



# 2017 REPORT TO COMMUNITY

*Charitable Foundation of Canadian Federation of University Women, Sherbrooke & District*

## Contents

Co-Presidents' Letter to Stakeholders	2
Making a Difference in Our Community	3
Our Scholars 2016	14
Our Mentors	16
Our Financial Summary	19
Our Donors & Partners	20
Our Volunteers	22
Our Governors	23



### 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,

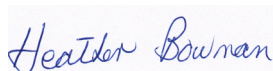
In their wisdom, the Canadian Federation of University Women Sherbrooke & District (CFUW S&D) formed a foundation with charitable status in 1993. In that year, five awards were given out to female students from the Townships with a total value of under \$2000. Fast forward to 2017. The Foundation, now known as Lampe, gave out forty awards to deserving men and women at several educational levels with a total value of \$36,550.

As the Lampe Foundation approaches its 25<sup>th</sup> year in 2018, it remains a vibrant, growing organization. Our biggest supporters are the members of CFUW S&D. At the same time, Lampe is grateful to the increasing number of partners who share our vision of financing educational opportunities for students in high school, vocational, collegial and university studies. The University of Sherbrooke, Tillotson Coaticook Region Fund, Richmond Regional High School, Alexander Galt Regional High School and Phelps Help are all partners.

Lampe will never forget the generous donation from the Sherbrooke Hospital Foundation in 2008 upon dissolution of their residual assets. As a result, Lampe now gives renewable awards in many of the health fields. The renewable aspect of the awards motivates the bilingual winners to remain in the Eastern Townships, enabling the Foundation to follow their success. Similarly, Sherbrooke Hospital Ladies Auxiliary established an endowed health award in 2017 as they wound up distribution of their assets.

CFUW S&D's astute decision in 1993 has paid large dividends to the education of Townships students. To put that in perspective, CFUW S&D is one of 105 clubs across Canada. The Executive Director of CFUW National confirms that out of all these clubs, CFUW Sherbrooke & District ranks in the top group. The other clubs are located in Toronto, Ottawa, St. John's, Vancouver and Victoria. Now, that's impressive!

We hope that you enjoy reading our Report to Community. A special thank you to all our scholarship winners, our donors, and our community and institutional leaders who are our partners in helping the Lampe Foundation build relationships that endure a lifetime.



Co-President



Co-President

## Making a Difference in Their Community

### A Conversation with Jessica Cady – 2002 Champlain Science Award Recipient



**LF:** How did your education in Sherbrooke prepare you for your career? Are your early studies at all related to your career?

**JC:** Elementary, Alexander Galt Regional High School, Champlain College and Bishop's University, all in lovely Lennoxville, thoroughly prepared me for veterinary school. I am grateful to all the schools for how they shaped me. The Health Science program at Champlain College in particular was intense and to be quite honest, going through that program provided me with the work ethic and skills to more easily excel at university and veterinary school. I often joke with my friends who went through Champlain with me that vet school was a breeze after Champlain! I say this as a compliment to Champlain, as the schooling and teachers there are top notch!

**LF:** What are the future prospects like in your field? What trends do you see developing over the next few years?

**JC:** Unfortunately, more and more research is showing a concerning income to schooling debt ratio and it is important for future veterinarians to be aware of that financial reality. There are many opportunities for veterinarians, so job prospects are good though. More and more corporations are taking over the profession and it is much harder to be a small business owner. I prefer the work/life balance though that I get by being an associate rather than an owner. I have organized my schedule so that I work less days, but longer days. I appreciate, and need, several days off in a row to myself to enjoy different activities.

**LF:** Who are the people who usually excel in your field or position? What personal qualities do you think are needed to succeed? Qualities for a vet?

**JC:** As strange as it may sound, I believe my degree in Drama from Bishop's University and of course all the amazing times I had at Alexander Galt in drama helped to make me a better veterinarian. Through those programs, I learned the most about myself, developed my personality, learned strong communication skills, empathy, and certainly a lot about what connects us all as humans. Not to mention the sense of humour that I developed which is what keeps you going on the stressful days! I believe the greatest quality a veterinarian can have is strong communication skills. You need to find a way to relate to an array of clients and how to handle rapidly evolving circumstances. I truly give a lot of credit to my drama teachers, Nelson Gonyer (Alexander Galt) and George Rideout (Bishop's University).



