



Les Chabotteries

Association des Chabot

N° 65 Winter 2023



Beginning in 1910, Louis Chabot's family was 3rd generation of Chabot to live on the land in rank 8 of St-Lazare-de-Bellechasse, since 1847. Darie Chabot occupied it from 1938. (Top photo: circa 1949). Today, his son Serge operates it. Below: the House today



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CANADIAN MEMBERS: 25 \$ CDN for 1 year;
50 \$ CDN for 2 years; 110 \$ CDN for 5 years
USA MEMBERS: 25 \$ USD for 1 year;
50 \$ USD for 2 years; 110 \$ USD for 5 years

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Message from the President



Greetings to all members of the Chabot Association.

Since September 10, 2023, I have been president of the Board of Directors after having served as vice-president for a year. The outgoing president, Maryo Tremblay, devoted himself to

the Association for eleven years (2012-2023). He worked hard and for a long time. He deserves all our recognition. We wish him to enjoy his free time. The outgoing secretary, Clément Chabot, also left the board after 10 years of dedication to various tasks (2013-2023). He too deserves our recognition and our wishes for good health.

The September 10 gathering in St-Isidore-de-Beauce was a great success. More than 80 people participated. The new activity entitled "A family tells its story" introduced the family of Louis Chabot and Priscilla Labrecque of St-Lazare (pictures on the first page and pages 4 - 5), thanks to a slideshow and a presentation by their daughters Denise and Marguerite Chabot. This was very much appreciated. So much so that another family has already offered to make a similar presentation next year: the family of Jean-Marie Chabot, from St-Damien. Subsequently, the General Assembly went very well. After a delicious brunch, part of the group took advantage of the organized visit to the Dr. Chabot Museum, in Ste-Claire: a great Chabot, with an edifying history spanning many decades. Those who haven't been there yet are missing a great place.

The Board of Directors can continue to count on Louis-Georges Chabot, as treasurer, and on Herman Chabot as vice-president and secretary. Thanks to both of them for continuing. Follow-

ing elections, three new persons agreed to join the Board: Joanne Labrecque, Jean-Marc Chabot and Claude Dion; As administrators, they will contribute in various ways to the magazine, communications and the organization of activities.

While maintaining the main activities of the Association, we have decided to streamline the administration. Various decisions have already been taken in this direction:

1) The magazine "Les Chabotteries" will now be published three times a year instead of four. Members will not lose out because these three issues will have more pages than the usual format.

2) The subscription renewal date is now standardized to June 1st of each year. For the transition year (2023), we have put in place a fair formula so that no one loses. It is explained in the renewal letters sent to members.

3) Given the relative high value of the US dollar and in the interest of fairness, we have lowered the subscription price for US members. It was \$35 US (or almost \$48 CDN). Now it's \$25 US (around \$34 CDN). This more than covers the postage costs. The Canadian subscription costs only \$25/year.

4) There are now two methods of payment to the Association (instead of 3): by check or by INTERAC. The PayPal account has been closed.

We wish everyone a Merry Holiday Season and a Happy New Year 2024 and good luck to the Association.

Marie-France Chabot,
president



The descendants of Louis Chabot and Priscilla Labrecque from 1905 to the present day

On September 10, 2023, the Association inaugurated a new tradition: giving the opportunity to a Chabot family to present their own story. Here we see Denise, 92 years old, (center) and Marguerite Chabot, 88 years old (left), last survivors of a family of 18 children, presenting the family slideshow. Louis and Priscilla were married on January 10, 1905 (pictured right) and had 11 sons in a row, then 7 daughters. Priscilla died at the age of 50 in March 1937. Marguerite was not yet 2 years old. Below, we see part of the family, around 1949: from top to bottom and from left to right: 1) Léonard, Darie, Joseph, Léopold, Désiré, Pierre; 2) Marie-Anne, Thérèse, Denise, Marguerite; 3) Brother Gérard, Louis Chabot, Louis (Brother Constant), Lucien (Brother Cyrille).





