

**FEBRUARY 2021**

## Montérégie West Community Network

The MWCN is a not-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 Elected officers:

**Executive Director:** Pauline Wiedow  
**President:** Lise Brunette  
**Vice President:** Merlin Halliday  
**Treasurer:** Tracy Wilkins  
**Secretary:** Chuck Halliday  
**Administrators:** Maria Friozzi  
 Jayme McClintock  
 Don Rosenbaum  
 Judith Picard  
 Susan Parker  
 Kosta Theofanos  
 Marlene Davies



**When** we think of Valentine's Day, we often think of the romantic love found in storybooks and movies, but love comes in many different forms. In their pursuit of wisdom and self-understanding, the ancient Greeks found **seven different types of love** that we all experience at some point. **Erotic love** is a passionate and intense form of love that arouses romantic and sexual feelings. It is primal and intense but burns out quickly. **Affectionate love** involves the feelings of loyalty among friends, camaraderie among teammates, and the sense of sacrifice for your pack. **Familiar love** is a natural form of affection that often flows between parents and their children, and children for their parents. **Playful love** is that feeling we have in the early stages of falling in love with someone: a fluttering heart, flirting, teasing, and feelings of euphoria. **Obsessive love** leads a partner into a type of madness and obsessiveness. It occurs when there is an imbalance between erotic love and playful love. **Enduring love** is a love that has aged, matured and developed over time. It is beyond the physical, has transcended the casual, and is a unique harmony that has formed over time. **Self-love** shares the Buddhist philosophy of "self-compassion" which is the deep understanding that **ONLY** once you have the strength to love yourself and feel comfortable in your own skin, will you be able to provide love to others. Finally, **agape or selfless love** is the highest and most radical type of love. **Agape** is what some call spiritual love and is an unconditional love, bigger than ourselves, a boundless compassion, an infinite empathy. It is the purest form of love that is free from desires and expectations, and loves regardless of the flaws and shortcomings of others.

Our wish for you is that you will be both the giver and receiver of at least one type of love that is most meaningful in your life this Valentine's Day and always.

*Happy Valentine's Day!*

# WHAT IS LOVE?



More than just a catchy pop tune from the 90's, "What is Love" is a question people have been asking themselves since the dawn of time, so we thought we'd share a few famous quotes about love to get you thinking about what love is to you!

LOVE IS NOT AFFECTIONATE FEELING  
BUT A STEADY WISH FOR  
THE LOVED PERSON'S ULTIMATE GOOD  
AS FAR AS IT CAN BE OBTAINED

*C. S. Lewis*

All you need is  
love. But a little  
*chocolate* now and  
then doesn't hurt.

CHARLES M. SCHULZ



## CONTAGIOUS KINDNESS KORNER

We would like for simple acts of kindness to be more contagious than Covid 19, so each month we will be featuring a story or two of someone in the community who was either the giver **OR** the recipient of an act of kindness. Here are a few stories for February:

*"Shopping at Maxi a few months ago I realized I had forgotten my wallet. I asked if I could leave my cart full of groceries and go home to get my wallet but the lady behind me offered to pay for my shopping and just asked me to e-transfer the amount. Saved me a lot of hassle."*

- **Angela McInnes**

*"My neighbor across the street always puts my garage can back when I'm not home and even sometimes even if I am home."*

- **Fatima Glowa**



"Happy wife.  
Happy life."

*Clement Bergeron  
MWCN NPI Coordinator  
Married to his wife Denise for 48 years*



## SAVE THE DATES

(please note - ALL activities are currently online.  
There are no in-person activities until further notice)

