

NSCA NEWSLETTER

OCTOBER 2011

Volume 8, Number 2



Photo Credit: Jody Lessard, Baie-Comeau

LET'S GET CONNECTED

Building on Assets: Sept-Iles Community Consultation

by Jody Lessard

A community consultation was held on September 24th for the English-speaking community of Sept-Iles. The session began with words of welcome from Mr. Serge Levesque, mayor of Sept-Iles. Ms. Mary Richardson of the INSPQ facilitated the consultation process identifying key issues and interests of the community.

From group discussions on topics such as, community assets and visions for the future, key issues were identified. Participants broke out into focus group on various themes such as the environment, social and community life, economy and environment, health and well being, and education. Input was given on the selected themes and has enhanced our understanding of the Sept-Iles English-speaking community.

The INSPQ will be delivering a portrait of the community in the coming months. This portrait will help us to raise awareness of this English-speaking community, develop locally-relevant projects to address issues identified and shed light, through research, on issues that are not well-understood.

The North Shore Community Association would like to thank all those for coming out to this gathering. Your participation and contribution is important to us and greatly appreciated!



Mary Richardson



Mayor Serge Levesque



Jody Lessard, Mr. Martin Beaumont, Sharon Tardif

IN THIS ISSUE...

Getting to Know AmiQuebec and CMHA Cote-Nord
October is Mental Health month. Read up on services offered by these two organizations
Page 5

School Pages
September was back to school time. Photos & text from four schools are featured
Pages 6 & 7

50+ Community Day
The first-ever community day was held in Sept-Iles. Read about the fun-filled day!
Page 8

Meet Sharon Tardif
Meet Sharon Tardif, an agent for customer services in English at the CSSS de Sept-Iles
Page 9

A Very Special Terry Fox Day
Debbie Laurie has written two articles on her involvement in honouring and keeping Terry's memory alive
Page 11

NSCA Board of Directors
Meet the newly-elected members to the NSCA and view some photos taken at the AGM
Page 12

A WORD FROM THE CHAIR

With the arrival of fall, summer temperatures are a thing of the past as is our Annual General Meeting. This was a big ticket event and because of business reasons I could not attend and apologize for it, as well as regret not having been there. There is new blood on our Board of Directors as well as a continuance of some senior members, a very heart-warming feeling. I am also very proud and happy for the recipient of the 2011 Community Involvement Award, our own Jody Lessard. She is one dedicated, efficient and hard worker.



The NSCA still has membership increase as one of their main goals for this year, so if you know of people that may show interest in being a member, please let us know. The conditions for membership are the same as ever that is, no fees, good reading (newsletter), better health service access and more fun (senior gatherings).

I am honoured to be working with such a dedicated group of individuals as our Board and volunteers - helping, informing and improving access to services for the English speaking population of our great region.

That's all for now; happy reading... until next time.

Marc Deslauriers
 Chair

NSCA Community Involvement Award 2011



Debbie Laurie, Cathy Larivière, Jody Lessard

This year's recipient of the NSCA's 'Community Involvement Award' is **Jody Lessard.**

Jody has been an active member of the English community in Baie-Comeau for many years. She has been involved in the school, the church, scouts, and she goes above and beyond her role as Executive Director in the activities of the NSCA.

She volunteers constantly to ensure that an activity has all the elements of success. She has been seen decorating the church hall before large events take place, and she has been spotted around town gathering all the goodies necessary to make the activities happen.

Jody is instrumental in the English community in Baie-Comeau and is well deserving of this award.

Congratulations Jody!



