

NSCA NEWSLETTER

November 2010

Volume 7, Number 2



Photo Credit: Debbie Laurie, Port-Cartier

North Shore Memoirs

A 120-page NSCA book features interviews with seniors. Read about this exciting initiative.

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ESL Summer Day Camps

Close to 80 youth in Baie-Comeau took advantage of a unique ESL initiative.

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Road Trip Chapter 8

Join Marc Deslauriers as he completes his north shore travels as he visits Sept-Iles.

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One Brick at a Time

18-year old Benjamin Lamontagne shares a short story he wrote while a student at BCHS. Read part 1 of 3.

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Terry Fox Run #30

Debbie Laurie of Port-Cartier has participated and organized 30 years of Terry Fox Runs.

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NSCA Brief to Senate Committee on Official Languages

Marc Deslauriers addresses this Senate Committee by video-conference.

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LET'S GET CONNECTED

HAPPY BIRTHDAY, NSCA!

NSCA directors, members and invited guests joined in on the tenth anniversary celebrations on Saturday, September 25th. On a beautiful fall day in the community of Port-Cartier, we had many members travelling from Baie-Comeau and Sept-Iles; over 35 people attended this year's AGM. Another successful year of attendance!

Informative reports were given and accepted by the members. With the emphasis on the five year strategic direction of the Association, Ms. Katia Grusibic gave a summary based on the consultations and planning process which led up to the community priorities of the Association. The document "Shoring up the North: Strategic Plan 2011-2016" was presented and adopted by the attending

members. Other invited guests were Mr. Charles Taker from the Office of the Commissioner of Official Languages (OCOL), and Mr. Russell Kueber from the Community Health and Social Services Network (CHSSN).

Following the elections, the NSCA chairperson, Marc Deslauriers, took time to honour Ms. Cathy Larivière for her outstanding community involvement within the Fermont community and numerous years of involvement in the NSCA.

Like tradition, the AGM ended with the annual community BBQ. Members enjoyed chatting with other English-community members. The food was plentiful and delicious... enormous thanks to the chefs!

On behalf NSCA staff and board of directors, I would like to thank members for attending the events, and heartfelt gratitude to the Anglophone community of Port-Cartier for their help and support in organizing the events.

Jody Lessard
NSCA Coordinator



A WORD FROM THE CHAIR

Happy tenth anniversary to the NSCA!



Yes, this is our tenth anniversary and much praise and many congratulations are due and this for several good reasons. Foremost, would be for our growth in membership and member participation in the effort of community development. Secondly, to the efforts of our executive director, Ms. Jody Lessard, who has permitted us to increase the NSCA's visibility within the groups of the QCGN and throughout the regional network of partners. Thirdly, with the increase of our funding we offer a more diversified roster of services and information, as well as adding staff for summer projects, seniors programs and a full-time person in health and social services (NPI network). We can be proud of our achievements and this despite a slow start for the NSCA and modest beginnings.

You, the members of the NSCA, are our reason for existing and because of your needs we work towards fulfilling these with the services and programs that we offer. We need your help with several initiatives such as the seniors programs, the newsletter, the Board and your input of valuable ideas.

Your contributions have been invaluable in the past; I encourage you to continue your efforts in supporting us and helping us enhance the vitality of the English-speaking communities of the North Shore.

If you are sitting on the sidelines wondering if now is the time to become involved, I urge you to come forward; no contribution is too small!

Once again, happy tenth anniversary!

*Marc Deslauriers
Chair*

Christmas Tea & Raffle

On November 21st, All Saints Church of Sept-Iles, located at 47 Ungava, will be holding their Christmas Tea and Raffle from 2:00 – 4:00 p.m.



This annual fundraising event is organized by the Anglican Church Women (ACW) Group.

Come by and see our variety of baked goods and crafts for sale. Everyone is welcome!!!

For more information contact Linda at 968-2016

**North Shore
Memoirs Launched
at AGM**

by Jody Lessard, Coordinator

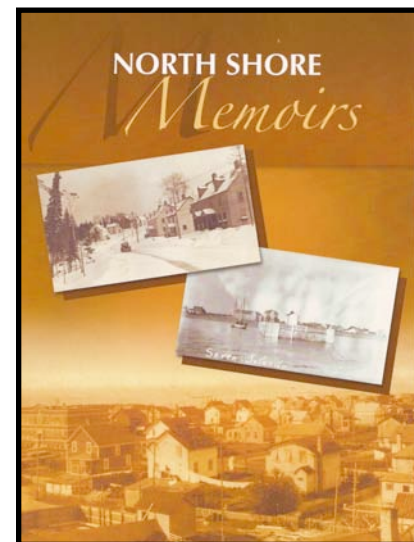
There was more to celebrate at our AGM this past September than our tenth anniversary. A treasure chest of stories as told by a number of north shore seniors was officially launched. After many months of recorded interviews, transcribing, revision, and editing, a total of 21 stories were included in the 64-page book. The stories are accompanied by carefully selected photographs, chosen from the extensive archival collection at La Société historique de la Cote-Nord.

It was wonderful to see the stories in print format. Present at this event were individuals who were instrumental in the completion of the book - researchers, volunteers and the story contributors themselves.

