



MONTÉRÉGIE WEST  
COMMUNITY NETWORK  
AUGUST & SEPTEMBER 2026



## A word from Pauline



### ***Reflecting on Another Successful Year at MWCN's 2026 Annual General Meeting***

On Tuesday, July 7, members, partners, volunteers, staff, elected officials, and friends of the Montérégie West Community Network gathered at the Ormstown Village Church for our 2026 Annual General Meeting. It was an opportunity to reflect on another year of growth, celebrate the accomplishments we achieved together, and look ahead with optimism to the year ahead.

Throughout the afternoon, we shared highlights from our 2025–2026 Annual Report, celebrating the many programs, services, partnerships, and initiatives that continue to strengthen and support the English-speaking community across Montérégie West. Members heard reports from our Board of Directors, myself, and staff representing each of our regional offices and programs, showcasing the incredible work being accomplished across our organization. We also approved updates to our By-Laws, reviewed the financial report, and welcomed exciting organizational changes.

One of the highlights of the afternoon was the election of our Board of Directors for the July 2026 to June 2027 term. We are pleased to welcome:

President: Tracy Wilkins, Vice President: Marlene Davies, Secretary: Catherine Macdonald

Directors: Carolyn Gallaway, Sherry Comeau, Ryce Kreissl, Christina Michaud, Stephanie Tremblay, and Nancy Saunders. Non-Voting Director: McKenzie Hooker

We also took a moment to recognize and sincerely thank outgoing Board members Susan Parker, Pamela Mulderrig, and Chuck Halliday for their many years of dedication, leadership, and commitment to MWCN. Their contributions have helped shape the organization we are today.

We were honoured to welcome several distinguished guests whose continued collaboration strengthens our community, including Philippe Besombes, Mayor of Ormstown; Andrew Palucci from the Office of the Commissioner of Official Languages; Jimmy Carrière and Wassila Cherif Touil of AllianceCT; Marie-Claude Bastide from CISSS de la Montérégie-Ouest; and Carl Éthier of Pacte de Rue du Haut-Saint-Laurent. Their presence reflected the strong partnerships that allow us to continue expanding opportunities and services throughout the region.

The afternoon concluded with a special presentation by author Guy Rex Rogers, who introduced his new book, *What We Choose to Forget*, sharing excerpts and engaging attendees in a memorable closing to the event.

As always, our Annual General Meeting is a reminder that everything MWCN accomplishes is made possible through the dedication of our members, volunteers, Board of Directors, staff, partners, and funders. Thank you to everyone who joined us and who continues to believe in our mission. Together, we are building a stronger, healthier, and more connected English-speaking community across Montérégie West.

*Pauline Wiedow - Executive Director*

## FINDING MY CALLING AS A PATIENT NAVIGATOR

When I accepted the role of Patient Navigator with the Montérégie West Community Network (MWCN), I knew I would have the opportunity to make a difference. What I didn't expect was just how quickly this position would feel like exactly where I was meant to be.

Every day brings new opportunities to connect with people, listen to their stories, and help them navigate what can often feel like a complicated healthcare system. Whether I'm providing information, connecting individuals with community resources, or simply offering a listening ear, I'm reminded that even the smallest acts of support can have a meaningful impact.



One of the highlights of my journey so far was attending the Patient Navigator Seminar in Québec City. Meeting fellow Patient Navigators from across the province was both inspiring and encouraging. It was incredible to learn about innovative programs, exchange ideas, and discover new ways we can better serve our communities. The seminar reinforced the importance of collaboration and reminded me that while each community has unique needs, we all share the same goal: ensuring people receive the support and care they deserve.

More recently, I had the pleasure of attending MWCN's Annual General Meeting in Ormstown. It was wonderful to see so many dedicated community members, partners, volunteers, and staff come together to celebrate another successful year. Hearing about the organization's accomplishments and future initiatives reminded me why MWCN plays such an important role in the lives of English-speaking residents throughout the region. The AGM also gave me the opportunity to meet more of the people who help make this organization such a welcoming and passionate place to work.

Although I've only been with MWCN for a short time, I've already experienced tremendous support from my colleagues. From day one, I've been welcomed into a team that genuinely cares—not only about the communities we serve but also about one another. That positive and collaborative environment has made all the difference as I've grown into my role.

Looking back on these first few months, I can honestly say that I feel I've found my calling. Being a Patient Navigator isn't simply about connecting people to services; it's about building trust, empowering individuals, and helping them feel seen, heard, and supported during moments when they need it most.

