

### Montérégie West Community Network

The MWCN is a not-for-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.



#### It's Been a Year!

**How far we have come, reaching the one-year mark of dealing with a pandemic!** And even though the number of cases appear to be on the decline, we need to remain just a bit more patient and continue to be vigilant. We have all been cooped up far too long, but..... Spring is only 3 weeks away! What an awakening it was, and an awareness of what is important in our lives. Who knew that trying to manage each day under these circumstances seemed to bring out the best in each of us? **Kindness** is the word that comes to mind, and the understanding that we are all going through the same thing together, something that most of us have never experienced before. From the very young, to our senior population, we've had to band together and somehow make sure we are all OK.

**MWCN**, along with other organizations, also played an important role in our community this past year. By joining forces with our partners and sharing our resources, we were able to ensure that many activities continued. Thank goodness for technology,... from emails to social media, all the way to Zoom seminars, we were able to stay connected, even if it was in a virtual world.

**Have a look at our 'Save the Dates' events coming this month.**

#### **\*\* COVID-19 VACCINATIONS\*\***

According to the **CAQ**, the campaign for **vaccinations** started Feb 25<sup>th</sup> for persons **85 and older** (Born 1936 or before). The simplest way to get an appointment is to book it via the **LINK**.

**[Clïc Santé \(clicsante.ca\)](http://clicsante.ca)**

If you have no internet connection, you can call **1-877-644-4545**  
Or **MWCN** will gladly help you book your appointment.

**Executive Director:** Pauline Wiedow

#### **MWCN Board Elected officers:**

**President:** Lise Brunette

**Vice President:** Merlin Halliday

**Treasurer:** Tracy Wilkins

**Secretary:** Chuck Halliday

#### **Administrators:**

Maria Friozi

Jayne McClintock

Don Rosenbaum

Judith Picard

Susan Parker

Kosta Theofanos

Marlene Davies

**COMMUNITY COLUMN**  
**'The Balance Sheet of Life'**  
*Submitted by Jeannie Schenker*



A new year is upon us where optimism, positivity and success abide. We take care of ourselves so that we can help and take care of others in our life. We must be diligent, persistent and know that our patience will reap rewards. A multitude of tragedy has been experienced in the world with much heart ache. Just remember our

small pleasures during most of 2020 will become, in time, an abundance in big measures. How wonderful, joyous, and blessed that will be!

Here is a "Balance Sheet of Life" which is simple and factual. Easy for some and harder for others. It is a daily worksheet. Most of the time it is an easy fix for myself when I am persistent, consistent, and put in my heart with compassion of thought into the equation.

Sincerely,  
 Jeannie Schenker  
 Ile Perrot



**THE BALANCE SHEET OF LIFE**

- The most destructive habit ... **Worry**
- The greatest joy ... **Giving**
- The greatest loss ... **Loss of Self-respect**
- The most satisfying work ... **Helping Others**
- The ugliest personality trait ... **Selfishness**
- The greatest "shot in the arm" ... **Encouragement**
- The greatest problem to overcome ... **Fear**
- The most effective sleeping pill ... **Peace of Mind**
- The most crippling failure disease ... **Excuses**
- The most powerful force in life ... **Love**
- The most dangerous act ... **Gossip**
- The world's most incredible computer ... **The Brain**
- The worst thing to be without ... **Hope**
- The deadliest weapon ... **The Tongue**
- The two most power-filled words ... **"I Can't"**
- The greatest asset ... **Faith**
- The most worthless emotion ... **Self-pity**
- The most beautiful attire ... **Smile!**
- The most prized possession ... **Integrity**
- The most powerful channel of communication ... **Prayer**
- The most contagious spirit ... **Enthusiasm**



Jim Beauchamp, an MWCN volunteer, and family, challenged their neighbors on Oakwood crescent in Pincourt to build the best snowman. Do you think they're just a little bit IRISH?

**2nd Annual International Women's Day Celebration**  
**FREE for All on Zoom!** March 6th, 2021 10 am - 12 pm  
**Laughing at Life: No One Ever Gets Out Alive!**  
 Invite your friends, grab a drink and come enjoy this with us on March 6th from 10:00 a.m. - 12:00 p.m. Join us for some fun, laughs, inspiration, talk, music and of course, some door prizes! A **FREE** meal for ALL! \$10-\$20 food or snack donations encouraged!  
**FEATURING: LAUGHTER YOGA**  
**HOW DO YOU DRESS AT A CONTAGIOUS VIRUS LINE CONFD? ... WITH A CONTAGIOUS LAUGH OF COURSE!**  
 Christopher Simons - Crowned champion of the most contagious laugh in Montreal 2018 and recently the champion of the most contagious laugh in all of Canada 2020. Once you share his skills as a laughter teacher, distant love beneficial laughter is for the body and how one can integrate laughing in their everyday lives. Get ready to learn something you never would have thought of when it comes to laughter and humor!  
**INSPIRATIONAL SPEAKERS:**  
 Elayne Gold-Copson - Entrepreneur and owner of BeLivable.ca and more! Inspired donor. Share her insights on how any size biz can make success mean to you!  
 Gail Cooney - Entrepreneur and owner of Challenge Business Resources. Share her insights on how any size biz can make success mean to you!  
**LIVE MUSIC to uplift and energize YOU with local songstress LINDSAY ALEXANDER!**  
 DO GOOD MWCN CHSN Canadian Heritage