Excerpts from a number of stories were read aloud by their respective authors. It was quite a sight to see the books being looked through, handled with the care and attention they deserved. From there, the conversations and memories flowed...

The objectives of publishing North Shore Memoirs was four-fold:

1. to preserve and create awareness of the North Shore Anglophone heritage and culture;
2. to create a booking consisting of North Shore memoirs on local heritage and history;
3. to facilitate and promote the



Order YOUR copy for only \$10 by contacting the NSCA office. Makes a great stocking stuffer!

- involvement of seniors and build a stronger association between generations;
4. and to develop community pride and awareness of our past.

The NSCA is so grateful to all those who made this initiative possible. Without financial assistance provided by the Department of Canadian Heritage under the Community Life component of the Development of Official-Language Communities program, this publication would not have seen the light of day.

We are also so indebted to the storytellers, for allowing us to share their personal memories of life on the North Shore.

Contact the NSCA to order your copy!



Front row (left to right): Victor Antle; Don Goodfellow; Carol Larivière; Joseph Miller
Backrow (left to right): Charles Taker; Isabelle Nellis; Alexandria Bond

ESL Daycamps Are Big Hit!

by Canon Stephen Kohner
Baie-Comeau

Over the past couple of years, Bishop Dennis Drainville of the Anglican Diocese of Quebec has invited congregations to look at their numerous assets and see how one could take advantage of them, transforming them into building blocks for the future of the church. The church in Baie-Comeau identified three significant assets during a discernment session in August 2008: its building, its location, and its community-oriented parishioners along with their networking capacities.



ESL Day Camp animators: Anthony Vaickus, Catherine Kohner, Caroline Thibault, and Amy Fortin-Barrette

This past summer, the church co-sponsored four weeks of English Second Language (ESL) day camps in partnership with the North Shore Community Association (NSCA). We used the church building as the principle site and its proximity to community services made it ideal. Through Service Canada, a total of three youth were employed over the course of six weeks to plan and animate the week-long theme-based sessions. There were no salaries to pay, although we hired another junior day camp counsellor due to high registration for two camps.

The 2010 day camps fed off from the high interest expressed in 2009 when we organized three week-long day camps. The difference this year was three-fold: we did not need to advertise, we added one week, and we ended up with a waiting list! Simply by word of mouth, by the highly animated activities and by ensuring a low counsellor-to-child ratio, we welcomed close to eighty youngsters in all. We could have had many more participate...

Not only have the day camps allowed us to use three valuable and available assets, but it provided over one-third of the church's annual revenue. The demand for high quality ESL opportunities is exploding, and I believe many of our churches could benefit from this. Not only are the children keen, but the parents are thrilled to have their children exposed to English through games, activities, conversations and songs. Over 50% of the youngsters registered for multiple weeks, with some registering for all four weeks!

We are also able to employ our local Anglophone youth; Baie-Comeau is 99% French, so coming across a summer job where your own language is an asset is just great! By working hand-in-hand with the NSCA, the church has delivered a quality service to the community and has aided the church in using its most valuable assets. Even though you might not have a church building to use, you may have another



Week 1 Theme: Knights of the Round Table

location such as a camp or school. We started off small in 2008 with a one-week day camp; we are very proud of our growth since then.

Cuisine Collective

by Michelle Petit,
Seniors Animator

Baie-Comeau has a wonderful program called Cuisine Collective it is run through the organization Centre de Femmes l'Étincelle. This program is offered on Thursday to all women interested in participating. The women attend in the morning to plan and prepare the food; at the end of the cooking session the food is divided up into portion sizes. For those interested, this day of cooking will enable you to bring home three main meals: one soup and a dessert. (Portion sizes are generous). The cost for those attending is five dollars per person. This is a great way to meet others, help your creativity when cooking, and provide yourself with some inexpensive healthy foods. All age groups are welcome. You may provide some wisdom as well as gain some new tips... many hands make light work.



Centre de Femmes l'Étincelle also has a wonderful cook book that they are selling for five dollars. Published in English, it would be a wonderful addition to anyone's kitchen. It was written by a nutritionist, and all the recipes have the nutritional information located at the bottom of the page. The recipes are interesting and easy to make.



If you would like a copy please contact Michelle Petit at 418-296-1545.

The 50+ Club community of Sept-Iles invite you to come and enjoy an afternoon of Christmas cheer including a sing-along, coffee/tea, and socializing.

The merriment starts 1p.m. to 4p.m. on Saturday, December 4th at All Saints' Church Hall located at 47 Ungava Street.

Bring a friend! The more, the merrier!

Contact: Gail Court-Lavallee (418-968-6961)



sponsored/organized by the NSCA

Calling All Bewildered Parents of Teens

Have you ever asked yourself any of these questions:

- How do I know if my teenager is OK?
- What's normal behaviour for an adolescent?
- What are some of the warning signs I need to be aware of?
- What can I do to help my teen?
- Where can I go if he or she needs help?

The Baie-Comeau Community Learning Centre is pleased to present an interactive videoconference with Howard Magonet, Director of Counseling and Development at Concordia University, Montréal and AMI-Québec

IS MY TEENAGER OK?



Wednesday, November 10th
7p.m - 8:30p.m.
39, av Marquette, Room 317

Contact information:
Maxime Coté
418-296-1547 / clc.bchs@hotmail.com

Worship Services



All Saints Church

39, av. Ungava
Sept-Iles

All services commence at 10:30a.m.

