

LET'S GET CONNECTED

January 2018

Volume 14, Number 3



Photo: Kristen Lessard / Winter Wonderland

QUEBECNORTHSHORE.ORG

Career Fair in Sept-Îles Draws Students and Professionals Together



Career development for secondary education students across the North Shore was given a huge helping hand by the organization of a Career Day in Sept-Îles on November 15, 2017. Queen Elizabeth High School hosted the event and students from Baie-Comeau, Port-Cartier as well as Adult Education students gathered together with their teachers.

A total of 19 career professionals from different professions were on hand to meet with students, provide demonstrations and discuss their career paths as well as hand out materials and resources about their profession. Health, legal, military and educational sectors were represented and some of the careers present included the RCMP, a respiratory therapist, the CEGEP de Sept-Îles, the Armed Forces, a translator and the fire service...to name but a few.

We have received overwhelming positive feedback from students and we look forward to organizing another similar event in the near future.

(see more photos on back page)

A WORD FROM THE CHAIR

Hello to all!

The new year is upon us, which means there are new possibilities, new hopes, new dreams and new resolutions. Wishing all our members a happy and healthy New Year.

As we step into 2018 with renewed enthusiasm for the future to come, it is also a time to reflect on the year gone by and all that the NSCA has accomplished in 2017. The NSCA continuously works to improve its services to all its communities and members, on the lookout for new projects and programs to ensure services in English in 2018.

I would like to take this opportunity to genuinely thank all members who contribute to the Newsletter and for your continued support - **Let's Keep Connected for 2018!!**



Cathy Larivière, Chair

Coming Soon from the NSCA: Newcomer Welcome Package

The NSCA has developed a Newcomer Package, expected to launch the end of February 2018 for all new arrivals to the North Shore. With guidance from the Voice of English-speaking Quebec (VEQ) we have created an in-depth resource in English for any newcomer to the North Shore.

A newcomer can be from another region in Quebec, new to Canada or even moving from another village in the Côte-Nord region. Alongside a dedicated webpage with online access to all of our resources, we have also compiled a handy bag filled with region specific information in English to facilitate your stay in the North Shore. In particular, we have created a brand new Newcomer Directory which includes information on accessing French-language courses to a list of hospitals and medical practices in the region.

Whilst we're keen to make sure our senior and youth demographics are catered to, we're confident our resource can help better integrate any English-speaking newcomer into the region. For more information please contact NSCA offices at 418-296-1545.



NSCA Sponsors a Variety of English Movies

NSCA was a proud sponsor for movies playing in the English-language for the 30th Cinoche Film Festival in Baie-Comeau as well as the 28th Festival du Film de Sept-Îles (January 18-28, 2018).

In Baie-Comeau, *Maud*, *Pop Aye* and *God's Own Country* were sponsored, while in Sept-Îles: *Borg vs. McEnroe*, *The Florida Project* and *Lucky* were also sponsored. The film *Chuck* was also played in the English language in both Sept-Îles and Baie-Comeau whilst *The Killing of a Sacred Deer* played in Sept-Îles. Port-Cartier played *Wonder Wheel* in English as part of the Festival du Film de Sept-Îles.



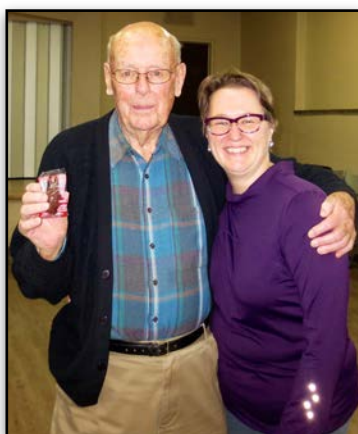
50+ Christmas Supper in Sept-Îles

A Christmas social supper was held in Sept-Îles on Friday, 15 December 2017 as an opportunity to get together with others in the community.

46 seniors were in attendance from the NSCA enjoying a delicious catered fondue supper with Christmas raffle prizes up for grabs and much dancing and singing to Christmas carols with an invited DJ. A joyous evening was had by everyone ready to celebrate Christmas.