User Rights Regarding Health & Social Services

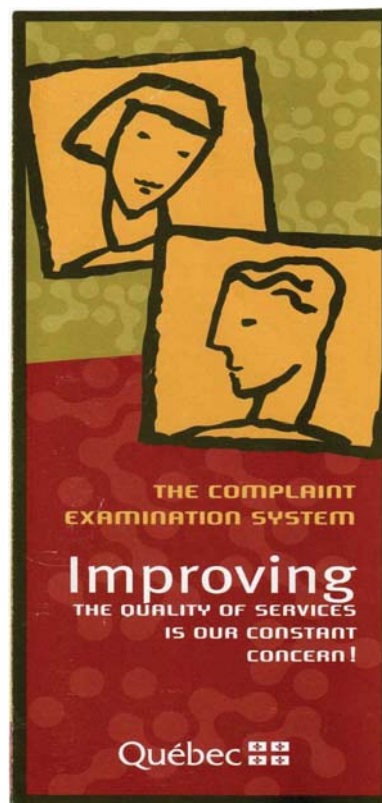
by Marilyn Durepos

Did you ever wonder about your rights when it comes to health care?

Your rights as a user:

- the right to be informed of existing services and the way to obtain them;
- the right to receive, with continuity and in a personalized and safe manner, services that are scientifically, humanly and socially appropriate;
- the right to choose the professional or institution you wish to receive services from;
- the right to receive emergency care;
- the right to be informed of your state of health, and of the various options open to you and their consequences, before giving your consent to care;
- the right to be informed as soon as possible of any accident that occurs during the provision of services;
- the right to be treated, at all times, with courtesy, fairness and understanding, and with respect for your dignity, autonomy, needs and safety;
- the right to accept or refuse care, on your own or through your representative, freely and in an enlightened manner;
- the right to have access to your record, which is confidential;
- the right to participate in the decisions that concern you;
- the right to be accompanied or assisted by the person of your choice in obtaining information about services;
- the right to file a complaint without the risk of reprisal, to be informed of the complaint examination procedure and, if required, to be accompanied or assisted in the procedure;
- the right to be represented in regard to all your recognized rights if you are temporarily or permanently unable to give your consent;
- if you are an **English-speaking user, the right to receive services in English, according to the government access program.**

Institutions determine the health and social services they provide, taking into consideration their mission, and the human, material and financial resources at their disposal.



The Complaint Examination System:

The Act respecting health services and social services provides for a complaint examination system that allows people who believe their rights as users have been infringed to express their dissatisfaction or file a complaint.

<http://www.msss.gouv.qc.ca/en/reseau/plaintes.php>

Presenting CALACS: A Community Organization

by Patricia Howell

CALACS (Centre d'aide et de lutte contre les agressions à caractère sexuel) is a **sexual assault center and a non-profit community organisation** offering various services to women of 14 years and over who have experienced sexual assault. Our services are **confidential, free and bilingual**. They are deployed through three main components which are: direct aid to female victims, prevention and awareness, advocacy and defense of rights.

Direct Aid

- **Reception, information, reference**
For all people concerned by sexual assault.
- **Individual and/or group counselling**
To allow women of 14 years and over to overcome the consequences of sexual assault.
- **Judicial, medical, family accompaniment**
Preparation and accompaniment in connection with sexual assault.
- **1-800 toll-free line**
Information and reference, counselling and telephone follow-up for women.
- **Internet site, www.lumiereboreale.qc.ca with Forum**
Access to information about sexual assault, the consequences and help resources. Forum offered to women needing support or answers to their questions
- **Documentation centre**
The loan of documents, books or films relating to violence and sexuality.



Prevention and awareness

- Information kiosques
- Workshops for female teenagers
- Selfdefense workshops for women and teens
- Awareness workshops

Advocacy and demands

- Take Back the Night
- The presence of Calacs in several decision-making committees or groups
- Defense of the rights of victims of sexual assault
- Vigilance committee
- Meetings among women to act against sexual violence
- Various partnerships with the organizations of the region

CALACS in Sept-Îles: 418-968-2116 or 1-866-584-1714
CALACS in Baie-Comeau: 418-589-1714 or 1-800-563-0443

Community Organizations in Our Region

Two events in October relate to **Mental Health**:

- Mental Illness Awareness Week – October 2-8, 2011 (whose goal is to end the stigma associated with mental illness, and ensure better understanding and access to diagnosis and treatment.)
- AND
- World Mental Health Day - October 10, 2011 - a day for global mental health education, awareness and advocacy.)

