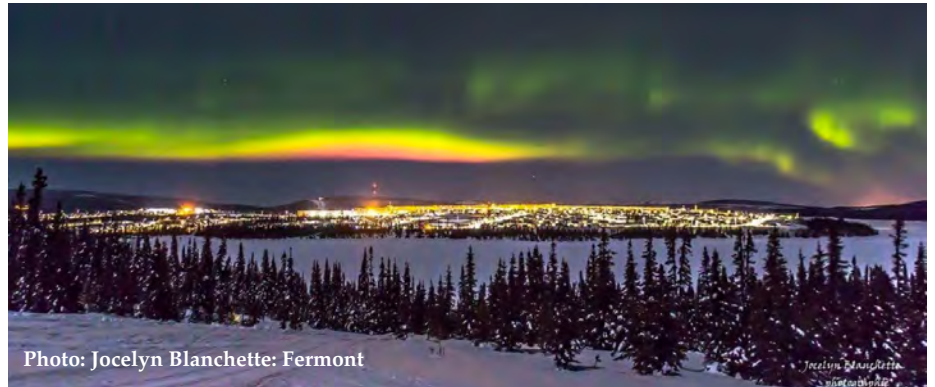


LET'S GET CONNECTED

January 2019

Volume 15, Number 3



QUEBECNORTHSHORE.ORG

Community Consultations: Looking Forward



What a Success! a series of Community Development Planning sessions were facilitated by Hugh Maynard, Consultant, Qu-Anglo Communications.

The NSCA hired Mr. Maynard to guide the organization and its partners in establishing a community development plan to enable the NSCA to support the development of the English-speaking population and create potential sectors of development within the English-speaking community. The areas specifically focused on youth, social and economic development.

It was evident to see a sense of pride in each community as participants came out, in both Baie Comeau and Sept-Îles, over the course of two days, to provide their input. This helped to identify opportunities and assets in which the community could build a plan to capitalize on development opportunities and then move forward to implementation in 2019-2021.

A special thank you to the staff in Sept-Îles who hurried along the new office set up for the NSCA to accommodate the focus group session. We appreciate all the 'behind-the-scenes' efforts done prior to the event. The NSCA will keep everyone informed of the discussions as the plan develops.

A WORD FROM THE CHAIR

Happy New Year!

Wishing every day of the new year to be filled with health, success, happiness and prosperity!

As I sit in front of my window, the sun is shining with a temperature of -31 Celsius (-40 with the windchill factor). Gosh, I'm happy to have a woodstove to keep me nice and warm! I am anxious for spring to arrive – even if it comes very late to our region!

With the start of a New Year, the NSCA is wrapping up its fiscal year... on to new projects and programs.

This past weekend, the NSCA inaugurated its new MRC of Sept-Rivières locale in Sept-Îles! Members of Sept-Îles, Port Cartier and Baie-Comeau enjoyed a very productive interaction with Mr. Hugh Maynard, a consultant for Community Development Planning. He listened and took notes of the communities needs, followed by entertainment and a light lunch! The input of our members was greatly appreciated; their thoughts and ideas will be prioritized and will help the NSCA in setting up its next 5-year strategic plan.

Until the next newsletter, stay warm and be safe!

Cathy Larivière, Chair



New NSCA Office in Sept-Îles Along with Expanded Office Hours

Great News! With funding obtained from Health Canada and the Secrétariat aux relations avec les Québécois d'expression anglaise, the NSCA has opened an office to cover the MRC Sept-Rivières territory.

Our new Sept-Îles office location is at 598 boul. Laure, Local 106 and will be expanding its office hours. Our new hours are from Monday to Thursday from 8:30a.m. to 4p.m., and Fridays from 8:30a.m. to 12 noon.

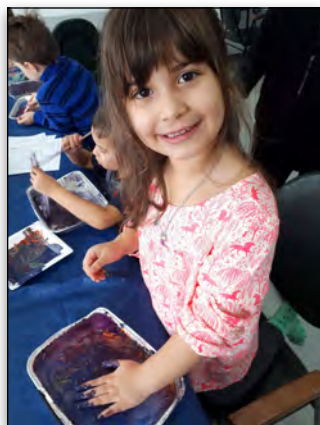
The official opening took place on January 19, 2019 with the NSCA Chairperson being on hand to cut the ribbon.

