

LET'S GET CONNECTED

October 2013

Volume 10, Number 2



Photo: Stephen Kohner / Pointe-des-Monts

QUEBECNORTHSHORE.ORG

Highlights of the 13th NSCA AGM

NSCA's 13th Annual General Meeting took place at Riverview School in Port Cartier on September 21st. Nearly 40 members were present at our business meeting and then later joined us for the community highlight events. Once again, the Association has a full board of directors! The Association welcomes three new board directors; congratulations on the re-election of two former members. During the meeting, a report on all NSCA activities that took place during the year was presented to the members. In retrospect, it was a thriving and rewarding year for the Association!! Copies of the report can be obtained by contacting the NSCA office.



The annual meeting was followed by the presentation of the Marc Deslauriers Community Involvement Award and the official launch of the North Shore Memoirs II. This year's community involvement award was presented to the 50+ Club of Sept-Iles (pictured above) in recognition of their ongoing involvement in community events and activities such as intergenerational events with the local schools and participation in organizing and hosting social events.

To mark the official launch of the second volume of North Shore Memoirs, sixteen story contributors were present with us for the event and official book signing. Signed copies were presented to representatives from our local schools; these copies will be added to their school libraries. We have also forwarded on copies to government and regional partners.

Overall, it was yet another successful AGM and community gathering event. All those present enjoyed the day events including the good food and great company!

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Two members of the 50+ Club in Baie-Comeau greeted over 450 cruise ship tourists this past fall.

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Terry's dream remains alive in our schools and communities.

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Funding has been secured for Senior sustainable wellness activities.

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Network Shadowing

Jody Lessard and Marilyn Durepos recently spent time with colleagues in Megantic.

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A WORD FROM THE CHAIR

Fall has officially settled in which means that summer is now a distant memory and some sort of routine has probably set in. I find myself wondering where the time goes and catching up on 35 years of lost sleep! Retirement is indeed another "season of life".



We held our Annual General Meeting in Port-Cartier on September 21st, and it was well attended. We held elections that saw two Directors, Cathy Larivière and myself, re-elected. I was also re-elected as your chairperson - thank you for the vote of confidence. We have two new Directors hopping on board: Mary Ann Bourassa (new secretary) and Wanita Guanish. My vice-chair is Billy Larivière, and Maxime Côté is our new treasurer. Mary Ellen Beaulieu and David Butland will be completing the second year of their mandates. Our two Youth Directors are Matthew Durepos from Baie-Comeau and Robin Fequet from Fermont. It promises to be a great team to work with.

We presented our 2013 Marc Deslauriers Community Involvement Award to the Sept-Iles 50+ group who work tirelessly organizing activities, working with our youth, and fundraising for local charities. Congratulations! Your energy inspires us!

Our membership and visibility continue to increase. I look forward to yet another productive year with a dedicated Board, a dynamic staff, and an awesome Executive Director, Jody Lessard!

Let's get connected! Let's stay connected! Let's keep in touch! Be active in your communities, and let us know how we can help!

Debbie Laurie

Chair

Presenting the NSCA Board of Directors: 2013-2014



Front Row (left to right):

Mary Ellen Beaulieu, Director; Debbie Laurie, Chairperson; Cathy Larivière, Director

Middle Row (left to right):

David Butland, Director; Wanita Guanish, Director; Mary Ann Bourassa, Secretary; William Larivière, Vice-Chair

Back Row (left to right):

Maxime Coté, Treasurer; Matthew Durepos, Youth Director

Absent: Robin Fequet, Youth

CONGRATULATIONS!



Visit the on-line version

<http://exhibit.quebecnorthshore.org>

50+ Club Sept-Iles: 1st English FADOQ group on the North Shore

It is with great pleasure that the North Shore Community Association (NSCA) announces the official affiliation of the 50+ Club Sept-Iles as a member of the Fédération de l'Âge d'Or du Québec (FADOQ) Côte-Nord. It is the first English group in Sept-Iles!

Since the winter of 2013, the NSCA has been working closely with senior community members in the Sept-Iles region to become a registered identify at the provincial level. In June 2013, the club held their first annual meeting with over 40 members in attendance. The elected administrative board is as follows:

President – Mederic O'Brien
 Vice-President – Lorraine Bobbitt
 Secretary – Linda Stubbert
 Treasurer – Christina Bobbitt

The NSCA continues to provide administrative support to this group and the final paperwork has been processed at the regional office for the club.

