

PRESIDENT'S CORNER: CHANGES

Our organization is once again in transition. Always growing to meet today's needs of the community. I founded this organization in 1999 with a few other community members namely David Wright, Gail Walker and June McInnis who passed away a short time ago. We were then known as "the Focus Group". In 2004 when we wanted to become incorporated we needed to change our name once again to The Chateauguay English Community Network (CECN). A few new members came on our board, namely Howard Simpkin who was then the Director General of the New Frontiers School Board. This is when we began our partnership with the New Frontiers School Board in 2005. Soon after we received a New Horizons for Seniors grant that enabled us to work closely with St-Wilibrord School and we began our computer classes for seniors with about 20 seniors coming once a week for 10 weeks. The Community Learning Centre approach began around the same time and thus began our Life Long Learning programs which continue to today. Thanks to Bonnie Mitchell who also had a greater vision of how schools and community can be involved.

It was in 2016 that I began to realize that the Montérégie West English Community had some shortfalls in terms of possible funding avenues from our different levels of government. We had been a member of the Quebec Community Groups Network for approximately 8 years and still we were an area that was being under served and not on the Health Canada map. We realized that we needed to enlarge our territory to better serve the English-speaking community and so we changed our

name to the Montérégie West Community Network (MWCN). Our mission is to promote English speaking services and the access to Health & Social Services for English speakers throughout our territory.

We are excited to finally be on the CHSSN (Community Health & Social Services Network) map as a recognized Community Organization through the CHSSN. We will be a Networking Partnership Initiative (NPI) and will be receiving funding from Health Canada through CHSSN. Our territory has grown and now includes 5 MRCs; Beauharnois-Salaberry; Jardin-de-Napierville, de Rousillon; Haut St-Laurent; and Vaudreuil-Soulanges.

We thank you for your continued support and look forward to working in partnership with many of you to improve and collaborate in order to bring a better quality of life to all our community members.

Pauline Wiedow, President



«Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.»

ERMA BOMBECK

«The heart of a volunteer is not measured in size, but by depth of the commitment to make a difference in the lives of others.»

DEANN HOLLIS

VOLUNTEER RECOGNITION DAY

Volunteer Recognition Day is celebrated on April 20th, 2018. It honors all volunteers who are working on behalf of others without being motivated by financial or material gain. You can celebrate **Volunteer Recognition Day** by thanking volunteers for their work, involving yourself in a volunteer activity or by donating to a volunteer group.

Volunteering is generally considered an altruistic activity and is intended to promote good or improve human quality of life. In return, this activity produces a feeling of self-worth and respect; however, there is no financial gain. Volunteering is also renowned for skill development, socialization, and fun. It is also intended to make contacts for possible employment.

BE A MEMBER DETECTOR

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



MWCN Board Elected officers:

President: Pauline Wiedow
 Vice President: Lise Brunette
 Treasurer: Gayle Holdaway
 Secretary: Lise Brunette

Members: Chuck Halliday
 Susanna Langevin
 Georges Bujold
 Maria Friozzi
 Marlene Stacey

