

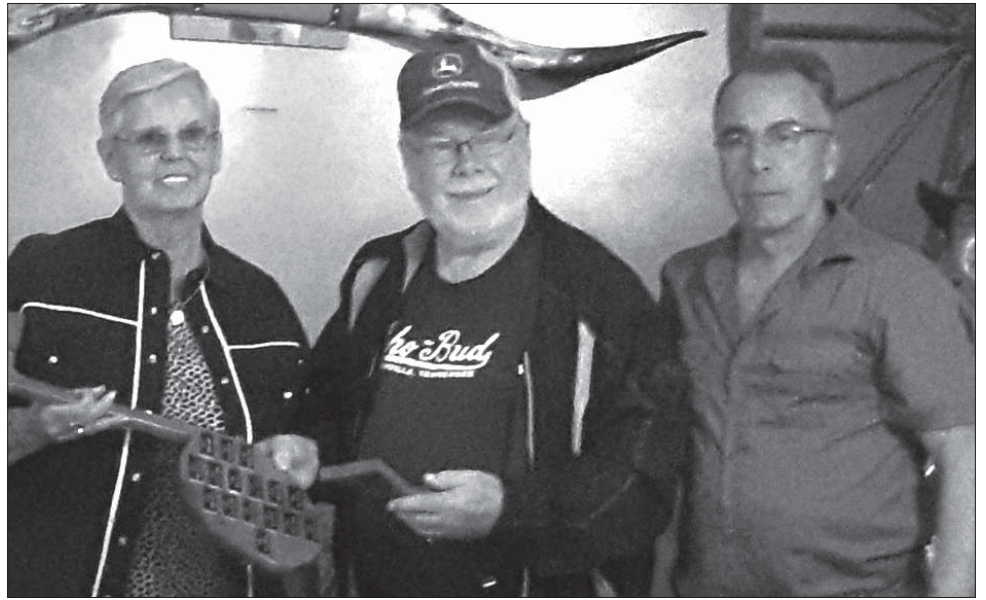
# The Hut honours Country musicians

The Hut was hopping with Old Time Country on Saturday, leading up to the presentation of the 16th annual Country Music Awards. This year's recipients were Dave McBurney, Gordie Smith and Terry Sutton.



LINDA HOY

Gordie Smith and Dave McBurney



NINA STUBBART

Terry Sutton receives lifetime achievement award

## 6th edition of Barter and Trade is fast approaching

Record Staff  
SHERBROOKE

their goods in an event that celebrates sharing and reusing.

niture, books and more. There's just one requirement: All items must be in good condition or they will be rejected. Participants can bring their items and trade any time from 9 a.m. to 8 p.m. on Friday, and from 10 a.m. to 4 p.m. on Saturday and Sunday. A team of volunteers will be on hand at all times to keep the event running smoothly.

lighted, Barter and Trade is in its full glory. Since it was first started, some 30,000 items have been brought to the event, while 22,000 have been brought home. Last year alone, 8,500 articles were received, of which 6,700 found new owners. Over 800 people participated over the three days—a record attendance. What's more, all remaining items at the end of the activity are donated to regional organizations.

The 6th edition of Kingsey Falls' Barter and Trade event is back once more to give brand new life to old goods.

Barter and Trade has been gaining popularity every year, owing to its win-win philosophy. For every item you bring, another great find can be yours. No financial transactions are necessary.

At a time when the sharing economy and second-hand economy are high-

From October 21 to 23, Cascades and the town of Kingsey Falls are inviting the region's citizens to come to the town hall (at 7 Tardif St) to barter and trade

The list of accepted items is long and includes clothing, dishes, toys, CDs and DVDs, sports equipment and accessories, electronic devices, small appliances, fur-

## Harvest lunch for Potton's children



THE SCOOP  
MABLE HASTINGS

hand at the various Nutri Sante workshops and events. The Harvest Lunch also benefitted from the help of Fiona Campbell, a member of the CAB Board of Directors and this was appreciated by the committee. Organizers also noted the help of the parents and staff from both schools.

by MES Principal, Catherine Canzani and teacher, Dan Aucoin. Chairperson of the Nutri Sante committee, Madeleine Soucy praised the children for their interest and enthusiasm and the school personnel for working in collaboration with the Nutri Sante and CAB on this and other projects.

the older students preferred the pesto bread and dessert!

To find out more about Nutri Sante or any of the other Missisquoi North Volunteer Centre groups and programs, visit: [www.cabmn.org](http://www.cabmn.org)

Prior to the lunch, the students gathered in the Baluchon school gymnasium where the Director, Stephane Gevry welcomed and thanked all who made the lunch possible. His words were echoed

The food was colorful, nutritious and delicious and while some opted not to eat it all, many enjoyed tasting the fruits of their labour. While the soup seemed to be a favorite of the younger children,



Comité Nutri Santé

PHOTOS BY MABLE HASTINGS



Malcolm McNeil

On October 5, the Missisquoi North Volunteer Centre "Nutri Sante" program held its annual fall Harvest Lunch at the Baluchon French elementary school with the students from Mansonville Elementary English school as invited guests. The children were treated to a delicious fall meal with produce from the children's garden which is organized by Karen Tinker.

The members of the Nutri Sante committee are: Christian Donaldson, Hether Fankhauser, Denise Sansoucy, Madeleine Soucy and Janine Sourdif. This group strives to bring healthy cooking, food choices and an opportunity for young children to have the experience of not only eating the food but growing and preparing it as well.

Janine Leclerc is a precious volunteer who is always present and lending a