**LF: What kind of supervision/mentoring did you have when you were starting out?**

**JC:** It is hard to find good mentorship mostly because veterinarians are already so busy. I made it a priority though in my interviews to make it clear that mentorship was absolutely necessary to me. I never settled and always moved on from situations that did not make me happy. It is crucial for young veterinarians to stand up for themselves and to seek out good mentors. I do not believe in being left alone to learn through mistakes when it comes to an animal's life. I believe that the lack of adequate mentorship and support can lead to burn out and depression in the health professions. Since graduation, I have stood up for myself and have requested mentorship and that a backup be available for cases that are beyond my knowledge and skill base. Having someone you can simply call for help decreases stress. Two veterinarians in particular, Dr. Bijan Iraei and Dr. Farhad Ghasemi, have been the absolute best mentors. They were both trained in Iran and are by far the most talented, patient, kind, and compassionate veterinarians I have ever met. To any future veterinarians out there, find a way of meeting those two doctors! I now do my best to be available to other veterinarians if they need to reach out to me.

**LF: What kind do you have currently?**

**JC:** My current boss is Dr. Bijan Iraei and he has shown me nothing but support. We are only two doctors in the practice and I actually prefer this as our personalities complement each other.

**LF: What advice would you like to have heard when you were starting out?**

**JC:** It is normal to often feel like you don't know what you are doing! Any boss or colleague that makes you feel like they know it all and have it all under control at all times are the ones you need to avoid. Medicine and surgery are not easy and clear cut. We are always learning and growing. Great doctors never stop trying and they hope that is what you will remember them for. Not the outcome, but the passion to never give up. The more honest you can be with clients about the reality of sometimes not knowing, the better. Clients need to be your partner in their pet's care. Doctors, and female veterinarians in particular, have the highest suicide rate of any profession. This is not something that should be swept under the rug. It should be brought to the surface and analyzed. For me, good mentors have protected me from having to face too many sad days on my own. Again, I reiterate to future doctors that they need to find mentors that will under no circumstances make you feel inadequate or weak by asking for help and support. Veterinary medicine is a great career that is made even greater by finding the right team.

**LF: Do you have any recommendations for students regarding useful courses to take or extracurricular activities to be involved with?**

**JC:** I thoroughly believe in a balanced education wherein you combine the sciences and the

arts. Lennoxville, Galt, Champlain and Bishop's all allowed me to do that. Exposing yourself to an array of different courses will also expose you to different personality types. You will then be able to find a connection with different clients. My first boss told me "you can teach medicine and surgery but you can't teach personality." Again, communication skills and personality go far in this profession. You can learn the rest with time and mentorship.

**LF: Apart from the Champlain science award, how can the Lampe Foundation and CFUW S&D encourage young women to go into science?**

**JC:** I think the foundation should set up a mentorship or job shadowing type program whereby students can seek guidance and support from other women in their field of interest.

**LF: What was your most memorable experience?**

**JC:** Seeing a pet reunited with an owner after being hospitalized is always special. Seeing pets that would have passed away without surgery, make it through surgery, to then go home with a happy ending is rewarding. I've pulled out a few interesting items from pet's intestines- mouth guard, toys, shoes, maxi pads, needles.

My husband and I took our previous Golden Retriever for a bone marrow transplant in North Carolina. He was a year old and had stage v lymphoma and his Golden Retriever littermates and parents all joined the journey to a cure by seeing which dog was a generic match for the transplant. It was amazing to see complete strangers come together and offer up their dog to try to save another dog. His own mother turned out to be an 8/8 genetic match so she tried to save him. Quinn got some extra quality time as a result of the transplant.

**LF: What do you like best about your job?**

**JC:** I love seeing children bring in their first pet! It always brings me back to when my parents took my sister and I to the Humane Society to get our first kittens, promising to clean the litter box. It also brings me back to when I cried on my Dad's lap begging for a Golden Retriever puppy, promising I'd walk him. Of course, my parents often had to help with the litter and walking but hey kids will be kids right;)! Thank you Mom and Dad!

**LF: What do you like least?**

**JC:** The worst part about the job is that it's pretty much impossible to not take the job home with you. Don't let someone tell you otherwise. It's hard not to think of the sad cases, or the hard clients. Those thoughts can unfortunately break some people in the health professions. It is crucial to have a strong support system in this profession, as there are some very

challenging, emotional and stressful days. This is where honesty is key. It's important to talk about the sad and hard times, and then find a way to move on. It's not easy. My husband Chad MacLean is my biggest champion and supporter and I'm deeply grateful for him.

