

# LET'S GET CONNECTED

October 2019

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

## NSCA's 19th AGM: Increased Funding results in Increased Programs

The NSCA held its Annual General Meeting on September 14, 2019 at the Sept-Îles office. There were 35 attending community members along with two invited guests: Charles Taker, Office of the Commissioner of Official Languages and Hugh Maynard, NSCA consultant, Community Development Plan.

The annual report was presented, showing an ever-increasing amount of programs, services, partnerships, and initiatives to support the anglophone communities. 2018-2019 revenues increased by close to \$40 000 from the previous year.

The Board of Directors for 2019-20 was elected; this time, a full slate of directors took their seats.

To finish the annual event, members gathered for a community luncheon and community conversation. It was an opportunity which gives time for older and newer members of the Association to meet and catch-up with one another.

The annual community gathering is a special date in the calendar for the NSCA as we look at the achievements and successes from the previous year and excitingly point towards future goals. The multitude of programs offered to our communities is ever-increasing.

We look forward to our year ahead and would like to thank everyone for their support!



## A Word from the Chair

Happy Fall and belated Thanksgiving Day wishes to all! I hope that everyone took advantage of the many beautiful days presented to us on the North Shore this fall. It seemed that summer just flew by and was short-lived. A big 'Thank You' goes out to our members for their continued support .

To start off our busy 2019-2020 program year after summer break, on Saturday, September 14, 2019, the Board of Directors met in Sept-Îles for its 19<sup>th</sup> Annual General meeting. The Board welcomed newly appointed Board members to the NSCA, along with two invited guests, Charles Taker, Office of Official Languages and Hugh Maynard, NSCA Consultant, for community development planning.

The NSCA has many new projects and expanded programs underway this fiscal year to better serve the English-speaking population. From community development planning, early childhood, seniors, youth employability and even podcasts, NSCA's programming has lots to offer in their respective communities of the North Shore. Our membership and visibility continues to grow and we are looking forward to another productive year at the NSCA.

Our 2019 Marc Deslauriers Outstanding Community Involvement Award was presented to a member of the Sept-Îles community who remains very involved in community activities. Congratulations, Gail Court-Lavallee!! Thanks for all you do for so many!!

Cathy Larivière, Chair



## Presenting NSCA's 2019-2020 Board of Directors



**Front row:** Marie Anne Bizeau (Director); Donald Goodfellow (Treasurer); Cathy Larivière (Chair)

**Back row:** Jackie Bizeau (Director); William Larivière (Vice-Chair); Ryan Miller (Youth Director); Marilyn Miller (Secretary); Mary Ellen Beaulieu (Director); Edith O'Brien (Director); Pascal Dessureault (Youth Director)

## Presenting NSCA's Staff



**Front row:** Mallory Stonehill (Coordinator); Max Côté (Community Development Agent);  
**Back row:** Jane Shattler (Seniors Outreach); Julie Harvey (Community Liaison); Shelby Shattler (Coordinator); Jody Lessard (Executive Director); Annie Lafrenière (Programs & Communications Coordinator)  
 Absent: Eveline Audy

## 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 Monday, November 11. At the eleventh hour, on the eleventh day of the eleventh month, we will remember them. Please join our veterans and active members of our armed forces as we mark the 75th anniversary of the D-Day invasions (1944-2019).



## Virtual Newsletter Option

If you prefer to receive an electronic copy, please forward us an email at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org) indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

## 2019 Marc Deslauriers Community Involvement Award

This year's award goes to Gail Court-Lavallee, who has been an active community member of the NSCA for more than 10 years. Gail, a motivated team player in many community activities, is always ready to pitch in when the Association is seeking volunteers during our events.

Gail has contributed many years to the Sept-Îles community and, most importantly, to the seniors and community events (whether it is NSCA or the church gatherings). Many years of dedication have been given to the NSCA; moreover the extra mile she does for the Anglophone community of the Sept-Îles. Gail contributes enormously to the life and good times in her community. She has been instrumental in getting the Friday afternoon bowling started. This senior's wellness activity is still continuing to attract a large group of seniors.

A well-deserved award ...congratulations Gail on a well-deserved award. THANK YOU for your many years of community involvement.



