

LET'S GET CONNECTED

January 2015

Volume 11, Number 3



Photo: Rosemary Feger / Baie des Moisie

QUEBECNORTHSHORE.ORG

Happy Retirement, Marilyn!

Marilyn Durepos, NPI Coordinator, retired at the end of December 2014, after many years with the NSCA. Before starting the position as coordinator in the Fall of 2009, Marilyn worked on some of our short-term project contracts within our community, and health & social services activity components. Over the years, she has been such an asset in representing & promoting the English-speaking community when working on these projects and programs.

We would also like to point out her significant contribution in her community and furthermore her community at large. Even before joining the NSCA team, she has been a well-known individual in the English-speaking community with her contributions and long-held positions at the school board level and in the church community, along with the many years of dedication for the scouting movement.



NSCA staff and Board members (Maxime Coté & Mary Ellen Beaulieu) gathered to wish Marilyn Durepos a "Happy Retirement" with a presentation of her retirement gift from NSCA during a staff luncheon in December.

Marilyn always motivated and a team player! An individual with a wonderful disposition and perseverant will be missed by her team of colleagues.

Heartfelt thanks and congratulations for your work and efforts on the initiatives you've worked on with us at the North Shore Community Association. Best wishes for a healthy and relaxing retirement!!!

(See more photos on back page)

Coming to Quebec City for Medical Treatment?

Let us know...We're here to help.

Members of the Pastoral Services Team of the Anglican Diocese of Quebec provide a variety of services for English-speaking patients & their families treated in Quebec City hospitals. They may be able to:

- provide transportation
- visit patients and family members who accompany them to Quebec City
- provide translation
- run small errands

pastoralcare@quebec.anglican.ca / 418-951-1295 - NEW PHONE NUMBER

A WORD FROM THE CHAIR

Happy New Year NSCA members!!



Here's hoping that by the time this newsletter is published and distributed, the December and early January cold spell is behind us! It is time to accept that we live in the northern hemisphere north of the 50th parallel, and we live through winter every year, but I just can't seem to tolerate the cold anymore. Give me snow any day over freezing rain and the so-called precipitation cocktail.

Another holiday season has flown by, and we've probably eaten too much AGAIN, but I do hope you spent quality time with family and friends. We've said goodbye to 2014 and ushered in 2015, and we probably have thought of a few resolutions.

I wish each and every one of you: health, happiness, laughter, friendship, and time to experience new things. Put a smile on your face and keep one in your heart as well. Always have a kind word on the tip of your tongue. Thanks for being part of the NSCA!

Debbie Laurie
Chair

Each moment in a day has its own value.
Morning brings HOPE,
Afternoon brings FAITH,
Evening brings LOVE,
Night brings REST,
Hope you will have all of them everyday.
HAPPY NEW YEAR 2015

An Unexpected Honour

by Debbie Laurie



On November 27, 2014, I was invited to attend the annual QPAT teachers' convention held at the Palais des Congrès in Montreal. The guest speaker was Canada's very own Man in Motion, Rick Hansen. I was thrilled to have the opportunity to hear him speak. Not only is he a friend of my hero, Terry Fox, but he has founded the Rick Hansen Foundation whose objective is accelerating the discovery of a cure for spinal cord injury and improving quality of life, through fundraising and facilitating research. He embarked on his Man in Motion World Tour on 21 March 1985 from Oakridge Mall in Vancouver. He returned to Vancouver's BC Place Stadium to cheering crowds of thousands on 22 May 1987 after raising \$26 million for spinal cord research and quality of life initiatives.

To celebrate the 25th anniversary of his world tour, he designed the **Rick Hansen Difference Maker Awards** to recognize individuals who have made a significant impact in the area of accessibility, researchers who have advanced discoveries related to SCI research, community leaders and youth who have put "service above self" to make an extraordinary difference in the lives of others. I was nominated by the president of the Eastern Shores Teachers Association to receive one of these awards and was honoured, along with one other teacher from QPAT, to receive it from Rick himself following his keynote speech at the convention. I also had the chance to meet Rick in person before the evening began. It is truly one evening I will never forget and I feel blessed to have been in his presence.

