

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 Friozi
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Administrators:	Georges Bujold Don Rosenbaum Gloria Lynch Jayme McClintock Joanne Murray Chantal Sauvé Merlin Halliday
Executive Director:	Pauline Wiedow
Member Coordinator:	Gloria Lynch
Volunteer Coordinator:	Maria Friozi

July

Fun in the sun! June this year wasn't the best weather wise, but here at MWCN we kept busy; from youth galas, to booths at local fairs, to our very own AGM. Now July is here, and we hope all the fun continues and the weather shows us a little more what summer feels like.

NEWS FROM OUR TEAM

Our team was proud to come together and support the Youth Gala Vaudreuil-Soulanges at the Centre Communautaire in L'Île-Perrot.



MWCN partnered with Lester B. Pearson School Board, Desjardins Vaudreuil Soulanges, and L'Île Perrot to award over 50 students, from over 12 schools, for their perseverance, excellence, and leadership. A special thank you to our NPI Vaudreuil-Soulanges Coordinator Clément Bergeron for putting it all together.



NEWS FROM CHATEAUGUAY

MONTHLY LUNCHEON

The Monthly Luncheon at the Rail in Kahnawake had a great turn out with over 20 participants. There was great food and even better conversation. It was such a success that our members in the Valley asked to do the same. Keep an eye out for our Save the dates for information on the next restaurant.



ART CLASS

MWCN first "Expression through Multimedia" art class took place June 18, 2019. Everyone enjoyed themselves and created wonderful collages. Thank you to Ilana Kuska for coming back to teach us again. If you are interested in registering for the July class check out our save the dates for information.

ANNUAL GENERAL MEETING

The MWCN had our Annual General Meeting on June 13, 2019. We were able to share with our board all the activities and updates we'd done in the year of 2018 and what we have planned for the future as well.



CERAMICS & LUNCH

Eating and decorating! Along with the great lunch that was served by La Bulle Creative, the participants got to paint and design ceramics. They had so much fun we've already planned a second date. See the save the dates for more information.



SAVE THE DATE



Ongoing: **WALKING GROUP**

Every Thursday morning from 10:30 to 12:30. Walk in beautiful areas around Chateauguay like Ile St. Bernard and more.

July 9, 2019: 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, glueing, and making a masterpiece. To register call 450-691-1444.

July 19, 2019: **CERAMICS LUNCH**

Friday from 11-2pm at La Bulle Creative, 758 Blvd. St-Jean-Baptiste, Mercier. To register call 450-691-1444
Cost \$20.00.

July 20, 2019: **SCRAPBOOKING,**

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

July - **MONTHLY LUNCHEON**

Restaurant – To Be Determined



August 13, 2019: Art Class **"EXPRESSION THROUGH**

MULTIMEDIA" Tuesday from 2 to 5pm at the MWCN office in Chateauguay. **LAST CLASS!** To register call the office at 450-691-1444

August 24, 2019: **SCRAPBOOKING,**

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

September 14, 2019: **MWCN'S 20TH ANNIVERSARY GALA DINNER & DANCE**

Restaurant Casa Greque, Chateauguay 5pm-1am BYOB. Tickets \$40.00. To purchase your tickets, please call Maria at 450-692-5944.

FROM CHATEAUGUAY:

Ye Old Orchard Pub is hosting **PAINT NITE**

Enjoy a meal then a fun paint night afterwards.

Order tickets online at yaymaker.com. They all start 7:00 pm.

July 02: Sunset Serenity

July 16: Apple Blossom Reflection

July 21: Into the Night II

July 30: Up at the Colorful Trees

Also, at Ye Old Orchard Pub:

July 17, 2019: **OPEN MIC NIGHT**

Starting at 8:00pm.

ROD STEWART TRIBUTE

At the Lady of Perpetual Help Church Hall 295 McLeod, Chateauguay, QC. Tickets are \$25.

Contact Penny:

514-978-5725

or Carole:

514-973-2661

The Annual General Meeting and Partnership Table Meeting of the Montérégie West Community Network took place on Thursday, June 13th at NOVA in Chateauguy. Special Guest speaker, Myriam Tessier of the CISSMO was there to present clarification of Bill 101.



Valley Health Talk on Isolation and Loneliness in Seniors; The Consequences saw 19 participants who came out to learn more in regards to ways of reaching out to others who may be experiencing this reality and were given tools on how to support them.



Let's Visit Our Seniors Campaign - The MWCN along with Anyze Goyette of the Senior's Table of the Chateauguy Valley and the SQ were present throughout the day of Friday, June 14th at the Huntingdon CLSC to raise awareness of Elder mistreatment and to encourage people to reach out with a visit, phone call, facetime, etc., to help make a difference in someone's life.