**LF: What is the most exotic animal you have ever treated?**

**JC:** I've treated a few snakes and it makes my heart pound every time! I'm always wondering if the clients can see the pounding through my scrubs! I also remember a child bringing in a baby mouse that was the size of a loonie.

**LF: What professional organizations do you belong to?**

**JC:** I belong to the Ontario Veterinary Medical Association (OVMA) and Veterinary Emergency & Critical Care Society (VECCS) and am also part of the Veterinary Information Network (VIN).

**LF: How important is networking to you?**

Yes, it is important to me, but I must admit I haven't had the opportunity to do much networking. Perhaps the foundation could help establish a way of networking among women in the science fields.

## **Tessa and Laura Rose Wilson-Ewing – Recipients of the Jan & Diana Kuilman Memorial Scholarship**

**T**he Jan and Diana Kuilman Memorial Scholarship is awarded to a local student who is in a health care professional program. In 2009 and 2010, this award was won by two sisters from the Richmond-Ulverton area, Tessa and Laura Rose Wilson- Ewing, respectively.

Both girls were born in Ulverton, attending the French elementary school, Notre-Dame de Durham-Sud, and then graduating from Richmond Regional High School. Their paths diverged at the CEGEP level, Tessa attending Champlain St-Lambert, while Laura Rose went to Dawson College. Tessa then went on to medical school at Laval University, completing a fellowship program at Columbia University in public psychiatry, and now practicing in New Brunswick since 2017.

Both young women had expressed a desire to help the community, Tessa, by following her dream to become a doctor and specializing in psychiatry, while Laura Rose felt it was important to have a career that was meaningful and rewarding at the same time. Along the way they have had help and support from family and friends, from colleagues and mentors as well as the financial aid each has received.

Laura Rose completed a social science degree, focusing on North South Studies, that studies the reality of developing countries in areas of political, social and economic realities. She graduated from McGill University with a Bachelor of Social Work, did social work and has now returned to l' Université de Montréal for a Master's degree. While at McGill, Laura Rose received the Sadie Aronoff Memorial Award, for outstanding undergraduate student in a program in Social Work.

Laura Rose has worked in Montreal, in a program called CAFE at the CLSC. The CAFE program (Crise-Ado-Famille-Enfance) works with families in crises, involving children from 5-17. CAFE tries to find solutions before any families are broken up, avoiding the placement of children or intervention by Youth Protection. She has worked with youth while doing a stage in Honduras, and is now working at CAFE, while studying.

A typical day brings to mind the kind of day one may see on television. Tessa, in a hospital setting, is involved with evaluation of patients seeking help, meetings and discussions, emergency care and notes followed by notes. It requires prioritizing and keeping up with things. In Laura Rose's day, there is no specific routine, but a day dictated by the crises that families are experiencing, again following evaluations with report after report. For both, the demands are rewarding, stimulating and meaningful and are very human.

Words of wisdom from Tessa and Laura Rose include taking care of oneself, finding time away from their respective professions, and not ignoring the benefits of family and friends. Both encourage new winners to persevere, find mentors who will inspire them to keep learning, and towards a fulfilling and satisfying life.

### A Conversation with Heather Dezan –2005 Eileen Healy Award Recipient



**LF: How did your education in Sherbrooke prepare you for your career? Are your early studies at all related to your career?**

**HD:** My education at Bishop's (and subsequently Queen's) both prepared me for my career. I am currently a Director, Human Resources. While at Bishop's I took classes in all the fundamentals of HR (recruitment, compensation, benefits, employee relations, organizational behavior etc) and I still use all those fundamentals in my day to day job. I am now a leader within the HR field, so I often work with my team on such fundamentals and the basics I learned in my early studies are a huge part of my work today.

**LF: What are the future prospects like in your field? What trends do you see developing over the next few years?**

**HD:** Human Resources is a fantastic field to be in today. Given the development of the knowledge economy and the requirement for skilled resources, HR practitioners are in high demand to attract and retain top talent. Turnover is costly for businesses today and HR plays a key role in attracting a skilled workforce, compensating them appropriately, providing market competitive benefits and providing an engaging work climate for people to work in.



