

LET'S GET CONNECTED

July 2016

Volume 13, Number 1



Photo: Mary Choy/Natashquan

QUEBECNORTHSHORE.ORG

Sunny Waves at Toddler Time's Picnic

Relief from a week of rain came on Saturday, June 11 as toddlers, caregivers, and seniors in the community of Sept-Îles took part in an outdoor picnic in Parc de L'Anse for the NSCA's June Toddler Time session. One of the largest sessions yet, 43 people participated in our "Picnic in the Park" inter-generational activities. This session promoted sharing and learning, as toddlers were paired with our 9 senior community members in attendance, playing fun outdoor activities including obstacle races, parachute games, and ring toss. Laughter and giggling was plentiful during our toe painting activity, as attendees tried to paint pictures holding paintbrushes with their toes! New friends were forged, as toddlers bonded with seniors who shared their knowledge, teaching little ones how to plant sunflowers, herbs, and daffodils.

Everyone was treated to a summer picnic afterwards, blankets and tablecloths were laid down for attendees to snack on sandwiches, veggies, and cupcakes and rice crispy squares. At the end of the day, all were filled with a sense of pride in their accomplishments, and took home the flowers they planted together with seniors. A gift bag filled with books, bubbles, and chalk was also given out to toddlers, a surprise made possible by contributions from the PAÉLÉ program.

The NSCA would like to thank our six youth volunteers, the eight senior community members and our NSCA Seniors Animator who so generously shared their time and knowledge on this day. We would also like to thank the twelve parents and sixteen toddlers in attendance for coming out and spending a day of sun and learning with us!

(see more photos on back page)



A WORD FROM THE CHAIR

It has been a busy but “oh so rewarding” year for me filled with hours of ESL teaching and math tutoring. How I still love math!



It has also been another busy, very successful year for the NSCA. We continue to offer many valuable videoconferencing sessions to our members in Sept-Iles, Baie-Comeau, and Port-Cartier. I am thrilled that Fermont has had its VC equipment installed and can now be active participants in future workshops. The 50+ groups are very active in monthly activities, and our Executive Director has many projects on the go for us as well. Thanks Jody!!

I'd like to congratulate the grads in our schools: Queen Elizabeth, BCHS, those Riverview students who transitioned over to the French CEL'A, and those Fermont students who finished their high school years in neighbouring Labrador. I am proud of you and wish you much success in a new phase of your lives. Dare to dream! Stick your neck out like the turtle and take risks!

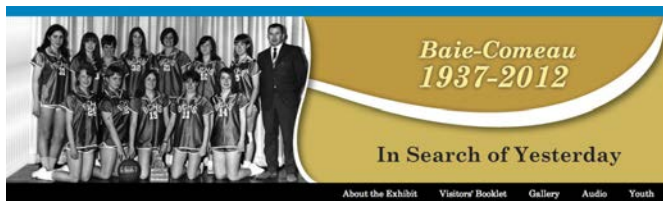
Congratulations to our Youth Director, Mallory Stonehill Chouinard, on the birth of her daughter Sophie-Ann on June 1st!! Can't wait to meet her!

And last, but certainly not least, HAPPY RETIREMENT to two teachers at BCHS: Mary Cormier and Luc Parent. Thanks for all your hard work! Enjoy every minute of the big R! Travel if you can, find passion in new activities, throw away those red pens!

Happy Summer to you all! Hope to see you at the AGM in Sept-Iles in early September. OK, sun, you can make an extended appearance anytime now!!

Debbie Laurie

Chair



<http://exhibit.quebecnorthshore.org>

IMAGES FROM THE QCGN AGM



Canada's Commissioner of Official Languages, Graham Fraser with NSCA Executive Director, Jody Lessard



Canadian Heritage Minister Mélanie Joly

NSCA Summer Hours

Starting Friday, June 24th until Friday, September 2nd inclusive, the schedule for NSCA's office hours will be as follows:

- Monday - Thursday: 8:00a.m. – 4:00p.m.
- Friday: 8:00a.m. – 12:00p.m.