**St. Patrick's Day Virtual Celebration!**  
 Come join us online for a celebration of Irish culture, with presentations on the history of the Irish, their music, their games and a fun-filled quiz. All attendees will receive a virtual gift certificate and a special prize.  
**MARCH 13th from 2:00 p.m. - 3:30 p.m.**  
 For more information or to reserve your spot call 450 897 1444 or email: info@competitionbureau.com  
**MARLENE DAVIES** is a professional speaker, author, and host of the popular radio show "The Irish Connection" on 102.5 FM. She has been featured on various media outlets and has written several books on Irish history and culture.  
**KAREN TAMA** is a professional speaker, author, and host of the popular radio show "The Irish Connection" on 102.5 FM. She has been featured on various media outlets and has written several books on Irish history and culture.  
**ERIC ESCOFFIER** is a professional speaker, author, and host of the popular radio show "The Irish Connection" on 102.5 FM. He has been featured on various media outlets and has written several books on Irish history and culture.  
**JOHN DAVID HICKLEY** is a professional speaker, author, and host of the popular radio show "The Irish Connection" on 102.5 FM. He has been featured on various media outlets and has written several books on Irish history and culture.  
 DO GOOD MWCN Canada



**THE LITTLE BLACK BOOK OF SCAMS**  
**(2<sup>ND</sup> Edition)**

*This site is one of the most thorough compilations of*  
**'TIPS TO PROTECT YOURSELF AND RED FLAGS TO WATCH FOR'.**

*Arm yourself with information on*  
**Identity Theft, Medical Scams, Romance scams, Tax Scams, and Door-to-Door Scams**

<https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html>



Congratulations to **Heather Macdonald** of Ile Perrot, Winner of our Valentine Bucket draw in V-S.



These beautiful cards were made by the wonderful students from **St Patrick Elementary** and **Pierre Elliot Trudeau Elementary** and delivered with love to some of our senior members.

Special thanks to the kindergarten teachers:

**Miss Lenora and Mme Moulton from St Pat's, and Mme Suzanne, Mme Renée and Mme Lauren of Pierre Elliot Trudeau.**



Thank you to **Sharon King** of Pincourt who volunteered to make **60** Valentine cookies for our Seniors in V-S and delivered by our wonderful volunteer, **Dennis Roberts**.

**Chateaugay office** had 14 volunteers deliver 56 beautiful cupcakes made by Sweet Treats, operated by **Hailey Minshull** of Chateaugay.



Our **Huntingdon office** delivered 25 Lavender Sachets, made by **April Donelly** of Hinchinbrooke to some of their senior members.



## SAVE THE DATES

### ALL ON ZOOM

**Mar 2<sup>nd</sup>**

**'FIBRO 201'**  
**The Fibromyalgia Association**  
*The types of medication to help manage pain.*  
From 1:00 – 2:30

**Mar 6<sup>th</sup>**

**International Women's Day**  
**Hosted by MWCN**  
*Laughing at Life, No one gets our alive*  
From 10:00 – 12:00

**Mar 9<sup>th</sup>**

**FIRST RESPONDERS**  
**By: The City of Pincourt**  
Understanding everyone's role in a critical situation.  
From 1:00 – 2:30

**Mar 15<sup>th</sup>**

**ST PATRICK'S DAY**  
Celebrate Irish culture with us  
From 2:00 – 3:30

**Mar 16<sup>th</sup>**

**PARKINSON 101**  
Strategies to cope and understanding parkinson's disease.  
From 10:00 – 11:30

**Mar 23<sup>d</sup>**

**COFFEE WITH POLICE**  
**By: Sûreté du Québec V-S**  
2-hour Question & Answer meeting  
From 1:30 – 3:00

**Mar 31<sup>st</sup>**

**YOUR RIGHTS, OUR SUPPORT**  
**By: CAAPA**  
Support for citizens living in a situation where rights are violated.  
From 10:00 – 11:30

### Networking with our Partners

MWCN V-S hosted our Regional Partnership meeting on Feb 9th. These meetings occur every 2 months, and by sharing all our resources, we are able to bring you numerous activities throughout the year. Watch for our SPRING program in April.



## News from Haut-Saint-Laurent



### Congratulations to

**Chad Leduc of Huntingdon**, our latest recipient of a McGill Dialogue Bursary for \$5000. He is presently enrolled in 'Paramedic Care' at John Abbott College and hopes to work in 'The Valley' upon completion of his studies.

### LOW VISION SELF-HELP ASSOCIATION

March 10<sup>th</sup>, from 1:30 – 3:00

**Hadley Institute for the Blind and Visually Impaired - Services & On-line programs**  
[LowVisionSelfHelpAssociation@gmail.com](mailto:LowVisionSelfHelpAssociation@gmail.com)

Contact: Mr. John Ohbert at  
514-694-2965 or  
Irene Lambert at 514-626-2649



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