

MAY 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



## HAPPY MOTHER'S DAY

A time to pause and celebrate MOTHERS. There are mothers because they have children, but there are also those who do not have children and nevertheless are beautiful examples of a mother within their families. I think of my friend Peggy Mayo-Standup who rounds up the children in the family and the neighborhood, and prior to the Covid, was always prepared to do crafting with them depending on the occasion, Valentines Day, Easter, St-Patrick's Day, and Christmas.

She has also been a wonderful friend to me especially at a time when I really needed the support. In 2016 my youngest son had a heart attack on the last Friday in February, my oldest son had a heart attack on the Sunday in the Yukon and my husband had a heart attack on the Monday. My head was spinning. My youngest son and husband had stents put in and were in emergency in the same hospital. My son in the Yukon had to have a quadruple by pass and wanted me to meet him at the Vancouver hospital where he had been airlifted to. I did not have the finances to be able to do that so quickly. However, another friend booked me a flight with her Air Miles, her friend booked me a hotel for a week right beside the hospital and my dear friend Peggy asked me to pass by her place on the way to the airport as she had a gift for me to help out. On May 9th of the same year my brother, my only sibling, had a massive heart attack and died instantly. Again, Peggy and her sister Wendy scooped me up for the weekend and took me away for a few days. So, you see even if your mother is no longer here, we are surrounded by caring people.

Happy Mother's Day Peggy, you are one special person. Wishing you a beautiful day.

*Pauline Wiedow – Executive Director*

# CELEBRATING EASTER & SUGARING OFF COVID STYLE WITH THE HELP OF MWCN VOLUNTEERS

We celebrated Easter and sugaring off covid style this year by delivering 60 cans of maple syrup with a card to let them know they are in our thoughts to isolated seniors thanks to some help from our wonderful volunteer drivers.

Many thanks to:

- Joanne Murray (pictured below with staff Cathy Cyr)
- Merlin Halliday
- Keith Wright
- Susan Parker
- Deena Zarboni
- Audrey & Bob Cyr
- Jeanne Brunet-Chaif
- Larry Sullivan
- Pauline Wiedow



The gesture was greatly appreciated by happy recipients like Pearl Riendeau, who thanked us with a poem to express her gratitude:

## IN TIME OF COVID

I got your hugs today  
 Not with your arms about my shoulders  
 But with your thoughts around my heart,  
 And they crushed the loneliness  
 And sadness of being shut down, with  
 A note to tell me that I am loved and thought of,  
 A moment of your time to make my day,  
 I thank you friend for care and love  
 That broke through that barrier of aloneness  
 That caused my heart to remember that with  
 Friends, loved ones and God in my life  
 That I can go on and that I am never alone.  
 Author unknown



## 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 **May**:

“We were walking by a thrift store and my daughter wanted to go in so, I told her to pick out one thing. When I told her no to something else a lady standing next to us offered my daughter her bag of change. She was clearly in need but insisted on giving it to my daughter. Then I went to the cash only to find out that they only took debit and I didn’t have my card. A different lady insisted on paying for my things. Although it wasn’t much for me it was for her. I couldn’t believe the kindness. I wish I knew who they were so I could return the favour.”

-Amy Lynn Trudeau

“Whenever I can, I pay for the people behind me at Tim’s. It’s just a few dollars but it always makes people feel good, and you never know if you’ll be the start of a chain of happy smiles.

-Cynthia Piskopos-Hébert

## 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 Thursday – **A TRIP THROUGH TIME** from 10 - 12
- April 6 – June 1 – **TEK TALK** from 4 - 6
- April 7 – May 26 – **FRENCH CONVERSATION** from 7 – 8:30
- May 8<sup>th</sup> – **MENTAL HEALTH AWARENESS WEEK EVENT**
- May 10<sup>th</sup> – **HAPPY LAPS WALKING GROUP** from 9:30 – 11:00
- May 19<sup>th</sup> – **CHEP – TICKS AND LIME DISEASE** from 10 – 11:30
- May 17<sup>th</sup> – **CRAFTS WITH HEATHER** from 10:00 - 12:00
- May 31<sup>st</sup> – **ONLINE BINGO** from 10:00 – 12:00

“  
 Life doesn't  
 come with  
 a manual.  
 It comes with  
 a mother.”

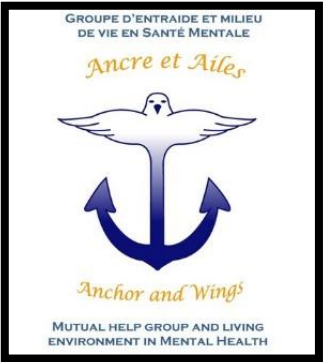
# NEWS FROM THE HAUT ST. LAURENT (VALLEY)



## Teen/Community Pen Pal Project

The first set of letters from Gr. 8 students to 52 community members have been mailed and received with great enthusiasm from all participants. Seniors throughout the Valley are now working on writing back and sharing information about themselves and what they like to do.

