



www.quebecnorthshore.org

Let's Get Connected



PORT-CARTIER

Spring, now that is something for us to look forward to. Not yet though the lakes and rivers are still frozen solid and we have been getting snow everyday since the 21st of March. Still it feels like Spring the snow banks are melting and we are getting to longer days, daylight wise. So all is well and we can look forward to the arrival of road repair season. Every season has its ups and downs but we are a stoic bunch on the North Shore. We can now hope that the upcoming year will be good to all of us and that summer will arrive all in good time. We are still in need of contributors and help getting our newsletter out and any kind of help would be appreciated so if you feel you can assist us please do by e-mail or phone in to our coordinator Jody. Thanks for being there for us and for you.



Flat Stanley Project

Miss Goudie's class of Kindergarten and grade 2-3 are participating in a project using the Flat Stanley books (by Jeff Brown) We are partnered with an elementary grade from Kin-ig Elementary School in Surrey, British Columbia. The Kin-ig students have made and sent 23 "Flat Stanleys" to visit and learn about our community. We have taken the Flat Stanleys out into the schoolyard and given them a tour of the school.

We plan to take them to the beach and on a neighbourhood walk. We write about each activity and will send the students in Surrey reports of what Stanley has seen as well as pictures and souvenirs of "their" trip.



Building Healthy Self-Esteem in Youth... A DVD presentation

Through a NSCA We Can Act Strategy project, secondary students of Riverview School had the opportunity to view a health education session on self-esteem in youth. A DVD presentation, originally taped from a videoconference session with Baie-Comeau High School students, aimed towards the understanding of self-esteem, how youths can achieve a healthy self-esteem and also including topics such as bullying and learning difficulties.

The students enjoyed watching the video because they learned how to work on their own self-esteem, how to compliment themselves as well as others. Students really liked the tools suggested for how to react to bullying, such as making eye contact. They said that the video caused them to reflect on their previous actions and has made them more conscious of their behavior. This educational session had provided valuable information for our youth. Very interesting presentation!



PERSISTENCE PAYS OFF



Finally, after several years of tenacity, the residents of Port Cartier are celebrating the grand opening of two new businesses. It had been several years since our residents had to survive with just one grocery store. It had become very difficult for many residents when our one, and only grocery store, went on strike for several months. Not everyone was able to get to Sept-Iles to get what he or she needed. A new dream was sparked at this time and that, of course, was to have a second grocery store in town. Several residents joined a coop to make this dream come true. After many years of hard work by numerous volunteers, we finally got

our new cooperative IGA. New members are still welcome to join this coop.

Our second accomplishment was the construction of a new Villa, which is our newest nursing home for people who are semi-autonomous. With the help of numerous volunteers and several financial partners this million and a quarter dollar project became a reality. This home has room for 14 residents. We are hoping that phase 2 of the project can become a reality also within the next five years. This would be the construction of another wing to the building.



**Third instalment of the
Road trip through the North Shore
by Marc Deslauriers**



Notre-Dame de L'Assumption Church in Betsiamites

We are now entering the Manicouagan area of our North Shore trip. The distance covered up until now has been about 100 kilometres; just enough to give us a pre-taste of what awaits us. We travel through St. Marc la Tour and Colombier and reach Islets Jeremie, a long time pilgrimage site for the native and non-native populations of the region. From there we go on to Betsiamites the largest Innu reservation on the North Shore. The village rests on the delta of the river of the same name and is a vibrant community. Although over the years the relationship between native and white communities has degraded somewhat this population is stable and largely unemployed. With nowhere else to go they are trying to develop the land that they have and to retake land that is now government claimed property. The Papinachois Centre is a good example of the spirit of the Innu people. Here we can observe life the way it was before the arrival of the white man and dine at the fine restaurant. You will need to reserve but it is a treat with wild game and wild berries prepared in style.



Native drummer at Papinachois.

Rageneau is the next stop on our itinerary. This village looks over the St. Lawrence and has several islands. Founded in 1870 but discovered in 1699 agriculture has always been the staple of the inhabitants of Rageneau. A short lived sawmill was in operation for close to 10 years but is now closed so blueberries and potatoes are the mainstay. A small trout farm also has made its debut and is quite successful with unlucky fishermen.



