

NSCA NEWSLETTER

March 2011

Volume 7, Number 4



Ragueneau

Photo Credit: Lorraine Gray, Baie-Comeau

LET'S GET CONNECTED

NSCA Receives Funding for McGill Training and Retention Project

The North Shore Community Association (NSCA) is pleased to inform the communities of the North Shore that they recently received confirmation of funding for the McGill Training and Retention of Health Professionals Project.

The objectives of this McGill project are to increase the number of English-speaking technicians and professionals working in the health and social services system of Quebec and to increase the range of services offered in English to the English-speaking communities of the Province of Quebec.

Funding granted until March 2013 will allow the Association to focus on building partnerships and create sustainable initiatives towards recruitment and retention of health and social service professionals in the Cote-Nord region-09. The project aims towards mobilizing stakeholders to the issue of language access and building relationships with public health partners in the Cote-Nord region. The project will involve working with community partners, health professionals and educational partners for the implementation of the project.

Throughout the project timeline, the NSCA will work on a regional retention plan in collaboration with the Coasters Association, who also services the 09 region. This is a joint initiative between two regional associations that will identify objectives and work towards encompassing the development and implementation phase of a regional retention plan.

In the second year, activities will focus on the development and production of promotional tools and activities that focus on the recruitment of students from various college and university programs to encourage them to work in the Cote-Nord region-09. Finally, it will involve collaborating with partnering regions to attract English-speaking students of health related disciplines or students considering career in healthcare to 'Adventure Internship' packages' across Quebec.



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A WORD FROM THE CHAIR

Well another fiscal year comes to an end and the fourth election in seven years; I wonder if that is what is called the seven year itch. Now moving on to more interesting matters... our funding has increased dramatically over the years and Canadian Heritage has decided that the NSCA deserved more funding and has allotted us multi-year funding, which will help us carry out our strategic plan activities.



The Networking Partnership Initiative (NPI) efforts are going very well and more projects are also beginning in the health and social services sector; the NSCA has been recently granted funding until 2013 for the McGill retention of health professionals project.

Our efforts with the seniors of our community have permitted groups to affirm themselves and be more active socially and in health matters. Things now are on a roll and we need to keep the momentum going. The more funding we get the more goes to service our community. Have any ideas... please take a moment and share them with us. Enjoy the newsletter.

Marc Deslauriers
Chair

Quebec Roots: The Place Where I Live

by Stephen Kohner

<http://quebecroots.com>

Sponsored by Blue Metropolis Foundation based in Montreal, "Quebec Roots: The Place Where I Live" allows students in classrooms across Quebec to create a book of photographs and texts about their community. Classrooms that are geographically distant from one another are grouped together and students can create their books for peer readers and the general public.

Students are asked a key question that will prompt their creativity, and in turn lead to a structure for their book: How would you describe your community to people who have never visited it?

The Secondary III-IV students of Baie Comeau High wrote a variety of genres of text and took many photos to represent their chosen theme: **Baie-Comeau Around the Clock**. Our town functions 24 hours a day in large part due to the variety of heavy industries such as Alcoa, Abitibi Consolidated, and Hydro Quebec. It is a town wherein shift work is an ever-present reality in people's lives.

The students hooked up with Carolyn Souaid, a professional writer and Thomas Kneubühler, photographer, both of Montreal. After a two-day in-service training session at the school in November, the students were charged with creating a twelve-page text. The black and white photos, taken with digital cameras, would be matched with student writings.

Through the use of Google Docs, the student works were critiqued by Carolyn and Thomas. Feedback was almost instantaneous and suggestions for how the texts or photographs could be improved were transmitted through this on-line collaborative tool. Throughout the months of January and February, a lot of class time and after-school hours were devoted to the project. In mid-February, we participated in a video conference wherein we received one last bit of advice before putting the book to bed.

We are anxiously awaiting its publication; the book will be launched at the end of April in Montreal. Every student receives a free copy and we will get to see the work of the nine other participating schools.

The Quebec Roots project is a free education programme offered by Blue Metropolis Foundation with the support of the Ministère de l'Éducation, du Loisir et du Sport (DGFJ), the Canada Council for the Arts, LEARN, CLC and Eastern Shores School Board.

This is the third consecutive year that BCHS has participated in a Blue Met Educational program.



