

# NSCA NEWSLETTER

July 2012

Volume 9, Number 1



Photo: Stephen Kohner / Manicouagan River

## LET'S GET CONNECTED

### Anglophone Community Celebrates Baie-Comeau's 75th Anniversary

by Jody Lessard

The launch of the heritage exhibition “In Search of Yesterday” held on Monday, June 18<sup>th</sup> was well attended by several stakeholders of the municipality, BCHS staff, students, parents and many members of the NSCA. To mark the 75<sup>th</sup> anniversary of the town of Baie-Comeau and commemorate the heritage and culture of its English-speaking community, this initiative was spearheaded by the NSCA.

The exhibition was established through the work of community members, teachers, volunteers and students who recorded, documented and presented the history and culture of English-speaking population of Baie-Comeau.

Through gathered documents and photographs from archives of the past, and testimonials from community members, this heritage exhibit is presented from the perspective of the English-speaking community

The exhibition will be travelling. After that first week in the gym of BCHS, it will move to the church of St. Andrew and St. George for six weeks and perhaps after that to the church of St. Amelie, but this is yet to be confirmed. Beginning in early fall, it will tour the French schools of the town, and then may move to other venues on the North Shore or even the South Shore.

“In Search of Yesterday” exhibit is made possible through funding from the Department of Canadian Heritage Cultural Development Fund; the North Shore Community Association also wishes to acknowledge the invaluable contributions of Baie-Comeau High School faculty, staff and students, the Baie-Comeau Community Learning Centre, the Church of St. Andrew and St. George, and the Société historique de la Côte-Nord and many thanks to those community members who contributed to this initiative.



Secondary I student Sam Kerr presents one of the 12 bilingual panels



Jody Lessard, Executive Director, along with project team members Diane Bélanger, Mary Cormier, and Stephen Kohner ready to unveil the exhibit

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## A WORD FROM THE CHAIR

Dear readers of our newsletter,

It is with great pride that I wish to congratulate our NSCA staff and Executive Director, the students and teachers of BCHS, and our Baie-Comeau Seniors who participated in the project "In Search of Yesterday".



This effort is a Canadian Heritage sponsored project spearheaded by our own Jody Lessard in honour of the 75<sup>th</sup> anniversary of the town of Baie-Comeau. The Exhibit contains 12 panels that show life then and now in our fair city.

It was launched at BCHS on June 18<sup>th</sup> and will spend all summer on exhibit at St. Andrew and St. George's Church at 34 Carleton Avenue. Come by and see and learn about our past and the people that made it possible.

Wishing you all a long and warm summer.

Until next time,

*Marc Deslauriers*  
Chair



# Thank You, Janet

Janet Russell retired after 34 years teaching. She spent the first 19 years of her career at Fermont School and has been at Riverview School in Port-Cartier for the past 15 years.

We wish her a wonderful new life with her husband Gary in their new home in St. Lazare, outside Montreal.

She was a splendid teacher, and we will miss her excellent memory!! Now we are going to have to write things down!! Good Luck!!

## Community Fun Day Back for a Second Year!

NSCA will be hosting a day exclusively for our 50+ members. A fun-filled day of activities will include lawn games, a car rally, BBQ luncheon, ecumenical church service and award presentations.

**When: Saturday, September 15<sup>th</sup>**  
**Time: 10:30 a.m. – 4:00 p.m.**  
**Where: 47 Ungava, Sept-Iles**

Invitations and additional information (RSVP & car pooling) will be forwarded to members by August 31<sup>st</sup>.

We will keep you posted!!!!



## NSCA Summer 2012 Schedule

Starting Friday, June 22<sup>nd</sup> until Friday, August 31<sup>st</sup> inclusive, the schedule for NSCA's office hours will be as follows:

- Monday - Thursday: 8:00a.m. – 4:00p.m.
- Friday: 8:00a.m. – 12:00p.m.

Please note that the NSCA Baie-Comeau office will be closed from July 30 to August 10.

The Sept-Iles office is closed from June 22 - Aug. 31.



