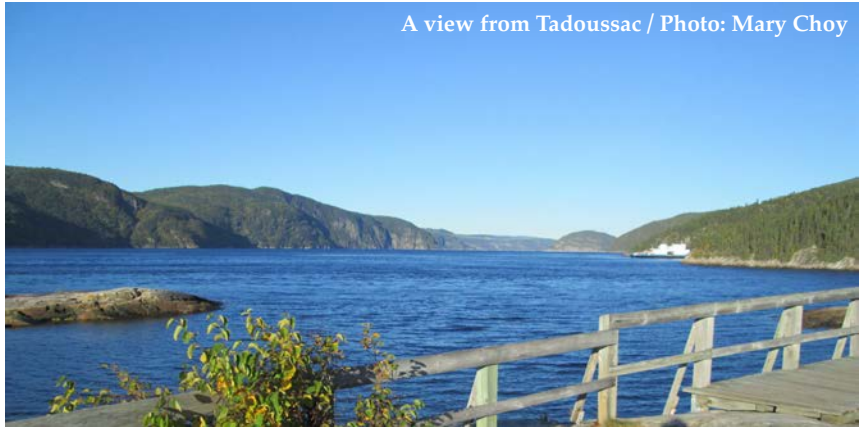


LET'S GET CONNECTED

April 2021

Volume 17, Number 4



A view from Tadoussac / Photo: Mary Choy

QUEBECNORTHSHORE.ORG

The Walking Club's 42 km Challenge: "Ça va bien aller"

It began with a question posed in a Facebook group of local runners: "Who's up for a challenge?"

The name of the group was '42.2 km in 42 hours and the challenge was exactly that: complete the marathon distance in as many runs as you want in the 42 hours.

On March 8, 2021, Charlene Lavallee, NSCA Wellness Coordinator, took note of this event then challenged 8 ladies from the NSCA Walking Club to a 42 km walk. She planned this challenge over a 10-day period averaging 4 to 4.2 kms a day. The challenge was called "*Ca Va Bien Aller*" and, once finished, each of the participants would receive a medal stating they finished the challenge.

Some of the walks took them to Parc Holliday, on the trail around the bay, which then took them on streets around that area and Port-Cartier for a walk and lunch. Everyone kept social distancing in mind, but it was a great way to get outdoors, be motivated, listen to the participant's great stories, and to stay healthy. (Article and photos continued on p. 12)



Story Time and Toddler Time: Save the Dates!

The month of April and May present other fun-filled activities and exciting events during Story Time in Port-Cartier and Toddler Session in Sept-Îles. In Port-Cartier, parents and children love to listen to Mrs. Debbie Laurie bring to life her amazing books. Also, it is always great watching children enjoy doing fun crafts.

These are our upcoming exciting activities in Port-Cartier and Sept-Îles:

Port-Cartier Story Time:

(All Port-Cartier activities are held in the library located at 21 rue des Cèdres on the second floor)

Saturday, April 10th at 10 a.m.: Theme is “SPRING”: We will talk about planting flowers and herbs and how they grow. Children will be painting terra cotta pots and we will also provide seeds to plant at home.

Saturday May 8th at 10 a.m.: “Mother’s Day Celebration”. We will have a Mother’s Day “brunch” (variety of healthy snacks and drinks) and each child will make a special gift for their mom.

Saturday May 29th at 10 a.m.: “Insects and Bugs” will be the theme of the day. Children will be learning how to make their own insects with crafts supplies.

Toddler Session in Sept-Îles:

Friday, April 23rd at 10 a.m.: Theme is “SPRING”: We will talk about planting flowers and herbs and how they grow. Children will be painting terra cotta pots and we will also provide seeds to plant at home.

Thursday, May 6th at 10 a.m.: “Mother’s Day Celebration”. We will have a Mother’s Day “brunch” (variety of healthy snacks and drinks) and each child will make a special gift for their mom.

North Shore Book Clubs

The **Baie-Comeau Book Club** continues to gather for their monthly meetings. Over the course of the year members have selected new releases of current best-sellers for their members to read. In the last few months members have gathered through a virtual ZOOM meeting which has lots of animated conversation. In Baie-Comeau, a Lending Library has been created where books can be signed out for our club members to read. Come on by and see what’s on the shelves!

