

LET'S GET CONNECTED

July 2019

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Sept-Îles Harbour/Photo: Jody Lessard

QUEBECNORTHSHORE.ORG

The Rt. Honourable Brian Mulroney Speaks at BCHS' Annual Bean Supper

On May 3rd, Baie-Comeau High School and its Home and School Association (H&SA) welcomed a very well-known alumni to its Annual Bean Supper. The Right Honourable Brian Mulroney, who served as Canada's 18th Prime Minister of Canada from September 1984 to June 1993, and Mrs. Mila Mulroney were in town to be honoured by the Ville de Baie-Comeau in a ceremony earlier that same day. A bust of him was unveiled and will soon be on display in a prominent place in town.

He spoke to the 150-person audience, reflecting on the formative years he spent in Baie-Comeau, the importance of family and the need for parents to instil strong values in their children. Above all, he emphasized the need of a quality education; it is something that will carry you onward and open a world of possibilities. Mr. Mulroney also spoke of the importance of a strong and vibrant community and how that has a profound impact on one's life, past, present and future. He shook many hands, posed for photographs and spoke to scores of people. He made time for everyone!

Mr. Mulroney, known as the "Boy from Baie-Comeau", was born in Baie-Comeau and grew up with his family on Champlain Street. He did attend what was then École Ste-Amélie, which is now Baie-Comeau High School. He was thrilled to have the opportunity to return to his family's hometown.



A WORD FROM THE CHAIR

It has been another busy, but successful year for the NSCA. We continue to maintain our programming activities in the area of seniors and youth, and will be venturing out into new initiatives as set out in our community development plan. We are looking forward to expanding our programs and services in the communities of Baie-Comeau, Sept-Iles, Port-Cartier, and Fermont.

I'd like to congratulate the high school graduates in our schools of QEHS, BCHS, and those Riverview, Flemming, and Fermont students who will be transitioning over to high school. Your community is proud of you, and we wish you much success in a new phase of your lives.

Lastly, we would like to wish a farewell to one of the staff of the NSCA, Tammy Mansbridge. She will be moving to P.E.I. in August. Thanks, Tammy, for all your hard work and dedication!

I wish you all a pleasant summer holiday! I hope to see you at the AGM in Sept-Îles in early September.

A very happy and safe summer to all!

Cathy Larivière, Chair



Farewell, Tammy!



The NSCA wishes to express **farewell and best wishes** to Tammy Mansbridge. Many thanks to Tammy for her dedication in assisting in the coordination and facilitating of the activities in senior and youth programming, as well as for the outreach work given for the respite service program.

Your dedication and generosity to community initiatives and activities was greatly appreciated by all.

We wish you all the best for you and your family in your new home in Prince Edward Island!

North Shore Community Association (NSCA)

Annual General Meeting (AGM)

will be held on Saturday, September 14, 2019 at 11 a.m. in Sept-Îles

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

NSCA Welcomes Three New Employees



Max Côté



Annie Lafrenière



Jane Shattler

The NSCA is very pleased to announce the addition of three new employees! Max Côté, Development Agent, will assist in the coordination of Community Development Plan initiatives.

Annie Lafrenière, Programs Coordinator for the Bright Beginnings - Early Childhood program, and also as Communications Officer for the organization.

Jane Shattler, Community Outreach Assistant, will be assisting in the facilitation of senior and youth programming for the eastern sector (Sept-Îles), and the outreach worker for the respite service program.

We are very excited to welcome Max, Annie and Jane to our team at the NSCA!

Congratulations, Sara

It is with pleasure to announce the awarding of the NSCA Community Involvement Award for the 2018-19 academic year.

The recipient is Sara Higgins who graduated from Queen Elizabeth High School (QEHS) in Sept-Îles. She will be pursuing her studies at the Cegep de Sept-Îles in the fall. Congratulations, Sara!

The NSCA Community Involvement Award recognizes the contributions of students who make a difference in their community.



NSCA Office Hours

The summer 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.

Please note that the NSCA Baie-Comeau office will be closed from July 29th to August 9th.

The Sept-Îles office is closed from July 15th to August 16th.

Nominations to the Regional Access Committee

Centre intégré
de santé
et de services sociaux
de la Côte-Nord

Québec 

During the regular meeting held on June 12th, the Board of Directors of the CISSS de la Côte-Nord appointed seven people to sit on the Regional Committee for the Program of Access to Health Services and Social Services in the English Language. The following members were appointed for a term of three years, they are as follows:

- Ashley Babin-Duguay
- Mary Ellen Beaulieu
- Marlene Gallagher
- Kayla Kippen
- Jody Lessard
- Betty Alice Strickland
- Philip Joyce

Beforehand, the CISSS Côte-Nord made a call for applications to 11 organizations promoting the interests of English-speaking people identified by the provincial committee. A subcommittee of the board of directors analyzed the candidatures received to validate and ensure compliance with the criteria of the regulation.

