

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. 😊

MWCN Board Elected officers:

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



September is here! That means summer vacation is over for most of us. The kids are back to school and parents are back to work. It was a great summer, but don't let the fact that the end is near get you down. We have the wonderful aspects of fall to look forward to and the MWCN will be starting up their lifelong learning classes again, along with much much more.

NEWS FROM THE MWCN

Some of our members got together for another Ceramics & Lunch. They painted beautiful ceramics, enjoyed some good food, and got the pleasure of doing so in the presence of great company.



La Bulle Creative has many different ceramics to choose from along with a wonderful selection of colors.



If you are interested in participating in our next Ceramics & Lunch, we will be having one November 22, and yes, there will be Christmas options available at that time. You can reserve a spot at 450-691-1444.



SAVE THE DATES



Ongoing: **WALKING GROUP**
Now moved back to Tuesdays.
From 10:30 to 12:30. Walk in beautiful areas around Chateauguy like Ile St. Bernard and more.

September 9: **BOOK CLUB**

Group 1: Sept. 9, 23, and Oct. 7.

Group 2: Sept. 16, 30, and Oct. 14

Mondays from 10-12 at the Chateauguy office. **Book:** The Immortal Life of Henrietta Lack by Rebecca Skloot. For information call Gayle at 450-691-1444.

September 11: **KNITTING CLINIC**

10-12pm. Every other week at Options, 25A Blvd. D'anjou.

September 12: **PARTNERSHIP TABLE** at Nova Career Center 70 Maple Blvd., Chateauguy from 5:30-8:30pm.

Susan Allvey will be presenting. Room S-183.

September 12: **COFFEE & DISCUSSION** about Anxiety for Caregivers. Nova, 70 Maple Blvd., Chateauguy from 5-7pm.

Registration is mandatory (no deadline) at 450 699-6289 or aidant@cabgc.org

September 13: **LETS MAKE ART** with Sharon. Every Friday (Sept. 13, 20, 27, and October 4 and 11) from 10-12am at the MWCN office 255 Blvd. D'anjou suite 203. It is free. Limited space. Register with Ashton at 450-691-1444.

September 17: **KNITTING GROUP** 10-12pm at Chateauguy Library, every 3rd Tuesday of the Month.

September 14: **MWCN'S 20TH ANNIVERSARY GALA DINNER & DANCE** Restaurant Casa Greque, Chateauguy 5pm-1am BYOB. Tickets \$40.00. To purchase your tickets, please call the office at 450-691-1444.

September 18: **REGISTRATION FOR FRENCH CONVERSATION**

Held at Nova 70 Maple Blvd., Chateauguy, Qc from 4-6 pm in the MWCN room

Classes: Start date will be **October 2 until December 4.**

Wednesdays from 6:30-8:30 in room S-183.

September 18: **FREE CHEP VIDEO CONFERENCE**

Nova Career Center, 70 Blvd Maple, 9:30-12:15pm – Topic: "Flu and Other Vaccines--What You Need to Know" Speaker: Jean-Marc Belanger, Community Pharmacist. To reserve call 450-691-1444.

Septembre 25 – **MONTHLY LUNCHEON** Restaurant de la Place 75 Boulevard, Saint Jean Baptiste, Chateauguy.

From 11-1pm. Table d'Hôte Approx. \$10-\$20. Come join our great discussion while enjoying some even better food. Reserve with Ashton 450-691-1444. Deadline Sept 23rd, 2019.

September 28 – **SCRAPBOOKING** at Vise Versa. From 9:30-4:30pm. For more information call the MWCN office at 450-691-1444

September 28 – "A CENTURY OF MUSIC WITH AMÉLIE SAMSOM AND HER ORCHESTRA" Grove Hall in Huntingdon. We will be taking a bus from Chateauguy to Huntingdon. Cost \$25. If interested, please call 450-961-1444.

CAREGIVERS HEALTH WITHIN THE MONTRÉRIE

ReCharge

Workshops for Caregivers

If you take care of a family, friend or neighbour without payment, then you are a natural caregiver!

CANDIAC session

Where: Complexe Roméo-V. - Patenaude / Salon des Célébrités (212)

When: All Thursdays from September 5th to October 17th

From: 6.00pm to 9.00pm

This is a NO-COST Training

- Stress Management
- Basic First Aid techniques
- Medical Emergencies (Strokes and falls)
- Support Resources for Alzheimer disease
- Infection prevention
- Art Therapy and Mindfulness activities

ReCharge program is an initiative of The Assistance and Referral Center (ARC)

The ReCharge project is made possible with the financial support of:

L'APPU POUR LES PROCHES AIDANTS D'ANCIENS

To Register for this ReCharge workshop, contact 514-608-9600 or email arc.projectcoord@gmail.com

Coffee & Discussion about ANXIETY for caregivers

Thursday, September 12th from 5 to 7PM
at Nova Career Centre (1st floor)
70 Maple boul., Chateauguy

Have you ever felt this ball of anxiety in the pit of your stomach that can sometimes paralyze your thoughts and actions?

