

**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.



MARCH



Well, look what's popping up this time of year!

It never fails, no matter how harsh the winter, spring always shows up. It's like a rebirth and renewed hope for good things to come.

"An opportunity to begin again".

We have the same opportunity when we gather as a community; making new friends and trying something new. With the snow and cold weather receding in the next few weeks, it's time to get out and participate in the community.

MWCN always has something going on regardless of weather. From workshops on health and well-being to watercolour classes and even a Fundraiser Poker Tournament! So, feel free to call or email our office and come join in the fun!

MWCN Board

President:

Vice President:

Treasurer:

Secretary:

Executive Director:

Administrators:

Volunteer Coordinator:

Member Coordinator:

Elected officers:

Lise Brunette

Maria Friozzi

Tracy Wilkins

Chuck Halliday

Pauline Wiedow

Georges Bujold

Maria Friozzi

Gloria Lynch

Merlin Halliday

Jayne McClintock

Joanne Murray

Don Rosenbaum

Chantal Sauvé

Tracy Wilkins

THIS IS GOING TO BE FUN!!



POKER NIGHT

MWCN WEST FUNDRAISER
Friday, March 6th
from 7pm to Midnight
Omni-Centre,
375 Cardinal-Leger, Pincourt
\$25 to enter.

**MWCN West is happy to support the community,
So please consider supporting us!**

Come and play “Texas Holdem” at our Fundraiser Poker Tournament on **Friday March 6th!**

No need to be a professional poker player, everyone is welcome! We will have great raffle prizes, a Half n Half draw and refreshments at break-time.

Wine and Beer will be available at a reasonable price. (\$\$\$ prizes for the lucky ones at the final table).

Make sure to reserve your spot by calling Lorie Marcotte at 514-425-0399 or email to: lmarcottewcn@gmail.com

“CHRISTMAS MEMORIES OF DAYS GONE BY”



The MWCN Vaudreuil-Soulanges is looking to create a “*Christmas Memories of Days Gone By*” booklet to be published in time for December 2020. We are looking for seniors who would like to participate. All we need is a short story of what a traditional Christmas was like for you “back in the day”. **We would love to know!**

We will gladly meet with you to record and document your story. Please contact Lorie Marcotte Tel: 514-425-0399 or by email to: lmarcottewcn@gmail.com.

“A Beautiful way to paint in Watercolour”

Our Watercolour classes by Sarah Murphy continue to be so much fun! Our second painting was of an Italian landscape and the “girls” are getting more confident in their painting. Such beautiful work after only 2 classes.

We will be starting Session 2 on Thursday, March 19th, from 1:00 – 4:00.

Please call or email our office for more information.

Price is \$25 per person, per class, with all materials included. Coffee and Cookies will be served.



CABANE À SUCRE

Location: Royal Canadian Legion Branch 108
39 Gilmour, Chateauguay

Saturday, March 21st, 2020

Time: 11 – 2pm

Cost: \$12.00 adults / \$6.00 children under 10

Join us for some delicious food and then you can work it off with the music of

THE RIVER MOHAWKS. If you love line-dancing this is the place to be.

MWCN & ARTWILL STUDIOS

FLYING FISH!!



What a wonderful visit at Pierre Elliot Trudeau Elementary School in Vaudreuil on February 13th! Grade 3 students were treated to art classes with Deidre Potash of Artwill Studios.



Some other fabulous artwork, using recycled water bottles to decorate the ceiling in the Kindergarten wing.



The students were very attentive as Deidre showed them how to draw the different types of birds local to Vaudreuil-Soulanges that they had learned about with *Le Nichoir*.



The drawings were then retraced and imprinted on thin metal sheets and painted.



Pauline Weidow, Executive Director, MWCN
Ms Cathy Diemahave, Grade 3 Teacher
Deidre Potash, Artwill Studios



DID YOU KNOW?

