



2014 REPORT TO COMMUNITY

Affiliated with Canadian Federation of University Women, Sherbrooke & District

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Co-Presidents' Letter to Stakeholders

ABOUT US

LAMPE Foundation, founded in 1993, is a community-based, volunteer-managed, not-for-profit organization. It is dedicated to supporting students who have demonstrated their ability to serve their communities as leaders and/or who are training to become bilingual health professionals and who choose to build careers and serve the communities of the Townships. The Foundation is governed by an independent board of directors.

OUR MISSION

We are dedicated to encouraging women and men from the Eastern Townships and across Canada to continue their education in order to improve their own lives and the wellbeing of the Townships community. We offer financial and mentoring support to students who have demonstrated their ability to become leaders in their community, and to those who are training to become health care professionals in the Townships.

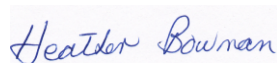
Dear Stakeholders,

Keeping in contact with former award-winners is just one of the heart-warming rewards of being involved in the Lampe Foundation. Some of our award-winners go back forty years and live in all parts of the world. Our past winners range from neuroscientists, actresses, veterinarians and physicians to nurses, caregivers and welders – all making a difference in their communities!

Inspired by the example of our winners, the Lampe Foundation gathers clues from our community to create new and needed opportunities for students. Our most recent initiative is with CRIFA in Coaticook. The decline of the family farm in the Townships was the inspiration for our focus on the agricultural school. Students can choose from a variety of courses to further agriculture and horticulture in the region. Our first recipient of this award, a landed immigrant from Columbia, will plough his winnings into buying seeds to launch his weekly vegetable distribution business for residents in the Coaticook and Sherbrooke region.

This year, members of the Board decided to create a new award that will be known as the Commemorative Award. The first recipient of this award will be presented to the members of CFUW Sherbrooke & District in December 2015. The audience is fitting as the successful candidate will be a woman who personifies the visionary women of CFUW Sherbrooke & District who set aside monies from 1968 on to enable students to further their education. The Lampe Foundation feels privileged to inaugurate this award in tribute to the trailblazing women of the past and present who have gone the extra mile in making a big difference in all of our communities.

For the past 21 years, the Lampe Foundation has been making a difference through its support of many talented young people who are now providing leadership in their own way to their communities in the Eastern Townships and beyond. As you read our 2014 Report to Community, we hope you will be as enthusiastic as we are about our progress, our programs, and our scholars. We invite you to discover how some of our past award winners (see pages 3-5) are making a difference in their community.



Heather Bowman
Co-President



Carol Mooney
Co-President

Making a Difference in Their Community



The Lampe Foundation, CFUW Sherbrooke & District, proudly presents the success story of scholarship winner Erin Toole. After more than 20 years, the Foundation has helped hundreds of students achieve their educational dreams. What a treat to see what happened to a promising young student after graduation.

Erin Toole is currently Associate General Counsel with the Financial and Consumer Services Commission of New Brunswick in Saint John. The commission is a crown corporation regulating financial and consumer services industries in New Brunswick, including pensions, insurance, securities and an entire gamut of consumer-related activities. Providing legal support to the commission and acting as a legislative coordinator, Ms. Toole acts as a liaison with the Department of Justice on laws that fall within the areas within the jurisdiction of the Commission.

Ms. Toole was a student at Bishop's University studying Honours English with a major in Classics when she was awarded the Eileen Healy Scholarship for leadership by the Lampe Foundation in 1998. She played rugby with the Lady Gaiters and served as student at large on the Students' Representative Council. Ms. Toole credits Bishop's with helping her to develop communication skills, particularly the ability to write well, as well as the ability to interact well others, something practiced daily in small classes requiring a lot of participation.

After Bishop's she returned to New Brunswick for law school where she remained near the top of her class for three years. She later moved to Toronto where she practiced corporate, family, and child protection law but ended up back in Saint John 5 years later with the Financial and Consumer Services Commission, admitting that she prefers the opportunities of her position for public outreach and information to a more adversarial role. Saint John, Ms. Toole says, is like Sherbrooke, large enough to be a city and small enough to be easily navigable and convenient for family life, with easy commutes and close proximity to nature.

