

# LET'S GET CONNECTED

FEBRUARY 2023

Volume 19, Number 3



"Kite Sailing, Sept-Iles Bay "- L.Bouchard

## QUEBECNORTHSHORE.ORG

### "What We Choose to Remember"- Guy Rodgers

We had the privilege of having Guy Rex Rodgers, writer/director and filmmaker come to Baie Comeau on January 26, 2023 to promote his film, "What We Choose To Remember". This documentary film investigates the socio-political history of language in Quebec by highlighting the diversity of anglophone communities from after the First World War until present day. Approximately 30 participants joined together at Le Blues Resto to view the film, then on January 27, 2023 Mr. Rodgers traveled to the Sept-Îles NSCA office as he promoted his film to approximately 37 persons.

Much of the work that went into the film predated the current debate on Bill 96, the wide-ranging reform to the Charter of the French Language that the National Assembly has debated. "This film was an opportunity to interview dozens of people and to get a sense historically of how the English-speaking community sees itself and also how to work with more recent immigrants and see how they see Quebec," said Rodgers. Using the notion of various historical waves of immigration, and weaving together archival footage, interviews on the street and a series of group interviews, the film gives a voice to anglophones of a surprising number of diverse communities. If you wish to view it again, please follow the links below:

<https://whatwechoosetoremember.ca/> Waves of Change - a story beyond language  
[wavesofchangequebec.ca/Documentaries](https://wavesofchangequebec.ca/Documentaries) [believers-dilemma.org](https://believers-dilemma.org)



## A Word from the Chair

I hope that you had a restful and happy holiday filled with blessings.

As we begin this new year, I can not help but think of all the great results and important achievements our association has accomplished in the past year. Thank you to our staff, the board, our members, associates, and partners who have all been instrumental in our success over the past 12 months.

Here's to a new chapter of improvement and growth! You, our members, inspire us to do better each day, and we look forward to serving you another year.

Great news to begin 2023! The NSCA is in the process of updating its branding. Our present logo was designed in 2001 .... so it is time. The committee and employees have been working together with a professional team for the past 2 months on this exciting endeavour. Our final choice will be submitted shortly, and we are anxious to share our new, professional, sleek look with you soon. Stay tuned!

May this year bring new happiness, new goals, new achievements, and a lot of new inspiration. Let our New Year's resolution be this: we will be there for one another.

Wishing you all health, joy, and wonderful opportunities for 2023, on behalf of the Board and myself.

Mary Ellen



## Have You Heard About Services Quebec ?

**HAVE YOU HEARD ABOUT SERVICES QUÉBEC? THEY OFFER VARIOUS EMPLOYABILITY SERVICES.**

**WOULD YOU LIKE TO KNOW MORE?**

AN INFORMATION SESSION WILL BE HELD ON  
**JANUARY 31, 2023 AT 6:30 PM,**  
VIA ZOOM, FOR THE ENTIRE ENGLISH-SPEAKING POPULATION OF THE CÔTE-NORD REGION.

**Topics discussed:**

- Services Québec offices of the Côte-Nord
- Social solidarity services
- Public employment services
- Services to individuals
- Services to businesses
- Phone services
- Online services
- Francization

WE INVITE THE PUBLIC TO COME IN LARGE NUMBER AND WE LOOK FORWARD TO MEETING YOU!  
YOU CAN REGISTER WITH THIS GOOGLE FORM  
OR BY CALLING THE NSCA  
418-296-1545 EXT. 1 (BAIE-COMEAU)  
418-968-3148 (SEPT-ÎLES)

THIS INFORMATION SESSION IS OFFERED IN COLLABORATION WITH THE NORTH SHORE COMMUNITY ASSOCIATION AND THE MRC DU GOLFE-DU-SAINT-LAURENT

Identifiez vos relations avec les Outbackers d'expansion régionale Québec

MRC du Golfe-du-Saint-Laurent

RDN Réseau de Développement Régional

Services Quebec offers various employability services. In partnership with Services Quebec, the NSCA, in collaboration the MRC de Golfe-Du-Saint-Laurent, invited the public to attend a ZOOM meeting on January 31, 2023 to discuss the services they offer. Information was provided on social solidarity services, public employment services, services to individuals, services to businesses, phone services, online services and francization.

