

LET'S GET CONNECTED



Photo: René Methot / View of Baie-Comeau

QUEBECNORTHSHORE.ORG

Book Launch: A Christmas Memory/ Un Noël inoubliable

The official launching of our bilingual book *A Christmas Memory / Un Noël inoubliable* was done on September 26th during the 15th Anniversary celebrations of the NSCA. As part of the official celebration activities, 8 students from Baie Comeau High School read excerpts from the book in both official languages. A job well done by our youth!

Students signed an official copy and it was presented to Charles Taker, Liaison Officer from the Office of the Commissioner of Official Languages, followed by gift presentations to our special invited guests.

This children's book reveals young artistic creativity and expression through illustrations by students of Baie-Comeau High School who worked under the guidance of their teachers. The book is an amazing true story of how Santa Claus parachuted into Baie-Comeau by airplane in the late 1940's.

In 2013 the book was published as "A Christmas Memory". It was an initiative of the In Search of Yesterday heritage project; in 2015, the same group of students, under the guidance of their French teacher, translated the book as part of a class project. Credit must be given to our community partner Camp littéraire de Baie-Comeau members Louise St-Pierre and Francine Chicoine for editing of the French text.

Publishing of this book was made possible by Canadian Heritage, the NSCA, Baie-Comeau High School and Baie-Comeau Community Learning Center (CLC).



A WORD FROM THE CHAIR

Happy Fall to all! Belated Thanksgiving Day wishes as well. We sure have had a beautiful September and early October. Once more we find ourselves heading towards colder weather and the inevitable snow, but we have much to be thankful for!



We held our 15th AGM in Baie-Comeau on September 26th and there was a great turnout! It was a very busy two days with the arrival of special guests from Montreal, Quebec City, and our members from Fermont, Sept-Iles, and Port-Cartier. There were also many smiling faces from our Baie-Comeau contingency. Thanks to all who came to help us celebrate fifteen years of great achievements and successes.

Elections were held and there are still two Board of Director positions open. If you are interested, please let us know. I was re-elected as Chair, and I thank you for the confidence and support you have shown me. Congratulations also to Cathy Larivière from Fermont who was re-elected and will be our secretary. Looking forward to a busy and productive year as we continue to serve the needs of our English-speaking communities.

Our 2015 Marc Deslauriers Outstanding Community Involvement Award was presented to a member of the Baie-Comeau community whose contributions go far beyond just his school, church and community. We know firsthand how much time and energy he devotes to the NSCA, to name but one organization blessed to have his presence felt. Congratulations, Stephen Kohner!! Thanks for all you do for so many!!

Let's stay connected! Keep participating in the many sessions and activities organized for you. If you have any ideas or needs we have not addressed, let us know what we can do. Let's keep communicating!

Debbie Laurie
Chair

2015 MARC DESLAURIERS OUTSTANDING COMMUNITY INVOLVEMENT AWARD



This year's award goes to Stephen Kohner, who has been a very active member of the community in Baie-Comeau for more than twenty years. Whether it be initiatives related to school, church, youth, even cultural, Stephen is always there willing to lend a helping hand and does not count his hours.

Stephen is an active partner who helps to promote the annual Poppy Campaign for the Royal Canadian Legion, always at Home & School Fundraisers and the annual Christmas Tree Sale. He was one of the major players in the organization of the celebration activities for the 75th anniversary of Baie-Comeau. He has been a member of Advisory Board on English Education (ABEE), and serves as the Rural Dean for the North Shore Deanery and Secretary of Synod on the Executive Council for the Anglican Diocese of Quebec.

