



Summer of COMMUNITY

MRC Vaudreuil-Soulanges | Community matters | August 2019

COMING UP!

AUG 2nd celebration of Felix Leclerc at maison Felix Leclerc @1PM
AUG 3rd – 4th Hudson street fair at 481, Main Town of Hudson
AUG 6th,13th Les rythmes d'ete at parc de la maison-valois
AUG 6th -13th dancing Tuesdays @ parc des generations, Ile-Perrot from 6:30-9:30
AUG 7th-11th Canadian softball U14 F championships, parc Michel-Martin Ile-Perrot
AUG 12th Firefighter day at Parc Bellevue, Pincourt
AUG 18th citizen's party at parc de la maison-valois, Vaudreuil-dorion from 12PM-4PM
AUG 24th 25th anniversary of the merger picnic on st-Charles avenue, in front of parc paul-gerin-lajoie, Vaudreuil-dorion @ 5:30PM
AUG 31st-SEP 2nd St-Lazare, Pincourt, and Ile-Perrot Garage sales

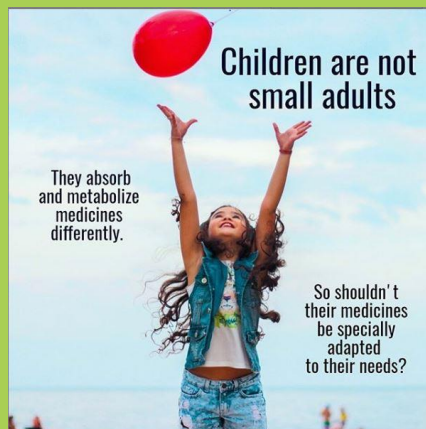
INTERNATIONAL YOUTH DAY (AUG 12)

While millions of youth continue to face challenges and undergo associated psychological impacts, progress is being made. In the face of hardship, civil society and the international community are rallying to make sure that young people have the critical skills, tools, and support they need to become healthy, productive and engaged members of society.

Kids Health Canada raises a current issue here in Canada that needs your attention: Children aren't getting medication adapted to their needs!

Families are forced to give their kids treatments that have only been regulated for adults. They rely on pharmacies or themselves to adjust adult doses of medication by crushing tablets into powder or opening capsules, and then combining them with liquid. With such an unreliable method, life threatening complications happen periodically.

Kids Health Canada wants to improve children's medical treatments and improve the quality of life of Canadian families. The Canadian government must adapt their policies which currently discourage pharmaceutical companies from developing pediatric formulations. The MWCN encourages you to get informed on the topic by visiting their website kidshealthcanada.com and signing their petition.



MWCN'S NEW ADDITIONS!

- The Vaudreuil-Soulanges MRC will have a new MWCN office in September! Come visit us at 91 5e Avenue, Pincourt, QC J7V 5K8
- Look forward to the start of the new Vaudreuil knitting club and book club starting this fall!
- The MWCN is always looking for volunteers, start getting implicated with your English-speaking community now!

(more info to come soon, keep an eye out for updates on our new website: www.mwcn.ca)

MUST READS COMING OUT IN AUGUST

- “Careful What You Wish For” by Hallie Ephron (aug 6)
- “Keeping Lucy” by T. Greenwood (aug 6)
- “Remember Me” by Chelsea Bobulski (aug 6)
- “The First Girl Child” by Amy Harmon (aug 20)
- “Silent Night (Corbally Crime Series #1)” by Geraldine Hogan (aug 23)
- “The Secret Life of Sam Holloway” by Rhys Thomas (aug 27)

COMMUNITY LUNCH CANCELLED



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.

E-mail: mwcn2016@gmail.com Tel: 450-691-1444 (leave a message) Website: www.mwcn.ca

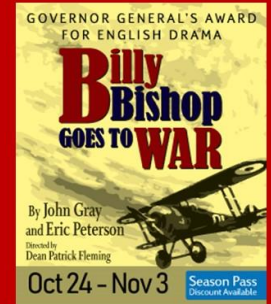


THEATER OUTING COMING UP

Join the drama!

October 31st
2 PM

Hudson Village
Theater



Montérégie West Community Network's
Theater Outing

BILLY BISHOP GOES TO WAR

30 \$

Transportation and ticket included
(discount for those who wish to meet us
there)

Contact us to reserve
your spot now and inquire
about pick up points!
450-691-1444



CHEP TELECONFERENCE



Centre d'hébergement de Vaudreuil
Salle Guy Robillard
408 St-Charles, Vaudreuil-Dorion

September 18, 2019
9:30-12pm

CHEP VIDEO TELECONFERENCE
Speaker: Jean-Marc Belanger,
Community Pharmacist.

FLU AND OTHER VACCINES

WHAT YOU NEED TO KNOW



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



ST-ZOTIQUE FREE BEACH DAYS

Journées gratuites de la MRC de Vaudreuil-Soulanges

- 2 juillet = Saint-Télesphore
- 3 juillet = Pincourt
- 4 juillet = Vaudreuil-sur-le-lac
- 5 juillet = Saint-Polycarpe
- 8 juillet = N-D-Île-Perrot
- 9 juillet = Vaudreuil-Dorion
- 10 juillet = Saint-Lazare
- 11 juillet = Les Coteaux
- 12 juillet = Très-Saint-Rédempteur
- 15 juillet = Saint-Clet
- 16 juillet = Les Cèdres
- 17 juillet = Terrasse-Vaudreuil
- 18 juillet = Rivière-Beaudette
- 19 juillet = L'île Perrot
- 5 août = Sainte-Marthe
- 6 août = Rigaud
- 7 août = L'île Cadieux
- 8 août = Sainte-Justine de Newton
- 9 août = Pointe-Fortune
- 12 août = Hudson
- 13 août = Pointe-des Cascades
- 14 août = Coteau-du-Lac



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
Tel: 450-691-1444 (leave a message)
Website: www.mwcn.ca

CISSMO : WHAT TO DO WHEN IT'S REALLY HOT

When it's really hot, your state of health can quickly deteriorate.

To protect yourself from the effects of heat:

① Drink 6 to 8 glasses of water a day or follow a doctor's recommendation



② Spend at least 2 hours a day in an air-conditioned or cool place (shopping centre, library, etc.)



③ Take at least 1 cool shower or bath a day, or cool your skin several times a day with a wet washcloth



④ Avoid alcohol

⑤ Reduce your physical efforts



⑥ Wear light clothing

⑦ Contact your family and friends, especially those with less autonomy or living alone



If you are not feeling well or have health-related questions, call Info-Santé **811** or speak to a health professional.

In an emergency, call **9-1-1**.

Learn more at Quebec.ca

Santé et Services sociaux
Québec



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