# QCGN AGM

## Montreal, June 15-16, 2012

by Debbie Laurie



As the NSCA's voting delegate, I attended two days of workshops and meetings held at Le Nouvel Hotel & Spa in downtown Montreal. This was my second year attending so I was a little more at ease and didn't feel so lost. Some people have been attending for 18 years!!

Outgoing interim President Noel Burke welcomed us Friday morning and reminded us of the importance of speaking with a common voice as an English-speaking community. We've chosen Quebec as our home, and we're proud to be here!!

We spent the next hour and a half discussing network policy and bylaws, and then were treated to the top three winning videos in the My Quebec Roots Video Contest. Victor and Sheila Goldbloom were also present to call for nominations for this year's Goldbloom awards for Distinguished Community Service for individuals who have gone above and beyond in contributing to the vitality of English-speaking Quebec. Winners will be celebrated at a special evening to be held at the St. James Club on October 18<sup>th</sup>.

Following lunch, we broke into two network forums: one for Executive directors which Jody attended and the other for Volunteers which I attended. We spent a very animated 2 ½ hours sharing successful initiatives and partnerships. We talked about leadership development, best practices for community organizations, volunteer recruitment, and program evaluation. It was agreed that this type of meeting was very worthwhile and should be part of AGM 2013. In the meantime we shall try to stay in touch via Extranet on the QCGN website. I really enjoyed hearing how some groups have put together some awesome projects with some of their funding.

Over a delightful 5 a 7, we visited the new QCGN offices on Rene Levesque Boulevard, and chatted with members from all over the province in a more relaxed atmosphere. The hors d'oeuvres were delicious and the white wine flowed!



Jody and I decided to take a stroll along Ste. Catherine's Street later that evening and had just rounded the corner of Saint Mathieu when we heard our names being yelled from across the street. It was our dear friend and former NSCA Board member Corine Desrosiers!!! What timing!!

On Saturday morning, Noel Burke presented WORKING TOGETHER FOR A VITAL COMMUNITY: THE COMMUNITY DEVELOPMENT PLAN 2012-2017. This was a summary and explanation of the final report of the Community Priority Setting Conference held in March. Six priorities were agreed upon:

- 1) Access to services in English
- 2) Community building
- 3) Economic Prosperity
- 4) Identity and Renewal
- 5) Leadership and Representation
- 6) Strong institutions.

The PSSC (Priority Setting Steering Committee) which is a permanent committee of the QCGN Board of Directors will try to address these six priorities through five levels of engagement.

We were then privy to the launch of the NOTRE HOME music video, a joint effort of the QCGN and a talented young Montreal rapper David Hodges and his young performers, The Honest Family. David wrote the lyrics and music, and the video was filmed in Lafontaine Park. The final version should be ready for the fall when school resumes! It is hoped it will become a sort of anthem for us. Stay tuned for the release in late August/early September!! You're gonna love it!!

The AGM began at 11:15, and the results of our voting for the president were announced. The new president of QCGN is Daniel Lamoureux, and I think he will do a great job. He seems very sincere and dedicated to seeing English-speaking Quebecers not only survive but thrive here in this province! He will need our support and co-operation as he begins this task. The QCGN is growing and we have to remain visible.

It was again a very informative experience for me and I thank the NSCA for allowing me to represent them at the provincial level. I know more than I did last year!!



## Baie-Comeau 50+ Club Wellness Day

by Michelle Petit



The Baie-Comeau 50+ Club had a wonderful creative 'wellness day' on May 30<sup>th</sup>. The group had an opportunity to take their blood pressure as well as review information hypertension. An informative book was given out on palliative care called "*A Care Givers Guide, A hand book about end-of-life care*". They had discussions on both subjects and shared some of their own life experiences.

For lunch the group prepared a spaghetti frittata with a garden salad. In the afternoon there were many laughs as the group showed their creative side making an eye catching yet practical craft, "Flower pot pens". A good time was had by all who participated.

## Baie-Comeau 50+ Club Year-end Party

by Michelle Petit

Baie-Comeau 50+ Club had their year-end party on June 13<sup>th</sup>. This year's theme was "Beach Party".

The day started out at the Baie-Comeau High School for a Community Health Education Program (CHEP) session on "Managing a Health Crisis". The participants learned what the signs are of someone who is having a heart attack or who is seriously choking as well as the steps to take to help them.

