



**We return from a very busy Summer!**

**Welcome back everyone. Hopefully we are all ready to start a new busy season of exciting programs and events.**

**We are looking forward to seeing all of you again.**

**Fundraiser Lunch: Date: Sunday, September 24th, 2017.** Time: 12-4pm (Meal 1-3pm). Place: Tahiti Fusion Restaurant, 88 Blvd St. Jean-Baptiste, Chat.

Cost \$15.00 Adult/\$7.50 Children under 10years old. Meal is a buffet, cost does not include beverages. Music: "This is Two", an acoustic experience with Ross & Paul.

Raffle draw for our "Spirit Basket" apx value \$250.00 (ticket cost \$5.00 ea) for tickets contact Gayle at 450-699-1078. Door prizes to be won.

### Save the Date:

**Sept 11 and 18** Start of Book Club – see details under MWCN Sponsored Events.

**Sept 18:** French Conversation Class – See details under MWCN Sponsored Events.

**Sept. 19:** Start of the Knitting Group – See details under MWCN Sponsored Events.

**Sept 19:** Start of Creative Writing class - See details under MWCN Sponsored Events.

**Sept 20:** Start of English Conversation Class - See details under MWCN Sponsored Events.

**Sept. 21** MWCN Board meeting – 9am-11am – NFSB

**Sept. 24** Fundraiser Lunch at Tahiti Fusion – 12 – 4 see details in sponsored events.

**Sept 26** Start of Brainy Boomers Series - 6:30-8:00 @ NOVA Aging & Memory. **Free for members**

**Sept. 28** Partnership meeting – 6:30pm at NFSB St-Lawrence Room

**Oct. 6:** Start of Zumba Gold class - See details under MWCN Sponsored Events.

**Oct 3** Benefits of Exercise, physical health and nutrition 6:30-8:00 @ NOVA. **Free for members**

**Oct. 19:** MWCN Board meeting –6:30 at NFSB, 214 McLeod

**Nov. 16:** MWCN Board meeting – NFSB Time to be determined

### Be a member detector

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



### MWCN Board Elected officers:

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

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

Volunteer Coordinator: Lynda Friend

### Interest groups

Book Club Chair: Gayle Holdaway  
Knitting for Charity: Susanna Langevin  
Walking Club: Joanne Murray  
Membership Chair: Maria Friozzi  
Newsletter editor: Lise Brunette

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

### Letters to the Editor

Event, activity, or interesting fact to share?  
[lbrunette51@videotron.ca](mailto:lbrunette51@videotron.ca)

### MWCN Sponsored Events:

**Walking Group** is back, If you want to join, please call Pauline Wiedow at 450-617-0513 and leave a message.

**Book Club:** Group 1 starts Sept 11th,  
Group 2 Sept 18th,  
Both are held at St. Willibrord  
School Mondays from 10-12pm every two weeks.

First book we will be reading/studying is "*The Lost Child of Philomena Lee*" by Martin Sixsmith.

Our second book which we will start in our February session will be "*Brooklyn*" by Colm Toibin.

Cost \$20.00 plus purchase of book. For information call Gayle 450-699-1078.

**Zumba Gold:** 8 weeks on Fridays. From October 6 to November 24. From 10 to 11am. Free for the Vice Versa resident and MWCN members and \$10 for others. More information, call Pauline Wiedow at 450-617-0513 and leave a message.

## VOLUNTEERS NEEDED FOR 2017-2018

We are looking at a very busy fall schedule full of interesting learning opportunities as well as sharing skills that each one of us has to offer.

Are you someone who is newly retired and looking for opportunities to get involved in our community? Are you looking for something to enhance your daily life? Are you someone who just loves helping people?

