



Let's Get Connected

Photo by: Lloyd Maurice

Sept-Iles Port

www.quebecnorthshore.org

A Fall word from the Chair

October smells like autumn. You have to admit that the summer of 2009 will not go down as the driest of seasons. Road repair, cold mornings and general despair about the economy does nothing to lift spirits. With Fall here, winter approaching, and summer officially over we need to concentrate on important things such as Halloween and Christmas. We just had our ninth Annual General Meeting and the prognosis is very good. More funding, more projects and more members that is what came out of the meeting. We still need some help with our newsletter editorial team and if you can find the time we can help fill out those cold winter days with lots of warm subjects to edit and write. I know I sound like a broken record but that is what I am. So if you do not want me to bug you about this subject at every newsletter, please let yourself be known. Once that is done I will start bugging more of you about other type of participation in our NSCA. So with that in mind all that I have left to say is Trick or Treat, be careful what you wish for!!! ©



9th Annual General Meeting

On September 26, the Association held its 9th Annual General Meeting in Sept-Iles, with 36 members present, newly elected directors and the presentation of the first Annual Community Involvement award, the AGM ended in success with many applauds.

As now come to be a tradition of our AGM's, a community BBQ took place following the meeting. Nearly 45 people attended the community event! An opportunity for communities to meet up and chat with each other, a time to network ideas and share stories.

Many thanks to those community members of Sept-Iles for their help in organising the event. Overall thanks to all our members for attending the AGM and BBQ.

Outstanding Community Involvement

Presented to

Ms. Debbie Laurie

In grateful appreciation of outstanding dedicated service within our community. The NSCA would like to recognize Ms. Debbie Laurie for her significant contribution over the years in her community and furthermore the community at large.

Debbie is the only Canadian ever to organize the Terry Fox run thirty consecutive times. On its own, this is worth recognition, but she will also be a torch bearer for the Vancouver 2010 Olympic Games.

Ms. Laurie is a devoted community member and always has been.

Debbie you have demonstrated leadership and commitment as an active volunteer in your community, a model of an engaged citizen

For these reasons the North Shore Community Association wishes to bestow on Debbie the award for Outstanding Community Involvement. A souvenir plaque and with this award comes a cheque for the amount of \$100.00. Our heartfelt congratulations and thanks for your efforts and perseverance.



Fifth instalment of the Road trip through the North Shore

By Marc Deslauriers

After the long drive back from Fermont we are back on the 138 and on our way towards Sept-Iles. Along the way, about five minutes out of town, is the activity park for the Glacier Garden with a good view on the Saint Lawrence. It is an activity park with rock climbing and nature trails as well as the valley of the shells. These shells cover the valley walls and floor, remnants of a long gone sea and of the glacier that covered this whole area. The first village we get to is called Franquelin. It's about 20 minutes out of Baie-Comeau and has a population of about 350 people. It was founded in 1911 and bears the name of the first French cartographer Jean Baptiste Franquelin. Colonel McCormick founded the modern village to supply the wood for the Baie-Comeau Paper Mill. A historic lumber camp stands next to the river in the village and the Auberge Franquelin is a good stop for a meal - seafood speciality.



There are many villages and sites along the 239 kilometres going to Sept-Iles. The panorama, for one, is worth the trip by itself. This road is very tortuous for the next 75 kilometres and is not recommended in the winter. The next site we are greeted by is the tunnel at Saint Nicolas. This is the only tunnel found on the 138 on the North Shore.

After another 30 minutes or so we arrive at Godbout, the last spot to cross over to the Gaspé from the North Shore. Godbout has a population of a little over 300 inhabitants and has a dock for the ferry, and on site fishing vessels. The ferry crossing from here takes a little under two and a half hours. Godbout River is a good salmon and sea trout river for sport fishing. The forestry industry was one of the main industries here. Workers crossed on Monday from Matane and returned on the Friday to their homes. The lumber industry is all but dead now in this region of the North Shore.



The Camille Marcoux at the Dock in Godbout

The last part of the drive through this part of the North Shore ends at kilometre 95, at Baie Trinité. Before arriving there, there is one site you need to see- the lighthouse at Pointe des Monts. The lighthouse has been around for more than 150 years and has sheltered shipwrecked sailors and passengers up until the early 1930's. It is now run as a special historic site and has a very good restaurant which is opened during the late spring to fall.

