

LET'S GET CONNECTED

October 2021

Volume 18, Number 2



Baie-Comeau/ Photo: Jody Lessard

QUEBECNORTHSHORE.ORG

Celtic Music Sweeps over the North Shore



Thanks to a collaborative effort between the NSCA, four North Shore Schools, and two Community Learning Centres of Eastern Shores School Board, a number of Celtic Music concerts and workshops were held in Sept-Îles, Port-Cartier, and Baie-Comeau over four days on October 18-22.

Roy MacLaren & Marie Marceau presented workshops for the students of Queen Elizabeth High, Flemming, Riverview and Baie-Comeau High. In addition, two community concerts were held in the evening hours. The evening shows featured an hour of traditional Celtic music played on the highland bagpipes, tenor banjo, tin whistle and more.

Funding for all of these lively presentations was made possible by the NSCA and the Ministry of Education's "Culture in Schools" and ELAN's "Arts Inspire" grants. We are all looking forward to a repeat performance!

A Word from the Chair

What a beautiful fall we have had, hope you all had a chance to enjoy it in all its splendour.

May I take this opportunity to give the NSCA Board's heartfelt thanks to Ms. Cathy Larivière who was a founding member 20+ years ago. Ms. Larivière has been on the board ever since taking on various roles throughout the years. She was the Chairperson for the last two mandates. Our NSCA cornerstone has now retired and moved to Pohénégamook to be closer to her family. We will miss her dearly and wish her much happiness in her new home.

I would also like to thank the board and the members at the last AGM for putting their confidence in me as the new Chairperson. As you know, it is always a team effort so let me introduce the Board members. Ms. Edith O'Brian is the newly elected Vice-Chair, and we thank Ms. Marilyn Miller and Mr. Don Goodfellow for returning as respectfully secretary and treasurer. Our directors are Ms. Marcella Beaudoin, Ms. Jackie Bizeau, Ms. Marianne Bizeau and our newly elected colourful member, Mr. Walter Bisson. Congratulations to you all!

I look forward to working with this new Board to support our NSCA Executive Director, Ms. Jody Lessard, by giving her all the help we can to attain the organization's future goals. We have come a long way but must work even harder now to maintain what has been accomplished while undertaking new mandates.

We are always open to new ideas, so if you have any suggestions or comments do not hesitate to email me at: chairperson@quebecnorthshore.org

Best wishes to you all on behalf of the NSCA Board!

Mary Ellen Beaulieu
Chairperson



NSCA 2021-2022 Board of Directors



From left to right: Marilyn Miller - Secretary; Donald Goodfellow - Treasurer; Edith O'Brien - Vice-Chair; Marcella Beaudoin - Director; Mary Ellen Beaulieu - Chair; Mary Anne Bizeau - Director; Jackie Bizeau - Director
(Absent: Walter Bisson - Director)



Presenting the 2021 Marc Deslauriers Outstanding Community Involvement Award Recipient

The well-deserving recipient of this year's award goes to Judy Durepos from Baie-Comeau. This award is given out every year to a community member who goes above and beyond in contributing to their community.

Over the past year or two, NSCA was pleased to have the helping hand of Ms. Durepos for their senior wellness activities, check-in with seniors, and time given to many varied services to community members. Her quick wit and ready smile are always welcomed as she breezes through community activities and events. Well done and well-deserved!

Announcing the 2021-2022 Community Leadership Bursaries

NSCA in collaboration with McGill University is pleased to announce the winner of the 2021-2022 bursary. The purpose of the McGill Bursary program is to encourage youth who are studying in a program identified within the Health and Social Services sector, to complete their degree and to work in their region, where there is a high demand for health professionals with both English and French language skills.

The NSCA would like to congratulate this year's recipients:

- André Desrosiers of Sept-Îles, who is studying in Social Work at Université de Québec à Chicoutimi
- Louis Adam Beaudin of Port-Cartier, who is studying Criminology at Université de Montréal



Congratulations, André



Congratulations, Louis Adam



NSCA's 21st AGM and Counting



Thank you, Cathy, for your many years of service to our members and the NSCA.

The NSCA's 21st Annual General Meeting and Community Consultation was held on September 25, 2021, in Port-Cartier at the Hotel Le Q'Artier. It was nice to see so many attend in-person since the aftermath of COVID-19 last year and having to use ZOOM to join together.

This year our Chair, Cathy Larivière, retires from the Board after many successful years of guiding the NSCA. Congratulations to the 2021-2022 Board of Directors and our newly appointed Board Chair, Mary Ellen Beaulieu.

Following the AGM, invited guest Katia Grusibic, lead a discussion on strategic orientations of the organization with participants from Baie-Comeau, Port-Cartier and Sept-Îles. Participants input provided during the consultation will help the NSCA identify areas to be included into their 5-year strategic plan (2023-2028).

