

LET'S GET CONNECTED

January 2017

Volume 13, Number 3



Photo: NSCA / Cote-Nord

QUEBECNORTHSHORE.ORG

Intergenerational 50+ Christmas Dinner and Choir in Sept-Îles

The 50+ members in Sept-Îles gathered for a special Christmas feast on Wednesday, December 14th, bringing to an end the many and varied activities enjoyed throughout 2016.

The day started with a Festive Punch, warming up everyone's voices for the carol-singing coming up later. Three employees from the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord came along to share in the festivities and take advantage of having a golden opportunity to practice their English. Seniors were treated to a tasty homemade cipaille and a variety of salads for their lunch. For dessert, a cake that was almost too beautiful to eat was made and lovingly donated by community member Tracey Maurice for seniors to share. Over lunch, seniors enjoyed the dulcet tones of Bruce Duford, singing classic hit songs and Christmas favourites.

After lunch, a choir comprised of 32 students from Flemming Elementary School arrived with their principal Mrs. Robertson and two other teachers to perform Christmas carols and hit songs for the seniors. Some of the students' own families came along to hear their children sing.



NSCA and CISSS employees

The 50+ members buoyed by the Christmas spirit sang their favourite Christmas carols for the students and it wasn't long before the whole room was singing along! The students all left with a surprise gift, kindly distributed by Edith O'Brien and donated by the NSCA. Local TV station, COGECO represented by Tommy Auger, came along to record the festive fun and importantly to document the community reach of the NSCA Anglophone community in Sept-Îles. Christmas is a special holiday for all language communities and age groups, and it was with pride that seniors spoke about the importance of different generations coming together at this special time of the year and a wish for the Anglophone community to continue to prosper and celebrate their heritage in the years to come.

(more photos on back page)

A WORD FROM THE CHAIR

Happy 2017 to one
and all!



As I sit typing this letter on a sunny but very cold Sunday afternoon in the middle of January, I can't help but wonder where the holidays went. The older I get, the faster time goes! Seems I was just boarding my flight to Montreal and now all I have to remind me of the season is a sore back!

The past year has been filled with many highlights as a result of much hard work by our staff in the Sept-Iles and Baie-Comeau offices and the input of our Board of Directors. I am convinced that this new year will be just as rewarding, especially given the wide variety of events being offered from toddler to senior! Participation at these events is excellent so the animators seem to have found the winning formula.

I would like to take the opportunity to wish each of you health, happiness, and laughter, the latter being the best medicine and it doesn't even require a prescription! Make time for family and friends. Find joy in the small things and smile as often as you can.

Thanks for being part of the NSCA in whatever way you can!

Debbie Laurie, Chair

COMMUNITY LEADERSHIP BURSARY



NSCA in collaboration with McGill University is pleased to announce the winner of the 2016-2017 bursary.

The purpose of the McGill Bursary program is to encourage youth who are studying in and out of our region in the Health and Social Services sector to complete their degree and return back to the North Shore, where there is a high demand for health professionals with both English and French language skills.

The NSCA would like to congratulate this year's recipient Mai-Li Du Tremblay of Baie-Comeau, who is studying in Medicine at McGill University.

Eastern Shores School Board Registration 2017-2018

February 6 - 17, 2017

The Eastern Shores School Board serves all students eligible for English education in the Baie-Comeau, Port-Cartier, Fermont and Sept-Iles region. Our School Board provides general academic education at the elementary and high school levels in conformity with the norms established by the Quebec Ministry of Education.

Criteria for enrolment are:

- 1) To be eligible for **PRE-K**, your child must be 4 before **October 1st, 2017**
- 2) To be eligible for **kindergarten**, your child must be 5 before **October 1st, 2017**
- 3) To be eligible for **grade 1**, your child must be 6 before **October 1st, 2017**
- 4) An original birth certificate for your child with both parents' names must accompany the request for admission
- 5) **Certificate of eligibility for English Instruction.**

For further information and/or to register your child, **please contact the school to make an appointment.**

Baie-Comeau H.S. : 418-296-2832 / Riverview School, Port-Cartier: 418- 766-2665 / Flemming Elementary, Sept-Iles: (418) 962-2166
Queen Elizabeth H.S.: 418-962-4540 / Fermont Elementary School: 418-287-5497

Atlantic and Quebec Health Networks Meet in Halifax



French-language health networks in the Atlantic region, members of the Société Santé en français (SSF) and the health networks in English of the Community Health and Social Services Network (CHSSN) of Eastern Quebec met in Halifax on December 6 and 7 for two days of meetings. A total of 20 people representing 14 health networks in the Atlantic provinces and Quebec participated. The NSCA, one of the health networks, was represented by the Executive Director, Jody Lessard, at this 2 day event.