Souvenirs are available and the staff is friendly. You may even get to see whales in season.

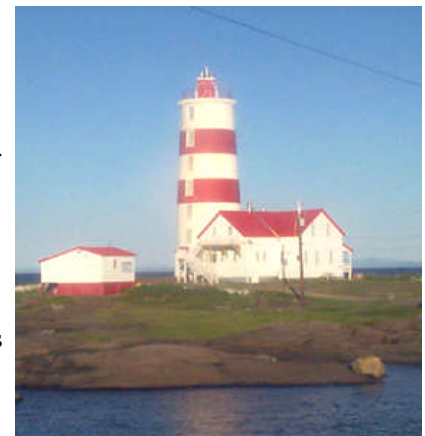
The village of Baie Trinité was founded in 1955 for the fisheries and lumber industry. It still has a large plant that freezes ground fish and snow crab. The sawmill has been closed these past few years. The other attraction is a centre explaining the historic shipwrecks in the region. This new interpretation centre is located in the centre of the village across from the local snack bar renowned for their good "poutine". Also, Ti-Bert's Restaurant, is a nice spot with friendly service and good food.

We leave now for Islets Caribou, little known village of less than 100 people that relied on the forestry industry. More people are retired here and have decided to stay. The most notable historic fact about this village is that it has been inhabited since 1755 and that it has the most treacherous reefs and shoals on the coast.



The Beach at Riviere Pentcote

Next stop is Pointe aux Anglais. This is the mid-point between Baie-Comeau and Sept-Iles. Pointe aux Anglais is a small village that holds the particular distinction of having hosted a few shipwrecks, the most notable one being that of a few English ships during the War of New France. A museum there recounts the history of the village and of its reputation for having sunk English ships without even firing a single shot.



The Lighthouse at Pointe des Monts

We travel on to the most beautiful beach in Quebec which is Rivière Pentcôte. This amazing beach stretches for over 15 miles along the Saint Lawrence River. The white sand and slow grade makes this ideal for sunbathers and long walks but the water temperature is four degrees, a little cold for bathing. An old sawmill used to be situated upstream on the Pentcôte River but has long given up the ghost.

From our stop at the beach we now move on by the old road to Baie des Homards where we reach a beautiful bay where mussels abound. Wild mussels are a treat and this is a very good spot. Back on the Road we crest a hill and see at a distance Port Cartier our stop for this trip. Happy Travels and until next time.

ESL Day Camp Success

By Canon Stephen Kohner

Summer time is not the busiest in terms of services and parish needs in Baie-Comeau. So how does one take advantage of the summer season and the fact that the church building is virtually vacant?

During the summer of 2008, our congregation embarked on a new initiative to respond to a community need. It became very evident that there was a strong need for an English day camp in the community. With our community partners - BCHS Community Learning Centre (CLC), North Shore Community Association (NSCA) and École de Musique Cote-Nord - we planned and hosted a one-week English language day camp. The success of that camp helped motivate and inspire us to increase our efforts in 2009.

With the financial assistance of Service Canada and the NSCA, along with the help of the BCHS CLC, the church organized three weeks of day camps this past summer. We hired three counsellors who provided an animated and fun-filled English immersion day camp experience over the summer. Our two main camp counsellors were attending university in Montreal, but jumped at the chance of spending their summers in their home community!

We chose three themes for the week-long day camps: "The Sound of Music", "Around the World in Five Days" and "Silly Scientist". Our pre-registration period in June gave us a clear indication that the camps would be popular! We had quite a number of children who signed up for all three weeks; during the course of the first week, we had a number of children who insisted on returning week after week, having their parents sign them up for the next week's day camp on Friday afternoon! Songs, crafts, excursions, games and loads of fun-filled activities greeted the children every day.



All in all, we had just shy of sixty children over the course of three weeks. What an amazing success! Not only had we been able to employ our Anglophone youth, but we provided parents and children with a particular need. It is evident that the demand for quality ESL summer camps is very high in Baie-Comeau. When one has the facilities and the willingness to respond to a community need, the pieces of the puzzle all fall into place.

