

LET'S GET CONNECTED

March 2016

Volume 12, Number 4



Photo: Jody Lessard / View of Schefferville

QUEBECNORTHSHORE.ORG

Inspiring Students to Pursue their Goals at Sept-Îles Career Day

On the morning of Friday, March 18, students in Sept-Îles and Port Cartier attended a very special event that allowed inquisitive minds to explore future career possibilities at the North Shore Community Association's "Career Day". Enthusiasm and curiosity filled the gymnasium at Queen Elizabeth High School as elementary, secondary and adult education students learned about potential career paths. In total, 85 students attended. They circulated around the room and engaged with 17 diverse career professionals invited as special guests to speak with students and showcase information about their careers. These professionals included a biologist, naval reserve officer, forestry engineer, nutritionist, airline supervisor, pilot, fireman, psychiatrist, corrections officer, and more. Students were captivated by the guests, several of whom brought along props and equipment, which provided them with a more realistic understanding of the labour and skills required in their line of work. Students could try to lift the 100 pound uniform of a firefighter, gaining a better sense of the strength needed to extinguish fires in fire-resistant protection, or see a model of an emergency victim secured onto a stretcher used by an ambulance technician. At the end of the event, everyone was treated to a pizza lunch, where guests graciously stayed to answer questions and interact with fascinated students.

Deciding on a future career path can be an exciting, though sometimes overwhelming stage in one's life. This event not only increased awareness and knowledge of the responsibilities associated with particular careers, but also helped to shed light on the skills and discipline needed to achieve one's career goals. It was an event that left students well informed and inspired by the future career paths available to them.

(continued on back page)



A WORD FROM THE CHAIR

Happy Spring to you all!

I am hoping that Saint Patrick can drive the snow out of the area as successfully as he once drove the snakes out of Ireland!



Our communities have been keeping active despite the fluctuating temperatures. Our most recent video conferencing session on Caring for Caregivers, an NSCA initiative in collaboration with the CHSSN and Health Canada, and funded by L'APPUI CÔTE-NORD, was very well attended in Baie-Comeau and Sept-Iles. More than thirty members turned out for what was a very well delivered message from Jennifer Hobbs Robert. Thanks to all who took time to participate.

There are some exciting activities coming up. I am very much looking forward to the Family Literacy Night at Flemming School this coming Thursday. As well, a St. Patrick's Pot Luck and Evening of "Music and Friends" will be held on the 19th in Sept-Iles.

I recently visited our new office at the Maison Alouette MOCSI in Sept-Iles when we held our most recent Board meeting there. It is indeed wonderfully located and just the right spot for us. Drop in sometime just to say hello and see for yourself.

Until next time, keep active and connected,

Debbie Laurie
Chair

Congratulations, Zoé!



It is with pleasure that the NSCA announces the awarding of a bursary from the McGill Retention Bursary Program for students in the health and social services sector for the 2015-16 academic year.

The recipient is Zoé Robertson de Mendonça, who is studying in the program Techniques d'éducation spécialisée at Cégep de Sept-Îles. Congratulations Zoé!

The McGill Bursary Program provides financial support to bilingual students who pursue post-secondary studies in the health sector. For more details on this program, please contact the NSCA office.

Virtual Newsletter Option...

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We are now offering our membership 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 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!

Collective Cooking with l'Envol-Maison de la famille



Mrs. Rachel Wilcott of the NSCA 50+ club, Sept-Iles animated a bread making workshop on February 19th at the community kitchen of MOCSI. The thirteen moms present were able to leave with the fruits of their labor: loaves of bread, buns and spaghetti sauce. The NSCA supported this event by supplying the flour, bread cloths and some of the equipment.

It was a mutually helping activity as the director of Envol, Mrs. Bernice Villeneuve made a cipâte which was served to all present and accompanied by a salad with an apple crisp for desert. The dinner was delicious and enjoyed by all! It was a great example of community organizations helping each other.

