

LET'S GET CONNECTED

July 2018

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QUEBECNORTHSHORE.ORG

Port-Cartier's Mother's and Father's Day Story-time a Real 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 12 and June 16 respectively and Miss Story (Debbie Laurie) 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.

The little bookworms also got the chance to get creative and made funky crafts for their parents. Organized by Mallory Stonehill, the children made beautiful paper flowers for Mother's Day and then let their imaginations run wild with a customized photo frame for Father's Day. The events were finished off with a tasty healthy snack. T

To mark our last Story-Time before the summer, the library held a raffle for the 16 children that attended with bilingual books drawn as the prizes. We hope the books can inspire the children to continue reading over the summer until our next event.

We would like to thank the library and all their helpful staff for our Story-Time events and an extra special thank you to Miss Story (Debbie Laurie) for volunteering her time at our events. Happy Reading!



A WORD FROM THE CHAIR

Is it summer yet? As I look out my window on this 10th day of June, I see snow flurries, un-sunken lakes and children playing outdoors with hats and mittens! Our nights are still below 0 degrees!! Welcome to Fermont!!

As June winds down, so does the NSCA activities and programs. It has been another busy and successful year. THANK YOU to the Board of Directors, the Staff and all members who have volunteered during the 2017-2018 year. Volunteer participation and support contributes greatly to the success of the NSCA.

This year's AGM will be held at the end of September...looking forward to seeing familiar faces and new ones too!!

Wishing you all a relaxing summer with family and friends.

Cathy Larivière, Chair



Happy Retirements, Lavergne and Howard!



Lavergne Fequet, principal of Queen Elizabeth High School, (left) and Howard Miller, Director General of Eastern Shores School Board, (right) are taking their respective retirements effective July 1st, 2018.

Both have been serving in the English Québec education systems for 40 years. Their contributions have been numerous and their hands-on approach, leadership, and pedagogical know-how will be sorely missed.

Thank you, both, for your service to our communities!

Happy Retirement, Patricia!



The NSCA wishes to express a **Happy Retirement** to Patricia Howell, Supervisor-Community Health Services.

Many thanks to Patricia for her dedication in assisting in the coordination and facilitating of the activities in Networking and Partnership Initiative (NPI).

Your dedication and generosity to community initiatives and activities was greatly appreciated by all. Enjoy your retirement and new home in the Charlevoix region!

A Family-Fun Day at Toddler Time



The M.O.C.S.I. gymnasium in Sept-Îles was the site of our last Toddler Time event of the year on June 8th before everyone parted ways for their summer vacation. Young and older alike were amused by the fun participation games which included inflatable modules, bean bag games, hula hoops and face painting. Everyone present – 31 toddlers, 2 youth volunteers, a total of 16 parents and grandparents were treated to barbecued hot dogs, colorful cupcakes and a cotton candy cake. Toddlers left with a take-home gift to remind them of the fun activities they had. We partnered with Maison de la Famille l'Envol and English-speaking day care centres to make this Toddler Time an extra special day of fun. We wish to thank everyone who came out and made this day a success. Special thanks go out to the M.O.C.S.I. personnel who helped by setting up and taking down the inflatable modules.

Gardening Fun for Toddlers in Sept-Îles



Toddler-Time for May saw a special Mother's Day celebration take place on Friday, May 11 in Sept-Îles. Toddlers and their guardians met at the Parc de Quen to take advantage of the fresh spring air and welcome the beginnings of nice weather! Toddlers planted their own flower seeds to watch grow over the summer, as well as turn simple rocks found into creative masterpieces! Rocks were painted to resemble their families and to adorn their own gardens or windowsills at home. A tasty and healthy snack was also served. Toddler Time will be taking a short break over the summer period but will be back shortly.

Better Bone Health & Osteoporosis CHEP Session

On Wednesday, May 23, 14 members of the 50+ senior community in Baie-Comeau attended a CHEP Video-Conference all about Osteoporosis and Better Bone Health. Presented by Myra Siminovitch, B.Sc., MBA, a physiotherapist with special interest in bone health, the group learned about bone health, risk factors for osteoporosis and how to prevent, diagnose and treat osteoporosis. In particular, the group learned about the importance of exercise and nutrition as well as adequate calcium for better bone health. The group met earlier before the video-conference to share a light breakfast together and catch-up on each other's news. An informative and fun morning was enjoyed by all.



