

# “Martian Owls” in Potton?

By Mable Hastings

Like many individuals and businesses the Missisquoi North Volunteer Centre (CABMN) located in Potton and also serving the MRC Memphremagog West ( an area encompassing Potton, Bolton-Est, Saint-Etienne-de-Bolton, Stukely-Sud and Eastman) has continually sought created ways through the Covid-19 Pandemic to keep not only its essential services operating but other interesting initiatives happening in an effort to keep citizens healthy and motivated.

Monique Gilbert is a member of the CABMN staff working alongside Angelle Laplume and Louise Larose coordinating and animating SAPA senior services. Monique is a certified Kinesiologist who is always trying to get people up and moving to assure good health. In this light, Monique recently had an idea that she has made a reality.

“It’s with great pleasure that we invite people to walk one of two interactive and intergenerational trails in Potton that have been developed by our CABMN SAPA program,” states Gilbert.

The objective of the walk is to find the “Martian Owls” along the trails and to answer questions about Potton landmarks, businesses and history associated with each one. The trails are posted in the park in the center of Mansonville. Following the “Martian footprints” along the trails will help to keep you on the right track. Here are the links if you want to access the trails on your smart phone; you just have to click on the following links:

Trail 1,86 km <https://onthegomap.com/s/vpsn8f0c>

Trail 4 km:<https://onthegomap.com/s/obeohtpr>

web link: <https://onthegomap.com/s/vpsn8f0c>

web link : <https://onthegomap.com/s/obeohtpr>

Or, the trail maps and questionnaire can be sent to you by email by simply contacting Monique at the CABMN office: 450-292-3114. For more information about the CABMN senior or other services visit: [www.cabmn.org](http://www.cabmn.org)

“It’s very important to respect the safety instructions during your walk on these trails,” explains Gilbert. “Respecting the highway safety code, bring a bottle of water and wear good walking shoes is also important,” she added.

It is suggested as well that people use walking poles which will give their arms a good workout as well as the whole body. If you want to do the walk but do not have walking poles, you can borrow some by contacting Monique Gilbert at the CABMN office at 450-292-3114 ext. 103.

The SAPA team is also hoping to promote (while respecting the Governments directives for physical distancing), that people walk in pairs They also encourage intergenerational walks between a grandchild/grandparent or a senior with a youth as the two generations could share information and some exercise together at a pace suitable for both persons.

When a trail has been completed and the questions answered, you are asked to send your answers to: [m.gilbert@cabmn.org](mailto:m.gilbert@cabmn.org) and you could win a prize at the end of July! The questions will change twice per month. There will be a youth prize and an adult prize for the draw.

Whether you are from Potton or not, this is a great way to discover the area while walking with a friend and staying healthy.

“No matter who you walk with,” said Gilbert. “We are hoping you will have an “out of this world experience!””

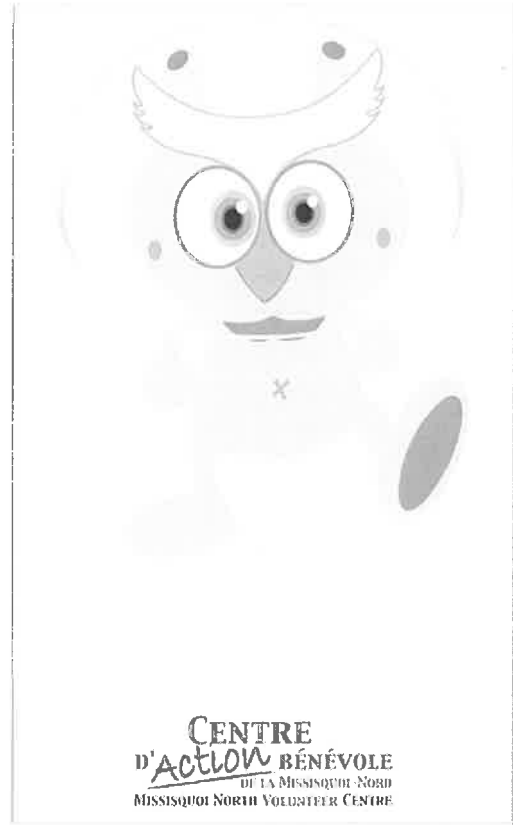


PHOTO: COURTESY

# Millebois offers a toast to maple

For three years now, Millebois has been reinventing maple by offering a wide range of maple alcoholic beverages. Led Michael Parent, the designer of Millebois products, there are now 14 different types available. The recipe requires creativity, boldness and patience to come up with light and refreshing maple beverages in cans, such as Millebois Houblon, a one-of-a-kind beverage.

This maple creativity doesn’t stop with cans and hops. In the sugar shack laboratory, Parent keeps an inventory of wild plants hand-picked from the maple grove and the surrounding countryside of Compton. Just recently wild rose petals were harvested and will be meticulously dried and stored until next fall when all the plants picked this year will be ready for production.

Parent’s creations developed from an interest in aromatic plants and particularly the wild and indigenous flare. It took three years to develop the vermouth recipes, he explained.

“It’s amazing how much time I’ve spent researching, harvesting, taste

resting but so rewarding!” Parent commented.

Millebois Vermouth Sauvage is available in two variations: White (dry) and Amber (sweet).

In addition to all the plants he uses, Parent also incorporates fruit to create drinks: the aronia, a small indigenous fruit grown in the region, which has an almost black colour and which tints the

Millebois Aronia in a bright red, highlighted in its transparent bottle with an equally colourful label. Aronia berry is a concentrate of colour, flavour and antioxidants.

The fruity and spicy bouquet with a touch of tannins is reminiscent of red wine, the Millebois creator pointed out.

Parent relies on local producers to supply him with rare or unknown indigenous fruit.

Some Millebois concoctions have been lying in oak barrels for a long time, Parent said, adding the company is getting ready to bottle the new flavour by the end of summer.



PHOTO CREDIT: COURTESY