

# THE AVANTE GAZETTE

APRIL, MAY, JUNE 2024

VOLUME #1

## International Women's Day

*A global perspective*



### Celebrating International Women's Day Locally

The Coalition of Women's Groups in Haute-Yamaska and Brome-Missisquoi, of which Avante Women's Centre is a part of, hosted an event for women of all ages in Granby. It was a great success.

(P.9)

**International Women's Day in Mexico** holds unique significance for women around the world, with each culture commemorating in their own distinct way. Coming from Mexico City, I can attest to the differences in how women are perceived and treated in Latin American societies compared to others.

(P.5)



PHOTO: March 8, Mexico City by the author

**“Feminist groups strive to create safe spaces where women can feel supported and protected”**



Bingo Fundraiser for Avante at the Philipsburg Legion (p.8)



Que signifie ce terme populaire « Homesteading » ? (p.6)



Join us at our interactive Anxiety Workshop on April 26th at 3 pm. (p.19)

# Meet The Team



**Gayl Rhicard**  
*Coordinator*

Gayl is a staple within the organization. She has been deeply involved in Avante, since a year after it's opening in 1997. She was on the Board of Directors for 4 years before becoming the Coordinator. She is well known for filling the halls with her laughter!



**Virginia Wilson**  
*Coordinator*

A new and great addition to the team, Virginia began co-coordinating with Gayl in January. Spirited and passionate, she has lots of fantastic ideas for the centre and new directions she wants to explore. Within a few weeks, she got our new website up and running.



**Amanda Patch**  
*Bookkeeper*

We're lucky to have such a resource as Amanda. With her years of experience and dogged determination, not a penny goes missing!



**Brielle Laramée**  
*Counsellor/ Workshop Facilitator*

Working as a student with Avante for two summers, Brie got well acquainted with the organization and its wonderful members. After all attempts to poach her away from her studies failed, she returned to us for a full-time position upon the completion of her studies. We are ecstatic to have her on our team!



**Samantha Morin**  
*Workshop Facilitator*

Sam is the newest addition to our wonderful team. Originally from Mexico, she is trilingual and is excited to be working with the community. After only a few months, she is making large strides, starting with the launch of this Gazette.

## 22 years dedicated to supporting women

*An interview with Gayl Rhicard, Coordinator at Avante Women's Centre.*

For over 22 years, Gayl Rhicard has been a key figure at the Avante Women's Centre in Brome-Missisquoi, turning it into a place where women feel supported and empowered. Gayl's journey started in 1998 when she joined the Centre's Board of Directors, a role she was nudged into by her cousin. She and her sister, Annie, stepped up at a time when the Centre really needed more hands on deck. Gayl, who had plenty of volunteer experience but had never been on a board before, dove right in, learning as she went with a little help from her friends.



*PHOTO: Kathleen Harrison, Nancy Harriet Jones, Gayl Rhicard and Barbara Bellingham*

Gayl's favourite thing about working at Avante is seeing how much the women love being there, enjoying the workshops, and just hanging out. It's these moments that make all the hard work worth it for her. And she's proud of how far they've come – from those one or two workshops a month to a place buzzing with activities and a team of five making it all happen.



*PHOTO: Nancy Harriet Jones, Barbara Bellingham and Gayl Rhicard*

What really got Gayl to stick around and eventually take on the coordinator role was her belief in what Avante was doing for women. Over the years, she's seen the Centre grow from offering just a workshop or two each month to now having a full calendar of activities and a strong team to run them. It's not been easy, with money tight and the Centre moving locations more than a few times, but the community and the difference Avante makes in women's lives kept her going.



*PHOTO: Karen Smith, Kathleen Harrison, Barbara Bellingham, Nancy Harriet Jones and Gayl Rhicard*

Gayl wants everyone to know that Avante isn't just a place you turn to when things are tough; it's also for the good times. It's a place for all women, whether you're going through a rough patch or just want to drop by for a chat. And despite the jokes about feminists, Gayl and her team are all about embracing everyone, bras and all!



PHOTO: Chantal Brossard, Carmen Paquin, Sophia Cotton, Gayl Rhicard, Josiane Whittom, Cathie Sombret.



PHOTO: Nancy Harriet Jones, Gayl Rhicard and Christine La Roche



PHOTO: Nancy Harriet Jones, Gayl Rhicard, Kathleen Harrison.

