



2022 - 2023 ANNUAL REPORT



WEST ISLAND CANCER WELLNESS CENTRE
CENTRE DE BIEN-ÊTRE DE L'OUEST-DE-L'ÎLE
POUR PERSONNES ATTEINTES DE CANCER



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About the WICWC

The West Island Cancer Wellness Centre (WICWC) is a registered charity dedicated to offering compassionate care and support to anyone experiencing cancer – either having it themselves or supporting someone with cancer. Our mission is to address the multifaceted needs of those living with cancer, encompassing the emotional, physical, spiritual, social, informational, practical, and systemic needs – collectively known as the 7 pillars of cancer wellness.

Our programs and services are offered free of charge to our participants as a result of our fundraising efforts, and they aim to complement traditional medical approaches. Through our wellness programs, participants receive personalized support, acquire coping strategies, discover additional alternatives, and gain a deeper understanding of their specific condition. Our goal is to empower them to regain control of their lives, reduce isolation, and nurture hope, regardless of their disease's stage.



A Word from our Executive Director

Debbie Magwood, M.Ed., OPQ

The West Island Cancer Wellness Centre has had a profound impact on numerous lives, and it has been a privilege to witness it. Despite the challenges posed by the post-COVID era, we sought to strengthen our relationships with our primary referral sources, the hospitals. This required extensive work and effort on our part, but we're grateful to have had the opportunity to do so. Collaborating with the hospitals has allowed us to pursue our mission, and we are now a partner of the MUHC, which recognizes us as a training facility for their interns. This wonderful opportunity helps future healthcare professionals better understand the significance of Cancer Wellness initiatives.

Mental health has been another area of focus for us this year. The fear associated with COVID-19 has lingered, especially in the cancer community. As a result, we have seen an increase in the demand for support groups and individual counselling services. Our wonderful donors and volunteers have been invaluable supporters of our cause, and we are incredibly grateful for their generosity and dedication. We understand that COVID-19 has affected us all in different ways, and we appreciate our volunteers' return and our donors' continued loyalty, which is heartwarming. Thank you for your unwavering support.

Thank you for your continued support and for believing in us!

Our Team

Debbie Magwood, M.Ed., OPQ
WICWC Founder & Executive Director

Maggie Costa
Director of Development

Alyssa Bracken
Marketing & Communications
Coordinator

Sandra Diardichuk
Event Coordinator

Sandy Fitzpatrick, RN
Participant Care Coordinator

Nadia Gerges
Programming Coordinator

Cindy Jared
Fundraising Assistant

Michelina Perrotta
Finance Coordinator

Julie Szalai
Programming Assistant

Stacey Waks, MA
Support and Outreach Coordinator

Board of Directors

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WICWC Founder & Executive Director

Jay Deakin, Chair

Deakin Realty, Certified Real Estate Broker,
Agency Executive Officer & Managing
Partner

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Planning

Natasha L. Gould, Secretary

Inovia Capital Director, Legal Affairs

George Alexopoulos, Director

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Marketing

Russell J. Hiscock, Director

CN Investment Division, President & CEO
(Retired)

Alanna Roszkowski, Director

DLC, Chief Operating Officer

Laurie Traylen, Director

The Study, Director of Athletics (Retired)

Tony Zinno, Director

Zinno Zappitelli Architects, Architect

Financial Advisory Committee

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Bimcor, President & CEO (Retired)

Russell J. Hiscock

CN Investment Division, President & CEO
(Retired)

Medical & Wellness Advisory Committee

Debbie Magwood, M.Ed., OPQ

Founder & Executive Director, WICWC

Maureen Hodgson, MD, FRCPC

Psychiatrist, Lakeshore General Hospital

Cindy Finn, Ph.D. OPQ

Director, Student Services, LBPSB

Debbie Loyer, MDCM, FRCP

Pediatrician, Montreal Children's Hospital

Shereen Ghali

Hematologist/Oncologist Lakeshore General Hospital

Nada Nasreddine, CDE

Owner, Pharmaprix Beaconsfield & Kirkland

Lucy Gilbert, MD

Professor, Oncology; Obstetrics & Gynecology, McGill University Health Centre

Marco Vernacchia

Pharmacist-Owner, Pharmaprix, Pointe Claire

Daniel Hébert

Vice President, Medical Affaires-Oncology, Novartis Pharmaceuticals

Our Volunteers

Our incredible team of volunteers is the heartbeat of our existence. We extend everlasting gratitude to those who generously contribute their time and skills to support the well-being of individuals living with cancer. A special thank you to our dedicated board members, committee members, reception support, wellness guides, general office volunteers, and wellness professionals.

Reception Support

Céline Audet

Jennifer Byrns

Marie-André Crépeau

Kim Denver

Barbara Luthi

Joanne Pelletier

Christine Pelletier

Judy Proulx

Diane Sauv 

Wellness Guides

Claire Bergeron

Nicole Bourdeau

Carole Coulombe

Carolyn Cunnison

Debra Ganong

Liane Laberge

Emma Minuk

Susan Phillips

Terry Ruggi

Wellness Professionals

We express profound appreciation to our volunteer professionals who dedicate their time and expertise to help our participants live well with cancer.