After the CHEP session the group headed over to the Anglican Church for a potluck lunch and games for the afternoon. They had to be creative with their activities this year because it was raining and were not able to go outside. They played a humorous game of bean bag toss, followed by some other fun question and answer games. Everyone had a good laugh and enjoyed hanging out for the last time before the summer. Thanks to all who participated.

Have a wonderful summer!



# Sept-Iles 50+ Club Year-End Activity

by Gail Court-Lavallée

On June 2<sup>nd</sup> the Sept-Iles 50 + Group had their last activity before the summer. Again this year the group decided to hold a Hawaiian themed summer party. Dressed in grass skirts, sandals, leis, and warm smiles on their faces, the group enjoyed a full day of outside fun, good food and many laughs with great company.

At the end of the day, awards and certificates were distributed to participants for the bowling and social afternoon activities. Words of acknowledgements to the many members who made this a successful year were expressed by the NSCA animator. "It was a fantastic year and we all kept SMILING! Be safe, keep healthy, take care of each other and keep on staying young."

Wishing the group a great summer and looking forward to new memories in the fall.



## NSCA Branch Office in Sept-Iles

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## Baie-Comeau Youth Co-op Opens for Third Year

The « coopérative jeunesse de services » (CJS) Baie-Comeau is composed of fifteen young adolescents who have established a work coop for the duration of the summer. This educational project is unique because it allows young people to develop a sense of entrepreneurship while raising money.

Overseen by two dynamic presenters and stakeholders from the community, the youth (ages 12- 17) will organize activities to make their coop and services known to the population, in addition participate in the management of the company through different committees (finance, marketing, human resources).

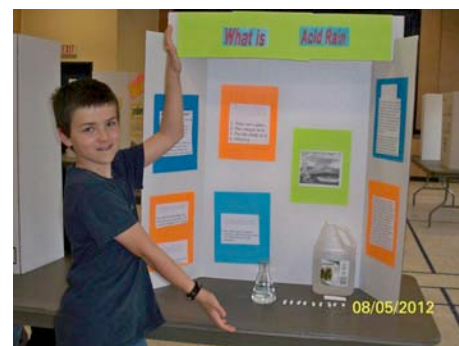
The 2012 season of CJS began on June 25<sup>th</sup> and will be ending on August 10<sup>th</sup>, 2012.

CJS youth will be offering various services, such as: lawn mowing, weeding, wood piling, help in moving, cleaning (inside/outside), babysitting, dog walking... and much more!

For more information or if you wish to hire them for their services, please contact them by phone at 418-589-8589, ext. 232, or by e-mail at [cjs.bc@hotmail.com](mailto:cjs.bc@hotmail.com)



## Third Term Frenzy at Riverview School by Debbie Laurie



On Friday, April 27, we held our annual Public Speaking Contest. All students from kindergarten to Sec.3 got up on stage and delivered a speech. The judges had their work cut out and finally the winners were announced after lunch. Sophie Lapointe scored highest in Cycle One, Zackary Onraet in Cycle Two, and there was a tie in Cycle Three between Noah Veilleux and Frédérique Pagé. There was also a tie in Secondary Cycle One between Kevin Bacon and Tommy Piton.

On May 8<sup>th</sup> the afternoon was devoted to the Science Fair. We had the pleasure of a visit from Eric Frenette, Directeur du Conseil des Loisirs Scientifiques Côte-Nord. He was most impressed with the variety of science topics explored and the depth to which the scientific method was applied. We were very proud of all the students' efforts!

Since May is known as Physical Education month in Quebec, we also joined the Défi Pierre Lavoie and kept track of all our physical activities for the month. I think Miss Goudie is still counting cubes!!

Over the course of the year, our Spiritual Animator, Allison Dallaire, has motivated the students to work hard for a very worthy cause: Pennies for Peace - an initiative by American Greg Mortensen, author of *Three Cups of Tea*. We saved our pennies and sent a cheque in the amount of \$400 to the Central Asia Institute which oversees the building of schools in Pakistan and Afghanistan. Everyone has the right to an education!

