

NSCA NEWSLETTER

January 2013

Volume 9, Number 3



Photo: Jody Lessard/ Chalet , north of Baie-Comeau

LET'S GET CONNECTED

Christmas Traditions Abound at Riverview School

by Debbie Laurie

On Thursday, December 20th, staff and students came to school in their pyjamas. The day began with a pancake breakfast complete with a fresh fruit salad prepared by the cooking club and served by Camille and Maxim. It was very tasty! The Secondary II students made the pancakes and some rather creative designs emerged!

After recess, the pre-kindergarten and K joined the grades 1-2-3 in Miss Goudie's room for their gift exchange and party. Meanwhile, at the other end of the school, grades 4 to 8 were engaged in a gingerbread construction contest under the supervision of Miss Rowsell and Miss Laurie. The trios of students worked well. However, reading instructions was not always a priority and resulting collapses were met with disbelief!! Go figure!!

After lunch, the older students had their gift exchange and party while the younger ones did Christmas arts and crafts.

We all went home and got dressed and re-assembled at 7 p.m. for the Christmas concert. There were over 100 people in attendance, and we were treated to some Christmas poetry reading, English and French Christmas carols, a dance number choreographed by Jannick and Frederique and performed by the grade 3-4 girls, a play "The Gift Exchange" with grades K to 3, a play "Santa's Lineup" with grades 4-5-6, and four very funny skits performed by the secondary students. Following the gift raffle (thank you to parents and staff for donations as well as NSCA) and a visit from Santa, with visions of holidays in our heads and very proud of the fine work done by the students and their drama coaches, we exchanged holiday wishes and headed home to relax!! Another Christmas/New Year was here!!



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A WORD FROM THE CHAIR

Happy 2013 to all NSCA members, to my hard-working Board of Directors, and to you, faithful readers! It gives me great pleasure to write to you, especially given the prediction of our fate last December 21st. If the end of the world is Mother Nature tossing us a snowstorm, I can handle that!



I am still trying to figure out where 2012 went...I can barely remember last January! The year was filled with many ups and downs as that is what life is...one big roller coaster ride. Some of us seem to handle it better than others, but the important thing is that we are here for each other, not just for support and prayers during difficult times, but to celebrate and cheer on the accomplishments!

We had to say goodbye to friends and family, so unexpectedly at times, but we welcomed new members and made new friends. Our personal and professional lives continue to grow and, with the grace of God, we strive to be the best that we can be on this journey that the Creator has given us the privilege to embark on.

So as we begin another new year, let us take a moment to say thanks for those we hold near and dear, for those we work with on a daily basis, for those whom we work with on various boards, committees, and associations, for the blessing of living in a wonderful country that has so much to offer. May we always have a smile on our face and a kind word on the tip of our tongue. Each one of us makes a difference!

Debbie Laurie
Chair



A Small School with a Big Heart

by Maxime Côté, BCHS CLC

With the participation of the BCHS Student Parliament, students, families, and staff have given a large quantity of non perishable items to the Accueil Marie de L'Incarnation.

Baie-Comeau High School would like to wish everybody on the North Shore happy holidays!



From left to right: Sœur Jeannette, Prime Minister Joelle Hurley, Shana Deschenes, Pascal Dessureault, Maria-Ida Di Lalla, and BCHS Community & Spiritual Animator Éric Comeau.

"Stand Up and Be Counted"

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Ask for services in English

"Use It or Lose It"

- Ask for Services in English before switching to French.
- Ask for documentation in English.
- On the telephone, push key for services in English.

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North Shore Community Association
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Web Site: www.quebecnorthshore.org

Fermont Christmas Concert

by Karen Kean



The Fermont School Christmas Concert was held on December 13. The students recited poems, performed plays, sang songs, played hand bells and recorders. One student played Christmas music on the piano. At the end of the concert, the students watched funny video clips featuring their heads on cartoon bodies.

The students from Fermont School enjoyed an afternoon of skating.