Agostino (Gus) Sorrini	Francine Duhamel	Lazlo Green	Rina Langianese
Andrea Courey	Gina Patricco	Lesley Pasquin	Robin Glance
Angelica Baez	Giovanna Daniele	Lila Weitz	Rosanna Fortunato
Anthony Harubin	Hassan Tariq	Linda Liu	Roula Loukas
Audrey Noël	Heather Pengelley	Line Cossette	Sami Mehanni
Bianca Morello	Ingrid Power	Lise Belanger	Sandra Sabbagh
Brie-Anna Gerardi	Jad Dakka	Lucy Holden	Sandy Racicot-Day
Carolina Wilke	Jasmine Ellemo	Lynn MacNeil	Shea Silverman
Chantal Barrette	Jasmine Lightfoot	Madalina Stanciu	Shelley Hall
Cheryl Harrel	Jean Pelletier	Maged Attalla	Sophie Baldacci
Christian Aubert	Jeanie Trubiano	Marc Jarjour	Stefania Arrizza
Christopher Phillips	Jenna Destounis	Maria Esposito	Stephen Schettini
Chrystiane Bisson	Jerry Cy Yao	Marie-Therese Abboud	Sue Marilyn Read
Claudine Lascelle	Jill Barnes	Maryse Hudon	Susan Barton
Colleen Jorgensen	Joanne Pasquin	Maya Nehme	Susan Murphy
Daphne McGuire	Johane Châteauvert	Michel Cyr	Susane Cintra
Debbie May	Julia Turcotte	Michel Harpin	Sylvie Morel
Debbie Must	Karen Ripplinger Wylie	Monique Arseneault	Talya Abran-Bromley
Debbie White	Karena Meyer	Nevine Elchibini	Tasha Bouchet
Debbie Esplin	Karen Teolis	Olga Munari	Trish Mansfield
Debra Ganong	Karyn D'Amour	Olivia Ripa	Tyler Baum
Dejah Laudi	Kerrie Lynn Hartt	Paola Lebrun	Valerie Cordemans
Dinii Nymark	Kyle Murray	Preeti Kaur	Wendy Reichental
Ellen Simpson	Laura Pallett	Renee D'aoust	

Partnerships with Universities

We are very proud to partner with multiple universities, providing internships to their students at the Centre. These internships not only enable students to acquire valuable work experience but also allow us to leverage their time and talent. This year, we are fortunate to maintain existing partnerships.



Social Work & Counselling Psychology McGill University

These McGill students intern with us to complete the hours required for their certification. They offer counselling under supervision to a number of participants.



Counselling Psychology, Yorkville University

Yorkville University students intern with us to fulfill the certification-required hours, providing supervised counseling to several participants.

Partnerships with Universities



Graphic Design, John Abbott College

The graphic design intern from John Abbott College completed their mandatory stage and contributed by creating content and assisting with social media and website tasks.



Kinesiology Interns, McGill University

- The students conduct individual fitness evaluations for our participants and create personal fitness programs tailored to their needs.
- They also offer a variety of in-house fitness classes that are also live-streamed on Zoom.

Past Partnerships

- John Abbott College: Nursing, Social Work
- Concordia University: Drama Therapy
- Queens University: Rehabilitation Therapy
- Dalhousie University: Social Work
- University of Montreal: Social Work, Nursing
- Music Therapy, Concordia University

Programming Highlights

Zoom Into Wellness



In the spirit of community well-being, we continued our tradition of presenting the "Zoom Into Wellness" webinar series. Distinguished professionals led insightful sessions, sparking crucial conversations. Here's a glimpse of the impactful discussions we brought to you this year:

- Living with COVID, The New Normal with Dr. Marty Teltscher
- Navigating Challenging Conversations with Anita Mehti, RN, PhD, CFT
- Ask the Expert: Occupational Therapy with Talya Abran-Bromley
- Alcohol & Cancer Risk: Canada's new Guidance on Alcohol & Health with Dr. Peter Butt

Support Groups



This year, we're proud to offer a diverse array of support groups to our participants. These groups provide the opportunity to connect with others who share similar experiences and offer valuable insights on coping, resilience, and more.

- Peer to Peer Support Group
- "Be Empowered" Coping Support Group
- Metastatic Support Group
- Wellness Connection for Young Adults
- Toolbox for Caregivers

Symposium for McGill Medical Residents

On April 14th 2023, the WICWC hosted McGill University's oncology residents for a Cancer Wellness Symposium. As part of the Multidisciplinary Oncology Residency Education, the WICWC provided an immersive day, educating the next generation of medical specialists. Residents not only learned about Cancer Wellness but also experienced some of our services, contributing to a well-informed approach to patient care.



