

DECEMBER 2022
& JANUARY 2023

MONTÉRÉGIE

WEST COMMUNITY NETWORK



A word from
Pauline



Merry Christmas and a Happy New Year.

Our Team at MWCN would like to wish all our Partners and community members a Very Merry Christmas and a Happy New Year.

May this holiday time be spent with family and friends reminiscing on the many wonderful memories and traditions you share and creating new memories that will carry you through the year.

MWCN has been very blessed to have had a year of expansion thanks to the funding we have received from our Federal and Provincial governments that has enabled us to reach out to many of you and create new activities, connections, workshops, and partners.

May 2023 be a prosperous year filled with love, and good health.

Pauline Wiedow - Executive Director

WE WISH YOU A MERRY
CHRISTMAS
AND A HAPPY NEW YEAR

Remembrance Day



We would love to share this letter by Enoch Lee (Capt) addressing teachers, staff, and volunteers of Gault Institute in 2022 Remembrance Day:

Dear teachers, staff, and volunteers of Gault Institute,

I wanted to take a moment to sincerely thank you for the privilege of attending today's Remembrance Day ceremony at your school. What a thoughtful, well prepared, and meaningful ceremony it was. As I shared in the staff room afterwards, I am indebted to the sacrifices of Canadian soldiers who fought so valiantly during the Korean War for my grandparent's freedom. In particular, the Princess Patricia's Light Infantry Regiment who played a pivotal role in turning the tide of the war by defending Hill 355, which was a Regiment that was founded and established by Hamilton Gault, the son of Frederick Gault whom your school is named after. Though I was a guest, I, myself, was there to pay respects to the historical significance that the Gault family represents to me and my birth country; It was an honour to be in attendance for many reasons. I also saw the faces of my own children (Noah 4 and Jimmy 3) represented in every child that attended and it reminded me of the honour and privilege of wearing this uniform.

I wanted to thank you all because as you greeted me and shook my hand, your warm and kind energy and smiles reminded me of a very special teacher named Mrs. Chris Thullner. My family emigrated from South Korea in 1997 and we found ourselves in the harsh winter of Winnipeg, MB. I didn't even know the alphabet and it was a hard transition due to the cultural differences and my lack of English. Today, I was reminded of my Gr. 4 teacher who took me out of ESL classes and accommodated me in her classroom. She made me feel included, she paid special attention to me, she tailored every assignment for me, she tutored me after school every Thursday one-on-one, and even helped me make friends by affirming my hobby of drawing. In short, she went above and beyond. Most importantly, I will never forget her warmth, her smiles, her hugs and her encouragements. Today, each person that I met, shared in the same spirit of love and passion for nurturing these precious little ones and sowing seeds of life-giving encouragements.

I want to take a moment and recognize all of you as the underappreciated and unsung heroes of our society. Thank you for all that you do for the children, all that you put up with, in sickness and in health, through thick and thin, through COVID, you did not give up on teaching, mentoring, loving and raising the next generation. Though we did not share many words, you have inspired me and encouraged me - we are all one the same team. I can tell that Gault Institute is blessed with special people who have selflessly given themselves so that our children may grow up and do the same. It was very touching to be in your midst. To be reminded. This Sunday, I will pass on the children's thank you notes to the Veterans of Legion 146 in Beauharnois.

May God richly bless you,

Enoch.

Enoch Lee (Capt)

