

Monday, June 21st, 2021

# Marvelous Monday!

## How is everyone doing?

We hope that all the fathers that are part of MWCN had a great celebration yesterday! It was a beautiful day, and hope you all got spoiled!

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. A woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations and planned a day to honor fathers early in the 20th century.

The first Father's Day was celebrated in Spokane, Washington on June 19, 1910. Father's Day has become increasingly popular throughout North America and other parts of the world over the years.



## SUMMER ACTIVITIES HAVE BEGUN!!!

Yoga in the park with Jean O'Connor every Tuesday morning at 9am!

Zumba in the park with Tonya Wright every Wednesday morning at 9am!

Cribbage in the Park is starting on Tuesday, July 6th at 10:30am



Montérégie West Community  
Network  
255 Boulevard D'Anjou, Suite 203  
Chateauguay, Quebec  
J6J 2R4

Email: [info.mwcn@gmail.com](mailto:info.mwcn@gmail.com)  
Phone Number: 450-691-1444

### Office opening hours:

Monday: 9-4:30pm  
Tuesday: 9-4:30pm  
Wednesday: 9-4:30pm  
Thursday: 9-4:30pm



# Big John's Chili-Rubbed Ribs- From TasteofHome.com

Prep: 20 min. + chilling Grill: 1-1/2 hours

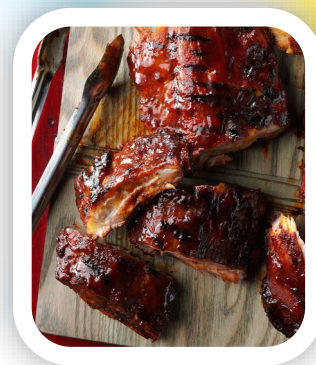
10 servings

## Ingredients:

- 3 tablespoons packed brown sugar
- 2 tablespoons paprika
- 2 tablespoons chili powder
- 3 teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 6 pounds pork baby back ribs

## Glaze:

- 1 cup reduced-sodium soy sauce
- 1 cup packed brown sugar
- 2/3 cup ketchup
- 1/3 cup lemon juice
- 1-1/2 teaspoons minced fresh gingerroot



## Directions

- Mix the first 6 ingredients; rub over ribs. Refrigerate, covered, 30 minutes.
- Wrap rib racks in large pieces of heavy-duty foil; seal tightly. Grill, covered, over indirect medium heat until tender, 1 to 1-1/2 hours.
- In a large saucepan, combine glaze ingredients; cook, uncovered, over medium heat until heated through and sugar is dissolved, 6-8 minutes, stirring occasionally.
- Carefully remove ribs from foil. Place ribs over direct heat; brush with some of the glaze. Grill, covered, over medium heat until browned, 25-30 minutes, turning and brushing ribs occasionally with remaining glaze.

### Have recipes to share???

If anyone has any recipes they would like to add to Marvelous Monday, please email [tonyaw.mwcn@gmail.com](mailto:tonyaw.mwcn@gmail.com). Thank you!



## Joke Corner

What do you  
call your dad when  
he falls through the ice?

A POPsicle!



**Why do bees  
have sticky  
hair?**

**Because they  
use honey  
combs!**



Wife Says to her husband,  
"You wanna change  
positions tonight?"

He says, "Yeah!"

She says, "Okay, you do  
the dishes and i will sit on  
the couch and fart."

### Riddle me this...

(answers will be on the next page)

1. What blooms like a flower whenever it rains and shrivels up whenever it stops?
2. What comes down but never goes up?
3. What is at the end of the rainbow?





## Cribbage in the Park!

Join us on for our weekly Cribbage games!  
Starting on Thursday, July 8<sup>th</sup> at 10:30 to 12:00pm.  
At the park behind MWCN building!

**We have room for 8!**  
Please call 450-691-1444  
or email us at [info.mwcn@gmail.com](mailto:info.mwcn@gmail.com)  
to reserve your spot!

## MWCN Membership Information

It is time for membership renewal! There are a few ways in which you can pay membership to MWCN!

You can mail us a cheque, you can come by the office to pay (call us first to make an appointment) or you can e-transfer us at [mwcn2016@gmail.com](mailto:mwcn2016@gmail.com) (please put membership as the answer)

Membership is as follows :

\$10 for 1 year

\$20 for 2 years

\$25 for 3 years



## BINGO!

Join us for a fun morning playing Bingo on Zoom!  
Prizes to be won!