## Community Leadership Bursary Winners



André Desrosiers



Destiny Driscoll

NSCA, in collaboration with McGill University, is pleased to announce the recipients of the 2019-2020 bursary.

The NSCA wishes to congratulate André Desrosiers who is studying Bachelor of Social Work at Université du Québec (at Chicoutimi) and Destiny Driscoll who is studying Bachelor of Science, Major in Kinesiology, at the University of Prince Edward Island. They are both from Sept-Îles.

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.



## National Seniors' Day Celebration in Sept-Îles



National Seniors Day is a special moment to highlight the immeasurable value of seniors in our society. This year, the theme "Partners for a better life" emphasized the importance of involving seniors in projects and decisions on issues that concern them.

The 2019 National Seniors Day celebration, organized by the Table de concertation des aînés of the MRC de Sept-Rivières, was held on Tuesday, October 1<sup>st</sup>. English-speaking seniors of Sept-Îles once again participated in the celebration with 20 of our community members in attendance.

The celebration began with a morning church service at Ste-Famille Church, followed by a lunch at the Centre socio-récréatif de Sept-Îles. During the dinner, a few dignitaries addressed the participants to highlight the importance of this day of seniors.

## Story Time in Port-Cartier



On Saturday, September 28, 2019, Story Time started back-up for the 2019-2020 season in Port-Cartier at the Bibliothèque le Manuscrit. There were twenty children in attendance for the event, where Miss Story was present to read from the newly arrived Traveling Literacy Bags.

The theme was, "Back to School" and for the craft the children put together bookmarks. They enjoyed a healthy snack of apples and juice and were happy to pose for pictures to show off their new craft.

# Biblio-Aidants Thematic Booklets for Caregivers

The NSCA continues to maintain connection with community partners, “Biblo Aidants” and/or public libraries to obtain ESC resources to include in our Health Display Resource.

The Health Display Resource of thematic booklets informs caregivers about various illness and issues they face. Each booklet provides a list of organizations, a selection of relevant websites as well as reading and film suggestions.

All information in these booklets has been selected, analyzed and validated by trained librarians. Some of the topics include: Alzheimer’s, Depression, Diabetes, Bereavement, to name just a few. The NSCA has these thematic booklets available in both the Baie-Comeau and MRC of Sept-Rivières offices. All community members and caregivers are welcome to drop by and check out the booklets.



## Diabetes: What's New?

When you hear the word “diabetes,” your first thought is likely about high blood sugar. Blood sugar is an often-underestimated component of your health. When it’s out of whack over a long period of time, it could develop into diabetes. Diabetes affects your body’s ability to produce or use insulin, a hormone that allows your body to turn glucose (sugar) into energy.

There are several different reasons why someone may develop diabetes. The cause of diabetes depends on your genes, family history, ethnic background, and other factors such as the environment and your health. It also depends on the type of diabetes you have.

There is no common cause that fits every type of diabetes. The reason why someone will develop type-1 diabetes is very different from the reasons why another person will develop type-2 diabetes.

Diabetes is a chronic condition associated with abnormally high levels of sugar (glucose) in the blood. Insulin produced by the pancreas lowers blood glucose. The absence or insufficient production of insulin or an inability of the body to properly use insulin causes diabetes.

Please join us for a CHEP Videoconference on *Diabetes-What's New?* on November 20, 2019 from 10:00 a.m. to 12 p.m. The NSCA will be hosting this videoconference in Room 317 at the Baie-Comeau office located at 39 avenue Marquette and at the MRC of Sept-Rivières office located at 598 boulevard Laure, Local 106, Sept-Îles.

The videoconference will be led by Théa Demmers, P. Dt., M. Sc., who is involved with healthy lifestyle promotion, chronic disease prevention, and sports nutrition at Concordia University’s PERFORM Centre.

Come find out more about diabetes and how it affects your life and those around you.

A continental breakfast will be served as of 9 a.m. Please arrive at this time should you be joining us for breakfast.



# BCHS Activities and Events

by Stephen Kohner, principal



The Home & School Association put on a SUPERB "Welcome Back to School" barbecue. We were served fresh corn, hotdogs, chili, fresh fruits and vegetables, and fruit juices. The "Green Area" had just enough room to welcome our students, staff, parents, and friends of BCHS.