We invite you to come by learn more about our services and programs. While you are there, check out the addition of new English books/novels in the lending library.

We are thankful to the Federal and the Provincial Governments for helping us realize some new initiatives.



Toddler Time in Sept-Îles



To begin the Winter Fun-themed session, children and adults played a bean bag toss game. Once everyone was present we began our theme of snow and ice. Arctic and Antarctic animals were discussed and how they stay warm in the winter.

Together, we conducted an experiment to fully understand how the animals stay warm using ice water and coating our fingers with shortening to simulate blubber. Colouring sheets of animals who live in the cold were provided for the children to colour while waiting between activities. The final activity was painting on ice. We discussed colours and how to make other colours (such as using blue and red to make purple). The quiet book contest was announced and explained to the parents and we began the sign up.

February 8th was announced for the next Toddler time with a Valentine's day theme.

Story-Time in Port-Cartier



With an attendance of 18, this session was our largest story time ever! Ms. Story read four stories centered around the theme of snow. After the children participated in an activity of making snowflakes with pipe cleaners and beads. The parents who were there pitched in to help and Roxanne as well when she wasn't busy.

Many thanks to librarian Roxanne's willingness to come early, set up, help during story time, and clean up afterwards. She is a huge asset in the success of story time!

February 9th was announced to the participants as the next story time with a Valentine's day theme.

NSCA Upcoming Events

L'APPUI - Caregiver's Conference (videoconference)

“Staircase To Services”

February 11, 2019
10:00 – 12 noon

Facilitated by Jennifer Hobbs Robert
- Baie Comeau: CLC Boardroom 317
39 ave Marquette
- Sept-Îles: 598 boul. Laure, Local 106
- Port Cartier: Riverview School - 67, rue Audubon

CHEP (videoconference)

“Women's Heart Health”

February 20, 2019
10:00 – 12 noon

Facilitated by Jennifer Hobbs Robert
- Baie Comeau: CLC Boardroom 317
39 ave Marquette
- Sept-Îles: 598 boul. Laure, Local 106

Quit to Win! Challenge

Centre intégré
de santé
et de services sociaux

Québec 

Baie-Comeau, January 11th, 2019 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord encourages all smokers of the region to break free from tobacco by registering to the Quit to Win! Challenge by February 4th, at quitchallenge.ca.

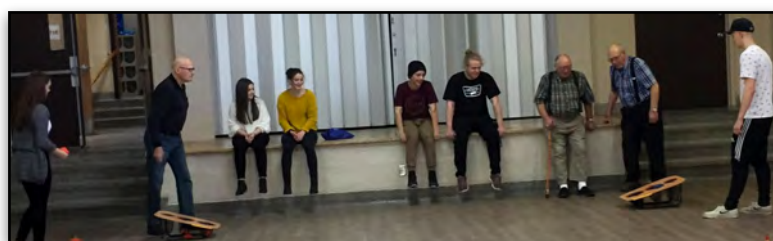
The Challenge is back for its 20th anniversary with a new promotional concept. The theme “Yes, you can stop smoking. We know you can” reminds smokers that they have the power to break free from this addiction and that the Challenge is there to help them. For 20 years, the Challenge has been the strongest supporter of future ex-smokers by offering them support and motivation. In 2018, 45% of participants surveyed said they had already tried quitting at least four times. That is why the Challenge continues to encourage smokers to keep trying to butt out and seek help, because the next attempt just might be their last.

By taking on the Challenge, participants commit to not smoking for 6 weeks, from February 4th to March 17th, 2019, which is a realistic and meaningful first goal, considering that 6 weeks without smoking means 6 times the chances of quitting for good! The Challenge is based on a proven approach: on average, 75% of participants manage to go 6 weeks without smoking. A campaign will specifically target young adults between the ages of 18 and 24, many of whom are smokers. The campaign highlights the concrete benefits of quitting such as saving money, and improving their appearance and fitness. Participants could also win a \$1,000 scholarship by registering at quittowinthis.ca.

