

Down Home News



The Down Home News is a monthly publication by MCDC. We are located at 906 Mooney Street West, Thetford Mines G6G 6H2.
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March 1, 2015

This document is made possible thanks to the financial support of:



Canadian Heritage



Health Canada

"COME BACK HOME"

MCDC is pleased to present "Come Back Home", a song written, sung and recorded by 11 students from our region, under the guidance and with the assistance of David Hodges, an artist/producer, music educator and motivational speaker from Montreal. The message carried by the song is to celebrate bilingualism, giving back and coming back home.

This initiative is part of a project called "I volunteer in English et en Français" that aims at promoting linguistic duality among the youth through various activities and means around volunteerism and interaction between the two official linguistic communities.

Five of the students who recorded the song are from the English High School A. S. Johnson of Thetford Mines: Melissa Létourneau, Marie-Love Jacques, Leah Morin, Sherry Anne Drouin and Claudia Lafleur. The other six students are from Polyvalente de Black Lake – "Anglais enrichi" program: Ariane Gagnon, Léa Fecteau, Emi Bouchard, Mélanie Roy, Audrey Paquet and Roxanne Lehoux.



Copies of the CD can be obtained by contacting MCDC

at 418-332-3851. The song is also available on the MCDC website's home page at www.mcdc.info.

MCDC is grateful to the Department of Canadian Heritage – Linguistic Duality Component for providing the funding that made this project possible. We also wish to thank A.S. Johnson High School, Polyvalente de Black Lake and the students for their collaboration and enthusiastic participation to ensure the success of this initiative.

THANK-YOU TO ODDFELLOWS ASSOCIATION

The Megantic Community Foundation (MCF) wishes to say "thank-you" to the Inverness, Leeds, and Thetford lodges of the Oddfellows Association for their generous donation. We truly appreciate your support.

HOW DO YOU FEEL ABOUT THE MANY ISSUES FACING ENGLISH SPEAKING QUEBECERS TODAY?



CHSSN, a funding partner of MCDC, has launched a province wide survey of English-speaking Quebecers to develop a better understanding of what they think and feel about the many issues facing them today. It has an important component on the use of health and social services, as well as other sectors.

THUS.....

You might receive a telephone call from CROP, a polling firm, sometime between Feb. 19th and March 15th.

CHSSN & MCDC are hoping that if you receive one of these calls, you will take the time to answer the survey. It should last no longer than 20 minutes and it will provide a wealth of information for community groups serving the English-speaking communities. Thank you for your cooperation.

COMMUNITY CALENDAR

March 6: Oddfellows Sugar Party, I.O.O.F. Hall in Inverness, 7:00 p.m. – midnight.

March 18: Dinner by Les Fourneaux d'Inverness at the I.O.O.F. Hall in Inverness, 11:00 a.m. – 1:00 p.m.

March 19: Square dance lessons by James Allan, 7:00 – 8:30 p.m. Maison de la Culture, Thetford. Free admission.

March 28: St. Patrick's Day parade in Quebec city. Details to follow.

March 29: Monthly brunch at Les Fourneaux d'Inverness, 9:00 a.m. - 1:00 p.m. Call Lisa to reserve 1-418-453-2007.

ORANGE LODGE BRUNCH

Major fundraising event for the Orange Order.

The brunch will be catered by La Cabane à sucre L'Invernois (Mme Dion) of Inverness.

DATE: Sunday, **March 1, 2015**

TIME: **10:00 a.m. – 1:00 p.m.**

PLACE: Kinnear's Mills Community Hall

ADMISSION: **12\$**

MCDC BOOK CLUB'S

next meeting will take place on Monday, March 2, 2015, at the MCDC Resource Centre. For additional info, please call Judy Johnson 418-332-3851 / 1-877-332-3851.

SENIORS' DROP-INS

Monday, March 9th: Kinnear's Mills

Monday, March 16th: Inverness (St. Patrick's Party)

Monday, March 23rd: Thetford Mines

ST. PATRICK'S DAY CELEBRATIONS

All are invited on Saturday, March 14, 2015, to the Ste-Agathe Municipal Hall to celebrate this Irish tradition.

6:15 – 8:00 p.m.: Historical Storytelling in French;

8:00 – midnight: Square dance to the music of Claude Lachance and James Allan.

Plenty of door prizes, finger food, and desserts to please everyone!

