

## 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.

**Executive Director:** Pauline Wiedow

### **MWCN Board Elected officers:**

**President:** Lise Brunette

**Vice President:** Merlin Halliday

**Treasurer:** Tracy Wilkins

**Secretary:** Chuck Halliday

### **Administrators:**

Maria Friozi

Jayne McClintock

Don Rosenbaum

Judith Picard

Susan Parker

Kosta Theofanos

Marlene Davies

# MAY



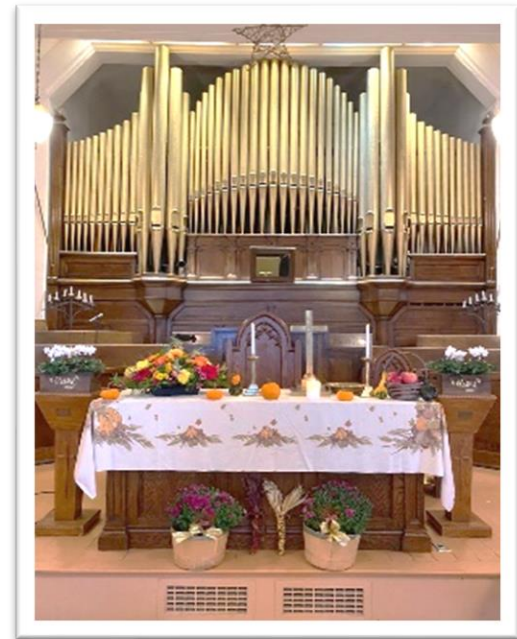
### **OH the Ups-and-Downs of weather, which surely affects our MOODS.**

It's not easy to stay upbeat every day, especially if our News stations are on continuously. There seems to be a race between Covid cases v/s vaccinations. But regardless of all that is happening around the world and close to our homes, it is necessary to keep looking ahead. It's time to officially get outdoors. It's time for gardening! Get something planted. Herbs or flowers, it doesn't matter. Rake the lawn, feed the squirrels, buy a bird feeder, paint an old garden bucket, or just take a walk. You don't have to feel gleeful all the time, but having a positive attitude will help you maintain a better outlook each day, accompanied by a happy heart.

In the spirit of staying positive, please see our 'Save The Dates' calendar, with many online sessions this month, including '**Cultivating Better Bodies**', '**Aging is Living**' and '**Know Your Worth**'. What better way to focus on yourself and change your outlook on life!

As Mother's day will be celebrated on Sunday, May 9<sup>th</sup>, how about writing your Mother a letter. Even if she is no longer with us.... Why not write it anyways. You can simply discard it afterwards, or feel free to send it to us. We'd love to add a few of them to our 'Community Column' next month. (Anonymously if you wish). A picture or two would be wonderful as well. It's a great exercise, and good for the soul to be thankful on paper.

**COMMUNITY COLUMN**  
**THE WYMAN MEMORIAL UNITED CHURCH**  
**HUDSON**



**The Wyman Memorial United church, originally Methodist, was built and open for service in 1907.** It was named in honor of pastor Daniel B. Wyman who died in 1905. It replaced the first church built in 1872 in the Hudson village and had become outdated and cramped.

