



# Let's Get Connected

SHORELINE NEAR FRANQUELIN

Photo by Lorraine Gray



## Word from the Chair

Spring break is over, income tax time is upon us and our NSCA fiscal year is almost over as of March 31. What a year we have had, and I am so proud of our NSCA staff. Funding is on a rise or should I say an eruption, we have two people in the office Marylin Durepos and our Coordinator Jody Lessard. These two are the heart and soul of our organisation. The board members are a very active bunch and get things done. Yes, we have come a long way and with everyone pushing in the same direction, things are happening. At our AGM this year in Port Cartier something special will be given to the members and what a surprise that will be. The future of the NSCA will be excellent for these board members and our staff, all whom we should be grateful to. Let's keep up the good work and you our precious members keep up your presence at our activities, because what we do, we do for you.

## St. Paddy's Celebration at the 50+ Club

The St. Patrick's community potluck brought an evening of laughter and many smiles to the 50+ Club of Sept-Iles. Since the last few weeks, members of the 50+ Club have been working towards organizing an evening of St. Patrick's celebration for the members in the Sept-Iles community. The event started out from a brainstorming activity during a senior community consultation way back in January and since then organizational activities have been in the works since.



The event was held at the parish hall of All Saints Church, with 31 participants attending – ages ranging from 50 to 80+ years of age. With the hall so festively decorated for the event, the evening began with a supper of various dishes to taste; everyone brought a dish to share. Following supper, members enjoyed the rest of evening in amusement with fun filled games. Games included; icebreaker games, St. Pat's trivia, musical shamrocks and the funniest St. Patrick's Mystery Madness (when the music stops, participants reach in the mystery bag and whatever you get you have to wear). "A

good time had by all!" says Lloyd Maurice, Sept-Iles senior's animator.

The NSCA is proud to sponsor such an activity for the 50+ Club in Sept-Iles and hopes this becomes a traditional event celebration. In addition we would like to express our thanks to Mrs. Gail Lavallee, Mrs. Linda Stubbert, and Mrs. Barbara Maurice for their time in helping to organize for the evening event. Lastly, congratulations to Mrs. Jessie Young for winning the door prize!



## Seventh instalment of the Road trip through the North Shore

by Marc Deslauriers

The region of Port-Cartier, has several rivers featuring waterfalls located in places of great beauty, this is an extraordinary journey for lovers of vistas, nature and outdoors. The town showcases the falls with Falls Road in order to help discover the natural heritage while focusing on major tourist attractions of Port-Cartier.

The circuit of Falls Road, is unique in Port-Cartier. Not found in Quebec such a circuit. This feature for Port-Cartier will enhance our natural heritage with visitors and have a prominent place as a tourist destination.



The Café Graffiti

On McCormick Island in the heart of the city, the Café Graffiti, a newly renovated hotel that is renowned for its quality cuisine, a marriage of quality and freshness, an ode to gastronomy and pleasure. In part kitchen, bar and entertainment room plus a theme presenting visual art exhibitions involving artists from the region. Graffiti Café offers a variety of performances by artists of international calibre. It is open June to August, Wednesday to Sunday and the rest of the year by appointment.



The Falls in Port-Cartier

We now embark on the 138 and head northeast the QCM pellet plant is the last view of Port Cartier as we cross the railway via the viaduct. The road is on a high plateau and as we approach a hill we can see in the distance Riviere Brochu. This is more of a resort town with its cottages along the St. Lawrence River and its claim to fame is that when May comes along so do the Capelin. A Capelin party during a weekend night is a thing of beauty. We drive on and peat bogs surround us and lakes appear on both sides of the road. This is great berry country with its blueberries and wild cranberries. There are a few farms, and with its large Fruit and vegetable stand in Gallix the Picard Farm is the largest. Fresh eggs can be bought as well as vegetables in season and the best wild strawberry jam. Their main work though is with blueberries, 700 hectares of them as well as strawberries and raspberries. They also have tomatoes that they grow in greenhouses, strange for such a Nordic location but also wonderful.