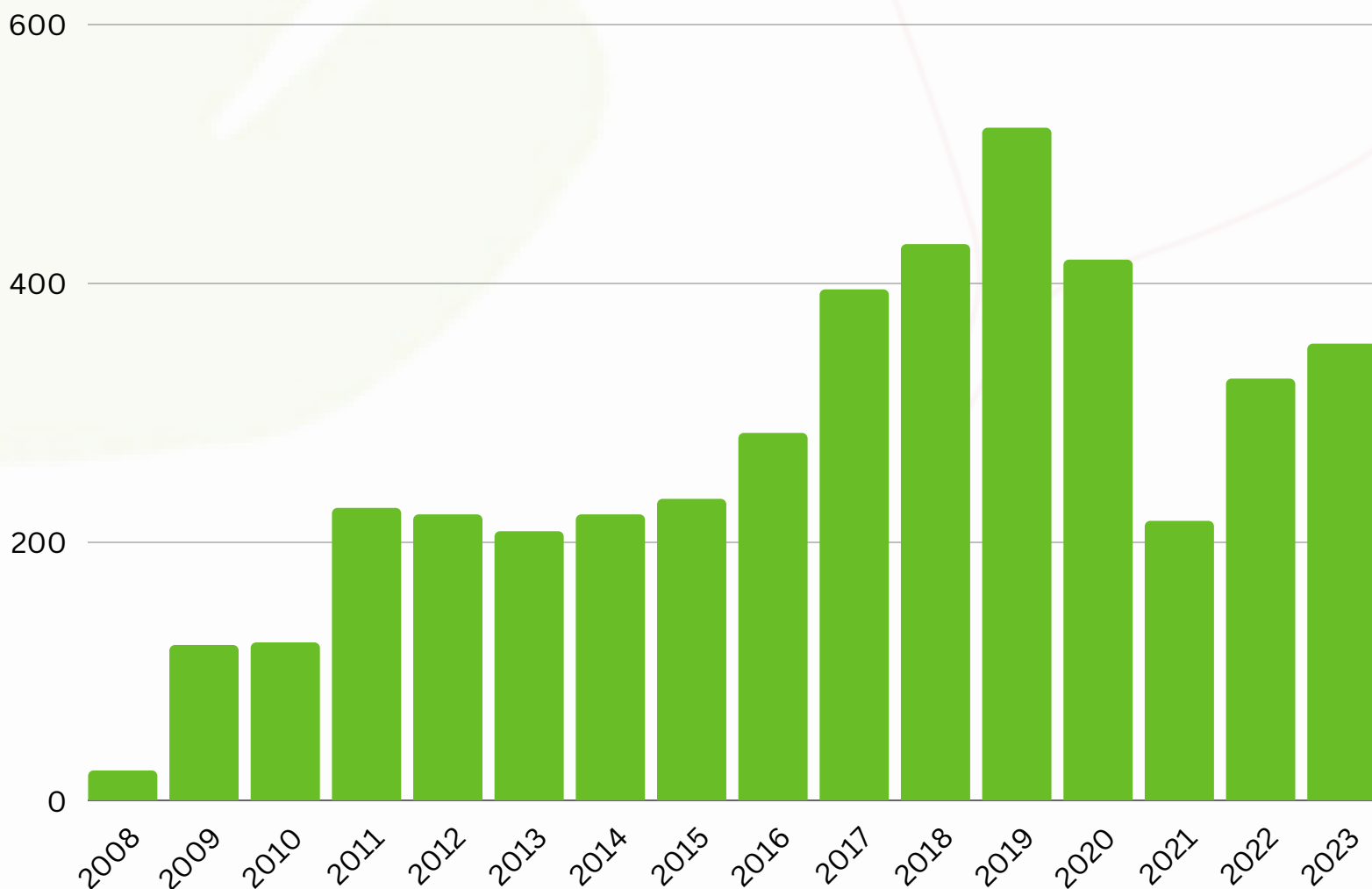
Outreach Efforts

Over the past year, our outreach efforts largely focused on collaborating with indigenous and rural communities, fostering better spaces for collaboration, as well as creating and maintaining relationships with organizations and individuals across Canada.

- Met with indigenous communities to begin creating a better space for collaboration
- Conducted targeted print and email campaigns to indigenous and rural communities
- Re-established connections with pivot nurses in English hospitals
- Presented at the Canadian Association of Psychosocial Oncology Conference.