If you would like to become a member or know more about the club, please feel free to contact us at 418-296-1545.



Congratulations to the 50+ Club of Sept-Iles!

Welcome Back to the 50+ Club in Baie-Comeau

by Michelle Petit



The 50+ club of Baie-Comeau enjoyed a welcome back breakfast held at Mikes Restaurant in the month of September. It was a wonderful opportunity to reconnect after the summer months.

This past October 2nd, the 50+ Club was invited to join the grade 3 & 4 class at Baie Comeau High School. This was a wonderful morning activity where students and a number of 50+ members baked homemade apple pancakes. While they were cooking, the group worked on a craft; they made a memo and/or photo holder. Following the craft activity, everyone was able to enjoy a plate of hot pancakes drizzled with syrup. Everyone worked together to make this event a huge success. Thank you to all who came and volunteered their time and energy - the students have already asked me to organize another event. Your presence was appreciated.



Community Volunteers Active during Cruise Ship Season

In the months of September and October the town of Baie-Comeau warmly welcomed six cruise ships to their company town. During these visits, the streets of Baie-Comeau were alive with tourists enjoying our quaint little town.

As part of the guided tours, the Association's "In Search of Yesterday" heritage exhibit was displayed at the Church of St. Andrew & St. George; historical tours of the church were offered, highlighting the Tudor architecture and exceptional stained glass windows.



The site was visited by over 450 tourists from all regions of Canada and abroad. Visitors came from Australia, United States, Scotland and Germany, to name just a few countries.

The NSCA and the Church of St. Andrew & St. George wish to express its thanks to Dave McRae and Denise Larocque who volunteered during all six visits. Their generosity was greatly appreciated and Denise's *Sucre à la crème* was certainly a hit amongst the tourists. It was the 'Talk of the town'.

The Church of Sainte-Amélie also welcomed visitors from aboard and provided guided tours. Many thanks to our community members Mary Ellen Beaulieu, Donald Goodfellow, Helen & Louis Chandler, Francoise Dilalla, and Jean Ellen Guy along with others. They took time out of their schedules to welcome hundreds of tourists.

Thank you to community members who volunteered

Upcoming English Movies on the North Shore

FERMONT:



PLANES
November 1 & 2



WE'RE THE MILLERS
November 8

BAIE-COMEAU & SEPT-ILES:

English movies are shown on a weekly basis (Sunday evenings) at the

Ciné Centre in Baie-Comeau and Sept-Iles.

Please check our community calendar at www.quebecnorthshore.org/full-calendar

or follow us on Facebook to check out the schedule as to what film is playing at your local theater.



Fermont School Fall Events

by Karen Kean, principal

Terry Fox Run



Minute To Win It



Our students participated in fun Minute to Win It activities during the first week of school. The students had 1 minute to complete each task.

The children stacked candy, sorted playing cards, stacked cans, used a straw to blow a paper plate across the table, and knocked over cans with a ball attached around their head. The children and teachers enjoyed the challenges so we decided to continue the competitions every month.



The Fermont School students participated in the Terry Fox Run on Friday, September 27. We raised a total of \$600.60 for this great charity.