## MWCN partners with local Mental Health Support Organization

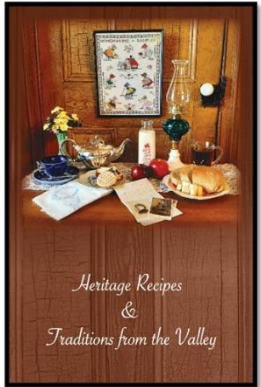


MWCN reached out to our local mental health support organization, Anchor & Wings, located in Ormstown, to offer support to help reach more of the English-Speaking population. The mission of Anchor & Wings is “to provide a living environment for all those over 18 years of age who live with or have experienced a mental health problem, psychological distress or emotional turmoil, where they can benefit from mutual help and break their social isolation in a warm and welcoming atmosphere.”

Anchor and Wings is in the process of updating their flyers and MWCN offered to help translate and have made a financial donation towards the printing costs. This outreach will help ensure that the English-Speaking population will continue to receive this important information in the future.

## Heritage Recipes & Traditions from the Valley cookbook

Rolling in hot off the press! We would like to announce the arrival of our heritage cookbook entitled “Heritage Recipes & Traditions from the Valley”, which arrived last week (April 19th). The contents of the book include a section dedicated to local recipes (appetizers, main dishes, desserts, and others), heritage businesses + associations from the valley and a section dedicated to carrying on valley traditions. The project was a collaboration between the Montérégie West Community Network and the Heritage Treasure Museum, with funding from a Heritage Canada Grant, Preserving History through the Generations. We were lucky enough to start up a pen pal project between local seniors and students from the 5/6 class from Franklin Elementary. We have also had the pleasure of working with McKenzie Hooker, New Frontiers School Board CLC worker, who has been instrumental in the pen pal project. We also reached out to the community to ask them for their contributions of memories, recipes and stories that could be added to the book to better represent our Region of Southwest Quebec.



This project was developed to bring together the community, from different age groups and backgrounds to celebrate our long-time traditions, businesses, and culinary recipes, that have influenced our communities. It is important to preserve these traditions for the future generations.

This unique collection is available for purchase for \$10. All proceeds will go to support the Heritage Treasure Museum initiatives. If you are interested in purchasing one, please let us know through one of the following:

## MadT Comic Strip



Oh, my Del, this new coffee creamer (she doesn't realize it is Irish Bailey's cream) really brightens up my Covid morning coffee!

## MWCN'S PARTNERS INITIATIVES



## CUMMINGS CENTER free activities

### ART ELECTRIC – May 5<sup>th</sup>

<https://cummingcentre.zoom.us/j/96073319122>

The art show displaying our own Cummings Centre Members Art, all done virtually of course.

### EVERYTHING YOU WANTED TO KNOW ABOUT YOUR PELVIC FLOOR & NEVER DARED TO ASK

Speaker: Marie-Josée Lord

**Tuesday, May 11<sup>th</sup>, 3:30-4:30 (English)**

Register in advance for this meeting:

<https://cummingcentre.zoom.us/meeting/register/tJMsd-6rrTkiHNI4b-ky4eiTlmgBJGDC-QoH>

### FOOD & IMMUNITY

Speaker: Jennifer Abdulezer Mashaal

**Wednesday, May 12<sup>th</sup>, 3:30-4:30 (English)**

Register in advance for this meeting:

<https://cummingcentre.zoom.us/meeting/register/tJlkO6grDloGtBwl-hC2g-RrvOkCGB7HX7Oq>

### UNDERSTANDING & EXPERIENCING GUIDED MEDITATION

Speaker: Jeannette Litvak-Levine

**Thursday, May 13<sup>th</sup>, 3:30-4:30 (English)**

Register in advance for this meeting:

<https://cummingcentre.zoom.us/meeting/register/tJEqdu-vrT4pH9VYNkKeL8OKUQqxGuCO-1LS>

## ARTHRITIS SOUTH SHORE

Activities being offered in English by *Arthritis South Shore* for the month of May:

Monday, May 10 - 1:30 p.m. till 3:30 p.m.: Wellness workshop on "Daily living with arthritis. Family life, workplace, travelling » [Inscription – Bibliothèque de Brossard](#).

Friday, May 28 – 1:30 – 3:30 : "Share and Shine Together"

An online informal gathering for those who wish to join a community for an afternoon to share about arthritis, talk of their own story and experience, inspire and be inspired, learn from others. The emphasis for this time will be stress and well-being. Register at [info@arthriterivesud.org](mailto:info@arthriterivesud.org) to get the link.

Sunday, May 30, from 2 p.m. till 3 p.m.: **Celebrating Life with Arthritis** – Conference by Premela Pearson. Yes, you can find a quality of life with arthritis. Join Premela Pearson as she shares her journey from diagnosis to creating the Arthritis South Shore organization and what she has learned along the way. An invitation as part of the Augustine series organised by the St-Augustine Church, St-Bruno-de-Montarville. To reserve your place and to receive the Zoom link please send an email to [augustineseries@bellnet.ca](mailto:augustineseries@bellnet.ca)



## 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!