50+ Baie-Comeau Mingles with BCHS Students



Nine members from the NSCA's 50+ Club gathered at a local restaurant on Tuesday, December 9th for a hearty breakfast and to catch up on each other's activities.

Following breakfast, 4 members went to BCHS for an intergenerational Christmas activity with the students of Kindergarten and Grades 1 & 2. The students, divided into groups, listened attentively as they were read the story of "Rudolph the Red-Nosed Reindeer". In keeping with the reindeer theme, the story was followed by a Christmas craft – a reindeer ornament. The students appreciated time with 50+ members and were happy to bring their decoration home to place on their family's Christmas tree.

"La Criée des mémoires" presented at BCHS



On December 18th, 2014 a short presentation entitled "La Criée des mémoires" was performed in English by Espace K Théâtre at Baie-Comeau High School for the students and members of the English-speaking community. The audience was kept entertained during this wonderful 'Town Crier' style theatrical production; a show where we met colourful characters from Baie-Comeau's history such as Napoléon-Alexandre Comeau, Colonel McCormick, Reverend Mother and a journalist from "Le Bulletin"

The NSCA was pleased to partner with the Baie-Comeau Community Learning Centre (CLC) in organizing the event.



For immediate release

QCGN worried Bill 10 amendments will not save our institutions

Montreal – January 16, 2015 – While leaders in Quebec's English-speaking community were cautiously optimistic in early December that amendments to Quebec's health reform would allow the community to maintain an acceptable level of input and control over their institutions, that hope is fading as the Commission on Health and Social Services reconvenes today to continue the clause by clause review of Bill 10.

Despite the reassurances offered in early December by Health and Social Services Minister Gaétan Barrette, amendments tabled to date do not adequately ensure the protection of the English-speaking community's hospitals, nursing homes and social service centres or preserve the community's role in their governance.

The position of the Quebec Community Groups Network and its community and health and social service stakeholders is that Bill 10, and any legislation, regulations or guidelines that impact our community's health and social service institutions, must respect three central principles: That the community maintain some meaningful involvement in the governance of institutions that were built and supported by our community over more than 150 years; that the legislative guarantees which protect English-speaking Quebecers' right to services in our own language across the Province be upheld; and that our institutional owning corporations, where they exist, continue to maintain ownership and control of their assets.

"Since Bill 10 was tabled in September of last year, community and institutional advocates have been working to propose creative solutions that respect the Minister's objectives while preserving our historic rights to services in English and to the institutions our community founded and continue to support," commented QCGN President Dan Lamoureux.

"Six weeks have gone by since the Minister tabled his initial set of amendments to Bill 10 and, despite his explicit promise, we have not yet seen new language that responds to some of our core concerns. We are beginning to wonder if the Ministry is on the same wavelength as their Minister with regard to some of these critical issues."

"While the QCGN and institutional leaders remain committed to working with our elected officials to develop a legal framework that protects the rights of our community and ensures the necessary services and community role in governance that has long been accepted in Quebec, we need to know that the Minister and his officials are pursuing these same goals," added QCGN's Director General Sylvia Martin-Laforge.

Thinking of Starting a Business?

Are you an entrepreneur or have ideas to start your own business? Sign up with a business coach TODAY!!!

NSCA, in partnership with **YES Montreal** -Professional Business Coaching & Entrepreneurship services - is pleased to offer **FREE** personalized business coaching & entrepreneurship workshop sessions.

Do you have a business idea? Thinking of starting a business? Do you own a business already and need help? Or simply want to find out about the services and resources offered!

At **NO Cost** to you, please join us for:

Free One-on-One Business Coaching sessions will be offered in the regions of Sept-Îles and Baie-Comeau on February 3rd and 4th, 2015. This service is available by appointment only and is first come, first serve.

