

Municipality of Potton celebrates Quebec's volunteer week



THE SCOOP

MABLE HASTINGS

Over the past two weeks Potton's recreation, culture and community organizer, Trish Wood has been planning the annual volunteer celebration recognizing the actions of all Potton volunteers. Working in collaboration with the Missisquoi North Volunteer Centre (CABMN) volunteer coordination team, Krysten Vanier and Debra Harding, the three are determined, despite the pandemic, to make the event a special one.

This year Quebec's Volunteer Week celebration is being held from April 19 to the 23. In the past a date has been selected and Potton volunteers gathered for a special dinner and presentations but given the continued pandemic and gathering restrictions, a new plan is being initiated with

something special in store for Potton volunteers!

"The annual Volunteer Recognition Party, is the event that I look forward to the most," says the Municipality of Potton's Community Organizer, Trish Wood. "Sadly, due to the pandemic, this event has been cancelled for the second year in a row. Putting the safety of our citizens first, we had to think outside of the box and brainstorm some creative ideas of how to recognize Potton's biggest asset, its volunteers. I hope that they LOVE what we have in store for them, some secret surprises coming their way."

During the week of April 19-23 volunteers are invited to stop by the Potton Tourist office located at 291 Rue Principale in Mansonville from 9 a.m. and 4 p.m. to receive a very special surprise gift. This gift will lead you to another gift, one that we know you will savour. Relaxation is all part of the plan! It's time to put your feet up and enjoy. After the year you've had, you deserve it. RSVPs are required before April 14 and can be done by email at loisirs@potton.ca or d.harding@cabmn.org or by calling: 450-292-3114 (ask for Debbie or Kryssi at extension 105 or 109) or the Municipality at 450-292-3313 (ext.0). RSVP to find out what's in store!

"It is always a pleasure to work alongside Trish and the Municipality



COURTESY

Trish Wood, Recreation, Culture and Community Organizer for the Municipality of Potton, with Krysten Vanier and Debra Harding, the Volunteer Coordination team at the Missisquoi North Volunteer Centre-CABMN.

of Potton," said Debra Harding (CABMN Volunteer Coordinator). "As the Volunteer Centre we collaborate often and it is the fun events like this one honoring the efforts of the amazing volunteers in Potton and all over Quebec that makes it something special."

Harding has been coordinating the volunteer action of the CABMN for three years now and welcomed a new partner, Krysten Vanier to the coordination team in the fall.

"We are so lucky to have such

wonderful volunteers who help the community every day and we want to take this opportunity to say THANK YOU for all the time and effort they give in helping others," said Vanier.

Trish Wood and the staff at the Potton Tourist Office will be excited to greet volunteers and encourage everyone to take time to relax and enjoy the Volunteer Week celebration in the knowledge that the efforts put forth in supporting your community are of more help than can ever be expressed.

Accomplished Canadian media mogul Stu Jeffries talks best healthy living tips



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Canadian media personality Stu Jeffries knows the importance of keeping fit despite Covid-19, while continuing to manage a successful broadcasting career. In a previous column, April 2017, Jeffries shared his passion for hosting the popular CBC Television show, Good Rockin' Tonite. With experience surpassing 40 years, he credits having success for maintaining a healthy lifestyle.

These days Jeffries is the morning radio host for Boom 93.7 in Toronto. I caught up with him recently over the phone, from which he shared his fitness tips, including how to get started, and how his family is coping during the pandemic.

Here is our Q & A:

Q: How are you and your family coping during the pandemic?

A: I've got three teenage boys, and we're both working (parents). As a teenager, your entire life is based on going out, and hanging out with your friends. They're not able to do that and I'm really proud of the way they're handling it, but, they have their days like anybody, where it's just very frustrating. You tell them to play by the rules and you play by the rules, and they do, but then, they're watching TV or looking at their phones and they see spring break in Florida, there's, 550,000 people gathered with no mask they say, well, how come they can do it?

For the most part, they're holding up well, it feels like it's been on for years and it's only been just over a year, but we look forward to vaccines here and we look forward to everybody getting shot and, things getting at least to some kind of normal by the summertime.

Q: What adjustments has your radio show made during the pandemic?

A: It was just a case of going downstairs (at) home and plugging in and everything was okay. So that lasted for about two month's, maybe. I've been in the studio ever since. It's crazy. Everybody's routine has shifted. Morning radio is a little bit different audience-wise than it was. I mean, you've lost 50 to 80 per cent of commuters in the car and nobody's

going to work, everybody's at home. So it's a different sort of listening experience, you maintain the status quo, do what you usually do. And so far it's been working.

Q: What is the, Tell Me Something Good feature all about?

A: We were sort of sitting around, discussing features to add to the show. One of the guys I work with Steve Jones came up with the concept of Toronto, the good, and we would focus on stories in Toronto or the area. It became any sort of a news story, and no matter how big or small, and it's crazy how it runs the gamut, like a big story of somebody leaving a \$10,000 tip at a restaurant to a small story where somebody helps somebody across the street who would have looked like they were in peril or whatever, but it's amazing how these stories can network with people and how it's almost now more than we are desperate for good news because there's bad news everywhere.

Q: What is your favourite workout regime?

A: I was fortunate to have worked out a sponsorship with Peloton through the station. Through the campaign, they gave me a bike and I signed onto the fitness programs. When I first got it, I was sitting at about three, four times a week. I like workout programs that they have, particularly the dirty 30 and the upper body. So I do those and



COURTESY

Stu Jeffries

then I walk my dog. I walk my dog 45 minutes every day, sometimes twice.

Q: What other fitness tips do you have?

A: I always defer to just do something. A brisk walk is a great place to start. Nobody really likes exercise and the thought of starting up can be overwhelming. If you set the mind to 'it's just a walk', it's easier to get in motion. You'll see results if you stick to it and then it's easy to add other exercises in to your regime. There are a ton of fitness apps like the 7 Minute Workouts that are easy and effective but you need to be disciplined and stick to them. I always tell myself its way easier to stop than to start.