The mandate of the committee includes evaluating the program for access to health and social services in English and to give its opinion to the CISSS Côte-Nord.

Mental Health Awareness Month: Workshops at Flemming School and QEHS



In partnership with Droits et Recours en Santé Mentale (DRSM), the NSCA, once again, offered workshops on STIGMA to students in line with Mental Health awareness month. A workshop was held at QEHS on May 6th, where 20 students of Sec. 3 & 4 got involved in the discussion.

On May 29th, the workshop was presented to two grade 5 classes of Flemming Elementary School; a total of 25 students jumped into the conversation. During the workshop students received some pertinent leaflets from our regional partners working in mental health.

Port-Cartier Story-Time Wraps up Another Year



On Wednesday, June 12th, the final story time for the season was held at the library in Port-Cartier. After an impressive year of participation from local parents and children, we closed out the year with another strong attendance for the evening.

Nine children were in attendance and we were fortunate to have a few newcomers as well. Ms. Laurie was there to read to the children, who were excited to hear all about dad. To continue our father's day theme, the children made a coaster decorated just for their dads. As always, the library was a big help and had two books to give away for those who came.

On a special note, Roxanne, the librarian who works during story time, will be leaving her position at the library. We would like to take a moment to thank Roxanne for all of her help and dedication toward making story time a success!

Toddler Time June Activity Ends on a High Note



Toddler Time came to a successful close for the 2018-2019 season with a total of 11 children present. The first activity the children participated in was working on a craft for dad. They decorated tiles for Father's Day. The NSCA also hosted a hot dog lunch for the final day before summer. Face painting and the beanbag toss game were in full swing while the food was cooking. Together, we all sat and had lunch before the day was almost done and our special guest, Ms. Laurie, read her books about father's and grandfather's to celebrate the upcoming Father's Day.

Two children won the drawing for the quiet books that were made as a thank you for all of the participation over the past year. We said goodbye to some of the children who will be going off to school in the fall as well as our friend and colleague, Tammy Mansbridge, who has been an integral part in the running of Toddler Time program. This year we welcomed Jane as a new staff of the NSCA for the program and will continue with us in the Fall. A big thanks to all of the Sept-Îles team for keeping this activity running!

Fermont School News

by Karen Kean, Principal



June was a very busy month at Fermont School. Our students had their annual Spring Concert and barbecue on June 6.



The students in Kindergarten to Grade 3 sang the song Baby Shark.



After the Spring Concert the students played games and won prizes.



A henna tattoo artist visited our school.



Two new students visited us during the Welcome to Kindergarten night. We ate pizza and played a lot of fun games with all of the family members. The students, parents and teachers showed off their dance moves during the Movement and Music centre.



Our students have been working on robotics throughout the school year. The students have been manipulating the movements of the robots using coding on an iPad. We are helping to prepare our students for their future!

BCHS Activities and Events

by Stephen Kohner, principal



Camarades Francis Levesque (left), Stephen Kohner (principal) and Jean St-Laurent (right) presented certificates and a medal to four BCCHS students who won the 2018 Remembrance Day Literary and Poster **PROVINCIAL** Contests. Congratulations to Camille Cloutier (Poetry, 1st place), Carolane Ouellet-Vallières (Black & White Poster, 1st place), Jacob Perreault (Essay, 1st place), and Jakob Lavoie (Essay, 2nd place).



BCCHS in partnership with The Learning Partnership organized a "Welcome to Kindergarten" meeting for new pre-school students and their parents. The evening was filled with time for play, learning and healthy snacks!



Secondary V BCCHS Graduates Camille Cloutier, Caroline Ouellet-Vallières, Félix Débigaré, and Catherine Martin. All 4 students are moving on to post-secondary educational institutions. Congratulations!



London Calling! Secondary IV-V students spent a week in London, England in mid-April. So much to see: Tower of London, Globe Theatre, Windsor Castle, Westminster Abbey, St. Paul's Cathedral, Churchill War Rooms...



BCCHS Home & School Association cooked up a storm on June 14th for the Year-end BBQ lunch. On the menu were hot dogs, hamburgers, fresh fruit, veggies and juices. There was a great turnout of students, staff and parents.

BCHS Student Wins National 2nd Place in Remembrance Day Literary Contest



For the first time in the history of Baie-Comeau High School and in the history of the Royal Canadian Legion Branch 003, a student won the annual Remembrance Day Literary Contest on the NATIONAL Level. Jacob Perrault's essay based on the World War I Battle of Amiens won 2nd place! Jacob was presented with a certificate and a check in the amount of \$500. In addition, he was invited to the Ville de Baie-Comeau's June meeting for a special motion recognizing this achievement and was invited to sign the town's Golden Book.