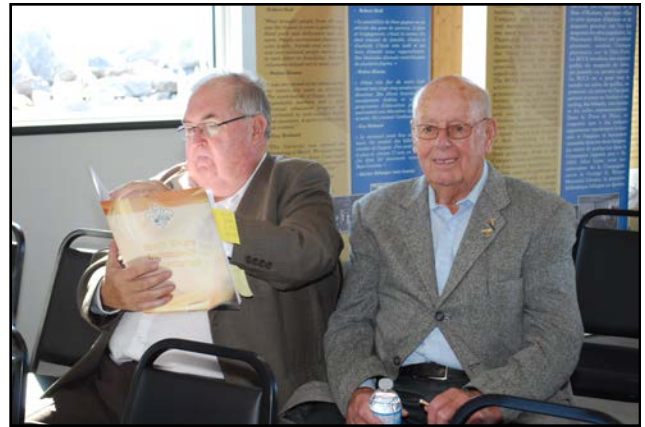
Always offering help at many NSCA activities and organizing the community potlucks at the Anglican Church, we can always count on him for helping out. Stephen is also the volunteer photographer at the NSCA AGMs.

A well deserved award ...congratulations Stephen and THANK YOU for your many years of community involvement.

English Movies in Baie-Comeau and 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 for what film is playing at your local theater.

NSCA Celebrates its 15th Year!



Saturday, September 26th was the much awaited date which saw many members of the English speaking community gathered to attend the 15th Annual General Meeting (AGM) and celebrate the 15th anniversary of North Shore Community Association (NSCA).

Members of the English-speaking communities of Fermont, Sept-Îles, Port-Cartier and Baie-Comeau were in attendance as well as many special guests. Among those invited and present were: Jennifer Johnson - Community Health and Social Services Network (CHSSN), Mario Clarke - YES (Youth Employment Services), Johnathan Genest-Jourdain - out-going Manicouagan Member of Parliament, Charles Taker - Office of the Commissioner of Official Languages, and Helen Meredith - Canadian Heritage.

Following the AGM at which the Board of Directors for 2015-16 was elected, the Marc Deslauriers Outstanding Community Involvement Award was presented to Stephen Kohner, a very active member of the community who has spent many years taking part in numerous volunteer activities at the school, Church and the NSCA.

On the agenda as well was the official launching of our bilingual book *A Christmas Memory / Un Noël inoubliable*. BCHS students were present for the launching and were each presented with a gift from the NSCA. In addition to these presentations, a video was shown of BCHS secondary students who had composed a song during the David Hodges North Shore Tour in 2014.

At the Carrefour-Maritime where the celebrations were held, everyone was invited to enjoy a community luncheon that had been prepared by the restaurant St-James au bar de l'eau. A delicious anniversary cake was served to all 67 participants. The celebration event was appreciated by all.

To finish the day a *Best of Baie-Comeau* guided walking tour was conducted by Maxime Côté. Participants thoroughly enjoyed their day and the community spirit created by this special event.

SEE MORE PHOTOS ON BACK PAGE

Baie-Comeau 50+ Welcome Back Breakfast and VideoConference

On September 23rd, Baie-Comeau 50+ members enjoyed a welcome back healthy continental breakfast as a way to catch up after the summer break from activities.

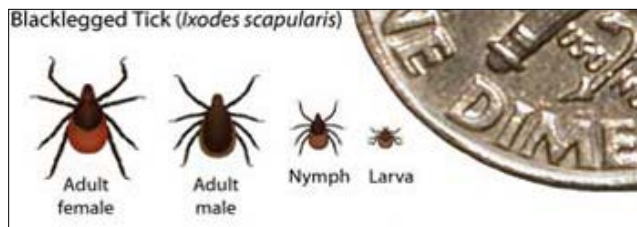
Breakfast was followed by a CHEP (Community Health Education Program) videoconference titled "Ticks & Lyme Disease". This interactive session explored questions such as:

- What is Lyme disease?
- How do we get Lyme disease?
- How can you protect yourself?
- What to do when we are bitten by a tick
- Signs and symptoms of an infection

Documentation was distributed to participants

If you would like more information on this subject, you can contact us at (418) 296-1545. Information may also be found on these websites:

- Health Canada's Lyme Disease prevention Toolkit online: <http://tinyurl.com/ns9nn4r>
- Canadian Lyme Disease Foundation (prevention, basics, diagnosis, and tick kit: <http://canlyme.com>
- Health Canada's Lyme Disease Awareness video: <http://tinyurl.com/p8e9hxx>
- Public Health Agency website on Lyme Disease: <http://tinyurl.com/pv9v2rc>



Upcoming CHEP Videoconferences... ask your Community Coordinator!