Looking ahead, Gayl hopes Avante will keep thriving, making a difference in women's lives long after she's gone. Her message to the women of Brome-Missisquoi is simple: don't be shy, come and see what Avante is all about. It's a special place that's all about supporting each other, and Gayl can't wait to welcome more women into the fold.



PHOTO: Brielle Laramée, Gayl Rhicard, and Breezey Rhicard

**"I believe we make a difference in the lives of our members. Every time I hear a member say how much she loves Avante, the staff and our activities and workshops, it makes my heart swell. "**

-Gayl Rhicard



# International Women's Day - Mexico

## *A global perspective*

By: Samantha Medellin  
Avante Women's Centre



PHOTO by the author: March 8, Mexico City in 2020

You can hear chants and slogans as thousands of women take the streets to demand end to gender-based violence "Lord, lady, don't be indifferent! Women are being killed before our eyes", "Not one more, not one more, not one more murdered!", and "They were taken alive, we want them back alive!". Carrying banners and signs with messages of empowerment and resistance, marched through the city center, calling attention to issues such as femicide, sexual harassment, and gender discrimination.



PHOTO by Milenio: March 8, Mexico City in 2020

International Women's Day holds unique significance for women around the world, with each culture commemorating in their own distinct way. Coming from Mexico City, I can attest to the differences in how women are perceived and treated in Latin American societies compared to others. In Mexico, March 8 is a day of remembrance rather than festivity. To provide a clearer picture, it is important to note that Mexico has an average of 3,000 femicides annually, and in 2021, nearly 70% of women aged 15 and above have encountered some form of violence at least once in their lives.

From the start of March, a unique atmosphere starts to emerge throughout all feminist groups, deciding whether they participate in local marches, who to go with and what signs to carry to stand up for justice and equality. On March 8, hundreds of protests take place in every state of the nation, with the largest typically being in Mexico City.



PHOTO by the author: March 8, Mexico City  
Poster translation: I prefer that everything burns today, so tomorrow you don't live in fear.

For years, the government has barricaded the national palace due to violent marches, there's a group of hooded women from the march carrying tools to cause damage and graffiti on public property. Some criticize their behavior, but I believe it reflects the frustration of the current situation of women's rights in Mexican society and the urgency to fix it. In the past, peaceful protests have failed to bring change. Increased violence at the march has allowed us to be heard and forces the government to pay attention. As a result, they have been compelled to pass laws in recent years, thanks to courageous women demanding respect for their rights.



PHOTO by the author: March 8, Mexico City  
Poster translation: Today we fight

Attending the march on March 8, 2020, filled me with a renewed sense of empowerment to fight for my rights and the rights of other women. It was very touching to see the families of missing women and victims of femicide demanding justice and being able to march alongside them. Feminist groups strive to create safe spaces where women can feel supported and protected. That day, something inside me just clicked, and I am incredibly grateful to have been a part of the powerful purple tide that is the march. Now, I find immense joy in helping others like never before, knowing that the work I do can truly make a difference in my community and in the lives of women.

## Homesteading

By: Josee Vincelette  
Avante Women's Centre Member



Que signifie ce terme populaire qu'on entend souvent! « Homesteading » Je ne prendrai pas la définition du dictionnaire mais en quelques mots, c'est une personne qui est le plus autosuffisante possible, elle peut produire sa propre nourriture avec son jardin, la confection de ses vêtements et tout ce que requiert les activités nécessaires pour le bon fonctionnement d'une maison ou une petite ferme. Quelqu'un qui accumule les instants de bonheur au lieu de travailler à l'accumulation de biens matériels Étant jeune, je rêvais d'avoir une petite maison sur un grand terrain et non l'inverse. J'étais une enfant très imaginative..

Je suis devenue une adulte qui faisait comme les autres métrou-boulot-dodo. Très jeune je suis devenue propriétaire d'une voiture devant la maison. Je faisais un ou deux voyages par année le plus loin et le plus exotique possible. Toutefois je trouvais que cette vie là ne me convenait pas du tout! Malheureusement...je trouvais que c'était une vie monotone et répétitive.



PHOTO: Josse Vincelette

C'est drôle comment la vie est faite. Trois mois plus tard, j'ai rencontré mon futur mari dans le stationnement à mon travail. Bonjour me dit-il. Mon nom est Dietmar et toi? Je suis d'origine allemande. Je suis boulanger de profession. J'adore voyager et j'aime beaucoup la campagne. Comme un ange venu du ciel fait sur mesure pour moi. Quoi demander de plus? On a été prendre un café le même jour. Dix mois plus tard, nous achetions cette petite maison sur un grand terrain dont j'avais toujours rêver. Nous avons donc commencer notre nouveau mode de vie qui nous rend si heureux dans la même année. Ça fait maintenant 14 ans que nous sommes ensemble.

