

THE MEPECER



Best Wishes for Christmas

By Karoll-Ann Carrier, Executive Director

This year the Christmas season will be special as we create our own holiday season differently from years past. Although we will have to remain cautious, Christmas will be a time to release the tension that our burden, without wanting to name it, brings into our lives.

Enjoy every moment you spend with your loved ones and tell them that you love them, cause isn't that what Christmas is all about: peace, love and joy!

Also be grateful for the happiness that some people bring you. For this year, I am so thankful that I had my son and that he is healthy. I am also thankful to work with my amazing team and to have my Board of Directors so supportive of MEPEC. We are achieving so much success together for our community and we are still working hard to accomplish more. Thank you!

On behalf of MEPEC and myself, I wish you a wonderful holiday season and a healthy and happy New Year. We certainly deserve it!

Karoll-Ann C.



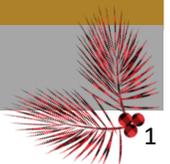
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Christmas Recipes



Christmas Cookies — By Karoll-Ann

This cookie recipe is really special in my family. For the past 4 generations, we have made this recipe every year at Christmas. **This year, I share my families secret and most sought after recipe!**

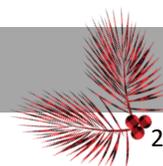
Ingredients	Instructions
1 cup of Crisco fat 2 ¼ cup flour 1 tsp of baking powder 2 eggs ½ cup of brown sugar ½ tsp of lemon essence 1 tsp of vanilla essence ¼ tsp of salt ½ cup white sugar	In a large bowl, beat the Crisco fat until creamy. Beat the eggs in a separate bowl. Add sugar and beaten eggs to the creamy mixture. Then add the dry ingredients and lemon and vanilla essences. With your hands, mix into a ball of dough. Cut into 4 or 5 parts and roll into log Then roll each log up in waxed paper. Put in the freezer for 4 hours. Cooking Slice the dough into rounds and place on a baking sheet. Bake in the oven for 10 to 15 minutes at 350°F.



Chocolate-Covered Gingerbread Cake — Recommended by Paula (Library Volunteer)

This is my favourite cake to make during the holiday season. If you like gingerbread, you will not be disappointed although be forewarned, the ginger flavour is strong. If you like German Lebküchen, you will enjoy this cake.

Ingredients	
<p style="text-align: center;">Cake</p> 1 ¾ cups all purpose flour 2 tsp ground ginger 1 tsp baking powder 1 tsp ground cinnamon ¼ tsp ground cloves ¼ tsp salt 1 cup warm water ½ tsp baking soda ¾ cup (packed) golden brown sugar 6 tbsp (¾ stick) unsalted butter, melted ⅓ cup mild-flavored (light) molasses 2 large eggs 1 tbsp grated peeled fresh ginger	<p style="text-align: center;">Glaze</p> ½ cup whipping cream ¼ cup (½ stick) unsalted butter, room temperature 2 tbsp light corn syrup 8 ounces semisweet chocolate, chopped 1 tsp vanilla extract ¼ cup chopped crystallized ginger



Chocolate-Covered Gingerbread Cake — Suite

Instructions

For cake:

