

LET'S GET CONNECTED

November 2020

Volume 17, Number 2



Autumn Island Sunset / Photo: Ryan Miller

QUEBECNORTHSHORE.ORG

40th Annual Terry Fox Run... and Counting!

September 20, 2020 marked the 40th Annual Terry Fox walk... Here on the North Shore, Debbie Laurie has participated in the walk each year, and even one year longer than the rest of the country. She began a Terry Fox walk at Riverview school the same year Terry Fox was walking for his *Marathon of Hope*, and it has continued ever since. Forty years ago, Ms. Laurie began a tradition that she has shared with hundreds of students, citizens of Port-Cartier, Canada and the world. This year she was honored in the book "Forever Terry : A Legacy in Letters", amongst 39 other Canadians who shared their stories of how Terry Fox impacted their lives. For her 41st walk, she was determined to meet her goals for raising awareness, donations for the foundation, and walking over two million steps. Not only did she reach her goals, but she had several surprises along the way!

On the eve of the Terry Fox Run, former Riverview School students, from Ms. Laurie's early days of teaching, some even from that first run, had been planning a surprise get-together for weeks. All gathered at a local restaurant and the next morning all walked together from Riverview School out to the port and back...an impressive 10 km!

Ms. Laurie was interviewed by Matt Galloway of *The Current*, a daily morning show on CBC RADIO ONE, which was broadcast across the country. Ms. Laurie had a goal of walking 2.2 million steps in honour of two young boys (aged 8 and 14 years) who were fighting cancer for the second time in Vancouver. Thanks to that show, Ms. Laurie received almost \$3000 in donations from complete strangers from as far away as Phoenix, Arizona! She also made the local newspaper for two straight weeks before and after the run.



She started walking on April 12th, the 40th Anniversary of the *Marathon of Hope*. At the end of the day, on September 20th, Virtual Run Day, she had walked 2 249 342 steps. Her fundraising goal was \$8000 she is presently at \$15 125.

(continued on p. 12)

A Word from the Chair

The North Shore Community Association is 20 years strong....what an accomplishment! A big thank you to staff, our community members, and partners for their contributions and support towards shaping the NSCA into the community organization it is today. As the saying goes, “many hands make light work”, and we couldn't have done it without you.

Fall is not only a colourful time of year with its beautiful foliage but it is usually a time of reflection on what has been accomplished. Plans start to percolate as we look forward on how we can continue moving forward to develop new programs and activities for our English-speaking communities.

We continue to look forward in serving the English community in 2020-2021 and would like to take this opportunity in wishing everyone a happy holiday season. It will be celebrated differently, perhaps even virtually, but with COVID still overshadowing social gatherings we will adapt and make the best of the season.

Cathy Larivière, Chair



Presenting the 2020 Marc Deslauriers Outstanding Community Involvement Award Recipient

This year's award goes to Marilyn Durepos of Baie-Comeau! Marilyn is a team player for many community initiatives and often volunteers for community-based events, whether it is with the NSCA, at school or the church. She is a kind-hearted person who cares about what our community is doing and contributes to its success. She is always generous in giving back or helping the community.

She has contributed many years with the educational sector and most importantly to the youth of North Shore during her many years spent as a parent commissioner with Eastern Shores School Board. She has 20 years involvement with the NSCA, but moreover was part of our founding meeting in Port-Cartier on September 23, 2000.

Marilyn has also contributed to the growth of this organization over the years. Back in 2010, the NSCA first began the Networking Partnership Initiative (NPI); we hired an extra staff person to help create and implement a program around access to health and social services. With Marilyn's expertise, we built a solid foundation for the NPI programming, which enabled the NSCA to extend its programming in social development initiatives (access to health, seniors, youth).

Yes, that is 20 years involvement with the NSCA and many more years with other community involvement.



NSCA Holds its 20th AGM via Zoom



September 26, 2020, the Board of Directors and community members met virtually by ZOOM, for the first time, for its 20th Annual General Meeting (AGM). Catherine Larivière, Chair, opened the AGM with warm words of welcome and thanks to the staff and community members for their contributions and hard work over the past two decades.

The Board of Directors were elected for the 2020-2021 year. They welcomed newly appointed board member Ryan Miller (Youth Director) to the NSCA. Executive Director, Jody Lessard, presented the annual report that included a summary of past and present programs and initiatives, including a focus on even more programs for our community members in the upcoming year.