Terry Fox Walk #34

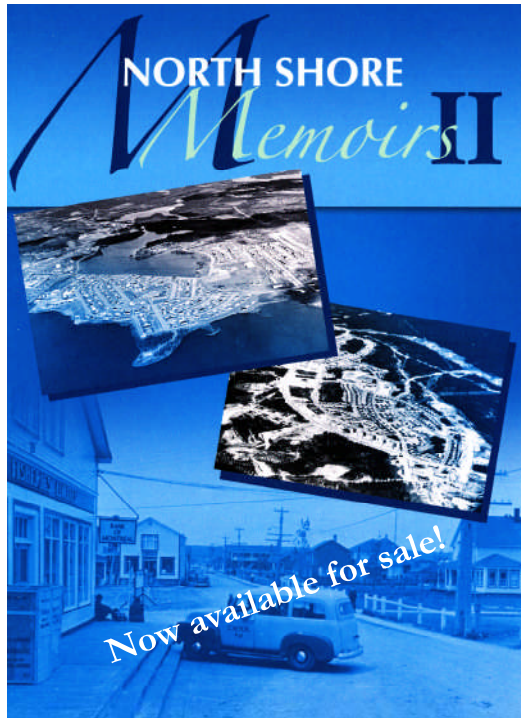
by Debbie Laurie

On Sunday, September 15th, I participated in my 34th Terry Fox Run and walked 10 km in the Old Port of Montreal. I set a personal fundraising goal of \$4000 this year and was walking for many people, including Eddy Nolan (centre), a 33-year participant who has been battling stage 4 throat cancer since November 2010.

I wore my Team Nic shirt to honour a 15-year-old boy, Nicolas Viel, fighting osteogenic sarcoma (same as Terry) in Quebec City, and my five-year-old cousin Seanny fighting leukemia since the age of three. I am proud to announce that I raised \$4550 and I thank all of you who sponsored me this year! I'll be back in September for #35!!



North Shore Memoirs II



You can purchase a copy for \$10 each

Please contact our office to place your order:

418-296-1545

or

nsca@quebecnorthshore.org

Virtual Newsletter Option

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

E-mail us at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's as simple as that!

Photos Needed!

NSCA is seeking digital photos of scenic spots on the North Shore.

Photos are needed for the cover page of the "Let's Get Connected" community newsletter.

Photographers will be acknowledged for their photos!! So, get out there and start clicking!



Worship Services

All Saints' Church

39, av. Ungava

Sept-Iles

All services commence at 10:30a.m.



- Oct. 27: United Church Service
- Nov. 03: Anglican Service
- Nov. 10: United Church Service
- Nov. 17: Anglican Service
- Nov. 24: United Church Service
- Dec. 01: Anglican Service
- Dec. 08: United Church Service
- Dec. 15: Anglican Service

Sainte Famille Catholic Church

15 Comeau, Sept-Iles

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

All services commence at 11a.m.

- Oct. 27: Communion Service
- Nov. 17: Communion Service with Remembrance Day Tribute
- Dec 1 or 8: Communion Service
- Dec. 21: Service of Lessons and Carols at 5p.m.
Community Potluck Supper and Sing-Song at 6p.m.

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@c gocable.ca

Upcoming Confirmation Celebrations

Anglican Bishop Dennis Drainville and Archdeacon Michael Pitts will be traveling to the Sept-Iles and Kawawachikamach region in mid-November for confirmation celebrations.

On Thursday, November 14th, All Saints Church (Sept-Iles) will hold the celebration of confirmation at 7:00 p.m.

Confirmation celebrations for St. John Church in Kawawachikamach will take place on Sunday, November 17th. Please check with the parish for exact hour of celebration.

Federal grant approved for a project targeted for English-speaking senior community of Sept-Iles

The North Shore Community Association (NSCA) is proud to announce a new project funded by the Department of Canadian Heritage to increase access to animation for the English-speaking senior community of the region of Sept-Iles and to undertake the long-term establishment of sustainable wellness activities for English-speaking seniors.

Based on a specific need expressed by the senior minority-language population of Sept-Îles, the proposed "Active Living for Older Adults" (ALOA) project will allow the Association to respond to community priorities as indicated in the Community Portrait of Sept-Iles.

The following activities will take place:

- Coordinate, improve and expand existing organizational activities that will contribute in building a permanent structure for the senior community.
- Provide a regular program of activities in English for seniors in the Sept-Iles area;
- Encourage seniors to participate in the development of their activities;
- Continue to mobilize volunteer seniors for community participation
- Evaluation and recommendations for future action plan that will formulate a regular program of scheduled activities
- Bring together a variety of public and community resources to establish a permanent structure to sustain a variety of activities and secure diverse, alternative funding after project is complete.

Did You Know? APAME is at Your Service

Did you Know APAME de l'Est de la Côte-Nord offers support services to parents and friends of people suffering from an emotional illness, whether it be a mental illness, attention deficit disorder, (with or without hyperactivity) or Tourette's Syndrome.

Their services are free of charge and confidential and include:

- crisis management;
- telephone support line;
- self-help, parenting and family relationship;
- support groups;
- testimonies;
- evening conferences lead by professionals;
- thematic coffee meetings and exchanges;
- accompaniment service for proceedings;
- referrals;
- documentation centre.