Pre-Kindergarten and Kindergarten Elf Projects

by Robin Fequet

The Pre-Kindergarten and Kindergarten class of Fermont School were visited by one of Santa Claus's elves in December! He came all the way from the North Pole to watch over the students, making sure they were nice to each other. Every night the elf would travel back to report to his boss (Santa) about how good/bad the students were that day. The next morning, when the students arrived in their classroom, they would receive a special note from the Elf telling them who had been naughty or nice. The students had a lot of fun with the Elf and they were sad to see him return to the North Pole for good.

The Kindergarten and Grade 1 students of Fermont School were busy in December preparing for Christmas. They were like little elves working away on various Christmas projects. Their most enjoyable activity was creating their own Elf. The students were inspired to become one of Santa's Elves after reading the story "The Littlest Elf" by Brandi Dougherty. In this story they learned about how each elf had a special job, until one (littlest) elf and one (littlest) reindeer find themselves too little for any of Santa's special jobs. The students sympathized with these characters and decided that everyone has something special that they can do! They created their very own life size special elf. While completing this project, each student realized just how unique they all were; they learned about each other's likes and dislikes and favorite things to do during winter. While some elves looked similar, no two were the same.

The students made salt dough ornaments for Santa Claus to see when he arrived at their house on Christmas Eve. These ornaments are also unique to each student, as they are their individual handprints in the salt dough that once baked and painted became an image of Santa!



50+ Club Sept-Îles Annual Christmas Potluck



Saturday, December 8th, 2012, the 50+ Club in Sept-Îles held their annual Christmas potluck.

The members were welcomed by Gail Lavalée and Jackie Bizeau with tickets for door prizes as well as a chance to guess how many candies were in the 'candy pot'.

Following the wonderful meal, laughter rang out as the skit 'The Twelve Days of Christmas' played out before the group. This was followed by activities such as the 'left-right' game and the unwrapping of the Hershey's Kiss wearing oven mitts. Everyone laughed when a couple of seniors were caught eating the wrapper!

Door prizes were given out and Carol Larivière won the guessing game for the number of candies in the 'candy pot'. She was only off by one candy! (I wonder if she counted them!)

Christmas carols were sung just before Mrs. Claus put in an appearance and gave out the gifts.

On behalf of the members, Christina Bobbitt presented Gail Lavalée with a gift in appreciation of everything she does for the group. Tears were spotted on a few cheeks as everyone sang the closing song by John Lennon, 'So this is Christmas'.

50+ Club Baie-Comeau Celebrates Christmas

by Michele Petit



The Baie-Comeau 50+ group celebrated the Christmas season with a fun filled party. There were many amusing games like an indoor snowball fight, marshmallow building contest and more. We had a fabulous community lunch and ended the day making English Christmas cards and angel tree decorations.

Thanks to all who came - your sense of humour and great Christmas spirit made the day a great success! I wish you all the best for the New Year and look forward to more amusing times together.

Flemming Elementary School PPO Active as Ever!

The Parent Participation Organization (PPO) of Flemming Elementary School in Sept-Îles is a devoted group of parents. Once the 'Boo-Bash' in October had passed, they were hard at work, planning their Christmas activities. The activities started off on Monday, December 17th with the renowned breakfast. Each child was served pancakes, oranges and a little box of milk. When the children returned to class, Santa arrived and went from class to class passing out gifts courtesy of the PPO - a Christmas mug with all the necessities for hot coco, a candy cane and a little surprise.

Then on Wednesday, December 19th, the famous Christmas concert was held where the PPO sold raffle tickets as a fundraiser. Thursday, December 20th the kids watched a movie in their PJs while enjoying milk and cookies.

The PPO of Flemming hopes your holiday season was enjoyable and wishes you all the best for 2013.



Standing: Julie Harvey, Isabelle Noel, Cindy Dallaire, Roby Vaillancourt, Jackie Bizeau
Kneeling (l to r): Lindsay Morency, Monique Mercier, Tammy D Mansbridge, Martin Hyslop
 Absent: Annie J. Lebel

English Movies on the Big Screen in Sept-Îles

On Sunday, December 16, 2012 a new era was born in Sept-Îles. An English movie was played at the local Cine-Centre. Fifty-two people showed up at the theater to watch 'Twilight - Breaking Dawn Part 2'.