Wellness Activities in Sept-Îles: Nutrition Workshop with Diane Sonier



To round-up the wellness activities for the 50+ members in Sept-Îles in 2017, nutritionist Diane Sonier held a special food hygiene workshop on December 6, 2017. Rather than present a seated tutorial, Diane created an interactive game which got seniors on their feet to see who knew the answer to some topical questions.

Seniors had to throw a small sand-bag to hit a target which then revealed a question. Each question had a number of points attached so a scoreboard could be kept. Thirty seniors were in attendance for our final wellness activity of 2017 and we look forward to a New Year of activities.

Upcoming Arts & Cultural Events for the North Shore

Listed below are arts and cultural events showing between January and March 2018 that are accessible to English-language spectators.

Britishow (music): From Queen to Ed Sheeran and including many iconic British music acts, this show will take you through the most-loved artists and songs from the U.K. Performances are in **Sept-Îles on Friday, February 2 and in Baie-Comeau on Saturday, February 3.**

Gabrille Shonk & Aliocha (music): A native of Rhode Island, Gabrielle Shonk is a jazz and blues aficionado who performs her own material with a unique voice first heard on *La Voix* 2014. Alicoha will be bringing his raw talent to a mix of emotional ballads and psychedelic melodies. Two artists for the price of one! She will be performing in **Baie-Comeau on Monday, February 5.**

26 Lettres à danser (youth/dance): This funny and engaging dance troupe will begin with the letter A finishing with Z while in-between they will get the children in the audience to participate and move along with them. Performances are in **Baie-Comeau on Thursday, February 22 and in Sept-Îles on Sunday, February 25.**

Les Foutoukours (circus/dance): Two clowns roam the world with their cart looking for the perfect place to stop but at every new destination they discover something new, inspiring and often funny. Performances are in **Sept-Îles on Thursday March 1, in Baie-Comeau on Saturday, March 3 and in Port-Cartier on Friday, March 9.**

Information and tickets:

Baie-Comeau: Centre des arts at 418-294-2000

Sept-Îles: Salle de Spectacle at 418-962-0850

Port-Cartier: Café Graffiti at 418-766-3513

Upcoming Caregiver's Conference: Diabetes and Blood Pressure

NSCA will be hosting their annual Caregiver's Conference on March 26th, 2018 at 10 a.m. Every year, we hold a special interactive videoconference for seniors and caregivers on a health topic pertinent to our senior population on the North Shore.

Together with L'Appui Côte-Nord and Community Health and Social Services Network (CHSSN) we will be exploring Diabetes and Blood Pressure. Our presenter is Jennifer-Hobbs Robert, the former Director of Nursing & Quality at the Jeffery Hale-Saint Brigid's Hospital in Quebec City; she is presently working with the Jeffery Hale Community Partners as a Senior Advisor.

In addition to broadcasting our videoconference to the communities of Baie-Comeau, Port-Cartier and Sept-Îles, we will be inviting two Lower North Shore communities to also take part. More information and details of the event will be made available shortly.

L'APPUI POUR LES
PROCHES AIDANTS
D'ÂÎNÉS

*You care for them,
we care for you.*



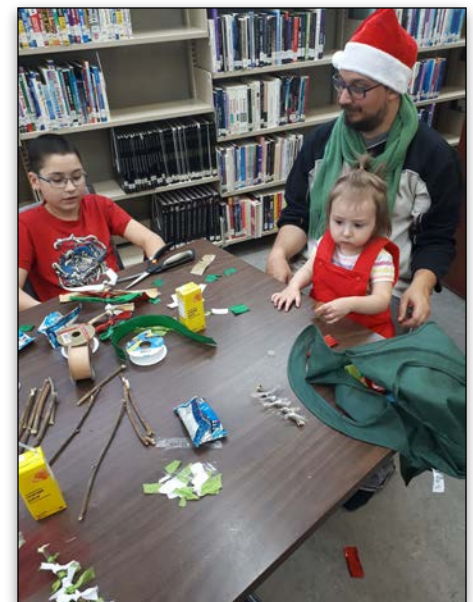
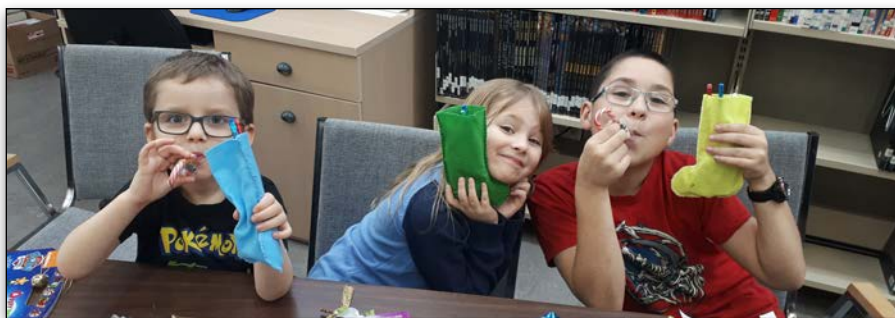
A “Toddler-on-the-Shelf” Christmas



