



TADOUSSAC: M. CHOY

IN THIS ISSUE

**Wear it
Purple Day**

Page 5

**National
Seniors'
Day Event**

Page 7

**NSCA
Family
Planner**

Page 11

Annual General Meeting

The NSCA's Annual General Meeting was held on Saturday, September 23, 2023 in Sept-Îles at the Shaputuan Museum. We were pleased to have Ms. Cathy Brown from the Regional Development Network (RDN) present at our meeting and to visit our community of Sept-Îles. In addition to the event, the NSCA was pleased to present the 2023 recipient Community Involvement Award to Ms. Marcella Beaudoin. The NSCA also welcomed Heather Boyle as a new Director to the Board.

After the Board meeting, staff and community members were able to enjoy a self-guided tour of the Shaputuan Museum which was followed by a catered luncheon.

Thank you to those who joined us. We look forward to the upcoming year.



A Word from the Chair

Well, after what can only be described as a miserable summer (between the horrific wildfires and the torrential rains), September has been glorious! Sunny and perfectly appropriate for the month. Days are getting progressively cooler, the leaves turning and falling as the NSCA activities resume.

Senior wellness centres, early childhood, and youth activities, in addition to the Parent Volet in partnership with our schools, are all underway. Wishing all coordinators and participants a wonderful year!

I would like to take this opportunity to thank the members who attended the Annual General Meeting at the beautiful Shaputuan Museum in Sept-Îles, on September 23. Our association is as strong as it is because of your support and engagement.

Welcome back and enjoy the fall!

Mary Ellen Beaulieu, Chair



Welcome to the NSCA!

Natalie Greene, Program Coordinator–

Baie Comeau Office (418-296-1545, Ext. 3)

Natalie, a native of Baie Comeau, came on board on August 14 and will be coordinating a few community initiatives, one of which will be coordinating the Baie Comeau Senior Wellness program.

Stefanie Collee, Community Outreach Agent–

Sept-Îles Office (418-968-3148)

Stefanie hails from Cochrane, Ontario, and will be working on some of our health and social services programs, respite care, and McGill Retention. Glad to have you on board!

Please feel free to drop into the NSCA office(s) and meet these two wonderful ladies.



Community Involvement Award 2023

This award was presented to Ms. Marcella Beaudoin for her active involvement in the community of Baie Comeau.

Her volunteer services were provided to one of our community partners, as well as many functions at the NSCA. Her invaluable service, ready smile, and 'roll-up your sleeves' attitude, are truly appreciated and have far-reaching impacts within the community. Thank you!



Community Members Getting Involved!

TERRY FOX WALK/ RUN



The annual Terry Fox Run has become a classic Canadian tradition every fall with more than 650 diverse communities across the country coming together to fundraise for cancer research. A special 'thank you' goes out to both the **Flemming Elementary School**, and **Queen Elizabeth High School students**, **NSCA staff**, and **community members** who participated in the Terry Fox Walk/Run event this year.

In the spirit of giving back to the community the 50+ Wellness members in Sept-Îles provided a donation in the amount of **\$50** to support this worthy cause. Well done everyone and thanks for keeping this event alive.


**TICKETS GO ON SALE:
NOVEMBER 1ST**
ADULTS: \$5
CHILDREN (6 & UNDER): \$3

**NSCA
ANNUAL
CHRISTMAS
TEA**

NOVEMBER 26TH, 2023
Join us at the **Anglican Church**
47, rue Ungava, Sept-Îles
from **2:00 - 4:00 PM**

for Raffles, Tea, Sweets and Fun Times!
Bake & Craft Tables.

For more information, contact Charlene
c.lavallee@quebecnorthshore.org
418-968-3148



NSCA Annual Christmas Tea!

It may seem early to start thinking about Christmas already but time does sneak up on us!

The NSCA is currently getting ready for this excellent community event. Tickets will go on sale the first week of November, and it does sell-out quickly, so keep checking the NSCA Facebook page for details on how to obtain your tickets. Craft and bake tables will also be on-site offering their artisanal delights.

Contact Charlene for more information!

Newcomers Events in Baie Comeau & Port Cartier

Welcome everyone to your new communities!

The Town of **Baie-Comeau** was proud to highlight the 'Cocktail des Nouveaux Arrivants' organized jointly with Manicouagan Interculturelle, Émersion, the NSCA, and other local partners. In its 9th year, this annual event has been an ideal opportunity to extend a warm welcome to newcomers to the Manicouagan region and enable them to network with local people. Community organizations had kiosks with information available to the newcomers (pamphlets, promotional items, etc.).