## ALLO?

Did you know that it is possible for English-speaking users to be served in English at all CISSS de la Côte-Nord facilities? To identify health personnel who can speak English, look for professionals wearing a YELLOW identification card. Whether you are an English-speaking user or a CISSS employee who doesn't speak English, they are there to ensure that English-speaking users and their families are understood.

Check out their YouTube video for further information.

[https://www.youtube.com/playlist?list=PLehSHrBrZTTg7bFrXUXnrwXV19rzh0D\\_r](https://www.youtube.com/playlist?list=PLehSHrBrZTTg7bFrXUXnrwXV19rzh0D_r)





# SEPT-ÎLES ANNUAL CHRISTMAS TEA-ANOTHER SUCCESS!



The Annual Christmas Tea was held on November 27, 2022 with 75 tickets selling out in record time. This event is looked forward to with great anticipation every year and this year was no different. Students from the Queen Elizabeth High School, along with one student from the CEGEP, were on hand with 8 dedicated seniors to host the event. Four door prizes were drawn and awarded making this an extra special bonus for those who won. A huge thank you to the NSCA staff and our many community members who help out each year in the planning, donations, coordinating and hosting of this event.....you know who you are!

## Intergenerational Activities - BAIE COMEAU AND SEPT-ÎLES



Baie-Comeau: Cookie Making with 20 BCHS Pre-K, K, Grades 1 & 2 students



Sept-Iles: Cooking Activity with QEHS Students (which served about 120 people)

Sept-Iles: Y4Y *Project Impact*- Storytelling Workshop with QEHS Sec. 4 & 5 Students



Sept-Iles: Cookie Decorating with Grades 3 & 4 from Flemming (about 30 students)



## IF ENGLISH MOVIES ARE YOUR THING...

Baie Comeau and Sept-Îles Ciné-Centres are offering newly released movies in the English-language. Come out to enjoy and support this initiative. Check out the NSCA Facebook page for more information on dates and times. Bet you can smell that popcorn now!

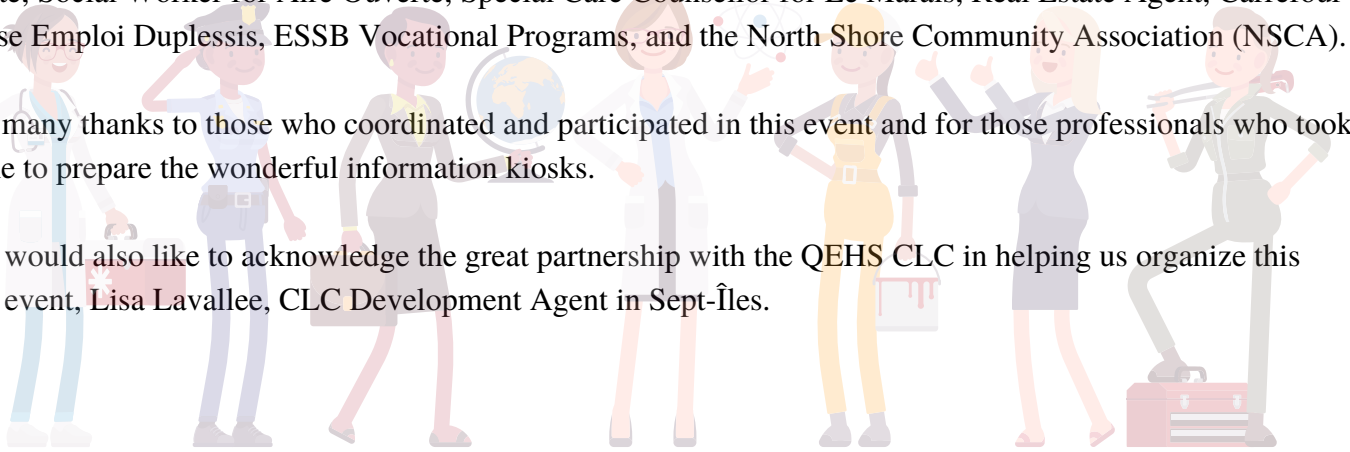
# CAREER DAY IN SEPT-ÎLES

The annual Career Fair was held on December 15, 2022 in Sept-Îles with approximately 180 students in attendance. We welcomed students from BCHS, Riverview, QEHS, Adult Education Northern Lights, Flemming (Grades 5, 5/6, 6), and an English class from Ecole Manikanetish.

