

# Line dancing away the Covid blues



## THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) Senior Services Coordination Team (SAPA) (Monique Gilbert, Angelle Laplume and Louise Larose) are always looking for fun Covid-friendly activities that allow for physical distancing but provide seniors with the opportunity to be active while having fun. Never before has this been more needed than during the Covid pandemic. Thanks to Romeo Cote, who is a new volunteer at the CABMN and his talent for line dancing, he provided an introduction to line dancing session for the group on Wednesday, November 4 in the Mansonville Catholic Church basement organized by the CABMN senior services team.

dancing activity as part of the CABMN Annual Senior's Day activities however, due to Covid, this day-long event has had to be postponed to a later date," explained Monique Gilbert who heads the seniors services team at the CAB. "We decided to go ahead with the line dancing activity to see if it was of interest," she continued.

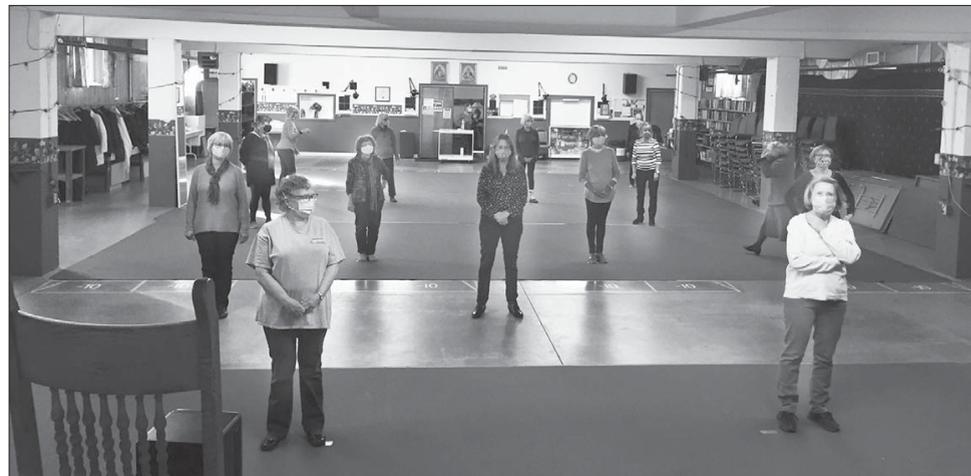
"We have many participants who have taken line dancing classes in the past. At the end of the session, the group was already asking if another could be planned," she shared.

According to Gilbert, the SAPA senior services team of the CABMN are hoping to repeat the activity before the holidays.

The 15 participants were able to maintain over a two-meter distance between them as they danced, given the generous space available in the basement of the church. The church allows the space to be used for the activity free of charge and the support of Gisele McNabb and Royal Lamothe was appreciated by the group.

For more information about the CABMN senior services activities held with Government directives and measures in place, visit the CABMN website at [www.cabmn.org](http://www.cabmn.org) Sign up for their weekly newsletter and stay informed.

"Our original plan was to hold a line



COURTESY

# Successful season for Sutton's 50th edition of the Saturday Market

By Louise Smith

When the season opened, with strict conditions, and limited vendors, it was anyone's guess how the 50th Anniversary of the Sutton Market was going to turn out. As the weekends passed and more vendors were able to be added, the attendance increased. The overall season surpassed all early expectations.

The committee overseeing the running of the Sutton Market has helped to support many organizations over the years. Some of the beneficiaries are the Montreal Children's Hospital,

the Shriners' Hospital, the Sutton Food Bank, the Jardin d'Enfants, the Maison des Jeunes in Sutton, the Brome Missisquoi Youth Foundation, the Maison au Diapason, and the BMP Foundation.

The Market will be back next summer. Hopefully Covid-19 will be behind us, but even if the Market has to operate again with the health safety measures in place, this summer's experience means that it can be successful. A big thank you goes out to the vendors and patrons of the Sutton Market in the 2020 session.

# Karisma hairdressing salon making it work in Covid times

By Louise Smith

Eight a.m. on a Saturday morning and Skyler Andrews-Wuthrich was greeting her first customer of the day. When the salon first opened after the shut-down during the pandemic, it was turning people away. Lots of hair cut and dye appointments were in demand. Things have settled down a bit, and there is a steady level of customers who can all get appointments within a reasonable time.

The time sanitizing between customers is not taking as long as when

the shop first reopened for business. Skyler says that there is a rhythm in the process and it is easier to get the cleaning done now. She is glad to be in the hairdressing industry and not the restaurant or bar business. Skyler hopes, of course, that our area stays in the orange zone, and that soon it can perhaps return to yellow.

The wearing of masks is mandatory. The salon is open and airy and very bright and clean. It is located at 304 rue Sud in Cowansville. The phone number is 450-263-1006. The owner is Martine Lemieux.



Karisma Hair Salon, 304 rue Sud, in Cowansville has had a steady stream of customers since reopening after the Covid shut-down.



PHOTOS BY LOUISE SMITH



As you approach the salon, notices on the door remind customers of social distancing and mandatory mask wearing.

Syler Andrews-Wuthrich, a stylist, welcomes customers. The "Believe" sign is an optimistic saying for these times

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