The income the church received over the course of three weeks has almost matched the 52-week rental income that we lost when the Baptists moved out of our church in October 2008. When one door closed, another one opened! Our church is blessed with having a church hall, a strategic location and the organization capacity to work with community groups.

We are certainly fortunate to have local leadership that is able to make this all happen. But, it is the **unlikely** leaders that were given an opportunity to act as camp counsellors and coordinators. And they were the ones who made a difference and make it all happen!



Camp Jeune Entrepreneur

Baie-Comeau - The Camp Trois-Saumons, situated at St-Jean-Port-Joli, was the host of an extraordinary entrepreneurial experience this summer due to the contest *Gagne ton Camp Je*. From June 30th to July 10th Shelley Tremblay built her own mini-business from scratch following the guidelines of the art of entrepreneurship.

Shelley Tremblay, the oldest of three participants from Baie-Comeau, loved her experience at the camp as an entrepreneur. "People there were very kind. I learned a lot of new things and met new friends. The outdoor activities were super fun." The business Shelley and her team built, Gardeners Express, had great success at selling thematic ready-to-grow flower pots. "We built elaborate concepts of flower pots according to the tastes and choices of seeds the potential client wanted. It was a project targeting people that had very little time to plant flowers." An investment banker from the Business Development Bank of Canada accepted Shelley's bank loan application and even raised the amount asked for. A total of 27 youths took part in the camp creating five mini-businesses. Including learning a career choice, that of an entrepreneur, the youths had fun doing different outdoor activities such as kayaking, trampoline on water, and alpine climbing.

Before starting the camp, the Société d'aide au développement des collectivités de Manicougan (SADC), had to choose among participants of the "**Gagne ton Camp Je**" contest to choose who would participate in the camp. The North Shore Community Association (NSCA) was the community group that promoted the contest amongst the Anglophone youth community; 2 applications were submitted to the SADC from the Anglophone community. Carrefour jeunesse-emploi (CJE), Fonds d'investissement pour l'entrepreneuriat féminine (FIEF), SADC Manicouagan, NSCA were all contributors for Shelley's participation in the camp.

The camp was created to promote entrepreneurial spirit among the Quebec youth allowing them to experience all the steps of business building: business plan, marketing strategies, market study, processing, and sale of the product. The camp caters to youth between 13 and 17 years of age. The SADC Manicouagan hopes to repeat this initiative next year with a new contest.



Community, Commitment, Cooperation

Celebrating our Past, Building our Future.

Montreal, Thursday October 22, 2009 – The Quebec Community Groups Network believes the Supreme Court ruling on Bill 104 is a fair decision for the province of Quebec. Now that the Government of Quebec has been given a second chance to draft legislation, we hope it will work with all stakeholders, including the English-speaking community, to achieve a reasonable compromise between the goals of protecting the French language and preserving the vitality of English school and school boards. In that spirit we ask that we be included in the process.

“Healthy institutions are a cornerstone of a vital community,” comments Marion Standish, Vice President of the Quebec Community Groups Network. “The health of our schools and school boards has a profound impact on English-speaking Quebec, having a direct influence on the retention of youth and attraction of our community.”

Mrs. Standish argues further these are issues that are also vital to Quebec society as a whole. “Our community’s ability to retain our youth also has an impact on the economic vitality of the province.”

Schools have been described by minority language researchers as the most fundamental institution in the creation of cultural identity, said Mrs. Standish, referring in particular to the findings of researchers Rodrique Landry, of the Canadian Research Institute of Linguistic Minorities at the University of Moncton, and Richard Bourhis of the Centre d'études ethniques des universités montréalaises (CEETUM), at the University of Montreal. “It is from participation within the linguistic minority educational institutions that most of the group’s human capital will emerge, which will, in turn, nourish and empower all of the group’s institutional leadership,” notes Professor Bourhis in a publication for the 2007 QCGN conference entitled: *The Vitality of English-Speaking Communities of Quebec – From Community Decline to Revival.*

Mrs. Standish stated that the QCGN advances the principles of community vitality and sustainability through research and through dialogue and collaboration and she noted that all major political voices agree that vibrant English-speaking communities are an integral part of a prosperous and strong Quebec.