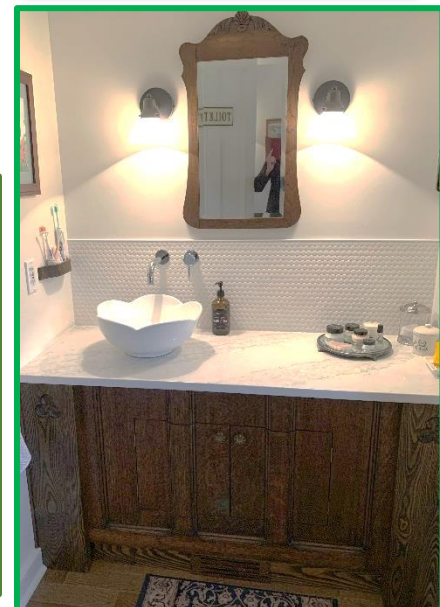
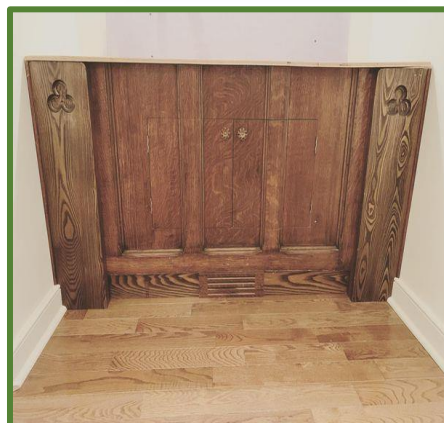
After 25 years of negotiations with various protestant communities to create a united movement, the United Church of Canada was founded in 1925. It united Methodist, Congregationalists, and some Presbyterian communities. Last year, after 115 years of service, the Wyman church was sold for \$900,000 to a Sikh congregation who took possession in the Fall of 2020. Many within the community were pleased that the building would remain a place of faith, ..... rather than condos.

The congregation is now part of the nearby Cote St. Charles United Church in Saint-Lazare, and thankfully, the stained glass and Celtic Cross as well as the communion table, baptismal font and other items have followed the congregation to the new location.

However, a bit of history will live-on in the home of [Barb and Gord Bowen](#), who's son **Corey** was able to refurbish some wood from the church.

**These are his words:**

**Corey Bowen (Construction):** "We built my parents a vanity from wood salvaged from the Wyman church. This church was special to my parents, Barb and Gord Bowen, as they were dedicated patrons for a little over 60 years. Sadly, Wyman church had to close their doors this past year, but they were able to take some wood from the church pews and some panelling, and we created this bathroom vanity. It is just so beautiful we couldn't wait to share it. Couldn't have done it without my right-hand man, Andrew Bradley. His attention to detail is just spectacular".





**WE'RE HAVING ANOTHER DRAW!!!**

**On May 6<sup>th</sup>, each of our 3 offices will be selecting another lucky member to win a Mother's Day Bucket.**

**If you are not already a member but have been thinking about joining, please hurry so that your name will be entered in our draw!**



*Some of our wonderful volunteers of 2020-2021 in Vaudreuil- Soulanges*

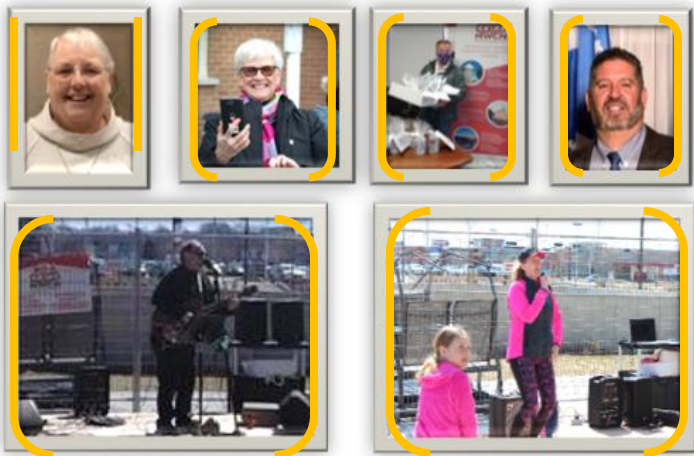


*A worthy mention also goes to: Andrea Cooper for Translation, and Jeannie Rosenberg for help with our MWCN / CISSMO Linguistic Program.*

**OUR NEWSLETTER 'COMMUNITY COLUMN' WRITERS**



**VOLUNTEERS WHO DO EVERYTHING!**



*Pauline Wiedow  
Executive Director*



**April 19 – 23 WAS A GREAT WEEK OF CELEBRATING OUR VOLUNTEERS!**

**WHY WE LOVE OUR VOLUNTEERS!!**

- Commitment to community is evident in everything they do.
- Volunteers have an attitude of gratitude and a commitment to serve.
- The heart of a volunteer beats in service to others.
- Volunteers add value to everything they touch.
- Volunteers make the world a better place.
- Service above selfishness. That's the decision they have made.
- Their selflessness is an inspiration to others.
- We are humbled by the generosity and selflessness of our volunteers.
- Who among us has not at some time been impacted positively by the generosity of a volunteer?
- Who can change the world?  
Volunteers, that's who!