From 1910 to 1938, Louis Chabot' family was the 3rd generation of Chabot to live in rank 8 of St-Lazare (photos on the first page). It was an avant-garde agricultural property. They had electricity power, thanks to the wind turbine that you can see on the roof of the building (top photo). Real "toilets" were also installed there to replace the "backhouses", still in widespread use at the beginning of the 20th century. After Darie took over the farm, the family moved to the village to a new house. After the death of Priscilla, Marie-Anne, Thérèse and Marguerite took turns running the house and taking care of their father until his death. in 1971.

Last September 10, during the AGM, in addition to Denise and Marguerite, many grandchildren of Louis and Priscilla were present. Sons and daughters of Marie-Anne, Thérèse, Denise, Marguerite, Léopold, Joseph. Leonard and Darie. By the time this photo was taken, unfortunately around ten of them had already left the meeting.



WHY NOT A NETWORK WELCOMING "CHABOT TRAVELERS" ?

By Marie-France Chabot, president.

Among the objectives of our association we find in particular those : organizing or holding activities of all kinds for the promotion, development and popularization of history, genealogy or any other matter affecting Chabot families, providing members, services of all kinds, relating to the goals of the association.

Our ancestor, Mathurin, traveled from Europe to North America. His descendants then traveled across America. In the 21st century, our members also travel. The Chabot residing in Quebec go in Eastern and Western Canada and in United States. The Chabot from Western and Eastern Canada, and from United States come to Quebec in order to visit many towns and villages and also to seek their roots and revisit the cradle of their family.

Why not create a network of members of the Association des Chabot who agree to be HOST FOR A DAY? Registration in the network would be voluntary and under the sign of reciprocity. This could mean accompanying visiting Chabot to discover the area, hosting them for dinner or hosting them for a night, or even doing all of this. The member who registers with the NETWORK could choose to check one or more of the following options:

- A) act as a guide or escort to visit the surrounding area;
- B) lend a couch or room for a night;
- C) offer a friendly dinner.

The principle of reciprocity would mean that to be able to be welcomed by a member of the Association in the city you are visiting, you would have to be already registered with the Network and have agreed to be a host for a member who wants to visit the area where we live. To benefit from options A, B and C with a Chabot host, you must have previously checked the same options yourself. If you only checked option A, you are only eligible for option A with the Host.

Once registered with the NETWORK, the member would have access to the list of potential hosts and their place of residence, then he could request an invitation. Such a network would make possible building links, helping each other, discovering little pieces of Chabot history, etc. During the meeting, one could share family or travel stories, guide people in visit significant places, etc. The Association could create a register, registration procedures, a management guide which would contain rules to follow, suggestions and guidelines to the best ways of doing things. To carry out this project, we could take inspiration from the Californian Couch surfing network (<https://fr.wikipedia.org/wiki/CouchSurfing>), de leur code de valeurs (<https://about.couchsurfing.com/about/how-it-works/>) et de leurs politiques (<https://about.couchsurfing.com/about/policies/>).

Let's think and talk about it.....

Tell me what you think about this project. Write an email to mfchabot@association-chabot.com or send me a letter to our new postal address mentioned on pages 2 and 20,

The HAPPY story of Germain Chabot and his lovely Micheline

Foreword: Over the last few years, I have had the opportunity to frequent Germain and Micheline, who charmed me with their joy of living together and their affability. It was this impression that gave me the idea to write the following brief article.