Book Club – MRC Sept-Rivières

In addition, in Port-Cartier, we have a Book Club whose members are from Port-Cartier as well as Sept-Îles. We meet once a month, meeting usually the last Saturday of the month, to discuss the book. On March 27th, the book discussed was “Take it Back” by Kia Abdullah. Because of Covid-19 restrictions, the book club has been meeting via ZOOM. The club members have a Facebook chat room where we keep each other updated. The Facebook chat room is for members only, but if anyone wants to join, please feel free to contact Chantal Gilbert at c.gilbert@quebecnorthshore.org.

A Word from the Chair

As the NSCA's fiscal year winds down and the dark cloud of COVID-19 slowly recedes, we can start looking forward to some spring activities.

It certainly has been an unprecedented year but one that has made many community organizations review their working methods and look at designing new ways to reach out to our community members. Virtual technology (ZOOM) was a bit daunting at first but the NSCA rose to the challenge to keep our communities connected.

Our population participated in online sessions, along with information webinars on Cannabis, Fraud Prevention, Ageism and End of Life Care. BINGO and themed social activities were very popular as well and very much appreciated by our 50+ wellness members. NSCA staff coordinated vaccination schedules with the CISSS to assist our 50+ members in obtaining their COVID-19 vaccines. Thank you!

I, and our Board of Directors, would like to thank all NSCA staff for going above and beyond in delivering virtual activities and sessions. These sessions brought inspiration, broke social isolation, and brought smiles to everyone's faces. Well done!

As we anticipate the warm weather of spring, may everyone continue to stay safe, have fun and enjoy each day as it presents itself. HAPPY SPRING!

Cathy Larivière, Chair




NSCA Career Capsules

Some of you might have noticed that the NSCA has published career capsules on the NSCA website. Over the past few months, thirteen capsules were recorded showcasing health and social careers as well as other careers that are in demand on the North Shore. These recordings are prepared with citizens of the north shore that work in these various fields and want to promote these career choices.

All thirteen capsules contain an audio interview as well as a visual of the career profile to inform and educate young listeners who are in the process of choosing their post-secondary academic pathway. If you are an orientation worker, teacher, or any other interventionist who assist students choose post-secondary programs, the NSCA can provide you with a binder containing the career profiles as well as the sound file for each.

Please contact Max Côté at the Baie-Comeau NSCA office for details at 418-296-1545 or by e-mail m.cote@quebecnorthshore.org

EDUCATION PROFESSIONS



Teacher

A teacher is a certified education professional who works to support and facilitate student learning and promote physical, mental, and social development. Teachers may specialize in a particular age group, subject, or area of intervention, and teach in an academic, vocational, or technical setting.

HEALTH PROFESSIONS



Occupational therapist

An occupational therapist is a health professional who develops and oversees treatment programs for people with permanent or temporary physical disabilities or emotional or mental disorders, to help them adapt, recover, or integrate.

Happy Retirement Stephen Kohner!



On April 1st, Stephen Kohner, principal of Baie-Comeau High School, announced his retirement after 35 years in the educational system. After graduating from McGill University in 1985 with a B. A. In Anthropology, he completed a one-year Graduate program at Bishop's University. He was certified for teaching at both elementary and high school, majoring in geography as his "teachable" subject (he has only taught geography for one year in his life!). After teaching 6 years at Jimmy Sandy Memorial School in Kawawachikamach, QC, he moved to Québec City for a sabbatical year then was offered a grade 5-6 teaching position in 1993 at BCHS where he has been ever since.

Looking back, he is filled with gratitude at all of the experiences, people he has taught with and the students that he has crossed paths with. Some highlights of his career have been organising school trips, publishing yearbooks, collaborating with community organisations such as the NSCA, promoting a quality teaching and learning environment as well as being an active member in the community.

Kohner states, "There have been significant changes to our education system over the past 35 years, much of it positive in terms of allowing for more decision-making at the school level, better control over budgets, and enhanced professional development that ultimately benefits the students. I am very proud to have been part of it all."

For any person who knows him, retirement will serve as a launching pad for a host of new endeavours.

The 5 Faces of Bullying



On March 10, Baie-Comeau High School welcomed, via ZOOM, Alain Pelletier who gave an anti-bullying workshop to grades 1-4 students and one to the grades 5-6 and Secondary students.

The first part of the presentation was a monologue, in the form of a diary that he narrated in a theatrical form, which told the story of a boy who is bullied at school.

In the second part of the conference, which is explanatory, he discussed the role of the 5 parties involved in the problem: the victim, the bully, the bystander, the parents, and the school staff and how they are related.

Many thanks to the North Shore Community Association who provided \$250.00 of funding to help make this presentation possible.