I'm excited for what lies ahead and grateful to be part of an organization whose mission aligns so closely with my own passion for helping others. Thank you to everyone at MWCN, as well as their members for making me feel so welcome. I look forward to continuing this journey together and serving our community for many years to come.

*Dania James - Patient Navigator*

## EXPLORING THE BEAUTY AND HISTORY OF ST-ANICET

We had the wonderful opportunity to explore the municipality of St-Anicet, Quebec, spending the day outdoors, taking advantage of the beautiful warm weather, and sharing laughs. Participating in this trip allowed us to immerse ourselves in the rich history, natural beauty, and local culture of the municipality. Throughout the day, participants were given the chance to explore a variety of locations while enjoying meaningful conversations, fresh air, and mini history lessons.

Our first stop was the historic LaGuerre church and cemetery. Although the church is no longer in use and barely still stands, it remains a beautiful reminder of the area's early history and the generations who helped shape the community into what it is today. We enjoyed recognizing familiar family names engraved on the aged headstones, igniting a bigger appreciation for the heritage that continues to define the region today.

From there, we made our way to the St-Anicet Beach, where everyone had the opportunity to enjoy the scenic waterfront and take in the views of Lake Saint-François. It was the perfect location to gaze out at the water, have a seat in the shade, or enjoy a refreshing swim.

Our last stop of the day was a private tour of Vignoble LeBlanc. We were warmly welcomed by the staff, who shared the personal story and history of the vineyard. Learning about the winemaking process provided an engaging and educational experience, having us leave with new insights and having learnt something new.

Overall, our visit to St-Anicet was a memorable experience that combined history, recreation, and local agriculture into a rewarding day of exploration.

*Hallie McLean - Huntingdon Summer Student*





## A VERY SPECIAL FAMILY IN HEMMINGFORD

I feel incredibly blessed by the number of amazing people I meet through my position at MWCN Hemmingford. Every person has a unique story, but every once in a while, someone comes along whose journey truly stays with you. In June, I had the privilege of meeting a wonderful family who had recently arrived in Hemmingford from Brazil.

Imagine the courage it takes to leave behind everything that is familiar, your home, your language, your friends, and your support system, to begin a new life in a country where you don't even speak the language. Then imagine trying to create a home for your family from scratch. That was the reality for Elivânia.



She noticed a post I had shared on Facebook for MWCN and reached out to me. Although we couldn't communicate without using a translation app, we immediately understood what mattered most: she needed help, and our community was ready to respond.

Together, our incredible community collected the essential items needed to make a house feel like a home. We found furniture, household goods, blankets, pillows, kitchen supplies, and much more. Every donation represented kindness, compassion, and a willingness to help someone start over.

One of the most beautiful parts of this experience was realizing that some things don't need words. Kindness, generosity, and compassion speak a language everyone understands. When we choose to help, we remind people that they are welcome, that they belong, and that they are not alone.

Since then, Elivânia has sent me heartfelt messages expressing her gratitude for the support her family received. Reading her words has been deeply moving, but the truth is that the gifts went both ways. While she received the items her family needed, I received something just as valuable: the joy that comes from helping another person.

This experience reminded me that the strength of a community is measured not by what we have, but by what we are willing to share. Every donation and every act of kindness helps build a community where people feel supported, valued, and cared for.

To everyone who contributed, thank you. Your generosity transformed an empty space into a home and reminded one family they were not facing this new chapter alone. It feels incredible to give back—to our community, to welcome new members, and simply to give. Sometimes the greatest gift we can offer is knowing that our kindness can change someone's life.



*Tina Calvarese Outreach & Program Coordinator - Hemmingford*

## FRAUD IS EVOLVING: STAY ONE STEP AHEAD

Fraud is constantly evolving, and today's scams are more sophisticated than ever. Criminals are using new technology, including artificial intelligence (AI), to make their schemes more believable. While anyone can become a victim, seniors are often targeted because scammers assume they are more trusting or may be unfamiliar with the latest fraud tactics.

One of the fastest-growing scams is AI voice cloning. Using just a few seconds of audio from social media or voicemail recordings, scammers can create a voice that sounds remarkably like a loved



one. They may call claiming to be a grandchild or family member in distress, asking for money immediately. If you receive a call like this, stay calm, hang up, and contact your loved one directly using a phone number you already know.