They have programs for adults who have a loved one suffering from a mental illness and a program for youth who have a parent suffering from a mental illness.

* **Can offer services in English**

APAME de l'Est de la Côte-Nord

652, avenue DeQuen, 2ième étage
Sept-Îles (Québec) G4R 2R5

Tel : 418 968-0448

Fax : 418 968-0148

Toll Free: 1-855-272-7837

Email : apamesi@globetrotter.net



APAME Baie-Comeau

884-A, rue de Puyjalon
Casier postal 2071
Baie-Comeau (Québec) G5C 2S8

Tel : 418 295-2090

Fax : 418 295-2019

Email : apamebc@globetrotter.net

BCHS Roars Back to School with Spectacular Events

by Stephen Kohner, principal

Students, staff, parents, community members and friends of BCHS have all pulled together to provide the school with a wealth of engaging activities for the months of September and October. Here are just a few noteworthy events...



Canadian Gold Medalist Shelly Gautier and two gold medalists from Team USA stopped in at BCHS to talk with students and staff about their life and times as para-cyclists and international competitors (Aug. 30)



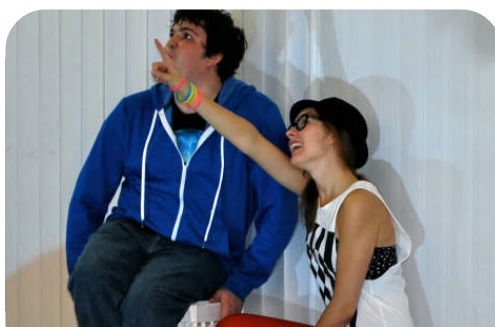
Students and staff took the afternoon of Friday, August 30th to cheer on the dozens of international para-cycling athletes who were in town for the World Championships. Students made flags representing the 34 countries.



An impressive crowd of students, staff, parents and relatives joined in on the food and fun at the traditional Welcome Back to School Lunch organized by the Home & School Association on Sept. 13th



Grade 5-6 and Secondary students packed groceries at Maxi in Baie-Comeau as a fund-raising initiative. \$1510 was raised for a secondary student trip and Gr. 5-6 activities. Thanks to all who volunteered!



Geordie Theatre Productions put on two plays for the students on Sept. 23rd. The Elementary play "Derwent is Different" and the Secondary play "Shared Accounts" were superb! Great acting - great storylines!



BCHS hosted the ESSB Cross-Country Running Championships on Friday, Oct. 4th. Athletes from New Carlisle, New Richmond and Gaspé Poly joined in on the event. For once, the sun was shining!

Why I Love Being a "PPO" Parent

by Jackie Bizeau

(The Parent Participation Organization, or 'PPO' as it is referred to, is an organization consisting of parents of a school who care about student success and want to be part of school life. They normally are involved in giving their opinion on such things as the school's educational project and carry out various projects and activities in tandem with school staff that enrich school life.)

This is my third year as a member of this great group of parents of the PPO at Flemming Elementary School. It is a great honour to have my children go to an active school where the parents are widely appreciated. Being a PPO parent is not just all work; we do have a lot of fun. Putting your name on the list of PPO parents does not mean you have to be at every activity. If you are not available during the day, they always accept parent bakers; these parents send in food (cookies, cupcakes, etc.) when there are special occasions. We have a Facebook page where we share our ideas and talk about activities coming up. However, my top reason for being a PPO parent is the satisfaction I get:

- 1) when I walk into in a public place and get a nice smile and hello from a child who recognizes me - a smile is worth a thousand words;
- 2) when children come up to me when I walk into the school and ask, "When is the next activity?";
- 3) when every 2 or 3 months the PPO parents have a meeting to discuss upcoming events and we get the chance to discuss just how life is having children at Flemming Elementary School;
- 4) when I can lend a helpful hand at events when the teachers really need it.

To become a member of the PPO at Flemming School you can contact the school and they will give you the information. We are always looking for new parents to join our team.