- October 21, 2015 – Life after Stroke
- November 25, 2015 – Bowel Disorders
- January 20, 2016 – Dementia & Memory Disorders (not Alzheimer's)

Happy Retirement, Gail

The NSCA wishes to express a *Happy Retirement* to our seniors animator Gail Court Lavallee.

Many thanks to Gail for her years of dedication in helping us build a solid 50+ program in the community of Sept-Iles.

Your dedication and generosity was greatly appreciated by all.

Enjoy retirement and looking forward to seeing you at our activities as participant!



A Guide for the Health & Social Services Network Complaint Examination System

All users of the health and social services network who believe their rights have been infringed or are dissatisfied with the services received may express their dissatisfaction or file a complaint.

As a user of the health and social services network, you have the following rights:

- to be informed about the status of your health, the care available to you and the effects, and the services available in your area and how to obtain them
- to receive personalized and adequate health and social services that are scientifically, humanly and socially appropriate
- to be informed of all accidents occurring during the provision of services, if these accidents may have consequences on your health
- to choose the professional or institution that will provide the care and services that you need
- to be sufficiently informed so as to be able to freely participate in decisions concerning you, for instance, to accept or refuse care or services
- to consult your user file, which is confidential
- to receive emergency care
- to be treated with courtesy, fairness and in a safe manner, as well as with respect for your dignity, autonomy and needs
- to receive services in English if you are an Anglophone user, as provided for in your region's access program
- to be accompanied, assisted or represented by a person of your choice when needed
- If you feel your rights have not been respected:
 - o Be informed about what you can do
 - o File a complaint confidentially
 - o Be assisted or accompanied in the procedure

ASSISTANCE AND SUPPORT

- * **The service quality and complaints commissioner:** CISSS de la Côte-Nord - 418 962-9761 poste 2910 or 1-877-962-9761 or CLSC Naskapi: 418 585-2897
- * **The Centre d'assistance et d'accompagnement aux plaintes (CAAP or complaint assistance and support centre)**
This regional community organization is mandated by the Minister of Health and Social Services to offer free and confidential services. Call 418 295-2779 or 1-877-767-2227 (service available in English). The CAAP can do the following things: provide information about the complaint process; help you write your complaint or write it for you; accompany you throughout the complaint process; encourage conversations with the institution involved to help find a solution
- * **The users' committee of the institution involved in your complaint:** All institutions are obliged to have a users' committee. The role of this committee is to defend the rights and interests of the health and social services network's users. To find out the users' committee's telephone number, ask the institution's service quality and complaints commissioner.
- * **The Aide Abus Aînés (elder abuse) helpline:** This confidential and anonymous helpline was put in place by the Ministère de la Famille et des Aînés. If your complaint concerns the infringement of an elder's rights, you can get help by calling toll-free at 1-888-489-ABUS (2287).
- * **Any person you choose can accompany or assist you at all time in the complaint examination procedure.**

The website of Educaloi contains valuable information on this subject:

<http://tinyurl.com/no59c9n>

36th Terry Fox Walk at Riverview School

by Debbie Laurie



On Wednesday, September 30th, I joined the staff and students of Riverview School to walk for the 36th consecutive year. Our school has never missed one, and this event was held simultaneously across Canada as part of National Terry Fox School Run Day. We walked over to McCormick Island and after a lovely stroll through the woods, we took time to write messages of hope in chalk. Then we walked back to school for refreshments, and I took part in an ASK MISS LAURIE ABOUT TERRY FOX session to end the afternoon.

This year we have raised another \$5 500 for the Terry Fox Foundation, bringing our total raised in the community since 1980 to over \$130 000. I am proud to be a part of this every year and hope to be for many years until we never have to hear the word “cancer” again.

