

Minutes

Forum Lac-Brome

Lac-Brome Forum

Date: Thursday, March 12, 2026

Time: 9:00 AM

Location: Centre Lac-Brome, 270 Victoria, Town of Brome Lake

Attendance

Organization	Representative
Action communautaire Lac-Brome	Martha Hubert-Gomes
Avante Women's Center	Tara Blanchet
Club de la Bonne humeur	Élizabeth Dupéré
Club des lions Knowlton	Christiane Guerra
École Saint-Édouard	Élisabeth Proulx
Horizon Pour Elle	Betty Karounis
Société Alzheimer BMHY	Caroline Hadlock
Men's Shed	Robert Ellen
Town of Brome Lake	Claire Citeau
Town of Brome Lake	Pierre Laplante
CIUSSSe-CHUS – DSPu Saines habitudes de vie	Sarah Jacques
CIUSSSe-CHUS – DSPu Organisation communautaire	Marie-Hélène Cloutier

Meeting Summary

#	Notes	Action Items	Lead
	<p>Minutes of November 13, 2025</p> <p>Follow-ups:</p> <ul style="list-style-type: none"> Warming centre statistics: will be requested at the time of the organization's annual accountability report. Emergency food assistance during holidays: Call the town at ext. 319; messages are regularly retrieved by food bank volunteers. Martha / Wellness Centre (emergency transport): Martha still needs to contact the Wellness Centre. Marie-Hélène followed up with an invitation to participate in meetings. Front-line services – pharmacy: A new nurse has been hired. MHC will return to the next table with the CIUSSS complaints process and the steps for escalating issues experienced in Brome Lake. 	<ul style="list-style-type: none"> MHC presents the complaints process and issue escalation steps at the next meeting (May 14). 	

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	<p>Claire Citeau presents the municipality's Family and Seniors Policy to members.</p> <ul style="list-style-type: none"> Budget of \$5,000 for actions related to the policy — the monitoring committee will determine its use. Keep the policy in mind in the roundtable's work to avoid duplicating efforts. Martha: Connect with the OMH (municipal housing authority) to properly inform residents of available services (distance, transportation needs). New arrivals — HLM families, women fleeing violence, etc. — are often unaware of local resources. Prior to the OMH merger, the town met with management monthly — consider reinstating this link. Annual policy review planned at year end. Policy renewal in 2029: ACLB recommends explicitly naming immigration. 	<ul style="list-style-type: none"> Establish a link with the OMH to be notified of new arrivals and better direct them to services. MHC will contact the community organizer responsible for the OMH BM file. 	
5 Project Follow-up			
	<p>Dementia Friendly Community – Lac-Brome</p> <ul style="list-style-type: none"> The roundtable had committed up to \$15,000 subject to co-funding. The Alzheimer Society secured: Nouveaux Horizons \$25,000; Seniors Table \$6,000; Federation \$13,000. The roundtable agrees to allocate \$15,000 to the project. The Alzheimer Society may submit a funding request to the Lions Club. Project launch planned for April 1. 	<ul style="list-style-type: none"> Confirm launch date and project progress at the next meeting. 	
	<p>Volunteer Committee</p> <ul style="list-style-type: none"> Louise Morin, the retained consultant, has begun meeting with organizations. Club de la bonne humeur was the first. Contract signature pending. The school found volunteers through the town's website. Include the link to the town's volunteering page in the minutes: https://ville.lac-brome.qc.ca/fr/loisirs-sports-et-culture/vie-communautaire/benevolat 	<ul style="list-style-type: none"> MHC follows up with ACLB for contract signature. Include volunteering page link in the minutes. 	
	<p>Carrefour bien-être 50+ Project</p> <ul style="list-style-type: none"> Preventive services (physio, OT, dietitian) offered at the community centre with a sliding-scale fee, targeting seniors with limited means. Three committee meetings held. Collaborating with Men's Shed to reach men (only 2 men currently attend seniors activities). Launch planned for September 2. Funding: Nouveaux Horizons and roundtable. 	<ul style="list-style-type: none"> Confirm funding and September launch. 	
	<p>Roundtable Name and Visual Identity</p> <ul style="list-style-type: none"> Forum Lac-Brome — name officially adopted for the roundtable. For the logo, the suggestion is to explore AI tools given the current absence of a budget. 	<ul style="list-style-type: none"> Test AI tools for logo proposals. 	