We move on now to Clarke City a town located roughly thirty kilometers west of Sept-Îles, off Route 138. The name of the town originated from the Clarke brothers who established a paper mill there in 1903 to feed their publication house in Toronto. The village was officially founded in 1908 as the region's first 2, and the Clarke brothers built a hydroelectric dam there in 1908. The city was amalgamated into the city of Sept-Îles in 1970.

Next stop Seven Islands happy travels and 'til next time.....

### North Shore Book Club

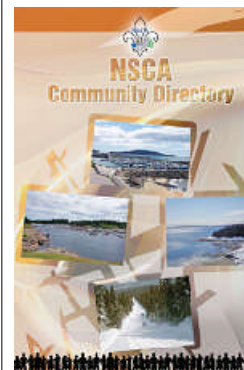
Do you enjoy reading? Have you ever read a great book and really wanted to talk about it with someone? Well you might be interested in joining a book club. In the Baie-Comeau and Port-Cartier community members have started a book club and the NSCA has offered to help coordinate the monthly discussion get-togethers.

If you are interested and need more information please contact the NSCA office at 296-1545.

Book clubs can be a great way of meeting like-minded people who enjoy a lively discussion about books. If you would like to start your own book club in your community or with a group of friends give us a call and find out how we can assist you.

**April Book - The Last Song by Nicholas Sparks**

**Book Club Meeting to be announced**



### The Community Directory,

a guide containing details of services, organizations, groups and other useful contact information is available for communities of the North Shore. Contact the NSCA office to obtain your FREE copy!

**Tel: 418 -296 -1545**

## OLYMPIC MEMORIES

By Debbie Laurie

From February 12<sup>th</sup> to February 28<sup>th</sup>, Canada hosted the XXI Olympic Winter Games and what a time it was to be Canadian! For me, these Games took on a whole new meaning when I learned in August that I had been selected to carry the Olympic Torch when the Relay came to Sept-Îles on November 10<sup>th</sup>. It was the proudest moment of my life when, for seven minutes and eleven seconds, I had the flame that had been lit in Olympia, Greece, on the end of my torch. I was now connected to the Games and the whole Olympic fever in a way I never imagined. I'm not an athlete, but I was part of the longest relay in Olympic history. I share that honour with twelve thousand other torchbearers including Sidney Crosby, Alexandre Despatie, Wayne and Walter Gretzky, Doug Alward, Rolly Fox, Arnold Schwarzenegger, Nancy Greene, Steve Nash, Rick Hansen and a host of other celebrities and athletes. I still get goosebumps just thinking about it. When the cauldron was finally lit at the Opening Ceremony, I was in awe! Mission accomplished! I could put my feet up and enjoy the Games.



One of my favourite memories was from that first week-end when we won three medals: Jenn Heil's silver in Women's Moguls, Kristina Groves' bronze in 3000m Long Track Speed Skating, and Alexandre Bilodeau's gold in Men's Moguls. Not only was it our first gold medal ever on Canadian soil, but I can still see Alexandre's brother Frederique, who has cerebral palsy, with his arm raised in victory as Alex crossed the finish line. What an amazing story of love and inspiration between two brothers!

On Tuesday, February 16<sup>th</sup>, a thirty-one year-old named Maelle Ricker from Squamish, British Columbia, won a gold medal in Snowboard Cross. After a shaky first run when she fell, she pulled herself together in the quarter-finals and semi-finals, and after her teammate Dominique Maltais failed to qualify, all our hopes were pinned on her. She raced the race of her life, leaving the competition in a flurry of snow, and breezed across the finish line the undisputed Olympic Champion in the first ever Snowboard Cross for Women at the Winter Games.

When Jon Montgomery raced to gold in Men's Skeleton on Friday, February 19<sup>th</sup>, my heart soared to new heights of pride. He wasn't afraid to celebrate and flaunt his Canadian roots. His victory stroll down the main street of Whistler, pitcher of beer in hand, being cheered on by jubilant fans, is a sight I will long remember. This thirty-year-old used car salesman and auctioneer from Russell, Manitoba, won our admiration as he basked in the glow of his amazing achievement. He symbolized how hard work and perseverance can pay off at the right time. Dreams do come true and Jon Montgomery helped us all believe.

