

NSCA NEWSLETTER

March 2013

Volume 9, Number 4



Photo: David Butland / Spring Footprints

LET'S GET CONNECTED

CHSSN Exchange Conference 2013

On February 12th and 13th, 2013 the Community Health and Social Services Network (CHSSN) hosted an Exchange Conference entitled “Health Initiatives for English-Speaking Individuals and Communities in Québec”.

The conference took place in Quebec City and its main objectives were:

- to review the implementation of health projects aimed at English-speaking individuals and communities in Quebec;
- to share facilitating factors and obstacles encountered during the implementation of projects;
- to identify best practices.

The event brought together over 125 participants from the health and social services network and community networks, including researchers and government representatives.

Charlotte Audet from the CSSS de Sept-Iles and Jody Lessard from the NSCA did a presentation on the Adaptation Project and strategies developed by the CSSS de Sept-Iles. It included the process involved in making this a success and the necessity that projects such as these continue.

The 19 regional Networking and Partnership Networks (NPI) had Kiosks set up so all the participants could have a chance to learn more about each network, the partnerships developed in each community, and gave them the chance to learn about new programs/resources/tools that could be adapted to their regions. This was an excellent opportunity for all the groups to network and share best practices.

Overall, the event was a huge success. It even coincided with the Carnaval de Québec and gave some of the participants an opportunity to meet the ‘*bonhomme de Carnaval*’ in person!



From left to right: Jackie Bizeau, Jody Lessard, Bonhomme Carnaval, Chantal Pitt, Marilyn Durepos, and Michelle Petit

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A WORD FROM THE CHAIR

Spring greetings to all who are reading another one of our newsletters! I hope that the Irish and the "Irish for a Day" enjoyed St. Patrick's Day and celebrated in some way, even if only in your heart. I also hope that the snow which seemed to fall weekly has now begun to melt and that signs of a new season are emerging. Bring on the sun and its warm rays!



I am delighted to see that English movies are becoming more and more available to us in Baie-Comeau and Sept-Iles. Thank you to the brave souls who undertook this initiative and met with success! We at the NSCA are proud of you and will support you as best we can.

I will take the opportunity to thank my fellow board members; our Executive-Director, Jody Lessard; our Health and Social Services Coordinator, Marilyn Durepos; and all who make this association so dynamic and productive. Thanks also to Stephen Kohner for this newsletter's beautiful look!

On a more personal note, I am now within 75 working days of retirement! Wow! Where did 35 years go?

Until next time, keep reading and, more importantly, keep active in the NSCA!

Debbie Laurie

Chair

50+ Club Meets for Breakfast

by Michelle Petit



The 50 Plus Club from Baie-Comeau enjoyed having our first breakfast together. There were 14 of us who met at a new breakfast restaurant called "Coco Bello". It was so nice to see some new faces that brought a new flair to the group, and as always the conversation was delightful.

Thanks to all who participated it was a great success and I hope that you will come again for other upcoming activities.

QEHS Students Sing Christmas Carols

by Sandra Mercier, Spiritual Animator

QEHS students, Mrs. Lavallee and the 50+ Club of Sept-Iles came together before the Christmas holidays to spread some Christmas cheer by singing some traditional holiday carols.

Amelie C., student, wrote, "Before Christmas, our school, Queen Elizabeth High School, participated in a choir. In the choir we sang Christmas songs and performed them for the elderly at the Anglican Church. This was a very fun experience because the students who participated were able to express themselves and find a voice they never knew they had. Everybody was excited to go to the practices because they knew that they could let loose for a little while and truly be themselves or even be someone completely different. It was a joy to sing to the elderly because we knew that this would definitely brighten up everyone's day and, I mean, who doesn't like a good old Christmas song? Choir is something that we should do again as an after school activity and should be done at all schools".

St. Patrick's Day Party: A Roaring Success!