Tis Great to be Irish!

by Debbie Laurie



A great big thank you to Sept-Iles' 50+ club for hosting a fantastic, highly entertaining St. Patrick's Day supper/evening on Saturday, March 19th. In Dublin, Ireland, there's a festival that includes street theatre, fireworks, pageants, exhibitions, music, dancing, and a parade. In Sept-Iles, we were treated to a little theatre by folks with a lot of heart, music and dancing, a parade with MacNamara's Band, and a scrumptious supper. About 70 people were in attendance, including five people from Port-Cartier and two brave souls from Baie-Comeau.



Folks brought a salad, a main dish, or a dessert, and the result was a feast the likes of which we have not been treated to in a long time. Carol Wigmore of Port-Cartier said, "These Sept-Iles friends are great cooks and hosts, and I, for one, plan to attend again next year!" I think we're all in agreement on that! There were plenty of door prizes as well as a raffle for three awesome prizes, the first being a round trip plane ticket anywhere Air Labrador flies.

A lot of hard work and time went into the organization of this event. For a few magical hours, we forgot about our woes and donned the green...everyone's Irish on this occasion, and celebrate and party we did in fine style!!



A special thank you to Gail Court-Lavallee, Edith and Medrick O'Brien, Louise Nadeau, Charlene Lavallee, Shaun O'Brien, Joe & Christina Bobbitt, and Linda Stubbert to mention just a few... and, of course, the Anglican Church for the use of their building.

The North Shore Community Association would like to thank the sponsors who generously gave prizes to the 50+ Club of Sept-Iles for their annual St. Patrick's Community Potluck held March 19th, 2011.

Folies Femines
Le Jardin Oriental Inc.
Restaurant Mikes
Martinizing Nettoyage à Sec
Salon de Quilles Brochu

Provincial Airlines
Curves
Tim Hortons
Gino Pizzaria
Pub St-Marc

Rôtisserie St-Hubert
La Cage aux Sports
Subway
Air Labrador
Compagnie minière IOC



When I was Young at the River

by Zachary - Sec. III - Riverview School - March 2011



When I was young, I spent some time in a foster home in Montreal. It was a warm spring day shortly before my sixth birthday. I was really looking forward to my dad's upcoming visit. I had no idea what he had planned, but one good thing was that it was just going to be a father / son activity.

All the way home from school on the bus, I wondered if this would be just like every other visit. The bus dropped me off at the regular spot, and I walked to the foster home with my sister Loretta and a few friends. I quickly packed my bag for the weekend visit with my dad in L'Assomption. Moments later, there was a knock at the front door and I knew my dad had arrived.

We jumped into his car and, to my surprise and curiosity, we pulled into the parking lot of Wal-Mart. What was he planning? Were we perhaps going hunting? When I asked him, he replied that I was too young to handle a weapon. Once inside the store, I followed him to the fishing aisle where he let me choose my very first fishing rod and reel. This was going to be a dangerous outing, judging by the size of the hooks hanging in the display. My dad tried to re-assure me by informing me that we weren't going shark fishing!

After an hour drive, we arrived home in L'Assomption where we were treated to my grandmother's homemade lasagna. It was a real family reunion with my uncle, my mom and Loretta, my grandparents, and of course, me and my dad. We were so anxious to get fishing before sundown that we skipped dessert. It was no big sacrifice cause it was definitely not something I liked.

My dad went out to the shed to assemble my fishing rod and after that we went fishing under a bridge. Just in case, he brought along ropes to tie me and my rod to the support beam of the bridge. My first three casts earned me a shirt that warned people how dangerous I am because it read: Caution Dangerous When Fishing! My fourth cast caught one fish before it touched the water, and another after it was submerged in the water.

After an hour or so I let the two victims move freely on the end of my line, until, out of nowhere, the line went slack. So I started to reel in my line thinking that they got away, but I realized that they were dead. I unhooked them and left them on the shore of the river and got ready for another cast.

When it was time to leave I started reeling in my line to go. I found out how

unpredictable the L'Assomption River really is because there was a catfish on the end of my line. It started tugging on the line, and I almost fell in the water. Fortunately I kept my balance and pulled as hard as my little arms would let me, and I caught my first live fish.

