

# LET'S GET CONNECTED

March 2019

Volume 15, Number 4



Spring Thaw: Baie-Trinité

[QUEBECNORTHSHORE.ORG](http://QUEBECNORTHSHORE.ORG)

## Rural Development Initiative for the English-speaking Community in Eastern Québec

The NSCA and community members from Baie-Comeau (via videoconference) and Sept-Îles meet with Mr. William Floch, Secretariat for relations with English-Speaking Quebecers, Christopher Skeete, Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers and Émilie Paquet, Regional Political Advisor, for Jonatan Julien, Minister responsible for the Côte-Nord, on March 24, 2019.

Mr. Skeete announced the project for a rural development network for English-speaking communities in Eastern Quebec to address the particular needs of the Côte-Nord, Bas-St. Laurent and Gaspésie-les-Îles le la Madeleine regions. The project was put forward by the Committee for Anglophone Social Action (CASA) in partnership with the Coasters Association, the North Shore Community Association (NSCA), Heritage Lower St. Lawrence, and the Council for Anglophone Magdalen Islanders (CAMI). Financial assistance of up to \$150 000, over two years, will be available to these partners. The objective of the project is to create links and set up a network to help partner organizations take advantage of programs available to English-speaking citizens, breaking down barriers geographically and addressing linguistic isolation. This project will make it possible to target and support regional issues in the area of socio-economic development and make effective use of existing resources. This approach will be based on collaboration, resource-sharing and strategic development by regional organizations and also play an important role in regional meetings for socio-economic development.



The NSCA is pleased to be one of five regional partners participating in the Regional Development Initiative for Eastern Quebec.

## A WORD FROM THE CHAIR

As I write this, spring is around the corner and very welcome after such a snowy winter!!

The NSCA is on the move with many new project and programs on the way. Jody is working hard at acquiring all the information in order to profit from all of the new upcoming opportunities! We foresee a very busy 2019-2020. Speaking of which, Maxime Côté has resigned as treasurer on the Board of Directors to become Development Agent for the NSCA.

Wishing us all a wonderful spring season and a very Happy Easter!

*Cathy Larivière, Chair*



## Educaloi's Presentation on Financial Fraud & Abuse



A presentation on **Protect Your Money From Financial Fraud and Abuse** by Éducaloi was presented on Wednesday, January 30 in Baie-Comeau & Sept-Îles. This presentation touched upon fraud and abuse issues such as financial fraud, where to turn when you have a problem about a financial professional, special remedies for financial abuse of seniors, how to reduce unwanted advertising and risk of fraud. Various topic-related documents were distributed to participants as well as the PowerPoint of the presentation.

Éducaloi is a non-profit organization whose aim is to make the law and legal rights and responsibilities of citizens in Quebec easy to understand. For more information you can visit their website: [www.educaloi.qc.ca/en](http://www.educaloi.qc.ca/en)

With the tax season in full swing, **Educaloi** had provided the NSCA with web links to access tax information and seniors' tax credits. The NSCA downloaded this information and mailed out to the 50+ members in Baie Comeau and Sept-Îles. The main link for those wanting to access the site: <https://www.quebec.ca/en/services-quebec/aines>. You can access the full, on-line document entitled, "Programs and Services for Seniors 2019 Edition".



## Collective Kitchen Wellness Activity



A 50+ Wellness Activity was held in Baie-Comeau on March 7, 2019. Seven community members took part in a Collective Kitchen preparing and eating a super savoury beef stew with a lot of homemade ingredients and homemade desserts. While the ingredients were blending and simmering away participants played a few games and socialized.

What wonderful aromas, lively conversation, laughter and fun... plus a few new suggestions on how to make “the perfect stew”.

## Nutrition Workshop in Sept-Îles: Canada’s New Food Guide



The New Canadian Food Guide was the subject of an interactive nutrition workshop presented to community members on March 13<sup>th</sup> by Diane Sonier, nutritionist at the Centre Intégré de santé et de services sociaux (CISSS) Côte-Nord.

Mrs. Sonier gave healthy eating recommendations which included having a variety of healthy foods each day, eating plenty of vegetables and fruits, eating protein, choosing whole grain foods and making water our drink of choice. She also emphasized the importance of limiting foods high in sodium, sugars and saturated fats. Participants received instructions on how to prepare recipes and the recipes themselves.