End-of-the-Year Get Together for 50+ Baie-Comeau



On June 6th, eleven members of the community gathered at the reception hall of the Church of St Andrew & St George for a final get-together before parting ways for the summer. We started with an ice breaker activity where everyone talked about a favourite childhood memory.

This was especially interesting since several of our members grew up in the community and could relate to the memories of each other. Then it was onto indoor bowling where we worked up an appetite for our delicious potluck lunch.

Members enjoyed catching up on each other's news and said goodbyes before activities start up again in the fall.



Members of the Baie-Comeau community gathered at one of our local restaurants for a spring get together over breakfast. It was an occasion to catch up with old friends and learn about our upcoming activities.

BCHS Students Receive Legion Prizes

by Stephen Kohner, principal



Congratulations to three BCHS students who won the Quebec provincial Royal Canadian Legion Remembrance Literary contest. Certificates and medals were awarded to Camille Cloutier (First place, Senior literary), and Jacob Perreault (First place, Intermediate level essay), and Kelvin Zhou (First place, Intermediate level poem). On hand to present the awards were Comrade and school principal Stephen Kohner, Natascha Joncas (incoming Director General, Eastern Shores School Board) and Comrades Jean St-Laurent and Gérard Imbeault of Branch 003 of the Royal Canadian Legion.



Louis Bérubé, student, was honoured at a Baie-Comeau municipal council meeting for his role in battery recycling. There was a motion to recognize his work, his environmental initiative and the fact that BCHS came in 17th out of 182 participating Québec schools. He even got to sign the Ville de Baie-Comeau's "Golden Book". (Left to right: Vivanne Richard (municipal councillor), Yves Montigny (Mayor), Louis Bérubé, and Stephen Kohner (principal)).



Phase 2 of the BCHS School Garden is underway thanks to the collaboration of teachers Hélène Bujold and Diane Belanger. The students in Pre-school and grades 3-4 planted seeds this past spring and they are ready for transplanting. Many thanks to our two volunteers: Simon Cloutier and Michel Leclair. Thank you to RONA (Julien et Frères, Baie-Comeau) for the donation of wood.



The year-end traditional barbecue lunch was organized and sponsored by the BCHS Home & School Association. With the help of a dozen volunteers (students, staff and parents), we were treated to hotdogs, hamburgers, fresh fruits and vegetables.



Seven Sec III-IV students accompanied by Sam Kerr, Guy Gallibois and Ann Kelly of Eastern Shores School Board, embarked on a year-end 3-night and 3-day kayaking adventure trip to Les Bergeronnes/Tadoussac. They camped at Mer et Monde, cooked their own meals and had guided kayaking lessons and excursions on the majestic St. Lawrence River and Saguenay fjord.

Getting to Programs and Services for Seniors (GPS)

The GPS Project was first mentioned way back in 2016, as we began our exciting new pilot project in collaboration with Seniors Action Québec (SAQ) and 3 other community associations in Québec. The Project was to connect together senior volunteers with isolated seniors in the communities of Baie-Comeau and Sept-Îles to provide a form of 'check-in' service as well as companionship, knowledge of community services and programs available in English. Since we started making our visits, our team of 6 volunteers have made X number of senior visits, helping connect together isolated seniors with their communities.



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The GPS Project held a special one day Symposium in Montréal on Monday, May 9, where the Local Project leaders from each community association shared their views and opinions on the successes of the project. The NSCA invited one volunteer, Walter, from Baie-Comeau to also share his thoughts on the Project and lessons learned along the way. Whilst the GPS Project draws to a close this summer, we hope to continue the service in some format and continue to work towards the reduction of senior isolation in the North Shore area.

Mental Awareness Workshop in Sept-Îles



Wellness Day on May 30 was a rather different one as Sept-Îles community members attended a mental awareness workshop offered by the Association des parents et amis du malade émotionnel (APAME). Participants learned about the different types of depression including the different treatments that are available to people. For example, seasonal affective disorder (SAD) was discussed and several participants were able to relate to this common phenomenon. People present were happy to learn about phototherapy which is a kind of treatment for SAD.

With a touch of humour, APAME counsellor Gennie Cormier conveyed the various aspects of depression in a way that was easy to understand. Participants readily became involved in interactive discussions and were invited to share personal experiences. It was an informative as well as a dynamic workshop that all 26 participants appreciated.