Overall, we had 17 Career Professionals plus 3 organizations present (Cegep de Sept-Iles, Carrefour Jeunesse Emploi Duplessis, and ESSB Vocational Programs). The students enjoyed and were engaged in the career presentation kiosks. The NSCA would like to thank the following professionals who took time out of their busy days to participate in this very worthwhile event. Many of our students may follow these career paths in the future. Some of the careers highlighted included: Journalist, Translator/Interpreter/Stenographer, Notary, Chiropractor, Respiratory Technician, Sexual Health Awareness Office, Student Services for Cegep de Sept-Îles, Interventionist for Hommes Sept-Iles, Electrician, Naval Base, Transportation, Hair Stylist, Police Officer, Alouette, Social Worker for Aire Ouverte, Special Care Counsellor for Le Marais, Real Estate Agent, Carrefour Jeunesse Emploi Duplessis, ESSB Vocational Programs, and the North Shore Community Association (NSCA).

Many, many thanks to those who coordinated and participated in this event and for those professionals who took the time to prepare the wonderful information kiosks.

NSCA would also like to acknowledge the great partnership with the QEHS CLC in helping us organize this annual event, Lisa Lavallee, CLC Development Agent in Sept-Îles.





## Sept-Îles' Stitch N' Yarn Group Giving Back To The Community

Come  
Join  
Us!



**RAFFLE!**  
**DON'T MISS YOUR CHANCE TO WIN**  
**1ST PRIZE: 69" X 75" KNITTED AFGHAN**  
**2ND PRIZE: 48" X 55" BRAIDED MAT**

**THE RAFFLE WILL BE DONE ON FRIDAY, MARCH 17TH, 2023**  
 TICKETS ARE ON SALE FOR \$0.99 AT THE NSCA OFFICE IN SEPT-ÎLES.

NSCA  
 598 BOUL. LAURE - LOCAL 106 | SEPT-ÎLES  
 418-968-3148

The Stitch N' Yarn group continue their knitting, crocheting and socializing every Monday afternoon from 1:30 - 3:00. Many of their finished items are donated into the community where vulnerable people are truly appreciative in receiving them (i.e. socks). This year they added another dimension to their 'giving back to the community' by knitting baby tuques, sweaters, and mittens for newborns. The new mothers are presented with these beautiful baby packages while in hospital. There will also be a donated, knitted afghan, which will also be raffled off. All funds raised will be put towards events for the 50+ community members in Sept-Îles.

Tickets can be purchased by contacting the Sept-Îles-NSCA office at 418-968-3148. Cost for the tickets are \$0.99/each so you won't want to miss out on these beautiful items.

## CHEP Sessions

Learning is an on-going process and the NSCA reaches out to the CHSSN for its CHEP sessions and community organizations to host information sessions on health and well-being. These past few months were no different as we hosted the following:

- Oct. 19, 2022 - "Incontinence and Other Pelvic Floor Disorders";
- Nov. 1, 2022 - "Access to Medical Records" hosted by CJPCN;
- Nov. 16, 2022 - "Coping With Chronic Pain: A Summary of the Work by the Canadian Pain Task Force"

Participants were invited to attend in-person, or via ZOOM, to learn about and discuss these important issues.

Upcoming Sessions:

February 15, 2023 - Keeping Your Back and Spine Healthy As You Age

March 15, 2023 - Eating Well to Both Prevent and Live With Diabetes



## Sept-Îles' 50+ Health and Wellness Activities

No one can say that Sept-Îles doesn't have fun at their 50+ wellness events! This past quarter saw many exciting, interesting, informative and animated events take place at the NSCA office.

Sept-Îles commenced yoga sessions, with an average of 18+ participants per class, ensuring our members maintain their sense of well-being, flexibility, and posture. To continue in the vein of keeping physically active, the Walking Group continues its twice-weekly walk-about in Sept. Îles. Cold weather, snow, rain or sleet doesn't keep these ladies down as they venture out to enjoy the crispness of walking outdoors to keep fit, socialize and exchange quirky jokes. Feel free to join them by contacting Charlene at the NSCA office - 418-968-3148.

