

JUNE 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.



Important Message from the MWCN Board of Directors President

On Tuesday, June 22nd the Montérégie West Community Network (MWCN) will be hosting its Annual General Meeting both in person at the Vanier Cultural Center and via ZOOM.

NOTE: If you wish to vote on proposals during the AGM or apply for a Board position, you must be a member of the MWCN. If you are not already a member, you have until June 20, 2021 to join.

During the meeting, as is being done every year, we hold elections and this year we have five (5) positions to elect.

The Board of Directors meets 11 times during the year and requires involvement from its members. Board members are expected to attend a minimum of 8 meetings per year. If you are interested in becoming a Board member, please understand that it is a commitment to be made on your part.

MWCN is growing rapidly and is engaged in multiple activities. As a Board member you need to be regularly informed of everything happening, not because we want our Board members to do the work, but as knowledgeable participants in governing discussions. For these reasons, if you feel you can commit to this requirement, please apply for a position by emailing us to indicate your interest.

Thank you for your attention to this information and I hope to see a great number of you at the Annual General Meeting.

Lise Brunette
President

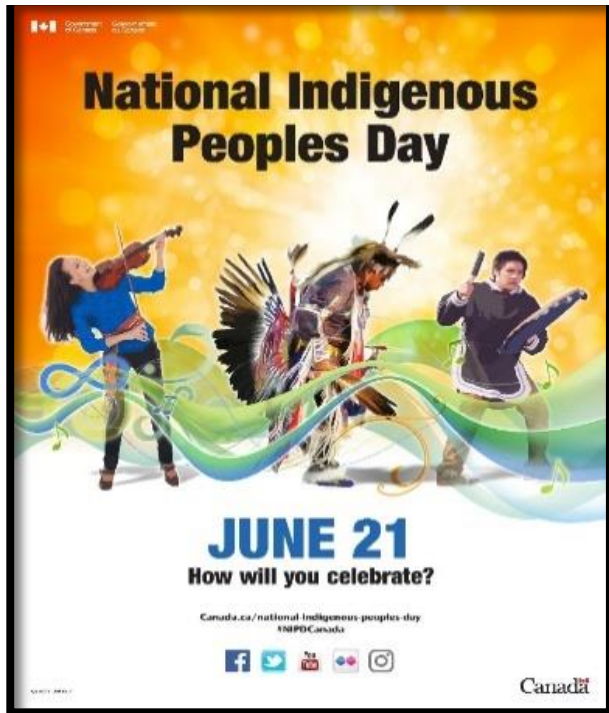
MWCN Board Elected officers:

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

DID YOU KNOW?

June 21st is **National Indigenous Peoples Day** in Canada. This is a day for **ALL Canadians** to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of **First Nations, Inuit and Métis** peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own **distinct heritage, language, cultural practices and spiritual beliefs**.

In cooperation with Indigenous organizations, the Government of Canada chose **June 21**, the summer solstice, for **National Aboriginal Day**, now known as **National Indigenous Peoples Day**. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.....and now you know!



Our Chateauguy office held a drawing last month for our **Mother's Day Gift Basket** containing a journal, a book, an afghan, gardening gloves, a beautifully painted rock, and a \$50 gift certificate to the bakery, Simply Sweet Treats. Congratulations to the lucky winner, Grace Brasseur!

KINDNESS KORNER STORIES

I had a peacekeeper behind me at Tim's two weeks ago, as I continued on to Montreal, he pulled up along side me and flashed the lights to thank me.

-Clarence Digout

Our own office assistant, Tonya had a similar story to tell this month. She was with her son, Callen in the drive-thru at the Dairy Queen where the driver in front of her was loudly playing a Motown song and was dancing. Tonya and Callen liked the music so much, she turned down her radio and started rocking out to the tune too. The driver in front made eye contact with her and gave an appreciative smile. When Tonya finally pulled up to pay for her order, the cashier told her the car in front of her paid for her order and asked the cashier to tell her to have a nice day and that he hoped it would make her day. Tonya said that the small meaningful gesture did, in fact, make her day! It was also a teaching moment for Tonya to show her son how small acts of kindness can make a difference in the world!



The **Happy Laps Walking Group** have been getting out for some fresh air, exercise and social time again. Come out and join us every **Monday from 9:30 – 11:00 a.m.** (depending on the weather) at the **Billings High School Track**. For more information or to register, call our office at 450-691-1444.

