

PRESIDENT'S CORNER: CHANGES (AGAIN)

Our selection as the 21st Networking Partnership Initiative (NPI) by the Canadian Health and Social Services Network (CHSSN) means that our territory now covers five (5) MRCs (Roussillon, Beauharnois-Salaberry, Jardins de Napierville, Haut Saint-Laurent and now Vaudreuil-Soulanges. And that also means that the number of Board members has increased to hopefully cover all these different territories.

First, let me congratulate all the newly elected members of our Board of Directors. Mario Barrette, Joanne Murray-Gagnon, Gloria Lynch and Jayme McClintock. Thank you for accepting the nomination and taking on this job and it is a job.

Second, I wish to thank all returning Board members for the hard work they have accomplished throughout this year. It is quite heartening to see so many dedicated and devoted people come together for the good of the community.

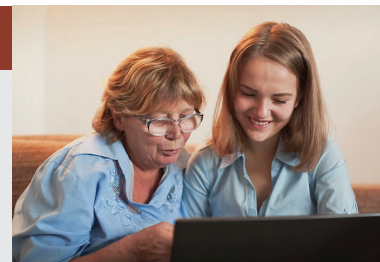
I find it quite extraordinary to see how quickly partnerships with other service organisations have formed throughout our various communities. It is so wonderful to see people and organisations putting aside their differences and working together to improve the life of our English Communities and being a rallying point for all by not being afraid to share information about other organisations ability to help in various situations. I find it so rewarding to see seniors realize that they are useful because they are part of the Adopt a grand-parent program, or they help a young student appreciate reading. It is gratifying to see the excitement of high school students and teachers so

eager to share their knowledge and experiences with seniors in their community and benefit from the wisdom of these same seniors. It is emotional to see the face of a young grade 6 student when their name is called and they receive an Award for Volunteer work they have done or because they are the most improved student. And it is interesting to see seniors discovering they now have a place where they can learn how to use their various electronic equipment, developing their creative writing skills, attending Zumba classes, going for a walk with a group of friends and strangers who become friends, participating in lunch and learn programs, learning a new language etc. All this is possible because of the partnerships that have formed and solidified in the last few years.

Finally let me congratulate the new Executive Committee of the Montérégie West Community Network, Maria Friozzi, Vice-President; Chuck Halliday, Secretary; and Marleen Stacey, Treasurer. An exciting year is ahead of us!

Thank you!

Lise Brunette, President MWCN



ANNUAL STREET FAIR

Please note that once again the City of Hudson is hosting it's Annual Street Fair. Dates and times: Saturday, August 4th from 11 am to 6 pm

SUNDAY, AUGUST 5TH FROM 11 AM TO 4 PM.

CELEBRATING VOLUNTEERS

Montérégie West Community Network

Christine Thompson – MWCN
 Joanne Murray – MWCN
 Maria Friozzi – MWCN
 Elaine Robitaille – MWCN
 Gloria Lynch – MWCN and
 Chateaugay Community Church
 Soup Kitchen

CIVITAN Club

Karen Kinsella, President
 Jack MacInnis
 Linda Norton

Paul Leblanc
 Claire Leblanc
 Anita Klis
 Fred Applebee

Chateaugay Community Church Soup Kitchen

Eleanor Moore
 Clara Hipsagm
 Eslyne Renwick
 June Magregor

55Plus Club

John Sullivan, President

BE A MEMBER DETECTOR

New members are the lifeblood of every organization, including ours.



MWCN Board Elected officers:

President: Lise Brunette
 Vice President: Maria Friozzi
 Treasurer: Marleen Stacey
 Secretary: Chuck Halliday

Members:

Mario Barrette
 Georges Bujold
 Gayle Holdaway
 Susanna Langevin
 Gloria Lynch
 Jayme McClintock

Executive Director: Pauline Wiedow
 Member Coordinator: Gloria Lynch
 Volunteer Coordinator: Maria Friozzi

