

## Montérégie West Community Network

The MWCN is a not-for-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:

Pauline Wiedow, Executive Director  
Lise Brunette, President  
Merlin Halliday, Vice-President  
Tracy Wilkins, Treasurer  
Chuck Halliday, Secretary

### Administrators

Maria Friozi  
Jayme McClintock  
Don Rosenbaum  
Judith Picard  
Susan Parker  
Kosta Theofanos

# DECEMBER



### 'COMMUNITY SPIRIT'

Well, we've made it! We have come to the end of quite a different and sometimes difficult year, but in some ways, and bear with me..... a very **'rewarding year'**.

Yes, we had to quarantine and isolate. We had to get used to wearing masks, keep 2 metres apart and for those who experienced health issues, stay away from just about everyone, including family.

But what transpired from all these changes was a wonderful **'Community Spirit'** that might not have occurred if not for the need. We saw friends and neighbors checking in with each other, we saw older children do grocery shopping and cooking meals for vulnerable parents. We saw parents try to home-school their children while working from home, and then teachers do their utmost to follow strict protocols when the children returned to school.

With summer weather, people took advantage of getting outside. And while respecting distances, still able to display a community spirit towards one another.

MWCN also stepped up to the plate in leaps and bounds, immediately taking charge of ensuring the Community was safe and informed. Our valuable volunteers gave of their time with outdoor fitness and concerts at senior residences, some delivering frozen meals while others knitted blankets and some even sewing hundreds of masks!

We should all be proud of our efforts and having made a difference in each other's lives. **Our Community thrives!**

## Community Christmas Memories



**Vicki Brock**



"My Christmas growing up in England was quite different from what we learned when we brought our family to Canada in 1974 and wanting to integrate in our new country. We adapted our holiday traditions to

Canadian traditions. A typical Christmas for me in England was as follows: Christmas Eve was a warm bath and warm jammies, and we draped a pillowcase at the end of our beds. Stockings were not a part of our household and I didn't realize till I had my own child of how difficult it was to sneak into the bedroom and get the pillowcase, fill it with gifts and then return it to the end of the bed without waking a lightly sleeping child. There was at least one noisy toy in the pillowcase that would not remain silent. We could dive into our pillowcases when we woke but not before 6.00am. A quick breakfast, then Christmas dinner cooking would begin. We ate Christmas dinner as a single-family unit, either chicken or turkey, roast potatoes, stuffing, and the most appalling brussels sprouts. Still can't eat them to this day! We always had Christmas pudding with sixpences in it with custard and Christmas cake for dessert. We also always had a Christmas cracker at the side of our plates which you pulled with the person next to you. Then a visit to grandma and grandads to see the rest of the family. Boxing Day was a quiet day with leftovers and chips (French fries). I think the pillowcase tradition is long gone and Santa wraps the gifts and puts them under the tree now."



**Anne  
Greengrove  
Beauregard**



"Christmas as a child in the 1950's living in the UK was a celebration with a rich menu and get togethers. There were decorations including mistletoe & a Christmas tree not forgetting the

Crib. Of course, being Jesus' birthday, we went to morning Mass sometimes it may have been at midnight on the eve of Christmas if we could stay up. Christmas morning Santa left a pillowcase of presents & treats. Lunch was the stuffed turkey fare with sprouts & mash (no cranberry sauce in UK). Christmas pudding with custard for dessert. The day was spent playing with gifts, puzzles, and games such as "lotto" known as Bingo here in Canada. Afternoon tea was more a sweet treat that included sausage rolls,

pork pie, ham, cheese, mince pies, shortbread, Christmas cake & more if you had the appetite! During the afternoon/evening there was a choice - mandarin oranges, fresh fruit, dates, figs & nuts - too much!

Games like "charades" brought everyone together & the adults had sherry &/or wine. It was a feast with merriment and more. "Chestnuts on an open fire" allowed adults to lounge & possibly nap!

Boxing day was more of the same in addition to trifle (dry sponge cake soaked with sherry made with jelly/jello, fruit, custard, & cream) plus a selection of assorted nuts. Cold ham &/or turkey with pickles, and so on. When family & friends got together there were singalongs and stories of past Christmas' plus other family memories/tales.

I recall that my parents having had their share of drinks one Christmas looked at me & said I should be a model! This resulted in my going to modeling/finishing school in London! However, I did not turn out to be a model but like "Mrs. Bucket in Keeping Up Appearances" I studied etiquette etc. My favorite movie is Dicken's "Christmas Carol" with Scrooge "humbug".



**Françoise  
Caron Shallhorn**



### **Christmas in the Fifties.**

Believe it or not, I can still feel the excitement and chills of many a Christmas Eve. Mom and Dad always made us go to bed very early on Christmas Eve;

that is, right after supper. All five of us were expected to quickly go to sleep. Needless to say, it took us a while to settle down and sleep being excited by thoughts of what Santa would bring us. We knew that Dad would awaken us around eleven o'clock in the evening to tell us to dress in our Sunday best to go to Midnight Mass. It was difficult to be awakened at that hour and going outside on a cold winter night for the trip to our Church. We were very sleepy and chilled. The Mass lasted about an hour or so and then back home we went to anxiously find what Santa had left us. Mom never came to Mass with us because she had to tell Santa where to leave our gifts. In addition, dear hard-working Mom had to prepare the annual Réveillon meal. Mom worked so hard preparing everything on her own. We had left our stockings hung in our living room in specific places expecting Santa to know where to leave gifts (hopefully those we had requested!). All this excitement was followed by a scrumptious turkey dinner and Mom' delicious desserts. We often ended up going to bed around five or six Christmas morning. We were all exhausted, especially our dear Mom. We had to remain in bed Christmas Day until about noon or so; that is, until Mom and Dad awoke. Christmas Day seemed a slow and sleepy day.



