

Montréal West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montréal 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:

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



So far, the year 2020 has thrown us a few curve balls. Last month was when things really changed... a lot of businesses closed, and everyone was told to self quarantine. Even though in this time of negativity it may be hard to see the bright side of things, we need to remember that good and positive things are still happening all around us. For one, you are healthy and well enough to be reading this newsletter. Second, even though most of our MWCN activities and events have been postponed and we can't meet in person, it doesn't mean we aren't all trying to make things better and easier for our members as much as we can. Starting with this newsletter!

NEWS FROM THE MWCN CHATEAUGUAY

On a positive note, our International Women's Day Brunch was a fantastic success! Welcoming over 180 women at Our Lady of Perpetual Health Church (OLPH) on March 7. The sun was shining, and the



women were beaming! We were so lucky to have been able to have this event before everything else became a reality.

A handful of amazing women joined us on stage that day. Nancy Landrigan, MWCN Project Coordinator who organized the whole event, Pauline Wiedow, MWCN Executive Director, without whom this event would never have been possible. Along with three great speakers, Joyce Shanahan, Bonnie Mak and keynote speaker Amanda Rocheleau. We also were lucky enough to hear a very inspirational song by



NEWS FROM THE MWCN CHATEAUGUAY

Maria Digout. We had cheers, laughs, smiles and tears. What a great event to show women supporting women. A very big thank you to everyone who came out and celebrated this amazing day with us. Also, to everyone who helped in the organizing and planning of this event. Keep it up ladies!



WORDS FROM OUR EXECUTIVE DIRECTOR, PAULINE WIEDOW:

“CRAZY TIMES REQUIRE RECALCULATING”

“This is the way I see the events of the last month and how Coronavirus has taken control of our lives, how we live, play and learn”.

“Yes, our lives have changed, but we are resilient. We will learn quickly how to reinvent ourselves, and our purpose as we experience these changes. We are very fortunate in that we can learn from what is happening in many countries. We have the opportunity to protect ourselves better. Let’s listen, breathe, learn and appreciate how fortunate we are in the midst of a pandemic health issue”

“I look at it as a gift of sorts. It is a time whereby we can put into perspective what really matters, our families. It is a big adjustment for families who have their children at home and trying to keep them busy in a positive way. It is time to get back to board games, storytelling, coloring and cooking”.

“The MWCN staff has been working at full capacity since returning from Christmas holidays and now is the time for **Self-Care**”

USE YOUR IMAGINATION AND CREATIVITY AT HOME

Even though we can’t get together to paint at the MWCN office doesn’t mean you can’t find other ways to use your creativity at home. Some of you may be thinking that you can’t because you don’t have painting supplies but there is so many other things you could do!

You could draw or sketch, you could color, or you could try scrapbooking. If you are sick of reading you could try writing something, either a short story or a poem. I know these activities may sound silly but now is a great time, while we have so much time, to get back in touch with our creative side, and let our imaginations help us pass the time. Try it!

You can’t use up CREATIVITY
The more you use,
The more have.
-Maya Angelou

NEWS FROM THE MWCN VALLEY

MWCN WELLNESS CENTER

It is official! We have a new MWCN Wellness Center in Huntingdon to serve the Valley, Beauharnois-Salaberry and Hemmingford residents. Our address is 72 Dalhousie, Suite 201, Huntingdon.



Unfortunately, due to our new reality and fortunately for the safety of all, we are not able to open until further notice. We will inform everyone of our opening hours and will be planning an official Open House in the future.

This center will play many rolls.

- It will be a community center where citizens can receive information on all health and social services.
- It will be a space where people can break isolation through participation in future activities and events.
- It will be a space where partners who provide health and social services can share their information through workshops and activities.

We will be so excited to welcome you all through our doors and are looking forward to a great new start in continuing to support the English-Speaking population in our region.

VALLEY MONTHLY LUNCHEON

Twenty-two participants enjoyed our Feb. 28th Valley monthly luncheon at Citron et Basilic in Huntingdon. These luncheons are always a great way of bringing people together to enjoy conversation and friendships. We stay home now so that we can enjoy luncheons like again one day.



SENIOR’S EXERCISE CLASS

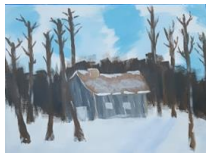
Senior’s Exercise Classes started at the Huntingdon Arena with 13 participants on Mondays and Wednesdays under the leadership of Joy Levers. MWCN is happy to be able to assist in getting this class up and running again as it is an important need for seniors in our community.



NEWS FROM THE MWCN VALLEY

PAINT N' SIP FUNDRAISER

MWCN was happy to help support a fundraiser for the Huntingdon Crafts & Recreation (an organization that supports activities for seniors every Wednesday). It was a Paint n' Sip fundraiser that brought in 24 participants enjoying an evening of painting and mingling with friends. Each participant took home their own masterpiece, and everyone had a great time. Thanks to instructor, Nadeanna Tannahill, for her patience and great confidence in all of us.