Outardes 2 Power Station

Chutes aux Outardes was mentioned for the first time by a Jesuit missionary in 1664, who was traveling to Lake Manicouagan. The inhabitants were Papinachois and the village was called Peritibistokou or Partridge River. It was colonized by white farmers around 1910. Just outside the village is the Outardes is just a stone's throw away from the Outardes 2 Hydro Station.

Pointe aux Outardes is on the St. Lawrence just south of Chutes aux Outardes. One particularity of this village is that it has the last covered bridge on the North Shore. This village also includes Les Buissons and Baie St-Ludger. Les Buissons has a modern Agricultural Research Station that works on seed potatoes and wild berries and Baie-St-Ludger has been named as a world heritage site by UNESCO for its fine therapeutical clay and the site on which it is mined by Argile EauMer.



Covered Bridge at Baie-St Ludger

Pointe Lebel, is a village of some 25kms long and where the Baie-Comeau airport is situated. The founder of Pointe Lebel, Norbert Lebel, settled there with his family 1902, previously the native name was Neshtât Kâmiluâs (Nice sand cape). This is the closest suburb of Baie-Comeau and the main industry is farming and peat moss.



Lasalle Blvd. Main street Baie-Comeau

Upon arriving in Baie-Comeau we see to the right hand side McCormick and Manic 2 power stations. These of the First Stations we see on the Manic-Outarde Hydro-Quebec generating stations. The city was founded in 1923 by Robert McCormick newspaper owner of the Chicago Tribune. His greatest interest was in the woodlands of the area and during the 20's and 30's A dock, houses, the paper mill, a school a hospital, Ste-Amelie Church and the Church of Sts Andrew and George were constructed. Reynolds Aluminium was built in the 60's which was later bought by Alcoa which produces 6% of the Total Alcoa production worldwide and is known as one the most productive mills company wide. The Manoir Baie-Comeau is a landmark building and has one of the best dining facilities in town but the best Restaurant is the Cache D'Amelie owned by Chef Forbes is definitely the best table of the North Shore but hey don't take my word for it go and see for yourself. The Restaurant is on Marquette Street, overlooking La Baie des anglais, facing the Church of St-Amelie and right next door to Baie-Comeau High School



Third instalment of the Road trip through the North Shore cont'd...

Speaking of which is the first English School we see on the North Shore some 205 kms from our start. It is our community hub along with the Church of St Andrew and St. George. BCHS is home to the Scouts, the CLC and the North Shore Community Association Office. Baie-Comeau has all of the Amenities of a large city and more. We have 3 shopping Centres, the regional concert hall, Le Grand Theatre de Baie-Comeau, Several restaurants, and two downtown street malls. The ferry from Baie-Comeau crosses to Matane at least once a day. Opening soon will be Le Jardins des glaciers or Ice Gardens, not to forget the cruise ships that will be stopping again.

The Black Watch the first cruise ship in the Port of Baie-Comeau.

From here we will then turn north and travel the 389 to Fermont but that is to be seen in my next instalment, Happy Travels and until next time.

BCHS Students Star in s'Cool by Stephen Kohner, teacher

The students of Secondary Cycle Two of Baie Comeau High School recently participated in a television show. In collaboration with Eastern Shores School Board, LEARN, and CTV television network, students wrote and starred in a thirty-minute show. The entire experience, although exhausting, was an event in our educational experience we will not soon forget.

According to Mr. Michael Canuel, CEO of LEARN, the goal was to present a project to students where they would learn through the reality of a real TV show with all the challenge, the requirements, the dead lines and the efforts needed.

The mission statement of this program was simple...
By Them....About Them....For Them....

The students were given control of the content; they were the producers of the program. Each school assigned a teacher who worked with the students and the production team on the organization of their involvement.

The main objective of this project was to provide students from across Quebec with an opportunity to learn about each other and to create a sense of community

We were involved in so many aspects of the project... from research to script writing, from editing to hosting, from interacting with our community to using our creativity. The main 30-minute show was broken down into sections: New and Current Events, Pop Culture, Sport and Leisure, as well as a section on our school history. Each student got to write a 40-second script (120 words) in any one of the main categories. After a selection process, the scripts were then edited and sent for a final edit to the television show producer. Seven students got to host the main show, but all the students contributed to various parts. The program contained all the elements of a professional newscast (animations, graphics and music).