- ◊February 2<sup>nd</sup>, 9<sup>th</sup> & 16 – Ins and Outs of Laptops – 4 – 6 pm
- ◊February 3<sup>rd</sup> – Let's Talk About Grief – 1 – 2:30 pm
- ◊Recurring every Thursday – A Trip Through Time
- ◊February 4<sup>th</sup> – Tips for Dealing with Life's Challenges Workshop – 1:30 – 3:30 pm
- February 11<sup>th</sup> – March 18<sup>th</sup> – Sketching/Watercolor Class – 12:30 – 2:00 pm
- ◊February 10<sup>th</sup> – Taming Anger - 1 – 2:30 pm
- ◊February 16<sup>th</sup> – Meditation Online – 1 – 2 pm
- ◊February 17<sup>th</sup> – Community Health & Education Program (CHEP) Straight Talk about End-of-Life Options – 10 – 11:30 am
- ◊February 23<sup>rd</sup> - THE ART OF SETTLING DISPUTES: The Basics of Conflict Management – 12:00 – 1:30 pm
- ◊February 23<sup>rd</sup>, March 2<sup>nd</sup> & 9<sup>th</sup> – Ins and Outs of Tablets – 4:00 – 6:00 pm







**One** of the best parts of my job being executive director of the **Montérégie West Community Network** is meeting the people, hearing their stories, and learning how strong, brave and resilient they are.

I would like to present you with a story of one such person who entered my life when the organization was still the Chateauguay English Community Network. Her son called me one day as he had found us on the internet. He was hoping that his mother could become a part of the organization. I made it a priority to meet with her as she was new in the community and was also taking care of her 65-year-old handicapped daughter.

This beautiful lady is a perfect example of love for her family. She takes care of her 65- year-old daughter with very little support. She is also very involved in her grandchildren’s education as for her, education is a priority in helping them to become good hard-working citizens. She often cooks for the family and shares some favorite recipes. This dear lady came to Canada in 1959 after growing up in war torn Croatia and living in a refugee camp in Italy for 3 years waiting for approval to emigrate to Canada. Soon after her arrival she found work and raised 3 children as a single mother. **Zorica Derkovik** is now 92 years old and she asks for very little help as she does not want to be a burden to anyone. Her son died instantly of a massive heart attack in March 2020 just as the Covid was beginning. Zorica’s heart was broken and yet she continues on alone now supporting her daughter. My friend Zorica is a perfect example of **LOVE** and I would like to honour her here.



*Pauline Wiedow, ED*

## Quick QUIZ

What **types of love** from page 1 can you find in this month’s newsletter stories?



### MWCN Member of the Month

Congratulations to Theresa Cessford who was chosen as our **Member of the Month!** We love and appreciate our members!



### MWCN Volunteer of the Month

**Congratulations** to Joanne Murray who was chosen as the **MWCN Volunteer of the Month** for January! Thank-you, Joanne for all you do to make our community a great place to live!



### A NEW FACE IN TOWN!

Hello! I would like to introduce myself as the new Office Assistant at MWCN at the Chateauguay office! My name is Tonya Wright. For a little history of myself, I graduated from Special Care Counselling, and I worked at an English Community Centre in the East End of Montreal as an Activity Coordinator. The last few months I have worked with the Homeless population as a Support Worker. I’m looking forward to this new opportunity as a passion of mine is advocating for the English population. I look forward to meeting you all!

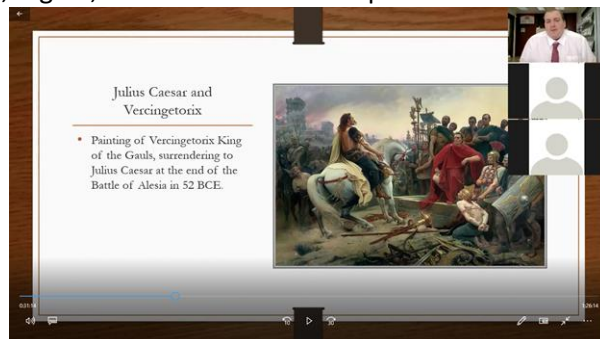
## NEWS FROM THE HAUT SAINT LAURENT (VALLEY)

### **A Trip Through Time**

Every week the Montérégie West Community Network (MWCN) hosts a history activity called a **Trip Through Time**. This activity focusses on a different country, region, or time from different points in our human history. We explore the history that makes these places unique, whether that be through their culture, traditions, or geography.

