The Record e-edition
Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.
Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional $5 or purchase the online edition only for $82.21.

Record subscription rates (includes Quebec taxes)
1 year print: $155.91
6 month print: $81.85
3 month print: $41.57
12 month web only: $82.21
1 month web only: $7.46

Web subscribers have access to the daily Record as well as archives and special editions.
Subscribing is as easy as 1, 2, 3:
1. Visit the Record website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather
TODAY: SUNNY
HIGH OF 17
LOW OF 5
TUESDAY: SUNNY
HIGH OF 21
LOW OF 9
WEDNESDAY: CLOUDY
HIGH OF 24
LOW OF 14
THURSDAY: CLOUDY, SHOWERS
HIGH OF 19
LOW OF 9
FRIDAY: PERIODS OF RAIN
HIGH OF 15
LOW OF 5

Follow The Sherbrooke Record on Facebook and Twitter!
sherbrookerecord @recordnewspaper

The two school Principals (Amelie Girard Ecole du Baluchon, middle back row and David Scott, MES, middle on the right) are pictured with the Nutri Sante Committee.

The children enjoying the lunch

The children’s Annual Harvest Lunch in Potton

The Scoop
Mable Hastings

The Missisquoi North Volunteer Centre (CABMN) Nutri-Santé Committee in cooperation with Potton’s two local elementary schools (The Baluchon and Mansonville Elementary) collaborated in offering the students from both schools a delicious fall harvest lunch on Friday, September 29.

Last year the Baluchon welcomed MES students and this year the event was hosted by the Mansonville Elementary School with over 100 students, teachers, staff and guests attending. The harvest meal was prepared by the CABMN Nutri-Santé Committee made up of the following members: Madeleine Soucy (Chairperson), Christian Donaldson, Héther Fankhauser, Denise Sansoucy, Janine Sourdif, and event volunteer Janine Leclerc. The meal included Gazpacho soup, a vegetarian pate chinois and a delicious dessert cake.

The students from both schools work throughout the year in the children’s gardens and this event gives them the chance to see healthy, colorful, and delicious recipes created with the produce. MES teacher, Dan Aucoin has assured that his students take part in all facets of the garden at their school. Many of the children commented on how much they enjoyed the meal and the adults present were impressed by the smiling faces and hearty appetites.

For the Nutri Sante committee, this event is one of their favorites. To thank the long-time chairperson of the Nutri Sante committee, Madeleine Soucy, all of the children signed a beautiful “healthy foods” cookbook that was presented to her with gratitude for the continuous devotion, leadership and the efforts made by Madeleine and the NS committee in encouraging the kids to make healthy eating choices, get plenty of exercise and be proud of the food they are able to help grow.

The Nutri-Santé Committee makes a vital contribution toward the mission of the CABMN in improving the quality of life for all citizens. Emphasizing on the children is the best way to create healthy and longstanding habits in regards to good food choices and exercise. Keeping Potton’s youth strong, aware and implicated in these choices is something the committee strives to achieve.

For more information about the Nutri-Santé program or any of the CAB’s other programs visit: www.cabmn.org If you would like to become a volunteer and help with activities such as this, you can find out how by visiting the site today!