

LET'S GET CONNECTED

October 2018

Volume 15, Number 2



Photo: Centre Boréale and Route 138

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NSCA Meets in Baie-Comeau for its 18th AGM

On Saturday, September 29, the NSCA held its 18th AGM in Baie-Comeau. A fantastic turn-out of 38 participants met to learn about the NSCA's successes and latest ventures over the previous year as well the exciting plans for the coming year.

Mr. David Johnston, Commissioner's Representative, Quebec and Nunavut Region Office of the Commissioner of Official Languages, delivered an uplifting speech to the assembled community members about the importance of the English-language community in Quebec and was happy to learn more about the NSCA and its important work in the North Shore region. There was also an election held for the NSCA Board of Directors with the existing Board members re-elected to their positions (see p. 2).

Following on from the annual review, and a delicious luncheon, members and invited guests were treated to a heritage tour of two historical churches located nearby to the venue of Pavillion Mance. Firstly, Sainte Amélie Church, which dates from 1937, was visited with a guided tour given by Mary-Ellen Beaulieu (Director, NSCA Board of Directors). This was followed by a tour of the nearby St Andrew & St. George's Anglican Church by the current canon and community member Stephen Kohner. It was a great day and we look forward to an exciting year ahead!



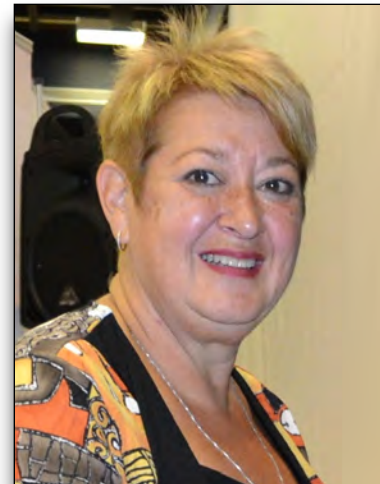
A WORD FROM THE CHAIR

Hello Members!

On Saturday, September 22nd, the NSCA held its 18th Annual General Meeting in Baie-Comeau. Thanks go out to everyone for your precious support. It was so nice to get together with so many members!

As the new fiscal year starts, the NSCA is starting up its wide-variety of activities and programs. I am looking forward to us serving the English Community in 2018-2019.

Cathy Larivière, Chair



Presenting NSCA's 2018-2019 Board of Directors



From left to right: Mary Ellen Beaulieu, Director; Edith O'Brien, Director; Marie-Anne Bizeau, Director; Cathy Larivière, Chair; Marilyn Miller, Secretary; William Larivière, Vice-Chair; Pascal Dessureault, Youth Director

Absent from photo: Maxime Côté, Treasurer; Sharon Shecanapish-Tardif, Director

Welcome Aboard, Eveline



The NSCA is very pleased to announce the addition of a new employee, Eveline Audy.

Eveline has been hired as an Executive Assistant and will assist the Executive Director in the day to day operations; administration and program/project management. Eveline has 15 plus years in executive and senior level administrative positions while working with the Alberta provincial government.

We are very excited to welcome Eveline to our team at the NSCA!

New Director General at Eastern Shores School Board

The Eastern Shores School Board (ESSB) is pleased to announce the appointment of Ms. Natascha Joncas as Director General effective July 1, 2018.

Ms. Joncas comes to ESSB as a very highly qualified candidate: she obtained a Bachelor of Education from the University of Québec in Rimouski in 1996, a Master's in Education in 2006, a Graduate Diploma in School Administration in 2007, and both her Civil and Common Law degrees from the University of Sherbrooke in 2012. She is currently enrolled with the University of Laval in a Doctorate in Administration and Policies of Education.

She is a member of the Bar of Québec and a former member of the Nova Scotia Barristers' Society and the Law Society of Yukon.

Much of her career has been dedicated to education. Her path began in 1997 at Commission scolaire du Littoral where she was a French Second Language teacher. By 2006, Ms. Joncas was employed by ESSB as the Principal of Grosse Ile School. She then became Educational Youth Services Coordinator based in New Carlisle.

In 2009, Ms. Joncas left ESSB to explore new options and obtain a law degree. In the years that followed, she maintained her connections with education as the Director General of the Yukon Francophone School Board followed by a three-year stint in Nova Scotia: 2 years as Corporate Secretary for the Halifax Regional School Board and 1 year as Education Consultant for the Department of Education.