In the early hours of Sunday, February 21<sup>st</sup>, fate dealt Joannie Rochette a devastating hand. She could have packed up and returned home to grieve the loss of her staunchest fan, her mother. Instead she reached deep inside and found courage, and as a nation tried to find the words to hold her up, she skated to a bronze medal performance that will not soon be forgotten in the figure skating world. On Saturday, February 27<sup>th</sup>, she was awarded the Terry Fox Courage Award, and it was an emotional moment for her and the media present. Terry was surely smiling down on this beautiful twenty-three-year-old from Ile-Dupas, Quebec, while the rest of us cried and stood in awe at the resilience of the human spirit. Bravo, Joannie!

Even ice dancers Tessa Virtue and Scott Moir were inspired to new heights by their teammate's great desire and reached the top of the podium on Tuesday, February 23<sup>rd</sup>. Canada was slowly adding to its medal total, and the best was yet to come.

On Wednesday morning we awoke to another golden surprise. Women's Freestyle Skiing was held for the first time at the Olympics, so it was like the icing on the cake when a twenty-six-year-old named Ashleigh McIvor from Whistler won the first gold medal ever awarded. She is also the reigning World Champion in this event. How thrilling it must have been to win on the hill where she grew up!



And what more can be said about Clara Hughes? She carried the flag in the Opening Ceremony of what she said would be her final Games. At 37, she's an old lady in her sport, but in the 5000m Long Track, she broke the Richmond Oval record and hung on for a bronze medal. She had now won medals in four Olympic Games, including two in cycling in the Atlanta 1996 Summer Games. She truly defines the image of what it means to be an Olympic athlete and will perhaps retain the title of Canada's Greatest Olympian for a long time to come. She wanted to end her career before her hometown fans and did so brilliantly. Her bronze medal has a golden glow!

## OLYMPIC MEMORIES....cont'd

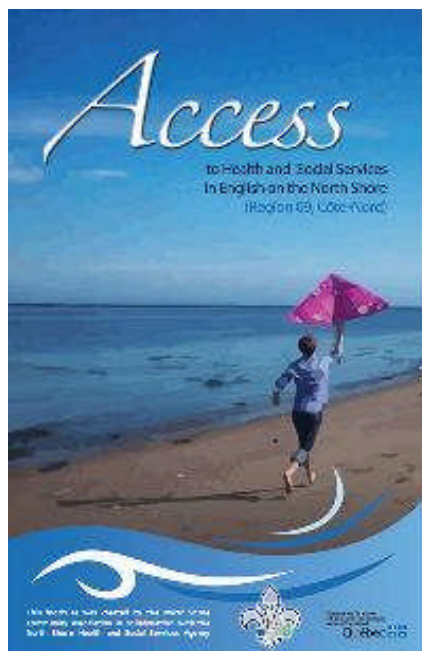
By Debbie Laurie

As predicted, the Men's and Women's hockey teams won gold on their own soil. The ladies defeated our neighbours to the south 2-0 while the men needed the overtime heroics of Sidney Crosby to hang gold around their necks. That final game was watched by millions and sent a tsunami of pride from the Pacific Coast eastward to the Atlantic. It will stand as a classic in the history of Canada-U.S. rivalry. Is it likely to be more remembered than Paul Henderson's game winner against the Soviets in 1972? Only time will tell, but having seen both, I can say that emotions were at their peak. An entire nation held its collective breath and let out one huge sigh of relief on both occasions!

That final weekend was a medal extravaganza! We won gold medals thanks to Charles Hamelin, The Men's Short Track Relay Team, Kevin Martin's curling team, Men's Team Pursuit, and Mont-Tremblant's snowboarder par excellence, Jasey-Jay Anderson. The lady curlers led by Cheryl Bernard won silver, and Francois-Louis Tremblay and our Four-Man Bobsleigh team won bronze. We finally took ownership of that elusive podium with fourteen gold medals, most ever won at any Winter Olympics, host nation or not. We finished third overall with twenty-six medals, two more than in Turin in 2006.

