



Monday, April 26th, 2021

Marvelous Monday

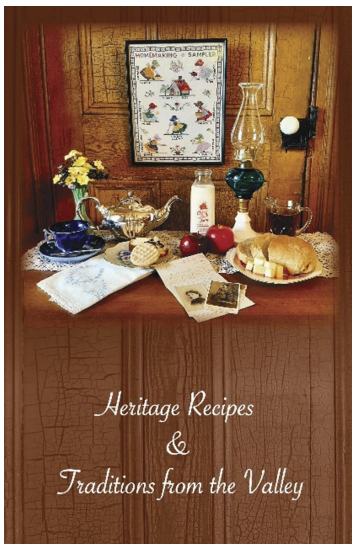
WE HOPE YOU ARE ALL DOING WELL!

Did you know?

April 26th is the 17th Monday in 2021, the 38th day of Spring, and there are 56 days until Summer! I have already been planning for summer; waiting for the weather to get nicer to open up the pool, and seeing more people out and about gardening and enjoying the fresh air.

AUDIOBOOKS AT THE OFFICE

At the office we have audio books to lend out to those who are interested! We have many authors and over 100 books! If you are interested, please contact the office and we can send you the list through your email.



News from Our Huntingdon Office

Heritage Treasures Museum and MWCN would like to announce that their Heritage Recipes & Traditions from the Valley cookbooks will be available for purchase this week.

Cookbooks are just \$10 and can be purchased at the Chateauguay office!

A lot of hard work and care was put into the creation of this keepsake by Heritage Treasure Museum board members and MWCN coordinator, Elliott Arthur.

MONTÉRÉGIE WEST COMMUNITY NETWORK

**255 BOULEVARD D'ANJOU
SUITE 203
CHATEAUGUAY, QUEBEC
J6J 2R4**

STAFF:

**PAULINE WIEDOW
EXECUTIVE DIRECTOR**

**NANCY LANDRIGAN
PROJECT COORDINATOR**

**TONYA WRIGHT
OFFICE ASSISTANT**



HEALTHY RECIPES FOR SPRING

Avocado Breakfast Bowl

- 1/2 Cup of water
- 1/4 cup red quinoa
- 1 1/2 teaspoons olive oil
- 2 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 avocado
- 2 tablespoon crumbled feta cheese

Stir water and quinoa together in a rice cooker; cook until quinoa is tender, about 15 minutes.

Heat olive oil in a skillet over medium heat and cook eggs to desired doneness; season with seasoned salt and pepper.

Combine quinoa and eggs in a bowl; top with avocado and feta cheese.



“A healthy outside starts from the inside.” - Robert Urich

GREEK YOGURT CHICKEN SALAD SANDWICH

INGREDIENTS:

- 2 cups leftover rotisserie chicken
- 1/2 cup diced red onion
- 1/2 cup diced apple
- 1/2 cup grapes, halved
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds
- 1/2 cup plain Greek yogurt
- 1 tablespoon freshly squeezed lemon juice, or more, to taste
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- 8 slices bread
- 4 leaves Boston bibb lettuce

DIRECTIONS:

In a large bowl, combine chicken, red onion, apple, grapes, dried cranberries, sliced almonds, Greek yogurt, lemon juice, garlic powder, salt and pepper, to taste.

Serve sandwiches on bread with chicken mixture and lettuce.





*“Gardening is the work of a lifetime:
You never finish.”
- Oscar De La Renta*

GARDENING TIPS

It is getting to that time of the year when we can all spend more time outside, and with Covid still being around...at least we can spend time in our gardens! I have never been one to garden, but I found these following steps to be helpful when you are a beginner!