Let's not forget November 9, when the NSCA hosted the Country Music Awards (CMA)! Yes, that's right; 26 of our members, along with staff, got together for their own version of the CMA awards complete with dressing up in western attire. Great fun, food and lots of laughs were had by all with a few prizes going out to the best dressed, best singer and best costume. I'm sure this will become an annual event! Thanks to all who participated and to those who organized it.

Y4Y, in collaboration with the North Shore Community Association (NSCA), hosted an intergenerational Storytelling Workshop where members shared their memories about living and growing up in Sept-Îles with QEHS Secondary 4 and 5 students. Students obtained a greater sense of connection to their English-speaking heritage by hearing stories about the Girl Guides & Boy Scouts movement and the Social Teas held by the local churches. Thank you to the NSCA for celebrating heritage by bringing memories back to life!

The community members joined QEHS students on November 2, 2022 where they assisted in making sandwiches, soup and cookies for about 120 people. After the luncheon the seniors and some students crafted key-chains.

Both Flemming School and BCHS held cookie baking and decorating events in December, where our 50+ community members and students had fun and learned from each other about making cookies. Overall, fifty students participated.

To wind down the year, a Christmas Movie afternoon on December 7, 2022 was hosted and viewed the film, "Home Alone 1", and finished off with a Christmas potluck on December 9 with a stunning 37 participants attending.

More fun to come in 2023! Stay tuned and thanks to all of you for coming out and participating and solidifying our strong sense of community within the English-speaking population.





# Early Childhood Initiatives

The NSCA continues to expand in the area of early childhood. We have a lot of exciting, innovative and informative programs available.

## Parent Volet

The NSCA and Eastern Shores School Board renewed their partnership for the Parent Volet measure for the 2022-2023 school year in the English communities of the North Shore. The pre-kindergarten and kindergarten classes of Flemming Elementary in Sept-Îles, Riverview in Port-Cartier and BCHS in Baie-Comeau will enjoy in-person activities and activity bags in alternance for the remaining months of the 2022-2023 school year.

In December, we sent home to children and their parents a wonderful science experiment for making pretend snow.

In January, Amber and Annie met with students and their parents in the classroom to celebrate Family Literacy Day.



## 'Family Ties' e-Bulletin

Find the latest Family Ties here:  
<https://mailchi.mp/76304d76b647/family-ties-december-2022-early-childhood-e-bulletin>



## Story Time & Toddler Time

In November, we honoured the soldiers who had fallen and those who remain in the military today serving their country. Making wreaths and cookies in the shape of a poppy and reading about historical war facts followed by the reading of the poem, "In Flander's Field ". We celebrated World Children's Week by exploring all motor and sensory activities from painting, balance and shapes. The month of November, which has become known as "Movember", celebrates the men in our lives. We played moustache games, played trivia with the adults, and made a portrait of the men in our lives.

In December, we celebrated Christmas and winter with hot chocolate, snowball fights, made snowmen crafts and cookies.

On January 21, 2023 Port Cartier hosted a Chinese Lunar New Year themed event where Chinese lanterns were made, a dragon dance observed with music and we finished off with some Chinese snacks. The Year of the Rabbit will be filled with lots of fun activities and events.

In Sept-Îles, we celebrated National Puzzle Day on January 28, 2023 by creating and completing various puzzles and then enjoyed a delicious, healthy snack.

Continue to check the NSCA Facebook for upcoming events which will include a Valentine's Tea complete with dressing-up; a pyjama day; a winter wonderland scavenger hunt in collaboration with Hommes Sept-Îles, building snowmen, sledding and hot chocolate. (Feb. 4). In March we will host a St. Patrick's Day themed session.