Another common scam involves callers pretending to be from your bank's fraud department. They may say your account has been compromised and instruct you to transfer your money to a "safe account." Remember, no legitimate bank will ever ask you to move your money to protect it or request your online banking password over the phone.

Scammers also continue to impersonate the Canada Revenue Agency (CRA), Service Canada, and other government organizations. They often threaten fines, legal action, or suspension of benefits unless you act immediately. Their goal is to create panic so you won't stop to question the request.

Text message scams have also become increasingly common. A message may claim your package couldn't be delivered or that a small fee is required before delivery can continue. These links usually lead to fake websites designed to steal your personal or financial information.

Investment scams are becoming harder to recognize as well. Fraudsters create convincing websites, fake customer testimonials, and even AI-generated videos featuring well-known personalities to promote investments promising guaranteed returns. If an opportunity sounds too good to be true, it almost certainly is.

No matter the scam, the warning signs are often the same. Be cautious if someone pressures you to act immediately, asks you to keep the conversation secret, requests payment by gift cards or cryptocurrency, or asks for personal or banking information unexpectedly.

The best defense against fraud is to pause before you act. Verify the information by contacting the organization directly using a trusted phone number, and don't hesitate to speak with a family member or friend if something doesn't feel right.

According to the Canadian Anti-Fraud Centre, Canadians reported more than \$704 million in fraud losses in 2025, and experts believe many more scams go unreported. Staying informed and sharing what you know can help protect not only yourself but your entire community.

If you believe you've been targeted by a scam, report it to the Canadian Anti-Fraud Centre at [antifraudcentre-centreantifraude.ca](https://antifraudcentre-centreantifraude.ca) or call 1-888-495-8501. Your report could help prevent someone else from becoming the next victim.

*Matt Mardini - Director of Operations*

## STRENGTHENING COMMUNITY SUPPORT: GROWING OUR EMPLOYABILITY AND YOUTH SERVICES TEAM

MWCN is pleased to **welcome Meghan Noiseux-Cameron as our new Project Coordinator**. Meghan is a valued addition to our team, supporting both Employability Assistance Services (EAS) and Youth Mental Health Initiative (YMHI) projects across Montérégie West. She assists job seekers through one-on-one support, employability workshops, career fairs, networking opportunities, and outreach activities. Meghan also collaborates with community partners to advance YMHI initiatives that promote youth mental health, well-being, and access to resources throughout the region.



### **Supporting English-Speaking Youth in Québec's Workforce**

On June 17, MWCN participated in a webinar hosted by the Provincial Employment Roundtable (PERT) and Youth for Youth Québec (Y4Y), bringing together community organizations, educators, employers, and youth advocates to discuss the employment experiences of English-speaking youth in Québec. The discussion highlighted challenges many young anglophones face when entering the workforce, including building confidence in French-language skills and accessing opportunities to practice French in workplace settings. As bilingual skills become increasingly important to employers, creating pathways for youth to gain experience and strengthen their language abilities remains essential.

The webinar also explored labour market trends affecting English-speaking Quebecers, including higher unemployment rates among youth. Participants emphasized that education alone does not always remove employment barriers. Career guidance, mentorship, workplace experience, networking, and strong community connections all play an important role in helping youth transition successfully into meaningful employment.

### **Working Together to Create Opportunities**

MWCN's Employability Assistance Services provide free employment support for English-speaking job seekers across the Montérégie West region. Services include career counselling, résumé and interview assistance, job search support, workplace skills workshops, employer connections, and referrals to training and community resources. Through our Youth Mental Health Initiative, MWCN continues to collaborate with schools and community organizations to deliver programs that support youth mental health, resilience, and access to community supports.

With Meghan joining our team and continued collaboration with our valued partners, MWCN is expanding its capacity to support job seekers, youth, and families throughout our community. To learn more about MWCN's programs, services, workshops, or upcoming events, contact [joanne@mwcn.ca](mailto:joanne@mwcn.ca)

Joanne Basilières, Employability Program Manager  
Meghan Noiseux-Cameron, Projects Coordinator



# Save the Date



## HEALTH FAIR & VAUDREUIL - SOULANGES HOSPITAL PRESENTATION

Saturday, October 17, 2026

10:00 - 2:00 PM

Omni - Centre  
375 Cardinal Leger, Pincourt



### MONTÉRÉGIE WEST COMMUNITY NETWORK

Our Offices in Five Regional County Municipalities

Roussillon - 253 Blvd. d'Anjou, Chateauguay 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/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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Québec

