

APRIL 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.



A Word from our Director

April is the month where we begin to see renewed life in the fields. I can already see buds on one of my trees. The earth is slowly awakening from its long winter sleep.

Some of us may also feel like we have been asleep this past year as how we live our lives has changed so dramatically. Now as the vaccines are distributed, and we can spend more time outdoors we will begin to add more movement to our daily lives and begin to feel a new awakening, a fresh start.

The team at **MWCN** have been very busy planning for the months to come. We will open April with a sweet surprise for those of you who are alone and more isolated. You may have received this already thanks to one of our volunteers who reaches out in the community. April is also the month that we will highlight our many volunteers and the importance of including them in helping us build a strong, connected English-speaking community. Volunteers have always been the backbone of our organization and we thank them for giving of their time and expertise, especially this year through a pandemic. In next months issue we will list the 5 volunteers chosen by our board for this year and share their story.

Thank you to so many of you who have renewed your membership as well as the many new members we welcome for the upcoming year. Many have also chosen to take out a 3-year membership at \$25.00. Some of this membership fund goes towards the \$100.00 bursaries we give to 1 student in each of the New Frontiers School Board schools. These students are chosen by their school for the Community Spirit Award. Last year we gave these bursaries to 13 students.

THANK YOU FOR YOUR MEMBERSHIP AND THE CONFIDENCE YOU SHOW US!!

THANK YOU TO ALL OUR VOLUNTEERS – YOUR GENEROUS SUPPORT IN SHARING YOUR VALUABLE TIME AND EXPERTISE IS WHAT MAKES OUR ORGANISATION STAND OUT IN THE COMMUNITY.

Pauline Wiedow

MWCN Board Elected officers:

- Executive Director:** Pauline Wiedow
- President:** Lise Brunette
- Vice President:** Merlin Halliday
- Treasurer:** Tracy Wilkins
- Secretary:** Chuck Halliday
- Administrators:** Maria Friozzi
Jayme McClintock
Don Rosenbaum
Judith Picard
Susan Parker
Kosta Theofanos
Marlene Davies

What's New?

PLEASE TAKE NOTE

MWCN offices are open Monday to Thursday from 8:30 a.m. – 4:00 p.m.

Starting April 6th, our offices will be **closed** between 12:00 – 12:30.



Sugaring Weather

When snowballs on the horses' hoofs
And the wind from the south blows warm,
When the cattle stand where the sunbeams beat
And the noon has a dreamy charm,
When icicles crash from the dripping eaves
And the furrows peep black through the snow,
Then I hurry away to the sugar bush,
For the sap will run, I know.



Excerpt taken from "Sugaring Weather" by Peter McArthur

Roy's Sugar Shack, Howick, Qc.

DID YOU KNOW?

WE LOVE
OUR VOLUNTEERS

April is **Volunteer month** and the week of April 18th – 24th is **Volunteer Appreciation Week**. The **National Volunteer Week** theme for 2021, **The Value of One, The Power of Many**, reflects on the awe-inspiring acts of kindness by millions of individuals **AND** the magic that happens when we work together towards a common purpose. **MWCN Chateauguay** would like to thank our many volunteers who contribute so selflessly to make us who we are. Do you know someone who volunteers? Then thank them for making our world a better place!



Congratulations to Joyce McKell and Irene McCaig Legassic celebrating a milestone 100 years this month!

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 **April**:

My Jeep broke down and my mechanic loaned me his van for free for a few weeks. So grateful.

– Sue Legare

My husband and I both have health issues. My husband has a rare form of psoriasis that causes arthritis and inflammation. I have a back injury, I can't lift more than 5 lbs. My amazing neighbour shovels our driveway, cuts our grass and landscapes for us. We never ever had to ask. As a wedding gift to us, they landscaped our whole yard and cleared out a lot of pesky bushes and unsightly greenery around the yard. We are super lucky to live beside these kind and generous people.

-Alex Harney

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 – May 25 – **TEK TALK** from 4 - 6

April 7 & 14 **OR** April 21 & 28 –

ZOOM TRAINING WITH JAYME from 1:30 – 3:30

April 7 – May 26 – **FRENCH CONVERSATION** from 7 – 8:30

April 12 – **CHATEAUGUAY BOOK CLUB** from 10 - 12

April 21 – **CHEP – VACCINES** from 10 – 11:30

****BONUS FOR NATIONAL VOLUNTEER WEEK – April 18 – 24****

April 19 - **VOLUNTEER APPRECIATION BINGO** – 10 – 12

April 20 – **CHAIR YOGA** – 1 – 2

SCATTEGORIES – 2:30 – 3:30

April 22 – **VOLUNTEER APPRECIATION** from 5 - 7

NEWS FROM THE HAUT ST. LAURENT (VALLEY)



April is Volunteer Month. A special thanks to our Valley Volunteers

With Covid-19, MWCN has never stopped needing their volunteers. We have volunteers who pick up our mail each day, help with transportation when needed and work from home to help make our organization the best it can be for the community. A special thanks to Corine Savage, Don Rosenbaum, Debbie Rennie and Sue Hevesy for their continued support.

Student & Senior Literacy Mentoring Program

"We often hear about stepping outside ourselves, but rarely about stepping outside our generation." The Valley is excited to

begin working on two new projects that support intergenerational engagement.