The world we live in is becoming more and more fast-paced, stressful and demanding, so it is normal that, as a result, the population's level of anxiety is rising.

This coffee and discussion will allow you to learn about the different types of anxiety that exist, the techniques available to help reduce and manage anxiety and the signals that your body sends you.

Registration is mandatory (no deadline) at 450 699-6289 or aidant@cabgc.org

COMING UP IN AND AROUND CHATEAUGUAY:

Monday, 2 September 2019 - 09:00 Empruntez un musée
Visit the library to "borrow a museum!" In collaboration with the MRC de Roussillon, the Bibliothèque Raymond-Laberge is lending two passes for a free visit of the Musée d'archéologie de Roussillon for a family of two adults and three children.

Saturday, 7 September, 2019 - 11:00 Corn Festival | Let's celebrate our roots and our diversity! Maison LePailleur and Tourisme Kahnawake are proud to organize this day of festivities to honour our collective heritage. Held at Maison LePailleur.

Saturday, 14 September, 2019 - 10:00 Le Salon des Artisans. Held at the Agora 75 Maple Blvd. Chateauguy. Find under the same roof various unique crafts and works of art and many handmade products by more than 60 craftsmen.

Saturday, 28 September, 2019 - 11:00 Classical Concert / Rêveries Musicales. Held at the Pavillon de l'île (480, D'yenville Boulevard). Come to hear young, promising musicians from the region, who will interpret classical pieces of music on the piano and violin.

For any more information on any of the above events and for even more activities going on within the Chateauguy region, visit <https://www.ville.chateauguy.qc.ca>.

NEWS FROM THE VAUDREUIL-SOULANGE

We are proud to announce that we have a new location for our Vaudreuil-Soulanges MWCN Office. The new address is:



91 5^{ème} Avenue, suite 204,
Pincourt QC J7V 5K8
514-425-0399

There is going to be an open house soon, the date is to be determined. We look forward to this new adventure with our Vaudreuil-Soulanges team!

NEWS FROM THE VALLEY

Our Chateauguy Valley members enjoyed a lovely Monthly Luncheon at the Bouée 35 in St-Anicet. Along with enjoying great food these luncheons are open to all in an effort to reduce isolation, make new friendships and enjoy different cuisines. Everyone is encouraged to bring a friend and make new friends in the process.



If you are interested in participating in the next Valley Monthly Luncheon, you can contact Kim for more information. kwelburn1988@gmail.com or 450-807-5191.



Let's Make Art

Come and be a part of an Introductory Session of Art Making

In a comfortable and nonjudgmental space, the participants will learn how to make realistic drawings with a few simple tricks. This will be done with easy to follow, step-by-step exercises. Course content and the outcome for each class will be determined by the interests of the participants.

Sessions

There will be six sessions. The price of the sessions depends on the number of participants. The price of the session includes the all the art materials, refreshments, and the instructor's time. The location is to be determined.

Costs

For 6 participants - \$95
For 10 participants - \$70
For 14 participants - \$65

****Note: There will be a \$5 discount for MWCN members.****

Possibilities to explore for this introductory session

Mediums- Pencil, pastel, conte chalk, watercolor, acrylic paint.
Elements of Art: especially shape, color, value, space, texture
Realism vs Impressionism
Still-Life / Life drawing
Outdoor/ nature studies/ landscape drawing
Rendering 'man-made' landscape with perspective
Introductory Portraiture

If interested or have any question or concerns please contact
Kim Wilson at 450-807-5191

COMING UP IN THE VALLEY:

September 18: **FREE CHEP VIDEO CONFERENCE**
CVR Ormstown, 9:30-12:15pm – Topic: “Flu and Other Vaccines--
What You Need to Know” Speaker: Jean-Marc Belanger, Community
Pharmacist. To reserve call Kim at 450-807-5191.

October 5: **HSL/VALLEY SALON DES AINES / SENIOR'S SALON.** This Salon will provide seniors with information about local services and support and will introduce them to the new CISSMO bilingual website.

HEALTH

WELLNESS TIPS TO STAY HEATHY THIS FALL SEASON



Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases during the colder weather. A Vitamin D supplement can boost your mood and immune system!

Take some time to yourself. Autumn and winter are the Earth's way of telling us to slow down. Start a journal or track your moods to get more in touch with how your feeling



Get your flu shot and yearly check-up.

Self explanatory! No one likes sniffing and aching and sneezing and coughing getting in the way of life. Yuck!

Make some plans for the cold months. In the winter, we tend to hibernate if we don't have things to keep us busy.

Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen for this month.

Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.

Wear layers and protect your body from the dropping temperature. Make sure you have gloves, a scarf, ear muffs, a fall jacket, warm socks, and warm shoes.

Do some “spring cleaning” in the fall. Clean out your closet, organize that back room, and rid yourself of things you don't need.

Get some books to read and shows to watch. Who doesn't want to sit by the fire on chilly nights and read a good book or watch some Netflix?



Keep a schedule. The cold months can seem to drag on and push us into isolation. Stay on track by scheduling time in your day to do things you enjoy.

