

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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May 2018

WELCOME BRIAN GIGNAC TO THE MCDC TEAM

It gives us great pleasure to welcome BRIAN GIGNAC to MCDC as the Executive Director, effective Monday, April 23, 2018. Brian is a long-time resident of Thetford Mines, graduate of A.S. Johnson High School, fluently bilingual, and has a background in economics, community development, and HR management.

He is looking forward to working with all our partners, Board of Directors, staff, community members, and the local entrepreneurs. Join us in welcoming him wholeheartedly and with positive foresight.

Let's work together to keep building a strong and supportive English-speaking community.



MCDC Annual General Meeting



Wednesday, June 6, 2018

Meeting: 5:00 p.m.

Supper: 6:00 p.m.

Kinnear's Mills Community Hall

Join us on this great occasion to keep informed on what is happening in your community, elect the MCDC Board of Directors and welcome summer while sharing a light supper with friends!

Please R.S.V.P. to MCDC by Monday, **June 4th**.

[418-332-3851](tel:418-332-3851) / [1-877-332-3851](tel:1-877-332-3851)

Farewell CHRIS LAPOINTE

We hate to see him go, but Montreal heard about how great he was at MCDC and recruited him.... darn for us! Chris has accepted a position as Executive Director at ARC (Access and Referral Centre) in St. Lambert on the south shore of Montreal. He spent 8 very productive years with MCDC heading up the health program as well as carrying out administrative duties particularly over the past few months.

At all times he was professional and respectful. We felt comfortable under his leadership. He found answers to people's questions. Chris was a team player, and he made it fun! He was the inspiration behind the Healthy After 50 sessions, and the rest is history!

He will be greatly missed at MCDC but we all wish him the best of luck in his new position. THANK-YOU Chris for your dedication and commitment to our community.

HEALTHY AFTER 50" 2018-19



DATE: Thursday, May 24, 2018

TIME: 10:00 a.m. – 12:00 noon

PLACE: Kinnear's Mills Community Hall

A warm meal will be served.

Places are limited!

Reserve today by calling MCDC at

418-332-3851 or 1-877-332-3851

COMMUNITY CALENDAR



- ❖ **May 3:** MCHS meeting 2:00 p.m. Kinnear's Mills Community Hall.
- ❖ **May 12:** Square dance at the Kinnear's Mills Community Hall at 8:30 p.m.
- ❖ **May 27:** Brunch at Les Fourneaux d'Inverness,

SENIORS' DROP-INS 1:30 – 3:30 p.m.

- Monday, May 14: Thetford (MCDC)
- Monday, May 21: Ste. Agathe (Fatima)
- Monday, May 28: Kinnear's Mills



REGULAR ACTIVITIES

- **Community Library:** Opening hours are Monday to Friday, 8:30 a.m. – 4:30 p.m. at the MCDC Community Resource Centre.
- **Cribbage Club:** Every Thursday afternoon, 1:30 – 4:00 p.m. at the MCDC Community Resource Centre. Everyone welcome.

2017-18 BENCH PROJECT



Over the past 7 months, a group of WOTP students at A.S. Johnson High School under the leadership of their teacher Sheilagh Brown and in partnership with MCDC's Estelle Barber, constructed 10 solid wood benches (from scratch). During that time, they also got to visit a number of historical sites in our region where these benches will be installed this Springtime. Each bench will have a plaque which gives a few anecdotes about that particular site. The above picture was taken at the "Launch" on March 29, 2018, showing some of the students and staff involved. Congratulations to each and every one of you. *(This project was made possible due to funding from PCH).*

COMMUNITY HEALTH CAPSULE

May is Eye Health Month

When we use the term 'vision health' we are referring to the health of our body's vision system; the eyes are one part of this system. There are several age related eye conditions which can affect vision; these include cataracts, glaucoma, diabetic retinopathy, and age related macular degeneration. There are a few simple steps you can follow to protect your vision. They are:

- Vision Health Month encourages people to have their eyes tested on a regular basis.
- You can protect your eyes from harmful UVA & UVB rays by wearing sunglasses when appropriate.
- Maintain a healthy lifestyle which includes quitting smoking, exercising regularly and maintaining a healthy diet.

Source:
<http://www.whathealth.com/awareness/event/visionhealthmonth.html>



SCHOOLTIME

- May: Trip to New York for High School students



ST. PAT'S & ASJ ANNUAL GOLF TOURNAMENT

We would like to issue an invitation to members of the community and former students of St. Pat's and ASJ to participate in the 9th Annual Golf Tournament being held on:
Saturday, June 9, 2018

Mark your agenda - details to be confirmed

This tournament is being held to help fund student fitness and wellness activities. Get in touch with Steve Renaud or Julie Gagné at school **418-335-5366**.

MCDC JOB SHADOWING PROGRAM

Once again this year, the ASJ Sec. IV students participated in the MCDC Job Shadowing program. Sincere thanks go to the following businesses/organizations who welcomed our students and took time out of their busy days to participate in this valuable program. Merci beaucoup!

BMR Interior Design
Clinique Vétérinaire du Lac Aylmer
École Plein Soleil
Familiprix
Le Service de la sûreté municipale
de Thetford Mines
Le Tapissier Beaumar
Plaisir 105.5 – Attraction Radio
Physiothérapie Lucie Drouin-Physioforme
Service d'incendie de Thetford Mines



MILESTONES



- ❖ Happy Birthday to Doris Croteau, Len Davidson, Vic Lowry, and Mildred Robinson who will be celebrating their birthdays in May.
- ❖ Get well wishes going out to Ronald Routhier & Vic Lowry who have been recently hospitalized.

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>

THANK YOU TO ODD FELLOWS LEEDS & INVERNESS LODGES



Robert Blais presented a cheque for \$333 on behalf of the Odd Fellows' Leeds and Inverness lodges to Chris Lapointe, Interim Executive Director of MCDC. The donation will help support the Volunteer Transportation program as well as other programs and services for seniors, caregivers, and youth. Thank you to the Odd Fellows for their generosity and ongoing support.

A DOUBLE CELEBRATION!!

"Travelling Dance Floor"
Honouring the memory of
BRIAN LOWRY & DALE NUGENT
Their music lives on!

&

110th Anniversary (1908-2018)

Odd Fellows Lodges in District #15
Inverness #51; Leeds #54, Thetford #55

DATE: Saturday, July 7, 2018
TIME: 3:00 p.m. until midnight
PLACE: Old School in Kinnear's Mills
PRICE: \$10/person

There'll be music and more music, supper, and dancing. Bring your own refreshments, lawn chair and a smile. Tickets available in advance from all the members of the Odd Fellows Association, as well as at MCDC.

SPA (SPCA) Thetford Mines



(768 rue Caouette ouest)
is in constant need of old blankets and towels,
stainless steel feeding dishes, rags, and cleaning
products. For additional info,
call MCDC 418-332-3851