My nephew, Germain, is my brother Adrien's son. His partner is Micheline Vachon. Germain is a native of Saint-Lazare-de-Bellechasse, she of Saint-Luc-Dijon. On August 11h (2023), their 3 children, Valérie, Vincent and Claudia, marked their 50th wedding anniversary. It was in fact on August 11, 1973 that they united their destiny in the parish church of Saint-Luc. The same day, I attended the wedding which took place at the Auberge des Appalaches (today Auberge des Etchemins). It was also at this same place that young Germain had met, a few months earlier, a dapper young girl who worked there. He had gone there with a cousin, Léo Labrie, in search, perhaps, of a romantic encounter. At the time, if my memory serves me correctly, groups of popular musicians from the surrounding area played their repertoire there on weekends to get young people dancing. Still, that evening, the beautiful Micheline was a waitress. Germain noticed her immediately. He struck up a conversation and, after a few exchanges, he was won over. Pleasant, warm, affable, full of enthusiasm, she charmed him. Were they already aware, both of them, that their common destiny was taking shape? He liked everything about her: her good nature, her shy confidence and her presence. All this shot through his heart like Cupid's arrow. He dared to ask her for an up-

coming meeting. She accepted. An idyll was born.

Germain was then finishing his studies in physical education. Gifted with good health and boundless energy, he wanted to practice a profession that would give him the opportunity to exercise. Physical education was now part of the curriculum of secondary schools which had mushroomed following the creation of the Ministry of Education (1964). Indeed the right time to carve out a stable position in this field, at the Polyvalente de Saint-Damien-de-Buckland, where he had decided to settle. Since he was "not rolling in gold," as they say, he had set his sights on an abandoned farm, comprising an old house and a barn-stable. Of course, the house, built half a century earlier, was neither fashionable nor up to date, but valiant and intrepid Micheline agreed to move in, laughing at the momentary inconveniences, assured that with a little time, a little effort and imagination, this old house would become a warm and functional nest. They still live there, 50 years later.



Happy in his daily work consisting of introducing young people aged 12 to 16 to physical activity and making them love it, hard worker, Germain had free time left. He dedicated it to planting in the early years, on the vast land of his fallow farm, no less than 100,000 spruce trees! A feat such as that of Elzéar Bouffier, hero of Jean Giono's novel, of which Frédéric Back made a remarkable animated film, winning numerous awards around the world. He told himself that later, when he retired, he might need additional income. Which means that today, his spruce trees having become a formidable forest, he spends some of his free time clearing and pruning the most slender ones which will become the framework of new homes. Retired, he swapped the profession of teacher for that of a licensed lumberjack.

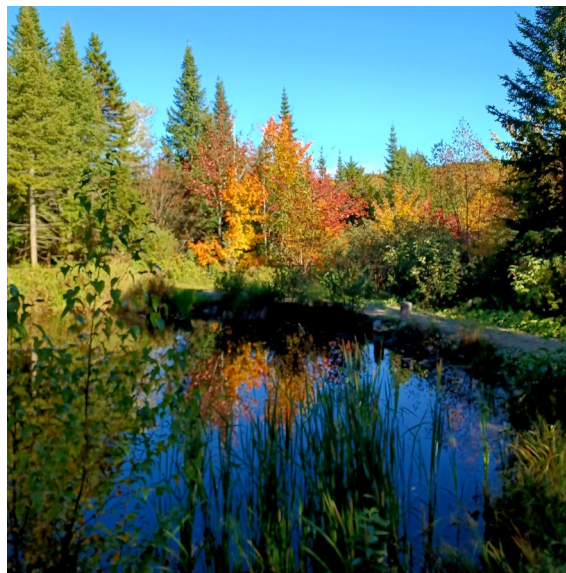
Forming a loving, well-matched couple, they have common ideals and tastes, including that of hunting. Since his youth, Germain had devoted himself to this sporting activity, becoming a skilled moose hunter. Sharing his enthusiasm, Micheline became Diane the huntress, having been able to kill (as the photo shows) her first deer, a feat of which she was very proud.



Their three children raised, educated and having found their own way, the senior lovebirds (as they say in France!) satisfied their passion for travel, crossing the United States and Canada from coast to coast, making a few detours to China and cruises in the Caribbean... Modest and moderate in everything, they did not travel in large crews, being content, for land excursions, with a light, although very functional, "camper". They brought back beautiful memories from these expeditions, including those of their joy of living together and their shared pleasure.



