

Come and celebrate Potton's sixth annual Festival of Hearts



THE SCOOP

MABLE HASTINGS

As February quickly approaches, Potton's sixth Annual Festival of Hearts is just around the corner. The month-long festival offers folks the opportunity to come out and celebrate winter activities held both outdoors and in.

Starting with the annual Snowman Contest that runs throughout the winter, young and young-at-heart are invited to build a snowman at their home, school, or business and call municipal councillor Diane Rypinski-Marcoux at 450-292-5817 to have it judged. Prizes will be awarded. This event is organized by the Potton Cultural and Heritage Committee.

From Feb. 1-28, visitors to the Place Manson in the centre of Mansonville can see with their own eyes an original ice scene designed and beautifully crafted by Ralph Milot. Also running throughout the month are snowshoeing or cross-country skiing excursions organized by the Potton Heritage Association. Locations and times vary. For more information visit www.pottonheritage.org for details or call Carol Bishop at 514-481-6279 or Janine Sourdif at 450-292-3780.

On Feb. 5 at 7:30 p.m., the Cinema Potton presents, *Lulu Femme Nue*, a French dramatic comedy produced in 2014 by Solveig Anspach (in French only). On Feb. 19, also at 7:30 p.m., Cinema Potton presents *Tracks*, an Australian dramatic biography produced in 2014 by John Curran. Both of these events will be held upstairs in the Mansonville Town Hall, \$7 for members, \$5 for students and \$9 for non-members.

On Feb. 6 from 1-4 p.m., "I Love Skating" will be held at the rink located at André-Gagnon Park. Activities include skating,

sliding, games, hockey, arts and crafts, hot chocolate and surprises. For information contact Trish Wood at 450-292-3313 ext 228 or email loisirs@potton.ca

Feb. 7 is the Family Fun outdoor Winterfest Day, organized by the youth from the Missisquoi North Volunteer Youth Centre (Former Youth Involvement and Students Against Destructive Decisions) and the Municipality of Potton.

The day begins at 10 a.m. and runs through to 3 p.m. held at the Mansonville Elementary School. Activities include a horse drawn sleigh ride, tubing slide, inflatable games, snowmobile rides, first responder truck rides, QPP involvement, sugar on snow, snow sculpting, indoor bingo for small prizes, hair wrapping, face painting, refreshments on sale and door prizes at the end. Some activities are subject to snow, but the event will be held regardless. Aside from refreshments, this is a free activity for all.

For information, contact Mable at the Youth Centre, 450-292-4886 or email her at m.hastings@cabmn.org

On Feb. 10 at 5 p.m. there will be a hockey game for all ages at the rink (André-Gagnon Park). Spectators are welcome! Contact Trish Wood for information at the contact above.

On Feb. 11, from 10:30 to 11:30 a.m., municipal councillor Edith Smeesters (450-292-0547) will offer a free workshop called *Make Some Heart Shaped Gifts for your Valentine!* This event will be held at the Town Hall in Mansonville (2 Vale Perkins Street) and will give attendees the opportunity to make bath bombs — effervescent tablets that disintegrate in the bath releasing bubbles. These make lovely gifts!

The next day, Feb. 12, from 10-11:30 a.m., the Missisquoi North Volunteer Centre presents *The Heart Booklet*, an animated workshop that focuses on giving and receiving your energy to others. For information call Angèle Laplume at 450-292-3114, extension 103.

Starting at 1 p.m., the Retired Club for seniors will host their annual games afternoon. Come and play games that are close to your heart. These activities will take place



MABLE HASTINGS

Members of the Missisquoi North Youth Centre FYI and SADD youth groups pose with Potton Mayo, Louis Veillon at last year's Winterfest.

in the basement of the Catholic church, followed by a spaghetti lunch with choice of sauce (rosée, alfredo or meat). The price is \$15 per person. Please reserve by Feb. 5 by calling Christine Caron at 450-292-3250.

Feb. 13 is Valentine's story time and a craft day for children and their parents, led by Super Hiro at the Potton Library starting at 10 a.m.

On Feb. 14, Valentine's Day, at the Salle Alec et Gerard Pelletier, 4 Maple Street in Sutton, from 5 to 7 p.m., Karen Muzerall will set the mood with a wide variety of classics, from torch songs to popular favourites.

Muzerall will be accompanied by Hughes Olivier on bass, Donald Kelly on drums and Michael Hynes on piano. The cost is \$10 per person and for more information call 450-538-0486. The activity is organized by Muzerall and Potton's Cultural and Heritage Committee.

On Feb. 16th, you can *Let your Heart Speak to You* from 5-7 p.m. Janine Leclerc will host a discussion on self esteem while in-

corporating a few yoga poses to open the heart chakra. This event will be held at the Legion Memorial Library (Town Hall). Admission is free.

On Feb. 21, the Missisquoi North Volunteer Centre will hold its annual supper (from 5:30-7 p.m.) and silent auction (starting at 7 p.m.) fundraiser to benefit the centre. For more information or to donate an item, contact the volunteer centre at 450-292-3114. This event will be held at Mansonville Elementary.

On Feb. 24 from 9am to noon, Chef Denis Mareuge will give a cooking class (*Healthy Heart Cooking*) followed by a small sampling for lunch. The cost is \$20 per person. This event is being held at the Owl's Bread Bakery at 299-A Main Street in Mansonville. Reservations are required and can be made by calling 450-292-3088.

On Feb. 26 from 10:30-11:15 a.m. Marie Garon will offer a free yoga session upstairs at the Town Hall. Bring a yoga mat if you have one. This will be followed by *Breathe for the Health of*

your Heart," from 11:30 to noon at the Town Hall.

Cardiac Coherence is a therapeutic approach recognized and recommended by doctors. This method, based on rhythmic breathing, helps to reduce cardiac problems, manage stress and anxiety and improve sleep. Contact Edith Smeesters to RSVP at 450-292-0547.

A new activity has been added to the list of events, "Social Dance." You can learn a variety of dance steps by professional dance instructors. The date has changed to March 21 at 7 p.m and will be offered at Mansonville Elementary School. The cost is \$15 per person and reservations are required (call 450-292-3313 extension 228).

Finally, from Feb. 3-27, the Municipal library will feature an exhibition by local artist Michel Thibodeau, *Friendship and Love Travel Photography*.

Come and enjoy Potton's Festive Hearts Month. For more information visit www.potton.ca, email loisirs@potton.ca or call 450-292-3313.

BMP Foundation appoints new ED

Record Staff

The Brome-Missisquoi Perkins Hospital Foundation announced the appointment of Lola Landes as its new executive director. She is scheduled to take over on March 1.

A long-time Bromont resident, Landes arrives in her new position with a history of out-

standing services to the economic community and involvement in the BMP Foundation.

During her more-than-25-year career in Quebec and internationally, she had gained strong experience in entrepreneurship, sales, marketing, real estate project management, and sales management.

She currently serves as a member of the board of the

Caisse Desjardins de la Haute-Yamaska and in the past, has served on committees of the Butters Foundation, SODEB (the Bromont Economic Development Corporation), the Bromont planning advisory Committee, and various community organizations.

Landes will replace Frank Johnston-Main, who is set to retire from the post on Feb. 28.

Michel Duval
Advertising Consultant
Serving the entire Eastern Townships
with three publications

RECORDER Townships Outlet Brome County NEWS

One number
819 569-9525
mduval@sherbrookerecord.com