

## 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.



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*Let the  
warmth of  
Spring into  
your heart!*

Get those windows open and enjoy the sounds of nature coming back to life! It's been a difficult time of confinement, but with beautiful weather and vaccines moving quickly, there is certainly a reason to feel joyful. This Summer might just be your best one yet!

Safety will still be a factor until we are all vaccinated, so let's remain patient for those hugs and handshakes we all cherish. They say 'Patience is a Virtue'..... I say, let's do our darndest to make sure everyone has scheduled their appointments for the vaccine, especially our senior population. Some will even need help with transportation. So, let's work as a community and get this done!

**Executive Director:** Pauline Wiedow

### MWCN Board Elected officers:

**President:** Lise Brunette

**Vice President:** Merlin Halliday

**Treasurer:** Tracy Wilkins

**Secretary:** Chuck Halliday

### **Administrators:**

Maria Friozi

Jayne McClintock

Don Rosenbaum

Judith Picard

Susan Parker

Kosta Theofanos

Marlene Davies

April is *Volunteer month*, so there is no better time to show you care about your community.

MWCN is always looking for Volunteers, and every kind gesture, big or small, contributes to enhancing the lives of our community.



**If you require help with transportation to a local vaccine appointment, L'Actuel – Centre d'Action Bénévole offers their services to seniors.**

**[www.lactuel.org/en/services/help-for-seniors](http://www.lactuel.org/en/services/help-for-seniors)**

**(450) 455-3331 [info@lactuel.org](mailto:info@lactuel.org)**

**COMMUNITY COLUMN**  
**'TWO PERSPECTIVES OF A**  
**YEAR GONE BY'**  
**From our Summer Students of 2020**



**AMANDA Bertrand**

We have all experienced Covid-19 in different ways. For me it has been a year of change and adapting. I had just started back to work as a Dental Assistant in March 2020 when quarantine was put into place. Because I worked for a small clinic even when they were able to open back up, it was not to full capacity and so March-June I was home. It was long, there were days I was extra productive and others where I didn't even get up off the couch. Luckily, I came across a Summer Student position with MWCN and spent an amazing 10 weeks working under Lorie's guidance, alongside my fellow Summer Student Simone! We had a great time and it felt so good to have purpose and routine again. I got to meet some wonderful ladies who took part in the outdoor Trotting Tuesday activity, and explore my skill with organizing activities for kids, once a week which was, all in all, a success! At the end of my time with MWCN I was able to start back at the Dental Clinic in September 2020 which is where I have been since. I am also a part time online student at John Abbott which has honestly worked out so well for me as it enables me to be more flexible with my work & school schedule. Covid-19 has been so challenging for all of us, and I miss my grandparents hugs desperately, but over all I think I can say I have made the most of it and I am proud of where I am today.



**SIMONE Drouin**

We've just entered the month of April, which means a lot of things. This year, it means we've celebrated our first COVID-19-anniversary. For a lot of students, it means we were able to have a long-awaited March Break.

However, for me and many of my peers, it also means university applications are due. For anyone, applying to university is a big life decision - you're being asked to choose what you want to do for the rest of your life! This year, it's especially daunting: not only have we not had the opportunity to visit campuses or talk to students and advisors, but we're being asked to project ourselves into the future in a time that is so uncertain. Nevertheless, we adapt, we stay strong.

At school, students and teachers are collaborating and adapting to try and make the best of the situation. School staff is keeping spirits up through clubs and student life. It's nice to see everyone coming together in these ways. It's not easy, but we'll make it through. Personally, this confinement has allowed me to discover that I really like puzzles! Spring here, and hopefully with it, a vaccine. In the meantime, we must keep hanging in there and not lose hope.



*MWCN is incredibly grateful to have such wonderful volunteers that are always ready to help out at a moment's notice. It often ends up being such a rewarding experience for everyone involved!*

A huge **THANK YOU** goes to

our **knitters, bakers, writers, sewers, ironers, painters, crafters, volunteers** that handle numerous **deliveries, teachers**, and many **contributors** who send in **inspirational articles, recipes**, and **jokes!**

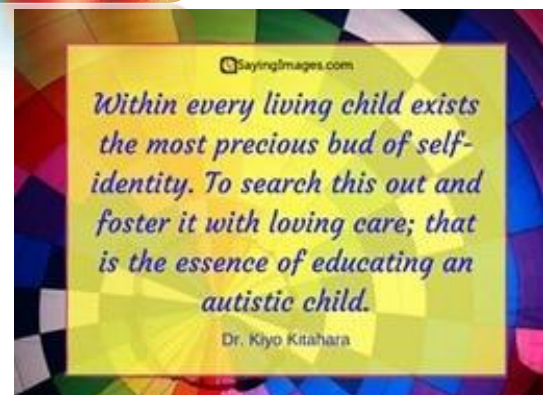
So,.... **MWCN** will be celebrating our volunteers by hosting daily activities on Zoom during Volunteer week in **appreciation** of all that they do!

