

## Montérégie West Community Network

The MWCN is a non-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:

<b>President:</b>	Lise Brunette
<b>Vice President:</b>	Maria Friozi
<b>Treasurer:</b>	Tracy Wilkins
<b>Secretary:</b>	Chuck Halliday
<b>Executive Director:</b>	Pauline Wiedow
<b>Administrators:</b>	Georges Bujold
<b>Volunteer Coordinator:</b>	Maria Friozi
<b>Member Coordinator:</b>	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé

# January

The New Year is here! I hope everyone had a wonderful holiday season. Now let's jump right back into the swing of things! MWCN has many new plans for activities and lifelong learning classes to go along with the other events that everyone knows and loves. We can't wait to start the new year off with a BANG!

## NEWS FROM THE MWCN CHATEAUGUAY

The MWCN in partnership with Assistance and Referral Center (ARC) held its very first Vernissage/calendar launch. The calendar was made up from the art done by the two art classes students in each region. One at ARC in Greenfield Park; the other here in Châteauguay. Of course, they wanted to put all the artwork into the calendar, however there are only so many months in a year. All the artwork was beautiful, fun and creative.

A very big thank you to the art teachers Ilana Kuska and Sharon Smith. Thank you both for your patience in teaching this talented group of men and women and proving that everyone has creativity within.

We would also like to say thank the Nova Career Centre for being so accommodating to us. Similarly, to Heidi Chernofsky, the Interior Decorating and Visual Display teacher who created the exhibition. In conclusion, great work everyone! Everyone did an amazing job and had a blast doing it!



## NEWS FROM THE MWCN CHÂTEAUGUAY

### PINCOURT OFFICE OPEN HOUSE

December 11, 2019 our new office in Pincourt held it's Open House. Along with the MWCN team and a couple of our Board members who bravely weathered the snow squalls that evening, we also welcomed Alexandre Wolford, Counselor District 1 (acting Mayor) Ville de Pincourt, Denise Bergeron, Counselor District 2, Ville de Pincourt, Julie Andr e Numainville (Rep of Marilyne Picard, National Assembly – Soulanges) and Danie Deschenes, Mayor of Notre-Dame de l' le Perrot. We also welcomed CHSSN employees Russell Kueber and Nathalie Lokoka.

Thank you to everyone who came out and weathered the snow to help welcome our new office opening.



### COMMUNITY WEDNESDAY



Mercredis communautaires du Grand Chateauguay/Community Wednesday's 10th anniversary was held at St. Willibrord Elementary School on Wednesday, Dec. 4. There were many community tables and participants who came to see Santa and enjoy a nice spaghetti dinner.

Congratulations to Nibel Dadi who won the Cozy Winterlude Movie Night Basket for the MWCN table. As well as congrats to Claire Sabourin who

won the Half & Half draw from the Joy Project's table. It was an overall success for the participants and guests. Great job everyone!

### FIDGET TOOLS

St. Willibrord School would like to thank the Knitting Group very much for all the Fidget Tools they had made and donated to the schools. Great job ladies keep up the great work!



## SAVE THE DATES



Ongoing – **KNITTING GROUP** 10-12pm at Chateauguay Library, Every 3rd Tuesday of the month (Jan 21, Feb 18, Mar 17, Apr 21, May 19)

Ongoing – **KNITTING CLINIC**

Wednesdays from 10-12pm. Every other week at Options, 25A Blvd. Anjou. Jan. 15 & 29, Feb. 12 & 26, Mar. 11 & 25

January 8 – **CRIBBAGE** Every second week at the MWCN office from 1:30-3:30. Bring a friend. If you don't know how to play, don't worry we'll teach you! Enjoy a fun afternoon with us. Call the office at 450-691-1444 to register.

January 8 – **FRENCH CONVERSATION COURSE**

**REGISTRATION** Held at Nova 70 Maple Blvd., Chateauguay, from 4-6 pm in the MWCN room

**Classes:** Will begin January 15 until March 18 on Wednesdays from 6:30-8:30 in room S-183.

January 10 – **COLORING CAF ** Every second Friday from 1:30-3:30. At the Chateauguay Community Church 111 Rue Lauzon, Chateauguay. Call the MWCN office for more information or to register.

