

# LET'S GET CONNECTED

March 2017

Volume 13, Number 4



Photo: Jocelyn Blanchette/ Fermont

[QUEBECNORTHSHORE.ORG](http://QUEBECNORTHSHORE.ORG)

## Senior and Caregiver Conference

On Monday, March 13<sup>th</sup> the NSCA held a senior and caregiver videoconference: "Top Medical Emergencies in Seniors and How to Handle Them". Jennifer Robert, former Director of Nursing & Quality at the Jeffery Hale-Saint Brigids Hospital in Quebec City was our presenter for the occasion.

A PowerPoint presentation had been distributed to participants who were able to follow it as Jennifer elaborated on each particular situation: calling 911, heart attacks, stroke, skin wounds and infections, falls and their consequences, diabetes and nosebleeds. A pretest at the beginning of the conference to evaluate our knowledge of some of these emergencies was corrected at the end thus allowing us to know how to deal with them.

Five different communities participated: Baie-Comeau with 14 participants, Sept-Îles with 6 participants, Port-Cartier with 4, La Tabatière 5 and St- Paul's River with 4 for a total of 31.

Participants received a folder which in addition to the PowerPoint included: Service Unsatisfactory by the centre d'assistance et d'accompagnement aux plaints (CAAP), Services by Droits et recours en santé mentale (DRSM), Financial Assistance for Domestic Help Services, Looking for a Family Doctor and the Complaint Examination System. People appreciated the clear explanations of what to do and what not to do.

Representatives of 2 two community organizations were present at our Sept-Îles site with the CAAP and the DRSM who left their information pamphlets, talked about their services and gave examples of situations where their interventions have helped people. Offering this conference was an initiative of the North Shore Community Association, in collaboration with the CHSSN and Health Canada. and funded by I'APPUI CÔTE-NORD.



## A WORD FROM THE CHAIR

**Happy Spring to you all!**

Despite my love and admiration for Saint Patrick, I firmly believe that we have him to thank for our most recent snowfall...and it was more than a little Paddy's Brush. Don't put your shovels and boots away yet.

Our communities have been keeping active despite the fluctuating temperatures. There have been interesting and very valuable video conferences every month. Thanks to all who took the time to participate.

There continue to be presentations of the latest movie releases in English. I can only speak for Sept-Îles but they seem to be very well attended. Last Sunday's BEAUTY AND THE BEAST was shown in the largest room and almost filled to its 120 seat capacity! And it's Ladies Night every Sunday night so it only costs \$7!

With sunny warmer days ahead, folks will be able to get out and enjoy more of the activities and sessions sponsored by the NSCA. And, believe it or not, summer will return, and the snow and cold will fade from our memories!!

Until next time, keep active and connected!

*Debbie Laurie, Chair*



## Take Home a Bag of Books Today Project Launched in Three North Shore Communities

Integrate books into your children's daily lives with the NSCA's Travelling Literacy Book-bags. Reading on a regular basis is a great way for babies and children to develop intellectual, language, motor and sensory skills as well as enhancing the special bond between parent and child.

The Travelling Literacy Book-bags have been on the move and are now resting in Baie-Comeau, Port-Cartier and Sept-Îles. The NSCA Book-bags are divided into 2 age groups; 0-2 and 2-5 years and inside each bag are books, activity sheets, crayons and informational sheets all relating to a special theme. Some themes include: bedtime, brushing teeth, manners, sharing, healthy eating, exercise and many more.

So if you are interested in having access to high-quality English books and if you want to take one home, simply call our NSCA offices in:

- Baie-Comeau (418-296-1545)
- Sept-Îles (418-968-3148)
- Port-Cartier (call Mallory Stonehill at 581-881-0544.

The Book-bags are on loan for a period of 2 weeks at a time.



# Sea Winter Salmon – Chronicles of the St. John River

by Mari Hill Harpur with Eileen Regan McCormack

Through the narratives of a family of salmon enthusiasts who are passionate about the history and conservation of Atlantic salmon, Mari Hill Harpur tells stories of people who had the opportunity to experience this pilgrim on the St. John River, Atlantic salmon. She generously shares with us unpublished images taken over the years at the family fishing camp, Camp Hill, on the shores of this majestic North Shore River.