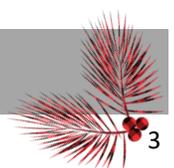
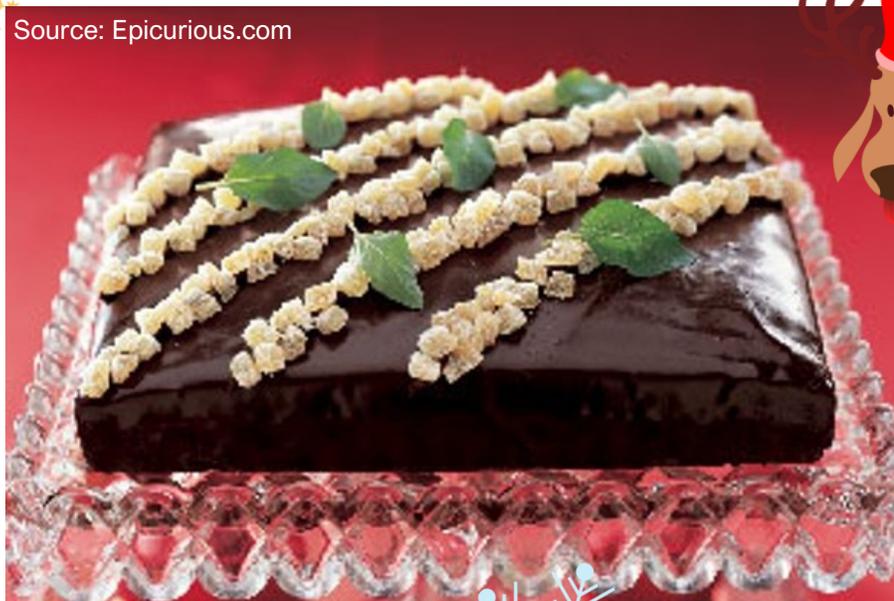
1. Preheat oven to 350°F. Butter 9-inch square metal baking pan. Line bottom with parchment paper. Butter parchment. Whisk first 6 ingredients in medium bowl to blend.
2. Mix warm water and baking soda in small bowl until baking soda dissolves. Using electric mixer, beat sugar, butter, molasses, eggs, and fresh ginger in large bowl until well blended. Add dry ingredients in 3 additions, alternating with water mixture in 2 additions, beating until just combined. Pour batter into prepared pan.
3. Bake cake until tester inserted into center comes out clean, about 30 minutes. Cool on rack 20 minutes. Run knife around edge of cake to loosen. Invert cake onto rack; cool. Peel off parchment.

For glaze:

1. Bring first 3 ingredients to simmer in medium saucepan. Remove from heat. Add chocolate and vanilla; stir until smooth. Let stand until cool but still pourable, about 20 minutes.
2. Place cake on rack set atop baking sheet. Reserve 1/2 cup glaze. Pour remaining glaze over cake, spreading with spatula to coat top and sides. Chill cake and reserved glaze until reserved glaze is just firm enough to pipe, about 1 hour.
3. Transfer reserved glaze to pastry bag fitted with 1/4-inch plain tip. Pipe 5 diagonal lines atop cake, spacing evenly. Cluster crystallized ginger atop lines

The cake can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before serving.

Source: Epicurious.com





Christmas Bark — By Deborah

The Christmas Bark is my grandchildren's favorite recipe. I only make this recipe at Christmas. I am glad to share it with you!

Instructions

1. Preheat oven to 400 degrees.
2. Line a half sheet baking sheet (18" x 13") with aluminum foil and spray with cooking spray.
3. Line baking sheet with soda crackers, salt side up with edges touching. Set aside.
4. Over medium heat, while constantly stirring, bring butter and sugar to a gentle, yet constant, boil. Don't turn the heat too high or the mixture might separate. I like to use a whisk for stirring.
5. Once the caramel mixture comes to a gentle, yet boil that doesn't stop when stirred, remove the whisk or spoon. Boil for exactly 3 minutes without stirring. The heat needs to be as low as possible and still hot enough for the caramel mixture to boil. If you turn the heat too high it might burn.
6. Remove caramel from heat and drizzle over crackers in prepared pan. Spread with the back of the spoon to cover crackers as much as possible. Don't worry if there are spots without any caramel covering them. It will work itself out in the oven.
7. Bake for 5 minutes.
8. After removing from the oven, sprinkle with chocolate chips. Let them sit for about 5 minutes. The heat from the candy will melt the chocolate chips as they sit.
9. Spread chocolate chips with the back of a spoon. If desired sprinkle with almond slices.
10. Cool completely. Break or cut into pieces.

Ingredients

- 1 cup of butter no substitutes
- 2 cup of semi-sweet chocolate chips
- 1 cup of brown sugar
- 36 saltine crackers
- ½ cup of sliced almonds



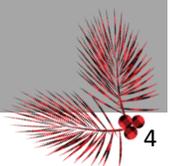
Notes:

It's fun to use different kinds of nuts! Try almonds or pecans. Or even Christmas candies for more colors!

Store the cracker candy in an airtight container. It should stay good for up to two (2) weeks.

Freezing toffee will make it soggy.

If you're in a hurry and need to cool candy faster it can be put in the refrigerator, or any other cool place. I like to stick it in my garage in the wintertime.