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

55 rue Lambton
Ormstown QC

PROPRIÉTAIRES:
Christine & Kevin Bickes

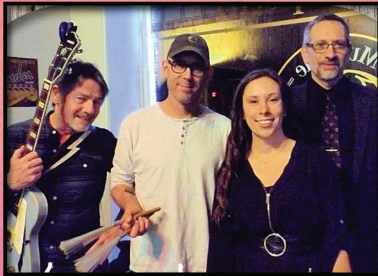
Live Music
tous les vendredi soirs



Réservations:
514 217 1465/514 977

Band Bookings:
514 217 1465/514 977

Open Mike 19h-20h
Pass the hat donations



**Katie
& the JAZZ
DADDIES**

March 2
vendredi 20h/8pm Friday



JEFF GRIESE

**Jeff
Griese**

March 9
vendredi 20h/8pm Friday



**Between
THE
Strings**

April 6
vendredi 20h/8pm Friday



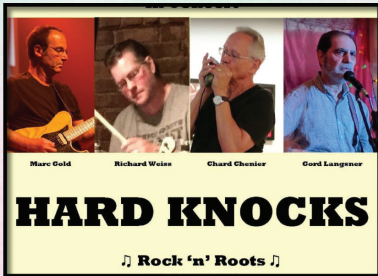
**Chris
Crilly**

March 16
vendredi 20h/8pm Friday



**THE
Duomatics**

April 13
vendredi 20h/8pm Friday



HARD KNOCKS

♪ Rock 'n' Roots ♪

**THE Hard
Knocks**

March 23
vendredi 20h/8pm Friday



SIDE PROJECT

**Side
Project**

April 20
vendredi 20h/8pm Friday



**Starlight
Acoustical
Band**

March 30
vendredi 20h/8pm Friday



**Nancy
Lee**

April 27
vendredi 20h/8pm Friday

COÛT : CONTRIBUTION VOLONTAIRE

COST : VOLUNTARY CONTRIBUTION



Le Centre d'action bénévole du grand Châteauguay offre aux individus et familles à revenus modestes un service de préparation d'impôts. Les personnes admissibles doivent se présenter avec tous les documents nécessaires à un des endroits suivants :

Le Centre d'action bénévole du grand Châteauguay offers low-income individuals and families a tax preparation service. Eligible individuals must present themselves with all necessary documents at one of the following locations:

L'Église Ste-Marguerite D'Youville (près du Maxi / near Maxi)

8 rue Rainville, Châteauguay
vendredi 9 mars de 9h à 18h30
Friday March 9th from 9 :00 am to 6 :30 pm

Rencontre Châteauguoise

200 Salaberry Nord, Châteauguay
mardi 13 mars de 14h à 16h
Tuesday March 13th from 2 :00 to 4 :00 pm

Resto Grégoire et fils

975 boul. St-Jean Baptiste, Mercier
mardi 20 mars de 14h00 à 16h00
Tuesday March 20th from 2 :00 to 4 :00 pm

Actions Familles

122 rue St-Joseph suite 1, Ste-Martine
mercredi 21 mars de 13h30 à 16h00
Wednesday March 21st from 1 :30 to 4 :00 pm

Au Centre d'action bénévole du grand Châteauguay

10 rue Gilmour, Châteauguay

Dates	Après-midi / Afternoon	Soirée / Evening
Mardi 6 mars / Tuesday March 6th	13h30-16h00 1:30 to 4:00 p.m.	
mercredi 7 mars / Wednesday March 7th		18h30 – 20h00 6:30 to 8:00 p.m.
Mardi 3 avril / Tuesday April 3 rd	13h30 à 16h00 1:30 to 4:00 p.m.	
Mercredi 4 avril / Wednesday April 4th		18h30 – 20h00 6:30 to 8:00 p.m.
Mardi 10 avril / Tuesday April 10th	13h30 à 16h00 1:30 to 4:00 p.m.	
Mercredi 11 avril / Wednesday April 11th		18h30 – 20h00 6:30 to 8:00 p.m.
Mardi 17 avril / Tuesday April 17th	13h30 à 16h00 1:30 to 4:00 p.m.	
Mercredi 18 avril / Wednesday April 18th		18H30 à 20h00 6:30 to 8:00 p.m.
Mardi 24 avril / Tuesday April 24th	13h30 à 16h00 1:30 to 4:00 p.m.	
Mercredi 25 avril / Wednesday April 25th		18h30 – 20h00 6:30 to 8:00 p.m.

WORKSHOP

ANXIETY AND STRESS WORKSHOP

March 27th from 1:30-3:30
at 214 mcLeod Street, Chateauguay, Qc

The MWCN will be hosting an **English Language session on dealing with Anxiety and Stress** lead by Dr Gordon Johnson. director and therapist of Side by Side Counselling resources. He has been in the counselling field for 35 years. Gordon has bachelors, masters, and doctoral degrees in psychology, theology, education and ministry. This workshop is open to all and will give us the tools to be able to manage our anxiety and stress. It is being held at 214 McLeod St., Chateauguay on March 27th from 1:30-3:30. RSVP by responding by e-mail or calling the number listed.

