

NSCA NEWSLETTER

March 2012

Volume 8, Number 4



Photo: David Butland



Photo: David Butland

LET'S GET CONNECTED

Breakaway: Live from Baie-Comeau!

by Stephen Kohner



What a thrill it was to have the crew of CBC's afternoon radio show BREAKAWAY being broadcast live from the Church of St. Andrew and St. George in Baie-Comeau on March 2nd. With host Jacquie Czernin, producer Peter Black along with Carl Vincent and Rachelle Solomon, the two hour show featured interviews, music, and voices from the past all focused on celebrating the 75th anniversary of the town. The CBC spent many hours preparing the show, touring the town and environs as well as meeting many of the people who tune in to listen to the show.

Well over 70 people turned up for the broadcast organized jointly by the North Shore Community Association (NSCA) and the church. The 50+ club hosted a social tea one hour before show time. By 4p.m., the hall was packed with young and old riveted to seeing and hearing a live radio show. Rachelle revved everyone up with a trivia contest complete with prizes. CBC had loads of freebies to give away!

The show comprised a wide-variety of features. Former resident and Prime Minister Brian Mulroney reflected on his days of growing up on Champlain Street, sang a few lines from an old-time favourite and paid homage to the impact the town had on him as a youngster. Clips from a number of Colonel Robert McCormick's speeches (founder of Baie-Comeau) were interspersed along with a collage of student voices from Baie-Comeau High School (BCHS).

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A WORD FROM THE CHAIR

With March comes St. Patrick's Day and I want to wish all of our 'Irish kin' a fond and fun day. As they say in Ireland, "there are two kinds of people in the world: the Irish, and those that want to be Irish".



Keeping in this festive mood, CBC's 'Breakaway' was in Baie-Comeau on March 2nd to mark our fair city's 75th anniversary. The 50+ club organised a tea in grand fashion and one of the best turnouts yet was seen at the church. Many community members pitched in to help organize this well attended event; we are most grateful for such high community involvement.

Interviews were done by Jacquie and Rachelle and games were played. The 'icing on the cake' was the interview with our own Brian Mulroney, who topped the show with a rendition of 'Dearie' sung with gusto to the great delight of those gathered.

Happy 75th and congratulations to all involved, until next time.

Marc Deslauriers
 Chair

LETTER TO THE EDITOR

Being a Prostate Cancer survivor myself, I was very moved by the article (Movember Madness Hits 50+ Club) in the NSCA Newsletter of December 2011. All persons who make an effort during the Movember campaign touch all Prostate Cancer patients in so many ways. This small symbol of support means so much to us. Knowing we are not alone is so important.

My congratulations to the 50+ Club in Sept-Iles for their participation in this very interesting information session given there. Prostate Cancer touches one man in every six and it is one of the easiest, most curable cancer.

Again, thank you to all who provide support and care to all cancer patients.

David Butland, Baie-Comeau

English-speaking Community of Quebec Meets to set Priorities

Over the weekend of March 23-25, the Quebec Community Groups Network (QCGN) hosted a Community Priority Setting Conference in Montreal with over 180 participants from English-speaking communities (ESC) across Quebec. The goal was to have communities come together to speak with a strong, united voice, to effectively communicate their needs and challenges and set priorities to ensure a more vital and sustainable future for the English-speaking Community of Quebec.

The conference got underway on Friday afternoon with a presentation entitled "Federal funding and Canada's English Linguistic Minority Communities - Finding Substantive Equality" and a report on the QCGN's Institutional Vitality Research Project. On Saturday community partners and stakeholders discussed the key priorities of the English-speaking community and what strategies and actions are needed to support the vitality and sustainability of our communities.

The Sunday agenda featured panel discussions on best practices, successful partnerships and innovative ideas shared by community partners. The conference closed with the signing of the declaration from the "Community Priority Setting Conference".