I received an e-mail earlier this week from a friend in Australia who was singing the praises of Canada, and in particular, the host city Vancouver which he had visited in 2004. I feel that we, as Canadians, were excellent hosts to the world. Our Opening Ceremony clearly put the native peoples in the spotlight, and they put on, in my opinion, dazzling performances. In contrast, the Closing Ceremony was more laid back, and we took a light-hearted look at our unique Canadian character. Entertaining, eh? On a more sombre note, at both ceremonies, tribute was paid to the Georgian luger Nodar Kumaritashvili who died tragically in a training run that first day. VANOC CEO John Furlong extended condolences to all Georgians on behalf of all Canadians. Our athletes shone, and while some were very disappointed with their results, others celebrated their "moment in time". I loved hearing the "I Believe" theme song played whenever a Canadian athlete won gold, and I felt prouder with each passing day. Now I feel sort of down after vicariously climbing onto the podium twenty-six times. In a sense, "It was the best of times, it was the worst of times" but the former outweighed the latter. We were more united and peace reigned; for two weeks the world lived, laughed, loved and competed in our yard. We are all better human beings for it!

This article really wouldn't be complete without also paying tribute to the co-recipient of the Vancouver 2010 Terry Fox Award. Her name is Petra Majdic, and she's a Slovenian cross-country skier. She fell during a warm-up to the women's sprint classic, breaking five ribs and puncturing a lung. Just like Terry, she refused to quit and entered the race hoping to honour the people who had helped her get to the Games. And honour them she did, winning a bronze medal before being rushed to the hospital where she spent three days. I cried and I cheered and I thought about Terry. How impressed he would have been! I can even see that boyish grin light up his face. Well, Terry, you didn't just give US a dream as big as our country. You touched the heart of a little girl from a small town half a world away. The legacy of your courage and determination is global and stronger than ever. And thank you for inspiring me to take up your cause, for it led to my carrying the Olympic Torch. I, too, now believe in miracles!



The **Access brochure** created by the North Shore Community Association in collaboration with the North Shore Health & Social Services Agency; a publication which informs the English-speaking population about Access programs, where services can be offered in the English language in the Cote-Nord region.

This brochure is now available online in English and French. To view the brochure, please visit us at [www.quebecnorthshore.org](http://www.quebecnorthshore.org)



## Viability of English-speaking Quebec at stake QCGN pleads for caution in finding right remedy for Bill 104

Wednesday, March 4, 2010 - In light of the opinion made public today by the Conseil Supérieur de la langue française, the Quebec Community Groups Network is worried about legislative measures that could adversely affect the short- and long-term viability of our institutions, including our schools. While we agree with the Conseil's opinion that the primacy of the French language and social cohesion in Quebec must be maintained, the government must take into account the impact that implementing the Conseil's recommendation would have on the English-speaking community.

We know the government of Quebec must apply the Supreme Court ruling on Bill 104 and we see the difficulty in finding a solution that will satisfy the Supreme Court justices, Francophones who are concerned about the survival of their language, and English-speaking Quebecers who are worried about the future of English schools. However, we question if the prescription the Conseil suggests is stronger medicine than what is needed to cure the problem.

Any legislative solution that reduces the critical mass of enrolment in our educational institutions is of concern to the English-speaking community because schools are at the very heart of our vitality. This is true of both public and private schools which are fundamental training grounds for the future leaders of our community and of Quebec.

Whatever the medicine the government chooses to address the Bill 104 ruling, we are asking politicians of all political stripes to please proceed with caution and to consider the impact any decision, and potentially divisive debates on the decision, will have on our community. As the Conseil suggests that the essential factor of social cohesion in Quebec be weighed, we count on the government to also take into account the vitality of our English-speaking communities and schools. We also encourage the government to consult with key stakeholders from the English-speaking community before making a final decision.



### *Community, Commitment, Cooperation* *Celebrating our Past, Building our Future.*

#### **English-speaking Quebecers need to be recognized as a valued part of Quebec and Canada**

**Montreal, March 4, 2010** - Following yesterday's Throne Speech, the linguistic minority of Quebec feels invisible.

English-speaking Quebecers are one of the two national linguistic minorities recognized in Canada. We are the largest linguistic minority within a linguistic minority in the country. We possess strong relationships and ties to our fellow Québécois citizens, the francophone majority outside Quebec, as we do to all Canadians. Then why do we feel left out?