In closing, I would be remiss if I forgot that the always dynamic and tireless Micheline, possessing multiple talents, working as a hairdresser, but expert in many other fields (horticulture, sewing) was not afraid to handle the handsaw or the hammer. An excellent cook too, expert in the preparation of recipes from game meat, from the animals that they harvested year after year. I remember a moose fillet fondue which was not worm-ridden and which still makes my partner and I's mouth water. And then, the couple having had the idea of digging two ponds, a stone's throw from the stable, and sowing them with a thousand trout each year, Micheline equipped herself with a smokehouse to process her catch. And to say that what she does with it is pure delight is far below the truth. Here, in summary, is the beautiful story of my nephew Germain's couple, whom it is difficult for Uncle Marcel not to love.



By Marcel Chabot, member 96.

Law 25 and protection of personal data

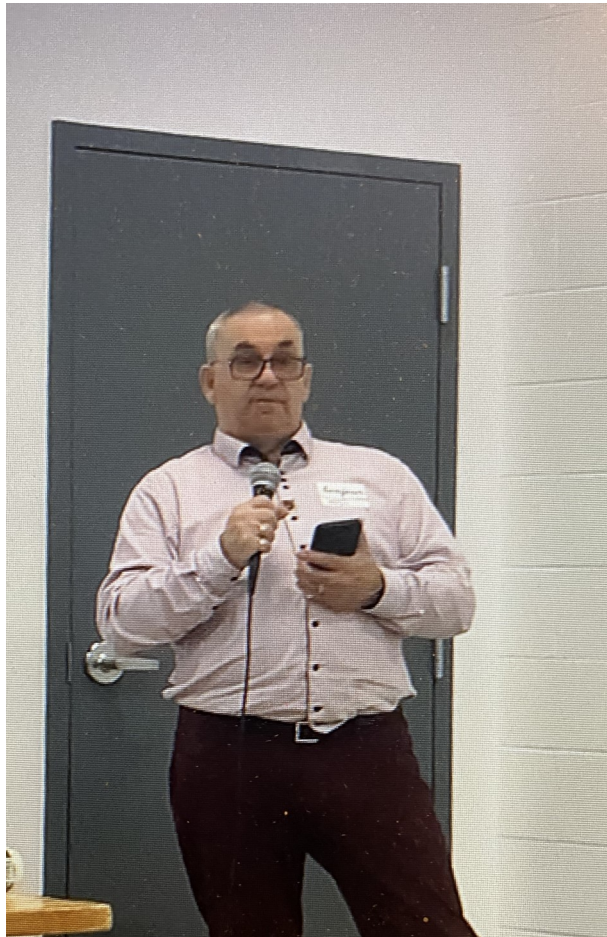
The Quebec Act respecting personal data in the private sector applies to our association. Following the provisions of Law 25 which modernized this law, we must appoint a person responsible for the protection of personal information (PRPR), make public who the PRPR is and specify its task definition. It is the president of the Association, Marie-France Chabot, who automatically assumes this responsibility.

We must have a policy and determine governance practices to ensure the protection of the personal data we hold about our members. In particular, this means making an inventory of personal data held by the Association, checking the content of the website, adjusting various forms, etc.

The protection of your personal information is important to us and we will ensure that we take all measures to achieve this. We are working on it and will keep you informed.

Board of directors

The Annual General Meeting took place on September 10th, 2023, in 150th Hall of the St-Isidore-de-Beauce Municipal Center.



The Chabot Association, founded in 2007 by Claude Chabot, held its 15th gathering in 2023. There was no gathering in 2020, nor in 2021, following restrictions due to the Covid-19 pandemic.

On this occasion, Maryo Tremblay, in office as president since 2012, gave the welcome speech.

He also handed over the half-and-half draw jackpot (\$197) to the winner: Mr. Jean-Guy Chabot (bottom right).

Mesdames Marguerite and Denise Chabot (bottom left) led the presentation: “A family tells its story” (bottom left).





Maryo Tremblay president (2012-2023) and Clément Chabot, secretary (2013-2023) have respectively completed 11 and 10 years of volunteering for the Chabot Association. They decided to no more be part of the Board.