According to Ms. Toole, students who want to become lawyers should be good at making decisions, adept at reading people and situations and strong in research and analysis. She advises students to pay as little attention as possible to the negative information they hear about the legal profession and instead to talk to practitioners to get a sense of what they do.

It is of the utmost importance to have a mentor one can trust. She is grateful to have had her father, who, like her, was a graduate of Bishop's and the UNB law school. She also credits a senior lawyer who "makes sure employees grow." In law and related fields an arts degree, with its emphasis on writing, is a huge asset. A student with a particular interest in the area of law would do well to study a relevant field: science for intellectual property or sociology or psychology for family law. Well rounded candidates always have an advantage.

Although Ms. Toole follows politics with great interest she isn't thinking about a political career yet. Maybe, she says, in twenty years.

Making a Difference in Their Community (cont'd)

Sharon Runions - 1987 Eileen Healy award winner is a **Neuroscience nurse** at the **MUHC** (Montreal University Hospital Centre).

Eleni Galanis - 1991 Champlain College Science Award is a **Physician Epidemiologist, BCCDC and Assistant Professor, School of Population & Public Health, UBC**.

Suzanne Banfill - 1996 Eileen Healy award winner is a **Family Doctor** at **Centre Hospitalier Coaticook**.

Amy Kierstead - 2000 Eileen Healy award winner is a **professor of Organic Chemistry** at the **University of New England**.

Jessica Cady - 2002 Champlain College Science Award winner is a **veterinarian** at **Ottawa-Carleton Veterinary Hospital**.

Heather Dezan – 2005 Eileen Healy award winner is currently living and working in Winnipeg, MB. Heather graduated from Bishop's University in Business with a major in Human Resources. After completing a Master of Sciences in Organizational Behaviour at Queen's University, Heather moved to Winnipeg about 7 years ago where she is currently **Human Resources Director for Investor's Group** for Eastern Canada.

Cora Loomis - 2006 Diana & Jan Kuilman Memorial and Champlain Science awards winner is a **Dietician, Health, Wellness and Fitness** in Sherbrooke, QC.

Jenny Davis - 2009 winner of the Sherbrooke Hospital Foundation Award in Health Assistance and Nursing Care is working at **CHUS Hotel Dieu** in Sherbrooke. Jenny's efficient care and friendly manner were greatly appreciated by Wendy Durrant the first night after surgery.

Vanessa de Serre – 2010-2012 Sherbrooke Hospital Foundation Donna Draper Award winner is pursuing a **Bachelor's degree in nursing** at **Université de Sherbrooke**, Longueuil Campus.

Lynda Goyette – 2010 Sherbrooke Hospital VTC award winner works at **La Maison Aube-Lumière**.

Caroline Fauteux –2011 and 2013 Lampe SHF award winner and graduate of Champlain Nursing Program received the OIIQ prestigious prize. Caroline had the highest marks in nursing over her 3 years in the program.

Samantha Juraschka – 2011 Eileen Healy award winner completed her BBA in finance and marketing and was chosen as one of the Next 36 Entrepreneurial Leaders in Canada. The Next 36 is an incubator-style program that enables Canada's next leaders to build a mobile/web business. She is one of the co-founders of Mobicare, a Health Technology start up that helps family and friends care for people living with Alzheimer's or related dementia. In 2013, Mobicare was acquired by Masonic Aging Services Corporation. Samantha's LinkedIn profile lists Fan Development at Blue Ant Media in Toronto as her current position.

Meaghan Barlow – 2012 Eileen Healy Award winner has made a difference in the life of one of our CFUW members. Last fall, she invited any member of CFUW, Sherbrooke & District with fibromyalgia to volunteer for a rehabilitation project. One of our chosen members has just completed participation in the fibromyalgia massage group. “It has definitely been beneficial.” She can now swing a golf club with no pain.

Samantha Brooks – 2012 Lampe and Tillotson VTC award winner, is giving back to her community. At the Tillotson Coaticook Regional Fund Presentation evening, she received a grant to develop a soccer league in Lennoxville for the summer of 2014. She has lots of interest and great help from her husband. Currently, Samantha is working for the **Sherbrooke CLSC home care** program.

Alexia Colombe Léveque -2012 Lampe Foundation Champlain Science award winner is studying **Neuroscience** at **McGill University** and is training a Mira dog to be a companion for the visually impaired and autistic children.