Nutrition: Getting on the Right Track



On February 24th, 5 members of our 50+ Baie-Comeau group gathered to watch an informative DVD video-conference on nutrition. The presenter Dr. Sylvia Santosa talked about the definition of healthy eating, obstacles to healthy eating and how to get over them, and ways to stay motivated to stick to our goals. Who would have known that healthy eating sometimes means giving into our cravings!

Amid the wealth of information presented, we learned about health claims, how to read nutrition labels and compare similar foods and what grams mean in practical terms (4 grams = 1 teaspoon). One teaspoon is also the equivalent of a sugar packet. Participants all learned new and valuable information regarding nutrition and were able to bring home various pamphlets on the subject.

Following the DVD viewing, participants sat down to a healthy and delicious potluck lunch.

My Encounters With Canada



During the week of February 13-20, BCHS Secondary V Student Samuel Kerr had the privilege to attend Encounters with Canada (EWC) in Ottawa.

The theme of the week was FIRST RESPONDERS; workshop activities included a visit to the RCMP Headquarters in Ottawa, CPR and Defibrillator training, and guest speakers from the Coast Guard, Firefighters, Paramedics and RCMP and a tour of The Deifenbaker Bunker (used during the Cold War). Many thanks Eastern Shores School Board for helping him attend EWC with a contribution of \$250 to help with the overall cost. It is excellent that our school board contributes to this program because it is an amazing program for young Canadians.

Upcoming CHEP Sessions

The Community Health Education Program (CHEP brings English videoconferences to remote regions across Quebec on a variety of health topics. These videoconferences are usually broadcast from the Montreal Children's Hospital with expert presenters in an interactive conference that enables the participants to ask questions and learn about aspects of health important to them. The NSCA has been fortunate to be a part of this program.

Between April and June 2016, we have the opportunity to participate in three other sessions.

If you are interested in these topics and would like to attend, please call our office to obtain more information.

Baie-Comeau (head office) (418) 296-1545
 or by email: nsca@quebecnorthshore.org

Upcoming CHEP Videoconferences...

- April 18, 2016 – Arthritis with Myra Siminovitch (10am - noon)
- May 18, 2016 – Fall Prevention with Cat St-Pierre (10am - noon)
- June 8, 2016 – Aging Skin-Cancer (10am - noon)

Out of Region Medical Services

As part of their Regional Access Program and their continuing efforts to improve access to health and social services in the English language, the Agence de la santé et de services sociaux de la Côte-Nord has produced a brochure entitled '*Out of Region Medical Services*'. Inside you will find the various Hospitals and their contact information as well as affordable lodging in close proximity. There is even a lexicon of frequently used vocabulary.

The brochure can be found on the NSCA's website at:
www.quebecnorthshore.org

If you would like a copy, simply contact the NSCA offices at

39 Marquette Ave., Local 314
 Baie-Comeau, QC
 G4Z 1K4
 418-296-1545

OR Local #02, 652 Dequen
 Sept-Iles, QC
 G4R 2R5
 418-968-3148

e-mail: nsca@quebecnorthshore.org

OUT OF REGION MEDICAL SERVICES



Sept-Iles Blood Pressure Clinic Well Attended



A blood pressure clinic was held on February 24th, 2016 in Sept-Iles as part of an activity of the 50+ club. A nurse from the CLSC came on site to take the blood pressure of the thirty people who showed up for this wellness event.

Association Épilepsie Côte-Nord

One of our local partners, Épilepsie Côte-Nord, is actually a regional association for all the North Shore. They celebrated their thirty years of existence last fall and continue to offer valuable services to the population. Some of these services include:



- Listening and moral support!
- Giving information and supplying pamphlets;
- The loan of audio-visual material;
- Information sessions in schools, social groups, community organizations, and in the workplace.