If you would like more information on early childhood initiatives at the NSCA, please contact:

Annie Lafreniere, Programs and Communications Coordinator, Baie Comeau, 418-296-1545 ext. 4 or by email at: [a.lafreniere@quebecnorthshore.org](mailto:a.lafreniere@quebecnorthshore.org);

or,

Amber Dalby, Community Coordinator, Sept-Îles, 418-968-3148 or by email at: [a.dalby@quebecnorthshore.org](mailto:a.dalby@quebecnorthshore.org)

## Did You Know?...

The NSCA has an in-house lending library of current, best sellers in the English language, located in each of their respective offices. Please feel free to come in and discover mysteries, adventures, biographies, romance, political and historical books. These books are rotated often so you will always have new books available to read.

***Medical User Transportation Travel Policy (CISSS):*** Financial support is granted to users whose health condition meets the criteria for elective cases, namely for medically required and prescribed diagnostic services and treatments not available in the region.

In order to get financial support for transportation, meal and accommodation expenses, you must meet the following criteria:

- You must be a resident of the North Shore;
- A physician must have prescribed you services within the public network (insured by the RAMQ) which are not available or accessible in the region;
- The transportation must be toward the closest and most appropriate establishment or facility of the network;
- The other establishment or facility must be more than 200 km away;
- Your claim form must be received within 45 days of the transportation;
- The requested consultation cannot be related to a work accident (CNESST), a car accident (SAAQ) or a crime (IVAC). If that is the case, you must refer to the appropriate organization for a possible reimbursement.

For more details, call toll-free **1 833 838-0001** (Monday to Friday, 8:00 a.m. to 4:00 p.m.) or checkout the website link below for more detailed information.

<https://www.ciasss-cotenord.gouv.qc.ca/en/care-and-services/transportation-and-evacuation-services/user-transportation/#c10615>

**You do not have a family physician?**

**You have a health problem?**

If your situation is not urgent, contact the primary care access point (GAP).

We can help you!

**1 844 962-4263, option 2**

For more details about this service, scan this QR code.



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

*No doctor, we have a solution.....*back on Monday, September 19, 2022, the primary care access point (GAP) became available for people who did not have a family physician in Manicouagan (Pessamit to Baie-Trinité) and on the Lower North Shore. As the GAP is already offered to residents of Port-Cartier, Sept-Îles, Fermont, Haute-Côte-Nord and Minganie, it will now be available everywhere in the region. The purpose of the GAP is to provide people registered to the Québec Family Doctor Finder (GAMF) with easier access to first-line professional or medical services. Each call is analyzed by a nurse clinician whose role is to guide the user toward the professional or medical service that best meets their needs. If a physician's consultation is not required, the person could be referred to Info-Santé/Info-Social, a CLSC, their community pharmacy or a community organization, for example. For more details on this service and the deployment dates, visit:

[www.ciasss-cotenord.gouv.qc.ca/en/careand-services/family-physicians/](http://www.ciasss-cotenord.gouv.qc.ca/en/careand-services/family-physicians/)



## Seniors' Health & Wellness in Baie-Comeau

During the fall/winter months of 2022, our 50+ community members enjoyed making crafts, exploring art and sketching, along with social afternoons and information sessions. Here are a few highlights of some of the activities/events.

Local artist, Gilles Beaulieu, continued to provide art classes once a month on sketching and exploring different types of mediums. Starting again in the new year, on January 24, 2023, our members will explore color blending to further enhance their art experience. Mr. Beaulieu will be providing monthly sessions throughout January - March 2023 so check out the NSCA Facebook page for dates and times.

Many seniors in our communities are facing the possibility of selling or leaving their current homes and are exploring alternative housing such as moving into private senior's residences. On October 25, 2022, Jean-Francois Gareau, from CAAP, provided them with the legalities of what to look for when signing a lease as well as legal responsibilities when living in this type of residence.

The NSCA had the honour of welcoming Mr. Sylvain Cloutier, decorated war veteran in aviation, on November 8. Mr. Cloutier, a Legion member, and an officer in aviation participated in many missions during the war, told his story while in service, as well as spoke about the Legion, and Remembrance Day. A special thank-you to long-time Legion member, Mr. Jean St. Laurent, who assisted the NSCA in coordination of this special event. Mr. St. Laurent has been serving the Legion for 55 years! Thank you for your dedication and service.

Lest we forget where our freedom of today comes from, on November 11, 2022, several 50+ members met at the Cenotaph to honour those who have fallen in serving their country and those who continue to serve in the military.