Sarah Fournier - 2012 Marlis & Sigrid Wehr mature student award winner is studying **Liberal Arts** at **Bishop’s University**.

Alyson Wener (Alyson Leah – as she is known professionally) - winner of the first Helen F. Armstrong Award in 2012 is an actress in Montreal. In April 2013, Alyson, along with some of her friends, organized a cabaret night of musical theatre to raise funds in support of DOVE (Detecting Ovarian Cancer Earlier). Alyson was inspired to act when learning of the death of her mentor, Cheryl Stroud.

Susan Magwood – 2013 Marlis & Sigrid Wehr Mature Student Award winner is teaching **Physical Education** at **Sawyerhill Elementary School** and **Pope Memorial Elementary School**.

Karen Painter – 2013 One Room Schoolhouse Award winner is an **early intervention and resource teacher** at **Lennoxville Elementary School**.

Trisha Thomas – 2013 VTC Machining and Welder award winner is working as a **welder at Pro Par**.

Erica Zucker – 2014 Eileen Healy award winner was awarded a community service award from the Golden Key International Honor Society.

Our Scholars 2014

Award recipients are selected by the Lampe Selection Committee or by one of the Eastern Townships educational institutions. The Lampe Selection Committee is comprised of five members who use a confidential and objective process to select each winner. The award recipients are as follows:

Award	Award Recipient (S)
Daphne & Lorraine Codere Awards, Alexander Galt Regional High School	Paul Nimmervoll Emma Spaulding
Marlis Wehr History Prize	Spencer Nadeau
CFUW Leadership - Richmond Regional Regional High School	Gabrielle Stalker
CFUW Leadership - Massey Vanier High School	Mathieu Auger-Paré
CFUW Leadership - Andrew S. Johnson Memorial High School	Matt Bergatti
Lennoxville Vocational Centre (VTC)	
<ul style="list-style-type: none"> • Sherbrooke Hospital Foundation (SHF) Health Award (3) 	Nancy Carriere Angela Harnois Kaitlyn Wickett
<ul style="list-style-type: none"> • Professional Sales • Welding-Fitting 	Christine Leduc Suzanne Scott
Lampe-Tillotson (VTC)	Celia Mayne Tammy Lavoie
Lampe-Tillotson (Champlain Nursing)	Yves Cloutier
Champlain College Science	Myriam Bass
SHF Health Awards	Sarah-Hannah O'Reilly Emily McGregor Romeo Peasley Hidayatullah Azimy
Donna Draper Award – SHF	Vicky Paré Jisca Marcellin Saratou Sani-Assouman Sarah Lafrenais
Eileen Healy Leadership Prize – Bishop's University	Erica Zucker
One Room Schoolhouse – Bishop's University	Hannah Vanasse

Our Scholars 2014 (cont'd)

Awards	Award Recipient(s)
Diana & Jan Kuilman Memorial	Sarah Pankovich
Helen F. M. Armstrong in Fine Arts	Sophie Szczesniak
Marlis & Sigrid Wehr Mature Student	Heather Rediker
Lampe-U de S École de Réadaption	Julie Carbonneau Audrée Simard Solene Corbeil
Lampe-Tillotson Prix de Médecin/Physician's Award	Cheryl Brus Peterson
*Lampe-Tillotson Agriculture Award (CRIFA)	John Poveda Emilie Cotnoir

*new award

Lampe-Tillotson Agriculture Award Winners



L to R: C. Mooney, E. Cotnoir, J. Poveda
H. Bowman

Donner Draper-SHF and Lampe Tillotson (Champlain Nursing) Award Winners



L to R: H. Bowman, V. Paré, J. Marcellin, Y.
Cloutier, S. Sani Assouman (and daughter),
and K. Kouri (Champlain Nursing Coordinator)

Our Scholars 2014 (cont'd)

Students receive Scholarships at Awards Night 2014



Back row L to R: Hidayatullah Azimy, Sarah-Hannah O'Reilley, Emily MacGregor, Jill Guthrie, Ramona Peasley, Myriam Bass, Julie Carbonneau
Front row L to R: Sarah Lafrenais, Cheryl Brus Petersen, Hannah Vanasse, Audrée Simard.