Their main objectives are to:

- Help people living with epilepsy, as well as their families, in their daily lives;
- Inform and sensitize the population about epilepsy;
- Promote social, professional and academic integration;
- Demystify prejudices through awareness campaigns.

With March being Epilepsy Awareness Month, an awareness kiosk will be presented on March 30th at the Sept-Iles 50+ Club of the NSCA.

The opening hours are 8:30 to 11:30 and 12:30 to 4:30 on Monday, Tuesday, Thursday and Friday. On Wednesday afternoon, a message can be left on the answering machine and the coordinator, Danielle Duguay will be happy to return your call. Appointments can be made in advance but are not necessary. The coordinates to reach them are:

L'Association Épilepsie Cote-Nord inc.
 652, avenue De Quen
 Sept-Îles (QC) G4R 2R5
 Telephone : 418-968-2507 or the toll free line: 1-866-968-2507
epilepsicn@globetrotter.net

St. Patrick's Day Celebration



In celebration of St. Patrick's Day, the 50+ Club of Sept-Îles held their annual Community Potluck & Social for community members on Saturday, March 19. The event featured an evening of music, singing, traditional food, games and door prizes. It was a time to celebrate in a sea of green for St. Patrick's Day with lots of laughs and fun. Members filled the room with wearing lots of green and bringing their Irish cheer!

“Slam ta Vie” - A School Perseverance Presentation

Secondary students from Baie-Comeau High School had the honour of meeting and listening to award winning Poet, Rapper, and Slammer David Goudreault on Friday, February 15th.

David spoke of the need to find your voice, to persevere and to pursue the things that will make you stand out. You can always find an adult to help you achieve what you put your mind to. Two phrases resonated with the audience: “SLAM TA VIE” and “METS UN PEU DE POÉSIE DANS TA VIE”. He entertained the crowd by telling personal anecdotes and performing some ad-lib slams.

Many thanks go to Chantal Pitt of Eastern Shores School Board for ensuring our participation in this activity.



Secondary V student Joelle Hurley was interviewed by Madeleine Ross of Radio-Canada, Cote-Nord.



Articles and photos by Stephen Kohner, principal

Community Baking for a Good Cause: BCHS & the NSCA's "Munchies for Mariners"- a Wholesome Afternoon



Three members from the North Shore Community Association's 50+ Club who had donated their personal recipes to the "Hometown Favorites" cookbook were invited as special guests by Baie-Comeau High School to teach their recipes to secondary and elementary students as part of the "Munchies for Mariners" baking workshop on February 24th. Participants formed groups, working together to make delicious banana bread and chocolate chip cookies. Students had fun working under the guidance and help of the authors, learning how to measure, mash, and stir the batters that resulted in mouth-watering aromas wafting through the school.



"Munchies for Mariners" was a special event that promoted community togetherness, learning, and fun among participants, as well as fostering an important global connection. The treats made on this day were sent to the port of Quebec City to the Mission to Seafarers, an initiative under the wing of the Anglican Ministry that helps care for the physical, emotional, and spiritual needs of mariners. Mariners, when sailing on the seas and docked on ports, may spend long periods of time in countries and waters far from their homes of origin. The act of coming together to bake and offer treats was intended to provide a sense of comfort and support for mariners whose daily contributions in our shipping industry is a vital part of our town's, and province's, economy. The Anglican Church of St. Andrew and St. George helped to sponsor "Munchies for Mariners" along with funding from a Busy Bodies MELS grant, making this event an example of community success and collaboration.



The NSCA would like to thank Don Goodfellow, Noëlle Dugas and Denise Larocque for their participation and generosity, as well as the students of BCHS who had fun baking the delicious treats and creating thoughtful cards that were sent to the mariners.

BCHS Students Win Legion Awards



BCHS Sec III-V students participated in the Annual Royal Canadian Legion Poster and Literary Contest in November. Comrades Francis Levesque (left) and Jean St-Laurent (right) of Baie-Comeau Branch #03 were on-hand in February to award four students for their efforts.

