



MONTÉRÉGIE WEST
COMMUNITY NETWORK
FEBRUARY & MARCH 2026

A word from Pauline



February is upon us. The month where we turn our thoughts to heartfelt things. What to do for Valentines Day? How to celebrate and who shall we celebrate and with whom.

However, February also marks Heart Health month. Raising awareness about cardiovascular disease, the leading cause of death and encourage healthy lifestyle habits to prevent it. Did you know that we need to understand the risks, particularly for women, for whom cardiovascular disease is the top killer?

February is Heart Month and is about empowering people to prioritize their heart health.

In the past year we know of 2 stories of women who experienced a heart attack. On March 5th I left work and got into my van and then experienced a sharp pain in my back between my shoulders. I thought I had been at the computer for too long and needed to just stretch. I got home and it intensified all that evening. I lied down and it seemed to subside a little and the next morning it was still there. I went to work as I had to negotiate a lease. I went home to pick up the dog to take to the vet. My husband had just had a knee replacement and was not allowed to drive. The Friday morning, March 7th, I worked until noon and at 1 decided to call my son. He brought me to Anna Laberge Hospital and walked in and said my mother is having a heart attack." He didn't know, but thought I would get seen right away. I was told to lie down, and they hooked me up and sure enough I was having a heart attack. I was immediately given 4 baby aspirins to chew and 2 others to swallow. An ambulance took me to Pierre Boucher Hospital and there was a team of cardiologists waiting to unblock 2 arteries. I now have 2 stents and 3 balloons.

Another instance happened at the MWCN Wellness Center when one of our members was experiencing tightness in the chest and feeling nauseous. She was told to lie down on the sofa and when they saw her lips turning blue, they called an ambulance who hooked her up and connected to the hospital and were told to take her there immediately. She was having a heart attack

These 2 events were very different from each other. The cardiologist told me to remember the pain I had in case it happened again. They could have been fatal but with quick interventions the results were successful.

Heart Month is about empowering people to prioritize their heart health. MWCN will be distributing pins this month that say Her Heart Matters – Wear Red on February 13th. These pins have been donated to us by the Canadian Women's Heart Health Center.

HAPPY ST – VALENTINE'S DAY

Pauline Wiedow - Executive Director

CBC EXPANDS LOCAL NEWS COVERAGE TO 77 BUREAUS ACROSS CANADA

CBC has announced a major expansion of its local news operations, increasing its footprint from 66 to 77 local bureaus and stations across Canada. The initiative includes the creation of 11 new local bureaus and the hiring of 33 additional journalists, aimed at strengthening coverage in communities that have historically been underserved.



This latest investment builds on CBC News' 2025 expansion, which saw 30 journalists hired across 22 communities nationwide. Together, these efforts represent one of the most significant commitments to local journalism in Canada in recent years.

The expansion is part of the proximity pillar of CBC/Radio-Canada's five-year strategic plan, *Here for Canada*. The strategy focuses on deepening the public broadcaster's presence in communities, strengthening trust, and ensuring local stories are elevated to national audiences.

Brodie Fenlon, General Manager and Editor-in-Chief of CBC News, described the initiative as a way to connect Canadians through storytelling. He emphasized the importance of uncovering and sharing local stories that might otherwise go untold.

Barbara Williams, Executive Vice-President of CBC, highlighted the organization's commitment to collaboration, noting that CBC will seek opportunities to support and partner with existing local news organizations to contribute to a healthier media ecosystem across the country.

The 11 new bureaus will be located in Richmond, B.C.; Haines Junction and Dawson City in the Yukon; Swift Current, Yorkton, and Moose Jaw in Saskatchewan; Selkirk/Interlake Region and Flin Flon in Manitoba; Peel Region in Ontario; and Sept-Îles/North and Lower North Shore as well as Châteauguay/Montérégie in Quebec.

To support this expanded local presence, CBC has launched 44 new regional web pages accessible through CBC.ca/local, making it easier for audiences to find news relevant to their communities.

CBC News is also growing its local podcast lineup. With 13 local podcasts currently in operation, two new "This Is" podcasts will launch in Kelowna and Quebec City in February, bringing the total number of local CBC News podcasts to 15.