On the North Shore, you can also receive free personalized support by contacting one of the stop smoking centres (list in annex). These centres have efficient practical tools to help you quit smoking at your own pace and based on your needs. You can also get a medical prescription for stop smoking aids such as nicotine patches, gums and lozenges in most stop smoking centres as well as with your physician or a pharmacist.

According to the data of the Institut de la statistique du Québec, just under one quarter (23%) of the North Shore population aged 15 and older smokes cigarettes on a daily or occasional basis, compared to 19% in Québec.

Inter-generational Christmas in Sept-Îles

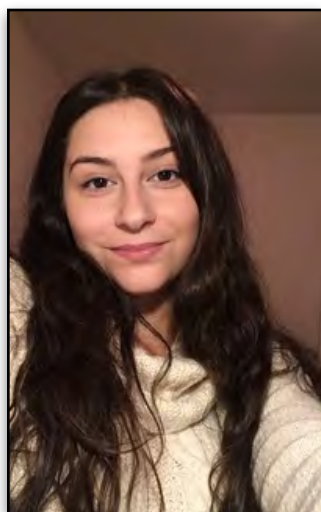


Secondary 5 students from Queen Elizabeth High School (QEHS) visited with English-speaking seniors in Sept-Îles on December 5th for a special NSCA Christmas activity. The gathering took place at the MOCSI gymnasium.

Seventeen students from the QEHS leadership class arrived at noon and happily got to work preparing a luncheon, decorating the tables and setting up games. Students presented seniors with gifts they had prepared themselves- hand painted plates and bowls which they had inscribed with thoughtful, positive quotes. The gifts are actual donations to the NSCA 50+ seniors and will be used for their other Wellness events throughout the year.

The 32 seniors in attendance and students socialized and played interactive games following lunch. The atmosphere was warm and cheerful as many seniors reminisced about their Christmases of old. Students reminisced as well since some of them had visited with the seniors when they were actually in Secondary I.

Students, teachers, seniors and staff alike enjoyed this wonderful intergenerational activity! Many thanks go out to teachers Ms. Erin Ross and Ms. Charlotte Roy who helped organize this enjoyable occasion.



McGill Bursary Winner

Congratulations to Kim Orsi-Coulombe of Sept-Îles. She was the successful recipient of the McGill University Bursary program for the 2018-2019 year. This is her second time with receiving this bursary.

Kim Orsi-Coulombe is enrolled in the Bachelor of Nursing-Integrated program.

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.



BCHS Activities and Events

by Stephen Kohner, principal



Students and Staff gathered on Monday, November 11 for a Remembrance Day Commemoration Assembly. We marked the 100th anniversary of The Armistice and paid tribute to the men and women who by air, land, and sea, served our country, some paying the ultimate price to safeguard peace and democracy. Thank you to our animators: Félix Débigaré, Camille Cloutier, Catherine Martin and Jacob Perreault. Special thanks to the Royal Canadian Legion Branch 003 for providing us with poppies.



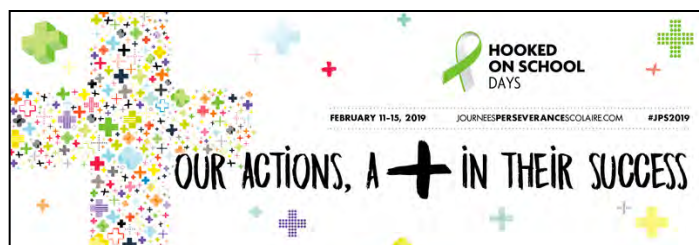
Congratulations to Sec IV student Jacob Perreault. He was recently presented with his Bronze Standard certificate and pin as part of the Duke of Edinburgh's International Award. He is the FIRST student of Eastern Shores School Board to receive this award. Jacob worked all of last year, completing his 19 hours of service (Student Parliament, Sports animation), 13 hours of Skills (piano lessons), 39 hours of Physical Recreation (Taekwon-do) and a 3-day Adventurous Journey (Kayaking with BCBS). Now, he is setting his sights on the Silver Standard!