Programming

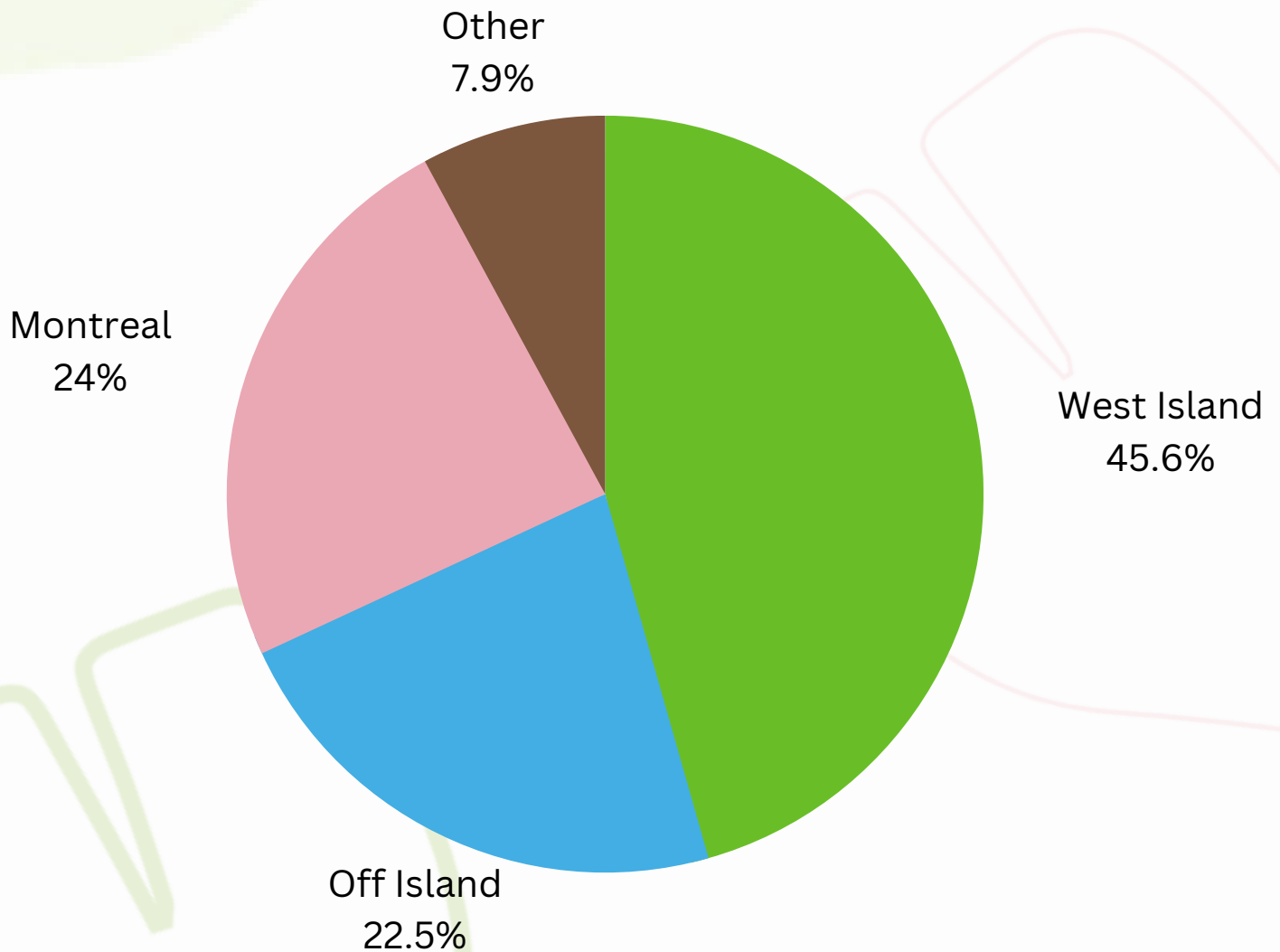
Registrations



Registrations were low in 2021 due to the COVID-19 pandemic, however, in 2022, we observed an increase in registrations as people started to regain their comfort with re-entering the community. Now, reporting for the year 2023, registrations have further climbed to 353, indicating a gradual recovery from the pandemic's impact. We anticipate this positive trend to continue.

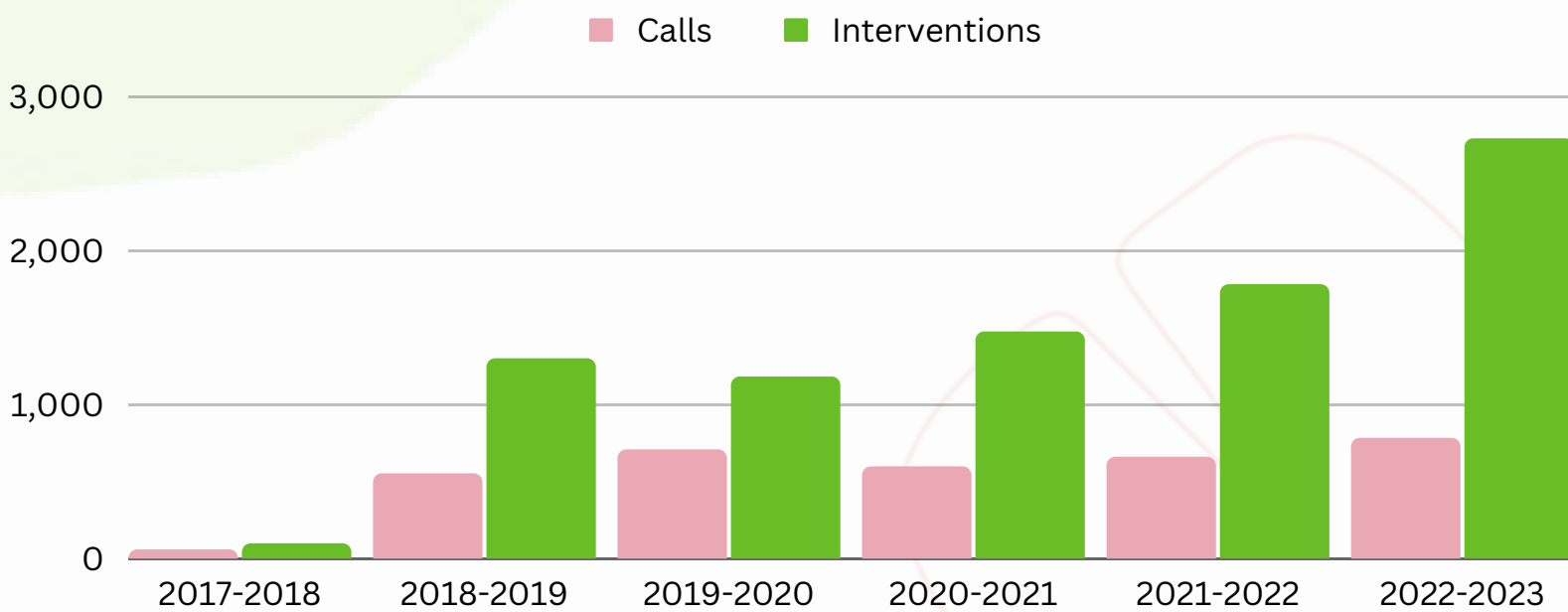
Programming

Location of Participants



Living Well With Cancer Network (LWWCN)