The goals of the meetings were to gain knowledge of the tools, resources and strategies of Atlantic networks and CHSSN networks; identify avenues for collaboration between Atlantic networks; and to identify avenues for collaboration between Atlantic networks and CHSSN networks. Participants were able to take part in consultative meetings and meet with health professionals in French in the Halifax region, as well as to attend presentations on various subjects including:

- + The coordination of bilingual services and the active offer of services in French at the IWK Health Center
- + Healthy Language Standards, presented by Gilles Vienneau of the New Brunswick Society for Health and Wellness in French
- + Health Promotion, presented by Barbara Losier of the Acadian Movement of Health Communities of New Brunswick and Maya Bélanger, Official Languages Consultant at the Public Health Agency of Canada.

The participating networks were very satisfied with the meetings and were able to establish many avenues for future collaborations and projects, as well as to make new contacts.

ALLIANCE - Improving living conditions for Côte-Nord seniors

On December 15, 2016, a regional event was held in Baie-Comeau where 45 organizations of the North Shore confirmed their engagement to take concrete and coherent approaches for active and healthy aging for seniors; a mobilization process for the improvement of living conditions for the senior population.

The North Shore Regional Table of Seniors and its partners acted collectively towards the improvement of the seniors living conditions, by getting together in an Alliance, where each partner became a signatory, confirming its commitment to realize an action towards the improvement of seniors living conditions.

Overall, the signatories of the Alliance have confirmed to more than eighty initiatives, actions and intentions that were therefore placed on the agenda for the next three years. The North Shore Community Association is one of the 45 signatories of the Alliance. A collective commitment was realized!



Fleming Elementary November-December Activities

by Vicky Robertson, principal

In November, we were happy to kick off the first week of Breakfast for Learning and the afternoon Snack Program all thanks to our Breakfast for Learning grant. November was all about giving and being kind. Students collected loose coins and sold popsicles to fundraise for the SPCA in Sept Iles. Students raised \$333.50 and 6 students along with Ms. Johnson and Mrs. Robertson visited the SPCA with their donation. Blankets, and treats were also provided to the animals during this visit. Camp Attitude Rock signed up with Flemming to provide music lessons in guitar/bass/drums and vocals to 21 students in Gr. 1-2-3. The students have had a blast and look forward to their One Night Only performance on Dec. 14th – at THE BIG SHOW. NANS funding was used to cover the cost of Camp Attitude Rock. The Flemming Choir of 30 plus students came in with a blast as their beautiful, harmonious voices blended together to the tune of Mr. Kevin's guitar. They are truly magnificent. Practices were held weekly after school hours by Mrs. Levesque and Mrs. Evans. Flemming Students participated in the Defi Mini-Basket and had a lot of fun. Thanks to Mr. Cody for participating with his players.



Ms. Lindsay, once again led the way for the Christmas Basket Donations. Ms. Lindsay collected items from all students weekly, tallied the items and awarded the class with the most items a special homemade baked treat. In all, 40 food boxes were prepared. We would like to thank the NSCA for their collaboration and help with the preparation and organization of these Christmas baskets. A \$200 donation came from an anonymous donor and \$300 for food items was donated by the 50+ Club. Families who received were very happy and students and staff were very proud to give something back.



Kindness month at Flemming Elementary gave us quite a surprise when an anonymous donor who had no affiliation with our school, walked in off the street and donated \$1040 to our Breakfast for Learning Program. THANK YOU.

The Grade 6 classes continue to fundraise for their end of year trip to Quebec City. 50/50 tickets have been flying off the shelves and winners have taken home winnings of \$850.00. They have been involved in many activities and will continue to reach their fundraising goals into the New Year. Thank you to everyone who has helped make this happen.



December seemed to come out of nowhere and students and staff were growing excited for the holidays to arrive- especially once the snow hit the ground. Mr. Marc Tardif – magician extraordinaire, came in to provide Flemming students and staff with a magic show – funded by Home and School and NANS funding. Needless to say, it was exciting and engaging.

With the Christmas holidays just around the corner, Home and School hosted a Christmas breakfast, while the Flemming Choir serenaded us with their beautiful voices on Dec. 21st. The morning was as usual, a huge success and a great start to a safe, relaxing holiday season.



Fermont School Activities

by Karen Kean, principal

The students have been busy at Fermont School. There have been a lot of interesting activities happening.

Christmas Concert: Our Annual Christmas Concert was held on December 20. The students in Pre-Kindergarten to Grade 2 performed a play, *The Annoying Gingerbread Man*, and the students in Grades 3 to 6 performed Reader's Theatre, *The Polar Express*. The students also sang songs, played the xylophone and bells.

Carnival Day: Popping the balloons for a prize was exciting. The fish pond was a big hit. Students chose artwork that was painted on their arms or face. Ducks were blown around the pond. The students relaxed after their busy Carnival Day.

