic and generous, intimate as well as far-ranging in their time and geography. *The Truth of Houses* is a wonderful first collection of poems." (Michael Ondaatje)



THE BELL YOU HARDLY HEAR

Marjorie Bruhmuller

Unconventional and candid, Marjorie compresses personal experience into a taut and informal poetry that conveys exceptional observations. *The Bell You Hardly Hear* carries in the tune of its pages, a sounding of truth, from a somewhat fringe perspective. Unveiling the humour, simple beauty, and curiosities that this world offers us, and emphasizing the unnoticed in the cacophony of our busy lives, which allows this ringing to strike us with a profound reverberation of appreciation and reverence for life.



LOOKING FOR MORE?

And don't forget – you can also check out our online shop to find more options, or stop by our offices and browse our bookshelves for a while. To view our entire Townships Expressions collection online, visit: <https://shop.townshippers.org/>.

Vacation Reads!

Like how that sounds? If so, we encourage you to check out our Townships Expressions collection before you head out on vacation this year. You might just find an interesting book to spend some time with this summer!

MYSTERY/THRILLER

LEGACY

Jim Napier

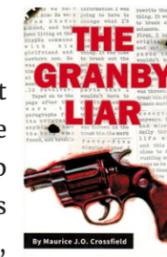
When a young woman killed in a London traffic accident is found to be carrying no identification, Detective Inspector Colin McDermott is assigned to figure out who she is and to track down her family so they can be notified. Soon, he discovers she had not one but two identities, which concealed a very private life. When the trail leads back to McDermott's alma mater, the detective is faced with the possibility that the young woman was murdered—and that an old friend and mentor might be involved.



THE GRANBY LIAR

Maurice J.O. Crossfield

It's July 1975 and Dave Rogers has just landed his first reporting job at the Granby Leader Mail. Having grown up in Montreal, it's not a part of Quebec's Eastern Townships he knows very well, despite having been born there. Amidst the stories of little old ladies turning 100, petty thefts and small town politics, Dave soon finds himself covering real news. But before long he's raised the ire of the local crime boss, the mother of a cattle thief, and an English rights vigilante group. Not to mention the mysterious characters that seem to be watching his every move, or the father he barely remembers who haunts his dreams.

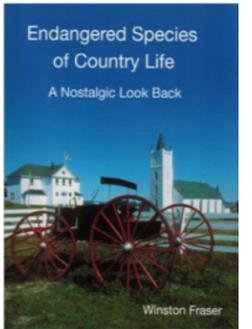


LOCAL HISTORY

ENDANGERED SPECIES OF COUNTRY LIFE

Winston Fraser

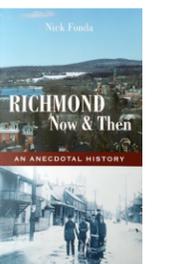
This book will entertain you, inform you, and amuse you. Perhaps it will also sensitize and motivate its readers to preserve and protect the treasures that have been passed on by previous generations. Maybe it will encourage some to support their local historical society, others to learn a classic pioneer craft and still others to take some action to rescue an endangered species of country life from likely distinction. If this book has accomplished any of the above, then it has achieved its purpose.



RICHMOND: NOW & THEN

Nick Fonda

Some liken formal histories to four-lane highways. Nick Fonda answers with a meandering country road, quietly charming, with a human face. If all politics is local, so all history is local... and anecdotal. As the great urban thinker Jane Jacobs said, anecdotes are the only real evidence because they come from stories people tell. Though not a bastion of wealth, Richmond is rich in stories. Some end sadly. Others are uplifting. Readers will inescapably yearn to visit Richmond, now and then.



GET YOUR LIMITED EDITION HARD COPY OF OUR STORIES!

Our Stories, the community-created digital anthology produced by non-profit organization Townshippers' Association, has been released in a soft-cover book, and limited to just 150 copies in celebration of Canada's 150th anniversary of Confederation. Proceeds from the sale of this book will be reinjected into the Association's Townships Expressions initiative, which gives local English-speaking artists a way to promote and sell their works.



Bishop's University Arts Festival A Success

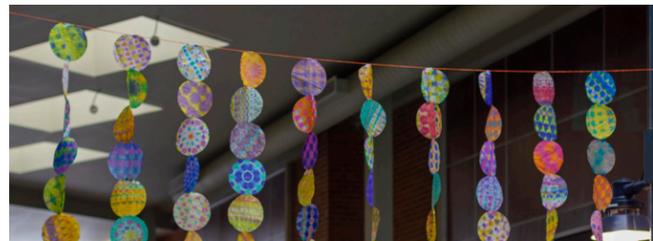
by Agatha Veale

The third edition of the Bishop's University Arts Festival took place from January 22-26, 2019 on the University campus. The Festival is a week-long celebration and showcase of the diverse artistic disciplines practised at Bishop's and in the Eastern Townships. This year's edition featured a number of workshops in visual arts, drama, literature and storytelling, dance, and theatre, hosted by Bishop's students and faculty. Some of these workshops were held in the Art Lab, the Foreman gallery's collective art space that facilitates art workshops, summer camps, and more throughout the year.



On the first day, a talk on the music industry, agents, songwriting, and getting into the business as a young musician was given by Yotam Baum, who is a professor at Bishop's and Champlain, as well as a practicing musician, songwriter, composer, and producer, among other roles. Workshops for artists from YES Montreal and Mentorly provided knowledge and resources on branding, networking, public relations, mentorship, and arts management.

On the second day, a collective art project hosted by Regine Neumann taught participants the Japanese technique of orizome paper-batik in order to create individual works, as well as a large collective piece that was installed in the SUB building. Regine is the Fine Arts Technician at Bishop's and recently finished her MFA in Germany, on which she gave a presentation on Friday.



The third day featured a workshop on how to use storytelling and art to create positive change. This workshop was facilitated by Michaela Norgren. Michaela attended a week-long workshop with the Northern Lights Collective, which provided her with the skills to host this unique event.