Till today, I still remember how it looked like the catfish smiled at me before trying to pull me into the freezing cold L'Assomption River and how it hit me on the head with its tail when I went to release it back into the water. It took two of us to get that struggling determined catfish where it belonged in the L'Assomption River. I may have been young at the river, but I vividly remember the details of that first fishing experience even a decade later. I don't think I'll ever forget it!



50+ Group of Baie-Comeau Activities

by Michelle Petit

On March 9th the 50 Plus group of Baie-Comeau enjoyed a power point presentation and lively discussion on **"Vitamins"**. This power point was very informative in helping them learn about eleven different vitamins. A few things we learned were: do I need a supplement? What can vitamins do for me? What foods contain them?... and many other interesting topics. There was also a little quiz to test their knowledge. It was a pleasant afternoon together and a delight to have some new folks. All are always welcome!

On March 23rd the group met to have a fun filled afternoon of **scrapbooking**. They enjoyed making English greeting cards. It is sometimes difficult to find inexpensive English greeting cards. Learning how to make them and being able to share in the creative expression was a pleasure. Thank you to all who participated, enjoy sending out your new cards that you have created. Who knows where your creativity will lead!



One Brick at a Time

by Benjamin Lamontagne

(aged 18, Baie-Comeau)

PART THREE OF THREE



Back in the house, she decided to wait until that evening before presenting her mother with the gift. Not wanting to spoil the surprise, she rushed into her room on arrival, stifling a giggle. Memories of sneaking to her room in very much the same way days before Christmas as a child to prematurely peek at wrapped presents she had ‘borrowed’ made her feel lighter than she had in days. A slow smile spread across her face as she lost herself in the gentle, soothing memory of a happier time, a time before...but she wouldn’t think about that. As she was about to hide the statuette in a safe place in a drawer, the sound of her bedroom door creaking open made her whirl around, token deftly hidden behind her back. It was Mary, but something felt...wrong. Her mother shuffled in. Emily gasped. *Oh my God...* Unnoticed, the angel slipped from unfeeling fingers. It seemed to remain suspended in the air for an instant before crashing to the floor.

Mary’s left eye was so swollen it was forced shut, the outline a mass of puffy, dark colors. Her throat was red, raw and bruised. The imprint of a crushing hand was still visible, burned into the soft flesh. Mary was shaking like a leaf caught in a storm, her good eye wide open, darting everywhere but not seeming to register anything. Her arms were held stiffly at her sides, hands opening and closing, trying desperately to keep an invisible hold on something solid, something real... With a wail of anguish, Emily threw herself past the bed to wrap the older woman in her arms. She was so tense, every muscle in her wasted body taut, convulsing... Leaning on

her only support, Mary began to cry: great, heart-wrenching sobs that seemed torn from the darkest depths of her ravaged soul... In between sobs, every breath a violent struggle, she moaned into Emily’s shoulder: "No more. Please. No more... What am I going to do? Where can I go? This is all I know, all I have! Oh God, no more."

Emily held her tight, crooning incoherent, soothing noises as she gently stroked her mother’s long, dark hair. Then, she found that she was crying too. She wept because of the terrible price that this victory had demanded. She wept, because now they could both be free...

Time was temporarily knocked off its tyrannical pedestal of control as seconds, minutes or hours were ignored. As a raft braving the wrath of the ocean, mother and daughter clung to each other until no more tears remained, no more energy was left. Resting her forehead against her mother’s, Emily stared into her eyes... "Where is he?"

"Gone...but he’ll be back."

"Come on, I’ll help you pack some bags."

"...Ok." Nothing was said as the preparations were made. There was nothing left to say. The last suitcase clicked shut with a snap, the lock sliding home with a sharp sound of decisiveness, an air of finality. Emily led her mother to the front door. Slowly, she reached out and pulled it open.

The breeze sung softly outside, beckoning them as an old friend as it floated along, caressing the swinging branches of the trees dotting the front lawn and carrying the bird’s striking musical melodies. The sweet aroma of lilacs drifted through the threshold, enticing the senses with its tender purity. A beautiful day. *A new day.*

Seeing her mother hesitate, Emily opened her mouth, words of encouragement at the ready, and paused. *I led her here, but this is her step to take, and hers alone.* She waited... Taking a long, slow breath, Mary stepped through the door, through the chains.

Outside.

A shudder passed through her; the yearned departure of a haunting spirit. She did not look back. Searching for her daughter’s hand, she found it open, waiting for hers. She looked up.

