

THIS AND THAT



MWCN APPLE DELIVERY

MWCN was all ready to celebrate Seniors Day October 1st with a trip to Blair's Apple Orchard in Franklin. However due to the new regulations from the Quebec Government and public health and the second wave of the COVID we had to cancel that event and change directions rapidly. We still wanted to celebrate Seniors' Day and thought it was important. We did not want to totally disappoint everyone, and we wanted to support a business in our territory. Our plan B slowly took shape with the help of our very dynamic office staff and a board member. We ordered 55 bags of apples and Merlin and his wife Sandra went to Blair's to get freshly picked apples and homemade pies for our members. These apples were delivered to our seniors who had registered for apple picking and brought them some happiness and encouragement during this time of uncertainty. We could still see their smiles even with masks. Thank you to Merlin, Sandra, Cathy, Nancy, Fiona, Elliot and Dennis for connecting with the seniors in Huntingdon, Chateauguy and Vaudreuil-Soulanges. Stay safe and take care! Everything will be All Right!!

SOUTH WEST VOICE

MWCN has 2 pages in the Southwest Voice each week.

You can find our articles at this link:
<https://www.viva-media.ca/wp-content/uploads/flipbook/southwest/yvpr/>



Do you know an employee, a volunteer or a team at a community or public organisation who stands out for having made a special effort to improve the health and well-being of Montérégie's English-speaking community members?

We invite you to nominate them for the Special Thanks and Recognition Program (Star Program)!

The Star Program, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT)*, is a program that highlights individuals or teams who demonstrate support for the Montérégie English-speaking community.

Selected candidates will receive a certificate of congratulations, a gift card as a token of appreciation, and they will be featured in the newsletter publications and Facebook pages of diverse health organizations across the Montérégie.

To nominate a candidate or a team, please complete the following form <https://fr.surveymonkey.com/r/TNYYYH5> or call one of the following community organisations before **November 15**:

Assistance and Referral Center (ARC): 514-605-9500
Montérégie West Community Network (MWCN): 450-691-1444
Montérégie East Partnership for the English-Speaking Community (MEPEC): 450-281-3732

Your implication makes a difference!

October BY ROBERT FROST

O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild,
Should waste them all.
The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!
For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes' sake along the wall.

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!



CHATEAUGUAY / CHATEAUGUAY VALLEY

COMMUNITY MATTERS

OCTOBER 2020

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:

Pauline Wiedow-Executive Director
Lise Brunette
Maria Friozi
Tracy Wilkins
Chunk Halliday
Jayne McClintock
Merlin Halliday
Don Rausenbaum
Judith Picard
Susan Parker
Kosta Theofanos

Montérégie West
Community Network
(MWCN)



Changing Leaves and a Time of Thanksgiving.

October is a time of change. Days are getting shorter, temperatures are dropping, leaves are changing color, trees becoming increasingly bare, the remnants of our gardens are being harvested, we're donning sweaters and an extra blanket on our bed at night, wood is being stacked as we prepare for the coming winter months and grilled foods are put away to make way for soups and stews – comfort food to keep us warm in the colder weather.

Change is coming to MWCN too as we restart many of our previous activities, workshops and programs that were halted earlier this year as a result of COVID. Some will be in person with smaller groups and protective measures in place and some will be online via Zoom. Upcoming workshops are being planned to help prepare our community for the inevitable change that has come as a result of the pandemic, so check out our "Save the dates" for something that will help keep you connected over the next few months.

Finally, October is a time of Thanksgiving. "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." (Melody Beattie). We hope you have an opportunity to be grateful for the big and small things in your life that matter most to you.

Stay safe and remember that we are only a phone call away!

Email: mwcn2016@gmail.com
Tel: 450-691-1444
Website / Site web: www.mwca.ca / www.facebook.com/theMWCN/

ANNUAL GENERAL MEETING

MWCN held its Annual General Meeting on September 17th at the Vanier Cultural Center in Chateauguay with 30 in attendance and 4 members on zoom. We would like to thank the City of Chateauguay for allowing us to hold our meeting there physically. Social distancing was respected, as well as wearing of masks until people were seated. We were given specific instructions upon entering and everyone was happy to be present in person with safety measures in place.

We would like to thank Jayme McClintock and Chuck Halliday, members of the Board and employees with New Frontiers School Board, for their expertise in technology that helped us to include members from a distance through zoom.

Our board elections were held and so we thank Georges Bujold, Gloria Lynch and Joanne Murray for the part they played on the board the last few years. Thank you for your support throughout your term. We have benefited from your commitment and wish you well for the future. Our new board consists of Lise Brunette, Maria Friozi, Chuck Halliday, Merlin Halliday, Jayme McClintock, Susan Parker, Judith Picard, Don Rosenbaum, Kosta Theofanos and Tracy Wilkins. We look forward to another exciting year working together to build a strong and vibrant English-speaking community in the Montérégie West.