To register for upcoming sessions or need more information about the services, please contact the NSCA office at 418-296-1545 or nsca@quebecnorthshore.org



NEED HELP WITH YOUR BUSINESS?

Our services are available to individuals of all ages, no matter the size or stage of your business.

We offer for FREE:

- ▶ Local business coaching
- ▶ Over 50 online & local workshops on starting & growing your business
- ▶ Legal & accounting information clinics
- ▶ Access to grants & loans
- ▶ and so much more...



Contact Jody Lessard at **418-296-1545**
or at nsca@quebecnorthshore.org

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Développement économique Canada pour les régions du Québec



YES is a not-for-profit organization

Successful futures start with 

Upcoming VideoConference on High Blood Pressure



COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)
HEALTH VIDEOCONFERENCE
Wednesday, February 18, 2015
10:00 AM to 12:00 PM (EST)

High Blood Pressure: Take the Pressure off

with the Heart and Stroke Foundation

Moderated by Jo Ann Jones, The Montreal Children's Hospital

The North Shore Community Association is pleased to be able to bring these CHEP session to three of their communities, **Baie-Comeau, Sept-Îles and our newest site, Port-Cartier.**

For more information, or to register for the videoconference, please call us at (418) 296-1545. Informational flyers will be posted in early February.

(Watch for more information on our website and Facebook page)

50+ Club Celebrates Christmas in Style



The 50+ Sept-Iles Community Christmas Potluck Supper was a wonderful turn out. Thanks to everyone who attended this event. Hats off to Gail & Edith for organizing the festive gathering.

The evening entertainment opened up with the traditional singing of Christmas Carols and then the group was lead into a sing-a-long of the 12 Days of Christmas. Lead by their narrator Edith and performed the 50+ plus way, twelve volunteers of the group did an amazing job of singing the lyrics that were written by Edith and Gail. Everyone enjoyed the show and had lots chuckles. A big thank you to the ladies and gentlemen who participated in the 12 Days of Christmas sing-song, you all did a great job.

During the evening there were games played, raffle drawings, dancing, and we can't forget the North Shore song sung by Louise Tanguay. An evening of fun that certainly got everyone in the holiday spirit!!

Congratulations to Mederic O'Brien who was the lucky winner of the Christmas basket.



Interested in Joining the 50+ Activities in Sept-Iles?

The 50+ Wellness activities are offered weekly in Sept-Iles varying from social, cultural, health and wellness. Our Wednesday activities normally takes place at 47 Ungava (All Saints' Church Hall) unless indicated at another venue. Please check the monthly calendar posted on-site or our Website/Facebook.

If you are interested in attending the 50+ activities in Sept-Iles, and/or would like to add your name to our mailing list, please contact the NSCA office at 418-296-1545 or via email at nsca@quebecnorthshore.org

The Fermont School Annual December Concert

by Karen Kean

Our annual concert at Fermont School took place on Thursday, December 11. The students from Pre-Kindergarten to Grade 5 acted in the play, *'Twas the Night before Christmas*. The children sang songs, recited poems, and played the bells and xylopipes. Parents brought refreshments for the reception. The students gave great performances and the audience enjoyed the show. We had another successful concert!



The stockings were hung on the fireplace.



The tired children were getting ready for bed.



Excited children were looking for Santa.



The Grade 3 students played Jingle Bells, Old Santa Claus, and Twinkle Twinkle Little Star on the xylopipes.



Santa finally arrived with gifts!

Living and Learning at Northern Lights

by Joanne McCreary-Range

The students at Northern Lights Adult Education have been busy this year learning about Native Literature, Heritage and Culture.