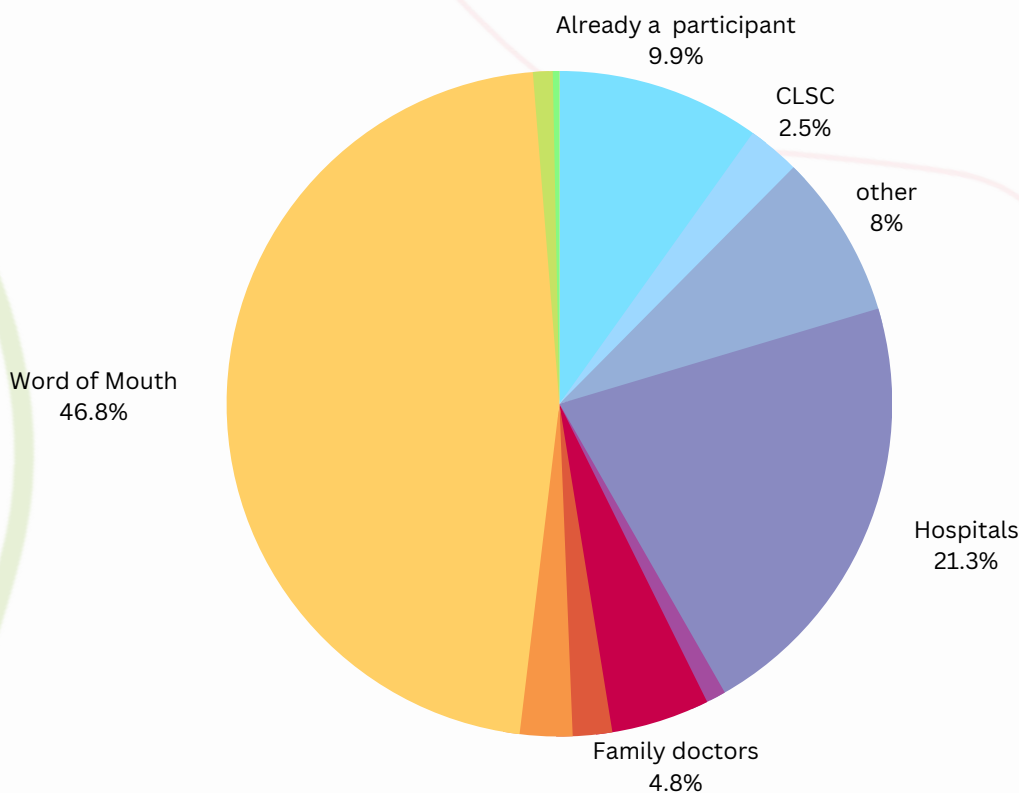
LWWCN: Calls & Interventions



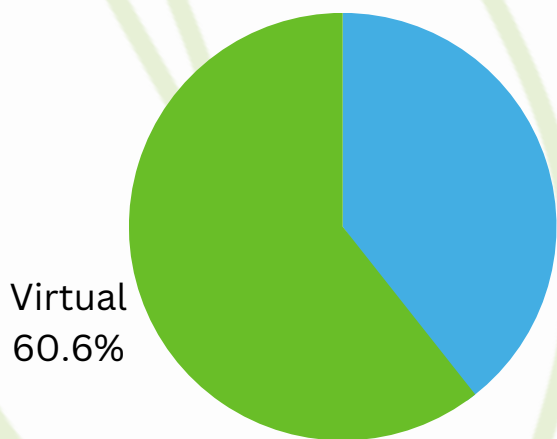
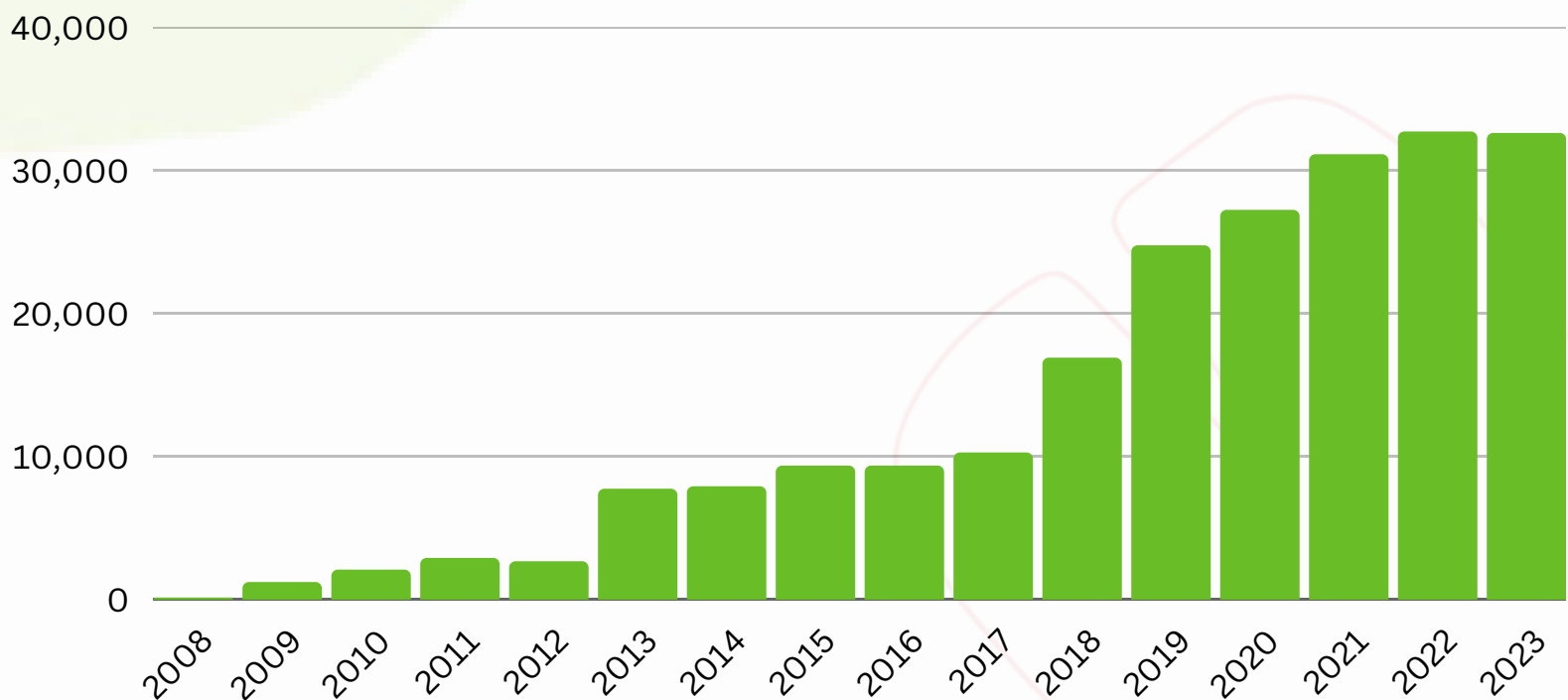
Referral Source

This year:

- 782 calls came into the Network line from people seeking information, support or resources
- These calls resulted in 2722 interactions (phone calls, registrations, referrals, etc)