The Five Senses: Pre-Kindergarten and Kindergarten students learned about their five senses by eating popcorn.

Creative Music: The students created music using coloured water and glass containers. Look at our cute name plates!



Flemming Christmas Basket Campaign



For the first time, the NSCA 50+ group collaborated with Fleming Elementary School to support their 'Flemming Family Christmas Gift Basket Campaign'.

The Christmas Gift Baskets were filled with non-perishable food items, gifts, toys and children's clothes and then donated to families in need in the community. Thanks to the generous support and hard work of the NSCA, the 50+ Group, and Fleming Elementary, 40 Gift Baskets were assembled!

The Baskets were made possible through a \$200 anonymous donation, \$300 raised by the NSCA 50+ group and food and gift donations from Fleming Elementary. NSCA staff members Danielle Duguay and Tammy Mansbridge, as well as 50+ Group member, Christina Bobbit, helped assemble the Baskets together with Fleming Elementary Staff members.

A great success and one we hope to replicate in 2017!

New Program for 0-5 yrs old... Travelling Literacy Bags

Otis Owl, Ferguson Fox and Brooklyn Bee are just some of the names of our brand new Travelling Literacy Bags! Our Travelling Literacy Bags are actually bright, colourful school bags to be loaned to parents of children 0-5 years and will contain books according to age groups 0-2 years and 2-5 years with themes such as bedtime, brushing teeth, family, sharing, health eating, exercising, bath time, pets, homes, manners . In addition to the books, there will be information pamphlets on community services and feeding toddlers, activity and coloring sheets, crayons, tooth brushes, dental floss and other fun items, all free of charge that parents and children can keep. We will also include fact sheets which show how cuddling, exploring, naming, pointing, playing are all a part of reading to young children.



Each literacy bag will be loaned for a period of 2 weeks and upon its return, parents and children may choose another bag with a different theme.

The Literacy Bags will be available in Baie-Comeau, Sept-Îles and Port-Cartier by mid-February. Information will be posted soon to our FaceBook page and Website on how to have access to your Literacy Bag. You may also contact the NSCA office at (418) 296-1545 or (418) 968-3148.

This project is being made possible by funding obtained through Réussite-Accomplissement-Persévérance (RAP) Côte-Nord and from Community Health and Social Services Network (CHSSN). We would also like to thank the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord for their valuable collaboration.

BCHS-CLC November-December Activities

by Stephen Kohner, principal



- A number of Student parliament members volunteered on Saturday, November 5 at the local Walmart to help Veterans distribute poppies. This is the first year students were implicated in the annual poppy campaign.
- Staff, students and community members gathered in Parc des pionnières on November 11th to pay tribute to those who have served in Canada's War efforts and Peace-keeping missions.
- Thanks to an offer from the local Maxi grocery store, students spent a number of days in early December to bag groceries, raising money for a number of school trips.
- Music Clubs for elementary and secondary have started up -funding is provided, in part by a Busy Bodies grant to BCHS-CLC.
- A Christmas concert was held before the holidays and Student Parliament were pleased to have collected over a dozen boxes of non-perishable food items to donate to a local organization.

SERVICES offered by the Canadian Cancer Society on the North Shore

Most services are offered to people with a cancer diagnosis and their caregivers. Some of these include:

A forum “CancerConnection.ca” is available where people can discuss, obtain support and exchange information in order to better face their cancer. It is an online community for people with cancer and their families and friends. The link to the forum is <http://www.cancerconnection.ca/>

Webcasts on various subjects related to cancer are available in English at <http://cancerconnection.ca/webcasts>

Information service on cancer: Call 1-888-939-3333 or email them at info@sic.cancer.ca from Monday to Friday, 8 am to 6 pm. You can talk to a trustworthy person who is able to give you up to date information on:

- Cancer treatments and their side effects
- Clinical trials
- Ways to cope with cancer
- Psychological support
- Help available in the community
- Complementary therapies

Publications: On the Canadian Cancer Society website, the Publications section lists many different booklets and brochures that you can order and have delivered to your home free of charge. Or you can call the toll free number 1-888-939-3333.

Financial Assistance: Help is available for transportation and some rehabilitation equipment. Certain conditions apply, especially if the household is considered low-income. This link will bring you to the form to verify if you are eligible: <http://tinyurl.com/jvcu38g>

Capillary prostheses (wigs): They help women affected by cancer to obtain hair prostheses when they lose their hair as a result of treatments for the disease. The Canadian Cancer Society has prosthetic banks. Women have access to a selection of prostheses, which they can try to find one that suits them. There is a service centre in Baie-Comeau, call 418-296-2686 for an appointment.

The organization **Percé Neige** (part of **the Association du cancer de l'Est-du-Québec**) is situated at **652, avenue De Quen (MOCSI) in Sept-Iles**; they loan mammary and capillary prostheses and offer massage therapy and zoo therapy service at the chemotherapy clinic. Their services are free. To contact them call 418-968-5556 or 1-800 463-0806.

