



MONTÉRÉGIE WEST
COMMUNITY NETWORK
FEBRUARY & MARCH 2025

A word from Pauline



Dear Members,

I hope this new year, 2025, has started on a positive and fulfilling note for each of you. At MWCN, we are thrilled to kick off another year filled with exciting activities, meaningful events, and countless opportunities to connect, learn, and make new friends.

On January 27th, we had the pleasure of hosting a highly informative session led by Kirsten and Lylou, two dedicated students from Concordia University who are part of the Sleep Research Team. They shared valuable insights into sleep patterns and provided practical tips for managing insomnia, an issue that affects so many of us.

The event took place at the picturesque Manoir d'Youville, where 54 members joined us to enjoy not only the presentation but also the warm hospitality, complete with their famous apple crisp and coffee. It was a cozy and enriching gathering, made even more memorable by the sound of strong winds swirling outside the historic building.

This wonderful event was made possible through the support of the Greater Chateauguy Seniors Table and funding from the CISSMO Éclairage Program. We are deeply grateful for their partnership, which allows us to bring such valuable programs to our community.

Looking ahead, we are excited to announce another upcoming event through the same partnership and funding. Mark your calendars for May 21st, when we'll gather once again at the beautiful Manoir d'Youville for a presentation on Fall Prevention with Dr. A. José Madeiros. This important topic will be addressed in two sessions: the English presentation at 10:00 am in the morning, followed by lunch, and the French session starting at 1:30 PM.

As with our January event, this presentation and lunch are completely FREE and open to all, but advance registration is required.

To reserve your spot, please contact Patricia at our office by calling 450-691-1444. Don't miss this opportunity to gain valuable knowledge, enjoy a delicious meal, and connect with others in our community.

We look forward to seeing many of you there!



Pauline Wiedow - Executive Director

The First Annual Christmas Village at the Hemmingford Office

This past December, the holiday season was made extra special with the debut of a charming Christmas village at our Wellness Center in Hemmingford. The event marked the beginning of what we hope will become a beloved tradition, thanks to the incredibly generous donation of Mrs. May Comptois. Her contribution transformed our communal room into a winter wonderland, featuring a festive village that beautifully mirrored the spirit of the Hemmingford community.

The enchanting Christmas village was more than just a display—it became a gathering place where both the young and the young at heart came together to experience the magic of the season. From cozy cottages to twinkling lights, the village captured the warmth and joy that define this time of year. It brought smiles to the faces of all who visited and offered a moment of peace and nostalgia amidst the busy holiday season. In the spirit of community, we welcomed everyone to stop by, take in the sights, and enjoy the company of friends and neighbors. Whether admiring the village, sharing stories, or simply relaxing with a warm cup of coffee or hot cocoa, visitors embraced the festive atmosphere. The Hemmingford office looks forward to continuing this tradition annually, with plans for the village to grow and evolve each year, just like the strong bonds we continue to build within our MWCN family.

As we reflect on this wonderful celebration, we extend our heartfelt gratitude to everyone who joined us and contributed to making it such a memorable event. We also want to take this opportunity to wish everyone in the MWCN family a joyful and peaceful year ahead. May the warmth and happiness of the holiday season continue to inspire us as we move forward together.



Tina Calvarese
Outreach Coordinator, Hemmingford

Christmas Celebrations 2024

MWCN Huntingdon was very busy this year preparing for two Christmas Teas.

Our annual Christmas Tea in the Haut-Saint-Laurent was held on December 10th at the Huntingdon United Church. With over 60 in attendance, the day was quite enjoyable. There was the annual cookie exchange and photo booth. Door prizes were handed out. The Christmas trivia game was fun as each table had the opportunity to work as a team together.

The holiday ambiance was felt a by all with Christmas music and lots of refreshments to enjoy over socializing with friends. Thanks to the Huntingdon United Church for their location and help throughout the day.

MWCN Beauharnois/Valleyfield

Our 1st annual Christmas tea was held on December 6th at the Club des Aines de Melocheville. We were happy to welcome 10 new people to the centre to come together and celebrate the holiday season together. Christmas music filled the hall along with lots of yummy refreshments. Thanks to volunteer, Marie-Eve Brulé, each participant was able to make a beautiful Christmas tree craft to take home, some even made two! We held a Christmas Charades game which of course brought lots of fun and laughter. It was a great opportunity to inform new visitors of our organization and to begin to grow our membership in the Beauharnois/Valleyfield area.

Thanks to the Club des Aines de Melocheville for their support. Can't wait until next year as we know there will be even more community to bring together.

If you know of any English speakers living in the Valleyfield area that may be looking for activities close to home, please have them contact Kim @ 450-264-3596.