“The QCGN concerns itself with matters affecting the eligibility of access to minority language education because such decisions potentially impact the viability of minority language schools,” said Mrs. Standish, calling upon the Government of Quebec to reaffirm the role English language education institutions play in maintaining a vital English-speaking community. “That can be achieved by ensuring renewal through enrolment and through other methods such as guaranteeing English schools have the resources they need to survive even when their numbers begin to dwindle.”

NSCA Seniors Projects

In this fiscal year (2009-2010), the NSCA will be working on a project “**Mobilizing Seniors in their Community**” funded by the ministère de la Famille et des Aînés. The project activities will focus on facilitating and promoting the involvement of seniors in social and community life. One of the objectives is aimed at encouraging seniors to engage in physical and other stimulating activities; whether cultural, artistic or intellectual endeavours that promotes the wellness of seniors. Another objective focuses on encouraging intergenerational ties and promoting the sharing of knowledge. Through these objectives, we anticipate to build a listing of seniors who would participate in school/community activities.

Through a developed network of seniors, we hope to create a regional committee of senior members. The participants will give us input on the planning of future senior events/gatherings and most importantly help us determine the specific needs within our senior community. If you are interested in giving your input, attending events or would like to participate on the senior’s committee please contact the NSCA office or talk to your community senior animator.

Baie-Comeau: Marilyn Durepos – 296-1549

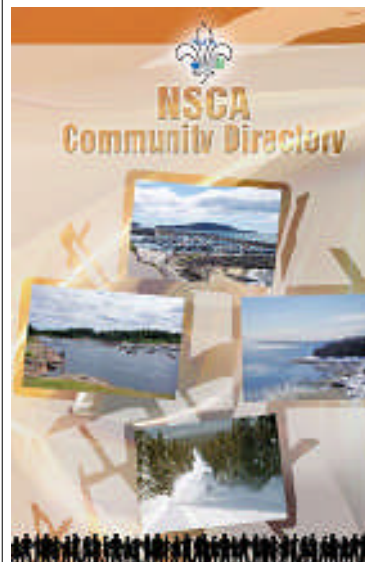
Port-Cartier: Marilyn Miller – 766-1470

Sept-Iles : Lloyd Maurice – 962-6879

NSCA office : Jody Lessard – 296-1545

Another interesting and exciting project about to begin is our North Shore Memoires. The North Shore Community Association wants to preserve and create awareness of the North Shore Anglophone heritage and culture. Through this project, the Association will create a booklet containing interviews from seniors and promote it through its community partners, members and local/regional historical departments. A document which will assure the personnel stories of our seniors are permanently saved. In addition, individuals will have chance to learn about North Shore local history and culture; which will further promote and educate our community. A production of life story legacies that will provide information for generations to come.

If you are a senior with an interesting story to tell, and would like to contribute your favourite memories in our regional booklet of memoirs, then please give us a call at the office and we can arrange an interview with you.



The Community Directory, a guide containing details of services, organizations, groups and other useful contact information is available for communities of the North Shore. Contact the NSCA office to obtain your FREE copy!

Tel: 418 -296 -1545

Debbie Laurie to be a Torchbearer

Debbie Laurie to be a Torchbearer in the upcoming Vancouver 2010 Olympic Torch Relay. Debbie will be carrying the torch on Rue Arnaud in Sept-Iles on November 10 at 18:25. There will be a community celebration that will take place at the Vieux Quai around 18:45.

In May, she submitted her nomination to the Coca-Cola website by writing an essay on how she is a positive influence in her community. She wrote about her 30-year dedication to the Terry Fox Run as an annual event organizer. She was notified on August 10th of the honor. Come out and show your support on November 10th and cheer Debbie on!



BCHS Participating in Torch Relay Celebration

During the week of October 26th, Baie-Comeau High School received an invitation from Vancouver 2010 Olympic Torch Relay team, to participate in the torch relay event as part of the program to highlight "Everyday Champions of Positive Change". BCHS was asked to recommend a student (13 years of age or older) who would be one of the torchbearers for the 2010 Olympic Torch Relay. Students were informed of the initiation and encouraged to submit a 100 word essay stating why they believe that they have been nominated as a Vancouver 2010 Olympic Torchbearer.

After reviewing all essays, the BCHS selection committee had announced the winner and forward their recommendation to the Torch Relay team. The Torchbearer chosen from BCHS is James Leduc-Mondrzejewski. Congratulations James!

