

# Municipality of Potton celebrates its fifth annual Festival of Hearts



## THE SCOOP

MABLE HASTINGS

**T**he Municipality of Potton is celebrating the fifth edition of Potton's Festival of Hearts during the month of February with a variety of heart-friendly activities and events.

"This is always an exciting time of year in Potton," explained community organizer, Trish Wood. "The month is filled with activities that encourage residents and visitors to get out and enjoy heart healthy fun in Potton."

Build a snowman at your home and call Municipal Council member Diane Rypinski to have it judged (450) 292-5817. This activity will run all winter with prizes awarded by Potton's Cultural and Heritage Committee who are sponsoring the "build a snowman" event.

The Potton Heritage Association is organizing weekly snowshoeing or cross-country skiing excursions. For locations and times, contact Carol Bishop at (514) 481-6279 or Janine Sourdif at (450) 292-3780 or visit the website at: [www.pottonheritage.org](http://www.pottonheritage.org)



*Amanda Barnett, FYI member getting ready for Winterfest Day.*

PHOTOS BY MABLE HASTINGS

extension 228, or at [loisirs@potton.ca](mailto:loisirs@potton.ca). This event gives residents a perfect opportunity to meet the area's first responders as well as providing the important skills needed to save a life. The CPR course will be held in the Mansonville Town Hall (2 Vale Perkins Road).

Other activities throughout the month include:

Feb. 8: Winterfest Family Outdoor Fun Day, organized by the Missisquoi North Volunteer Centre Former Youth Involvement (FYI) and Students Against Destructive Decisions (SADD) youth programs.



tration call (450) 292-3313 extension 228.

**Cardiac-Coherence:** From 11:30 a.m. to noon, a therapeutic approach recognized and recommended by doctors will be offered free of charge. The course will be given by Edith Smeesters upstairs in the Town Hall. Registration is required by contacting (450) 292-3313 extension 228.

On Feb. 18 at the Legion Memorial Library Janine Leclerc will offer an evening celebrating the most important person in your life: yourself. "For the Love of Me," is a discussion evening that will end with a few yoga exercises and a guided visualization.

Also on Feb. 18, from 9 a.m. to 1:30 p.m., Chef Denis Mareuge offers healthy heart cooking techniques followed by a generous lunch that participants will have helped prepare! Cost is \$18 per person and the event will take place at the Owl's Bread Bakery at 299-A Main Street, Mansonville.

Registrations required: (450) 292-3313, extension 228.

On Feb. 19, there will be a Parents vs. Children hockey game at 5 p.m. at the Andre Gagnon Park skating rink.

Feb. 21 from 10 a.m. to 11:30 a.m.: "Take Your Heart for a Walk on Snowshoes" and enjoy exercising in the company of others while travelling at your own pace. Bring a potluck dish to share after the event upstairs in Town Hall. Meeting place is in Manson Park. For information contact Karen Muzerall at (450) 292-3235.



Art in the Park gives visitors an opportunity to discover an original ice scene designed and beautifully crafted by Ralph Milot. View this scene in Manson Park in the center of the town. For more information contact Ralph Milot at (450) 292-0430.

On Feb. 1, the monthly activities begin with the opportunity to learn CPR with Potton's first responders. From 9 a.m. to noon the French-language CPR course will take place and from 1 p.m. to 4 p.m. the English-language course will be offered. This course is being offered free of charge however registration is mandatory by contacting Trish Wood at (450) 292-3313.

The event will run from 10 a.m. to 3 p.m. at the Mansonville Elementary School (5 Marion Atwell) and includes a horse drawn sleigh ride, snowmobile rides, inflatable games, tubing, first responder truck rides, police participation, sugar on snow, indoor activities (bingo for small prizes, hair wrapping, face painting), lunch on sale, door prizes and more. For more information contact the Youth Centre at (450) 292-4886.

Also on Feb. 8, at 7:30 p.m. at the Maison Eglise Marie-Paule Villeneuve (307 Main Street, Mansonville), there will be an evening of storytelling and songs with Claude Hamel: storyteller of a thousand hats. This

event is organized by the Potton Cultural and Heritage Committee and free for all.

Feb. 12: Make some heart-shaped gifts for your Valentine from 10 a.m. to 11 a.m. at the Mansonville Town Hall. A free activity organized by Municipality of Potton Town Council member, Edith Smeesters (450) 292-0547.

Feb. 13: Potton's Retired Club for Seniors aims to break up the winter blues by offering games and activities close to your heart, starting at 1 p.m. in the basement of the Catholic Church (324 Main Street, Mansonville).

Feb. 14: the Potton Heritage Association will offer a St. Valentine's Day Snowshoe Excursion, where participants can meet on the corner of West Hill and Route 243 at 3 p.m. This will be followed by a potluck

supper at the Anglican Church Hall at 5pm. To reserve contact Janine Sourdif at (450) 292-3780.

Also on Feb. 14: the Legion Memorial Library will host a Valentine Story Time and Craft at 10 a.m. Hiro Gagnon will animate the bilingual activity for children and their parents; upstairs in the Town Hall at 2 Vale Perkins St. Admission is free.

On Saturday, Feb. 15 the following three activities will be offered:

"I Love Skating" from 1 to 3 p.m. at Andre Gagnon Park with activities including: skating, sliding, games, hockey, arts and crafts, refreshments and a workshop with WIXX-outdoor animation for youth.

Open your heart to Yoga from 10 a.m. to 11:15 a.m. at the Town Hall (bring a yoga mat if you have one). Free! For regis-

On Sat., Feb. 22 at 4 p.m., the Potton Cultural and Heritage Committee will present a Valentine Concert with Helene Gaudreau at the Maison Eglise Marie-Paule Villeneuve (307 Main Street, Mansonville). The whole family is welcome and a voluntary contribution may be offered. For information contact Thérèse Descary at (450) 292-0202.

On the same day, starting at 5:30 p.m. at the Mansonville Elementary School, the Missisquoi North Volunteer Centre (CAB) will hold a Chili Supper and Auction fundraiser to benefit the Ken Jones Centre and the Volunteer Centre. (Bring your own beverages)! An auction follows at 7 p.m. For more information contact the CAB at (450) 292-3114 or by email at [infos@cabmn.org](mailto:infos@cabmn.org) or [ckjc@cabmn.org](mailto:ckjc@cabmn.org).

For more information about any of the activities visit [www.potton.ca](http://www.potton.ca), email [loisirs@potton.ca](mailto:loisirs@potton.ca) or call (450) 292-3313, extension 228.