

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



May showers bring May flowers! The weather is already starting to change; we're getting lots of sun, longer days and warmer weather. Besides the weather changing we don't really know what this month will bring. Hopefully, things will start to get a little better but until then all we can do is wait and follow the rules. However, there are still many things to be grateful for. We are all in this together and are here to support one another. Stay positive and try to enjoy what you cannot change.

NEWS FROM THE MWCN

One gentleman from Huntingdon took matters into his own hands to spread the positivity and support for the local health care workers. Raymond Wilson made this beautiful sign that reads "Health Care workers – Thank you" He placed it right across the river from the Huntingdon Hospital for everyone to see.



The residents of Huntingdon and the health care workers from the hospital were incredibly grateful. One comment from a health care worker was "I can't tell you how this feels when you see it from the dining room, everyone has a little skip to their step...even the ones that don't skip anymore, awesome community, million thanks!!" Another said "A heart felt thank you to Raymond Wilson that made the beautiful sign! Love looking out the window and seeing this" Along with many more thanks from the community, we would like to thank you again Raymond Wilson, for reminding us of the importance of Community. We are all in this together, and we'll all get through this together. Thank you!

NEWS FROM THE MWCN CHATEAUGUAY

DIALOGUE MCGILL BURSARIES

MWCN in partnership with Dialogue McGill, an initiative for health and social services students to improve services in English, and to practice where they can meet the needs of the English-speaking population of Quebec, was proud to award 2 students with bursaries. Each student received a bursary of \$2,500 each to go towards their studies.

Both students are studying in the field health and social services. Delaney Roberts, who is studying in Dental Hygiene at John Abbott College and Justine Poulin, who is studying Community Recreation and Health Care at Dawson College.



Delaney Roberts



Justine Poulin

Congratulations ladies on the bursaries and we wish you good luck in your future studies in the health care sector.

GOODIE BAGS FOR ISOLATED SENIORS

We have been trying to find ways to reach out to some of our isolated members or seniors in residences. One great idea was little goodie bags! We've slowly been making up a couple bags a week to hand out. These bags can include any little things that we think may bring a smile to someone's face. A little journal, some flower seeds, some little chocolates, etc.



If you are doing any scrapbooking, arts and crafts, anything that you think you would like to donate for these bags let us know! You can email Ashton at wilsonashton9@gmail.com or call 450-691-1444.

RAINBOW ROCKS!

Another little project we've been working on are rainbow rocks! The idea came from the tokens that we're given out at our recent International Women's Day, however instead of a flower we thought we would spread the message that "It will be okay" with Rainbow Rocks. We have been putting these into our goodie bags for seniors and plan to have them all over the Montérégie soon!



NEWS FROM THE MWCN VALLEY

A message from Kim, the NPI coordinator for the Valley.

I would like to say thanks to all the Valley members who are continuing to be strong through this world pandemic. It is not easy for anyone. I love being able to keep in touch with many through my weekly emails. It helps me still feel connected and miss everyone less.

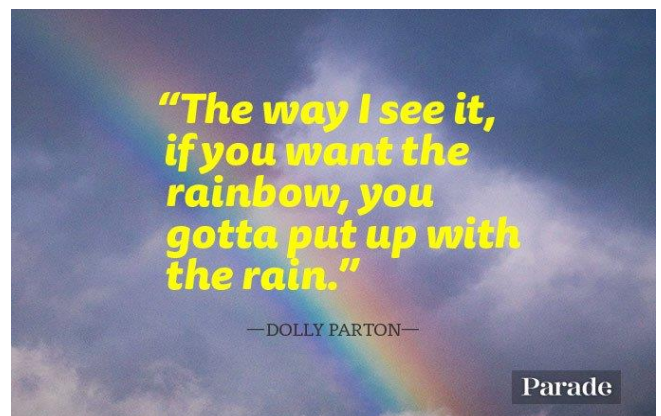
My goal for the future is to continue to connect, by email, phone and Facebook. I am experimenting with Zoom technology as well where a few people at a time can see and talk to each other all together. Learning new ways to communicate is always nice but ever so important during these trying times. Look forward to hearing more from me soon.

I thought this quote was fitting for all of us!

Stay strong, stay safe, stay home!

It will all be ok!