As you can imagine, we are excited to see our final production. It is hard to believe that the dozens of hours of work has all been condensed into a 30-minute show!

In the fall, we had created two five-minute documentaries (features): one on le Centre Boreal Maritime Adventure Park and the other one on Teens and Part-Time Jobs. Both features have already been aired on CTV's s'Cool television show across Quebec.

We received very positive feedback, praise and comments on their scripts. The producers stated it was the first time they had received such precise, well-researched, and well-written scripts. Never before had they had such an "easy" day of filming; never before had they come across such an engaged group of students like ours.

We had the unique opportunity to work with a very dynamic and professional crew. Their interaction and support of the students and our work was superb! The pedagogical support package proved invaluable and was in complete alignment with the new Quebec Education Programme at the Secondary level.

We are very proud of our accomplishments. The experience has been invaluable and our work will soon be made available across the planet when it is posted on the s'Cool Internet site. It is exciting when you write and perform for a world-wide audience!

www.learnquebec.ca/en/content/scool/index.html
Episode 3 – Feature from BCHS -Centre Boreal



NEW PRICING FOR THE SOCIETY OF QUEBEC FERRIES FROM 1 APRIL 2009

The Society of ferries Quebec (STQ) increased its fares with effect from Wednesday 1st April 2009. For its entire fee schedule, the average increase is 2.5%. For customers, this new pricing is reflected in an extra few cents per passage:

Matane-Baie-Comeau-Godbout

- Pedestrian from \$ 13.70 to \$ 14.05
- Vehicle \$ 32.10 to \$ 32.90

The direction of the Matane-Baie-Comeau-Godbout crossing informs the public that additional crossings will be added to the schedule on the occasion of the Easter Holiday.

Source: communiqués.gouv.qc.ca

Voices From Quebec by Stephen Kohner, teacher



The Secondary III students at Baie Comeau High School are in the midst of a unique educational project as part of their History course. In collaboration with Fondation Metropolis Bleu (Montreal), the Quebec Anglophone Heritage Network, Eastern Shores School Board and the BCHS Community Learning Centre, students are putting together a 5-minute radio documentary depicting the early days / origins of the Ontario Paper Company in Baie-Comeau. The project, entitled "Voices from Quebec", involves 10 schools from across the province and is solidly anchored in the Quebec Education Program (QEP).

The students and I have had the pleasure of working with Louise Abbot (renowned Quebec author of [The Coast Way](#)) and Mark Goldbloom, a professional broadcast journalist. Through e-mail, an on-line forum, and a visit to BCHS on February 11-12, we have worked hard with them to write a script based upon historical documents and interviews.

Maxime Coté, BCHS' CLC coordinator, assisted us in arranging a number of interviews. M. Pierre Frenette (president of Société Historique de la Cote-Nord), M. Jean-Paul Montigny and Mr. John Kerr have all been interviewed by our students. The idea is to catch key phrases and insights into the years that shaped Baie-Comeau. We record the interviews, listen to them, and note down the parts we want to use. Metropolis Bleu kindly supplied us with a professional digital recorder, headphones, a memory card and training – all of which are key to a successful project.

Goodness, have we ever learned a lot! Not only have we been able to improve our interview and research skills, we've been able to record and transcribe some real jewels in terms of our local history. Are you familiar with the term "jobber"? Did you know that the early plans for Baie-Comeau included only a pulp mill, and not a paper mill? Did you know that a master schedule was developed to coordinate all aspects of the construction, and the master plan was known respectfully as "The Bible"?

Our main source of information has been Carl Weigman's book [From Trees to News](#) (first published in 1953). The students were each given a section from a number of chapters to read, extracting key information. This is then combined with excerpts from interviews, sound effects, and a student-written script to link all of the elements together. At first, a five-minute radio show seems like an awfully long time; we are now realizing that we have enough research to fill a ten-minute slot! If all goes according to plan, we will complete the work by March 27th. Our script and audio memory card will be sent to Montreal for a final professional edit. The podcast will first be presented during the Metropolis Bleu International Literary Festival to be held in Montreal on April 22-24. It is then scheduled to be broadcast on CBC radio and will be available on a number of websites.