MEPEC's Activities and Services



MASCOT CONTEST

MASCOT CONTEST

HELP US DESIGN OUR NEW MASCOT, MEPECER
IT MUST BE ORIGINAL AND DESIGNED BY YOU!
THE WINNER WILL RECEIVE A  BOX AS A PRIZE
SEND YOUR ENTRIES TO INFO@MEPEC-PEMCA.ORG AND TELL US
WHY IT REPRESENTS YOUR COMMUNITY

Mepec
Monteregie East Partnership
for the English-Speaking Community
Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

CHSSN2 AND ENSEMBLE
Santé Canada Santé Canada
Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

Accepting entries! Find your creative side and send us your version of the MEPECER Mascot. Send the original design you drew or created, it's up to your interpretation! Is the Mepecer Mascot a bird or other animal? What color would it be? Tell us why it represents the English-speaking Community in Montérégie East.

You could win a  box as a prize! You have until January 1, 2021 to participate.

READ WITH ME

Read with Me Online is held every Thursday at 10 a.m. on Facebook. A book from the *MEPEC's community Library* is read for toddlers. You can listen to the stories as many times as you want since we save them on our Youtube channel.

We also add all the videos of our Read With Me on our website at www.mepec-pemca.org/families/.

If you want to animate an activity online or in the library please contact us at info@mepec-pemca.org.

We need volunteer animators to make more activities possible.

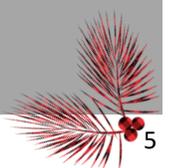
MEPEC Community Library invites you to

READ WITH ME ONLINE

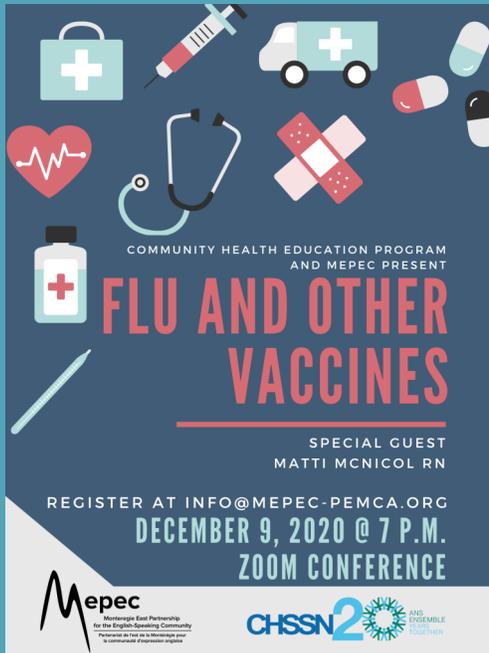
Each Thursday on Facebook,
for all caregivers and preschool aged children
for inquiries contact Rebecca
projectcoord@mepec-pemca.org

Mepec
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for the English-Speaking Community
Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

Don't forget to follow us on our social media and visit our website!



CHEP WORKSHOP



COMMUNITY HEALTH EDUCATION PROGRAM AND MEPEC PRESENT

FLU AND OTHER VACCINES

SPECIAL GUEST
MATTI MCNICOL RN

REGISTER AT [INFO@MEPEC-PEMCA.ORG](mailto:info@mepec-pemca.org)
DECEMBER 9, 2020 @ 7 P.M.
ZOOM CONFERENCE

Mepec
Monteregie East Partnership
for the English-Speaking Community
Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

CHSSN2
UNION
DES
PROVINCES
DU
QUÉBEC
ENSEMBLE
POUR
TOUS
TOUS
TOUS

Community Health Education Program (CHEP) Workshops will be held on December 9th at 7 p.m.!

Who should receive vaccines, which ones are covered and when should you get them? Learn about the flu, shingles, pneumonia, the types of vaccines available to protect you.

Participate to the first CHEP-MEPEC workshop, "Flu and Other Vaccines". RSVP by December 7th before noon.

The workshop will be hosted online by Zoom with a registered nurse present to answer all your questions.

COFFEE CHAT

The monthly **Coffee Chat** is a social meeting to discuss topics of interest. All citizens of Montérégie East are invited to participate in this activity.