CHATEAUGUAY YOUTH UNLIMITED FUNDRAISER DINNER

Graciously sponsored by Tahiti Fusion restaurant



Sunday, March 25 at 4:30 PM - 7 PM

Please come out to support all the work being done in our local community for our youth through **STATION 7 DROP IN CENTRE**, Lunch & Lounge program, and more!

Your ticket purchase allows you an “all you can eat” Asian-fusion buffet meal, while proceeds benefit Chateauguay Youth Unlimited directly!

Thank you for supporting us and coming out in great numbers! We couldn't do it without you!

Vegetarian friendly

Vegan friendly

Family friendly

*also lots of meat and seafood served

Tickets:

Adults 18\$ in advance or 20\$ at the door
Kids 5\$ (12 and under)

Restaurant Tahiti Inc

88 Saint-Jean-Baptiste Boul, Châteauguay
Quebec J6K 3A6

www.tahitifusion.com



MWCN
Monteregie West Community Network is happy to partnership up with Vice Versa / Réseau Selection, 120 rue de Gaspé, Chateauguay to present this energizing exercise program. Free for residents as well as MWCN members every Friday morning beginning January 19th to March 9th from 10am to 11am. Membership is \$10.

JOIN IN THE FUN BY CALLING
PAULINE AT 450-617-0513

Friday, March 2nd, 9th, 16th and 23rd
120 rue de Gaspé, Chateauguay



TRAINING AND SUPPORT GROUP FOR FAMILY CAREGIVERS

ORMSTOWN Spring 2018

What you need to know about taking care of a family member who has Alzheimer's or a related dementia

Thursday March 15th, 22nd, 29th

April 5th, 12th, 19th

6:00pm to 8:00pm



Help is close by! All services are free!

Please contact Susan Allvey for more details or to register at **1-877-773-0303**.



Dr. Joseph A. Schwarcz

Is on the South Shore Monday April 23rd, 2018

Celebrating our Volunteers

Joseph A. Schwarcz is an author and a professor at McGill University. He is the director of McGill's Office for Science & Society, which is dedicated to demystifying science for the public. He hosts a weekly radio show, Gazette Writer and known, as **Dr. Joe**.

Dr. Joe will have several his books available for sale and signing

Date: **Monday, April 23rd, 2018** Time: 11:30 am -2:30 pm

Place: Vice Versa Senior's Residence, 120 rue de Gaspé Chateauguay, Quebec (Parking in back)

Cost: **Free** to our volunteers. **If you would like to highlight a volunteer in your organization then let us know and we would be happy to include them in this celebration.**



Call 450-617-0513 to register and be included.

KNITTING WINTER /SPRING 2018



MWCN Teaching knitting, crochet and loomng for adults, meeting every 2 weeks on following dates at St-Willibrord's school: March 6th (other location as it is March Break), 27th, and April 10th from 10-12

Contact Person –
Susanna Langevin
450-699-4187

Group of knitters knitting for – CHAL, Batshaw Child and Family services, and Hope and Cope and others in need. – Dates to remember March 20th, April 17th and the last one before summer is May 15th pot luck. These are from 11 to 1 and are held at St- Willibrord School. FREE

Looking for VOLUNTEERS:

VOLUNTEER TEACHER NEEDED FOR ENGLISH CONVERSATION

Monday evenings

from 6:30 - 8:30 for a period of 10 weeks

VOLUNTEERS NEEDED FOR FRENCH READING PROGRAM

in an elementary school.

Duration: ½ hour Monday and

Wednesday between 11:30 and 12:00

A VOLUNTEER TEACHER FOR LIFELONG LEARNING

Computer and i-Pad learning also for 2 hours a week in the evening.

Interested?

Call Pauline Wiedow at 450-617-0513

or email: mwcn2016@gmail.com

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