Faced with the challenge of making a corn doll, most of the student rose handily to the challenge. Not so with weaving a basket from reeds to collect blueberries. There's a definite technique to this craft which cannot be mastered quickly. No problem – the point of this exercise was to show that we shouldn't take things for granted. We were fortunate enough to have Jackie Bizeau volunteer to come in on a Friday morning and teach us how to make dream catchers. Thanks to Jackie's guidance, we all succeeded and were proud of our finished work.



Statistically, about 1.5% of the population of Quebec is Native. In Sept-Îles, about 13% of our population is Native; but, how many of us can make a list of ten things we know about Quebec Natives?

This is a question, the students and I are currently addressing. There's a lot to learn with a few basket challenges and art projects for variety. Living and learning go hand in hand. We're never too old to learn something new. What have you learned lately? What have you shared with someone else? Questions to ponder as we prepare our Christmas shopping lists and consider how we'll look back on 2014.

A Remembrance Day to Remember

by Debbie Laurie

Following the tragic events which occurred in October at the War Memorial in Ottawa and in St. Jean-sur-Richelieu, Quebec, I felt compelled to travel to our nation's capital and attend the ceremony in person for the very first time. After a night at the Chateau Laurier thanks to a generous gift from a former student, I spent November 10th touring the Parliament, visiting the War Memorial, the Terry Fox Statue, the Centennial Flame, the Memorial to honour firefighters lost in the line of duty, and the War Museum. I witnessed the Afghanistan Vigil in the Hall of Honour and walked through the Chapel of Remembrance where lie the books with the names of all those lost in service as part of Canada's forces. It really makes you realize how blessed and fortunate we are to live in this great country.



On November 11th, I got up very early and headed to the War Memorial to stake out a good spot. It was cold but worth the almost three hour wait to witness this beautiful, moving ceremony. Security was high and the media were out in droves. Politicians and television personalities as well as members of our Armed Forces mingled with us in the crowds. I got to shake Justin Trudeau's hand and chat with the CBC's Evan Solomon who hosts the daily POWER AND POLITICS show at 5:00 p.m. I was interviewed by a local CTV station as well as one from the Far North. I met interesting people who had come from all over Canada.



I stand in awe of that day and of the city of Ottawa and hope to make this an annual event now that I am retired. LEST WE FORGET.

Did you know...?

A 'maison des jeunes' (youth centre) is a community organization whose main goal is to provide a complementary living environment to family and school, and to encourage young people to get involved in the community. Specifically, 'maison des jeunes' are given **the task of improving the quality of life of youth aged 12-17 years old in providing recreational activities for and by young people.**

The purpose and goal is to help adolescents and teenagers become independent, responsible, and develop personal and social skills to enable them to make a successful transition to adulthood by becoming critical active citizens. It is their hope to contribute significantly to develop in youth the skills to communicate, self-esteem, teamwork and mutual support.

The 'maison des jeunes' also offers youth, parents, and stakeholders outreach and prevention activities in various areas related to youth. In addition, it offers listening, referral, support and intervention. To do this, it also develops partnerships with schools, CLSC, the city and the other existing youth resources.

In passing so much time with young people and also being close to them, stakeholders are well placed to detect problems related to violence, drug and alcohol and future delinquency.

The 'maison des jeunes' provides a place for meetings, exchanges and activities for young people who wish to participate on a voluntary basis.

There are 'maison des jeunes' in almost every community on the North Shore. Look up the nearest one to you.



Do you enjoy reading and would love to meet friends or make new ones? 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 our 2014 selected books

- [The Cuckoo's Calling](#) by J.K. Rowling
- [The 100 Year Old Man Who Climbed Out the Window](#) by Jonas Jonasson
- [The Utopia Experiment](#) by Kyle Mills
- [The Orenda](#) by Joseph Boyden
- [Edge of Eternity](#) by Ken Follet
- [The Fledglings](#) by David Homel

The January selected book choice is **The Long Way Home** by Louise Penny.
The next meeting will be held during the week of February 9th.
Need more information or interesting in joining our group? Please contact Jody at 296-1545.