Not to be outdone by our fun-loving 50+ members in Sept-Îles, the NSCA hosted the murder mystery dinner, "Bloodwood Masquerade", on November 10, 2022 with 15 participants lurking about and trying to discover clues on 'who dunnit' without revealing their own identities and role in the murder. Shrieks, awesome costumes, laughter, music and good food were had by all.



## Youth Mental Health

In the fall of 2022, the NSCA collaborated with many different organizations for many different events. These events were all related to mental health and raising awareness on this important topic. Some of the events included, “All-In Sept-Îles”, which raised awareness on suicide; workshops with Le Marais at Queen Elizabeth High School; the grand opening of the ‘safe space’ at Queen Elizabeth High School, as well as a vision board activity with students and motivational messages for Bell Let's Talk on January 25.

Of note, we offered an English mental health workshop for parents on the topic of “Social and Emotional Learning” on February 1, 2023 which was well-received and attended. Parents/families gained insight into a child’s social and emotional skills, the development of these skills and tips and tricks on how to go about gaining and using these skills.

Activities scheduled for the month of February:

**February 2nd** is Time to Talk day (see our Facebook page around this time for more information)

**February 6th- 10th:** Children’s Mental Health day at Flemming Elementary. We will have activities for each age group, resources for teachers and a free lunch!

**February 20th – 26th:** Eating Disorder Awareness Week (see our Facebook page for useful information and resources)

**February 22nd:** Mindfulness Yoga for 50+ Club Sept Îles

We are hoping to have a workshop (open to parents and young adults) about Eating disorders during or before Eating Disorder Awareness Week!

Our NSCA social media platforms will be highlighting mental health and well-being information capsules. Check out our Instagram posts on Thursdays which provide our youth with positive and thoughtful reflections on mental health. Starting January 25, 2023, and going forward every Wednesday until May 15, we will be posting weekly capsules on current mental health and well-being relative to youth, seniors and family issues. I’m sure you will find something of interest and value in our capsules. Check it out at: <https://www.youtube.com/@northshorecommunityassocia3906/playlist>

### Dates of Interest:

March 13, 2023

3 - Provincial Positive Mental Health Day

March 20, 2023 - International Day of Happiness



Vision Board Activity at QEHS





## Young Adult Activities (18-49 years of age)

We enjoyed our board game night on October 21st and our bowling activity on the 16th of December. Keep your eyes open for the next activity on February 24th!



Please feel free to contact Alicia Buffitt, our Special Projects Coordinator, in the Sept-Îles NSCA office, for any information on the above. She can be reached at 418-968-3148 or by email at: [a.buffitt@quebecnorthshore.org](mailto:a.buffitt@quebecnorthshore.org)

### 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](mailto: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

### NSCA TRIVIA NIGHT

FEB 24

TEAMS OF 4- TEST YOUR KNOWLEDGE

NSCA OFFICE  
588 BOUL. LAURE #106

7PM - 9PM

EMAIL ALICIA TO REGISTER OR USE THE QR CODE!

USE THE QR CODE TO REGISTER

### The Social Skills KIT

is available to you at the NSCA offices in

Baie-Comeau: 337, Lasalle Blvd. Local 202. 418 296-1545

Sept-Îles: 598, Laure Blvd. Local 106. 418 968-3148

Bright Beginnings  
NSCA - Baie Nord

A shining star for children ages 0-9!

### Follow us on Instagram!

That's right! The NSCA is now on Instagram.

Give us a follow to stay up to date on the latest podcasts, available bursaries, upcoming community events, and more!

@nscaqc

### 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

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!

# MARK YOUR CALENDARS AND CHECK THE NSCA FACEBOOK PAGE



### Cultural Activities:

Feb. 2 - 12, 2023 - CINESEPT Film Festival -Sept-Îles

Feb. 9 - 19, 2023 - CINOCHÉ -Baie Comeau

<https://www.facebook.com/groups/6851876461/>



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).

### 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.*

### Publication mail agreement #41540025

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Baie-Comeau, QC  
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202-337, boul LaSalle  
Baie-Comeau, QC  
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### Sept-Iles Branch Office:

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**Vice-Chair:** Ms. Edith O'Brien  
**Secretary:** Ms. Marilyn Miller  
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