NSCA will be announcing the details of James exact relay segment. Check out our website at www.quebecnorthshore.org for the official announcement

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!

INFORMATION AT YOUR FINGERTIPS!

Through the Information at Your Fingertips project, the Montreal Association of Independent Libraries (MAIL) will provide individuals throughout Quebec with **free** access to English language e-resources, including databases, online reference tools, and eBooks.

You can access this information by going to the MAIL website www.independentlibraries.org and signing up as a member of MAIL. This resource has been made available with help from a grant from Canadian Heritage to support minority language communities.

For additional information contact us at info@independentlibraries.org

Adult Education Course Offered at BCHS

Northern Lights and Vocational Centre in collaboration with the BCHS Community Learning Centre is in the process of planning academic courses to be offered at Baie-Comeau High School.

If you are interested in obtaining a high school diploma, or wish to acquire the necessary prerequisites for Cegep, we invite you to contact the Northern Lights Centre via the toll free number 1- 866-968-8412 or at the CLC in Baie-Comeau at 418-296-1547.

Book Club Invite

Do you enjoy reading? Have you ever read a great book and really wanted to talk about it with someone? Well you might be interested in joining a book club. Some Baie-Comeau community members have showed interest in starting a book club in their region and the NSCA has offered to help coordinate the bi-monthly/monthly discussion get-togethers.

If you are interested and need more information please contact the NSCA office at 296-1545.

Book clubs can be a great way of meeting like-minded people who enjoy a lively discussion about books. If you would like to start your own book club in your community or with a group of friends give us a call and find out how we can assist you.



Quebec
Community
Groups
Network

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

The 5th Terry Fox National School Run Day



The 5th National School Run Day was held on the afternoon of Friday, September 25th. Some community members, students and staff from Riverview, Mer d'Youville, and St. Alexandre met on McCormick Island where they walked together for an hour. They raised \$5100 which now brings the thirty year total for raising money for cancer research to \$78 300. The dream lives on !



QUEEN ELIZABETH HIGH SCHOOL CELEBRATES 50 YEARS

The 2009-2010 school year represents a milestone for the Queen Elizabeth High School with its 50th year of English education in Sept-Iles, Quebec. In 1960, Q.E.H.S. produced its first Graduate, Lynn E. McElrea and ever since then, many hundreds have followed including myself. For this special occasion, we have put together a small committee to organize a special event that will take place May 21 and 22, 2010. We will be inviting past and present students to attend a week-end filled with memories of the past, accomplishments of the present and plans for the future to join us. Many different activities will be taking place that will allow all attending to rekindle their ties with old friends and at the same time make new ones along the way.

At this present time, we are in the initial stages of gathering ideas and preparing events. It would be greatly appreciated if some of you that attended Q.E.H.S. could supply us with some of your personal memories and if possible, pictures or any other items and send them to me personally.

Looking forward to seeing you in the Spring

Malcolm MacPhee
mmacphee@globetrotter.net

Flemming Students...being the best they can bee!



Bravo to all the students, teachers and staff of Flemming Elementary School for putting all their efforts. We collected the grand sum of \$1,865.00 for the Terry Fox Foundation.

This year our Terry Fox Walk was led by none other than Princess Briana (Mr. Brian DiCiccio). Thank you to all our teachers for being such great sports and challenging our students in surpassing last year's objective.



Mr Denis Ringuet would like to congratulate all the students who participated in the "cross country" competition held on September 26,2009. Bravo to Virginie Haince and Shawn Shuglo who qualified in the regional held in Forestville October 17th, 2009.

Every week, our principal has the honour of lunching with the students who qualified for "student of the week". What a great way for our principal to share the success of all our students who strive to "Bee the best that you can bee" and promoting the "Flemming Fours":



- Be Respectful
- Be Responsible
- Be Safe and Healthy
- Be Cooperative



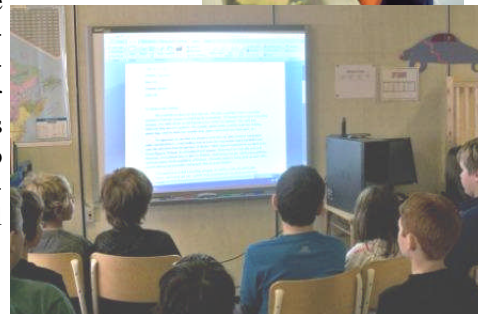
Show and Tell

The students in kindergarten and grade 3 had Show and Tell in their classroom on Thursday,

October 8. They were learning about different types of animals in class and most of the children brought stuffed toys to school. Our visitors included a rabbit, a turtle, a fish and two birds. The two birds were very friendly and the students were able to interact with them. It was a fun day for the students and the teachers.