- Nov. 7: Anglican Service (Holy Eucharist)
- Nov. 14: United Church Service
- Nov. 21: Anglican Service
- Nov. 28: United Church Service
- Dec. 5: Anglican Service (Holy Eucharist)
- Dec. 12: United Church Service
- Dec. 19: Anglican Service

Church of St. Andrew & St. George

34, av. Carleton
Baie-Comeau

All services commence at 11a.m.



- Oct. 31: Holy Eucharist
- Nov. 14: Holy Eucharist and Remembrance Service
- Dec. 5: Holy Eucharist

Saturday, December 18:

- 5p.m.: Service of Christmas Lessons and Carols (with chorale Ste-Amélie)
- 6:15p.m.: Christmas Potluck, Raffles and Carol Sing-Song

Information: Canon Stephen Kohner
418-295-3431
stephen.kohner@cgocable.ca

Do You Have a Loved One with a Mental Illness?

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. Our groups are especially designed to reach caregivers living in regions where English services are not readily available, and to help you cope when a loved one has a mental illness. A trained facilitator provides any needed assistance.

Groups will be held Tuesday evenings, 7:00 to 8:15 PM:
November 23, December 14, January 25, February 22,
March 22, April 26, May 24

Participate in any one or more sessions

Register by phone or online - Space is limited!

1-866-396-2433

www.careringvoice.com

FREE ONLINE TUTORING WITH REAL CLASSROOM TEACHERS
SOS LEARN - RETURNING FALL 2010



Register at www.learnquebec.ca starting October 18

Tutoring Available - October 25

Experienced teachers are online on Monday, Tuesday, Wednesday and Thursday evenings to help Quebec students in English schools with study and homework.

If your family has a computer with internet access, you can benefit from this free program.

HELP AVAILABLE FOR THE FOLLOWING COURSES:

- Math - all levels
- History and Citizenship
- Chemistry
- Science and Technology
- Français langue seconde - Secondary cycle 1 and 2
- English Language Arts - Secondary cycle 1 and 2
- Physics
- Homework Help For Elementary Students In Cycles 2 And 3

Home Care Assistance Course

The Northern Lights Adult Education and Vocational Centre of Eastern Shores School Board is offering a new course through its centre located in Sept-Îles. Program graduates who successfully complete the 975-hour program work in the public, private and community health networks, in particular in home care settings as well as in various living environments offering basic care and services to individuals, such as nursing homes, group homes or similar types of environments. Graduates will provide basic care and services to person of all ages who are sick or who have physical or mental disabilities. The tentative start-up date is January 2011 - registration is now open to those who meet the following requirements:



- Hold a Quebec Secondary School Diploma;
- Be at least 16 years of age on September 30 of the current school year and have earned the Secondary III credits in language of instruction, second language and mathematics;
- Be at least 18 years of age upon entry into the program, and have the following functional prerequisites: the successful completion of the general development test SPR 2, 5, 7, 8, or recognition of equivalent learning.

This program is leading to a Diploma of Vocational Studies and is intended for men and women.

Information and Registration

Northern Lights Adult Education and Vocational Centre
Centre d'éducation aux adultes et formation professionnelle Northern Lights
530, Brochu, Sept-Îles (Québec) G4R 2X3
418-968-8412 OR chantal.pitt@essb.qc.ca

CALL TO MAKE AN APPOINTMENT

Centre d'Action Bénévole

Did you know that the Centre d'Action Bénévole de Sept-Îles offers such services as home visits, transport for seniors, meals on wheels and help in filing income taxes... and more?

Give them a call today!

Centre d'Action Bénévole de Sept-Îles

466, rue Perreault
Sept-Îles (Québec) G4R 1K5
Tel. : 418-962-5751
Email : cab7iles@globetrotter.net
Maurice Gagné, Directeur



and in Baie-Comeau, contact:

Centre de bénévolat Manicouagan Inc

217A, boulevard Lasalle
Baie-Comeau (Québec) G4Z 1S7
Tel. : 418-296-2686

Toll Free: 1 877 589-1713

Web site: www.cbmanicouagan.com

Diane Hamel, Director

Email: hamel.cab@cbmanicouagan.com

English communication:

Claudia Rowsell, Counselor (Volunteers and beneficiaries)

Telephone: 418-296-2686 #3

Home visits for people living alone, transports (medical, shopping or out of town medical visits) for seniors and /or other clientele, meals on wheels, help in filing forms, reports or other requests, promotion of voluntary work and allows organizations to become known to the population. This organization also offers secretarial help in writing letters, résumés and other documents.

Get Vaccinated!

As of November 1st, a free vaccination will be available to persons who present a higher risk of suffering from complications due to their age or health condition, such as:

- children aged between 6 and 23 months,
- persons aged between 2 and 59 years old suffering from chronic disease, including persons with significant obesity (BMI \geq 40),
- pregnant women (2nd and 3rd trimester: 13 weeks) and
- persons aged 60 years or more.

Persons in contact with these groups of persons, including persons who take care of children aged between 0 and 6 months, and health care workers are also eligible for free vaccination.

