

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



Ah, February, the shortest month of the year and yet can seem like the longest when the temperature drops, and it keeps getting colder and colder. Even though February may seem cold and dreary, don't forget that February is also the month of *LOVE*. Here at the MWCN we know you love to get out and join in all the fun events/activities going on within the community, just as much as we love planning them for you. If you haven't joined in on the fun yet, don't worry you'll have plenty opportunity with our upcoming monthly luncheons, knitting clinics, poker tournaments, and much more!

NEWS FROM THE MWCN CHATEAUGUAY



Speaking of spreading the love, it was with great pleasure that MWCN Executive Director, Pauline Wiedow, in partnership with McGill Dialogue, presented a local Chateauguay Valley student, William Geldhart, with a \$5,000 bursary. This money will go towards his studies in the health sector. William is in his first year of the nursing program at John Abbott College. McGill and MWCN are very proud to encourage and support students interested in jobs related to the health sector.

If you would like more info about upcoming bursaries in your area, don't hesitate to visit the "Dialogue McGill Bursary" tab on our

website. Or you can visit the following link:

<https://www.mcgill.ca/dialoguemcgill/trhpp/m2intro/bursaries>

NEWS FROM THE MWCN CHATEAUGUAY

“JOY PROJECT” LIVES UP TO ITS NAME

With big smiles and a warm welcome, seniors at the Vice Versa Residence in Chateauguay met grade five students from St. Willibrord Elementary for their fourth time this year in a program called the JOY Project. Its aim is “Joining Oldsters & Youngsters” – connecting the generations through a series of monthly visits.



January’s gathering featured board games of all sorts. Participants spread out in small groups to play cribbage, chess, dice, and snakes and ladders. After the games, the group came together for snacks and conversation, punctuated with a lot of laughter.



Past activities have included getting to know each other with “Conversation Cards”, a Poetry Slam in November, and making gingerbread houses for Christmas. On Valentine’s Day, the two generations will meet for lunch at a Chateauguay restaurant.

-Don Rosenbaum

CRIBBAGE

MWCN’s bi-weekly cribbage afternoons are gathering more and more participants. If you are looking for something to do on a Wednesday afternoon, then this is the place for you! Everyone is welcome, we have newbies and regular card players. If you don’t know how to play don’t worry, we’ll teach you. Come out for lots of laugh’s and some good old friendly competition. See save the dates for more information.



A BIG THANK YOU TO MWCN

The little munchkins from the Bright Beginnings Pre-K class down the hall came to give a big thank you to Pauline and the MWCN for receiving many of new items for their classroom for the new year. From new books, to arts and craft supplies to even more toys! We hope they enjoy them all to the fullest. Have fun kids!



NEWS FROM THE MWCN CHATEAUGUAY



Ongoing – **KNITTING GROUP** 10-12pm at Chateauguay Library, Every 3rd Tuesday of the month (Feb 18, Mar 17, Apr 21, May 19)

Ongoing – **KNITTING CLINIC**

Wednesdays from 10-12pm. Every other week at Options, 25A Blvd. d’Anjou. Have you ever wanted to try knitting but don’t know how? Then visit the lovely ladies at the knitting clinic! They are there to teach knitting for FREE. Learn different stitches or different patterns. You can even learn how to make a hat on a loom with Garcia. Dates: Feb. 12 & 26, Mar. 11 & 25

Ongoing – **CRIBBAGE** Every second week at the MWCN office from 1:30-3:30. Bring a friend. Call the office to register. (Feb. 5 & 19, Mar. 4 & 18)

Ongoing – **CURRENT EVENTS** – Last Tuesday of every month, from 1:30 - 3:30pm at the NFSB board office, 214 rue McLeod, Chateauguay. Are you someone who loves to discuss what is happening in your city, province, country and the world? Come enjoy an afternoon of current event discussions. Dates: Feb. 25 & Mar. 31.



Call the office to register.

February 7 – **LUNCH & LEARN FRIDAYS** at the Chateauguay Community Church, 111 Rue Lauzon, from 11-1. Includes a delicious lunch and fun for the low price of a goodwill donation. Different activity every Friday. Call Nancy at 450-691-1444 to register.

February 11 – **MONTHLY LUNCHEON**

Restaurant: Casa Grecque, 104 Boulevard Saint Jean Baptiste. Presenter: Prem Pearson will entertain us with some “Indian Fusion” dancing. She will also bring along some items from the culture as show & tell. Cost: \$20.00 tax included.