The Association Board gave both of them souvenir gifts to thank them for their dedication. A plaque was offered to Claudette Chabot (absent that day) for her 8 years as an administrator (2015-2023). Flowers were offered to speakers Marguerite and Denise Chabot, given by a niece Jacynthe Chabot.

EXTRACTS FROM 2023 ANNUAL GENERAL MEETING

After the presentation of the history of the family of Louis Chabot and Priscilla Labrecque, the General Assembly was held. The president, Maryo Tremblay, presented a portrait of the number of members in the association to date: 192 active members; 258 former non-active members; 87 members died; 18 new members since the last AGM. He thanked the many members who over the years served on the board of directors with him and thus allowed the association to exist until today.

POINT 4 of the agenda, the vice-president, Marie-France Chabot, presented a **REPORT OF THE ACTIVITIES** of 2022-2023 board. The board has held four meetings since September 11, 2022: September 20th, December 1st, April 24th, 2023 and August 14th, 2023. Lynn Gaudreau, elected in September 2022, resigned in April for medical reasons and Claudette Chabot has also resigned in April for personal reasons.

LES CHABOTTERIES: Four issues of the magazine Les Chabotteries were published (numbers 61, 62, 63 and 64). Maryo, Marie-France, Clément and Louis-Georges contributed to these reviews as well as Diane Chabot Pard, Marcel Chabot, Lynda Chabot and Michèle J. Chabot. A magazine coordination committee was formed (Maryo, Marie-France and Louis-Georges).

In the magazine, the novelty was the addition of a regular column entitled "**Les Jeunes Chabot**" in the last 3 issues, under the coordination of Marie-France. The articles were about a young hockey player (Gabriel, son of Frédéric Chabot), a young sportswoman (basketball and soccer) who became an architect (Maggy, daughter of Louis-Georges) and a writer (Gabriel Marcoux-Chabot, son of Jean-Louis Chabot).

In addition, in order to attract new, younger members, we offered a half-price subscription promotion, entitled **Subscribe your descendants**. This promotion did not work much: there were only three descendant subscriptions afterwards. We're taking it back this year. Following Claudette's resignation, Marie-France took over the "**birthday wishes**" operation by sending electronic cards to active members.

The content of the **WEBSITE** was reviewed to ensure that the French version was correct and that the content was up to date. Follow-up must be done; the English version of the website must be written.

Maryo Tremblay regularly contributed and managed our **Facebook** pages and published obituaries. He also wrote and published all the newsletters.

Maryo Tremblay also assumed the daily maintenance of the **membership management software** (subscriptions and re-subscriptions), of the bookkeeping and he managed the daily mail with the cooperation of Clément who lent his post office box to the Association free of charge for many years **COMPUTER:** At the suggestion of Louis-Georges, our treasurer, and thanks in part to a grant from his company, we hired computer specialists to help simplify the membership management software and the resulting accounting. This work has not finished bearing fruit. We will continue in this direction. The Board also planned and organized the gathering in **St-Isidore-de-Beauce**.

POINT 5: FINANCIAL STATEMENTS 2022-2023, Louis-Georges Chabot presented the financial statements and answered questions. They were adopted unanimously. Annual expenses (from June 1, 2022 to May 31, 2023) totaled \$9,751.34 while revenues capped at \$7,921.34, for an operational deficit of \$1,830. Despite everything, the Association had \$4,573 in the bank on May 31, 2023. We asked for sponsorships to support the Association. Already, on the date of the AGM, we had received confirmation of six sponsorships (\$150 each) from federal and provincial deputies: Alexis Brunelle-Duceppe, Julie Vignola, Caroline Desbiens and Mario Simard (from the Bloc Québécois), Jacques Gourde (from the Conservative Party of Canada) and Luc Provençal (from the CAQ).