This work is a compelling story about the sport of salmon fishing - which is also a science - and pays tribute to regional hospitality and expertise.

To know more about the book and author, check out the website [www.seawintersalmon.com](http://www.seawintersalmon.com)



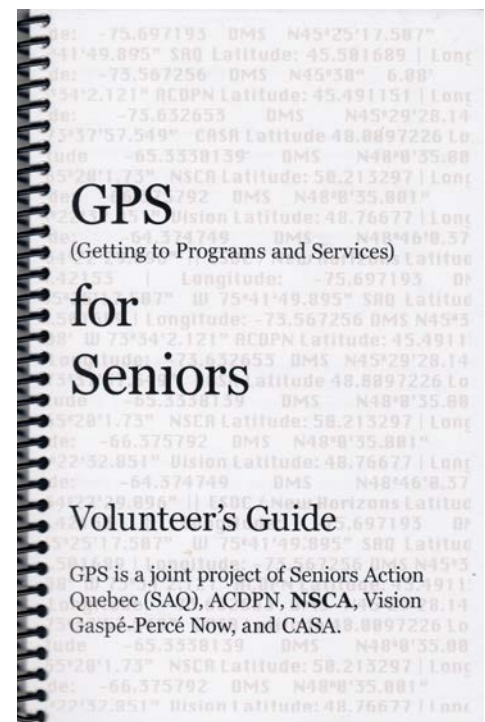
## GPS Program Launched

Back in 2016, we advertised for volunteers who were interested in making a difference in their local community, learning new skills and helping seniors in their area to come forward for the Getting to Programs and Services for Seniors (GPS) Program.

The GPS Program is designed to alleviate loneliness in English-speaking seniors and from January to March 2017, ten volunteers participated in training sessions organised by Seniors Action Quebec (SAQ, Montreal) in 2 communities: Baie-Comeau and Sept-Îles. Our volunteers are equipped with information on local services and are ready to make a visit or a friendly phone-call.

So if you would like to know more about services in your area or if you would simply like to benefit from having companionship, call Christina at the NSCA Baie-Comeau office 418-296-1545 or Tammy NSCA Sept-Îles on 418-968-3148 and we can arrange a visit to suit you.

If you are not a senior but are concerned about ageing parents or know someone who could benefit from our service, then do not hesitate to give us a call.



## Family Doctor Waiting List Now Available Online

Anyone looking for a family doctor can now submit their registration form online. The waiting list is now available at

[http://www.gamf.gouv.qc.ca/index\\_en.html](http://www.gamf.gouv.qc.ca/index_en.html).

Once you have registered on the waiting list, your request will be evaluated and priority granted according to your health.

The waiting time may vary depending on the availability of doctors in your area and the number of people registered on the list in your territory.

## 8th Annual St. Patrick's Day Potluck



Irish Eyes were smiling on the night of March 17 as the 50+ group in Sept-Îles got together to celebrate their annual St. Patrick's Day Potluck! The Church Hall was transformed into the 'Emerald Isle' and was full of families and friends all dressed in green, ready to sing, play games and eat! The NSCA Sept-Îles served up a big Irish stew and everyone brought different foods and drinks to share. The mood was certainly festive and a little bit of Ireland was transported to Sept-Îles! Everyone left already looking forward to next year's Potluck! **(more photos on back page)**

## Lunch & Learn: Côte-Nord Archaeological Discoveries

Baie-Comeau members discovered a new community organization **Archéo-Mamu Côte-Nord** and met its director Francois Guindon at their office located in the Jardin des Glaciers. He was happy to present several of the archeological pieces discovered by him and his team at almost ten new sites among the communities of Natashquan, Moisie, Pointe-aux-Outardes and Essipit in 2016.

We first visited the lab where all new artefacts are placed on tables to get cleaned, sorted, catalogued, analyzed, labelled and entered into a data base. We then looked at a video presentation of the different sites, saw how the land was prepared for a dig and some the discoveries that were made and listened to the stories and challenges involved. We learned the links between some artefacts and the history of the inhabitants at that era. Participants were able to ask questions during this most informative presentation and even afterwards while members had lunch together.