The proverb by Bernard Shaw guides Ms. Joncas steps: "In life, there are those who see things as they are and wonder why, and there are those who imagine things as they might be and say why not?"

She is a visionary who sees herself in the second part of this quote and that is the view she brings to ESSB. For her, student success must be everyone's first concern. Students need to know that we are behind them and that we believe in them, that we stand in solidarity with their efforts and are proud of their achievements.

The Council of Commissioners welcomes Ms. Natascha Joncas back to ESSB and have every confidence that her experience and qualifications will help the students of ESSB continue to learn and achieve their full potential.



2018 Marc Deslauriers Community Involvement Award

This year's deserving recipient is Walter Bisson of Baie-Comeau. He is a very active and long-serving member of the community.

Walter has been an active member of the English-language community and has devoted his time to numerous NSCA activities.

Most recently, Walter was a volunteer in the GPS (Getting to Programs and Services for Seniors) pilot project, taking on a leading volunteer position in Baie-Comeau.

Congratulations Walter and THANK YOU for your many years of community involvement.



Interpretation and accompaniment services at Sept-Îles hospital and on the North Shore

English customer service agent Ms. Sharon Tardif has been present at the Sept-Îles Hospital since March 2011 in order to assist the English-speaking clientele in their needs during their medical visits and appointments.

Among the services offered by the interpreter are:

- greeting and informing the clientele of services available;
- accompanying English-speaking clientele throughout the period of care;
- directing the English-speaking clientele towards the appropriate resources;
- acting as liaison from one department to another in order to ensure continuity of service;
- acting as an interpreter.

Ms. Tardif's services are also available elsewhere on the North Shore. In addition to the services mentioned, she can also support intervenors in their relationships with the English-speaking clientele whether on site in Sept-Îles or by videoconference elsewhere on the North Shore.

In order to benefit the different services she offers, you can call her Monday to Friday, from 8 am to 4 pm at 418-965-7621.

Dental Health Workshop Session



Dental hygienist Isabelle Desrosiers of the Centre Intégré de santé et de services sociaux (CISSS) de la Côte-Nord captured the attention of participants at a dental health workshop offered to 50 plus members in Sept-Îles on October 17th.

Seniors reacted positively to the most recent information available on how to prevent tooth decay and gum disease with a special chewing gum (even if you wear dentures). A new toothpaste is soon coming on the market for gum disease prevention. In addition, they were told of the different products available for dry mouth, a phenomenon some people experience when they take several medications. Finally, there was a brief demonstration on how to hold a toothbrush in order to brush effectively.

25 participants received toothbrushes, toothpaste and mouth wash from their dynamic presenter and were reminded of the importance of regular visits to the dentist!



Collective Kitchen Wellness Activity



Sept-Îles seniors gathered in the gymnasium of Maison des organismes communautaires Sept-Îles (MOCSI) in preparation of a collective, community lunch on October 10th. Time flew by as volunteer seniors along with NSCA employees happily worked side by side in preparation of a hearty and delicious chicken noodle soup. The atmosphere was pleasant and one of friendship as everyone sat down to enjoy their lunch that was served along with sandwiches prepared on site.

Suggestions were made by participants for more activities like this one and how they would like to contribute to them. An added treat was seeing and catching up with members of the community who had not gotten out to activities in a while. Twenty-four people attended this activity.

We would like to thank the community organization Envol who shared their facilities for the preparation of our soup! Merci beaucoup!

New Volunteer Centre in Sept-Îles

A new Volunteer Centre - CAB Le Virage - has been opened since September and is offering some services to the community. Ms. Kathleen Côté is the director of this Centre d'action Bénévole (CAB) which is a community organization.

One of the services currently available is the Meals on Wheels program. Nutritious hot meals can be delivered at a cost of \$6.50 from Monday to Friday between 11a.m. and 1p.m. by volunteers. The menu of the month is given to clients when the meal is delivered and the bill is given at the end of the month. The Volunteer Centre may be contacted if you wish for more information on this service.

Other services are to follow soon such as the Pair Program. Phone calls are made to seniors at risk to make sure they are well. In addition, an accompaniment service for medical appointments is made available.

To contact CAB Le Virage, call 418-444-2228. They are located at 781, boulevard Laure.

BCHS Start-up Activities and Events

by Stephen Kohner, principal



Students in Pre-school picked a number of apples from the two apple trees on the front lawn of the school. They, then, got to work peeling and cutting the apples and making an apple sauce.



