

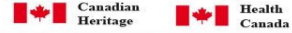
Down Home News



The Down Home News is a monthly publication by MCD C. We are located at 906 Mooney Street West, Thetford Mines G6G 6H2.
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September 2018

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2018 MEGANTIC COMMUNITY FOUNDATION (MCF) BURSARY RECIPIENTS

The Megantic Community Foundation is pleased to announce the 2018 bursary recipients. This year because the Foundation did not receive applications for its mature student bursary, the Bursary Committee decided to award the two bursaries to A.S. Johnson High School graduates. As well, because the candidates were all so deserving, the total bursary money was divided amongst three (3) applicants. The recipients are: Odile Nadeau who will be pursuing post-secondary education in Natural Sciences at Champlain Cegep in Quebec; Casandra Vachon will be attending the Centre de Formation Agricole in Saint-Anselme, and Alyson Bergeron Brochu will be studying Social Sciences at Champlain Cegep in Lennoxville. Congratulations to all of you and best of luck with your studies.

Health Session Coming up in September 2018



"Healthy after 50" 2018-19 FALL YOGA YOGA YOGA

DATE: **Thursday, September 20, 2018**
TIME: 10:00 a.m. – 12:00 noon
PLACE: Kinnear's Mills Community Hall

It is not necessary to bring a yoga mat, but rather bring a shower towel.

A healthy meal will be served at lunchtime.

Places are limited, first come first served!
Please call MCD C to register, deadline Sept. 17th

Health Canada, through CHSSN, has contributed to the realization of this activity.

Invitation to Informative Breakfast NATIONAL SENIORS' DAY



MCD C is inviting seniors to the annual brunch to celebrate NATIONAL SENIORS' DAY

Date: **Friday October 5, 2018**
Location: IOOF Hall, Inverness
Time: 9:00 – 11:00 a.m.

Guest speaker: Pharmacist Christine Appleby
Breakfast will be prepared and served by Lisa and Janet Dempsey.

Please call MCD C to register, **deadline October 2nd.**
418-332-3851 / 1-877-332-3851



St. Andrew's Church, Inverness, will be celebrating its **180th** anniversary with a musical service on:

Date: **Sunday Sept. 16th**
Time: 3:00 p.m.

Everyone is welcome to join in and invited afterwards to the IOOF Hall for refreshments and fellowship.

A WORD OF THANKS FROM THE TREPANIER/WALLACE FAMILY

We wish to express our thanks to the community for the support and cards that we received regarding the loss of our mother/wife/sister/friend "Gloria". She has been greatly missed and your show of sympathy & friendship has meant a lot to us.

Thank you very much.

"PARENTS & TOTS"

Mondays 9:30 - 11:00 am
2 - 4 yr olds

➔ PLACES AVAILABLE ➔
Call Estelle at MCD C

Plan to visit the Chemin des artisans 2018

<http://www.chemindesartisans.com/>
Sept. 22-23, & 29-30, 2018

COMMUNITY CALENDAR

- Sunday, Sept. 16: Musical Brunch sponsored by the Lions Club at St-Pierre-de-Broughton elementary school, 9:30 a.m. – 1:00 p.m., music until 4:00 p.m.
- Weekend Sept. 21-23: Fall Festival in Ste-Agathe-de-Lotbiniere
- Thursday, Sept 27: Semi-annual meeting of the Megantic County Historical Society, 2:00 p.m. Kinnear's Mills Community Hall.
- Sunday, Sept. 30: Brunch at Les Fourneaux d'Inverness, 9:00 a.m. – 1:00 p.m.

SENIORS DROP-INS

- Monday, September 10th: Kinnear's Mills
 - Monday, September 17th: Inverness
 - Monday, September 24th: Thetford (MCD C)
 - Tuesday, October 9th: Inverness *
- (* Annual Thanksgiving Lunch)



COMMUNITY HEALTH CAPSULE September

Arthritis is Canada's most prevalent chronic health condition – for which there is no cure:

- Arthritis strikes people of every age, from infants to adults, and stays for life;
- Arthritis results in painful inflammation and stiffness in joints, limiting the ability to move;
- Some types of arthritis can affect the heart, eyes, lungs, kidneys and even the skin;
- A significant proportion of people living with arthritis report difficulties with activities of daily living, such as doing housework and running errands, and report needing assistance with aspects of daily life;
- There is no cure – yet – consequently people must face the challenges and devastating impact of arthritis for the rest of their lives once diagnosed.

Source: <https://www.arthritis.ca>

Where are our ASJ Alumni now?



Frederic Blais
ASJ Graduate
1998

After graduation, Frederic went from Champlain College to Bishop's and into the workforce. Eventually he returned to the academic world and in June 2015 he obtained a Science degree with a double major in Math and Secondary Education. He began teaching in Kuujuarapik, in the Cree School Board in northern QC and from there he was transferred to Mistassini QC still in the same school board. This past summer he obtained a Math teacher's position at a very prestigious school "Stanstead College" which he considers to be his "dream job". He recalls his parents' words "persistence always pays off". Good luck & congratulations Frederic!

BECOME A PEN-PAL!



We will be repeating this activity next winter so if you are interested please give your name to Jennifer Nutbrown at MCDC 418-332-3851. You won't regret it.

SCHOOL NEWS



- Sept. 20: AGM of the Governing Board, 7:00 p.m.

Welcome to new members of the teaching staff:

- Kishia Francis – grade 6
 - Emilie Michaud – grades 3
- HAVE A GREAT ACADEMIC YEAR!

THANKSGIVING LUNCH



All seniors (55+) are invited to attend the annual MCDC Thanksgiving Lunch

When: Tuesday, October 9, 2018, at 12:00 Noon

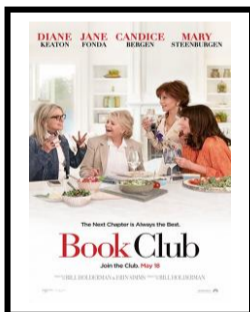
Where: Oddfellows Hall, Inverness

Admission: \$15 per person

Please confirm your presence by October 5th by calling MCDC at 418-332-3851 / 1-877-332-3851

This is a popular activity and space is limited so please be aware that we may have to refuse admission to those who did not reserve their place

MOVIE MATINEE



Admission free!

DATE : Friday, Sept. 14, 2018

TIME : 1:30 p.m.

PLACE: MCDC

Pls. call 418-332-3851 to reserve

MILESTONES



- ✚ Sincere condolences to Darlene Menard & family on the passing of her husband Daniel on August 8th at the CHUS.
- ✚ Our deepest sympathies to the family of Rosamond Beattie MacDonald who passed away on July 24th.
- ✚ Happy Birthday to Lorraine Learmonth, Ulric Nutbrown, and David Sonnichsen who will be celebrating their birthdays in September.

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>