"I never thought I would be chosen for this award. It has helped me in so many ways. I was able to open my file for my nursing licence. I am truly touched to have been chosen." **Nancy Carriere, Sherbrooke Hospital Foundation VTC LPN Award**

Our Mentors

One of the ways the Lampe Foundation provides educational support for students and graduates is through its mentorship programme. We offer award winners, present and past, the opportunity to be matched with a mentor, a person who can help them and guide them in the attainment of their career goals.



Members of the Mentoring Committee

L to R: Esther Barnett, Joanne Craig, Wendy Durrant, Kirsten Branigan

The benefits of having a mentor include:

- Networking contacts
- Tips on developing a professional image
- The opportunity to clarify career goals
- Knowledge concerning business ethics and etiquette
- Enhancement of employability
- Exposure to the workplace

The benefits of the relationship to the mentor include:

- A fulfilling way to help someone who is just starting out in their chosen profession.
- A way to give back as a bright new person embarks on the path the mentor might know something about.
- A meaningful opportunity to share their experience and knowledge gained over many years.

We have sixteen mentors in various fields such as business, education, health care and welding. In the past we have had five matches and are projecting more in the spring.

Our continuing match is in the health care sector between Caroline Fauteux and R.N. Sandra Spaulding Klinck. During the winter semester of 2014, Caroline, the 2011 and 2013 award winner of the Sherbrooke Hospital Health Award, taught the maternity stage in the Champlain Nursing programme. She looks forward to a lifelong career in nursing. Sandra continues enjoying being a mentor and helping mentees in achieving their career goals.



Krystyna Kouri, left, is Director of Nursing at Champlain College, Lennoxville. She is a mentor for the Donna Draper Award recipients.

Allison Connelly, right, is a mentor for Education. She received her degree from MacDonald College and has taught in elementary schools in Montreal, Rawdon, and Lennoxville. Allison is an active participant in community affairs.

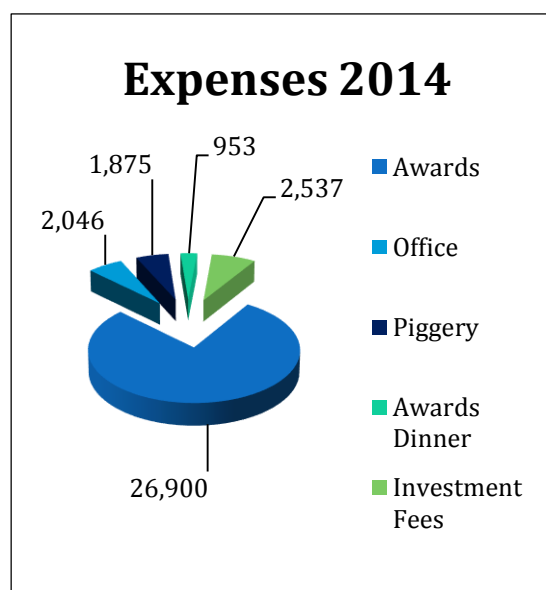
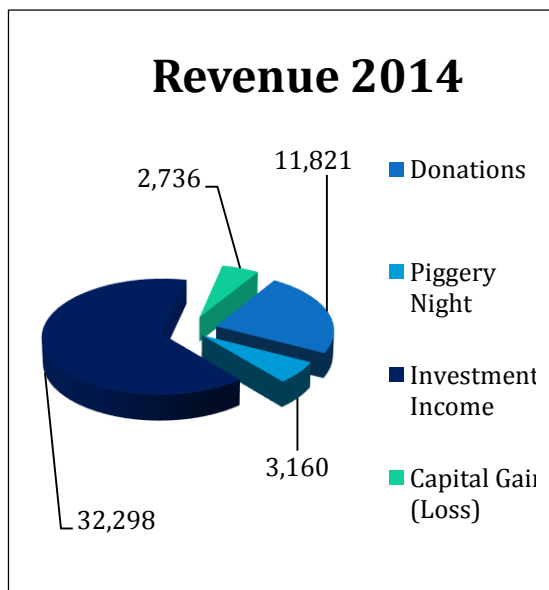


Our Financial Summary

Since its founding in 1993, the Lampe Foundation has increased its asset base from less than \$20,000 to \$625,300. The assets provide the Foundation with the necessary reserves to offer a minimum of 25 awards and enable Lampe to provide the ongoing funding to our scholars holding renewable scholarships and bursaries.

