



November! Already?

November is a month of reflection, of deep breaths, of rushing to prepare for the year end celebrations.

Now more than ever it is time to think of others, how we can help the less fortunate, the elders, homeless, poor who might be living in less than ideal conditions with winter almost at our doors.

Please read carefully



My Uniform

I know you only see a dog when you see me in the street,
But look a little closer before we get to meet.
You'll see I'm in my uniform, this harness that I wear,
Should tell you that I'm working, I have a human in my care.
The flash that shines upon my lead shouts out the job I do,
I'm guiding in my uniform, I'm steady and I'm true.
Now would you grab a policeman, a doctor, nurse or nun,
A fireman or a surgeon, so you could have some fun.
Would you want to hug them, distract them from their task
I'm not so very different, so THINK, is all I ask.
I'm doing such a special job, I'm being someone's eyes
Distracting me to make a fuss, really isn't wise.
Would you rush to hug a police dog, or a sniffer dog for drugs,
Or a guard dog barking madly, just to get some hugs?
I doubt they'd greet you kindly, their owners too may shout.
So please I ask you nicely, walk on and miss me out.



I'm working in my uniform, it's very clear to see.
So this I ask you kindly, don't attempt to distract me!



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
Louise Kinney
New member: Maria Fiozzi
Emily Lemieux
Marlene Stacey

Volunteer Coordinator: Maria friozzi

Interest groups

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

e-mail: mwcn2016@gmail.com

Letters to the Editor

Event, activity, or interesting fact to share?
lbrunette51@videotron.ca

Save the Date:

Nov. 16: MWCN Board Meeting – 6:30 NFSB
Dec. 7: Partnership meeting – 6 :30 NFSB in St-Lawrence room.

Have you ever wondered what you would do in an emergency: choking, having a stroke, etc.?

The nursing teachers at Chateauguay Valley Career & Education Centre offer a "Hero in 30" Workshop tailored for adults 50+

"Hero in 30"

"Hero in 30" is a course offered by Heart and Stroke Foundation and is a 30-minute simplified version of the standard CPR (without mouth to mouth) usually taught in 4 hours. You will learn skills such as the Heimlich manoeuvre; chest compressions, and how to use an automated external defibrillator (AED) Don't miss out on this great opportunity right in your own backyard!

Should your group/organization be looking for activities for the upcoming year, please contact me at 450-288-5180 or email me and we can set up a date and time that works for you.

MWCN Sponsored Events:

Walking Group is back, If you want to join, please call Pauline Wiedow at 450-617-0513 and leave a message.

Book Club: Group 1 starts Sept 11th,
Group 2 Sept 18th,
Both are held at St. Willibrord School Mondays from 10-12pm every two weeks.

First book we will be reading/studying is "*The Lost Child of Philomena Lee*" by Martin Sixsmith.

Our second book which we will start in our February session will be "*Brooklyn*" by Colm Toibin.

Cost \$20.00 plus purchase of book. For information call Gayle 450-699-1078.

Zumba Gold: 8 weeks on Fridays. From October 6 to November 24. From 10 to 11am. Free for the Vice Versa resident and MWCN members and \$10 for others. More information, call Pauline Wiedow at 450-617-0513 and leave a message.

VOLUNTEERS NEEDED FOR 2017-2018

We are looking at a very busy fall schedule full of interesting learning opportunities as well as sharing skills that each one of us has to offer.

Are you someone who is newly retired and looking for opportunities to get involved in our community? Are you looking for something to enhance your daily life? Are you someone who just loves helping people?