The Canadian Mental Health Association is a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

Canadian Mental Health Association Côte-Nord

17, rue de la Baie
CP 323
Port-Cartier, QC G5B 2G9
Phone: 418-766-4476
Fax: 418-766-4476
acsmcn@globetrotter.net



English services and pamphlets are available

Another organization that offers English services is AmiQuebec



In 2006 AMI-Québec launched a series of tele-workshops-a pilot project in collaboration with the **Foundation for Vital Aging** (www.careringvoice.com). The tele-workshops are information sessions on mental health related issues via the telephone. They have proved to be a successful outreach program, especially for families living in circumstances that deny them easy access to English services.

There are two ways to register for a tele-workshop session:

OPTION 1:

You can register via the Care-ring Voice website:
www.careringvoice.com

OPTION 2:

You can call the Care-ring Voice Info-line and register by phoning 1-866-396-243. The info-line is open from Monday to Friday, from 9 a.m. - 5 p.m. (EST)

Your **Caregiving**
Tele-learning Resource

Helping you provide the
best care for your loved ones.



I need help.
Take me there >

For a list of available workshops visit their website <http://www.amiquebec.org/Teleconferencing.htm>

For more information you can contact the NSCA's office at 418-296-1545

See page 9 for a list of upcoming Tele-Workshops

Fermont School: Welcome Back!

by Cathy Larivière

Welcome back to school!

On Friday, September 16th, the NSCA sponsored a corn boil with the Fermont School. Teachers, parents, students and members of the community got together for a Welcome back to school event. Despite the weather, rain, sleet and wind, we all had the chance to meet the new teachers, new students and time to chat with members of our community; we were a total of 49 people. The event was a success and we were asked to hold more events of the same nature.

David Butland, a member of the NSCA Board of Directors from Baie-Comeau participated in shucking the corn, of course, he had to eat one too - thanks for popping in David !

The NSCA welcomes the new teachers to our small community and wishes that all have a great school year!!



Geordie Productions Visit the North Shore

by Maxime Côté

It has been over thirty years now that Geordie Productions presents plays to the Eastern Shores schools at Baie-Comeau High School, Flemming Elementary, and Queen Elizabeth High in Sept-Iles. Sponsored by ESSB and the NSCA, Geordie presented the elementary play **The Story of Sadako** and the secondary play **The Weapons of Peace** on September 19th and 21st. Students were mesmerized by the cast!



Queen Elizabeth Students Visit Jardins des Glaciers

By Rosemary Feger

A field trip to Baie-Comeau was a pleasant experience for both teachers and Cycle 2, Year 1 students on September 9th, 2011!! The Glacier Gardens (Les Jardin des Glaciers) - an ecotourism site that opened in June 2009 - highlights life as it was 20 000 years ago. The Glacier Exploration Station which is composed of a multimedia show in three acts, was our first stop. The show revealed how a meteorite gave birth to the Manicouguan region. Climatic changes over thousands of years molded the region to become what is today. Multimedia effects were a favourite amongst the students - especially the water works!

The afternoon session was spent at the Maritime Adventure Park just outside of Baie-Comeau. Students were “golf-carted” up the 5 km mountain (they could have walked!) where, along the way, they had an opportunity to see reconstructed dwellings of the First Inhabitants. Many hands-on activities such as making fire and fashioning arrow-heads kept the students engaged and interested.

Many positive comments were echoed about this educational experience that (hopefully), fostered an understanding of the landscape formation of the Manicouguan region, as well as an appreciation and respect for the environment. I definitely recommend that you make a pit-stop in Baie-Comeau, not only the tour that was mentioned above, but for the other guided treks that are offered. The website: www.jardindesglaciers.ca gives you detailed information.

How about adding an adrenaline rush activity the next time – zip line, anyone??



