

McGill Language Program

The MWCN was pleased to acknowledge the success of 2 CISSMO employees, Ms. Kim-Isabelle St-Yves, speech therapist at the MHPD, and Ms. Sherley Goulet, clinical nurse at the DPD, for having completed all the levels of the McGill English language program. A virtual meeting was organized to surprise them in their workplaces.

Ms. Stéphanie Thibert, Training Manager and Assistant to the Director of the DRHCAJ, Ms. Pauline Wiedow, Executive Director of the Montérégie-West Community Network (MWCN), and Ms. Karissa Clayberg, Liaison Officer of the English Language Access Program, were connected to celebrate the event. In addition, a certificate was presented to the graduates in recognition of their perseverance, motivation and dedication to the program.



According to Ms. St-Yves :

“I really liked the online course format. The content was conversational and offered a friendly atmosphere where you could exchange in English about various health issues. This program allowed me to enrich my English vocabulary, improve my fluency and refine my pronunciation.»

Ms. Goulet also expressed her satisfaction with the program:

“The language program has helped me provide better service to the English-speaking clientele, which is increasingly present in our territory. In particular, I appreciated the online formula, which is easy to access and the content is adapted to health professionals. I am grateful to have had the opportunity to take this program and I recommend it without hesitation.»

The McGill English Language Program is a great way to learn or improve your English. It prioritizes oral communication and takes into account the diversity of areas of intervention: health care personnel, social services workers and administrative and reception staff. As part of this program, MWCN provides support activities by offering virtual or face-to-face tutoring to employees enrolled in the program.



Congratulations once again to Ms. St-Yves and Ms. Goulet and we are convinced that this success will have a positive impact on access to care and services in English! Congratulations!

WOULD YOU LIKE TO BECOME A MEMBER?

If you like what you've seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you'll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories. Come join us!



CHATEAUGUAY / CHATEAUGUAY VALLEY

COMMUNITY MATTERS

NOVEMBER 2020

Montérégie West Community Network

The MWCN is a not-for-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie West region.

We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.

Want to become a member?

Please contact the MWCN with any questions or concerns using any of the contact information at the bottom of the page, we'll be happy to help you.

If you're already a member then please enjoy this month's Newsletter.

MWCN Board Elected officers:

Executive Director: Pauline Wiedow
President: Lise Brunette
Vice President: Merlin Halliday
Treasurer: Tracy Wilkins
Secretary: Chunk Halliday
Administrators: Maria Friozzi
 Jayme McClintock
 Don Rosenbaum
 Judith Picard
 Susan Parker
 Kosta Theofanos
 Marlene Davies



REMEMBRANCE DAY 2020

Remembering my Dad, Paul Emile Crevier a Canadian soldier who went overseas for the Second World War as a teenager in 1940. He was in the air force and stationed in Yorkshire, England. This is where he met my mother Jane Ann Blamire who came to Canada as a Warbride in 1946, carrying me, to join up with my father, her husband. This was an era where many lives were changed forever.

In my dad's papers, I found this....A Silent Tribute which was part of the Victory Day 1945 Church service in Yorkshire England.

Though brief the time with bending head,
 Dream visions pass with martial tread,
 Of legions answering to the call,
 Brave hearts that stayed a nation's fall.
 We see again the battle's grime,
 In this short interval of time.

Before Thee, God, we humbly stand,
 In tribute to that gallant band
 Of soldiers, sailors, airmen, all
 Who gave their lives at country's call,
 And now our prayers rise up to Thee,
 In reverence to their memory.
 Mary J. Barron

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Networking - how to develop a collaborative English-speaking community.

By Clément Bergeron

In November 2018, I became the Coordinator of the Network Partnership Initiative (NPI) of Vaudreuil-Soulanges for the Montérégie West Community Network (MWCN).

We immediately began working from a blank page and developed a plan to mobilize the English-speaking community of Vaudreuil-Soulanges. At that time very few people in Vaudreuil-Soulanges were aware of the existence of the Montérégie West Community Network (MWCN) whose office was located in Chateaugay.