NSCA Delegation: Marc Deslauriers, Jody Lessard, Stephen Kohner & Marilyn Durepos

BCHS & 50+ Club Visit Anne Frank Exhibition

by Stephen Kohner

On Wednesday, February 29th, the secondary students of BCBS and a few members of the 50+ club of the NSCA teamed up to visit the bilingual international exhibit pertaining to Anne Frank. Anne was fourteen years old when she went into hiding with her family in Holland in 1943 in order to escape persecution and certain death by the Nazis. Her diary, that has sold millions of copies worldwide, is a living testament to the life and times in hiding. The two English-speaking tour guides from École secondaire Jean-Paul II in Baie-Comeau presented a 30-minute video followed by a 60-minute guided tour and explanation of her ordeal. Suffice it to say that the images and text displayed on the 36 panels were, at times, shocking and provoked a lot of discussion.

This is only the second time that this exhibition, loaned by the Anne Frank House in Amsterdam, has toured Canada. We were so fortunate to have been able to witness Anne's angst, love for life and mature insight into humanity at its worst during a dark chapter in 20th century world history.



Computer Course Graduates

Members from the 50+ Club in Sept-Iles finished a 45-hour 'Introduction to computers' course.

Thanks to the innovative thinking of Northern Lights Adult Education Centre's coordinator, Chantal Pitt, the course was delivered via Distance Ed with the instructor, Justin Harrison, who taught the course from New Carlisle via Skype.

They learned all about the internet, Facebook, how to send emails, surf the net...etc. This definitely increases their access to information and makes them feel more connected when it comes to communication in this new age. As a continuing support, the NSCA has set up a small 'internet café' during some of the 50+ activities which enables them to use and improve on the skills learned as well as allowing them to support one another.

The NSCA would like to thank, Eastern Shores School Board, Chantal Pitt of Northern Lights Adult Education Centre, Justin Harrison and the federal government's New Horizons for Seniors Program who funded the project.

Congratulations!



Chantal Pitt

Eastern Shores School Board - Northern Lights Adult Education and Vocational Center
530, Brochu Street Sept-Iles QC G4R 2X3
Tel: 418-968-8412 / Toll-Free: 1-866-968-8412 / E-mail: chantal.pitt@essb.qc.ca



PRESS RELEASE

FOR IMMEDIATE RELEASE

REGIONAL PROGRAM OF ACCESS TO HEALTH AND SOCIAL SERVICES IN THE ENGLISH LANGUAGE ADOPTED BY THE CONSEIL DES MINISTRES

Baie-Comeau, March 16, 2012 – The Conseil des ministres (Cabinet) of the Government of Quebec adopted the North Shore Program of access to health and social services in the English language at the end of February.

This program was developed by the North Shore Health and Social Services Agency (Agency), in collaboration with the concerned institutions and the Regional committee for the program of access to services in the English language that is composed of representatives from different health organizations and institutions serving the English-speaking population.

Eight institutions in the region are part of the access program, namely six health centres (CSSSs), the Centre de protection et de réadaptation de la Côte-Nord and the Naskapi CLSC. The CSSS de la Basse-Côte-Nord is the only centre in the region that is required to make all its services accessible in both English and French while the Naskapi CLSC offers its services mainly in English. As for the other institutions, they are able to offer certain services in English owing to the presence of bilingual staff or of persons who can serve as interpreters as needed.

The Act respecting health services and social services stipulates that English-speaking persons are entitled “to receive health services and social services in the English language”. It also stipulates that agencies must “develop a program of access to health services and social services in the English language”. The first regional program of access was developed in 1989. The program has since been revised three times, namely in 1999, 2007 and 2011.

Based on data from the Institut de la statistique du Québec, as at July 1, 2010, the population of the North Shore was composed of 5,280 residents using English as the first official language spoken, 67% of whom live on the Basse-Côte-Nord. The access program can be consulted on the Agency’s Web site at www.agencesante09.gouv.qc.ca, under *The regional network* section (Services in English).