December 15th saw a festive Toddler Time in Sept-Îles with a group of 14 toddlers eager to meet Santa and Mrs. Claus. Despite December being their busiest month, Santa and Mrs. Claus made time to stop by to read a special Christmas story-aided by two special elves-and spread Christmas cheer to Sept-Îles.

All toddlers came dressed in their PJs for a cozy morning of songs, crafts and milk and cookies! A special craft edition of “Elf-on-the-Shelf” was made and the children were able to take their crafts home...along with a special Christmas gift from Santa.

Christmas Story-Time in Port-Cartier



Toddlers were treated to a special Christmas Story-Time event at the municipal library in Port-Cartier (Bibliothèque le Manuscrit de Port-Cartier) on December 20, 2017. Story-Time events are held monthly for 0-5 year olds and their parents or caregivers to encourage and celebrate the joy of reading. For our Christmas themed special, a selection of Christmas stories were read aloud, and the children made a fun stocking craft to take home and enjoy. A tasty snack was also served. Look out for more upcoming Story-Time events in 2018 advertised on our website and Facebook page.

BCHS-CLC's November-December Events

by Stephen Kohner, principal



Catherine Martin, BCBS Student Parliament Prime Minister laid the Remembrance Day Wreath on behalf of the school on November 11.



BCBS was proud to be invited by the Royal Canadian Branch 003 to help distribute poppies on Saturday, Nov. 4 at Walmart. Each student volunteered three hours of their time.



Students from grades 1-6 participated in a series of 4-5 kiosks that focussed on nutrition, reduction of stress & anxiety, physical fitness, safety and security and anti-bullying/intimidation. Nine students from the 2nd year "Soins infirmiers" programme and their two teachers organized information and hands-on/ inter-active tables.



Students, staff and parents gathered on the evening of Dec. 19 for the annual Christmas show. There was lots of music, singing, drama and cheer! Thank you to all those who helped put the show together.



The last day of school on Dec. 22 was a fun one... the Home & School Association & Mme Brassard treated everyone to Christmas baked goodies, Santa paid a special visit, and food items (collected during the month of December) were given to two organizations: La maison des femmes and Homme d'aide.

Green Screen Project at Fermont School

by Karen Kean, principal

The students in Fermont School participated in a Green Screen Project. Green screens are frequently used during weather reports and special effects in movies.

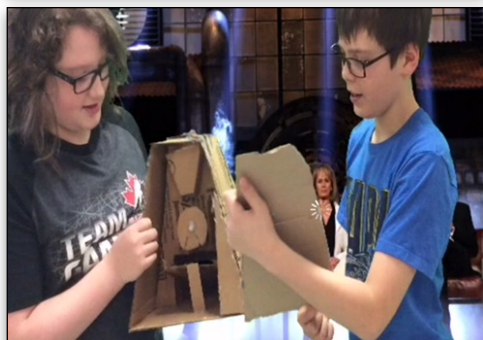
We created a 25 minute news report using a green screen, iPad, iPad apps, iMovie and photos. The majority of the new reports were filmed in the classrooms in front of the green screen and the photos were inserted on the iPad.

