

# LET'S GET CONNECTED

January 2020

Volume 16, Number 3



[QUEBECNORTHSHORE.ORG](http://QUEBECNORTHSHORE.ORG)

## Community Christmas Tea a Roaring Success!



The NSCA in Sept-Îles hosted a Community Christmas Tea on December 8, 2019 with nearly 110 community participants enjoying the festive event. Crafts and baked goods tables were made available for the community to purchase items for the Christmas season. This annual event has a lot of history and those attending reminisced about the previous years. They stated that this one, in particular, was especially well-done and a lot of positive feedback was provided with the hopes of having another event next year. Radio Canada was on hand to record this special event.

The Secondary V Leadership Class of Queen Elizabeth High School helped out and many thanks go out to them for making this event a success. In a show of appreciation, the NSCA provided a pizza lunch to the students for their hard work, both behind the scenes and the day of the event; their cheerful attitudes and overall participation.

Thank you to the seniors, all volunteers (both young and old) and NSCA staff for their dedication and joyful attitudes in setting up tables, donating baked goods, preparing sandwiches and assembling a variety of baked goods plates and decorating the tables and the eventual take-down after the event. It is amazing at all the 'behind-the-scenes' work involved in hosting an event that went off seamlessly. Without the assistance of many volunteers this would not be possible. THANK YOU!

(article continued on back page)

## A Word from the Chair

Hoping to find you all in good spirits after the Christmas holidays! Hope you all made wonderful memories with family and friends.

Another year has passed, another decade is over, and another year has come. The NSCA has accomplished many projects and programs, from early childhood to seniors. We aim to continue serving the English-speaking population even more with new programming and projects including community development planning in the next decade.

Our membership and visibility continue to grow and we are looking forward to another productive year at the NSCA with new exciting programs and projects on the horizon. In addition, we are preparing for our 20th anniversary celebration!

I would like to take this opportunity to wish all the NSCA's members a healthy and happy New Year!! Thanks for being part of the NSCA!

Cathy Larivière, Chair



## NSCA Adds Two New Employees to its Staff



The NSCA is very excited to welcome Louise Mazerolle, Administrative Assistant (left) - office operations and assistance for senior activities and Hélène Bélanger (right), Project Coordinator - cultural project, and youth & early childhood initiatives - Welcome aboard!

## Bishop Bruce Visits North Shore Churches



Bishop Bruce Myers of the Anglican Diocese of Quebec paid a visit to the two Anglican parishes on the North Shore on the weekend of December 15 and 16.

His first stop was in Baie-Comeau at the Church of St. Andrew & St. George where he celebrated a service of Lesson with Carols. This was followed by a community potluck supper organized by Canon Stephen Kohner.

The next day he celebrated a Christmas service at All Saints' Church in Sept-Îles along with Mrs. Linda Stubbert.

## Story Time in Port-Cartier



On January 18, 2020 the first Story Time event for the New Year was hosted at the Bibliothèque. The theme was literacy. Ms. Story was in attendance to read all about the animals of Australia from books that she bought on her latest voyage across the sea. All fourteen children listened attentively to the stories! During the craft time activity, children were encouraged to take old books that were bound for the recycling bin and turn them into a work of art. Some created abstract pieces while others created monsters and unicorns from the pages. All in all, it was a successful start to the New Year for story time and there is always time to give thanks to the Library in Port Cartier who continues to work with the NSCA to provide a venue and support for this activity. Our next Story Time event is scheduled for Saturday, February 15th.

## Upcoming Community Events in Port-Cartier

In the month of February, Port-Cartier will host two events for the community. There will be a Family Feud Game Night hosted at the QG where any and all are welcome to participate. This will be the third Family Feud night hosted that was built from answers given in the community. At the last Family Feud night we had participants from the French community join us and it was a blast. We are looking forward to more participation this time as the QG owner has also been helping to promote the evening.

Towards the end of the month, Paint Night will be returning for a third time. We will meet at the QG under the instruction of Ms. Bordage, the artist for the event, and create a canvas painting. As always there will be a limited number of spaces available so it will be important to reserve a place if you wish to join.

Keep an eye out on our Facebook page for the event posters.

## School Readiness Kit

Coming soon to your community!

Going to school for the first time is a **BIG DEAL!** This kit helps all the family to adapt to the changes, as well as give an overview of the skills needed to be ready for school.