Terry Fox Run #36: The Dream Lives On

by Debbie Laurie



This year marks the 35th Anniversary of the Marathon of Hope undertaken by Terry Fox back on April 12, 1980. In order to celebrate what is actually my 36th participation in the annual event, I flew to Montreal to walk with a dear friend Eddy Nolan, who is a stage 4 throat cancer survivor and who has been running every year since 1981. On Sunday, September 20th, over 2000 people walked or ran in the Old Port of Montreal in memory of those no longer with us and in honour of those still fighting the beast daily.

For me, it has become very personal as my seven-year-old cousin Sean Thomas courageously battles leukemia for the third time at BC Children’s Hospital in Vancouver. While there I had the privilege of meeting Marc Garneau, Canada’s first astronaut in space. And I was thrilled that two former students of mine, Laura Dignard and her son Alex Côté, as well as his fiancée, Sarah-Eve Lemieux, once a student at BCHS, answered my Facebook challenge and joined me to walk!



Riverview School Happenings

by Shaunna Goudie, Head Teacher



Riverview school welcomed in the new school year with a corn boil, Terry Fox Walk and an apple activity with grades 1-2-3 wherein they made apple chips.

Baie Comeau High Off to a Roaring Start

by Stephen Kohner, Principal



Over 130 alumni of the English Schools of Baie-Comeau enjoyed a Labour Day weekend Grand Reunion. An Open House, barbecue supper, speeches and live entertainment helped make the event a huge success!

BCHS Home & School Association organized the annual Welcome Back to School lunch. The lunch area was packed with students, staff, parents, grandparents and families! It must have been a record crowd!

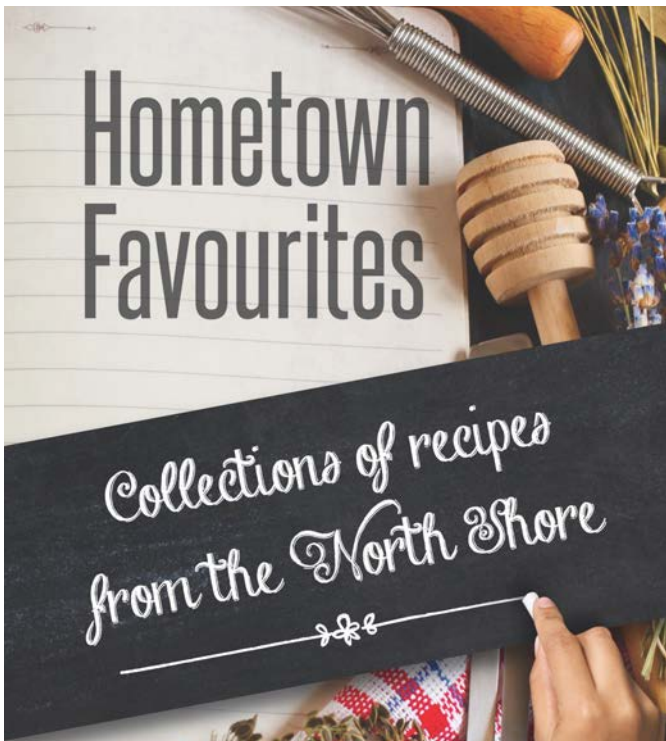


Mr. Luc Parent organized a cross-country running event at Parc des pionniers. The winners went on to compete in the Cote-Nord Regional championships held on October 6

Skye Harvey-Bourque was the recipient of the Governor General of Canada's Bronze Medal for highest academic achievement (Sec. V)

Subsequent to winning the local Legion Poetry contest last winter, Kim Ross, Vicky Bouchard, and Maria Ida Di Lalla won the provincial prizes in their respective categories. Congratulations!

Get Your Hometown North Shore Recipe Cookbook



The North Shore Community Association is proud to bring you this mouth-watering collection of favourite home-town recipes. We hope some of them will become your favourites too!