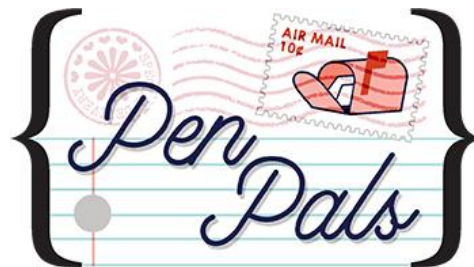


Because of COVID-19 we have had to move the activity online, and we have been using Zoom as an alternative to meeting in person. Zoom allows for all the same interactions to happen just without the physical meeting, which is important for the time being. This activity allows for participants to be part of a lively conversation where they can offer comments, ask questions, and give their personal experiences to create a rich atmosphere of learning. We can be found online each Thursday morning from 10:00 a.m. – 12:00 p.m. **Call or email** any one of our **3 offices** to join us for a **Trip Through Time!**

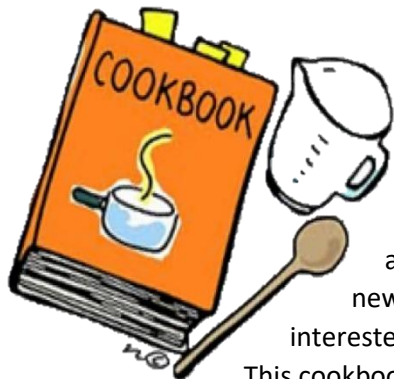


### **Pen Pal Activity**

The Montérégie West Community Network (MWCN) has partnered with the **Heritage Treasures Museum**, located in Howick, to create an intergenerational pen pal program. We have asked 15 seniors from the Howick and Huntingdon areas to participate in conjunction with Franklin Elementary School students in the grade 5/6 class. The program began in October 2020 and will continue until March 2021, we have had to adjust the program to comply with COVID-19 regulations and worries. All things considered, the program has been a great success, the students have enjoyed the novel experience of receiving a letter and making a new friend. For the seniors it has been a time of reflection, reminiscing about their own youthful traditions and sharing knowledge from a time gone by. Some of the formal suggested topics included: Halloween, Remembrance Day, and Christmas. Along with thoughts shared on these topics, other information was communicated such as hobbies, career aspirations, pets, and even adored superheroes.



### **Heritage Treasures Museum and MWCN Escaping from COVID-19 Cookbook**



Over the course of the past year, we have experienced a multitude of difficulties related to the COVID-19 pandemic. We thought that the best way to relieve some of our stress was to share some of our **favorite culinary stories, recipes, pictures, or traditions** so that we could compile them and make a permanent COVID-19 cookbook. We all love to eat! Many of us have been spending more time both cooking and eating! So, this is a great opportunity to share some of your favorite recipes both new and old with us. We look forward to hearing about your culinary adventures. Anyone interested in contributing can email Elliott at: [ss.mwcnhuntingdon@gmail.com](mailto:ss.mwcnhuntingdon@gmail.com).

This cookbook is going to be a keeper!



## MWCN'S PARTNERS INITIATIVES

With most programming now online, MWCN members have access to our partners initiatives as well. Here's a small sampling of what's being offered...

### RECHARGE from ARC

ARC's **ReCharge Program** for care givers is guided by a clinical and teaching nurse with guest speakers as well who will introduce you to mindfulness activities to **Recharge** your energy and make you feel better while taking care of your loved ones.

#### What is a Care giver?



If you are taking care of a loved one, a family member, a neighbour or a friend; for a few hours per week or full time; at home or not, **YOU ARE A CAREGIVER**

**Re Charge**  
Workshops for Caregivers

- Basic First Care Techniques
- Medical Emergencies (Strokes & falls)
- The mechanics of the body
- Support & resources for Alzheimer's disease
- How to prevent infections
- Caregiver's Self-Care
- Stress Management (Mindfulness activities)
- And many more topics

**NEXT TWO ONLINE DATES**

- » Every Tuesday from February 16th to March 30th from 6:00 p.m. to 8:00 p.m.
- » Every Thursday From February 18th to April 1st from 6:00 p.m. to 8:00 p.m.