Please note that the NSCA Baie-Comeau office will be closed from July 25th to August 12th.

The Sept-Iles office is closed from June 24th to September 2nd.

Volunteer Awards Given in Sept-Îles

A gala recognition for volunteers was celebrated during Volunteer Week 2016 (April 11-15). Over 140 people took part in the gala recognition evening held at Sept-Îles Convention Centre. Organized by the Volunteer Centre (CAB) Sept-Îles, the evening featured the presentation of six awards to community organizations and a short tribute to twenty dedicated volunteers within the community. This year the NSCA nominated Ms. Gail Court-Lavallee for volunteerism within the Anglophone community.

Ms. Court-Lavallee was presented an award for her many hours of volunteering within the community. Gail generously donates her time and energy in many community senior initiatives. Congratulations on the well deserved award!

On Friday, June 3rd, the City of Sept-Îles held their 2016 Volunteer Recognition Evening. This annual activity permits organizations to nominate volunteers who have contributed to the community. This year, the NSCA nominated volunteer parents who have dedicated time in helping out at our Toddler Time sessions.

Congratulations to Genova Belanger and Ledzia Shattler.



Gail Court-Lavallee receiving her award

The NSCA would like to take this opportunity to express gratitude to the many dedicated volunteers in communities across the North Shore.

Congratulations, J r mie Lapointe!

by Debbie Laurie

Congratulations to J r mie Lapointe, a Sec.III student at Riverview School in Port-Cartier!!

J r mie could be nicknamed Mr. Judo after his recent accomplishment. After years of training in his favourite discipline and earning points at competitions across the province, he earned the chance to participate in the Canadian Open Judo Championships held in Calgary in mid-May. He performed brilliantly, especially given that this was his first experience competing at the national level. He brought home a BRONZE medal!

If you make it to the Olympics someday, rest assured I will be there cheering you on. So proud of you! You are a shining example of the hard work ethic! Almost forgot, J r mie has been invited to a one week national training camp in Laval at the end of June. He is one of a very select group. What an honour!



Lunch in the Park



It was with a leisurely stroll through Parc des Pionniers that Baie-Comeau members finished their activities before the summer break. Denise Larocque, her sister and Patricia finished their walk by eating lunch at the park.

Breakfast Outing for Baie-Comeau Community



Eleven members of the community gathered for breakfast at the “St. James au Bar de l’eau” on April 27th, their first spring get together. It was a time to chat and catch up after the winter that just wouldn’t end!

BCHS Marks Two Retirements

by Stephen Kohner, principal



As the last bell rang on June 28th, Mr. Luc Parent and Mrs. Mary Cormier walked out of Baie-Comeau High School and entered another stage in their lives - RETIREMENT!

Mr. Parent came to BCHS 28 years ago. He has taught PhysEd, Secondary Geography & History as well as numerous other subjects. He will be remembered for the many sporting events he helped organize.

Mrs. Cormier has been at BCHS for 16 years, but has a total of 46 years of teaching experience! She has had a lasting impression on students and staff - her love, patience and implication in school & community is her lasting legacy.

On behalf of the English school community, I wish them well as they embark on yet another chapter to their lives.



Transportation and Accompaniment Services

The **Centres de bénévolat** offer a transportation and accompaniment service to people who are experiencing some loss of autonomy, need the presence of another person and don't have someone in their entourage to help them. Volunteers will pick people up at their homes, bring them to their medical appointments (doctor, dentist, optometrist, etc.) or for their banking, groceries, pharmacy and bring them back.