Archéo-Mamu Côte-Nord considers the archeological heritage of the Côte-Nord a treasure needing protection. This fragile resource needs to be preserved from:

- the erosion of the shoreline
- vehicles driving off roads and marked trails
- project developments having an impact on the integrity of archaeological sites;
- looting by collectors.

**Mr. Guindon may be contacted for any question pertaining to the North Shore archaeological heritage at: Archéo-Mamu Côte-Nord (418) 409-7455 and [fg@archeo-mamu.com](mailto:fg@archeo-mamu.com)**

**To know more about North Shore archaeology: <https://www.facebook.com/archeonord>**

# Seniors' Housing Issues Videoconference presented by Éducaloi

A total of 15 community members turned up on yet another stormy Wednesday for a videoconference on Seniors' Housing Issues. This most informative conference was presented in Baie-Comeau and Sept-Îles by the non-profit organization Éducaloi with lawyer Sarah Dougherty as the presenter.

Among the subjects discussed were eligibility for long-term care home centres (CHSLDS), the costs involved, rules for private residences and CHSLDs, where to turn if we have problems, government assistance programs and cancelling a lease. The conference was interactive –participants were able to ask questions and receive answers. We received up-to-date information and precise answers from our knowledgeable presenter. As well, the subject led to lively discussions among our participants who have family or friends living in residences.

The organization Éducaloi was founded in 2000 and aims to explain the law in everyday language and make it accessible to Quebecers.



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

## Yoga for 50+ Members in Baie-Comeau

**Inhale...Exhale...Relax!**

Wednesday night is Yoga night ! Take an hour and come along to our specially modified Yoga classes for the NSCA 50+ members. Yoga is an excellent practice to take care of your physical and mental well-being. No need for fancy equipment, just bring yourself and wear something comfy! For more information on the dates of the upcoming classes in Baie-Comeau, contact the NSCA office at 418-296-1545.



## Upcoming Arts & Culture Events

The following is a list of upcoming arts and cultural events for April that is accessible to English-language spectators.

### + Jocus (Dance)

The Tam Ti delam Folklore Ensemble presents its Carrousel 2017 - JOCUS: Sept-Îles, Sunday, April 9 at 2p.m.

### + Celtic Legends (Dance)

This Dublin-based Irish troupe of international calibre has been traveling the world for many years and will come to visit us as part of their very first Canadian tour. Fourteen dancers accompanied by five musicians will introduce you to the choreographic and musical folklore that is the foundation of Irish heritage.

Baie-Comeau: Wednesday April 12 at 8p.m. / Sept-Îles: Thursday, April 13 at 8p.m.

Ticket information: contact the Centre des arts de Baie-Comeau at 418 295-2000 and the Salle de Spectacle Sept-Îles at 418 962-0100.

# BCHS-CLC Winter Activities

by Stephen Kohner, principal



Despite the frigid temperatures of February 10th, BCHS students and staff thoroughly enjoyed a wide-variety of outdoor activities. Snowshoeing, sliding, hockey and a few other activities kept everyone in a carnival-type mood for an hour. Before heading off for tubing, downhill skiing and snowboarding at Mont ti-Basse, the Home & School Association treated everyone to a cup of hot chocolate. Funding for the afternoon activities was provided by our CLC wherein many parents joined in on the fun.

On St. Patrick's Day, the school was painted GREEN and WHITE as we all became honorary Irish citizens. Once again, the Home & School Association provided green treats - green punch, green cookies, green cupcakes and green jello. Samuel Kerr (Class of 2016) organized a basketball-a-thon day on Saturday, March 18th. The morning involved elementary students who participated in a wide-variety of skill competitions and a game. The afternoon saw the BCHS Old-Timers play against Les Cyclones (Polyvalente des Baies) and win by a score of 100-75. Thank you to our CLC for providing prizes and funding for this annual event.

# Fermont School's Winter Escapades

by Karen Kean, principal



Fermont Taïga Carnival: The Fermont School students participated in the Taïga Carnival. Everyone had taffy on the snow, went sliding on large tubes, drank hot chocolate in an inflatable igloo and made signs to support the mushers for the dog sled races.