Musique Chez Nous presented Russian Romances on the fourth night, featuring Michel Franck (piano) and Michel Ducharme (baritone). *Musique Chez Nous* is a student-run concert series that takes place in Bandeen Hall on Friday evenings and is free for all students. The closing concert at the Golden Lion Pub in Lennoxville featured duo Llinos Owen (cello) and Arielle Beaupré (voice/guitar/piano), a jazz quartet composed of Niki Kaeser-Reiss (guitar), Nico Drudge (bass), Brad Reilly (drums), and Jean-Olivier Bureau (piano), and headlining band Jeremy Audet (acoustic guitar/voice) and Alex McMullen (electric guitar/voice).



The Festival started out as the brainchild of an Arts Administration course taught by Jane Needles in 2016, and inspired by les *Journées de la Culture*, an annual arts-centered weekend held across Quebec in September. The mission of the Festival has always been to show the

process and 'behind the scenes' aspect of the arts to encourage a greater appreciation of the work involved in the different artistic disciplines. The Festival is run by a fifteen member team of student volunteers who organize everything, including event booking, volunteer coordination, diversity and accessibility, marketing and social media strategy, graphic design, press and outreach, budgeting, sponsorship, and fundraising.

This year's focus was diversity both within the arts, and the greater Eastern Townships community. Next year's Festival will take this mission further, seeking out partnerships and collaborative opportunities with various minority groups on and off campus, and will continue to incorporate artistic disciplines outside of the 'traditional' arts (visual arts, drama, and music).



The Festival strives to expose the arts and their processes to people, groups, and communities who might not otherwise have the opportunity to experience them. As a student-run organization, an important part of the Festival's mission is to encourage cross-promotion and cooperation between the arts departments and communities on campus. The Bishop's University Artistic Alliance was created by Sonia Patenaude as a subsidiary of the Arts Administration Students' Society, and, along with the Festival, it promotes the different activities and performances that happen throughout the year on campus and in the surrounding areas.

The arts are an integral and invaluable part of our society and there is a strong need to make that known and to create a greater appreciation for all the work and talent that goes into the creation of an artwork, play,

performance, song, film, or poem. Bishop's is home to an amazing, creative, and talented group of artists and arts managers, which includes painters, sculptors, visual artists, singers, musicians, songwriters, composers, film directors, actors, directors, stage managers, lighting and sound technicians, writers, poets, dancers, choreographers, and performers.



Are you interested in supporting the largest multidisciplinary arts festival in the Eastern Townships? Do you want to help further diversity, student-run initiatives, and collaboration? We are looking for financial sponsors to support the Festival's growth and longevity! Contact us at buartsfest@gmail.com for sponsorship opportunities and information.

Planning for the 2020 edition next January is already in swing and applications for team positions, volunteers, and artists are open! You can access the application forms on our Facebook page (@buartsfestival) or by emailing buartsfest@gmail.com. Have a great idea for collaboration, partnership, sponsorship, or project? We'd love to hear from you!



Youth Employment Pilot Project Finishes on a High Note

by Katie Bibbs

March 31, 2019 marks the end of the provincially funded two-year project that saw Townshippers' collaborate with all eight carrefours jeunesse-emploi (CJEs) across the Townships, many of which had catered to a primarily French-speaking clientele in the past.

The goal of this two-year project was to improve access to these service providers for the English-speaking community by:

1. Increasing the capacity of the 8 local carrefours jeunesse-emploi organizations to serve English-speaking clients, and
2. Getting more English speakers to use their local carrefour jeunesse-emploi's services

In the first year, we saw strong involvement from all CJE partners, which resulted in hundreds of resource translations, several English classes for CJE staff, and the development of relationships between English-speaking organizations and the CJEs. One example of community relationship-building was the partnership developed between Stanstead's Phelps Helps and the CJE Memphremagog.

Before the project, the CJE didn't know of Phelps Helps, but by the end they were partnering on initiatives completely unrelated to the project! Another example is Literacy in Action and the CJE in Sherbrooke: The executive director of Literacy in Action presented to the CJE's team about her organization's mandate and clientele. As a result, each organization is now more aware of what the other does, and hopefully they will be



What is a carrefour jeunesse-emploi (CJE)?

CJEs are all over Quebec. They serve people aged 16-35 in a variety of ways, all in an effort to help young Quebecers reach their potential.

more likely to refer clients to one another.

The second year of the project saw an increase in marketing strategies for the CJEs: the project's coordinator, Katie, recorded an announcement on Sherbrooke's public radio station (88.9 CJMQ), which advertised all the CJEs in the region. She also worked with the partners to develop a bilingual pamphlet that highlights the services of CJEs and offers the contact information for each of the seven CJEs in the Estrie region. There were other tactics taken, including interviewing a few CJE staff both on the radio (in Knowlton and Sherbrooke) and for print articles, and getting involved with other community events and organizations to promote the services of the CJEs. We hosted a goal-setting workshop at Literacy in Action with the CJE de Sherbrooke, Katie co-facilitated several workshops at high schools with the CJEs, and there was an event held at Champlain just this March to talk about the services CJEs offer youth in the community.

Overall, the SAJ Youth Employment Pilot Project has

been a great success, with partnerships built across the community and resources adapted for the needs of young CJE clients for years to come. Our hope is that over the past two years, this project has raised awareness around the needs of young English speakers and has fostered a greater sense of connection between English-speaking youth and the carrefour jeunesse-emploi organizations in the Eastern Townships.

Check back for updates on the next phase of this project... we are confident that this was just the start!

In the meantime, if you are between the ages of 16 and 35 and looking to find work, to go back to school, or are not quite sure what your next step should be, check out your local carrefour jeunesse-emploi. They might be able to help!



New bilingual pamphlet on CJEs

Project Quick Facts

- Of seven partners who started the project with unilingual French websites, FIVE CJEs now have English pages or fully translated websites (CJE Coaticook, CJE Memphremagog, CJE Haut-Saint-François, CJE Sherbrooke, CJE Windsor), with a sixth planning to translate a part of their site eventually (CJE Richmond).
- Over 165 documents have been translated, which represents about 124 600 words!
- Of the English-speaking clients who completed a satisfaction survey over the course of the project, 91% would recommend CJE services to a friend.
- There is now a bilingual pamphlet highlighting all the CJEs in the Estrie region, which will be made available to local youth so they can find out where their nearest CJE is located.
- Four CJEs have participated in Townshippers' Association's Rooted in the Townships events at all three high schools in the Townships over the past two years. These CJEs delivered workshops to students in English and were able to promote their services to secondary 4 and 5 students from all over the region.
- The translated documents have been shared among all participating CJEs for their reference, but they also will be shared with the Réseau des Carrefours Jeunesse-Emploi du Québec so that many more CJEs can have access to them.
- Topportunity, the Townshippers' job bank, has posted a total of 537 jobs over the past year and has gotten more user-friendly with the help of our communications team!

