

LET'S GET CONNECTED

March 2020

Volume 16, Number 4



Parc Manicouagan, Baie-Comeau / Photo: Stephen Kohner

QUEBECNORTHSHORE.ORG

Career Fair in Sept-Îles Attracts North Shore Students

On Thursday, March 12th, the NSCA held its' annual Career Fair at the Queen Elizabeth High School gymnasium in Sept-Îles. Twenty-two career professionals setup their kiosks to greet English students from Baie-Comeau, Port-Cartier, and Sept-Îles.

Over one hundred students from 5 different schools posed numerous questions to the career professionals. Questions ranged from, "why they chose their career", to, "what schools they decided to attend"? Each professional was encouraged to share anecdotes of their work, show different tools of the trade, and share their life experiences of their respective jobs.

The event was much appreciated by the students and staff of the schools as well as the professionals themselves! The NSCA Career Fair is, in part, a strategy of the McGill Retention Project as well as the Secretariat de la Jeunesse Youth Employability project.

After the fair, professionals, students, and school staff enjoyed a pizza lunch courtesy of the NSCA!

Many thanks go out to the volunteers who participated in this event as well as the professionals who took time out of their busy schedules to highlight different career choices available to students.

(photos continued on back page)



A Word from the Chair

Spring greetings to all our members!!

While we await the most welcomed melting of the snow, we are also experiencing unprecedented times... the whole world is focusing on the coronavirus pandemic.

Our prayers are with the families currently dealing with COVID-19, particularly to those who have lost loved ones. All of us in some way have been impacted by the uncertainties related to this dangerous virus.

Take care of yourself and your loved ones, be kind to one another. Together we shall see brighter days ahead.

Cathy Larivière, Chair



50+ Health and Wellness Activities

With the COVID-19 (coronavirus) overshadowing everyone's lives, the NSCA has cancelled or postponed the 50+ Wellness Activities for the month of April. Rest assured that the fun-filled, interesting and well-attended activities will continue in the near future.

Please visit the NSCA Facebook page for updates on the COVID-19 virus as well as notifications for the NSCA offices re-opening and, once again, hosting community events.

The remainder of 2020 promises to be a challenging one but when we stay together and help each other, especially those in need, we will overcome this special challenge.

We can look forward to future events such as: CHEP Health and Wellness videoconference sessions, legal information workshops, collective kitchen events, as well as arts, crafts, knitting and games activities.

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

COVID 19 Global Pandemic – How Do We Cope?

During this unprecedented time in our history with loads of information coming our way on a daily, even hourly basis, we can find this situation to be very unsettling and overwhelming. Our English-speaking communities are important to us and we can offer information or put you in contact with some of the community organizations who can assist us throughout this pandemic.

The NSCA is doing the best we can to support you and your local communities, while at the same time, doing our part to reduce the spread of COVID-19. With all of us working together, and supporting one another, we will get through this. The NSCA temporarily closed its offices, in both Baie-Comeau and Sept-Îles, as a measure to keep our employees healthy. Our offices will remain closed pending further directives from the government, however, we remain committed to doing our best to continue helping you navigate through this challenge while protecting the health and well-being of our employees and clients.

Be safe, be kind and stay connected to your friends, family and others who may need support. Below is some information on resources available to help us deal with mental health. Also, keep checking the NSCA Facebook page for information updates.

Health Canada:

www.canada.ca/en/public-health/services/diseases/coronavirus-disease

Québec Mental Health:

www.quebec.ca/en/health/advice-and-prevention/mental-health

If you think you've been exposed to COVID-19, use this self-assessment tool to help you determine if you need further assessment or testing: <http://ow.ly/e4XQ50yRYE4>

COVID-19 in Québec:

www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/

Educaloi's COVID-19: answers to your questions:

www.educaloi.qc.ca/en/covid-19

Toddler Time in Sept-Îles: Celebrating St. Pat's



Toddlers were excited about the St-Patrick's Day themed "Toddler Time" which took place on March 12th in Sept-Îles.

The children delighted in having the story "A Crocodile Ride" read to them. They gained great ideas from the story and were set to participate in creating a St. Patrick's Day craft. They created a rainbow with tissue paper in vibrant colours of red, orange, yellow, green, blue and purple with a pot of gold at the end.

