

LET'S GET CONNECTED

April 2022

Volume 18, Number 4



QUEBECNORTHSHORE.ORG

Seniors put on their Green in Celebration of St. Patrick's Day



50+ Wellness groups of Sept-Îles and Baie-Comeau got into the Irish spirit in celebration of St. Patrick's Day during their regular Wellness activity. Whether Irish or not, many of the men and women donned their green to add to the festivities. It was a time to celebrate in a sea of green for St Patrick's Day with lots of laughs and fun traditional games. Members filled the room with wearing lots of green and bringing their Irish cheer!

Another celebration was held in Sept-Îles on March 18, 2022. Members, joined by their spouses/partners, enjoyed a traditional dinner of Irish stew, catered-in by Marché Napoleon. This special event was held at the Anglican Church with some of the ladies creating 'Irish' desserts to finish off the meal. Games, skits and, of course, storytelling, were all part of this rambunctious, laughter-filled affair.

Many thanks to the volunteers who helped in the organization and preparation for the event. Hats off to the senior community for keeping this traditional celebration alive!!! (See more photos on p. 6)

A Word from the Chair

Spring is finally here! We certainly have had a lot of snow which is fantastic for winter sports, but let's now enjoy spring. Covid measures have lightened, so we can thankfully resume most of our activities. Our Board of Directors meetings have been on Zoom, but we will be having a face to face this Saturday, March 26, in Seven Islands...weather permitting. How wonderful it will be to see everyone!

The most important item on the agenda is the Strategic Plan that covers 2023 to 2028. Ms. Katia Grubisic has been helping us with the plan since the fall of 2021. You may remember her consulting members at our last AGM in Port-Cartier. In the months that followed, community consultations took place virtually and individual interviews were held with staff and board members. As Ms. Kubisic states, "This strategic plan provides a snapshot of the English-speaking community of Quebec's North Shore region, and lays out strategic priorities around consolidation, communication, recruitment, and investment for the next five years, notably to support seniors, community cohesion through education, communications, and staffing."



I would like to take this opportunity to thank Ms. Kubisic, our Executive Director, Ms. Jody Lessard, as well as all staff, community and board members who contributed to this collective effort. Together we will succeed in maintaining a strong and thriving English speaking community on the North Shore with the NSCA as our facilitator.

May this new season bring you an abundance of wonderful moments with your friends and loved ones!

Mary Ellen Beaulieu
Chairperson

Sept-Iles Community Outreach

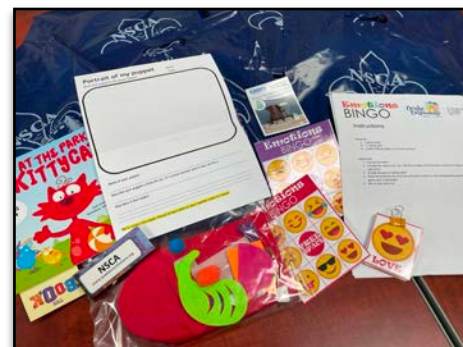
Community helping out community. What a great community initiative! The Stitch 'Yarn ladies' group in Sept-Îles join forces every Monday afternoon to knit socks, scarves, hats, slippers and, additionally, create care packages for a vulnerable clientele and those in need. These very welcomed and appreciated items are then being donated to different non-profit organizations in Sept-Îles who service these demographics. To name but a few who participate in this endeavour are: Le Rond Point, Transit, Centre Femmes aux 4 Vents, L'Elyme des Sables Palliative Care Home.



Not to be left out, approximately 18 Queen Elizabeth High School students that participate in the cooking classes were gifted a hard-covered cookbook. The cookbooks have been graciously given to the NSCA by an anonymous donor in the Sept-Îles area. Our 50+ Wellness members signed each book for the youth. Happy cooking everyone and take advantage of some great, possibly forgotten, recipes contained in these books!!

Parent Volet Partnership with Eastern Shores School Board

The NSCA is proud to partner with Eastern Shores School Board (ESSB) for the *Parent Volet* measure!



Starting February 2022, pre-kindergarten, kindergarten, and some Grade 1 children from the Baie-Comeau High School, Flemming Elementary in Sept-Îles and Riverview School in Port-Cartier will benefit from monthly activities geared for them and their parents. These activities are prepared by the NSCA.

Our wish is for families to have fun together playing with our prepared activities. For Nutrition month in March, students will take home the dry ingredients to make a muffin recipe and (hopefully) have fun baking and eating them.

We approach these activities with the understanding that parents are the best teachers for their children (and they're their favourite). We want parents to feel welcome by their respective schools and by the community, and to add to the resources and strengths they already possess.

Story Time Returns to Port-Cartier & Sept-Îles



On March 18, 2022 the first Story Time event for this year was hosted at the Bibliothèque le Manuscrit de Port-Cartier with a spring theme activity. The children were happy to see the return of Ms. Story who had a few of her favourite stories to read, all about spring. All eleven children listened attentively to the stories! During the craft time activity, children (with the help of their parents) created some cute spring critters.

