

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.

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:

President:	Lise Brunette
Vice President:	Maria Friozzi
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Executive Director:	Pauline Wiedow
Administrators:	Georges Bujold
Volunteer Coordinator:	Maria Friozzi
Member Coordinator:	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé



I know what you're thinking... August is here already! Where did July go!? Soon all the kids will be back in school and summer will be coming to an end. But don't fret! We still have a month and a bit before we lose this beautiful weather and the MWCN is planning on enjoying it in the best way possible!

NEWS FROM THE MWCN

Community Spirit Recognition Award: New this year, the MWCN highlighted 14 students from the New Frontiers School Board. Each school nominated a student that they felt contributed to their school involvement and community spirit. Congratulations to all the 2019 winners! – Jayme McClintock, Development Officer, NFSB



Georges Bujold and Pauline Wiedow presenting the award to Erica Robertson at St. Willibrord's Graduation.

All the recipients of a bursary:

Howick Elementary School: Sean Anderson
 Hemmingford Elementary: Ava Jeuris
 Harmony Elementary School: Carols Gonzalez
 Huntingdon Adult Education and Community Centre: Cheryl Trotter
 Heritage Elementary: Colby Renaud
 Chateaugay Valley Regional High School: Emma Anderson
 St. Willibrord: Erica Robertson
 Nova Career Centre: Frederik-William Marion
 Howard S. Billings High School: Hanna Laurette
 Jacobs-Janoska
 Chateaugay Valley Career Education Centre: Jessica Willems
 Franklin Elementary School: Riley Finlayson
 Gault Institute: Melody Schillaci
 Mary Gardner: Mackenzie Meehan
 Centennial Park: Emma Patulli

The MWCN would never have been able to do this without the involvement of its members. It is because of them that each student was given a little something to put towards their future. A very big thank you to all the members, it wouldn't have been possible without you!

NEWS FROM MWCN

CRAFTY GAMERS

The MWCN collaborated with the residents at Maison Fleurie over the past two months with their Crafty Gamers program. Once a week the residents would get together to play games like Bingo and O.k.O, and the next week, they would do fun arts and crafts. It was a great way to socialize and use their creativity. Thank you to Maison Fleurie for letting us into your wonderful establishment.

A special thank you to Lynda Friend for volunteering and helping with the crafts and games. It was great working with you! If anyone is interested in becoming a volunteer, you can call the office for more information 450-691-1444.



ART CLASS

The last "Expression through Multi media" art class will be coming up in August. The participants in the last class enjoyed using different multi medias to decorate beautiful boxes and containers. This will be our last class until the next session. If you are interested, you can call 450-691-1444.

COMMUNITY LEADERSHIP TRAINING MAGDALEN ISLANDS

Our Executive Director Pauline Wiedow, along with the Valley NPI Coordinator Kim Wilson, were accepted into the Community Leadership Training held in the beautiful Magdalen Islands. They had the opportunity to visit and learn first-hand another English-speaking community's unique characteristics, assets and challenges. Through group activities and learning exercises, they were able to see how different forms of leadership may be used within their own community development.



SAVE THE DATE



Ongoing: **WALKING GROUP**

Now moved back to Tuesdays.

From 10:30 to 12:30. Walk in beautiful areas around Chateauguay like Ile St. Bernard and more.

August 13: Art Class

"EXPRESSION THROUGH MULTIMEDIA" Tuesday from 2 to 5pm at the MWCN office in Chateauguay. Come learn different ways to express yourself through cutting, gluing, and making a masterpiece. **LAST CLASS!** To register call 450-691-1444.

August 21: **MONTHLY LUNCHEON** Coeur de Village Bistro Culturel. 680 Saint-Regis, Saint-Isidore, QC J0L 2A0. From 11-1pm. Cost \$10.95. To reserve please call 450-691-1444.

August 22: **BLANKET EXERCISE** 6-8:30pm at Nova Career Center. Room s183. It's an interactive learning experience about the history of Indigenous rights. It covers over 500 years of history!

