


## Montréal West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montréal 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    |
|                               | Tracy Wilkins    |




# March

March truly is an interesting month. The first day of spring is in March; sometimes we're *lucky* and get a little taste of it before the end of the month...and other times we get the biggest snowstorms of the year in March. We never know what we're going to have however, don't just mope around while you're waiting for that nice weather to finally arrive because there is all this amazing stuff going on with the MWCN! From the International Women's Day Brunch, to St. Patrick's Day celebrations to a Cabane à Sucre Lunch at the Chateaugay Legion. Join in on the fun and the month will pass by in no time!

### NEWS FROM THE MWCN CHATEAUGUAY

MWCN Vaudreuil-Soulanges hosted a Forum on February 21, 2020 at the OMNI Centre in Pincoart. It was a great turn out, welcoming lots of guests, including Vaudreuil-Soulanges government officials, local residences, MWCN employees and board members and many many more. The Forum was about sharing thoughts and ideas of how we could better help the English-Speaking community in Vaudreuil-Soulanges.



There was also a special thank you to Pauline Wiedow, Executive Director of the MWCN, who started the organization 20 years ago around her very own kitchen table. Without her and all her hard work we would never have had the opportunity to open a satellite office in Pincoart and we never would have been able to host this amazing forum with such a great success. Thank you again Pauline for all that you do for your community and your region to help the English-speaking community. 

## MORE NEWS FROM THE MWCN

On February 14, 2020 the JOY program took over the restaurant De La Place with their Valentine's day Luncheon. The JOY (Joining Oldsters & Youngsters) program met for a special luncheon to spread the love of Valentine's day. Everyone, old and young enjoyed a delicious meal together. There was a lot of smiling and laughing going on between the two generations. It was a lovely afternoon, enjoyed by all.



Students gave yellow roses to the seniors as a sign of friendship. "Bright, cheerful and joyful are what comes to mind when thinking of a yellow rose. Yellow roses create warm feelings and provide happiness. Giving yellow roses can tell someone the joy they bring you and the friendship you share."



### FEBRUARY MONTHLY LUNCHEON

There was a great turnout at the February monthly Luncheon at Casa Grecque. Prep Pearson presented "Indian Fusion Dancing" to the group as well as a small show & tell with different objects from her culture. Thank you for the great presentation Prep. Join us for our March luncheon which is a Cabane à Sucre in partnership with the Chateaugay Legion Branch 108. See save the dates for more info.



### FRENCH CONVERSATION COURSE



The French Conversation course is well under way. Started at the beginning of January, these participants have been learning and practicing their French

language skills. Classes are going on until March 18, 2020. Keep up the good work guys!

## SAVE THE DATES FOR CHATEAUGUAY



Ongoing – **KNITTING GROUP** 10-12pm at Chateaugay 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, Chateaugay. 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.



March 6 – **LUNCH & LEARN FRIDAYS** at the Chateaugay 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.

March 4 – **ART WITH CARI** At your own cost. \$22.50 per 3hr session plus cost of materials around (Approx. \$40)

**Session 1:** March 4 & 11. **Session 2:** March 18, 25, & Apr. 1 There will be a choice between 2 or 3 paintings and the cost of materials will depend on the painting you choose. For any more information, please call the office.

### March 6 – MWCN POKER FUNDRAISER

From 7pm to Midnight at the Omni-Centre, 375 Cardinal Léger, Pincourt \$25 to ENTER – \$\$\$ Prizes. Reservations 514-425-0399 or [lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com).

March 7 – **INTERNATIONAL WOMEN'S BRUNCH**. At the OLPH Church, 295 McCloud St. Chateaugay. From 10-12, doors open at 9:30. Come enjoy a free brunch along with some great speakers. Call 450-691-1444 to reserve your spot now.



