

LET'S GET CONNECTED

July 2017

Volume 14, Number 1



Photo: Max Coté / Baie St-Panrace

QUEBECNORTHSHORE.ORG

Toddler Time Family Day A Great Success!

OUT-DOOR FUN DAY was the theme of this special Toddler Time session in which 46 toddlers attended with their caregivers, parents or grandparents.

With music contributing to the ambiance, kids and parents had loads of fun while playing with the blow-up modules, playing the parachute game or having their faces painted. Two students from Queen Elizabeth High School generously donated their time and talent for the face painting activity.

The Fire Department arrived to show excited toddlers their shiny red fire truck. And what a thrill it was when toddlers pulled the sirens, tried on the hats, played games with the firemen and had their pictures taken!

A barbecue hot dog lunch was offered in collaboration with l'Envol-Maison de la Famille. Healthy snacks were available in addition to the cotton candy and caterpillar cupcakes!

As a parting gift, toddlers received free take-home gift bags. The PAELE coordinator Lisa Lavallée collaborated with NSCA youth animator Shelby Shattler in preparing these gift bags which included story books for children and books destined for parents such as *Is Your Child Safe?* and *Learning with Your Child*. These books were obtained from Health Canada and Literacy in Action respectively.

We wish to thank everyone who contributed, in particular l'Envol-Maison de la Famille, to making this day the great success it was!

(see more photos on back page)



A WORD FROM THE CHAIR

As I write this, it suddenly dawns on me that summer has officially begun and I missed the longest day of the year!! The whole week has been filled with the sights, sounds, even smells, of the last week of school before the long awaited summer vacation. I did take time to smell the lilacs which have bloomed for the first time on my bush in the front! They survived the winter of 2017 just like all of us. So now bring on some sunshine, warm weather, and lazy days!

It has been another busy year for the NSCA. We continue to offer informative videoconferencing sessions to our members in Sept-Îles, Baie-Comeau, Port-Cartier, and Fermont. The 50+ groups are very active in weekly and monthly activities, and our Executive Director has many projects on the go for us. Toddler Time sessions are popular in Sept-Îles, and the first two Story Time sessions ever held in Port-Cartier were much appreciated by the parents of those in attendance. There were five children in May and fifteen in June!

I'd like to congratulate the grads in our schools: Queen Elizabeth, BCHS, those Riverview students who transitioned over to the French CELA (I will be there to see those three receive their diplomas) and those Fermont students who finished their high school years in neighbouring Labrador. I wish you much success in a new phase of your lives. Dare to dream! Strive to make a difference.

Happy Summer to you all! Enjoy some time with family and friends wherever you may be! Our next AGM will be held in Port-Cartier in late September.

Debbie Laurie, Chair



The “In Search of Yesterday” heritage exhibit, a display of 12 bilingual panels that commemorates the heritage and culture of the town’s English-speaking community, will be on display this summer at the Anglican Church of St. Andrew & St. George, located at 34 Carleton, from June 26th to August 11th.

A free bilingual guided tour of the Anglican church is also offered on week days from 9a.m. to 12p.m. and 12:30p.m. to 4p.m., June 30 to August 11.

Tour guide Joelle Hurley will be pleased to welcome you to this 80-year old church.



NSCA Office Hours

Starting Friday, June 12th, the schedule for NSCA’s office hours will be as follows:

Head Office, Baie-Comeau:

- Monday - Thursday: 8:00a.m. – 4:00p.m.
- Friday: 8:00a.m. – 12:00p.m.

Satellite Office, Sept-Iles:

- Monday - Thursday: 8:30a.m. – 4:00p.m.

Please note that the NSCA Baie-Comeau office will be closed from July 28th to August 18th.

The Sept-Iles office is closed from June 16th – September 4th

Baie-Comeau Seniors' End-of-year Activity



Community members in Baie-Comeau gathered at the Church of St. Andrew & St. George on June 15th for a last get-together before everyone went their separate ways for the summer. We started in the kitchen – where most great get-togethers start- and made a new recipe – a cold soup called gazpacho. With its tomatoes, cucumbers, green pepper and garlic, it was a refreshing and healthy way to start our lunch.

