

## Montérégie West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie West region.

We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.

### Want to become a member?

Please contact the MWCN with any questions or concerns using any of the contact information at the bottom of the page, we'll be happy to help you.

If you're already a member then please enjoy this month's Newsletter.



### MWCN Board

**President:**

**Vice President:**

**Treasurer:**

**Secretary:**

**Executive Director:**

**Administrators:**

**Volunteer Coordinator:**

**Member Coordinator:**

### Elected officers:

Lise Brunette

Maria Friozi

Tracy Wilkins

Chuck Halliday

Pauline Wiedow

Georges Bujold

Maria Friozi

Gloria Lynch

Merlin Halliday

Jayne McClintock

Joanne Murray

Don Rosenbaum

Chantal Sauvé

Tracy Wilkins

# M A Y



## HOPEFUL, PEACEFUL AND CONNECTED!

During these very different times in which we find ourselves, it is important that we NOT feel isolated, useless and especially fearful. This is a time to relax, reflect, and find something you love to do. There have been so many ideas spread around on social media with "Things to Do" and examples of what others are doing to keep busy.

Most important, are the messages of hope, and the funny and very creative ways that people are expressing their feelings.

*Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.*

Remember, you don't need to go out to feel connected. This is where community organizations play a very important role, and at **MWCN**, we have been reaching out with support for everyone in our community.

Corresponding by telephone and email, we are making sure that needs and concerns are being addressed so that we know how you are doing!

Check out this great idea from  
[KIDSACTIVITIESBLOG.COM](http://KIDSACTIVITIESBLOG.COM)



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### How to Make A Family Handprint Keepsake

How about getting creative by doing a window design at home using 'craft paint'?  
The **rainbow theme** seems to have caught on with many families throughout Quebec.

*(Compliments of Karen Major, Pincourt)*



MWCN has started a 'Virtual' Pen-Pal initiative by email, where seniors and students correspond with each other. This not only helps to fill in the time but can also be a rewarding experience for everyone involved.

Please let us know if you are interested and we will gladly match you up!



W (wellbeing)  
H (helpful)  
A (adapting)  
C (calmness)  
K (kindness)  
Y (yourself)

WEDNESDAY



Every Wednesday, MWCN Vaudreuil-Soulanges is sending out a 'weekly email Check-In' during this time of Isolation. Its purpose is to keep in touch with our entire community on a more regular basis.

This will include any important Health news, how to keep busy, recipes, joke of the week, and any other suggestions, comments or ideas offered by our members.

If you have any friends feeling isolated or lonely, please let them know that we are here.

**Let's stay in touch!**

### SPREADING LOVE!

This past month, MWCN has been preparing and delivering gift packages for seniors who are isolated during this "Stay at Home" period.

Let us know if you are in need of one.



During these past two months, the whole world soon found out how much we all rely on each other. Humanity has never been more connected!



EARTH day.  
April 22, 2020

**SOME IDEAS ON HOW TO START AN INDOOR VEGETABLE or HERB GARDEN.**



If you love food and everything about cooking, then you will love these awesome DIY indoor gardens. You don't need anything special or expensive. Plant the vegetables or herbs in cans or plastic bottles. Jars or vintage teacups are also a place where you can plant your mini garden.



While **celery** can be difficult to grow outdoors in many climates, growing celery from a stalk indoors is simple. Once you grow your own celery from a stalk, you can use your new celery stalk base to repeat the process and have fresh, homegrown celery all year long.



**Garlic** and **scallions** do just fine. In fact, simply replanting the root end in a glass of water and plopping the bunch of them in one glass with only about one inch of water in the bottom. When the roots have reached a couple of inches in length, move them to a shallow container of potting mix and let them continue growing.



You usually see **tomato plants** die off at the end of the season, but they are tropical perennials. Tomato seeds germinate quickly. Once the seedlings are three to four inches tall, move them to their permanent pot and make sure they have at least 10

hours of light per day. It's a lot, but this is a fruiting plant and it needs that much light during winter.

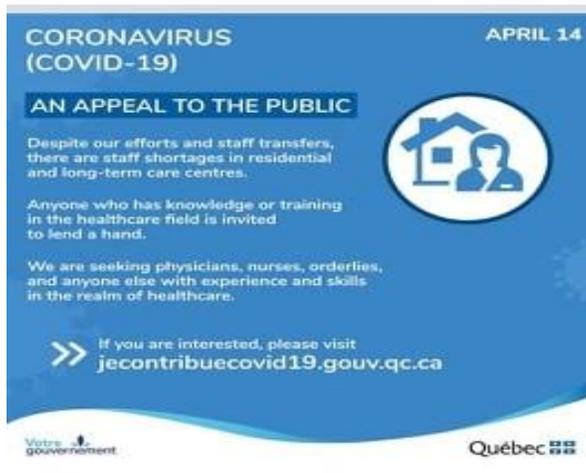


**Carrots** are ridiculously accommodating. Growing them in containers is not just a great option for indoor growing, it also solves the problem of trying to grow them in heavy, rocky soil.

Smaller carrots are easiest to grow inside. They need less space and mature quickly. Since you'll be seeding multiple plants—unlike a single pepper or tomato plant—a long container, such as a window box, is ideal. The key for good germination is to keep the soil moist. Just lightly cover the seeds with some damp peat moss so the seeds don't dry out, but no hard crust forms over them, preventing germination. Seeds should germinate within two weeks.



\* If anyone from the medical profession feels they can assist in this “**Appeal to the Public**”, please visit the following website.



**FYI: LOW VISION SELF-HELP ASSOCIATION**  
**Virtual Meeting May 13<sup>th</sup> from 1:00 – 3:30pm**  
Contact: Mr. John Ohberg at 514-694-2965  
[LowVisionSelfHelpAssociation@gmail.com](mailto:LowVisionSelfHelpAssociation@gmail.com)

*Words can be Windows or Words can be Walls*



*Breakthrough Conversation: by Rachel Lamb*

*Well-Being*

*Air, Food, Water, Movement, Exercise, Rest, Sleep,  
Safety, Shelter, Sustenance, Touch.*



**MWCN is very proud to Honor Mr. Jim Beauchamp as one of our 6 Volunteer nominees.**

Jim, a Pincourt resident of 20 years, is on MWCN's NPI board (Network Partnership Initiative). Jim's input is very valuable as he is a strong voice in the V-S Community.

He and 2 others are responsible for starting the

Hudson St. Patrick's Day parade which now draws over 25,000 people annually.

Being part owner of Cunningham's pub has allowed Jim to sponsor many other events as well.

He is one of the founders of the Western Patriots Football Association, a non-profit organisation for kids of all ages. Jim is also responsible for organizing the Whitlock and Cunningham's charity Golf tournaments, raising over \$250,000 to date.

**MWCN V-S** had its first Poker Fundraising event in March and of course Jim not only donated numerous gift certificates and door prizes but loaned us his son Austin as Bartender!

Thank you, Jim, and Congratulations!

**WOULD YOU LIKE TO BECOME A MEMBER?**

If you like what you've seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you'll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories.

Come Join us!



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