BCHS/CLC Activities and Events

by Stephen Kohner, principal



Congratulations to our elementary and secondary students who are on the Term 1 honour roll at BCHS. There was a lot of hard work, perseverance, and effort in attaining their marks over the 94 days in term 1.



Just before the March break, Pre-school put their finishing touches on their snow castle and have named it "Our Colourful Castle". They had worked for 4-6 weeks constructing it.



Student Parliament raised the flag for the Week of School perseverance in collaboration with RAP Côte-Nord. Each student received three pencils with the slogan "Be the I in Kind" and watched a live presentation via Zoom with NFL and Québec-born football player Laurent Duvernay-Tardif.



St. Patrick's Day at BCHS



Outdoor excursions remain a popular activity

NSCA Members Keep Active and Connected

Seniors Survey and Activities

The NSCA wanted to gauge the activities they were providing to community members in order to adapt or create new ones to keep interest up, especially during COVID-19 with its restrictions and social distancing protocols. Who better to provide an honest opinion than those using the services? The NSCA reached out to the older adult population and surveyed them on activity packages, CHEP sessions, ZOOM webinars and virtual social activities.

This informal survey identified community member's satisfaction of services provided by NSCA (i.e. pick up of groceries, medications, activity care packages, visits, virtual BINGO, ZOOM webinars, etc). The result... a resounding success all around! Our seniors expressed that they considered themselves to be "very spoiled" by the NSCA and its staff and enjoyed everything the NSCA put together for them, including themed, 'goody' bags.

Here are extracts of some of their comments:

- "The NSCA really spoil us...we are so lucky to have them.";
- "We really appreciate the fun activity packages which always have a little treat inside too...";
- "Even though we socialize via ZOOM, we can still 'see' each other and keep in touch..."
- "It was so nice to have the NSCA help us in learning ZOOM technology...everyone is so patient..."
- "It's such a welcome surprise to have activity packages personally delivered to us at our homes..."
- "Who doesn't like BINGO!";
- "ZOOM meetings keep us informed on some important health issues...";
- "The crossword puzzles and mandalas keep our minds occupied...";
- "NSCA staff always have a smile when they come and visit...";
- "Thank you to Charlene for organizing our COVID-19 vaccinations...sometimes it's difficult to get through on-line...";
- "Super satisfied with everything the NSCA has to offer....they always look after us..."

Activity Packages

Our 50+ wellness community members continue receiving these packages which contain a variety of activities to keep active and stimulate minds. Chock-full of crossword puzzles, mandalas, Sudoku, brain teasers, trivia and word searches, these activities continue to entertain.

Vaccination Scheduling

A big THANK YOU to Wellness Coordinator, Charlene Lavalley, of the Sept-Îles office, who assisted community members in getting signed-up on-line for their COVID-19 vaccines. Many of our community members have now received their first dose of the vaccine and already have their appointment scheduled for their second dose of the second vaccination.

Keeping Fit:

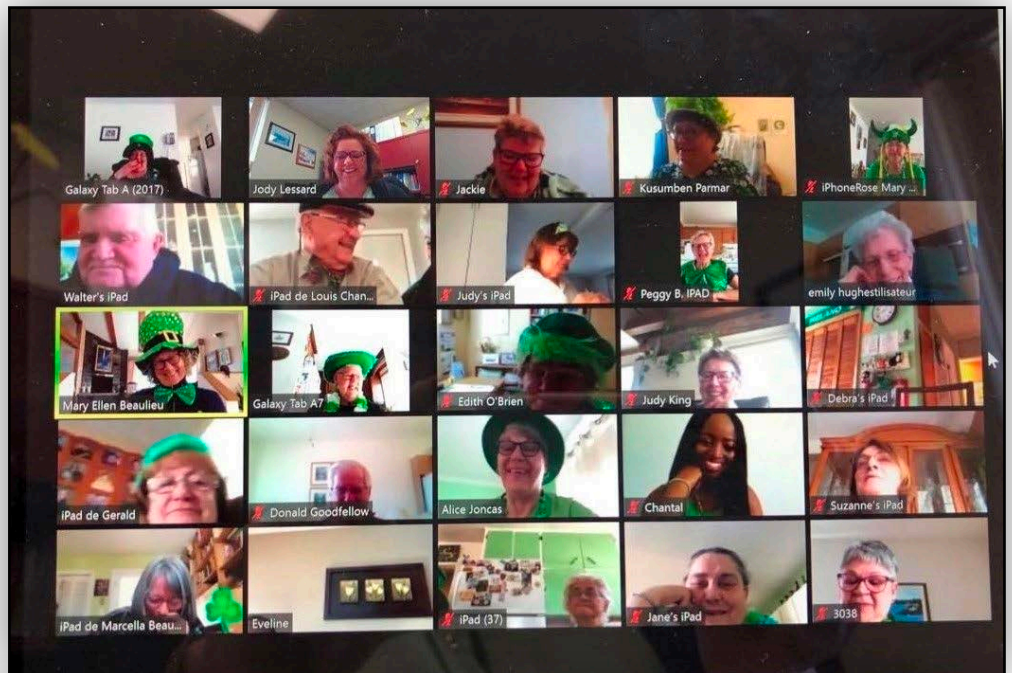
The Baie-Comeau walking group which is led by our very own Louise Mazerolle, started up on March 8, 2021. Eight to ten hardy individuals get together, usually once a week, to explore the beautiful areas around Baie-Comeau. To date, they have discovered the Manicouagan River walking trails as well as the trails of the Boisé de la Pointe St.Gilles. As the weather begins to warm up, they will be exploring new territory and having a few adventures along the way.