Persons living in remote areas can have access to free vaccination against the flu. On the North Shore, residents from Minganie, the Lower North Shore, Fermont, Schefferville and Kawawachikamach, including the Innu communities living in these areas, are all part of this group. All other persons wishing to protect themselves against the seasonal flu can receive the vaccine for about \$20.

The vaccine against pneumococcus is also recommended and offered free of charge to persons aged 65 years of age or more, as well as to those suffering from certain chronic diseases. This vaccine is usually administered once during a person's life.

For more info: www.infogrippe.gouv.qc.ca



English Pamphlets

The North Shore Health and Social Services Agency has been busy working on the translating of certain pamphlets thanks to a grant from the Community Health and Social Services Network (CHSSN) under their 'Adaptation Project'.

Two pamphlets are currently available and in circulation at the CSSS de Manicouagan:

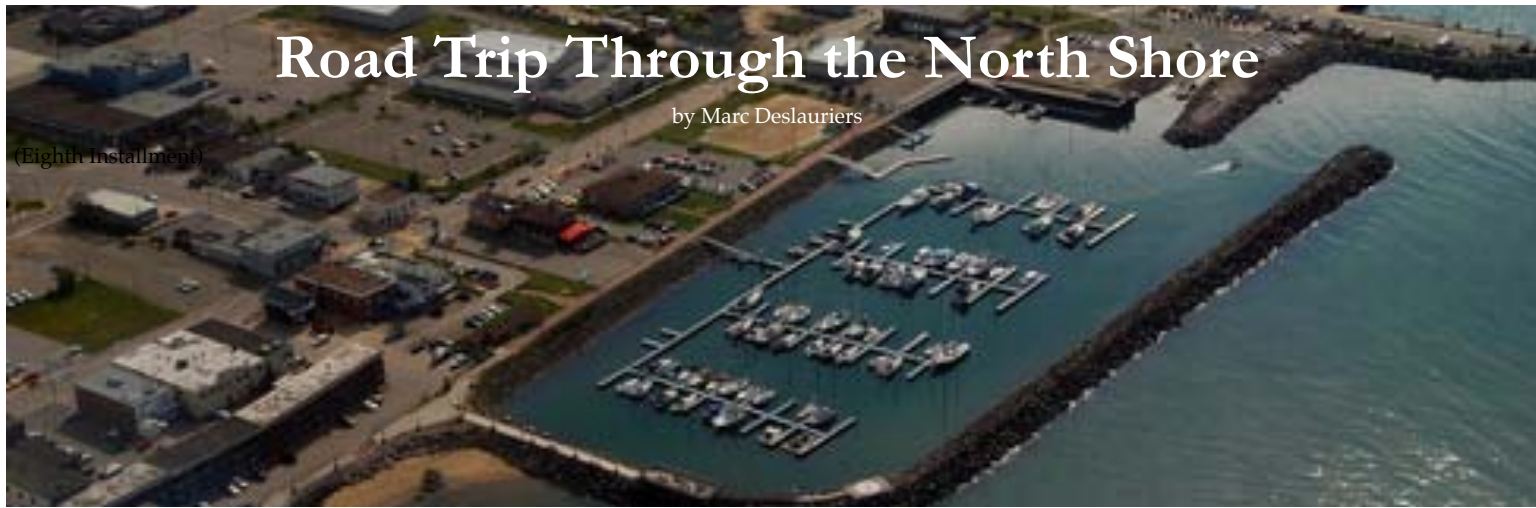
- 'For your Safety' – distributed to hospitalized clients via admissions personnel
- 'Elective Transportation' – available in the waiting room of the appointment centre (centre de rendez-vous)

Other pamphlets are on their way!

Road Trip Through the North Shore

by Marc Deslauriers

(Eighth installment)



Sept-Îles

The first inhabitants of the area were varying cultures of indigenous peoples. The historic Montagnais Innu people, who called it *Uashat* ("Great Bay"), lived there at the time of European encounter. Jacques Cartier sailed by the islands in 1535 and made the first written record of them, calling them the *Ysles Rondes* ("Round Islands"). He was not the first European in the area, as he encountered Basque fishermen who came annually from Europe for whaling and cod fishing.

Early European economic activity in Sept-Îles was based on fishing and the fur trade. Louis Joliet established trading posts by 1679. Great Britain took over Canada from France in 1763 after its victory in the Seven Years' War. In 1842 the Hudson Bay Company founded another



post at this location. The village was incorporated into a municipality in 1885. Lacking road access at the time, the town got its first pier in 1908. The City of Sept-Îles was incorporated in 1951, on the 300th anniversary of the first Catholic mass held in the village.

The modern Sept-Îles was built rapidly during the construction of the Quebec North Shore and Labrador Railway, the 357-mile (575 km) railway link to the northern town of Schefferville. The railway was built between 1950 and 1954 by the Iron Ore Company of Canada. Iron ore mined near Wabush, Labrador was transported on this railway and shipped from the Port of Sept-Îles. Shipment of the important new commodity resulted in investments that turned this into a major port.

With the iron ore business, the Sept-Îles deep-water seaport was second in Canada only to Vancouver in terms of yearly tonnage. The huge engineering project led to a major increase in population, and housing was quickly built to accommodate them. The town grew from 2,000



inhabitants in 1951 to 14,000 in 1961, and 31,000 in 1981. The decline in worldwide iron ore prices in recent decades has since caused employment and population to decrease.