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Source: Pascal Paradis
Communication advisor
North Shore Health and Social Services Agency
418-589-9845, extension 2268

Community Health Guide

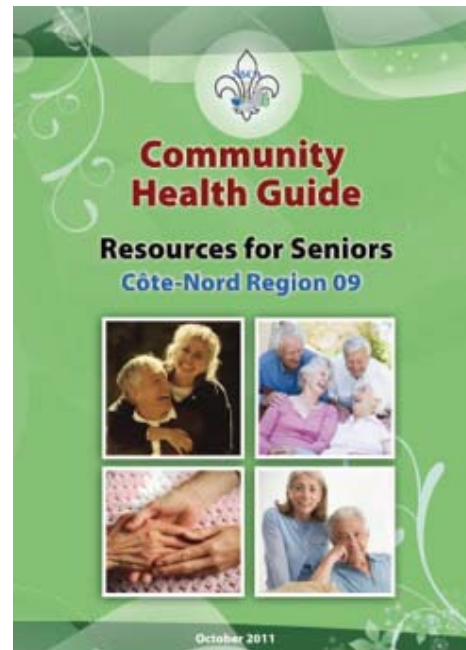
An NSCA Resource for Seniors

The NSCA is pleased to announce the publishing of their 'Community Health Guide – Resources for Seniors – Côte-Nord'. This resource guide has been developed to promote the health and social services that exist on the Côte-Nord aimed at seniors. In this guide you will find information at your fingertips such as:

- services available at the CSSSs;
- community organizations;
- government services;
- out of region medical services and lodging available when you travel to Quebec City, Chicoutimi, Rimouski, Sept-Iles;
- a lexis of frequently used vocabulary English/French;
- a place to keep your personal information
- etc...

The guide also indicates (in most of the cases) if services are available in English and to what level (see 'services key/fluency in English' on page 4).

Copies were mailed out to north shore 50+ members this past December. If you would like a copy, please feel free to contact us. Copies are free! and available at the Baie-Comeau and Sept-Iles offices of the NSCA.



For an online version, please visit www.quebecnorthshore.org

Info on Access to Health & Social Services

The Quebec Health Act specifically states that English-speaking persons are entitled to receive health and social services in the English language and Section 348 of the Act requires that all Agencies develop a program of access to health and social services in the English language for the English-speaking population for its region. The program must take into account the organizational structure, human, material and financial resources of the institutions providing the service.

What is the purpose of an Access Program?

It is to ensure access of English-speaking persons to a range of health and social services that is provided in the English language by the institution, in their local area or region and if required in another region.

What are the objectives?

The access program aims:

- to identify the health and social services needs of the English-speaking population of the region and to identify the health and social services requirements
- to indicate the service providers (institutions) that are required to provide health and social services in the English language including identifying the means of access to services that are offered in English.

What institutions in the Administrative region (09) accommodate the Access Program?

The CSSS de la Basse-Côte-Nord / The CSSS de l'Hémathite / The CLSC Naskapi / The CSSS de Sept-Îles /

The CSSS de Port-Cartier / The CSSS de Manicouagan / The CSSS de la Haute-Côte-Nord /

The Centre de protection et de réadaptation de la Côte Nord

(Some establishments offer all services in English, whereas others may offer certain services only)

Remember we should request services in English as often as possible; otherwise our health establishments get the impression that offering a service in English is unnecessary!

“My Community of Port-Cartier”

A Riverview School Art Project



Art project done by Riverview students of Kindergarten to Grade 3.

Congratulations!

Le Souper dans le Noir

by Ms. Lucia Cucchiara, Spiritual Animator and Rosemary Feger, ERC

On Friday, February 17th, 2012, ninety-eight guests were welcomed by the Secondary 4 and 5 students to an evening of slurping spaghetti, blindfolded. Despite being coated in tomato sauce from mouth to chin, people congratulated the students not only on the tasty dish, but also on the social cause that they embraced.

Le Souper Dans le Noir is a fundraising event sponsored by the MIRA Foundation. The MIRA Foundation is an organization that breeds and trains service dogs for people with physical disabilities and people with autism spectrum disorder. Since its inception in 1981, MIRA has provided more than 2 000 service dogs to Canadians. Training one dog costs \$30 000 and without government funding, the foundation relies exclusively on both corporate and private donations. We were able to donate \$500 to MIRA, as well as a \$731.81 split for the Quebec City trip and the Prom.

