Lesley Chrétien, a graduating student from ASJ High School, is this year’s recipient of the $500 Megantic Community Foundation (MCF) Bursary. She will be pursuing post-secondary education in Physiotherapy at the Cegep de Sherbrooke. Congratulations and best of luck!

MCDC held its Annual General Meeting on June 9, 2016 in Kinnear’s Mills. Approximately 50 community members were in attendance. Guests included Charles Taker - Liaison at the Office of the Commissioner of Official Languages in Montreal, Paul Vachon – Mayor of Kinnear’s Mills, Jean-François Morissette – City of Thetford Mines, & Geneviève Dion – in charge of Communications and Legal Affairs and responsible for Access to Services in English at the CISSS Chaudière Appalaches. During the meeting, a report of all activities held during the previous year and the audited 2015-2016 financial statements were presented to and ratified by the members. After the meeting, a light supper was served and enjoyed by all.

The Board Members are: James Allan, Normand Baker, Frances Beattie, Gordon Brown, Pauline Davidson, Joan McCammon, Ann Marie Powell, Alice Renaud, Stephen Renaud, Annie Stewart, Brenda Trenfield, Aline Visser and Ned Young. In retrospect, it has been one of the busiest years to date for MCDC! To obtain a complete copy of our Annual Report and Financial Statements, or for more information on our services, please contact us. The report is also available on our website at www.mcdc.info under the “Communication & Information” tab. Your comments and suggestions are always welcome.

THANK YOU TO THE MASONs

Wendell Smith, Mason’s Dist. Deputy Grand Master of the St. Francis district, presented a cheque for $3,626.60 to the Megantic Community Foundation (MCF) represented by Brenda Trenfield, President, and Ann Marie Powell, Director. We appreciate your generosity & support with deep gratitude.

THANK YOU TO THE ODDFELLOWS LODGES

Leonard Davidson presented a cheque for $500 on behalf of the Oddfellows – Thetford, Leeds, & Inverness lodges to Suzanne Aubre, Executive Director of MCDC. The donation will help support the volunteer transportation service. Thank you very much for your ongoing support.

Sunday, Aug. 28th: Brunch at Les Fourneaux d’Inverness, 9:00 a.m. – 1:00 p.m. call Lisa to reserve 1-418-453-2007

COMMUNITY CALENDAR

Sunday, July 3rd: Orange Lodge church service at 10:30 a.m. – Church of the Ascension, Inverness.

Saturday, July 9th: The Annual Orange Picnic is taking place at MacRae’s Grove just outside of Kinnear’s Mills starting at 11:00 a.m. Bring your picnic and join your old friends for a day of fun.

Saturday, July 9th: All are invited to have supper at the Kinnear’s Mills Community Hall starting at 4:30 p.m. The supper is organized by the United Church Women.


Sunday, July 31st: Brunch at Les Fourneaux d’Inverness, 9:00 a.m. – 1:00 p.m. call Lisa to reserve 1-418-453-2007
NEED TRANSPORTATION TO A MEDICAL APPOINTMENT OVER THE SUMMER???

From June 27 – to August 26, 2016, MCDC will only be open on Tuesdays, Wednesdays, & Thursdays only 9:00 a.m. – 3:00 p.m. (except for July 24th to Aug 8th)

CONSTRUCTION HOLIDAY IN QUEBEC

MCDC will be closed completely from July 24th to August 8th, 2016 inclusively).

Have a great and sunny summer!

PARENTS & TOTS 2015-16

Meet the 3 graduates of this past year’s Parents & Tots program standing with their class mascot Mr. Smiley. They will be moving on to a Kindergarten class.

Parents & Tots is geared towards 3-5 year olds (accompanied by an adult) and initiates these children to the English language through songs, games, storytelling, and crafts. It takes place every Monday morning 9:30 – 11:00 a.m. at the Maison de la culture, Thetford Mines. The cost: $55 per session. To register or for additional information, call Estelle at MCDC 418-332-3851.

MILESTONES

• Happy Birthday to Don Beattie, Margaret Cruickshank, Pauline Davidson, Richard Fowler, Pauline Nutbrown, Edward Powell, Joan Beattie Routhier, Ronald Routhier, Louise Triganne, and Jean Wright who will be celebrating their birthdays in July and August.

• Get well wishes going out to Patsy Fowler for a speedy recovery from surgery.

• Get well to Gerald Bennett who is still in the Thetford hospital.

A WORD OF THANKS

My family and I would like to say thank you for all the donations in memory of Brian to the Megantic Community Foundation and the hospital, for your cards and letters, your gifts of food, the lunch prepared by the ladies in the community, all the wonderful memories of Brian that you have shared with us and the kindness and support you have shown us over the past weeks.

Jan Lowry

PROFITS FROM COOK BOOK SALES!

Suzanne Aubre, on behalf of MCDC, presented a cheque of $330 to Phyllis Robinson, President of the School Foundation, for the School Breakfast Program. These funds were raised by the sale of the cookbook “Tastes of the Past, Memories for the Future”. There are still books available for $5 from MCDC. Thank you to all who supported the project.

THE NEXT DOWN HOME NEWS WILL BE PUBLISHED IN SEPTEMBER 2016.

COMMUNITY HEALTH CAPSULE

Heatstroke symptoms include:

High body temperature. A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.

Altered mental state or behavior. Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.

Alteration in sweating. In heatstroke brought on by hot weather your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel moist.

Nausea and vomiting. You may feel sick to your stomach or vomit.

Flushed skin. Your skin may turn red as your body temperature increases.

Rapid breathing. Your breathing may become rapid and shallow.

Racing heart rate. Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.

Headache. Your head may throb.

If you think a person may be experiencing heatstroke, get the person into shade or indoors and remove excess clothing. Seek immediate medical help by calling 911.

Source: www.mayoclinic.org

AN INVITATION TO VISIT THE Victory Church

Pastor Rev. Timothy Lalonde is extending and invitation to everyone to visit his bible-believing church during their regular weekly service held on Sundays at 3:00 p.m. in “la Salle Bleu” of the St-Jacques-de-Leeds Catholic Church.

For further info contact timkimqc@gmail.com or 418-331-5357.

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.