Be kind to yourself. The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

-ALYSE RURIANI, August 17th, 2015

THIS AND THAT



03 OCT 2019

LES COULEURS DE L'AUTOMNE EN TRAIN THE FALL COLOURS BY TRAIN

Orford Express Magog- Bromont

Montez à bord du train touristique l'Orford Express et offrez-vous une expérience sensorielle unique: un repas exquis à savourer en sillonnant les plus beaux paysages entre Magog, Sherbrooke, Eastman et Bromont, pendant la période la plus pittoresque de l'année.

Bord the Orford Express tourist train and enjoy a unique sensory experience; an exquisite meal to savor while gazing out at the most beautiful landscapes between Magog, Sherbrooke, Eastman and Bromont. During the most picturesque time of year.

LE FORFAIT INCLUT | THE PACKAGE INCLUDES

- Une randonnée d'environ 4h00 incluant un arrêt de 1 heure à Bromont
- Train ride of approx 4hrs including a stop in Bromont for an hour
- Dîner servi à bord
- Lunch served on board
- Les capsules informations sur la région durant la randonnée
- Information capsules about the region during the ride
- L'animation musicale à bord du train
- Musical entertainment on board the train
- Les frais de service sur le repas
- Meal service charges
- Transport à bord d'un autocar de luxe
- Motorcoach transportation
- Toutes les taxes
- All taxes
- Services d'un Guide Voyage DMC
- Services of an DMC Travel Guide

COÛT PAR PERSONNE
COST PER PERSON

\$145.00

Place limitée - Réservez tôt
Limited Space - Book Early



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160 Maple, suite#300
Châteauguay, QC J6J 3R2
voyagesdm@live.ca

www.voyagesdmcinc.com

Assurance voyage disponible sur demande | Travel insurance available
Contributions aux fonds d'indemnisation de 0,5% incluses dans le prix. | OPC fund of 0,5% included in the price.
Permis # 70820 | GST #R0016260700001 | GST #R224907392



The Montérégie West Community Network – What does it mean to you?

- **A VISIBLE PRESENCE IN THE COMMUNITY**
We are present at the different Community Nights and supporting the Community Learning Centres.
Lending support to Nova Career Center and Chateauguay Valley Regional High School with funding.
Partnering with New Frontiers School Board
Attending many of the Senior Tables, Youth Tables, Health Fairs.
Attended Forums on Elder Abuse.
Support Community Organizations in their projects.
Hold yearly Volunteer Appreciation Luncheons for members of our communities.
The McGill program supporting the CISSS-MO employees in tutoring 1 on 1 sessions.
The McGill program gives us the opportunity to give 2 medical students bursaries of \$10,000.
- **EVENTS**
Valley Tours – Visiting the Lavender farm, Alpaca farm, Blairs Apple Orchard.
Ceramics & Lunch, Monthly Luncheons.
CHEP video conferences about health & social services.
Let's Make Art – Free classes with an Art teacher in partnership with ARC.
Wellness Center.
Lifelong Learning Courses.
Zumba at Vice Versa.

JUST TAKE A LOOK AT OUR "SAVE THE DATES" ATTACHMENT AND SEE WHAT WE HAVE PLANNED FOR YOU IN THE UP-COMING MONTHS.

THIS IS WHAT OUR COMMUNITY MEANS TO THE MONTRÉGIE WEST COMMUNITY NETWORK

On September 14th we are celebrating our 20th Anniversary of serving your communities. It is an opportunity for you to support the MWCN in being present at this important event. It is an opportunity to showcase the work and the future needs of the Montérégie West territory. You, the members and volunteers, are the strength of an organization. Please come and join us in celebrating the many strides that have been made over these important years.

Place: Restaurant Casa Grecque, 104 Saint Jean Baptiste, Chateauguay
Cost: \$40.00 BYOB (Bring your own booze) **Deadline for tickets is September 4th, 2019.** To purchase tickets please call 450-691-1444 or email wilsonashon9@gmail.com.

MUST READS COMING OUT IN SEPTEMBER

"Apple, Tree: Writers on Their Parents" by Lise Funderburg
"Dominicana" by Angie Cruz
"The Divers' Game" by Jesse Ball

POETS CORNER



"the air is different today
the wind sings with a new tone
sighing of changes
coming
the harvest gathered
a flower, a nut
some mead, and bread
a candle and a prayer
returning the fruits
in thanksgiving
to the grove
and receiving
it's blessing
again"

- Rhawk, *Alban Elfed*

School,
Effort, and
Play.
Trying your best
Each hour of the day,
Making new friends,
Being good as you can
Exciting discoveries,
Reading books with a friend."
- Boni Fulgham

NEW! In every upcoming newsletter we would like to start having a Poets Corner. We would like to publish poems written either by our members or anyone who wishes to submit something. If you are interested in having one of your poems published in next month's newsletter you can drop it by our office (255 Blvd. d'Anjou, Châteauguay) or you can email it to wilsonashon9@gmail.com.

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!



Montérégie West Community Network
Réseau Communautaire Montérégie Ouest