Emily looked down. There was turmoil and confusion in those deep eyes, but now there was life. Now she saw hope, blazing like a beacon, piercing the darkness. Mary smiled. This time, it reached her glittering eyes... Through the blur of her tears, Emily saw her mother’s mouthed words...

Thank you...

(This concludes Benjamin’s story)



Members of the NSCA book club met on March 29th and had a lively, animated and insightful discussion on Ken Follet’s “Fall of Giants”. In addition, Mary Ellen Beaulieu (third from left) organized a superb wine and cheese. The only disappointment... volume two of this book will only be released in 2012! It’s a date!

NSCA Book Club

If you enjoy reading and meeting with friends, join our English Book Club. Join us for a discussion and review on our monthly pick.

Need more information or interesting in joining our group? Please contact Jody at 296-1545.

The next read is “Pillars of the Earth” by Ken Follet.

Community Organizations in Our Region

In the Sept-Îles area:

The 'Transit Sept-Îles' is a community organization serving men, women, children and families.

Mission: To welcome, support and give temporary housing to people in difficulty.

Goal: To contribute to the prevention of a crime, psychological distress, suicide, violence and social exclusion.

Means: Prevention, consultation, accountability, social rehabilitation

Transit Sept-Îles

409, avenue Gamache
Sept-Îles, QC G4R 2H8
Tel: (418) 968-9190
E-mail: transit.sept-iles@cgocable.ca

In the Baie-Comeau area:

'La Maison de Transition de Baie-Comeau Inc. "Le Gîte" is a community organization serving adult men and women with mental health problems.

Mission: To provide transitional housing for individuals living with psychological problems. To provide support to these same individuals and to promote independence.

Services: Accommodation, rehabilitation, and support for social reintegration

La Maison de Transition de Baie-Comeau Inc. "Le Gîte"

858, rue Dastous
Baie-Comeau (Québec) G5C 1J9
Tel: (418) 589-2211
Fax: (418) 589-4384
E-mail: maison.transition.bc@globetrotter.net

NSCA Community Directory for the North Shore

The NSCA Community Directory, a guide containing details of services, organizations, groups and other useful contact information is available for communities of the North Shore.

The Community Directory is a great resource made available to our members/newcomers of the region.

If you know someone who might want to have a copy please have them contact us at the office for more information (418-296-1545)

An online version of the directory is available at <http://quebecnorthshore.org/reports.html>

**It's free
for the
asking**



New Pamphlets Available

As mentioned in the November 2010 issue of the NSCA's Newsletter, The North Shore Health and Social Services Agency has been working on the translating of certain pamphlets into English thanks to a grant from the Community Health and Social Services Network (CHSSN) under their 'Adaptation Project'.

Two more pamphlets are currently available within the CSSS de Manicouagan and both of these can be found at the CLSC Lionel-Charest near the reception:

- 'Falls and Seniors – What you need to know to prevent them' and
- 'Falling – Tips and tricks for a safe home'

Drop by and pick up a copy.

We will keep you informed as soon as more pamphlets become available in English.



Good News for the CSSS de Sept-Iles!

As of March 21st, 2011 the hospital in Sept-Iles now has a 'customer services Agent' for English-speaking users. This person can be located at the main entrance of the hospital (45 rue du Père-Divet).

The principal responsibilities of the 'customer services Agent' include:

- to welcome and inform English-speakers of the services available at the hospital;
- to accompany English-speaking clientele;
- to direct English-speaking clientele to the appropriate service;
- to make the link from one service to another to assure there is a continuity of service;
- to support the staff in their relations with Anglophones;
- to act as interpreter.



This project was made possible from funding from the Community Health and Social Services Network (CHSSN) and their 'adaptation initiative project' which helps to increase access to health and social services for English-speakers.

Also included in the project was the translating of certain pamphlets into English. **Ask your health care provider for information in English.** This is great news for all English-speakers using the services at CSSS de Sept-Iles. **Questions?** Give the NSCA a call.

Community Development in English-Speaking Communities in Québec

The Community Health and Social Services Network (CHSSN) was formed in 2000 to support English-speaking communities in the province of Quebec in their efforts to redress health status inequalities and promote community vitality. Through a series of projects and partnerships that link community and public partners, the CHSSN is working to strengthen networks at the local, regional and provincial level in order to address health determinants, influence public policy and develop services.