What do CJEs Offer?

CJEs offer social integration programming for youth struggling to get on track, guidance counselling, programs that subsidize a young person's first job, and helping youth to stay in school. They do all the things that most people think of when they hear "employment service provider" – namely, they post jobs and write resumes and cover letters too! CJEs also offer more than just employment services. They also have resources to help youth with various backgrounds, skill sets, and education levels better integrate into their communities.

First Gathering of the 2018–2019 Inclusive Mentorship Initiative

by Jocelyn Grubb

On Friday, February 1, local health care students and professionals gathered for a 5@7 style event at Uplands Cultural and Heritage Centre in Lennoxville. This event gave program participants a chance to socialize with fellow participants and their health care mentors, and a chance to obtain some important program training and information. It was a successful evening that left all involved excited about the mentorship initiative! Participants and mentors spoke French together as health care-related ideas were exchanged and workplace experiences shared.

Townshippers' Association partnered with CEDEC (Community Economic and Employability Corporation), who led a goal-setting activity and stimulated discussion regarding workplace challenges.



A representative from the project's other major partner, the CIUSSS de l'Estrie – CHUS, attended as well. Ms. Émilie Kahr, the *Conseillère cadre – Coordination des services aux anglophones et partenariats avec les comités*

des usagers et des résidents (Direction de la qualité, de l'éthique, de la performance et du partenariat (DQÉPP)), participated in the evening's activities and continued her amazing support of the project.

The pairs of students (mentees) and professionals (mentors) continue to converse in person, by text/phone, and online through email. We are all eagerly awaiting our next group event (in the works!).



About the Inclusive Mentorship Program

The goal of this pilot project is to integrate English-speaking health and social service interns and recent graduates into the public health system through mentorship and French-language immersion activities.

The project seeks to support youth employment and retention in the region, through the development of a sustainable project involving the CIUSSS de l'Estrie – CHUS, LVTC, Champlain College, and Townshippers' Association.

It is also hoped that the project will not only increase the presence and confidence of English-speaking HSS graduates from the two educational institutions, but also increase the public health care system's ability to communicate effectively with both linguistic communities and to understand cultural preferences for health care.

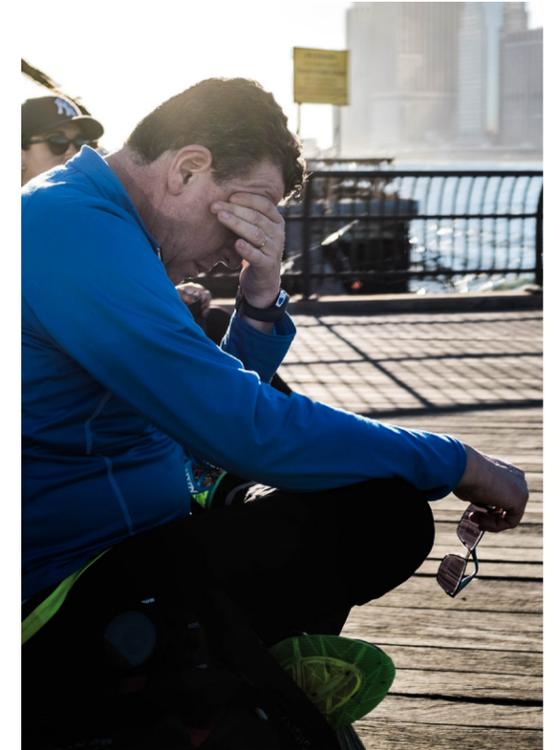
Mental Health

by Michelle Lepitre

Everyone, at some point in their life, deals with a difficult situation or two. Whatever their cause, difficult situations can often impact our mental health – regardless of how strong, resilient, and mentally healthy we are at the start. And usually, we can't control when or how these difficult situations will arise.

One thing we can control, though, is how prepared we are to face these difficult situations when they do arise – and that's where the idea of developing (and strengthening) our own coping skills and tools comes into play.

In the following pages, we offer you a few options for developing and strengthening your own set of coping skills and tools: you will find instructions for starting a gratitude journal, a handy list of coping skills you can use when feeling anxious or overwhelmed, and some instructions for creating your very own Coping Skills Toolbox. We hope you will find some of these tips useful in those moments when you feel you need them.



Mental Health Coping Skills

by Lisa Payne

Feeling overwhelmed or anxious? Here is a practical list of ideas that may help improve your mental state.

1. Take a break

Remove yourself from the situation, change your environment. Take a walk. Sit on the ground... above all, BREATHE.

2. Change your mindset

Our minds are amazing and distracting yourself, even for a short time, can make a big difference. Turn on the TV or radio. Listen to a podcast.

3. Exercise

Get that blood moving! Do some push ups, take a bike ride, move quickly up and down your stairs at home, or start your own private dance party to some upbeat tunes.

4. People

Sometimes we need to be alone while at other times, gaining perspective from a loved one can help. Phone a friend or send a text.

5. Stay calm

If you're feeling anxious, doing activities that calm but engage the mind is often helpful. Doing a Sudoku puzzle or crossword, or reading a book, magazine, or newspaper can accomplish this.

6. Indulge!

Do your favorite things! Whether that's eating some comfort food or taking a lavender-infused bath, just do it! Treat yourself, chances are you deserve it!

7. Get yourself organized

Spring cleaning for all seasons! Keep yourself busy by organizing your clothes, Tupperware, or junk drawer; it may help you feel more at ease.

8. Take a nap

Lay on your bed, floor, or couch. Sometimes we just need to chill out and get some extra zzzzs. Everything can seem hyperbolic without the proper amount of rest.

9. Self-talk

Be nice to yourself and check your internal dialogue. Negative Nancy remarks, even internal, will not make you feel better.