POINT 6, at the ELECTIONS, we elected 3 new people to the board: Joanne Labrecque (member 595), Claude Dion (member 596) and Jean-Marc Chabot (member 599). In addition, Marie-France, Louis-Georges and Herman chose to continue their two-year mandate. To find out more, visit the Board page on our website: a photo and a short biography will introduce you to them: <https://association-chabot.com/association/conseil-dadministration/>

The **BRUNCH** was very tasty and the **VISIT TO DR CHABOT MUSEUM** in Ste-Claire was a success; it attracted around thirty people. Everyone appreciated it.



SPECIAL THANKS TO
MARYO TREMBLAY FOR HIS DEDICATION
AND to the team who decorated the room
and managed the registration process.
Special thanks to CLÉMENCE BEAUMONT, Maryo
Tremblay's spouse, who assumed this role for sev-
eral years.

JEAN-PHILIPPE GARANT: DENISE CHABOT'S GRANDSON FAMILY DOCTOR AND EMERGENCY PHYSICIAN IN COWANSVILLE QC

Newly appointed as a board member, I am pleased to introduce to you, my oldest son, Jean-Philippe, 41 years old.

After his College in natural sciences and music (piano), he studied at Université de Sherbrooke. He graduated as a Family doctor in 2008. Subsequently, he developed a specialty in “targeted ultrasound” and also completed his certification in Emergency medicine.



*Emergency physician for 15 years, Jean-Philippe uses « Targeted ultrasound » to clarify diagnosis
(photo: La Voix de l'Est)*

Why choose to work in the emergency room at night, often on weekends and holidays? Jean-Philippe always told me that the job was stimulating. The cases are varied: otitis, road or ski accident, heart attack, poisoning, Lyme disease (not always easy to diagnose), serious infection, etc... This emergency practice requires him to keep up to date in several areas of medicine. He is deeply involved in teaching in the field of ultrasounds and trauma. Last year, he organized an intensive training for doctors for the benefit of the Brome-Missisquoi-Perkins Hospital Foundation. He also provides training for nurses to help them to use ultrasound to install solutes in patients who are difficult to prick. By developing his technical skills in the emergency room, Jean-Philippe became interested in pain management. He recently opened a clinic where he sees patients with pain in their knees, shoulders, back, etc. Patients are referred by doctors in his area.



In his new clinic, he offers regenerative medicine treatments in order to use less cortisone. In particular, dextrose (sweet solution) and platelet-rich plasma injections can be used to treat problems of persistent tendonitis or sprains. He works with a team of physiotherapists to improve his patients's health.

What about family life?

Jean-Philippe and his wife Karine Nolin, also a family doctor, have four children: Florence, 16, Sophie, 12, Xavier, 10 and Louis, 7. Family agenda is grafted: music lessons, karate, extracurricular activities, taxi, and son on. Weeks pass quickly.

At home, the newspaper is often on the table. They discuss about the news. Everyone takes part, even Louis, the youngest, has his opinion. Sometimes the discussions get heated. They're all good readers. Their home library is well stocked. On weekends and holidays, children have access to video games for a few hours, even Jean-Philippe indulges in them occasionally. There's nothing better than Zelda, James Bond and Mission Impossible.



By Joanne Labrecque (member 595), Denise Chabot's daughter and Louis Chabot and Priscilla Labrecque's grand-daughter.

*******CHRONICLE: THE YOUNG CHABOTS*******
Laurence and Maude: two sisters, 2023 university rugby champions

Laurence Chabot is 24 years old. Maude is 21 years old. They play in the Rouge et Or women's rugby team at Laval University, respectively since 2018 and 2022. Laurence has acted as captain since 2021. Their team won the Canadian championship on November 5th, by beating the Vikes of the University of Victoria, by a score of 32-13, thus winning a second consecutive Canadian title. Maude won the 2021 female athlete of the year trophy at Cégep de Victoriaville, following her performance in rugby. Laurence studies law and Maude studies nutrition. I interviewed them separately, at the end of November 2023.