Welcoming Activities at BCHS

By Stephen Kohner

The 50 elementary and secondary students and staff of BCHS were treated to two “Welcome Back to School” activities in September.

The first one, held on September 1st, entailed a trip to Baie-Comeau’s world-renowned **Jardins des Glaciers** interpretation centre’s Valley of the Seashells. After a lunch at the main station, we boarded a school bus for the short trip to the valley. Over 10 000 years ago, this area was covered by 170 meters of sea water. When the waters receded, tens of millions of seashells remained.

Students and staff were treated to a guided tour, activities and a chance to hold and examine different types of shells dating back thousands of years. The elementary students made fossils from plaster.

On September 16th, the Home & School Association (H&SA) organized a **corn roast, chili and hot dog lunch**. Parents, students and staff enjoyed the meal and mingled with each other. We are SO fortunate to have these events sponsored and coordinated by the H&SA – it makes our school extra special!



First Ever 50+ Community Fun Day a Success!

by Jody Lessard

The North Shore Community Association (NSCA) sponsored their first ever ‘Community Fun Day’ on September 17th, for their 50+ members of the North Shore. The event was hosted in the town of Sept-Iles, and nearly 40 participants came out on this beautiful September day; some participants came from far away as Baie-Comeau for the day event. Admission was FREE. A yummy lunch was served, games were played, everyone received a participation prize, and most important of all, **a day of fun was had by all.**

The day kicked off with a welcoming activity (Autograph BINGO) that allowed participants to get know each other, followed with a **“Celebration of Community”** service given by the Anglican and United Church.

After lunch the events began! Participants had options to partake in a **car rally** around town or **lawn games**, such as Bean-bag Toss, Horse Shoe Toss, Croquet, and Ladder Golf - a new game that created great excitement. The final activities of the day were the **awards presentation, door prize drawings, and the crowning of the King and Queen.**

The day event provided enjoyable activities, building friendships, and a meaningful connection within our Anglophone senior communities on the North Shore. **The NSCA anticipates repeating an activity like this next year.** The NSCA extends **many thanks to the volunteers** for their time and dedication in the making this event such a success.



50+ Clubs... 50+ Clubs... 50+ Clubs... 50+ Clubs...

The North Shore Community Association is proud of the activities going on in their 50+ Clubs in Baie-Comeau and Sept-Iles.

In Sept-Iles, activities are held twice a week and in Baie-Comeau, once or twice a month. The activities range from health education and information sessions, to physical and social activities.

If you are not already a member and would like to join, or if you would like more information, please contact the NSCA office at (418) 296-1545.

Agent for Customer Services in English at the CSSS de Sept-Iles

by Marilyn Durepos

Since March 21, 2011, Sharon Tardif began as an agent for **customer services in English at the CSSS de Sept-Iles**. Ms. Tardif was hired by the hospital through the 'Adaptation project', a project that the North Shore Health and Social Services Agency applied for through the Community Health and Social Services Network (CHSSN) who get their funding directly from Health Canada. The objective of this project is to help increase access to health and social services for English-speaking people using the services at the CSSS de Sept-Iles.

Ms. Tardif has mainly the following tasks:

- Greet and inform customers of services available in the hospital;
- Support English-speaking clientele;
- Lead English-speaking clients to appropriate resources;
- Act as a liaison to ensure there is a continuity of service;
- Support staff and professionals in their dealings with the English-speaking clientele;
- Act as interpreter.

You can reach Ms. Tardif, Monday through Friday from 8:00 a.m. to 4:00 p.m. at 418-965-7621 (cell).



It is expected that a reception station will soon be installed at the main entrance of the hospital and will be equipped with a telephone with direct access to Ms. Tardif's cell phone. There will be another phone in the emergency area.

The official publicizing of this new service is in development and should be released by the end of the year, but already, English-speaking clients from the Lower North, Schefferville and Sept-Iles are benefiting from it.