St. Paddy's Day started as a religious celebration in the 17th century to commemorate the life of Saint Patrick and the arrival of Christianity in Ireland. This "Feast Day" always took place on the anniversary of Patrick's death, which was believed to be March 17, 461 AD

Save The Dates

March 6th – ****MWCN POKER FUNDRAISER****

From 7pm – Midnight, \$25 to enter and \$\$\$ Prizes.
Located at the OMNI-Centre, 375 Cardinal Leger,
Pincourt. Please call or email the MWCN office for
reservations and grab your spot!

March 7th – Int'l Women's day Brunch from 10 – 12 at
OLPH Church Hall, 295 McLeod street, Chateaugay.

March 9th – **Coffee and Conversation** Located at
Chartwell in Vaudreuil-Dorion from 2 :00 – 4 :00.

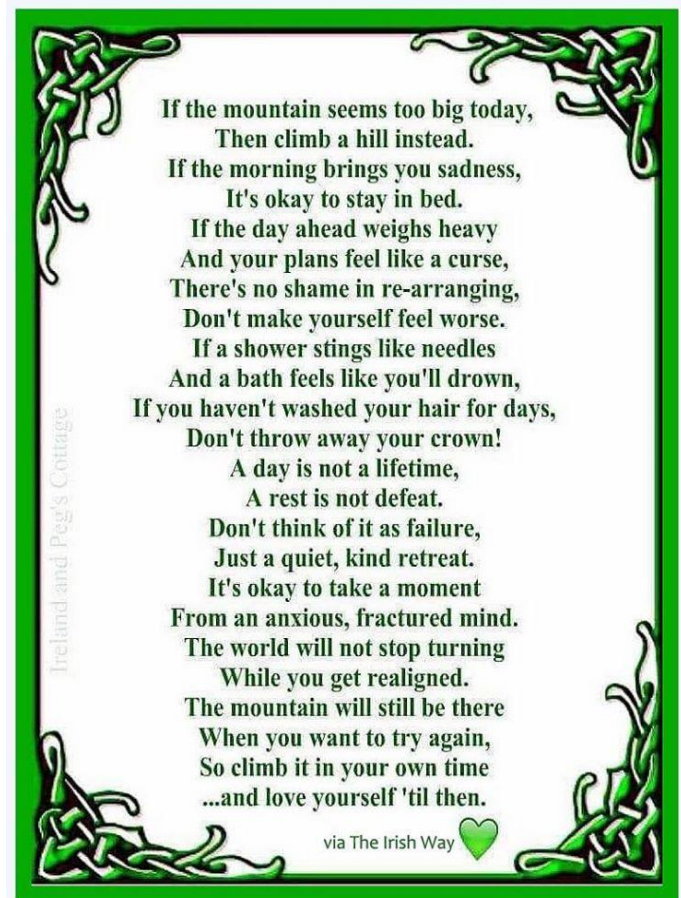
March 16th, 23rd – **IPAD instruction** held at Chartwell
Residence in Vaudreuil-Dorion from 1:30 – 3:30

March 17th – MWCN and SAVA to host Info Session on
« **Elder Abuse** » at St Patrick's church, Shamrock street,
Pincourt from 10 :00 – 12 :00.

March 19th – **Watercolour Classes** (Session 2) by Sarah
Murphy every second Thursday from 1 :00 – 4 :00.
(March 19th, April 2nd, 16th, 30th)

March 21st – **Cabane à Sucre** from 11:00 – 2:00
Royal Canadian Legion, Branch 108,
39 Gilmour, Chateaugay

March 30th – **CHEP DVD** (Subject TBD) held at
Chartwell in Vaudreuil-Dorion from 1:30 – 3:30.



Words can be Windows or Words can be Walls



Breakthrough Conversation: by Rachele Lamb

EXCITED

Amazed, Animated, Ardent, Aroused, Astonished,
Dazzled, Eager, Energetic, Enthusiastic, Giddy,
Invigorated, Lively, Surprised, Vibrant.

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.



91 – 5^e ave, Suite 204,
Pincourt QC, J7V 5K8
514-425-0399