Thanks to the collaboration of Jackie Bizeau, NSCA liaison agent in Sept-Îles, and Denis Simard, manager at the Cine-Centre de Sept-Îles, it was a huge success. A lot of hard work went into promoting the event and the result was very satisfying. **Mr. Simard even contacted the NSCA saying he was interested in showing more English films in the coming weeks.** What a wonderful gift for the English-speaking community of Sept-Îles!

It only goes to show that there is a definite need for English movies in Sept-Îles. Thank you Sept-Îles community, without your help this would have never happened...and like one member of the community said, **"I think I saw pigs fly today at the Cine-Centre - a movie played in English!"**



Cinoche: Baie-Comeau's International Film Festival

From January 17 to 27, 2013, Baie-Comeau will be hosting the 25th edition of its International Film Festival.

The NSCA will be sponsoring two English movies. Check out festivalcinoche.ca or pick up a copy of the official programme. The movies are played at the Ciné-Centre located in Centre Manicouagan, boulevard Lafleche.



Community Health Education Program (CHEP)

by Marilyn Durepos

CHEP is a Community Health and Social Services Network (CHSSN) initiative funded by the McGill Training and Retention of Health Professionals Project through Health Canada. This program brings English videoconferences to remote regions across Quebec on a variety of health topics. These videoconferences are usually broadcast from the Montreal Children's Hospital with expert presenters in an interactive conference that enables the participants to ask questions and learn about aspects of health important to them.



The North Shore Community Association is privileged to be a part of this program and for the past few years have participated actively in bringing these English health videoconferences to our communities.

Two of our communities have benefited from these information-filled presentations - Baie-Comeau, with an average of 8 participants per session and Sept-Îles, with an average of 17 participants. Participants have expressed their appreciation.

This past year our communities have had the opportunity to attend videoconferences on:

- Tired of Being Tired: Fatigue Management;
- Managing a Health Crisis;
- Stress Management;
- Diabetes;
- Loving Your Feet;
- Shingles;
- Communicating in the Face of a Life-Altering Diagnosis
- Jog Your Brain (Healthy Aging, Healthy Brain: Memory Fitness for Everyone).

This year's programming is finished as of December. Unfortunately, we will not know until later in 2013 whether or not it will continue. We want to thank all those who have participated and have helped to make them the success they have been.

Jody Lessard Nominated to Health & Social Services Priorities Committee

It is with great pleasure that the North Shore Community Association announces the nomination of our Executive Director, Jody Lessard, to Health Canada's Health and Social Services Priorities Committee. Ms. Lessard will be representing the North East Region of Quebec.

The Health and Social Services Priorities Committee was established as a cooperative effort of community organizations to determine and represent the English-speaking communities' health and social services priorities to Health Canada.

For the federal government, the Committee serves the purpose of the accountability framework for implementation of sections 41 and 42 of the Official Languages Act, whereby the federal government is committed to enhancing the vitality of English-speaking and French-speaking minority communities. As such, the Act creates for Health Canada the right and obligation to consult directly with English-speaking communities in Quebec.

Having been born on the Lower North Shore, and now residing in Baie-Comeau, Ms. Lessard is well aware of the realities of the territory she represents. With her participation on the Regional Access Committee, she is equally informed of the health and social services priorities of the English-speaking population of the North Shore. Congratulations Jody!

The Identity of English-speaking Quebec in 100 Objects

by Rachel Garber

What would the face of the English-speaking communities look like if 100 objects were collaged to create a portrait of it? And which objects from the North Shore might be part of this portrait?

That is what the Quebec Anglophone Heritage Network (QAHN) and its partners are finding out. Museums and other organizations have contributed photos and descriptions of diverse objects that represent a significant facet of English-speaking Quebec's diverse culture and heritage. Among these, the North Shore Community Association (NSCA) submitted two objects. Both were selected to be part of the 100 objects in the Quebec-wide collection.

The first object is the magnificent Nativity stained glass window in the Anglican Church of Saint Andrew and Saint George. It was created in the 1940s by Clara Fargo Thomas, and given to the church by Colonel Robert R. McCormick in memory of his wife, Amy Irwin McCormick. It measures approximately ten feet tall by seven feet wide.

