



MONTÉRÉGIE WEST
COMMUNITY NETWORK

JUNE & JULY 2025

A word from Pauline



Dear Members,

MWCN is in the process of preparing for our Annual General Meeting which is taking place on June 17th from 4-7 at the Omni Center in Pincourt. As many of you know, we have different locations in the Montérégie West so we thought this year, for the first time we would spread our wings and reach out to the Vaudreuil-Soulanges community. You are all invited, we would just ask that you register with Tonya at 450-691-1444.

The MWCN is very proud of our accomplishments and the fact that we have been able to expand successfully throughout the Montérégie West. This has been made possible through our funding from the Secrétariat aux Québécois d'expression anglaise and Community Health and Social Service Network as well as Canadian Heritage. We would like to share our successes and invite you to mingle with our Board of Directors and Staff. It is an occasion where we also elect a new board.

MWCN is a non-profit organization that supports the English-speaking Community throughout the Montérégie West. We take pride in our work of bringing together our partners, Francophone, Anglophone and Native American who are all very important to us. We strive to work together to build a solid community of informed, healthy citizens throughout 68 municipalities with 16 dynamic employees and 3 summer students. Our team are on many tables with our partners to assure that we are well represented on each table in each Municipality.

I am always moved by the incredible people I get to work with throughout Quebec and in our community. You are being supported by a community of like-minded people who are committed in their responsibility to make life better for all members of society.

Wishing you a wonderful summer that will provide you with time to re-energize, relax, and enjoy special moments with family and friends.

Pauline Wiedow - Executive Director



AFTER SCHOOL FUN PROGRAM IN HEMMINGFORD

Since opening its doors in 2022, the Hemmingford office has proudly hosted a vibrant after-school program designed for children aged 5 to 12 from the local community. This engaging initiative provides a fun and welcoming space where kids can unwind after a long school day through creative and hands-on activities.

Each afternoon, children from both the French and English elementary schools in Hemmingford come together for an hour of arts and crafts, laughter, and connection. What makes this program truly special is the natural blending of languages and cultures—students from different linguistic backgrounds collaborate and play side by side in a fully bilingual environment. The ease and joy with which they communicate and form friendships highlights the strength and harmony of our diverse community.

This year, we are especially excited to welcome Carolyn Kyle Schmidt, a beloved teacher from Hemmingford Elementary, as the program's new host. With her boundless creativity, warm presence, and genuine passion for working with children, Carolyn brings a wonderful new energy to the program. Her dedication ensures that each session is not only fun and imaginative but also nurturing and inclusive.

The after-school program continues to grow as a cornerstone of community engagement, fostering friendships, creativity, and bilingualism, all while offering children a positive space to express themselves and belong.



Tina Calvarese
Outreach Coordinator - Hemmingford

Volunteer Luncheon - Mother's Day Tea - Châteauguay

The past few weeks have been busy here at MWCN, celebrating our precious volunteers and the women in our lives.

The annual Volunteer Luncheon was a great success with 33 volunteers attending. We were treated to delicious food at our partners at BLVD Bar & Grill. The starter, a delicious, fully loaded nacho plate, followed by a generous three taco main course. It was a symphony for the tastebuds! Volunteers were each given a thank you gift and message about how integral and appreciated their contribution is.



Volunteers are the backbone of our organization. Without them, we would not be able to do all that we are doing. Having volunteers means we can offer more activities and creates a very strong and vibrant community. Thanks again for all that you do!

We also had a Mother's Day Tea Party, celebrating the women here in the MWCN family. It was a time of hilarity and fellowship with 39 in attendance. We had a trivia game, hat contest with a bit of music and dancing. We also had delicious goodies from our volunteer bakers, including date squares, lemon loaf, butter pecan cupcakes, fudge, brownies, apple cake and many others. Thank you to all of those who put time and love into baking goods for your fellow sisters!

Mother's Day Trivia:

Which flower is traditionally associated with Mother's Day? Carnation

What color is typically associated with Mother's Day? Pink

What year was the first Mother's Day celebrated? 1908

How many diapers does a mom change before her baby turns 2? 6,000-8,000!

What animal is pregnant the longest? Elephant (nearly two years)

What is the longest a human female has ever been pregnant? 375 days

How old is the oldest woman to give birth? 74



Patricia Hannan

Network Partnership Initiative (NPI) - Chateauguay/ Outreach Coordinator

A Wonderful Mother's Day Celebration in Pincourt

On May 8th, the new Pincourt office located at 95 – 5th avenue, had the pleasure of treating 32 special women to a Mother's Day Tea and Pastry party. Our new community space was beautifully decorated, and we easily sat everyone comfortably, with even more room to spare. Our wonderful staff, Bryanna and Alexa expertly prepared and poured the numerous cups of tea that were served along with scrumptious pastries made that morning by Les Moulins La Fayette in Ile Perrot.