August 24: **SCRAPBOOKING,**

Vice-Versa 9:30-4:30pm. For more info call 450-691-1444.

September 9: **BOOK CLUB**

Group 1: Sept. 9, 23, and Oct. 7.

Group 2: Sept. 16, 30, and Oct. 14

Mondays from 10-12 at the Chateauguay office.

Book: The Immortal Life of Henrietta Lack by Rebecca Skloot. For information call Gayle at 450-691-1444.



September 14: **MWCN'S 20TH ANNIVERSARY GALA DINNER & DANCE** Restaurant Casa Greque, Chateauguay 5pm-1am BYOB. Tickets \$40.00. To purchase your tickets, please call the office at 450-691-1444

September 18: **FREE CHEP VIDEO CONFERENCE**

Nova Career Center, 70 Blvd Maple, 9:30-12:15pm – Topic: "Flu and Other Vaccines--What You Need to Know" Speaker: Jean-Marc Belanger, Community Pharmacist. To reserve call 450-691-1444.

September 28: **A CENTURY OF MUSIC** with Amélie Samsom and her Orchestra. Grove Hall in Huntingdon. We will be taking a bus from Chateauguay. Cost \$30. If interested, please call 450-961-1444.

November 6: **PAINT NITE FUNDRAISER** at Ye Olde Orchard Pub & Grill, 66 Boulevard Salaberry S, Chateauguay. From 7-9pm. Cost \$45. To reserve call the office at 450-691-1444.

FROM CHATEAUGUAY:



August 10: **JERK FESTIVAL**

Saturday, August 10, noon to 10pm
Sunday, August 11, noon to 6pm
Free entrance
Chateauguay Horizon Community Association, with the support of Ville de

Chateauguay, invites the entire population to its Jerk Festival. Enjoy a variety of traditional Caribbean meals on site: jerk chicken, jerk pork, jerk lobster and more! Performances by local artists and DJs

MORE NEWS FROM CHATEAUGUAY

GRANDE FÊTE FAMILIALE
The biggest family gathering in the region!
Sunday, August 18, noon to 6 p.m.
Châteauguay, a family story!

Free Admission
 Parc Billings
 Parking along Ville-Marie Street,
 and at Billings and St. Willibrord schools

SHOW ZONE
Great stage
 1 p.m.: Les p'tites tounes
 4:30 p.m. Bleu jeans bleu

ACTIVITÉ STAGE
 12:30 to 5:30 p.m.:
 Day Camp Shows

ANIMATION ZONE
 - More than 18 giant inflatable structures!
 - Public entertainers
 - Several community organizations for the whole family

PICNIC AREA
 - Come and have a picnic with your family!
 - Free corn roast!
 - Refreshments sold on site
 - Several food trucks

TEEN ZONE
 - Initiation to skateboarding and professional demonstration by One Kid One Skate
 - Air course
And many surprises!




August 23: **ÉCOMARCHÉ DE L'ÎLE**
 The largest eco-friendly fair in the region!
 Friday, August 23, 2-7pm
 Saturday, August 24 and Sunday, August 25, 10-5pm
 Free
 Île Saint-Bernard



LIVE MUSIC

Le Bistro Culturel 680 Rang Saint-Régis, Saint-Isidore-de-Laprairie, QC J0L 2A0
 August 1, Geneviève Racette
 August 8, Luc Larocque
 August 15, Joe Robicho
 August 22, Stephen Faulkner
 August 29, Valmo -Vincent Bourgeois, Alex Hébert et Marc-Olivier Roussin.
 For more information you can visit their website:
www.coeurdevillage.wordpress.com



HEALTH

August is usually the time for vacations, days off work or a break from the activities that usually take up your time throughout the rest of the year. Even if you are not on vacation, August is a great time to unwind, take a break and de-stress yourself.