**"Moi, je rêvais plutôt de grand espace et de liberté! ."**

Moi, je rêvais plutôt de grand espace et de liberté! Faire pousser mes fruits et mes légumes à la campagne avec un bon mari, un chien, des poules et le chant du coq qui me réveille le matin! Malheureusement cette idée restait figé sur le mur par une belle photo.

40 ans, je décide d'aller faire une croisière en Europe, le tour de la Méditerranée. Wow! Quel révélation ce voyage, Italie, France, Espagne. De très beaux pays avec des mets divins. Pour moi bien manger et très important. De retour au Canada, j'étais convaincu que si je me remariais un jour ce serait avec un européen.



Cette vie fait de simplicité volontaire, d'expérience essaie-erreur et de beaucoup de recherches sur divers sujets. Une vie très active avec une fierté du travail bien fait. Travail fait avec ardeur mais sans pression et en respectant le rythme de chacun. Nous sommes devenus grâce à ce style de vie agriculteur, vendeur, tricoteur, couturier, sucrier, vigneron, boulanger etc. Nous aimons aussi partager avec nos amis de délicieux repas. Cette vie nous permet aussi d'avoir du temps pour notre communauté. Rester ouvert aux autres et non pas se centrer sur sois même faute de manque de temps. C'est de cette magnifique expérience de vie que je veux vous parler lors de mes prochaines publications. Qu'en pensez vous?

# RECAP of Activities at Avante

## Bingo

A big thank you to everyone who joined us for Bingo at the Philipsburg Legion. The donations of non-perishable items helped us restock our emergency food shelf. We appreciate your support of our organization. Thank you to our wonderful volunteers and to the Philipsburg Legion for thinking of us!



*Philipsburg Legion , January 28th*

## Soup Cafe at Noon

It was so nice being able to catch up with everyone! Thank you to Sharon and Gayl for making the cabbage roll soup, it was delicious!



*January 31st*

## Quilts for survivors

We had a blast while working on blocks that are going to be assembled into quilts and donated to a residential school survivors and their families.



*February 8th*



## Massage Therapy

Marilyn hosted a workshop on self-massage at the Lac Brome Community Centre. She gave us tips and tricks to relax and give our bodies a caring touch.



*February 19th, Lac Brome*



# RECAP of Activities at Avante

## International Women’s Day

The Coalition of Women’s Groups in Haute-Yamaska and Brome-Missisquoi organized a fun afternoon filled with feminist games. Starting with a trivia game that raised awareness to the various crises that women still experience to this day, followed by a feminist bingo game where people had to identify popular feminist figures and ending with the chance to win one of our many fabulous door prizes. All in all, it was a wonderful event organized by women for women with the goal of celebrating International Women’s Day.



March 8th, Granby

## Hard Facts

Data: CanadianWomenFoundation

One in five women in Canada experience online harassment. Hate crime reports have also increased by 72% over the last two years.

Women working full-time and part-time make 89 cents for every dollar men make.

In Canada in 2022, 184 women and girls were violently killed, primarily by men. One woman or girl is killed every 48 hours.

There is only 29% of women in Canada’s House of Commons.

14% of women in Brome-Missisquoi and Haute-Yamaska were victims of conjugal violence during the pandemic.

**That’s why empowering the women in our community is crucial for creating a positive impact on future generations!**

# Love Unrequited

By: Brielle Laramée

I made a promise to myself  
a long time ago.  
A promise to forget you  
But I always knew  
That it was too good to be true.  
That I would always be blue  
So long as I was without you.

I know that I said  
That I was fine being your friend  
But I can't pretend,  
My heart won't mend,  
I want more than to befriend,  
But I don't want it to end.

I don't look at you  
The way a friend should,  
I never could.  
I wish I understood,  
Why I was no good  
Why I would always be withstood.

I hope one day you'll understand,  
That I could not withstand,  
The pain that I experienced firsthand.

How I longed to kiss those lips,  
For you to place your hands on my hips  
And pull me close,  
Tell me that you loved me most.

But it doesn't do me any good  
To focus on what never would,  
Our souls were never meant,  
You would never be content,  
And I must not lament.