Recycling in Fermont

Over the past few weeks the students in Cycle 2, Level 2 and Cycle 3 (grades 4-6) have been studying the environment. The students asked if they could write a letter to the municipality suggesting a recycling program be started in Fermont. The students worked on the letter during both their language arts classes and science classes. Four students have volunteered to translate the letter from English to French in the coming days. Once the translation is completed, the letter will be signed by the students. We will drop it off at the town hall in the coming days.



Some of the Riverview students attended the track and field competition in Gaspé



Riverview Kindergarten students made puppets



School Activities & Notices

Baie-Comeau High School

| | |
|-----------|---|
| Nov 4 | Parliament en Secondaire with Stéphane Levesque 12-12:55 p.m. |
| Nov 10 | Choix pour L'Avenir (Sec 5) |
| Nov 12 | National Entrepreneurship Day (NED) |
| Nov 17 | Choix pour L'Avenir (Sec 5) |
| Nov 18 | Pedagogical Afternoon |
| Nov 5 | Pedagogical day |
| Nov 19-20 | Pedagogical Days |
| Nov 25 | CLSC visit – Comportements Sexuel (Sec 3,4,,5) |

| | |
|--------|-----------------------------|
| Nov 26 | Choix pour L'Avenir (Sec 5) |
| Nov 30 | Olympic Torch Relay |

Fermont School

| | |
|-----------|---|
| Nov 3 | Lunch Club (gr. 5 & 6) |
| Nov 4 | Lunch Club (gr. 2 & 3) |
| Nov 5 | Pedagogical Day |
| Nov 11 | Olympic Torch Relay- Travel to Labrador for relay |
| Nov 3 | Lunch Club (gr. 4 & K) |
| Nov 19-20 | Pedagogical Days |

Health and Social Services Projects

With the results obtained through a survey conducted in 2008-2009, the Association gained a better understanding of specific health and social services needs within the English speaking communities on the North Shore. This working document permitted the Association to create a prioritized list of needs and recommendations within the health sector, all focussed on working towards improving access of health and social services for our English-speaking communities.

One important strategy was to promote and increase awareness of the Regional Access Program. During the summer, Amanda Durepos was hired by the NSCA to produce a bilingual pamphlet on the Access Program and services that are offered in English. Ms. Durepos worked with the NSCA program coordinator, along with the North Shore Regional Health and Social Services Agency in developing the pamphlet. The document is scheduled to be distributed to the community in the month of November.

A second project was in the works over the summer months. Again, Ms. Durepos worked on gathering and compiling information of services and resources available to seniors in Region 09 – “Resource Guide for Seniors” This guide was developed to promote health and social services that exist in the area, as well as the means to access them. Our next step is to work with our Regional Agency to develop strategies/actions to produce and distribute the document.

It is with great pleasure that the North Shore Community Association was working in collaboration with our Regional Health and Social Services Agency on both projects. Continual partnership with the community and public health partners, and networking initiatives will have a long term result of improved access to English services on the North Shore!

The NSCA is now an NPI Group!

The NSCA is proud to announce that it is now an HSSNPI group (Health and Social Services Networking Partnership Initiative). This is a project managed by the Community Health and Social Services Network (CHSSN) funded through Health Canada.

As of the 2nd week of September, Marilyn Durepos has been hired as the NPI Coordinator. Marilyn will be working towards establishing a Health and Social Services Network whose goal will be to improve access to health and social services for English-speaking people in the NSCA's territory. If you want to know more about this initiative, please contact Marilyn at 418-296-1549 or email nscanpi@quebecnorthshore.org

amiquébec

Agir contre la maladie mentale
Action on mental illness



*Free!
Gratuit!*

Tele-Workshops 2009-2010

November 18, 2009 / 7 pm

Tele-Support Groups:

English speaking caregivers across Quebec who are experiencing difficulty coping with the mental illness of a loved one are invited to participate in support groups over the telephone. Self-help support groups are non-judgmental, safe and confidential forums where people come together to deal with shared concerns and problems.