Copies of the New Food Guide were distributed to each of the nineteen participants at this hour-long workshop where they learned to ‘eat well and live well’. Thank you to Mrs. Sonier, community members, and staff who made the workshop a success!



**For more information on the new food guide,  
this is the website you can visit  
<https://food-guide.canada.ca/en/>**

## St. Patrick's Toddler Time in Sept-Îles: Leprechauns, Shamrocks and Rainbows



Toddlers were in for a special treat when they came for an exciting morning session of fun crafts and games at the St. Patty's themed celebration on March 15<sup>th</sup> at the NSCA Office!

The children got busy making their mosaic shamrocks which were reserved for a later activity – pinning the shamrocks on the rainbow. A treasure hunt soon followed as toddlers searched for the magic rocks to be used in the leprechaun rocks experiment. The fizzing of the rocks in a vinegar solution was all the proof necessary that these rocks were indeed magic!

After enjoying a healthy snack and chocolate treat, this St. Patrick's Toddler Time concluded with eleven toddlers and five adults enjoying some traditional Irish music and dancing an Irish jig! It was a fun time for all.

## St. Patrick's Story-Time in Port-Cartier

On Saturday March 16<sup>th</sup> in Port Cartier, the monthly Story Time at the Bibliothèque Manuscrit was held. The theme was St. Patrick's day and the library was in full swing with the highest number of participants yet! Twenty three children were registered by the end of the day with most if not all who had signed up with the library earlier in the week and more who joined in.

Ms. Laurie (others know her as Ms. Story), was in attendance and read four St. Patrick's Day themed books to the children. She also brought along a small talking leprechaun and explained the phrases to the children. Once story time was over, the craft and snack began.

Spread over two tables, the children drew their own scenes of where they thought the leprechauns lived and what it looked like. Ms. Story brought stickers for them to use on their drawings. When the drawings were completed, everyone gathered together for a picture.

A special thank you goes out to the parents who helped during the event and to the Library, and Roxane the librarian for the day. Of course, another thank you is in order for Ms. Debbie Laurie who always devotes her time to come read and bringing little presents for the children on special days.

Story time has been a regular part of each month at the library for two years now and has grown significantly since its start.





## The Coaster's Carnival in Sept-Îles



The NSCA partnered with the Festival de Film-Sept-Îles, to host an English-speaking community cultural event . The *Coasters Carnival* was held February 2 in Sept-Îles at the Vieux Poste. The carnival was a pre-launch to the CINÉ 7 film presentation, “*Les Coasters*” viewing on February 3.

The two Quebec producers of the film, Nicholas-Alexandre Tremblay and Stéphane Trottier, were on-site, at the *Coasters Carnival*. The film documents the life and times of the people living on the Lower North Shore coast and the challenges they face.

NSCA provided sponsorship for the *Coasters Carnival* in Sept-Îles for a day filled with activities and an evening filled with song, dance, and local talent with over 100+ participants joining in the fun.

## Staircase to Senior's Services

We were fortunate to have, once again, Jennifer Hobbs Robert, former Director of Nursing and Quality at the Jeffery Hale-Saint-Brigids Hospital in Quebec City to present a videoconference on "Staircase to Seniors Services" on February 11, 2019. This 45-minute presentation discussed a variety of case scenarios of actual situations seniors have faced in accessing Government sponsored senior's services.

Ms. Hobbs Robert discussed how to access these services and described the differences between home care, senior's day centres, respite care, assisted living, just to name a few. The videoconference was offered to Baie-Comeau, Sept-Îles and Port Cartier with a total of 30 participants in all.

If community members would like to obtain a copy of the presentation, please contact the NSCA at 418-296-1545 (Baie-Comeau) and 418-968-3148 (Sept-Îles).

Congratulations to the following who were the lucky recipients of a St. John's First Aid kit: Doreen Mondrejewski (Baie-Comeau), Carol Wigmore (Port-Cartier) and Mildred Coulombe (Sept-Îles).

This conference was made possible through partnership with L'Appui Côte-Nord and CHSSN.



## Community Health and Social Survey

The Community Health and Social Services Network (CHSSN) is a provincial organization working to improve access to health and social services for Quebec's English speaking communities.

2019 CHSSN *Community Health and Social Survey* is being conducted across the province to gather the perceptions and experiences of English speakers with regard to their access to health and social services. Some 3,000 English-speaking residents are being interviewed by telephone and focus groups are being held in regions where the response rate to the telephone survey is low.