Subject of this month: **Christmas Traditions — New and Old.**

On **December 11th, at 2 p.m.**, we will chat about recipes, decoration ideas, travel opportunities or places you have been at Christmas, special Christmases from past years, people and maybe things your family does that ours doesn't.

This activity will be held online by Zoom. The information to connect to Zoom will be given to you 2 days prior the activity. To register please contact us at info@mepec-pemca.org or call at 450-281-3732.

We hope to see you in large numbers. **Bring your coffee and enjoy a good chat.**




DECEMBER 11, 2020 @ 2 P.M.
HOLIDAY TRADITIONS
NEW AND OLD

To register: info@mepec-pemca.org

MEPEC Monthly COFFEE CHAT

Mepec
Monteregie East Partnership
for the English-Speaking Community
Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

Canada Health Santé
CHSSN2

MEPEC DIRECTORY

Join our Directory! Businesses or organizations that offer services to the English-speaking community are invited to become partners of MEPEC and have the option of joining the **MEPEC Directory for the English-speaking Community** which will be available and distributed in English throughout Montérégie East. For inquiries contact us at info@mepec-pemca.org.



MEPEC's New Partners



WELCOME TO OUR NEW PARTNERS

As part of our mandate, MEPEC is working very hard on building partnerships to **increase access to English language services** in the Montérégie East region. Since the beginning of September, we have contacted several organizations and created **nine (9) new partnerships**. Therefore, we wanted to recognize our new collaborators by presenting them to you!

BALUCHON ALZHEIMER

Baluchon Alzheimer is a non-profit organization with more than 20 years of existence.

Its mission is to **offer respite, support and accompaniment** to caregivers who wish to keep their loved one suffering from Alzheimer's or related diseases at home.

It is the only non-profit organization to offer long-term (4 to 14 days), 24 hours a day, 7 days a week, in-home respite.

Contact Information:

10138, Lajeunesse Street, Office 200, Montréal, H3L 2E2

 514.762.2667

 baluchonalzheimer.com

 info@baluchonalzheimer.org

 [@Baluchon](https://www.facebook.com/Baluchon)



MOUNT BRUNO UNITED CHURCH

Contact Information:

25, Lakeview Avenue, Saint-Bruno-de-Montarville, J3V 2L4

 450.467.7674 (Mount Bruno)

 450.653.2312 (Richelieu Valley)

 mountbrunounited@gmail.com

 richelieu.valley.united@gmail.com

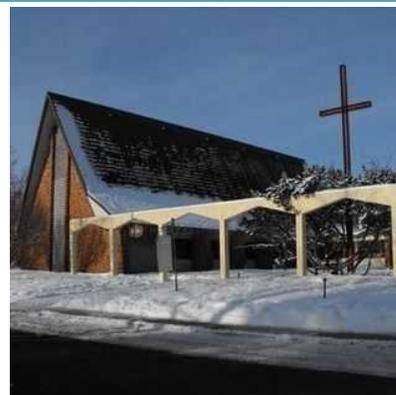
 [@Mount Bruno United Church](https://www.facebook.com/Mount Bruno United Church)



Richelieu Valley United Church and the **Mount Bruno United Church** are places where all are welcome to share their joys and concerns, places of honest discussion and hopeful spirituality.

They are organization filled with laughter and love, where everyone worship and learn as a community. If this sounds like the type of places you might like to discover, you will be welcome with open arms.

Currently, they share worship services on Sundays at 11 a.m. with Rev. Reginald Jennings.



CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES (CAAP) MONTÉRÉGIE

You are **dissatisfied about a care or services**? You are thinking to **file a complaint**? The **CAAP Montérégie** can assist and support you. Their objective is to make sure everyone rights are respected and satisfied.

Contact Information:

675, Sainte-Marie Avenue, Saint-Hyacinthe, J2S 4R8

 450.252.6620

 caapmonteregie.ca/en/home

 direction@caapmonteregie.ca

 @CAAPMtrgie

Opening hours:

Monday to Friday

8:30 a.m. to 12 p.m.

13 p.m. to 16:30 p.m.



DO YOU KNOW YOUR RIGHTS?