**Tuesday, June 29<sup>th</sup>, from 1:00-3:00pm**

To register please call 450-691-1444  
or email us at [info.mwcn@gmail.com](mailto:info.mwcn@gmail.com)



## PROGRAM OF FREE ACTIVITIES - SPRING 2021

MONTÉRÉGIE WEST COMMUNITY NETWORK (MWCN) IN PARTNERSHIP WITH COMMUNITY ORGANIZATIONS

### FOR THE ENGLISH-SPEAKING COMMUNITY OF MONTÉRÉGIE WEST

## APRIL, MAY AND JUNE 2021

### ALL SESSIONS ARE ON ZOOM SO ENJOY THE COMFORT OF YOUR HOME

**FOR REGISTRATION: LORIE MARCOTTE 514 425-0399 [lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com)**  
(please include your telephone number and the city you are from – for reference only)

<b>THE VALUE OF VOLUNTEERING</b> – By Montérégie West Community Network (MWCN) – Pauline Wiedow, Executive director Building: confidence, competence, connections and community.	Tuesday, April 20, 2021 from 10:00 to 11:30 a.m.
<b>THE EXPANDING ROLE OF YOUR COMMUNITY PHARMACIST</b> – By the Community Health Education Program – CHEP	Wednesday, April 21, 2021 from 10:00 to 11:30 a.m.
<b>LET'S TALK ABOUT GRIEF</b> – By the Fondation de la Maison des soins palliatifs de Vaudreuil-Soulanges – Laura Lindner The raw, intense emotions that grief brings may, to some, seem impossible to handle. Let's talk about grief and ways in which we can navigate through the pain of loss and rebuild ourselves once again.	Tuesday, April 27, 2021 from 1:30 to 3:00 p.m.
<b>CULTIVATING A BETTER RELATIONSHIP TO OUR BODIES</b> – By the Centre de femmes la Maison – Katherine Barr, Therapist In this conference we will explore our relationship to our bodies, our body image and why it is important on our journey of self-love to also cultivate a better relationship with our body.	Wednesday, May 5, 2021 from 1:30 to 3:00 p.m.
<b>AGING IS LIVING</b> – By Kirstin Bennett, Advisor in Health and Wellness During our time together I hope to offer an arena to explore ways to make small changes and learn a little more about the power we have to affect how the brain works. My goal is to bring about improved motivation for longevity and a better quality of life. You can always invest more in your personal plan for well-being and today is the best day to start.	Tuesday, May 11, 2021 from 10:00 to 11:30 a.m.
<b>AUTISM 101: WHAT EVERYONE SHOULD KNOW ABOUT IT</b> – By Autism Montérégie – Natalie Gervais We are all unique. Each person with an autism spectrum disorder (ASD) is unique too. Autistic person just ask to be understood for their better social inclusion. Will you make the difference?	Wednesday, May 12, 2021 from 1:30 to 3:00 p.m.
<b>JOB HUNTING IN 2021: HOW TO PRESENT YOURSELF</b> – By the Carrefour Jeunesse Emploi de Vaudreuil-Soulanges (CJE) – Talia Pépin The CJE are the employment experts for the 15 to 35 year olds. Asking yourself what are the new trends for a resume? You want to help your child in their employment search? A workshop where we will discuss the differences in generations and the employment search process. You will better understand our services and why our organization is a go to place for all 15 to 35 year olds.	Tuesday, May 18, 2021 from 1:30 to 3:00 p.m.
<b>TICKS &amp; LYME DISEASE</b> – By the Community Health Education Program – CHEP	Wednesday, May 19, 2021 from 10:00 to 11:30 a.m.
<b>KNOW YOUR WORTH : IT'S OK TO PUT YOURSELF FIRST</b> – By the Grand Rassemblement des Aînés de Vaudreuil et Soulanges – Gabrielle Chartrand, Social worker The first step in learning how to love and respect yourself is to learn how to clearly and concisely set your own boundaries. A guide on how to say "no" and treat yourself to the peace of mind you deserve.	Tuesday, May 25, 2021 from 1:30 to 3:00 p.m.
<b>YOU'VE GOT SKILLS!</b> – By P.S. Jeunesse Vaudreuil-Soulanges – Valérie Bujold, Counsellor This workshop is designed for people 35 years and older who want to change career or wish to go back on the job market after a while and don't know where to start.	Tuesday, June 1, 2021 from 1:30 to 3:00 p.m.
<b>COOKING WITH DANDELIONS : THE BACKYARD FOE</b> – By Hudson Food Collective – Esme Terry and Itzel Vazquez Using every part of the dandelion (root, leaf and flower), learn how to create tasty, nutritious and health giving recipes from your backyard.	Wednesday, June 2, 2021 from 1:30 to 3:00 p.m.
<b>ON-LINE MEDITATION</b> – By the Grand Rassemblement des Aînés de Vaudreuil et Soulanges – Gabrielle Chartrand, Social worker Make yourself comfortable; together we will do an exercise in visualization and meditation. The tools we will use during this session will enable you to do this exercise at home as many times as you wish.	Tuesday, June 8, 2021 from 1:30 to 2:30 p.m.
<b>BEING A PARENT IN 2021!</b> – By La Maison de la Famille de Vaudreuil-Soulanges – Holly Emard and Nicolas Viau Being a parent in our busy lives has its share of challenges through finding a balance between work and family life, learning different parenting skills and offering support for our school-aged children. We all want to be caring and benevolent parents, but we also need to take care of ourselves to find balance. We will provide some tools to help.	Wednesday, June 9, 2021 from 1:30 to 3:00 p.m.
<b>CAMP AND OUTDOOR ACTIVITIES FOR EVERYONE</b> – By the Centre Notre-Dame-de-Fatima – Steven Granier We will outline the human benefits of outdoor activities and the importance of accessibility for all of them. You will learn more about the example to follow, while better understanding the typical functioning of an organisation such as the Notre-Dame-de-Fatima Center, which specializes in this field.	Tuesday, June 15, 2021 from 1:30 to 3:00 p.m.
<b>VISION – EYE CARE</b> – By the Community Health Education Program – CHEP	Wednesday, June 16, 2021 from 10:00 to 11:30 a.m.
<b>WHAT? DO I REALLY NEED A HEARING TEST?</b> – By Manon Trudel, audiologist We will explain how we hear, the most frequent ear problems, the aging process, how we measure and compensate for a hearing loss.	Wednesday, June 23, 2021 from 1:30 to 3:00 p.m.