How to reach them:

Centre d'action bénévole (CAB) de Sept-Îles : 418-962-5751

Centre de bénévolat Manicouagan: 418-296-2686

Conditions:

- Become a member of the Centre to have access to this service
- Call 24 hours in advance
- Pay a minimal fee



The Centre de bénévolat de Port-Cartier offers transportation and accompaniment for medical appointments only and it is not necessary to become a member to have access to this service. A fee is charged. How to reach them:

Centre de bénévolat de Port-Cartier: 418-766-3202



Adapted transportation

If you have a handicap or limited mobility, you may be admissible for adapted transportation. An application must be completed to determine eligibility for this service.

How to contact this service:

Baie-Comeau: 418-589-1516 (through the town)

Sept-Îles: 418-962-7111 (through the Corporation de transport adapté de Sept-Îles)

Port-Cartier: 418-766-0060 (through the Centre de bénévolat)

*Please note that a minimum of information has been mentioned here in regard to the transportation and accompaniment services of these organizations. If you need additional information, we will be pleased to contact them for you: 418-968-3148 in Sept-Iles and 418-296-1545 in Baie-Comeau. You may also contact them directly.



Are you an English-speaking new immigrant currently living in Quebec? Help us understand your experience by completing our survey at :

fluidsurveys.com/s/Immigrant-survey

Completed surveys will be entered in a draw to win one of five \$50.00 gift card!

Funded by:



North Shore Community Association (NSCA) Annual General Meeting (AGM)

will be held on Saturday, September 10, 2016 at 11 a.m. in Sept-Îles (venue TBA)

Get together with friends and meet new ones, and a wonderful way for the community to learn about the NSCA and our past year highlights

***invites and AGM agenda will be forwarded to the membership in August



Media advisory

QCGN Welcomes Canadian Heritage Minister and Bids Adieu to President and Commissioner

Montreal – June 3, 2016 – Members of the Quebec Community Groups Network bid a fond farewell to President Dan Lamoureux, who stepped down after four years at the helm; and to Canada's Commissioner of Official Languages, Graham Fraser, whose extended three-year mandate ends in the fall.

"For Quebec's English-speaking community the best testament to Fraser's time in office is the careful attention he always gave to English-speaking Quebec as a minority," said former QCGN President Martin Murphy, who chaired the QCGN when Fraser was appointed almost a decade ago. "Commissioner Fraser understood us and he often dared to tell Canadians and majority Quebecers what they did not want to hear."

On that theme, Commissioner Fraser repeated his suggestion that this province should have an office dealing with the concerns of the English-speaking community. "I continue to believe it would be useful for Quebec's government to have some sort of reference point, preferably in the bureaucratic structure, to monitor and understand the needs of Quebec's English-speaking minority," Fraser said this morning as he participated in a panel of official language commissioners that also included Ontario's French Language Services Commissioner, François Boileau, and the Commissioner of Official Languages for New Brunswick, Katherine d'Entremont.

Fraser, who has spent years, battling myths about Quebec's English-speaking minority, said this community is "misconceived by some as a threat, and misunderstood by the majority community". He noted your average English-speaking Quebecer "is older, less educated, less employed and less affluent than their francophone neighbours."

Commissioner Fraser made the comments as more than 100 members and stakeholders of the QCGN gathered in Montreal Friday for their 21st annual meeting.

Canadian Heritage Minister Mélanie Joly dropped in before lunch to encourage QCGN and community members to take part in upcoming consultations on Canada's Action Plan to support official languages. That's the renewal of the federal government's multi-million dollar investment strategy to support official language minority communities.

"We will fully engage in the process and encourage our members and the community to get involved," said newly elected QCGN President James Shea, noting the visit was noteworthy since Joly is the first Canadian

Heritage Minister to participate in an annual meeting of the QCGN. Shea met recently with Randy Boissonnault, the parliamentary secretary for Official Languages, to discuss the consultations that begin this summer.

Also on hand for Friday's event were Mount Royal MP Anthony Housefather, a former Alliance Quebec President, who insisted English-speaking Quebec must make its issues known to Members of Parliament; as well as D'Arcy McGee MNA David Birnbaum, another Alliance Quebec alumni who stated the provincial government is undeniably listening to the concerns of the English community.

