

LET'S GET CONNECTED

January 2016

Volume 12, Number 3



QUEBECNORTHSHORE.ORG

QEHS Students & Staff: A Week under the Shapuctuan

by Lavergne Fequet, Principal

A very special week-long event took place at our school in later September. We were honoured to have the "Institut Tshakapesh, (an organization of local First Nation Innu elders) present a program that was developed for schools entitled, "Rencontre Quebecois-Autochtones (Getting to know Quebec First Nations people), to our students and staff. Our eventful week, entitled, "Une semaine sous le Shaputuan" {a week under the Shaputuan} began with the erection of a "Shaputuan" (a traditional style tent) on our school grounds. The Shaputuan was constructed by Innu elders with the help of students. A commencement ceremony occurred on Monday afternoon with a traditional "circle dance" and drumming, with all students and staff participating.

We were honoured by the presence of the mayor of Sept-Iles, Rejean Porlier, and ESSB Commissioner, Mr. Keith Eldgidge, who brought greetings of welcome to our Innu neighbours. Throughout the week, daily activities we organized for students of all grade levels, as well as students from the Northern Light Adult Education Centre. Students learned about Innu culture, traditions, food, spirituality, and art work, and the significance of relying on wildlife and nature for the survival of their peoples. Students participated in an array of interesting and enjoyable learning activities. They learned about the significance of drumming; the smudging ceremony; the dream-catcher; respect for animals, and the stewardship of nature and using it only for one's needs.

(article continued on back page + more photos!)



A WORD FROM THE CHAIR

HAPPY 2016 TO ALL MEMBERS AND READERS!

As I sit typing this letter on a January 11th where it is pouring rain, I can't help but wonder where our real winter is. Maybe it is lying in wait, ready to dump metres of snow on us when we least expect it. One thing is certain, this year being a leap year means February will have one more day so let's hope it is not an Arctic cold one!



The past year has been filled with many highlights, both personal and for the NSCA. We celebrated our 15th Anniversary in fine style in late September with a great turnout, many special guests, a delicious buffet, and much to be proud of. I am convinced that this new year will be just as rewarding, especially given the wide variety of events being offered from toddler to senior! Participation at these events is excellent so the animators have found the winning formula.

I would like to take the opportunity to wish each of you health (good, better, best), laughter, quality time spent with family and friends, exciting travel destinations if your health permits it, and happiness. May you always find something to smile about daily and, if possible, put a smile on someone else's face. Random acts of kindness are just as rewarding for the donor as the recipient. Thanks for being an important part of our association and being active in it when possible.

Debbie Laurie
Chair

Welcome, Danielle, to the NSCA!



Danielle Duguay joined the NSCA team in the Fall of 2015 as the Seniors Animator; since the retirement of Mrs. Gail Court Lavallee (former NSCA animator), Danielle has assumed the position of animating the seniors activity component for the Sept-Îles region.

Ms. Duguay is well known within the community of Sept-Îles, especially amongst the community services sector. Danielle has a background experience of working within the community organizations sector, with many years of experience in networking, animating and coordinating activities.

She is a great addition to the NSCA team

Canada Summer Jobs 2016 deadlines

Canada Summer Jobs is a Government of Canada initiative. It provides funding for not-for-profit organizations, public sector employers and small businesses with 50 or fewer full-time employees to create summer jobs for students between the ages of 15 and 30. The application period started on January 4 and continues until February 26, 2016. Please visit the Service Canada website.

<http://tinyurl.com/26ewrs3>

Santa's Sleigh Ride Delights Toddlers and Families in Sept-Îles



Laughter and merriment was plentiful during the morning of Saturday, December 12, 2015 as the North Shore Community Association held its holiday-themed Toddler Time Session titled, Santa's Sleigh Ride. A total of 15 toddlers and 17 parents and caregivers attended the workshop, which included crafts, songs, games, and snacks. Attendees enjoyed the festive arts and crafts activities, creating reindeer ornaments to hang on the Christmas tree, miniature Christmas mice made from candy canes, and finger paintings.