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. At the Kahnawake Golden Age Club, 844 River Road Kahnawake. From 5pm to 11pm. Enjoy a Corned Beef and Cabbage dinner, Storyteller John David Hickey, Live music with The River Mohawk Band and much, much more! You can purchase tickets at the MWCN Office. Cost: \$15.



March 21 – **CABANE À SUCRE** at the Royal Canadian Legion Branch 108, 39 Gilmour, Chateaugay. 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.



March 26 – **PARTNERSHIP TABLE** at Nova Career Centre, 15 Maple Chateaugay, from 6:30-8:30. Presenter: Andrée Rochon & Bernadette Pelletier CAAP (Centre d'assistance & d'accompagnement aux plaintes) Please confirm your attendance at 450-691-1444.



## NEWS FROM THE CHATEAUGUAY VALLEY

### CHAIR YOGA

Chair Yoga Classes: Each Thursday from 11AM to 12PM, 20 participants enjoy an hour of stretching and muscle toning at the Huntingdon Education & Adult Centre.



After one of the classes, members were invited to shop in their gift shop and have lunch hosted by HAECC students from the Boutique TOUS.



### CHEP HEALTH TALK

Women's Heart Health February Health Talk: 20 people participated in this event. We were visited by MWCN coordinator, Nancy Landrigan, who has experienced heart surgery. It was a great opportunity to get to meet Nancy, hear her story and connect.




### CHATEAUGUAY VALLEY SAVE THE DATES

MWCN Valley Partnership Table: Our first Valley partnership table meeting will take place on **Tuesday, March 17th** from 1:30PM to 3:30PM at our new MWCN Wellness Center, 101 rue Dalhousie in Huntingdon. To date we have 8 partners, 2 board members and 4 community members participating. If you would like to join us, contact Kim at 450-807-5191.

To highlight Quebec's intellectual disability week, Melissa's Sunshine Camp will hold their vernissage art exhibition, "All About Me" at the Little Green Library on Saturday, **March 14th at 2 p.m.** Come out and show your support and enjoy local talent.

Parkinson's 101 Lunch & Learn - MWCN invites you to a live talk from Parkinsons.ca on **Monday, March 16th** at McDougall Hall in Ormstown from 10AM to 1PM. The talk will be followed by a free lunch sponsored by MWCN. To reserve your spot for this event in advance contact Kim at 450-807-5191.

Paint n' Sip Fundraiser: In partnership with the Crafts & Recreation Center, MWCN is hosting a fundraiser on Thursday, **March 19th** from 7-9PM at the Huntingdon Legion to support the Crafts & Recreation Center's future initiatives as well as the Legion. Cost is \$25 with all materials supplied. To sign up, contact Kim at 450-807-5191.






Loosing Control Theatre Presentation: Monday, April 27th at the Huntingdon United Church. This event is sponsored by MWCN and is free of charge. More details to follow. 

## HEALTH

With spring around the corner and in theme of staying *green*, lets talk about the benefits of having plants in your home.

### BENEFITS OF HAVING PLANTS IN YOUR HOME

Having plants in your home or office can:

-  Boost mood, productivity, concentration and creativity.
-  Reduce stress, fatigue, sore throats and colds.
-  Clean indoor air by absorbing toxins, increasing humidity and producing oxygen.
-  Add life to a sterile office, give privacy and reduce noise levels.
-  Are therapeutic and cheaper than a therapist.

Now we know not everyone has a green thumb, but you'll never know until you try. The following plants are some examples of plants that almost anyone can keep alive:

Pothos - Also called devil's ivy, pothos is a favorite houseplant says Justin Hancock, a horticulturalist for Costa Farms (the largest grower of houseplants in the world). It does well in "bright, medium or low light and doesn't mind drying out now and again.



Spider plant - "We all had spider plants growing up, and they're back in a big way" Hancock explains this plant "likes a bright spot best but does just fine in low and medium light too... natural or artificial light is just fine."

Ponytail palm - "Ponytail palms are used to dry weather and have a trunk that stores water," explained Hancock. "However, yours will be happiest and grow best if you give it water when the top inch or 2 of the potting mix dries to the touch," he shared.