The Student & Senior Literacy Mentoring Program will bring community members and adult/vocational students together once a week by Zoom. The objective of the project is to create a sense of belonging and welcome people into the Adult education sector through weekly activities that entice improving literacy skills and building new relationships.



Each participant will receive a journal "This Time Next Year – 365 Day of Exploration," which will offer them an opportunity to improve their literacy skills. Participants will be able to share and learn more about people from within their communities and about themselves. The mentorship from the community offers the students new friendships and support as they continue to pursue their studies and improve their lives.



Teen/Community Pen Pal Project



CVR Gr. 8 English teacher, **Diana Gervasi and her 52 students** approached **MWCN** to help set them up with an intergenerational Pen Pal Project which would engage youth and seniors. Students will write/type once a week to seniors connected to our local Women's Institutes as well as in some participating senior residences.

Letters will be mailed back and forth and guided by both the teacher and **MWCN** with themed ideas to spark lots of writing and use of literacy skills. The students are looking forward to learning more about their writing partner and the feeling is likewise for seniors.

Traditional Board Games for Elementary Schools

MWCN is proud to announce that we have contributed 10 crokinole, 10 cribbage and 10 chess sets to both **Heritage Elementary School and Howick Elementary**. The promotion of traditional games is important, not only to our heritage, but also for helping children think for themselves, learn cooperation/teamwork skills and develop strategies/tactics.



Laura Bustamante, CLC contact for both Heritage Elementary School and Howick Elementary, picking up the traditional board games.

MadT Comic Strip



MadT
I think it is time to bring out the big guns-sensible slimming undergarments.

Theodora Despardieu

If Theodora was a rap star she would be called Tenacious T- she is a woman of a certain age so she is known to her intimates as Teddy.

Theodora believes in people. She is kind, generous rides a "vintage" bike (only one owner so far - her) and has an irreverent laugh. She is only a wee bit mad (but then aren't we all?). Her and her husband Delbert- Del to family and friends, both embrace a certain joie de vivre ! Steadily through life she has collected new friends, new skills and new ways. She has friends of all ages-even teens with electric instruments are welcome at her home. Eccentric, talkative, excitable, she enjoys new foods, people and places. A friendly happy hour is not beyond the realm of possibility. I guess she does not realize that she is not that old fashioned but more like a woman of the times. Rock on Teddy!

Singing in the rain
Young at Heart
Fairy tales do come true



MWCN'S PARTNERS INITIATIVES

Free training and support group for family caregivers



What you need to know about taking care of / helping a family member or friend who has Alzheimer's or another form of dementia

Spring 2021

Thursday April 1st, 8th, 15th, 29th

May 6th, 13th

7:00pm to 8:30pm

On Zoom

Includes the following topics:

- ❖ What is Alzheimer's disease and dementia
- ❖ Progression of the disease / medications
- ❖ Communication and out of character behaviour
- ❖ Meal times and personal care
- ❖ Safety in the home
- ❖ Looking at long term care
- ❖ Taking care of yourself



Please contact Susan Allvey for more details or to register at sallvey@alzheimersuroit.com

Soci t  Alzheimer Society
SUROIT

New Publication from Y4Y

"The Importance of Symbolism to the English-Speaking Community in Qu bec"

Common identifiers for social groups like flags and other visual objects can reinforce a sense of belonging. As such, new symbols have the potential to express the multilingual characteristics of Qu bec. For more information on this initiative: [Read this policy brief.](#)

VACCINES: DO I HAVE THE RIGHT TO REFUSE AND WHAT ARE THE LEGAL CONSEQUENCES?

In general, vaccinations are not mandatory. However, in some exceptional cases like the COVID-19 pandemic, the Quebec government can make them mandatory in the public interest. Refusing vaccination may mean restrictions in certain places or on certain activities.

For more information from our partners at Educaloj, click here: [VACCINE INFO](#)



ARTHRITIS SOUTH SHORE

Online activities being offered by *Arthritis South Shore* for the month of **April 2021**. All the activities are free of charge. *They are all in French but questions in English are welcome and will be responded in English.*

Tuesday, April 6, 13, 20, and 27 from 10-11 a.m.: Adapted Fitness Exercises with Jean Proulx, every Tuesday. Registration is required for new participants only at info@arthriterivesud.org. The weekly session is available on video for those who are registered.

Friday, April 9 from 1:30 p.m. till 3:30 p.m.: (*in French*) 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 osteoarthritis, but other forms of arthritis can also be discussed. Register at info@arthriterivesud.org to get the link.

Monday, April 12 from 1:30 p.m. till 3:30 p.m.: Wellness workshop on "Vivre quotidiennement avec l'arthrite. En famille, au travail, en voyage" in collaboration with the Biblioth que de Brossard. This workshop will be offered in English on May 10. To register visit : [Atelier Mieux- tre arthrite : Vivre quotidiennement avec l'arthrite : en famille, au travail, en voyage](#)

Friday, April 30 from 1:30 p.m. till 3 p.m.: Conference with a rheumatologist. "M dication et arthrite" with Dr. Rym Hourri. During her conference, Dr. Haouari, rheumatologist at Charles-Le Moyne Hospital and at the DIX30 specialists' clinic, will talk about the different medications used to treat patients with arthritis, the choice of medication, the benefits of these medications and their side effects. To register, click on the following link [Les m dicaments et l'arthrite](#)

Welcome Spring!



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!