Our plans do not stop there. We will be using archival photographs and images to create a digital movie, Powerpoint presentation and possibly a multi-media podcast. We are also looking at our involvement in this project as a jump-start and opportunity to create similar podcasts in conjunction with the North Shore Community Association. The students are building their capacity in researching, interviewing, scripting and podcasting – these skills will prove beneficial as we pursue the need to record our disappearing local heritage and as our town celebrates its 75th anniversary in 2012.

Check out the NSCA and BCHS web site for the link to the podcast. It should be made available towards the end of April.

Air Labrador Cancels Flights

A few days after announcing the elimination of flights from Sept-Iles to Montreal, Air Labrador announced it will terminate its air service between Sept-Iles and Wabush as of April 12.

The spokesperson of Air Labrador, Robert Therrien, said that the company has removed this extra service for economic reasons.

For now, the spokesman for Air Labrador does not anticipate any abolition at the Sept-Îles post. Air Labrador will also give up its flights between Wabush and Newfoundland and Labrador

Source: Radio Canada





Baie-Comeau High School
 &
Community Learning Center of Baie-Comeau
 39, rue Marquette / Baie-Comeau (Qué) / G4Z 1K4
 Tél : 418-296-1547 / Fax : 418-296-4883



CLC Health Week in March

In collaboration with **Canadian Health and Social Services Network**, the Baie Comeau High School and Community Learning Center of Baie-Comeau were able to plan a series of activities during and around the week of the 15th to the 21st. This initiative was to target Sec. I-II-III students in providing them with some hands-on knowledge of healthy cooking. The main objective was to replace certain notions of Home Economics; a program that no longer exists in high schools across Québec. Several workshops were targeting the Canadian Food Guide and how to adapt it to personal tastes and objectives following its guidelines. A healthy cooking class was delivered to Sec. V by Chef Yves Davignon on Friday, March 13th. Sec. III-IV had an afternoon of fun with a cooking workshop Monday, March 16th where they got a chance to cook three healthy recipes. A healthy cooking workshop will be soon held with Chef Glen Forbes in the weeks to come. The CLC-BCHS would like to thank CHSSN for accepting our project funding, Ms. Maria-Teresa Mastrocola and Mr. Cluney Hurley for project planning, and our two contributing chefs.

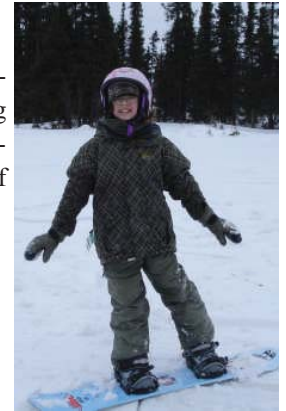


Chef Yves Davignon: healthy cooking in action!

Maxime Côté CLC-BCHS Coordinator

Snowshoeing and Sliding in Labrador City

The students at Fermont School went snowshoeing and sliding in Labrador City, NL on Friday, March 27. They have a groomed sliding hill in Labrador City and a good snowshoeing area. Part of the cost of the bussing was provided by the North Shore Community Association, through their Community Public Health Strategy. Outdoor activities at this time of year are a pleasant experience for the children and teachers.



MARCH IS HEALTH AND NUTRITION MONTH AT FLEMMING!



During the Month, we are promoting a healthy lifestyle that includes making better choices for snacks and becoming more physically active.

Students will be offered healthy snack alternatives throughout the month and taste testing of fruits and vegetables will be provided during the lunch hour.



Our 4 Healthy Lifestyle challenges involve recording our consumption of 5 fruits and vegetables a day over a week period, adding 60 minutes of physical activity to our day for a week, participating in Defi Moi J'Croque at home and the final challenge of spending less than 2 hours a day in front of screens (tv, computer etc)

Thanks to the a generous contribution from the NSCA, we will be providing students with sports equipment as participation prizes to our health challenges.

In addition to these events, we were very happy to provide our students with a wonderful day of fun in the snow and sun during Carnival Day on March 20th. Students, teachers and volunteer parents enjoyed the sliding and tubing and everyone went home tired but happy!