Origins: They grew up in Victoriaville (Centre-du-Québec). Their father's name is François Chabot and their mother's name is Pascale Larochelle (on the right in Laurence's graduation photo). The paternal grandfather, Robert Chabot, died when François was young. The siblings also include an older brother, Julien. The father is an anesthetist and the mother is an orthopedic surgeon.

Rugby: Laurence discovered rugby at 16 while she was in secondary 5. Before, she had practiced speed skating and volleyball. There was a rugby team at Cégep de Victoriaville, but it was at Cégep Garneau (2016) that she really got hooked. She remembers that around sixty players showed up for the selection camp. According to Laurence, at that time, the Elans were the best college rugby team: "During the 2 years I was there, we didn't lose a single match; we were really dominant." She played in the 3rd line.

Before rugby, **Maude** practiced speed skating, swimming and triathlon. She started playing rugby in high school. In College, while playing for the Victoriaville's Vulcains, she was quite versatile but mainly played in positions 8 and 9 and therefore had to move between the front and the back of the field. The Vulcains performed so well that they made the playoffs every season. (Photo: Maude on the left and Laurence on the right).



The difference between rugby and football: Laurence explains that, unlike football where the sub-groups of players are specialized (defensive, offensive, special teams), in rugby, everyone plays offense, everyone plays defense, everyone tackles, passes and can score points, it's more versatile. When I ask her to explain rugby for dummies, she says: "It's a contact sport where you score points by passing backwards or kicking the ball forward. To score, you have to enter the ball into the equivalent of the touchdown zone in football. To make the point, you have to smash the ball on the ground instead of just entering the zone with the ball."



Photo at left: Maude at centre;



Photo at right: Laurence in front at center

Playing with your sister: Since September 2022, Maude and Laurence played on the same team. It was a bit of a fear for Laurence, but according to her, it went really well because they were able to draw a line between the moments when they were in rugby and when they were not: "It's easy to connect on the field because we have known each other for so long, that we understand each other. I'm lucky to have been able to play with my sister. It doesn't happen often to play sports with your family." Maude adds: "I think it brought us closer as sisters; we spent more time together, we saw each other more; it brought great things to our relationship."



Role of captain: Maude was captain of Vulcains team in her 2nd year of college. Laurence was captain of the Rouge et Or rugby team for 3 seasons (2021-2022-2023). She explains that choosing the player who will act as *captain* is a decision by the coaches and is based partly on a survey among the players.

According to her, the person who plays this role must be a leader and must have a good understanding of the game rules and be able to make strategic decisions. You also have to be a good listener and be able to take feedback from others and then apply it in your role. Laurence adds: "I had leadership by example: I'm very disciplined, always on time, I never missed training. I think it's also important to be a leader by the example."

The success of the Rouge et Or women's rugby team: The team has won three Canadian championships in 4 years (2019-2023), so it's 3/3. These were the first 3 gold medals for the program, which has existed since the early 2000s. I asked the two sisters what, according to them, made them successful.

According to Laurence: "It's a mix of work and experience. I think what makes us successful in the 2 months of the season is that we train together all year round, over 12 months. We do physical preparation in the winter; in the summer, we play together in civilian life. We train 4 evenings a week. It also means that we become friends, a family and that shows in the way we play; we have a game system that is super collective; It's a system that can't work if you don't get along well with the people you play with. So it's on the one hand long-term work, our team spirit, and on the other hand, the quality of the entire organization of the Rouge et Or: we have great facilities, qualified and dedicated coaches." **Maude adds** that, this year, playing "at home", at Laval University, helped because a lot of fans, people we love and family members could attend and encourage us: "In our team, our strength never comes from a single star; everyone does the work that needs to be done and then when you put it all together, it sparks and it allows us to win championships."