PLEASE NOTE: If you need any help, please contact us at 418 968-3149 or 418 296-1545.

Éducaloi...Information Empowers

Éducaloi is an independent, non-profit organization explains the law to Quebecers in simple language. Their mission is to inform Quebecers about their legal rights and responsibilities in language that makes the law easy to understand.

They publish information on their Website and via different pamphlets about family law, criminal law, human rights , housing, consumer law, health, the courts and the legal system generally, employment law, business law, youth protection, immigration and refugee law, life planning and more.

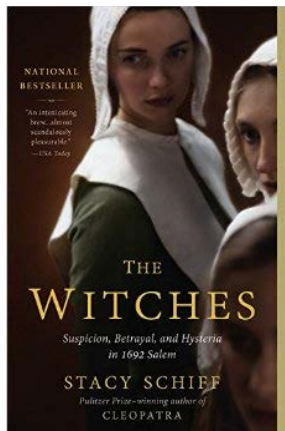
A law called *An Act respecting end-of-life care* came into effect on December 10, 2015
– The website of Éducaloi has plain language information on this important topic.

Éducaloi does not provide legal advice. The material on its website is for general information purposes only and in no way replaces the service of a lawyer or notary.



<https://www.educaloi.qc.ca/>

NSCA Book Club Invitation



Do you enjoy reading and meeting with friends? Does the idea of a book club interest you? Our English Book Club might be the perfect fit . Join us for a discussion and review on our monthly picks .

If you are interested in joining our group, please contact the NSCA at 418-296-1545.

This month's book is **"The Witches: Suspicion, Betrayal, And Hysteria In 1692 Salem"** by Stacy Schiff

Next scheduled book club meeting will be on **Saturday, February 4th at 9:00 am.**

Aaaaand... Relax

Since November, 50+ members in Baie-Comeau has been participating in a modified Yoga course to help stretch away a busy day! Yoga is a well know practice for reducing stress, anxiety and increasing flexibility. It is an easy and gentle activity to look after both our physical and mental well-being.

The course is delivered by Baie-Comeau High School's language monitor and certified yoga instructor Keisha Deoraj, who has designed these classes specifically for an older audience. Why not treat yourself to an hour for your own personal care in the company of friendly faces. No dress code or special equipment needed, just bring your-self and wear comfy clothes!

Look out for new class postings on our Facebook group and in the mail or alternatively call our office on 418-296-1545 for more information.



4th Annual Murder Mystery Party of the NSCA: Murder in Sin City

“What Happens In Vegas, Stays In Vegas!”



Lies were uncovered, secrets were exposed and someone fell victim to the lawlessness of the night on December 2nd when members of the North Shore Community Association participated in their 4th annual murder mystery party *Murder in Sin City*.

Among the characters were the bribe-taking black jack dealer "Jack Black", the sexy show girl "Lucy Legs", the cunning cocktail waitress "Mimi Martini", casino owner "Ronald Trump" and his wife "Iguana Trump", the inquisitive FBI "Agent Avery", lounge singer Paul Piano", bartender "Jim Beam", floor manager "Precious Trump", booking manager "Cole Conway", gamblers "Hustling Hailey" and "Ace High", reporter "Jamie Journalist" and even "Elvis" himself who either served drinks, sang, danced, lied or bribed their way through the evening much to the entertainment of everyone.

Participants shared delicious finger food and deserts to keep up their energy for this evening of sleuthing and secretes. After the victim was discovered, participants were invited to follow clues to discover who the murderer was while FBI Agent Avery conducted her own investigation! A fun evening was enjoyed by all.

Thanks to our great participants who made this event possible!



The NSCA is pleased to be a sponsor of CINOCHÉ 2017 & CINÉ 7 Festival du Film 2017.

This year we have sponsored a total of 7 English films during the festivals.



Worship Services

All Saints' Church

47, av. Ungava

Sept-Iles

Services commence at 10:30a.m.



- Jan. 22: United Church Service
- Jan. 29: Joint Service
- Feb. 5: Anglican Service
- Feb. 12: United Church Service
- Feb. 19: Anglican Service
- Feb. 26: United Church Service
- March 5: Anglican Service
- March 12: United Church Service
- March 19: Anglican Service
- March 26: 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.



- Feb. 5: Communion Service
- Feb. 19: Communion Service with Annual Vestry Meeting
- March 12: Communion Service
- April 2: Communion Service
- April 30: Communion Service

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgocable.ca

World Church Day of Prayer

On Friday, March 3, 2017 at 7pm, a World Church Day of Prayer service will be held at All Saints Anglican Church for Anglican, Catholic and United congregations. Everyone is welcome!

Photos from the Christmas Potluck, Sept-Îles



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 13, 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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