


FEATURED THIS MONTH:

A Busy End of the Year

Coming up this Winter:

- Prenatal Group
- Yoga
- Book Club
- Parent Tap
- Mommy Meet-Up
- Garden Committee



*"Dwell on the beauty of life.
Watch the stars, and see yourself
running with them."
— Marcus Aurelius*

NEW YEAR, FRESH START!

We hope you spent some quality time either in-person or virtually with your loved ones over the holidays. As we go into a second confinement, we want you to know that your Women's Centre is still very present and determined to connect and empower women and families in our community.

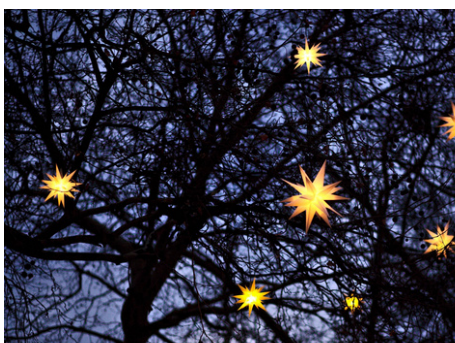
Moving all our activities online

Here is the latest news. Unfortunately, we are not permitted to hold in-person activities at the moment and it will continue like this until at least February 8th. The good news is that our **online activities and memberships will be FREE until March 31!** You'll also notice by reading this newsletter that we will offer quite a variety of them.

Make sure to also follow our Facebook page to be informed of any new support group and workshop.

One-on-one support

We are continuing to offer individual support either by phone or on zoom, so don't hesitate to give us a call at **819-564-6626** or to email us at **programs@ldwc.ca**



We want your input!

Our Centre is a democratic space where women come together to address issues that matter to them. They also decide what services they would like to receive and elect a governing board at their Annual General Meeting (AGM). Even though we didn't hold the AGM as planned last spring, we want you to know that your voice counts!

So let us know what kind of activities or services you would be interested in participating in. Write to the Programs Coordinator at **programs@ldwc.ca** or call us at **819-564-6626**. We will be pleased to hear from you!

A BUSY END OF 2020 AT THE LDWC

SECRET SANTA

\$10 000 raised!

The generosity of our community is incredible! Donations to our campaign provided gifts and winter clothes for over 100 children from the Eastern Townships. We were also able to distribute food vouchers to a number of women and families struggling this year. We sincerely thank all of the sponsors, donors and volunteers who helped make this campaign the huge success that it was.

MORE "MEALS FOR FAMILIES"

A little help before the Holidays to alleviate the mental load

Following our "Meals for Families" program from the past summer and in partnership with La Grande Table, we were able to once again offer prepared meals to families experiencing a difficult financial situation or emotional distress. A total of 800 meals were delivered in different drop-off points across our region before Christmas and we are planning another delivery on January 26th.

With food prices expected to spike 5 per cent in 2021 (forecast from the Canada's Food Price



Report), low-income families will be significantly challenged in the coming year.

If you or someone around you is experiencing food insecurity, please get in touch with us so that we can help you find a local resource to improve your situation. We also have a few grocery vouchers for emergency situations. Contact us at **819-564-6626** or programs@ldwc.ca



Val Rawlings

BEATED EGGS Val Rawlings
ADD 12 EGGS TO COLD WATER AND
BOIL TO A BOIL FOR 10 MINUTES
PEEL EGGS AND CUT IN HALF
LENGTH WAYS
REMOVE YOLK AND DASH AND MIX
WITH MAYONNAISE
ADD SALT AND PEPPER IF DESIRED
PLACE MIXED YOLK IN EGG
SERVE ON EGG DISH OR PLATE
ENJOY



Bar's Banana Bread
1/3 CUP COCOA POWDER
2/3 CUP SUGAR
2 EGGS
1/2 CUP FLAVOR
2 TSP BAKING POWDER
1/2 CUP SALT
1/2 CUP SALT
ADD 1/2 CUP OF CHIPPED BANANAS
ONE VERY RICH STABLER BANANAS
BARS 150% FIC 45 MINUTE 15 MIN LESS
Barbara Davey

Barbara Davey

THE "OWLS" RECIPE BOOK

More cooking ideas from our Wise ladies

Congratulations to our OWLS for creating their Recipe book's 4th edition!

The book was collaborated with Cheryl Graham, showcasing recipes from each OWL member created by them, for them.

Full of colourful layouts, with each desert recipe handwritten with care and love. It was a very fun to work on this book and we would like to thank you Cheryl for her hard work and dedication to the project.