Programming Hours



In House
39.4%

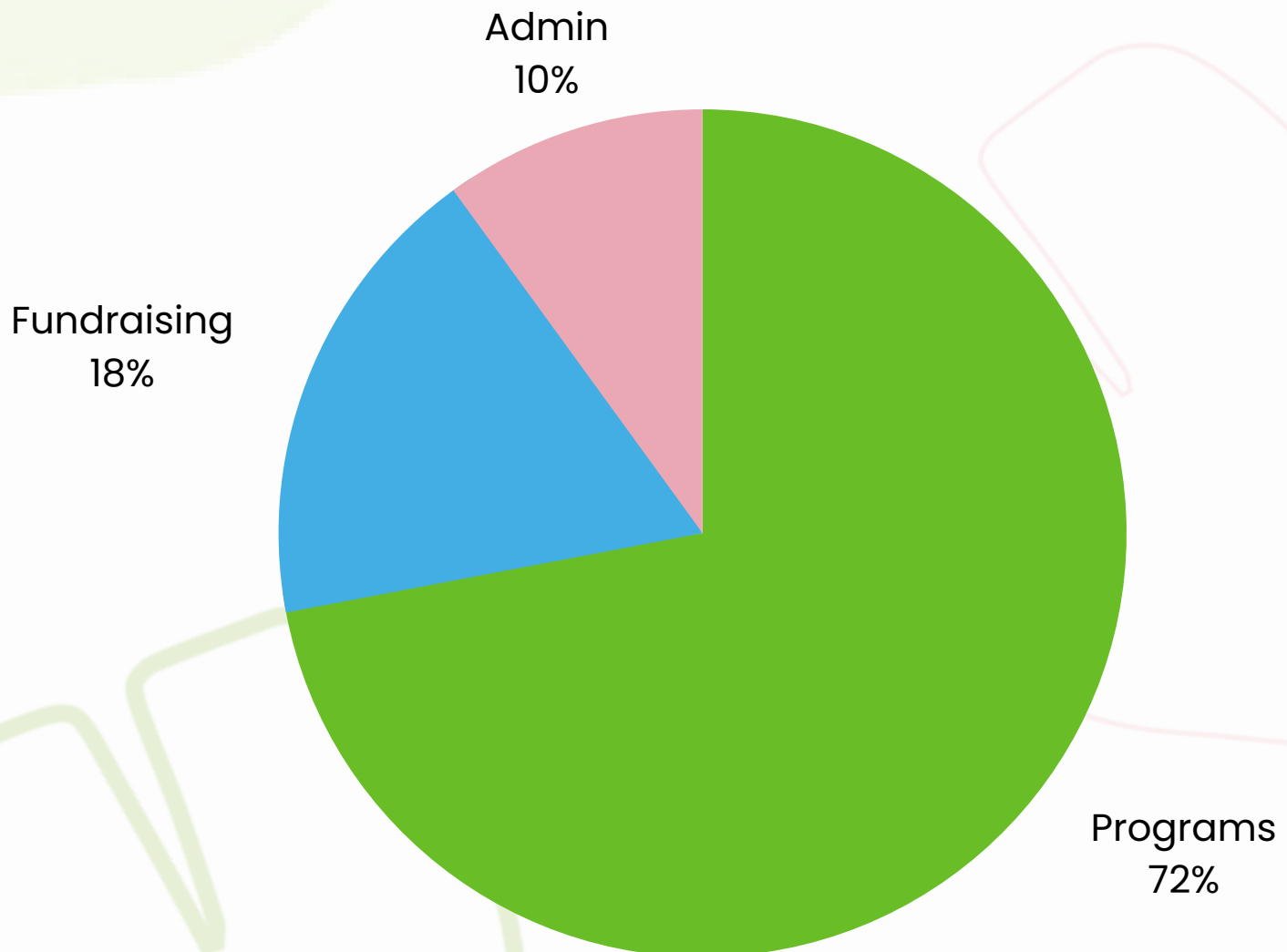
Approximately 32574 hours of programming were made available to participants within the past year, with 2188 hours being offered virtually (by telephone or Zoom) and 1420 hours being offered in house.

Financial Statement

West Island Cancer Wellness Centre Statement of Financial Position As at May 31, 2023

	2023 \$	2022 \$
Assets		
Current		
Cash and cash equivalents	528,752	1,229,368
Marketable securities	2,042,071	1,855,160
Term deposits (note 3)	1,100,000	-
Accounts receivable	23,177	6,440
Inventory	3,835	4,753
Prepaid expenses	10,444	9,286
Pledges receivable	-	3,000
	3,708,279	3,108,007
Capital assets (note 4)	2,212,114	2,319,622
	5,920,393	5,427,629
Liabilities		
Current		
Accounts payable and accrued liabilities	12,163	8,620
Deferred revenue (note 5)	9,749	-
Current portion of long-term debt (note 6)	40,000	-
	61,912	8,620
Long-term debt (note 6)	-	60,000
	61,912	68,620
Net assets		
Unrestricted fund	1,421,873	989,664
Capital assets fund	2,212,114	2,319,622
Sustainability fund (note 7)	2,224,494	2,049,723
	5,858,481	5,359,009
	5,920,393	5,427,629

Fund Allocation



Fundraising

As we do not receive funding from the Government, Canadian Cancer Society, Centraide, or any hospital, our free programs and services for participants are primarily sustained through fundraisers. While we organize major fundraising events such as the Challenge of the Brave and our Annual Golf Tournament, we also depend on the community to host third-party fundraisers.



Challenge of the Brave



The Challenge of the Brave, now in its second annual edition, is inspired by the concept of the Amazing Race, with our unique twists. Our version is not only incredibly enjoyable but also significantly impactful, as all proceeds directly benefit the Centre. We are thrilled to announce that this year's event raised an impressive \$208,530.85.