Outdoor activities had been planned but unfortunately, it was just a little too cool. Instead we played a game of indoor bowling and had fun and laughs! It was also a great way of getting us moving and working up an appetite for the delicious potluck lunch that was awaiting us. With good food and good company, our activity was very much appreciated.

A big thank-you goes to everyone who attended and special thanks to the volunteers.

Have a great summer - The North Shore Community Association looks forward to seeing you in September!

Baie-Comeau 'Lunch & Fun' Wellness Activity



Eleven members of the community gathered at the Church of St-Andrew & St-George on May 10, 2017 to partake in a cooking activity, share a potluck lunch and have fun. As well, a table was set up where people could pick up informational pamphlets on nutrition such as *Safe food handling for adults 60+*, *Fish is good*, *Food comparisons (from CISSS de la Côte-Nord)*, *Meal Planning for people with diabetes*, *Dust mite allergies and common food allergies*.

The kitchen was a beehive of activity as members prepared "Louise's Bean Soup" and Linda's "Best Ever Banana Muffins" from our 2015 "Hometown Favourites" recipe book. Before sharing our meal together, everyone participated in some brain teaser activities that members just couldn't get enough of! Thanks to the talent of our experienced cooks and bakers and Mrs. McGee's "No Salt" recipe, we all enjoyed tasty homemade dips, our delicious soup, salads, sandwiches and mostly healthy desserts.

Thanks go out to those who prepared the kitchen and dining area for this event as well as members who attended and helped with cleaning up after.

Volunteer Awards Given in Sept-Îles

On Friday, June 2nd, the City of Sept-Îles held their 2017 Volunteer Recognition Evening.

This annual activity allowed us once again to nominate volunteers who have contributed to our organization, and most importantly who are dedicated to our community.

This year, the NSCA nominated 4 active female volunteers from the English speaking community

Congratulations to:

Marie-Anne Bizeau

Alice Joncas

Rosemary McKinnon

and Dora Boland



Volunteers are a rich asset and greatly appreciated, they give their time freely to make our communities a better place to live.

The NSCA would like to take this opportunity to express gratitude to the many dedicated volunteers in communities across the North Shore.

NSCA Promotes Services to Minister Duclos

On Wednesday, May 24, the Executive Director, Jody Lessard, had the pleasure of meeting with The Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development.

The minister was in our area to meet with members of the community and to make announcements of federal investments for the region.

He also had the opportunity to learn more about the NSCA and the English-speaking communities of the North Shore.



Congratulations, Chafika!

It is with pleasure that the NSCA announces the awarding of a bursary from the McGill Retention Bursary Program for students in the health and social services sector for the 2016-17 academic year.

The recipient, Chafika Haddour, who completed her studies in the program of Nursing at Cégep de Baie-Comeau, and will be pursuing her studies for a Bachelor of Nursing in the fall. Congratulations Chafika!

The McGill Bursary Program provides financial support to bilingual students who pursue post-secondary studies in the health sector. For more details on this program, please contact the NSCA office.



Fermont School Grad

Congratulations to Thomas Lariviere who graduated from Grade 6 at Fermont School. He will be travelling to Labrador West to continue his junior and senior high education. Thomas's father, brothers, aunts and his cousins living in Fermont also graduated from Fermont School and continued their education in Labrador West. Good luck in your future endeavors!



Health
Canada

Santé
Canada



Provincial Winners of Legion Competitions



Comrades Jean St-Laurent (left) and Francis Levesque of the Royal Canadian Legion Baie-Comeau branch were on-hand to present BCHS students their certificates and medals for winning the Quebec provincial Remembrance Day Poster and Literary competitions. Congrats to David Beaulieu: 1st place for black and white poster in the Senior category, Maria-Ida Di Lalla: 3rd prize for Poem in the Senior category and Catherine Martin: 1st prize for Poem in Intermediate category. The poems and poster will now go on to the NATIONAL competition - good luck!