The CHSSN teamed up with the North Shore Community Association and Hugh Maynard, Qu'Anglo Communications to conduct two focus group meetings. The focus of these two sessions was to discuss access to local health and social information and services in the English-language. The results of the focus groups will be used in a report to inform policy and program recommendations regarding the access for your community and others to health and social services.

The two focus groups, one held in Baie-Comeau on March 18 and the other on March 20 in Sept-Îles, brought out a total of 45 people who voiced their concerns over the health and social services in their respective areas.



## Women's Heart Health Videoconference

The NSCA, in partnership with CHSSN, hosted a videoconference, "*Women's Heart Health*", which was facilitated by Wendy Wray, Director of Women's Healthy Heart Initiative. The presentation touched upon issues such as: how the heart works and its importance for the whole body; illnesses that affect heart health; signs and symptoms of heart problems—how and when women should seek medical help; and, lifestyle habits for a healthy heart. Participants from Sept-Îles and Baie-Comeau found the presentation extremely noteworthy and informative.





# NSCA's Career Day in Sept-Îles



What a great success! Students from Queen Elizabeth School, Riverview School and Northern Lights Adult Education came out to discover and learn more information about careers on Thursday, March 21st. Many thanks goes out to the 12 local career professionals who came out to explain their professions to the students. Students learned about the Navy and Army reserves, Firefighting, Paramedics, RCMP, Biologists, Forest Technicians, Social Workers, Special Educators and informational resources on the different health and legal careers (sponsored by Educaloï and McGill University).

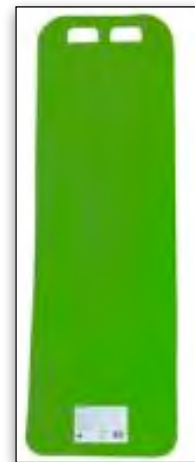
Students were glad to see the annual career day fair return. It is a much-appreciated event that gives an opportunity for our youth to explore and discover a variety of career fields. A special "thank you" goes out to Queen Elizabeth High School for their support in helping the NSCA host this event.

(See more photos on back)



# Fermont School News

by Karen Kean, Principal



**Inside Gardening:** The students in Grades 4 to 6 will be participating in seed planting during their science classes. The teacher is promoting planting different types of seeds. They are using seeds from the food they eat to grow new plants.

**Loisir et Sport Côte-Nord:** Through the École Active Program we were granted money to purchase snowshoes and crazy carpets for our students to use. They use the crazy carpets at recess time and the snowshoes during outdoor activities.



**Sexuality Education Classes:** The students in Kindergarten to Grade 3 were learning about their body parts in school. The Sexuality Education classes enable a better understanding of themselves, and establishes an emotional relationships that shows respect for themselves and others.



**Robotics Projects:** All of the students in Fermont School are experimenting with robotics again this year. The students use iPads to control the Bee Bot, Blue Bot, Dash and Dot, and WeDo 2.0 Lego robotics. They had to use coding to program all of the robots to move. The older students in Grade 6 were trained to use the more complicated WeDo 2.0 Lego robotics and they will help teach the younger students this month how to use the program.



# BCHS Activities and Events

by Stephen Kohner, principal



Camrades Dany Racine and principal Stephen Kohner (left) and Jean St-Laurent (right) presented certificates, a Legion pin and cash prizes to the elementary students of BCHS who won the 2018 Remembrance Day Literary and Poster Regional Contests. Congratulations to Loucas Perreault (participation prize), Jakob Lavoie (Essay, 1st place prize of \$25), Julien Henry (Black & White Poster, 1st place prize of \$25), Vincent Henry (Colour Poster, 1st place prize of \$25), and Sandrine Tremblay (Poem, 1st place prize of \$25 - absent from photo).



Congratulations to the Secondary students who won in their respective categories: Jacob Perreault (Essay, 1st place prize of \$100), Carolane Ouellet-Vallières (Black & White Poster, 1st place prize of \$100), and Camille Cloutier (Poetry, 1st place prize of \$100). The elementary and secondary posters and literary pieces will be forwarded to the Quebec Provincial Command wherein they will be judged with other entries from across the province.



On March 1st, students and staff spent a couple of hours out of doors at our local park. We snowshoed, skated, and played a variety of outdoor games.