February 14 – **ART WITH CARI** (Tentative date) At your own cost. \$22.50 per 3hr session plus cost of materials, TBD.

February 19 – **FREE CHEP VIDEO CONFERENCE**

Topic: Women’s Heart Health (Part 2) At Nova, 70 Maple Chateauguay. From 9:30-12. Register now!

March 6 – **MWCN POKER FUNDRAISER**

From 7pm to Midnight at the Omni-Centre, 375 Cardinal Léger, Pincoort \$25 to ENTER – \$\$\$ Prizes. Reservations 514-425-0399 or lmarcott@mwcncanada.com.

March 7 – **INTERNATIONAL WOMEN’S BRUNCH**. More details to follow.

March 10 – **COMPUTER LITERACY**, twice a week at Nova from 3:30-5:30. End date Apr. 16. Call 450-691-1444 to register.

March 14 – St. Patrick Day Celebration in Kahnawake. More details to follow.

March 21 – **CABANE À SUCRE** at the Royal Canadian Legion Branch 108, 39 Gilmour, Chateauguay. From 11-2pm. Cost: \$12.00 adults / \$6.00 children 10 and under. Join us for some delicious food and then you can work it off with the music of THE RIVER MOHAWKS. Please register by March 16th, 2020.



Without Valentine’s Day, February would be...well January.
-Jim Gaffigan

NEWS FROM THE VALLEY (HAUT-SAINT-LAURENT)

PAINTING CLASSES:

The new painting class filled up quickly. Classes started January 9th and run for 6 weeks. Participants are experimenting with color and having a great time.



JANUARY LUNCHEON: The first luncheon of the new year was held on Jan. 21st at Express 5 Restaurant in Ormstown. It was a great time to get together and with the theme of New Year's, share New Year's Resolutions.



CHEP – JANUARY BLAHS OR IS IT DEPRESSION:

Our 1st health talk of 2020 was on depression and how to recognize the signs and offer support to someone in need. The presenter was very informative and had a lot of tips to share. Our next talk is on Women's Heart Health – An Update, and will take place on Wednesday, Feb. 19th at CVR.



INTERGENERATIONAL CURLING & CROKINOLE

DAY: Many families came out to a fun day of free curling and games at the Riverfield Curling Club for our first Heritage Treasures Museum Intergenerational Day. Young and old had a great time on the ice, playing games and reminiscing about the past. Stay tuned for more great intergenerational activities coming soon.



SAVE THE DATES FOR THE VALLEY

Intergenerational Computer Café: Under the supervision of an instructor, come and learn from the best in the field, young people. Dates and more info to follow.

Huntingdon Crafts & Recreation: Ceramics every Wednesday at the Huntingdon Legion between 10AM to 2PM.

Parkinson's Lunch & Learn: Everyone is welcome to join us for a Lunch & Learn with Parkinson's Canada. A workshop will be presented followed by a lunch together. This is a free event. Dates and complete details to follow.

Losing Control Theatre Presentation: Monday, April 27th at the Huntingdon United Church. More details to follow.

Free Family Caregiving Workshops: Thursdays between 1:30pm to 4:00 pm from April 2nd to May 21st, in Huntingdon. To register or get more info, contact Debbie Neumann at 450-826-1243.

Grief Support Group: Mourning the loss of a loved one? Provide yourself with the necessary tools to face the various stages of grief so you can reconnect with life! Tuesdays between 2PM to 4PM from March 24th to May 26th in Huntingdon. Pre-registration required at 450-826-1243

Training and Support Group for Family Caregivers: The Alzheimer's Society Suroît is hosting training and support groups for people taking care of loved ones. Thursdays, Feb. 20th, 27th, March 5th, 12th and 19th from 1:30PM to 3:30PM at the Huntingdon Adult Education & Community Centre. Help is close by and all services are free! Contact 1-877-773-0303 to register.

FREE CHEP VIDEO CONFERENCE FEB. 19, 2020



February 19, 2020
9:30-12pm

FREE CHEP VIDEO TELECONFERENCE

Topic: Women's Heart Health (Part 2)

Presenter: Wendy Wray, RN, B.Sc. N, Nurse - Women's Healthy Heart Initiative (MUHC)



Contact your local coordinator to register for CHEP.