The Seven Islands region is unique on the North Shore with the Mountains back from the St. Lawrence and peat moss and shrunken lakes on both sides of the road. Along the way is a road to our right that leads to Pointe Noire where Wabush Mines and the Allouette Plants are. Allouette is the largest Aluminium Smelter in North America and employs over 1250 people while Wabush Mines about 500 souls. As we continue towards our destination is the last surviving Drive-in movie on the North Shore. We go on a little ways and discover an interesting vegetable outlet surrounded by crops of varied sorts.

The Vegetarien has been around since the 1970's and provide for the bio or fresh produce an interesting alternative to grocery store produce. At this point we get our first good view of the Bay of Seven Islands. It is immense and is protected by a group of islands.

We then drive past a very big trailer park a relic of the very rapid development of the town in the 70's and early 80's. Park Ferland is its name. The four lane boulevard brings us slowly into town where we see identical or almost identical houses called Sorensen Houses. They are of Scandinavian concept and design and have held up well over the years. We arrive at the most important shopping centre, les Galleries Montagnaise which is situated on the Native Reservation of Uashat. This mall is native owned and under native jurisdiction. The reservation covers most of the northeast sector of the city and has gift shops and a native Innu museum.



The city is on very flat land and is surrounded by mountains. The streets also have another particularity in that they are in alphabetical order from Arnaud to Laure in the north-south axis and from Mgr. Blanche to Ungava in the east-west axis. Hard to get lost.

The Vieux Quai is a central point on the bay of Sept-Îles and of the city. It is the most important fishing port on the North Shore. There are 3 Fish plants here that transform several species but mostly snow crab and Shrimp. There are also 2 iron ore plants Rio Tinto & Wabush Mines and Alouette the largest aluminium plant in North America. Here are 2 English Schools Queen Elizabeth High School & Flemming Elementary as well as Northern Lights Adult Education Centre. An English Church situated in the Reserve also acts as hubs for the some 1000 English speaking people of Sept-Îles.

Congratulations, Cathy!

The NSCA presented Cathy Larivière of Fermont with its annual **Community Involvement Award** during its AGM. When nominating Cathy for this award, David Butland and Marc Deslauriers emphasized that fact that she has given freely of herself, is motivated and acts as a team player. Not only does Cathy have a wonderful disposition, but is perseverant, refusing to give up on a lost cause.

Volunteering is part of her being; she has contributed many years to Fermont School and most importantly to the youth of Fermont. She has served 13 years on the school's governing board and involves herself in numerous school activities and initiatives.

She has effectively contributed 10 years to the NSCA, currently acting as secretary. Going the extra mile for the Anglophone community is yet another one of her trademarks, one that can never be underestimated or undervalued.

**From the entire crew at the NSCA... congratulations Cathy!
You deserve it!**



Marc Deslauriers, President, presents Cathy Larivière with a plaque and bouquet of flowers.

NSCA Book Club

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 the NSCA book club. It can be a great way of meeting like-minded people who enjoy a lively discussion about books. Please contact the NSCA office at 296-1545.



This month's read is "The Book Thief" by Markus Zusak.

**Next scheduled book club meeting is on
Tuesday, November 16th at 7 pm in room
317 of Baie Comeau High School
(39, av Marquette)**

Cinoche 2011



by Mary Ellen Beaulieu

Cinoche, Baie Comeau's international film festival, will be holding its 23rd edition January 13 to 23, 2011. Over 10,000 spectators see the 30 movies that are selected every year. This season will be a lot more comfortable with new seats that will be installed next month.

Do not hesitate to stop by the Café Cinoche, the official meeting place for all movie aficionados, to chat with friends and invited guests be they actors, directors or producers.

Once again this year children have not been forgotten. In addition to movies in the theater, there is the ever-popular *Image de Glace* which originated in Baie-Comeau 11 years ago. The impressive 50' by 25' polished snow screen is built by volunteers in the Centre d'Arts parking lot and sculptors add to the festive atmosphere by supplying a gigantic set similar to that of the movie, including a play area and refreshment stand where hot chocolate and popcorn are served. This event is free so, dress warmly and join the party on January 22 at sun down.

Programs will be available right after the holidays and all the information can be found on the web page at www.festivalcinoche.ca You are all cordially invited to the opening night at the Manoir Comeau on Thursday, January 13th at 7 p.m.

Come sip a glass of wine while selecting the movies and activities you do not want to miss.

English Reads

by Mary Ellen Beaulieu



Baie-Comeau's Alice Lane Library's English section has an annual budget of \$7000. The books are purchased in much the same fashion as the French ones. The Librarie Bertrand in Montreal sends a box of samples from which the technician selects books she thinks clients will most enjoy. **In addition, members may also participate in the ordering process with suggestions to the technician by stating the accurate title, author and publishing house.**

Another service that is offered is ordering books from other libraries. All Canadian libraries have preferential rates with Canada Post, enabling them to provide free shipment. Exceptionally, the library that is loaning the book may charge a fee, in which case you will be advised before the order is placed so you can decide if you are willing to pay. These books arrive within a week but must be returned 3 weeks after the check out date.

