

### 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. 😊



November; could be fall, could be winter. We never know what this wild month will bring us. However, we DO know that the MWCN has plenty of events/activities coming up for everyone to enjoy. From cozy book clubs at the MWCN office to Zumba Gold every Friday at Vice-Versa!

#### NEWS FROM THE MWCN CHATEAUGUAY

MWCN's lifelong learning French Conversation had a great turnout this session. The awesome French instructor, who is also a board member, Georges Bujold, has taken on the role of teaching French for beginners to these eager to learn individuals. With classes going on until December, we hope everyone is learning a lot and having fun at the same time. Merci et bonne journée!

#### MWCN Board Elected officers:

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



## MORE NEWS FROM THE MWCN CHATEAUGAY

### LET'S MAKE ART

Over the summer and into the fall we've had a couple sessions of the "Let's Make Art" art classes. The members and non-members have made beautiful pieces of art, from acrylic paintings to multi media crafted boxes.



The last session recently ended with the new teacher Shannon Smith. Shannon was hired by our partners over at ARC (Assistance and Referral Center) in Green Field Park. She

would teach once a week at their facilities then come to Chateaugay to teach our members. It was a great success! Thank you, Shannon!



### JOINT MONTHLY LUNCHEON

For something a little different this past month's Monthly Luncheon, the Chateaugay members teamed up with members from the Valley for lunch at Le Reggiano in Ste-Martine. It was a great way for the members from both groups to mingle and get to know each other. Thank you to everyone who came out to participate, we hope to see you all at the next Monthly Luncheon in December. See Save the Dates for more information.

### KNITTING GROUP

The knitting group that's meeting at the Chateaugay Library every 3<sup>rd</sup> Tuesday of the month has teamed up with St Lawrence / John Adam CLC. They've knitted 30 octopus fidget tools. Fidget tools are self-regulation tools to help with focus, attention, calming, and active listening. Thank you, ladies, for being part of the process of giving these fidget tools to selected Riverside School Board students. Great job!



## SAVE THE DATES



Ongoing – **KNITTING GROUP** 10-12pm at Chateaugay Library, Every 3<sup>rd</sup> Tuesday of the month

Ongoing – **KNITTING CLINIC** Wednesdays from 10-12pm. Every other week at Options, 25A Blvd. D'anjou. Nov. 6 and 20. Dec. 4 and 18.

Ongoing – **CRAFTY GAMERS**

Mondays from 1:30-3:30pm. Looking for people to join in with the residents at Maison Fleurie to participate in weekly games and crafts. If you are interested contact 450-691-1444.

Ongoing – **ZUMBA!!** Held every Friday at Vice Versa from 10-11am for 8 weeks.(Until December 6) To reserve a spot call 450-691-1444.

November 6 – **PAINT NITE FUNDRAISER**

At Ye Olde Orchard Pub & Grill, 66 Boulevard Salaberry S, Chateaugay. From 7-9pm. Cost \$45. To reserve call the office at 450-691-1444.

November 11 – **BOOK CLUB**

Book: The New Me by Halle Butler

Get together at our Chateaugay office to discuss the book. For any inquiries call 450-691-1444.

November 13 – **INDIA & BHUTAN** – A tale of Two Neighbors Presented by Don Rosenbaum at the Chateaugay Community Church, 11 Rue Lauzon, Châteaugay, from 1:30-3:30. Come enjoy a trip around the world. Call to reserve your spot.

November 14 – **PARTNERSHIP TABLE MEETING**

At NFSB Board Office in the Beauharnois room from 10-12. Presenter Myriam Tessier on the Santé Montréal Website. Please call the MWCN office to confirm your attendance.

November 16 – **SCRAPBOOKING**

At Vice-Versa from 9:30-4:30.

November 20 – **CHEP VIDEO CONFERENCE** 9:30-12:30 at Nova Career Center, 70 Blvd. Maple. Topic: Diabetes – What's new. Presenter: Théa Demmers. Register at 450-691-1444. Deadline to Register Nov 18th, 2019.

November 22 – **CERAMICS & LUNCH** From 11-2pm at La Bulle Creative 758 Blvd. St-Jean-Baptiste, Mercier. Cost \$20.00 (includes cost of ceramic piece (\$15.00) & lunch) Contact MWCN office at 450-691-1444.