Students in pre-school to Secondary V participated in a blueberry-picking expedition as part of their "Welcome Back to School" activity on Friday, September 7. More blueberries were eaten on the spot than actually came back home in the containers!



A number of secondary students helped out with greeting the "Disney Magic" cruise ship passengers on September 25. Students volunteered to help out at Église Ste-Amélie, Carrefour Maritime, Anglican Church of St. Andrew & St. George, and Place LaSalle. Elementary students spent much of the afternoon at Parc des pionniers that featured a variety of animated activities.



BCHS' Home & School Association hosted the annual "Welcome Back to School" corn boil and hotdog lunch, complete with fresh veggies, fruits and juice. We had a great turn out! Thank you to those who helped out!

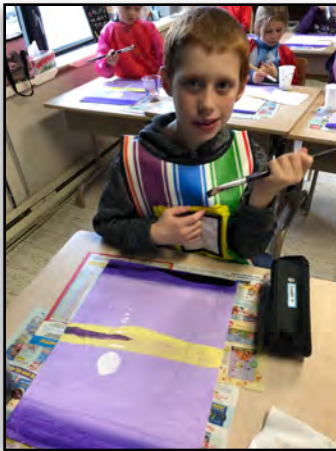
Lest We Forget

A Remembrance Day ceremony at Parc des pionniers in Baie-Comeau is being organized by the Royal Canadian Legion, Branch 003 on Sunday, November 11. At the eleventh hour, on the eleventh day of the eleventh month, we will remember them. Please join our veterans as we mark the 100th anniversary of the Armistice (1918-2018).



Fermont School Artists

by Karen Kean, principal



The students in Grades 1 to 3 showed off their art skills when they painted beautiful tropical scenes with Mrs. Blackmore.

Story Time in Port-Cartier

Story Time in Port-Cartier was held on October 24th with toddlers and a community volunteer who joined us for the occasion. Ms. Story was there to read three Halloween-themed books. They were interactive and fun for the children, one being a popup book, and the other had pieces to move on the pages to discover the answers to questions during the reading.

The children made Halloween lanterns and were given little candles to put in them so that they would glow. As always, we had a nice little snack and each child was gifted a special little treat for Halloween.

Story time is offered once a month in collaboration with the Port-Cartier public library.



NSCA Attends Regional Alliance Conference

The NSCA was represented at the second regional meeting of the Alliance held October 25-26 in Baie-Comeau, during which we received silver and gold stickers for our plaque, indicators of our progression on the committed initiatives in regards to improving living conditions of seniors on the North Shore. Jody Lessard, executive director of the NSCA was on hand to receive them.

The NSCA had previously received the plaque from the Alliance as a sign of progress for the actions already accomplished for healthy and active aging of our senior population.

Formed in December 2016 by the North Shore Regional Table of seniors and its partners, the Alliance consists of 45 organizations who at that time, confirmed a commitment to realize an action towards improving the living conditions of seniors on the Côte-Nord. More than 80 initiatives, actions or intentions were placed on the agenda for the following 3 years!

Among the items on the agenda for the 2-day conference were presentations by guest speakers, an analysis and evolution of proposed initiatives as well as workshops for participants and members of the Alliance.



Table Régionale de Concertation
des Aînés de la Côte-Nord



Sept-Îles Respite Services



The NSCA is presently offering respite services to English-speaking caregivers in Sept-Îles, in particular to the caregivers of seniors who are showing signs of Alzheimer's disease and other forms of dementia.

This service allows caregivers a needed break from the care they provide on a continuous basis to their loved ones. Their loved ones therefore benefit not only from a caring and reassuring presence but from different forms of cognitive stimulation as well.

It is thanks to funding received from L'Appui Côte-Nord that it has been possible to respond the need identified in the community in 2017 and offer this service in English. Many of our seniors who are not sufficiently fluent in French can now benefit from respite services without language being a barrier.

You may be a caregiver yourself or know someone who could benefit from this service. If this is the case or you would like more information, you may contact Tammy Mansbridge, senior outreach employee, who is offering the service in Sept-Îles. **She may be reached at the office at 418-968-3148.**

Hallowe'en Toddler Time in Sept-Îles

Toddler time in Sept-Îles was held on October 25th. The theme was Halloween and the children were invited to come in their costumes! The morning started out with a treasure hunt where the children had to look around the MOSCI for various Halloween pictures that had been put up, and mark them off on their list. Some little ones even did it twice! There was plenty of excitement being in the big gym where they could run and play.