QEHS Europe trip 2009



Seventeen QEHS students from Secondary 3 to 5 visited Europe from February 25th to March 9th, 2009. The following countries were visited: England, France, Switzerland, Liechtenstein, Austria, and Germany. The students have been preparing and fundraising for the trip since September 2007. We all had a wonderful time! It was an enriching historical and cultural experience. Comments echoed from students implied that such a great experience should be repeated.

Lise Babin



QEHS Winter Carnival 2009



On Friday March 20th, 2009 QEHS held its 1st Annual Winter Carnival. The day began with a healthy breakfast as well as a lunch later that day. Students participated in various activities on the snow filled baseball field which led to many laughs. Activities included, throw the rolling pin, egg toss, 3 legged race and tug of war just to name a few. 1st, 2nd, and 3rd, place ribbons were awarded and students earned points towards their team colour. The WHITE TEAM ended the day with the most points and was deemed QEHS 2009 WINTER CARNIVAL CHAMPIONS.

QEHS would like to thank the volunteers, staff, teachers, and all of the students who participated because without all of you, this day would not have been as successful.

QEHS would also like to thank the NSCA - North Shore Community Association for their generous donation that helped to cover some of the incurred costs of this event. The money was used to purchase ribbons and various items that were needed to carry out the individual and team activities. Thank you for helping make this event a success!

Students and staff eagerly await the 2nd Annual Winter Carnival next year and for many years to come. This event was certainly enjoyed by all.

Vicky Robertson
QEHS Teacher



Barack Obama

Change will be done.

Hope over fear, unity of purpose over conflict and discord.

All this we can do. All this we will do.

Now is a new era.

God bless the United States of America.

Economy is badly weakened.

Homes have been lost, jobs shed, businesses shuttered.

And why a man whose father less than 60 years ago might not have been served.

Starting today, we must pick our selves up, dust ourselves off and begin again the work of remaking America.

Colleges and universities meet demands of new age.

Oabama will change the nation.

Men and Women obscure in their labour.

Each day brings further evidence that the ways we use energy strengthen our adversaries and threaten our planet.

(from the inaugural speech)

Lucy



ALL EYES

All eyes are on you Obama
Our hopes and our will
The task will be great
You can't remain still.

America's future rests on your shoulders
With God's help, may you be strong
So when we look back at these days when we're older
We'll smile and say that things didn't go wrong.

We hope for a better life, a better word
A better place
Where America is the hub on the wheels
Of this race
We race for freedom, for love and dignity
We strive for happiness, goodness and unity.

Obama, your task is immense and so grand
We cannot escape our problems; they are so true
You have to show the world where America stands
So truly Mr. President, God help you!

Paul



WINTER FUN
At Riverview school and Gallix Ski Hill



LUNCH TIME FUN
"What a sub!"



Reading Room

Riverview has targeted literacy as an area of concern and need. They have started to "renovate" the library to make it more inviting, motivating and comfortable. The students have already realized that they can read for longer periods of time in this type of room. Happy reading Riverview!



School Activities & Notices

Baie-Comeau High School

- April 1 BCHS Governing Board meeting @ 7:30 p.m
- April 1 Spaghetti Lunch from 11:55 – 12:55
- April 2 Montibasse Carnival Day
- April 3 30 Hour Famine
- April 8 Videoconference: Pals – Parenting with Confidence @ 7.00 p.m.
- April 10 & 13 Easter Holiday
- April 14 Professional Development Day – No School
- April 16 Professional Development afternoon – No Classes
- Parent-Teacher meeting from 3:15 – 5:15 p.m.
- April 22 & 23 Book Fair (Room 317)

Fermont School

- April 2 Craft Club - Grade 1
- April 3 Craft Club - Grade 2
- April 6 & 7 Public Speaking
- April 9 Easter Party
- April 10 & 13 Easter Holiday
- April 14 Pedagogical day
- April 20 - 24 Book Fest Week
- April 20 Music Club 4/5/6

Flemming School

- April 10 & 13 Easter Holiday

Queen Elizabeth High School

- April 10 & 13 Easter Holiday
- April 24 30 Hour Famine
- April 27- May 1 Literacy Cafe
- May 14-17 Sec IV Annual Quebec Trip
- May 28 Sec V Graduation
- May 30 Sec V Prom