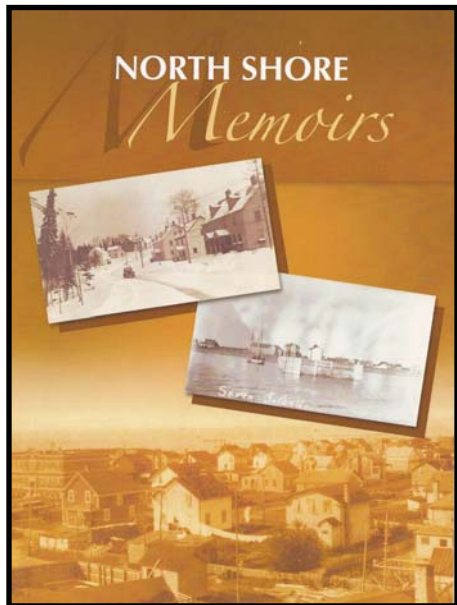
Trees Downed by Tropical Storm Irene

by Canon Stephen Kohner



Tropical storm Irene walloped the north shore region during the night of August 28th. Although not as severe as past tropical storms, Irene managed to pack winds strong enough to topple a three-limbed tree. Two of the three sections landed on the church roof where the baptistery is located. The 30+ metre limbs then slid onto the main church roof. Fortunately, the damage was minimal. By Thursday, Baie-Comeau's Société des parcs had generously dispatched a crew to cut up the tree so that it would slide gently off the roof and onto the ground (at no cost to the church). Much to everyone's relief, the work was completed within a couple of hours; very minor damage was done to one section of the roof. Volunteers came by later to chop up and stack the tree trunks. The town workers returned three weeks later to cut down the remaining section of the tree that was deemed unsafe and towered far above the church roof.

I am grateful to the town, parishioners and friends who came to help out and coordinate the clean up efforts.



ON SALE - ONLY \$10

Order your copy of this 64-page book that includes 21 stories with archival photographs of by-gone years in the communities of Fermont, Sept-Iles, Port-Cartier and Baie-Comeau.

Contact the NSCA office to place your order.
 Phone: 418-296-1545
 e-mail: nsca@quebecnorthshore.org

Worship Services

All Saints' Church

39, av. Ungava
 Sept-Iles
All services commence at 10:30a.m.



- Oct. 16: Anglican Service
- Oct. 23: United Church Service
- Oct. 30: Joint Anglican/United Church Service
- Nov. 6: Anglican Service
- Nov. 13: United Church Service
- Nov. 20: Anglican Service
- Nov. 27: United Church Service

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau
All services commence at 11a.m.



- Oct. 23: Holy Communion
- Nov. 6: Holy Communion and Remembrance Day Tribute
- Nov. 30: Holy Communion
- Dec 17: Service of Lessons and Carols at 5p.m.
 Community Potluck Supper and Sing-Song at 6p.m.

Information:

Canon Stephen Kohner (418-295-3431)
stephen.kohner@cgocable.ca

Coming to Quebec City for Medical Treatment?

Let us know...We're here to help.

Members of the Pastoral Care Team of the Anglican Diocese of Quebec can:

- Pick you up at the airport
- Help you and/or family members find accommodations
- Visit you and pray for you
- Translate
- Run small errands



Simply let us know your needs:

pastoralcare@quebec.anglican.ca

418-688-3475 or 418-527-3141

PLEASE POST

amiquébec Agir contre la maladie mentale / Action on mental illness

Free! Tele-Workshops 2011-2012

REGISTER IN ADVANCE
1-866-396-2433
 OR
www.caringvoice.com

Presenté en anglais

- September 21, 2011 / 7-8 pm
Your anxiety is getting worse. Now what?
 Speaker: Dr. Joseph Rochford, psycho-pharmacologist
- October 19, 2011 / 7-8 pm
Why are you so angry? A management guide
 Speaker: Tom Caplan, social worker
- November 23, 2011 / 7-8 pm
Understanding personality disorders
 Speaker: Dr. Suzane Renaud, psychiatrist
- January 25, 2012 / 7-8 pm
How to keep stress from running your life
 Speaker: Dr. Camillo Zacchia, psychologist
- February 22, 2012 / 7-8 pm
Suicide: dos and don'ts that could save a life
 Speaker: Melissa Lutchman, family services & Sharon Casey, counselor
- March 21, 2012 / 7-8 pm
Know your way around the mental healthcare system
 Speaker: Kimberley Jackson, community worker
- April 25, 2012 / 7-8 pm
Depression: when it doesn't go away by itself
 Speaker: Dr. Joseph Rochford, psycho-pharmacologist
- May 16, 2012 / 7-8 pm
The double whammy of mental illness and addiction
 Speaker: TBD

A Very Special Terry Fox Day

by Debbie Laurie

The students in Miss Laurie's class at Riverview School had a very important reason to walk in this year's **National School Run Day** on September 30th. Just two weeks earlier, they learned about a thirteen-year-old boy, Nicolas Viel, who has been hospitalized in Quebec City since April. Nic has **osteosarcoma**, the same bone cancer that claimed Terry Fox's leg and life.



Nic has been courageously fighting for his life, and so we decided to dedicate our walk to him. Nic's uncle, a close personal friend, supplied us with **Team Nic t-shirts**, which the students proudly wore. Then the whole school met students from École St-Alexandre and École Mère d'Youville on picturesque McCormick Island for a walk.

We chanted and cheered and sang and remembered Betty Fox and her son Terry, whose dream to find a cure for cancer lives on annually. This year marked our 32nd participation in the event and I am proud to announce that collectively we have raised another **\$8000 for cancer research**, bringing our grand total in Port-Cartier to **\$95 000 since 1980**.

"Somewhere the hurting must stop..." and that is what we all pray and hope for Nicolas!!

Walking for Terry Fox on Mount Royal

by Debbie Laurie

For the first time since becoming an organizer of this annual event, I flew to Montreal and walked in the annual **TERRY FOX RUN** on Mount Royal. A friend, Eddy Nolan, who has led the runners every year for 30 years, was diagnosed with stage four throat cancer in January. I promised him then that if he was able to run his 10km on September 18th, I would be there to support him. It was indeed an emotional time for Eddy, but he successfully completed what he set out to do. Like me, he will now lead his school, Roslyn Elementary, in the National School Run Day coming up at the end of September.

The run was officially opened by special guest, Marc Garneau, our first Canadian in space. The warm-up prior to the run was led by Vancouver 2010 Olympic Silver Medallist in Moguls, Jennifer Heil.

It was an absolutely beautiful sunny Sunday in Montreal, and once again people came out by the hundreds to remember Terry Fox, and, this year, his beloved mom Betty who passed away on June 17th.



Presenting the NSCA Board of Directors 2011-12



Front Row:

David Butland, Cathy Larivière, Naomi Rowsell

Back Row:

Matthew Durepos, Narendra Parihar, Debbie Laurie, William Larivière

Absent: Marc Deslauriers, Heather Boyle

...more AGM Photos



North Shore Community Association

Volume 8, 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.

Mailing:
 P.O. Box 163
 Baie-Comeau, QC
 G4Z 2G9

Office:
 39, av Marquette, Local 310
 Baie-Comeau, QC
 G4Z 1K4

418-296-1545
www.quebecnorthshore.org
nasca@quebecnorthshore.org

Chair: Mr. Marc Deslauriers
Vice-Chair: Miss Debbie Laurie
Secretary: Mrs. Cathy Larivière
(Interim) Treasurer: Mr. David Butland

Executive Director: Ms. Jody Lessard
Health & Social Services Coordinator: Mrs. Marilyn Durepos
nscanpi@quebecnorthshore.org

Newsletter: Mr. Stephen Kohner: stephen.kohner@gmail.com



Publication mail agreement #41540025

Return undeliverable Canadian addresses to:

**North Shore Community Association
 P. O. Box 163
 Baie-Comeau, Québec
 G4Z 2G9**

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