After expending their energy in listening and creating they were served a healthy snack which was served in the colours of green, white and orange colours representing the colours of the Irish flag.

To continue their learning experience, they sang "I can sing a Rainbow", which was a good way to learn colours.

The culmination of this activity was a game of St. Patrick's-themed Bingo with stickers and finger puppets for all as prizes.

It was definitely a lot of fun and learning all rolled into one!

NSCA Teams Up with BCHS to Promote Early Literacy with Storytime



On January 30th the NSCA had a Story time activity at Baie-Comeau High School for the Pre-kindergarten, Kindergarten and the Grades 1 and 2 students.

The theme was “Fish” and two stories were read: *A Shark Smile* and *The Pout-pout Fish*, by H  l  ne B  langer. The children were then asked to make a bookmark with popsicle sticks, a ribbon and a little paper fish or shellfish. Marcella Beaudoin and Walter Bisson were the seniors “on duty” to have fun with us.

The activity was a success and appreciated by the teachers and the students!

Sept-Îles' Meals on Wheels on the Move!

As of February, 2020, the North Shore Community Association (NSCA) has partnered with the Centre action bénévole Le Virage (CAB) in Sept-Îles to provide a new program, "Meals on Wheels", which is now available to our English-speaking seniors.



The "Meals on Wheels" program menu from the CAB Le Virage is available in English. Delivery of meals takes place Monday through Friday between the hours of 11:30 a.m. to 12:30 p.m. and are usually delivered by a volunteer. The meals have been prepared by the Fin Renard Restaurant. If modifications are required to the menu, they will advise in advance.



In order to be eligible for this program, seniors must meet one of the following criteria:

- a) be 65 years of age or more;
- b) have declining or limited autonomy; or,
- c) temporarily convalescing from a medical condition.

Participants must sign up for at least 3 meals per week, with the exception of those who are temporarily convalescing from a medical condition. Each meal consists of a soup or stew, a main course and dessert. The cost is \$6.50 per meal - it includes taxes and delivery. Seniors are welcome to order up to two meals per day, however, only one menu option is available each day.

If you are an English-speaking senior living in the Sept-Îles region and would like to know more about the service and/or sign up for the "Meals on Wheels" program, please contact our Community Liaison Agent Julie Harvey. She is available to assist seniors with the registration and establish dates the service is required.

Meals on Wheels contact information:

j.harvey@quebecnorthshore.org or 418-968-3148

YOU SPEAK ENGLISH



AND YOU ARE TRAVELLING TO SEPT-ÎLES

TO RECEIVE HEALTH AND SOCIAL SERVICES?

Have you heard about about the English interpreter and accompaniment service offered in the Sept-Îles facilities?

TO USE THIS SERVICE,
CALL 418 965-7621



<https://www.learnquebec.ca/what-is-online-tutoring->

50+ Baie-Comeau St. Patrick's Social with the CISSS



In celebration of St. Patrick's, community members from Baie-Comeau participated in an evening social on Saturday, March 14th. The festive event featured an evening of music, singing, games and door prizes to be won. Whether Irish or not, participants put on their green and brought their Irish spirit to complement the festivities of evening.

Also amongst the attendees, were a few employees from the CISSS de la Cote Nord who are presently following the McGill language program; it was a great opportunity for them to practice their English and actively participated in our Irish themed games.

There were lots of laughs and a fun evening amongst friends was much appreciated by all! NSCA is looking forward to organizing next year's social gathering!



Job Posting for Programs Coordinator

The North Shore Community Association (NSCA) is a non-profit regional organization whose mission is to serve the English-speaking people of the Côte-Nord region.

The NSCA is currently recruiting for a **Programs Coordinator** who will assume the following responsibilities, under the direction of the NSCA Executive Director, commencing May 2020. This is a position based on a working schedule of 28 hours per week. **The position is based in Sept-Îles** and the person may be required to travel occasionally for professional development.

A **Programs Coordinator** is responsible for coordinating, developing and delivering outreach and community programs. He/she will help design, develop and organize community outreach activities.