We live linguistic duality every day. We have the highest level of bilingualism in the country. Yet, when the government discussed linguistic duality in the Throne Speech yesterday, it pledged only to further strengthen Canada's francophone identity. While we strongly support Francophones in Quebec and in Canada, English-speaking Quebecers also want to feel secure in their own identity.

Our concern about the government's promise to respect provincial jurisdiction and restrict the use of the federal spending power is a long-standing one. Our experience is that when powers are devolved to the province of Quebec, in areas like employment and immigration, the vitality of English-speaking Quebec is not taken into consideration. As long as Ottawa devolves powers to Quebec, it must ensure that the federal government's commitments to respect English and French minorities and promote linguistic duality are also passed along. That means Quebec must use a fair portion of federal transfers to support and assist the Official Language Minority Community in Quebec.

Under Part VII of the Official Languages Act, the Government of Canada is committed to enhancing the vitality of English and French minorities in Canada and supporting their development as well as fostering the full recognition of the use of English and French in Canadian society. The goal is to enable Anglophone and Francophone minority communities Canada to achieve their full potential and ensure they have access to the same benefits as the rest of the population. Almost two million Canadians, about half which are Quebecers whose first official language spoken is English, belong to an official language minority community.

English-speaking Quebecers need to be recognized as a valued part of Quebec and Canada. We need to be reassured that this government understands and actively supports the English-speaking community of Quebec.

The Quebec Community Groups Network ([www.qcgn.ca](http://www.qcgn.ca)) is a not-for-profit organization bringing together 32 English-language community organizations across Quebec. Its mission is to identify, explore and address strategic issues affecting the development and vitality of English-speaking Quebec and to encourage dialogue and collaboration among its member organizations, individuals, community groups, institutions and leaders.



**Riverview Review**



02/12/2010

Riverview held a Valentine talent show that was attended by parents and community members. From the youngest students to the oldest, they all had something to contribute. There was dancing, singing and lip-synching. The Kindergarten was a hoot with their rendition of "Five Little Ducks". All the groups should be very proud as it was quite an entertaining show. Great Job Riverview students!



02/12/2010



02/12/2010



02/12/2010



02/12/2010



To Celebrate "End of Term" there was a 6 foot sub brought in from subway and enjoyed by all.



On March 19th the school went to the museum in Sept-Isles to see an exhibit on Gems and Crystals. It was interesting to see just how many different crystals, minerals and gems come from across Canada as well as the world. The students also participated in a little art project.

## Fermont School News

### Winter Games Project



In February the students from pre-kindergarten to grade 6 worked on a collaborative project in relation to the 2010 Winter Olympics. The students who were working in multi-level groups chose a country of their choice and researched information about it. The groups presented their findings as a power point.



The project provided students with opportunities to work with students in other grades and share their computer knowledge. Students gained knowledge about why certain countries were more likely to perform well at the Olympics; due to population, geographic, and economic differences. Throughout the Olympics the students also learned about the different sporting events and Olympic celebrations.

### Winter Games

The students from Fermont School participated in Winter Games Sports in school during the month of March. They had an egg toss contest, hockey skills challenge and a sled skills contest to name a few activities.

## Community Learning Centre of Baie-Comeau

### Centre Scolaire et Communautaire de Baie-Comeau



# Open School Saturdays

As a new initiative of your CLC, the Baie Comeau High School gym and student lounge will be open one Saturday a month for the rest of the 2009 – 2010 school year. The goal is to bring in BCHS students, former students, friends, and family, as well as the community surrounding the school and its friends. A variety of unisex, team sports activities will be held in the school gym as well as different hobby activities in the student lounge. Each activity must have an animator to help the CLC coordinator organize and supervise the activity.

This is not intended as a day care service so unaccompanied children under the age of twelve will not be accommodated.

All participants will be expected to respect, in spirit, the school rules and guidelines for appropriate and acceptable conduct during the activities. For example, no outside footwear is to be worn in the gym, no food or beverages are to be consumed in the gym, language and behaviour towards other participants and organizers must be respectful, etc. Anyone not respecting the rules and guidelines will be asked to leave.

