



# Summer of COMMUNITY

RMC Vaudreuil-Soulange | Community matters | June 2019

## SAVE THE BEES!

Sure, insects in general can be annoying but bees have a huge purpose to serve and it's more than just making honey! In fact, nearly 75 percent of food crops worldwide are dependent on pollinators. However, bees are dying at an alarming rate and may disappear altogether within a few years. Destruction of habitat, increasing monoculture and greater use of pesticides on crops could be contributing factors to the bee decline. So besides not swatting them, here are a few things you can do to help them and the planet out: don't use pesticides on your lawn and you can make your garden an attractive place for bees, butterflies and other insects simply by planting herbs which you will also be able to use in your cooking.



## NATURAL SEASONAL ALLERGY REMEDIES

Apple cider vinegar helps reduce mucous production and cleanse your lymphatic system.

Try it: swallow a tablespoon or try mixing it with honey and water.

Exercise produces an anti-inflammatory effect in your nasal passages.

Try it: moderate to intense activity for at least 30 minutes.

Nettle leaves blocks your body's ability to produce histamine, which can provide allergy relief.

Try it: steep it with peppermint leaves and a small amount of honey to create an herbal tea.

Washing out your nose works by preventing the offending allergen from entering your airways.

Try it: a Neti Pot or a saline spray.

Local Honey from where you live will help your body adapt to the allergens in your area.

Try it: consume a teaspoon or more of raw, unprocessed local honey from as close to where you actually live as possible.

## COMING UP!

June 13th – MWCN's Annual General Meeting. Nova Career Center 5-7pm  
Followed by the partnership table, with speaker Myriam Tessier; topic Bill 101. (Register at 450-691-1444)

June 5th – Inauguration of the water tower fresco Place Dumont, Vaudreuil-Dorion 7pm  
June 21<sup>st</sup> - 24<sup>th</sup> c Festival de cirque Vaudreuil-Dorion Jeannotte street, Vaudreuil-Dorion  
June 2<sup>nd</sup> – Cyclo-Tour Michel-Gauthier leaving Parc Bédard, St-Lazare at 10 am

## MUST READS COMING OUT IN JUNE

"Man Fast: A Memoir," by Natasha Scripture

"The Burning Chambers," by Kate Mosse

"Big Sky: A Jackson Brodie Novel," by Kate Atkinson

"The Snakes," by Sadie Jones

## KNOW YOUR SUNSCREEN

By now we all know how important sunscreen is and try to incorporate it into our daily routine. But not much thought is given to it besides that.

So here are some things you should know: Your sun protection regimen should include more than just sunscreen. Next time you leave the house think of wearing protective clothing such a broad-brimmed hat and UV-blocking sunglasses. Don't forget to seek shade and reapply your sunscreen often.

Know what you're putting on your skin. The ingredients in your sunscreen let you know what type of protection you are getting. Chemical sunscreen (contains para-aminobenzoic acid and cinnamates) absorb UV rays and convert the sun's radiation into heat energy. Physical sunscreens (contains zinc oxide and titanium dioxide) on the other hand deflect and scatter the rays before they penetrate your skin.

No matter your age or skin tone, unprotected sun exposure can lead to accelerated skin aging, and the risk of developing skin cancers and precancers.

For those with decreased mobility, spray-on sunscreens are a great option if you have trouble applying a cream to some areas. Make an environmentally friendly choice when buying your sunscreen! Certain ingredients found in sunscreen can be extremely harmful to the environment and are seen as the cause of coral bleaching. Choose mineral-based sunblocks that use zinc oxide or titanium dioxide—"non-nano" size particles that can't be ingested by corals.

## VACATION PEACE OF MIND

Set off on your next vacation with complete peace of mind! Vaudreuil-Dorion offers it's residents to register in person or online ([www.ville.vaudreuil-dorion.qc.ca](http://www.ville.vaudreuil-dorion.qc.ca)) as away on vacation. Municipal Patrol Officers will then pay particular attention to your residence during their regular patrols through City neighbourhoods.