9TH TERRY FOX NATIONAL SCHOOL RUN DAY IN PORT-CARTIER

by Debbie Laurie



On Wednesday, September 25th, students and staff, along with some community members, participated in an event which began in 2005 to honour the 25th anniversary of Terry Fox's Marathon of Hope. Three schools, Riverview, St-Alexandre, and Mère d'Youville, and one retired teacher/Terry Foxer (me!) met on McCormick Island where we then walked together in the beautiful fall colours around that scenic location. Later, the students wrote or drew messages of hope with chalk on the pavement of the Café Graffiti parking lot.

**Altogether, we raised \$10 077 for the Terry Fox Foundation bringing our thirty-four year total to \$ 116 700 raised!
Mission accomplished, Terry!!**

Orange T-Shirt Day

by Jackie Bizeau



The students from Northern Lights Adult ED came together by wearing Orange T-shirts on September 30 to honour the children who survived the Indian Residential Schools (IRS) as well as to remember those who didn't. This was in recognition of the harm the residential school system did to children's sense of self-esteem and well-being, and as an affirmation of our commitment to ensure that everyone around us matters. This was to remember and acknowledge the past in order to not repeat it and to walk forward.

The orange t-shirt was inspired by the news story: WILLIAMS LAKE, BRITISH COLUMBIA – Phyllis Webstad's had gotten a new outfit for her first day of school. Even though she was only six years old, her grandmother allowed Phyllis to pick out a shirt to wear to school. She had picked an orange shirt that had attracted her eye. Excited about attending school, she wore the orange shirt with pride. When she got to school they took it away and she never saw the shirt again.

The Adult ED students watched a short video about Phyllis' story, and for this day they wore their t-shirts with pride.

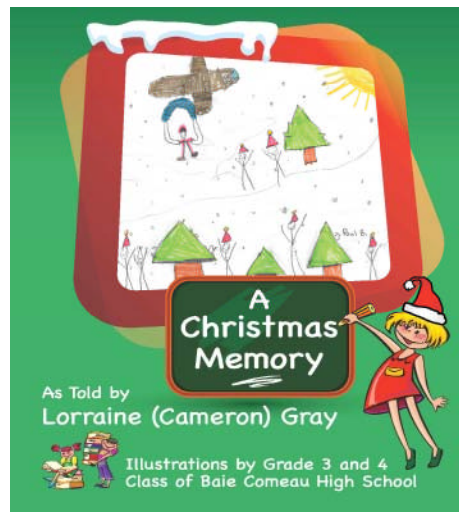
Join the NSCA's Book Club!

Do you enjoy reading and would love to meet friends or make new ones? Well then, join our English Book Club. There's no registration fee, just the cost of your book!

The Book Club in Baie-Comeau meets on a monthly basis and runs from September to June. Here are a few of last year's listed books that the club has read so far:

- Birds of America by Lorrie Moore
- Winter of the World by Ken Follett
- The Midwife of Venice by Roberta Rich
- Marley & Me by John Grogan
- Berlin Noir by Philip Kerr

Need more information or interested in joining our group? Please contact Jody at 418-296-1545.



This children's book reveals young artistic creativity and expression through drawings and illustrations by the Grade 3 and 4 students of Baie-Comeau High School. The book is an amazing true story of how Santa Claus came to Baie-Comeau by airplane in the late 1940's.

Copies are on sale for 9\$ each...this makes a great Christmas gift! Please contact the NSCA office to place your order. Phone: 418-296-1545

English Community Directory for the North Shore

The NSCA Community Directory, a guide containing details of services, organizations, groups and other useful contact information, is available for communities of the North Shore.

The Community Directory is a great resource made available to our members/newcomers of the region. Copies will be mailed to members and also available for public at our office.

If you know someone who might want to have a copy please have them contact us at the office for more information (418-296-1545).

An online version of the directory will be made available on our website.

www.quebecnorthshore.org



NSCA Donates Memoirs II Books to North Shore Schools



During the NSCA's AGM, a copy of North Shore Memoirs II was presented to each of the North Shore English schools of Eastern Shores School Board.

This books were generously received by Keith Eldridge (Commissioner), Debbie Laurie (NSCA Chair), William Larivière (Fermont), Mary Ellen Beaulieu (Commissioner), and Stephen Kohner (principal, BCHS).