The Montérégie West Community Network is a fast-growing Community Organization serving the English Speaking Community throughout the Montérégie West. We have many opportunities for you to get involved. Opportunities that require an hour a week or a few hours a week depending on what you choose to give. We have events involving seniors as well as young people. We strive to provide Lifelong Learning experiences and health and social services for all people. We need volunteers in the following programs that will be beginning this fall:

- Animate an English Conversation Group 1 x a week.
- Animate a French Conversation Group 1 x a week.
- Someone to lead an English Conversation Group in the Anna Laberge Hospital during lunchtime. **FOUND**
- Someone to lead an English Conversation Group in Hôpital du Suroît in Valleyfield. **FOUND**
- Listening to the elementary students read French at St-Willibrord School.
- Seniors, male and female to join in our Adopt a Grand Parent Program at St- Willibrord School.
- Teaching knitting to elementary students in 2 schools
- Someone to take leadership in our Membership Program. **FOUND**
- Someone to teach a computer class for seniors.
- Someone to help seniors learn how to navigate their IPAD.
- Someone to take care of refreshments at our different activities.
- Someone great with the computer who could do up our posters, flyers, brochures. **FOUND**

THANK YOU TO THOSE WHO HAVE FILLED SOME OF THESE VOLUNTEER POSITIONS.

We are a great group of people who have fun sharing our talents and love to work together for a stronger community. Check out our facebook page, MWCN Montérégie West Community Network or our website at www.mwcn.weebly.com. You can also send us an e-mail to mwcn2016@gmail.com. If you feel you would like to join us in any capacity please contact us either through our email address or by phone at 450-617-0513. Thank you,

Pauline Wiedow, B.A., President MWCN

2017- 2018 Community Wednesdays

November 1st: Harmony School
December 6th: St. Willibrord School

February 7th: École de la Rive
April 4th: École Saint-Isidore - Langevin
May 2nd: École Saint-Jean-Baptiste

- Come and meet more than twenty local community and governmental organizations
- Free babysitting available for children under 7 years old
- Spaghetti dinner for only 2\$
- No inscription needed
- Opened to everybody

Info: 450 699-3333, ext: 2224 or ww.nfsb.me/events

Park Players of Greenfield Park is proud to present: **7 Ways To Say I Love You**

a comedy/drama by Adam Szymkowicz.

Dates: November 16, 17, 18, 2017.

The shows start at 8:00 PM, doors open at 7:15 PM. Tickets are \$10.00 for Adults, \$8.00 for Seniors (60+) and Youth (-21).

For more information, please visit our website at www.parkplayers.scriptmania.com, send us an email at parkplayersgpk@gmail.com, or call us at [450-678-5315](tel:450-678-5315).

About the play...

This play is made up of a collection of funny, sweet, silly, poignant and stylistically diverse scenes from New York favorite Adam Szymkowicz and has something for everyone. From the awkwardness of asking out a pizza store clerk (Ambience Pizza), to a campy infidelity revenge comedy (Film Noir), to the couple destined to be together no matter the obstacles (John and April), this collection explores heart, grief, pain, and humor as the plays dance around the eternal human theme of love.

Community Events:

Nov 4: Women's Auxiliary of the Barrie Memorial Hospital in Ormstown are hosting the The annual Bazaar, chicken lunch and Health Fair will be held on Saturday, November 4th from 10 am to 2 pm.

Nov 1,8,15,22,28: Mediation for Adult classes Start time 7pm at Serenplicity 5 Church St Ormtown. Cost \$50. Contact Mary Sullivan @ 450-807-1612 or marysullivan2009@hotmail.com.

The Montérégie West Community Network (MWCN) is pleased to present a Lunch and Learn at St- Willibrord's School Community Learning Centre with the McGill Centre for Studies in Aging.

Please join us on Wednesday, November 29th, 2017 from 12noon to 1:30 at sT-Willibrord's School, 300 McLeod St., Chateaugay

Dr. Loraine Mazella-Maiolo presents her lecture on 'Healthy Bones, Healthy Body'

The goal of these lectures is to suggest and initiate practical steps to prevent age-related disorders as well as to promote healthy lifestyle choices amongst the most populous generation in history.

FREE for MWCN members please contact Pauline Wiedow (450-617-0513) to register by Monday November 27th as we need to order our lunch boxes. Membership is \$10.00 for the year.

Beauharnois Remembers! / Beauharnois se souvient!