Riverview School

- April 3 Genome activity for Secondary- Visit from Cegep de Baie -Comeau students
- April 9th Ped Day and End of term 3
- April 14th Ped day
- April 20th Report cards
- April 24 Acti-lunch for Elementary students
- April 18th - 26 Bookfest Week
- April 29th Public Speaking
- End of April visit to Salon du Livres in Sept-Iles
- First week of May Portfolio/Student Led Conference meetings with parents

Public Health - Focusing on North Shore Youths

In early February, the North Shore Community Association (NSCA) became a successful recipient of the CHSSN Community Public Health Strategy project; this funding granted from the Community Health Social Services Network (CHSSN) has allowed the NSCA to help access the English-speaking community needs with regards to public health and social services in English. The project initiatives were mainly focused on the youth community.

In partnership with the BCHS Community Learning Center (CLC), the NSCA hosted two video-conference sessions that focused on building self-esteem in youth. Secondary students of Baie-Comeau High School attended a session in February and a follow-up in March. Aimed directly at youths, this health education session gave students tools for achieving healthy self-esteem and discussed issues that affect positive self-esteem. To allow this opportunity to be presented to other youths on the North Shore, DVD's were produced of the program and forwarded to the English high schools in Port-Cartier and Sept-Iles. Another session titled "Promoting and Supporting Healthy Self-Esteem in Youth" which was target for teachers and parents was presented in February and DVD's were also produced. If this may be of interest for viewing you can contact the NSCA office.



Within the same project, funds were obtained to help support our local schools on nutritional and healthy active lifestyle initiatives. Working in collaboration with the local English schools towards supporting their healthy schools program initiatives, several activities were held during the month of March for our local youth. Some schools focused more on promoting physical activities, such as swimming, rock climbing and traditional winter carnival games; also some schools blended a mixture of both- physical & nutritional activities, while others made additional activities in link to programs like 0-5-30 Health Challenge and Defi Moi J'Croque. The North Shore Community Association hopes to continue working with the local schools towards encouraging nutrition and healthy active lifestyle for our youths.

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

1-866-396-2433

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

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

From your home, office, or on the go, Care-ring Voice tele-learning makes changing your life simple.

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

OPTION 1

Register via www.carering.com 24 hours a day seven days per week.

OPTION 2

Call our Care-ring Voce Info-line and register by phone.

The info-line is open Monday-Friday

9 am - 5pm (EST) **Call 1-866-396-2433**

APRIL 2009 FREE TELE-WORKSHOPS

April 15, 2009 03:00 PM (EST) (Session offered in English)

Am I allowed to cry?: Empowering caregivers through effective counselling

This tele-session introduces you to Marjorie Silverman, author of a new book on counselling with caregivers. Mrs. Silverman will explore some of the features of a specialized counselling program for families that care for loved ones with a health problem, as well sharing insight on effective therapeutic approaches with caregivers.

Presented by: Caregiver Support Centre of CSSS Cavendish /CAU

April 28, 2009 04:00 PM (EST) (Session offered in English)

End-of-life Quality Care for People with Alzheimer's Disease

This workshop will give caregivers a better understanding of the progression of Alzheimer's disease towards the final stages of life. It will also guide caregivers towards the best possible resources for themselves and the person being cared for.

Presented by: Alzheimer Society of Montreal

April 22, 2009 07:00 PM (PST) (Session offered in English)

Interacting with People with Dementia: Meeting person to person - effective communication strategies

This workshop for family caregivers offers insights about effective communication strategies, and ways of providing care that focuses on the needs of the person with the disease. This two-hour workshop features special guest Dr. Elizabeth Drance, who specializes in person-centred dementia care.

Presented by: Alzheimer Society of British Columbia

La Maison d'Aide et d'Hébergement de Fermont - offers help to Anglophone women.