Network Shadowing

As part of their health and social services Networking and Partnership Initiative, the NSCA participates in network shadowing. This past September 24th, Marilyn Durepos, NPI Coordinator and Jody Lessard, Executive Director, had the chance to visit the Megantic English-speaking Community Development Corporation (MCDC) in Thetford Mines, QC, a community organization serving the English-speaking communities of l'Amiante, Lotbinière and l'Érable regions. The MCDC's English-speaking communities represents approximately 1% of the population – very similar to some of our communities.



There are a total of 19 NPI Networks across the province of Quebec receiving support from Health Canada and the Community Health and Social Services Network (CHSSN). They all striving to improve and maintain access to health and social services for English-speaking communities. Each network is unique in their own way and yet surprisingly similar in others. MCDC's English-speaking community is very active and well organized, much like NSCA's.

Information exchanges such as these are a valuable resource. We not only get the chance to see the challenges in different communities, but also come back with innovative ideas and activities that we can adapt for our region.

Thank you MCDC!



amiquébec
Agir contre la maladie mentale
Action on mental illness

FALL 2013
Free
PROGRAMS

PLEASE POST

*Interactive sessions across Quebec.
Experts present topics and answer questions (English).*

**MUST register in advance for
Tele-Workshops and Webinars:
1-866-396-2433
www.caringvoice.com**

Tele-Workshops
Workshops over the telephone from the comfort of your home

Wednesday, September 18, 2013 / 7-8 pm
Bipolar Disorder: Truths and Myths
Speaker: Dr. Allan Fielding, psychiatrist

Wednesday, October 16, 2013 / 7-8 pm
**Medications and Alternative Treatments:
Don't Swallow Everything You Hear**
Speaker: Dr. David Bloom, psychiatrist

Wednesday, November 13, 2013 / 7-8 pm
**Eating Disorders: What to Do When
Food Becomes a Problem**
Speaker: Dr. Mimi Israel, psychiatrist

Roundtables
*At the AMI office
(6875 Decarie #300) and via
videoconference throughout Quebec*

MUST register in advance
For more information or to register:
Montreal: 514-486-1448

Outside Montreal contact your
Community Learning Center (CLC),
or call AMI toll free at
1-877-303-0264

Wednesday, September 25, 2013
7-9 pm
**Sexuality and
Mental Illness**
Speaker: Dr. Gerald Wiviott,
psychiatrist

New! Webinars
Attend our webinars online

Wednesday, October 23, 2013 / 7-8 pm
When Stress Starts to Control You
Speaker: Dr. Camillo Zacchia, psychologist

Wednesday, November 20, 2013 / 7-8 pm
**Depression: When it Doesn't
Go Away by Itself**
Speaker: Dr. Mark Ellenbogen, psychologist

www.amiquebec.org
info@amiquebec.org
514-486-1448
1-877-303-0264

CARE-RING VOICE NETWORK
*Project developed in partnership with
The Caregiver Support Centre of Centre de santé et de services sociaux Cavendish
Centre affilié universitaire*

These programs are supported by a

COMMUNITY FUND GRANT

Potluck Raffles Raise Funds for Syrian Relief

by Canon Stephen Kohner

Parishioners and friends gathered on Thanksgiving Sunday for a Service and annual Potluck Supper at the Church of St. Andrew & St. George. During the evening, a number of prizes were raffled off; the funds collected were donated to the Anglican Church of Canada's Primate's World Relief and Development Fund (PWRDF), a non-profit organization that provides assistance around the world. This time, \$150 was raised and was ear-marked to assist Syrian refugees fleeing the conflict in their home country. Since 2003, similar raffles have raised just over \$5500 for PWRDF.



Churchwardens Leila Levesque (née LeFloch) and Dave MacRae pose with ticket vendor Catherine Martin (middle).

Photos from NSCA's AGM



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)

North Shore Community Association

Volume 10, Number 2

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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P.O. Box 163
Baie-Comeau, QC
G4Z 2G9
418-296-1545

Office:
39, av Marquette, Local 310
Baie-Comeau, QC
G4Z 1K4

Sept-Îles Branch Office:
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Vice-Chair: Mr. William Larivière
Secretary: Ms. Mary Ann Bourassa
Treasurer: Mr. Maxime Côté

Publication mail agreement #41540025

Return undeliverable Canadian addresses to:

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