

MARCH 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:

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



### A Word from our Director

**March**, how did we get here so fast?!!!

Now there is so much to look forward to. Longer days, a warmer sun, opportunities to sit on the balcony, walking, planning and perhaps a little relief from Covid once the vaccines start rolling out this month.

We at **MWCN** are excited about spring and the opportunities it presents to serve our community. We are looking forward to our **2<sup>nd</sup> Annual International Women's Day** event on **March 6<sup>th</sup>** from 10-12. You do not want to miss this, register as soon as you get this newsletter. We have inspirational speakers, laughter yoga, music and prizes. On **March 15<sup>th</sup>** from 2 -3:30 our **St-Patrick's Day event** will be exciting. We have presenters in Irish studies, the history of the Irish in Chateauguay, Irish dancers on video and a story teller. Come join this exciting event, but make sure you are wearing green. March is also known for the **cabane à sucre**, so we are planning a surprise for our members that will sweeten your spring forward once you have moved your clocks into daylight savings time on **March 14<sup>th</sup>**. April is our month to honour our volunteers so you can expect some special events coming up as we celebrate paying it forward.

**MWCN** represents 85,000 English-speakers in the Montérégie West. However, we also have community membership and at present we have 365 paid-up members. Our fiscal year goes from April 1<sup>st</sup> to March 31<sup>st</sup> and our membership drive will begin April 1<sup>st</sup>. Watch for our letter reminding you to **renew your membership** in the coming weeks. All of the events mentioned above are **FREE** for everyone and in the next issue of our Newsletter we elaborate further on what type of support you will be getting once you join our dynamic non-profit organization that is representing **YOU** throughout Quebec.

*Pauline Wiedow*

## MEMBERSHIP RENEWAL TIME

A reminder that our yearly membership renewal is coming soon. MWCN's calendar year runs from April 1st to March 31st. Memberships are accepted at anytime as well as renewals. Contact our office at 450-691-1444 if you are not sure of your status, would like to renew or want to become a member.

### Individual membership fees:

\$10 for one year

\$20 for two years

\$25 for three years

### Organizations:

\$20 for one year

\$40 for two years



### VALENTINE'S DAY BASKET DRAW

Georgina Ramos was the lucky winner of our **Valentine's Day Basket** full of goodies. She will get to enjoy a beautiful homemade afghan, jewelry, baking moulds and some delicious chocolate!

**Congratulations** Georgina!

### VALENTINE'S DAY DELIVERIES

Our **Valentine's Day Elves** in Chateaugay were hard at work last month preparing and delivering special goodies from **Simply Sweet Treats** to some seniors who would otherwise be spending Valentine's Day alone. A special thanks to all our volunteers who helped share a little sugar and **Valentine's Day love** in the community! **Here's what one lucky recipient had to say:** "I just want to say 'Thank- you very much' for the lovely surprise on Thursday. I used the boxes and gave a surprise to two very good friends on Sunday. I am so happy to be a member of such a caring group of people."

**Donnela Bouchard**



## 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 **March**:

*"The person in front of me in drive-through paid my coffee at Tim's"* 😊 - **Sab Mc**

*"A few times some friends have called to ask if I was missing any groceries and picked some up for me 😊 I also got cookies dropped off a few times or a meal was shared. For Christmas one of my friends bought gifts for my family."*

-**Clareena May Lindsay**

*"The attendant in my son's class at Harmony offered to the parents to set up meetings on Teams so our kids could see each other safely over the holidays. I was so touched that she took time out of her vacation to do that for the kids. She even organized online scavenger hunts for them."*

-**Jackie Smith**

### SAVE THE DATES

(please note - **ALL** activities are currently online.

There are no in-person activities until further notice. If you need help to set up with Zoom, let us know, we can help!)

Every Wednesday – **French Conversation with George** – 7 – 8:30 pm

March 1 & 22: **Book Club** – 10 am – 12 pm

March 6 – **International Women's Day Celebration** – 10 am -12 pm

March 10 & 17: **Zoom Training** with Jayme McClintock – 1: - 3:30 pm

March 15 – **St. Patrick's Day Celebration** - 2:00 – 3:30 pm

March 16, 20, & 30 – **Ins and Outs of Laptops** – 4 – 6 pm

March 29: **Crafts with Heather** – 10 am – 12 pm

**EVERYONE**  
is IRISH on  
*Saint*  
**PATRICK'S DAY**

**NEWS FROM THE HAUT ST. LAURENT (VALLEY)**

MWCN is happy to announce winners of the *Dialogue McGill Bursaries* from the Valley and to be part of assisting young people see their dreams come true.

**Leslie Rogers** is in her third and final semester of the *Nursing Program at John Abbott College*. She was presented her 2<sup>nd</sup> installment of \$2,500 for a total of a \$5,000 bursary at the Huntingdon Wellness Center.

**Chad Leduc** was the other winner of a \$5,000 bursary. Chad is in his first year of a 3-year program in the *Paramedic Care Program* at John Abbott College.



Leslie Rogers receiving the 2<sup>nd</sup> installment of her bursary.