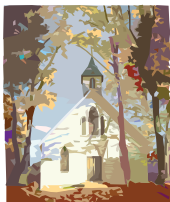
La Maison d'Aide et d'Hébergement de Fermont – shelter for women and their families, victims of conjugal or domestic violence and women in difficulty- would like to inform the Anglophone community of the available English resources. Through interprovincial agreements anglophones requiring the services of this institution may be transferred to the Women's Shelter in Labrador City where they would benefit from English speaking caregivers. The reverse is also applicable - a Francophone from Labrador City may receive services in their language at the Maison d'Aide et d'Hébergement.

For more information please contact the Maison d'Aide et d'Hébergement at 418-287-5625 or the CSSS de l'Hematite 418-287-5461

Church Services

All Saints – Sept-Iles

- April 5 Anglican Service @ 10:30 a.m – Palm Sunday visit from Archbishop Stavert
- April 10 Anglican Service @ 7:00 p.m. Good Friday mass
- April 12 United Service @ 10:30 a.m.
- April 19 Anglican Service @ 10:30 a.m.
- April 26 United Service @ 10:30 a.m.
- May 3 Anglican Service @ 10:30 a.m.
- May 10 United Service @ 10:30 a.m.
- May 17 Anglican Service @ 10:30 a.m.
- May 24 United Service @ 10:30 a.m.
- May 31 Joint Service @ 10:30 a.m.



Church of St.Andrew and St. George – Baie-Comeau

- April 12 Anglican Service (Hour TBA) – St. Andrew & St. George (BC)
- May 3 Anglican Service @ 11:00 a.m. – St. Andrew & St. George (BC)
- May 24 Anglican Service @ 11:00 a.m.–St. Andrew & St. George (BC)

Visitation of Archbishop Stavert at All Saints Church

All Saint’s Church of Sept-Iles would like to announce to its parishioners, that Archbishop Bruce Stavert will be celebrating Palm Sunday mass at All Saint’s Church on Sunday on April 12th at 10:30 a.m.

A potluck luncheon will follow the church service and parishioners are welcomed to come and join the occasion in honour of Archbishop Stavert, who is retiring from the Diocese of Quebec in June 2009.



Baie-Comeau High School & Community Learning Center of Baie-Comeau
 39, rue Marquette / Baie-Comeau (Qué) / G4Z 1K4
 Tél : 418-296-1547 / Fax : 418-296-4883



In collaboration with
QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS, INC.
 Are presenting

“PALS PLUS – PARENTING WITH CONFIDENCE”

Pat Waters, Med. (514) 695-1734 pwaters@vl.videotron.ca

Parenting Workshops

Patricia Waters, MED., Parenting Educator



Pat Waters was the President of the Canadian Home and School Federation (CHSF) from 2000-02; President of the Quebec Federation of Home and School Associations (QFHSA) from 1995-97; Chairman of the Lakeshore School Board Regional Council of Home and School Associations from 1990-94, and President of Ecole Primaire Beaconsfield Home and School Association from 1989-92. Pat is a Queen's University graduate and a certified teacher in Quebec. She has been a PALS (Parents Assist Learning and Schooling) Master Trainer and Workshop Facilitator since 1994 and has done over 200 Workshop presentations. She earned her Masters in Educational Psychology and Counselling from McGill University in 2000 and has researched and developed many new parenting workshops. She was honoured in 2002 with the Leslie N. Buzzell Award for outstanding service to the QFHSA and in 2003 with both a CHSF Life Member Award and the National Volunteer Recognition Award. Pat has been on the Advisory Board for Family Services Canada, Families and Schools Together (F&ST) Program and has done trainings and workshops for their parent workshop facilitators all over Canada.

TALKING TO TEENS

Communication Skills with Adolescence

The issues that teenagers face during this time in their lives can affect their self-esteem and it is through open communication that they can learn to handled them best. The key to good communication with your adolescent is to avoid doing injury to your teenager's sense of self.

On April 8th, 7:00 pm @ VCN room 317. Please reserve by calling Maxime Côté @ (418) 296-1547 DOOR PRIZES WILL BE DRAWN !!!!!



QCGN Daily Briefing

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

Plant Sale/Craft Sale

Place: Church of St.Andrew & St.George
34 Carleton
Baie-Comeau



Date: June 6

Don't miss out on great deals for perennials, home baked goodies and lovely handmade crafts!