The church was the first to be built in Baie-Comeau. "It features Tudor architecture and solid oak furnishings and exceptional stained glass windows, including the principal Nativity window – a marriage of religious images and images of the North Shore life, a true Quebec religious heritage treasure," said the NSCA's submission. "It is unique in that the wildlife of the North Shore is depicted along with T-Basse St-Onge, an Amerindian who saved the life of town-founder Colonel Robert McCormick."

The second submission was a blanket woven from bleached rags in the 1940s. Many households had such blankets in the 30s and 40s during the great depression and World War II, said its owner, Lorraine Duncan Gray. "The cloth was dyed and then cut into strips and woven together. Those blankets were immediately recognizable because of the striped design – always on a white or off-white background with white stripes of red, green, grey, black, yellow, etc. which always ran crosswise on the blanket." The blanket can be viewed at the NSCA office, 39 Marquette, Baie-Comeau.

The two objects are to be showcased on QAHN's new 100objects.qahn.org website, along with the 98 other artefacts. The website is to be launched in March 2013.

The project is called "Significant Objects for Telling Identity (SOFTI): English-speaking Quebec through 100 Cultural Artefacts." SOFTI is supported by the Department of Canadian Heritage. For information, contact the project managers, Rachel Garber and Heather Darch, at 100objects@qahn.org.



Anglican Church Celebrates 75 Years

by Canon Stephen Kohner

Parishioners, community members and friends of the Church of St. Andrew & St. George in Baie-Comeau gathered to celebrate its 75th anniversary. It was on December 5, 1937 that the church first opened its doors to the Protestant community in the newly created pulp and paper town, thus beginning decades of mission and ministry to the north shore region. Bishop Dennis Drainville celebrated the Holy Eucharist assisted by Le Réverend Josclyn Vaillaincourt of the Catholic Paroisse la Nativité-de-Jésus, and lay incumbent Canon Stephen Kohner. The bilingual service was attended by close to 60 people. Bishop Dennis spoke of the need for on-going mission-oriented ministry. Following the service, a wine and cheese reception was held in the church hall where people had a chance to mingle, reminisce and speak with Bishop Dennis. The exhibit "In Search of Yesterday" was on display as part of the 75th anniversary celebrations of the town. The church extends its appreciation to le Comité des Fêtes du 75e anniversaire for their sponsorship of this event.



Celebrants Canon Stephen Kohner, Bishop Dennis Drainville and Le Rév. Josclyn Vaillaincourt pose for a photo

HSSNPI Table News



The Health and Social Services Networking and Partnership Initiative (HSSNPI) Regional Table welcomed new members at its meeting Wednesday, December 5th, 2012. Joining the members at the regional table were Marie-Andrée Gautier (Lumière Boréale CALACS Baie-Comeau), Steeve Vigneault (BCHS), Mary Helen Beaulieu (Eastern Shores School Board), Dale Walker (CSSS de Sept-Îles) and Keith Eldridge (CA board director CSSS de Sept-Îles, ESSB).

Special guest, Russel Kueber, from the Community Health and Social Services Network, program funder, was there to speak to the network table about the source of funding for the NPI networks across Quebec as well as to expand on the objectives of the program.

The HSSNPI Regional Table's main objective is to help improve access to health and social services in English for the population of the North Shore with the assistance of a subcommittee table in Sept-Îles where NSCA's largest English-speaking population resides.

A Christmas Memory Book

Students of Cycle 2 and their teacher Mrs. Mary Cormier at Baie Comeau High School recently published a book entitled "A Christmas Memory". The text was provided by Lorraine Gray who had first told a story in December 2011 of how Santa Claus jumped out of a plane, parachuted onto the baseball field and then paraded through town, ending up at église Ste-Amélie. There, he would hand out presents to all the children. The students each drew an image for a specific part of the text and were given a copy of the finished book.