Most of the recipes presented here find their origins in towns such as Port-Cartier, Seven Islands, Baie-Comeau as well as the Lower North Shore. Many of them were hand-written and are still wonderfully preserved. We are grateful to our contributors who generously lent and allowed us to reproduce them.

Cookbooks are on sale for \$10 each. Please contact the NSCA office (418) 296-1545 to purchase your copy.

Worship Services

All Saints' Church

39, av. Ungava

Sept-Iles

All services commence at 10:30a.m.



- Nov. 1: Anglican Service
- Nov. 8: United Church Service
- Nov. 15: Anglican Service
- Nov. 22: United Church Service
- Nov. 29: Joint Service
- Dec. 6: Anglican Service
- Dec. 13: United Church Service
- Dec. 20: Anglican Service
- Dec. 24: Anglican Candlelight Service at 7p.m.
- Dec. 27: United Church Service

Christ the King Parish

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

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

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

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11a.m.



- November 8: Remembrance Day/Communion Service
- November 22: Communion Service (Last Reign of Christ)
- December 13: Communion Service (3rd of Advent)
- December 19: Service of Lessons & Carols (5p.m.)
Potluck Supper & Carol Sing-Song (6p.m.)

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgocable.ca

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 / 581-308-8393

Focus Group Meetings for 3 Communities



Working in partnership with Community Health & Social Services Network (CHSSN), the North Shore Community Association (NSCA) recently hosted two focus group meetings in order to gather information concerning the use of health and social services on the Cote-Nord.

Participants were first invited to take part in a 5-7 social gathering where they enjoyed a delicious offering of cheeses, crackers, pâtés as well as baguettes and fruit-veggie platters.

Ms. Joanne Pocock, researcher, and Ms. Mylène Kosseim, consultant, facilitated these meetings. The first one was held in Baie-Comeau on October 6th with Port-Cartier attending via videoconference. The second one involved Sept-Îles on October 7th. Participants were invited to complete a brief questionnaire followed by informal sharing of experiences in obtaining services in English at different health facilities.

The knowledge gathered through the focus groups will be used to identify issues and form action plans. Feedback will help develop a strategic direction that will effectively support our mission in serving the English-speaking community.

Participants enjoyed their evening and were pleased to have the opportunity to share their experiences. The North Shore is one of four regions to take part in these focus groups.

National Seniors Day in Sept-Iles



The 50+ club in Sept-Îles participated for the second time in celebrating National Seniors Day on October 1st with 22 of our members in attendance.

Organized by the seniors of Uashat mak Mani-Utenam and the Table régionale de concertation des aînés of the MRC de Sept-Rivières, the celebration took the form of a dinner at the Salle Naneu of Uashat with over 250 Francophone, Anglophone and Innu seniors present. Among the highlights of the event were speeches by Elian Landry Picard, president of the Table des aînés, Louisette Catto, municipal counselor for Ville de Sept-Îles. From the Innu community there were messages from Marie-Marthe Fontaine, counselor for the seniors' dossier, and chief Mike McKenzie. A recognition ceremony of seniors 80 years and over also took place. The atmosphere was warm and friendly and gave way to discussion on the issues associated with aging.

Five of our members were among the lucky ones who won door prizes – it must be the luck of the Irish!

Seniors Action Quebec holds Focus Group with English-speaking seniors of Sept-Îles

Working in partnership with Seniors Action Quebec (SAQ) for their *Building Capacity -From Evidence to Action Project*, the NSCA recently invited members of the senior community in Sept-Îles to attend a focus group meeting and luncheon at All Saints Church Hall.

The purpose of the gathering was to help identify issues affecting the senior population in the region and to identify what the priorities are.

Joanne Pocock, researcher hired by Seniors Action Quebec, developed a profile of the English-speaking seniors of Sept-Îles; a resource tool for the NSCA which provides up-to-date data knowledge gathered from several relevant data sets. Highlights from the profile regarding English-speaking seniors in the territory was presented to the community members, then followed by presenting some priorities that emerged from the provincial survey and some priorities that had emerged from NSCA assessments/portraits of Sept-Îles in recent years.