The little ones made Halloween lanterns for the occasion and were able to decorate them in any manner they wanted. A healthy snack was offered before the activity was finished with a quick story time. The children enjoyed the pop-up books with the pretty pictures. They also had a lot of fun with the second book, pushing open the various doors and windows on the page, interacting with the book and answering the questions.

Each child was given a little goodie bag for Halloween and invited for the next event in November.



Upcoming Arts & Cultural events on the North Shore

The following events are suitable for Anglophone audiences:

CIRQUE ALFONSE: *"From the altar to the choir, from the liturgical chants to the great organs, TABARNAK celebrates mass as a place of birth, communion, marriage, death."* A circus dance troupe bringing their latest show "Tabarnak" to audiences aged 6 years and over to Baie-Comeau on Friday, November 2 at 7:30 p.m. and Sept-Îles on Saturday, November 3 at 8 p.m.

LA ROSE DE JÉRICHŌ: Former dancer of Les Grands Ballets Canadiens de Montréal, Andrew Skeels has choreographed a new dance performance mixing classical, improve and breakdancing styles. Playing in Baie-Comeau on Tuesday, November 27 at 8 p.m. and in Sept-Îles on Thursday, November 29 at 8 p.m.

NEW WORLD MEN - L'ULTIME HOMMAGE À RUSH: Tribute act to the band RUSH, New World Men, will be recreating the unique sound and best hits of the beloved band. Playing in Sept-Îles on Saturday, November 24 at 8 p.m.

For more information, contact Centre des Arts de Baie-Comeau at 418-295-2000 or Salle de Spectacle, Sept-Îles at 418-962-0100.

Municipal Libraries: At Your Service!

Books at the libraries in Baie-Comeau (6 av. Radisson) and Sept-Îles (500 av. Jolliet) are available for the English-speaking community. It is a simple matter of going to the library and becoming a member in order to borrow books, magazines and obtain different services. Membership which is free at both libraries gives the possibility of a wide range of new services; the similar ones are indicated here:

- **Loans between libraries-** if you cannot find the book you are looking for on the shelves, the personnel will check if it is available at another library and make the loan request;
- **Online catalogue** – a catalogue you can consult via the website of your library to see if a particular publication is available; if it isn't you can even reserve it;
- **Loan of digital books** –this service is available through the online catalogue; you will need your membership number and a password or identification number to access this service. A leaflet is available on the websites of each library explaining the procedure and library personnel are more than happy to assist you if needed;
- **Requests for suggestions of books-** suggestions for the purchase of English books are welcome from the English-speaking community.
- **Internet access, word processing programs, printers, scanners and photocopying-** available on site in Baie-Comeau and Sept-Îles.

Additionally, the library in Sept-Îles offers a BiblioMobile in which a team from the library goes into several seniors' residences to loan books. Residents who have reduced mobility may have books and publications delivered to their homes by a person of their choice or someone designated by the library.

Contact numbers: Sept-Îles (418-964-3355) / Baie-Comeau (418-296-8304) or find them on the Internet!

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NSCA

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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!

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

Worship Services

All Saints' Church

47, av. Ungava

Sept-Iles

Services commence at 10:30 a.m.



Nov. 4: Anglican Service

Nov. 11: United Service

Nov. 18: Anglican Service

Dec. 2: Anglican Service

Dec. 9: United Service

Dec. 16: Confirmation Service with Bishop Bruce Myers

Dec. 24: Joint Anglican-United Candlelight Service 7 p.m.

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 11 a.m.



Nov. 18: Communion Service

Dec. 2: Communion Service

Dec. 15 (5 p.m.) Christmas Service with Lessons and Carols,

Bishop Bruce Myers, presider, followed by Potluck Supper

January 13: Communion Service

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgocable.ca

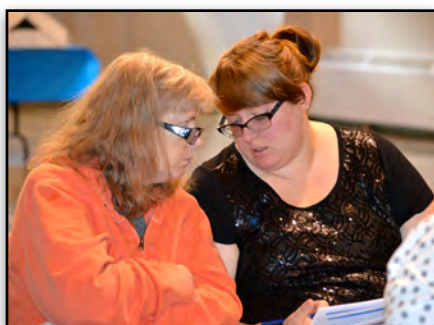
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Virtual Newsletter Option

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!

Photos from the NSCA AGM 2018



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 2

NSCA Mission:

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

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