10. Step by step

Take things step by step. If you find yourself facing a big project or an intimidating challenge, be patient and organized. Don't get ahead of yourself. It helps to break things down.

How Gratitude Can Improve Your Well-Being!

Research indicates that practicing gratitude on a daily basis, for example by keeping a gratitude journal, can have a significant impact on how we feel in the following 5 areas:

- **Emotional benefits – research shows journaling for 5 minutes a day about what we are grateful for can enhance our long-term happiness by over 10%**
 - Strong impact on psychological well-being, self-esteem, and depression
 - Reduces envy, facilitates positive emotions, and makes us more resilient
 - Gratitude can be a protective factor for individuals who experience depression or suicidal ideation
- **Social benefits**
 - Can improve our relationships and friendships. Those who express gratitude to their loved ones are more likely to work through problems together and improve their relationship
- **Personality benefits**
 - Enhance optimism
 - Make us more giving
- **Career benefits**
 - Reduce impatience
 - Help us find meaning in our work
 - Improve work-related mental health and reduce stress
- **Health benefits**
 - Reduce blood pressure
 - Lower your stress levels
 - Help you feel calmer, especially at night
 - Reduce depressive symptoms

For a full list of benefits, visit: <https://positivepsychologyprogram.com/benefits-gratitude-research-questions/>

Gratitude Journal

<p>Morning Gratitude (Before you begin your day, list 10 things you are grateful for)</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	<p>What I am learning from my challenges (List 3 obstacles and what you are learning from them)</p> <ol style="list-style-type: none"> 1. <p>What I am learning:</p> <ol style="list-style-type: none"> 2. <p>What I am learning:</p> <ol style="list-style-type: none"> 3. <p>What I am learning:</p>
<p>People for whom I am grateful (list 5 people who made your life happier today. These could be friends, family, and strangers!)</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 	<p>The best part of my day (Choose one moment of your day that made you happy and focus on it for 5 minutes before bed)</p>

- | | |
|----------------|----------------|
| 11. peace | 1. burnout |
| 12. treatment | 2. recovery |
| 13. access | 3. breathe |
| 14. support | 4. colouring |
| 15. empathetic | 5. mental |
| 16. journaling | 6. diagnosis |
| 17. inspire | 7. relatable |
| 18. health | 8. education |
| 19. stigma | 9. respect |
| 20. grief | 10. depression |

answer key



Ideas for Items in Your Gratitude Log

Courtesy of Mental Health Estrie

Your gratitude journal or log is a personal endeavour that must be unique to you and your life. No one can tell you what makes the cut for you and your particular circumstances, but there are some suggestions that might help if you're struggling in the beginning.

Brianna Steinhilber of everup.com drafted a list of 20 gratitude prompts that can get you writing about all the things you have to be grateful for. If you're stuck at the start, at least a few of these prompts should be able to kick-start your gratitude creativity!

- List five small ways that you can share your gratitude today.
- Write about a person in your life that you're especially grateful for and why.
- What skills or abilities are you thankful to have? (You communicate well, you're a good cook, you have an uncanny ability to dominate in Fantasy Football. Hey, it's your journal).
- What is there about a challenge you're experiencing right now that you can be thankful for? (This is a tough one, but you have learned something or grown from the hardship—how?).
- How is where you are in life today different than a year ago—and what positive changes are you thankful for?
- What activities and hobbies would you miss if you were unable to do them?
- List five body parts that you're grateful for and why. (Those long legs help you reach items on the top shelf ... don't forget the little things).
- What about the city you live in are you grateful for?
- What are you taking for granted about your day-to-day that you can be thankful for? (Can't think of anything? Your alarm clock, your coffee machine, the paperboy who delivered your newspaper, your friendly neighbour who always says good morning ... and that's before you even leave the house).
- List 5 people in your life who are hard to get along with—and write down at least one quality for each that you are grateful for.
- What materialistic items are you most grateful for?
- Write about the music you're thankful to be able to listen to and why. (We couldn't make it five minutes on the treadmill without our beats).
- Who has done something this week to help you or make your life easier and how can you thank them?
- What foods or meals are you most thankful for? (Bacon, egg, and cheese on Monday morning, we're looking at you).
- What elements of nature are you grateful for and why? (The beach, a starry sky, or one speckled with fluffy clouds, the sunset...).
- What part of your morning routine are you most thankful for? (A big stretch before you get out of bed, that warm cup of coffee, a cuddle session with your pet...).
- Write a letter to someone who has positively impacted your life, however big or small.
- What is something you're grateful to have learned this week?
- When was the last time you laughed uncontrollably—relive the memory.
- What aspects of your work environment are you thankful for? (Supportive co-workers, flexible hours, great snacks in the kitchen...)

Steinhilber, 2015. Printed from: <https://positivepsychologyprogram.com/gratitude-journal/>

Building Your Own Coping Skills Toolbox!

by Michelle Lepitre

Adapted from Baldwin County Public School's "The Coping Skills Toolbox"

What is a Coping Skills Toolbox, you might ask? Well, it's a simple thing, really: a Coping Skills Toolbox is a literal box filled with some of your favourite things – things that make you feel happier and more relaxed. Whenever you feel stress or anxiety coming on, you pull out your Coping Skills Toolbox to help you through your difficult moments.

Some of you might be asking – but isn't this kind of box something meant for children? Well, you are partially right – it is definitely good for children... but it's great for adults too! A Coping Skills Toolbox will help you to build your resiliency and develop coping skills that work for you. Everyone deals with things in their own way, and your Coping Skills Toolbox is your handy little box of things that will help you to make positive choices when you find yourself in a situation that is stressful or difficult.