The film included a weather report, coverage of a fashion show, Just for Laughs and Dragon's Den clips, interviews with students concerning what they wanted for Christmas, and a breaking news story that reported a dinosaur being sighted in the school playground.



When Science and Recycling Come Together

by Karen Kean, principal



The grades 4 to 6 students created science projects from recycled materials. The inventions included a working gum machine made out of cardboard, a flashlight made from plastic water bottles, a boat that floats in water, a desk organizer, a sling shot and a robot. The science projects were very creative. Once the projects were completed the students tried to sell their ideas to the Dragons from Dragon's Den for the Green Screen Project.

THIS TIME, IT'S FOR GOOD

Registration at quitchallenge.ca until February 5

The *Quit to Win! Challenge* is an annual province-wide campaign that supports Quebec smokers who want to quit through a **collective challenge**.

By registering, participants **commit to not smoking for 6 weeks**, from February 5 to March 18, 2018.

The *Challenge* is an **approach that works**: on average, 2 out of 3 participants have successfully completed it! Since 2000, over 436,000 Quebecers have participated in the *Challenge*.

FREE SUPPORT FOR BETTER SUCCESS

To increase their chances of success, participants benefit from **free resources and tools** during and after the *Challenge*.

- A personal profile at quitchallenge.ca
- The encouragement emails
- The Facebook community
- The SOS Challenge app
- The Jean Coutu Quit Kit
- The I QUIT NOW helpline and the Quit smoking centres
- Prizes to win

6 WEEKS WITHOUT SMOKING, **6 TIMES THE CHANCES OF QUITTING FOR GOOD.**

BUTTING OUT IS POSSIBLE

Smoking is more than just a habit, it's also a nicotine addiction. So quitting smoking involves overcoming both a physical and a psychological dependence.

- **Quitting is hard** and often requires several attempts.
- But with a healthy dose of motivation, support and the strength in numbers that the *Challenge* offers, **it can be done!**

WITH THE CHALLENGE, **THIS TIME IT CAN BE FOR GOOD!**

TO WIN*
1 of 2 trips to Punta Cana

COURTESY OF:
transat GRAND PALLADIUM

NEW FOR 18-24
Prize reserved for ages 18-24

QUIT TO WIN THIS

A variation of the campaign was designed to reach young adults, a group with a high percentage of smokers.

QUITTOWINTHIS.CA

Share the Challenge

FOR PROMOTIONAL MATERIALS: DEFITABAC.CA/OUTILS

An initiative of Capsana.
In collaboration with:



© Capsana 2017. * Rules and regulations available at quitchallenge.ca

**SAY *yes* TO STARTING OR GROWING
YOUR BUSINESS TODAY!**

**A YES BUSINESS COACH
WILL BE IN THE
NORTH SHORE AREA SOON**



**We're Here to Support Entrepreneurs Like You in
DEVELOPING YOURSELF AND YOUR BUSINESS**

**AND
BY THE WAY,
IT'S FREE!**

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Open to every age and stage of business.
Through our coaching services you will receive:

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- Financing options and resources
- And much more...
- Guidance in evaluating your business ideas
- Strategies for expanding your customer base

Contact Jody Lessard at:
418-296-1545 or
nsca@quebecnorthshore.ca

*For a one-time \$20 entrepreneurship file activation fee you will gain access to specialized services including business coaching, business bootcamps, legal and accounting clinics.

We also offer a range of support and services online. Call **1-888-614-9788** or visit **www.yesmontreal.ca**

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In collaboration with: **North Shore Community Association**

Yes
YES is a not-for-profit organization

Virtual Newsletter Option

If you prefer to receive an electronic copy of this newsletter, please forward us an e-mail indicating that you want to be added to our virtual newsletter list - it's as simple as that!



The NSCA together with several members of the Community Health and Social Services Network (CHSSN) have developed a toolkit and website (<https://www.travel4health.ca/>) to provide information and support to English-speaking patients who have to travel away from home for medical services.