The Institut national de santé publique (INSPQ) is an expertise and reference centre in public health. Its goal is to advance knowledge and propose cross-sectoral strategies that will improve health and well-being among Quebecers. The community development section of the INSPQ is devoted to spreading a community development approach among public health decision-makers and local communities and their partners.

From 2009-2013, the CHSSN and the INSPQ are working in collaboration to:

- 1) develop knowledge of English-speaking communities in Québec
- 2) develop approaches to mobilizing English-speaking communities in Québec
- 3) support English-speaking communities in implementing a community development approach.

COMMUNITY DEVELOPMENT PROJECT

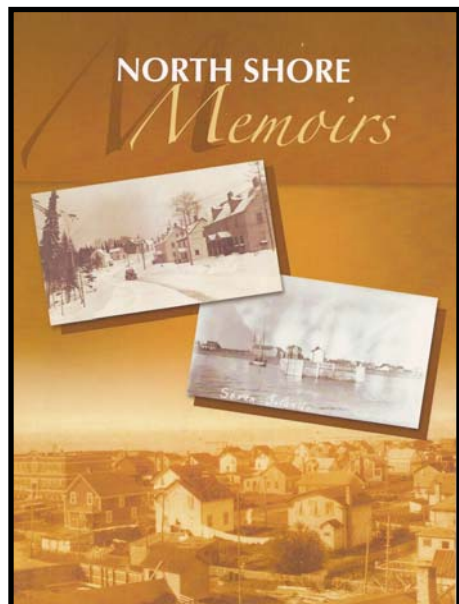
This project involves 6 portraits of English-speaking communities across the province. Some will be in urban, multicultural environments, others in rural, small town communities, and others in remote communities of Québec. In some places English-speakers will be a very small percentage of the population; in others they will represent a larger proportion. **The community of Sept-Iles has been identified as one of the 6 chosen communities.** Ms. Mary Richardson, (Ph. D, Anthropologist, INSPQ), will be making the first of multiple visits for information gathering during the week of April 4th, 2011.

The portraits will be based on existing quantitative information (statistics) combined with qualitative information gathered through community consultations. Various themes will be discussed during the community gatherings. The resulting portrait can be used to:

- raise awareness
- develop locally-relevant projects to address issues identified (take action)
- shed light on issues that are not well-understood (carry out further participatory research)

The process of carrying out these portraits in the 6 communities will also be used to develop tools, educational materials and training on community development for English-speaking communities in Québec, taking into account their specific characteristics.

NSCA is excited to be part of this new project with the INSPQ & CHSSN. What a great opportunity for the community of Sept-Iles!



ON SALE NOW - ONLY \$10

Order your copy of this 64-page book that includes 21 stories with archival photographs of by-gone years in the communities of Fermont, Sept-Iles, Port-Cartier and Baie-Comeau.

Contact the NSCA office to place your order.
 Phone: 418-296-1545
 e-mail: nsca@quebecnorthshore.org

Do You Have a Loved One with a Mental Illness?

English speaking caregivers across Quebec who are experiencing difficulty coping with the mental illness of a loved one are invited to participate in support groups over the telephone. Self-help support groups are non-judgmental, safe and confidential forums where people come together to deal with shared concerns and problems. Our groups are especially designed to reach caregivers living in regions where English services are not readily available, and to help you cope when a loved one has a mental illness. A trained facilitator provides any needed assistance.

Groups will be held Tuesday evenings, 7:00 to 8:15 PM:
 April 26 and May 24
 Participate in any one or more sessions

Register by phone or online - Space is limited!

1-866-396-2433

www.careringvoice.com

Worship Services



All Saints' Church

39, av. Ungava
 Sept-Iles
All services commence at 10:30a.m.

- Apr. 3: Anglican Service
- Apr. 10: United Church Service
- April 17: Anglican Service (Palm Sunday)
- Apr. 24: United Church Service (Easter Sunday)
- May 1: Anglican Service
- May 8: United Church Service
- May 15: Anglican Service
- May 22: United Church Service
- May 29: Anglican Service

Church of St. Andrew & St. George



34, av. Carleton, Baie-Comeau
All services commence at 11a.m.