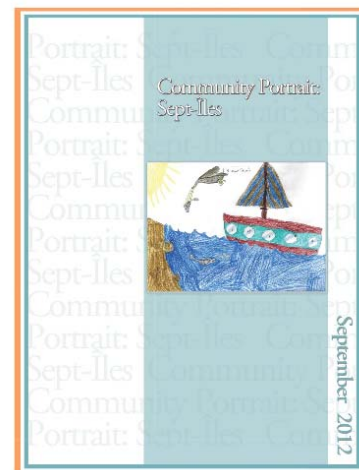


Community Portrait Sept-Îles

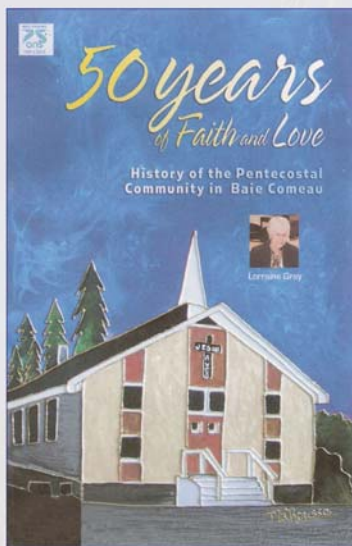
The NSCA is pleased to announce the accessibility of the bilingual "*Community Portrait: Sept-Îles*" document on their website, www.quebecnorthshore.org under the 'Reports and Publications' tab.

The report was researched and compiled by the Institut National de Santé Publique de Québec (INSPQ) through an agreement with the Community Health and Social Services Network (CHSSN). It is the result of various individual and group consultations held in the spring and fall of 2011 in order to gain a better understanding of the English-speaking community of Sept-Îles.

We would like to also acknowledge the beautiful artwork from the students of Flemming Elementary School.



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Worship Services

All Saints' Church

39, av. Ungava
Sept-Îles

All services commence at 10:30a.m.



- Jan. 13: United Church Service
- Jan. 20: Anglican Service
- Jan. 27: United Church Service
- Feb. 3: Anglican Service
- Feb. 10: United Church Service
- Feb. 17: Anglican Service
- Feb. 24: United Church Service

Sainte Famille Catholic Church

15 Comeau, Sept-Îles

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church or online at <http://www.paroissesseptiles.org/html/feuilleton.html>

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.



- Jan 13: Holy Communion
- Feb. 3: Holy Communion
- Feb. 24: Holy Communion and Vestry Meeting

Information:

Canon Stephen Kohner (418-295-3431)
stephen.kohner@cgocable.ca

Coming to Quebec City for Medical Treatment?

Let us know...We're here to help.

Members of the Pastoral Services Team of the Anglican Diocese of Quebec provide a variety of services for English-speaking patients & their families treated in Quebec City hospitals. They can:

- provide transportation
- visit patients and family members who accompany them to Quebec City
- provide translation
- run small errands

pastoralcare@quebec.anglican.ca

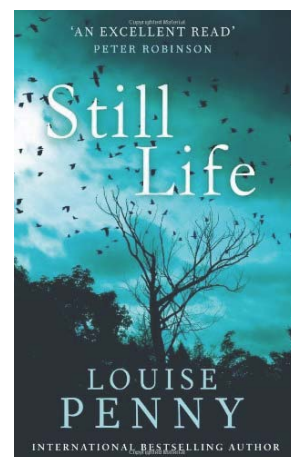
581-308-8393

NSCA Book Club

Do you enjoy reading? Have you ever read a great book and really wanted to talk about it with someone?

Well you might be interested in joining a book club. Book clubs can be a great way of meeting like-minded people who enjoy a lively discussion about books. If you would like know more about the book club in the Baie-Comeau community or is interested in joining, please contact the NSCA office at 296-1545.

This month's read is "Still Life" by Louise Penny



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Courriel : cfcep@cschic-chocs.qc.ca
Site Internet : www.cfcep.ca

Wakeham Adult & Vocational Education Center
Telephone : 418 368-3376, ext. 222
E-Mail : richard.jalbert@essb.qc.ca
Website : www.essb.qc.ca

Maple Leaf Math Challenge

by Debbie Laurie



On November 20th and 21st, Riverview Secondary Cycle One students participated for the second consecutive year in the Canadian Maple Leaf Math Challenge. All eight students (Alyssia, Ève-Marie, Ryan, Kevin, Christian, Jacob, Jannick, and Krystel) finished in the top 50 in Quebec, and the class as a whole came second in Quebec! Great job!! Krystel was our top student with a score of 4300 points earned over the two days!