January 13 – **BOOK CLUB**

**Book:** "The Paragon Hotel" by Lyndsay Faye, Monday every second week from 10-12pm, MWCN office.

Group 1 start date Jan 13, 2020.

Group 2 start date Jan 20, 2020



January 13 – **CURRENT EVENTS** Every second Monday from 1:30 - 3:30pm at the MWCN office, Chateauguay. Are you someone who loves to discuss what is happening in your city, province, country and the world? Come enjoy an afternoon of current event discussions.

January 15 – **FREE CHEP VIDEO CONFERENCE**

**Topic:** The January Blahs...Or is it Depression? At Nova, 70 Maple Chateauguay. From 9:30-12. Register now!

January 22 – **MONTHLY LUNCHEON**

Restaurant: Nobel, Speaker to be announced. Assorted menu choices of \$14.95 or \$19.95 + tax & tip. Call or email office to reserve your spot now!

January 23 – **PARTNERSHIP TABLE** Held at Nova Career Center, 70 Maple Chateauguay. From 6:30-8:30. Please call to confirm your attendance



## NEWS FROM THE VALLEY (HAUT-SAINT-LARENT)

### INTERGENERATIONAL FORUM ON CLIMATE CRISIS

On Wednesday, November 27th, middle school students from Châteauguay Valley Regional High School and local seniors joined in an intergenerational forum on the climate crisis. Entitled “Saving the World Begins with Me”, this event was an opportunity to learn, to exchange ideas, and to plan actions at home and in the community.



The keynote speaker was a local - Holly Dressel, researcher, environmental activist and co-author with David Suzuki of several best-selling books.

Asked why seniors were being invited, Don Rosenbaum – one of the organizers – explained that “young people and seniors have both an opportunity and responsibility to speak out. Everybody in between is preoccupied with work, mortgages, raising kids and struggling with their budget.”

Organizers hope that the impact of the forum will continue, with further efforts to “green” the school and the community over the next few years. – Don Rosenbaum

### CHRISTMAS CRAFTS & TEA

CVCEC nursing students enjoyed an afternoon of Christmas crafts and refreshments with 15 community members on Nov. 4th. Great opportunity for future nurses to interact with seniors and for seniors to meet them and learn about their program and the centre. Great time had by all.



### LET'S MAKE ART (VALLEY CLASS)

Another Valley Art Class has wrapped up. A 4-week Introduction to Landscaping session, taught by Tina Bye, had 12 participants and they are all looking forward to the next session which is Introduction to Painting. Each week is lots of laughter, fun and learning.



## UPCOMING IN THE VALLEY

**New Chair Yoga Classes:** MWCN is happy to announce that starting in January there will be a 10-week Chair Yoga class open to the public happening at HAECC (Huntingdon Adult Education & Community Centre).

**Senior Exercise Classes :** MWCN is happy to announce that in the new year, there will be a senior exercise class starting up on Mondays and Wednesdays at the Huntingdon Arena.

**MWCN Monthly Luncheon:** The first luncheon of the new year will take place at Express 57 in Ormstown on Tuesday, January 21st. Please confirm your attendance

**“Losing Control”, a Theatre presentation:** Monday, April 27th at the Huntingdon United Church - MWCN is happy to promote this entertaining event on the joys of aging. More details to follow.

For anymore information on any of the events/activities above please contact Kim Wilson at 450-807-5191 or [kwelburn1988@gmail.com](mailto:kwelburn1988@gmail.com)

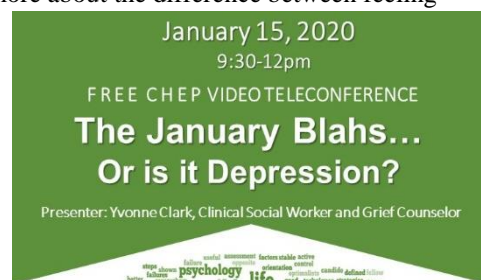
## HEALTH

### FREE CHEP HEALTH VIDEO CONFERENCE

#### The January Blahs...Or is it Depression?

Presenter: Yvonne Clark, Clinical Social Worker and Grief Counselor.

