

## 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:

<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



## FEBRUARY



February seems to be the month that we “Hunker down”. We hang-out in comfy clothes, read more books, sit longer in front of the TV and probably eat more! We watch our neighbors rushing in and out of the cold and turn their lights off earlier in the evening. Yes, they sure are shorter days.

However, it is still important to stay in touch with the community! “Getting up, getting dressed and getting out” is just as important for our well-being as seeing a doctor. Taking a walk, having coffee with a friend, preparing a homecooked meal for someone special or participating in a community activity is good for the soul!

MWCN Vaudreuil-Soulanges is continuing with many activities during the month of February. From our very successful **Watercolour classes** every second Thursday, our **FREE** workshop of “**Embracing Life’s Losses**” starting February 11<sup>th</sup>, and of course our **FREE CHEP video conference** February 19<sup>th</sup> at the CLSC Vaudreuil-Dorion – this month on “**Women’s Heart Health 2**”.

## "A Beautiful way to paint in Watercolour"



Our Watercolour classes by Sarah Murphy are a big success! So much fun is being had by all our "beginners". We were taught about colours and how-to set-up, and by the end of the class, we had completed a beautiful picture of a Spanish window and flower box.

We will be starting Session 2 in March, so please call or email our office for more information.

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



The MWCN Vaudreuil-Soulanges is looking to create a "**Christmas Memories of Days Gone By**" booklet to be published in time for December 2020. We are looking for seniors who would like to participate. All we need is a short story of what a traditional Christmas was like for you "back in the day". **We would love to know!**

We will gladly meet with you to record and document your story. Please contact Lorie Marcotte Tel: 514-425-0399 or by email to: [lmarcottewcn@gmail.com](mailto:lmarcottewcn@gmail.com).

## What a successful Book Drive!

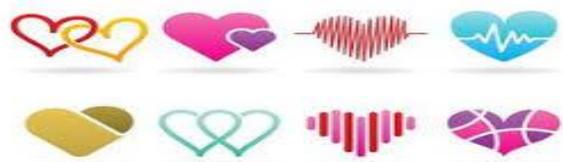
On Jan 11<sup>th</sup> and 12<sup>th</sup> MWCN Vaudreuil-Soulanges asked for donations of books in order to furnish a few Retirement Home's libraries with English books.

Boy did OUR community ever respond!

A few posts on Social media and 48 hrs later, we were able to collect over **400 books!**

After sorting through them and determining which ones would be most interesting to seniors, we spread a few boxes around the neighborhood, and then decided to hold on to some at the Pincourt office.

**So, come and visit our new location at 91 – 5<sup>th</sup> Ave, Pincourt, and see what we do at MWCN and perhaps grab a book from our mini library!**





CLSC de Vaudreuil-Dorion,  
3031 boul de la Gare,  
Vaudreuil-Dorion, J7V 9R2  
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)



Reservations:  
(514) 425-0399  
lmarcotte@wcn@gmail.com

Wendy Wray, Director of the McGill Women's Healthy Heart Initiative (WHHI) at the McGill University Health Center in Montreal. The WHHI is a unique Nurse led clinic and the only one of its kind in Canada.

Heart Disease is the primary cause of death for Canadian women. This presentation will enrich and update the information given during the 2019 CHEP video conference.

*Valentine's Day is a great day to celebrate LOVE.*



*"Who, being loved, is poor?" – Oscar Wilde*

*"Are we not like two volumes of one book?" – Marceline Desbordes-Valmore.*

## MOVING FORWARD WITH HOPE



**FREE** Workshop  
Beginning February 11th  
through to March 31st, every  
Tuesday from 1:30 to 3:30.

***This programme 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, the road ahead!***

***Step 8 - Awakening, connecting, and belonging.***

***We celebrate our time together with a potluck feast!***



***"There are far, far better things ahead than any we leave behind". – C.S. Lewis***

***"The Journey of a thousand miles begins with one step". – Lao Tzu***

***"Don't worry about being worried. You're heading out on an adventure and you can always change your mind along the way and try something else". – Tracy Kidder***

## Save The Dates

**February 11th** – Regional Partnership Table 10  
From 10:00 – 12:00  
Omni-Centre, 375 Cardinal Leger, Pincourt.

**February 11th – March 31<sup>st</sup>**. an 8-week Workshop on  
“Embracing Life’s Losses”, Tuesdays from 1:30 – 3:30  
located at the Pincourt Office; 91-5<sup>th</sup> Ave, Suite 204

**February 13<sup>th</sup> & 27<sup>th</sup>** Continuation of **Watercolour  
Classes** on Thursdays from 1:00 -4:00.

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

**March 6th** – **\*\*MWCN POKER FUNDRAISER\*\***  
From 7pm – Midnight, \$25 to enter and \$\$\$ Prizes.  
Located at the OMNI-Centre, 375 Cardinal Leger,  
Pincourt. Please call or email the MWCN office for  
reservations and grab your spot!



## Words can be Windows or Words can be Walls



Breakthrough Conversation: by Rachelle Lamb

## Engaged

*Absorbed, Alert, Curious, Engrossed, Enchanted,  
Entranced, Fascinated, Interested, Intrigued,  
Involved, Spellbound, Stimulated.*

## **THIS IS GOING TO BE FUN!!**



**POKER NIGHT**

MWCN WEST FUNDRAISER  
Friday, March 6<sup>th</sup>  
from 7pm to Midnight  
Omni-Centre,  
375 Cardinal-Leger, Pincourt  
\$25 to enter.

**MWCN West is happy to support the community.  
So please consider supporting us!**

Come and play “Texas Hold’em” at our Fundraiser Poker  
Tournament on Friday March 6<sup>th</sup>!

No need to be a professional poker player, everyone is  
welcome! We will have great raffle prizes, a Half n Half  
draw and refreshments at break-time.

Wine and Beer will be available at a reasonable price.  
(\$\$\$ prizes for the lucky ones at the final table).

Make sure to reserve your spot by calling Lorie Marcotte  
at 514-425-0399 or email to: [lmarcott@mwcn@gmail.com](mailto:lmarcott@mwcn@gmail.com)

## **GRANT FOR SENIORS TO OFFSET A MUNICIPAL TAX INCREASE**

This grant aims to offset a municipal tax increase brought about  
by a significant increase in the value of your residence. To see  
if you are eligible please visit the following link:

[https://www.revenuquebec.ca/fr/citoyens/credits-  
dimpot/subvention-pour-aines-relative-a-une-hausse-de-  
taxes-municipales/](https://www.revenuquebec.ca/fr/citoyens/credits-dimpot/subvention-pour-aines-relative-a-une-hausse-de-taxes-municipales/)



## **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**