Games Night and More in Port-Cartier

Port-Cartier has welcomed the introduction of new programs for English-speaking adults this Spring which we hope to continue after the summer break. A 'Games Night' was set up at the Centre D'action Bénévole Port-Cartier one Saturday evening each month which saw community members of all ages come together to play games and teach others eager to learn.

In addition, a bowling night was created every second week on Thursday evenings marking the opening of the new bowling alley in Port-Cartier. This is open to all community members costing \$5 per game and an additional \$2 for shoe rental. Finally, a book club was started up and participants so far have read three books varying on theme and writing style. The group came together at the end of each month to discuss the book.

In the fall the NSCA will hold a get together to discuss these three events and what the community as a whole would be interested to continue and new ideas that are of interest! Thank you to the community members of Port-Cartier who supported and participated in these activities. Looking forward to seeing you in the Fall!

Graduations at Fermont School

by Karen Kean, principal



Olivia Bélanger



Matteo Ouellet



Mya Nadeau



Megan Guillemette



Andrew JPAD



Aidan Cullen

The Pre-Kindergarten and Kindergarten Graduation and Family barbecue was held on Tuesday, June 19. Congratulations to the graduates!

Our Grade Six students graduated on Wednesday, June 20 and they will be travelling to Wabush to start Grade Seven in September. We would like to wish all of our students good luck on their new adventure!



Hubert Massicotte



Keera Caissy



William Power



Jayson Jean



Jonathan Pelletier



During the Fermont School Family Barbecue, the students played fun carnival games.

Fermont School's "Welcome to Kindergarten" Event

by Karen Kean, principal



We invited our future kindergarten students and their families to a "Welcome to Kindergarten" event. The students ate pizza and garlic fingers and then all the families played and learned together.

Upcoming Arts & Cultural Events for the North Shore

With summertime here, there are still arts and cultural events taking place that might be of interest to our Anglophone audience here in the North Shore. For more information, contact the Centre des Arts de Baie-Comeau at 418-295-2500 or Salle de Spectacle de Sept-Iles at 418-962-0850.

In Sept-Îles, the annual 'Vieux Quai en Fete' takes place between July 12-14. Numerous music and dance acts are scheduled (including a System of a Down tribute act with English lyrics) performing under the big yellow tent! Visit <http://www.vieuxquaienfete.com/> or call 581-997-3134 for more information.

Marvl (dance): This male dance troupe visits Sept-Îles on Tuesday, July 3 at 8 p.m. Their high energy act incorporates acrobatics, urban dance and breakdancing. Regular admission price is \$25.

Valerie Milot-Orbis (music-instrumental): Eccentric and striking, "Orbis" builds a surreal world around Valérie Milot's harp. Surrounded virtually by more than twenty musicians, the artist interprets an intoxicating musical repertoire that inspires a visual world created with multidimensional projections. **Playing in Baie-Comeau on Tuesday, September 25 at 8 p.m. and Sept-Îles on Sunday, September 23 at 8 p.m.**

Rock Your Positive Vibes!

The month of May was Mental Health Awareness Month, and thanks to the generous contribution from the Community Health and Social Services Network (CHSSN), the NSCA and Flemming CLC joined forces to shed light on mental wellbeing in schools. A special project was designed around the theme to “Rock your Positive Vibes” to raise awareness on depression and anxiety in schools. Students from Grade 4 to Secondary 2 as well as the student’s parents and school staff were all encouraged to take part.



The workshops took place over 2 days, with the first day asking the Secondary I and II students from Queen Elizabeth High School to make “fake rocks” following the instructions from skilled artist Mr. Carl Chiasson. The rocks had to be prepared a day ahead so that they were ready for painting the following day. On the second day, they layered colours using different techniques and tools before finally decorating the rock in a way that was meaningful to them.

Between the two workshops, the students were taught about the benefits that come from being positive. Like the ripples of a rock thrown in a lake, a positive action can run a long way and affect many people in much the same way as a negative action. The rocks therefore represent a smile you may need, a kind word or thought you must remember and can even be for someone else! All the students left with a stress relief ball, shaped like a rock with the slogan “Rock your Positive Vibes”.



Respite Service in Sept-Îles

Thanks to funding received from L’Appui Côte-Nord, we have recently begun a new respite service for caregivers of seniors in Sept-Îles. In April of 2017, the NSCA identified vulnerable and isolated Anglophone seniors in the community. Among these seniors, some have shown the warning signs of dementia, a term which includes Alzheimer’s disease. We have initiated a respite service in order to allow the caregivers of these seniors to have a break from the continuous care they give to their loved ones, allowing some time for themselves. The NSCA employee will provide respite care and provide company as well as cognitive stimulation to the vulnerable and isolated senior.