Our liaison officer with the CISSMO, Karissa Clayberg, was also present. Karissa has been appointed to work with the MWCN and support us in providing assistance in obtaining resources concerning health and social services for the English-speaking community.

Members from Huntingdon, Ormstown, Athelston, Pincoirt, Les Coteaux, Candiac, St-Bruno, Chambly, St-Jean sur Richelieu and Chateauguay joined us to hear our very dedicated community coordinators from all 3 of our offices. Each one told a story of reaching out into the community and connecting with people who greatly appreciated learning about the MWCN and the mandate they have in supporting the English-speaking community throughout the Montérégie West. The many events of the year, beginning April 1st, 2019 to March 31st, 2020 were touched upon by each of our coordinators ending abruptly with a pandemic that shut down the world overnight. Despite the pandemic everyone of our coordinators remained connected to the community through telephone calls, check-ins, distributing translated documents in self-care guides during the Covid and much more.

Consequently, I would like to thank each one of our employees who continued to reach out into the

community and supported seniors in small ways that made a difference in their lives. Thank you, Clément Bergeron, Lorie Marcotte, Kim Wilson, Ashton Wilson, and Shannon Keyes. You have all been truly amazing and adapted so quickly, pouring your heart into meeting the needs of the community and creating opportunities for support to our seniors and young families.

We have an exciting year ahead and look forward to many new opportunities to form partnerships in each of our communities. Check out our webpage at MWCN.ca and our Facebook page MWCN - Montérégie west community network. Anyone who is a member and would like a copy of our AGM power point, you can obtain a copy by calling one of our offices. The numbers are listed in the newsletter back page.

Pauline Wiedow,

Executive Director



NEWS FROM THE HAUT SAINT LAURENT (VALLEY)

1. Walk n' Talk Group – Every Tuesday, community gather at the Gazebo in Prince Arthur Park to walk together. Last week the group walked through the town and ended up by our beautiful Chateauguay Valley River.



2. A Walk Through Time highlighting the Netherlands - These Delftware precious pieces were brought in from participant Joanna Soesbergen for our event, highlighting - The Netherlands. Thanks for sharing with all of us, Johanna. Thanks to Elliott Arthur for keeping us anxious for each new session.



3. Conversation Cafe - Sept. 9th Animator Don Rosenbaum hosted the Virtual Summit on Changing the Culture in Long Term Care Centers moving forward as well as the CHEP Monthly Health Talk - Taking Care of your Mental Health and Emotional Resilience During the Pandemic. Thank you, Don, for offering access for community to continue to get important health information, especially through these trying times at our Wellness Center.



MONTEREGIE WEST COMMUNITY NETWORK

SAVE THESE DATES

- ◊ **Oct.5 & 19 & 26 — Happy Laps Walking Group**
Every Monday 9:30am to 10:30am (FREE)
Billings High School Track
- ◊ **Oct.20— SAQ (Senior Action Quebec) Webinar**
Oct.20 9:30-11:00 Wills and Mandates (FREE)
- ◊ **Oct.21 & Nov.18— CHEP Zoom (Community Health Education Program)**
From 10:00am to 11:30am (FREE)
Oct.21 Eating Well During the COVID-19 Pandemic
Nov.18 Moving Well During the COVID-19 Pandemic
- ◊ **Oct. 2, 9, & 16 — Art with Cari (FULL)**
at MWCN Office 10:00am to 12:30pm
\$22.50/session for 4 sessions
- ◊ **Oct 19, Nov 2, Nov 16— MWCN Bookclub (FULL)**
From 10:00am to 12:00pm (FREE)
Salle de la Noue, Chateauguay Culture Centre 15 Maple Boulevard, Chateauguay
- ◊ **Session 1: Oct. 13th & 20th/Session 2: Nov. 3rd & 10th/Session 3: Nov. 17th & 24th— Ins and Outs of Tablets Workshop**
4 - 6 p.m.
255 Boulevard D'Anjou, Châteauguay, QC J6J 2R4 and online on Zoom
- ◊ **Oct.13 & Nov.10 — Knitting Group (Limited space) (FULL)**
From 10:00am to 12:00pm (FREE)
Salle de la Noue, Chateauguay Culture Centre 15 Maple Boulevard, Chateauguay
- ◊ **October 19th, 26th, November 2nd, 9th, 16th and 23rd. —Doodle Challenge Workshops**
2:00 - 3:00 p.m.
Online on Zoom. A link will be sent prior to set up and join weekly meetings.
- ◊ **October 27th — Free Art Workshop (Limited space)**
at MWCN Office 10:00am to 12:00pm
- ◊ **November.17 — Paint Nite Fundraiser**
From 6:30 to 8:00 pm at Blvd Bar and Grill, 100 Rue Kepler, Chateauguay
\$35/person

