

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.

FEBRUARY



MWCN - THE 'HEART' OF A COMMUNITY

"Community organizations have a role in community 'development'. One of the advantages is their localized focus, and wealth of information regarding the issues within the community. They highlight issues that need to be addressed and then provide all relevant information regarding those issues. This helps to identify the resources available and the effects the issue is having on the community."

Executive Director: Pauline Wiedow

MWCN Board Elected officers:

President: Lise Brunette

Vice President: Merlin Halliday

Treasurer: Tracy Wilkins

Secretary: Chuck Halliday

Administrators:

Maria Friozi

Jayne McClintock

Don Rosenbaum

Judith Picard

Susan Parker

Kosta Theofanos

Marlene Davies

MWCN is very proud to be an essential Community organization providing resources to our English-speaking residents of Montérégie West.

We have been working diligently in making sure our members continue to be informed in all aspects of Health, Education and Social Services. We also take pride in the many relationships that we have built with so many other organizations. These partnerships allow us to bring you many activities and informative seminars throughout the year. *Have you participated in any yet?* If you are unsure about how to join a virtual meeting, **PLEASE** contact us so that we can guide you through the very simple process. You only require an email account, and we'll take care of the rest. If you have not seen our *Winter Program*, recently published in a few local newspapers, please contact us so that we may be able to send you a copy. We are sure you will find something that will interest you!

NEW

COMMUNITY COLUMN

“My Response to a Pandemic”

By: *Johanne R. Deschamps*

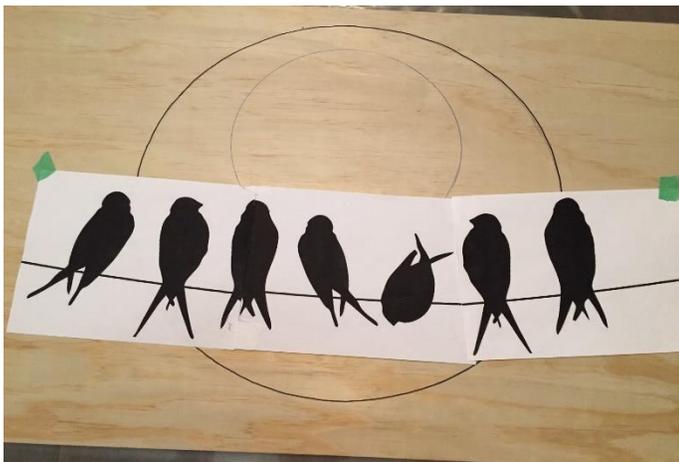


“I never expected 2020 to unfold as it had. A pandemic was something I’d only seen in movies, until it happened. Suddenly, we all had to lock down and deal with this new reality. People had many different reactions to this, including anger, sadness, and depression. Having suffered from depression many years ago,

I wished there was some way I could help.

At the same time, I wanted to create a home-based business. I began searching for online courses that I could take for free or at minimal cost. I decided on Life Coaching. I figured it was something I could do on-line if necessary and I wanted to be of help to humanity in some small way. Little did I know that the first person I’d be helping was myself. I found that after doing the courses, I was able to cope more easily with the circumstances of the world in 2020. I offered my services to the community for free and was even able to help a few other people do the same.

I was browsing through my Facebook newsfeed one day when I came across the most beautiful pieces of mosaic art. The quality of the work was so amazing that it inspired me to try it myself. Having no experience, I began by asking questions of the artist and several other artists as well. I spent many hours educating myself through YouTube videos and information on the internet. With the help of friends and our community, I was able to collect some old and new ceramic tiles, some broken or unwanted crockery and old costume jewellery. I bought some glue, wood and grout and began my exploration into the wonderful world of mosaic art. I enjoyed it so much that it became more of a passion.



I posted some photos of my work on my Facebook page to show my friends and family. Suddenly people were asking if my work was for sale? Of course, I said yes. It was very flattering. Every time I posted a new photo of another mosaic, I had requests to purchase it. I have just finished my fourth

mosaic and they have all sold!. I have requests now for three more commissioned pieces. I am so pleasantly surprised by how an innocent attempt to make myself happy has seemed to make so many others happy as well. Many people are showing an interest in learning to do this themselves. I say, “Give it a try!” Maybe you’re interested in learning about a hobby or sport you’ve always been curious about. You could take a course to learn a new skill such as mosaic art; painting or drawing, collage, woodworking, writing, learning to play an instrument or anything else you’d like to try.

Now is the perfect time. Don’t waste it. We can choose to make ourselves happy. Of all the things that we have no control over, this has allowed me to have some control of my own happiness”.