CHALLENGE OF THE BRAVE COMMITTEE MEMBERS

Teresa Broccolini

Megan Clarke

Larry Day

Anna Giampa

Annette Kopec Brawley

Donna Lynn McCoughlin

Natasha Lynn Gould

Amanda Paas

Domenico Zito

Tony Zinno

Barbara Trueman Grant

Challenge of the Brave

LOCATIONS:

Parc des Bénévoles

Parc DDO

Kondition Performance

Les Délices de la Gare

Club de danse sociale de Dorval

Home Hardware Pierrefonds

TransformART Studio

Chateau Pierrefonds

Zoo Ecomuseum

Baie D'Urfé Caserne #52



Annual WICWC Golf Tournament



Our 2022 Annual Golf Tournament at Golf Saint-Raphaël raised an impressive \$246,600. A sincere appreciation goes to our generous sponsors and committed committee members whose unwavering support brought this event to fruition.

GOLF EVENT ORGANIZING COMMITTEE

George Alexopoulos

David Bertrand

Ingrid Brauer

Michael Boychuk

Jay Deakin

Stacey Hoirch

John Kappos

Christopher Kovalchuk

Laurie Lincoln

Leslie Machan Jr.

David O'Hara

Alanna Roszkowski

Third Party Fundraisers



THANK YOU FOR CHOOSING THE WICWC

Annually, a diverse array of contributors, including individuals, families, sports teams, companies, and retail stores, organizes community fundraisers to support the West Island Cancer Wellness Centre. These events vary widely, from birthday parties encouraging donations in lieu of gifts to golf tournaments. This year, the community raised \$36,627.63 for the Centre through these third party events!

Third Party Fundraisers

\$36,627.63 RAISED!



- 30 Minute Hit West Island
- Anthony & Andrea Iuliani
- Art Easle Program
- Artizan Fashion
- BDG Marathon
- Beaconsfield Men's Slo Pitch Tournament
- Boutique Moda Elle
- Café Coco & Bean
- Clever Apes concert
- Cormier – Annual BBQ
- Felix & Norton
- Jeanie Trubiano Photography
- Kirkland Men's Slo Pitch League
- Kirkland Oldtimers Hockey League Charity Tournament
- L'Atelier / The Workshop
- LBPHS – Busy Bakers Bake Sale 2023
- The Dave Cudlip memorial Wheelers Golf Tournament
- Nevine Elchibini – Food Synergies at Work
- Pointe-Claire Oldtimers Foundation
- Spin for Good 2023
- Stacey Waks Birthday Fundraiser
- Tuggle Trek 2023
- VanPro
- Zen Chez Vous Open House

Our Donors



Our existence relies on the generosity of our donors. The WICWC, along with our participants, extends heartfelt gratitude to each and every donor for their invaluable support.

Monthly Giving

Dedicated supporters of cancer wellness are passionate about enhancing the well-being of individuals facing cancer. We express our gratitude for your monthly contributions. Your ongoing support ensures that:

- All those affected by cancer can benefit from free wellness programs.
- Our Big Yellow House remains a comforting refuge for cancer patients and their caregivers.
- Virtual classes are available to patients who may be too ill or distant to attend the Centre.
- No one has to face cancer in isolation, as we stand by their side every step of the way.

THANK YOU

Judith Andrews
André Chelini
Maggie Costa
Natasha L. Gould

Stacey Hoirch
Deirdre Lapointe
Kirk Llano
Virginia Myles

Patricia Price
Alanna Roszkowski
Nancy Stokes

Legacy Promises

The following names are those who have pledged to protect the future of the WICWC by adding a donation in their Will. Your generosity and commitment to our cause are deeply appreciated. Thank you for your invaluable support, which will make a lasting impact on the WICWC.

THANK YOU

Patricia Price
Laurene Cormier
Maggie Costa
Tony Zinno
Debbie Magwood
Marylene Franco
ANONYMOUS

Sandy Fitzpatrick
Danielle Duc
Shirley Magwood
Anne Kealy & Paul Herrmann
Ian Townson & Virginia Shepley
André Chelini
Peter Alves & Lois Maeder Alves
Janice Barnes & Larry Melton

George Tooley
Suzanne Sevigny
Jasmine Ellemo
Usher Boxer
David & Beatrix Oram
Louise Houle
Anonymous

Our Donors

\$30,000 - \$1,000,000

Benjamin David Group Inc.

Eric T. Webster Foundation

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Tenaquip Foundation

\$10,000 - \$29,999

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DLC Greenteam

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Guillaume Hervé

Leonard T. Assaly Family Foundation

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West Island Community Shares

Our Donors

\$5,000 - \$9,999

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Andy Ip

Jewish Community

KPMG

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Quinn Sports Management Inc.

RBC Foundation

RBC Investor Services

Stone Tile International Inc.

Ville de Kirkland

WCPD Foundation

\$1,000 - \$4,999

Abbott Laboratories Co.

Allegis Group Foundation

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Aqueduct Foundation

Assante Wealth Management

Assemblée Nationale du Québec-

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Assemblée Nationale Québec-Jacques-
Cartier

Assemblée Nationale Québec-Nelligan

Mark Auger

Roy Baird

Raul Barqueiro

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Nicholas Chamandy

Claudio Stabile Planit Construction Inc.

Clinique Access Med

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Communications Rosz Inc.

Jay Deakin

Jessica Delfino

Delmar International Inc.

Di Lillo Construction

Dominion Newenergy Inc.

DZD Hardwood Export Inc.

Elran

Fetherstonhaugh Family Foundation

Fidelity Investments Canada Ulc

Nadim Finan

GDI Integrated Facility Services

Groupe Lalonde Doyon, National Bank of Canada

Thomas Hall

Harden

Russell Hiscock

Stacey Hoirch

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JCF - Marc Rouleau Fund

JCF - Marie & Bobby Filippelli

JCF - Pierre and Lucie Boivin

JCF - Tino & Carmela Carrara Family Foundation

John Dobson Foundation

John Kappos

Nancy Kemp-Deakin

Kent Group RBC Dominion Securities

William K. Kovalchuk

Kruger Packaging

Nicolas Landriault

Our Donors

\$1,000 – \$4,999

Pierre Lépine

Les Entreprises Laurentien Électrique

Howell Lin

Litho-Pak Inc.