Ready to create your own coping skills toolbox? Here's how you do it:

1. Find a decent-sized empty cardboard box (like an old shoebox) or a storage box.
2. Decorate it! Let your inner artist (or inner child) out and make your box beautiful to you: you can add pictures, ribbons, or buttons – even bottle caps, gum wrappers, or hockey cards! Whatever makes you feel happy and makes you want to spend time with your box.
3. Fill your box with things that will make you feel better when you are feeling down, overwhelmed, or anxious. Here are some examples:
 - a. Items to help you self-soothe: these are some things that are nice to touch, smell, or hear. (A soft and fuzzy teddy bear, a scented candle, or a favourite CD).
 - b. Some things to distract you: these are things to keep your mind occupied, like puzzles, craft supplies, word search books, plasticine, bubble wrap, magazines, or your favourite movie.
 - c. Some things to change your mind: Include a few positive things that will help to change your mind, like inspirational quotes or a funny book or movie.
 - d. Some things to help you express your emotions: add in a journal, a mood tracker, or art supplies that will help you to express yourself.
 - e. Mindfulness activities or practices: add in some yoga or relaxation recordings, or grab a colouring book and some crayons!
 - f. Contact information for local resources: Add a copy of Mental Health Estrie's Crisis Card (right) to the box as well, just in case you someday find that you want more support than your toolbox can offer you. And don't hesitate to use it if you need it!

EMERGENCY CONTACTS	
Urgence Detresse Crisis Hotline.....	819-780-2222
JEVI Suicide Prevention.....	1-866-APPELLE
Info Santé.....	811 - option 1 (a nurse)
Info Social.....	811 - option 2 (social worker)
CLSC.....	Call 811 to find your local number
CHUS Hotel-Dieu & Fleurimont Hospitals..	819-346-1110
Order of Psychologists.....	1-800-561-1223
If you or a loved one is in immediate danger, please call 911.	
 Mental Health Estrie	257 Queen, Suite 900, Sherbrooke J1M 1K7 819-565-3777 mentalhealthestrie.com Find us on Facebook mhe.info@bellnet.ca

Accessing Mental Health Services in an English-speaking Community

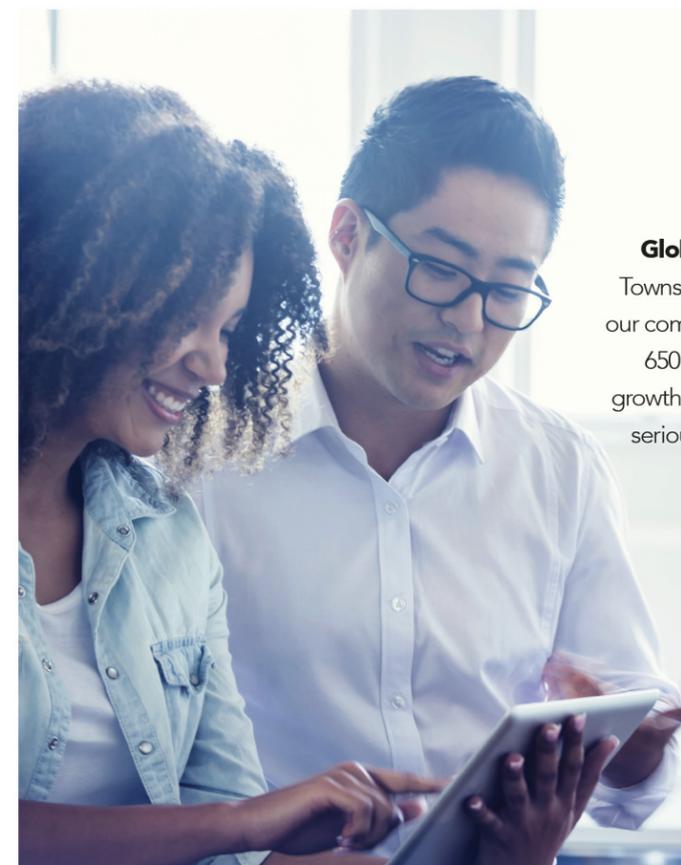
by Mental Health Estrie Staff

Who We Are

Founded in 2005, Mental Health Estrie (MHE) was established in recognition of the need for more services in English in the Eastern Townships. As a non-profit community organization, our mission is to provide support, education, and advocacy to English-speaking caregivers and individuals affected by mental illness. MHE is pleased to offer a variety of services, including: two peer-support groups, a lending library of up-to-date books, self-help materials, information booths at public events, information referral services to help you find the services you need, and educational events.

Upcoming Projects

This year, with the generous help of the CIUSSS de l'Estrie – CHUS, Mental Health Estrie will be developing a series of information sessions. Our goal is to enhance the awareness of mental health services to the English-speaking community in six municipalities, including: Sherbrooke, Val-Saint-François, Haut-Saint-François, Coaticook, Memphrémagog, and Brome-Missisquoi. In each location, an information session about the help available in the region and how to best access the services will be followed by a Q&A and an opportunity to meet local organizations serving each area. The last five educational events will take place in May 2019, so keep an eye out for the confirmed dates and locations of these events!



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.

Are you interested in a career at Global Excel?

Visit our Career Page to see the many opportunities we have for you!