The NSCA has enhanced existing programs, added new activities for our 50+ community members, and has formed new partnerships with local organizations to keep bringing you the best to better serve the English-speaking population of the North Shore. Community development planning has advanced, early literacy expanded, seniors' activities, youth initiatives and informative bi-weekly podcasts continue. The NSCA offers a great deal in the communities they serve. The NSCA has come a long way since its beginnings 20 years ago!

Hommes Sept-Îles: The Men's Shed



The community is invited to participate in a new project called “The Men’s Shed”. This project is a real-life carpentry workshop on wheels. Our goal is to encourage citizens of our community to share their knowledge of carpentry with others, while providing them with a venue to exchange their ideas and where projects can grow.

If this project interests you or you would like to have more information, please do not hesitate to contact the Hommes Sept-Îles Team at 418-961-1530 or visit us at 893 rue Brochu.



Photo Contest Winners

The NSCA is happy to announce the winners of the NSCA Photo Contest 2020. Three people received an amount of \$100.00 each.

First place: Mr. Maxime Côté, Baie-Comeau

Second place: Mrs. Camila Cardenas, Sept-Îles

Third place: Mr. Ludwig Bouchard, Sept-Îles

Special mentions and a prize in the amount of \$50.00 each goes to:

Mr. Donald Goodfellow, Baie-Comeau

Mr. C. J. Moleski, Sept-Îles



We received over 140 photos from different photographers along the North Shore. Forty-seven of the photos will be on a banner/murale to help promote the diversity and vitality of our region. The photos emulate how the communities see the North Shore through photography and the eye of the photographer, within and beyond our borders.

Thank you to all participants. Congratulations to the winners!

NSCA Podcasts: They're Worth A Listen

This is the second season of the NSCA bi-weekly podcast! This season we added interviews of community members who are engaged in their community or who serve their community with services or activities and events. You can join NSCA's Max Côté and Annie Lafrenière every two weeks on Fridays.

Listen to the last four podcast interviews with Debbie Laurie (Terry Fox Run), Dominique Leclerc (Clinique le Marais), Kyra Robertson (CEGEP de Sept-Îles) and Stephen Kohner (Remembrance Day).

The podcast is always posted on the NSCA Facebook page but also can be found on Youtube or the hosting site Spreaker. All links are below. Hope you join us soon!



NSCA Facebook: <https://tinyurl.com/y2f39qt4>

NSCA Youtube: <https://tinyurl.com/y4yuxwps>

NSCA Spreaker: <https://tinyurl.com/y5semtg6>

Regional Development Network Update

The Secretariat aux relations avec les Québécois d'expression anglaise assists the Premier, through a formal administrative structure, by providing a link between government bodies and Quebec's English-speaking communities. It ensures that the communities' concerns are taken into account in the policies and decisions of the provincial and federal government that may have an impact on them.



On October 8, 2020, Parliamentary Assistant to the Premier for Relations with the English-speaking Quebecers, Christopher Skeete, announced that \$500,000 in financial assistance will be granted over the next two years to the Regional Development Network (RDN). The NSCA is one of the nine founding members of the new Regional Development Network, a provincial network of English-speaking organizations who are now working collectively for the economic and social development of Quebec.

These funds will assist the RDN support its network of English-language community organizations in their social-economic development by building bridges with municipal structure and the government of Quebec. The Regional Development Network will obtain knowledge of programs and present the communities' needs in order to improve access to programs for the English-speaking communities thereby strengthening the English-speaking Quebecers' contribution to Quebec society.

Social Skills Kit: Social Resources for Families

The Social Skills Kit is a collection of tools and games for children and the whole family to enjoy while fostering self-regulation and emotional awareness which are important skills to learn throughout life. There are 4 games and an information sleeve full of material to help you and your family develop your social skills.

This kit was created by the Manicouagan On s'Attache (MOA) Mobilization Table on early childhood in the Manicouagan MRC. The North Shore Community Association (NSCA) has translated the French version of the kit into English and the MOA assisted the NSCA in purchasing the contents of the Social Skills box.

The NSCA supports and adheres to the recommendations and restrictions enacted by the Public Health of Québec regarding COVID-19.