KEY RESPONSIBILITIES:

Under the guidance and supervision of the Executive Director:

- ◆ Responsible for planning, coordinating and assisting in health promotion and wellness programs for the community initiatives (youth & seniors);
- ◆ Develops and maintains relationships within the community;
- ◆ Communications with English-speaking community in promotion of programs and services, and increase knowledge of needs;
- ◆ Assists in the distribution of promotional materials;
- ◆ Assist in the coordination and delivery of Community Health Education Program (CHEP) sessions, as required;
- ◆ Other duties, as required and/or as assigned.

The ideal candidate will meet the following criteria:

Qualifications/Required Skills:

- ◆ University degree or post-secondary qualifications and/or relevant work experience;
- ◆ Experience with program development and working with diverse community groups;
- ◆ Excellent writing and speaking skills in English;
- ◆ Experience coordinating projects/programs;
- ◆ Strong interpersonal communication and facilitation skills;
- ◆ Work well independently, with strong leadership and diplomacy skills;
- ◆ Sense of organization and responsibility;
- ◆ Knowledge of Microsoft Office;
- ◆ Valid driver's license, in good standing, with access to a reliable vehicle.

If this position interests you, please forward your curriculum vitae, accompanied by a cover letter, prior to **April 17, 2020** to the attention of:

North Shore Community Association
Jody Lessard, Executive Director
P.O. Box 6102
Baie-Comeau, QC G4Z 2G9
-or- by email nsca@quebecnorthshore.org
418-296-1545

Budget strengthens the vitality of Québec's English-speaking communities

Baie-Comeau, March 16, 2020 – North Shore Community Association is very pleased with the allocation of \$18.8 million in additional funds for the English-speaking community tabled in the budget by the Quebec government.

New funds for wellness centres and employment, along with increased funding for organizational capacity building, all these items respond to important needs as voiced by community representatives during consultations held by the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) in the fall of 2019.

Wellness centres are unique meeting places for English-speaking communities and offer numerous activities for seniors. These centres help combat isolation and encourage active living while contributing to the vitality of their communities. English-speaking Quebecers also face special challenges in entering the job market and the allocation towards an employment strategy will help to improve employment integration and raise the employment rate of Québec's English-speaking population.

North Shore Community Association is also pleased with the additional funding for the Secretariat and its programs which have, since 2018, provided essential and targeted support to a wide range of community organizations and educational institutions through projects that contribute to the vitality of English-speaking communities.

North Shore Community Association is looking forward to partnering with the Secretariat and other community actors in continuing to strengthen the vitality of our English-speaking community in the North Shore region. The allocation over a five-year period is welcome news to be able to build and implement long-term programming where it counts most – in our local communities.

More information, contact:

Jody Lessard, Executive Director
North Shore Community Association
39 ave Marquette -Local 314
Baie-Comeau, QC G4Z 1K4

Youth Employability Programming for the NSCA



Through funding from the Secrétariat à la jeunesse, the North Shore Community Association (NSCA) has been working on an initiative related to employability for English-speaking youth, between the ages of 15-35 years of age, of the North Shore Region.

The project objective is to implement an employability plan that will assist English-speaking youth in preparing and seeking for employment. The initiative also aims to link youth to the various education and career paths available while the other is support and promote the services offered by the Carrefour Jeunesse-Emploi centres.

Recently a survey was conducted amongst our North Shore youth to gain a better understanding of their needs and to evaluate the awareness of existing services. A total of 65 youth responded to the survey, with participant responses from the MRC regions of Haute-Cote Nord, Sept-Rivières and Manicouagan. Through the responses we will be able to inform and assist service providers, academic institutions, and employers adapt in what they do to better meet the employment needs of the youth sector.

In the coming weeks, NSCA will be launching their new multi-pronged program, **RIESS (Regional Individual Employment Services & Support)**, which will work towards address the main challenges facing the English-speaking communities of Québec's North Shore.



BCHS/CLC Activities and Events

by Stephen Kohner, principal



BCHS is currently in 5th place in the battery recycling contest. Louis Bérubé, student, and Eric Comeau, staff, recently sent off these ten boxes, so we hope to move up in the standings. We are going to add at least 300 kgs of batteries to our stats! Thank you to our partners ??