North Shore Community Association (NSCA)

Annual General Meeting (AGM)

will be held on Saturday, September 23, 2017 at 11 a.m. in Port-Cartier
(venue TBA)

Get together with friends and meet new ones, and a wonderful way for the community to learn about the NSCA and our past year highlights

***invites and AGM agenda will be forwarded to the membership in August

Mother's and Father's Day Story-time a Hit!



The joy of reading was celebrated this spring with two English reading events at the Bibliothèque le Manuscrit de Port-Cartier. Mother's and Father's Day were each celebrated with a reading activity on May 13 and June 16 respectively. Each event had a special story-time with Miss Story (Debbie Laurie) who read to the children from books such as "Big Hugs, Little Hugs" by Felicia Bond and "My Dad is the Best Playground" by Luciana Powell.

After a fun story time, the little bookworms made funky crafts for their parents. Organized by Mallory Stonehill, the children made beautiful paper flowers for Mother's Day and let their imaginations run wild with a customized photo frame for Father's Day. The events were finished off with a tasty healthy snack. As a special treat for our Father's Day event, the library held a raffle for the 16 children that attended with bilingual books drawn as the prizes.

We would like to thank the library and all their helpful staff as well as Miss Story (Debbie Laurie) and Mallory Stonehill for the reading and craft activities. Let's hope we can repeat this success and look out for our next story-time! Happy Reading!

Terry Fox Lives at Riverview School

by Debbie Laurie



This morning at the closing assembly at Riverview, I unveiled the banner recognizing our 35 years participating and fundraising in the annual Terry Fox Run. It was a bit late arriving as we have actually now done 37 runs! To date, since 1980, almost \$140 000 has been raised. Here is the message sent from Terry's older brother Fred.

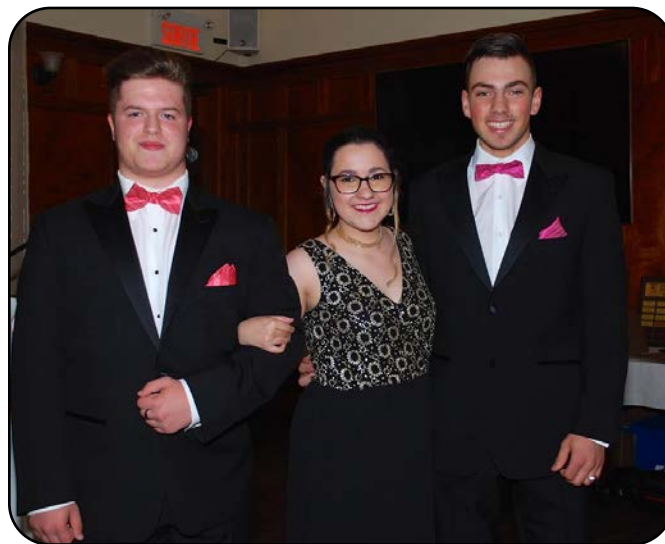
37 years ago today on June 23rd, Terry would have been in Montreal, soon to arrive in Ottawa for Canada Day on his Marathon of Hope. I visit many schools across Canada throughout the year that host Terry Fox Runs. My visit to Port Cartier & Riverview School a few years ago has been one of the highlights of my travels related to Terry & the Terry Fox Run. Congratulations to Riverview School on receiving your 35 year Terry Fox banner. Terry could never have imagined 37 years ago that young students would still be learning about what he did in 1980 and along with their teachers & parents, working hard to keep his dream of ending cancer alive. Thank you to Debbie Laurie for bringing her Terry Fox passion to Riverview School & allowing everyone there to make a difference in the lives of those with cancer. Riverview School can proudly say "Terry Fox Lives Here".

BCHS May-June Events

by Stephen Kohner



Elementary & Secondary students enjoyed a year-end excursion to the beach at Baie-Trinité on June 22nd. Despite the cloudy weather, some brave students dipped their toes into the frigid waters of the St. Lawrence River. Municipal counsellors ? and ? came by and treated us all to hot dogs, marshmallows and firewood. A great way to mark the last day of school!