For more information, call Steve Cameron 418-599-2814, or Suzanne Lambert 418-599-2747



COMMUNITY HEALTH CAPSULE

EASY TO MAKE
healthy to eat

March is National Nutrition Month Italian Chicken and Rice (Risotto)

Ingredients

1 lb (500 g) boneless skinless chicken breasts
1 tbsp (15 ml) butter
1 onion, finely chopped
1 cup (250 ml) short-grain rice
1 clove garlic, minced
1 1/4 cups (300 ml) chicken broth
2 cups (500 ml) green beans cut into 1" (2.5 cm) lengths
1/2 cup (125 ml) diced red pepper
1 tsp (5 ml) grated lemon peel
1 1/2 cups (375 ml) milk
1/2 cup (125 ml) grated Parmesan cheese
Salt and pepper, to taste

Preparation

Cut chicken into 1" (2.5 cm) cubes. In a large fry pan, melt butter. Add chicken and cook over medium heat until lightly browned. Add onion, rice and garlic; cook and stir for 4 minutes. Gradually add broth in small amounts, stirring frequently. (Allow broth to be absorbed by rice before adding more.) Add green beans, red pepper and lemon peel to chicken and rice mixture. Stir in milk. Cover and simmer for 10 minutes. Stir in Parmesan cheese, season to taste and serve immediately. Makes 6 servings.

Source:

<http://www.nutritionmonth.ca/recipes/main-dishes/italian-chicken-and-rice-risotto/>

CLSC'S TELEPHONE NUMBERS

CLSC Frontenac	418-338-3511
CLSC Disraeli	418-449-3513
CLSC East Broughton	418-427-2015
CLSC Adstock	418-422-2024
CLSC Charny	418-380-8993
CLSC Lévis	418-835-3400
CLSC Laurier Station	418-728-3435
CLSC Plessisville	819-362-6301



Once again this year MCDC is providing free assistance in completing tax forms for people who meet the following criteria:

- Living alone with an income of \$20,000 or less;
- A couple with an income of \$26,000 or less;
- One adult and one child with an income of \$26,000 or less (each additional dependant \$2,000).

Should you qualify for this service, call MCDC and we'll put one of our volunteers in touch with you in total confidentiality.

418-332-3851 / toll free:
1-877-332-3851

ITEMS TO GIVE AWAY

A four legged toilet seat for someone with reduced mobility;

A four legged bathtub chair.

Both items are very light but sturdy.

Contact Maureen at MCDC

BURSARY PROGRAM FOR ASJ GRADUATES AND ADULT LEARNERS

For the 6th year running, the Megantic Community Foundation (MCF) is pleased to offer two \$500 bursaries:

- One bursary to an ASJ High School graduate pursuing post-secondary education;
- One bursary to a member of the English-speaking community of the Appalaches, L'Érable or Lotbinière regions who wishes to further his/her studies as a mature student.

Deadline for submission of applications is May 1, 2015

Application forms are available at MCDC,
906 Mooney Street West, Thetford, or by calling 418-332-3851.



HEALTH SESSIONS COMING UP IN MARCH 2015

CHEP Videoconference: "Diabetes and the Sugar Factor"

DATE: **Wednesday, March 18, 2015**
TIME: **10:00 a.m. – 12:00 noon**
PLACE: **MCDC Resource Centre**
Light refreshments will be served.

Nutrition Month 2015 is designed to inspire Canadians to get back to cooking basics.

Seniors55+ are invited to come in and enjoy a nice warm healthy meal. Get useful printed information about healthy cooking.

DATE: **Thursday, March 26, 2015**
TIME: **11:30 a.m. – 1:00 p.m.**
PLACE: **Thetford Golf & Curling Club**

Deadline to register: March 23rd.

Places are limited for both activities; Reserve today by calling MCDC at **418-332-3851 or 1-877-332-3851**

Just a reminder to change the time of your clocks to one hour ahead on Sunday, March 8, 2015, at 2:00 a.m.



MILESTONES



➤ Our sincere condolences to Ricky MacRae and family, and the Allan family, on the recent passing of Helen Allan MacRae of Kinnear's Mills.

➤ Our deepest sympathy to Marion Wright and family on the recent passing of Forrest Wright of Inverness.

➤ Our deepest sympathy to members of the Gillander family on the passing of Edna Gillander in mid-February. Edna was in her 104th year, a former community member and a resident of the Wales Home.

➤ Happy Birthday wishes go out to Patrick Hogan, Joy Nugent, and Winston White who are celebrating their birthdays in March.

➤ Get well wishes go out to Del Doiron who has been hospitalized, hoping that he is on the mend.

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>.