The Social Skills KIT

is available to you at the NSCA offices in

Baie-Comeau: 337, Lasalle blvd. Local 202. 418 296-1545

Sept-Îles: 598, Laure blvd. Local 106. 418 968-3148

Bright Beginnings
NSCA - Côte Nord

A shining start
for children
ages 0-8

Sept-Îles 50+ Wellness Walking Club



50+ Wellness Walking Club of Sept-Îles started a walking club in September, 2020. Members gather every Tuesday and Thursday at 10:00 a.m. to discover new trails and explore little gems in and around the Sept-Iles area.

One of the latest outings included exploring a walking trail in Port-Cartier. What a great opportunity to get outdoors, keep fit, breathe in fresh air and reduce a bit of stress! It's a wonderful time to meet up with our friends and catch up on news. Of course, the weather doesn't always cooperate but there is a back-up plan. The Recreation Centre (Centre Socio-Recreatif) opens their gymnasium to the public commencing from 9:00 a.m. to 12 p.m. on Monday, Tuesday, and Thursday.

The 50+ Wellness members are welcome to join in if they like, however, the NSCA Walking Club meets on Tuesdays and Thursdays at 10:00 a.m.. Contact Charlene Lavalée at 418-968-3148 for further information.

Legal Information and Workshops

The Centre de Justice de Proximité Côte-Nord hosted webinars on the topics of "Harassment at Work" on October 1, "Psychological Harassment" on October 14, and "Pardons" on Oct. 29. The NSCA has scheduled a session on November 25 on the topic of, "End of Life Care". Keep an eye out on our Facebook page for more details and registration information in order for the NSCA to send you the ZOOM link.

Éducaloi posts on various legal matters are shared on the NSCA Facebook page that are very informative and thought provoking. They have covered topics in the areas of end of life care, self-isolation, and other topics of interest. Feel free to click on the links provided in their articles for additional resources or you can check out the Éducaloi website at www.educaloi.qc.ca.



Senior Wellness Activities



The COVID-19 global pandemic continues to impact the way we live and interact with our families, friends and businesses. Our English-speaking communities have adapted to the on-going social isolation and have kept active within their communities while respecting mandated restrictions.

National Seniors Day was celebrated on October 1, 2020. The NSCA provided senior care packages to the 50+ community and included some goodies such as a facemask and resource materials on various health topics.

The NSCA continues offering CHEP sessions via ZOOM technology on health-related topics. Many of our seniors are able to participate and keep informed right from the comfort of their own homes. If someone does not have access to a computer in order to log-in to a ZOOM session, the NSCA in Sept-Îles offers space for up to 12 participants. We are limited to this number in order to respect the social distancing requirements mandated by the government. To date, the NSCA has offered three virtual CHEP sessions: “Coping With Arthritis During Social Isolation (June 17, 2020)”; “Taking Care of Your Mental Health and Emotional Resilience During the Pandemic” (September 23, 2020); and, “Eating Well During the COVID-19 Pandemic (October 21, 2020)”. Mark your calendars for the upcoming session on November 18, “Moving Well During COVID-19 Pandemic”. Please continue checking the NSCA Facebook page for future sessions.

Social get-togethers continue with weekly themed activities, both in Baie-Comeau and Sept-Îles, and include movie afternoons complete with popcorn, crafts, BINGO, knitting and card games. Please check out approaching dates for our events on the NSCA Facebook page. These events help us keep in touch with each other, and our 50+ community members, where we can form new friendships and break the social isolation created by the on-going COVID-19 global pandemic.





Winter Story Time



Welcome back
everyone and hello to
new friends!



Come join our free family reading activity for 0-5 year olds and discover the joy of reading! We will be exploring and learning about winter and craft snowflakes

Family Reading Activity, November 28, 2020 @ 10 am

Bibliothèque le Manuscrit de Port-Cartier

***As we respect the recommendations from public health, we limit the number of children that can attend. You **must** reserve your child's spot and we limit to only one parent per family.*

*Adults will have to wear a mask during the activity***

Contact the library on 418-766-3366 to book your place!



See you there!



A shining start
for children
ages 0-8



Improving the quality of services

is our constant
concern !

If you are dissatisfied or if you consider that your rights were violated, first discuss the matter with the persons concerned.

If your approach and efforts to find a solution did not give you satisfaction...

You can submit a complaint, verbally or in writing, to the Service Quality and Complaints Commissioner.

If you need help to formulate your complaint or wish to be accompanied in the process...