There is now a service counter for the library at the Centre D'arts de Baie-Comeau where you may order, pick up and return books but come this May you will also be able to do everything on-line. What an improvement it will be to surf through the selection of books and reserve what you want!

So, the next time you want a good read, request it from the municipal library – you might be pleasantly surprised with what ends up on the bookshelf!

One Brick at a Time

by Benjamin Lamontagne

(aged 18, Baie-Comeau)

PART ONE of THREE



He was dead drunk...again. Her father's unconscious form sprawled on the worn, lumpy couch greeted Emily as she stepped into the sparsely furnished living room. She sighed deeply as her blue eyes swept over the drab, familiar settings. *What was I expecting*, she mused in weary resignation, *of course nothing's changed*.

"Emily? Is that you?" a tentative voice called out from the adjoining kitchen. Emily was taken aback by the slight tremor of fear discernable in her mother's voice. She did not have time to answer as a wave of affection tainted by sorrow accompanied the sight of Mary's small shape bustling in. Relief flitted across a face that may once have been pretty, but all traces of beauty had been marred by premature creases in her pale skin and a gaunt, haggard look. Upon seeing her daughter, Mary smiled: a small, sad smile that never reached her eyes.

Those eyes... Their deep blue irises fixed in a dead, hollow stare. Dull, windowless caverns that had long ago shut themselves off from the vulnerability of human emotion. Emily wanted to cry... "Hi, Mom."

"Oh, I'm so glad you decided to visit. That suitcase looks heavy; just drop it beside the armchair over there. There, that's fine. I'll pick it up later," Mary said, as she shuffled forward to hug her daughter, a short, feeble embrace by a frail body that seemed devoid of warmth.

"It's nothing. Really. I managed to get some time off from the office and I wanted to see how you were doing," Emily answered, glancing at the unmoving man on the couch as they parted. Noticing her look, Mary's attention shifted to her husband. She hesitated.

"Jonah...euhm... Jonah was going to wait up for you as well, but...he was very...tired. Long day, you know..." she mumbled to her feet, embarrassment clearly etched across her face. The room reeked of alcohol...

An awkward moment ensued, with both women avoiding the other's gaze as Mary hastily lowered a blanket over her disgraced lover and carefully picked up the vast array of empty cans and bottles that cluttered the space around him. Arms full, she left the room without uttering a single word. Feeling a little sick, Emily trailed her mother into the kitchen. She pulled up a chair around the round, oak table that occupied the center of the room as Mary busied herself at the counter; dumping her load from the living room in a nearby garbage bag already bursting with

empty liquor bottles and needlessly rubbing down the spotless ceramic surface. The stark, white walls failed to deliver any sense of alleviating calm or peace. Clearing her throat, Emily decided to prod further. *I have to know...* "So, how are things at home?"

The rubbing abruptly stopped. When her mother turned around, her eyes were downcast, but her mouth was set... "Oh fine. Just fine... Jonah still goes bowling every Thursday and I've tried to start my painting again. We're doing great. Really...great," she finished weakly, her left hand carressing the long sleeve of her right arm. An involuntary gesture Emily's searching eyes did not fail to notice.

"Mom...is something wrong with your arm?" she inquired, her brows creased in concern as she rose from her seat towards her mother. Mary's eyes darted to the door and back, as a snared rabbit desperate for escape as she slowly backed away. She bumped against the counter. Cornered, Mary futilely attempted to keep her voice steady and appear nonchalant.

"What? There's nothing wrong with my arm. I don't know what you're -"

"Mom, please..." Mary flinched as her daughter's gentle touch felt her arm, then slowly raised the baggy folds of the thick material... Emily closed her eyes. *Oh no, oh God no. Not again...*

Dark, angry bruises of an ugly blue and yellow covered the entire length of the ravaged forearm. Gouges where fingernails had ruthlessly dug in left ragged scars. Emily took a deep, calming breath, but could not control the rising anger trembling in her voice as she said: "He did this, didn't he."

It was not a question. There was no need to elaborate on who he was. A long moment's pause before the older woman stammered: "It... it was my fault! Jonah told me that he wanted his coffee with sugar, NO milk! No milk!" She was babbling now, a fervent pitch rising from her whimper, her eyes pleading her daughter to stop this ruthless interrogation, to put an end to the unearthing of this terrifying monster she had buried all those long years ago. Emily's stare never wavered. "He works so hard to put food on the table and I can't even manage to make him happy... I don't deserve him, I -"

"Who are you trying to convince, me or you?" Emily softly cut her off. Suddenly, the bubbling

rage refused to be held at bay and she slammed her fists on the counter, ignoring the rush of pain that spread through her hand. *Enough!* "God dammit, Mom! You *deserve* better than this! You think what he does to you is out of *caring*?! How can you refuse to see! Look... Look! Those marks are what you call love?! I got out of his mess, and so can you... Please. Please! It's not too late..." Her voice dropped to an urgent whisper as she cupped her mother's stunned face in her hands, her shining eyes boring into hers, desperately pleading for a breakthrough.

