

Montérégie West Community Network

The MWCN is a not-for-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:

Pauline Wiedow, Executive Director

Lise Brunette

Maria Friozi

Tracy Wilkins

Chuck Halliday

Jayne McClintock

Merlin Halliday

Don Rosenbaum

Judith Picard

Susan Parker

Kosta Theofanos

OCTOBER



HOW TO DEFINE CHANGE

Essentially, **CHANGE** means letting go of the old and encouraging something new to develop.

Well, we've officially changed seasons! And even though summer months are much too short, most of us look forward to Fall; the months with the most beautiful landscapes and much cooler nights. It's 'sweater weather', 'apple picking weather' and 'baking weather'. It is getting those last loads of freshly washed sheets out on the clothesline one last time. We can actually feel the change, in the smell of the air outside, and certainly from within.

MWCN is also experiencing change. We are all training on ZOOM so that we can continue to provide activities, workshops, and meetings in a professional setting. With Covid cases not yet decreasing, we must remain vigilant in our efforts to keep safe. We are taking every precaution that protocol dictates but know that it is still important to interact with our community regardless of the method. Please review our '**Save the Dates**' for October and let us know if you are interested in any of our upcoming events.

If you require help with joining us on Zoom, we can help, just let us know!



MWCN ANNUAL GENERAL MEETING

By: *Pauline Wiedow*
Executive Director



MWCN held its Annual General Meeting on September 17th at the Vanier Cultural Center in Chateauguy with 30 in attendance and 4 members on zoom. We would like to thank the **City of Chateauguy** for allowing us to hold our meeting there physically. Social distancing was respected, as well as wearing of masks until

people were seated. We were given specific instructions upon entering and everyone was happy to be present in person with safety measures in place.

We would like to thank **Jayne McClintock** and **Chuck Halliday**, members of the Board and employees with New Frontiers School Board, for their expertise in technology that helped us to include members from a distance through zoom. Our board elections were held and so we thank **Georges Bujold**, **Gloria Lynch** and **Joanne Murray** for the part they played on the board the last few years. Thank you for your support throughout your term. We have benefited from your commitment and wish you well for the future. Our new board consists of **Lise Brunette**, **Maria Friozi**, **Chuck Halliday**, **Merlin Halliday**, **Jayne McClintock**, **Susan Parker**, **Judith Picard**, **Don Rosenbaum**, **Kosta Theofanos** and **Tracy Wilkins**. We look forward to another exciting year working together to build a strong and vibrant English-speaking community in the Montérégie West.

Our liaison officer with the **CISSMO**, **Karissa Clayberg**, was also present. Karissa has been appointed to work with the **MWCN** and support us in providing assistance in obtaining resources concerning health and social services for the English-speaking community.

Members from Huntingdon, Ormstown, Athelston, Pincourt, Les Coteaux, Candiac, St-Bruno, Chambly, St- Jean sur Richelieu and Chateauguy joined us to hear our very dedicated community coordinators from all 3 of our offices. Each one told a story of reaching out into the community and connecting with people who greatly appreciated learning about the MWCN and the mandate they have in supporting the English-speaking community throughout the Montérégie West. The many events of the year, beginning April 1st, 2019 to March 31st, 2020 were touched upon by each of our coordinators ending abruptly with a pandemic that shut down the world overnight. Despite the pandemic everyone of our coordinators remained connected to the community through telephone calls, check-ins, distributing translated documents in self-care guides during the Covid and much more.

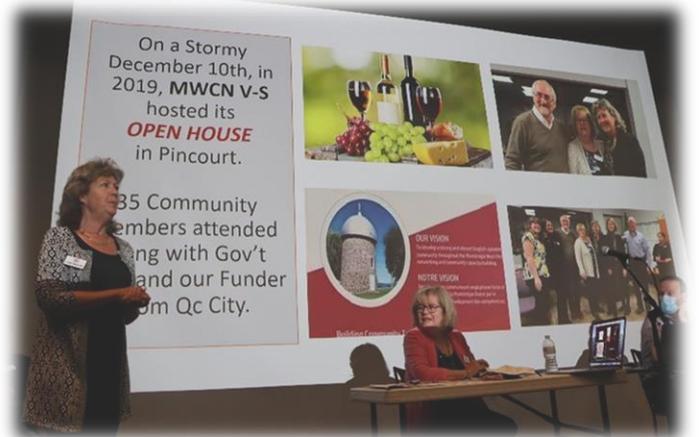
Consequently, I would like to thank each one of our employees who continued to reach out into the community and supported seniors in small ways that made a difference in their lives.