We also spent the afternoon of May 14 doing the annual Jump Rope for Heart activity. Money raised, an amazing \$1100, goes to the Heart and Stroke Foundation. As my right knee does not permit me to skip rope, I spent a lot of time turning one end of the long skipping rope...all for a good cause!!

Finally, something that we are extremely proud of...we are officially an EVB school as of May 2<sup>nd</sup>. That stands for Établissement vert Brundtland and means that we have integrated four areas (ecology, solidarity, peace, democracy) into our everyday school life. We celebrated with the unveiling of a beautiful banner and a fun afternoon of board games on June 15<sup>th</sup>. And we are very proud to be the FIRST school in ESSB to have earned the recognition. At Riverview, though we are few, watch what we can do!! We are ready for summer holidays after all our many activities.

# Fermont School News

by Karen Kean

We had a very busy year at Fermont School. As a special project this year, our students learned about the praying mantis. We ordered an egg sac and approximately 200 praying mantis hatched. We had butterflies in our school before, but this was the first time we had the praying mantis. Our students were very excited, unfortunately they did not grow very large and they did not survive a long time, but it was a very successful project. The kindergarten students made paper maché models of the insect.

The Grade Six Graduation took place on Thursday, June 14. The students will be attending Grade 7 at J.R.Smallwood School in Wabush, Newfoundland in September. Fermont School stops at Grade 6 and our students travel to Wabush and Labrador City, Newfoundland to finish Grades 7 to 12. We would like to wish the four graduates good luck with their upcoming education.



Our Pre-Kindergarten and Kindergarten Graduation and Spring Concert were held on May 31. We had a very large turn out to help us celebrate the success of our young students.



John Larivière



Alexandre Gagnon



Louis Villeneuve



William Hins



## Healthy Activity for Fermont Youth

by Cathy Larivière

On April 21st, 2012, the NSCA held a “Healthy Snacks” get together after a school trip. The students of the Fermont School had a swimming event and the NSCA sponsored healthy snacks; fruit, cheese and juice. Approximately 34 people was in attendance.

# Thank You Flemming School PPO

by Jackie Bizeau

The PPO of Flemming Elementary School in Sept-Iles is an active group of parents who give their time and energy to the school. When these parents walk the halls at Flemming, the students come to see them with a hug and a little “When is the next activity?” During this past year the PPO did many activities to make the school a fun environment for the students.

The activities started in October with a Halloween dance and around Christmas time they had a ‘healthy breakfast’. (The PPO raised money selling Christmas raffle tickets to finance some of the activities.) During ‘Teacher Appreciation Week’, they had gifts for the teachers and staff, and replacements for lunch supervision all week. They helped during ‘Carnival Day’, ‘Valentines Bingo’ and had a spaghetti luncheon to raise funds for the ‘5/30 Challenge’. After the lunch, the kids joined the parents for a walk around the block. On St. Patrick’s Day, the PPO gave the students green rice crispy squares and at Easter, all the students received an ‘Easter muffin’. They helped end the school year with a hamburger BBQ lunch.

The PPO at Flemming has been available to help decorate the school or count money raised in the ‘Jump Rope for Heart’ activity. Although the school year is over, they have already been planning their first activity for next September.



A big **‘THANK YOU’** to all the PPO parent volunteers: Isabelle, Annie, Sandra M., Monique, Jennifer, Paulita, Marie-Andrée, Roby, Sandra D., Lisa, Julie, Martin and Jackie.

## NSCA supports Defi Moi J’y Croque at Flemming

by Karen Fequet

Each year, Flemming Elementary participates in Defi Moi J’y Croque which is a sensitization campaign to make children, parents and staff aware of the need to consume five fruits and vegetables a day. By recording daily their servings of fruits and veggies, children and parents become more aware of how easy it is to get this minimum amount OR how few servings are being consumed on a regular basis.

Children are encouraged to participate and record at home, with a parent signature required. Children then return the completed forms to the school to be eligible to participate in a draw for sports equipment at each grade level. A total of 84 students participated in this challenge. A generous donation of \$300 from NSCA allowed our gym teacher, Mr. Ringuet, to purchase three prizes per grade level, from Pre K to Cycle 3 Year 2. These prizes were given out at the weekly general assembly on April 2nd.





