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## Weather



TODAY:  
SCATTERED  
FLURRIES

HIGH OF 3  
LOW OF -4



TUESDAY:  
CLOUDY WITH  
SUNNY BREAKS

HIGH OF 4  
LOW OF -1



WEDNESDAY:  
CLOUDY WITH  
SHOWERS

HIGH OF 9  
LOW OF -15



THURSDAY:  
MAINLY SUNNY

HIGH OF -9  
LOW OF -14



FRIDAY:  
SNOW

HIGH OF -9  
LOW OF -17

# Walking away the winter blues with Viactive



## THE SCOOP MABLE HASTINGS

There were 21 participants who took part in the Viactive walking activity held in Eastman on Friday, Feb. 11, 2022 from 10:30 to 11:30 a.m. starting from the parking lot on the corner of the junction of route 245 and rue Principale (rte 112) along the cycling path.

Organized and animated by Viactive consultant, Annie Roy from Sercovie with invitations to participate shared with groups in the Memphremagog region encouraging all to socialize, stay active and enjoy the fresh air together

for a duration of 40 to 60 minutes.

Pandemic restrictions were respected with sanitary measures including the recommendations that those participating wear a mask, bring their electronic proof of vaccine and all were asked to respect the two-metre distance between participants. Water, crampons and walking sticks were optional.

Participants included 18 from Potton, one from Saint-Etienne-de-Bolton, one from Stukely, one from Eastman and the facilitator from Sherbrooke. Many carpooled to get to the meeting point at the old Bovila Restaurant in the heart of Eastman.

"Eastman is such a beautiful town," said Monique Gilbert who attended the walk with many of her Viactive participants from Potton, a group that is part of the Missisquoi North Volunteer Centre (CABMN) Viactive program. "It was great to see such a big group gathered to get active and socialize," she said. "The smiles on the participants face certainly emphasized their happiness in being together."

For more information about Viactive in Potton contact the CABMN Main Office at 450-292-3114 or the La Plume au Vent Centre of the CABMN at 579-

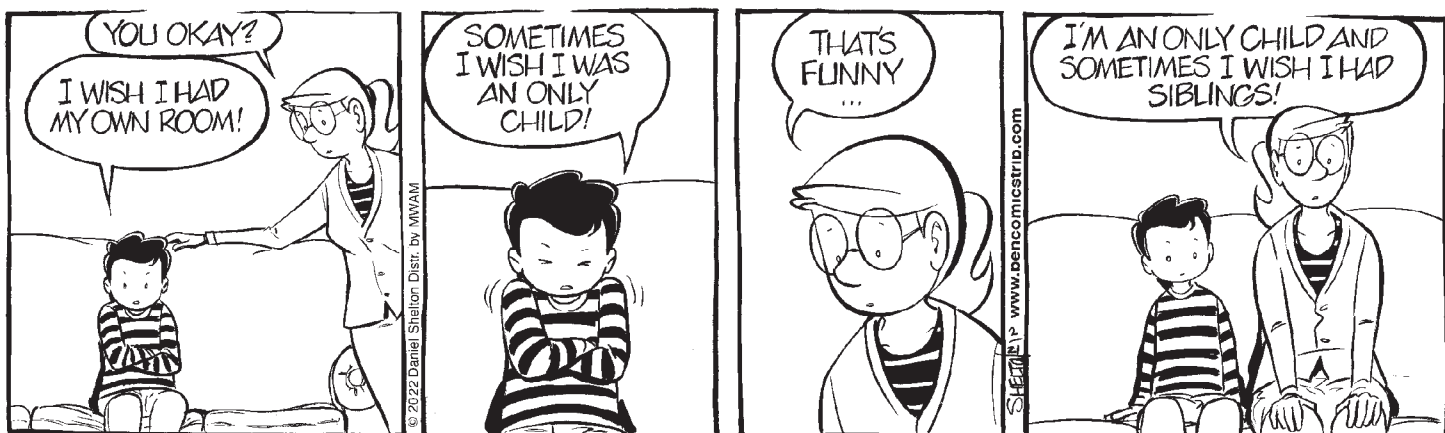
531-8282 or 8585.

Spring will be here before we know it and the best way to shake the winter blues is to get out and walk them away. Of course, the best way to enjoy the wonders of spring is to get out and walk in the bright sunshine. I can go on but I think you get the point...take a walk with friends and enjoy an active and healthy lifestyle.



COURTESY

## Ben by Daniel Shelton



YOU OKAY?  
I WISH I HAD MY OWN ROOM!

SOMETIMES I WISH I WAS AN ONLY CHILD!

THAT'S FUNNY ...

I'M AN ONLY CHILD AND SOMETIMES I WISH I HAD SIBLINGS!

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