Grades 3-4 students were interviewed during the week of School Perseverance Week by a local TV station. The show aired and is available on the school's Facebook page.





The NSCA together with several members of the Community Health and Social Services Network (CHSSN) have developed a toolkit and website (<https://www.travel4health.ca/>) to provide information and support to English-speaking patients who have to travel away from home for medical services.

Patients from the eastern regions of Quebec (Gaspésie-Îles-de-la-Madeleine, Bas-St-Laurent, Côte-Nord) must often travel to larger centres (such as Quebec City or Sept-Îles) for some specialized medical services that are unavailable in their regions. The regional English-speaking community organizations realized that this can be a difficult experience for English speakers, some of whom are unfamiliar with these larger centres and their hospitals, and may be not sufficiently bilingual to communicate effectively when it comes to medical vocabulary and when under stress.

The website is easy to use and guides for each region are available in both English and French to help facilitate ease of communication for different service users. Guides are available to help you before leaving your region, what to expect at each health centre, the process upon return and many more. Download your free toolkit today or visit NSCA to collect a hard copy.

Visit NSCA @ [www.quebecnorthshore.org](http://www.quebecnorthshore.org) and click on the Travel 4 Health icon.

Hard copies available from the NSCA office, please contact (418) 296-1545



## First-Ever Painting Night at Port-Cartier

On Tuesday, February 19<sup>th</sup>, the NSCA hosted an event with the help of a local Port-Cartier business. The QG owner, Line Bordage, was the artist for the evening who rented her business on Tuesday night so that the Port-Cartier community could have its first Painting Night. Ms. Bordage prepared a simple painting of a tree and taught the participants step by step how to create their pieces of art.

Members from the Francophone community joined members from the Anglophone community to get together and practice their English while enjoying the event. Everyone seemed to enjoy the event and expressed their interest for another painting evening.

A special thank you to Ms. Bordage who created the artwork that the participants replicated. Another thank you to Ms. Carol Wigmore who donated brushes and paints to the event as well.

As always any and all participation is always appreciated! Thank you to everyone who came and helped set up and clean up at the end of the evening.





# ARE YOU TRAVELLING

TO QUEBEC CITY FOR HEALTH SERVICES?



**LOOKING FOR SUPPORT WHILE YOU ARE THERE?**  
A patient navigator can accompany you while you are in Quebec city

navigator@qchfoundation.org  
**418-932-0095**  
www.travel4health.ca

## Worship Services



### All Saints' Church

47, av. Ungava  
Sept-Iles

Services commence at 10:30 a.m.

- April 7: Anglican Service
- April 21: Anglican Service
- May 5: Anglican Service
- May 19: Anglican Service
- June 2: Anglican Service
- June 16: Anglican 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/](http://paroissesseptiles.org/)

### Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11 a.m.



For Information regarding Sunday services, please contact Canon Stephen Kohner at 418-295-3431 or be e-mail at [skohner@quebec.anglican.ca](mailto:skohner@quebec.anglican.ca)

## BCHS Annual Bean Supper Friday, May 3, 2019 at 5:30pm.



### PLACE:

BCHS school gymnasium  
39, av. Marquette

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

**TICKETS:** Available at the door only

Profits from this supper allow the BCHS Home & School Association to pay for and organize a wealth of school activities.

For more information, please contact the school at 418-296-2832 or [bchsadm@cgocable.ca](mailto:bchsadm@cgocable.ca).

# Photos from the NSCA Career Fair



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)

**North Shore Community Association**

**Volume 15, 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.*

**Mailing:**  
 P.O. Box 6102  
 Baie-Comeau, QC  
 G4Z 2G9  
 418-296-1545

**Office:**  
 39, av Marquette, Local 314  
 Baie-Comeau, QC  
 G4Z 1K4

**Sept-Îles Branch Office:**  
 Local #1026, 598, boul. Laure  
 Sept-Îles, QC G4R 1X7  
 418-968-3148



[www.quebecnorthshore.org](http://www.quebecnorthshore.org)  
[nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

**Chair:** Ms. Cathy Larivière  
**Vice-Chair:** Mr. William Larivière  
**Secretary:** Ms. Marilyn Miller

## Publication mail agreement #41540025

Return undeliverable Canadian addresses to:

**North Shore Community Association  
 P. O. Box 6102  
 Baie-Comeau, Québec  
 G4Z 2G9**

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

