

## 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. 😊

# DECEMBER

December is here! And boy did it arrive early and unforgiving. Were you ready for it? Not everyone has had a chance to have their winter tires changed, so beware and drive safe.

On a happier note, preparations for a festive season has begun and it seems to be such a busy month for us all. However, keep in mind that MWCN still has plenty of events and activities to enjoy **after** the Christmas blues.



### MWCN Board Elected officers:

<b>President:</b>	Lise Brunette
<b>Vice President:</b>	Maria Friozzi
<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 Friozzi
<b>Member Coordinator:</b>	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé

We will be having a workshop on "Embracing Life's Losses", a 2-hour per week, 8-week session starting on Tuesday January 2020. We will also be hosting 4 Watercolor classes every second Thursday starting January 16<sup>th</sup> with all materials supplied. Both will be held at our Pincourt office, 91 5eme Ave. suite 204, 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 months; 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.

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

**OPEN HOUSE**



Please Join us in Celebrating our new office in Pincourt!!

We are hosting a Wine & Cheese on Wednesday, December 11<sup>th</sup> from 5:00-7:00pm.

We are located at 91-5<sup>e</sup> ave, Suite 204, Pincourt, QC J7V 5K8

RSVP 514-425-0399 or by return email to: [lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com)

**MWCN**  
Montérégie West Community Network  
Réseau Communautaire Montérégie Ouest

CLSC de Vaudreuil-Dorion,  
3031 boul de la Gare,  
Vaudreuil-Dorion, J7V 9R2  
January 15, 2020  
9:30-12pm

FREE CHEP VIDEO TELECONFERENCE  
**MENTAL HEALTH -  
DEPRESSION**

Presenter: To be Determined

Reservations:  
(514) 425-0399  
[lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com)

**CHSSN**  
Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux

## “The Beautiful Way to Paint in Watercolour”



Come and join our Watercolour classes by Sarah Murphy. Scheduled bi-monthly, every 2<sup>nd</sup> Thursday for a 4-week session starting Thursday January 16<sup>th</sup> from 1:00 – 4:00.

Located at our Pincourt office.

Price is \$25 per person, per class, with all materials included. Coffee and Cookies will be served.

## MOVE FORWARD WITH HOPE



**This program is designed to help us cope with loss - of any kind.**

Whether it be the death of a loved one, a loss of a job, relationship, a pet, your home, serious illness....regardless loss affects us profoundly. By coming together to talk about loss, and to grieve that loss in healthy ways can help move us forward in positive ways. We encourage creative expression by sharing and listening. We are here to support, and to help you through these difficult times.

**If any of this resonates with you, join us.**

**Step 1** – What happened?

**Step 2** – Why me?

**Step 3** - Okay, now take a deep breath

**Step 4** - Movement, how to cope

**Step 5** - Strategies, reaching out, and reaching beyond

**Step 6** - Light, beauty, renewal

**Step 7** - There's hope! Transformation, and the road ahead!

**Step 8** - Awakening, connecting, and belonging. We celebrate our time together with a potluck feast!

## Recipe of the Month

### How to make a Christmas Log



#### INGREDIENTS FOR CAKE

Cooking spray  
6 large eggs  
½ cup all-purpose flour  
¼ cup unsweetened cocoa powder  
¾ cup granulated sugar  
¼ tsp salt  
Powdered sugar for sprinkling

#### INGREDIENTS FOR FROSTING

½ cup of butter (1 stick)  
1 cups powdered sugar  
¼ cup cocoa powder  
½ tsp vanilla  
2 tbsp heavy cream

#### DIRECTIONS

Preheat oven to 350°. Line a jelly roll pan with parchment paper and grease with cooking spray. In a medium bowl mix together flour, cocoa powder, and salt.

In a large bowl beat egg yolk until thick. Slowly add ½ cup sugar and beat until pale then beat in flour mixture.

In another large bowl beat egg whites until soft peaks form. Add remaining ¼ cup sugar a little at a time and continue to beat until stiff peaks form. Gently fold egg whites into batter in two batches.

Pour batter into prepared pan and spread into an even layer. Bake until top springs back when lightly pressed, 12 minutes.

Dust a clean kitchen towel with powdered sugar and invert warm cake onto towel. Peel off parchment paper.

Starting at the short end, use the towel to tightly roll cake into a log. Let cool completely.

Make filling: In a large bowl beat together heavy cream, powdered sugar, pure vanilla extract, and a pinch of salt, until stiff peaks form. Refrigerate until ready to use.

When cake is cool, unroll and spread filling evenly over cake. Roll cake back into a log, this time without towel. Place seam side down on a baking sheet and refrigerate until well chilled, 1 hour.

Make frosting: In a large bowl beat butter until smooth. Add powdered sugar and cocoa powder and beat until no lumps remain then beat in vanilla, heavy cream, and salt.

When ready to serve, trim ends and frost cake with chocolate buttercream. Dust lightly with powdered sugar and top with chocolate curls. Place cranberries and rosemary on log to create mistletoe.

#### INGREDIENTS FOR FILLING

1 cup heavy cream  
½ cup powdered sugar  
1 tsp vanilla extract  
salt



## Save The Dates

**December 10<sup>th</sup>** – Partnership Table with speaker Vanessa Herrick of Seniors Action Quebec. 10:00 – 12:00  
Omni-Centre, 375 Cardinal Leger, Pincourt.

**December 11<sup>th</sup>** – Open House, Celebrating for our NEW Pincourt Office from 5:00 – 7:00 pm  
Address: 91-5<sup>th</sup> ave, Pincourt, QC, J7V 5K8

**January 14<sup>th</sup>** - 8 week Workshop on “Embracing Life’s Losses”, Tuesdays from 10:00-12:00 located at the Pincourt Office.

**January 15<sup>th</sup>** – FREE CHEP Videoconference on “Depression & Mental Health”. Located at the CLSC Vaudreuil-Dorion, 3031 boul de la Gare, Vaudreuil-Dorion.

**January 16<sup>th</sup>** – Watercolour classes every second Thursday at the Pincourt Office from 1:00 – 4:00 for 4 weeks. (Jan 16, Jan 30, Feb 13, Feb 27)

**January 22<sup>nd</sup>**- Wealthy Wednesday “Promoting Financial Literacy” from 1:30 – 3:30 Located at the Pincourt Office.

**February 7<sup>th</sup>** – MWCN Poker Tournament Fundraiser \$\$\$ in Collaboration with the Pines Pub. 7pm – Midnight  
93 – 5<sup>th</sup> ave, Pincourt, J7V 5K8

**February 19<sup>h</sup>** – FREE CHEP Videoconference on “Women’s Heart Health – What’s New”. Located at the CLSC Vaudreuil Dorion, 3031 boul de la Gare, Vaudreuil-Dorion.



It was a successful and wonderful afternoon! We had 50 people attend our October 18<sup>th</sup> event, “Losing Control”, a **Theatre production about the hardships of Caregiving**, directed by Marie-Claude Henault of “La Gang”. At the end of the performance, there was a Question and Answer period which provided a forum for those that were presently experiencing this type of situation.



## 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.



**91 – 5<sup>e</sup> ave, Suite 204,**

**Pincourt QC, J7V 5K8**

## Words can be Windows or Words can be Walls



Breakthrough Conversation: by Rachele Lamb

## Peaceful

Calm, Clearheaded, Comfortable, Centered, Content, Fulfilled, Mellow, Quiet, Relaxed, Relieved, Satisfied, Serene, Still, Tranquil, Trust