

# DOWN HOME NEWS



The Down Home News page is an initiative of the MCDC. We are located at 906 Mooney Street West, Thetford Mines G6G 6H2. Tel: 418-332-3851 / Fax: 418-332-3153 / E-mail: mcdc@bellnet.ca. / Website: http://mcdc.info

February 1, 2012

## MCDC 6th Community Forum February 25, 2012

All community members are invited to attend the MCDC 6th Community Forum. Come and share your thoughts and suggestions. Your input is valued.

A complimentary lunch will be served during which volunteers will be honoured for their invaluable contribution to the wellbeing of our community. We will also present the new MCDC videoclip on youth volunteering.

When: **Saturday, February 25, 2012**  
Time: **9:30 a.m. – 3:00 p.m.**  
Where: **United Church Hall,**  
Thetford Mines

R.S.V.P. to confirm your presence by  
Tuesday, February 21, 2012

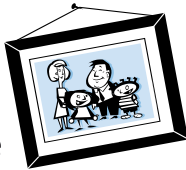
Contact Maureen or H el ene at 418-332-3851 /  
toll free 1-877-332-3851 / mcdc.coord@bellnet.ca



## “THROUGH THE LENS OF OUR COMMUNITY” SHOW US WHAT YOUR COMMUNITY MEANS TO YOU

### FIRST PHOTOGRAPHY EXHIBIT

Submit your favourite photos!!! Don't forget to write down “why the photo represents the English Community to you”.



**Deadline: February 3, 2012**

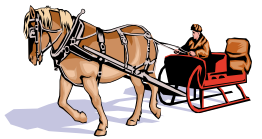
Contact **Bianca Pouliot**  
**mcdcphotography@hotmail.com**  
**418-332-3851 / 1-877-332-3851**

## THE MEGANTIC COMMUNITY FOUNDATION...

would like to take this opportunity to thank the community for showing their support towards the volunteer services and youth programs. In 2011-12, fundraising and donations generated a total of \$3,819.

**Thank you, thank you,  
thank you.**

## SLEIGH RIDE



When: **Sunday, Feb 12, 2012**

Time: **1:30 - 4:00 p.m.**

Where: Ann Marie & Kenneth Powell's  
home  
1123, Rang St.Pierre, in Ste. Agathe

Admission: **\$5.00 per person**  
(Children under 5 yrs. – free)  
(includes sleigh ride, hot chocolate and refreshments)

This is your chance for a great family outing!  
For more information, contact  
Maureen at 418-332-3851/ 1-877-332-3581  
mcdc.coord@bellnet.ca

## The Oddfellows' Leeds and Thetford Lodges are inviting the community to a CARD PARTY!!

Date: **Thursday, February 23, 2012**  
Time: **8:00 p.m.**  
Location: **I.O.O.F. Hall, Inverness**  
Admission: **\$5**



This event is one of the various fund raising events the Oddfellows organize for our community. Please show your support. Donations of prizes would be appreciated. For more info, call Brian Lowry 418-338-8312

## ROBBIE BURNS DAY

Everyone is invited to a celebration:  
Saturday, **February 4, 2012**  
**8:00 p.m. – midnight**  
**Kinnear's Mills Community Hall**

Come and enjoy authentic Scottish  
cooking, music, and square dancing.  
For more information, call Jim Allan at  
418-424-0912



## Seniors' Drop-Ins

Monday, February 13th: **Inverness**  
Monday, February 20th: **Thetford**  
Monday, February 27th: **Ste. Agathe**



## COMMUNITY CALENDAR

**February 15:** Telehealth videoconference on “Cardiovascular disorders” 10:00 a.m. – 1:00 p.m. to be held at the MCDC Resource Centre. Light lunch provided. Call Peter at 418-332-3851 to reserve your seat.

**February 19:** Brunch organized by Lions Club in St-Pierre-de-Broughton, 9:30 a.m. - 1:30 p.m.

**February 26:** Brunch at Les Fourneaux d'Inverness, 9:00 a.m. until 1:00 p.m. (\$10.95 + tax). Call Lisa to reserve 1-418-453-2007.



## 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 at 332-3851.

## COMMUNITY HEALTH CAPSULE

### Secrets of successful behaviour change

Whether it's exercising more, improving your diet or reducing alcohol, here's how to make that resolution stick:

- Keep it real
- Make it yours
- Accentuate the positive
- Be specific
- Be flexible
- Reward yourself
- Connect with others
- Expect slips

[www.heartandstroke.qc.ca](http://www.heartandstroke.qc.ca)

### Community Library

Opening hours are Monday to Friday 9:00 a.m. – 4:30 p.m. at the CDC Community Resource Centre.

### SUPPORT TO CAREGIVERS AND "CARE CHAT"

We have specially trained volunteers who can provide respite for caregivers who are looking after a relative suffering from Alzheimer's, cancer or any other serious and debilitating illness. Please call Hélène Doré 418-332-3851

We also have a monthly caregivers' support group called "CARE CHAT" where caregivers can share freely with other caregivers. If you are a caregiver and would like to have access to any of these services, please call Jan Lowry 418-338-8312

### Bowling Club

The Bowling Club plays every Sunday afternoon from 1:15 – 3:30 p.m. at Salon Jami Quilles in Thetford Mines. Presently the 4 teams are complete but we are always looking for substitute players. For more information, call Maureen at 418-332-3851. Feel free to stop by the bowling alley and visit.

### ALLAN FAMILY

On behalf of the Allan family, we would like to express our sincere thanks for all the generosity and support at the time of the passing of our dear husband, father, and grandfather W. Lawrence Allan, on December 13, 2011. All was greatly appreciated.

### WOULD YOU RECOGNIZE HUNGER?

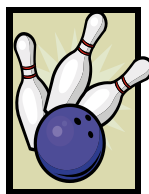


Our region's food bank "La Vigne" sees it every day. They believe that no matter why people are forced to ask for food assistance, it will be hard for them to overcome their difficulties unless their basic needs are met. With the help of your donations, those in need increase their chances of improving their quality of life in a sustainable manner. Give generously in whichever way you can to our community food bank.

"La Vigne" is located at:

40 St. Alphonse Street sud  
(behind the Centre Paroissiale)  
Thetford Mines, QC  
Tel: 418-338-0500

### CONGRATULATIONS TO THE WINNING TEAMS!



The MCDC Bowling Club celebrated the end of its Fall 2011 season with a delicious pizza supper at Les Fourneaux d'Inverness.

Highlights included: overall highest single score "264" Jim Dempsey; highest single score (women) "244" Suzette Mainville; overall highest average "181.8" Suzette Mainville; highest average (men) "179.5" Gaetan Noel. Congratulations and thanks to everyone who participated.



Winners of play-offs: Gaetan Noel, Jan Lowry, Kent Jamieson, Heather Aulis, Lisa Dempsey, Suzette Mainville (capt).

Ann Marie Powell presented the trophies to:



Winners of regular season: Frances Beattie (capt.), Brian Powell, Steve Lachance (absent), Brenda Lowry, Dale Cox, Monique Gingras

### SCHOOL NEWS



**Feb. 8:** Press conference for the release of the "I volunteer" school program video.

**Feb. 9-12:** CQSB basketball tournament in Québec city.

**Feb. 17:** Pogo sale at lunch time



### MILESTONES

Happy Birthday wishes go out to Gerald Bennett, Ruth Beattie, and Eileena Murphy who are celebrating their birthdays in February.

Good wishes to Everett Learmonth for a speedy recovery.

### MCDC MEMBERSHIP

All members of the English-speaking community of Chaudière-Appalaches and l'Érable 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>.