Later, attendees made a brief trip to Mr. Booker to exchange previously read books. Toddlers and their caregivers were treated to delicious holiday snacks, including reindeer-shaped cookies and fruits in the shape of the Grinch. To add to the fun and festive cheer, a special surprise guest made a visit to our Toddler Time Session – Santa Claus! Joy and excitement filled the air as old St. Nick surprised attendees by his visit, delivering small gifts to each toddler. The workshop was a hit and a great way to engage toddlers with their caregivers in an environment of learning, creativity, and play.

The NSCA would like to thank our volunteer Santa and our youth volunteers for dedicating their time and efforts in making this Toddler Time Session a success. We would also like to thank Flemming Elementary School for their support.



Toddler Time Sessions take place once a month at Flemming Elementary School at 542, Brochu Avenue in Sept-Îles. Upcoming Toddler Time sessions will be held on January 16, February 13, and March 12, 2015. Please contact Shelby at 418-409-4299, or the NSCA office at 418-968-3148, to reserve a space for yourself and your toddler. Check out our Facebook page and the NSCA website for more information.

Upcoming sessions for Winter 2016
Saturday, February 13th
Saturday, March 12th



Toddler Time Sessions

Free English Program for 5 years & under

For more information, contact Shelby, our youth coordinator at 418-968-3148

Recreational Animator Training Course (AEC)
 Offered at Cégep de Sept-Îles
 In English

An information session for all participants on the future program
 • Recreational Animator • offered by the Cégep Sept-Îles will be held on

Wednesday, February 3rd, 5:30 pm
 Local J-212
 Principal Pavilion of Cégep de Sept-Îles,
 2nd floor

For more information contact Cégep Sept-Îles for more information or register for the program.
 418-962-9848 poste 249

Myers Elected Coadjutor Bishop

by Canon Stephen Kohner



Archdeacon Bruce Myers, former Archdeacon of Quebec, was elected the diocese's coadjutor bishop at the Diocesan Synod on Friday, November 27. As Coadjutor Bishop he will automatically become the 13th Lord Bishop of Quebec when Bishop Drainville retires some time in 2017.

There were six highly qualified candidates, all of whom were present the Thursday night for the opening of Synod and for a candidates forum. After the first three rounds of voting only Archdeacon Myers and Canon Stuart Pike remained. A fourth and fifth ballots were held and neither of the two were able to gain the necessary two thirds majority. At the end of the fifth ballot Myers had 11 clergy and 34 lay votes while Pike had 10 clergy and 24 lay votes. Prior to the sixth ballot Pike addressed the Synod and said that he felt that the Holy Spirit was asking him to withdraw his name and that the diocese would be well served by electing Bruce as their next bishop.

His Consecration will take place on Ascension Day at the Cathedral of the Holy Trinity in Quebec City on Thursday, May 5, 2016.

Archdeacon Bruce was ordained a priest in 2004 and was then for the next three years the priest serving the congregations on the Magdalen Islands. He served as the Archdeacon of Quebec and among other tasks was responsible for diocesan communications and was Editor of the Quebec Diocesan Gazette. Since 2012 he has worked in Toronto at the national church office first part-time then full-time as the Coordinator for Ecumenical and Interfaith Relations.

Present at the Synod were a number of representatives from parishes on the North Shore, Lower North Shore and Kawawachikamach (the diocese's largest congregation). These included: Jody Lessard, Canon Stephen Kohner, Linda Stubbert, Christina Bobbitt, The Reverend Silas Nabincaboo, Cheyenne Vachon, Dale Keats, Mary Spingle, Lloyd Ransom and Ivan Etheridge. Jody and Dale were elected to serve on the Diocesan Executive Council (a body that acts for Synod in between Synods) as representatives of the Deanery of the North Shore.