Having attended one myself many years ago, Ms. Lucia, our spiritual animator, and I thought it would be a great activity to host under the theme of **Tolerance** in the Ethics & Religious Culture program. The Secondary V students had already experienced “life” in a wheelchair for a morning in November and now they would not only have to act as “guides” for their guests, but they too, would have to eat “impaired”; just not at the same time! Having observed the students eat throughout the evening, many of them relied on their other senses – notably, touch!

Music and games carried the evening to a close, and thus ended another learning experience for all that no textbook could ever teach.

Heartfelt thanks go out to all the parents, teachers, teacher aide volunteers; without your assistance this activity could not have taken place. For more information about MIRA go to www.mira.qc.ca



Sept-Iles 50+ Club Celebrates St. Patrick's Day

by Gail Court-Lavallée



Almost 50 people dressed in green had lots of fun at the annual 50+ St. Patrick's Day Potluck. There was food-a-plenty and as usual, no one left the table hungry. Thank you to everyone for their contribution of food and participation. What a great community event demonstrating generosity and community fellowship.

The supper was followed by a lively evening of skits, games, dancing and lots of laughter. There was even the crowning of a king and queen for the evening.



*May you always have
Walls for the winds,
A roof for the rain,
Tea beside the fire,
Laughter to cheer you,
Those you love near you,
And all your heart might desire!*



NSCA Opens Branch Office in Sept-Iles

After many years in trying to establish a permanent presence in the eastern sector of our territory, the North Shore Community Association (NSCA) is proud to announce the official opening of our Sept-Iles office. We are located on the 3rd floor of the Northern Lights Adult Education Centre, feel free to contact Ms. Jacqueline Bizeau, liaison agent for the Eastern sector, and learn more about us and our services.

- Video conferencing
- English documentation
- Community projects
- Community activities
- Information on health and social service
- And much more....

The NSCA, is aiming to empower residents and to strengthen the community across the region by working to make information and resources available. Together, we are building a vital, informed and strong community.

If you would like more information, please feel free to contact us.

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530 Brochu Avenue, 3rd floor

Sept-Iles, QC G4R 2X3

Tel: (418) 968-3148 / Email: nsca7-iles@quebecnorthshore.org

Head Office:

39 Marquette Avenue, 3rd floor, Local 314

Baie-Comeau, QC G4Z 1K4

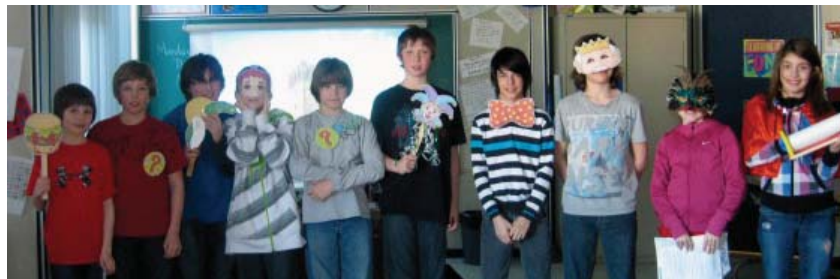
Tel: (418) 296-1545 Email: nsca@quebecnorthshore.org

Fermont School News

by Karen Kean

Drama Class

The students in grades 1, 2 and 3 performed the play, The Paper Bag Princess, for the students attending Fermont School. The play was very lively and entertaining.

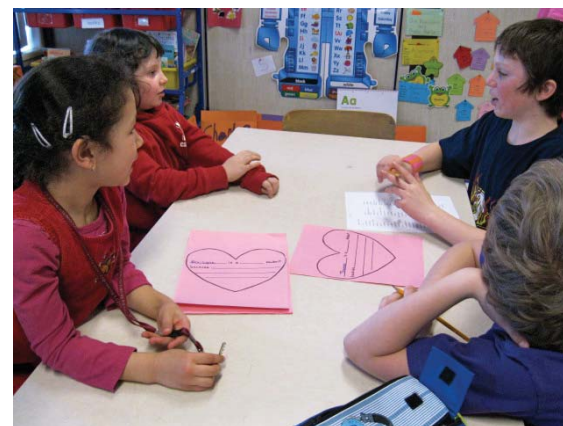


The students in grades 4, 5 and 6, performed the comical play, The King Who Would Not Laugh.