Thank you, **Clément Bergeron**, **Lorie Marcotte**, **Kim Wilson**, **Ashton Wilson**, and **Shannon Keyes**.

You have all been truly amazing and adapted so quickly, pouring your hearts into meeting the needs of the community and creating opportunities for support to our seniors and young families.

We have an exciting year ahead and look forward to many new opportunities to form partnerships in each of our communities. Check out our webpage at **MWCN.ca** and our **Facebook page MWCN - Montérégie west community network**.

Anyone who is a member and would like a copy of our AGM power point, you can obtain a copy by calling one of our offices. The numbers are listed in the newsletter back page.



'SAVVY SENIORS'
A SPOTLIGHT ON NICOLE SEGUIN-RANGER

By Lorie Marcotte



Let me introduce you to my fabulous friend *Nicole*. It must first be said that it is always a joy to be in her presence and I hope you will appreciate the honesty in which she tells her story.

Nicole was born on March 7th, 1947 in her grandfathers very tiny house in 'Coteau Station' (known today as *Les Coteaux*).

Her Biological mother had 13 pregnancies, with only 8 surviving. 1 died of pneumonia, 2 died of Yellow Jaundice and 3 were miscarriages. Due to such a hardship that her mother experienced, Nicole was fostered at 6 months old by her mother's best friend, Olive.

An interesting side note: (Her foster mother, Olive Edna Payne, was born in 1903 in England, and worked for Buckingham Palace as a Chamber Maid. She came over to Canada and started working immediately at Le Manoir Coteaux des Lacs. This Manoir, located by the Soulanges Canal was very busy due to the Saint Lawrence seaway not yet accommodating boats).

Nicole grew up in Ville St. Pierre. During her youth, she loved to play tennis, having benefitted from having a Pro Tennis instructor live upstairs from her. She also loved spending summers at her cottage in N.D.I.P. - Notre Dame de l'Île Perrot. (known in those days as 'le Petit Lachine').

When Nicole was older, she visited her oldest sister, Pauline, in Ontario where she met her husband Rémi at a Dance hall. While sitting along the wall, she said her knees started shaking as he walked across the room, knowing he was going to ask her to dance. It must have been quite the dance because they were married on February 25th, 1967 and were married for 52 years!

Their first home was on 46th ave in Lachine, a large and spacious Duplex, a house that everyone gathered at on weekends, and one she still misses today.

Nicole had 3 children, but Nancy, her first born, died in 1972 at 4 months old of Spina Bifida at the Royal Victoria Hospital. Nicole said her marriage became very difficult at this time, understandably so... until her next child, Lee was born in 1977. Jay was the third, born in 1980.

Nicole stayed home during these years, where she and her husband Rémi owned an Excavation & Snow removal company which became incorporated in 1980. They had big contracts with City of Montreal, City of Lachine, City of

LaSalle, and the City of Laval. One contract was huge, working on line 2 of the Metro from Henri-Bourassa to Montmorency, 5.2km under Riviere des Prairies which separated Laval from the City of Montreal. Nicole was the 'Brains behind the business', handling all the finances stating, "My husband had no concept of money, he even insisted on spending \$1,300 on an old 1978 Kenworth truck!" However, over the years, her husband fixed up that old truck and eventually sold it for \$38,000!

Rémi was a big smoker and suffered from Emphysema. Nicole had a very hard time during those years as she said that he was not very nice with her, becoming verbally abusive to her in the final years. The CLSC and Parrainage Civique really helped Nicole at this time as she was becoming depressed and lonely. During one of their outings, Nicole met her friend Diane Thomas. Nicole said "Diane Flew in the door of a restaurant, very excited about the birth of her first Grandson.... and so was I. My first grandson Blaze had also just been born.... Diane showed off all her pictures and I did not even have one photo of my new grandson in my purse!" This began a very close friendship over the years.... Nicole always the driver, Diane always the "Chatty Cathy", but also a very good listener for Nicole. (It should be noted that her dear friend Diane, who also participated in many MWCN activities, passed away in March, and she is truly missed).