November 27 – **CRIBBAGE! NEW!!** Every second Wednesday afternoon from 1:30-3:30 at the Chateaugay office. Bring a friend and if you have an extra playing board bring it along too. Everyone welcome. Call to reserve you spot.

December 9 – **CHRISTMAS TEA AND COOKIES**

At the Chateaugay office from 1:30-3:30. Bring a plate of cookies or fudge and bring an ornament to hang on the office Christmas tree.

December 11 – **CHRISTMAS MONTHLY LUNCHEON**

Restaurant: Cœur de Village Bistro Culture. 80 Rang Saint-Régis, Saint-Isidore-de-Laprairie. From 11-1pm. Contact MWCN office.

**MY HEALTH, I'M IN CHARGE**

The members from the Valley came together on October 18 at the "My Health, I'm in Charge" health conference at the Huntingdon Legion. It started with a very informative presentation by Mr. Alain Gaulin from Juripop.



Juripop is a non-profit organization whose mission is to provide services to support accessibility to justice. They fight for our rights.

Lunch was provided by the students from HAECC's Café. (Huntingdon Adult Education Career Center). The members enjoyed a presentation and game done by Myriam Tessier from the CISSMO (Centre intégré de santé et services sociaux de la Montérégie-Ouest). Myriam also gave a quick presentation of the new Santé Montérégie Website. You can learn more about that at [santemonteregie.qc.ca](http://santemonteregie.qc.ca).



The conference was a great success and thank you to everyone involved and who came out to learn more about what you can do for you and your health.

**COMING UP IN THE VALLEY**



## Let's Make Art

**Come and be a part of a Session!**

In a comfortable and nonjudgmental space, the participants will learn how to make realistic images with a few simple tricks. This will be done with easy-to-follow, step-by-step exercises.

**2 NEW Sessions held on Thursday mornings 9-11AM @ CVCEC**

<p><b>4-week session running from Nov. 14<sup>th</sup> to Dec. 5<sup>th</sup></b></p> <p><b>INTRODUCTION TO LANDSCAPE</b></p> <p><b>Cost for the 4 Week Session:</b>            For 6 participants - \$ 65            For 10 participants - \$ 50            For 14 participants - \$ 45</p>	<p><b>6-week session from Jan. 9<sup>th</sup> to Feb. 13<sup>th</sup></b></p> <p><b>INTRODUCTION TO PAINTING</b></p> <p><b>Cost for the 6 Week Session</b>            For 6 participants - \$105            For 10 participants - \$ 80            For 14 participants - \$ 75</p>
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\* Cost of Materials included. Basic parts of the kits, participants get to keep. The price of the sessions also includes refreshments, and the instructor's time.

**Possibilities to explore in these introductory sessions**  
 Mediums: Pencil, oil pastel, chalk, watercolor, acrylic paint.  
 Elements of Art: shape, color, value, space, texture  
 Still-Life / Life drawing/ Outdoor/ Landscape

Course content and the outcome for each class will be determined by the interests of the participants.

**If interested or have any question or concerns please contact**  
 Kim Wilson at 450-807-5191 or [kwelburn1988@gmail.com](mailto:kwelburn1988@gmail.com)

*Life is art, live yours in color.*

Brought to you by the MWCN- Montérégie West Community Network [mwcn.ca](http://mwcn.ca)

**HEALTHY AGING TIPS****10 Tips and Strategies on healthy aging.**

We can't stop time, but by adopting a healthy lifestyle, we can age well, both physically and mentally. Here are ten tips to stay fit and happy as long as possible.

1. Do something you enjoy every day. Listening to music, brushing your pet or eating chocolate – wherever you are able to reconnect to your joy is a good place to land on a daily basis.
2. Take 15 minutes to relax. Find a tranquil spot where you can truly take some time out for yourself.
3. Eat three meals a day. Don't underestimate the importance of breakfast. Eat a variety of foods at each meal.
4. Eat with family or friends whenever possible. We generally eat better when we share a meal with others.
5. Stay active. All forms of exercise are good: walking, swimming, dancing, raking leaves, gardening, washing the car, playing outside with kids, etc. As long as you have fun!
6. Get your health information from reliable sources. When you have a health problem, always start with your family doctor or local health centre. Before your appointment, make a list of your questions.



7. Take an active role in managing your own health care. Be clear on your expectations, share your concerns, ask questions and offer solutions to the care professionals treating you. You have key information about your own health, which the doctor needs. Keep a notebook of your symptoms and communicate this information to your doctor as clearly as possible.