Right to be informed of existing services and the way to obtain them

Right to receive services, with continuity and in a personalized and safe manner according to your state of health

Right to choose the professional or institution from which you wish to receive the services

Right to receive appropriate care

Right to consent or to refuse care

Right to access your file/record (subject to certain conditions)

Right to actively participate in decision-making that concern you

Right to be accompanied, assisted or represented by the person or professional of your choice in order to obtain or understand information about services (if the situation permits it)

Right to file a complaint when dissatisfied with a service

Right to receive services in English (according to the government access program)

Right to shelter/accommodation: to be housed in the institution until your health state allows you to return home or until you are admit in another institution

Right to the confidentiality of your file



HEAR ENTENDRE QUÉBEC

Hear Entendre Québec is the only non-profit registered charity serving the English-speaking community affected by hearing loss in Québec. Over the last 40 years, Hear Québec **improve the well-being of those affected by hearing loss** and help prevent hearing loss in future generations.

They understand and are concerned with the struggles that people with hearing difficulties often experience in their daily lives. Hear Québec strives to bring about awareness within the community and shed light on the invisibility of hearing loss.

 514.488.5552 ext. 4500

 info@hearhear.org

 hearhear.org

 @hearentendrequébec

Opening hours: Monday to Friday, 9 a.m. to 4 p.m.



Partners' Activities and Services



RESILIENCE TRAINING PROGRAM BY SENIORS ACTION QUEBEC

Seniors Action Quebec is offering **Resilience Training Program**, a series of train-the-trainer modules accessible online focused on teaching resilience skills such as resilience and self-awareness; strength of character; competence and confidence; contribution; connection; coping and control.

Module 1 (Resilience and Self-Awareness) on December 2, at 9:30 a.m.

Module 2 (Recognizing Character Strengths) visit seniorsactionquebec.ca/en/our-projects to know about the dates.

For more information contact: mirella.castrechini@seniorsactionquebec.ca.



Training Dates

Thursday October 15 1:30-3:30 pm
 Tuesday October 20 9:30-11:30 am
 Thursday October 22 1:30-3:30 pm
 Tuesday October 27 9:30-11:30 am

Thursday November 5 1:30-3:30 pm
 Tuesday November 10 9:30-11:30 am
 Thursday November 12 1:30-3:30 pm
 Thursday November 19 1:30-3:30 pm
 Tuesday November 24 9:30-11:30 am
 Thursday November 26 1:30-3:30 pm

Tuesday December 1st 9:30-11:30 am
 Thursday December 3 1:30-3:30 pm
 Tuesday December 8 9:30-11:30 am
 Thursday December 10 1:30-3:30 pm
 Wednesday December 16 9:30-11:30 am
 Thursday December 17 1:30-3:30 pm

SENIORS ACTION QUEBEC

RESILIENCE TRAINING PROGRAM
 Module 2:
 Recognizing Character Strengths

*What are character strengths?
 How do they build resilience?
 What are your go to strengths and how can you make the most of them to overcome adversity?*

For more information on the program, contact **Mirella Castrechini** mirella.castrechini@seniorsactionquebec.ca

The Resilience Training Program is made possible by funding from



COM-UNITY PROJECT BY SENIORS ACTION QUEBEC

COM-UNITY PROJECT



If you are an English-speaking senior in Quebec - We want to hear from you!

Seniors Action Quebec, is excited to announce our newest collaboration!

Developed with five other community groups, we are looking to feature the stories of English-speaking seniors in Quebec who have witnessed our province's recent history and have been a crucial part of the development of our culture and community.

Our project will be a series of videos on what being a Quebecer means to them and why they have chosen to call this province home.

The COM-Unity Project is a collaborative effort between BCRC, ELAN, Learn, QAHN, and Y4Y who all represent other sectors of the English-speaking people of Quebec.

Interested in participating?

Send us an email with your name, contact information and a brief description of your story and why you would like to participate at: info@seniorsactionquebec.ca

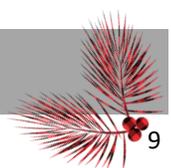
We acknowledge the financial support of the Government of Quebec and the support of the following partners:



Seniors Action Quebec is developing, with 5 other community organizations, a project to feature the stories of English-speaking seniors in Quebec who have witnessed our province's recent history and have been a crucial part of the development of our culture and community.

The project will be a series of videos on what being a Quebecer means to the participants and why Quebec is their home.