This program is made possible thanks to the financial support of

**L'APPU** POUR LES PROCHES AYANTS DES BESOINS  
MONTRÉAL

**Free registration:**  
514-608-9600  
[arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com)



“

There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.”

ROSALYN CARTER

## SOUTH SHORE LITERACY COUNCIL



The South Shore Literacy Council presents  
**Pack Your Bags**  
Southern Edition

A monthly ZOOM program for "Snowbirds" that takes you virtually to WARM, world destinations with local animators

Tuesdays 9 Feb, 9 Mar, 13 Apr, 11 May 2021  
12 PM – 1 PM

To register:  
<https://form.123formbuilder.com/5770947/form>  
For more info: [ssliteracy@gmail.com](mailto:ssliteracy@gmail.com)



The South Shore Literacy Council is hosting

**TED Circles**

Tues 23 Feb, 23 Mar, 27 Apr, 25 May 2021

12 PM – 1 PM via ZOOM

To Register click or copy this link:  
<https://form.123formbuilder.com/5778749/sslc-ted-circles-registration>

TED Circles is an open community of small groups that meet for conversations about big ideas. It's a new TED initiative where volunteer hosts invite friends, neighbors, strangers, or a mix - many who've never attended TED or TEDx events - to discuss a variety of interesting topics. You can [learn more on the webpage](#) and in this [animated video](#).

More info: [ssliteracycouncil@gmail.com](mailto:ssliteracycouncil@gmail.com)

## 5 Tips for Supporting Our Children and Teens

### 1. Be present

Being near or hugging your child may encourage him or her to confide in you. Be attentive (many children express what they are experiencing through their games, drawings, and questions). Acknowledge his or her emotions (e.g., "I can see that you're sad right now...").

### 2. Use this time to relax and do activities as a family

Try to slow down. Make the most of this time by playing with your child and doing things that he or she enjoys (crafts, board games, a home movie theater, reading, an obstacle course, cooking together, etc.). This will be a great source of comfort for you all.

### 3. Encourage your child to stay in touch with other family members or friends (while respecting the current health measures)

There are several ways to do this (phone, chat, video calls, social networks, e-mail, outdoor excursions, etc.) Why not plan a dinner or an evening of virtual games? You could even dress up or wear themed accessories!

### 4. Monitor for signs of psychological distress

There are certain signs that may indicate that something is not quite right, (e.g., headaches, sleep disturbance, decreased appetite, insecurity, irritability, aggression, isolation, withdrawal, etc.). Keep an eye out.

### 5. Limit their exposure to the media and adult conversations

Avoid letting your child watch news stories about the pandemic over and over again. If you are feeling concerned about the situation, discuss it with another adult. Try not to have worrying discussions (increase in COVID cases or deaths, financial problems, etc.) in the presence of your child.

### For more information, go to:

<https://santemonteregie.qc.ca/en/west/taking-care-our-children-and-teens>

## ARTHRITIS SOUTH SHORE

### FREE Adapted Fitness Exercises online

January 12, 2021 to March 16, 2021  
10 a.m. till 11 a.m.

Prof: Jean Proulx. Warm-up, aerobic activities, stretching, fitness. Exercises done standing or on a chair with a rubber band, stick, dumbbells, balls, or equivalent home-made.

### FREE Support group: Share and Shine Together

February 26 from 1:30 p.m.- 3 p.m.

Online informal gathering for those who wish to join the arthritis community to share about arthritis, talk of their own story and experience, inspire and be inspired, learn from others.

Register for either event  
at [info@arthriterivesud.org](mailto:info@arthriterivesud.org) to get the link.



Click on the link below to find out what's new!

<https://chssn.org/wp-content/uploads/2021/01/Netlink->

## 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!



Yesterday is but a dream, tomorrow is but a vision.  
But today well lived, makes every yesterday  
a dream of happiness, and  
every tomorrow a vision of hope.  
Look well, therefore, to THIS day.

Kālidāsa

