



**MONTÉRÉGIE WEST**  
COMMUNITY NETWORK

JUNE & JULY 2024

## A word from Pauline



Dear Members, As we embark on a new fiscal year following our year-end on March 31st, we are excited to share some important updates with you. The MWCN staff is diligently preparing their reports for our upcoming Annual General Meeting, scheduled for June 11th. This event will take place at the Chateauguay Branch 108 Legion from 4-7 PM, and we warmly invite you all to attend. To register, please contact Tonya, who will graciously assist you at 450-691-1444.

We are honored to announce that Charles Taker, Commissioner's Representative of the Office of the Commissioner of Official Languages for the Quebec and Nunavut Region, will be joining us.

Additionally, we are thrilled to welcome Hugh Maynard, Publisher and Director of The Gleaner, who will be present to greet you. Hugh will be receiving the 2024 Community Building Award in recognition of his significant contributions. As the founder of Qu'anglo Communications & Consulting, Hugh has been instrumental in supporting the English-speaking community.

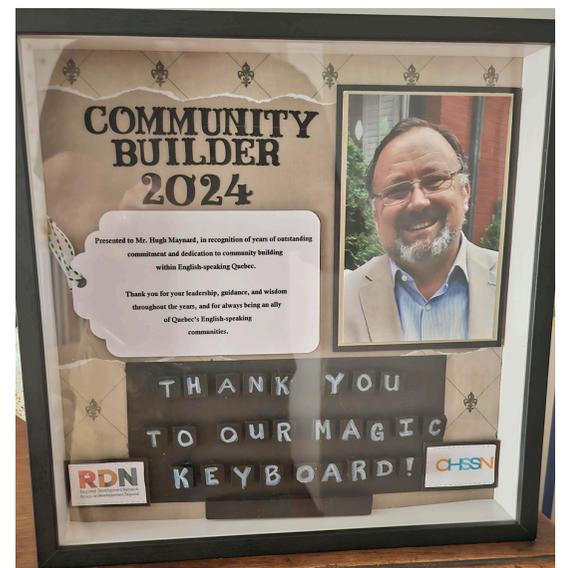
Reflecting on the past year, we are proud of the tremendous growth our organization has experienced. This success is attributed to the unwavering dedication of our 13 employees, who have worked tirelessly to engage their communities. Through their efforts, we have successfully combated isolation and provided numerous opportunities for knowledge sharing and community participation.

Our activities have included creative workshops, wellness support, exercise sessions, yoga, and the increasingly popular pickleball. For those of you who have not yet joined our organization, we encourage you to do so—participating in our community activities can truly be life-changing.

To our existing members, we extend our heartfelt gratitude for your continued support and active participation. Your involvement is the cornerstone of our community's strength and success.

We wish you all a wonderful and safe summer and look forward to seeing you at the Annual General Meeting.

Pauline Wiedow - Executive Director





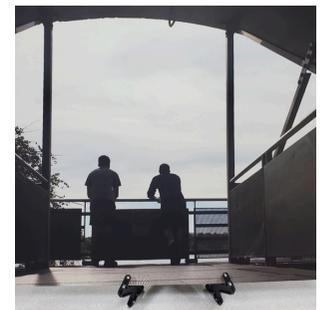
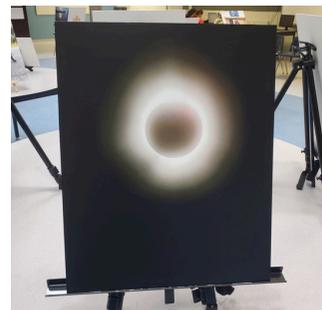
# LOVE Program Art Expo



MWCN and LOVE (Leave Out Violence Everywhere) have once again collaborated at Chateaugay Regional Valley High School (CVR) in Ormstown. MWCN facilitated the LOVE program's 3 x 12-week Mixed Media Arts and Leadership Programs for Alternative Grade 9 & 10 students, along with those from the Work-Oriented Training Program, from October 2023 to May 2024. We worked with over 45 students in the 3 classes.

LOVE (Québec) annually involves over 2000 youth, guiding them on a journey of self-discovery to help them become leaders in their schools and communities. LOVE offers a safe space for youth to foster a sense of belonging. Participants develop their storytelling skills through writing and photography, share their stories with peers, enhance their emotional intelligence, and inspire positive change.

On May 14th, 2024, we hosted our second annual, year-end Vernissage in the CVR library, showcasing the students' work. Each photograph and journal entry offered a unique glimpse into the world as seen through the eyes and words of these talented students. Laughter, conversations, and shared moments of reflection filled the air, creating a sense of unity and appreciation for the creativity that flourished within the school community. It was a celebration of art, storytelling, and the power of self-expression, leaving a lasting impression on all who attended.



Joanne Basilières - Employability & Mental Health Coordinator

# I Belong Mural

Sayard Chartrand, an alternative program teacher at Chateauguay Valley Regional High School, approached us in late fall with the idea of creating a mural in her classroom. She wanted to instill a sense of belonging to her students.

Together we came up with the idea of creating an intergenerational activity where young and old could come together to discuss what it means to "belong" in our community. During this activity, participants were asked by our artist, Line Desrochers, to draw what they thought represented a sense of belonging. Most participants came up with the idea of growth and growing together. Together with the artist, the students and members of MWCN decided on the idea of drawing a tree with roots and the phrase "I belong" in the middle. Students and members of MWCN helped paint the mural with the artist. A total of 25 students in grades 9 and 10 worked on the project with four MWCN members.