**FOR INFORMATION: CLÉMENT BERGERON 514 453-6257 [clementbergeron@videotron.ca](mailto:clementbergeron@videotron.ca) | MORE ABOUT MWCN: [www.mwcn.ca](http://www.mwcn.ca)**

*Our mission is to develop a strong and vibrant English-speaking community in Montérégie West and Vaudreuil-Soulanges through Education, Culture, Health, Social and Community Services and Partnerships*

## Montérégie West Community Network

invites you to join us for our  
vous invite à vous joindre à nous pour

### 2021 Annual General Meeting Assemblée Générale Annuelle 2021

MWCN's Annual General Meeting will take place on June 22nd, 2021 at 6:00pm in the Jean-Pierre Houde Auditorium at the Centre Culturel Vanier, 15 Boulevard Maple, Châteauguay, QC J6J 3P7.

- Join us! For:
- Receiving and considering the 2020-2021 annual report, auditors report and financial statements
  - Electing members of the Board of Directors
  - Appointing auditors

All community members, partners, clients, volunteers, and others are welcome! We ask that you please RSVP by June 15, 2021, by contacting us at [info.mwcn@gmail.com](mailto:info.mwcn@gmail.com) or 450-691-1444.

L'assemblée générale annuelle de MWCN est le 22 juin, 2021 à 18h à l'auditorium Jean-Pierre Houde du Centre Culturel Vanier, 15 Boulevard Maple, Châteauguay, QC J6J 3P7.

Tous les membres de la communauté, partenaires, clients, bénévoles et autres sont les bienvenus! Nous vous demandons de bien vouloir répondre avant le 15 Juin 2021, en nous contactant à [info.mwcn@gmail.com](mailto:info.mwcn@gmail.com) ou au 450-691-1444.

Montérégie West Community Network

Rejoignez-nous! Pour :

- Recevoir et examiner le rapport annuel 2020-2021, le rapport des vérificateurs et les états financiers.
- Élire les membres du Conseil d'administration
- Nommer les auditeurs



## Riddle answers:

1. Umbrella
2. Rain
3. The letter "W"