- Apr. 24: Holy Communion at 5p.m. followed by Potluck Supper at 6p.m. (Easter Sunday)
- May 8: Holy Communion
- May 29: Holy Communion
- June 19: Holy Communion

Information:

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

Health Guide

When it comes to your health, it's important to be well informed.

The Health Guide offers you simple, practical, and reliable information to help you deal with a non-urgent health problem and become better prepared to use Quebec health-care services. It also presents suggestions for you to play an active role with regard to prevention.



The Health Guide does not replace medical or professional consultations. It makes available general information which should not be taken as medical or professional advice.

Check the following website for more information:

www.guidesante.gouv.qc.ca

YOUTH DIRECTOR NEEDED

The NSCA Board of Directors is looking for a youth director to represent the eastern sector (Baie Trinité to Havre Saint-Pierre including Fermont and Schefferville).

If you are between the ages of 16 and 25 and would like an opportunity to represent the English-speaking youth in your area, this may be for you.

For more information, or if you are interested in this one-year mandate, please contact Jody Lessard at the NSCA office or by email at

nsca@quebecnorthshore.org

Get involved

NSCA Resource Centre: A New Addition

The Baie-Comeau Community Learning Centre (CLC) in partnership with the North Shore Community Association (NSCA) is pleased to announce the installation of a **'Resource Centre'** thanks to a project from the Community Health and Social Services Network (CHSSN).

This Resource Centre is situated on the third floor of Baie Comeau High School, close to the VCN-community room and is accessible to students, teachers, parents and community members. It contains information in English on various health topics including health awareness and promotion information and information from the CLSC school nurse, entrepreneur projects, career choice and other information for the student population and documentation/publications targeting the general community.

We will also be collecting suggestions for documentation/information, so if there is information out there you would like to acquire in English, give us a call.

Maxime Côté or Marilyn Durepos
(418) 296-1547 (418) 296-1549



A Unique Opportunity

by Mary Ellen Beaulieu

Showcasing Baie Comeau and Surrounding Areas Care to Join Us?

Would you like to help us in welcoming visitors to beautiful Baie Comeau and surrounding areas? If you are sociable, dynamic and friendly, we would enjoy having you on our energetic team. You will meet interesting and interested people from around the world.

Baie Comeau Cruises has a variety of job openings for the May 4, 2011 workday when the Maasdam cruise ship is in port for its first of 2 visits this season. The positions are tour bus guides, pedestrian tour guides and reception personnel. No experience is required, so do not hesitate to apply. There will be a remunerated 3-hour preparatory session mid-April offered by Inter cruises Inc. to inform selected candidates as to what the different jobs entail and to provide them with the tools necessary to accomplish the tasks at hand.

Following its May visit the Maasdam is slated to return October 18, 2011. Last year we also had the privilege and the pleasure of greeting its 1200 passengers and 560 staff members.

This will be an amazing opportunity for you to acquire experience in public relations before the anticipated 2012 record breaking season for Baie Comeau Cruises. Next year, we will be hosting at least 9 ships, the biggest of which will be carrying 2,500 passengers.

Sound interesting? Come help us celebrate the greater Baie Comeau area by calling Ms. Sophie St-Gelais at 418 296-8360 ext.240 as soon as possible.



A Ministerial Appointment



In October 2010, the Quebec Minister of Education, Mme Line Beauchamp, appointed Stephen Kohner as a member of the Advisory Board on English Education (ABEE). The appointment is for three years.

This board meets on a monthly basis in Montréal. Its mandate is to advise the Minister on all matters affecting the educational services offered in English elementary and secondary schools. The Minister may also ask the Board for advice on a specific topic.

Membership is representative of all sectors of the English educational community.

Its most recent brief, written in March 2010, is entitled, "Educating Today's Québec Anglophone".

For more information or to consult the briefs presented to the Minister, visit mels.gouv.qc.ca/cela/anglais.htm

BCHS Annual Bean Supper: Another Success!

by Stephen Kohner

Students, staff, parents and friends of BCHS and the community gathered on Friday, April 1st for the Annual Bean Supper. Organized by the Home & School Association, this decades-long annual event was attended by close to 150 people.



As in past years, the supper, comprising of beans, wieners, ham, salads and desserts, was dished out by the parents of this year's Secondary V students. The graduates themselves helped out by selling tickets, cleaning up dishes and trays, and serving refreshments. Thanks to its many sponsors, door prizes and a half'n'half draw was held. Following the supper, a DJ supplied the tunes for dancing and karaoke.