Worship Services

All Saints' Church

39, av. Ungava

Sept-Iles

All services commence at 10:30a.m.



- Feb. 1: Anglican Service
- Feb. 8: United Church Service
- Feb. 15: Anglican Service
- Feb. 22: United Church Service
- March 1: Anglican Service
- March 8: United Church Service
- March 15: Anglican Service
- March 22: United Church Service
- March 29: Joint Service

Christ the King Parish

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

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

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

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.

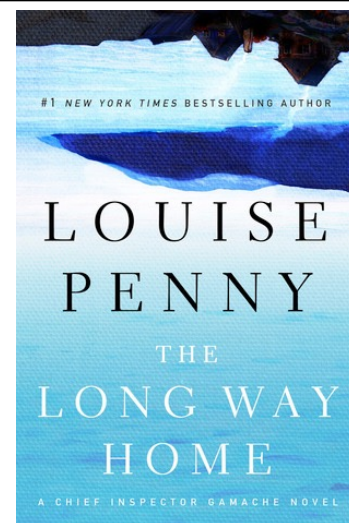


- Feb. 22: Communion Service/Annual Vestry Meeting
- March 29: Palm Sunday/Communion Service
- April 5: Easter Service & Potluck at 5p.m.

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgcable.ca



Flemming School Helps Those in Need



From left to right: Chelsi Levesque, Lindsay Morency, and school principal, Natalie Knott

Just before the Christmas holidays, the students of Flemming school generously distributed Christmas baskets to some Sept-Iles families in need.

This initiative was made possible thanks to the generosity of the people and the ladies from coupon group who contributed coupons that allowed to obtain free articles.

A vehicle was also made available to ensure delivery of the baskets.

The Flemming school team would like to thank all parents who contributed to the Christmas baskets campaign.

A heart-filled morning of
crafts, song and games
Let's Celebrate Valentines at our
Toddler Time Session



A FREE ACTIVITY
IN ENGLISH
for children
2 and 4 years old
and their parents/
caregivers



Where: Flemming School
(Pre-K Class)
542 Brochu, Sept-Iles
Time: 10:00 am to 12:00 noon
Date: Saturday, February 14, 2015

For more information or to book your child a place,
please contact our animator, Shelby at 418-965-0168

NSCA—Bringing Communities Together

Is your child eligible to receive education in English?

Now is the time to think about registration for the 2015-2016 school year. Communities served by the NSCA each have educational establishments that are able to educate your child in English while offering quality French-language instruction. Many of the schools offer low student-teacher ratios, dynamic extra-curricular activities, and quality instruction.

For more information contact the English schools of
Eastern Shores School Board:

SCHOOL	PHONE (418)	E-MAIL
Fermont School	287-5497	fermontschool@tlb.sympatico.ca
Flemming Elementary, Sept-Iles	962-2166	flemming.admin@essb.qc.ca
Queen Elizabeth High, Sept-Iles	962-4540	qehs.admin@essb.qc.ca
Riverview School, Port-Cartier	766-2665	riverview.admin@essb.qc.ca
Baie-Comeau High	296-2832	bchsadm@cgocable.ca

Christmas Cheer at Riverview School

by Shaunna Goudie, Principal

We had an amazing Christmas Concert and school family get together. All students participated in drama productions, such as A Charlie Brown Christmas and Christmas Fairy tales. Our choir sang and Kindergarten charmed us on stage with little action songs. The next day we had a pajama day, pancake breakfast, Christmas parties and gift exchanges. Riverview's school spirit shone through!



Riverview Competes in Mini-Basket Tournament

by Shaunna Goudie, Principal



Riverview competed against the other French schools in Port Cartier in a friendly mini basketball tournament. Students from grade 3- 6 showed good sportsmanship and team spirit and had fun! Way to go Les Loups de Riverview!

Thank you, Marilyn!

(continued from p. 1)



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 11, Number 3

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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