(Parts of this article appeared in the January 2016 edition of the Quebec Diocesan Gazette)

Open Doors at the L'Envol Helps Families in Need in Sept-Îles



The annual Open Doors at the L'Envol was held in the gymnasium of la Maison Alouette in Sept-Îles from December 9th to the 11th, 2015. The clothing and toy drive/fundraiser was organized by La Maison de la Famille, a community organization created to help parents and children improve the quality of their family life. Donations of toys, clothing, books, and other items were provided to local families and community members in need. Staff of the NSCA participated in the event by volunteering their time over the three days. Local stores and businesses in Sept-Îles contributed by donating items for the event, and local community organizations participated in its success by promoting Open Doors to their clients. A sense of excitement and service was felt by our volunteer aids, who looked forward to helping community members who attended. Upon arrival, they could chose items for their personal use or pick up holiday gifts for their loved ones and have them gift wrapped by volunteers. This year, 139 people passed through the doors of the gymnasium, helping to raise \$2,664 for La Maison de la Famille. It was an event filled with community spirit, generosity, and collaboration.

Remembrance Day Ceremony in Baie-Comeau: A Tribute to the Liberation of the Netherlands

50+ members in Baie-Comeau along with the students of Baie-Comeau High School attended the Remembrance Day Ceremony at the Cenotaph in Pioneer Park as a tribute to the soldiers who fought in the world wars. This year's ceremony was a commemoration of the 70th anniversary of the liberation of the Netherlands by the First Canadian Army in 1945.

Mr. Stephen Kohner, member of the NSCA and principal of BCHS, read a speech concerning the relationship between Canada and the Netherlands. In addition to the liberation, the Canadian government extended its hospitality to the royal Dutch couple who had a child in Ottawa during the war. To mark this anniversary and to thank Canadians for the hospitality given to their royal family, the Netherlands sent tulips to Canada and Baie-Comeau was one of the chosen municipalities as a site for a Tulip Garden. A symbolic ceremony with a few bulbs being planted was part of the proceedings but next spring will see a beautiful arrangement of 700 red and white tulips in Pioneer Park.

The wreath laying was another important part of the Remembrance Day Activity and Mr. John Kerr, retired school teacher of Baie-Comeau High School deposited a wreath, accompanied by his son Mark and grandson Sam.

Our 50+ group was invited back for a snack after the activity. Present at the ceremony were war veterans, the Baie-Comeau Parks Society, the Royal Canadian Legion, the NCSM JOLLIET in addition to students, NSCA members and the general public.



50+ CLUB Baie-Comeau Enjoys Christmas Breakfast



Nine members of our 50+ Club gathered together for one of the last activities of the year – a Christmas breakfast at Mike's restaurant.

It was a time to catch up and enjoy each other's company before the Christmas holidays began.

Intergenerational Fun with a Gingerbread Theme



Two community members accompanied the kindergarten class of Mrs. Laura Kenny to make gingerbread men and Christmas cookies. The kids worked diligently, rolling their individual mounds of dough and using the cookie cutters to make various shapes of what turned out to be delicious homemade treats. While the cookies cooled, Mary Ellen Beaulieu and Walter Bisson read the story of the Gingerbread Man to two excited groups.

To finish the afternoon, the cookies were decorated with icing and after a taste test of one cookie only, the kids got to bring the rest of their treats home. Adults and children alike had a wonderful afternoon and the children expressed their thanks to

50+ Assists Students in Baking Workshop



The generations meet - A member of our 50+ group accompanied 2 students, Philip Martin and Samuel Benoit Gauthier at this workshop. After reading the recipe, the students got to work at producing moist and delicious gingerbread cookies.

Organized in collaboration with the community group Quebec en Forme (AlimentAction), Baie-Comeau High School and the Community Learning Centre, several elementary students participated in a baking workshop on November 25th, 2015.