Chateauguay – Ashton Wilson 450-691-1444 or wilsonashton9@gmail.com

Chateauguay Valley – Kim Wilson 450-807-1591 or kwelburn1988@gmail.com

Vaudreuil-Soulanges – Lorie Marcotte 514-425-0399 or lmarcottewcn@gmail.com

HEALTH

HEALTHY VALENTINES DAY BAKING

Raspberry Oatmeal Cookies

Ingredients

- 3/4 cup Gluten Free oat flour
- 1 cup Gluten Free Rolled Oats
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1 large egg white
- 2 tbsp coconut oil melted
- 1 tsp almond extract
- 1/8 cup honey
- 1/8 cup raspberries
- 1/4 tsp salt

Instructions

Preheat oven to 325 F and prepare a baking sheet with parchment paper or a slip mat.

Using a standing mixer or hand mixer, combine egg white, honey, salt, cinnamon and vanilla and mix fully. To the mixture add oats, flour and baking powder. Then add coconut oil stirring to incorporate.

Add the raspberries to the batter, breaking them up a bit. Divide the batter by 10 and scoop onto your prepared baking sheet to make 10 cookies.

Bake 13-15 minutes until a bit brown. Remove from the oven and cool 2-3 minutes on the baking sheet before removing and cooling fully on a wire rack and devouring!

HEALTH BENEFITS OF BAKING

I know what you are thinking, how can baking be healthy? Well it's been proven that baking is a stress reliever. Baking for some people brings a sense of accomplishment and something to be proud of. Here are the benefits of baking and why it makes you feel happier.



Baking gives you directions to follow. Baking is a science and has necessary steps that must be taken in order to create the desired treat. It gives you a set of basic instructions to follow and in turn, you must have the concentration and patience to carry out the process.



You're in control of everything. Besides the necessities, you are the one deciding how much of one flavor you want over another and can even add a completely new item to the recipe to enhance the flavor if you desire. You have the freedom to customize a recipe however you would like.



Baking allows your creativity to shine. Baking lets your creative juices flow! You can make all the creative decisions when it comes to baking, whether you have the perfect idea for decorating cupcakes or constructing a new cake. Creativity doesn't even necessarily need to be seen. Try experimenting with the ingredient mixing process, as well.



Sharing baked goods is a form of expression and emotion. When there are times that no words can properly express what you are feeling, baked goods are always the answer. They are the perfect way to let someone know you are there for them and care.

Being an outlet for creation, baking makes you feel happier and helps you practice patience. Baking can be a therapeutic way to relax for those who need to unwind. Next time you need a distraction from life's daily stressors, give baking a try.

-Article by Rosaria Reilly, Hofstra University.

THIS & THAT



CHATEAUGUAY VALLEY LITERACY COUNCIL

WEBSITE: WWW.CVLC.CA / FACEBOOK: CVLC - CHATEAUGUAY

Upcoming with the Chateauguay Valley Literacy Council:

Literacy: Reading - Writing – Numeracy - We offer one-on-one and small groups for those who speak English but need to improve their reading, writing, and numeracy skills. Tutoring arranged by appointment.

Ateliers d'anglais / English Workshops - Jeudi / Thursday : 2:00 PM – 4:00 PM

Youth Reading to Youth - Older children read to younger children to encourage the love of reading by peers

Reading Together - An activity to encourage the love of reading that includes audio-visual and theatrical material

Chit-Chat Circles - Audio-visual presentations to those living in senior citizen homes on every topic under the sun!

English Exit Exams - We offer one-on-one workshops reviewing grammar, spelling, writing, and comprehension skills for high school and CEGEP students. Tutoring arranged by appointment.

Tutor Training - We offer training to adults interested in becoming tutors at CVLC to teach reading, writing, numeracy, and computer skills. We also train reading tutors for elementary schools, other institutions, and community groups.

Contact 450-698-0342 or cvlc.chateauguay@gmail.com for anymore details

CHATEAUGUAY SENIOR CITIZENS' GROUP

People over 55 and over join us! Come out to play on Friday afternoons!

Bingo, darts, bridge, sandbags, cribbage, scrabble, coffee break and new friends!

Every Friday except the 1st Friday of the month. At the OLPH church hall, 284 Molson. The fun starts at 1pm. Also looking for people to offer transportation to members who cannot drive there on their own. For any more information please contact Maureen at 450-691-5380.

POETS' CORNER

*A million stars up in the sky,
One shines brighter - I can't deny.*



*A love so precious, a love so true,
a love that comes from me to you.*

*The angels sing when you are near.
Within your arms I have nothing to fear.*

*You always know just what to say.
Just talking to you makes my day.*

*I love you, honey, with all of my heart.
Together forever and never to part.*



- Mrs. Creeves 2007

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!