The week following, we held a similar themed activity at the Bibliothèque Louis-Ange-Santerre in Sept-Îles. A fun-filled morning of stories, with a rain activity and puddle jumping, hopscotch; it was finished off with a craft and snack. Our little ones certainly enjoyed the painting and creating of caterpillars.

The next Story Time event is scheduled for Saturday, April 23rd in Port-Cartier and Saturday, April 30th in Sept-Îles. Keep a look out on Facebook page for the event posters!

Story-Time events are held monthly for 0–8-year-olds and their parents or caregivers to encourage and celebrate the joy of reading and crafts. (see additional photos on back page)



BCHS/CLC Activities and Events



Oscar and Alexis show off some of BCCHS's new robotics equipment.



Elementary students were all smiles during BCCHS's winter carnival day.



BCCHS secondary students gave a hand during the International Day of Women's Rights in Baie-Comeau on March 8th.



The BCCHS Home & School Association marked St. Patrick's Day with afternoon treats for students and staff. The Green Area was awash in green!



Poppy Campaign certificates of appreciation were handed out by Cde Jean St-Laurent of the Royal Canadian Legion Branch 003 to four BCCHS students who participated in the distribution of poppies at Walmart on Nov. 6 to Mya Boisseau and Loucas Perreault (absent: Ludovic Lafrance & Maycie Bourque).



Cdes Stephen Kohner and Jean St-Laurent were on-hand to award BCCHS students for their prize winning entries to the annual Royal Canadian Legion literary and poster contests. Congratulations to first prize winners Tori Tiller and Rose Boisseau and to Xavier Lavoie who won a participation prize.

March 4th International Women's Day Celebrated in Style



International Women's Day is a day of unity, celebration, reflection, advocacy, and action and is celebrated in many countries worldwide. It is a day to honour all women!

During our Wellness activity, the NSCA staff decorated two community meeting places in the colour purple and distributed purple ribbons for each of the ladies attending.

The group in Sept-Îles enjoyed an afternoon of trivia quiz listen to memorable quotes about women, and finished off with a social afternoon of games. in addition, each lady was given a little candle wrapped with a purple ribbon and flower.

In Baie-Comeau, the ladies were treated with a delicious brunch prepared and served by the men that included soup, home-made buns and croissants, sausages, quiche, a salad, and cake for dessert. A relaxing morning and afternoon with lots of cheer and socializing were much appreciated by the women!

St. Patrick's Marked Up in All Shades of Green!



Call For Bursary Applications



ARE YOU FROM THE **NORTH SHORE REGION** STUDYING IN THE FIELD OF HEALTH AND SOCIAL SERVICES? YOU MAY BE ELIGIBLE FOR FINANCIAL SUPPORT, THANKS TO THE MCGILL BURSARY PROGRAM!

Objective:

The McGill Bursary Program is intended to provide financial incentive to students from selected Quebec regions with appropriate English and French language skills pursuing full-time studies in the area of health and social services in a government-recognized educational institution

CATEGORY 1

BURSARY IS FOR STUDENTS STUDYING IN A GOVERNMENT-RECOGNIZED EDUCATIONAL INSTITUTION LOCATED OUTSIDE THEIR REGION.

**Deadline for applications:
May 16, 2022 at 5:00 pm**

CATEGORY 2

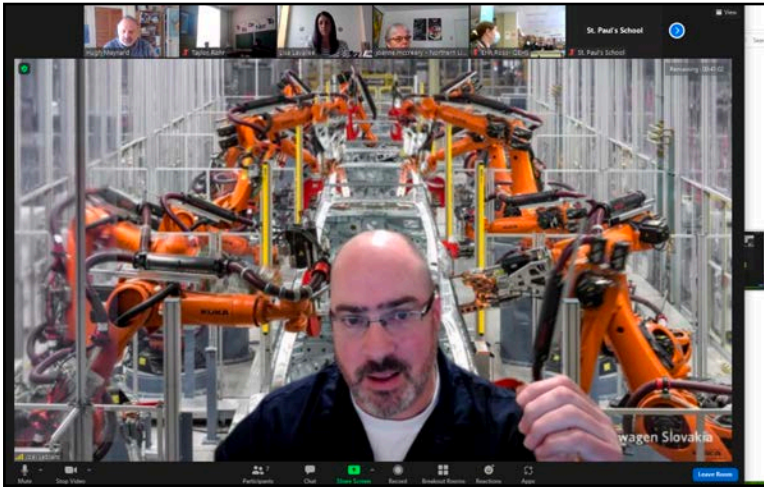
BURSARY IS FOR STUDENTS STUDYING IN A GOVERNMENT-RECOGNIZED EDUCATIONAL INSTITUTION LOCATED INSIDE THEIR REGION

For more information or to receive an application form please contact :

Jody Lessard at
nsca@quebecnorthshore.org
418-296-1545.