November 26, 2009 / 7 pm

What's normal and what's a warning sign in a teenager: Warning signs of mental illness

Speaker: Dr. Ashok Malla, psychiatrist

CARE-RING VOICENETWORK RÉSEAU ENTRE-AIDANTS

Project developed by /Projet développé par

**The Caregiver Support Centre of /Le Centre de soutien aux aidants naturels du
Centre de santé et service sociaux Cavendish Centre affilié universitaire**

THE NORTH SHORE HEALTH AND SOCIAL SERVICES NETWORK

IS MOBILIZING TO FACE THE INFLUENZA A (H1 N1) VIRUS

Baie-Comeau, October 15, 2009 – The North Shore Health and Social Services Agency and all the network institutions are mobilized and ready to intervene should there be a second wave of the Influenza A (H1N1) virus. Over the last few months, many stakeholders from the North Shore health network have applied different measures from the Regional pandemic influenza plan in order to act quickly and ensure continuous access to health and social services for the population.

A regional coordination centre and local coordination centres have been set up within each institution in the region in compliance with the guidelines issued by ministerial authorities. Health workers are presently preparing for the vaccination campaign against Influenza A (H1N1) that will begin at the beginning of November.

The vaccine will be offered free of charge to any person who wishes to receive it. However, six groups have been targeted initially, namely persons aged under 65 years with a chronic disease, pregnant women, children aged between 6 months and 5 years, persons living in an isolated community or region, health workers, and individuals living with persons at high risk who cannot be immunized (babies under the age of 6 months and immune-compromised persons). The campaign will be headed by the health and social services centres (CSSSs) in collaboration with the North Shore Department of public health according to the conditions and schedule soon to be released to the public.

Vaccination and hygiene measures to protect yourself and protect others

The North Shore Health and Social Services Agency would like to remind the population that vaccination remains one of the safest and most effective prevention measures in the history of modern medicine. It has contributed to the decline of many diseases and it is a known fact that when vaccination is reduced or eliminated, the number of cases increases.

It is imperative to adopt hygiene measures at all times in order to help stop the virus from spreading among the population, namely by washing your hands frequently with soap and water, and by sneezing or coughing into a tissue or the crook of your arm. The symptoms of the Influenza A (H1N1) virus are similar to those of the seasonal flu: fever, cough, fatigue, reduced appetite, headache and muscle aches.

Results of the first wave

Twenty-two cases of Influenza A (H1N1) were confirmed on the North Shore in the first wave. Eight persons from this group were admitted to a health centre, three of the persons admitted were placed in intensive care, and two persons died.

Among the cases requiring admission to a health centre (CSSS) in the province of Quebec, women seemed to be the ones most at risk of being hospitalized for severe symptoms, especially those presenting underlying health problems. Persons aged between 20 and 49 years of age, pregnant women, and Aboriginal persons seem to run a higher risk of being hospitalized for Influenza A (H1N1).

Persons wishing to receive information about the different health aspects of the Influenza A (H1N1) virus can contact Info-Santé at 8-1-1 or consult the following Web site: www.pandemiequebec.qc.ca and click on English at the top of the page. You may also get information by contacting Services Québec at toll-free number 1 877 644-4545.

Source: Pascal Paradis

Communication advisor

North Shore Health and Social Services Agency 418 589-9845, extension 2268

Ciné-Club Fermont
Upcoming movie listings for
English-versions



Final Destination
October 30th @ 18h00



G-Force
November 13th @ 18h00



Inglorious Basterds
November 20th @ 18h00



Julie & Julia
November 6th @ 18h00



Where : Auditorium – Polyvalente Horizon Blancs (School)

Cost : 7.00\$/adult – 5.00\$/17 and under

Ticket office opens 45 minutes before the presentations

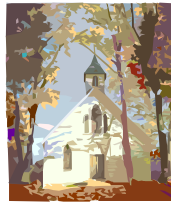


Worship Services

All Saints Church

Sept-Iles

- Nov.1 Anglican Service 10:30 a.m.
- Nov.8 United Service 10:30 a.m.
- Nov.16 Anglican Service 10:30 a.m.
- Nov.22 United Service 10:30 a.m.
- Nov 23 Confirmation Service with Bishop
Drainville at 7:00 p.m.
- Nov 29 Joint Service 10:30 a.m.
- Dec 6 Anglican Service 10:30 a.m.
- Dec 13 United Service 10:30 a.m.
- Dec 20 Anglican Service 10:30 a.m.