Over the course of two weeks, BCBS Student Parliament collected non-perishable food items and household items for two local organizations. On Friday, December 21, 8 crates filled with items were presented to Maison des femmes and HommeAide Manicouagan. Thank you to everyone who generously donated!



BCBS Home and School Association concluded its annual fund-raising initiative on December 21 by drawing prizes for those who had participated in the chocolate sales. Close to \$1000 was raised; the money goes towards paying for the numerous special events at BCBS throughout school year.



A Festive Story-Time

Eleven children were in for a special treat on Saturday, December 15th for their Story-Time family reading activity at Bibliothèque Le Manuscrit in Port-Cartier. It was time to celebrate Christmas!

'Miss Story' Debbie Laurie came to read special Christmas stories to excited children before they eagerly started on their candy cane hunt! The Christmas spirit was present with everyone helping each other find the candy canes which were later shared among the children.

Parents helped in a craft activity which consisted of each child making and decorating a miniature paper Christmas tree. A second craft had the young participants decorating individual jars of a special hot chocolate mix with the decorations of their choice. This jar was then placed in the treats bag that children received to take home and enjoy. In addition, 'Miss Story' generously distributed the ultimate toy - gift-wrapped books for each child!



A fun time was had by one and all at this Festive Story-Time! We would like to thank the personnel at Bibliothèque Le Manuscrit and all involved who helped make this event a success!

Santa Claus Comes to Toddler Time



Santa was willing to put in appearance early when he appeared at the Toddler Time session in Sept-Îles on Friday, December 7th at the MOCSI gymnasium!

While waiting for Santa, Toddlers played fun games such as the scavenger hunt for chocolate and candy canes. This activity involved matching colours and shapes and placing the treats together so they could be shared later. A Christmas story was read just before the man in red appeared to the delight of the excited children.

Toddlers got their picture taken with him and each child received a small gift. Busy man he is at this time of year, Santa had to leave early but toddlers got to work on their craft activity. They each got to decorate their own jar of a special hot chocolate mix. Toddlers brought home their jars with a candy cane for stirring but not before they enjoyed their usual healthy snack.

Eleven toddlers were present for the activity. Many thanks go to the NSCA staff involved in organizing this activity as well as volunteer Mary Anne Bizeau for her valuable assistance.

The Loom: An Introductory Session

The NSCA partnered with Le Cercle de Fermier in Port-Cartier to present an introductory activity on how to use the Looms. There were four participants that joined the activity to learn how to weave a dish towel. The looms are always in popular demand for the members of the Fermier and the NSCA was fortunate to save a place in order to try the activity this close to the holidays.

A member of the Fermier was on hand to explain the steps in weaving and how to use the Loom properly. There were many mechanics in relation to weaving such as understanding the pattern used which was decided by using a combination of the foot pedals, passing the weaving thread through the thread that was put onto the machine, testing the tension of the piece being made to ensure that the thread was neither too loose or too tight and how to use the handle to fit the thread together after each pass.



After close to four hours of hard work, the item was finished. There was a drawing for the winner of the handmade towel; Julie Hartt was the lucky winner. Those involved appreciated the activity and the opportunity to learn something new.

A special thanks goes out to the Cercle de Fermier in Port-Cartier for partnering with the NSCA to provide the activity and to Louise Chouinard, a member of the Fermier, who volunteered her time to help!



NPI Exchange Conference 2018



On November 27, 2018, NSCA took part in a three-day Exchange Conference where different NPIs across the province came together to share resources and new programs for improving access to health and social services for English-speaking communities.

We are proud to highlight a special recognition award received by NSCA during the NPI Banquet. Our very own Executive Director, Jody Lessard, received a 10-Year Recognition Award as an NPI partner. Congratulations NSCA!

We also had the opportunity to meet with William Floch, (Assistant Secretary General for the Secretariat for relations with English-speaking Quebecers), and MNA Christopher Skeete, (Adjoint parlementaire du premier ministre / parliamentary secretary to the Premier) to discuss the issues facing our communities and how those issues have been addressed through creative programming and adaptation of services.

NSCA Respite Care Service in Sept-Îles



The NSCA in Sept-Îles has launched a new senior program to provide an English respite care service. NSCA senior outreach employee, Tammy Mansbridge, has received training for her role, and has already been meeting with seniors and their caregivers in the town.