The time was spent with our members sharing wonderful memories and stories about their own mothers, and the history that shaped their own experiences of what motherhood meant to them. There seemed to be a common consensus that LOVE of FAMILY but CHALLENGING was felt by all.

MWCN V-S would also like to thank the teachers and students of the 5 elementary schools that participated in making beautiful Mother's Day cards for our senior members:

Edgewater and Saint Patrick Elementary in Pincourt, Pierre Elliott Trudeau in Vaudreuil, Evergreen in Saint-Lazare, and Soulanges Elementary in Saint-Télesphore.



Lorie Marcotte

Coordinator of Community Development & Special Projects, Vaudreuil-Soulanges

What makes a community partnership successful?

In my opinion, it's working with like-minded people towards a common goal.

In the HSL region, we are fortunate to have partners who share our vision and values.

On May 15, MWCN, Les Aidants HSL, and our community organizer, Anzye Goyette from CISSMO, came together at the Huntingdon Legion to present a full-day conference to the region.



As part of the mental health awareness campaign, the HSL Distress Committee provided funding for this event. The HSL Distress Committee has existed since 2008, aiming to prevent social distress and suicidal crises.

The day's theme was stress management and addressing frustration within the healthcare system for English speakers. Participants were provided with tools for their overall well-being. Special guest Faye Assee proved to be an excellent speaker and resource.

Julie Gergely led a chair yoga session that was very well received; this activity can be done at almost any age. If you are interested in learning more about chair yoga, please reach out to me.

CAAP Montérégie provided informative sessions on “Dissatisfaction in the Healthcare System” and “Problems with Leases in Private Senior Residences.” They can be reached at 1-800-263-0670. Close to 70 people attended the event. This proves that the power of partnership is strong within the HSL region.



Nora Donnelly
Outreach Coordinator - Huntingdon



A Fresh Start for Inclusion: Our New French Immersion Program Is Underway!



A New Initiative in Montérégie Ouest!

We're proud to launch a French Immersion Program through the Regional Development Network (RDN), funded by the Secrétariat aux relations avec les Québécois d'expression anglaise. As one of Quebec's most English-speaking regions, Montérégie Ouest is the perfect place to bring this initiative to life.

Bridging Communities Through Language

This new program helps English-speaking job seekers gain confidence in French and integrate into francophone workplaces.

Local Employers on Board

Eight French-speaking employers are already welcoming participants: Canadian Tire (Châteauguay & Delson), Euro Deli (Châteauguay), Transport White Glove (Châteauguay), Fromagerie Ruban Bleu (Mercier), Korfit Medical (Delson), and Anatis Bioprotection (Saint-Jacques-le-Mineur). We're also expanding into Vaudreuil-Soulanges.

Powered by Collaboration

In partnership with CJE, ACT, CRESO, CEP, and Nova Career Centre, we're connecting candidates with meaningful opportunities.

What's Next?

Participants take part in a 12-week immersion journey with:

- Weekly Zoom sessions
- Interactive workshops
- Practical communication tools
- Ongoing support

This is more than language training, it's about building confidence, connections, and a stronger bilingual workforce.

Stay Tuned!

Stories and updates coming soon, the impact is already underway.

Susel Martinez - Special Projects Coordinator





UNTOLD STORIES



In recent years, MWCN prepared informative books for our members, for example, our latest book in 2024 “Kahnawake Heritage Booklet”. A comprehensive guide that delves into the rich cultural and historical tapestry of the Kahnawake community.

We have been inspired by the participation of our community in making these books a success, while also showcasing the diversity in our territory. We are now working on our next book “The Untold Stories of Chateauguy”.

Storytelling is what connects and brings the community together and is key to building strong connections and relationships. Shared experiences and values, build common interests ultimately strengthening community bonds.

Chateauguy is made up of amazing individuals, and taking time to share your stories may inspire others to join in. I mean, who doesn't love a good story!?

Do you remember “Rustik’ restaurant and their “dinner shows” show casing many artists! The two tragic fires sadly escalated their closure.

Do you remember the Restaurant de la Marina? The Riverview Hotel? The Beach Hotel?

Do you remember and have a story about the construction of the autoroute 30?

In the times when Chateauguy was referred to as having 5 areas, Centre, North, Station, Height and West end!

Come join us at our next Coffee and Conversation and we can reminisce together and discover some of your memories!

Share with us, whether it's a piece of local history, a memorable event, a personal anecdote, a recipe, a poem, how you built your business, etc....we are all ears and so excited to gather all your memories in one interesting book!

Françoise Goulet - Office Assistant

MONTÉRÉGIE WEST COMMUNITY NETWORK

Our Offices in Five Regional County Municipalities

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

Beauharnois - 380 Boul de Melocheville, Melocheville, QC J0S 1J0 / 450-691-1444

Vaudreuil-Soulanges 95 5e Avenue, Suite 100, Pincourt, QC J7V 5K8 / 514-425-0399

Haut-Saint-Laurent/Chateauguy 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