The Sept-Îles walking group has been dedicated to their weekly outings since the fall of 2020, and over the past few weeks they have taken on the 42 km Challenge - 'Ca Va Bien Aller' (see article on p. 1 and 12 for more details).

Themed virtual social activities:

From BINGO to painting birdhouses to Valentine's Day Tea to a traditional St. Patrick's Day virtual get-together, these social activities are well attended and truly appreciated. A lot of fun, laughter and storytelling goes on which makes for light-hearted spirits. Holding these events helps break social isolation and keeps us connected with friends. It's good for everyone's mental health!



Upcoming Mental Health Sessions

The NSCA is happy to offer Mental Health Information sessions in April 2021. The workshops will be given by Dominique Leclerc, Special Care Counsellor, and Marie-Ève Normand, Social Worker, owners of the Clinique interdisciplinaire Le Marais in Sept-Îles.

The following sessions will be offered:

Depression

Tuesday, April 6, 2021 at 7 p.m.: What is depression and how is it expressed. How to aid a depressive person.

Dependencies

Tuesday, April 20, 2021 at 7 p.m.: What are the dangers of drug and alcohol use? The impacts of dependencies on the psychological, emotional and social state of the individual and its entourage.

Body Image

Thursday, April 29, 2021 at 7 p.m.: What is Body Image and its impacts in our lives? What is your relationship with your body?

To register, please contact H el ene Belanger at h.belanger@quebecnorthshore.org or call the NSCA office at 418-296-1545. The ZOOM link will be forwarded to you to join the session.



BAIE-COMEAU

Did you know that Tourism Baie-Comeau has tourist advisors that can help you plan the perfect holiday in Baie-Comeau? Whether you are staying for a few hours or a few days, come to the Carrefour Maritime and we will gladly provide you with brochures and maps, share our 'must-see' sights as well as some of our well-kept secrets! We also have a Heritage Walking tour that you may enjoy that brings you through the most iconic streets of Baie-Comeau with a local bilingual guide!

Other services available include WIFI, bicycle rental, restaurant, gift shop, and if you are lucky, you may catch a glimpse from our almost resident minke whale!

You can find us at 20 Avenue Cartier or give us a call at 418 296-8178 or toll free 1-888-589-6497.

www.tourismebaiecomeau.com

NSCA Podcasts

Remember to keep checking-in on the NSCA FaceBook page and listening to the bi-weekly podcasts for upcoming community events, cancellations/updates, or webinars being offered plus any other items that may be of community interest. Just click on the links below:

<https://www.facebook.com/groups/685187646>

<https://www.spreaker.com/show/nsca-weekly-podcast>

Social Skills Resource for Families

The **Social Skills Kit** is here to help your family be social!

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, both of which are important skills to learn throughout life. There are 4 games contained in the kit along with a sleeve full of information to help you and your family develop your social skills. The kits can be signed out by contacting our office or reaching out to us on the NSCA Facebook page.

This kit was created by Manicouagan On s'Attache,(MOA) the concertation table on early childhood, in the Manicouagan MRC. The NSCA translated the French version of the kit and MOA assisted us in purchasing contents for the box.

Once the kit is returned, the NSCA takes every precaution to sanitize before lending out again. We are compliant with the recommendations as set out by the Public Health of Québec.