PARTNERSHIP WITH DEWITTVILLE WOMEN'S INSTITUTE.

The Dewittville Women's Institute invited Lorelei Muller, Project Coordinator for the Heritage Treasures Museum Intergenerational Project and Kim Wilson, Valley Project Coordinator to speak at their monthly meeting. Lorelei spoke about the Museum project and asked for suggestions from the group for future history activities and encouraged them to participate whenever possible. Kim followed by presenting all the upcoming MWCN activities and events for the month of March and thanking them for the opportunity to be present at the meeting

POSITIVE CORNER!

With all that's going in the world right now sometimes it's hard to focus on the good things going on as well.

Yes, this is a chaotic time with stores closing and the world basically coming to halt however, we have to remember that this is also a time for the world and everyone in it to BREATHE...To take a minute, step back and look at the bigger picture. To really look at what matters to us. To try and focus on the positive rather than the negative!

THE KNITTING GROUP

Right before isolation started in our region, our Knitting Group was able to send out another batch of donations. They were able to donate **over 85 items** such as baby hats, shawls, blankets and more to Anna Laberge Hospital. They also donated **over 100 items** such as headbands, slippers and more to Hope & Cope. Lastly, they donated **8 gift sets** to Options for new mothers. We cannot express how grateful we are for these lovely ladies and all the work they do. Keep it up ladies!



More positive news is the way Mother Nature is looking at this pandemic. The planet is taking this horrible time and using it to breathe, heal and take what it can from this experience.



POSITIVE OUTCOMES FOR MOTHER NATURE

- ✓ **Clear water in Venice, Italy.** Due to the restrictions in Italy right now, the water has become so much clearer. "The water now looks clearer because there is less traffic on the canals, allowing the sediment to stay at the bottom," a spokesman for the Venice mayor's office told CNN.



- ✓ **Decrease in human-generated global warming.** A major drop in travel by airplanes, cruise ships and motor vehicles -- all significant CO2 emitters -- has effectively cut greenhouse gas emissions and helped detoxify the atmosphere. So has the shutdown of many factories and refineries -- also big industrial polluters.



- ✓ **The Ozone is slowly healing itself.** Starting last year specialists saw that the ozone was starting to heal itself. With this pandemic lowering all the gas emissions in the air, air pollution has diminished immensely, it's only helps the ozone heal faster.

These are just to name a few but the point is when life give you lemons...well you know the rest!

Stop focusing on how
STRESSED you are
and
remember
how BLESSED you are.



COVID - 19

Although we are tired of hearing it, this virus is a serious matter. We need to take responsibility and take it seriously. We have been given guidelines to follow that will not only benefit our own well being but the well being of those around us as well.

PREVENTING INFECTIONS:
It's a collective responsibility

Implementation of care environment protocols

Follow recognized hygienic practices

Québec.ca/coronavirus
Toll free: 1-877-644-4545

Votre gouvernement Québec

If you have any questions about the virus or any updates you can visit the Government of Canada's website at <https://www.canada.ca/en/public-health/services/diseases/coronavirus-covid-19.html>

We also have links to the "COVID -19 Self-care Guide" on our Facebook page and our website. It is a package over 20 pages with all the "Need to Know" information on the virus.

Stay Safe & Stay Home

COVID-19
Keep this guide

Self-care Guide

What you need to know
What you need to do
To protect your own health and the health of others

Votre gouvernement Québec

Spring



Spring is here!

With everything going on in the world it almost feels like we have forgotten about Spring. Although, most of us are enjoying it day to day because the only thing we're allowed to do anymore is go for a lot of walks.



The weather is turning warmer, the green is trying to push through all the browns and greys. (Photo by Pauline Wiedow). The birds are chirping all day long in the sun and the days are getting longer.

Yet another positive thing going on in the world right now.

POETS CORNER



Signs of Spring

When the snow melts away,
And it's rainy and grey,
And the birds are beginning to sing...

Trees have tender green buds,
And the Earth turns to mud-
That's how you can tell it is Spring!

No more mittens and boots,
Now more bulky snow suits,
It's too warm to wear all those things!

Flowers bloom everywhere,
Their perfume fills the air-
That's how you can tell it is Spring!

What the Robin Told

The wind told the grasses,
And the grasses told the trees.

The trees told the bushes,
And the bushes told the bees.

The bees told the robin,
And the robin sang out clear,
Wake up!
Wake up!

Spring is here!

Easter Surprise!

Easter eggs,
Yellow and blue.
Easter eggs,
For me and you.



Easter eggs,
Candy sweet.
Easter eggs
Are good to eat
Easter eggs,
Pretty and funny.
But...where or where
Is the Easter bunny?



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!