Respect and Appreciation

On February 14, the students were treated to a tasty pancake breakfast prepared by the teachers. The students were served pancakes with whipped cream and syrup, fresh strawberries, yogurt and juice.

Valentine's Day was also Bullying Awareness Day at Fermont School. A lot of the students and teachers wore pink to school, stating that bullying will not be tolerated in our school.



In the afternoon, students worked in groups and wrote pleasant compliments for each student in the class. Afterwards the compliments were shared with all the students. It was a day of respect and appreciation.

The Great Canadian Geography Challenge

by Debbie Laurie

For the first time ever, Riverview's Secondary class participated in this event sponsored by the Royal Canadian Geographical Society. Our school final was held on Wednesday, February 22nd, after an intense three week period that saw students answer over 1500 questions from previous years' contests. Contrary to what the name might imply, many questions were at the international level and it was a real eye-opener!! We quickly began to realize how much we didn't know about our world!!

With atlases and wall maps, we slowly began to get a feel for our location and just how huge this planet is. Categories included economics, history, world events, Olympic cities, pets, rivers, islands, to name but a few.

Congratulations to all the students for their fine effort in the school event. The winner, Christian Fequet in Sec.1, wins a one year subscription, home delivery, to Canadian Geographic Magazine. Unfortunately, the bad timing of this year's March break prevented him from representing us at the provincial final which took place on February 29th, right smack in the middle of our week off!!



50+ Club in Baie-Comeau As Busy As Ever!

by Michelle Petit

2012 is a busy time for the 50+ Club in Baie-Comeau. Many of our members are involved in the 'In Search of Yesterday' project going on with the North Shore Community Association and Baie Comeau High School. Baie-Comeau celebrates their 75th anniversary this year and this valuable project is helping to preserve memories from yesterday of the English community.

In February the 50+ Club enjoyed a wonderful afternoon tea with activities and a PowerPoint presentation on 'Eye Health' with lots of valuable information on how our eyes change as we age.

Also in February, many members attended the Community Health Education Program (CHEP) videoconference session on 'Cardiovascular Wellness' with Nancy Mayo from McGill University. Participants learned about heart and stroke and the necessity of maintaining healthy lifestyle habits.

On February 29th, a few 50+ Club members took advantage of an invitation from Baie Comeau High School to join them for the Ann Frank exhibit at École Secondaire Jean Paul II.

The week of March 12th was Brain Awareness Week and on March 14th, the 50+ tea was dedicated to a variety of activities to give the brain a 'workout'. They also took the opportunity to celebrate the upcoming Saint Patrick's Day by dressing in green.



World Educational Games 2012

By Debbie Laurie

On March 6th, 7th, and 8th, Riverview Secondary students took part in an amazing online worldwide competition that saw them test their spelling, math, and science savvy against peers from around the world. It was a wonderful learning experience and many surprised themselves with unexpected results!

On Tuesday, for two hours, they donned headphones and had to spell words in five different levels of difficulty. They were timed and usually faced three opponents from anywhere in the world. All eight students earned special AMETHYST certificates for having completed at least 10 games in each of the five levels!

On Wednesday it was time for the human calculators to kick into action! For two hours, in one minute timed calculations at five different levels of difficulty, facing international opponents, we correctly answered 10 630 math questions!!

On Thursday, unforeseen circumstances only allowed us to have a forty minute chance to try our luck on the World Science Games. We successfully answered 352 questions and plan to return to the site to keep practicing at least once a week. Next year...beware!!!



Contacting the English Agent for Customer Services at the CSSS de Sept-Iles

Since March 21, 2011, Sharon Tardif has been working as the agent for customer services in English at the CSSS de Sept-Iles.

Ms. Tardif has mainly the following duties:

- Greet and inform customers of services available in the hospital;
- Support English-speaking clientele;
- Lead English-speaking clients to appropriate resources;
- Act as a liaison to ensure there is a continuity of service;
- Support staff and professionals in their dealings with the English-speaking clientele;
- Act as interpreter.