Did you know that the Regional Individual Employment Services & Support has a Facebook page and publishes more than a dozen job offers every work day? These job offers are in the North Shore region or are jobs that do not require you to move to another region. Job offers are obtained from a daily search of over fifty job sites. Other posts include training workshops, job shadowing offers, new programs offered by educational institutions, or resources and services offered by employability organizations! If you are interested in finding a job for yourself or looking for a family member, join our Facebook page to see our daily findings!

<https://tinyurl.com/4uc4vr4p>

New to the North Shore?

The NSCA would like to extend a big welcome to all newcomers to the North Shore. Whether you have moved to the region from another region, province, or country, we want to welcome you and help make the transition to your new home a smooth one.

Your Newcomers' Package (see bottom right-hand image) can be picked from the NSCA offices in Baie-Comeau and Sept-Îles. The package contains a handy toolkit to navigate your way around the region. You can also visit the NSCA website <https://www.quebecnorthshore.org/> to see all our services that we offer the English-speaking community.

Our Facebook page (<https://www.facebook.com/groups/6851876461>) can also be a good reference when you want to see upcoming community events and services as well as important community awareness messages. We also offer a bi-weekly podcast that summarizes what you can look forward to in the following weeks (<https://www.spreaker.com/show/nsca-weekly-podcast>).

Membership is free and, as well as invitations to our community events, you will receive a free copy of our newsletter, "Let's Get Connected," published four times a year to share the latest news and events across the region. Contact the NSCA at 418-296-1545 or by e-mail at nsca@quebecnorthshore.org.



New to the Region?

WELCOME TO THE NORTH SHORE

NEW TO THE REGION OR SIMPLY LOOKING FOR SERVICES IN ENGLISH, THE NORTH SHORE COMMUNITY ASSOCIATION (NSCA) CAN HELP.



NORTH SHORE COMMUNITY ASSOCIATION
WWW.QUEBECNORTHSHORE.ORG | TEL: 1 (418) 296-1545



NSCA's iPad Lending Library

iPad Lending Library...With ZOOM technology becoming a 'normal' means of communication these days, the NSCA received funding through the New Horizons for Seniors Program to provide senior outreach and support during the COVID-19 Pandemic.

The NSCA has purchased iPADS, which are loaned out to our seniors in the Baie-Comeau, Port Cartier and Sept-Îles area who do not have access to this type of technology in their homes; with the loan of these devices' seniors can participate in the many virtual activities that are offered.

We have created a Lending Library where our community members are able to sign out an iPad facilitating them to participate in the many virtual activities offered through the NSCA. NSCA staff obtained training in order to better assist our community members to ensure they get connected with relative ease.

For more information, please contact our offices.



Games Library to Promote Language Development in Children

The NSCA is currently building a small **Games Library** to help North Shore families foster the development of language for their children 0-5! In our offices of Sept-Îles and Baie-Comeau, you will soon be able to borrow eight fun games to help build the foundation of good language development starting from birth.

The games for babies help develop the following skills:

- Emergent literacy (introduction to reading and writing)
- Pronunciation and articulation
- Fine motor ability
- Hand-eye coordination
- Shape recognition

The games for toddlers help develop the following skills:

- Interactive reading
- Construction of simple sentences
- Pronunciation and articulation
- Phonetics and phonological awareness (sound recognition)
- Participation in communication
- Joint attention
- Development of basic vocabulary
- Communication through images
- Answering multiple choice questions
- Emergent literacy (introduction to reading and writing)

Games Library for Language Development

Contact us if you wish to borrow a game!
 Sept-Îles 418 968-3148
 Baie-Comeau 418 296-1545
 nsca@quebecnorthshore.org

- Fabric Book Set
- Alphabet Nesting and Stacking Blocks
- See and Spell Puzzle
- Gamebook: Mmmm That's Good
- Gamebook: Ouch That Hurts!
- Gamebook: Gorilla
- Gamebook: Lizard
- Gamebook: Rhino

For more information, please contact our office at 418-296-1545 or e-mail nsca@quebecnorthshore.org or visit the NSCA Facebook page.

The 42 km Walk



(Continued from p. 1)

There are many upshots to getting up and about like reducing your risk of heart disease and helping you keep a healthy weight and shape. But exercising a positive attitude and a little spirit of adventure can do wonders too. Walking does as much for your mind as it does your body.

Walking promotes a sense of purpose and community while inspiring us to stay motivated and keep fit. Congratulations to all the ladies who participated in this challenge and we hope to see everyone continue to be outdoors and walking.

If you want to find out about more virtual races, please check out the website: <https://lescoursvirtuelles.ca/pages/a-propos>

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 4

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:

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418-296-1545

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