## 50+ Club Wins Award



From left to right: Laura Hurley, principal; Allan Beaulieu; Guy Richard; Gladys Claes; Lorraine (Cameron) Gray

BCHS was pleased to present the Adult Volunteer of the Year Award to NSCA's 50+ Club of Baie-Comeau in recognition for their time, resources, and contribution to the "In Search of Yesterday" project. Over 25 community members volunteered to help out with the project.

## Bilingual Guided Tours

Looking for something to do while in the Baie-Comeau area this summer?



The Church of St. Andrew & St. George is providing free tours of the church. **The "In Search of Yesterday" exhibit is on until August 3rd.**

The tours are conducted in English and/or in French from June 27th through to August 3rd, Monday to Friday from 10:00a.m. to 12:00p.m. and from 1:00p.m. to 4:30p.m.

**Drop by for a visit!**

34, av. Carleton, Baie-Comeau

418-296-2833

## Riverview Wins BIG!



The Book fest/Livres en Fêtes was held the week of April 23-27 at Riverview School. One of Debbie Laurie's students in Secondary 1, Jacob Pagé, was fortunate to win the participation prize. Were they ever surprised when a box was delivered to the class...\$150 worth of teenage novels (17 in total).



## NSCA's 50+ Clubs

The North Shore Community Association is proud of the activities going on in their 50+ Clubs in Baie-Comeau and Sept-Iles.

In Sept-Iles, activities are held twice a week and in Baie-Comeau, once or twice a month. The activities range from health education and information sessions, to physical and social activities.

If you are not already a member and would like to join, or if you would like more information, please contact the NSCA office at (418) 296-1545.

**Give Us A Call!**

# Maison Richelieu: Did You Know?

by Marilyn Durepos

Maison Richelieu is a residence where non-hospitalized users from the North Shore (those residing outside Sept-Îles), their parents or attendants who are visiting the Centre de santé et de services sociaux (CSSS) of Sept-Îles for an exam, follow-up or treatment, can reside during their stay in Sept-Îles, at a very small cost. The service extends to users from Baie-Comeau to Blanc-Sablon, including Schefferville and Anticosti.

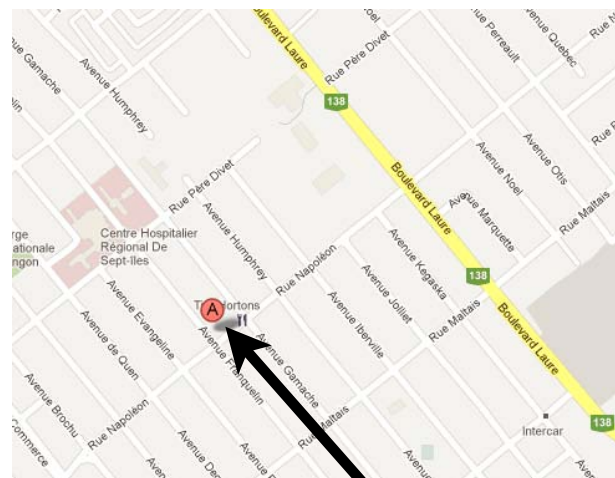
It was in 1993 that the Fondation du Centre hospitalier régional de Sept-Îles (CHRSI) and the Club Richelieu built the residence located at 465 Franquelin Ave. The official opening was held on December 5, 1993.

The house has ten rooms with private bathrooms (6 small ones and 4 large ones with small kitchens), one - 4 ½ for the residence's manager as well as one small kitchen and one living room in the basement for all users.

Small rooms cost \$15 a day and the larger ones, \$20 a day.

**Contact Information:**

465 Franquelin Ave.  
Sept-Îles (Quebec) G4R 2L9  
418 962-2720



**Maison Richelieu**

**website: [csssi.qc.ca/us\\_maison\\_richelieu\\_an.htm](http://csssi.qc.ca/us_maison_richelieu_an.htm)**

## Important Information for your Health:

### Access gateways (guichets d'accès)

by Marilyn Durepos

Access gateways (guichets d'accès) have been set up to facilitate the identification, prioritization and direction of clients in search of a family doctor. Six CSSSs in the region have set up an access gateway for clients with no family physician.