What's in it for the school? Profits from the supper help pay for the trophies, awards, and bursaries handed out at graduation and helps defray the cost of many of the activities at school - from ski day, to special lunches, to Christmas treats.

The community looks forward to the supper every year. It is one of the few times for everyone to get together in one place at one time.- By the way, if anybody knows the origin of the Bean Supper, please contact me!



Renewing a Residential Lease and Rent Increases

You're enjoying the beautiful May weather on your balcony when your landlord comes to visit. He says that, starting July 1, your rent will increase from \$580 per month to \$630. That's a \$50 increase!

You wonder if you can refuse. And is this verbal notice valid? If you refuse the increase, do you have to move out? How do you inform your landlord of your refusal? Also, isn't it a little late for him to be telling you about this?

Your landlord must follow rules if he wants to raise your rent or change other parts of the lease. Do you often question your rights during a lease? Éducaloi explains the steps that must be followed, the deadlines for notices, your right to refuse, and when you can take a complaint to the Régie du logement (rental board).

Access this free information by visiting www.educaloi.qc.ca

Alice Lane Library Goes Digital

by Mary Ellen Beaulieu

The Alice Lane Library in Baie Comeau is undergoing a major change in its operating system. Employees have been experimenting with a variety of tests on data conversion to facilitate the giant technological step that will be taken in May. All bibliographical records will then be transferred to a user-friendly windows style platform.

A team from Sirsidynix will install the Symphony program; it is an extremely sophisticated integrated library system. One of the advantages is that it will enable the library to access suppliers virtually. Up until now the library had the time-consuming task of printing records from their suppliers' web pages and then typing them into their system. The much-awaited technology will now simplify the whole process. Employees will just have to go onto their suppliers' web pages and download whatever they need.

It is important to note that the **library will be closed as of 5 o'clock May 9 for at least 2 weeks** to install this new technology. It will take approximately 5 days to phase in the implementation and reformat the 80,000 records, followed by a training session for the staff. Next fall they will go on-line once the glitches are eliminated and employees have acquired the expertise to assist clients when necessary.

Baie Comeau and surrounding area residents will then be able to surf the virtual library shelves and order any book from the comfort of their homes. In addition, if there is a category you prefer, you may ask the system to notify you when a book is available.

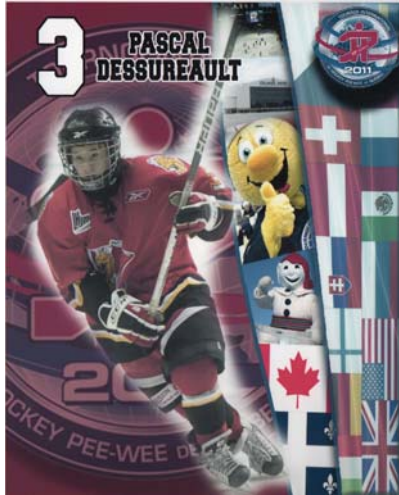
Very soon, we will not only be able to enjoy the offerings of the Alice Lane Library but be able to access all of the titles, old and new, with greater efficiency.



Hockey News from Fermont

Did you know that there are a total of 7 students from the Fermont School and 2 high school students who are hockey players? Just imagine how the class numbers drop when these students must go out for hockey tournaments. Speaking of hockey tournaments, this year there is one

student, Pascal Dessureault, who was selected to participate with the "Petit Drakkar" of Baie-Comeau. He found his experience very enriching. His team was made up of players from different areas such as Baie-Comeau and Sept-Iles. He enjoyed his travels from the Saguenay to Quebec City.



As for the other players, the Pee Wee B division, in which there were 4 players from the English school, won the banner at the "Tournoi Rondelot" held in Baie-Comeau the weekend of February 10, 11, and 12. The Atom A division, in which there is 1 student, won the Regionals held in Sept-Iles the weekend of March 24, 25, and 26.

Congratulations to all our hockey players !! The season is now finished but we are sure to see them on the ice in September for another hockey season.

Volunteer Ambassadors from BCHS

On Thursday, March 17, the Centre de bénévolat Manicouagan presented the game "la Cité des Bénévoles" to the students of Elementary Cycles II & III at Baie Comeau High School. The goal of the game is to initiate elementary students to volunteerism.