Sept-Iles Celebrates in Grand Style



Tranches de Vie: A Blue Met Project

by Michela Cox and Charlotte Roy



Secondary 4 & 5 students from Queen Elizabeth High School had the opportunity of working with an award winning journalist and photographer from Montreal when they visited Sept-Iles in January. Queen Elizabeth students have been busy working on a project entitled "Tranches de Vie" in correlation with the Blue Metropolis Literary festival. The French Second Language project is inspired from the New York Times "One in 8 million" series. Students chose a local member of the community, Samuel Farley as their interviewee for this project which includes a combination of still photographs and recorded

interview. The final project is a creation of the Secondary 4 & 5 class where they have the opportunity to show off their interviewing skills and creativity in photography. The final project will be available as of April 22nd, 2013 for viewing at www.blumetropolis.org

Teachers, Charlotte Roy and Michela Cox will be taking their students to Montreal for the grand revealing of the winners of this project. Seeing as only six Anglophone schools across the province were chosen for this project, QEHS students feel privileged to have been one of the few chosen. They have been busy at work fundraising for their trip which will include a historical visit in Quebec City and a stop in Montreal for the festival.



Semaine de la Famille Snow Sculpture Winners

Congratulations to Michelle Petit and her family in winning first prize in the 2013 Snow Sculpture competition during the Baie-Comeau “Semaine de la Famille” event. The family received a VIP pass from the city of Baie-Comeau - a free yearly pass for extra curricular activities. The theme was decided upon by the five girls, Mikaela, Emilie, Rebecca, Samantha and Isabelle.

News from the 50+ Club of Baie-Comeau

by Michelle Petit



The 50 Plus group in Baie-Comeau have been busy with different activities. In January there was a focus on Alzheimer's. There was material available to read and or take home; we also listened to a very interesting article on “Dementia in Denmark” on The Sunday Edition from CBC Radio. It was very evident that Denmark's services are very different from Canada's. This led into a lively discussion on services here in Quebec.

In the month of February a wellness day was hosted, those who came made healthy cranberry muffins. Everyone was asked to bring their favourite soup for a soup tasting lunch. The 50 Plus group have also been involved in playing brain games, one that was most amusing was “Scattergories”. They also had an afternoon of remembering the past, everyone brought in pictures from the past, examples would be wedding, childhood and school day pictures. Great discussion was had and many memories were shared by all.

During the month of February the NSCA staff had the privilege of attending a NPI Retreat/Health Exchange in Quebec City. During this time we were presented with some new material to use with our 50 Plus groups. One of the topics was “The Power of Balance” we have already started to use the therabands and incorporate some of these exercises into our afternoons together. Thank you for the new and exciting material.



Upcoming CHEP Sessions

by Marilyn Durepos

The Community Health Education Program (CHEP) has been offering health sessions by videoconferencing for the past few years. This program brings English videoconferences to remote regions across Quebec on a variety of health topics. These videoconferences are usually broadcast from the Montreal Children's Hospital with expert presenters in an interactive conference that enables the participants to ask questions and learn about aspects of health important to them. The NSCA has been fortunate to be a part of this program.

In the past, we have taken advantage of this opportunity and have participated in numerous sessions, both in Baie-Comeau and in Sept-Îles. This has been very beneficial for our English-speaking population where they have learned about topics such as Diabetes, Shingles, Fatigue Management, etc.

Between April and June 2013, once again, we have the opportunity to participate in three other sessions. If you are interested in any of these, please let us know. **We are required to book these videoconferences at least two weeks before the session and we need to know in advance if there is enough interest.**

These are the upcoming health topics:

- **Arthritis & Fibromyalgia - April 17th, 2013 - 10:00am – noon**
- **Grief & Loss - May 29th, 2013 - 10:00am – noon**
- **English Rights in Health Care and How to Navigate the System - June 12th, 2013 - 10:00am – noon**

If you are interested in these topics and would like to attend, please call our office to register before the booking deadline.

Baie-Comeau (head office) (418) 296-1545

Sept-Iles (satellite office) (418) 968-3148

or by email: nsca@quebecnorthshore.org

Out of Region Medical Services

As part of their Regional Access Program and their continuing efforts to improve access to health and social services in the English language, the Agence de la santé et de services sociaux de la Côte-Nord has produced a brochure entitled '**Out of Region Medical Services**'. Inside you will find the various Hospitals and their contact information as well as affordable lodging in close proximity. There is even a lexicon of frequently used vocabulary.

The brochure can be found on the NSCA's website at:

www.quebecnorthshore.org

If you would like a copy, simply contact the NSCA offices at

39 Marquette Ave., Local 314
Baie-Comeau, QC
G4Z 1K4
418-296-1545

OR 530, av. Brochu, 3rd floor
Sept-Iles, QC
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418-968-3148

e-mail: nsca@quebecnorthshore.org

OUT OF REGION MEDICAL SERVICES



PrimaDanse Animates Workshops at QEHS and BCHS



By Maude Vaillancourt, Spiritual Animator

Queen Elizabeth High School students had the privilege to have a workshop with the dance troop “PrimaDanse” from Montreal on February 6, 2013. Their theme, hyper sexualisation, did not surprise many students, since hip-hop and popular music of our generation constitutes mainly of this.