Church of St. Andrew and St. George

Baie-Comeau

- Nov 8 Remembrance Day Service at 11:00 a.m.
- Nov.29 Regular Service at 11:00 a.m.
First Sunday in Advent
- Dec 19 Christmas Service of Lessons & Carols at 5:00 p.m.
Followed by community potluck and sing-song



All Saints Church Xmas Raffle

The annual church fundraising event, *Xmas Raffle*, has begun their ticket sales for the following prizes:

1st prize – Handmade quilt – valued at \$600

2nd prize – Handmade quilt – valued at \$300

Tickets are on sale for \$1 each

Help support the local church!!!

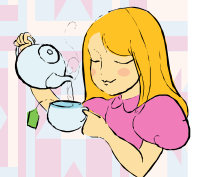
Drawing to be held on Nov 22nd, 2009 at

All Saints Anglican Church (47 Ungava St. Sept-Iles)

Draw will take place during the Xmas Tea & Bazaar

From 2 - 4

**To purchase tickets or more information, please contact
Linda @ 418-968-2016**





NSCA BOARD OF DIRECTORS

Chair : Marc Deslauriers
Vice-Chair : Narendra Parihar
Secretary : Cathy Larivière
Treasurer: Maxime Coté
Directors: Corine Desrosiers
 Marcelle Gilmore

Linda Stubbert
Brian Rock
Youth director: Matthew Durepos
Staff: Jody Lessard
 Marilyn Durepos

NSCA

The North Shore Community Association is a non-profit organization dedicated to instilling pride within the English-speaking community living on the North Shore.

Our aim is 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.

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



Canadian Heritage

Patrimoine canadien

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)

Decision Chart

Protecting Yourself, Protecting Others

IF YOU HAVE FLU SYMPTOMS

Use the guidelines in this table to help make the best decision for you and your loved ones. Always use hygiene and prevention measures to avoid contamination:

- > Wash your hands frequently.
- > Cough or sneeze into the crook of your elbow rather than into your hands.
- > Keep your surroundings clean.

SITUATION FOR AN ADULT OR CHILD

The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms

- > Sore throat
- > Runny nose
- > Stuffy nose
- > Cough

DECISION

Probably a cold.
Rest is indicated.

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:

- > Cough
- > Sore throat
- > Headache
- > Significant fatigue
- > Muscle aches

DECISION

Probably the flu
Rest at home is indicated.
Refer to the Influenza A (H1N1) pamphlet.
Call Info-Santé if needed.

SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS

The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under 2 years of age, the elderly, pregnant women, and individuals with chronic diseases).

SITUATION FOR AN ADULT OR CHILD

The person has a fever and one of these symptoms:

- > Shortness of breath
- > Difficulty breathing
- > Painful breathing
- > Vomiting for more than four hours
- > Fever in a child who is too quiet and less active than normally or who refuses to play or is agitated

DECISION

See a doctor today.

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F) and one of the following:

- > Difficulty breathing that persists or worsens
- > Blue lips
- > Difficulty moving
- > Severe neck stiffness
- > Drowsiness, confusion, disorientation, or difficulty being roused
- > Convulsions
- > No urination for 12 hours
- > Fever in an infant under 3 months old

DECISION

Go to the emergency room immediately.
Call 911, if necessary.

General Information

Services Québec Citizens

Québec Region
418-644-4545

Montréal Region
514-644-4545

Elsewhere in Québec
1-877-644-4545 (toll-free)

Health-related Questions

Info-Santé: 8-1-1

www.guidesante.gouv.qc.ca

www.msss.gouv.qc.ca



PAMPHLET

Influenza A(H1N1)

What you need to know
What you need to do

Available at health-care facilities
and

www.pandemiequebec.c.gouv.qc.ca

Stay informed.

Visit www.pandemiequebec.gouv.qc.ca
for up-to-date information.