BCHS Students and Staff enjoyed a Friday afternoon of fun, games, and popsicles as a Welcome Back to School" activity. A number of new games were introduced so that students have even more games and activities to play with during their two recess periods of 20 minutes each. We had an A-1 time!



Geordie Theatre presented two plays at BCHS. "The Water Chronicles" dramatically showed our relationship with water, the need for its conservation and how SMALL changes can make BIG differences. The secondary play "Fear of Missing Out" featured themes of consent, cultural identity, friendship and the importance of SPEAKING UP, SPEAKING OUT and TAKING ACTION. The cost of the plays was paid for by the Culture in Schools fund (Ministry of Education and Eastern Shores School Board).



The 2019-2020 Battery Recycling Contest is in full-swing. Louis Bérubé, Student Parliament's Minister of the Environment is spear-heading this initiative for the third year in a row.

You are invited to send in your batteries to BCHS. They are sorted, packaged up and sent to a recycling centre.

So far, we have recycled close to 100kgs of batteries!



Walter Bisson, member of the NSCA 50+ Club, came in one October afternoon to help the pre-school students bake apple and blueberry muffins.

There was lots of measuring, mixing and storytelling going on.

It was hard not to taste-test as the preparation was underway. The wonderful smell of freshly-baked muffins soon filled the school!

What's next on the menu? Stay tuned...

# NSCA Uses Technology to Connect with Communities

The NSCA continues to be innovative in how it provides information to the English-speaking communities.

It has embarked upon a new technological path-podcasts-to bring weekly community news to Baie-Comeau, Fermont, Port-Cartier and Sept-Îles. Our Development Agent, Maxime Côté and our Programs and Communications Coordinator, Annie Lafrenière, have teamed up to host the first pilot episode which launched October 4, 2019. The second episode of weekly community news is scheduled for October 18, 2019.

A podcast is a series of episodes of digital audio or video files which can be listened to by subscribing. The cost to subscribe is free.

Come check it out and stay current with news and events taking place in your communities.

NSCA podcasts can be accessed via Facebook or the Spreaker Page indicated below.

**Spreaker:** <https://www.spreaker.com/user/11606364>

## New Partnership: Centre de justice de proximité-Côte-Nord



We are fortunate in becoming a community partner with the regional organization known as The Community Justice Centre-Cote Nord (CNCJC). This organization provides free legal information, support and guidance. Their services can be provided in person or over the phone. They enable access to justice resources by answering your questions and targeting your needs to best refer you to the service you require.

It has two points of service:

Sept-Îles: 106, Napoléon Avenue, Suite 200  
Baie-Comeau: 884B Puyjalon Street

They can be reached by telephone: 581-826-0088 or accessed via their website indicated below.

<https://www.justicedeproximite.qc.ca/en/centres/cote-nord/>



# Anglican Diocese of Quebec to meet for its 85th Ordinary Session of Synod

by Canon Stephen Kohner, Secretary of Synod  
and Matthew Townsend, Missioner for Communications, Diocese of Quebec



The Rt. Rev. Bruce Myers

The Rt. Rev. Bruce Myers, Bishop of the Anglican Diocese of Quebec, has summoned the 85<sup>th</sup> (Ordinary) Session of Synod of the Diocese of Quebec to meet on November 21, 22, 23, and 24, 2019 at the Monstère-des-Augustines, in Quebec City.

Synod is the diocese's governance meeting held every few years to make policy decisions, elect leadership and gather members of the diocese around worship and prayer. This Synod marks the first time the diocese will meet under revised guidelines approved in 2015 and under the leadership of Bishop Myers.

For this Synod, delegates have been elected by each deanery in the diocese. Kawawachikamach, the one Anglican Indigenous community within the diocese, has status as a separate region of its own and chooses two lay delegates to attend Synod. The Deanery of the North Shore (encompassing congregations from Baie-Comeau, Sept-Îles and the Lower North Shore is to be represented by six delegates: The Rev. Francie Keats, Jody Lessard, Dale Keats, Mary Spingle, Linda Stubbert, and Canon Stephen Kohner.

Myers has brought a different vision to Synod, increasing emphasis on worship and storytelling. It will provide an opportunity to examine the needs of the diocese, proposed changes to its governance, the diocesan budget and a time to examine its mission and ministry in the wide-spread territory of the diocese. A number of invited guests including the Most Rev. Linda Nicholls, primate of the Anglican Church of Canada, will be on hand to address and converse with delegates.