Kirk LLano

Lower Canada College

Montreal Duct Cleaning

Virginia Myles

Paragraph Inc.

RBC Dominion Securities

David Pemberton

Pharmascience Canada

Placements Montrusco Bolton Inc.

Polar Asset Management Partners

Prisma Construction

Produits Intégrés Avior Integrated
Products

Alanna Roszkowski

Saint Luke's Parish/Fabrique Paroisse de
St-Luc

Eric Sands

Scotia Wealth Management

Scotia McLeod

Suzanne Sévigny

Karen Slattery

Nadine Smith-Payne

St. Michael and All Angels Church

Paul Stinis

Sunlife

Tajeshwar Singh Deloitte

TD Securities Inc.

Teva Canada Ltd.

The Hylcan Foundation

Antoinette Tomasino-Carrier

Laurie Traylen

Rosa Trunzo

Ville de Beaconsfield

Ville de Dollard-Des-Ormeaux

Vito D'Anna – RBC

Walmart Canada Corp.

Barry Wilkins

Zeller Family Foundation

ZZA Inc.

Our Donors

\$500 - \$999

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Aqueduct Foundation/Maxime Menard
& Vanessa Germain

Mark Armitage

Monique Beaupré-Lazure

Natalie Berezoski Mack

Mauve Bonbon

Richard Bourne

Teresa Broccolini

Mike Brown

Robert Button

Richard Campbell

Vito Carrara

CN Employees' and Pensioners'
Community Fund

Maggie Costa

Stéphanie Côté

Antonio Di Mambro

Elegante Forme

Sandy Fitzpatrick

Patrice Forget

Marylana Franco

Richard Gagnon

Grant Gehlsen II

German Society of Montreal Inc.

Rhonda Gold

Natasha L. Gould

Group ABP Boutique

Shawn Hogan

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Fund

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Kaycan

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Christopher Kovalchuk

Nathalie Lajoie

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Marc-André Littee

Debbie Magwood

Kimberly Mann

Tony Munden

John Murphy

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Lidia Noworaj

Michael Panzera

Claude Perrotte

Christopher H. Pickwood

Kelly Quesnel

Joan Riley

Jacqueline Roberge

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Monica Verma

Daniel Vézina

\$20 - 499

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Caprice Abbey

Denise Abi-Nader Hanna

Wardieh Abou-Samra

Roy Ahti

Doris Albert

Feaz Ali

John Allen

Judith Andrews

Daphne Ardell

Claudia Argento

Lois Armstrong

Juan Arriaga

Mérodie Arseneau

Lisa Artuso

Sharon Asher

Aspirateur Vacupro

Kalliopi Athanasoulis

Nour Atoui

Elke Attal

Andrew Aucoin

Céline Audet

Emmanuel Autran

Sherri Aylesworth

Lynn Babin

Rick Badger

Antonio Baduria

Paul Baillargeon

Louise Baird-Clement

Eva Baktis

Joscelyne Banerjee

Shamese Barakat

Kerry Barber

Helen Barfurth

Marie-Claude Baribeau

N. Barnabé

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Rose Marie Barone

Armando Barqueiro

Chantal Barrette

Nivine Barsoum

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Catherine Beaudoin

Mike Bedard

Gary Beer

Wendy Belanger

Joanne Bellemare

Gregg Bennett

Yvonne Bensimon

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Juchet Bernard
Celine Bernard
Jean Bertrand
François Bisson
Louise Bissonnette
Lyn Blair
Regis Blanchard
Denyse Boivin
Edith Boos
Peter Boriero
Luc Boudreau
Simon Boulet
Carmen Bourquardez
Rachel Bouthillier
Jocelyne Boutin
Lucie Boutin
David Boyd
Ingrid Brauer
Chantal Brazeau
Dianne Brazeau
Kym Brennan
Margaret Bretin Jones
Diana Brett
Lauren Broad
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C H Robinson
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Rachel Chenier

Tracy Chenier
Caroline Chénier
Francine Cherry
Amie Chia
Carole Choiniere
Monique Choquet
Helen Chrenowski
Veronica Church
Anna Cizmar
Sharon Clark
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Karen Cluett-Frohloff
Jean-Marie Codebecq
Janis Cohen
Sophie Collard
Steven Colpitts
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June Cooper
Maria Costa
Carole Coulombe
Andrea Rose Courey
Marie-Andrée Crépeau
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Kari Crisolago
Katrine Ann Cristofanilli
Jessie Crofton Moore
Patrick Croteau
Patricia Cubellis
Corinne Cudel
Carolyn Cunnison

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Judy Dagenais
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Louis D'Alleva
Karyn D'Amour
Luba Danylewick
Layth Daoud
Fernando D'Argenio
Sara Darker
Stephen Darlington
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Susan Davies
Patricia Dawe
Bonnie Day
Marva De Filippo
Luisa De Grazia
Rolando De Peralta
John Deakin
Cathy Dearn
Tracey Del Vecchio
Pascale Deland
Josée Della Rocca
Marco Della Rocca
Martine Demers
Lyne Depatie
Aimay Depelteau
Lorraine Descoteaux
Luce DesRoches
Patrick Desrosiers
Louise Devost

Marilyn Dew
Penelope Dexter
Alessia Di Giorgio
Anthony Di Ioia
Richard Di Ioia
Francesco Di Nardo
Remi Dion
Josephine Ditrapani
Dylan Doran
David Doubt
Janet Doucet
Nicole Doucet
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Brent Douglas
Dr. Deborah Loyer
Dr. Sandy Kunej
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Suzanne Dufresne
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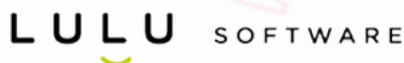
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