Contact :

Ms. Manon Bourgeois
Service Quality and Complaints Commissioner
Centre intégré de santé et de services sociaux de la Côte-Nord
45, rue du Père-Divet
Sept-Îles (Québec) G4R 3N7
Telephone: 418 962-9761 ext. 2910
Toll free number: 1 877 962-9761 ext. 2910
FAX: 418 962-2701
Email: plaintes.09cisss@ssss.gouv.qc.ca

You can also contact the Users' Committee of your point of service or the *Centre d'assistance et d'accompagnement aux plaintes (CAAP)* in the region at the following number: 1 877 767-2227.

For more information, consult the "Complaint Form" available in service points and on the establishment's website .

www.cisss-côtenord.gouv.qc.ca

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



solitude breakup
 heartbreak violence
 abandonment financial difficulties
 mourning loss
 exhaustion drug use
 conflict housing depression
 gambling sexual assault
 addictions

NEED HELP?



**Do not wait...
 Call 8-1-1, option 2**

- ➔ You are experiencing a difficult situation and you want support
- ➔ You want to learn more about the resources that may help you
- ➔ You want to ask for psychosocial services

This telephone service is available 24/7, confidential, free of charge, and provided by professionals



Come and learn with us through songs, nursery rhymes or stories the benefit of signing with your little ones.

Baby Sign language gives a "voice" to children before they can even speak.

The workshops are given by certified Baby Sign Language Instructors:

- Hélène Bélanger
- Annie Lafrenière

N.B.: The workshops can be adapted to fit your schedule.



For more information please contact us at
418.296.1545

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**

NSCA 2020-2021 Board of Directors

- Catherine Larivière - Chair
- Mary Ellen Beaulieu - Vice-Chair
- Donald Goodfellow - Treasurer
- Marilyn Miller - Secretary
- Edith O'Brien - Director
- Mary Anne Bizeau - Director
- Jackie Bizeau - Director
- Marcella Beaudoin - Director
- Ryan Miller - Youth Director



BCHS/CLC Activities and Events

by Stephen Kohner, principal



Congratulations are in order for Jacob Perreault. He received his medal and certificate for placing first place in the Quebec provincial Royal Canadian Legion literary contest (November 2019) and he received a certificate and a \$500 cheque for placing 2nd in all of Canada in his category. This is the second year in a row that Jacob has placed 1st provincially and 2nd nationally.



Many thanks to BCHS Home & School Association for putting on the annual "Welcome Back to School" BBQ hotdog and corn boil lunch.

Students and staff enjoyed the meal served on September 11th, but we missed inviting family and friends!.



The Canadian Geographic Society recently loaned Baie-Comeau High School one of their popular giant floor maps. This particular map was interesting in that it didn't depict provinces or many of the towns and cities that most maps of Canada would: it was their Indigenous Peoples Atlas of Canada. The map also came with two timelines relating to the history of Indigenous peoples in Canada.



The Canadian Geographic Society recently loaned Baie-Comeau High School one of their popular giant floor maps. This particular map was interesting in that it didn't depict provinces or many of the towns and



Members of the BCHS Student Parliament raised the Remembrance Flag on November 2 to commemorate our Veterans and Remembrance Day.

40th Annual Terry Fox Run... and Counting!

(continued from p. 1)

Many thanks have gone out to her loyal supporters who continue to donate every year and to all those who were inspired by her story and donated from all across Canada and even the USA. Thanks to Terry Fox for setting an example that will never be forgotten and which gave Ms. Laurie's life a new purpose. Ms. Laurie stated she has been blessed to be a teacher and this helped her keep his dream alive for 30+ years and even into retirement.

Stay tuned! As soon as the restrictions for COVID-19 are over, Ms. Laurie will be back to traveling the world with her Terry Fox Flag to continue passing on his message.



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 17, Number

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:

202-337, boul LaSalle
Baie-Comeau, QC
G4Z 2Z1

Sept-Îles Branch Office:

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



www.quebecnorthshore.org

nsca@quebecnorthshore.org

Chair: Ms. Cathy Larivière

Vice-Chair: Ms. Mary Ellen Beaulieu

Secretary: Ms. Marilyn Miller

Treasurer: Mr. Don Goodfellow

Publication mail agreement #41540025

Return undeliverable Canadian addresses to:

**North Shore Community Association
P. O. Box 6102
Baie-Comeau, Québec
G4Z 2G9**

**Sponsored by the Official Languages Support
Program of the Department of Canadian
Heritage**



Canadian
Heritage

Patrimoine
canadien