Congratulations to our three Secondary V students who were honoured at the BCHS annual Graduation and Secondary Prize-giving ceremony on June 23. Pictured above is David Beaulieu, Maria-Ida Di Lalla, and Christopher Levesque-Tremblay.



Thanks to coach Sam Kerr, our students competed in the Regional Track and Field championships. BCHS won three medals that weekend and are now continuing with extra practices throughout summer.



Mary Ellen Beaulieu of Baie-Comeau was awarded the Community-School Honour Award by former principal M. Guy Richard on June 23. Mary Ellen has devoted countless hours as volunteer at numerous community-based events and organizations as well as ESSB Commissioner. Congratulations!



BCHS Home & School Association treated staff, students, and parents to a scrumptious year-end barbecue featuring fresh fruits, veggies, drinks, hotdogs, chill and hamburgers. Thank you to all who volunteered!

Free Travelling Literacy Bags: Program for 0-5 year olds



Here is one of the first users of our Travelling Literacy Bags Program in Baie-Comeau. He has the *Cheddar Cow* Literacy bag for 2-5 year olds where he learned about eating fruits and vegetables, received activity sheets and crayons he could keep, and books that his parents could read to him.

Each literacy bag contains books for age groups 0 -2 years and 2-5 years with various themes such as brushing teeth, exercising, pets, homes and more.

This service is **free of charge** to parents. Books are loaned for a 2 week period and are available at the NSCA office located on the third floor of Baie-Comeau High School. Call us to get yours! Our number is (418) 296-1545.

Congrats!



Congratulations to three grads formerly of Riverview School in Port-Cartier.

They are Natasha D'eon, Katherine Marchand, and Ryan Miller.

Ryan Miller was also voted MOST INTERESTED IN HIS CLASSES by his peers and won a gift certificate. He is also nominated for the Governor General's Award for Highest Overall Average in Sec. 5.

Virtual Newsletter Option...

We offer our membership the option to sign up for a virtual copy of the newsletter.

If you prefer to receive an electronic copy, please forward us an email at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's just as simple as that! Happy Reading!

Sept-Iles 50+ Wellness Activities

Please note that from September 2017, all of our 50+ Wellness Wednesday activities will take place at 652 De Quen (M.O.C.S.I. Gymnasium)

Look forward to seeing you soon!

Tai Ji and STAND UP! PROGRAM in Sept-Îles

Sept-Îles community members were in for a special treat when Audrey Roy, kinesiologist from the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord animated their Wellness Day on May 17th. Using a combination of exercises from the Stand Up! Program and Tai Ji, she demonstrated the movements involved so that participants could do them. For people with mobility issues or certain limitations, she showed each person how the exercises could be adapted to their individual needs.

The STAND UP! PROGRAM is a falls prevention program aimed at enhancing balance and leg strength and helping maintain healthy bones to reduce the risk of fractures. Tai Ji is also involved in falls prevention and in which participants learn basic movements to reinforce the feet and body muscles.

Members 65 and over were invited to register for free sessions of these two programs. To register they can contact Audrey Roy at 418-962-9761, extension 2593 or by email at audrey.roy@ssss.gouv.qc.ca

Literacy Comes Alive with PAELE Program

by Lisa Lavallee, PAELE Coordinator



Many literacy activities took place at Fleming Elementary during the month of June. In collaboration with the NSCA PAELE program, students and families participated in rallies, scavenger hunts, quizzes, reading tents and, of course, kicked off the end of year with some summer reading with our annual “2 for 1” Book Fair.

We ended the month with a reading celebration open to the whole community: « camp-read-a-lot » was a fun-filled night where families got together to play games, read books and enjoy smores around a campfire story.

What is Parkinson's Disease?

Community members in Baie-Comeau attended a Community Health Education Program (CHEP) session titled "What is Parkinson's Disease?" held in the Community Learning Centre of Baie-Comeau High School on June 7, 2017.