NSCA'S Virtual Career Fair 2022



What a great success! Our first Virtual Career Fair was held on February 16 during the School Perseverance Week. A full morning of presentations were held featuring sector-specific career professionals. It was an opportunity for the students to connect with professionals who are working on the North Shore or who are from the region.

Students from Queen Elizabeth High School, Baie-Comeau High School and Northern Lights Adult Education came out to discover and learn more information about careers. The invitation was also extended to the Centre de services Scolaire du Littoral. We had three schools participate from the Lower North Shore.

Many thanks goes out to the 12 local career professionals who came out to explain their professions to the students. Students were glad to see the annual career day fair return; a much-appreciated event that gives an opportunity for our youth to explore and discover a variety of career fields.

A special thank you to CJE Duplessis and QEHS Community Learning Centre for their partnership and support in organizing this event.



Secrétariat aux relations avec les Québécois d'expression anglaise



Happening des Arts de Tadoussac: Ready to Launch

We are thrilled to be launching the 2022 season in Tadoussac with a new date and a new mandate. On June 10, 11, and 12, 2022, Tadoussac will be a place to be!

Originally a creative weekend for artists who paint, we will now welcome artists from many different disciplines including small groups who would like to work on a short collaborative project over the weekend. Artists are scattered throughout the village in galleries, in restaurants, on the boardwalk, and under tents where the public can explore and engage with them. Although it is no an art sale, the weekend focuses on a deepening understanding of how artists learn and create.

The weekend begins with an opening cocktail on Friday evening and the artists will create throughout Saturday and Sunday.

If you are an artist and you would like to participate, or if you are a member of the public and you would like to attend, please check our website at www.happarts.com. If you are interested in learning more about 10 regional artists, please check out our short film series from 2021 on the website. For information contact Jane Chambers Evans, President, Happening des Arts de Tadoussac at 418-894-8268.



Festival de la Chanson Tadoussac is Back!

The *Festival de la chanson de Tadoussac* has announced its three-day event this year. From 6 p.m. on Thursday, June 16th to midnight on June 19th, several dozen new and upcoming artists will perform one-hour shows during the three-day event. Like every year, three showcase shows with the prominent artist will be held at the largest venue in the basement of the church.

Weekend passes, as well as lodging, are selling fast - be quick to make your plans to attend. The full program of events will be launched in the first few weeks of April.



For more information, please visit the website
<https://chansontadoussac.com/>

Upcoming CHEP Sessions

Mark your calendars for the upcoming Community Health Education Program (CHEP) sessions:

- April 20, 2022 - Music Therapy - Music For Your Mind, Body and Spirit, presented by Victoria McNeil, Music Therapist, Cummings Centre
- May 18, 2022 - Age-Related Hearing Loss - Causes, Complications and Care
- June 15, 2022 - Stroke Signs and Symptoms, presented by Dr. Morris, Professor and Director of the Division of Geriatric Medicine at McGill University, MUHC and JGH



We will be taking a break from offering CHEP sessions over the summer and they will recommence in September, 2022. Please continue to check the NSCA's website and Facebook page for the dates and topics.

Book Muncher Installed at NSCA Office in Sept-Îles



A new Book Muncher has been installed at the NSCA Office in Sept-Îles.

Book Munchers are installed all across Québec and are free book sharing boxes for children aged 0-12 years.

Drop by and a peek at the books available on your next visit to the office located on boulevard Laure.

iPad Lending Library



Just a reminder that the NSCA has 8 iPad's ready and loaded for your use.

If you wish to loan one out to be able to attend virtual ZOOM sessions, such as CHEP, BINGO, connecting with your children or grandchildren, or just to play games on, please let us know and we would be happy to assist you in getting started.

Technology is a sign of the times and we are prepared to offer in-house one-on-one training so you can become comfortable using an iPad.

Contact our office at 418-296-1545 should you wish further information or want to sign out an iPad.

ARE YOU TRAVELLING TO QUEBEC CITY FOR HEALTH SERVICES?



LOOKING FOR SUPPORT WHILE YOU ARE THERE?
A patient navigator can accompany you while you are in Quebec city

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

suicide.ca

help • educate • prevent



Confide in a counsellor by text message

1 855 957 5353

An initiative of



Association québécoise de prévention du suicide

VIRTUAL CAMPUS

LEARN.




LEARN TUTORING

ONLINE TUTORING WITH QUALIFIED TEACHERS AT NO CHARGE

MATH/ FRENCH/ ENGLISH/ SCIENCES/ HISTORY AND MORE

- Help for elementary and secondary students with homework, study and review
- Easy to use
- One-on-one evening sessions online
- Feedback provided after each session



learnquebec.ca/tutoring

BCHS Annual Bean Supper Friday, May 13, 2021 at 5:30pm.

PLACE:

BCHS school gymnasium
39, av. Marquette

PRICE: To be determined

TICKETS: Available at the door only

There may be a possibility of take out orders... stayed tuned!



Photos of the Story Time in Port-Cartier & Sept-Îles



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 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:
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. Mary Ellen Beaulieu
Vice-Chair: Edith O'Brien
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**