- 1. Site it right.** Starting a garden is just like real estate, it's all about location. Place your garden in a part of your yard where you'll see it regularly. That way, you'll be much more likely to spend time in it.
- 2. Follow the sun.** Misjudging sunlight is a common pitfall when you're first learning to garden. Pay attention to how sunlight plays through your yard before choosing a spot for your garden. Most edible plants, including many vegetables, herbs, and fruits, need at least 6 hours of sun in order to thrive.
- 3. Stay close to water.** One of the best gardening tips you'll ever get is to plan your new garden near a water source. Make sure you can run a hose to your garden site, so you don't have to lug water to it each time your plants get thirsty. The best way to tell if plants need watering is to push a finger an inch down into the soil (that's about one knuckle deep). If it's dry, it's time to water.
- 4. Start with great soil.** When starting a garden, one of the top pieces of advice is to invest in soil that is nutrient-rich and well-drained. Achieve this just-right blend by mixing 3 inches of Miracle-Gro® All Purpose Garden Soil into the top 6 to 8 inches of existing soil if you're planning to plant in the ground.
- 5. Consider containers.** When space is at a premium, look to containers. You can grow many plants in pots, including vegetables, herbs, flowers, fruit trees, berries, and shrubs. When gardening in containers, use a pot that's large enough for the plant it's hosting, and fill it with Miracle-Gro® Moisture Control® Potting Mix. Not only is it specially formulated to help plants in pots thrive, but it also helps protect against over- and under-watering.
- 6. Choose the right plants.** It's important to select plants that match your growing conditions. This means putting sun-loving plants into a sunny spot, and giving ground-gobbling vines like pumpkins and melons ample elbow room (or a trellis to climb). Do your homework and pick varieties that will grow well where you live and in the space you have.
- 7. Learn your frost dates.** Planting too early (or late) in the season can spell disaster for your garden. You need to know the last average spring frost date for your area so you don't accidentally kill plants by putting them out prematurely. It's also good to know your first average fall frost date so that you get your plants harvested or moved indoors before late-season cold damages them.
- 8. Add some mulch.** Apply a layer of mulch that's 2 to 3 inches deep around each plant. This will help reduce weeds by blocking out the sun, and reduce moisture loss through evaporation, so you have to water less.
- 9. Feed plants regularly.** We've already talked about the importance of starting with great soil, but that soil works best in concert with regular boosts of high-quality nutrition for your plants. In other words, amazing soil + top-notch plant food = super garden success!

Joke Corner

I'm really not into spring cleaning.



Come to think of it, I'm not into summer, fall or winter cleaning either.

Visit Jim Hunt at facebook.com/huntcartoons



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!





Membership Drive 2021



Attention all Members:
For every new member you bring into MWCN, your name will be put into a draw to win a great prize! We will be having these draws every 3 months!

The locations of MWCN

Chateaugay
255 Boulevard D'Anjou, Suite 203

Pincourt
91 St Avenue, Suite 204

Haut-Saint-Laurent
72 Dalhousie, Suite 201

\$10 for 1 year membership
\$20 for 2-year membership
\$25 for 3-year membership



Tek Talk is an 8-week workshop where participants can come get one-on-one help with all their technology questions about computers (laptops and desktops), tablets and cellphones.

- What is Zoom and how do I use it?
- Emails
- Texting
- Instant Messaging
- Online banking
- YouTube, Facebook, Instagram, Twitter
- How to connect with family and friends face-to-face with your device
- Downloading music
- Games
- Online movies and more!

DATE: April 6th – May 25th (8 weeks) from 4:00 – 6:00 p.m.

LOCATIONS: Online on Zoom (Laptop, Desktop computer or tablet required)

FREE for MWCN Members. \$10.00 for non-members.

For more information or to reserve your spot call 450-691-1444 or rlandrigan.mwcn@gmail.com



Canadian Heritage Patrimoine canadien



Hawaii

A Trip Through Time

Presented by
Montréal West Community Network

Please join us this week as we take a journey through Hawaii
Thursday April 29th, 2021
From 10 AM to 12 PM

If you are interested in attending please let Elliott know,
He can be reached by:
Phone: (450) 264-3596
Email: ss.mwcnhuntingdon@gmail.com

MWCN MEMBERSHIP INFORMATION

It is time for membership renewal! There are a few ways in which you can pay membership to MWCN!

You can mail us a cheque, you can come by the office to pay (call us first to make an appointment) or you can e-transfer us at mwcn2016@gmail.com (please put membership as the answer)

Membership is as follows :

\$10 for 1 year

\$20 for 2 years

\$25 for 3 years



PROGRAM OF FREE ACTIVITIES - SPRING 2021 MONTÉRÉGIE WEST COMMUNITY NETWORK (MWCN) IN PARTNERSHIP WITH COMMUNITY ORGANIZATIONS

FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTÉRÉGIE WEST

APRIL, MAY AND JUNE 2021

ALL SESSIONS ARE ON ZOOM SO ENJOY THE COMFORT OF YOUR HOME

FOR REGISTRATION: LORIE MARCOTTE 514 425-0399 lmarcottewmwn@gmail.com
(please include your telephone number and the city you are from – for reference only)

