

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 |
| Executive Director: | Pauline Wiedow |
| Administrators: | Georges Bujold |
| Volunteer Coordinator: | Maria Friozi |
| Member Coordinator: | Gloria Lynch |
| | Merlin Halliday |
| | Jayne McClintock |
| | Joanne Murray |
| | Don Rosenbaum |
| | Chantal Sauvé |



Fall; the leaves start to change, and the air gets a little cooler. Thanksgiving is around the corner and before you know it, it will be Halloween! However, all these festivities don't stop us from having our own fall fun here with the MWCN.

NEWS FROM THE MWCN

The MWCN has partnered up with Options, along with many other organizations, for the launch of our new Bright Beginnings program. We've selected our MWCN pre-school teacher Miss Shannon along with Options's Sarah Bokhout and Nataly Mejia to go and participate in the Mother Goose training happening this month in Toronto.



The Mother Goose Program is a group experience for parents and their babies and young children which focuses on the pleasure and power of using rhymes, songs, and stories together." We look forward to what information they will come back with and how we can implement some of the training into our own programs.

MORE NEWS FROM THE MWCN

20TH ANNIVERSARY GALA – DINNER AND DANCE

Earlier this month the Montérégie West Community Network celebrated it's 20th year anniversary. It was a wonderful evening of eating, dancing and celebrating. Thank you to everyone who helped make this evening possible and to anyone who came out to celebrate with us.



SPECIAL GUESTS



We were lucky enough to have a visit from Brenda Shanahan, Member of Parliament. She came and gave a wonderful speech of how she knew Pauline Wiedow, Executive Director of the MWCN and how important our organization is to the community. She said she couldn't wait to come back and celebrate our 30th anniversary with us. Thank you very much Brenda

Shanahan for taking the time out of your busy schedule to come and celebrate with us.



We were also fortunate to welcome Mme Chasse, member of the National Assembly for Chateauguay and her attachée Mme Madar. She gave a great speech on how our organization is

making a difference for the English-speaking community within the Montérégie West. Thank you both very much for coming out to help celebrate our organization.

MORE NEWS FROM THE MWCN



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.

September 9: **BOOK CLUB**

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

Group 2: Sept. 16, 30, and Oct. 21

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. Second book: The New Me by Halle Butler



Ongoing since September 11: **KNITTING CLINIC**

10-12pm. Every other week at Options, 25A Blvd. D'anjou

Ongoing since September 13: **LETS MAKE ART**

with Sharon. Every Friday (Sept. 13, 20, 27, and October 4 and 11) from 10-12am at the MWCN office 255 Blvd. D'anjou suite 203. It is free. Limited space. Register with Ashton at 450-691-1444.

October 7 – **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

October 16 – **FREE CHEP VIDEO CONFERENCE**

9:30-12:30 at Nova Career Center, 70 Blvd. Maple. **Topic:** Organ & Tissue Donation in Quebec. Presenter: Wendy Sherry, Nurse Clinician, Organ & Tissues Team MUHC. Register at 450-691-1444 Deadline Oct. 15th, 2019.

October 18 – **ZUMBA!!** Held every Friday at Vise Versa from 10-11am for 8 weeks.(Until December 6) To reserve a spot call 450-691-1444.



October 23 – **JOINT MONTHLY LUNCHEON**

That's right, we are teaming up with our members from the Chateauguay Valley. Restaurant: Le Reggiano, 333 Rue Saint-Joseph, Sainte-Martine. From 11-1pm. Come and visit with new people and enjoy some great food. Deadline to register Oct 21st, 2019

October 31 – **BILLY BISHOP GOES TO WAR** at the

Hudson Village Theatre at 2pm. Cost \$30. Transport and ticket included. To reserve your seat please contact 450-691-1444.

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.



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 450-691-144

NEWS FROM THE VAUDREUIL-SOULANGES

SAVE THE DATES FOR VAUDREUIL – SOULANGES

October 18 – “**LOOSING CONTROL**” a Play for natural caregivers, presented by La Belle Gang. At St Patrick of the Island Parish, 278 Shamrock Drive, Pincourt J7V 3W1. From 1:30-3:30pm Cost: \$5. Please call 514-425-0399.

October 28 – **CAAP CONFERENCE** with Parrainage Civique At 1:30pm on your right and Quality of services received. Held at the Omni center 375 boul. Cardinal-Léger, Pincourt. If interested contact Natalia at 450-455-8986 Ext. 225

November 7 – **OPEN HOUSE FOR MWCN NEW OFFICE** At 91 – 5th Avenue, suite 204, Pincourt J7V 5K8. 5-7pm. There will be refreshments served. To reserve call the MWCN Vaudreuil-Soulange office at 514-425-0399

NEWS FROM THE VALLEY



MWCN

my Health

I'm in charge

Friday, October 18th
FROM 9AM TO 2PM
Huntingdon Legion

JOIN US TO DISCOVER

- Clinique Juripop, a non-profit organization at the heart of human rights
- Acronyms, what do they all mean when it comes to our health?
- Introduction to our new montereegie Health website

\$10 lunch with choice of soup, sandwich & dessert (provided by HEACC Cafe) or can bring your own

Video - My Village, My Community

RUSP no later than Friday, Oct. 10th

Kim Wilson 450-807-5191 or kweilburn1988@gmail.com

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HEALTH



Surprising Health Benefits of Cool Weather



Sometimes people fall into a little slump during the fall season, and hey, we get it! The summer is gone, and all that warm weather gone with it. However, try to look at the bright side! Here are some surprising healthy benefits from cool weather.