Birnbaum alluded to Premier Philippe Couillard's recent praise of the English school system as he buried the controversial school reform legitimation, Bill 86. Following a year focused on the education rights of Quebec's English-speaking community, QCGN members passed a resolution vowing to continue to raise awareness of, protect, and advance the minority language education rights of Quebecers in cooperation with community partners and institutions.

During the Annual General Meeting James Shea was acclaimed as QCGN President. He is joined by new vice-president Geoffrey Chambers and new board members Kevin Dobie and James Hughes, a past winner of QCGN's Sheila and Victor Goldbloom Distinguished Community Service Award. Not up for reelection and retuning to the board are Secretary Walter Duszara, Treasurer Joe Rabinovitch, Clarence Bayne, Sovita Chander, Ted Goloff, Cheryl Gosselin, Stella Kennedy, Juan-Carlos Quintana, Kate Shingler, and Irene Tschernomor.

The Quebec Community Groups Network is a not-for-profit organization bringing together 48 English-language community organizations across Quebec. A centre of evidence-based expertise and collective action, QCGN identifies, explores and addresses strategic issues affecting the development and vitality of the English-speaking community of Quebec. It also encourages dialogue and collaboration among its member organizations, individuals, community groups, institutions and leaders.

For further information:

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Telephone: 514-868-9044, ext. 223, cellular: 514-912-6555



Busy Times at Flemming Elementary

by Lisa Lavalée, Flemming CLC Coordinator



Students and staff have been very busy at Flemming Elementary. As part of Anti-Bullying Month Ms Vanessa's grade 6 students worked on a project to sensitize students by producing an Anti-Bullying video. Little did they know that the final result would be such huge success. Not only was their video shared throughout the Eastern Shores School Board, they also won an award for the Lewis Peace prize from the Quebec Federation of Home and School Associations (QFHSA). Congratulations Grade 6!



Flemming also celebrated Tree Month in collaboration with l'Association Forestière Côte-Nord. Cycle 1 students received a presentation about the many different things made with wood particles such as toothpaste and ice cream!!! . Cycle 2 and 3 students spent a full day at Gallix identifying tree, plants and learning about the importance of forests, flora and wildlife. Each Flemming family also received a black spruce tree to take home and plant. This is a first step towards more environmental initiatives at Flemming. Throughout the month of June Flemming will be greening the school yard by planting trees and flowers that they have grown in their classrooms.

We are very busy here at Flemming and this is only the beginning of the many great things yet to come.

Intergenerational Activity in Sept-Iles



Our 50+ group of Sept-Iles had a special 'Wellness Day' with students from Flemming Elementary on Wednesday, June 1st, 2016.

The full day of activities began with fun interactive games in the morning, then followed by a collective kitchen event. Students helped seniors prepare and serve the luncheon. In the afternoon the participants enjoyed their social time of chatting and playing card games.

Many thanks to our senior volunteers who helped us in preparing for this intergenerational activity.

BCHS May-June Events

by Stephen Kohner



Elementary & Secondary students enjoyed a year-end excursion to Ferme 5 Étoiles in Sacré-Coeur on June 22nd. Everyone was thrilled with the host of animals one does not usually see in our region.

The day ended with a buffet supper & camp fire organized by the school's Community Learning Centre



On May 17, Student Parliament marked the International Day Against Homophobia & Transphobia by raising the Diversity Flag.



Nicolas Gauthier, Samuel Kerr, and Maycie Bourque competed in the regional RSEQ track and field competition held in 7-Iles. Sam came home with two medals and Marcie with one!



BCHS was proud to pay tribute to our Secondary V students at its annual Graduation and Prize-giving held on June 23. Pictured here is Samuel Kerr, Stephen Kohner, principal, Kim Ross, Joelle Hurley, and Neil MacIntosh, guest speaker & former teacher/principal



Mr. Guy Richard, former teacher/principal & Director General was presented with a new award from BCCHS: the Community & School Honour Award.