Chad Leduc receiving the first installment of his McGill bursary.

Both Leslie and Chad are former graduates of *Chateauguay Valley Regional High School* in Ormstown, Quebec. Leslie is hoping to start her career right here in the Valley and Chad hopes that when he has completed he can also work close to home either with Paraxion in Huntingdon or the CETAM in Valleyfield or Ormstown. The Valley is lucky to have them. **Congratulations** to both!



**Love was in the air on Valentine's Day**



Elliott, Kim and volunteer, Don Rosenbaum had the joy of delivering beautifully packaged *Lavendar Sachets* from *Vallée Lavande* in Hitchinbrooke to members whose names were drawn throughout the Valley. It was nice for us to drop by and get a chance to visit some of our members and help brighten their day and members were very appreciative of the surprise:

*"Thank you for the lavender sachet and the newsletter you delivered yesterday. What a nice surprise! You are doing a terrific job with the MWCN. Keep up the good work and the interesting projects. Stay well and safe."*  
- **Linda Bown**



Cindy Stonehouse was happy to receive her Valentine's gift.



**Valentine's Day Basket Draw**  
Congratulations to **Kathy McFall**, an **MWCN** member residing in Ormstown, who was the big winner of our **Valentine's Basket** of goodies.



## MWCN'S PARTNERS INITIATIVES

### NEED HELP WITH YOUR TAXES?

*Centre d'action bénévole* can help! If you make **less than \$35,000/year**, they will do your taxes for you for the low price of \$5.00. See *flyer below* for more details:

## CLINIQUES D'IMPÔTS

### TAX CLINICS

1er MARS AU 30 AVRIL 2021  
MARCH 1st TO APRIL 30th 2021



**FRAIS DE FEE OF 5\$**

**PROFESSIONNEL, SÉCURITAIRE ET SANS CONTACT**

**PROFESSIONNAL, SAFE AND CONTACTLESS**

**OÙ DÉPOSER VOS DOCUMENTS:**  
WHERE TO DROP YOUR DOCUMENTS:

**Centre d'action bénévole**  
10 Gilmour, Châteauguay  
Lundi-jeudi: 8h30 - 12h et 13h - 16h30  
Vendredi: 8h30 - 12h et 13h - 15h

**Église Ste-Marguerite d'Youville**  
8 Rainville, Châteauguay  
Lundi: 10h - 12h et 13h30 - 16h  
Mardi-vendredi: 9h - 12h et 13h30-16h

**OMH**  
33 St-Joseph, Châteauguay  
Lundi-vendredi: 8h30 - 16h

**Centre culturel Vanier**  
15 Boul. Maple, Châteauguay  
Lundi-jeudi: 8h30 - 16h  
Vendredi: 8h30 - 12h

**Hôtel de ville Sainte-Martine**  
3 rue des Copains  
Chute à courrier disponible en tout temps

**Hôtel de ville Saint-Urbain-Premier**  
204 rue Principale  
Lundi-jeudi: 8h30 - 16h  
Vendredi: 8h30 - 12h

**Entraide Mercier**  
959 rue St-Joseph, Mercier  
Lundi-dimanche 9h30 - 17h

**Hôtel de ville Saint-Isidore**  
671 rang Saint Régis  
Lundi-jeudi: 8h30 - 16h  
Vendredi: 8h30 - 12h

### COVID-19 VACCINATION



Throughout Québec, people **85 years of age or older** (born on or before 1936) can now make **appointments to get vaccinated**.

The Government of Québec's vaccination campaign is working through the **order of priority** specified by the Comité sur l'immunisation du Québec. Before you register, please read the information provided at [Quebec.ca/COVIDvaccine](https://Quebec.ca/COVIDvaccine) to be certain that you are in the current priority group to avoid being turned away when you get to the vaccination centre.

Please note that an **appointment is mandatory** and that the planned order of vaccination in your region must be followed.

COVID-19 vaccination is being **done in stages** and is reserved for **people in priority groups** for the moment. If you are not part of the group that is being vaccinated, do not call or show up to get vaccinated. You will be informed at the appropriate time when your age group can start making appointments.

If you need assistance registering for your vaccine **call us at 450-691-1444** and we can help you register. We're only a phone call away!

## CONSERVING HISTORY RE-IMAGINED

Last February, students at *Harmony Elementary* school interviewed seniors about their life-stories with the intention of creating a book of memoirs. Unfortunately, the project got cut short as a result of Covid. So, in the Fall, we set out to re-imagine what we could do to salvage the work that was already done and came up with **MWCN's 2020 Yearbook** chronicling the past year of events which includes the original *Conserving History* stories. The student and senior participants have received a **FREE** copy to thank them for their work on the project and we still have copies available for sale for \$5.00 each. To pick up **YOUR** copy, give us a call to set up a time to drop by our office and get yours. Who knows, maybe you're in there too!



*Serge Coulombe* picks up his **FREE** copies of the **MWCN 2020 Yearbook** for him and his wife, *Josette* to thank them for participating in the *Conserving History* project.

### 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!