Kim Wilson

Network Partnership Initiative Coordinator (NPI) - Huntingdon

Christmas is all about Giving Back

During the month of December, MWCN offices enjoy celebrating Christmas festivities with staff, board members and especially our valued community members. However, we also never forget that giving back is also an integral part of this time of year for those who are less fortunate and experiencing day-to-day struggles.

It is with this in mind that our Pincourt office, once again coordinated a Christmas Drive for l'Aguillage, the only off-island homeless shelter in Vaudreuil-Soulanges. With the continued generosity of our V-S community, we were able to collect over 300 toothbrushes & Toothpaste, deodorants, body wash, shampoo, shavers, hats, gloves, and over 400 pairs of socks. On December 9th, two of our volunteer members, Heidi Whipple and Elaine Keeble along with their local 'Sparks' group, sorted and prepared all the donated items for our office to deliver that week.

Over and above what was collected, we were able to prepare 22 shoebox gifts consisting of all the mentioned items, with MWCN purchasing an additional 22 pairs of pyjamas for the residents who were spending Christmas at the shelter. Four more volunteer members, Anne and Heather Coulter, Nancy Farewell, and Teresa Di Bari prepared, and gift wrapped all the shoebox gifts. On the evening of December 19th, not only were we happy to be delivering our gifts to the shelter, but we had the honor of setting a festive table and serving their Christmas dinner.

'Giving Back' is always a rewarding experience.



Lorie Marcotte
Coordinator of Community Development, Vaudreuil-Soulanges

First Pen Pal Meeting Brings Students Together Across Schools

On January 20th, the cafeteria of École Notre-Dame in Huntingdon buzzed with excitement and laughter as students from École Notre-Dame and Heritage Elementary School met for the first time as part of our bilingual pen pal project. This initiative, which is currently in its second year, involves students sharing letters in their school's second language, the Heritage students write in French while the École Notre-Dame students write in English, allowing them to practice their language skills while fostering cross-cultural connections.



The letter exchange began in October, and seeing one another in person was a memorable moment in this journey of friendship. Students from both schools spent an hour participating in fun activities that were meant to strengthen their new bonds. They played board games, crafted colorful bracelets, and decorated bookmarks. As they transitioned from pen pals to friends, they shared smiles and stories that spanned their months of letter writing.

Special thanks are due to Claudel Brault, principal of École Notre-Dame, who graciously hosted the event. Her hospitality ensured the students felt welcome and comfortable, and the snack she provided added to the warmth and sense of community.

We would like to express our sincere gratitude to Autobus Roland Leduc for their amazing kindness in providing a bus free of charge to transport the 20 Heritage Elementary students to École Notre-Dame. This kind gesture made the meeting possible and allowed students to come together and create lasting memories.

This pen pal project highlights the power of connection and collaboration between schools, fostering friendships, understanding, and a sense of community. Students develop meaningful relationships and a deeper appreciation for each other's cultures by exchanging letters in their second language.

Thank you to everyone who made this event a success. We look forward to seeing how these friendships and language skills will grow in the months to come!

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Nadya Kovacs

Outreach & Program Coordinator - Huntingdon



MWCN Employability Job Fair



The Montérégie West Community Network (MWCN) is excited to present the Annual Montérégie West Job Fair, an event that exemplifies our dedication to fostering a strong and vibrant community.

400 Rang St-Antoine, Saint-Christostome, QC J0S 1R0

Tuesday, March 25th, 2025

Time: 1:00 PM – 7:00 PM

This dynamic gathering brings together local employers, regional employability service partners, and community members to connect and explore a wide range of workforce opportunities. As we approach the spring and summer seasons, the job fair aims to address immediate and long-term employment needs by offering:

- A Platform for Employers: Showcase job openings and connect directly with motivated candidates.
- Opportunities for Community Partners: Engage in meaningful discussions about workforce demands, share resources, and collaborate on building a resilient labor market.

Attention Attendees

For the first time, we are introducing a registration process for attendees. To help us manage the number of visitors, we kindly ask all attendees to register on our website and claim their FREE Eventbrite ticket. This simple step will ensure a smooth and enjoyable experience for everyone.

Register now at www.mwcn.ca/mwcn-job-fairs to secure your spot!

Here are just some of the exhibitors already registered for this year!



Joanne Basilières - Employability Coordinator



WE INVITE YOU
TO OUR

International *Women's Day*

MARCH 1ST 2025
10:00-3:00PM

MANOIR D'YOUVILLE

**GUEST SPEAKERS,
ENTERTAINMENT, DOOR PRIZES,
AND LUNCH AWAIT YOU!**



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