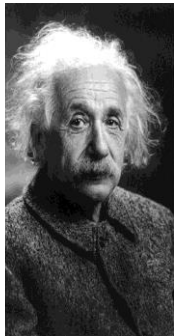


### MESSAGE FROM THE BOARD MEMBERS



"A clever person solves a problem. A wise person avoids it."

Albert Einstein

*"A man only becomes wise when he begins to calculate the approximate depth of his ignorance."*

~ Gian Carlo Menotti

### Be a member detector

*New members are the lifeblood of every organization, including ours.*



Membership is \$10 and it allows you a special member rate for all our activities, and our newsletter which is full of information on upcoming events, courses, etc. Don't hesitate to tell everyone you know about us.

### MWCN Board Elected officers:

President: Pauline Wiedow  
Vice President: Lise Brunette  
Treasurer: Gayle Holdaway  
Secretary: Grace Brasseur

**Members:** Chuck Halliday  
Susanna Langevin  
New member: Georges Bujold  
New member: Louise Kinney  
New Member: Emily Lemieux  
New member: Marlene Stacey

Volunteer Coordinator: Lynda Friend

### Interest groups

Book Club Chair: Gayle Holdaway  
Membership Chair: Gayle Holdaway  
Newsletter editor: Lise Brunette

e-mail: [mwcn2016@gmail.com](mailto:mwcn2016@gmail.com)

### Letters to the Editor



Any event, activity, or interesting fact to share?

E-mail [lbrunette51@videotron.ca](mailto:lbrunette51@videotron.ca)

### MWCN Sponsored Events:

#### Upcoming events:

**Walking Group** will be back in the Spring of 2017. Would like to join this group but need more information? Please call Pauline Wiedow at 450-617-0513 and leave a message.

Mar 16: MWCN Board meeting – 6:30pm Maison Fleurie.

Mar 30: Partnership Table – 6:30pm NFSB – St-Lawrence Room

Apr 8-9 Commemorating the 100 anniversary of VIMY RIDGE – at Civitan

June 3-4 Commemorating the 100 anniversary of VIMY RIDGE – St-Edwards's church, Beauharnois.



### Upcoming Community Wednesday:

Held from 4 to 7pm. Spaghetti dinner \$2.00

April 5: Sainte-Martine School

May 3: Gérin-Lajoie School

### Save the date:

#### Knitting with Seniors and Students:

Fridays: Time: From noon to 1pm:  
Dates: March 24, 31; April 7 & 24  
Place: CLC Room NFSB

**Looking for interested seniors to join us.**  
Call Pauline at 450-617-0513

#### Games & Conversation (Adopt a grandparent):

Mondays: Time: From noon to 1pm:  
Dates: March 20, 27; April 3 & 10  
Place: CLC Room NFSB

Need more information? Please call Pauline at 450-617-0513

Mar 30: **Partnership Meeting** – 6:30 – 8:30pm  
New Frontiers School Board, 215 McLeod

**CONNECTIVITÉ** **24/7** **CONNECTIVITY**  
*Le bon, le mauvais et le moche.* *The Good, The Bad, The Ugly.*

Rejoignez-nous dans une conversation lors de laquelle nous explorerons ce qu'une connectivité 24/7 signifie pour chacun de nous... parents, élèves, membres du personnel et partenaires communautaires de la CSNF.

Join us in a conversation as we explore what 24/7 connectivity means to each of us... parents, students, staff, and community partners of the NFSB.

**March 28 @ 7:00 p.m.**  
Howick Elementary

**Le 28 mars à 19 h 00**  
École primaire Howick

## Survey on English Speaking minority's advocacy groups:

I would like to invite you to participate to a research project on official language minorities in Québec and Ontario.

I am a Ph.D candidate at the Department of Political Science, University of Toronto. This study seeks to analyze and compare the perspectives of the English-speaking minority's advocacy groups in Québec with the French-speaking minority's advocacy groups in Ontario. My objective is to improve understanding of the official language minorities' perceptions regarding their own relation with other linguistic groups, language policies, language itself, and various governments.