THE VALUE OF VOLUNTEERING - By Montérégie West Community Network (MWCN) - Pauline Wiedow, Executive director Building: confidence, competence, connections and community.	Tuesday, April 20, 2021 from 10:00 to 11:30 a.m.
THE EXPANDING ROLE OF YOUR COMMUNITY PHARMACIST - By the Community Health Education Program - CHEP	Wednesday, April 21, 2021 from 10:00 to 11:30 a.m.
LET'S TALK ABOUT GRIEF - By the Fondation de la Maison des soins palliatifs de Vaudreuil-Soulanges - Laura Lindner The raw, intense emotions that grief brings may, to some, seem impossible to handle. Let's talk about grief and ways in which we can navigate through the pain of loss and rebuild ourselves once again.	Tuesday, April 27, 2021 from 1:30 to 3:00 p.m.
CULTIVATING A BETTER RELATIONSHIP TO OUR BODIES - By the Centre de femmes la Moisson - Katherine Barr, Therapist In this conference we will explore our relationship to our bodies, our body image and why it is important on our journey of self-love to also develop a better relationship with our body.	Wednesday, May 5, 2021 from 1:30 to 3:00 p.m.
AGING IS LIVING - By Kirstin Bennett, Advisor in Health and Wellness During our time together I hope to offer an arena to explore ways to make small changes and learn a little more about the power we have to affect how the brain works. My goal is to bring about improved motivation for longevity and a better quality of life. You can always invest more in your personal plan for well-being and today is the best day to start.	Tuesday, May 11, 2021 from 1:30 to 3:00 p.m.
AUTISM 101: WHAT EVERYONE SHOULD KNOW ABOUT IT - By Autism Montérégie - Natalie Gervais We are all unique. Each person with an autism spectrum disorder (ASD) is unique too. Autistic person just ask to be understood for their better social inclusion. Will you make the difference?	Wednesday, May 12, 2021 from 1:30 to 3:00 p.m.
JOB HUNTING IN 2021: HOW TO PRESENT YOURSELF - By the Carrefour Jeunesse Emploi de Vaudreuil-Soulanges (CJE) - Talia Pépin The CJE are the employment experts for the 15 to 35 year olds. Asking yourself what are the new trends for a resume? You want to help your child in their employment search? A workshop where we will discuss the differences in generations and the employment search process. You will better understand our services and why our organisation is a go to place for all 15 to 35 year olds.	Tuesday, May 18, 2021 from 1:30 to 3:00 p.m.
TICKS & LYME DISEASE - By the Community Health Education Program - CHEP	Wednesday, May 19, 2021 from 10:00 to 11:30 a.m.
KNOW YOUR WORTH : IT'S OK TO PUT YOURSELF FIRST - By the Grand Rassemblement des Aînés de Vaudreuil et Soulanges - Gabrielle Chartrand, Social worker The first step in learning how to love and respect yourself is to learn how to clearly and concisely set your own boundaries. A guide on how to say "no" and treat yourself to the peace of mind you deserve.	Tuesday, May 25, 2021 from 1:30 to 3:00 p.m.
YOU'VE GOT SKILLS! - By P.S. Jeunesse Vaudreuil-Soulanges - Valérie Bujold, Counsellor This workshop is designed for people 35 years and older who want to change career or wish to go back on the job market after a while and don't know where to start.	Tuesday, June 1, 2021 from 1:30 to 3:00 p.m.
COOKING WITH DANDELIONS : THE BACKYARD FOE - By Hudson Food Collective - Esme Terry and Itzel Vazquez Using every part of the dandelion (root, leaf and flower), learn how to create tasty, nutritious and health giving recipes from your backyard.	Wednesday, June 2, 2021 from 1:30 to 3:00 p.m.
ON-LINE MEDITATION - By the Grand Rassemblement des Aînés de Vaudreuil et Soulanges - Gabrielle Chartrand, Social worker Make yourself comfortable together with an exercise in visualisation and meditation. The tools we will use during this session will enable you to do this exercise at home as many times as you wish.	Tuesday, June 8, 2021 from 1:30 to 2:30 p.m.
BEING A PARENT IN 2021! - By La Maison de la Famille de Vaudreuil-Soulanges - Holly Emard and Nicolas Viau Being a parent in our busy lives has its share of challenges through finding a balance between work and family life, learning different parenting skills and offering support for our school-aged children. We all want to be caring and benevolent parents, but we also need to take care of ourselves to find balance. We will provide some tools to help.	Wednesday, June 9, 2021 from 1:30 to 3:00 p.m.
CAMP AND OUTDOOR ACTIVITIES FOR EVERYONE - By the Centre Notre-Dame-de-Fatima - Steven Grenier We will outline the human benefits of outdoor activities and the importance of accessibility for all of them. You will learn more about the example to follow, while better understanding the typical functioning of an organisation such as the Notre-Dame-de-Fatima Center, which specializes in this field.	Tuesday, June 15, 2021 from 1:30 to 3:00 p.m.
VISION - EYE CARE - By the Community Health Education Program - CHEP	Wednesday, June 16, 2021 from 10:00 to 11:30 a.m.
WHAT? DO I REALLY NEED A HEARING TEST? - By Manon Trudel, audiologist We will explain how we hear, the most frequent ear problems, the aging process, how we measure and compensate for a hearing loss.	Wednesday, June 23, 2021 from 1:30 to 3:00 p.m.

FOR INFORMATION: CLÉMENT BERGERON 514 453-6257 clementbergeron@videotron.ca | MORE ABOUT MWCN: www.mwcn.ca

Our mission is to develop a strong and vibrant English-speaking community in Montérégie West and Vaudreuil-Soulanges through Education, Culture, Health, Social and Community Services and Partnerships