Job postings for the newly created journalist roles are expected to be published in the coming weeks, with most positions tied directly to the newly announced bureaus.

MWCN AND MCGILL DIALOGUE: "A PARTNERSHIP THAT'S MAKING A DIFFERENCE!"

Dialogue McGill's Bursary program is an important initiative in supporting full-time bilingual students enrolled in educational institutions across Quebec who are pursuing studies in Health and Social Services programs. We recognize firsthand the crucial role these bursaries play in helping students meet their everyday expenses, and we are a proud partner in continuing our support throughout the Montérégie West. On March 11, we will also be accompanying John Abbott College on their caravan to Chateauguay Valley Regional High school in Ormstown to highlight and promote this important initiative.

This year alone, a total of \$36,000 in bursaries was awarded to five deserving students. This included \$10,000 each to two students pursuing studies in Medicine at McGill University and the Université de Montréal; \$10,000 to a student enrolled in the Social Work program at McGill University; \$5,000 to a student studying Dental Hygiene at Cégep Édouard-Montpetit; and \$1,000 to a student in the Health and Assistance Nursing program at CVCEC.

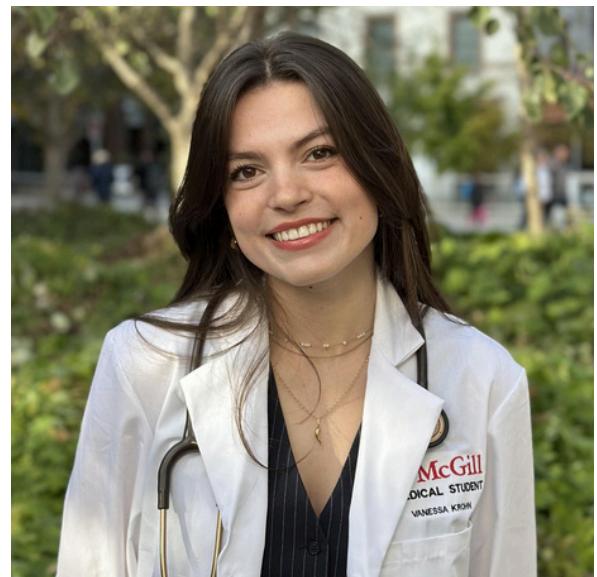
To date, a total of \$138,500 in bursaries has been awarded.

Lorie Marcotte

Coordinator of Community Development & Special Projects - Vaudreuil-Soulanges

STUDENT TESTIMONIALS:

I am a second-year medical student at McGill University and a proud recipient of the McGill Dialogue Bursary. I am incredibly grateful for this support, which helps offset the many expenses that come with being a full-time student from a rural area. The cost of living continues to rise, and with the demanding workload of medical school, balancing academics and employment can be challenging. Any financial assistance makes a meaningful difference, and this bursary has provided invaluable support. I would like to sincerely thank MWCN for coordinating the administration of this bursary and for making this assistance possible for students like me.



Vanessa Krohn



Being a recipient of the McGill Community Network Bursary has been an incredible blessing in my life. Going back to school to pivot careers as an adult learner was daunting, especially with the financial strains of starting over in a new field. Thanks to the bursary covering my tuition, I am able to focus in my studies without the constant weight of financial worries holding me back. The most rewarding aspect is the doors it opens for me to give back once I graduate, I look forward to serving my community. I'm truly grateful for this transformative opportunity, and to MWCN.

Londaba Muphenduka

"I am greatly appreciative of the Montérégie West Community Network for awarding me the Dialogue McGill Community Network Bursary. This award has enabled me to fully focus on my medical studies at Université de Montréal by relieving financial pressure related to my studies.

As an anglophone Quebecer from the Montérégie West, the Network's commitment to supporting the English-speaking community resonates with my core values. Being able to receive services in English is essential to ensure clear communication, full understanding, and truly informed consent, which are fundamental to safe and respectful care. As a recipient of this award, I am committed to giving back by supporting and advocating for the community and by becoming the best physician I can be".