The following is a summary of our financial statements for the year ending December 31, 2014. They are available at www.lampefoundation.org.

	December 31 st 2014	December 31 st 2013
	\$	\$
Assets		
Cash	5,151.63	8,944.54
Investments	<u>620,149.83</u>	<u>600,651.94</u>
	<u>625,300.83</u>	<u>609,596.46</u>
Capital	<u>625,300.83</u> \$	<u>609,596.46</u> \$



Our Donors & Partners

All contributions, large and small, help to advance our mission. The Lampe Foundation thanks the following individuals for their support. This report gratefully acknowledges those who have made a donation between January 1, 2014 and December 31, 2014.

M.J. Amey
B. Allatt
J. Angrave
R. Belanger
H. Bowman
J. Craig
L. Chartier
D. Cohen
P. Cossette
J. Cowan
D. Duncan
W. Durrant

H. Fullerton
S. Gagliardi
C. Holt
J. Hopps
K. Kouri
M. Labbé
J. Loiselle
C. Lynch
F. Macleod
E. Mazurek
S. McConnachie
C. McKinley

O. Moliner
C. Mooney
L. Nightingale
L. Paff
M. Rhodes
B. Smith
D. St. Vincent
H. Stewart
J. Thorneloe
M. Trousdell
C. Watkins
Y. Voisard

And to the many supporters of the Piggery Theatre Night and CFUW, Sherbrooke & District 2014 Summer Market Silent Auction and Book Sale.

The Lampe Foundation also gratefully acknowledges the financial support of our partners who help make a number of our awards possible.

- Bishop's University
- CFUW, Sherbrooke & District
- Sherbrooke Hospital Foundation
- Tillotson Coaticook Regional Fund
- Université de Sherbrooke, Faculty of Medicine & Health Sciences

One Room Schoolhouse Award Winner



Hannah Vanasse with Michael Goldbloom, Principal Bishop's University

Lampe-Tillotson Prix de Médecin/Physician's Award Winner



Cheryl Brus Petersen with Mike Everett, Chair Tillotson Coaticook Fund

Champlain Science Award Winner



Myriam Bass with Paul Kaeser, Director of Champlain Lennoxville

"I truly appreciate this opportunity; the financial help will go a long way to help me pay for tuition and books. I feel honoured to be the recipient of this award." **Cheryl Brus Petersen, Lampe -Tillotson, Physician's Award**

"I am happy and proud to receive this award. I am thankful to the Lampe Foundation for having believed in me and encouraged me in my future endeavors by awarding me this prize. Science is my passion, and this award will be incentive for me to keep working hard and to widen and deepen my knowledge as I progress along my career path. Thank you." **Myriam Bass, Champlain College Science Award.**

**Lampe Foundation-Université de Sherbrooke
École de Réadaptation Award Winner**



Audrée Simard with Johanne Desrosiers,
Vice Dean, École de Réadaptation, FMSS,
Université de Sherbrooke

“Thank you to the Lampe Foundation for your generosity. By awarding me the Donna Draper Award, you have lightened my financial burden which will allow me to concentrate more on my studies. Your generosity has inspired me to work harder in order to help others and give back to the community. Thank you once again.”
Saratou Sani Assouman, Sherbrooke Hospital Foundation – Donna Draper Award

“I am very happy to receive this award. Your generosity will benefit me with my studies in the years to come. It is very encouraging to receive this type of recognition from the Lampe Foundation which is why I hope you will continue to help students in the future for their hard work and effort.”
Mathieu Auger-Paré, CFUW Leadership Award – Massey Vanier High School

Our Volunteers

Volunteers are the heart and soul of the Lampe Foundation. From its beginning, the Lampe Foundation has relied on a cadre of volunteers to provide direction, strategy, selection, mentoring, marketing and promotion as well as a variety of administrative duties. The ability of people to work willingly together for the betterment of their community is truly a priceless resource. Had our volunteers been paid according to their skills, their hours, if billed, would be in excess of \$35,000.