Being competitive or not: Laurence says that she is competitive in the sense that she always gives her 100%, but not to the point where it becomes compulsive: "If we lose and then I leave the field feeling like I gave my 100%, I won't be bitter." Of course, when you put so many hours into a sport, it's competitive. There is no one who puts in so much time and energy just to participate. **Maude says:** "Yes, I'm competitive in a sense that I like to push myself; At the university level, you must have the desire to get to the top. But I love rugby for the sport itself more than for winning medals. "



Studies and social involvement: For Laurence and Maude, success in studies comes through work, through a sense of discipline (“In the morning, when the dial rings, you have to get up”) and good time management. They also emphasize that sport helps to keep balance because you have fun, you spend time with your friends and you can “unwind”. Laurence adds that the 2nd factor of success is being well surrounded, having a good support network: family, colleagues, friends.

Laurence completed a bachelor's degree in law in 2021 and her name has been posted on Law Faculty's Honor Roll. While she participated with a teammate in the Faculty moot court competition (Dean's Cup), they won the scholarship for the best respondent's brief. She then completed the Bar exams in 2021 and will complete her internship in the summer of 2024. She is pursuing a master's degree since September 2022. Asked about the reasons for this career choice, she explains: "For me, social issues such as equality, the place of women, these have always been questions that interested me a lot. The law degree sounds like me. I like to argue. When I started my baccalaureate, I said to myself: “At worst, if I don't like it, it's still basic training that is very relevant in everyday life. It's like a tool for me. I also found it important to learn about our rights». She gets involved socially. Notably, she has been vice-president of the board of directors of the Quebec Rugby Club since 2022, a member of the Ethics, Diversity and Inclusion committee of the Rouge et Or since 2021 and for two years, she was a member of the Executive Committee of Lawyers Without Borders section of Laval University.

After having studied criminology for a year, **Maude** reoriented herself to become a nutritionist. Interested in natural sciences and concerned about health, she could consider working either in public or private sector. Who knows, maybe one day she will work to help Rouge et Or athletes eat better to perform better!

What is most important?

For **Laurence** it is important to work towards equity, justice and solidarity: to be present for those close to you. One of her great values is also to feel accomplished in what she does, to give her 100% in different projects, whether at the professional level, at school, in sport, in projects, then in her career. As long as she does something, she wants to do it well, if not perfectly.

But what balances it all out for her is that her other value is happiness: “It’s cliché, but I find it really important to be happy in life; I like putting my time into things that make me feel good, into friendships, into sports, into school.”

For her part, Maude places family at the top of the list: “The first thing that comes to my mind is Christmas. We are going to have our cousins and our aunts, our grandparents, they are going to come and spend 2 or 3 days at home, then the atmosphere will be so beautiful! It’s important for me to make sure my loved ones are okay”.

Also, it is important for me to respect others, self-respect, respect for differences. Our rugby world is a very inclusive community where there are a lot of people from various cultures, from various orientations. Sport allows us to accept ourselves all together. »





What does it mean to be a Chabot? Laurence says she is proud of her family name, proud of her origins, of the genes of her ancestors, of all the Chabots who came before her. She says: "I am proud to know that there is a part of who I am that comes from my father. My father is a role model. He is very hardworking and very disciplined, he is a very upright person who has his values in the right place. It is from him that I get my rigor, my perseverance. Also, he always really liked sports: hockey, baseball and he likes board games. When it's time, he's able to relax and have fun." According to Laurence, family does not stop at blood ties. For her, there are girls with whom she has played sports for years, without any blood connection, but whom she considers *sisters*. Belonging to the Chabot therefore has a meaning but it is not exclusively genetic.

Maude adds: "I know that there are many characteristics of my father which come from the Chabot and which I believe I have inherited: we are very Cartesian, we like things to be done well, we have a little on the perfectionist side, we want to learn more and be able to have an articulate discussion. We are a little stubborn, we like to have our opinions, then to discuss everything. There is also the desire for excellence".

Certainly, these two young Chabot are worthy members of the great Chabot family!



The six members of the Board of directors,

*Marie-France, Herman,
Louis-Georges, Joanne, Claude
and Jean-Marc,*

**are wishing each member of the
Association and their family, a
Merry Holiday Season 2023**

and a

Happy New Year 2024.

Étiquette adresse

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