

# Come and celebrate Potton's 8th Annual Festival of hearts



## THE SCOOP

### MABLE HASTINGS

In its 8th year, Potton's Annual Festival of Hearts offers an abundant fun-filled calendar of heart friendly activities for people of all ages and spanning a wide range of interests. With Mother Nature in full cooperation, the month kicks off with an invitation to build a snowman at your home or local business. Once your creation is completed, call Johanne Dumbery at 450-292-3214 to have it judged and you could win a prize. The contest will run throughout the winter. This event is organized by Potton's Cultural and Heritage Committee. Be reminded that snowman building fun is not restricted to any age so, whether you get inspired and build one alone, with your children or grandchildren, co-workers or friends, this simple activity will instil within your heart a feeling of youth and joy.

Through the month of February during regular hours, the Legion Memorial Library will present the Silkscreen creations of Genevieve Duplessis. For information call the library at 450-292-3948 or visit: Bibliotheque@potton.ca In an attempt to help citizens break up the winter blues, the library will extend its opening hours on Wednesday evenings until 8:30pm.

On February 1st Cinema Potton present "De Pere en Flic 2" at their cinema viewing room in the Town Hall located at 2 rue Vale Perkins at 4:00 p.m. Cost is \$7 for members and \$9 for non-members and those 18 and under are admitted free of charge. On the 11th of February Cinema Potton and the Public Market will present "The Gardener" featuring influential gardener and horticulturist, Frank Cabot (in English with French subtitles); this will be followed by a pot-luck lunch and discussion with Alex Reford director, Les Jardins Metis/Reford Gardins. February 15 Cinema Potton presents, "The Other Side of Hope," admission details as above. Free at the

Town Hall. For more information about Cinema Potton visit their Facebook page at: <http://potton.ca/loisirs-et-culture/cinema-potton/>

Potton Heritage Association will hold several snowshoe outings during the month of February. February 3 the outing will be on the slope of Mount Elephant hosted by Helene and Gilles 450-292-4479 (max. 28 persons RSVP necessary). February 10 the outing will be an excursion through the wooded land in Leadville hosted by Beatrice and Karsten 460-292-6872 (max. 30 persons, RSVP necessary). February 17, Edith and Christian 450-292-0547 will host a walk on Owl's Head road or an easy snowshoe on the golf course...RSVP necessary. February 24 excursion is an easy snowshoeing on the trails near the Missisquoi River with Catherine Gagnieux, founder of SAFE sanctuary for farm animals. Catherine will give a tour of the animal shelter and then participants are invited to gather for lunch at Bistro Chouette. Cost is \$13.00 for the meal, tax not included and wine and beer are available. Reservations necessary by visiting: [pottonheritage.org](http://pottonheritage.org) (max. 25 people).

Saturday, February 3 from 10am to 3pm, come and enjoy WINTERFEST the outdoor/indoor family fun day being held at the Mansonville Elementary School (5, rue Marion-Atwell). Organised and animated by the Missisquoi North Volunteer Centre(CABMN) Former Youth Involvement (FYI) and Students Against Destructive Decisions (SADD) in collaboration with Trish Wood-Community Organizer for the Municipality of Potton, this event offers: a horse-drawn sleigh ride, tubing slide, inflatable bouncy games, outdoor fun, indoor face painting, hair wrapping, bingo, lunch, door prizes. The afternoon continues with the addition of sugar on snow, first responder tours and more....For information contact Mable Hastings, Director (CABMN) 450-292-4886 or Trish Wood, 450-292-3313, p. 228 or visit: [www.cabmn.org](http://www.cabmn.org) or [www.potton.ca](http://www.potton.ca) for details. This event is not to be missed!