One key trend we are seeing in the workforce is that people are working longer. Because of this, employers need to provide flexible benefits and pension plans to support older workers. In addition, it is important to develop and implement programs to ensure knowledge transfer between tenured, experienced staff and those workers who are new to the workforce.

Another key trend is the growing awareness and sensitivity to mental health and the need to provide effective and appropriate mental health resources in the workplace. 1 in 5 Canadians will be impacted by mental health in their lifetime. Employers need to develop benefits programs to support both employee's mental and physical health needs during their working years.

**LF: Who are the people who usually excel in your field or position? What personal qualities do you think are needed to succeed?**

**HD:** HR professionals tend to have great interpersonal skills. They need to manage conflict, effectively, communicate important messages and be empathetic and supportive while holding people accountable to the business' expectations. This is no small task and those who succeed tend to excel at managing difficult, complex situations and be effective at prioritizing and re-prioritizing work.

**LF: What kind of supervision/mentoring did you have when you were starting out?**

**HD:** When I started out in my career my first leader was a seasoned HR professional. She was able to provide me with significant guidance, support and mentorship as I learned my way around the HR profession. I also participated in a formal mentor program where I met another seasoned HR professional with a different background from another industry. It was fantastic to have another perspective and to engage with another professional in my industry.

**LF: What kind do you have currently?**

**HD:** My current leader continues to be a fantastic mentor and over the years I have developed a network of HR professionals within my community that I can engage with as resources for support when required.

**LF: What advice would you like to have heard when you were starting out?**

**HD:** There was always the question of whether to specialize within a specific HR field and everyone was reluctant to provide you firm advice in this space. Now that I have some tenure in the HR field, I'd recommend specializing if you are confident that is what you'd like to do (e.g. benefits). For those who aren't sure, then obtaining generalist HR experience is the most important and you should remain a generalist until you are certain you want to specialize in a certain area.

**LF: Do you have any recommendations for students regarding useful courses to take or extracurricular activities to be involved with?**

**HD:** Take the time to volunteer and seek out volunteer opportunities aligned with your career objectives. It is important to give back to the community and it is a great way to gain experience related to your longer-term career prospects.

**LF: What was your most memorable experience?**

**HD:** In my current role, I've been given the opportunity to travel to the United Kingdom multiple times to work on a very important and engaging project. It has been extremely rewarding to have such an opportunity.

**LF: What do you like best about your job? What do you like least?**

**HD:** I love interacting with people and helping them. I'm not sure there is an aspect that I like least – this career is a great fit for me and I really enjoy it!

**LF: What professional organizations do you belong to?**

**HD:** I am a member of CPHR Manitoba and have been for 11 years. I am also a member of SHRM, a large US HR organization.

**LF: How important is networking to you?**

**HD:** Networking is a key to obtaining employment in this day and age. Most people come upon jobs through their networks now vs. by applying in the traditional way. It is important to mindfully build your network of contacts to ensure career mobility and support as you grow in your profession.

## Making a Difference in Their Community (cont'd)

**Janice Vaudry Carey** – 1984 Eileen Healy Prize winner teaches English at **Bishop's College School**, Lennoxville, QC.

**Sharon Runions** - 1987 Eileen Healy Prize winner is a **Clinical Nurse Specialist, Regional Inpatient Stroke Prevention Clinic, North & East GTA Stroke Network at Sunnybrook Health Sciences Centre**.

**Katherine Hamilton** – 1988 Eileen Healy Prize winner is **Assistant Professor, Chemistry at Acadia University**.

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

**Norma Husk** – 1997 Eileen Healy Prize winner is a **professor at Bishop's University**, Lennoxville, QC.

**Erin Toole** – 1998 Eileen Healy Prize winner is **Associate General Counsel with the Financial and Consumer Services Commission of New Brunswick** in Saint John.

**Amy Kierstead** - 2000 Eileen Healy Prize 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**.

**Kerri Gibson** – 2004 Eileen Healy award winner received her PhD in Clinical Psychology from the University of New Brunswick. Currently, she works for Child and Adolescent Services in Inverness County, Cape Breton, Nova Scotia. She has just opened a part-time private practice in Cheticamp, Cape Breton, N.S.

**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.

**Sara Limpert** – 2006 Eileen Healy Prize winner is **Quality Program Implementation Officer at the Nova Scotia Department of Health & Wellness**, Halifax, NS.