We learned interesting facts about the disease, the different strategies use in treatment and how to reduce the symptoms. The presenter, **Danielle Blain, M.Sc., Regional Director of Parkinson Canada in Quebec** was very knowledgeable and gave excellent explanations. As well, participants appreciated the high quality handouts. The questions we were unable to ask were sent to the CHEP consultants who forwarded them to the presenter - the reply was rapid and much appreciated.

Upcoming sessions include *Osteoporosis* in September with physiotherapist Myra Siminovitch, *Demystifying the Emergency Room* in October and *The Changing Role of the Pharmacist* in November.



Concerts in Sept-Îles/Port-Cartier

The following is a list of upcoming arts and cultural events for July & September that will feature English-language music.

David Thibault – Pure Rock n'Roll (Music)

Accompanied by two musicians, David Thibault performs in the purest tradition some of the greatest successes of the era of rock and roll, including those popularized by Elvis Presley. Passionate about performing, he gives back to the retro tunes of youth and brings the spectators in an incomparable journey in time.

Songwriter and performer Mathieu Lippé performs the first part.

Port-Cartier: Sunday, 16 July at 8:30p.m.

Floyd Memory (Music)

Floyd Memory will bring back the greatest moments of Pink Floyd's albums such as "Wish You Were Here", "The Wall", "Animals", and not to mention "The Dark Side of the Moon". Their collective appreciation for Pink Floyd is evidenced by the precision of their performance and their ability to reproduce the sound of the legendary British band.

Sept-Îles: Friday, 29 September at 8p.m.

For all ticket information contact the **Café-théâtre Graffiti** at 418-766-0101, and the **Salle de Spectacle Sept-Îles** at 418-962-0100.



NSCA

Photography Contest


Celebrating the Beauty of the North Shore!

The North Shore Community Association (NSCA) invites you to participate in a photography contest. The winning photographs will be used in the promotion of our region.

Win a prize worth \$100 for the winner of each category:

1. Wildlife and Plant life
2. Landscapes
3. Events and Activities **



(*consent form for photos with people)



Who can enter? All amateur photographers residing on the North Shore.

Eligibility of photographs: Submitted photographs must have been taken within the limits of the North Shore. The date must not appear on the photo. Black and white pictures will not be accepted. Photos can be any year and any season.

For more information and how to submit your photographs go to www.quebecnorthshore.org and check our Facebook page @ North Shore Community Association.

Coming to Quebec City for Medical Treatment?

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

Let us know...We're here to help
418-951-1295

pastoralcare@quebec.anglican.ca

Bishopthorpe's Third-floor Ministry

Since the autumn of 2010, people from all parts of the Diocese of Québec have been received on the third floor of Bishopthorpe (the bishop's residence) when in Québec City for medical treatment and/or accompanying someone receiving medical treatment.

This service is coordinated with the Pastoral Care service and lifts to and from the airport can be coordinated when sufficient notice is provided.

Available rooms: one double, one ¾ mattress, two single-bed rooms. A sitting room, kitchenette and bathroom (shower), also on the third floor, are part of the offering.

The accommodation is free, as is the parking. Those individuals wishing to contribute to continue the work can give money to the Diocese (cheques to be made out to Synod of the Diocese of Québec). No tax receipt will be provided.

Bishopthorpe is a 10-min. (max) walk from the Hotel Dieu de Québec, a 20 min. bus ride to the CHUL and 10-20 min. car rides to Hôpital Enfant Jésus, St. Francois d'Assise and Hôpital Laval.

An elevator is available to take people from street level to the main floor of Bishopthorpe. A chair lift operates between the main and second floors. However, visitors will need to walk the final staircase to the third floor.

Bishopthorpe is smoke-free.

To reserve accommodation, please contact the office of the Anglican Diocese of Québec at:
418-692-3858 / synodoffice@quebec.anglican.ca

Photos from the Toddler Time Family Day, 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 14, Number 1

NSCA Mission:

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

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Publication mail agreement #41540025
Return undeliverable Canadian addresses to:

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