## 'CHRISTMAS BUCKET' DRAW



It's that time of the year and we are having a Xmas Bucket draw on December 21<sup>st</sup>! It has been a crazy year and we want our members to know how much they are appreciated.

Even though some of our activities came to a halt with respect to Covid-19 Safety protocols, we still managed to gather in small safe groups and held many informative meetings in a virtual setting – on Zoom. So, let's finish this year off with a wonderful gift for a lucky winner! We will announce the winner in our January Newsletter. Good luck everyone!



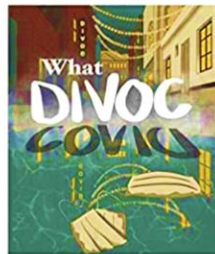
November 10<sup>th</sup> was the last day for 'Trotting

Tuesdays'. Even as the weather turned colder, we still managed to get a good number of Trotters out, (Plus, Tootsie of course). Meeting these last 6 months and getting together, supporting each other with whatever was going on that week was wonderful! Hope to see everyone again next Spring!



## What DIVOC

Love in a pandemic; what could go wrong?  
Everything!



written by Chuck Halliday

Congratulations to one of our very own Board Members.

**Chuck Halliday**

The adventure begins...

### 'What DIVOC'

is a fictional story I wrote over the last few months. I have self-published the 1st Edition of a story that I hope is reflective, funny, and dare I even say maybe thought-provoking. It is by no means perfect (far from it) but it was a lot of fun to do and was my therapy during the initial stage of the pandemic. I'm open to all ideas, feedback, and suggestions. Don't be shy to let me know. I have a few plans in the works 😊.

Thanks for all the support already everyone. See Link [https://www.amazon.ca/.../ref=dbs\\_a\\_def\\_rwt\\_hsch\\_vapi...](https://www.amazon.ca/.../ref=dbs_a_def_rwt_hsch_vapi...)



## McGill Dialogue Bursary Program

In partnership with communities and educational institutions, **Dialogue McGill** provides initiatives 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.

We are proud to announce that our latest winner of a **\$5,000 bursary** is Huntingdon native, **Leslie Rogers**. Leslie is in her 3<sup>rd</sup> year of nursing at John Abbott College and is excited to complete her studies and jump into the health care system. **Pauline Wiedow, MWCN Executive Director**, presented Leslie with a cheque in the amount of **\$2,500** now and Leslie will receive the 2<sup>nd</sup> installment during her final semester in the Spring.

## NEWS FROM THE VALLEY

MWCN WELLNESS CENTER, 72 Dalhousie, Suite  
201, Huntingdon, QC, J0S 1H0  
450-264-3596 Visit our Website at [MWCN.ca](http://MWCN.ca)



**MY FIRST XMAS WITHOUT YOU**

*The anticipation of holiday celebrations or special occasions coupled with the loss of a loved one can bring an amplified feelings of distress. Even more so now with COVID-19 isolation!*

**DECEMBER 8TH**  
from 1:30 to 3:30 PM  
72, Dalhousie, suite 201  
Huntingdon  
or  
from 7:00 to 9:00 PM  
by ZOOM


We offer you the tools & techniques that can make it easier for you to get through this time of the year. Offer yourself this gift! Either in the comfort of your home, via zoom or by a in-person confidential gathering!

Please register before Dec 3rd.  
Les Aidants Naturels HSL 450-826-1243



Thank you to our partner

Montérégie West Community Network presents



**A Trip Through Time Activity**

Every week we host a zoom meeting dedicated to the history, culture, and interesting facts of different countries. This gives people the opportunity to learn a little bit about other places/people and to share their own experiences with that area.

If you would like to join please let Elliott know, he is available to be reached by:  
Phone: (450) 264-3596  
Email: [ss.mwcnhuntingdon@gmail.com](mailto:ss.mwcnhuntingdon@gmail.com)

A Trip Through Time activity every Thursday from 10 a.m. to noon

## COVID-19 in Québec

Québec.ca  
Official website of the Gouvernement du Québec

**Covid-19 instructions for the 'Holiday Season'**  
From December 24 to December 27, 2020  
Participation in private gatherings is allowed:

- Gatherings must be limited to not more than 10 people.
- Individuals from different households must always remain 2 metres apart. It will be especially important to display the utmost rigour in the case of individuals 70 years of age and over, those suffering from chronic diseases, or those whose immune systems are weakened or deficient.
- The following individuals must avoid participating in gatherings:

- Anyone who has COVID-19, who must remain isolated for the period prescribed by public health authorities.
- Anyone who is isolating after coming into contact with a case of COVID-19, regardless of whether the person is displaying symptoms.
- Anyone displaying symptoms, regardless of whether the person has been tested;
- Anyone who has been tested for COVID-19 and is awaiting the result.

**LOW VISION SELF-HELP ASSOCIATION** - Virtual meeting  
December 9th from 1:30 – 3:00  
**Holiday Traditions - Let's Share Recipes**

Contact Mr John Ohbert at 514-694-2965  
[LowVisionSelfHelpAssociation@gmail.com](mailto:LowVisionSelfHelpAssociation@gmail.com)



COMMUNITY CARE IS JUST AS IMPORTANT AS SELF CARE



"As we gear down in 2020, MWCN would like to wish everyone a Merry Christmas and a Happy New Year. Let us focus on exciting new adventures waiting for us in 2021."

**"Be Well and Stay Safe!"**

**PLEASE NOTE THAT MWCN WILL BE ON CHRISTMAS VACATION FROM DECEMBER 24<sup>TH</sup> UNTIL JANUARY 5<sup>TH</sup>. SEE YOU WHEN WE RETURN!**

Lorie Marcotte  
Coordinator of Community Development

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