**A Certificate of Recognition from Peter Schiefke, Member of Parliament V-S, was delivered to a few members who not only volunteered for MWCN, but for the community at large. Congratulations to all!**



## SAVE THE DATES

- May 5** **CULTIVATING A BETTER RELATIONSHIP TO OUR BODIES**  
By Centre de Femmes la Moisson  
1:30 – 3:00
- May 11** **AGING IS LIVING**  
By Kirsten Bennett, Health & Wellness  
1:30 – 3:00
- May 12** **AUTISM 101**  
By Natalie Gervais, Autism Montérégie  
1:30 – 3:00
- May 12 / 26** **VISION BOARDS with Lucy**  
From 10:00 – 12:00
- May 18** **JOB HUNTING IN 2021**  
By Carrefour Jeunesse Emploi V-S  
1:30 – 3:00
- May 19** **TICKS & LIME DISEASE**  
By: CHEP – Community Health Education  
From 10:00 – 11:30
- May 25** **KNOW YOUR WORTH**  
By G.R.A.V.E.S.  
1:30 – 3:00
- June 1** **YOU'VE GOT SKILLS!**  
By Ps. Jeunesse Vaudreuil-Soulanges  
1:30 – 3:00
- June 2** **COOKING WITH DANDELIONS**  
By Hudson Food Collective  
1:30 – 3:00



**Monday, May 10, from 1:30 p.m. till 3:30 p.m.:** Wellness workshop on "Daily living with arthritis. Family life,

workplace, travelling » [Inscription – Bibliothèque de Brossard.](#)

**Friday, May 28 from 1:30 p.m. till 3:30 p.m.:** online informal gathering "Share and Shine Together" for those who wish to join a community for an afternoon to share about arthritis, talk of their own story and experience, inspire and be inspired, learn from others. The emphasis for this time will be stress and well-being. Register at [info@arthriterivesud.org](mailto:info@arthriterivesud.org) to get the link.

**Sunday, May 30, from 2 p.m. till 3 p.m.:** Celebrating Life with Arthritis – Conference by Premela Pearson. Yes, you can find a quality of life with arthritis. Join Premela Pearson as she shares her journey from diagnosis to creating the Arthritis South Shore organization and what she has learned along the way. An invitation as part of the Augustine series organised by the St-Augustine Church, St-Bruno-de-Montarville. To reserve your place and to receive the Zoom link please send an email to [augustineseries@bellnet.ca](mailto:augustineseries@bellnet.ca)

### PLANT YOUR SPRING GARDEN

Three rows of peas:

- Peace of mind
- Peace of heart
- Peace of soul

Three rows of squash:

- Squash indifference
- Squash hatred
- Squash bullying

Three rows of lettuce:

- Let us be kind
- Let us be compassionate
- Let us love one another

**Water with patience and cultivate with love**



### The Expanding Role of Your Community Pharmacist

"Who could save you a trip to the medical clinic? Your pharmacist." (AQPP) Convenient, close to home, and one of the most accessible health care professionals in your community (CPHA 2010). Your pharmacist can offer you many new extended services related to your medications. Learn about services and how to access your pharmacist directly.

#### Recommended Resources

#### Who Could Save you a Visit to the Medical Clinic?

- AQPP Public Portal

**Antibiotic Resistance** - Centers for Disease Control and Prevention

#### Seasonal Influenza Vaccine Pocket Guide

-Public Health Agency of Canada

#### The facts about COVID-19 vaccines

- Health Canada



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