

### 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.



#### MWCN Board - Elected officers:

<b>Executive Director</b>	<b>Pauline Wiedow</b>
<b>Lise Brunette</b>	<b>President</b>
<b>Merlin Halliday</b>	<b>Vice President</b>
<b>Tracy Wilkins</b>	<b>Treasurer</b>
<b>Chuck Halliday</b>	<b>Secretary</b>

#### Administrators

**Maria Friozi**  
**Don Rosenbaum**  
**Jayne McClintock**  
**Judith Picard**  
**Susan Parker**  
**Kosta Theofanos**

## NOVEMBER



***Remembering** is being able to bring one's mind to an 'awareness' of someone or something that was once known or experienced in the past.*

During these beautiful months of Fall, it is time to perhaps take an account of where we all were in the Spring and how far we have come to the present time. It hasn't been easy; in fact, it has thrown many of us for a loop! But we are still thriving and pushing through the day-to-day changes that we are experiencing as a Community. **Community**.... It's a common word but means so much more right now. It's a fellowship of sharing a common purpose and common interests. It's a sense of belonging.

**MWCN** continues to strive in its role of support to our Community. We continue to check-in with members, and the month of November continues to be a busy month of activities in all our 3 locations. We encourage everyone to take advantage of learning how to 'virtually' join us in workshops, info sessions, and conferences and hope you find something of interest that encourages you to join in!

*If you are unsure of what is required to join a ZOOM activity, please contact us and we will guide you through the very easy steps to becoming 'virtually savvy'.*



## ‘COMMUNITY SPOTLIGHT’ “I RIDE FOR CODY”

By Lorie Marcotte



Some of you might have seen previous articles of **Jon Shrier** and the ‘**I Ride for Cody**’ initiative in the local newspapers and on Social Media. It is a privilege to bring this wonderful experience that Jon accomplished to our own community members. However, it is important that we mention the

beautiful young man named **Cody Michael Bouchard**, who this adventure was all about.

Cody Bouchard was 19 years when he passed away from a rare cancer on February 3<sup>rd</sup>, 2020. He was a John Abbott student and a star athlete, having played football with the Western Patriots, played Rugby for Ste Anne de Bellevue and was on the National swim team in Pointe Claire. He was loved by everyone due to his incredible up-beat personality and strength of character and is sorely missed by all who were fortunate to know him.

About a month after his passing, personal notes that had been saved on Cody’s phone and stored in iCloud, accidentally downloaded to his mother Elaine’s tablet. One of the notes he had left to himself under the title of “When I Kick Cancer’s Ass”, was to help other kids who have been stricken with cancer. So, in effect, this created the initial idea of his family starting the Cody Michael Bouchard Fund - [cmbfund.org](http://cmbfund.org).

A few months later, **Jon Shrier**, a close family friend, who Cody and his brother Kyle called ‘Uncle Jonathan’, started a **4700km** trek from Montreal to Whistler, B.C. on a one-wheeler electric skateboard, leaving from Cunningham’s Pub in Ste Anne de Bellevue. **Jim Beauchamp** and family who are a second family to the Bouchards, pretty much took control of the whole adventure, finding sponsors who would either donate to the cause and/or help Jon during his travels.

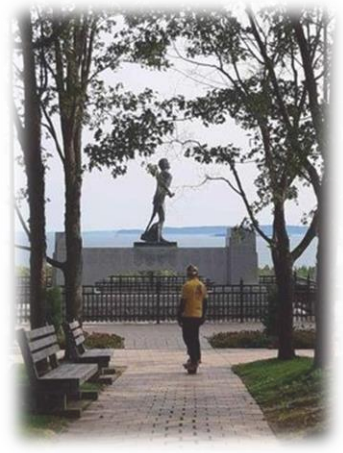


**Austin Beauchamp**, life-long friend of Cody, standing by the camper that would travel with Jon, donated by **Thermo King**.



One of Jon’s biggest thrills was to reach the monument in honor of **Terry Fox** situated in Thunder Bay, Ontario.

Imagine travelling on highways across Canada on one- wheel and with one goal in mind.... to hopefully raise \$30,000 for the CMB Fund.



Friends and family travelled to BC., 30 days later to meet Jon when he ‘rolled in’ to Whistler, having raised **\$40,000** to date!