The Montérégie West Community Network is a fast-growing Community Organization serving the English Speaking Community throughout the Montérégie West. We have many opportunities for you to get involved. Opportunities that require an hour a week or a few hours a week depending on what you choose to give. We have events involving seniors as well as young people. We strive to provide Lifelong Learning experiences and health and social services for all people. We need volunteers in the following programs that will be beginning this fall:

- Animate an English Conversation Group 1 x a week.
- Animate a French Conversation Group 1 x a week.
- Someone to lead an English Conversation Group in the Anna Laberge Hospital during lunchtime. FOUND
- Someone to lead an English Conversation Group in Hôpital du Suroît in Valleyfield. FOUND
- Listening to the elementary students read French at St- Willibrord School.
- Seniors, male and female to join in our Adopt a Grand Parent Program at St- Willibrord School.
- Teaching knitting to elementary students in 2 schools
- Someone to take leadership in our Membership Program. FOUND
- Someone to teach a computer class for seniors.
- Someone to help seniors learn how to navigate their IPAD.
- Someone to take care of refreshments at our different activities.
- Someone great with the computer who could do up our posters, flyers, brochures. FOUND

### THANK YOU TO THOSE WHO HAVE FILLED SOME OF THESE VOLUNTEER POSITIONS.

We are a great group of people who have fun sharing our talents and love to work together for a stronger community. Check out our facebook page, MWCN Montérégie West Community Network or our website at [www.mwcn.weebly.com](http://www.mwcn.weebly.com). You can also send us an e-mail to [mwcn2016@gmail.com](mailto:mwcn2016@gmail.com). If you feel you would like to join us in any capacity please contact us either through our email address or by phone at 450-617-0513. Thank you,

Pauline Wiedow, B.A., President MWCN

## 2017- 2018 Community Wednesdays

November 1<sup>st</sup>: Harmony School  
December 6<sup>th</sup>: St. Willibrord School

February 7<sup>th</sup>: École de la Rive  
April 4<sup>th</sup>: École Saint-Isidore - Langevin  
May 2<sup>nd</sup>: École Saint-Jean-Baptiste

- Come and meet more than twenty local community and governmental organizations
- Free babysitting available for children under 7 years old
- Spaghetti dinner for only 2\$
- No inscription needed
- Opened to everybody

Info: 450 699-3333, ext: 2224 or [ww.nfsb.me/events](http://ww.nfsb.me/events)

## YOU ARE INVITED!

The Montérégie West Community Network (MWCN) , are pleased to invite you to come for a day to network, share and build off each others success.

**When:** Thursday October 19th, 2017

**Where:** Howick Town Hall

**Address:** 1180 route 203  
Tres Saint-Sacrement (Quebec)

**Time:** 9:00-2:30pm

## Building Strong, Communities TOGETHER

PLEASE REGISTER BY OCTOBER 13TH, 2017  
CONTACT PAULINE WIEDOW  
450-617-0513 OR EMAIL [MWCN2016@GMAIL.COM](mailto:MWCN2016@GMAIL.COM)



smoke-free  
Family

AROUND KIDS,  
WE DON'T SMOKE.

When a parent smokes around their child, their child also smokes.

Children, and even unborn babies, who are exposed to second-hand smoke are directly affected by the harmful effects on their health.

The Smoke-Free Family campaign serves as a reminder of the importance of safeguarding children's health by making the home and the car smoke-free zones and by smoking far from kids outside.



2017-2018  
EDITION

DO YOUR KIDS HAVE TO DRAW YOU A PICTURE?

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### BWARE OF SECOND-HAND SMOKE

Second-hand smoke is the smoke that comes out of a cigarette and that the smoker exhales.

This smoke contains more than 7,000 chemical products, over 70 of which can cause cancer. And these substances are even more concentrated in enclosed spaces such as a closed room or a car.



SECOND-HAND SMOKE  
IN A CAR CAN BE UP TO  
**27X** MORE CONCENTRATED  
THAN IN A SMOKER'S HOME

#### REMINDER

Since May 2016, it is prohibited by law to smoke or vape:

- in CARS when children under 16 are present;
- in OUTDOOR PLAY AREAS for children, on sports fields and playgrounds.

SMOKEFREEFAMILY.CA