## PARKINSONS CONFERENCE

### CONFÉRENCE : PARKINSONS 101

par/by :



In English:  
Monday, June 3rd 2019 at 1:00pm.

**FREE**

En français:  
Mercredi, le 5 juin 2019 à 13h00.

**GRATUIT**

À/At l'Omni-Centre – Pincourt :  
375 Boul. Cardinal-Léger.

*Limited seats available!*  
*Des places limitées!*

Info / Réservation :

Natalia Westphal - PCVS : 450-455-8986 ext 225



## CHEP VIDEO TELECONFERENCE



Centre d'hébergement de Vaudreuil  
Salle Guy Robillard  
408 St-Charles, Vaudreuil-Dorion  
June 19, 2019  
10-12pm

CHEP VIDEO TELECONFERENCE  
Speaker: Ruth Pelletier

**LONELINESS  
AND ISOLATION  
IN SENIORS:  
THE  
CONSEQUENCES**

Reservations:  
[tania.levesque@icloud.com](mailto:tania.levesque@icloud.com)  
(514) 880-4579



## GERIATRIC HEALTHCARE PROFESSIONALS AND YOU

Join us for opportunity to discuss what is needed in the healthcare system to better address your needs!

Engage with a panel of geriatric medical experts who will be addressing a variety of important topics.

Lunch included  
General - 60\$  
Students - 35\$  
Seniors 65+ - 35\$

Without Lunch  
General: 45\$  
Students: 20\$  
Senior 65+ 20\$

\*SAQ Annual General Meeting to follow

Info and registration at [seniorsactionquebec.ca](http://seniorsactionquebec.ca) or contact Ruth Pelletier [ruthkathleenpelletier@gmail.com](mailto:ruthkathleenpelletier@gmail.com) 450-455-5982

**JUNE 13, 8.30AM - 1.45PM**  
**RAMADA PLAZA MONTRÉAL**  
**6445 BOUL. DÉCARIE**



**SENIORS  
ACTION  
QUEBEC**

## 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!

E-mail: [mwcn2016@gmail.com](mailto:mwcn2016@gmail.com)

Tel: 450-691-1444 (leave a message)

Website: [www.mwcn.ca](http://www.mwcn.ca)

## A LABOUR OF LOVE: interview with Susanna Langevin – Co-Founder of the MWCN Chateauguay Knitting Club



What started out as a venture to teach school aged children to knit, turned into an enterprise of giving and sharing hope – to their community through the act of knitting. In 2015 co-founder Susanna Langevin and MWCN Executive Director Pauline Wiedow approached their local school about teaching children how to knit. Unfortunately, the children never arrived – but the venture did not fail. Instead of children, adult participants some with advanced knitting skills and some with just a desire to learn, arrived to advance the newly ordained community Knitting Club to a fortuitous existence. With its humble inception in 2015, the Knitting Club now boasts 35 members and knits for local charitable and philanthropic groups such as Batshaw Youth and Family Services, Hope and Cope Wellness Centre, Anna Laberge Hospital and Options Pregnancy Centre in Chateauguay. This group of community knitters meet once a month to knit blankets, afghans, baby sets, socks and hats to benefit those in need. According to Susanna – it's not just about the act of knitting. "This club benefits more than just the recipients of the goods, it also benefits the people who come to knit. We had read an article in the New York Times, which states the benefits of knitting, its good for you, it lowers your blood pressure, it reduces anxiety and depression, it slows the onset of dementia and it increases a sense of wellbeing." "It's a social activity, it benefits the social organizations and the recipients. Hope and Cope, gift wraps the items and every oncology patient, before their first treatment gets gift of an afghan. They take that with them, it is theirs to keep. They take that with them to their treatment. Most of them carry it with them when they go for their chemotherapy."





## 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.

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E-mail: [mwcn2016@gmail.com](mailto:mwcn2016@gmail.com)

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Website: [www.mwcn.ca](http://www.mwcn.ca)