10 TIPS TO DE-STRESS YOUR LIFE

1. **Listen to some good music.** Music is scientifically proven to help calm you down.
2. **Pay attention to your posture.** Sitting up straight can reinforce confidence, whereas bad posture can lead to feelings of helplessness and stress.
3. **Get a plant.** Having a potted plant or two in your office/home can reduce fatigue and stress, along with headaches and other physical ailments.
4. **Hang out with someone funny.** Or watch something you know will make you laugh. Laughter calms your stress response and aids in muscle relaxation. It also stimulates your heart and helps release endorphins.
5. **Count your blessings.** People who are grateful experience “higher levels of positive emotions such as joy, enthusiasm, love, happiness, and optimism.”
 - Dr. Robert Emmons of the University of California.
6. **Interact with someone you like.** Socializing has been shown to decrease anxiety and boost confidence.
7. **Sleep it off.** The amount of sleep you get is directly



related to your stress level—and vice versa. If you don't sleep enough, you feel more stressed; if you feel stressed, it's hard to get a good night's sleep.

-Article by Chelsea Sherman

RELAX

A couple other things you can do to de-stress or relax are:

- Go for a walk/bike ride
- Take a nap
- Read a book
- See a show/movie
- Eat some chocolate
- Just breath in the moment

“Sometimes
 the most
 productive
 thing you can
 do is *relax*”

-Mark Black

THIS AND THAT

TRIATHLON



LE 24 AOÛT, DANS LA VALLÉE DE LA CHATEAUGUAY pour la Fondation
Betty Riel

ON AUGUST 24, 2019 IN THE CHATEAUGUAY VALLEY for the Betty Riel
Foundation

Nous avons perdu trop de gens que nous connaissions et aimons du cancer. Le 24 Août prochain, avec notre aide, nous avons l'intention de faire du vélo, pagayer et courir pour fuir le cancer de la Vallée de la Châteauguay!

Pour plus d'information sur l'évènement, veuillez contacter Peter Bulow au numéro suivant : (450) 264-9313

Votre don peut être envoyé à l'adresse suivante :
Foundation Betty Riel
46 rue Wellington, Huntingdon (Quebec) J0S 1H0

We have lost too many people we know and love to cancer. Next August 24, with your help, we intend to bike, paddle and run cancer out of the Chateauguay Valley!

For more information on the event, please contact Peter Bulow at the following number: (450) 264-9313

Your donation can be sent to the following address:
Fondation Betty Riel
46 Wellington Street, Huntingdon, Quebec J0S 1H0



MUST READS COMING OUT IN AUGUST

"The Art of Loving" by Erich Fromm

"The Turn of the Key" by Ruth Ware

"Things You Save in a Fire" by Katherine Center

POETS CORNER

TIME TRAVEL
BY
GAYLE HOLDAWAY

I'm looking
I'm seeing
I'm thinking
I was once a young girl, walking with her friends, carrying a store bag with a new find, sharing with excitement, our plans for the day, our lives, our loves.

I'm waiting
I'm seeing
I'm thinking
It seemed not so long ago I came for my six-week check-up with our first of three, extensions of us, the awe of this miracle who is ours.

I'm sitting
I'm seeing
I'm thinking
I am my mother, watching her grandchildren, lie on my couch, and play on my floor, touching my very soul.

And, with a gasp I wonder where my awareness of the passing of this time we call life was.

I'm driving
I'm seeing
I'm thinking
That older couple, holding hands, crossing the road in front of me, God willing will be us one day, as we look back on our life together and wish we could go back, have it go a little slower and maybe pay more attention to all those important moments, so fleeting, that if we do not stop and watch we will miss.

-Gayle Holdaway,
July 16th, 2014

NEW! In every upcoming newsletter we would like to start having a Poets Corner. We would like to publish poems written either by our members or anyone who wishes to submit something. If you are interested in having one of your poems published in next month's newsletter you can email wilsonashon9@gmail.com.

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!



Please join us for the
20th Year Celebration
of the Montérégie West Community
Network
Dinner & Dance
Saturday, September 14th, 2019
at 5 o'clock in the evening
Casa Greque
104 Saint Jean Baptiste,
Châteauguay J6K 3R8
Cost \$40.00 B Y O B
For tickets call: 450.691.1444
Reserved seating for +4 people