SAVE THE DATES

- ♦ June 8th – June 29th from 9:30 – 10:30: Yoga in the Park
- ♦ June 9th – June 30th from 9:30 – 10:30: Zumba in the Park
- ♦ June 21st from 10 – 12: Crafts with Heather
- ♦ June 22nd from 6- 8: MWCN Annual General Meeting

NEWS FROM THE HAUT SAINT LAURENT

On a sad note, MWCN member Helen Stewart passed away last month on May 7th after a brief stay in the hospital. Her friend, April Donnelly told us that she really enjoyed all the MWCN activities she was able to participate in. She had recently received a copy of the Heritage recipes cookbook from Elliott and already enjoyed preparing two of the recipes.



They both loved Elliott's Trip Through Time talks on Thursdays and she was thrilled with the maple syrup she recently received and her chats when Elliott dropped in. April said, "We don't realize how important a short visit can mean to someone." Thankfully, April was glad she had taken notes about Helen's life as often seniors in our community pass away, taking with them all their wonderful reflections. Helen loved participating in the round table - she was such a people person that loved sharing all of her vast knowledge. She will really be missed.



April Donnelly paying Helen a visit

PenPal SCHOOLS

Our first set of student letters were written, mailed out and delivered to the delight of 52 seniors throughout the Valley. Students introduced themselves, wrote about their families, hobbies, etc. and proceeded to inquire the same from their Senior pen pals. Seniors are in the process of writing back and everyone is awaiting their next envelope. Such a great way to connect young and old in a fun, educational setting.



Heartfelt THANKS TO OUR VOLUNTEERS!

Valley Volunteer Award

MWCN was excited to make a visit to the home of volunteer, Jeannie Rosenberg, to present her with a Certificate of Recognition from Peter Schiefke, the Member of Parliament for Vaudreuil-Soulanges.

Jeannie has kindly donated her time each week to offer English Language conversation sessions by zoom to local health care professionals. As a local Valley retired physician, Jeannie still continues to support our Health & Social Services.

This is a perfect example of how all MWCN offices and members can connect and share their expertise. Congratulations, Jeannie and thank you for all you do!



Congratulations to Betty McIntyre, the lucky winner of our Mother's Day Basket drawing last month!



New Guidelines for Covid 19 Restrictions in Quebec

FLEXIBILITY AT ALL LEVELS



STAR Program Winners

Recent Star Program winners were highlighted in an article from CISSMO. Congratulations to Chantal Boyer and Marcelin Cloutier, the lucky winners. Do you know an employee, a volunteer or a team at a community or public organization who stands out for having made a special effort to improve the health and well-being of Montérégie's English-speaking community members?



We invite you to nominate them for the Special Thanks And Recognition (STAR) Program. The nomination period is now open and runs until June 15th. You can fill out the nomination form here:

<https://fr.surveymonkey.com/r/TNYYYH5>



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!



RECHARGE workshops for Caregivers from our partners at ARC

Next ReCharge Workshops

Tuesday, June 1st.

- Workshop 1: What is Caregiving – from 6pm to 7pm.
- Workshop 2: Caregivers burnout – from 7pm to 8pm.

Thursday, June 3rd.

- Workshop 3: Body Mechanics, Moving Someone Safely – from 6pm to 7pm.
- Workshop 4: Mindfulness: Drama Therapy – from 7pm to 8pm.

Tuesday, June 8th.

- Workshop 5: Fall Prevention – from 6pm to 7pm.
- Workshop 6: Mindfulness: Qi Gong – from 7pm-8pm.

Thursday, June 10th.

- Workshop 7: Grieving – from 6pm to 7pm.
- Workshop 8: Basic First Aid – from 7pm to 8pm.

Tuesday, June 15th.

- Workshop 9: Stress and Depression – from 6pm to 7pm.
- Workshop 10: Infection Prevention – from 7pm to 8pm.

Thursday, June 17th.

- Workshop 11: Medication Safety – from 6:00 pm to 7:00pm.
- Workshop 12: Mindfulness: Music Therapy – from 7pm to 8pm.

Tuesday, June 22nd.

- Workshop 13: Services Available for Caregivers – from 6pm to 7pm.
- Workshop 14: Understanding Alzheimer's – from 7pm to 8pm.

To register:
 arc.projectionord@gmail.com
 514-606-9400

ARC L'APPLA

Two NPIs Partner to Open Up Satellite Office

Christian Lapointe, Executive Director for *Assistance and Referral Center (ARC)* and Pauline Wiedow, Executive Director for *Montérégie West Community Network (MWCN)* signed an agreement to open up a satellite office in Candiac. The two Presidents, Deborah Pearson (ARC) and Lise Brunette (MWCN) were also present to sign the agreement for this historic partnership. The funding for this project is generously provided through *Le Secrétariat aux relations avec les Québécois d'expression anglaise*.



Christiane Lapointe (ARC) & Pauline Wiedow (MWCN)



Lise Brunette (MWCN) & Deborah Pearson (ARC)