As this event picks up interest, more services and activities will be created – LAN events, reading clubs, role playing games, card games, study groups, etc, are all possibilities. If you have any ideas and would like to be an animator of an activity, please feel free to contact your CLC coordinator. **(418) 296-1547, [clc.bchs@hotmail.com](mailto:clc.bchs@hotmail.com) or join us and see activities published on our Facebook page.**

**BCHS School is open on Saturday, April 17th from 10:00am to 5:00 pm**

### Check out the following events/activities:

<b>Basketball Half Court</b>	<b>10:00am-12:00pm</b>
<b>Badminton Half Court</b>	<b>10:00am-12:00pm</b>
<b>Ping Pong Tournament</b>	<b>10:00am-5:00pm</b>
<b>Volleyball Coop Game</b>	<b>1:00pm-3:00pm</b>
<b>Dek Hockey Coop Game</b>	<b>3:00pm-5:00pm</b>
<b>Board Games, RPG, Card Games</b>	<b>10:00am-5:00pm</b>

**Animators are needed to fill out subscription sheets provided by the CLC on your arrival.**

**A Disk Jockey is also needed to spice up the atmosphere!!!**

**A 60 minute lunch time will be done between 12:00pm and 1:00pm, don't forget to bring your lunches!**



Allow me to express my thanks to the **Community Health Education Program** along with **CHSSN (Community Health and Social Services Network)** with the support of the local **CLC (Community Learning Center)** and **NSCA (North Shore Community Association)** here in Baie Comeau for making available the recent video conferences being held at Baie Comeau High School.

With the new services of video conferencing provided by our local **CLC** we have had experts inform the small English population in various regions of Quebec on subjects such as Parkinson's, Alzheimer's and just recently Prostate Cancer. In the past this was never possible but with the implication of Jody Lessard (**NSCA**), Marilyn Durepos (**NSCA**) and Maxime Cote (**CLC**) our conferences have been very informative and pleasant.

We have had excellent crowds for this relatively new service (here in Baie Comeau) being offered to the English community and I personally hope this service continues.

Who knows; we may have saved a life or two recently with the excellent presentation given by Kees Maas on his experience with Prostate Cancer. We were also supplied with excellent documentation and pins and awareness bracelets provided by Marilyn which she received from Prostate Canada. What a great initiative on her part.

**THANK YOU** to all mentioned above for this fine service you all are providing the English community. May the **Community Health Education Program** with cooperation of all the local associations expand to all regions of Quebec and continue to be very informative.

Thank you

David Butland

## The Community Health Education Program

This past January and February the North Shore Community Association was privileged to be part of the Community Health Education Program (CHEP) offered by the Community Health and Social Services Network (CHSSN) in partnership with the McGill University Health Centre. Videoconferences on Parkinson's, Alzheimer's and Prostate Cancer were presented to the English-speaking community of Baie-Comeau. Thanks to our partner, the Baie-Comeau CLC, today's technology is helping to increase access to health topics in English.

This great initiative allows professionals from Montreal (in the various health fields) to give presentations and then answer questions from participants viewing the conference from various communities around Quebec. Eight or nine English-speaking communities from around Quebec can simultaneously participate. These conferences have been viewed as a great success with between 11 and 19 participants from Baie-Comeau at each conference. Conferences last from 1 ½ - 2 hours and, when available, English resources are handed out at the conference or as a follow-up.

In the future, the NSCA hopes to continue this valuable program in Baie-Comeau and hopes to investigate means of delivering the same to the English-speaking community in Sept-Iles.

### New segment offered on CBC Breakaway!

Wednesday's between 4:00 and 4:30 pm, tune in to a new segment **Community Health Check**

This weekly show will feature health and social services stories from around the province with interviews of the people in the regions.

Interviews are available as a podcast on the CHSSN web site [www.chssn.org](http://www.chssn.org) in the CHSSN Health Resource Library section.