# Avante through time (Part 1)



In June of 1997, 6 women (Mary Boomhower, Marianne Braganza, June Harris, Sheila Perry, Pamela Yarrow, Evie Johnston-Main.) from the Brome Missisquoi region founded Avante Women's Centre. In Italian, Avante means to “move forward”. This tenet perfectly embodies the centre’s philosophy. In 1998, we were recognized as a non-profit organization serving the interests of women in the English-speaking community.

As Mary Boomhower said, “A bunch of us went to a Montreal Pastoral Institute meeting in Bedford and from there we realized that there was a need for English speaking women as there was nothing available in the area. We began meeting at the Anglican Church Hall in Bedford and it went from there. We weren’t sure what we were looking to do in the beginning, but we knew that we wanted to offer women a place to meet and talk, to be able to direct them to various services and organizations, offer them a place to vent, a lending library and help with their résumés.”

At first, Avante was a drop-in centre on River Street in Bedford, offering the occasional workshop. In 2000, we moved to the Regroupement Organismes Communautaire building where we stayed until 2004.

**“Avante was formed in response to the absence of social services for English speaking women”**

-Marianne Braganza

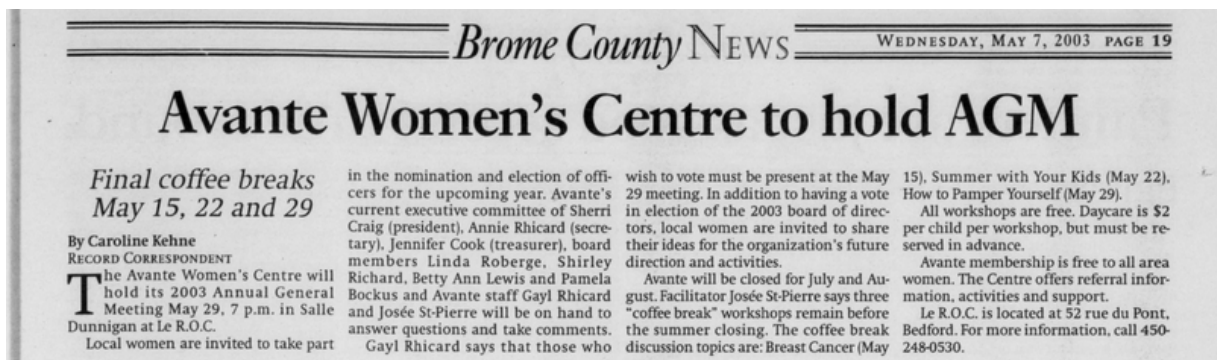


# Avante through time (Part 1)



When talking about the creation of Avante's mandate, Evie Johnston-Maine said "We discussed several aspects of isolation in the lives of women. We conducted individual surveys amongst women regarding isolation in their lives and how it affected them and their families. Mary and I visited local organizations in the area to discover what already existed to support isolated women. We quickly realized that the support in the area was predominantly French, if not exclusively. We became very aware that an English-speaking woman's centre was badly needed in the area."

We received our first grant from the Agence de la santé et des services sociaux de la Montérégie in 2001. During this period we worked alongside, and developed partnerships with, the other organizations housed there. It was during this period of time, we began learning more about the resources in our area and built up our referral service. Knowing that we are in a rural area, we offered free transportation, and daycare for a nominal fee, to women who wanted to make community connections by attending a workshop at the centre or by simply dropping in to visit with other women. Some of the important topics we addressed at the time were illness, budgeting, divorce, gardening and sexual assault.



From 2004 to 2008 thanks to increased funding from the ASSS (Agence de la santé et des services sociaux) we were able to move from one room to four at 2, Adhémar-Cusson. This larger space and increased funding gave us the opportunity to hire a part-time secretary and increase the hours of the other two employees.