Activity Day: Our students participated in a downhill skiing, cross-country skiing and snowshoeing on March 24. We had a lot of parents join us for the fun activity.

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## Travelling Literacy Bags

### Biblio-sacs pour tout-petits

Baie-Comeau	Sept-Îles	Port-Cartier
<ul style="list-style-type: none"> <li>• Prêts gratuits de deux semaines</li> <li>• Sacs thématiques de matériaux en anglais pour les enfants de 0 à 2 ans ou de 2 à 5 ans :                             <ul style="list-style-type: none"> <li>• l'heure du coucher</li> <li>• se brosser les dents</li> <li>• la famille</li> <li>• le partage</li> <li>• et bien plus!</li> </ul> </li> <li>• Renseignements pour les parents sur la nutrition, les services communautaires, etc.</li> <li>• Feuilles d'activité et de coloriage, crayons, brosses à dents, soie dentaire — à conserver!</li> <li>• Fiches d'information sur l'initiation à la lecture</li> </ul>	<ul style="list-style-type: none"> <li>• Free two-week loans</li> <li>• Themed bags of English-language material for children 0 to 2 years and 2 to 5 years:                             <ul style="list-style-type: none"> <li>• bedtime</li> <li>• tooth brushing</li> <li>• family</li> <li>• sharing</li> <li>• and more!</li> </ul> </li> <li>• Information pamphlets for parents on nutrition, community services, etc.</li> <li>• Activity and colouring sheets, crayons, toothbrushes, dental floss — yours to keep!</li> <li>• Fact sheets on reading to young children</li> </ul>	

www.quebecnorthshore.org (418) 296-1545

# Annual Bean Supper and "Lip Sync Contest"

Organized by the Baie-Comeau High School Home & School Association (BCHS)

**Great food!**

**DATE:** Friday April 28<sup>th</sup>, 2017  
**TIME:** 5:30 P.M.  
**PLACE:** Baie-Comeau High School gymnasium  
**ADDRESS:** 39, ave. Marquette, Baie-Comeau

**PRICE:** Adults: \$12.00 12 and under: \$6.00

The profits of this supper will help our students in many ways. A part of these profits will be used for bursaries for our most deserving students in Secondary V. The rest of the funds will be used to pay for other school activities useful to our students' education.

Tickets available at the door only.

For more information, please call (418) 296-2832 or email: [bchssadm@coocable.ca](mailto:bchssadm@coocable.ca)

The secondary 5 students of Baie-Comeau High School are organising a fundraising breakfast on Easter Sunday, April 16th, 2017, from 8a.m. until 12p.m. The students are planning a trip to Toronto in May.

The event will take place at the Chevaliers de Colomb located at 10 Avenue Romeo-Vezina (Neighbouring Les Galeries Baie-Comeau).

Animation will be made by the group *ARKANSAS* during the event. There will be door prizes and as well as a draw for a painting by Gilles Comeau of Église Ste-Amélie.

The prices of the breakfast are:

- \$7.00 (13 years old+)
- \$5.00 (6-12 years old)
- \$1.00 (0-5 years old).

Tickets will be available at the door or at Baie-Comeau High School (418-296-2832), or from Eric Comeau (418-293-4060).

Thanks for helping our students!



## Looking for a New Challenge?

Does the idea of helping in your community interest you?

You speak French and would like to share your parenting experience?

Join us and become a support family!

The Support Family service...

What is it?

- A help and support service for families with at least one child under 5 years of age who are experiencing difficulties in their parenting role.
- Twinning between two families; regular visits or activities in community with the family supported; occasional visits with all the support families.
- Friendly support, listening, encouragement and tools to support parents and help them develop a positive relationship with their child or children.

To get involved or use the service, contact Claudia Martel at 418 589-2117 or [famillesoutien@gmail.com](mailto:famillesoutien@gmail.com)



## Worship Services

### All Saints' Church

47, av. Ungava

Sept-Iles

Services commence at 10:30a.m.



- April 2: Anglican Service
- April 9: United Church Service
- April 16: Anglican Service
- April 23: United Church Service
- April 30: Joint Service
- May 7: Anglican Service
- May 14: United Church Service
- May 21: Anglican Service
- May 28: 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/](http://paroissesseptiles.org/)

### Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11a.m.