**April 19 – April 22**

**Contact our offices for more details!**



**April 2<sup>nd</sup> Is**  
**AUTISM DAY**  
*"If you can be anything in this world, BE KIND!"*



# Soulanges Elementary

Built in 1919, Soulanges Elementary is a 100-year-old

schoolhouse and is the smallest school in Quebec. It is nestled in the countryside of St Téséphore, and offers bilingual instruction to anglophone and francophone families in the area. Being part of the Lester B Pearson School Board, **MWCN** will certainly continue to collaborate with them in future projects.



What fun & such beautiful work!  
Thank you to **Marie Helene Townshend** for helping us with this wonderful initiative. Thank you as well to teachers **Ms. Clare** and **Mr. Chris** whose students made these beautiful

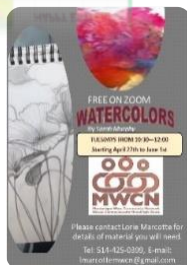
**Easter cards.**

Senior students wrote the messages, and junior students designed the 'original' artwork!

The cards were accompanied by these beautiful baskets made by students at:



A gift of **Maple Syrup** is being delivered to our lucky members in the coming days. Keep a look-out for something yummy at your door!



We will be hosting another 6-week **WATERCOLOR workshop** on **Tuesdays from 10:30 – 12:00 starting April 27<sup>th</sup>**. Please call our Pincourt office if you would like to join. Everyone is welcome!



[Email Imarcottemwcn@gmail.com](mailto:Imarcottemwcn@gmail.com)

## SAVE THE DATES

- April 12** 'Marchin Mondays' (weather permitting)  
Bellevue Park, Pincourt  
10:00 – 11:00
- April 13** **V-S Regional Partnership Meeting**  
**Speaker: Aki Tchitacov,**  
**YES Employment & Entrepreneurship**  
10:00 – 11:30
- April 19** **Volunteer Week Kick-Off**  
**Hosted by MWCN**  
From 1:30 – 2:30
- April 20** **'The Value of Volunteering'**  
**Speaker, Pauline Wiedow**  
10:00 – 11:30
- April 21** **'The Expanding Role of your**  
**Community Pharmacists'**  
**By: CHEP**  
From 10:00 – 11:30
- April 22** **5 à 7**  
Volunteer Event (Draws & Prizes)
- April 27** **WATERCOLORS**  
Another FREE 6-week workshop  
Tuesdays, from 10:30 – 12:00
- April 27** **'Let's Talk About Grief'**  
**By: V-S Palliative Care Foundation**  
How to navigate through pain and loss.  
From 1:30 – 3:00

### \*\* COVID-19 VACCINATIONS\*\*

The campaign for **vaccinations** continues and is now for persons **65 and older** in Montérégie West. (Born 1956 or before). The simplest way to get an appointment is to book it via the LINK.

[\*\*Clic Santé \(clicsante.ca\)\*\*](http://Clic Santé (clicsante.ca))

If you have no internet connection,  
you can call **1-877-644-4545**  
Or **MWCN** will gladly help you book your appointment.



### "MARCHIN MONDAYS"

March 22<sup>nd</sup>, 11 of us enjoyed a good walk in the warm weather and our season was off to a great start. We were happy to be with each other once again!

Join us every Monday in Pincourt at Bellevue Park  
10:00–11:00 (weather permitting).

**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!

**Share the NEWS!**

**The locations of MWCN**

\$10 for 1 year membership	<b>Chateauguy</b> 255 Boulevard D'Anjou, Suite 203
\$20 for 2-year membership	<b>Pincourt</b> 91 St Avenue, Suite 204
\$25 for 3-year membership	<b>Haut-Saint-Laurent</b> 115 Boulevard Pincourt



The 'Gals' in Pincourt

*Thank you to our wonderful Executive Director, Pauline Wiedow for these beautiful tulips, in recognition of International Women's Day.*

*Without skipping a beat, MWCN Chateauguy hosted a 'virtual' celebration with 120 wonderful women on March 6<sup>th</sup>!*

### LOW VISION SELF-HELP ASSOCIATION

April 14<sup>th</sup>, from 1:30 – 3:00

**'What's new in Optometry'**

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

Contact: Mr. John Ohbert at 514-694-2965

Or Irene Lambert at 514-626-2649



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SCHNEKLE WIEDOW