globalexcel.com

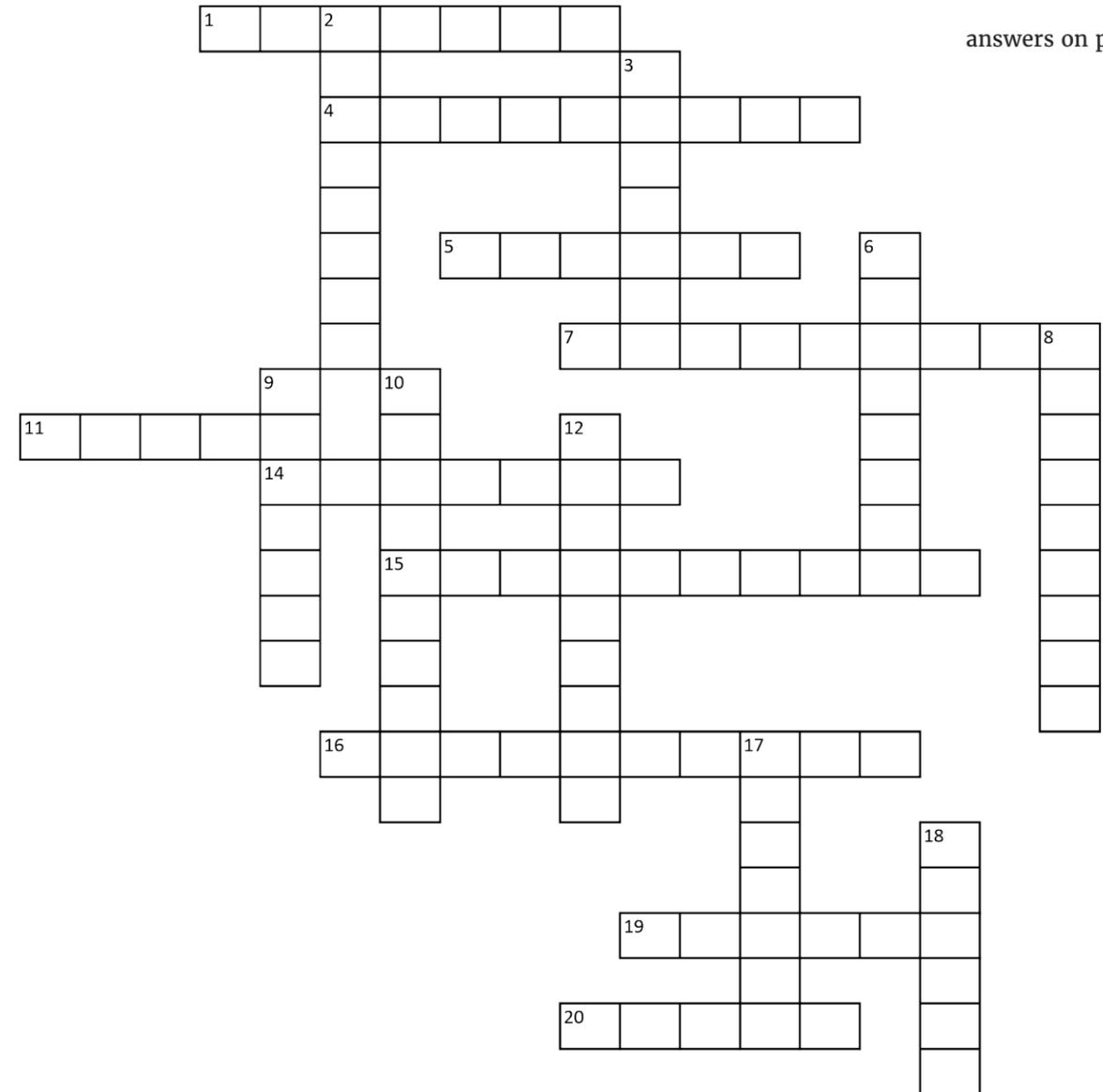
 **GlobalExcel**

Mental Health Word Search

I G V A A N T P M N A R O O F B V L Z H K H Q W B Y C W B B
 B R I B D A L S O F M H S G B U B W C S U P P O R T Q R U E
 J J N F H N V I M J M L T U T S I W R C U S L T S S F X O T
 N Y S U D G T N C B A C C E S S H C O N V E R S A T I O N I
 Q M U A W A M J S I M S H C C L A Q K P R E S P E C T Q P A
 A M S L C D L I C I X W N S Y Q P H Y N Z Q G S J I I F L Z
 L F A U J N I O Q I N S P I R E P F N C H A C Q N Y B Y K X
 Z E D J F B S B E H A V I O U R Y X E M O V H C T S E N Q I
 B E H S Y J T I R P W P U V H I X L D U T D V N U H T T R I
 Q G K D O P E M Z U P T C T U G B F C E T Q U A L I T Y N E
 G Q J Q M S N A W S A D K F R A L R N B P I N K R C V J N C
 P Q Y K C X I G T F Y E L E T E B J A R G R D E L H L G S T
 T B L P R E V E N T I O N A S R A Q A W A R E N E S S G X N
 S R O H E Z O Z I I U L L W A N E T Q W I E R S W J A P E H
 R E D S B R N N F A Q E Y P U W B R M L P Q S I S L G C Y X
 M A M Z G K U N I F R T A S G R Z R Y E G W T N O I A O V T
 C T Z X T M W V J C D S A P C L E X A U N M A F V E O J W E
 V H Q F M P D F W O R R O W L M B C D G N T N O P N B N U N
 X E D O D Y A M E X U R V D Z K S J O D J C D R Z X E J O E
 Y F C G A X J G E Z X R U X J F V T U V Y N I M L G A C E R
 T Q Y D P E X P E R I E N C E T U T F R E E N A F M R Y W G
 G O B O J V I C H U D F J A W Q L B A H F R G T G U O F F E
 H J V I P M C O T X I P S A L K E M P A T H Y I N Z U K Q T
 T A X W G H C L P N P S E B V I K X A C G K T O L I R C R I
 A X C A V F W O F B O H R A N J N S N N O S H N W D I R P C
 L Z M C L Z A U B L Q W V R T Q L G E M P O W E R M E N T O
 K H O U O W X R N N W G I W E L L N E S S E Y W L G C Q S Q
 M F X J Z P C I S K W D C Y M P O S S I B L E J Z C W Y D Z
 H F F X H W A N O E B Q E D I A G N O S I S D W Y Y S Q U A
 T R U S T Z H G V O S V S A K P E R C E P T I O N W N F S N

- | | | | | |
|--------------|-------------|-------------|------------|---------------|
| ACCESS | DEPRESSION | IMAGE | PREVENTION | SOCIAL |
| ADHD | DIAGNOSIS | INFORMATION | PTSD | STIGMA |
| AWARENESS | EDUCATION | INSPIRE | QUALITY | SUPPORT |
| BEHAVIOUR | EMPATHY | JOURNALING | RECOVERY | TALK |
| BREATHE | EMPOWERMENT | LISTEN | RELATABLE | TREATMENT |
| COLOURING | ENERGETIC | LOSS | RESPECT | TRUST |
| COMMUNITY | EXPERIENCE | PEACE | SAD | UNDERSTANDING |
| CONVERSATION | HAPPY | PERCEPTION | SELF | WELLNESS |
| | | POSSIBLE | SERVICES | |

answers on page 17



ACROSS

1. Resulting from a lack of self care
4. Form of therapy or relaxation
5. State or health of mind
7. Common among many
11. A sense of tranquility
14. To offer help
15. Considerate of the realities of others
16. Writing down thoughts on a regular basis
19. A perception of shame associated with a particular circumstance or quality
20. Emotional experience of loss

DOWN

2. A return to a healthy state of mind, or physical strength
3. Inhale, exhale
6. Technical term for one's mental or physical condition
8. The transfer or knowledge
9. Show acceptance and understanding
10. Feelings of severe hopelessness and sadness
12. Plan for recovery
13. To use a service
17. Create a positive, hopeful feeling in a person
18. One's overall wellbeing

Answers to Myths and Realities about Suicide

Centre de prévention de suicide de la Haute-Yamaska (CPSHY)

Suicide is a complex issue and it cannot be directly linked to one cause or one trigger. To help you understand this issue a little better, the Centre de prévention de suicide de la Haute-Yamaska (CPSHY) has collaborated with us to share some common myths and realities about suicide.