In an interview with the Quebec Diocesan Gazette, Canon Stephen Kohner, Secretary of Synod, said he was "ever hopeful" that the changes brought to this Synod, along with the fellowship and prayer in the meeting, would spark new ideas within the diocese. "It's also a time for synergy. We've got a lot of wonderful people out there, and Synod is probably one of the few times, if the only time, when we can put all the energy and the ideas and the missions together in one place. That's pretty exciting. That's wonderful."

## NSCA Visits the National Assembly

On October 8<sup>th</sup>, six community groups representatives were invited by Christopher Skeete, Parliamentary Assistant to the Premier for Relations with English-speaking Quebecers, to the National Assembly. The day started with a meeting luncheon with Mr. Skeete to discuss issues and concerns regarding our regions and communities. Early that afternoon, we attended the Question-Answer period in the Salon Bleu where Mr. Skeete addressed in English-words of welcome to his invitees and acknowledging the presence of representatives from the English-speaking community during the afternoon parliamentary session.

Following the session, we were given a full tour of the National Assembly by our bilingual tour guide, who is originally from Sacré-Coeur on the Côte Nord. Our day ended with a short visit to the office of Liberal MNA, Gregory Kelley.

Both MNA's expressed their gratitude of having this opportunity to meet with representatives of the English-speaking community and hear what is happening in the regions.



Do you have questions about literacy, language development and bilingual education?



Join *Speech-Language Pathologist*  
**Kristy Findlay**

of the Centre mosaïque de Québec for a dynamic workshop on literacy and bilingual education. With parent participation, they will explore the best strategies for making joint reading fun and instructive, what to look for when picking a book and tips to help support homework and school progress within a bilingual context. This workshop is aimed at parents, caregivers and educators of preschool age children and school-aged children. Questions are welcome!

**Monday, November 11, 2019,  
from 6:30 to 8 pm**

This session is offered via video conference at Baie-Comeau High School and Riverview in Port-Cartier. Please reserve your spot with Annie 418 296-1545, a.lafreniere@quebecnorthshore.org, or Mallory 418 768-5912, m.stonehill@quebecnorthshore.org



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## 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

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



North Shore Community Association  
Bringing Communities Together

## 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)

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**418-932-0095**  
[www.travel4health.ca](http://www.travel4health.ca)

## Worship Services

### All Saints' Church

47, av. Ungava

Sept-Îles

Services commence at 10:30 a.m.



- Nov. 3: Anglican Service
- Nov. 10: United Service/Remembrance Day Service
- Nov. 17: Anglican Service
- Dec. 1: Anglican Service
- Dec. 15: Anglican Service

### Christ the King Parish

15 Comeau, Sept-Îles (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 11 a.m.



- Nov. 10: Communion Service/Remembrance
- Dec. 1: Communion Service
- Dec. 14 (5 p.m.) Christmas Service with Lessons and Carols, Bishop Bruce Myers, presiding. Potluck Supper to follow.
- January 12: Communion Service

#### Information:

Canon Stephen Kohner (418-295-3431)

[skohner@quebec.anglican.ca](mailto:skohner@quebec.anglican.ca)

## English Movies in Baie-Comeau & Sept-Îles

English movies are shown on a weekly basis (Sunday evenings) at the Ciné Centre in Baie-Comeau and Sept-Îles. Check out the schedule for what film is playing at your local movie theatre.

## Photos from the AGM 2019



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 16, 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.*

**Mailing:**  
P.O. Box 6102  
Baie-Comeau, QC  
G4Z 2G9  
418-296-1545

**Office:**  
39, av Marquette, Local 314  
Baie-Comeau, QC  
G4Z 1K4

**Sept-Îles Branch Office:**  
Local #106, 598, boul. Laure  
Sept-Îles, QC G4R 1X7  
418-968-3148



[www.quebecnorthshore.org](http://www.quebecnorthshore.org)  
[nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

**Chair:** Ms. Cathy Larivière  
**Vice-Chair:** Mr. William Larivière  
**Secretary:** Ms. Marilyn Miller  
**Treasurer:** Mr. Don Goodfellow

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