*to be continued in the next edition...*

# *Dear Monster of Mine*

*MUCOPOLYSACCHARIDOSIS*

**By: Monika Nelis-Dupont**

My mind has been nurtured to create and grow, but my body has fought and lost, yet I rebel.  
Until my fears slip away along with everything I am, I will raise my head and heart to fight.  
Childhood spent with nurses and needles, doctors and decisions, all for another moment another day  
another hope for something to change.  
Obstacle after obstacle after opposition for a treatment, together we stood to plead newspapers, radio, and  
television alike, ignore me now, hear our might.  
Parents and friends made the pain like pleasure, never truly understanding the fate of my future, just the  
dreams of a young child.  
Only as I grew did the ugly beast reveal its truth to me, I smiled like an old friend, after all we were one and  
the same.  
Living with a heart so full, even as piece by piece it takes away a freedom most take for granted.  
Yelling with desperation, why? What did I do, staring as I wonder at the disease with hate and blame.  
Stuck playing a twisted game I never wished to play, a main character that never had a chance to win.  
A brilliant young girl, swimming and running, singing and exploring, now confined to a chair yet resisting the  
pain.  
Challenged each moment, armed with experience, being dared to adapt for a promised independence, I  
defiantly face the creature time and again.  
Could I build upon the destruction, trying to think with a disoriented mind, learning to move without a body,  
and love the world without sight.  
Habitually a prisoner of my own body, each day someone asks how? How can I continue to smile like this.  
Answering I had no choice, simply give up or live, I refuse to lay down and die so I ignite!  
Reality can seem scary, unfair or even cruel sometimes, but also incredible when thinking about where  
I've come from and the cards I've been dealt.  
I've realized what is truly important in life, it's the beautiful places, unique people, intimate moments  
and memories we obtain.  
Despite everything, the disorder and years of treatment, surgeries and setbacks, I fought through fire  
and flame with a fierce soul.  
On days I feel like giving up hope, I burst with a burning passion, to tell my creature's story and  
understand its name.  
So it will always get harder and harder, but I continue to break and to push against the inescapable.  
I may not be here tomorrow, but I am here today, for now that's all that matters, for now I am grateful  
to remain.  
So tell me dear monster of mine, what battle comes next, for I am ready.

# Community Matters



January 30th, Cowansville

Thank you to Lyanne and Patricia for coming in and telling us all about what Campus Brome Missisquoi has to offer. There are so many interesting programs and it is great that they are willing to work with the students to help them reach their goals. If you are considering going back to school or learning a new trade, Campus Brome Missisquoi is a great resource.

Jennifer from Mental Health Estrie came in to talk to us all about what they do at Mental Health Estrie. They work with individuals and families of individuals experiencing mental health disorders. Jennifer also gave a wonderful presentation on mood disorders such as Bipolar Disorder, Depression and Seasonal Affective Disorder. She gave us a list of resources to contact and gave us tips on how to reframe our thoughts in a more positive way to change our behaviours and feelings.



Mental Health Estrie

February 27th, Cowansville



March 18th, Lac Brome

Breezey, Christopher and Adryan came to talk to us about how Pleins Rayons was created to help young adults living with an intellectual disability and/or autism spectrum disorder to feel a part of their community. They teach them skills for different jobs and activities. If you're interested, they have a boutique where they sell their final products and are always open for donations.

## COMING UP!

### SIDEP

*Integrated screening and prevention services for STIs*

Does the thought of answering your pre-teens's puberty questions stress you out? Not to worry, we are here to help!

Thursday, April 11th

### La Pommeraie

User rights in the health care system. What are they? Let's find out together.

Tuesday, May 21st  
203, rue principale Cowansville

### Société Alzheimer Brome-Missisquoi et Haute-Yamaska

We'll talk about Alzheimer's, how to recognize the signs and find out all about what they do at Alzheimer's Society.

Wednesday, June 6th

# Community Announcements

## Food Bank

Place: **Knowlton**

Dates: **April 21th**  
**May 19th**  
**June 23th**

Time: **9am to 10am**

Remember you need to reserve:  
**450-243-6608**

## Town of Bedford: Summer Activities

Place: **Bedford**

Date: **April 8 to June 6th**

Time: **Check the calendar for each activity**

[Click here for the calendar](#) or call  
450- 248-2440 poste 161

## Soirée hommage aux bénévoles - CAB Bedford

Place: **Eurospa**

Date: **20 Avril**

Time: **17:00hr**

They also have a Food Bank every 2 weeks on Wednesday's

Remember you need to reserve:  
**450-248-2473**

## Antiques & Crafts Market

Place: **130, rue Lakeside, Lac-Brome**

Date: **Sunday, May 26th**

Time: **9am- 4pm**

Antiques, furniture, art, bric-a-brac, dishes, jewelry, vintage clothing and many other treasures.

On the museum grounds; rain or shine.