Comité de Spectacles de Fermont Presents

The Curious Case of Benjamin Button

English version now playing on
Friday, April 3rd at 5:00 pm

Auditorium of La Polyvalente Horizon Blanc



Winner of 3 Academy Awards

A 2008 American drama film, inspired by the 1921 short story of the same name written by F. Scott Fitzgerald. ...

Starring Brad Pitt & Cate Blanchette

General Admission

Adults: \$7.00
17 & under: \$5.00

Ticket office opens its doors 45 minutes before the beginning of the presentation

In order to view upcoming movies, visit the following link for the Comité de Spectacle de Fermont:

<http://www.spectacles-fermont.com/>

Boyle Accent Anglais Côte-Nord English Summer Camp

The mission of the English summer camp is to provide English language skills to young people 7 to 11 years old through conversation and outdoor activities. The goal is to provide English training in a relaxed, fun-filled environment that allows young people to overcome their apprehensions in learning a new language.

Recreational	Recreational	Sports	Arts & Crafts
English workshops	Multiple games	Volleyball	Collage
Scientific experiments	Team contests	Baseball	Drawing
Botany	Guess who / what?	Swimming	Play acting
Reading and discussion	Treasure hunts	Water games	Singing
Field excursions	Hikes / excursions	Soccer	Fashion
Special guests: firemen, police-men, first aid and CPR experts	picnics		Theater day
Movies: "National Geographic" or "Disney"			



Please complete and forward application form before June 15, 2009 by mail, phone, or fax. See information below.

Family name :	_____	DOB(day/month/year	_____ / _____ / _____
First name :	_____		
Address:	_____	Tel :	_____
City :	_____	Fax :	_____
Postal Code :	_____		
Email :	_____ @ _____		

Two weeks in July – July 6-10, 2009 and July 13-17, 2009

Your child may register for one week or more.

339 rue Granier, Pointe-Lebel, Québec GOH 1NO ph: 589-9699, fax : 589-3127

Courriel : boyle.accentanglais.cotenord@globetrotter.net

éducaloi The patient who runs out of patience
LE CARREFOUR D'ACCÈS AU DROIT

It's hard to be hospitalized...to be far from home, feeling ill and suffering. To get through it all, it's important to have quality care from staff that is courteous, respectful and available. It's not surprising that quality of care and professionalism of hospital staff are now a patients' rights.

You have the right to complain about the hospital or one of its staff members if you are disrespected, neglected or if the care you received due to your state of health wasn't up to par.

Do you often ask the question "How do I complain?" Need to know how to formulate a complaint or locate the complaints commissioner and to ensure that your rights are respected; Éducaloi can guide you in finding the answers to your question. Access this free information by visiting www.educaloiquc.ca



Wanted Photos for Website

The NSCA is looking for photos of the North-Shore. These photos are needed for our revamped website. All photos old and new are welcome.

Please email photos to nsca@quebecnorthshore.org

Thank you in advance for your participation!



NSCA

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

English 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.

Copies will be mailed to members and also available for public at our office.

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 will be made available on our website.

www.quebecnorthshore.org



Canadian Heritage Patrimoine canadien

*Sponsored by the Official Languages Support Program
Of The Department of Canadian Heritage*

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

If there are any comments or suggestions, please let us know by email at
jodylessard@globetrotter.net
or
corine.desrosiers@cgocable.ca .

We would love to hear from you.

If you wish to make a submission for our next newsletter, please feel free to give them in anytime.

Articles can be submitted to Jody or Corine via email

MEMBERSHIP FORMS

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



NAME :

ADDRESS

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

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

Mon cégep
plein la tête!

COME TO THE CÉGEP DE SEPT-ÎLES

- Close to home
- Smaller groups
- Personalized attention
- Innovative use of technology
- Stimulating classroom environment
- Bilingual program

PRE-UNIVERSITY PROGRAMS

- Social Science (all courses in English)
- Social Science/*Sciences humaines* bilingual option
- Science (Science in French, core courses in English)
- Other bilingual options, where possible, include Nursing, Industrial Maintenance, Administration

Head over heels
for my Cégep!

CÉGEP  
DE SEPT-ÎLES 

www.cegep-sept-iles.qc.ca

ADMISSIONS : 962-9848, Ext. 247