

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

President:	Lise Brunette
Vice President:	Maria Friozi
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Executive Director:	Pauline Wiedow
Administrators:	Georges Bujold

Elected officers:

Member Coordinator:	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum

SEPTEMBER



"TRANQUILITY & ACCEPTANCE"

***Calmness, Peacefulness and Serenity.
Feeling adequate and embracing situations.***

September marks the 6th month that we, as a community, have been experiencing the Covid-19 pandemic. How are we all doing? We know that some people are easily breezing through these times, while others are feeling overwhelmed, isolated, and fearful of what normal life might become. Every emotion we are feeling is justified, yet it is important to understand that unless we can change the current situation, it is best to find a way to keep busy and stay active. Feeling 'Tranquil' and 'Accepting' of a situation will ease your mind, so that each day can be enjoyed in some way. Just breathe. ❤️

MWCN is recognized as an 'Essential Service' and we are here to address the needs of our community. We have continued to check in with everyone through telephone, emails, Zoom gatherings, walking groups, coffee groups, door-to-door deliveries of care packages and frozen meals to our most vulnerable. We are also in the process of planning for the fall and will slowly resume some of our activities in a safe environment while following all guidelines and protocols. Please see our *FALL PROGRAM* for upcoming events and contact our office if you see something of interest and would like more details. We look forward to you joining us!

MWCN's first article in the SOUTHWEST VOICE PUBLICATION.



PHOTO: WWW.MWCN.CA

Services for the English-Speaking Community of Montréalégie Ouest

By Clément Bergeron

SERVICES

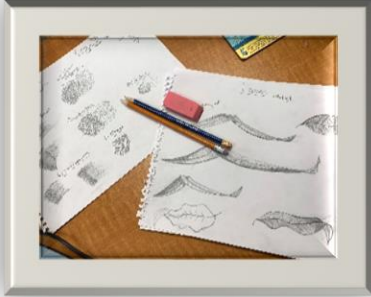
Whether in the field of health, social services or community services, the Montréalégie West Community Network (MWCN) offers a wide range of activities for all ages from early childhood to seniors for the entire English-speaking community in the region, whether in Châteauguay for the Roussillon region or in the Châteauguay Valley for the Beauharnois-Salaberry, Haut-Saint-Laurent and Jardins-de-Napierville regions, as well as in the Vaudreuil-Soulanges region. Three satellite offices are located in Châteauguay, Huntingdon and Pincourt to better serve the community.

For 21 years now, Pauline Wiedow has been setting up this organization, first with a few friends in Châteauguay, then later in the Montréalégie Ouest region and for the past two and a half years in Vaudreuil-Soulanges. Pauline Wiedow's vision, generosity and determination have never ceased to attract and mobilize friends, collaborators, volunteers and now a dozen employees who all work in unison to offer services to a population happy to meet and be together in English. In fact, there are 88,000 English-speaking citizens in the Montréalégie West, including 46,000 in the Vaudreuil-Soulanges MRC alone, or nearly one citizen in three. Numerous partnerships have been established with the Centre intégré de santé et de services sociaux de la Montréalégie Ouest (CISSMO) and the Community Health and Social Services Network (CHSSN), including McGill University, Heritage Canada, the Secrétariat aux relations avec les québécois d'expression anglaise, Éducaloi and the Fondation Lucie et André Chagnon, to name but a few.

This summer four students are employed by the MWCN throughout the territory and every year scholarships from McGill University are sent through the MWCN. Let's note the organization of the Vaudreuil-Soulanges YOUTH GALA that, in May 2019, brought together 430 people to celebrate 56 graduating elementary and secondary students from the territory's schools. It is thanks to partnerships with Desjardins Vaudreuil-Soulanges, the City of Île Perrot and the Lester B. Pearson School Board that this initiative has taken place and will return year after year. Presence, dynamism, active listening, openness, everything is put in place by Pauline Wiedow and the many collaborators she inspires to enable the English-speaking community of Montréalégie Ouest to flourish and blossom. Join us at MWCN, www.mwcn.ca



Don't forget to pick up your copy of 'Voix Régionale'. MWCN is publishing weekly articles in the Southwest Voice ENGLISH insert.



Join us for our very popular ZOOM Drawing class every Thursday at 10:30am with Sarah Murphy.

**'SAVVY SENIORS'
A SPOTLIGHT ON MARGARET SIMONS**

By Amanda Bertrand, MWCN Pincourt Summer Student



KEEP SETTING GOALS!