The School Readiness contains:

- The book "Kindergarten, Here I Come"
- An Activity Booklet full of information, games and crafts
- An Interactive Book in which you can write and erase, to better prepare you for school
- Resources to help you and your child to implement routines to facilitate the transition
- And more!



North Shore Community Association  
Bringing Communities Together

## Upcoming Caregiver's Conference: "Depression in Seniors"

Did you know that depression is a common problem among older adults, but it is NOT a normal part of aging? In fact, studies show that most seniors feel satisfied with their lives despite having more illnesses or physical problems. Depression is more than just feeling sad or blue. It is a common but serious mood disorder that needs real treatment.

While depression is more common in women, it more often increases the risk of suicide in older men. The National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem.

We are privileged to have, once again, Jennifer Hobbs-Robert, former Director of Nursing & Quality at the Jeffery Hale-Saint Brigid's Hospital in Quebec City, facilitate a videoconference with the communities of Baie-Comeau, Sept-Îles and Port-Cartier on the topic of seniors and depression. She will be able to provide information on warning signs of depression in seniors and also providing tips to the caregivers of seniors.

**Please join us on March 23, 2020 from 10:00-11:00 a.m. to discuss this prevalent and important issue. More info to follow in a flyer.**

## Youth Employability Survey 2020

In 2019, the NSCA acquired a new project which is working towards youth employability on the North Shore. The goal of this project is to vehicle youth that are looking for employment towards employability services that cater to their needs. More specifically, English employability services and programs offered by the Carrefour Jeunesse Émploie Duplessis and Manicouagan. The NSCA will be holding a support role toward the CJEs so that they can better serve the English youth population. The first step towards reaching our goals for this service is that we need to know more about our youth.

**If you are an English-speaking youth between the ages of 15-35, we need your help!** A survey of less than twenty questions has been posted on our Facebook page and website; the survey aims to shed light among our North Shore youth on their employment status, employment services they use, and obstacles they may be witnessing to getting their dream jobs. With the information gathered by the NSCA, we will be better informed on how to reach youth on the North Shore to publicize employability services catered and customized to their needs.

We'd like to hear what you have to say about youth employability and knowledge of services offered. **You could even win a prize!** Survey participants have the chance to win one of the three prizes of \$100, \$75 or \$50 in a raffle. At the end of the survey please fill out your contact information and you will be added to the raffle.

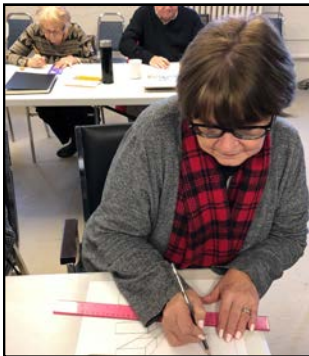
<https://www.surveymonkey.com/r/NSCAemployability>

## 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 email at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org) indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

As always, your feedback is welcome and will help us shape the content for future issues. Happy Reading!

## Knitting, Crafts, Painting and Art Sessions



Knitting needles clicking and fingers flying were all part of the NSCA's first new hosted event of knitting and crafts. The 50+ members in Baie-Comeau got together on January 7 and 21 to learn knitting techniques and began a knitting project. For those who preferred making a craft, they were not disappointed as they made some very unique bookmarks. Everyone enjoyed great conversation, lots of humour and a cup of fresh coffee.

On January 14, participants came out to join local artist Gilles Beaulieu in Baie-Comeau, for the first in a series of art activities. Mr. Beaulieu demonstrated how to work with charcoal to create drawings. This was so interesting that the 50+ members wanted to learn more.

Mr. Beaulieu presented another charcoal drawing art activity on January 28, 2020 to the Baie Comeau 50+ members. If you have any questions about how to join in on these fun activities, please contact the Baie-Comeau NSCA office at 418-296-1545, by e-mail at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org), or follow-us on our Facebook page to stay current of all activities being offered through the NSCA . We hope to see all of you at these fun-filled and informative sessions.

## Photography Workshops Coming to the North Shore

The North Shore Community Association is proud to present a brand new project: **Capturing Community, Illustrating Identity : Workshops and Collaborative Creation**. It is a project focused on articulating specific facets of community pride through the lens of the photographer by using creative imagination and artistic expression to inspire an intraregional mural creation.