It's normal to feel that after-holiday letdown when all the festivities of the season end, the credit card bills roll in, and the coldest weather, snow, and ice make us housebound. The feelings of melancholy accompanying this period are commonly known as the January Blahs. When should we take notice that the January Blahs are more serious or have turned into depression? Depression is a mood disorder accompanied by feelings of sadness, anger, and loss that can affect a person's everyday activities. Sadness doesn't always mean depression. Join us to learn more about the difference between feeling down or blue and full-blown depression.



To reserve your spot contact the coordinator in your area.

#### Châteauguay

Contact Ashton at 450-691-1444 or [wilsonashton9@gmail.com](mailto:wilsonashton9@gmail.com)

#### Châteauguay Valley (Haut-Saint-Laurent)

Contact Kim at 450-807-5191 or [kwelburn1988@gmail.com](mailto:kwelburn1988@gmail.com)

#### Vaudreuil-Soulanges/ Pincourt

Contact Lorie at 514-425-0399 or [lmarcottenwcn@gmail.com](mailto:lmarcottenwcn@gmail.com)

## HEALTH CONT'D

We all know most of the common new year's resolutions are usually to get in shape, maybe shave off a couple a pounds, or start eating better. Well leaving weight and body shaming out of it, there are a lot of benefits to improving your diet.

### Top Benefits Eating Healthy

The Canadian food guide was updated Jan. 2019.

It's hard to change eating habits. We know what we like, and most people don't like change. But all it takes is one decision to choose an apple over a chocolate bar.

If you can follow the Canadian food guide suggestions to your best effort, you could help improve/prevent the following health benefits such as diabetes or heart disease

**Weight loss** – Again, it isn't always about losing weight, however losing weight can help to reduce the risk of chronic conditions such as diabetes, heart disease, organ failure etc. if one is overweight.

**Reduce risk of cancer** – An unhealthy diet can lead to obesity, which may increase a person's risk of developing cancer.

**Heart health and stroke prevention** – According to the Heart and Stroke Foundation of Canada, up to 80 percent of cases of premature heart disease and stroke can be prevented by making lifestyle changes, such as increasing levels of physical activity and eating healthfully.

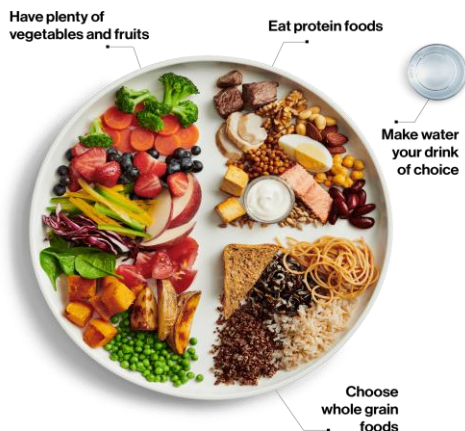
**The health of the next generation** – Children learn most health-related behaviours from the adults around them, and parents or grandparents who model healthful eating and exercise habits tend to pass these on. Take note of the youngsters who are watching your every move.

**Strong bones and teeth** – A diet with adequate calcium and magnesium is necessary for strong bones and teeth. Keeping the bones healthy is vital in preventing osteoporosis and osteoarthritis later in life. Rich with calcium foods include broccoli, cauliflower, cabbage and legumes.

**Better mood** – Foods with a high glycemic load (soft drinks, cakes, white bread) may increase symptoms of depression and fatigue. Whereas foods with a lower glycemic load (Vegetables, whole fruit, whole grains) may increase overall mood.

**Improved memory** – A healthful diet may help prevent dementia and cognitive decline. Some nutrients and foods that protect against those issues are vitamin D, C, E, omega -3 fatty acids, and fish.

Yes, it is important to eat healthy, however that doesn't mean you cannot treat yourself. Eat dessert, have a candy, just don't overindulge and you'll be fine. You know your own limits. 😊



## THIS AND THAT



### POETS CORNER

#### Winter's Embrace

Shimmering lakes of silvery ice  
welcomes skaters' scarring slice.



Hills adorned in lacy white  
watch children sleigh into the night.

In the brilliant pristine light,  
snowbirds in tall trees take flight.



Evergreens draped in capes of snow,  
their heavy branches hanging low,  
blanket earth as north winds blow.

Winter's dance is quite a show,  
an ice-kissed, dazzling, magical place,  
transformed by winter's cold embrace!



- Patricia L. Cisco, 2017

## THE Gleaner

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