Patients from the eastern regions of Quebec (Gaspésie-Îles-de-la-Madeleine, Bas-St-Laurent, Côte-Nord) must often travel to larger centres (such as Quebec City or Sept-Îles) for some specialized medical services that are unavailable in their regions. The regional English-speaking community organizations realized that this can be a difficult experience for English speakers, some of whom are unfamiliar with these larger centres and their hospitals, and may be not sufficiently bilingual to communicate effectively when it comes to medical vocabulary and when under stress.

The website is easy to use and guides for each region are available in both English and French to help facilitate ease of communication for different service users. Guides are available to help you before leaving your region, what to expect at each health centre, the process upon return and many more. Download your free toolkit today or visit NSCA to collect a hard copy.

Visit NSCA @ www.quebecnorthshore.org and click on the Travel 4 Health icon.
Hard copies available from the NSCA office, please contact (418) 296-1545

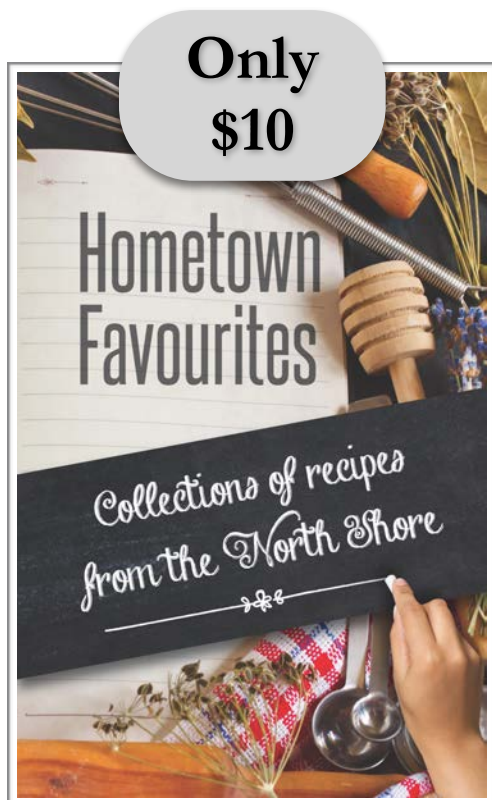


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Happy Reading!

For Sale from the NSCA!



Worship Services

All Saints' Church

47, av. Ungava

Sept-Iles

Services commence at 10:30a.m.



Feb. 4: Anglican Service
 Feb. 11: United Church Service
 Feb. 18: Anglican Service
 March 4: Anglican Service
 March 18: Anglican Service

Christ the King Parish

15 Comeau, Sept-Iles (Église Ste-Famille)

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at paroissesseptiles.org/

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11a.m.



Feb. 4: Communion Service
 Feb. 25: Communion Service - Bishop Bruce Myers, president
 Annual Vestry Meeting
 March 18: Communion Service
 April 1: Communion Service - Easter Sunday

Information:

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

Eastern Shores School Board Registration 2018-2019

The Eastern Shores School Board serves all students eligible for English education in the Baie-Comeau, Port-Cartier, Fermont and Sept-Iles region. Our School Board provides general academic education at the elementary and high school levels in conformity with the norms established by the Quebec Ministry of Education.

Criteria for enrolment are:

- 1) To be eligible for **PRE-K**, your child must be 4 before **October 1st, 2018**
- 2) To be eligible for **kindergarten**, your child must be 5 before **October 1st, 2018**
- 3) To be eligible for **grade 1**, your child must be 6 before **October 1st, 2018**
- 4) An original birth certificate for your child with both parents' names must accompany the request for admission
- 5) **Certificate of eligibility for English Instruction.**

For further information and/or to register your child, **please contact the school to make an appointment.**

Baie-Comeau H.S. : 418-296-2832 / Riverview School, Port-Cartier: 418- 766-2665 / Flemming Elementary, Sept-Iles: (418) 962-2166
 Queen Elizabeth H.S.: 418-962-4540 / Fermont Elementary School: 418-287-5497

Photos from the NSCA's Career Fair (continued)



The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nsca@quebecnorthshore.org. (All submissions are subject to editing and approval)

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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 418-296-1545

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 Sept-Îles, QC G4R 2R5
 418-968-3148



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Secretary: Ms. Marilyn Miller
Treasurer: Mr. Maxime Côté

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