Thank you to those who joined us at our Annual General Meeting and at the community consultation!



BCHS/CLC Activities and Events

by Richard Gaudet, Community Development Agent CLC



The Kindergarten and Cycle 1 students had an educational outing to Ferme Manicouagan in September. There was so much fresh produce to pick, taste, smell and discover. Special thanks to teachers Ms. Bujold and Ms. Bélanger for organizing the outing.



The welcome back to school BBQ organised by the BCHS Home & School Association was great! Sweet corn, hot dogs, chili, fruit juice and dessert were on the menu. We were glad that parents were able to come and eat with us. Special thanks to Mr Kohner, our retired principal, Maxime Côté of the NSCA and all of the volunteers of the Home and School association for making this possible!



The grades 2-6 students walked up to Pavillon Mance to see an art exhibit featuring the works of renowned painter Jeremy Giles. Thank you to Paul Lord for this initiative.

Worth a Thousand Words: North Shore Intergenerational Digital Storytelling Project



Do you have a story to tell based on photographs, memories, or events?

Are you interested in learning more about the art of storytelling?

Do you want to participate in an engaging intergenerational project for the north shore?

Through a series of workshops, you will be immersed into the wonderful world of storytelling, a skill and art form that will allow you to re-connect with the past and create a living history of the past. Archival and personal photographs and materials will be used as a prompt to help you learn how to tell an engaging story about a particular event, moment, person, and memory.

Workshops will be held in Baie-Comeau, Port-Cartier, and Sept-Îles between December 2021 and April 2022. You will learn the basics of storytelling, pacing, articulation, and audience in order to bring your story alive in the public domain.

Schools will be invited to participate by learning and working with particular seniors to help them with their own storytelling techniques.

What's the end product? The NSCA will produce approximately 12 heritage-type audio-visual "photo albums" to be used in schools, tourism and socio-cultural and historical venues and displays.

If this interests you, contact Stephen Kohner at 418-295-3431 or by e-mail at stephen.kohner@gmail.com.

Help make YOUR story become OUR story.

Senior Wellness Activities Back in Full-Swing

We've gotten through our summer vacations and our older adult population are thrilled to resume new activities and continue enjoying already established ones too.

Baie-Comeau:

Our 50+ Wellness community members were welcomed back from summer with a social get together held on August 26. Animated discussions about each one's summer vacations and a lot of 'brain-storming' for future activities were discussed. During our September get-togethers, our 50+ members enjoyed social and cognitive games; these activities provides an opportunity to have some laughs, grab a coffee and treat, and connect with other members. The program will also be adding some additional physical activities to their programming, such as walking group, and bowling.

We celebrated our treasured seniors on National Senior's Day (October 1) and treated them to a homemade meal, complete with dessert. Our seniors play an important role in our communities and deserve to be recognized for their contributions and this day is dedicated for just this reason.

Baie-Comeau weekly Wellness activities are held on Wednesdays at the church hall of St. Andrew & St. George Anglican Church. These events are very much anticipated and well-attended. If you are interested in joining us, please contact the NSCA office at 418-296-1545.

Sept-Îles:

The Sept-Îles 50+ Senior Wellness activities continue to be held every Wednesday from 1:00 - 3:30 pm. These activities offer many interesting topics of interest, including crafts, art, cognitive and social games, CHEP sessions on health and social services topics, and finishes off with coffee and goodies.

With needles sharpened up, the Stitch and Yarn group got ready to create new items and provide a chance to connect with each other. This group meets every Monday from 1:30 - 3:30 at the NSCA office. Drop-in and join in on the projects and conversation.

On September 29, twenty-three seniors in Sept-Îles participated in National Seniors Day where they gathered at the Knights of Columbus Hall to celebrate and partake in a luncheon and social games and to reflect on what it meant to them to be a senior. Below are a few excerpts of their very insightful thoughts:

"They say it's the golden age...I don't see the gold".

"Discounts...sometimes"!

"We can be forgiven for forgetting something".

"Being able to look back at life and realizing that we stressed too much over the little problems".

"New music in the morning....kric, krac from my joints"!

"Happy to have made it this far".

"I am proud of my age; I am a happy senior, have lots of experiences and have achieved a lot in my life. It is a privilege to be a senior".

"We are lucky, some never get to be a senior, especially to enjoy children, grandchildren and great-grandchildren. We can say we are blessed".

The 50+ Wellness community members re-commenced their walking group to discover hidden gems in their community. The Walking Group meets every Tuesday and Thursday from 10:00 to 11:15 am. at various locations.

To know more our program activities, please contact Charlene at c.lavallee@quebecnorthshore.org or call the Sept-Îles NSCA office at 418-968-3148.