Canadians recognize Remembrance Day every November 11th at 11 a.m. It marks the end of hostilities during the First World War and an opportunity to recall all those who have served in the nation's defence.

This year, learn of the 4 men from Beauharnois, and some of the challenges they faced as they fought and gave their lives in the First World War for the freedoms we enjoy.

Albert Simpson Ashton, Henry Groves Goodfellow, John Rowland Kilgour, and George Smith appear on the Cenotaph of Beauharnois. 100 years have come and gone, and we know very little about them. Together, let us look at what they had to deal with as they chose to go to war so that we might live in peace.

A free multi-media mini-exhibition on the First World War will take place the 9th, 10th, 11th, and 12th of November, 2017 at St Edwards Church, 72, rue des Écossais, Beauharnois, in collaboration with the Montérégie West Community Network, with assistance from Veteran's Affaires Canada.

Les Canadiens reconnaissent le jour du Souvenir le 11 novembre à 11 h. Il marque la fin des hostilités pendant la Première Guerre mondiale et une occasion de rappeler tous ceux qui ont servi la défense de la nation.

Cette année, découvrez les quatre hommes de Beauharnois et certains des défis auxquels ils ont dû faire face au cours de la Première Guerre mondiale pour défendre les libertés dont nous jouissons. Albert Simpson Ashton, Henry Groves Goodfellow, John Rowland Kilgour et George Smith apparaissent au cénotaphe de Beauharnois. 100 ans sont passés et nous en savons très peu à leur sujet. Ensemble, regardons ce à quoi ils ont dû faire face lorsqu'ils ont choisi de faire la guerre pour vivre en paix.

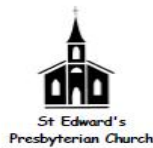
Une mini-exposition multimédia gratuite sur la Première Guerre mondiale aura lieu les 9, 10, 11 et 12 novembre 2017 à l'église St Edwards, 72, rue des Écossais, Beauharnois, en collaboration avec le Réseau communautaire de la Montérégie Ouest, avec l'aide financière des Anciens Combattants Canada.



Henry G. Goodfellow



John Rowland Kilgour



La Semaine des vétérans / Remembrance Week

7-12 Novembre/November, 2017

St Edward's Church Hall, 72 rue des Écossais, Beauharnois

La Semaine des vétérans / Remembrance Week

Mardi/Tuesday 7 Nov.

Presentations to the grade 3 to grade 6 classes at Gault Institute presenting "Hammie" Gault, the changes WWI brought to our world, and introducing the 4 WWI soldiers from Beauharnois who gave their life in the war, ie: George Smith, Henry Groves Goodfellow, Albert Simpson Ashton, and John Rowland Kilgour.

Thursday 9 Nov. 13h00 Official opening of the mini-museum. Open 1-4

The hall at 72 rue des Écossais Beauharnois will be arranged as an audio-visual museum highlighting the First World War, and those from Beauharnois who gave their lives.

The National Film Board's Movie: "John McCrae's War: In Flanders Fields" will be available for viewing in both French and English. Projected "Remembrance Moments" and multiple French and English War Documentary Videos will be available for viewing. Roll-up banners and binders will give details on the 4 honoured soldiers.

Jeudi, 9 Nov. 13 h00 Ouverture officielle du mini-musée. Ouverte 1-4

La salle du bas serait arrange en format musée multi visual, avec emphase sur les 4 soldats de Beauharnois indiqué sur le cenotaphe de la ville. "Les Moments Commémoratifs" et autres vidéos en anglais et français seront offerts au choix des visiteurs. Projection du film « La guerre de John McCrae »

19h00 Première présentation du film « Dunkerque » en version originale (Anglais) dans le sanctuaire au coût de \$2.

Le récit de la fameuse évacuation des troupes alliées de Dunkerque en mai 1940. Mini-musée disponible dans la Salle, 1 heure avant et 1 heure après le film.



19h00: Première présentation de la Movie: "Dunkirk" in the Sanctuary Cost 2\$
When 400,000 Allied soldiers could not get home, home came for them!
Mini-Museum available in the Lower Hall 1 hour before and 1 hour after the film.