David Beaulieu (Sec IV) won a participation prize, Maria Ida Di Lalla (Sec IV) captured a poster award, while Secondary V students Kim Ross and Joelle Hurley won ?. Congratulations!

Article and photo by Stephen Kohner, principal

March 14th Caregiver Workshop Videoconference



“Caring for Caregivers: Communicating with our Loved Ones” was the title of this year’s Caregiver Conference held on Monday, March 14th 2016 with eleven community members attending in Baie-Comeau, sixteen in Sept-Iles, and on the Lower North Shore - two in Chevery and ten in St-Paul’s River.

Participants at the conference were presented with toolkits which consisted of information tools: *Seniors: Discrimination, Abuse and Financial Fraud* from Educaloï, *Know the 10 Warning Signs of Alzheimer’s disease*, *Alzheimer’s Disease: A Handbook for Care*, *Alzheimer’s disease: Reducing caregiver stress* from the Société Alzheimer de la Côte-Nord and our updated caregiver’s guide *Where to turn...A Caregiver’s Guide for the North Shore* supplied by the North Shore Community Association. This updated guide contains valuable information for residents of the Lower North Shore. As well, copies of the Lobe Hearing Guide were available.

This videoconference, a follow-up from the needs expressed after the 2015 Caregiver Conference had several objectives which included:

- Learning how to recognize hearing loss in yourself and your loved one
- Understanding the difference between hearing and understanding the sounds around you
 - Reflecting on the challenges of communication facing those suffering from hearing loss, and why it is so difficult at the end of life
- Learning useful tips to improve communication
- Outlining services and programs available to help you and your loved ones

Our presenter was Jennifer Hobbs-Robert who is recently retired from her position as Director of Nursing & Quality at the Jeffery Hale-Saint Brigid’s Hospital in Quebec City. Participants were able to follow along with their documents, gain knowledge and test it as Jennifer presented two PowerPoints: *Communication with a Loved One with Hearing Loss* and *Communication in End of Life & the Compassionate Care Program*.

Many positive, enthusiastic comments were voiced following the workshop. Participants were pleased at being able to attend the workshop; they appreciated the information explained in plain language, being able to ask questions and receive answers as well as the overall quality of the presentation.

This workshop was an initiative of the **North Shore Community Association**, in collaboration with the **CHSSN** and **Health Canada**, and funded by **L’APPUI CÔTE-NORD**:



Health Canada
Santé Canada

BCHS Annual Bean Supper

Great Food... Great Entertainment...
Great Door Prizes!

DATE/TIME:

Friday April 29, 2016 at 5:30 P.M.

PLACE:

BCHS school gymnasium
39, av. Marquette
Baie-Comeau

PRICE: Adults - \$12.00/12 and under - \$6.00

TICKETS: Available at the door only

ENTERTAINMENT: BCBS Students



Profits from this supper will help our students in many ways. A part will be used for Secondary V bursaries. The rest will be used to pay for other school activities. For more information, please contact the school at 418-296-2832 or bchsadm@cgocable.ca.

(Organized by the BCBS Home & School Association)

Worship Services

All Saints' Church

47, av. Ungava
Sept-Iles

All services commence at 10:30a.m.



- Apr. 3: Anglican Service
- Apr. 10: United Church Service
- Apr. 17: Anglican Service
- Apr. 24: United Church Service
- May 1: Anglican Service
- May 8: United Church Service
- May 15: Anglican Service
- May 22: United Church Service
- May 29: Joint 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.



DUE TO A FLOOD IN THE MAIN CHURCH AREA, THE CHURCH IS CLOSED UNTIL REPAIRS CAN BE CARRIED OUT.