**Jenny Davis** – 2009 Sherbrooke Hospital Foundation Award in Health Assistance and Nursing Care is working as an LPN at the CLSC Deux Rives on King St. Est in Sherbrooke. She does triage and performs minor surgeries and personal clinics.

## 2017 REPORT TO COMMUNITY

**Vannessa 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**.

**Claire Holt** – 2010 Eileen Healy Prize winner is **Executive Search Coordinator at Knightsbridge Robertson Surette** in Halifax, NS.

**Anum Ali** – 2011 recipient of the Champlain Science Award has just completed a Master of Biotechnology at the University of Toronto. She will receive her degree at the June 1, 2017 convocation. Anum is currently working in the clinical department at AstraZenica, a pharmaceutical company in Toronto.

**Caroline Fauteux** – 2011 and 2013 Lampe SHF award winner is currently enrolled in the Nurse Practitioner programme at Université de Sherbrooke.

**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. Samantha is currently **Product Manager & Digital Strategist for Blue Ant Media's DIY lifestyle brand Makeful**.

**Meaghan Barlow** – 2012 Eileen Healy Award winner has made a difference in the life of one of our CFUW members. Meaghan is currently completing her **Master's of Arts at Concordia University**. Her thesis research is examining the buffering effects of health-related, self-protective control strategies on the relation between chronic illness and loneliness in older adults (64-83 years).

**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-Lévêque** - 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**.

**Brooke Latulippe** – 2012 Sherbrooke Hospital Foundation Scholarship award winner graduated from McGill University. She has been accepted to the Nurse Practitioner Master's Program at the University of Manitoba in September 2016.

**Alyson Wener (Alyson Leah – as she is known professionally)** - winner of the first Helen F. Armstrong Award in 2012 is an actress in Montreal. Alyson is a **Montreal-theatre, film and voice actor**.

## 2017 REPORT TO COMMUNITY

**Susan Magwood** – 2013 Marlis & Sigrid Wehr Mature Student Award winner is the **Administrative Athletic Assistant at Bishop's College 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**.

**Vicky Fyfe** – 2013 École de Réadaptation Award winner has a successful **physiotherapy practice in Magog**. She received many accolades for her work at the Centre de Santé de la Vallée Massawippi in Ayer's Cliff where she was the physiotherapist.

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

**Cheryl Brus Peterson** – 2012-2016 Lampe-Tillotson Physician Award is midway through her residency in Family Medicine. She plans to remain in the Townships.

**Jessica Everett** – 2016 winner of the One Room Schoolhouse Award is teaching a cycle two class at Pope Memorial Elementary School in Bury, QC.

**Natalie Demmon** – 2017 winner of the Helen F. Armstrong Award is moving to Montreal to join the performance scene.



## Our Scholars 2017

**A**ward 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)
<b>Daphne &amp; Lorraine Codere Awards, Alexander Galt Regional High School</b>	Junior – Carly Mosher Senior – Ruth Aluha
<b>Marlis Wehr History Prize</b>	Katherine Hackett
<b>CFUW Leadership - Richmond Regional Regional High School</b>	Leanne Sliger
<b>CFUW Leadership - Massey Vanier High School</b>	Jacob Zigby
<b>CFUW Leadership - Andrew S. Johnson Memorial High School</b>	Christopher St. Cyr
<b>CFUW Leadership – Alexander Galt Regional High School</b>	Katherine Hackett
<b>Lennoxville Vocational Centre (VTC)</b>	
• <b>Sherbrooke Hospital Foundation (SHF) Health Award</b>	Jessica Tear Darlene Page
• <b>Professional Sales</b>	Lise Dubé Marquis
• <b>Welding-Fitting</b>	Kelly Mills
<b>Lampe-Tillotson (VTC)</b>	Maryanne Cheney Monica Caswell Claudia Milena Lizarazo
<b>Lampe-Tillotson (Champlain Nursing)</b>	Marie Soleil Larouche
<b>Champlain College Science</b>	Lydia Toussaint
<b>SHF Health Awards</b>	Emily Coddington Sarah Pankovitch Samuel Cardin Mirana Fleumont-Pierre
<b>Donna Draper Award – SHF</b>	Marueen Enakume Daphnée Carrier Saratou Sani Assouman Sarah Lefrenais
<b>Eileen Healy Leadership Prize – Bishop’s University</b>	Eva Sheppard-Perkins
<b>One Room Schoolhouse – Bishop’s University</b>	Felicity Burns