Les Loups de Riverview

by Debbie Laurie



On Thursday, December 13, Riverview's mini-basketball team "Les Loups" participated in a friendly tournament at École Mère d'Youville. We were represented by Dimitri, Nathan, Zackary, Ann-Laury, and Frédérique. Congratulations on making it to the semi-finals! Coach Goudie was very proud!!

Table de Concertation des aînés de Sept-Rivières

The 'table de concertation des aînés de la MRC de Sept-Rivières' is made up of 13 members from different organizations of the MRC de Sept-Rivières. NSCA recently became a member of this table.

They are the voice of the seniors and a point of reference for the departments and agencies in consultations, helping raise awareness when it comes to the needs of the seniors in the region.

The 'seniors' consultation table' has been discussing the problems the elderly face with the hospital and/or any health organization. They have been meeting regularly to discuss the creation of a pamphlet on the group and a 'resource guide for seniors', listing activities that each organization offers. This guide will be available in French in 2013.



From left to right: Hélène Gauthier *trésorière* (RIIR), Laurentia Bonde (CAB de Port-Cartier), Carole Chevarie (Ville de Port-Cartier), Juanita Cormier (Vivre la Joie), Éliane Picard-Landry *présidente* (Age d'or de Sept-Îles), Jeanine Otis *secrétaire* (C.S.S.S.S.I.), Jackie Bizeau (NSCA), Gaby Gauthier *vice-président* (Ville de Sept-Îles), Charlotte Bellefleur (Uashat Malotienam)

Absent: Louissette D. Catto (AREQ), Guy Tremblay (Sureté du Québec), Marie Blais Turcotte (FADOQ Gallix), Yvon Saint-Hilaire (CSSS de Sept-Îles)

NSCA Sponsors Health Careers Fair



During the months of November and December 2012, students from QEHS and Northern Lights Adult Education and Vocational Centre had the opportunity to participate in a series of health career workshop activities organized by the NSCA.

In November, presentations about the various careers in health were shown to the students at the secondary level and adult education sector. Students were presented information on careers offered at the vocational and college level; informational boards and documents were also distributed to the students. Information was provided on job descriptions, future job prospects for the North Shore region, including the average salary offered in the different fields. The students became well-informed about the present job offers at the CSSS de Sept-Îles, and the favourable working conditions offered through incentives, such as retention premiums and tax credits for new graduates.



More follow up activities were done in early December with both levels. A promotional folder of resources had been given to students from Secondary 3 to 5 at QEHS and students at the Adult Ed sector. Each student received a usb key of resources and tools that would help them in their career search; also included were informational pamphlets from the region, and a career wheel tool that was designed by the NSCA. Before ending the afternoon, students engaged themselves into playing a good game of **Health Career BINGO**. With the help of the career wheel, as well as their current knowledge, they found the answers to the clues!

Fun-Filled Christmas Week at BCHS

by Stephen Kohner



Students, Staff, and Parents were treated to an exceptional array of activities during their last week prior to the Christmas break. Monday began with students from École secondaire Jean-Paul II who came in to read to the students in Kindergarten and Cycle 1. Tuesday evening's Christmas concert, coordinated by Music teacher Laura Hurley, was a massive success with students singing, playing instruments, dancing and presenting a number of drama productions. The evening culminated with students and staff singing "So This is Christmas", dedicating it to the victims of the Newtown school shooting. On Wednesday, the Drakkar hockey team skated and signed autographs, much to the delight of the students. Thursday was a vibrant activity day with the students staying after school from 3pm to 8pm, participating in a variety of activities organized by staff and the Student Parliament. A "make your own sub" supper was organized by Max Côté of the Community Learning Centre and the Home & School Association helped Santa hand out a gift to every student. It was a week filled with Christmas spirit, collaboration and energy!

North Shore Community Association

Volume 9, Number 3

NSCA Mission:

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

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