Students got fired up by the two incredible professional dancers, and learned the theory about dance and hyper sexualisation.

It is a very difficult task to interest more than 35 students during a workshop. However, PrimaDanse excelled in this. Mostly everyone listened carefully as the two women showed videos of popular artists like Rihanna, Shakira, and others to show how very sexual movements can be uncomfortable to watch for others. The majority of students participated actively in this workshop, while others decided to stand by and watch. It was interesting to see that students were not forced to participate, because this would have made it a negative experience for those who aren't comfortable with this type of activity.

What made it different than other workshops was that they found an amusing way to involve students, which is, by creating and filming choreography. Getting the students moving at 9a.m. provided them with energy and woke everyone up. The women showed students many moves that are fun to do and that don't have any sexual connotation in them. This proved the teenagers that you don't have to copy what celebrities do on videos to make a dance that is appreciated.

This workshop was one of the best ideas our spiritual animator could have brought to our little school. It was a great investment that required nothing but students' bodies and creativity. There was mainly only positive feedback about this day and I couldn't help but notice the good mood everyone was in during afternoon classes. Therefore, I would like to thank PrimaDanse, for sharing their knowledge with us and for being patient and coming all the way from Montreal to Sept-Iles for us. We appreciated this activity that not only made us thinking, but also moving!

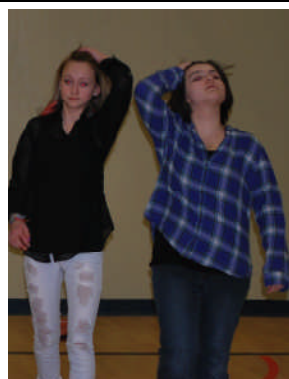


by Stephen Kohner, teacher

Students from Elementary Cycle 3 through to Secondary V participated in an afternoon workshop animated by PrimaDanse. The two enthusiastic animators/dancers organized a number of activities that shone a light onto issues related to bullying and intimidation. Through expressive dance and music, the students divided themselves up into three groups: the bullies, the victims and the bystanders. From there, they each performed a short skit.

The students all joined forces at the end to do a dance representative of the emotions, actions and impact that bullying has on people's lives.

This event, as well as the one at QEHS was made possible by Eastern Shores School Board.



What's the Buzz at Flemming Elementary In April?



Cycle 2-2 and Cycle 3-1 Educational Trip to Quebec City:

As a result of hard work and organization on the part of parents, staff and students of Cycle 2-2 and Cycle 3-1, we have reached our fundraising goal and are able to send our students on a fantastic 4 day educational trip to Quebec City. Since last Fall, a number of fundraisers (hot lunches, bingos, bottle drive, grocery bagging etc) have taken place. Congratulations to our students and teachers and a big THANK YOU to everyone in the community that helped to make this such a success. Photos to follow in next newsletter!

BookFest – April 22 to April 29th

Many different activities will take place at each grade level during this week to celebrate the importance of literacy skills in learning. Guest speakers, class exchanges, and book making are but a few of the activities that will take place. If you want to volunteer to help out, please drop by the school.



Book Sale



Used Book Sale

Ms. Monderie will be hosting our 2nd Annual Used Book Sale on April 24th & 25th. If you have books to donate (children and/or adult), please drop them off at the school. Proceeds from this sale will be used to purchase new books for our school library.

Flemming School's PPO Activities

by Jackie Bizeau

After a small vacation during the Christmas break, the PPO got back to work with full force. They had a meeting in January to discuss future activities.

On 'Valentines Day' Julie and Jackie gave each student a chocolate cupcake after their lunch, but that was not all; outside, Monique, Roby, Lisa and Paulita were waiting to do outdoor activities with the children to help burn off all that chocolate they had eaten. They played three games, one of which included a 'chocolate kiss' relay race. The PRE-K classes were not left out. Lindsay gave them cupcakes and read them a story as well.

For 'Teacher Appreciation Week', on the morning of February 19th, the PPO delivered coffee and muffins for the staff. On the 21st, two fruit baskets and poems were waiting for them much to their surprise.