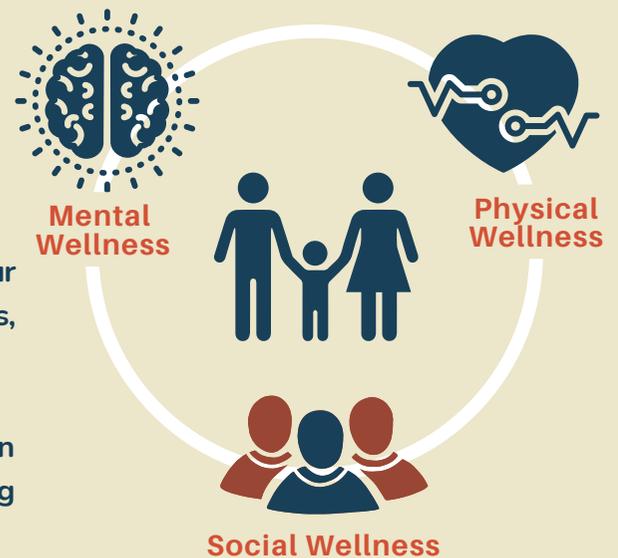
MWCN Annual Community

Health Fair

Together, for the Wellness of all

On November 12th, MWCN had the pleasure of hosting our very first Health & Wellness Fair for Vaudreuil-Soulanges, held at the Omni-Centre in Pincourt.

Close to 300 people attended, gathering valuable information from 36 organizations who gladly participated in promoting their services and resources.



This was an event that everyone came away with a newfound knowledge of what resources are available to them in the area, and where the organizations were able to network and exchange ideas between themselves.

A special thank you goes to our wonderful volunteers without whom this event would not have been so successful!

We were also thrilled to host presentations of the new Vaudreuil Hospital both in English and French with speakers, Vincent Veilleux, Director of Major Infrastructure Projects, April Fequet, Coordinator of Professional Practices & Services, and Stéphanie Higgins, Building Consultant. The proposed date to open the hospital will be in 2027 and create 3,200 permanent positions.

MWCN is YOUR community network, providing resources in Health, Education, and Social Services. We are proud to be serving all of Monteregie West!

Lorie Marcotte
Coordinator of Community Development
Pincourt

Employability at the Fair

MWCN's Employability Services were delighted to have a great turn-out during the Health Fair for its collaboration with P.S Jeunesse Vaudreuil & Vision Travail. P.s Jeunesse offers an array of services for students & job seekers aged 18+, whereas Vision Travail specializes in employment services, part-time work options and career transitioning for individuals 40+.

Both partners offer their services in English at their Vaudreuil locations. Speak with MWCN's employability services for a direct referral to these services. At the fair, our interactive table included a Family-Feud game "Employability Edition" and a "Spot the CV Mistakes" game as well as on-site assistance from employment counselors. Participants were entered to win a beautiful gift basket!

Laura Bustamante
Employability Coordinator
Community Sustainability & Development



WE ARE SO THANKFUL!!

As the year draws to an end it is time to reflect on our blessings and being thankful for all the activities, we are able to share together as a team and community.

Each week we hear comments from our members on how thankful they are to have MWCN and partners in their communities. From cultural events, exercise classes, conversation cafes, we touch many lives in a positive way, for this we are thankful.

Our ability to address such sensitive topics as dementia with a live performance titled "Losing Control" to a viewing of the documentary "What we choose to remember" followed by discussion with the film maker, is very special, for this we are thankful.

We are so fortunate to be able to work alongside our partners within the community on projects such as the "Art-Porte Moi" in the creation of our library door; the dedication of the teachers and students along with the sharing of their talents with the community, for this we are thankful.

Our ability to share of ourselves, our services with our partners to the community and surrounding communities with such special events such as "Communi-T Nights". For this we are thankful.

I am thankful of the generosity of our members, when looking to support one of our partners Residence - Elle, the request for used luggage pieces was successful, they were touched by our support, and they were thankful.

In supporting the needs for physical fitness for our seniors, our community partners opened their doors to us allowing us to offer such courses as chair yoga, senior fitness and pickleball. We not only touch the lives of our seniors but also have an impact with younger members of our communities, with such activities as the Bookworm club with the Little Green Library, the Friday playgroup in Ormstown with Une Affaire de Famille and the Village Church. Once again, we are so fortunate to work alongside our partners, and have such a positive impact within our communities, for this we are thankful.

As December fast approaches we have one last special event we are working on. We are asking our members to share what they can with the members of our communities most in need. We are collecting non perishable food items to help build food baskets. We have already received many items, for this we are thankful.

We look forward to sharing many more activities with you in 2023 And for this we are most thankful !!!