## Our Scholars 2017 (cont'd)

Awards	Award Recipient(s)
Diana & Jan Kuilman Memorial	Olivia Nutbrown
Helen F. M. Armstrong in Fine Arts	Natalie Demmon
Marlis & Sigrid Wehr Mature Student	
CFUW Prize for Leadership – Richmond Regional	Maggie Côté
Lampe-U de S École de Réadaptation	Jordane Trépanier Justine Cloutier Antoine Laramée
Sherbrooke Hospital Ladies Auxiliary Award	Marie José Teste
Dr. Roberta Cameron Champlain Aboriginal Awards	Vanessa Dingle Kaitlyn Osbourne Tyauna Gosselin
Lampe-Tillotson Prix de Médecin/Physician's Award	Eric Bordeleau
CFUW Sherbrooke & District/Lampe Commemorative Award	Courtney Drew

### 2017 Award Winners



L to R (front row) S. Cardin, F. Burns, J. Cloutier, J. Lussier, M. Fleurmont-Pierre  
L to R (back row) M.J. Teste, E. Coddington, E. Sheppard-Perkins, N. Demmon, R. Michaud,  
O. Nutbrown, C. Drew, E. Bordeleau

### 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: Natalie Demmon, Wendy Durrant, Esther Barnett, Joanne Craig

Missing: Carol Mooney

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.

## 2017 REPORT TO COMMUNITY

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

Our continuing match is in the health care sector between RN Sandra Klinck and Caroline Fauteux. Sandra is the Director of Care at Grace Village and teaches at the Nursing Programme at Champlain College, Lennoxville campus. Caroline, a nurse clinician, is currently enrolled in the Nurse Practitioner programme at Université de Sherbrooke. She recently remarked to her mentor, Sandra Klinck, how much she appreciates the financial support of the Lampe Foundation.



**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.



**Maryse Simard** is a mentor for Music. She studied at Université St. Paul, Université d'Ottawa, École Vincent d'Indy and Bishop's University. Maryse is currently Organist and Choir Director at Bishop's College School as well as Music Director, Choir Director and Organist at Lennoxville United Church. In addition, she volunteers to play piano and organ for many organizations. Many young musicians have benefitted from her coaching and mentoring.

## 2017 REPORT TO COMMUNITY

A continuing match in the field of education is between retired elementary school teacher Gabrielle Newman and 2016 recipient of the One Room Schoolhouse Award, Jessica Everett. Jessica is currently teaching at Pope Elementary School in Bury.



**Gabrielle Newman**, retired Princess Elizabeth Elementary School teacher, was matched with Bishop's Education student Jessica Everett. Gabrielle obtained her M.Ed. from Bishop's University and various certificates from McGill University. She taught in North Hatley and Magog and retired in 2011. Jessica is the 2016 recipient of the One Room Schoolhouse Prize.

### Comments about Natalie Demmon's Honours Recital

*Natalie Demmon, mezzo soprano, presented her honours recital in Bandeen Hall before a large and appreciative audience on April 14. Francine Leng accompanied her on the piano. Natalie is completing a double honours program in drama and music, and her recital, called A Night at the Opera, enabled her to display her dramatic as well as her musical and vocal skills. The varied program required that she shift quickly from one character and mood to another, often with the support of changes in costume. For instance for the sacred piece, "O quam tristram et aflicta" from Haydn's Stabat Mater, Natalie wore a long demure skirt while for the roguish Prince Orlovsky in Die Fledermaus she sported trousers, a long white scarf, and a top hat. Her program demonstrated her ability to express herself eloquently in French, Italian, German, Latin, and, in her encore, English. Bravo Natalie!!*

*.... Joanne Craig, Member of Mentoring Committee*

### Goodbye and Thank You Natalie

This year our Student Rep on the Mentoring Committee has been the 2017 Helen F.M. Armstrong Fine Arts Award winner Natalie Demmon. With a keen appreciation for all aspects of the Theatre Natalie has been heavily involved with and has made a high contribution to theatre arts at Bishops. She has worked as a part-time technician in the drama department, organized the revitalization of the Turner Studio Lobby, participated in twenty-nine productions/festivals, undertaken many varied responsibilities in the costume shop, initiated the preservation of the archival records of the drama department and served as one of the two Student Reps.

A double honors in Music and Drama Natalie has a mezzo soprano voice. As part of her honors degree in Music she gave a full recital entitled A Night at the Opera on April 14.