You can listen to the following:

**Mental Health Workshops in Gaspé**

**Education Success with the Townshippers'**

**Patient Survival packs with the Coasters**



Project developed by  
 The Caregiver Support Centre of  
 Centre de santé et service sociaux  
 Cavendish  
 Centre affilié universitaire

**CARE-RING VOICE NETWORK *No caregiver left behind.***  
**HOW AN ORDINARY PHONE CAN CREATE EXTRAORDINARY LIVES.**



1-866-396-2433

Care-ring Voice is a free, bilingual and confidential program that connects caregivers and families to information and support through the use of tele-learning. They host learning sessions by telephone on a range of life-changing topics. Participants benefit from an amazing opportunity to learn from the healthcare professionals who lead the workshops and a chance to share with others in similar situations. Through Care-ring Voice tele-learning, caregivers and families take vital steps in ensuring their health and that of their loved ones. **From your home, office, or on the go, Care-ring Voice tele-learning makes changing your life simple.**

There are two ways to register for a tele-learning session:

**OPTION 1**

Register via [www.careringvoice.com](http://www.careringvoice.com) 24 hours a day seven days per week.

**OPTION 2**

Call our Care-ring Voice Info-line & register by phone. Monday-Friday 9 am - 5pm **Call 1-866-396-2433**

**Spring 2010 FREE TELE-WORKSHOPS**

**March 30, 2010 07:00 PM (EST) (Session offered in English)**

RDSP Information Session *Presented by: West Island Association for the Intellectually Handicapped (WIAIH)*

The Registered Disability Savings Plan (RDSP) is a new type of registered savings plan designed to allow families to save for the financial security of a loved one living with a disability. The plan allows contributed funds to grow tax-free until withdrawal.

**April 28, 2010 10:00 AM (EST) (Session offered in English)**

Long-Distance Caregiving *Presented by: Alzheimer Society of Montreal*

This workshop is intended for caregivers whose relative with dementia lives out of town. During the workshop, we will examine the challenges which may arise when caring from a distance. We will also suggest ways to better provide support

**May 12, 2010 06:30 PM (PST) (Session offered in English)**

Top 5 Ways to Thrive as a Family Caregiver *Presented by: Family Caregivers' Network Society*

Join us for this lively discussion with caregiving expert and Registered Clinical Counsellor Allison Reeves. We will explore practical tips and techniques to help you thrive in your role as a family caregiver.

Discover the top 5 ways to:

- Increase your energy
- Put the "you" back into your life
- Keep your relationships strong while caregiving
- Make powerful choices
- Ask for what you need
- Focus on what's most important and let go of what's not

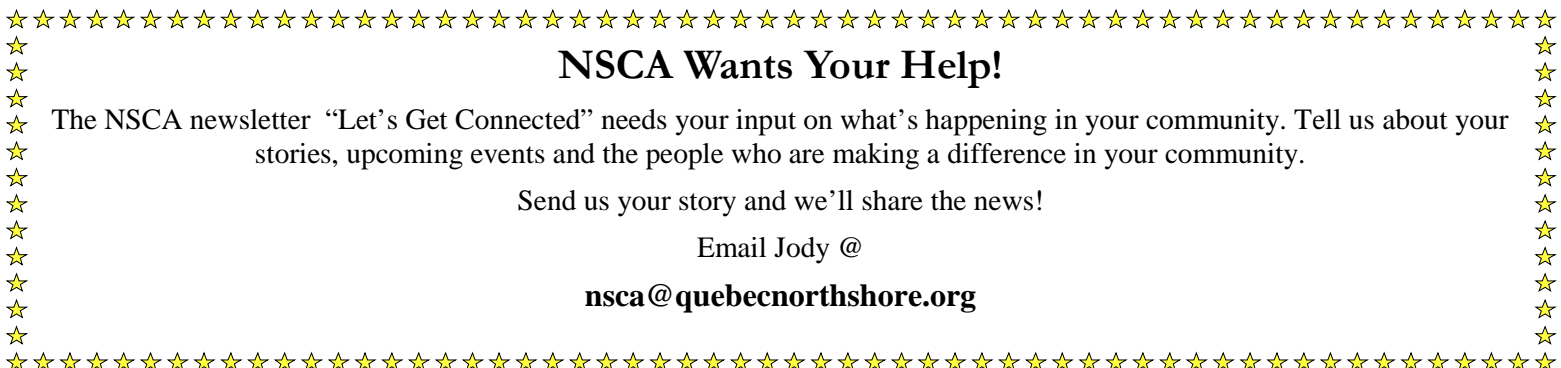
**NSCA Wants Your Help!**

The NSCA newsletter "Let's Get Connected" needs your input on what's happening in your community. Tell us about your stories, upcoming events and the people who are making a difference in your community.