For a second, a brief spark of life seemed to have ignited within those sunken sockets, but was quickly smothered. Or repressed? *Was it really there?* Mary shook her head, breaking free from the younger woman's grasp. "His moods come only when he's drunk." She shut her eyes tightly and twisted her head, refusing to look upon her brutalized flesh as she quickly pulled down her sleeve. Her next words were murmured ever so softly, uttered almost to herself: "...He tells me he loves me. Needs me... He can still change, I know he can..." It sounded like a prayer, though her gaze hardened as she opened her eyes to look upon Emily. There was a note of resentment in her voice, now. Resentment, and betrayal. "What do you care, anyways? You so proudly said so yourself, you left! You abandoned this family! You...you left me *all alone*..."

Emily opened her mouth, then closed it. She angrily brushed tears from her cheeks. *This isn't the time to be soft.* "I just - I just want to see you smile again... I love you..." She sat back down. Mary stared at her for a long time before silently turning back to the counter; turning her back to her daughter.

"...You must be hungry after such a long trip. I can cook up some chicken, if you like..." Elbows planted on the table, Emily buried her face in her hands. She felt like she was about to burst. She wanted to scream, to grab that defeated being before her and shake her until her teeth rattled. She wanted to make her see! She wanted...but it was no use. The wall, as solid as bricks, was firmly back in place. She sighed, feeling drained, as she rose to her feet.

"No thanks. I'm going to bed... Good night, Mom..." She slowed her departure, hoping for an answer. None came.

(Part Two will be published in the next newsletter)



BCHS HOSTS ESSB X-COUNTRY

Students from Baie Comeau H.S., New Carlisle School and Bonaventure Polyvalent competed in the annual Eastern Shores School Board Cross Country run on Friday, October 15th. Organized by M. Luc Parent and assisted by BCBS staff and parent volunteers, close to fifty runners took part in various races along Baie-Comeau's Boisé de la Pointe Saint-Gilles. Students braved the wind and cool temperatures and ran the 2, 3, 4, or 6 kilometre course. Ribbons were presented to first, second, third and fourth place winners along with ribbons for all participants.

Terry Fox Run: 30 Years Young!



On April 12, 1980, with one leg having been amputated, Terry Fox embarked on a cross-Canada run to raise money and awareness for cancer research. Although the spread of his cancer eventually forced him to end his quest after 143 days and 5,373 kilometres and ultimately cost him his life, his efforts resulted in a lasting, worldwide legacy. The annual Terry Fox Run, first held in 1981, has grown to involve millions of participants in over 60 countries and is now the world's largest one-day fundraiser for cancer research; over \$500 million has been raised.

Once again, Port-Cartier participated in this event. A community run was held on Sunday, September 19th, and National School Run Day was organized on Friday, September 24th. Riverview School met up with staff and students from St-Alexandre and Mère d'Youville School and walked on McCormick Island.

Debbie Laurie, who has organized every run since 1980, decided to push her fundraising efforts for this 30th Anniversary of the Marathon of Hope, starting out with a \$3000 objective but actually raising \$6040. Another \$4 300 was collected by students, bringing the total for 2010 to a record high \$10 340.

Debbie is proud to announce that over the past 30 years, Port-Cartier has now raised \$88 800 for the Terry Fox Foundation. Terry's dream has become her passion and her dream as well! Thanks to all who continue to support this cause!

La Nature-aux-pattes

by Mary Ellen Beaulieu



Would you like to see extraordinary sights, meet new friends and stay healthy? There is a year-round walking club open to all in the Baie-Comeau area so, why not join? Comfortable clothing, walking shoes and a lunch are all you need. Refer to the schedule below for details on each activity. Group size varies from 15-25 people per outing who walk at different paces so there is bound to be one for you. As the club's name implies, they are nature walks with no pavement or cement in view... just water, trees, lots of fresh air and joking galore. We get back to our cars around 2:30 or 3:00 so plan to be away that long. Looking forward to meeting you - do not hesitate to call **418-296-6422** if you need additional info.

Date	Activity	Distance	Meeting Point	Car Pool \$
Tues. Nov. 9	Jardins des Glaciers (lake)	7 km - Intermediate	Sect. Mingan: IGA at 9:45a.m. Sect. Marquette: Mike's at 10a.m.	\$1.00
Tues. Nov. 16	C.L.S.C. trails	7 km - Easy	Sect. Mingan: IGA at 9:45a.m. Sect. Marquette: Mike's at 10a.m.	n/a
Tues. Nov. 23	Rivières-aux-rosiers (falls)	7 km - Intermediate	Sect. Marquette: Mike's at 9:45a.m. Sect. Mingan: IGA at 10a.m.	\$3.00
Tues. Nov. 30	Jardins des Glaciers (summit trail)	8 km - Intermediate	Sect. Mingan: IGA at 9:45a.m. Sect. Marquette: Mike's at 10a.m.	\$1.00

Hockey News from Fermont

by Cathy Larivière

Hockey has always been a craze, a way of gathering the Fermont population. For the past 3 years, the communities of Fermont, Labrador City and Wabush have come together to form a hockey team. In the past, these towns competed against one another; now we have a Senior AA regional hockey league! Two towns, English and French, playing together!!