The activity was held in the VCN Room in collaboration with volunteer Michelle Petit and Claudia Rowsell, a counsellor of the Centre de bénévolat. Robin Bennett and Maxime Côté as well as 25 students participated in the activity.

The students and adults responded well stating that volunteerism was happening in the school. The students participate in activities such as "Jump Rope for Heart". They collect toys for underprivileged children and non perishable food two times per year for the 'food bank'. The parents and staff of the school with some community members form a team and participate in the "Relay for Life" activity.

Riverview Student to the Rescue

On January 28, 2011, to celebrate National Literacy Day, a Port-Cartier organization, POPCO, organized a highly entertaining evening of **La Classe de 5ième** (francophone version of the popular FOX network's **Are you Smarter Than a 5th Grader?**). Five fifth graders were selected from five elementary schools, and Katherine Marchand proudly represented Riverview School. Two invited guests, the two principals of the two largest schools, and an audience member selected at random had to try and answer 10 questions (2 each from grades 1 to 5 subject areas). If successful, they could then answer, on their own, the final question and then be declared "smarter than a 5th grader"!

Along the way, the contestants chose students to help them answer questions and could use a SAVE, COPY, or PEEK option when in jeopardy. Marc Servant, principal of École Mère d'Youville, was on the verge of elimination when faced with a grade 2 music question. He turned to the Riverview student Katherine and chose to copy her answer. She was correct and he was saved!! He went on to correctly answer the remaining questions and was the only adult that evening who could boast being "smarter than a 5th grader". Bravo Marc and congratulations to Katherine who made us all very proud that night!! Thank you to POPCO for all the work that went into the evening. There were many great door prizes and 300 parents, teachers and students in attendance.



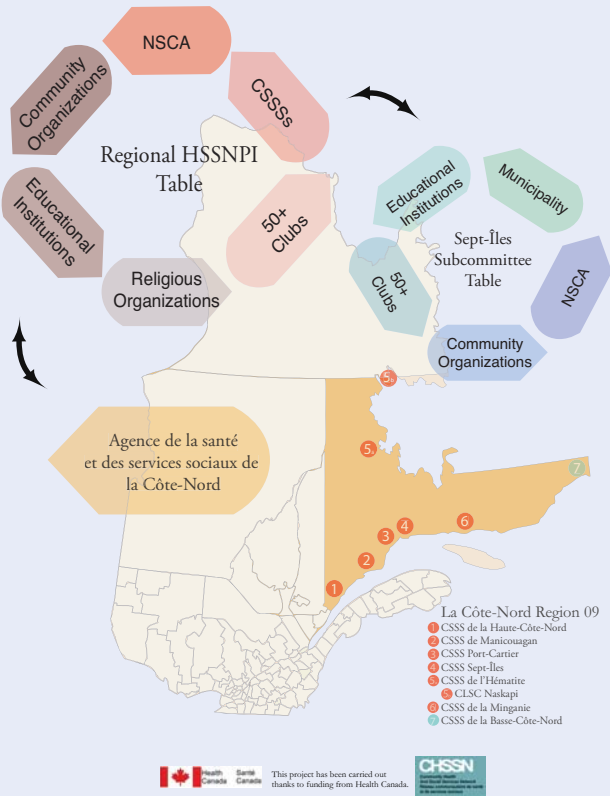
Katherine Marchand of Riverview



North Shore Community Association

Health and Social Services Networking and Partnership Initiative

Helping to improve access to health and social services for the English-speaking population of the Côte-Nord Region 09.



The NSCA Board of Directors met in February in Baie-Comeau and had their photo taken by Jody Lessard, Executive Director. From left to right: Mr. Narendra Parihar, Mr. Marc Deslauriers, Mr. Maxime Coté, Mrs. Linda Stubbart, Mr. William Larivière, Mrs. Cathy Larivière, Mr. David Butland, and Ms. Debbie Laurie.

Absent: Mr. Matthew Durepos

The Board of the NSCA is proud to announce the promotion of Ms. Jody Lessard to the position of Executive Director of the NSCA. Jody has done wonders as our program coordinator and has been the inspiration of our association for a very long time. She has been involved with the NSCA since its beginnings and in 2003 became our Program Coordinator. Congratulations are due and good luck in your new position. This nomination took effect March 31, 2011.



North Shore Community Association

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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