Nicole's husband Rémi passed away last October which finally allowed Nicole to get out and live her life. This is when I met Nicole, while she was attending a few of MWCN's activities. I gravitated towards her immediately, enjoying her humorous personality while not even knowing anything about her life. Now, I get to see her every Tuesday at our walking group and enjoy her company immensely. There is so much more to Nicole's story, but that will have to wait.... for 'Part II'.

Nicole has recently said to me "This Covid thing is so maddening... I was just starting to LIVE AGAIN when the Pandemic hit!"

I want to thank my friend for being so candid during this interview. Nicole is such a genuine human being and contrary to some of the hardships mentioned, she proves everyday that one can overcome misfortunes and still bring so much joy to others!





EMPOWERING SENIORS THROUGH THE PANDEMIC

Reaching out to the most vulnerable seniors throughout Montérégie West

ACTIVITIES TO BREAK ISOLATION

ZOOM TRAINING

CHECK-INS

FROZEN MEALS

INFORMATION REFERRALS

Chateauguay: 450-691-1444
Pincourt: 514-425-0399
Haut-Saint-Laurent: 450-264-3596

NEW HORIZONS
FOR SENIORS
PROGRAM



Portal-MusiArt

An initiative that pairs up Painting and Music. It aims to connect elderly citizens in

V-S to each other through a Facebook Portal. A device is delivered to you and set up. All you need is reliable **Wi-Fi**.

Singer-Songwriter, **Rob Lutes** & Artist, **Deirdre Potash** will work with whatever material participants have in their homes.

To register: ftagnew@reseauxvs.ca

MWCN members can inquire about details with

Lorie Marcotte tel: 514-425-0399

email: lmarcottemwcn@gmail.com

(This project is coordinated by the Réseau Emploi Entrepreneurship, a Health Canada program).



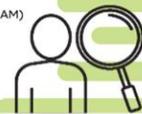
640B, Chicoine Street
Vaudreuil-Dorion
450 218-1088
www.psjeunesse.org

Stand out and find your job!

FREE PUBLIC EMPLOYMENT SERVICES FOR PEOPLE 18 YEARS AND OVER!

- PREPARATION PROGRAM TO GO BACK INTO THE WORKFORCE (RÉUSSITE EMPLOI)
- PEOPLE WITHOUT A HIGH SCHOOL DIPLOMA (PROGRAM FOCUS)
- PEOPLE WITH A CRIMINAL RECORD (TRAVAIL EN LIBERTÉ PROGRAM)
- WOMEN WHO WANT TO WORK IN NON-TRADITIONAL CAREERS (SAE PROGRAM)
- JOB INTERVIEW STRATEGIES AND MORE!

TALK WITH AN EMPLOYMENT COUNSELLOR TODAY!



SAVE THE DATES

**** PLEASE NOTE: ALL CONFERENCES WILL NOW BE HELD VIRTUALLY ON ZOOM.**

October 8th – Cultivating Self Worth

By The Centre de Femmes La Moisson
1:30 – 3:00

October 13th – FIBRO 101 Information Session

By the Fibromyalgia Association
1:30 – 3:30

October 20th – How Elders Handle Stress

By G.R.A.V.E.S.
10:00 – 12:00

October 21st – Lung Health and Respiratory Difficulties

10:00 – 11:30

October 26th – Caregivers for Seniors

By Les Aidants Naturels du Haut St Laurent
7:00 – 9:00 pm

November 2nd – I Volunteer in Vaudreuil-Soulanges

By CABA (Centre d'Action Bénévole l'Actuel)
7:00 – 8:30pm

**For registration please contact Lorie Marcotte
514-425-0399, email: lmarcottemwcn@gmail.com**

FYI: LOW VISION SELF-HELP ASSOCIATION

Virtual Meeting October 14th @ 1:30 – 3:00

Workshop: 'Ask a Question'

We have all come to a vision loss in different ways. Here is an opportunity to ask those 'How do you do this?'

Contact: Mr. John Ohberg at 514-694-2965 / 694-2649

LowVisionSelfHelpAssociation@gmail.com



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