For Carnival day, on February 27th, many parents came out to help. Many of the PPO members were also on hand at the arena to help the children of the lower grades put on their skates. The higher levels had activities in Gallix. At the end of the activity-filled day, when the children arrived back at the school, the PPO was there with hot chocolate for everyone.

In celebration of St. Patrick's Day, they passed out green cupcakes.

The PPO is a non-stop group. Not all the members are present for every activity but those that can't attend the activities are always available to give a hand in baking or sending out information.

BCHS Annual Bean Supper

DATE : Friday April 19, 2013
TIME : 5:30 P.M.
PLACE : BCCHS 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@cgocable.ca.

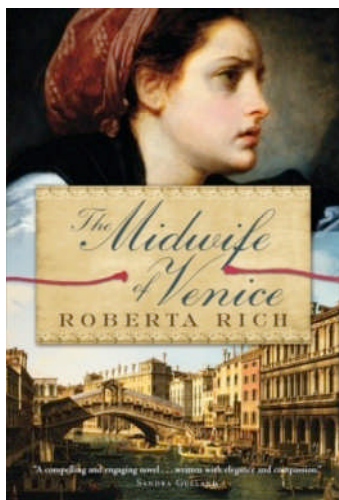
NSCA Book Club

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.

This month's book is Roberta Rich's bestseller "The Midwife of Venice"

Next scheduled book club meeting is on Wednesday, April 10 at 7p.m. in room 317 of Baie Comeau High School (39, av Marquette)



English Movie Nights in Fermont



April 5 at 18:00



April 12 at 18:00

Where:

Auditorium – Polyvalente Horizon Blancs
 130, rue Le Carrefour

Cost:

8.00\$/adult – 6.00\$/17 and under
 Ticket office opens 45 minutes before the presentations

Virtual Newsletter Option

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We are now offering our membership the option to sign up for a virtual copy of the newsletter.

If you prefer to receive an electronic copy, please forward us an e-mail at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's as simple as that!

As always, your feedback is welcome and will help us shape the content for future issues.

Happy Reading!



Mr. Denis Simard: My English Movie Idol

by Jackie Bizeau

I present to you, Mr. Denis Simard. Without him the movies in English that are playing in Sept-Îles and Baie-Comeau would not have happened.

With my relentless perseverance and finally his acceptance, we got our first movie to play in English in Sept-Îles, then another, then one in Baie-Comeau, and so on and so forth.



It all started on the 16th of December when we had our first English movie, *The Twilight Saga: Breaking Dawn - Part 2*. On the 13th of January we got *The Hobbit*, and since then we have had English movies playing every weekend in Sept-Îles and in Baie-Comeau.

In Sept-Îles, the number of people going to the movies is approximately 20 to 45, depending on the movie. We have had a huge diversity of movies from fantasy, action, adventure, and even a 'Chick Flick'. I have been asking Mr. Simard for a while now to try to get the movie to play at 7:00 pm in order to give a larger number of people a chance to go. As of March 17th our first movie will be playing at 7:00 pm. According to Mr. Simard they will try it for a while and if it works, it will stay at that time.

Join the NSCA's Facebook page to get information on the upcoming movies, or check the Community Calendar on the website www.quebecnorthshore.org.

Here is what some of the community is saying:

"Fantastic movie, I'm a Tarantino fan and I find this was his best (pretty violent but the story line and cinematography was excellent) It was also so nice to see an English movie at the cinema! Thanks so much Jackie for making this happen, we really appreciate it!"

"This wouldn't be possible at all if it weren't for you Jackie! We appreciate it!"

"What a great movie... and to see it in English? Priceless. Thanks!"

Worship Services

All Saints' Church

39, av. Ungava

Sept-Îles

All services commence at
10:30a.m.



April 7:	Anglican Service
April 14:	United Church Service
April 21:	Anglican Service
April 28:	United Church Service
May 5:	Anglican Service
May 12:	United Church Service
May 19:	Anglican Service
May 26:	United Church Service

Sainte Famille Catholic Church

15 Comeau, Sept-Îles

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

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.



March 31:	Easter Sunday: Holy Communion
April 21 :	Holy Communion
May 12:	Holy Communion
June 2:	Holy Communion

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgocable.ca

75th Anniversary Book: Ville de Baie-Comeau

The English version of the Société Historique de la Côte Nord.... 75th Anniversary Book of Baie Comeau will be available as of April 5th.