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6	Members' Updates		
	<p>Men's Shed</p> <ul style="list-style-type: none"> • Car Show in August featuring Singers cars; Soap Box Derby planned for 2027; Crayfish Fishing Derby and BBQ. • Birdhouse building project for local conservation — distributed locally. • 61 active members, 60 to re-engage. Exploring evening and weekend activities to reach working members. • Wednesday Workshop relaunch: 7 women per workshop, always full. Registration form available. • Robert Ellen founded the Association des Sheds du Québec — founding general meeting on March 17. About 30 Sheds in Quebec, 200 across Canada. 		
	<p>Lions Club</p> <ul style="list-style-type: none"> • Community fundraising grants available: organizations can apply directly. Requests of \$2,000 or less do not require an AGM vote. • Activities: Remembrance Day, Christmas parade, garage sale (~\$12K/year). 		
	<p>Club de la bonne humeur</p> <ul style="list-style-type: none"> • Welcome package for newcomers in preparation. • Wide range of activities: sports, dictation, music, communal meals, yoga, cooking workshops, pickleball (very popular). Fully volunteer-run; revenue is redistributed to members to keep fees affordable. 		
	<p>Sarah Jacques – CIUSSS / Healthy Lifestyles</p> <ul style="list-style-type: none"> • PAFIR SPA: funding for sports and recreational infrastructure (outdoor component). Aims to improve access to facilities. Stream 1: deadline June 22; Stream 2 (outdoor): deadline May 21. Funding: 66% up to \$500K (outdoor) and \$20M (sports). 	<ul style="list-style-type: none"> • Forward information to roundtable members. 	
	<p>Avantee Women's Centre</p> <ul style="list-style-type: none"> • Heritage Canada grant — Women's performance at Euro-Spa on March 14: Still We Rise. • Starting in April, present in Brome Lake twice a month: • Apr. 14 10 AM Apr. 27 1:30 PM – Chair yoga & Self-care • May 12 10 AM – Body neutrality May 27 1:30 PM – DIY • Jun. 9 10 AM – Activity TBD Jun. 15 1:30 PM – Joy, Rest & Guilt • Tara will send the schedule to Martha for distribution to members. 	<ul style="list-style-type: none"> • Tara sends schedule to Martha for distribution. 	
	<p>Horizon pour elles</p> <ul style="list-style-type: none"> • Expanding English-language services and adding service points: Cowansville, Farnham, Bedford, Brome Lake. • New director starting in April. Caseloads have been heavier since January and the number of cases is increasing. 		
	<p>Alzheimer Society</p> <ul style="list-style-type: none"> • Public square walk in Bromont on May 31. Goal: \$130K (\$100K raised last year). Fundraising underway despite significant budget cuts. • Respite and stimulation group: 2 new volunteers, allowing more rotation. Group of 6 (need for 8 — waitlist due to staff shortage). 		

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	<ul style="list-style-type: none"> English-language caregiver support café (at Café de Louise Penny): 12–13 participants, very well received. Caroline is still looking for a more permanent office space in the community. 		
	<p>École Saint-Édouard</p> <ul style="list-style-type: none"> Attending the roundtable to connect with the community. Request for schoolyard renovation approved; an outdoor classroom will be added at the front. Intergenerational project with Manoir Lac-Brome (board games, Bingo): 3rd visit coming up. Health Fair on April 17 (afternoon): firefighters, police, CIUSSS invited; student-run booths. Youth–seniors matching: inspired by the tennis model in Bromont (Knowlton Academy has offered lessons before). Exploring pickleball or other activities. Possible dictation pairing with Club de la bonne humeur. Lions Club solicited for nutrition month: a family pantry supplied ingredients for weekly smoothies; Lions support a cooking workshop. The school is looking to become more involved in community life. 	<ul style="list-style-type: none"> Explore youth–seniors matching possibilities (pickleball, dictation, etc.). 	
	<p>Town of Brome Lake</p> <ul style="list-style-type: none"> Salamander Fund: helps cover day camp costs for families in need. Can be requested online or through an organization referral (fewer income documents required). Covers day camps and sports. Registration opens April 2. Film day camp: returning this summer (successful last year). Family Day on May 31: application submitted for the Carke Terrace in Bondville (space provided by the Carke Foundation, between Chemin Centre and Frizzle). Limited access (parking, slope). Claire will inform participating organizations. Digital literacy workshops for seniors: April 17 through May–June. 3 workshops in French (1 introductory, 1 on government services). Claire will send details. Farmers' Market: opens June 6 — info booth or fundraising table possible (selling items). Proximity cards: enable vulnerable persons to purchase goods at the market (food insecurity). Town budget: \$3,000. Eastern Townships Healthy Lifestyles Committee confirmed: \$5,000. Explore MRC and Lions funding. Possible solidarity card stream (citizens buy cards and make an additional donation). 	<ul style="list-style-type: none"> Claire sends Family Day information to organizations. Claire sends digital literacy workshop details. Claire connects food bank and Horizon pour elles with proximity card project. 	
	<p>ACLB (Action communautaire Lac-Brome)</p> <ul style="list-style-type: none"> 0–5 activities continue with Alexi. Youth activities (monthly dances) very popular: 73 youth at the last dance. Lions Club donated bean bags for youth evenings. Monthly communal dinners at Relais; immigrant integration ongoing. Seniors activities wrapping up next week; always very popular. Food security: access to prepared meals from MRC CAB (community action bureaux) kitchens. First intercultural lunch on March 21 — Relais provided much of the ingredients. Issue raised: Home support services (SAD) are being progressively cut. CLSC is redirecting cases to ITMAV without additional resources. To be added to the roundtable's advocacy priorities. 	<ul style="list-style-type: none"> Add the home support issue to the roundtable's advocacy list. 	

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7 Issues to Bring to the Development Network			
	<ul style="list-style-type: none"> • Home support services (SAD) progressively cut; cases redirected to ITMAV without resources — to be raised at the Brome-Missisquoi Social Development Network. • Front-line CLSC services (infant clinic, vaccination, wound care) requested by the roundtable — to be revisited in follow-up with the CIUSSS. 		
	<p>Next Meeting</p> <p>May 14, 2026, 9:00 AM</p> <p><i>Centre Lac-Brome, 270 Victoria, Town of Brome Lake</i></p>		