NSCA's Story Time Now Happening in Three Communities



Since September, we will be offering Story Time activities in two new communities. The NSCA has partnered with the Alice-Lane Public Library in Baie-Comeau and the Louis-Ange-Santerre Public Library in Sept-Îles to host Story Time sessions. In Port-Cartier, we have continued our partnership with the public library, our sessions are offered on a monthly basis and continues to be a popular family activity.

Families need to register in advance at their local library, so be sure to check our Facebook page and listen to the bi-weekly podcasts for upcoming sessions and details on how to register. These sessions are facilitated by one of our NSCA staff and explore some very interesting books.

NSCA Welcomes Two New Employees

The NSCA is very pleased to announce the addition of two new employees!

- Elaine Guy, Administrative Assistant - office operations and assistance to the Executive Director;
- Brielle Boudrias, Community Development Agent for MRC Sept-Rivières.

We are very excited to welcome Elaine and Brielle to our team at the NSCA!



Have you used or know about the services of the Liaison agent for English services?

If you are familiar with the regional interpreter and support service in English, based at the Hôpital de Sept-Îles and have used it in the past 24 months, please take a few minutes of your time to complete the following survey:

<https://fr.surveymonkey.com/r/VCCNN35>

If you do not know about this service, please click on the following link for more information:

<https://www.cisss-cotenord.gouv.qc.ca/en/care-and-services/interpreter/>

Your feedback is valuable...numbers speak volume to helping us to promote this valuable service to the English-speaking communities.

Meals on Wheels in the Sept-Îles Region

Do you know of the “Meals on Wheels” program offered by the CAB Le Virage in Sept-Îles? NSCA continues its partnership in promotion and translation service for the CAB. The monthly menus are available in English, and delivery of meals takes place Monday through Friday between the hours of 11:30 am – 12:30 pm. and are usually delivered by a volunteer. 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 which 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 office at 418-968-3148.

Games Lending Library for Language Development

The NSCA has created a tool, in the form of a *Games Lending Library*, to foster the growth of language in children aged 0-5 years and help build a foundation of good language development.

Eight games are available for loan and are broken down into two age-appropriate categories, for different levels of learning: Babies and Toddlers.

For more information, contact our office at 418-296-1545 or e-mail: a.lafreniere@quebecnorthshore.org.

iPad Lending Library

With technology becoming a 'normal' means of communication these days, the NSCA has developed iPad Lending Library program where our senior community members are able to sign

out an iPad facilitating them to participate in the many virtual activities offered through the NSCA.

NSCA can offer training sessions for accessing online platforms in order to better assist our community members to ensure they get connected with relative ease.

The program is offered in the Baie-Comeau, Port Cartier, and Sept-Îles areas for seniors who do not have access to this type of technology in their homes.



Highlights From Early Childhood Programs and Activities Needs Assessment Survey



Last June, we surveyed North Shore parents for their opinions and experiences with early childhood programs and activities to assist us in identifying gaps or areas of interest. Some highlights from this public consultation has identified that most of our families are speaking both languages at home and prefer to have the activities take place in person rather than virtual sessions.

Responses also indicated that a majority of families are not so familiar with the early childhood programs and activities in the region (in English or French). Workshop and information on general health and mental health topics was a subject of interest for the families.

We'd like to thank the parents who took time to respond as your feedback helps us tremendously. Stay tuned to our Facebook page for more information on upcoming early childhood activities.

We'd like to offer congratulations to the winners of the draw:

\$75 cash prize: Emily Roberts / \$50 family board games grab bag: Katrina Boland / \$25 gift certificate from Librairie Côte-Nord: Melisa Young

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navigator@qchfoundation.org
418-932-0095
 www.travel4health.ca

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



North Shore Community Association
 Bringing Communities Together

Baie-Comeau and MRC Sept-Rivières Book Clubs ... continue to generate a growing interest in reading new releases of current best seller English novels. Members get together, either in-person or online, once a month to discuss the book they've read.

If you wish to know more or to join either of these book clubs, please contact us by email:

nsca@quebecnorthshore.org (Baie-Comeau) -or-
c.gilbert@quebecnorthshore.org (MRC Sept-Rivières).

In addition, some of the novels have been added to the ever-growing NSCA Book Lending Library. Books are available for loan at both of our offices in Baie-Comeau and Sept-Îles so everyone can get a chance to read current English novels.



Virtual Newsletter Option

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. Our membership has the option to sign up for a virtual copy of the newsletter. If you prefer to receive an electronic copy, please forward us an e-mail at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

Wellness Program

Active Living for Older Adults



Meeting the needs of the English-speaking community



<http://quebecnorthshore.org/>

NSCA's 21st AGM Photos



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 18, 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.

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