Interest groups

Book Club Chair: Gayle Holdaway
 Knitting for Charity: Susanna Langevin
 Walking Club: Joanne Murray
 Newsletter editor: Lise Brunette

e-mail: mwcn2016@gmail.com

A WORD FROM THE EXECUTIVE DIRECTOR

It is with great excitement that I announce that I have been chosen as the Executive Director of the Montérégie West Community Network. The story of this organization began in 1999 around my kitchen table as 4 community members gathered with a common interest of wanting to represent the English Speaking Community in Chateauguay. June McInnis, David Wright, Gail Walker and myself began with the Focus Group. In 2005 we received our charter under a new name, Chateauguay English Community Network (CECN) and began our partnership with the NFSB through our first New Horizons Project for Seniors, 'Computer Courses for Seniors'. A new vision began to evolve as we looked at enlarging our territory to include the Haut St-Laurent Chateauguay Valley and our partnership with the New Frontiers School Board allowed us to cover this territory as well. And this year because of a new partnership formed with the Community Health and Social Services Network (CHSSN) our mission is now to develop a strong and vibrant English-speaking community in the Montérégie West (i.e. MRC de Roussillon; MRC Beauharnois-Salaberry; MRC Haut St-Laurent; MRC Jardins-de- Napierville and MRC Vaudreuil-Soulanges). Our new name became the Montérégie West

Community Network (MWCN) in 2016.

The challenges are there, we have the best dedicated volunteers on board who allow us to do many projects with the seniors, the young people, the teachers and the community.

We now have a new Chateauguay Outreach Co-ordinator, Gayle Holdaway who will be available in the Community and on hand to make sure that our activities continue.

We look forward to many projects in Community Health and Social Services as well as education and community development and empowerment.

Congratulations to our new executive committee and we now have a new president, Lise Brunette. I look forward to working with this new board in my new position.

Next year will be our 20th year and we have much to celebrate. Thank you for your continued support.

Pauline Wiedow, Executive Director

VOLUNTEER BLURB

La force d'une communauté passe par l'engagement bénévole des citoyens, que l'on pense à toutes ces personnes engagées dans le succès de festivités et d'événements, dans les organismes communautaires, les municipalités, les écoles ou même dans le secteur de la santé. Des jeunes se démarquent également par leur engagement alors que certains en font une véritable activité familiale. « L'objectif est de reconnaître le bénévolat sous toutes ses formes, dans tous les milieux. **Le bénévolat est essentiel** pour offrir cet engagement humain qui fait une différence dans la qualité de vie d'une communauté. » a expliqué Mary Shewchuk, bénévole de l'année 2017 et présidente d'honneur.

The strength of a community lies in the volunteer commitment of its citizens, whether they are involved in the success of festivals and events, in community organizations, municipalities, schools or even in healthcare. Youth stand out with their involvement, while others make it a family activity. "The goal is to recognize volunteerism in all its forms, in all walks of life. **Volunteering is essential** to provide the human commitment that makes a difference in the quality of life of a community", said Mary Shewchuk, Volunteer of the Year 2017 and Honorary President.

Deadline to submit information to the MWCN Newsletter is the 25th of each month.

WOOL SOCKS

We are so grateful and appreciate so much the recent generous donation of sock wool from Benoit at Phildar Penguin. This will help us fulfill a need to help others. Our members of the knitting group at MWCN will knit warm socks for the patients at the Anna Laberge Hospital and Hope & Cope. Many thanks to them again.



PINK SCARF



Olivia exudes confidence and is an inspiration to those around her. "Believe in yourself, never give up." she told a friend as she sat knitting this lovely pink scarf during our knitting project at St. Lawrence School in Candiac.

MEMORY QUILT

Joanne Murray-Gagnon has created an extraordinary **Memory Quilt** of the year past.

Thank you for such a magnificent gift Joanne.



"Artists Gardens"

An interactive video presentation by The Royal Botanical Gardens



Images of the Royal Botanical Gardens & how gardens have inspired famous artists.

Date: Thursday June 21, 2018
Time: 1:30pm to 3:30pm
Place: 24 York Street, Huntingdon
Second Floor, no elevator

Reservations required
at Communic-Action Project 450-264-5197

Snack and door prizes

This trip is offered by Communic-Action Project, through the MRC of the Haut-St-Laurent's "Territorial development funds projet structurant"



Projet Communic-Action
Project



MRC du
HAUT-SAINT-LAURENT
Fonds de développement des territoires

FAKE CALLS FROM REVENUE CANADA

PLEASE NOTE THAT FAKE CALLS FROM REVENUE CANADA ARE BACK !!



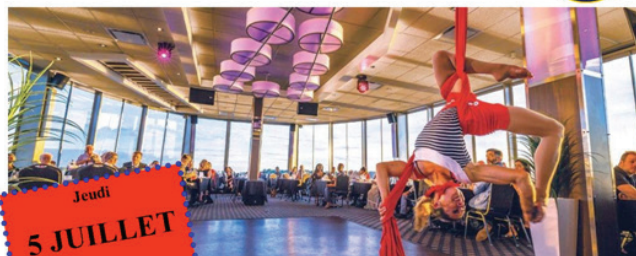
The people calling are very arrogant and they threaten to send the RCMP after you if you don't pay them now.

