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## High school seniors; write and win!

[Townshippers](#)

February 15, 2017

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It's time to celebrate school perseverance in the Estrie region with Hooked on School Days which also means it's also time for Townshippers' Association's Make Way for YOUth Estrie project to launch its annual Excel in the Estrie essay challenge!

The challenge is for high school seniors to think about how they have and how they will excel in the Estrie then write a 500-word essay about the obstacles they have faced in school, what they did to overcome them. The essay must end with the author imagining what they hope their future in the Estrie will look like.

Senior class, this is a great chance to look back and celebrate all your hard work and recognize what you've already accomplished, which might just help to boost your confidence for the next leg of your journey. Your stories can also help inspire others to keep on the path to educational success!

Winning essays will be published in the autumn issue of Townshippers' self-titled journal and, thanks to our partners the Lennoxville Youth Center and Global Excel Management, prizes of up to \$500 will be awarded, which can really help with the costs your first year of post-secondary.

This challenge is open to all graduating high school seniors (public, private or home-school) in the historical Eastern Townships' English-speaking community who are attending an English language secondary school and who have been accepted to a post-secondary institution in the Estrie region.

Show your support for school perseverance by picking up your free green and white ribbon from your local participating Estrie public libraries.

For rules, guidelines and to enter, visit [www.Townshippers.org/Essay](http://www.Townshippers.org/Essay). No internet access? No problem! Just contact our Sherbrooke office at 819-566-5717 (toll-free: 1-866-566-5717) and we'll be happy to help.

## Know your rights and protect yourself

A power of attorney, protection mandates, and advance medical directives, these three key legal documents can help you protect yourself if you know how to make them and what you should be sure to include.

Lawyer Sarah Dougherty of Éducaloi will provide guidance as well as information on local resources, model documents and what steps you need to follow, at a free Community Health Education Program (CHEP) videoconference on Wednesday, February 22, from 10:00 am – 12:00 pm.

Hosted by Townshippers' Association at the Memphremagog Community Learning Center, 120 Rue Bellevue, Magog, the interactive session will sort out some common myths and give you tools to create documents tailored to your situation. Seniors, family members, caregivers, and professionals, are invited to join us for this session.

A former translator, journalist, then private practice lawyer, Ms. Dougherty has been working as a lawyer with Éducaloi for eight years. Éducaloi is an independent non-profit organization that explains the law to Quebecers in plain language.

CHEP sessions are a CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

For more information on Townshippers' Association and our activities, keep reading this weekly Keeping in Touch column in The Record and visit us on Twitter @Townshippers, Facebook.com/Townshippers, and our website [www.Townshippers.org](http://www.Townshippers.org). Connect with Townshippers' offices in Sherbrooke at 100 – 257 Queen, 819-566-5717, toll free: 1-866-566-5717, or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421.

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Photo Credit: Nathalie McAuley

Photo Caption: Alexandria Lowry, Emma Laroche Spaulding and Meaghan Rivett (absent) were awarded for their winning Excel in the Estrie essays at Townshippers' Association's annual general meeting last June. The essay challenge for high school seniors is back with a chance to be published and win up to \$500.



### Need to reach us?

Townshippers' Association



ta@townshippers.org

**Head office**

100 – 257 Queen Sherbrooke, QC J1M 1K7 819-566-5717 toll free: 1-866-566-5717

**Branch office**

3-584 Knowlton Lac-Brome, QC J0E 1V0 450-242-4421 toll free: 1-877-242-4421

**Office Hours**

Monday - Thursday  
9 am - 12 pm | 1 pm - 4:30 pm  
*excluding statutory holidays*

### Community & Culture Events

MAY

**8**

Sun  
2016

(http://townshippers.qc.ca/portal/calendar/action~oneday/exact\_date~8-5-2016/)

all day Exhibit: Contes du cœur magique @ Musée Beaulne inc. (http://townshippers.qc.ca/portal/event/contes-du-coeur-magique/?instance\_id=13714)

JUN

**5**

Sun  
2016

(http://townshippers.qc.ca/portal/calendar/action~oneday/exact\_date~5-6-2016/)

all day Exhibit: En un instant @ Musée Beaulne inc. (http://townshippers.qc.ca/portal/event/en-un-instant/?instance\_id=13712)

SEP

**11**

Sun  
2016

(http://townshippers.qc.ca/portal/calendar/action~oneday/exact\_date~11-9-2016/)

all day Fragment de mémoire @ Musée Beaulne inc. (http://townshippers.qc.ca/portal/event/fragment-de-memoire/?instance\_id=13708)

FEB

14

Tue

2017

([http://townshippers.qc.ca/portal/calendar/action~oneday/exact\\_date~14-2-2017/](http://townshippers.qc.ca/portal/calendar/action~oneday/exact_date~14-2-2017/))

**6:30 pm** Pathways to Psychological Health... @ Uplands Cultural and Heritage Centre  
([http://townshippers.qc.ca/portal/event/pathways-to-psychological-health-and-well-being-in-everyday-life/?instance\\_id=14102](http://townshippers.qc.ca/portal/event/pathways-to-psychological-health-and-well-being-in-everyday-life/?instance_id=14102))

FEB

22

Wed

2017

([http://townshippers.qc.ca/portal/calendar/action~oneday/exact\\_date~22-2-2017/](http://townshippers.qc.ca/portal/calendar/action~oneday/exact_date~22-2-2017/))

all day Irish festivities 2017 @ Richmond, Quebec  
([http://townshippers.qc.ca/portal/event/irish-festivities-2017/?instance\\_id=14105](http://townshippers.qc.ca/portal/event/irish-festivities-2017/?instance_id=14105))



View Calendar → (<http://townshippers.qc.ca/portal/calendar/>)

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