Catch a Game in November! Check the local schedule for more games in December through January

Date	Time	Teams	Place
Friday, Nov. 19	19:30	Fermont Caribous vs. Havre St-Pierre Marchands Sept-Iles Groupe Nordique vs. Port-Cartier Radioactif	Aréna Denis-Perron Centre Éducatif Labrie
Saturday, Nov. 20	19:30	Fermont Caribous vs. Sept-Iles Groupe Nordique	Aréna Conrad-Parent
Saturday, Nov. 27	19:30	Havre St-Pierre Marchands vs. Port-Cartier Radioactif	Centre Éducatif Labrie
Sunday, Nov. 28	14:00	Havre St-Pierre Marchands vs. Port-Cartier Radioactif	Centre Éducatif Labrie

How you will Remember?
VETERANS' WEEK
 November 5-11

HealthAndSocialServices
 ArtsCultureHeritage
 CommunityInformation Education
 CohesionVisibility YouthSeniors
 CapacitySupport PartnershipDevelopment
 Community



NSCA's Brief to the Senate Committee on Official Languages

Introduction

The Official Languages Act states that the Government of Canada is committed to enhancing the vitality of the English linguistic minority communities in Canada and supporting and assisting their development. One of the mandates of this committee is to study and to report on the application of the act. Several months ago the committee decided that it was necessary to conduct a study on English-speaking minority communities. The committee agreed to travel to Quebec's English-speaking communities in order to explore the various areas affecting the development and vitality of Anglophone minority communities.

On Monday, September 13, 2010, the Standing Senate Committee on Official Languages met with several English-speaking minority communities in Quebec City, some regions attended through video-conferencing. Representing the English-speaking communities from region 09 (Côte-Nord) were the North Shore Community Association and the Coasters' Association. The North Shore Community Association was represented by Marc Deslauriers, Chair; and Jody Lessard, Coordinator. The Coasters' Association was represented by Anthony Dumas, President; Cornella Maurice, Executive Director; and Kimberly Buffitt, Health and Social Services Development Agent.

Each community association was asked to deliver a brief and following a series of questions were asked on the topics of accessibility to education, health and social services, community renewal and economic development, and youth exodus. Following is an excerpt of Mr. Deslaurier's brief to the senators of the committee.

The Brief to the Senate Committee

First, to put this in context, I will tell you what the North Shore Community Association is. The association was established in 2000 and its mandate is to represent the interests of the English-speaking population on the North Shore. There is a small difference here: Geographically, our North Shore stops at Havre-Saint-Pierre. The Coasters' Association territory is all of the Lower North Shore. We also include Fermont. For those who know where Fermont is, that is the same as traveling

from Baie-Comeau to Montreal, only we do it from Baie-Comeau to Fermont. That gives you roughly the size of the territory we cover.

There are roughly 1,560 Anglophones residing in the NSCA's territory, compared to approximately 89,000 francophone. The objectives we try to attain are to develop and maintain a knowledge base about the English-speaking community of the North Shore; increase access and knowledge of services and resources for the English-speaking community within the region; increase a sense of cohesion and participation in the English-speaking community; support and showcase the English-speaking community and its heritage and culture; and strengthen communication and visibility within the English-speaking community.

The organizational strength we have is the longevity of the staff and board, which leads to a stable representation and comprehension of the communities. The multiple and various tasks, responsibilities and initiatives of the staff and board are a typical strength of more remote or smaller communities. In other words, we wear many hats.

Recent developments in health and social services are increasing the services and information available to some of the demographics that have the most need. We also work in great collaboration with the Coasters' Association. There is mobilization of the senior communities and high engagement of the senior population in our eastern sector, which would be the Sept-Îles, area.

In terms of community strengths, Baie-Comeau is fairly integrated, vibrant and reciprocal with the linguistic majority. The eastern sector is vibrant and culturally and linguistically distinct. There are opportunities and there is a willingness to collaborate in almost every sector: heritage and culture, human resources, health and social services, youth, seniors, tourism, and so on. There is strong cohesion around community hubs, churches, schools, seniors' groups and others.

Our needs include having greater access to programs and services offered in our own language, from federal-provincial departments, agencies and other organizations. Community outreach is essential in each region of the North Shore. That will allow them to develop a more knowledgeable base of English resources and provide them with an opportunity to build a sense of belonging within their communities. We need to promote community involvement in the youth sector that will support community development; to enhance community life through cultural and social events; to increase access to English-language arts and culture; to preserve and create awareness of the Anglophone heritage and culture; and there is the ongoing need for English-language health and social services and for the linguistic minority to be aware of what they can and should have access to.

Our desired outcome is to have built beneficial partnerships among member groups, government departments and organizations on the North Shore through increased accessibility to English resources in the sectors of culture, heritage, education, youth, and health and social services; a mobilized community with members playing active roles that will be beneficial for the English community; and a more coherent, active and visible English-speaking community presence on the North Shore.

Two main challenges

Senator Seidman: If you had to identify two of the main challenges and concrete suggestions you could make to us to help you, what would they be?

Mr. Deslauriers: I think that the most important thing is to continue in community development. If we do not work on community development, our community will die out. That is the first tier.

The second is education. We need to be able to educate our youth and focus more on our youth and retain them here longer. With community development and better education for these people, maybe just maybe more business opportunities will help them stay, found their families here and grow old here. This is what I think are the two main objectives for this area.

Photos from the AGM in Port-Cartier



North Shore Community Association

Volume 8, Number 1

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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