When I first met Margaret Simons, I had no idea that she would be such an inspiration. Within the first hour of meeting her she had intrigued me with her wit and ingenious personality. However, this intriguing woman, to no surprise, also had a jampacked schedule which made having a sit

down with her a little more difficult but worth the wait. Margaret was born and raised in Quebec City with her sister and two brothers. As a teenager she was sick for almost 10 years, going through multiple tests with no diagnosis which unfortunately put her behind in school. However, at 19 years old she moved to Montreal and into a studio apartment where she lived while finishing her education at Centennial Academy. Over the years Margaret worked hard to create a self-sufficient life for herself. She says that being sick as a child, while it did affect her self-confidence it also gave her the drive to be constantly proving to herself and to others that she was capable and independent. So, with that drive she started setting goals for herself.

One of these goals was to own a house before she was 40 and at 37 years old that is exactly what she did. With that goal checked off her list Margaret signed up for university, at the age of 45. Working days and going to school at night for 3 years, as well as taking intensive courses during her summer vacation, she slowly chipped away at her degree.

Which brings me to her next goal to graduate before turning 50. Still determined as ever, she was able to go to school full time the last 2 years where just two days before her 50th birthday she received official recognition of her degree in Therapeutic Recreation from Concordia University.

Now retired, she continues to work with the Alzheimer's society as well as volunteering whenever she can and continues to set goals for herself. This time around she would like to have her current home paid off by the time she is 70. Coming to the end of our conversation Margaret encouraged the importance of finding a job that you love and to never stop doing your research. Even today she is always reading and searching for answers to any and all questions that come her way.

For myself, as a young adult some days I feel like maybe I'm not on the right track or that I am behind, but the truth is we are always right where we need to be and we just have to keep setting goals for ourselves and then just don't stop.

Thank you for teaching me that Margaret! 

CHAMP de REVES OUTING

On August 19th, 25 of us strolled through the Mosaic gardens and Lavender fields. We ended the tour with a picnic and gourmet popsicles delivered to us by Pop Culture of Hudson. It was one of our first organized group outings, with masks and distancing included. Such Fun!



MWCN v-s is hoping to get a Sock Drive in action!

With colder weather coming, now more than ever, vulnerable individuals need our help. Please pick up a pair or two of new, warm socks and we will gladly pick them up if you can't get to us!



MWCN Sock Drive

► Homelessness in Vaudreuil-Soulanges often gets overlooked and very much an issue in the Off-Island region.

► We are looking to collect as many new pairs of warm socks that we can, in time for the colder weather.

► **PLEASE DONATE.**

► They can be dropped off at the MWCN office located at 91 5th ave, suite 204 in Pincourt, (Mon-Thurs 9 - 5) or on weekends at 250 Bellevue, Pincourt.

► For more information, please contact Lorie Marcotte tel: 514-425-0399 email: lmarcotte@mwcn@gmail.com



NEWS FROM HAUT SAINT LAURENT (THE VALLEY)

HUNTINGDON has a new Wellness Center located at 72 Dalhousie. **MWCN** thanks volunteer and board member, Don Rosenbaum, for ordering and assembling the two benches sitting just outside the front door.

An **MWCN** flag helps people in the community know where the new center is located.



Summer student, Elliott Arthur, along with his father, graciously assembled and stained both the picnic table and benches for us.



All of this would not be made possible without the great support from our **Executive Director, Pauline Wiedow**, who helps make it all happen!

If you are in the Huntingdon area, our **Open house** will be held on Wednesday, **September 23rd @ 1:30**. In fact, you can stop by most weekdays for a tour!

SAVE THE DATES

PLEASE REFER TO THE ATTACHMENT WITH OUR FALL PROGRAM.

There are many interesting activities happening this Fall. Some events will be 'virtual' and others will be in different locations within Vaudreuil-Soulanges, all while maintaining safety guidelines.

(sponsored by Des Jardins V-S)

For registration please contact **Lorie Marcotte** 514-425-0399, email: lmarcotte@wcn.com

**** September 17th from 5 – 7pm
'Annual General Meeting'**

Location: 15 boul Maple, Chateaugay J6J 3P7
6 positions are up for election on our Board of Directors. All MWCN members are welcome.

Nominations and Candidate CV's can be sent to:
info.wcn@gmail.com

FYI: LOW VISION SELF-HELP ASSOCIATION

Virtual Meeting September 9th @ 1:15

Guest speaker **Luicio D'Intino** – Lethbridge-Leyton-Mackey Rehabilitation Centre (LLMRC)

Contact: Mr. John Ohberg at 514-694-2965 / 694-2649
LowVisionSelfHelpAssociation@gmail.com

Ry Duong - Personal Counsellor at ABC Health Clinic in Vaudreuil with a study in Social Work.

Her mission is to help families and individuals to overcome life struggles and to cope with problems in their everyday lives.

For a FREE consultation of 30 minutes

contact: 514-573-6720

www.rycounselling.com

ABC Health Clinic

54 Boulevard de la Cité-des-Jeunes #110

Vaudreuil-Dorion, QC

J7V 9L5

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!



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