You can purchase either the original edition (\$40) or the Prestige edition (\$60).

Please contact the SHCN at 418-296-8228 to place your order and/or visit them at 2 Place La Salle.



Riverview's Winter Carnival

by Shaunna Goudie



Riverview's winter carnival was held on February 27th, we had mixed aged teams and a variety of outdoor and indoor activities, with a delicious giant sub lunch. It was a beautiful day and our students showed off their good sportsmanship and school spirit. Congratulations to the Green Leopard team for earning the most points and winning the Carnival Cup.

The Great Canadian Geography Challenge

by Debbie Laurie



For the second year, Riverview School's Secondary Cycle One students participated in the Great Canadian Geography Challenge, Canada's largest student geography competition. We practiced using previous year's questions and held our school competition on February 26th. Two students tied for the most correct answers so a tiebreaker question was needed to decide the winner. Secondary 1 student Ryan Miller edged out Secondary 2 student Jacob Pagé, and, again this year, Ève-Marie Claveau finished third. Ryan participated in the provincial competition and now waits to see if he qualifies for a berth in the National Online final to be held in April. He has won a one year subscription to the Canadian Geographic magazine. We sure have learned a lot about our country and the rest of this enormous world! And we have been humbled in realizing how much we don't know...even the teacher!!

We are the Change

During the month of December, Queen Elizabeth High School students collected pennies for Free the Children's "We Create Change" campaign. Pennies were collected for two weeks from students, families and friends. Staff members also got involved and thousands of pennies were brought to school.

Students were asked to collect 2500 pennies each (\$25.00) which would serve to provide clean, sustainable drinking water to one person in over 100,000 communities around the world for the rest of their life!

At the end of the 2 week period a total of 24,000 pennies were collected and deposited at the RBC bank. Queen Elizabeth students were able to provide clean drinking water for 9 people. Congratulations on CREATING CHANGE and making a difference.



CSSS de Sept-Iles Website

Have you checked out the CSSS de Sept-Îles website? As part of their 'Adaptation project', they had a large part of their site translated into English. Visit the site at:

You will find it very user-friendly. Just click on 'Welcome' in the upper right hand corner, then click on "Users and Partners".

Under the tabs "CSSS of Sept-Îles, Care and Services, My Visit at the CSSS, Forms & Procedures, and Press Gallery" you will find lots of useful information on the CSSS and the services they offer, as well as English forms for different procedures such as: *Preparation for X-Rays and Scans, Preparation for a Same Day Surgery*, etc.

This is just one of the ways that access to health and social services in English is improving in the Sept-Iles area.



<http://www.cssssi.qc.ca/>

Fermont School Activities

by Karen Kean



Students went bowling and swimming in Labrador City in February.



Our grades 1, 2 and 3 students were very excited during the visit from the firemen.

Did you ever have a bad day? Does a smile make you feel good? Students at Fermont School are helping build a community where feeling good is number one priority. Oftentimes, we focus on the negative impacts bullying and unkind thoughts/actions have on our students, but what does good behaviour look like? How can we instil a positive outlook on life? *Bucket Filling* is a tangible task for students.

Everyone has an invisible bucket - our heart holds all of our feelings. *Bucket Filling* happens when you share your good feelings with others to help their bucket have more good feelings and fill-up or somebody shares their good feelings and fills your bucket. *Bucket Dipping* happens when you're in a rotten mood and you say or do things that cause your bucket to empty it's good feelings or even worse, you empty somebody else's bucket.

With our bucket filling attitudes, we're trying to make bullying a thing of the past by emphasizing positive behaviour and smart decision making when negative situations arise.

- Amanda Stanley



The Community Quilt



Have you ever had the opportunity to help create a quilt? Community quilting excites personal expression, connects people, and creates community. It's a wonderful way to contribute a piece of yourself to a larger scale and to your community.

A Community Quilt project inspired the 50+ Club of Sept-Iles and over the past year, club members were invited to contribute a square for a community quilt and/or help create a quilt for the club. In perfectly choosing the bright and cheerful colours, the pattern pieces were cut and assembled by the club members.

Many thanks go out to Theresa Lavalée, Marion and Ron Shattler for the final piecing together. They did a splendid job!

The quilt was exhibited for the community to enjoy and then raffled off to raise money for the club activities. What a wonderful group initiative! Congratulations on the beautiful work of art!

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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