This evening, over 90 newcomers from 22 different nations participated in the 2023 edition, held at the Cégep de Baie-Comeau's Café Kibboutz. In Baie Comeau-Manicouagan, NSCA staff members, Natalie Greene, and Laury Boulianne greeted the many newcomers in attendance.



The Newcomer's Committee in **Port Cartier**, organized a '5 à 7' Happy Hour to welcome newcomers to Port Cartier. Our Executive Director, Jody Lessard, and Laury Boulianne, Manager of Community Development were on hand in Port Cartier to answer the many questions raised by the newcomers and provide them with the required information. Lots of networking took place and it is sure new friendships will be developed along the way. We were able to connect with community members and provided an opportunity to speak about what the NSCA is and what it has to offer to the English-speaking population including how newcomers can access important resources within their respective communities.

Did you know the NSCA has recently completed a 'Newcomer's Guide' for those relocating to the [MRC Sept-Rivières](#)? The guide includes organizations offering their services in the English language and is available through the NSCA offices.

For more information, contact Laury, Manager of Community Development, at 418-296-1545, Ext. 5, or via email

4 l.boulianne@quebecnorthshore.org



Regional Development Network (RDN) Supporting Community Builder's Retreat



Executive Director, Jody Lessard, and Manager of Community Development, Laury Boulianne, were invited to attend the RDN's workshop meeting on August 22-24, 2023. These valuable workshops provide effective tools that can be utilized in their respective community organizations. Some of the workshops included: Human Resource Management; Attraction, Recruitment and Retention; Social Economy and a presentation by CDRQ (Coopérative de développement régional du Québec).

As an added bonus, we were fortunate to engage with Eric Girard, Minister Responsible for Relations with English-Speaking Quebecers, Minister of Finance (SRQEA), during the Communications portion of the workshop

Wear It Purple Day at QEHS

On **October 13th**, we held a day of fun activities for our youth and staff at QEHS, all with the theme of 2SLGBTQ+ and Pride! We had games and stations in the morning, and enjoyed an afternoon of bingo, snacks and a wonderful movie that talks about Mental Health & 2SLGBTQ+ issues.

Every day we recognize the importance of self-expression and individuality. This is especially significant for young people who identify as 2SLGBTQ+ who may face challenges in their daily lives. This annual event helps raise awareness of the discrimination, bullying, and harassment faced by 2SLGBTQ+ youth. Today, and every day, it is important to show our support for the community and acknowledge that work needs to be done to ensure their rights are respected.

We would like to thank our partners who helped make this event possible: ITUM, Carrefour Jeunesse Emplois Duplessis, CISSS Côte-Nord, Le Rond-Point, Aire Ouverte, Le Marais and ESSB for making this event possible.



Senior Wellness

Road Trip to Chicoutimi

It was an early start to the day, filled with excitement and anticipation, as the 50+ Wellness group in **Sept-Îles** embarked on a road trip to visit Chicoutimi on September 20-22, 2023. This trip was well-earned as members did some fundraising over the past year to be able to make this event possible. Many laughs and great memories were made as 18 participants took part in this exploratory trip as five vehicles transported the members to visit:



Le Petit Maison Blanche Museum, La pulperia de Chicoutimi, and a favourite for all, the Chocolat Favoris for ice cream. When one travels, of course, one gets hungry, and to satisfy this hunger they savored two wonderful meals at the 'Vieux Duluth' and 'Normandin' restaurants. Truly a road trip to be remembered for a long time.



50+ Members of Baie Comeau and Sept-Îles Meet N' Greet

While the 50+ wellness members from **Sept-Îles** were busy traveling back from Chicoutimi on September 23, the members of the 50+ wellness group in **Baie Comeau** prepared to receive their counterparts as they planned on making a pit stop in Baie Comeau. A delicious lasagna luncheon, complete with Caesar salad, garlic bread, and dessert was enjoyed by a combined total of 38 participants. It was a beautiful opportunity for the two groups to finally meet each other in person. Many stories, adventures, and laughs were had by all. It is sure to be a repeat event.

Both Sept-Îles and Baie Comeau community members had only positive comments about the reunion. As if having an excellent meal wasn't enough, Baie Comeau topped it up by offering participants a guided tour of the historic St. Andrew/St. George Anglican Church. A big thank you goes out to all of Baie Comeau's community members and staff who worked behind the scenes prepping and making this extraordinary luncheon possible. Many hands make light work.

