

# **Community Matters**

# June 2017 - Volume 7, issue 6

## **MESSAGE FROM THE BOARD MEMBERS**



#### June - lets think vacation.

Vacations are almost here and I am certain we are all ready to hang up our skates and rest a bit before we start a new season.

So, on behalf of the MWCN Board – Happy vacation time. Please note we will not have a July newsletter.

# **MWCN Sponsored Events:**

#### **Upcoming events:**

Walking Group has begun and we meet every Tuesday morning at 10:30 at ile St-Bernard at 10:30...bring a lunch....all weather permitting. Also <u>watch for our exercise program details coming soon</u>....should begin in a few weeks.

June 5: MWCN Steering Committee meeting – 6:30pm
Held at New Frontiers School Board, ground floor St-François room



# DREAM

QAHN 2017 Conference Series

As always, each participant in our full-day conference will be entitled to receive workshops materials and enjoy a delicious luncheon all for the very low cost of registration: just \$35 for QAHN members and \$45 for everyone else.

# Huntigdon Adult Education & Community Centre June 16, 2017 Appealing to charitable foundations

Presented by Camilla Leigh, Founding Partner, Philanthropica Consulting Topics covered include:

- The foundation landscape in Quebec and Canada
- Research methodologies to iden-fy founda-ons
- · Matching your mission with founda-on priori-es
- Leveraging your network to get support from foundation Directors

#### Using internet-based tools for fundraising

Presented by Kira Page, Facilitator and Outreach Coordinator, Centre for Community Organizations (COCo)

#### Topics covered include:

- Understanding Facebook marketing & fundraising tools
- · Creating great email fundraising campaigns
- Understanding crowdfunding and how to use it effectively
- Integrating fundraising into your communications

For more information about registering, call toll-free 1-877-964-0409 or (local) 819 564-9595.

#### Be a member detector

New members are the lifeblood of every organization, including ours.



#### **MWCN Board** Elected officers:

President: Pauline Wiedow Vice President: Lise Brunette Treasurer: Gayle Holdaway

Secretary: Open position for the moment.

Members: Chuck Halliday

New member:
Susanna Langevin
Georges Bujold
Maria Friozzi
Louise Kinney
Emily Lemieux
Marlene Stacey

Volunteer Coordinator: Lynda Friend

### Interest groups

Book Club Chair: Gayle Holdaway
Membership Chair: Gayle Holdaway
Knitting group Chair. Susanna Langevin
Newsletter editor: Lise Brunette

e-mail: mwcn2016@gmail.com

#### Letters to the Editor

Event, activity, or interesting fact to share? *Ibrunette51@videotron.ca* 

#### Save the date:

August 24: Partnership Meeting at 6:30PM NFSB

#### Sept 24 MWCN Fundraising Lunch and Raffle.

12-4pm Meal served from 12-3pm Meal Tahiti's buffet. Coffee, tea and drinks not included. Bring your own wine and beer. Place: Tahiti Fusion Restaurant, 88 Blvd Saint Jean-Baptiste, Chat J6K 3A6 Price: Adults: \$15.00 Children 10 and

under \$7.50

**Music** "This is Two" an acoustic experience from 1-3pm.

THISIS2@MAIL.COM
Different.

an acoustic experience
514-941-9644
514-883-6238

Nov 11-12: Commemorating 100th year of the Battle for Vimy Ridge and Recognizing the sacrifice of Six Beauharnois families. Held at St-Edwards Church, Beauharnois.

# Montérégie West Community Network (MWCN)

E-mail: <a href="mailto:mwcn2016@gmail.com">mwcn2016@gmail.com</a> Tel: 450-617-0513 (leave a message / laissez un message)



#### ParticipACTION all day 150 EVENT

## Wednesday, June 28th from 10 - 2

Free Exercise Tryouts, Chair yoga, Chair zumba, and much more. Light lunch will be served.....

Sign up...prizes and a fun day all the while getting fit. Come join us!! 450-617-0513. This kicks off our 6 weeks Summer exercise program held every Thursday on July 6th, 13th, 20th, 27th, August 3rd and 10th from 10:30 - 1:00...

Free lunch is included. Venue to be determined.

#### Coming this Fall:

Brainy Boomers Series; Aging and Memory; Positive Benefits of exercise, physical health and nutrition, Healthy Body, Healthy Bones and heart disease.

Presented through the McGill University Research Center for Studies in Aging.

#### **News from our Partners**



This 6-week ReCharge series will help you:

- o Understand how to identify, treat and prevent the spread
- of infections and contaminants
  o Know the actions to take in a range of medical
  emergencies such as heart attacks and falls
  o Have an increased awareness of resources available in
  English

I was so pleased to see that there were other like-minded eople who were interested in this course and I learned as nuch from falking with them as I did from the course. It is a read forum for exchange of ideas, experiences and eeds." - Alice M.

L'APPUN MONTHAL





#### Next Session starts

Thursday June 15, 2017 from 6-9pm at NOVA Career Center 70 Maple, Chateauguay

To register or for more information: Loralie Bromby 450-812-0981 loraliebromby@arc-hss.ca www.arc-hss/ca

#### Great news for this summer?

Shakespeare the Park returns with -Much aDo about Nothing Two Shows presented on the South Shore

Wednesday August 2<sup>nd</sup> -7 pm (Sorbonne Park in Brossard) Tuesday August 15<sup>th</sup> – 7 pm (Empire Park Greenfield Park)



- •Un coin Chez-Nous 450-826-4425
- •La Petite Bibliothèque Verte/The Little Green Library 450-264-4872
- Les Aidants Naturels du Haut-Saint-Laurent 450-826-1243
- •Monique Quesnel 450-827-2438
- Société Alzheimer du Suroît/Alzheimer Society Suroît 1-877-773-0303
- Très-Saint-Sacrement 450-825-0192









May 27 saw the launch of this year's "The Pantry - Community Gardens" whose goal is to offer interactive educational and diversified programs to all. Its hoped it will be a rallying point for all. Several organisations banded together to make this project, the Chateauguay Fire Department, IGA, McDonald, Caisses Populaires and the Office d'habitation municipal.

For more information on this worthwhile project, please contact Alexandra DeSerres, Community Organiser for Re-Nou-Vie @ 450-692-9805 x 228 or at a.deserres@renouvie.com