On February 8th at 10:30, followed by a lunch at noon, join Potton's Retired Club for Seniors and the Missisquoi North Volunteer Centre for "To Your Heart's Desire," a conference being offered by the Familiprix pharmacy followed by an Italian lunch and plenty of fun activities that are guaranteed to warm your heart. Please reserve by February 1. The event is being held at the

Eglise Saint-Cajetan, 324 Rue Principale in Mansonville. Cost for the lunch is \$16 per person and for information contact Angelle Laplume-Senior's Services Coordinator for the CABMN at 450-292-3114 ext. 103 or email [a.laplume@cabmn.org](mailto:a.laplume@cabmn.org)

Saturday, February 10 the Municipality of Potton presents, "I Love Skating" from 1:00-3:00pm at the rink in Parc Andre Gagnon. Activities include: skating, sliding, games, hockey, hot chocolate and surprises...For information contact Trish Wood at 450-292-3313, poste 228 or [loisirs@potton.ca](mailto:loisirs@potton.ca)

Saturday, February 10th there will be a free Pilates Class from 10:00-11:00 am at the Town Hall. Pilates is a gentle core training method using breathing and communication between mind and body. Join Kinesiologist, Monique Gilbert for a free workshop and discover the benefits of Pilates! Info: 438-872-0829

February 13 learn heart healthy vegetarian cooking techniques with Chef Denis Mareuge at the Owl's Head Bakery located at 299-A, rue Principale, Mansonville. Cost per person is \$20 and reservations are necessary by calling 450-292-3088.

February 15 and 22, The Art of Potton Living from 12:45 to 2:00pm in the St.Cajetan Church basement. Let's come together, the young and young at heart, and create a community art show! Animated by "les Production Super Hiro," this interactive program is aimed at bridging the age gap and bringing out our inner artist. Free and open to all. Snacks and all materials provided. In collaboration with Potton's Cultural and Heritage Committee and the Retired Club for Seniors. RSVP appreciated, 450-292-3313 ext. 228

February 20 at 5:00pm Celebrate winter with a family-friendly hockey match

at Parc Andre Gagnon rink. Contact Trish Wood as above. February 27 from 9am to 11pm at the Town Hall in Mansonville, Community Baby Shower. Did you have a baby in the 2017-18 year? If yes, please join us for our community baby shower. This event is being organized by the Municipality of Potton and the Ressources-Relais Team. Contact Trish Wood for details.

February 15, 9am to 11am at the Mansonville Town Hall and February 18 from 9am to 10am at the Potton Apartments (27, rue Neil Armstrong), Meditation: "The Heart Center" where you can come a discover Meditation in a simple class for all levels that will allow one to discover the peaceful place in the "heart center." Free, bilingual and everyone welcome.

February 20 at 1:30pm Town Hall 2nd floor, "Caring for you with all my heart," presented by the health professionals from the "Taking Care of Your Health program," in collaboration with the CIUSSS de l'Estrie-CHUS. Learn practices and discover resources to help start or maintain your good health habits that benefit your heart. Contact Angelle Laplume at the CABMN Volunteer Centre 450-292-3114 ext. 103 for details.

February 28, the Festive Heart Month wraps up with, "The 100-year-old Gardener, from 7:00 to 8:00 pm at the Legion Memorial Library, free of charge organized by Gwynne Basen, 450-292-0732. One of the surest ways to enjoy a happy, healthy old age is to garden. Gwynne will share tips and techniques that make the work lighter and stories of some amazing golden age growers. Break up the winter routine and enjoy a cozy night at the Library. Scones and tea will be served.

Don't miss Festive Hearts month in Potton!



## 20th Anniversary of the 1998 Ice Storm

The Record is planning a special publication at the end of January on the 20th anniversary of the ice storm that paralyzed Quebec. We would love to hear your stories of coping and challenges during the historic storm.

Readers are invited to send their memories from the ice storm and any pictures they may have. Submissions can be emailed to [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com) or delivered to the office at 6 Mallory. All submissions will be entered into a draw for a prize.

Deadline for submissions: January 26, 2018.

THE  
**RECORD**

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