BCHS Teacher Tristan Ellis, Sec V student Jacob Perreault and Queen Elizabeth High School Sec IV students Kathryn Bradley-Barriault, Akim Rouleau-Senechal, and Kyle Vibert headed off for a four-day snowshoe adventure trip to Parc-de-la-Gaspésie. They went camping, hiking, cooking and had a load of fun as they worked towards their respective Duke of Edinburgh awards. They joined up with other secondary students from Metis Beach School and from schools along the Gaspé peninsula.



Three students were awarded with cash prizes for their participation in the Royal Canadian Legion's Remembrance Literary and Poster Contest poster and literary contests. Winners were Jacob Perrault (1st prize of \$100 in the literary contest); Loucas Perreault (1st prize of \$50 in the colour poster contest); and Gabriel Bouchard (1st prize of \$50 in the black and white poster contest). Thank you to our local Legion that organizes and supports this annual contest.



Students enjoyed an outdoor afternoon at Pointe Lebel's Paradis des Toutous. There were THOUSANDS of stuffed animals along the trails. It is a pretty unique place to visit! Thank you to Diane Bélanger, teacher, for coordinating this activity and to the staff who led our students around the trails. Again, we couldn't have asked for better weather!

Kudos to BCHS physed teacher Tristan Ellis for organizing a special outing to the Club de curling Baie-Comeau on Thursday, February 20th. The secondary students were introduced to this great sport and enjoyed their time learning some new skills (including how to keep warm!).



School Readiness Kits

school readiness kit
trousse de préparation à l'école

Each printed cloth bag contains

- Kindergarten, Here I Come!* storybook
- Naître et Grandir* Welcome to Kindergarten edition
- Feeding Children Ages 1 to 5 factsheet
- Screen Free Challenge resources
- Kindergarten* interactive book
- family activity booklet
- vaccination schedule
- toothbrushing calendar
- textured balls
- white board

Chaque sac réutilisable contient

album <i>Kindergarten, Here I Come!</i>	cahier d'activités familial
édition spéciale « La préparation à l'école » de <i>Naître et Grandir</i>	horaire de vaccination
fiche sur l'alimentation des enfants	calendrier d'hygiène dentaire
ressources Défi sans écran	balles à textures variées
livre interactif <i>Kindergarten</i>	tableau blanc

Contact the NSCA today to receive a School Readiness Kit for your child!
Contactez-nous pour recevoir une trousse préparatoire pour la rentrée à l'école pour votre enfant!

www.quebecnorthshore.org (418) 296-1545 

  **North Shore Community Association**

Starting school is an emotional time, for both first-time pupils and for their families. Preschool and educational childcare centres will include activities to prepare children for school; most parents, naturally, offer some encouragement and comfort in anticipation of this milestone.

The North Shore, like most regions of Québec, has a relatively small English-speaking population, and good-quality, evidence-based resources in English can be hard to find. Through our Bright Beginnings program, the North Shore Community Association has researched and compiled information and activities to make sure the transition to school is as smooth as possible.

Our School Readiness Kit includes activities that suggest ways to stimulate and equip preschool-aged children. Contents of kit will help stimulate your child to develop skills in numeracy, language and literacy, concentration, motor skills, autonomy, and social and emotional integration.

The kits also contains resourceful information for parents; the sources can be found in the bibliography section of an activity booklet .

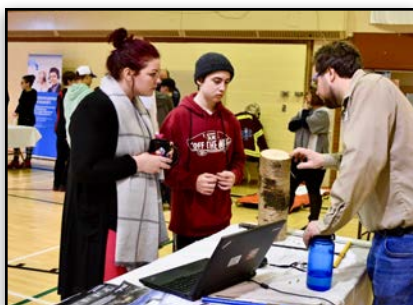
School Readiness Kits will be available for distribution soon. If you would like to reserve your kit or more information please contact us.

It truly takes a village to raise a child, and the North Shore Community Association brings together the best support for English-speaking families so that, together, we can bring out the best in our kids.

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!

Career Day photos continued 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

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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

MRC Sept-Rivieres Office:

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



www.quebecnorthshore.org
nsca@quebecnorthshore.org

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Treasurer: Mr. Don Goodfellow

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