Do not fall victim to this scam. Note that Revenue Canada will send letters telling you money is owed. They do not call citizens.

Please share with every one you know

Souper-Croisière et cirque

Ambiance festive au cœur du Vieux-Port de Montréal



Jeudi
5 JUILLET
130\$/pers

DÉPART À 3H

Cette journée comprend:

- Temps libre dans le vieux port
- Souper-croisière (Table d'hôte 3 services)
- Spectacle de cirque « La Rose des vents » par des artistes de calibre international
- Transport

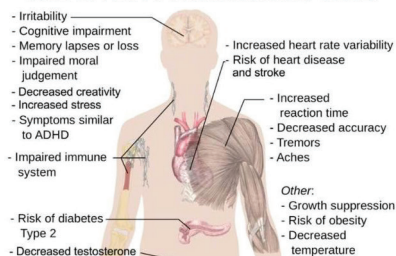
Inscription obligatoire, dépôt de 65\$
avant le 15 juin

Appelez Céline au 450-826-1243
Les Aïdants Naturels du Haut St-Laurent



Join Montréal West Community Network (MWCN) for a free Community Health Education Program (CHEP) Videoconference

SIDE EFFECTS FROM MISSING SLEEP



'A sleep disorder can affect your overall health, safety, and quality of life.' (Mayo clinic, 2018)

Learn how to improve your sleeping habits!!

About the Speaker: Catherine St-Pierre, B.Sc., Kinesiologist, is a graduate of the University of Sherbrooke. She lives in the Eastern Townships where she is actively involved in personal training and as a fitness consultant. She works with communities, companies, and individuals of all ages and is a frequent speaker on the topic of sleep.

When: Wednesday, June 13th 9:45 to 12noon

Where: CLSC Vaudreuil, 3031 boul. De la Gare Room 214
Vaudreuil-Dorion

Please Register with Ruth by June 11th : (450) 455-5982
Feel Free to invite a friend!



PLEASE NOTE that event will be held on June 13 from 9h45 to 12 noon, simultaneously in 2 different locations: Nova Career Center in Châteauguay and CLSC Vaudreuil 3031 boul de la Gare room 214 in Vaudreuil-Dorion.

Garage Dan Gruer & L.B.A. Ormstown présentent

5^{ème} Expo ROCK N RODS

Antique, Special Interest et Modifiée & Festival Musique

5\$ par véhicule par personne

July 6-7 juillet 2018
au terrain foire • at the fairgrounds

7 orchestres • 7 live bands
La fête commence vendredi soir!
The party starts Friday evening!
Marché aux puces • Flea Market
Camping sur place • Camping on site

1 Rue McBain, Ormstown, Qc
Inscription des participants jusqu'à 15:00 samedi
Participant registration until 3:00pm Saturday

Beaucoup de prix de présence • Lots of door prizes
For info, call Brian Brunette: 450-373-3448 exporocknrods@gmail.com



Summer 2018

Across the Pond: The British Invasion Live Concert of Musical Hits from British Pop & Rock 16 JUN / 16 JUNE 2018 The British Invasion

Créé par Leisa Way
Joinez-vous à Leisa Way et The Lonely Hearts Club Band, un groupe sensationnel talentueux de 5 pièces d'instrumentalistes chanteurs, qui vous amènent dans une aventure musicale électrisante à l'époque où la musique pop britannique a sauté à travers l'étang pour devenir l'invasion britannique. Célébrez les 50 ans de la pop britannique et la musique rock des années 60 à aujourd'hui. Saluez cette redevance musicale comme les Beatles, les Rolling Stones, Elton John, Petula Clark, Tom Jones, Queen, Rod Stewart, Herman's Hermits, Adele, The Dave Clark Five, Shirley Bassey, Elvis Costello, Led Zeppelin, Gerry & the Pacemakers, The Animals, Dusty Springfield, Eric Clapton, The Troggs, Van Morrison, Boy George, Ed Sheeran, Sting & The Police, Annie Lennox, Pink Floyd, Amy Winehouse, Joe Cocker, Lulu, The Hollies, Donovan, Julie Andrews, Engelbert Humperdinck, Cat Stevens - et plus