Do you have an appointment at the hospital in Sept-Îles? Give Ms. Tardif (Sharon) a call with your name, telephone number, time and date of your appointment and if she is available, she will be more than pleased to help you. You can reach her, Monday through Friday from 8:00 a.m. to 4:00 p.m. at (418) 965-7621 (cell). She can also be reached at the desk at the front entrance of the hospital (a telephone on the desk connects directly to her). There is also a telephone situated near the emergency entrance.



East Meets West

Last May the NSCA had the pleasure of receiving Sharleen Sullivan and Nathalie Chevrier from Neighbours Regional Association of Rouyn-Noranda on an information exchange and 'network shadowing' session. This March, Jody Lessard and Marilyn Durepos made a reciprocal visit and went to Rouyn-Noranda to see their network in action.

A full day of training, sharing of information and exchanging of ideas took place at an organizational level for the executive directors and at a network level for the NPI coordinators. Jody and Marilyn also attended a community event in the evening organized by the Neighbours Regional Association. A 'Seniors Aware' workshop put on by the Sûreté du Québec and the local FADOQ for the English-speaking seniors of Rouyn-Noranda. The NSCA will be implementing a similar session in their communities in the coming months.

There are a total of 18 NPI Networks across Quebec receiving support from Health Canada and the Community Health and Social Services Network (CHSSN) all striving to improve and maintain access to health and social services for English-speaking communities. Each network is unique in their own way and yet surprisingly similar in others. Information exchanges such as these are a valuable resource. Both executive directors and NPI coordinators have the chance to share and learn from each other.



BCHS Annual Bean Supper



DATE : Friday April 27th, 2012
TIME : 5:30 P.M.
PLACE : BCHS school gymnasium
 39 Marquette Avenue, Baie-Comeau
PRICE : Adults - **\$10.00** 12 and under - **\$5.00**

with the band



Profits from this supper will help our students in many ways. A part will be used for Secondary V bursaries. The rest will be used to pay for other school activities.

For more information, please contact the school at 418-296-2832 or bchsadm@cogocable.ca.

Worship Services

All Saints' Church

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



April 1: Anglican Service
 April 8: United Church Service
 April 15: Anglican Service
 April 22: United Church Service
 April 29: Joint Anglican United Service
 May 6: Anglican Service
 May 13: United Church Service
 May 20: Anglican Service
 May 27: United Church Service

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau



April 8: Easter Sunday Service at 5p.m.
 followed by potluck supper at 6p.m.
 Apr. 22: Holy Communion at 11a.m.
 May 13: Holy Communion at 11a.m.
 June 3: Holy Communion at 11a.m.

Information:

Canon Stephen Kohner (418-295-3431)
stephen.kohner@gmail.com

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- Help you and/or family members find accommodations
- Visit you and pray for you
- Translate
- Run small errands



Simply let us know your needs:

pastoralcare@quebec.anglican.ca

418-688-3475 or 418-527-3141



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!

Breakaway: Live from Baie-Comeau!

(continued from page 1)

The students are currently working on an extensive project with the NSCA entitled “In Search of Yesterday”. They have been researching the town’s history, viewing archival images and interviewing seniors. This 18-month-long project will culminate in the creation of twelve bilingual interpretation panels that will be housed in the church (the back section of the church will be transformed into an exhibit area).

The CBC crew had lined up a number of local people implicated in the 75th anniversary; in addition, Luke Tremblay from Alcoa (the town’s major employer) and Luc Bourrassa spoke of the excitement and implication of their respective organizations in the town’s social, economic and cultural life. Two young musicians from l’Ecole de Musique Cote-Nord were on hand to play a number of musical interludes.

After the show, a wine and cheese was enjoyed by one and all and allowed people to mingle, reminisce and re-connect. For the Anglophone and church communities, it was an event that will long be remembered, treasured and talked about. So many people came together to help make this 75th anniversary event a roaring success. The NSCA, BCHS, CLC, church community, and CBC all contributed to an amazing broadcast that showcased Baie-Comeau’s past, present and future.



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.

Publication mail agreement #41540025

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Vice-Chair: Miss Debbie Laurie
Secretary: Mrs. Cathy Larivière
(Interim) Treasurer: Mr. David Butland

Executive Director: Ms. Jody Lessard
Health & Social Services Coordinator: Mrs. Marilyn Durepos
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