An animator was present for this workshop and started by showing students the proper technique for washing their hands before preparing food. She talked to parents and children about the origin of traditional Quebec recipes, which regions are known for producing specific foods, different measuring cups and utensils, how to prepare ingredients and mix them and a very important step – how to clean up!

The students learned to make gingerbread cookies. Students worked in teams and had different roles; some were assigned with bringing the ingredients to their work station, others measured and another stirred the mixture. It was very informative and a lot of fun – especially the taste testing part!

Holiday Spirit Thrives at BCHS!

by Stephen Kohner, Principal



Mini-Basket: Secondary Students have been recruited to coach mini-basketball to elementary students two lunch periods per week. Funds from the “Wellness” project funding are helping to make this extra-curricular activity a real hit!



Food donation: Student Parliament organized a two-week non-perishable food drive before Christmas. Soeur Jeannette Lord picked up the goods for use by her local organization. In all, five boxes were donated by students, staff, parents and friends of BCHS.



A Visit from Saint Nick: On the last day of school before the Christmas break, Santa took time out of his very busy schedule to pay BCHS a short visit. He arrived in style with toys for all the good little boys and girls!



Maxi Wrapping Fund-raising: Secondary students were kept busy December 6-9 as they packed up groceries at Maxi in exchange for donations. Funds were collected for the Secondary V trip to Malaga, Spain, future participation in Encounters with Canada program and future school trips. Over \$1600 was raised!



Cycle 1 students posted letters to Santa and waited eagerly for a reply.



The Home & School Association rolled out treats and hot chocolate for one and all on December 22nd.

New Address for NSCA Office in Sept-Îles

As of January 2016, the NSCA has moved their office to the M.O.C.S.Î. - Maison Alouette building.

NSCA
Local #02
652 Dequen
Sept-Îles, QC G4R 2R5
Tel: 418-968-3148

The schedule for NSCA's office hours will be as follows:
Monday - Thursday: 8:00a.m.- 4:00 p.m.
(closed at noon)



Worship Services

All Saints' Church

47, av. Ungava
Sept-Iles

All services commence at 10:30a.m.



Jan. 24: United Church Service
Jan. 31: Joint Service
Feb. 7: Anglican Service
Feb. 14: United Church Service
Feb. 21: Anglican Service
Feb. 28: United Church Service
March 6: Anglican Service
March 13: United Church Service
March 20: Anglican Service
March 27: United Church Service

Christ the King Parish

15 Comeau, Sept-Iles (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/

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11a.m.



January 31: Communion Service
February 21: Communion Service with Annual Vestry Meeting
March 13: Communion Service

Information:

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

Upcoming CHEP Session for Port-Cartier

In the month of February, the NSCA will be hosting a CHEP session and social gathering activity for community members. The session that will be presented is

Forgetful, Not Forgotten: Alzheimer's & Caregiving

This session explores how the progression of Alzheimer's Disease affects the family dynamic and aspects of caregiving. The date will be announced later. Watch for flyers or give us a call if you want more information.

A Night of Mystery and Intrigue at NSCA's Annual Murder Mystery Night



Accusations, rumours and intrigue filled the night of December 4th, as members of the North Shore Community Association in Baie-Comeau displayed their remarkable acting abilities for the 3rd annual Murder Mystery Potluck Dinner. This year's theme was Murder at the Kringel's Annual Holiday Block Party, where attendees were left to solve the mystery of who murdered Fiona Collins, the obnoxious telemarketer whose poor manners and inclination for controversy left a room filled with possible suspects!

Participants exhibited humour and enthusiasm, bringing to life such eccentric characters as Ned Morales, the paranoid motivational youth speaker, Foghorn Fowler, the intellectual chicken farmer, Tator Salsbury, the dancing cafeteria worker, among others, to attend the holiday party of hostess Lacey Kringel, the moody and insensitive bridal shop owner. With scandals and quarrels arising throughout the evening, participants were left to discover who the murderer was based on character clues, motives, and accusations of who was last seen with the murder weapon – a giant candy cane! It was an evening of delicious homemade food, surprises, and fun shared by all! NSCA would like to thank all members who attended for their excellent role playing. We look forward to the drama and suspense of next year's murder mystery night!