Because many of our seniors are not sufficiently bilingual to benefit from receiving respite services in French, this new respite service will be provided in English through the NSCA and be more beneficial to them. With a rising senior population and more seniors moving from the Golfe du Saint Laurent MRC to the North Shore area to receive health care services, we anticipate that the Respite Service will continue to be a growing need in the community.

For more information on our service, contact Jody Lessard at 418-296-1545 or by e-mail at nsca@quebecnorthshore.org

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Patient Navigator: Supporting English-speaking patients travelling to Québec City for Medical Services

Steve Guimond
Québec Community Health & Social Services Foundation
(o) 418-684-2289 ext. 227 / Toll free: 1-855-684-2289
(c) 418-932-0095
navigator@qchfoundation.org



Baie-Comeau 1937-2012

In Search of Yesterday

In Search of Yesterday

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 27th to August 10th.

A free bilingual guided tour of the Anglican church is also offered on week days from 10a.m. to 12p.m. and 12:30p.m. to 4p.m., June 27 to August 10.

Tour guide Samuel Kerr will be pleased to welcome you to this 81-year old church.



New to the Region?

WELCOME TO THE NORTH SHORE

NEW TO THE REGION OR SIMPLY LOOKING FOR SERVICES IN ENGLISH, THE NORTH SHORE COMMUNITY ASSOCIATION (NSCA) CAN HELP.



NORTH SHORE COMMUNITY ASSOCIATION
WWW.QUEBECNORTHSHORE.ORG | TEL: 1 (418) 296-1545

We have many resources to help all newcomers including a NSCA Newcomers Kit with detailed information on education, employment, health care and many more essential services. Simply visit our website to download your own guide or call in to our offices for your own kit and we'll be happy to help!

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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

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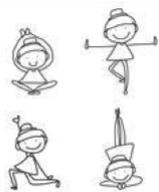
pastoralcare@quebec.anglican.ca

Travelling Literacy Book Bag Service

The NSCA has a Travelling Literacy Book-Bag service available in the 3 communities of Baie-Comeau, Port-Cartier, and Sept-Îles for 0-2 years and 2-5 years. Our bags can be borrowed for a period of 2 weeks and are filled with books, fun activity sheets and different information material for the parents or guardians.

All materials are in English to help English literacy levels for the 0-5 year old group. The bags are free to borrow.

For more information on the program, contact the NSCA offices at 418-296-1545 or by e-mail at nsca@quebecnorthshore.org



Stand Up Program

An exercise program offered by the CISSS de la Côte-Nord - the Stand Up program - is designed for the 65 and over population in order to help them with their balance.

For more information, you may call Marie-Hélène Fournier at [418 296-2572](tel:418-296-2572) extension 315202. As well you can contact us directly at the NSCA (418) 296-1545 if you would like to obtain more information or documentation on the program.

Virtual Newsletter Option

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. Our membership has 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!

As always, your feedback is welcome and will help us shape the content for future issues.

Happy Reading!

North Shore Community Association (NSCA)

Annual General Meeting (AGM)

will be held on Saturday, September 29, 2018 at 11 a.m. in Baie-Comeau
(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

Invitations and AGM agenda will be forwarded to the membership in August

Celebrating Gratitude in Baie-Comeau

As part of Mental Health Week that ran from May 7-May 13, members of the Baie-Comeau 50+ community gathered at the reception hall of the Church of St. Andrew and St. George for the Wellness Day Activity that involved "Celebrating Gratitude".

Participants made a homemade tomato soup with everyone contributing in some way. They participated in mental wellness activities that discussed the meaning of mental health, gratefulness and how these elements increase our level of well-being and reduce stress. Participants were invited to discuss what they were grateful for in life and write their message on a post it for the Gratitude Wall Activity.

During the third activity "Thank you for your Contribution", participants paired off in groups to identify the contribution each one has made to the community and finished by presenting the contribution of their partner to the group. This was followed by enjoying a new soup recipe and a delicious and healthy Potluck lunch!

Before people left, they were presented with a gratitude journal in which they were invited to remember their pleasant and happy memories of each day and record them in their journals. Thanks to all who participated and helped make the event a success.



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 15, 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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