The Gleaner is back! A launch was held to inform the Chateauguy Valley community that the Gleaner is back and will start with an online version to be followed up in the future with printed copies. This was a happy time for many people.

THE Gleaner
since/depuis 1863



MORE SUMMER HEALTH TIPS



In last month's issue there were a couple tips on how to stay healthy during the summer, here a couple more so that everyone can get the most out of their summers:

Put on sunscreen and wear hats

- Sunscreen is always good to apply when going in the sun. Wearing a hat gives your head that extra protection from the heat and UV rays.

Protect your eyes

- Too much sun can irritate your eyes and can cause damage. Wearing sunglasses will protect your eyes from harmful UV rays.

Apply bug spray

- If you live close to a wooded area or plan to be outdoors for a long period of time, wear bug spray to avoid mosquitos or other bugs that may be carrying viruses.

Talk to you doctor

- Talk to you doctor about any medications you may be taking and how they may be affected by higher temperatures. If you don't have A/C you may need to store your medications somewhere colder.

Know the risks of Hyperthermia

- Heat stroke can be a form of hyperthermia. Make sure you know the warning signs, so you know when to seek more medical attention.
 - o Body temperature greater than 104 degrees
 - o A change in behavior, such as acting confused, agitated or grouchy
 - o Dry, flushed skin
 - o Nausea and vomiting
 - o Headache
 - o Heavy breathing or a rapid pulse
 - o Not sweating, even if it's hot out
 - o Fainting

Know who to call

- Make an emergency list of contacts, and place it in an easy-to-access area

Wear the right stuff

- Stock you summer wardrobe with light and loose fitting close to be cool and comfortable on those very hot days.

Exercise smart

- If you like outdoor activities like gardening or walking, make sure to wear the proper clothes and gear. Also keep track of time. If it's an extra hot day don't stay out for too long.



THIS AND THAT

Thunderstorms



Summer is prime time for Thunderstorms. From May to the end of August is “thunderstorm season”. Here are a couple facts about thunderstorms and some tips to stay safe if ever you get caught in one.

Note: this article is not to make anyone fear thunderstorms; it is to help understand them and learn how to protect yourselves against any harm.

- **Thunder is the sound caused by lighting.**
Most people believe it is the clouds crashing together that cause the noise we call thunder but that is not the case.
- **Light travels faster than sound.**
That is the reason we see the lighting before hearing the sound it makes (Thunder). Which can be anything from a loud crack to a low rumble.
- **The closer the storm, the smaller the pause is between lighting and thunder.**
You can test if the storm is close or far by counting the seconds between when you see the lighting and when you hear the thunder. The smaller the gap the closer the storm. Try it!
- **Astraphobia is the fear of thunder and lighting.**
Many people are afraid of the Thunderstorms. And they can be dangerous, however they can also be beautiful to watch if you are in a safe place.

Things you should know to stay safe during a thunderstorm.

When you hear or see a storm approaching take shelter. In a house or building, and NOT under a tree. Cars can also be used as shelter from thunderstorm.

When taking shelter in house or building try to avoid using electrical devices attached to the house, such as telephones, washing machines and even the plumbing. Don't wash the dishes or take a shower during a thunderstorm.

Do not walk with an umbrella during a thunderstorm.

If you cannot find shelter do not panic, just find a place away from metal structures and bodies of water.

Remember: The odds of any one person being struck by lighting in the U.S. in one year is 1 in 700,000
-National Geographic

In conclusion, don't panic, try to find shelter and if you have, then sit back and enjoy the natural beauty and power of our planet. Mother nature is a wonderful thing.

MUST READS COMING OUT IN JULY

- | | |
|----------------------|---------------------|
| “Wilder Girls,” | by Rory Power |
| “The Nickle Boys,” | by Colson Whitehead |
| “Never Have I Ever,” | by Joshilyn Jackson |



Upcoming Must-see Movies for July



Toy Story 4 – Released June 21
Yes, they're still making these. The first Toy Story was released in 1995. This sequel was released over 20 years later however, it has great ratings if you feel like catching up with old fan favorite cartoon characters.



Yesterday – Released June 28
Beatles fans this movie is for you! It follows a young man who wakes up one morning and no one else but him remembers who The Beatles were. Watch him take advantage of this knowledge and put it to use.



Lion King – Release July 19
The Disney classic is brought to life on the big screen. From the same director that brought you the remake of The Jungle Book. Come see this these wonderful cartoon characters come to life before your eyes.

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!