Video-Conference: All About Balance

Seven of our community members in Baie-Comeau attended this dynamic Community Health Education Program (CHEP) on May 18th. This interactive videoconference provided an opportunity for those attending to participate in an active demonstration of how to improve their balance.

Speaker **Catherine "Cat" St-Pierre, B.Sc., Kinesthesiologist**, personal trainer and fitness consultant in the Eastern Townships, enthusiastically explained and demonstrated different exercises aimed at developing muscle strength, joint stability, flexibility and posture. Participants were able to ask questions and receive immediate answers from the speaker.

Guest speaker **Barbara Jack, B.A., R.N., Community Liaison Agent – CHSSN** demonstrated how you should get up off the floor if ever you fall. As well, she explained the Pied/Stand-Up Program, a program offered to autonomous adults 65 years or over and living in their own homes. This program is designed to enhance **balance** and leg strength, help maintain **healthy bones** and reduce the risk of fractures and adapt your **home** and adopt **safe behaviour**.

Various handouts were distributed to members who all agreed the presentation was helpful, interesting and met their expectations.



Bishop Bruce Myers Ordained as Co-adjutor Bishop



Close to 500 people from far and wide gathered to be part of the ordination of Bruce Joseph Andrew Myers OGS as the Co-adjutor Bishop of the Anglican Diocese of Quebec on May 5th (Ascension Day). Fifteen bishops participated in the laying on of hands including the Most Rev. Fred Hiltz, Primate of Canada and the Rev. Susan Johnson, National Bishop of the Evangelical Lutheran Church in Canada. Clergy, friends and family came from across Canada and from the United States and Europe to be there for this important occasion in the life of our diocese and in Bruce's as well.

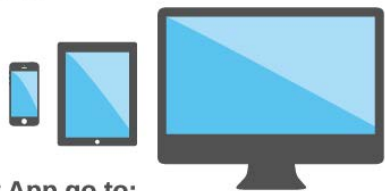
As Coadjutor Bishop he will automatically become the 13th Lord Bishop of Quebec when Bishop Drainville retires.

(credit: Quebec Diocesan Gazette)

North Shore HEALTH PASSPORT APP Your health at your fingertips!



An innovative new way designed to help you and your family keep track of essential health information, with helpful words and phrases in French to use when with a health professional or in an emergency. The **Health Passport App** can be installed on your mobile device or computer.



To get your Health Passport App go to:
healthapp.quebecnorthshore.org

Type to enter text

Baie-Comeau 1937-2012

In Search of Yesterday

The “In Search of Yesterday” heritage exhibit, a display of 12 bilingual panels that commemorates the heritage and culture of the town’s English-speaking community, will be on display this summer at the Anglican Church of St. Andrew & St. George, located at 34 Carleton, from June 30th to August 5th

Free bilingual guided tours of Anglican church is also offered on week days from 9a.m. to 12p.m. and 12:30p.m. to 4p.m., June 30 to August 5.

Newsletter Info

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We offer our membership the option to sign up for a virtual copy of the newsletter. Simply forward us an e-mail at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list.

The newsletter needs your input on what’s happening in your community. Tell us about your stories, upcoming events and the people who are making a difference in your community.

NSCA Installs Videoconferencing Equipment in Fermont



The NSCA is pleased to announce that they have installed videoconferencing equipment at Fermont School in Fermont, thanks to funding received from the Community Health and Social Services Network (CHSSN) and Health Canada.

Since April 2016, the English-speaking community of Fermont can now remotely connect to many communities across the province, and the NSCA will now be able to offer the Community Health Education Program (CHEP) to the English-speaking population of Fermont.

Presently, NSCA has videoconference conferencing capability offered in two of their communities, Port-Cartier and Sept-Îles. This new equipment will help link Fermont with other communities via videoconferencing.

Sept-Îles Toddler Time's Picnic



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 13, Number 1

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.

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