8. Challenge myths about aging, including the belief that memory loss is a normal part of aging. Research tricks and tips to train your memory. Starting with this website: <http://numerique.banq.qc.ca/patrimoine/details/52327/2250134>

9. Use memory aids. For example, place a notepad in a strategic location (near the kitchen, by the phone) to jot down calls to make, items to buy or simple reminders. Notes on your calendar or on the fridge are also helpful.

10. Eliminate all hazards from your home to prevent falls. Keep hallways unobstructed, make sure your bathroom is fully accessible (bath seat, bathmat, support bars etc.) and have adequate lighting in all rooms, especially staircases (nightlight).



## NEWS FROM PINCOURT

### NPI-MWCN AT THE SERVICE OF THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

The Coordination committee of the Network Partnership Initiative (NPI) of the Montérégie West Community Network (MWCN) serves the English-speaking community of Vaudreuil-Soulanges

The NPI MWCN – Vaudreuil-Soulanges office has been open in Pincourt for a few weeks; there are 3 employees including Pauline Wiedow, Executive Director, Lorie Marcotte, Community Development Coordinator, and Clément Bergeron, Coordinator of the Network Partnership Initiative in Vaudreuil-Soulanges.



On the coordination committee of the NPI Vaudreuil-Soulanges, there is also Myriam Tessier Liaison officer of the Centre intégré de santé et de services sociaux de la Montérégie Ouest (CISSMO), Joanne Malowany, liaison officer for the Lester B. Pearson School Board (LBPSB), Anne Coulter and Jim Beauchamp, representative of the English-speaking community of Vaudreuil-Soulanges, as well as mayors Robert Grimaudo of Saint-Lazare and Yvan Cardinal of Pincourt.

They look forward to serving the English -speaking community of Vaudreuil -Soulanges.

## THIS AND THAT

### UPCOMING IN CHATEAUGUAY

Upcoming at Bistro Culturel, Coeur de Village  
680 Saint-Régis, Saint-Isidore, Qc

7 Novembre : TOUSK  
Réunissant 3 multi-instrumentistes, Tousk est le résultat d'un mélange entre traditions et inspirations. Des airs turluttés, des giges envoûtantes... des mélodies qui racontent des histoires.

14 Novembre : CINSICROCHES  
Première prestation de ce quintette de cuivres comprenant un tuba, deux trompettistes, un cor français et un trombone. Ce groupe électronique joue un répertoire très varié en passant par le jazz, le rock, le classique et autres.

21 Novembre : JABBOUR  
Membres de plusieurs groupes, Guillaume Jabbour et Carl Rufh seront en formation duo pour cette soirée intime où ils présenteront une sélection de leur vaste répertoire francophone.

28 novembre : HOT PATATO CLUB  
Nouveau groupe Americana/ Country/ Blues comprenant un accordéon, un violon, une contrebasse, un dobro, une guitare, une chanteuse qui Emmylou Harris et beaucoup d'harmonies vocales.

### November 23-25 COMPÉTITION INVITATION SUD-OUEST

At the Centre multisport (255, boulevard Brisebois).  
Happening all day. Come cheer on over 200 participants of all ages in this figure skating tournament within the Sud-Ouest.



### November 24 - LES MÉANDRES | LA ROSE DES VENTS



At the Centre culturel G.-P.-Vanier (15, boulevard Maple) Show starts at 3pm. Cost \$30. Les Méandres is a Montreal ensemble of early music made up of up-and-coming Baroque musicians who show a special attachment to French music.

### MUST READS COMING OUT IN NOVEMBER

- “The Crying Book” by Heather Christie  
“Girl, Woman, Other” by Bernadine Evaristo  
“The Starless Sea” by Erin Morgenstern

### POETS CORNER

He sauntered down the street one day  
Like a little warrior  
This darling boy with huge blue eyes  
Around the age of four.



He carried in his hand a gun  
Made from plastic, glue and tape  
Around his neck his country's flag  
With a little boy's pride did drape.

This little boy with big blue eyes  
Grew to a man one day  
In foreign fields there raged a war  
To there he was sent away.

His flag had stood for liberty  
His toy gun for this war  
The letter his love received that day  
Meant the little boy was no more.



*Composed by Cheryl Cartwright ... when she was a teenager... thinking even then of the blessing of all who have served, and given us in keeping our wonderful Canada free. Submitted with the hope they will be remembered with deepest gratitude always.*

### 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!