- Kim Wilson



APRIL – VOLUNTEER APPRECIATION MONTH

We would like to honor 6 volunteers this month. These nominees were chosen by people in the community that have witnessed all wonderful contributions the nominees have done for their own communities.

The 6 nominees are:



Heather Ludlow
Thompson



Erica McComber



Josie Delzingaro



Don Rosenbaum



Jim Beauchamps



Maureen Meguerian

Volunteers are so important. Thank you to not only these nominees but to everyone who volunteers any of their time for someone else's cause. The MWCN usually hosts a Volunteer Appreciation lunch to show our appreciation and thanks to many volunteers however, due to the current circumstances we were unable to have one. Nonetheless, we still see and appreciate all you volunteers out there in all our communities. Keep up the great work!

POSITIVE CORNER!

PROUD TO BE CANADIAN!

'We share our hope': Canadian flag illuminated on Matterhorn in brilliant show of solidarity.



TORONTO -- The Swiss mountain resort town of Zermatt sent a message of hope and unity to the world by illuminating the flags of countries hardest-hit by the coronavirus pandemic, including Canada, on the iconic Matterhorn peak.



On Saturday night, the Zermatt government projected an image of Canada's red and white maple leaf flag onto the face of the famous pyramidal peak in a show of solidarity.

The illumination of the Canadian flag on the mountain was part of a wider project by the Zermatt government that saw various images projected onto the landmark every evening for five weeks.

-Jackie Dunham, CTVNews.ca Writer

SLOWLY SAVING THE OCEANS

Australian scuba tours are planting coral while tourists stay home.



While Australia's tourism economy is at a standstill, the country's tour boats sit empty in the harbours. Now, some of those companies are repurposing their idle vessels — and staff — for coral restoration missions along the Great Barrier Reef.

Working with **The Coral Nurture Program** which is a new approach for the Great Barrier Reef, the scuba teams have planted over **1000** pieces of coral on and around the Great Barrier Reef.

-Bright Vibes



Even though this is happening on the other side of the world this, it's still good news for us because in reality the ocean is the ocean; it affects us all. Coral reefs are so important to the balance of oceanic life, from marine life to water filtration.

Earth Day was April 22 and as I mentioned in my last newsletter, Mother Nature is taking this pandemic as a time to heal and grow, and now some of humanity has jumped on the wagon to help. Here's to Planet Earth!



HEALTH

With this current pandemic keeping everyone at home and self isolated, one of the main pastimes left for us to do is spend time outdoors. Whether we're outside to do spring cleaning, gardening, or even just sitting outside to soak up the sun. Being outdoors is good for your health and I hope you are all trying to get outside as much as you can.



However, with so many of us spending more time outside we must remember to protect ourselves against the sun. Many people believe that you can only get a sunburn in the summertime when it's 25-30 degrees and sunny all day long. This is not the case.

Over the years the Ozone layer has gotten a lot thinner than it used to be due to pollution and carbon dioxide in the air. The thinning of the ozone layer means that the UV rays from the sun are now a lot stronger and can cause more damage, from sunburns to even skin cancer.

Skin cancer is the most common cancer in Canada



Skin cancer is highly preventable

Use SunSense



This does not mean you should avoid the sun in any way. No, the sun is a great way to get Vitamin D in your system. Simply protect yourself from the sun by wearing hats, and sunscreen. Now get out there and enjoy the nice weather before those May showers catch up to us.

THIS AND THAT



As all of us know, we have had to find new ways to connect with one another, for personal and professional purposes.

One of the most popular programs that a lot of people have started using is the video conference program called ZOOM. For those of you have attend out monthly CHEP health talks, this is the program we use.

ZOOM(basic) is a free program that allows people to connect either with a computer, tablet or phone. (Anything with a camera) You can see and interact with many people at a time. The reason I'm introducing this program to you is because we have recently purchased a ZOOM package for the MWCN offices, and we hope to eventually start using it to connect with our members.

We are only in the beginning of the process right now but in the meantime, you could check it out online and become more familiar with it. You could try using it with friends or family anytime. Check it out!

To All the MOTHERS



A Happy Mother's Day to all the mothers and grandmothers out there. Unfortunately, this year Mother's Day celebrations may be different from the past years however, we are always happy to celebrate the wonderfulness of mothers. ❤️

"A mother is she who can take the place of all others but whose place *no one* else can take.

-Cardinal Mermillod

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!