Vendredi/Friday 10 Nov. 10h00-12h00 13h30-16h30

Musée ouverte pour visites et visionnement de vidéos plus visite au cimetière St. Edward.

Mini-Museum available in the Lower Hall plus war-related Cemetery sites available for viewing.

Vendredi/Friday 10 Nov. 18h30 - 19h30

World War I "Wartime 24 hour Doughnut Shop" in the lower Hall

"Beigernerie 24 heures" comme à La Première Guerre mondiale dans le hall du bas

Friday 10 Nov. 19h30 - 21h00

Musical presentation in the Sanctuary by the Salvation Army Brass Band, and bilingual presentation about the "Doughnut Girls", and the role of the Salvation Army in war and peacetime.

Vendredi 10 Nov. 19h30 - 21h00

La fanfare de l'Armée du Salut se produira dans le sanctuaire de l'église. En faisant des beignes et du café, gérer les salles de récréations, écrire des lettres et rencontrer les besoins sociaux, émotifs et spirituels des soldats au front, ils ont été très importants pour nos « jeunes outremer ».

Samedi/Saturday 11 Nov. 10h00 - 12h00

Musée ouverte pour visites et visionnement de vidéos plus visite au cimetière St. Edward

Mini-Museum available in the Lower Hall plus war-related Cemetery sites available for viewing.

Samedi 11 Nov. 13h30 Parade du Legion et Service au Cénotaphe

Ensuite, parade de retour à la Légion.

Saturday 11 Nov. 13h30 Parade from the Legion and Service at the Cenotaph

Wreaths will be laid, following which, we will parade back to the Legion.

Dimanche Matin 12 Nov. 9h00-10h15

Service Commémoratif, Bilingue a l'Église St Edwards Church.

Sunday Morning Nov 12 9h00- 10:15 Bilingual Commemorative Service with the act of Remembrance at St Edwards Church, 72 rue des Ecossais, Beauharnois. Open to all.

10h15 - 12h00

Réception dans la salle du bas / Reception in the lower hall

Café/Thé, Soupe, gâteau du temps de la guerre. Exposition et vidéos plus visite au cimetière.

Coffee, Soup and Wartime Cake Reception for all in the lower hall.

Exhibits and Videos available, plus cemetery visits available.



La Semaine DES VÉTÉRANS | REMEMBRANCE Week

2\$

9 NOVEMBRE 2017 - 19H
NOVEMBER 9TH 2017 - 19H00

Présentation de la
Première du film
Premier Presentation
Of The Movie

DUNKIRK

400,000 HOMMES ENGERCÉS
UN RI DRICILE POUR LES SAUVER
WHEN 400,000 MEN COULDN'T GET HOME
HOME CAME FOR THEM

10 NOVEMBRE 2017 - 19H30
NOVEMBER 10TH 2017 - 19H30

Canada MWCN

Fanfare Citadelle de
L'ARMÉE DU SALUT DE MONTRÉAL
MONTRÉAL SALVATION ARMY
Citadel Band

ÉGLISE
ST-EDWARD'S
PRESBYTERIAN
CHURCH
72, rue des Écossais
Beauharnois, QC

FUNDRAISER FOR THE MONTEREGIE WEST KNITTING GROUP AND HARMONY SCHOOL

Please adopt a doll that has been refurbished with gentle care and beautiful handmade knits and crochets.

The money raised will help to purchase more wool and also help out Harmony School. Proceeds are split 50 /50.

THANK YOU !

from the knitters and crocheters of MWCN

FUNDRAISER FOR THE MONTEREGIE WEST KNITTING GROUP AND St-WILLIBRORD SCHOOL

Please adopt a doll that has been refurbished with gentle care and beautiful handmade knits and crochets.

The money raised will help to purchase more wool and also help out St.Willibrord School. Proceeds are split 50 /50.

THANK YOU !

from the knitters and crocheters of MWCN

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