From the beginning we identified 7 cities that make up 90% of the English-speaking population of Vaudreuil-Soulanges; these cities are Pincourt (7,000), St-Lazare (8,000), Vaudreuil-Dorion (12,500), Hudson (3,700), Ville de l'Île Perrot (3,300), Notre-Dame de l'Île Perrot (3,200) and Rigaud (1,500).

Subsequently, we met with the authorities of these cities to promote the MWCN and obtain their collaboration in serving the English-speaking community. As NPI coordinator, I met with the authorities of these cities individually to promote the MWCN and share the intentions of this organization and their mandate. This proved to be a difficult process in some areas, however we ultimately succeeded in forming partnerships as well being recognized by most of these cities and find value in realizing many current activities as well as a promise of many more in the future.

Our partnership with the Centre intégré de santé et de services sociaux de la Montérégie Ouest was initially formed because of a mandate already in place with our funder, Community Health and Social Services (CHSSN). Our partnership with the Lester B. Pearson School Board and 11 elementary and secondary schools in Vaudreuil-Soulanges was formed as we persevered with a plan of creating a Youth Gala which was realized in May 2019 and well attended by 450 community members. All gathered at the Ile Perrot Community Centre and \$8,000 in bursaries to 56 young people were made possible thanks to our partnership with Caisse Populaire Desjardins de Vaudreuil-Soulanges.

In our effort to be recognized, we met with the provincial and federal MPs of Vaudreuil-Soulanges, Marilyn Picard, Marie-Claude Nichols and Peter Schiefke, who demonstrated a strong desire to offer their support.

We felt that a representations to regional authorities such as the MRC, the Conseil des Arts et de la Culture, Economic Development, the Chambre d'industrie et de commerce, Emploi Québec, the Community Development Corporation and the Sûreté du Québec was also very important and we were well received by all of the above mentioned establishments.

We held 7 focus groups in the 7 named cities with 56 representatives of the English-speaking community to identify with them what their expectations are. This culminated with a

Partner's Forum held in February 2020 with 75 representatives of cities, institutions, and organizations of Vaudreuil-Soulanges to develop a five-year action plan for the Vaudreuil-Soulanges English-speakers.

We contacted the 50 or so organizations that serve the Vaudreuil-Soulanges community for early childhood, youth, people with disabilities, seniors and caregivers, and we entered into several partnerships to offer a program of 13 conferences on various subjects related to health, education, culture, etc. in the fall of 2020.

In the winter of 2019, We set up a permanent NPI coordination committee for Vaudreuil-Soulanges with representatives of the above-mentioned cities and organizations as well as private citizens. We also opened a permanent office for Vaudreuil-Soulanges in Pincourt in the summer of 2019. This past summer we had four employees, including 2 students, working for the English-speaking community of Vaudreuil-Soulanges.

Following these steps, we are now developing new partnership agreements weekly with all of these organizations to provide services to the English-speaking community of Vaudreuil-Soulanges. We subsequently established a partnership network that has already produced a set of services and our goal is to produce more.

We would like to take this opportunity to thank the local newspapers for their support, Your local journal, The 1019 Report and The Southwest Voice with whom we have developed a weekly news partnership agreement. A special thank you for the commitment of the Caisse populaire DESJARDINS de Vaudreuil-Soulanges to the English-speaking community.

Most importantly the people of Vaudreuil-Soulanges are mobilized for the English-speaking community of Vaudreuil-Soulanges, by and for Vaudreuil-Soulanges.

For more information on the MWCN: www.mwcn.ca

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Photo : Clément Bergeron, Myriam Tessier, Lorie Marcotte, Yvan Cardinal, Pauline Wiedow, Jim Beauchamp, Robert Grimaudo et Joanne Malowany.

NEWS FROM THE HAUT SAINT LAURENT (VALLEY)

THIS AND THAT

"A Walk Through Time" has moved to Zoom!

MWCN is working hard to keep everyone safe and at the same time reach as many people as possible. To help with this, Elliott has moved his weekly "Walk Through Time" presentation online by Zoom. It has been successful to date. We do have space for people without technology to join us within the Wellness Center but space is limited. Our hope is more and more people who can, will try this historical weekly talk by Zoom in the comfort of their own homes.

Elliott has worked with many seniors in the area to get them accustomed and comfortable with this new technology and we have only just begun.