NSCA Chair Meets up with David Johnston

by Debbie Laurie

On Tuesday, January 5, I had the pleasure of meeting and having lunch with Mr. David Johnston, the Representative (for the Québec Region) of the Office of the Commissioner of Official Languages.

He was in our area to meet with members of the English-speaking community to discuss the impact of Bill 10 (health-care administration reform) and Bill 86 (school board governance) on our infrastructure.

He took the opportunity to learn more about the NSCA. He hopes to return to this area in June.



Christmas Cheer with the 50+ Members of Sept-Îles



50+ members of Sept-Iles had their annual Christmas Potluck & party on December 9th. There were 37 people who attended and participated in the many festive activities of the day. Staff members had planned a filled afternoon of fun and games that was amusing to all! The NSCA would like to give a big 'thank you' to all who participated and helped out by bringing dishes for the Xmas Potluck.

La Nuit des Sans-Abri



The community organization Jeunesse en Santé organized for a second year the activity LaNuit des Sans-Abri in order to sensitize the population to the existence of homeless people in the Manicouagan. Baie-Comeau was one of over thirty towns that participated in this province-wide event.

Among the activities of the evening, a shelter was made using cardboard boxes supplied by Les matières résiduelles. A soup, muffins, bagels, coffee and hot chocolate were served compliments of Comptoir ALimentaire and Tim Horton's. With the theme being Personne n'est à l'abri –Anyone can become homeless that more than 150 people gathered in this gesture of solidarity toward the homeless.

The North Shore Community Association and the Community Learning Centre, members of Jeunesse en Santé were there to support this important event.

Fermont School News and Photos

by Karen Kean



Snow Globes: We created snow globes using a small tree, snow and a picture of each student inside a mason jar. The students brought the cute snow globes they made home to their parents for a gift.



Concert Letters to Santa: The Pre-Kindergarten, Kindergarten and Grades 1 and 2 students enjoyed mailing their letters to Santa Claus.



Christmas Concert: The annual Christmas Concert took place on December 16. The students sang songs, played boomwhackers and xylophones, and performed a couple of plays.



Tie-Dyed T-Shirts: To brighten up the winter months, the students in Cycle 2 drew a design on their t-shirts and then they tie-dyed their white shirts with bright colours.



Ice Cream: students in Cycle 2 were reading stories about the Early Settlers. One story included a recipe for snow ice cream. Mrs. Kean's class went into a wooded area to find freshly fallen snow. The recipe required 4 teacups of snow, 1 fistful of sugar, 2 teacups of fresh cream and nutmeg.



Grocery Store: The grades one and two students of Fermont School are learning about money. The students put their skills into everyday use in our grocery store!

A Week under the Shapuctuan...



One evening was set aside for parents to visit “le Shapuctuan” and dialogue with our Innu elders. A traditional Innu meal was served on Wednesday evening, for school staff, and invited guests, accompanied with a drumming and traditional dance ceremony.

The splendid week of learning culminated with students and staff participating in a traditional dance ceremony, led by an Innu dancer. A variety of dances were demonstrated with an explanation of the significance of each to Innu traditions. The goal of this event was to build bridges of understanding, acceptance, and respect for the traditions, culture and present lifestyle of our Innu neighbours.

There is no doubt that this very rewarding educational experience has given our students and staff a more profound appreciation and understanding of Innu First Nation culture and traditions.

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 12, 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 163
Baie-Comeau, QC
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418-296-1545

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39, av Marquette, Local 310
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Vice-Chair: Mr. William Larivière
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Publication mail agreement #41540025

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