If you are concerned about someone you know, we encourage you to refer to Mental Health Estrie's Crisis Card (page 19) or contact your local suicide prevention centre.

YOU HAVE TO BE A COWARD TO KILL YOURSELF

FALSE

When we think about courage and cowardice, we think in terms of choice and project our own idea of suicide onto other people. People don't turn to suicide by choice, but because they feel they have no other options. These people have lost hope that their situation will change—they're at the end of their rope and can no longer see any other way to end their suffering. Their lives have become unbearable.

PEOPLE WHO "THREATEN" TO KILL THEMSELVES JUST WANT ATTENTION OR ARE MANIPULATIVE

FALSE

"Threats" of suicide should always be taken seriously—they are always cries for help. We also need to pay attention to frequent "threats" or repeated gestures, because they can desensitize those around the person to the seriousness of the situation, like the boy who cried wolf. We must remain vigilant in the face of suicidal behaviour—if the person does not sense a change in their situation, their despair is likely to increase and they may adopt increasingly dangerous behaviours. For some, attempted suicide is a kind of "trial" of more dangerous suicidal behaviour.

THE PERSON WHO IS CONSIDERING SUICIDE NEEDS TO BE THE ONE TO ASK FOR HELP

FALSE

There is no evidence that intervening with people who asked for help themselves is more effective than intervening when the request for help comes from a friend or relative. Remember that being unable to hope for change or believing that no one can do anything is often part of the dynamics of suicide and results in the person not having enough energy to seek help on their own. We need to be proactive with people considering suicide, to break their sense of isolation.

PEOPLE CONSIDERING SUICIDE ARE ALWAYS CLEARLY DEPRESSED

FALSE

Although people considering suicide are often in a depressive period, they do not all show signs of depression. Some people can seem hard and insensitive, while others laugh a lot and are very active. You need to pay attention, because these behaviours can be used to hide great sadness and suicidal thoughts.

PEOPLE CONSIDERING SUICIDE ARE ABSOLUTELY DETERMINED TO DIE

FALSE

People considering suicide want to end their suffering, not their lives. In fact, they feel torn between their desire to live and their desire to end their suffering. The problem here is their ability to believe their situation will change. Understanding this ambivalence and using it to find a hopeful solution is a positive way to intervene that is available to everyone.

THERE ARE NO WARNING SIGNS WITH SUICIDE

FALSE

You can identify a person considering suicide by paying attention to warning signs and critical moments. Understanding these signs and moments helps us be vigilant and proactive with those most vulnerable to suicide. Suicide is rarely spontaneous. A 2005 study on the trajectories of people who die by suicide (M. Séguin, A. Lesage, G. Turecki, F. Daigle, A. Guy et al.) identified four "typical" life trajectories of people who die by suicide. The authors noted that the majority of these people faced adversity in their lives, such as mental health problems, substance use, addiction, and abuse.

ASKING THE QUESTION OR TALKING ABOUT SUICIDE ENCOURAGES PEOPLE TO CARRY OUT THEIR PLAN

FALSE

Suicide is a disturbing topic that is hard to talk about. But by talking about suicide, we can demystify the subject and help people in distress. Asking someone directly if they are considering suicide does not put the idea into their head, but instead opens the door to let them talk about their suffering.

People considering suicide often hold the same beliefs as the general public: that people who think about suicide are manipulative, crazy, or must have really big issues. People often think that the person must show signs or that they have to establish a trusting relationship before suicidal ideation can be addressed. But when the question is asked, the person often feels relief to find that he/she is no longer alone.

We need to talk about suicide, but not just any way. We need to avoid trivializing the subject or praising someone who killed themselves by describing their act as heroic. We also need to pay attention to media coverage of suicide, because it can create a ripple effect.

Source: "Gatekeepers for suicide prevention training". Association Québécoise de Prévention du Suicide (AQPS), 2007.

Snapshots of Unlock Your Future: Do-ET

The Unlock Your Future: Do-ET activities help to equip local high school students with practical skills and knowledge that will guide them as they make decisions about their future careers, education, and /or employment paths. They also provide students with information about the employment opportunities available to English speakers in the Eastern Townships. This year's events took place between November 2018 and January 2019, and were a great success!

We'd like to say a huge thank you to all who participated – we look forward to seeing you again next year!



November 28, 2018: Massey Vanier High School



January 16, 2019: Alexander Galt High School

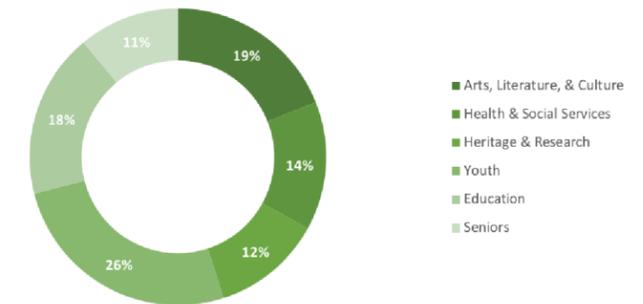


December 12, 2018: Richmond Regional High School



100-257 Queen St, Sherbrooke, QC J1M 1K7
819 822-3314
www.townshippersfoundation.ca

FUNDING DISTRIBUTION



Over \$1,250,00 given to local initiatives since 1987!