Mary Jane Amey	Sera Gagliardi	Mary Rhodes
Ruth Atto	Claire Holt	Lucie Roy
Esther Barnett	Judy Hopps	Joe Ruscigno
Heather Bowman	Sandra Klinck	Bev Smith
Dian Cohen	Krystyna Kouri	Heather Stewart
Allison Connelly	Mary Labbé	Rosemary Turmel
Joanne Craig	Elizabeth Mazarek	Yvette Voisard
Wendy Durrant	Carol Mooney	Bonnie Wilkin

A very special thanks to all the members of the CFUW, Sherbrooke & District who made the 2014 Summer Market Silent Auction a success.

Our Governance

Board of Directors

Heather Bowman, Co-President

Heather has been involved in the Health Care system for over 40 years. She has been President of Townshippers' Association and of CFUW, Sherbrooke & District.

Carol Mooney, Co-President

Carol has been an educator in the Eastern Townships for thirty years in a variety of roles and levels – elementary, high school and university.

Mary Labbé, Treasurer

Mary has been Treasurer of Lampe since 2009. After a successful career in Human Resources management in the Montreal area, Mary has returned to her hometown of Ayers Cliff and now enjoys adventure travel and golfing.

Yvette Voisard, Secretary

A Science teacher for 28 years and President of the Eastern Townships Teachers' Association for 5 years, Yvette is an avid Zumba participant and goes to the gym three times a week. She has held the post of Secretary of Lampe since 2009.

Foundation Review Council

Esther Barnett – After teaching at both elementary and high school level, Esther served as a Commissioner for the Eastern Townships School Board. She also worked in the Advancement Office, Bishop's University for 22 years.

Heather Bowman – Heather was Director of the CSSS-IUGS Foundation and is committed to the community as a volunteer. Director of Townshippers' Association Board of Directors, Involved with Regional Table for services to the elderly.

Dian Cohen, CM – Dian is a Corporate Director, Founding organizer of Centre de Santé de la Vallée Massawippi.

Joanne Craig – Joanne is Professor emeritus, Bishop's University where she taught for 30 years. She is interested in politics and the arts. She has volunteered with Lampe since 2009.

Wendy Durrant – A member of the Corporation of Professional Librarians of Quebec since 1972, Wendy retired from Bishop's University Librarian duties in 2004. She is a member of the *Comité de Collections et Services et Conseil d'administration de Bibliothèque et Archives nationales de Québec*. Wendy is a member of the Archives

Sub Committee of the Eastern Townships Resource Centre and has been Chair of the Lampe Mentoring Committee since 2009.

Claire Holt – Claire is a project manager for a non-profit that promotes socio-economic integration of immigrants. She is involved in Sunday School and youth programs for the Bhutanese refugees. She has held the post of Lampe Marketing Director since 2011.

Judy Hopps – Judy brings more than 30 years of experience in the field of philanthropy working with a variety of non-profit organizations in institutional advancement, major gift fundraising, corporate communications and donor relations. She is also President, Memphremagog Wetlands Foundation.

Mary Labbé – Upon retirement, Mary returned to her hometown of Ayer's Cliff and now enjoys golf and adventure travel. She has held the post of Treasurer since 2009.

Elizabeth Mazurek – Originally from Calgary, AB, Liz works in the field of higher education fundraising. When not working at Bishop's University, Liz enjoys cross stitching, reading and playing the piano.

Carol Mooney – As a retired educator, Carol now volunteers in local community organizations. Currently, she is president of the Centre de Santé de la Vallée Massawippi and past president of CFUW, Sherbrooke & District. Carol organizes walking groups and participates in golf, bike-riding and snowshoeing.

Yvette Voisard – Secretary of Lampe, retired teacher, avid reader, gardener and grandma.

Our Committees

Finance

Mary Labbé (Chair)
Dian Cohen
Heather Bowman
Judy Hopps
Carol Mooney (Secretary)

Scholarships and Criteria

Heather Bowman, Chair
Carol Mooney
Joanne Craig
Judy Hopps
Yvette Voisard

Mentoring

Wendy Durrant (Chair)
Carol Mooney (Secretary)
Joanne Craig
Esther Barnett
Kirsten Branigan (Student)

Marketing

Claire Holt (Chair)
Heather Bowman
Elizabeth Mazurek
Carol Mooney

Selection

Heather Bowman (Chair)
Ruth Atto
Allison Connelly
Wendy Durrant
Judy Hopps
Mary Labbé
Carol Mooney
Heather Stewart

Governance

Dian Cohen (Chair)
Heather Bowman
Carol Mooney



Lampe Foundation

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