The Mentoring Committee has been fortunate to have Natalie serve on our committee. We have valued her input and appreciate her efforts at promoting the Lampe Foundation's purpose, achievements and visibility on campus. We wish her much success as she heads to Montreal in June to become part of the performance scene.



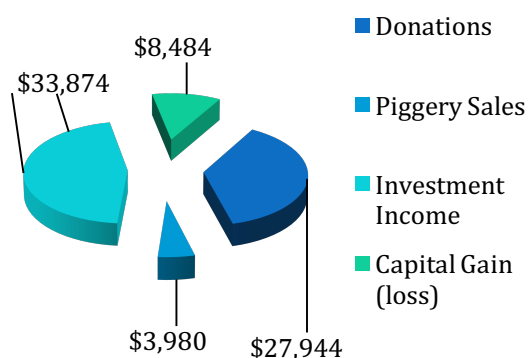
## Our Financial Summary

Since its founding in 1993, the Lampe Foundation has increased its asset base from less than \$20,000 to \$745,844. 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.

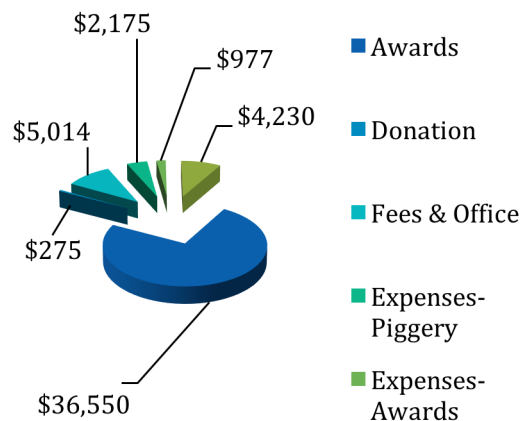
The following is a summary of our financial statements for the year ending December 31, 2017. Statements are available at [www.lampefoundation.org](http://www.lampefoundation.org).

		December 31 <sup>st</sup> 2017	December 31 <sup>st</sup> 2016
		\$	\$
<b>Assets</b>			
	Cash	14,179.28	6,999.00
	Investments	731,664.71	713,508.64
	Painting		275.00
		<u>745,843.99</u>	<u>720,782.64</u>
<b>Capital</b>		<u>745,843.99</u>	<u>720,782.64</u>

### Revenue 2017



### Expenses 2017



## 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, 2017 and December 31, 2017.

B. Allatt	R. Heatherington	M. Trower
C. Anto	J. Hopps	Y. Voisard
H. Armstrong	J. Keenan	
E. Barnett	J. Kelly	
C. Bevan	M. Labbée	
H. Bowman	L. Labrecque	
W. S. Butler	B. Lepine	
L. Chacra	G. McGurk	
C. Charron	C. Mooney	
L. Chartier	E. A. Richards	
A. Connelly	G. Richards	
E. Cope	M. Rhodes	
J. Craig	R. Robinson	
D. Duncan	L. Sheard	
L. Duncan	B. Taber Smith	
S. Gagliardi	M. Trousdell	

And to the many supporters of the Piggery Theatre Night and CFUW, Sherbrooke & District 2017 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.

- Alexander Galt & Richmond Regional High Schools
- CFUW, Sherbrooke & District
- Sherbrooke Hospital Foundation
- Sherbrooke Hospital Ladies Auxiliary Argyll Pavilion
- Tillotson Coaticook Regional Fund
- Université de Sherbrooke, Faculty of Medicine & Health Sciences

## 2017 REPORT TO COMMUNITY

### SHF Health Award



L to R: M. Trousdell and E. Coddington

### Lampe Tillotson Prix de Médecin/Physician's Award



L to R: J. Crook and E. Bordeleau

### Sherbrooke Hospital Ladies Auxiliary Health Award



L to R: M.J. Teste and J. Bishop

### Diana & Jan Kuilman Memorial Award



L to R: O. Nutbrown and C. Mooney

## Our Volunteers

**V**olunteers 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 \$75,000.

Esther Barnett  
Heather Bowman  
Allison Connelly  
Joanne Craig  
Wendy Durrant  
Sera Gagliardi  
Randi Heatherington  
Judy Hopps

Mary Ellen Kirby  
Sandra Klinck  
Krystyna Kouri  
Mary Labbé  
Sue Meesen  
Carol Mooney  
Gabrielle Newman  
Karen Painter

Mary Rhodes  
Joe Ruscigno  
Bev Taber Smith  
Maryse Simard  
Shelley Slater  
Rosemary Turmel  
Yvette Voisard

A special thanks to all the members of the CFUW, Sherbrooke & District who made the 2017 Summer Market Silent Auction a success.