COMING SOON AT YOUR LOCAL WOMEN'S CENTRE

OUR NEXT PRENATAL DISCUSSION GROUP STARTS JANUARY 26TH

Join us from the comfort of your home!

The LDWC offers the **only Prenatal group in English in our area**. This space offers women and their partners the opportunity to connect with other pregnant families and gain some perspective, information and support. Covid has definitely changed our lives, and we especially want families to know that they have the support that they need in these precarious times.



Alanna, our facilitator, is a doula, mother, yoga instructor and nursing student. She has been working for the LDWC with young families for the past two years, and has previous experience as a birthing aide. She will guide the discussions and also offer one-on-one support. Exceptionally this winter, the meetings (every Tuesday at 6:30 pm during 4 weeks) will be given ONLINE and there are NO FEES to attend them. For **info and registration: 819-564-6626 or programs@ldwc.ca**



ONLINE YOGA

Give yourself a well-deserved break once a week!

Working from home often means spending many hours sitting down in front of a computer. Why not give your body and soul some tender loving care one hour a week by joining our FREE online yoga sessions **every Monday at 10 am**? Please **register [here](#)** and we'll send you a zoom link. Namaste!

NEW! LDWC BOOK CLUB

Talk about what you're reading.
Make friends with other readers.
And don't even leave your couch!

Join our new Women's Book Club! Each month, we will host a virtual book discussion on Zoom. You'll have a chance to share your thoughts and impressions and hear from others about how the book impacted them. The group starts **online Wednesday February 3rd at 1:30 pm**. Please register for FREE **[here](#)**.



"PARENT TAP" IS BACK!

Join Charity Jayne Kerrigan, Early Childhood Education Specialist, in a series of insightful workshops

The world for families has been turned upside down this year, and while our kids have shown incredible resilience there is still an increase in anxiety and alarm. Join us in coming up with strategies that help protect our relationship with our children and how to buffer the effects of the changes experienced this year. This **series of 5 workshops** will take place **ONLINE one Saturday per month beginning at 10 am**. Here is a list of the topics that will be covered at each meeting: **January 30th:** Anxiety and Alarm / **February 13th:** Tears and Tantrums / **March 13th:** Building Relationships / **April 10th:** True Play / **May 8th:** Siblings. Please register for FREE at **[here](#)**. We'll send you a zoom link to attend each workshop.

NEW! MOMMY MEET-UP

Learn, share, have fun and connect

Starting February 2nd, join us for "Mommy Meet Up" **every Tuesday morning at 10 am** for an **ONLINE meeting** among English-speaking mothers of the Townships with children aged 0-5 to help break the isolation. A variety of thematic discussions and workshops will be animated by the LDWC playgroup facilitators, Alanna Fernandes, mother and doula, and Georgia Barratt-Lemey, Early Childhood Education student. The topics discussed will include infant and toddler's sleep and kids' nutrition, to name a few. There will also be online practical workshops where we will make a **relaxing eye pillow**, do **fabric painting** and make **homemade hand cream and diaper cream**. All the material will be supplied to each mom before the workshops. **Info and registration: 819-564-6626, programs@ldwc.ca or sign-up [here](#).**



CALL TO ALL SAAVY OR ASPIRING GARDENERS

The LDWC wants you on its Community Garden's Committee

After a first successful year, we will be expanding our Community Gardens and developing new projects like a straw bale garden, which will make the activity more accessible for our elderly members. We will also keep a special plot for kids. In fact, we are so excited about all these new projects that we want to make sure that our members share our enthusiasm and take part in the planning of it all. So if you would like to be involved on the **Committee** that will be in charge of preparing the next growing season (planting schedule, choice of vegetable varieties, composting, ordering supplies, etc.), mention your interest to Lucie at **programs@ldwc.ca**

WE NEED GARDENING TOOLS!

Do you have old gardening tools that you no longer need?

In order to limit our costs and continue to offer a free access to our Community Gardens for our members, we ask our community for donations of tools that will be put to good use as soon as the ground thaws! We need shovels, rakes, trowels, forks and wheelbarrows. Please get in touch with us if you have any gardening implements to donate: **819-564-6626** or **programs@ldwc.ca**



MORE ACTIVITIES COMING YOUR WAY IN THE NEXT COUPLE MONTHS

We have quite a few more workshops in preparation for the winter and early spring. Here is a preview of what's to come...

- Start your own seedlings
- Learn the basics of watercolours
- Creative Journaling for self-exploration
- Organic Gardening