‘Our Community Column’

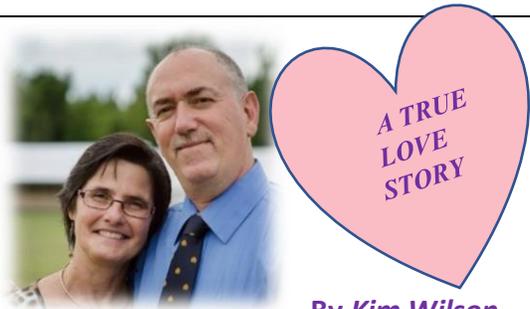
NEW



Are you interested in writing a short article for our **Monthly Newsletter?**

We would love to have our members share thoughts on any subject deemed inspirational, insightful, or just funny. A paragraph or two is easy to do, and we know our members would certainly enjoy reading short articles written by **each other**..... hence the name **‘Community Column’**.

Just email your article to us and we will do our best to include it in one of our monthly issues.



By **Kim Wilson,**
Project Coordinator, Huntingdon

I am going back to when I was 7 years old. I started grade 2 at Huntingdon Academy (which is now Heritage Elementary) and met the love of my life. He had the cutest curly hair.

That's right! There was a boy in my school that I thought was just the cutest and I knew I was going to marry him. Of course, he did NOT feel the same way. You know boys at that age, girls? YUK! That didn't stop me from trying to convince him though.

At recess and lunch hours, I would bother him by disrupting his sports games (with only boys, of course) by taking his soccer and or basketball whenever I could, run with it so he would have to chase me and catch me. Oh, I was so in love. As we moved up in grades (I was a year ahead of him), my parents and I had to make a decision to repeat grade 6 as I was really struggling with Math and the teachers felt it would hold me back in the long run. It was decided to repeat, and I just looked at the bright side, now, I was in his grade.

The poor guy didn't have a chance because once we hit CVR, lockers were given as per your last name and his was very close to mine, actually right beside. Over time, he grew to appreciate me as a friend and we got along great, but you know that saying, there are more fish in the sea, well, high school was a sea compared to elementary school. I started hanging with others and he really wasn't my top priority anymore.

Interestingly enough, and to my surprise, roles changed. He started becoming a closer friend and we started hanging out with other friends. With time, he became my BEST friend. I would date others (well not really dating, going out was what they called it in high school) and he would be the one I would always confide in, very similar to girlfriends. I know, its very strange.

Of course, over time, feelings changed, and I think we both knew we wanted more than just friendship. Even though he tried to ask me to "got out with him", I refused as I knew we would probably break up (because that's how things worked in high school, most of the time) and we would not remain such good friends. Didn't want to take that chance on our friendship.

My 16th birthday rolled around, and a friend dared him to give me a birthday kiss and well, what can I say, that was it! We connected that day and have remained together since.

That's right, his name is Raymond Wilson and we dated for 10 years before getting married in 1988 and have been happily married 33 years this May. We have 3 beautiful daughters and have been now blessed with 5 wonderful grandchildren.

Most importantly, he is still my BEST FRIEND, just minus the curly hair!



***In Honor of Valentine's Day,
we're having another DRAW!***



All three of our offices in **Chateaugay, Huntingdon and Pincourt** will be randomly selecting a name from each of our member's lists and delivering a wonderful **Valentine Bucket** to the lucky winners on February 10th.



***Another couple in love in our neighborhood is
Clement and Denise Bergeron.***

The City of Pincourt challenged all its residents to build a snowman on their property. I think the Bergeron's out-did themselves!

SAVE THE DATES

ALL ON ZOOM

- Feb 3rd** Vaudreuil-Soulanges Palliative Care
'LET'S TALK ABOUT GRIEF'
'Navigating through the Pain of loss and rebuilding ourselves'
From 10:00 – 11:30
- Feb 9th** **Regional Partnership meeting V-S**
10:00 – 11:30
- Feb 10th** Centre de Femmes la Moisson
'TAMING ANGER'
Explore the misunderstood emotion of Anger.
From 10:00 – 11:30
- Feb 11th** **SKETCHING AND WATERCOLORS**
6-week workshop on THURSDAYS
From 12:30 – 2:00
- Feb 16th** G.R.A.V.E.S.
'ON-LINE MEDITATION'
Make yourself comfortable....
FROM 1:00 – 2:00
- Feb 17th** CHEP – Community Health Education Program
'STRAIGHT TALK ABOUT END-OF-LIFE OPTIONS'
Speaker: Jennifer Hobbs-Robert
From: 10:00 – 11:30
- Feb 23rd** G.R.A.V.E.S.
'THE ART OF SETTLING DISPUTES'
The basics of managing conflict
From 1:00 – 2:30
- Mar 2nd** The Fibromyalgia Association
'FIBRO 201'
The types of medication to help manage pain.
From 1:00 – 2:30



MWCN will be participating in the Lester B Pearson Virtual Career Fair tomorrow – February 2nd
From 10:00 – 5:00pm
Please check out our Virtual kiosk
<https://lbpsbcareandeducationfair.vfairs.com/>



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LOW VISION SELF-HELP ASSOCIATION - Virtual meeting

February 10 from 1:30 – 3:00

'LAUGHTER YOGA'

LowVisionSelfHelpAssociation@gmail.com

Contact Mr. John Ohbert at
514-694-2965