Alzheimer's disease and other neurocognitive disorders increase feelings of isolation for both senior and caregiver, and this service aims to redress those feelings. The program also aims to provide typical respite services aimed at releasing the caregivers. The visits offer stimulation activities and are varied depending on the needs of the senior, but companionship and friendship are always guaranteed.

If you know someone who could benefit from our service or would like more information, please contact Tammy Mansbridge at 418-968-3148

More information on the service can also be obtained by contacting the NSCA
(418) 296-1545 or nsca@quebecnorthshore.org



North Shore Community Association
Bringing Communities Together

Eastern Shores School Board Registration 2019-2020

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, 2019**
- 2) To be eligible for **kindergarten**, your child must be 5 before **October 1st, 2019**
- 3) To be eligible for **grade 1**, your child must be 6 before **October 1st, 2019**
- 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

Canada's New Food Guide

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Eat a Variety of Healthy Foods Every Day!

<https://food-guide.canada.ca/>

Suicide Prevention Week
February 3-9, 2019

TALKING ABOUT SUICIDE SAVES LIVES

HowToTalkAboutSuicide.com



Worship Services



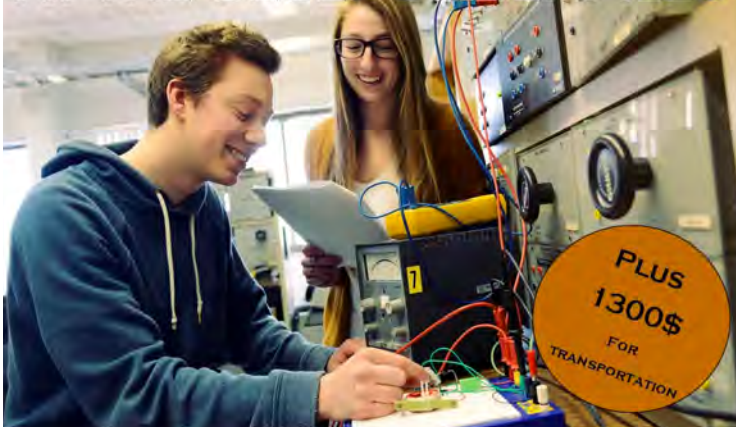
All Saints' Church

47, av. Ungava
Sept-Iles
Services commence at 10:30 a.m.

- Feb. 3: Anglican Service
- Feb. 17: Anglican Service
- March 3: Anglican Service
- March 17: Anglican Service

**YOU'RE FROM THE COAST?
GET UP TO 7300\$ IN BURSARIES**

AT THE CÉGEP DE SEPT-ÎLES



Social Science and Science (English)	Maintenance industrielle and Technologie minérale	Éducation à l'enfance, Electronique industrielle and Bureautique	Comptabilité et gestion, Informatique and Soins infirmiers	Other pre-university programs or bilingual option (excluding tremplin dec)
3000\$ (750\$/ semester)	6000\$ (1000\$/ semester)	4500\$ (750\$/ semester)	2400\$ (400\$/semester)	1000\$ (250\$/ semester)

An amount will be paid to the student every semester if he/she has successfully completed his/her courses (a failing course will be tolerated). If the student re-enrolls in the 3rd term of the program (ie the second year), a transportation-related bursary of 1300\$ will be awarded in September.

Contact Kyra Robertson for more information : kyra.robertson@cegepsi.ca

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 paroisseseptiles.org/

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau
Services commence at 11 a.m.



- February 10: Communion Service
- February 24: Communion Service with Annual Vestry Meeting
- March 17: Communion Service

Information:

Canon Stephen Kohner (418-295-3431)
skohner@quebec.anglican.ca

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.

Let us know...We're here to help:
418-951-1295
pastoralcare@quebec.anglican.ca

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 of the Community Consultations



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 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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Sept-Îles Branch Office:
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Sept-Îles, QC G4R 1X7
418-968-3148



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Vice-Chair: Mr. William Larivière
Secretary: Ms. Marilyn Miller
Treasurer: Mr. Maxime Côté

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