Send us your story and we'll share the news!

Email Jody @

**[nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)**





**INFORMATION AT YOUR FINGERTIPS!**

Through the Information at Your Fingertips project, the Montreal Association of Independent Libraries (MAIL) will provide individuals throughout Quebec with **free** access to English language e-resources, including databases, online reference tools, and eBooks.

You can access this information by going to the MAIL website [www.independentlibraries.org](http://www.independentlibraries.org) and signing up as a member of MAIL. This resource has been made available with help from a grant from Canadian Heritage to support minority language communities.

For additional information contact us at [info@independentlibraries.org](mailto:info@independentlibraries.org)



**QCGN Daily Briefing**

The QCGN distributes a daily press review, containing information and the latest news of interest for the English-speaking community of Quebec. The English Quebec Daily Briefing is archived on the QCGN Portal. The Portal provides access to back-issues, research reports and offers a fully-searchable index. To access the portal, simply click on the Portal Access link included at the top, right-hand corner of today's Daily Briefing. A username and password is required. To obtain your username and password, please send an email containing your full name and email address to [info@qcg.ca](mailto:info@qcg.ca)



**Ciné-Club Fermont**  
Upcoming movie listings for  
**English-versions**



**The Book of Eli**

Date: Friday March 26  
Time: 6:00pm  
Date: Friday April 2  
Time: 12:00 & 5:00

Where : Auditorium – Polyvalente Horizon Blancs (School)  
Cost : 7.00\$/adult – 5.00\$/17 and under  
Ticket office opens 45 minutes before the presentations

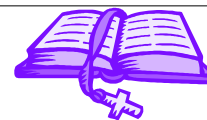
**Avatar**

Date: Wednesday March 31  
Time: 6:00pm  
Date: Friday April 2  
Time: 12:00 & 5:00



**Worship Services**

**All Saints Church**



**Sept-Iles**

April 4	Anglican Service 10:30 a.m. – Easter Sunday -Holy Eucharist	May 2	Anglican Service 10:30 a.m.
April 11	United Service 10:30 a.m.	May 9	United Service 10:30 a.m.
April 18	Anglican Service 10:30 a.m.	May 16	Anglican Service 10:30 a.m.
April 25	United Service 10:30 a.m.	May 23	United Service 10:30 a.m.
		May 30	Joint Service 10:30 a.m.



# NSCA BOARD OF DIRECTORS

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**Directors:** Corine Desrosiers  
 Marcelle Gilmore

**Linda Stubbert**  
**Youth director:** Matthew Durepos  
**Staff:** Jody Lessard  
 Marilyn Durepos

**The North Shore Community Association is a non-profit organization dedicated to instilling pride within the English-speaking community living on the North Shore. Our aim is to empower its residents with information by working to make resources available, promoting access to services, and raising awareness amongst the greater community that we live in. Through encouraging and improving communication, we believe this will result in a strong network and will provide opportunities for us to come together.**

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**The NSCA would like to thank all those who have generously made a contribution to this newsletter.**

**If there are any comments or suggestions, please let us know by email at [jodylessard@globetrotter.net](mailto:jodylessard@globetrotter.net) or [corine.desrosiers@c gocable.ca](mailto:corine.desrosiers@c gocable.ca) .**

**We would love to hear from you. If you wish to make a submission for our next newsletter, please feel free to give them in anytime.**

**Articles can be submitted to Jody or Corine via email**



## MEMBERSHIP FORMS

NSCA ( North Shore Community Association )  
 P.O. Box 163 Baie-Comeau, Québec G4Z 2G9  
 Telephone 418-296-1545

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ADDRESS .....

TELEPHONE..... EMAIL.....

individual membership is free, includes copy of “ Let's Get Connected “  
 newsletter. ( If you are not already a member, then get your membership in now and receive the next newsletter edition )