Created by Leisa Way
Join Leisa Way and The Lonely Hearts Club Band, a sensationally talented 5-piece band of singer instrumentalists, as they take you on an electrifying musical adventure to the time when British pop music jumped Across the Pond becoming The British Invasion. Celebrate 50 years of British pop & rock music from the 60's to today saluting such musical royalty as The Beatles, The Rolling Stones, Elton John, Petula Clark, Tom Jones, Queen, Rod Stewart, Herman's Hermits, Adele, The Dave Clark Five, Shirley Bassey, Elvis Costello, Led Zeppelin, Gerry & the Pacemakers, The Animals, Dusty Springfield, Eric Clapton, The Troggs, Van Morrison, Boy George, Ed Sheeran, Sting & The Police, Annie Lennox, Pink Floyd, Amy Winehouse, Joe Cocker, Lulu, The Hollies, Donovan, Julie Andrews, Engelbert Humperdinck, Cat Stevens - and more!

LE FORFAIT INCLUT | THE PACKAGE INCLUDES

- Billet pour spectacle
Ticket for show
- Diner au restaurant Mon Village
Lunch at Mon Village Restaurant
- Transport en Autocar
Motorcoach Transportation
- Toutes les taxes
All taxes
- Guide DMC

COÛT PAR PERSONNE
COST PER PERSON
\$105.00



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www.voyagesdmcinc.com

WE WISH TO
Thank all our donors
who contributed to make our
Spring Fundraiser Dinner such a success

<p>"Spirit Basket" donated anonymously. The Reid Family The Whyte Crow Restaurant Tahiti Fusion & Grill Nova Hairdressing Muncheez Debra Reid Granz Restaurant Au Vieux Duluth The BLVD & Grill MWCN Board Members Coco-Cha-Nail with Collette Restaurant Lal Kella Tandoori The Rail Coal Fire Bistro</p>	<p>Centre de service De Castris Inc. (Shell) Restaurant De La Place Taverne de la Ferme Restaurant Taouk Drive- In Obsession Bakery Restaurant Casa Grecque La Tour Elle et Lui with Caroline Restaurant Indi Express Essentrics with Erika Oostveen Lise Brunette Centaur Theatre Company Ampleman Fleuriste</p>
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Looking for **VOLUNTEERS:**

VOLUNTEERS NEEDED FOR FRENCH READING PROGRAM IN AN ELEMENTARY SCHOOL

½ hour Monday and Wednesday
between 11:30 and 12:00

A VOLUNTEER TEACHER FOR LIFE LONG LEARNING

Creative Writing Course is needed
for 2 hours a week during the day and
Computer and i-pad learning also for 2 hours a
week in the evening.

Remember that the
happiest people
are not those getting more, but those
giving more.



AKWESASNE CASINO

INCLUT | INCLUDES

- \$25.00 crédit casino / casino credit
- \$11.50 coupon repas / meal voucher
- Transport en Autocar | Motor coach transportation
- Toutes les taxes sont incluses et TPS et TVQ
- All Taxes included and QST & GST
- Contributions aux fonds d'indemnisation 1\$ par tranche 1000\$
- Clients Contribution to the compensation funds \$1.00 per \$1000.00

**Passeport canadien valide requis! | Valid
Canadian Passport required!**

\$30.00 Prix Valide jusqu' au départ.
Price Valid until departure

par personne | per person
Promotion est sujette à changement par le casino
Promotion is subject to change by the casino

2018

Juillet / July 14th

Akwesasne Mohawk Casino est un casino mettant en vedette les jeux, la nourriture délicieuse, les divertissements en direct, des services de spa et de luxueuses chambres. Akwesasne Mohawk Casino offre 24 heures sur 24 l'enthousiasme pour les jeux, plus quatre restaurants fabuleux, les machines à sous des plus haut de gammes, jeux de table, et notre plus récent, le Mohawk Bingo Palace doté d'un programme de Bingo fabuleux, comprenant Bingo cosmique.

Akwesasne Mohawk Casino is a full service resort and casino showcasing gaming, fabulous food, live entertainment, spa services and luxurious overnight accommodations. Akwesasne Mohawk Casino offers 24-hour gaming excitement, plus four fabulous restaurants, the hottest slot machines, table games, and our newest addition, the Mohawk Bingo Palace that features an array of Bingo programs including Cosmic Bingo.

Jeanne Favreau 450 692-0835



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www.voyagesdmcinc.com
facebook.com/voyagesdmctravel

Assurance voyage disponible sur demande | Travel insurance available upon request
Contributions aux fonds d'indemnisation de 0.1% incluses dans tous nos prix | OPC fund of 0.1% is included in all our prices.
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