Your participation in an online survey would last approximately from 10 to 15 minutes. It is entirely voluntary and anonymous. By completing this survey, you will run the chance to be randomly selected to win a prize of 100\$.

Interested in participating? Please use the following link to complete the online survey questionnaire: <http://bit.ly/mwcn2017> and enter the following password: [engqc2017](http://bit.ly/mwcn2017)

To learn more about the research project and the implications of your consent as a participant, please consult the following document: <http://bit.ly/engqcconsent>

Pierre-Olivier Bonin, *PhD candidate, Department of Political Science, University of Toronto*

## The KAIROS Blanket Exercise

An interactive learning experience that teaches the Indigenous rights history we're rarely taught. One of the key steps to reconciliation, the Blanket Exercise covers over 500 years of history in a one and a half hour participatory workshop.

Participants are drawn into the experience by reading scrolls and carrying cards which ultimately determine their outcomes.

To register please contact **Pauline Wiedow at 450-617-0513**; and for information or to better understand the exercise visit: <http://kairosblanketexercise.org/about>.

Held: April 20<sup>th</sup> from 2:30 to 4pm at Billings School.



## FUN AND LUNCH WITH A BUNCH

The *Montréal West Community Network (MWCN)* and the *Chateauguy Civitan Club's* "Seniors Wellness & Awareness Program" is in full swing at the Civitan Club, 3 Paul Hallé, Chateauguy.

**Wednesdays, from 10am – 1pm at The Civitan Club. Be sure to register!!.**

We will also have Bingo / Crib and Scrabble....something for everyone.

### Subsequent dates to remember

- March 29th Foot Care Clinic
- "April 2<sup>nd</sup>" **FYI Sunday "Something Extra you might enjoy" Grove Hall Theatre Trip to Huntingdon. Bus leaving Maison des Jeunes at 12:30. "On the Line" Dress Rehearsal. Cost \$25.00**
- April 5<sup>th</sup> Mini conference with guest speaker Danielle Blain from Parkinson Canada
- April 19th A craft Day
- April 26th Social games of crib, cards, scrabble. Learn how to play bridge or any other social game of your choice.
- May 17<sup>th</sup> "Decluttering" with Pearl Fennel  
Seniors Fraud Awareness with André Marcotte from the FADOQ along with Nathalie Langevin, Chateauguy Police.

All are welcome. Bring a friend. You may meet up with an old friend or make a new one. You just never know.

**\*\*\*Meet-ups include lunch and fun at the low cost of only a 'toonies'.**  
\*Plans in the making for June and July along with the Walking Group and exercise\*

**To reserve your spot or for more information call Louise 450-699-1255 Or Pauline 450-617-0513**



You are invited to our...

## Intergenerational Café



Teacher Emily Langevin along with her Grade 11 ethnic's students invite you to come and share your life experiences with them on 2 themed visits to the school.

\*\*\*Monday, April 3rd—12:45PM to 1:45PM\*\*\*

Theme: 3 Pieces of Me (bring 3 things that show who you are to share with your partner)

\*\*\*\*Monday, April 10th—9AM to 10AM\*\*\*\*

Theme: Careers, Then & Now (Students share their hopes for the future/community shares their career experiences & knowledge)



CVR High School  
Parking and entrance: at rear of school (door 1)  
CVRH to Riv at 450-288-5180 or [kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)

CVR students invite you to...

## spring fling Health Fair

Ever wonder what health services are available in our region? Students have researched information on local services and non-profit organizations that support seniors. Their presentations will follow up with a workshop entitled "Brain Boosters". There will be a FREE lunch also served by CVR's cooking class.

**Where:** CVR Room 119A

**When:** Tuesday, March 28th

**Time:** 8:30am to 12:30pm



Please RSVP no later than Monday, March 20<sup>th</sup> to Kim Wilson at 450-288-5180 or [kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)