If you are interested to participate, contact the organization at info@seniorsactionquebec.ca and include in your email your name, a brief description of your story and why you would like to participate to the project.



WELLNESS WORKSHOP BY ARTHRITIS SOUTH SHORE

Arthritis South Shore will be holding a Wellness Workshop: Introduction to Arthritis, on December 14th at 1:30 p.m., online.

This will be a formal presentation about facts **and statistics on arthritis**; the difference between osteoarthritis and the various forms of inflammatory arthritis; nutrition and physical activity; assistive devices; and complementary therapies.

Register at info@arthriterivesud.org to receive the link and the instruction to connect.



FESTIVE ZOOM CELEBRATION BY SOUTH SHORE RETIRED EDUCA-

South Shore Retired Educators invites you to join their group if you have worked in elementary and/or high school education as a teacher, support staff, administrator, school board personnel or if you have worked with students or staff.

Come join the fun on December 10th for Christmas Celebrations !

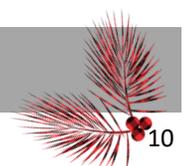


CHRISTMAS CAKE BY OTTERBURN PARK ROYAL CANADIAN LEGION

Royal Canadian Legion Auclair 121 is having a fundraiser. You can order a Christmas Cake made by [Les délices Lafrenais](#).

By buying a cake, you are also supporting the Legion. The cakes cost \$22 each and you can choose between chocolate or vanilla flavors.

For more information, call Laura at 514-692-6836 or email rcl121@gmail.com.

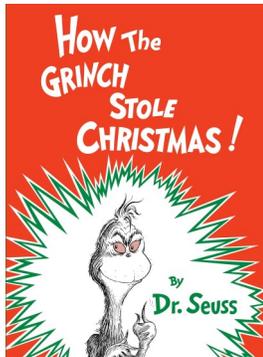


MEPEC's Community Library



BOOK RECOMMENDATIONS FOR CHRISTMAS

As Christmas approaches, the MEPEC Community Library would like to suggest a few books for your children or grandchildren to read. Sit with them by the Christmas tree and enjoy this special moment.



How the Grinch Stole Christmas! By Dr. Seuss

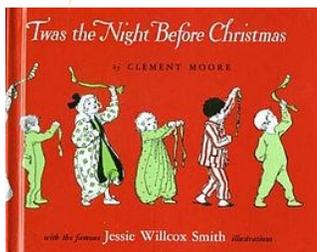
We all know this Christmas classic, but nothing prevents us from re-reading it every year.

Follow the Grinch, a grumpy, solitary creature who attempts to put an end to Christmas by stealing Christmas-themed items from the homes of the nearby town Whoville on Christmas Eve. Miraculously, the Grinch realizes that Christmas may not all be about money and presents.



The Elf on the Shelf: A Christmas Tradition by Carol V. Aebersold and Chanda A. Bell

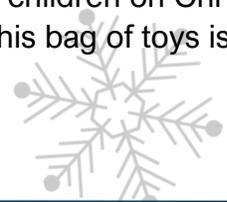
Santa's scout elves are hiding in people's home to see which children are naughty or good. Each morning, the elves are in a new spot of the house... But how? Follow them on their journey to find out!



The Night Before Christmas: A Visit From Saint Nicolas by Clement C. Moore

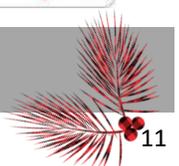
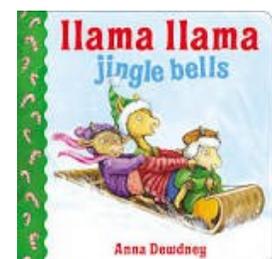
Discover how Santa Claus brings Christmas presents to children on Christmas Eve. How Santa is entering the house? What color his bag of toys is? What does he say when he flies away in his sleigh?

So many questions this another classic can answer.



Llama Llama Jingle Bells by Anna Dewdney

The Llama Llama series is an introduction to literacy for babies and toddlers. The book Llama Llama Jingle Bells is written to help the little ones create the magic of Christmas.





**Monteregie East Partnership
for the English-Speaking Community**

**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

www.mepec-pemca.org

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@Mepec-Pemca



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Health
Canada

Santé
Canada