This led on to a lively discussion and an exercise that narrowed down priorities nominated by the group to three:

- 1 - social participation /social assistance
- 2 - access to health and social services in English and
- 3- living arrangements.

Participants used sticky dots to rank the priorities on flip charts labeled by theme.

A brief report including the information on the demographics of the participants, highlights from the profile, comments from the discussion among the focus group participants and the priority(s) will follow.

Many thank to our seniors participants!





Are you looking to get out and meet people?
 Would you like to improve your fitness?
 Why not join us at our
Low Key Exercise Class
 for ages 50+
 on
 Tuesday's
 10am to 11am
 Centre socio-récréatif
 500 Jolliet, Sept-Îles





Phone Shelby for more information 418-965-0168
Or the NSCA office at 418-968-3148

Join the group for a fun morning of light exercise

NSCA- Bringing Communities Together

Xmas Tea & Bazaar

Anglican Church Women (ACW) Group of All Saints Anglican Church will be holding their Annual Christmas Tea & Bazaar from 2 to 4 pm

Saturday, December 5, 2015
 At the Church Hall of All Saints Church
 47 Ungava, Sept-Îles

A variety of home baked goodies and variety of crafts for sale.
 Everyone Welcome!!!

For more information contact Christina at 418-962-4023



New CLSC Inaugurated in Schefferville



A new CLSC was inaugurated on September 28th in Schefferville by Mr. Marc Fortin, President and Executive Director of the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord. The new, spacious building will improve service to the population while responding to current standards.

The CLSC offers emergency services, medical consultations, at-home nursing care, vaccination and psychosocial services. The staff of the CLSC is composed of nurses and physicians who are supported by other healthcare professionals through service agreements.

A doctors' residence has been constructed to house the doctors who alternately serve the CLSC of Schefferville and the two native health centres located in this region. During the inauguration, Mr. Marc Fortin thanked everyone who played a part in the completion of the project as well as all the staff for their dedication to the users of the health and social services network.



Commission Scolaire Eastern Shores Eastern Shores School Board

Office of the Director General

**PRESS RELEASE
FOR IMMEDIATE DISTRIBUTION**

NEW CARLISLE, TUESDAY, OCTOBER 7, 2015 –Eastern Shores School Board (ESSB) is proud to announce its success rate that, according to the prospective study of the Ministry of Education, Higher Education and Research (MEESR) is registered as 80.5%. This number indicates an improvement of 19% in just seven years.

Prospective studies are based on the statistics gathered from the graduation rates of secondary 5 students, during 5, 6 or 7 year cohorts. ESSB ranked first of the 72 school boards across Quebec for the 5 year cohort.

"We are very proud of the entire team at ESSB for the beautiful work that sees our students as recipients. This demonstrates that teamwork and perseverance is worth it," said the Chairman of the ESSB, Wade Gifford. «We have been able to accomplish these figures with the budget cuts of the last five years and let us not forget that our territory is the same size as Spain» concluded Mr. Gifford.

"We are very proud of the achievements of ESSB, it actually demonstrates that the Anglophone community works closely with its schools, teachers and school boards," said David D'Aoust, President of QESBA (Québec English School Boards Association).

ESSB territory covers the Gaspé Coast, the Magdalen Islands, the Lower Saint- Lawrence and the North Shore.

NSCA AGM Photos



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 12, 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.

Mailing:
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:
530, av Brochu, 3rd Floor
Sept-Îles, QC G4R 2X3
418-968-3148



www.quebecnorthshore.org
nsca@quebecnorthshore.org

Chair: Miss Debbie Laurie
Vice-Chair: Mr. William Larivière
Secretary: Ms. Mary Ann Bourassa
Treasurer: Mr. Maxime Côté

Publication mail agreement #41540025

Return undeliverable Canadian addresses to:

**North Shore Community Association
P. O. Box 163
Baie-Comeau, Québec
G4Z 2G9**

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