- April 2: Communion Service
- April 30: Communion Service
- May 14: Communion Service
- June: Communion Service
- June: Communion Service

### Information:

Canon Stephen Kohner (418-295-3431)

[stephen.kohner@c gocable.ca](mailto:stephen.kohner@c gocable.ca)

## BCHS English Book Fair

During the week of April 24, BCHS-CLC will be hosting their annual Book Fair featuring hundreds of English books. The public is most welcome to drop in to look over and purchase some books. Consult the BCHS-CLC Website and Facebook sites for more details or contact Max Coté at 418-296-1547.

# Sugar and Salt – What you Really Need to Know

## Community Health Education Program Videoconferencing Session

A CHSSN initiative funded by the McGill Training and Retention of Health Professionals Project through Health Canada

Sugar and salt are everywhere in your food! Sugar provides the basic energy you need for your body to work, and salt balances the water in your body. Sugar and salt, both little white crystals that in small quantities, enrich your food, and make it taste better. In larger quantities, these same crystals can have a negative impact on your health. You can't avoid them, but how much do you really need?



You will have an opportunity to ask related questions about...

- Why do you need sugar and salt?
- How much do you really need?
- Where sugar and salt are found in the diet



**Title:** *"Salt and Sugar -What you Really need to know"*

**Presenter:** Dorothy Moffatt, BSc., P.Dt.

**Date:** Wednesday, April 12, 2017

**Time:** 9:30 am (videoconference starts at 10:00 am but please arrive early)

**Place:** **Baie-Comeau High School, 39 Marquette**  
**VCN Room 317, 3<sup>rd</sup> floor**

**Please pre-register:** Patricia Howell - Tel.: 418-296-1545  
E-mail: [p.howell@quebecnorthshore.org](mailto:p.howell@quebecnorthshore.org)

## Meal and Nutrition Workshop in Sept-Îles

21 members of the 50+ Group met with Diet Technician Rachelle Gagnon on Wednesday, March 22, to make a flavoursome and tasty lunch and learn about making healthier food choices. A delicious chicken pasta dish was prepared with the seniors who were able to learn more about their food choices when preparing meals. Cookies, a dip and fruits were also served which were pre-made at home by Rachelle.

On display were popular food items from fast food chains and ready-made store bought foods such as hamburgers. Alongside these were their home-made equivalents so that all 3 different preparations could be compared. It also allowed the participants to see the huge differences in calories, fat and salt. An informative and delicious morning!



# McGill Bursary Program



Are you from the North Shore region studying in the field of Health and Social Services in a North Shore Institution? You may be eligible for financial support thanks to the McGill Bursary Program!

The McGill Bursary Program is intended to provide financial incentive to students from selected Québec regions with appropriate English and French language skills pursuing full-time studies in the area of health and social services in a government-recognized educational institution.

Category 1 & 2 Bursary amounts are fixed based on the student's level of study during the 2017-18 Academic Year:

- University
- CEGEP/College
- Secondary school vocational training

Deadline for application: May 12, 2017 at 5p.m.

For more information or to receive an application form, please contact Jody Lessard at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org) or 418-296-1545



Santé  
Canada



## Two Birthdays Celebrated at NSCA Events



Happy Birthday wishes go out to Mr. Horst Ehrlenholtz, who celebrated his 89th birthday in February!



Mr. Walter Bisson of Baie-Comeau was presented with a birthday cake at the Archéo-Mamu Côte-Nord session.

## 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](mailto:pastoralcare@quebec.anglican.ca)

Photos from the St. Patrick's Day Potluck, Sept-Iles



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](mailto:nsca@quebecnorthshore.org). (All submissions are subject to editing and approval)

North Shore Community Association

Volume 13, Number 4

**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 6102  
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 418-296-1545

**Office:**  
 39, av Marquette, Local 310  
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**Publication mail agreement #41540025**  
 Return undeliverable Canadian addresses to:

**North Shore Community Association**  
**P. O. Box 6102**  
**Baie-Comeau, Québec**  
**G4Z 2G9**

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