### One Room Schoolhouse Award



L to R: F. Burns and Dr. M.J. Berger

### Lampe Université de Sherbrooke École de Réadaptation



L to R: Dr. M. Tousignant and J. Cloutier

# Our Governors

## Board of Directors

### **Dian Cohen, C.M., O.M., Honorary President**

Dian is a Corporate Director, Founding organizer of Centre de Santé de la Vallée Massawippi. In 2016, Dian retired from the Board and was named Honorary President in recognition of her invaluable contribution to the Foundation.

### **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, university and international.

### **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 Ayer's 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 interested in politics and the arts. She has volunteered with Lampe since 2009.



## 2017 REPORT TO COMMUNITY

**Wendy Durrant** – A member of the Corporation of Professional Librarians of Quebec since 1972, Wendy retired from Bishop's University Librarian duties in 2004. Wendy is on the Board of the Lennoxville Ascot Historical and Museum Society and has been Chair of the Lampe Mentoring Committee since 2009.

**Randi Heatherington** – Randi is professor of Special Care Counselling and Advisor for Aboriginal Services at Champlain College Lennoxville. She is an active member of several Administrative Boards including Carrefour Jeunesse Emplois du Haut St. François, St. Paul's Rest Home of Bury and the Lampe Foundation. Randi's hobbies include wildlife photography and painting with watercolor.

**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 Ellen Kirby** – Married for 38 years, mother of 4, grandmother of 8, sheep farmer, passionate gardener, ETSB commissioner for Ward 11 (Sawyerville, Cookshire, Bury area) for past 5 years. Mary Ellen loves to do workshops/presentations on aspects of agriculture especially for children. She is also a scrapbooker, folk art painter, crafter and enjoys being generally involved in her community.

**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.

**Suzanne Meesen** – Suzanne joined the Review Council in the Fall of 2016 where she is a member of the Scholarship Criteria Committee. Sue has worked for over 25 years in the field of postsecondary education in the Townships. She is currently an Educational Advisor to the Director of Studies at Champlain Regional College. In her spare time, Sue enjoys playing golf with family and friends and is the Ladies Club Captain at the Lennoxville Golf Course.

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

**Shelley Slater** -- As a retiree who returned to the Eastern Townships, Shelley is a new member of CFUW. With a background in business, she has joined the Fundraising and Communications Committee of Lampe Foundation. She is also a volunteer with the partnership of Literacy in Action and the Centre intégré universitaire de santé et de service sociaux de l'estrie – Centre hospitalier universitaire de Sherbrooke (CHUS) to promote bilingualism in hospitals across the region.

**Marie Trousdell** - is a certified health executive who has worked in the health care field for over 45 years. Since her retirement in 2012 she has been working part-time as a consultant with Accreditation Canada International. Marie is on the Board of Directors of the Foundation of the Musée des beaux arts de Sherbrooke. She is presently president of CFUW Sherbrooke and District.

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

### Our Committees

#### Finance

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

#### Mentoring

Wendy Durrant (Chair)  
Carol Mooney (Secretary)  
Esther Barnett  
Joanne Craig  
Natalie Demmon (Student)

#### Selection

Heather Bowman (Chair)  
Esther Barnett  
Allison Connelly  
Wendy Durrant  
Carol Mooney  
Mary Labbé

#### Scholarships & Criteria

Heather Bowman (Chair)  
Carol Mooney  
Joanne Craig  
Judy Hopps  
Sue Meesen  
Yvette Voisard

#### Fundraising & Communications

Judy Hopps (Chair)  
Heather Bowman  
Carol Mooney  
Shelley Slater

#### Governance

Heather Bowman  
Carol Mooney

### SHF Donna Draper Award



L to R: H. Bowman with Dr. K. Kouri and R. Michaud

## Awards Night 2017







## Lampe Foundation

1760, ch. D'Ayer's Cliff

Ste-Catherine-de-Hatley, QC

J0B 1W0

[www.lampefoundation.org](http://www.lampefoundation.org)

Charitable Registration Number: BN892912965R0001