Nora Donnelly
Outreach Coordinator
Huntingdon

Spreading Christmas cheer throughout the Hemmingford community

MWCN Hemmingford has been busy working together with our Partners in the Community. Since September, MWCN has been working diligently with a dedicated committee to organize a Christmas lunch for the children and staff of the Hemmingford Elementary school. Our local caterer will be preparing a delicious home cooked Christmas lunch including turkey, meat pie, mashed potatoes, and veggies along with some delicious baked desserts prepared by our fabulous volunteers. Thanks to two incredible donations from Karen Kurtz a Residential and Commercial Real Estate Broker for Remax and the Quebec Literacy organization, every child will go home with a gift and a book. It will be a very special Christmas celebration within our local school to be held on December 16th.



In November, MWCN partnered with the Hemmingford Cookie Walk Organization and together we baked 130 apple pies and 130 meat pies to complete their Christmas care packages. These carefully planned packages will be delivered to members within the community that are living alone. Last year the Cookie Walk Organization was successful in delivering 79 bags to our more isolated community. This year 130 packages will be delivered. MWCN is proud to partner with an organization who is meeting the needs of the more isolated community during Christmas. This is a wonderful initiative that has begun and MWCN's Hemmingford office, lead by outreach coordinator Tina Calvarese, feels very privileged to be a part of this very warm and caring community. It is evident that Hemmingford people have a strong community spirit.

Also in November, at the request of the local church group, MWCN was able to get involved with the Service d'Action Bénévole "au Coeur du Jardin" by putting together 30 boxes filled with toys and books that will be delivered to children in Africa. A simple gift box that will deliver good news and spread joy into a child's life for Christmas.

Tina Calvarese
Outreach Coordinator
Hemmingford

Testimonials from the Health Fair

Close to 300 people attended, gathering valuable information from 36 organizations who gladly participated in promoting and sharing their services and resources.

I was blown away by the number of kiosks at the event and the extent of services available in our area that I had not even been aware of. I ended up spending the whole day there and got so much useful information thank you so much for organizing this! Jenny Sousa, Pincourt Resident

What a fabulous day we had! Thanks to you and your team and the volunteers and everyone that participated!

Shirley McCallum, Community member & Volunteer

Thanks for a well organized and inviting environment in which to network with likeminded in community development. Your leadership is of greatest importance to meeting needs of our communities.

Thank you! You are important to us. Marion Lowe Mc Lean, LPG-BRIDGES

Belle organisation, beau succès.

Sylvie Pelletier, Directrice générale COMQUAT

Les grands esprits se rencontrent !

Merci ! Laurent Magnier-Bergeron, Via l'Anse

Thank you for organizing such a successful event.

Louise, Claudia and I really enjoyed the networking and meeting so many people. Great visibility opportunity for NOVAWI!

Best regards, Marie-France Juneau , NOVA West Island

Thanks for the super organization... I met amazing people!!!!!!!!!!!!!!

Have a wonderful day. Chantal Bergeron, Association Fibromyalgia

**Our offices will be closed
from the 22nd of December 2022 to the 9th of January 2023**

MONTÉRÉGIE WEST COMMUNITY NETWORK

Our Offices in Five Regional County Municipalities

Roussillon - 255 Blvd. d'Anjou, Suite 203, Chateauguay QC J6J 2R4 / 450-691-1444

Candiac 9 Blvd. Montcalm N, Suite 512, Candiac, QC J5R 3L4 / 438-455-2747

Beauharnois-Salaberry - 72 Rue des Écossais, Beauharnois, QC J6N 1Z1 / 450-691-1444

Vaudreuil-Soulanges 117 Cardinal Leger, Pincourt, QC J7W 7A8 / 514-425-0399

Haut-Saint-Laurent/Chateauguay Valley - 72 Dalhousie, Suite 201 Huntingdon, QC J0S 1H0 / 450-264-3596

Jardins-de-Napierville - 476 Rue Frontière, Hemmingford, QC J0L 1H0 / 514-249-5539