You are invited to participate in a series of themed based photography workshops animated by two local professional photographers: Kathleen Moleski and François Trahan. It is a chance for you to learn new photographic skills by using your own photographic tools and help make a creative and emblematic representation of the communities of the North Shore.

Keep an eye out for upcoming workshops that will be held in your community. Publicity will be posted on our Facebook page and website.



## 50+ Wellness Activity Groups Keep Busy



As 2019 wrapped up and we reviewed our year, the 50+ Wellness Activity groups, in both Baie-Comeau and Sept-Îles, were busy in 2019 with many interesting and varied activities. Some of these activities included CHEP videoconference sessions touching on topics such as bowel health, flu and vaccines, blood pressure, organ and tissue donation in Quebec, and Diabetes; intergenerational activities getting youth and seniors together for collective kitchen, judging Halloween costumes; legal information workshops and as well as seeing the start-up of a Stitch n' Yarn activity in Sept-Îles.

Of particular note, the annual Christmas Fruitcake making event took place in Baie-Comeau on November 27, 2019 with 11 participants. Fragrant smells filled the air as all 'heritage' ingredients were blended together. Participants then took the wonderful cake batter home to be cooked and shared amongst family and friends (continued on p. 7).

# 50+ Wellness Activity Groups Keep Busy



2020 promises to be just as interesting and busy as we have many more activities to keep seniors participating in their communities and of also sharing their knowledge and expertise with youth. New upcoming activities will include different arts and crafts workshops, collective kitchens, bowling, income tax information sessions, and health related video conference sessions.

# BCHS Activities and Events

by Stephen Kohner, principal



Congratulations to Camille Cloutier (Class of 2019) who was awarded the Governor General's Bronze Medal for the highest academic average in Secondary IV-V. She received a medal and a certificate signed by Gov. General Julie Payette.



Four BCCHS secondary students accompanied by Mr. Stephen Kohner, principal, volunteered their time to distribute poppies at Baie-Comeau's Walmart on Saturday, November 2nd. With the Cadets taking over in the afternoon, just over \$700 was collected.



BCCHS Student Parliament spear-headed a collection of non-perishable food and household items, donating eight full bins to Maison des femmes and HommeAide. Thank you to all those who donated and to M. Richard Gaudet, CDA-CLC, for leading this annual Christmas campaign.



The BCCHS Home & School Association generously provided students, staff and parents with treats on the last day of school before the holidays. There were Christmas cookies, cupcakes, jello, squares, and hot chocolate.



Students have been profiting from a multitude of outdoor activities this past fall and winter. It is wonderful to have these opportunities to promote outdoor sports and recreation!



BCCHS presented a marvellous musical Christmas show on the evening of December 21st. Led by BCCHS music teacher Jasmine Perron and by Chorale leader Violette Simard, parents and families were treated to an evening of flutes, recorders, xylophones and singing.



# Introducing Mr. Hugh Wood, Director General of Eastern Shores School Board



Eastern Shores School Board (ESSB) is pleased to announce the nomination of Mr. Hugh Wood as Director General effective November 1, 2019. He brings with him 31 years experience in education, all of which was served at ESSB. Mr. Wood is known for his team approach to problem resolution while always maintaining the student's interest at the core of all decisions.

Since 2004 he occupied the position of Principal of Grosse Isle School. In 2017 he also assumed the role as Coordinator of Adult Education of the same school. Additionally, Mr. Wood has experience as a Math, Science and Physical Education teacher as well as Interim Director of Human Resources in 2018.

When asked to share his vision for ESSB he quoted Helen Keller and said, "Alone we can do so little; together we can do so much". Mr. Wood is confident in the team that is in place and is looking forward to working with them. He is confident that the team in place will work hard together to rise to the upcoming changes.

## Eastern Shores School Board Registration 2020-2021

The Eastern Shores School Board serves all students eligible for English education in the Baie-Comeau, Port-Cartier, Fermont and Sept-Îles region. Our School Board provides general academic education at the elementary and high school levels in conformity with the norms established by the Quebec Ministry of Education.