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 Services Team of the Anglican Diocese of Quebec provide a variety of services for English-speaking patients & their families treated in Quebec City hospitals. They may be able to:

- provide transportation
- visit patients and family members who accompany them to Quebec City
- provide translation
- run small errands

pastoralcare@quebec.anglican.ca / 581-308-8393

Celebrating the Family at Toddler Time's “Family Fun Day”



On March 12th, toddlers accompanied by parents, caregivers, siblings, and/or grandparents enjoyed the NSCA's “Family Fun Day” in Sept-Îles. The 46 attendees, aided by four youth volunteers, were engaged in a variety of outdoor winter activities, organized by our community animator who developed creative ways to rejoice in the winter season, and transformed Flemming Elementary School into a winter carnival. Participants could hunt for colourful treasures hidden under tufts of snow, create “snow graffiti” using spray bottles to paint designs in the snow, or delight in a giant game of “tic tac snow”. The event included delicious food as attendees were treated to bbq hot dogs and roasted marshmallows. To everyone's pleasure, the finale of our event was reminiscent of a cabane de sucre as participants pulled their own maple syrup over fresh snow for dessert!

At this event, attendees watched a folk dance performance, inspiring some toddlers to try out their own dance moves! Enjoyment was had by all, as some parents competed in a friendly obstacle race, while family members could be seen sledding down the hill with toddlers. On this “Family Fun Day” the very best of a Côte-Nord winter could be observed: taking pleasure in the outdoors surrounded by those you love.

The NSCA would like to thank Flemming Elementary School for the use of their facilities for our Toddler Time session. We would also like to thank our four youth volunteers, and all attendees, who made this Toddler Time session a success. Toddler Time sessions take place once a month at Flemming Elementary School at 542 Brochu Avenue in Sept-Îles. Please check back on the NSCA facebook page and our website for more information about the upcoming April session.



Family Literacy Night at Flemming School

by Debbie Laurie



On Thursday, March 17, a Family Literacy Night was held at Flemming School under the theme "Stories and Legends". Family Literacy Day® is a national awareness initiative created by ABC Life Literacy Canada in 1999 and held annually to raise awareness of the importance of reading and engaging in other literacy-related activities as a family.

There were three invited guests: Gary McFarland, originally from Grand Rapids, Manitoba, a fascinating teller of legends through song and dance; Louise Tanguay, originally from the Lower North Shore, who entertained us with the legend of a 16th century Frenchwoman Marguerite de la Roque, who was marooned on **Île de la Demoiselle**, an island off the coast near St. Paul's River; Debbie Laurie, retired teacher who returns weekly to Riverview School to read to kindergarten and is now known as Miss Story.



The evening was hosted by four senior elementary students and organized by our PAELE co-ordinator, Lisa Lavallee, in partnership with ESSB, NSCA, and the Centre d'amitié autochtone de Sept-Iles. It was a most enjoyable evening for the students, parents, and grandparents in attendance.

Thank you very much, Lisa, for all your hard work in organizing this wonderful evening! There were prizes, snacks, gift bags, and even an opportunity to spend money and support the school at the Scholastic Book Fair. I loved reading and seeing my books projected on the big screen for all to see!

NSCA Visits Northern Communities



On March 21st and 22nd, NSCA Executive Director Jody Lessard visited our most northern communities Schefferville and Kawawachikamach. The purpose of the visit was to meet with community members and partners to have a chance to learn more about each community, the different partnerships developed in each community, and to give them a chance to learn about the NSCA and our programs/resources. This was an excellent opportunity for the Association to increase its visibility and develop possible new partnerships, to network and share information.

Overall, the visit was a huge success. A word of thanks going out to Keith Leclaire, Executive Director, CLSC Naskapi, for organizing the visits within the communities. We hope to return in the near future.

Student Career Day in Sept-Îles...



The North Shore Community Association would like to thank all of our career professionals for sharing their knowledge and experiences with students. We would also like to thank Queen Elizabeth High School in Sept-Îles for allowing us to host Career Day at their school.

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 4

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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418-296-1545

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39, av Marquette, Local 310
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