## Loisirs de Stanbridge East Sports Association

### The Spring Festival Horseshow

Place: **Community center - 5 Academy**

Date: **Saturday, May 18th**

Time: **Registration 8am, show starts at 9am**



### Annual Picnic

Place: **Community center - 5 Academy**

Date: **Saturday, June 29th**

Time: **10am**





# Calendar of Activities

April				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>CLOSED</b>		<b>Set and Achieve your Goals!</b> <b>6:00</b> w/Marie-Hélène  Identify SMART goals. (Specific, Measurable, Achievable, Relevant, Timely)	<b>Sugar Cookies DIY</b> <b>6:00</b>  Making and decorating sugar cookies w/Vanessa from Sweet-Ness Sugar Cookies	
8	9	10	11	12
<b>Yarn it Forward</b> <b>10:00</b> w/ Josée Join us to knit or crochet or to learn how. 	<b>Pillow DIY</b> <b>1:30</b> w/ Gisèle  Making heart-shaped pillows to donate to cancer patients	<b>Quilts for Survivors</b> <b>6:00</b>  Get your creative juices flowing while learning the "quilt as you go" method	<b>Let's talk Puberty!</b> w/ SIDE P <b>6:00</b> For parents and their children. <i>Open to all kids</i>	
15	16	17	18	19
<b>Literacy Games</b> <b>1:30</b> Join us for a game of outdoor Scrabble.  <i>270, rue Victoria Lac Brome</i>	<b>Set and Achieve your Goals!</b> <b>6:00</b> w/Marie-Hélène assess your current situation vs. the desired one	<div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold;">                         To register for activities, call 450-248-0530 or send an email to <a href="mailto:register@awcentre.com">register@awcentre.com</a> </div> <div style="border: 2px solid green; padding: 5px; color: green; font-weight: bold; margin-top: 5px;">                         Activities are held at the Centre, unless specified!                     </div>		<b>Nature Walk</b> <b>10:00</b> Meet us for a relaxing walk along the Heritage Park trail, 100, rue Alcée-Rocheleau, Bedford  <i>This activity is open to all</i>
22	23	24	25	26
<b>Spanish Classes</b> <b>6:00</b>  Learn conversational Spanish with Sami. 	<b>Chair Yoga</b> <b>1:30</b>  Simple poses to help relax and decompress.  <i>203, rue Principale, Cowansville</i>	<b>Soup Café</b> <b>NOON</b> Enjoy a bowl of Italian Wedding Soup.  <b>Tech &amp; You</b> <b>1:30</b> Ask away! Bring all your tech related questions	<b>Grief Support Group</b> <b>6:00</b>  Open to women in all stages of grief. 	<b>Anxiety Workshop</b> <b>3:00</b>  See description above for all the details.






Sign up: [register@awcentre.com](mailto:register@awcentre.com), RSVP on our website - [www.awcentre.com](http://www.awcentre.com)  
 or call: **450-248-0530**



# Calendar of Activities

May				
Monday	Tuesday	Wednesday	Thursday	Friday
	30	1	2	3
<p><b>To register for activities, call 450-248-0530 or send an email to <a href="mailto:register@awcentre.com">register@awcentre.com</a></b></p> <p><b>All activities are held at the Centre, unless specified!</b></p>		<p><b>Set and Achieve your Goals</b> 6:00 w/Marie-Hélène Address potential roadblocks and explore various tools designed to overcome them.</p>	<p><b>Book Club</b> via Zoom 6:00 w/Susan  The book will be chosen by the group on March 21.</p>	
6	7	8	9	10
<p><b>Yarn it Forward</b> 10:00 w/Josée  Join us to knit or crochet. Don't know how, we'll learn ya.</p>		<p><b>Literacy Games</b> 1:00 Share some laughs while enjoying an afternoon playing board games. <b>505, rue du Sud, Cowansville</b> <i>This activity is open to all</i></p>	<p><b>Zumba Gold</b> 6:00 w/Brenda Join us for an introduction to Zumba Gold. This is a low-intensity workout class that combines cardio and dance.</p>	
13	14	15	16	17
<p><b>Perspective Palette</b> 1:30 w/ Marie-Hélène Ever wonder why you react the way you do in different situations? Learn the art of understanding your reactions. <b>270, rue Victoria Lac Brome</b></p>	<p><b>Quilts for Survivors</b> 6:00 It's time to turn all the lovely blocks that were made into quilt tops!</p>		<p><b>Liz, the Kitchen Whiz</b> 10:00 In this interactive cooking class, Liz is teaching us how to make Bacon Jack Daniel's Mac &amp; Cheese followed by a delicious Lemon and Blueberry cake.</p>	<p><b>Homesteading</b> 10:00 Josée &amp; Dietmar invite you to visit their auto-sustainable farm and learn all about how they do it.  1400, chemin Dutch St-Armand <b>10 people maximum</b></p>
20	21	22	23	24
<p><b>CLOSED</b></p>	<p><b>User Rights in the Health Care System</b> 1:30 w/ Barbara &amp; Pam  What are they? Let's find out together! <b>203, rue Principale, Cowansville</b></p>		<p><b>Grief Support Group</b> 6:00 Open to women in all stages of grief. </p>	<p><b>Nature Walk</b> 1:30  Enjoy a beautiful walk along the trail at Lac Boivin.  Meet us at 700, rue Drummond in Granby. <i>This activity is open to all</i></p>
27	28	29	30	31
<p><b>Spanish Classes</b> 6:00 Learn conversational Spanish with Sam. </p>		<p><b>Soup Café</b> NOON Enjoy a bowl of Pork &amp; Veggie Soup <b>Tech &amp; You</b> 1:30 We're here to answer your tech related questions</p>		