This was a beautiful project. The students were very welcoming and the conversations that came out of it were truly amazing. Intergenerational activities bring younger and older generations together for a common purpose. They build on the strengths that different generations have to offer, fostering understanding and mutual respect.



Nadya Kovacs, Outreach & Program Coordinator Huntingdon

# Mural- Chateauguay's Community Space

As everyone knows Chateauguay opened up a new community space last October. The space is used daily for our various activities, but the main wall was in desperate need of a big piece to showcase what MWCN is all about!

Jasmine Gauthier-Esdon, creator of Caim Pieces, a wonderful artist in the Chateauguay region was the perfect person to personalize a mural for us! The mural started in late February and it was finished in April. A few of our members contributed to the mural by painting flowers and leaves that are displayed in the mural.

The mural consists of a tree with helping hands in the bark of the tree and the roots are built upon the book concepts of community. There is a maple leaf, fleur de lys and feather to acknowledge the special history of this land, and there are images of the various activities that are held at MWCN. Lastly, we were able to add in a special furry friend of MWCN; Paz, the guide dog of one of our members and the dog who captured the hearts of many of our members.

We would like to say a special thank you to Jasmine, you captured what MWCN is about. We are so happy with the final product and it will continue to be a great conversational piece for our members, and partners.



Tonya Wright, Administrative Assistant

## V-S Spring Fair in Pincourt

MWCN Vaudreuil-Soulanges hosted it's first Spring Fair on Saturday April 13th, 2024. It was a busy day at the Pincourt office as we welcomed 12 vendors and over 100 shoppers who came throughout the day.

The spring fair was a great day connecting vendors to community members of all ages. Our vendors brought a diverse array of products such as jewelry, homemade cards, clothing, essential oils, woodwork, Tupperware, and collectables. We also had tables offering services and information on Pincourt garden plots, dental services, and MWCN handed out a wide variety of brochures and pamphlets, including our newsletters and membership forms.



We'd like to give a big thank you to all of our volunteers for donating baked goods and giving their time to help make this event so successful. We'd also like to thank Sherri Novack for donating a Tupperware set for our raffle. All the money raised went directly to MWCN.



Bryanna Wilson - Outreach and Project Coordinator - Vaudreuil-Soulanges

# MWCN Youth Gala

## Celebrating the Achievements of the 2024 Graduating Class

On Friday, May 24, the Montérégie West Community Network (MWCN) held its annual Youth Gala, a cherished tradition that has been celebrating the accomplishments of young students since 2019. This year's gala was a night to remember, honoring the achievements and contributions of the 2024 graduating class.

The event highlighted the critical support from community partners, including Caisse Desjardins and Mr. Richard Dubois, whose generous funding has provided bursaries for students excelling in perseverance, leadership, and excellence. Their contributions have been pivotal in recognizing and encouraging the hard work and dedication of these young individuals.

The gala also received significant support from key community figures, including MNA Marie Claude Nichols, Marie Lynn Picard, the mayors of seven communities, and Member of Parliament Peter Schiefke. Their presence underscored the importance of these young students, acknowledging them as future leaders of our community.

A special recognition was given to NPI coordinator Clément Bergeron, whose vision and passion have been instrumental in making the Youth Gala an annual celebration. His dedication has ensured that the event remains a platform for celebrating the youth and their remarkable contributions to their schools and communities.

The evening was a testament to the tremendous capabilities and creativity of the students. Their initiatives, tenacity, and creativity have not only brought pride to their parents but have also earned the admiration and support of the entire community. The teachers, who have guided these students through their educational journey, were also honored for their unwavering support and belief in their students' potential.

The MWCN Youth Gala continues to be a beacon of hope and inspiration, showcasing the bright future that lies ahead for our young leaders. Congratulations to the 2024 graduating class for their outstanding achievements and contributions!



# MWCN in Beauharnois

Exciting news for English speakers in Beauharnois!

MWCN has partnered with Club des Aînés Melocheville to establish a vibrant new hub for community activities catered for the English-speaking community.

Starting now, residents can look forward to a range of engaging activities designed to foster connection, fun, and wellness. Every Friday morning from 9:00 am to 12:00 pm, the community space will host Scrabble and pool sessions, providing opportunities for friendly competition and socializing.

For those keen on staying active, there's a walking group meeting every Friday from 10:00 to 11:30 am, offering exercise and camaraderie against the backdrop of beautiful Beauharnois scenery.

And for those who love to dance, MWCN invites you to join their 6-week Zumba sessions starting May 3rd, from 9:00 to 10:00 am. Priced at just \$30 for the entire program, it's a fantastic way to get fit and have fun in a supportive environment.

This collaboration between MWCN and Club des Aînés Melocheville promises to be a boon for the English-speaking community, providing a welcoming space where residents can connect, stay active, and enjoy each other's company. Don't miss out on the opportunity to be a part of this exciting initiative!



## 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

Beauharnois - 380 Boul de Melocheville, Melocheville, QC J0S 1J0 / 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



Community Health and  
Social Services Network

[www.mwcn.ca](http://www.mwcn.ca)

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