Kyle, Elaine, and David Bouchard interviewing with Christine Long of CTV News on the morning that Jon started his cross-Canada trek.,

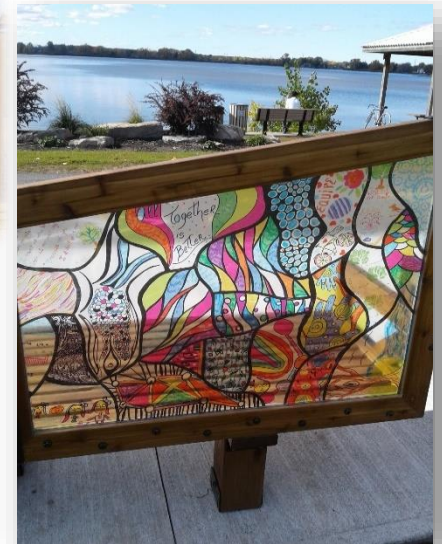
If you would like to donate, please do so at [cmbfund.org](http://cmbfund.org).







**Chloé Alarie-Grant**, our youngest MWCN community volunteer, sits on the bench that displays her very own piece of artwork.



The City of Pincoort has recently added these beautiful benches of mosaics by Tina Struthers & the Committee Ville en santé. They are situated by the waterfront at Bellevue Park.

### News from the Valley: "A TRIP THROUGH TIME"

Julius Caesar and Vercingetorix

- Painting of Vercingetorix King of the Gauls, surrendering to Julius Caesar at the end of the Battle of Alesia in 52 BCE.



Every Thursday morning at the **Wellness Centre in Huntingdon** (Zoom during the RedZone), **Elliott Arthur** gives a presentation of different historical places throughout the world. Discussing the history, geography, and culture of different countries. So far, they have 'traveled' to China, Scotland, the Netherlands, France, Greece, Italy, and Ireland.

**Understanding Alzheimer's Disease and Dementia**  
Free information session in English presented by the Alzheimer Society  
Suroit in collaboration with the Montérégie West Community Network  
**Speaker: Shalisa Capaday inf., RN, M.Sc.(A)**  
**First Link® Nurse**  
**Tuesday 17th November 2020**  
**10:00am-noon**  
**On Zoom**  
**Includes the following topics:**  
• What is Alzheimer's disease and dementia  
• Warning Signs  
• Risk factors  
• Alzheimer Society Suroit services  
Please register with Lorie Marcotte 514-425-0399, lmarcotte@mwcn@gmail.com

*Société Alzheimer Society*  
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**COFFEE - MEETING WITH A POLICE OFFICER**  
By **Sûreté du Québec de Vaudreuil-Soulanges**  
**Speaker: Officer Philippe Visvikis**  
**Thursday, November 12th, from 1:30 - 3:30**  
**A 2-hour Question-and-Answer period on ZOOM**  
Subjects will pertain to the integrity and security of persons, from **FRAUD and ABUSE**, to all related **CRIME**.  
Contact Lorie Marcotte Tel: 514-425-0399  
EMAIL: lmarcotte@mwcn@gmail.com  
PLEASE NOTE: WE ASK EVERYONE WHO IS INTERESTED TO SUBMIT THEIR QUESTIONS AHEAD OF TIME SO THAT OUR SPEAKER CAN PREPARE SUFFICIENTLY.

Why did you want to become a police officer?  
How do I keep personal information safe?  
Is '911' the only number I can call?

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**Tools for Planning Ahead**  
**WILLS, PROTECTION MANDATES, ADVANCE MEDICAL DIRECTIVES AND POWERS OF ATTORNEY.**  
**Thursday, Dec. 3rd 1:30 to 3:30**  
Richard Goldman, lawyer with Educatoï will present online  
This informative and timely workshop will cover power of attorney, protection mandates, advance medical directives and wills.  
Please sign up by email: cathy@educatoï.com or by calling 450-691-1444  
Co-presented by MWCN and Educatoï

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**CHEP - Community Health Education Program**  
**MOVING WELL**  
**During the COVID-19 Pandemic**  
Christina Weiss, M.Sc., CSEP-CEP, FKQ-Kinesiologist

**WEDNESDAY, NOVEMBER 18, 2020**  
**10:00 - 11:30 AM EST**  
**ON ZOOM**

How do we practice healthy lifestyle habits to manage stress in the middle of a global pandemic? Concordia University PERFORM Centre's Christina Weiss shares strategies related to eating well and keeping active. Join us to learn how COVID-19 impacts our daily habits and ways to change.