Paint Night at Port-Cartier



Paint night had six participants for the box painting. Artist and Host, Line Bordage, created a design that fit with both a circular and square shape for the individuals to choose from. Over the course of three hours, everyone painted, touched up and put the final touches on their creations. A big thank you goes out to all of those who participated and especially to Line for all of her hard work.

Year-End 50+ Activities in Baie-Comeau & Sept-Îles



Commission scolaire Eastern Shores Eastern Shores School Board

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Starting Date: September 16, 2019

Admission requirements:

- Hold a Quebec Secondary School Diploma or equivalent;
- be at least 16 years of age on September 30 of the current school year and have earned the Secondary IV credits in language of instruction, second language and mathematics in the programs of study established by the Minister, or have been granted recognition for equivalent learning;
- be at least 18 years of age upon entry into the program, and have the following functional prerequisites: the successful completion of the general development test (GDT) and obtaining and passing the tests relative to the specific prerequisites in the language of instruction and mathematics.

Information and Registration:

Northern Lights Adult Education and Vocational Centre

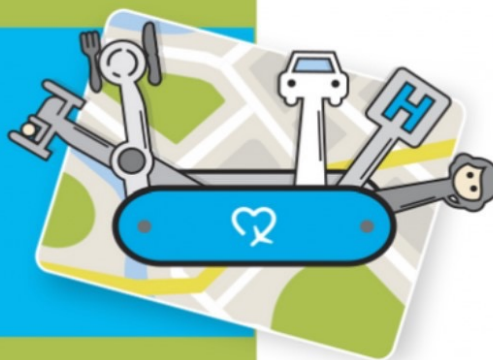
Centre d'éducation aux adultes et formation professionnelle Northern Lights

530, Brochu, Sept-Îles (Québec) G4R 2X3

418-968-8412 ext. 415 OR chantal.pitt@essb.qc.ca

APPELEZ POUR PRENDRE RENDEZ-VOUS / CALL TO MAKE AN APPOINTMENT

Travel 4 Health



The NSCA together with several members of the Community Health and Social Services Network (CHSSN) have developed a toolkit and website (<https://www.travel4health.ca/>) to provide information and support to English-speaking patients who have to travel away from home for medical services.

Patients from the eastern regions of Quebec (Gaspésie-Îles-de-la-Madeleine, Bas-St-Laurent, Côte-Nord) must often travel to larger centres (such as Quebec City or Sept-Îles) for some specialized medical services that are unavailable in their regions. The regional English-speaking community organizations realized that this can be a difficult experience for English speakers, some of whom are unfamiliar with these larger centres and their hospitals, and may be not sufficiently bilingual to communicate effectively when it comes to medical vocabulary and when under stress.

The website is easy to use and guides for each region are available in both English and French to help facilitate ease of communication for different service users. Guides are available to help you before leaving your region, what to expect at each health centre, the process upon return and many more. Download your free toolkit today or visit NSCA to collect a hard copy.

Visit NSCA @ www.quebecnorthshore.org and click on the Travel 4 Health icon

English Respite Care Service



The NSCA provides an English respite care service for caregivers of seniors in the MRC of Sept- Rivières.

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 on the service or eligibility criteria, **please contact our MRC Sept- Rivières office at 418-968-3148**

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 26th to August 9th.

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 26 to August 9.

Tour guide Samuel Kerr will be pleased to welcome you to this 82-year old church.

HAPPENING DE PEINTURE de TADOUSSAC

This happening attracts nationally renowned painters who channel their talent and passion to immortalize sites whose rich beauty allows the artists to indulge in a palette of vibrant colours! The one-of-a-kind event takes place each September in the charming village of Tadoussac.

www.happeningtadoussac.ca
September 6th to September 8th



Chaud Bizzz presents its summer cabaret, a lively musical journey from the 1930s to today. Artists perform a wide repertoire of songs going through the story of the region, helped by archives footage, testimonies and musical performances that will take your breath away.

www.chaubizz.ca

Baie-Comeau: July 24th to August 17th

VIEUX-QUAI EN FÊTE

SEPT-ÎLES

LE RENDEZ-VOUS FAMILIAL SUR LA CÔTE-NORD

This free family festival features more than 75 activities over four days, including mascots, street entertainers, and surprises galore.

www.vieuxquaienfete.com

Sept-Îles: July 11th to July 14th



**COUPE DU MONDE
PARACYCLISME ROUTE**

BAIE-COMEAU | CANADA

The Cup returns in 2019 where more than 200 athletes from 25 countries will come to Baie-Comeau to compete and open a window onto the world for the inhabitants, who will provide a traditional North Shore welcome as they did in the past years. Join the fans and participants to keep pace with the athletes. A unique event in North America that celebrates overcoming physical limitations!

Baie-Comeau: August 8th to August 11th

Photos from p. 1



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 16, 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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