### Criteria for enrolment are:

- 1) To be eligible for **Pre-K**, your child must be 4 before **October 1<sup>st</sup>, 2020**
- 2) To be eligible for **kindergarten**, your child must be 5 before **October 1<sup>st</sup>, 2020**
- 3) To be eligible for **grade 1**, your child must be 6 before **October 1<sup>st</sup>, 2020**
- 4) An original birth certificate for your child with both parents' names must accompany the request for admission
- 5) **Certificate of eligibility for English Instruction.**

For further information and/or to register your child, please contact the school to make an appointment.

Baie-Comeau High School : 418-296-2832 / Riverview School, Port-Cartier: 418-766-2665 /

Flemming Elementary, Sept-Iles: 418-968-8412 / Queen Elizabeth H.S.: 418-962-4540 /

Fermont Elementary School: 418-287-5497

# Women's Heart Health— An Update

Heart disease is the number one killer of women over 35 worldwide, accounting for more deaths every year than all cancers combined. This presentation will consider the ways heart disease is different for women, as well as some first easy steps you can take towards a healthier life.

Speaker Bio: Wendy Wray, RN, B.Sc. N, is a Nurse at the Women's Healthy Heart Initiative (MUHC) and Director of the McGill Women's Healthy Heart Initiative (WHHI) at the McGill University Health Center in Montreal.



Come join us for a continental breakfast before the conference!  
February 19, 2020 @ 9:00 am  
Conference from 10:00 to noon



Baie-Comeau

Where: 39, Marquette Ave,  
Local 317

Sept-Îles

Where: 598 Laure Blvd,  
Local 106



North Shore Community Association  
Bringing Communities Together

Canada Revenue Agency / Agence du revenu du Canada

## DOING YOUR TAXES WHAT'S IN IT FOR YOU?

Come to an information session to find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year.

Representatives from the Canada Revenue Agency will share information on how benefits are calculated, how and when you should apply for benefits, and will answer any questions you might have.

**WHEN:** Wednesday, February 12th at 9:30 am

**WHERE:** NSCA offices  
39 ave Marquette -Local 317, Baie-Comeau  
598 blvd Laure -Local 106, Sept-Îles



## 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](mailto:nsca@quebecnorthshore.org)



North Shore Community Association  
Bringing Communities Together

## YOU SPEAK ENGLISH



AND YOU ARE TRAVELLING TO SEPT-ÎLES

TO RECEIVE HEALTH  
AND SOCIAL SERVICES?

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

TO USE THIS SERVICE,  
CALL 418 965-7621



[www.ciss-cotenord.gouv.qc.ca](http://www.ciss-cotenord.gouv.qc.ca)

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

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

Québec

## Worship Services

### All Saints' Church

47, av. Ungava

Sept-Îles

Services commence at 10:30 a.m.



Feb. 2: Anglican Service

Feb. 16: Anglican Service

March 1: Anglican Service

March 15: Anglican Service

### Christ the King Parish

15 Comeau, Sept-Îles (Église Ste-Famille)

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at [paroissesseptiles.org/](http://paroissesseptiles.org/)

### Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11 a.m.



Feb. 2: Communion Service

Feb. 23: Communion Service with annual vestry meeting

March 15: Communion Service

March 29: Communion Service

#### Information:

Canon Stephen Kohner (418-295-3431)

[skohner@quebec.anglican.ca](mailto:skohner@quebec.anglican.ca)

## English Movies in Baie-Comeau & Sept-Îles

English movies are shown on a weekly basis (Sunday evenings) at the Ciné Centre in Baie-Comeau and Sept-Îles. Check out the schedule for what film is playing at your local movie theatre.

## 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](mailto:pastoralcare@quebec.anglican.ca)

## Article and Photos Continued from p. 1



As a way of giving back to the community, funds raised at the Community Christmas Tea on December 8, 2019, went back into the community. The NSCA purchased and provided five gift baskets to those in need in the area. Part of the funds also helped host a 50+ Members Christmas Social on December 18, 2019. A hot catered lunch was provided to the 50+ members of Sept-Îles. 32 participants partook in games, singing, jokes and small prizes were awarded for winning in games.

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](mailto:nsca@quebecnorthshore.org). (All submissions are subject to editing and approval)

**North Shore Community Association**

**Volume 16, Number 3**

### 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

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



[www.quebecnorthshore.org](http://www.quebecnorthshore.org)  
[nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

**Chair:** Ms. Cathy Larivière  
**Vice-Chair:** Mr. William Larivière  
**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**

