

INTRODUCING BIANCA POULIOT AND THE "THROUGH THE LENS OF OUR COMMUNITY" PROJECT

Show us what your community means to you!

VEQ and MCDC invite you to be part of this new project. Send us a photo of your surroundings, family, friends or anything else that you feel best represents what the English-speaking community means to you along with a sentence explaining why your picture represents your community.

This project is open to all! Seniors, youth, amateurs or experts! It's your time to shine! We will also be providing a workshop on the basics of photography. So, dust off your cameras and photo albums because we want to hear from you!

Of all the photos submitted, 50 will be selected to be displayed in a photography exhibit to be held in Thetford Mines and Quebec City at the end of March 2012. All photos received will be included in a DVD and available for viewing on MCDC and VEQ websites. Photos must be submitted by February 3, 2012.

To coordinate this new project, MCDC has retained the services of Bianca Pouliot. Bianca is a part-time teacher at St. Patrick Elementary school and has joined the MCDC team in mid-November. For more information or to send your photo,



contact Bianca at:

906 Mooney St. West,
Thetford Mines Qc) G6G 6H2
418-332-3851
mcdcphotography@hotmail.com

LOOKING FOR A GOVERNMENT SERVICE?

If you need help finding services offered by the government, please call MCDC for assistance.
418-332-3851 / 1-877-332-3851



BEST WISHES FROM THE MCDC TEAM!

Please note that the MCDC offices will be closed as of
December 23rd (4:30 p.m.)
and we will be back on
January 9th, 2012 (9:00 a.m.)

CHRISTMAS BASKET CAMPAIGN

The Holiday Season has arrived and the Masons Christmas Basket Campaign will be from
December 1st to December 14th.

Donations of non-perishable food items and toys will be greatly accepted. You may drop off your items at the MCDC offices or at A.S.J. High School during the dates mentioned.

Thank you in advance for your generosity towards this worthy cause!



MCDC CHRISTMAS MEET & GREET

Join us for an evening of relaxation and laughter to kick the Holiday Season into gear!

The winning ticket for the \$500 Setlakwe gift certificate will be drawn.

Light refreshments will be served and door prizes will be raffled.
A cash bar will be available.

When:
Thursday, Dec. 1, 2011 ~ 5 - 7 p.m.
Where:
Thetford Golf and Curling Club
Admission:
Free

Seniors' Drop-Ins

Monday, Dec. 5th: **Ste-Agathe**
Monday, Dec. 12th: **Kinnear's Mills**
Monday, Dec. 19th: **Inverness - CHRISTMAS PARTY**



COMMUNITY CALENDAR

Friday, December 2th:
MCDC clinical day
"Preventing Falls at Home", 10:00 a.m. - 1:00 p.m. at Fatima Residence in Ste-Agathe. Lunch will be served. You must register! Call MCDC 418-332-3851.

Thursday, December 8th: Trip to Wales Home



Friday, December 16th: Oddfellows' Christmas Party, at 7:00 p.m. at the I.O.O.F. Hall in Inverness.

Candlelight service - December 18th at 3:00 p.m. will take place at the Candlish United Church in Kinnear's Mills, followed by supper.

Christmas Eve service - December 24th:
Evening service will be held in Inverness at St. Andrew's Church.

REGULAR ACTIVITIES:



Parents & Tots

This activity takes place every Monday morning, from 9:30 a.m. to 11:00 a.m. For more information please call Judy Lawrence at 332-3851

Community Library

Come and visit our library located on 906 Mooney Street West in Thetford Mines. Opening hours are Monday to Friday 9:00 a.m. – 4:30 p.m.

Book Club



If you enjoy reading and meeting with friends, join our Book Club. For more information, call H el ene at 418-332-3851.

COMMUNITY HEALTH CAPSULE

December is a festive period... remember to get some sleep

We know Christmas is all about having fun, eating and drinking, but research has shown that missing out on sleep could lead to

a cold or other seasonal snuffles.

Your body and brain recharge when you're under the covers and also fight off infections. Try drinking a warm, milky drink before bed, and, if you've been up

or out partying, make sure you give yourself time to wind down and switch off before jumping into bed.

<http://EzineArticles.com/1685342>

THE CAREGIVERS' NOOK



If you are a caregiver and would like to have access to information and reading material in English, visit our "Caregivers' Nook at the MCDC Community Resource Centre.

Nook at the MCDC Community Resource Centre.

New Books now available:

When a Parent is Sick,
by Joan Hamilton
The Year of Maginal Thinking,
by Joan Didion



BOXING DAY FAMILY BOWLING

Get your Christmas visitors, family, neighbours, etc. together and reserve a lane for your group:

Date: **Monday, December 26, 2011**
Time: **1:15 – 4:00 p.m.**
Location: **Salon Jami Quilles**
Boul. Frontenac, Thetford Mines
Price: **Approx. \$12/person for 3 games;**
Shoe rental: **\$2**

A door prize to be won!

Register your team today through Maureen at MCDC 418-332-3851 or mcdc.coord@bellnet.ca



CENTRE DOMR EMY DE L'AMIANTE

Centre Domr emy is focused on helping individuals to deal with alcohol and drug addictions, as well as other personal difficulties. They run a day-centre, a housing service, and provide prevention information to schools. They can be contacted at: 100 rue Caouette ouest, Thetford Mines
Tel: 418-335-3529
E-mail : centredomremy@bellnet.ca

If language is a barrier in accessing their services, do not hesitate to contact MCDC in total confidentiality.

SCHOOL NEWS



On Monday, Nov. 14, 2011, Vanessa Leblond-Drolet completed her 1-1/2 year long project by connecting "live" using Amateur Radio to Astronaut Michael Fossum onboard the International Space Station. They had exactly 10 minutes and 5 seconds to ask all their questions as it was the only time possible when the Space Station would be in orbit somewhere close to us.

It was fabulous!!!
Congratulations Vanessa for making this happen.



SCHOOL EVENTS FOR DECEMBER

- ▶ **Dec 1st:** ASJ Public Speaking
- ▶ **Dec 2th:** St. Pat's Poetry Slam
- ▶ **Dec 6th:** Governing Board Meeting 7 pm
- ▶ **Dec 21th:** Annual Christmas Show

MILESTONES



- ▼ **Sincere condolences** to Pierre Roberge and the Roberge family on the passing of his father.
- ▼ **Happy Birthday** to Nicole Baker and Ona Normandin who will be celebrating this month.

MCDC MEMBERSHIP

All members of the English-speaking community of Chaudi ere-Appalaches and l' rable are invited to become members of MCDC. Membership is free and it is a great way to get involved and show your support for your community. For additional information, please call us at 418-332-3851 or 1-877-332-3851 or visit our website at <http://mcdc.info>.