Thank you for your generosity,

Cassandra Roussel



Receiving this generous bursary from McGill Dialogue and MWCN made a meaningful difference in my life during my studies. It helped me manage essential expenses such as tuition, rent, and everyday bills, which eased a significant amount of financial pressure. This support allowed me to focus more fully on my academic work without the constant worry of balancing finances. Beyond the practical assistance, the bursary also gave me a sense of reassurance and encouragement, reminding me that my education and efforts are valued and worth it. I am sincerely grateful for the stability, relief and peace of mind this support provided.

Aurelie Greer

SMALL MEDICATION HABITS THAT MAKE A BIG DIFFERENCE

Every morning, Lauren enjoyed her routine: a warm cup of coffee, the morning news, and a quiet moment to start her day. But one afternoon, she paused and wondered, “Did I take my afternoon pill today?”

Lauren quickly realized she wasn’t alone. When different medications are taken at different times, it’s easy to feel unsure now and then.

So, Lauren made a few simple changes. She picked up a weekly pill organizer and placed it right next to her coffee maker, somewhere she would see it every morning. She also wrote down a list of her medications and kept it in her purse, just in case she ever needed it.

These small habits made a big difference. Lauren no longer had to second-guess herself, and she felt more confident managing her medications and her day.

Helpful Medication Tips:

- Use a pill organizer to help keep track of daily doses
- Keep an up-to-date medication list in your wallet or purse
- Take medications at the same time each day, when possible
- Set a reminder alarm or note for medications taken later in the day
- Don’t hesitate to ask your pharmacist or healthcare provider questions
- Ask your pharmacist about easy-open caps or large-print labels
- Keep medications in a visible, consistent place

Small habits can bring peace of mind, and support safer medication use every day.

Shannelle Caza

Intern - MWCN Huntingdon





STRONG TURNOUT AT MWCN JOB FAIRS IN SALABERRY-DE-VALLEYFIELD AND ST-RÉMI



MWCN recently hosted two successful job fairs: Salaberry-de-Valleyfield at Hotel MOCO on January 21st, and St-Rémi on January 26th at the Centre communautaire St-Rémi.

Both events drew impressive crowds, with over 160 job seekers attending in Salaberry-de-Valleyfield alone, some arriving before setup was complete! Exhibitors were thrilled with the level of interest, and at one point, there was even a 1.5-hour lineup to enter the rooms.

Job seekers of all backgrounds participated, including a newcomer from Brazil who had just arrived in Quebec and was actively looking for work. These events provided a valuable opportunity for employers, community organizations, and job seekers to connect and explore careers in Montérégie West.

Despite a snowstorm, our first St-Rémi job fair drew over 60 eager job seekers, marking MWCN's 5th job fair in the Montérégie West region since 2024. Some visitors even came from Montreal, interested in relocating to a quieter, rural area.

MWCN 5 à 7 Networking Event & Conference



Following the Salaberry-de-Valleyfield fair, our 5 à 7 networking event and workshop was a success. Guests learned about the Circonflexe Mentor and Mentee programs, thanks to our partner PERT, in a relaxed and friendly setting.

This program is open to job seekers, employees looking to improve their French for industry-specific terms. We are also looking for mentors—including retirees! As a Circonflexe Mentor, you bring experience from any specialized field—such as (but not limited to) welding, mechanics, business administration, IT, engineering, teaching, or customer service. Many of these fields use specialized French terms in the workplace, and your guidance can help a job seeker or employee improve their French to work more confidently and effectively in their career. A big thank you to our partners at RDN and PERT for helping make these events such a success!

If you are interested in becoming a Circonflexe Mentor, please reach out to me 450-691-1444.

Joanne Basilières
Employability and Youth Mental Health Coordinator



MARCH 21ST 2026

International
WOMEN'S DAY
Event

HÔTEL MOCO VALLEYFIELD

40 Av du Centenaire, Salaberry-de-Valleyfield

Guest Speakers Entertainment Lunch & Lunchtime Market

10:00 AM – 3:00 PM

Feel Free to Dress in Purple Green or White!

For registration
info@mwcn.ca or 450-691-1444

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