**MRC de la Haute-Côte-Nord:**

**Access gateway** - CSSS de la Haute-Côte-Nord (Pavillon Les Escoumins)

Telephone: 418 233-2931, extension 2221

**Access gateway** - CSSS de la Haute-Côte-Nord (Pavillon Forestville)

Telephone: 418 587-2212, extension 2257

**MRC de Manicouagan:**

**Access gateway** - CSSS de Manicouagan

Telephone: 418 296-2572, extension 5208

**MRC de Caniapiscau**

**Access gateway** - CSSS de L'Hématite

Telephone: 418 287-3151

**MRC de Sept-Rivières:**

**Access gateway** - CSSS de Port-Cartier

Telephone: 418 766-2572, extension 3302

**Access gateway** - CSSS de Sept-Îles

Telephone: 418 962-2572, extension 4108

**MRC de la Minganie**

Centre de santé et de services sociaux de la Minganie

418 538-2212, extension 437



# What is Informed Consent?

by Marilyn Durepos

When you go to the hospital for surgery, you will be asked to sign a consent form. Most of the health establishments here on the Côte-Nord have both the French version and the English version on hand. Ask to have yours in English. 'Informed consent', however, is more than just your signature on the form.

## A consent form itself is not consent

Consideration of a consent form to be signed by the patient should not obscure the important fact that the form itself is not the "consent." The explanation given by the physician, the dialogue between physician and patient about the proposed treatment, is the all important element of the consent process. The form is simply evidentiary, written confirmation that explanations were given and the patient agreed to what was proposed.

### - The bottom line:

The explanation given by the physician (the dialogue between physician and patient about the proposed treatment) is the all important element of the consent process.

## Patient Comprehension

There is no doubt, however, that the physician does have a duty to take reasonable steps so as to be relatively satisfied that the patient does understand the information being provided, particularly where there may be language difficulties or emotional issues involved. What amounts to "reasonable steps" will very much depend on the individual facts and circumstances of the particular situation.

It seems clear that by engaging in personal dialogue with the patient, the physician will be placed in the best possible position to be reasonably comfortable the patient understands the consent explanation. Personal attendance permits the physician the opportunity to observe the patient's reaction for signs of apparent comprehension or confusion. As well, the ability of the patient to ask questions will often assist the physician to assess the level of patient understanding.

### - The bottom line:

Physicians have a duty to take reasonable steps so as to be relatively satisfied that the patient does understand the information being provided, particularly where there may be language difficulties or emotional issues involved.<sup>1</sup>

**So when and if you need surgery, make sure you understand everything the doctor is explaining before you sign.**

<sup>1</sup> "The Canadian Medical Protective Association's web site entitled "Consent – A Guide for Canadian Physicians", <http://tinyurl.com/74t8347>

## Volunteers in Action

By Isabelle Harvey, President  
BCHS Home & School Association

The Baie Comeau High School Home and School Association received a contribution in the amount of \$3,000 from Alcoa's 'ACTION' project. Sunday morning, June 3<sup>rd</sup>, 2012, fourteen employees of Alcoa Ltd., members of BCBS Home and School and their families gave of their time, expertise and energy to create a beautiful, healthy, safe and welcoming environment at the school.

Mark Kerr, the organizer of the activity, delegated the various tasks: rake the grass, clean the school yard, cut tree branches, install benches, a basketball hoop, and bird feeders; stain picnic tables, plant an apple tree and flowers and raise the flag of the 75<sup>th</sup> anniversary of Baie-Comeau.

There were plenty of food, refreshments and smiles. In addition, there was a great atmosphere that made tasks not feel like work. Children participated too! Several enjoyed staining the picnic tables and installing the bird feeders. Some even discovered that they had a green thumb! **THANK YOU to all our volunteers and Alcoa Inc.!**



# Photos from the “In Search of Yesterday” Launch

(continued from page 1)



North Shore Community Association

Volume 9, Number 1

## 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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**Secretary:** Mrs. Cathy Larivière  
**(Interim) Treasurer:** Mr. David Butland

**Executive Director:** Ms. Jody Lessard  
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