Register with Lorie Marcotte, tel: 514-425-0399, email: lmarcotte@mwcn@gmail.com

A U.I.S.S.N initiative funded through Health Canada's Official Languages Health Contribution Program 2016-2023

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Join us for these great Zoom meetings coming up this month!  
It's easy.... you will receive an email where you simply 'click' on the LINK to **'JOIN MEETING'**.

Phone: 514-425-0399

Email:

[lmarcotte@mwcn@gmail.com](mailto:lmarcotte@mwcn@gmail.com)

or [info.mwcn@gmail.com](mailto:info.mwcn@gmail.com)



### IMPORTANT

Hopefully, everyone has a smoke detector in their home. Have you changed your batteries this month?

### REMEMBRANCE Day 2020

*Submitted by Pauline Wiedow*



Remembering my Dad, **Paul Emile Crevier**, a Canadian soldier, who went overseas for the Second World War as a teenager in 1940. He was in the air force and stationed in Yorkshire, England.

This is where he met my mother **Jane Ann Blamire** who came to Canada as a War bride in 1946, carrying me, to join up with my father, her husband. This was an era where many lives were changed forever.

In my dad's papers, I found this.... *A Silent Tribute* which was part of the Victory Day 1945 Church service in Yorkshire England.

Though brief the time with bending head,  
Dream visions pass with martial tread,  
Of legions answering to the call,  
Brave hearts that stayed a nation's fall.  
We see again the battle's grime,  
In this short interval of time.

Before Thee, God, we humbly stand,  
In tribute to that gallant band  
Of Soldiers, Sailors, Airmen, all  
Who gave their lives at country's call,  
And now our prayers rise up to Thee,  
In reverence to their memory.

*Mary J. Barron*

### LOW VISION SELF-HELP ASSOCIATION

Virtual meeting November 11<sup>th</sup> from 1:30 – 3:00

Guest Speaker: Caitlin Murphy, Ph.D., CLVT

**“TRAIN YOUR EYES, IMPROVE YOUR BALANCE”**

Contact Mr John Ohbert at 514-694-2965

Or Irene Lambert at 514-694-2649

[LowVisionSelfHelpAssociation@gmail.com](mailto:LowVisionSelfHelpAssociation@gmail.com)

## SAVE THE DATES

**\*\* PLEASE NOTE: ALL CONFERENCES WILL  
HELD ON ZOOM.**

### November 12 – Coffee with Police

By Sûreté du Québec

Speaker Officer Philippe Visvikis

1 :30 – 3 :30

### November 17 – Understanding Alzheimer Disease and Dementia

By Alzheimer Society Suroit

10:00 – 12:00 Speaker: Shalisa Capaday, RN.

### November 18 – Moving Well during Covid-19

By Community Health Education Program - CHEP

10:00 – 11:30 Speaker: Christina Weiss, Kinesiologist

### November 24 – Parkinson Disease 101

By Parkinson Canada Quebec

1:30 – 3:30

### November 30 – Your Rights, Our Support

By CAAPA, from 10:00 – 12:00

### December 3 – Tools for Planning Ahead

(Wills and Mandates) By éducaloi, from 1:30 – 3:30

**For registration please contact Lorie Marcotte**

**514-425-0399, email: [lmarcottewcn@gmail.com](mailto:lmarcottewcn@gmail.com)**

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!



**Lorie Marcotte**  
Coordinator of Community  
Development

Tel: 514-425-0399

[lmarcottewcn@gmail.com](mailto:lmarcottewcn@gmail.com)

**91 – 5<sup>e</sup> ave, Suite 204,  
Pincourt QC, J7V 5K8**

**Clement Bergeron**

NPI Coordinator

Tel: 438-888-2479

[clementbergeron@videotron.ca](mailto:clementbergeron@videotron.ca)

**Pauline Wiedow**

Executive Director

Tel: 450-691-1444

[mwcn2016@gmail.com](mailto:mwcn2016@gmail.com)