- ♦ **Boosts your Brain.** Colder temperature can help you think more clearly. A Stanford University study found that people perform some certain tasks, such as making decisions and staying calm, with more control when the thermostat drops—essentially, they become less impulsive.
- ♦ **Fights Diabetes.** Exposure to mild cold weather can help diabetic people by activating their 'brown fat' tissue, which is used to produce heat. "Repeated cold exposure will lead to improved insulin sensitivity, even for people who aren't diabetic," says Denis Blondin, a researcher at the Centre Hospitalier Universitaire de Sherbrooke.
- ♦ **Alleviates Allergies.** Some allergies can decrease in the cool weather—those triggered by tree, grass and weed pollen, for example—as there's less pollination in colder temperatures. However, if a person is allergic to mold, their allergies can worsen in cold temperatures. So just be cautious.
- ♦ **Encourages Better Sleep.** Your body's core temperature drops when you're trying to sleep. This process can take up to two hours in the summer, but it's much faster in winter. Plus, with darker mornings, you naturally sleep later.
- ♦ **Helps Prevent Infections.** Yes, you might fall victim to more viruses during the cool weather. However, studies have shown that the immune system can be activated by more frigid temperatures, which enhances our ability to stave off infections.
- ♦ **Strengthens Your Heart.** In cold weather, the heart works harder during periods of physical exertion to pump blood and maintain the body's temperature. That's a good thing. Exercising outdoors in the cold makes the heart muscles stronger.



We will miss summer, but we'll embrace fall for all the beauties it will bring us! Bring on the Pumpkins!



THIS AND THAT

OCTOBER EVENTS FOR CHATEAUGUAY

October 5 - **It's Saturday, Let's Play!**

Where?: Salle Polyvalente in the Library of Chateauguy (25 Boulevard Maple). From 1-3pm. Come and discover the library's board games collection and play new games with your family and friends! Cost 3\$ or free for members.

October 9 - **Joe Louis Walker**

Where?: Salle Jean-Pierre-Houde (15 Maple Blvd.) at 8pm. Joe Louis Walker is an American blues singer and guitarist from San Francisco. Coming from a musical family, he is one of the most talented and creative bluesman of his generation. For information on tickets, please visit the Ville de Chateauguy website.

October 20 - **La Grande marche de Châteauguy et Mercier**



Where?: Start at Parc Joseph-Laberge (Boulevard Salaberry N, Châteauguy) and arrival at Parc Raymond-Pitre (Mercier). The two municipalities

encourage their residents to walk together during the second edition of La Grande marche de Châteauguy et Mercier, based on the Grand défi Pierre Lavoie. Many activities will be organized on the arrival and starting points.

Shuttles will be available. For more information on registration visit www.onmarche.com Schedule: 9:30 am: Start of shuttles

10 am: Start of activities and facilitation

11 am: Start of the walk

Noon: Facilitation and activities at the arrival.

TRY A NEW RECIPE

With thanksgiving coming soon and with all the talk of pumpkin spice lattes coming back into season, why not jump on the pumpkin crazy train and try a new recipe.

Perfect Pumpkin Pie

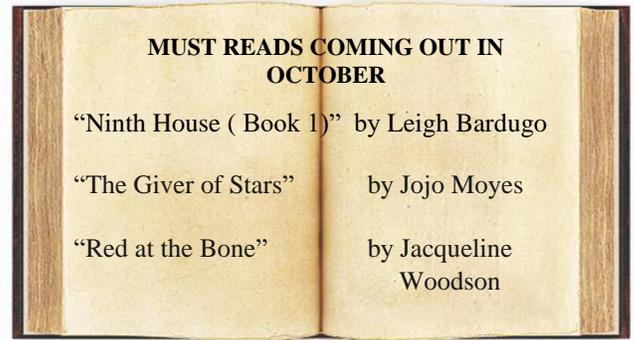
Ingredients

- 1 (15 ounce) can pumpkin
- 1 (14 ounce) can EAGLE BRAND Sweetened Condensed Milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 (9 inch) unbaked pie crust

Preheat oven to 425 degrees

F. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes.

Reduce oven temperature to 350 degrees F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish as desired. Store leftovers covered in refrigerator.



POETS CORNER

Sign To Me, Autumn

Poem by Patricia L. Cisco, 2016

*Sing to me, Autumn, with the rustle of your leaves.
Breathe on me your spicy scents that flow within your breeze.*

Dance with me, Autumn, your waltz that bends the boughs of trees.

Now tell me all the secrets you've whispered to the seas.

*Sleep with me, Autumn, beneath your starlit skies.
Let your yellow harvest moon shimmer in our eyes.*

*Kiss me, Autumn, with your enchanting spellbound ways
That changes all you touch into crimson golden days.*

*Love me, Autumn, and behold this love so true
That I'll be waiting faithfully each year to be with you.*

The Night of Halloween

Poem by Sandi VanderSluis 1999

The Harvest moon fills the sky

A wicked witch goes flying by

Ghosts and goblins...skeleton's too.

Moaning and groaning, waiting for you

Black cats prowl the graveyard plots

Witches cook in cauldron pots

Cemetery ghouls roam the ground

Not one unopened grave is found

Tombstones are an eerie sight

Shadows dance in full moon light

The haunted house on the hill

Walk in there and you get a chill

Jack-o-lanterns eyes so bright

Trick or Treaters scream in fright

It's a time like you've never seen

Tonight's the night of Halloween



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!