Enclosed is my donation of \$ _____
 \$1,000 \$500 \$250 \$100 \$50 \$25 Anonymous gift

Name _____
 Address _____
 City _____ Prov. _____
 Postal Code _____ Tel. _____

Complete this section if you wish to give a gift in honour of someone :

Townshippers' Foundation Registration No. 11892 2111

In honour/memory of _____
 Person(s) to be notified _____
 Address _____
 City _____ Prov. _____
 Postal Code _____ Tel. _____

Please make cheques payable to Townshippers' Foundation • Return to 100-257 Queen, Sherbrooke, QC J1M 1K7 • Receipts issued for donations of \$10.00 or more

Make Way for YOUth Discovery Days Weekends for Nurses

by Bethany Vanasse

Make Way for YOUth offers its candidates Discovery Days weekend visits as a part of our project's services. In a nutshell, participants are welcomed to our beautiful region and are invited to see what the Townships have to offer. Participants in the project are taken to different areas in our region to meet potential employers and community members, and to find out if they would be interested in becoming Townshippers themselves.



2018 was the year of the nurses! This year, our primary focus was put on finding and recruiting English-speaking nurses. Recruiting was done in all the major English-language post-secondary institutions in Montreal, as well as at Champlain College Lennoxville. Participants from McGill, John Abbott College, Vanier, and Dawson were invited to take part in two- to three-day events that had them meeting employers, trying out local goods, meeting community members, exploring our beautiful natural spaces, and participating in local cultural events. Participants were also given tours of

the local hospitals, Grace Village, and Wales Home, with the goal of showing them the state-of-the-art facilities that would be available to them should they decide to work in our local English-speaking and bilingual work environments.

With such a high demand for English-speaking nurses in our region, it only made sense to try to focus on bringing more nurses to our local institutions in order to increase the area's capacity to cater to the needs of the English-speaking community. Moreover, the project tries to be holistic in its approach to employment and we recognize that moving young professionals to our region also means supporting their families that will be moving with them. In this way, our Discovery Days weekends go beyond the simple job search and look to showcase the high quality of living standards that our communities enjoy in the Townships.



This year's trips included visits to local English schools, a potluck evening with musicians and local music lovers, exploring outdoor activities, a chance to taste local honey, cheese, beer and maple products, and brunches with other young English families that have moved to the area.

Connecting these young professionals with other

community members ended up being a great way for Townshippers to share their experiences with our potential newcomers. Other information that participants received during their trip included an up-to-date sample of real-estate listings, information about local daycares and English schools, as well as information about other English organizations and resources in our region. For more information about Make Way for YOUth, our Discovery Days weekends, or individual support services, contact Bethany Vanasse at mwfy@townshippers.org or visit our Facebook page: facebook.com/MWfYestrie/.



Like how these Discovery Days sound? Want to learn more about moving to the Estrie?

If you are a post-secondary student or graduate who is 18-35 and thinking about making a change, contact us!

mwfy@townshippers.org, 1-866-566-5717

McGill Bursary Winners 2018–19

Category 1 – For College or University Students Studying Outside Their Home Region

Melissa Mailloux

This bursary means a lot to me. It gives me the financial capability to concentrate solely on my studies so that I can do well and learn many things. I can focus my time on learning about evidence-based nursing care so I can incorporate the McGill Model of Nursing into the kind of nurse I want to become. After I am done studying, which will be very soon, I will bring the knowledge I gained at McGill University back to the Townships so I can hopefully be able to make a difference in many patients' lives.



Category 2 – For College or University Students Studying Inside Their Home Region

Daphnée Carrier

I'd like to thank Townshippers' Association as well as the Dialogue McGill Health and Social Services Community Leadership Bursary Program for their generous bursary. I have been working in the health care field in the Eastern Townships for almost three years now. I feel extremely lucky to work and give back to such an inspiring community, one that has always supported me. This bursary is allowing me to continue my studies so I can obtain my bachelor's degree in nursing. It will allow me to become an even more knowledgeable nurse and to give quality care and services to patients, their families, and the population of the Eastern Townships.



Category 2 – For College or University Students Studying Inside Their Home Region

Caroline Fauteux

I am very honoured to receive this bursary this year. I grew up in Lennoxville, in the Eastern Townships area and, for me, being surrounded by French and English-speaking people is the best memory of my childhood. Being a nurse at the CIUSSS de l'Estrie — CHUS for the past 13 years, it has been a pleasure for me to be able to speak French and English to my patients. I think it is a very important component of the patient approach to be able to speak to patients in their mother tongue. My community is a part of who I am now as a woman, and also as a professional caring for other people. I have already been hired by the CIUSSS de l'Estrie - CHUS to work as a nurse practitioner for next July.



Category 2 – For College or University Students Studying Inside Their Home Region

Marie-Soleil Larouche-Roberge

For nine years now, I have lived in the Eastern Townships. This is now where I call home. After moving a lot, I am now more settled down. I really feel I'm part of a caring community here, which is why this is now my place. I was very honoured and happy to receive this bursary. It means a lot for me and for my family because it is very difficult to be studying and still keeping a good financial balance. Having this bursary will help me to meet my financial obligations. After I complete my B.Sc. in Nursing (at *Université de Sherbrooke*), I hope to contribute to the development of a better health network for English- and French-speaking communities. I believe that such a degree will open up opportunities, and help me to fulfill my dream of contributing to a global vision of health. One of my dreams is to be involved in a "Maison bleue" project in Sherbrooke, similar to those founded by Dr. Jimenez in Montreal. I would like to specialize in community or perinatal health. Also, I am interested in primary care, which increases people's autonomy regarding their health.



Category 3 – For Students Studying in the Area of Health and Social Services in a Vocational Training Centre

Sheena-Lee Lemaire

I am a single mother of three children, one with special needs. I am determined to build a better life for my children. In 2015, I found myself on my own with three beautiful children as the father was no longer present. I decided to seek help through the Villa Pierrot, which is an organization with the goal of improving the living standards of single women with children. In 2016, I took my place as a coordination committee leader at the Villa Pierrot and quickly gained back my self-confidence, which I had lost. I am choosing to study in the health field because I am passionate and want to give back to the community what I have gained from the services which I so dearly needed. I wouldn't choose to live anywhere else but the Townships because the people are not only beautiful, kind, and generous but there is a certain tranquility that can calm your mind.



Congratulations!



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

819 820-6450 | presentfortomorrow.ca



Fondation
du CHUS

40 YEARS

40 AMBASSADORS

\$ 40 M