# Calendar of Activities

June				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>Yarn it Forward</b>  <b>10:00</b>   w/Josée</p> <p>Join us to knit or crochet or to learn how.</p>	<p><b>Quilts for Survivors</b>  <b>6:00</b></p> <p>We're almost there! Help us get the last of the tops made before summer!</p>	<p><b>Community Matters</b>  <b>6:00</b></p> <p>Caroline, from our local Alzheimer's Society, will be talking about this disease and their activities and services.</p>	<p><b>Book Club</b> via Zoom                      w/Susan</p> <p>The book will be chosen by the group on May 2.</p> 	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<p><b>Cooking Mexican with Sam</b>  <b>6:00</b></p> <p>On the menu are two authentic Mexican dishes:                      Rajas con crema y agua fresca  <i>(Poblano peppers and fruit water)</i></p>		<p><b>Literacy Games Trivia Night</b>  <b>6:00</b></p> <p>Enjoy a fun night packed with different trivia games!</p>	<p><b>Nature Walk</b>   <b>1:30</b></p> <p>Enjoy a relaxing walk along the Coldbrook Path.</p> <p>Meet me at the municipal parking lot on Lakeside Street in Knowlton.</p> <p><i>This activity is open to all</i></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>Spanish Classes</b>  <b>6:00</b></p>  <p>Learn conversational Spanish with Sam.</p>		<p><b>Annual General Meeting</b>  <b>6:00</b></p> <p>Make your vote count!</p>		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>CLOSED</b></p>	<p><b>Summer Salad Potluck Supper</b>  <b>5:00</b></p> <p>Bring your favourite dish to share with everyone!</p> <p><i>203, rue Principale, Cowansville</i></p>		<p><b>Grief Support Group</b>  <b>6:00</b></p> <p>Open to women in all stages of grief.</p> 	

# ANXIETY Workshop



# INTERACTIVE

information - interactive workshop - teas & snacks

**SELF LOVE IS THE  
GREATEST INVESTMENT**

**FRIDAY, APRIL 26 @ 3PM - 5PM**

Avante Women's Centre, 9, rue de la Rivière, Bedford

**RSVP:** [www.awcentre.com](http://www.awcentre.com), 450-248-0530 or [register@awcentre.ca](mailto:register@awcentre.ca)

# THE AVANTE GAZETTE

Thank you to our members, volunteers, donors & sponsors for your support!



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Would you like to write an article, sponsor, collaborate, volunteer or add some content to the next edition?  
Send an email to: [samantha@awcentre.com](mailto:samantha@awcentre.com)

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CABBE:	35 Rue Cyr
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COWANSVILLE	
Rendez-Vous Café:	140 Rue Principale
CABBE:	201 Rue Principale

LAC-BROME	
Community Centre Lac-Brome:	270 Rue Victoria, Knowlton
BMO Lac-Brome:	101 Chemin Lakeside Lac-Brome, Knowlton



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[www.awcentre.com](http://www.awcentre.com)

### Women moving forward together!

Avante Women's Centre is a non-profit organization in Brome-Missisquoi that supports women in reaching their full potential through educational and informational workshops, support services, and collective action for social change. Our programming is offered in English.

Avante Women's Centre  
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