### INDOORS IN MARCH

March is a good month to start planting seeds indoors in order to prepare for summer gardens. Keeping a garden throughout the summer is a great form of exercise and will get you outdoors to get some fresh air. Even if you only plant 1 or 2 types of vegetables to start, you may find you enjoy gardening.

The following are a couple options you can start planting indoors now and they'll be ready to transfer over once spring officially comes.

**Start basil seeds off** to grow on your kitchen windowsill, or for planting out after the risk of frost.

**Plant celery indoors** from the middle of the month onwards.

**Plant chilli peppers** and sweet peppers indoors.

**Plant perennial herbs** such as lemon balm, rosemary, sage, oregano and thyme under cover.

**Start cauliflowers** off under cover.

People are meant to be surrounded by nature, whether a small plant on your desk at your office or a hanging spider plant in your kitchen. Try to embrace the benefits of having greenery around you as much as possible.



## THIS AND THAT

### INTERNATIONAL WOMEN'S DAY BRUNCH

If you haven't already signed up to participate in our International Women's Day Brunch happening Saturday, March 7<sup>th</sup> then get on the phone and call now! Happening at the OLPH Church, 295 Rue McLeod, Châteauguay from 10 am to 12pm. You can expect good food, great company and even better than that we have three wonderful women presenting their stories:

**Amanda Rocheleau**, BSW, MSW, RSW, Registered Social Worker and Compassion Fatigue Specialist.

**Joyce Shanahan**, President of the Chateauguay Senior Citizens Group.

**Bonnie Mak** DTM, Award winning speaker, Professional actress and 3x Ironman triathlete.

Call 450-691-1444 to register now! EVERYONE Welcome!



Time to celebrate you!

International  
Women's  
day  
BRUNCH

Free Brunch  
Open to All!

MARCH 7<sup>th</sup>, 2020  
From 10:00 a.m. - 12:00 p.m.  
Doors open at 9:30 a.m.  
BRUNCH, RAFFLE AND GIVEAWAYS!  
INSPIRATIONAL SPEAKERS:  
Amanda Rocheleau, BSW, MSW, RSW  
Registered Social Worker and Compassion Fatigue Specialist  
Bonnie Mak DTM  
Award winning speaker, Professional actress  
and 3x Ironman triathlete  
Joyce Shanahan  
President of the  
Chateauguay Senior Citizens Group

To register before March 4th:  
Nancy - 450-691-1444 or  
Linda - 450-429-6212

Location:  
OLPH Church Hall  
295 McCleod St.  
Chateauguay, QC,  
J6J 2H8

CHSSN  
MWCN

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### TRAVEL EXPERIENCE IN SWITZERLAND

Do not miss the final conference of the project "Let me see the world." Thank you to Mr. Castagner who will be the keynote! Followed by a typical meal of Switzerland

THURSDAY, 12 MARS 2020 FROM 11AM TO 14h  
THE COMMUNITY HALL OF SAINT ANICET  
1560 SAINT ANICET IN ST ANICET

TO RESERVE YOUR PLACE CALL BEFORE MARCH 5  
Communic-Action Project (450) 264-5197



### FUN AND GAMES

How many clovers can you find throughout the newsletter?  
See the answer at the bottom of the page.

### PEOTS CORNER



Forward, March  
And welcome spring,  
When bunnies bounce  
And birds all sing!

When March winds blow  
The winter away,  
They get the work ready for  
April and May.

By Helen Moore



### *I Want to Catch a Leprechaun*

I want to catch a leprechaun  
Maybe I'll set a trap.



I wonder where they like to hide?  
I wish I had a map!

I hope I find a leprechaun.  
Will he fit in my hand?

I've heard they like gold and clovers,  
And come from Ireland.

## WOULD YOU LIKE TO BECOME A MEMEBR?

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!



Answer: 10 clovers