National Seniors Day

Live Your Life & Forget Your Age!



And we are proud to say that is exactly who are seniors are.

Oct. 1st was National Seniors Day and with our original plans cancelled, we were still able to acknowledge and celebrate seniors within our communities with 3 prize raffle bags. These bags were filled with lots of

homemade shawls, gift certificates, new books, etc.

We are happy to announce our Valley winners...Nancy Saunders from Ormstown, Raymond Caza from Howick and Hazel Lapointe from St. Louis-de-Gonzague. Congratulations to all!



MWCN Vintage Photo Contest

To bring more of the community into the Wellness Center, we hosted a Vintage Photo Contest where people throughout our communities could donate old photos of family, buildings and/or scenery from years gone by. The three winners of the contest were...1st place April Donnelly \$100, 2nd place Sandy Belliveau, \$75 and 3rd place Shirley Shearer with \$50.

Congratulations and thanks to all the participants and winners. Elliott is working on a collage of all the photos which will be displayed at the entrance of the center.



VOLUNTEER OF THE MONTH

Volunteers are seldom paid, not because they are worthless, but because they are priceless.

MWCN is fortunate to have so many wonderful volunteers. When we asked our 3 offices for the names of all the people that donated their time this fall, we were overwhelmed with the response. Collectively we had 54 kind souls that had given of their time and energy.

Garcia Warren is October's volunteer of the month. Garcia has been involved in Knitting and mask projects this fall. She is an active member of MWCN, and we are happy to announce that she was randomly chosen this morning as our Volunteer of the month- October 2020.

MONTEREGIE WEST COMMUNITY NETWORK SAVE THESE DATES

- ◊ **Nov.2— Conversation Cafe: Coping with Covid**
From 10:00am to 12:00pm (FREE)
Salle de la Noue, Chateaugay Culture Centre 15 Maple Boulevard, Chateaugay
- ◊ **November 2nd, 9th, 16th and 23rd. —Doodle Challenge Workshops**
2:00 - 3:00 p.m.
Online on Zoom. A link will be sent prior to set up and join weekly meetings.
- ◊ **Session 2: Nov. 3rd & 10th/Session 3: Nov. 17th & 24th— Ins and Outs of Tablets Workshop**
4 - 6 p.m.
255 Boulevard D'Anjou, Chateaugay, QC J6J 2R4 and online on Zoom
- ◊ **Nov.4, 11, 18, 25 & Dec.2, 9 — French Conversation (Limited space)**
7-8 p.m Online on Zoom.
- ◊ **Nov.5, 12, 19 Recharge Workshops for caregivers**
6-9 p.m. Online on Zoom.
- ◊ **Nov.10 — Knitting Group (Limited space) (FULL)**
From 10:00am to 12:00pm (FREE)
Salle de la Noue, Chateaugay Culture Centre 15 Maple Boulevard, Chateaugay
- ◊ **Nov.13, 20, 27— Processing Grief through Scrapbooking**
From 1:00pm to 3:00pm
Will be held at our Chateaugay Office
- ◊ **Nov.16— MWCN Bookclub (FULL)**
From 10:00am to 12:00pm (FREE)
Salle de la Noue, Chateaugay Culture Centre 15 Maple Boulevard, Chateaugay
- ◊ **Nov.17— SAQ (Senior Action Quebec) Webinar**
9:30-11:30 AM Seniors and Cannabis: Everything You Wanted To Know But Were Afraid to Ask!
- ◊ **Nov.17 — Paint Nite Fundraiser (POSTPONED TILL FURTHER NOTICE)**
From 6:30 to 8:00 pm at Blvd Bar and Grill, 100 Rue Kepler, Chateaugay
\$35/person
- ◊ **Nov.18— CHEP Zoom (Community Health Education Program)**
From 10:00am to 11:30am (FREE)
Nov.18 Moving Well During the COVID-19 Pandemic
- ◊ **November 24th — Free Art Workshop**
at MWCN Office 10:00am to 12:00pm
- ◊ **Decemember 3rd — Educatoi Webinar**
From 1:30pm to 3:30pm Tools for Planning Ahead: wills, protection mandates, advance medical directives and powers of attorney.
Online on Zoom