Bend & Flex- Yoga Time in Sept-Îles

Don't miss out on the fun! Come and join us and retain your flexibility, and sense of humour, and get together socially. We will continue holding yoga classes as follows:

November 15 1:15 – 2:00 pm

December 6 1:15 – 2:00 pm



National Seniors' Day- October 1st

Once again, this year, the NSCA was part of the organization committee for this event that was organized by members of the Local Seniors Table.

In Sept-Îles, the English, French, and Innu community members joined together to celebrate their special day. Many door prizes were won, participants danced to the beat of a drum, and the eldest senior participants from the English, French, and Innu communities were presented with a gift card!



On October 3, in Baie Comeau, as part of celebrating National Seniors' Day, our seniors were treated to a pre-Thanksgiving luncheon and used this time to reflect on what they were grateful for by picking out slips from a 'Gratefulness Jar' and reading them aloud. Sixteen participants enjoyed a chicken dinner, with sides of rice and veggies, rounding it off with a homemade dessert made by one of our members....Pouding Chômeur! What a treat it was!



Wellness Activities

Sept-Îles Wellness

Contact Charlene for all information on Senior Wellness in **Sept-Îles** at 418-968-3148 /

c.lavallee@quebecnorthshore.org

Walking Group:

Tuesday and Thursday every week

Open to adults of all ages!

Stitch N' Yarn and Crafts: (NSCA Office)

Monday from 1:00-3:30 pm
Open to adults of all ages!

Every **Wednesday afternoon**, 50+ members meet for fun and informative afternoons.

Baie Comeau Wellness

Contact Natalie for all information on Senior Wellness in **Baie Comeau** at 418-296-1545, Ext. 3 /

n.greene@quebecnorthshore.org

Thursday afternoons

join us for walking and exploring Baie Comeau (weather permitting).

Every **Tuesday afternoon**, 50+ members meet for fun and informative afternoons.

To find out more about future activities coming up, check out our Facebook page!



Program "Allo"

Do you speak English? Did you know that you have the right to receive services in English at the CISSS de la Côte-Nord?

Look for health professionals wearing a **YELLOW** identification card. They have volunteered to help you! They will support you to make sure you are understood and help you assimilate the information that is given to you while you are at one of our facilities.

Mental Health:

Suicide Prevention Workshop September 2023

As part of Suicide Prevention Month in September, the NSCA, along with Laurie Tremblay from Aire Ouverte, held an activity at **BCHS** all about Suicide prevention. They talked about how to deal with suicide, recognizing that someone may be at risk and that it is okay to talk about suicide. Eleven students took part in this activity and said they were happy to have this type of activity. At **QEHS**, we were joined by Audrey Gagnon from Aire Ouverte where she had a kiosk, and students enjoyed a true or false game on facts about suicide prevention and awareness.

Additionally, in partnership with LEARN, the NSCA organized a second mental health activity in September, Wellness Innovation Lab, with 11 Secondary students at BCBS.

'BounceBack' Program!

"'BounceBack' is a free program designed to help adults and youth 14 years and older manage mood swings, depression, anxiety and worry. With workbooks and a trained coach to guide you over the phone, 'BounceBack' helps you learn the skills you need to improve your mental health." (Excerpt taken directly from the participant brochure).

For more information on this program and other mental health related topics, Contact Alicia at: 418-968-3148 or a.buffitt@quebecnorthshore.org



abandonment financial difficulties
mourning loss exhaustion drug use
conflict housing depression
gambling sexual assault
addictions
mental problems

NEED HELP?

**Do not wait...
Call 8-1-1, option 2**

- You are experiencing a difficult situation and you want support
- You want to learn more about the resources that may help you
- You want to ask for psychosocial services

This telephone service is available 24/7, confidential, free of charge, and provided by professionals

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

Seniors in Sept-Iles and Port Cartier !!

Are you aware that the towns of Sept-Iles and Port-Cartier each have a reimbursement program for certain service taxes for seniors? The program in french is called "Programme de remboursement de certaines taxes de service pour les aînés"

- Are you aged 65 and over?
- Do you own your home and occupy it permanently?
- Are you a recipient of the Guaranteed Income Supplement?

Then you might be eligible. For more information contact:
Ville de Sept-Iles: 418-964-3217
Ville de Port-Cartier: 418-766-2343
or contact our offices at 418-968-3148/418-296-1545

You can also go to their websites:
ville.sept-iles.qc.ca
villeport-cartier.com

#techtuesdays
00:00

Need tech help?
Drop by from 1-3 on Tuesdays at the Sept-Iles Office!
598 Boul. Laure Local 106

Sure! YES!!!!

Check out the NSCA Facebook and Instagram to get some tech support cheat sheets on various topics!
COMING SOON

North Shore Community Association

@nscaqc

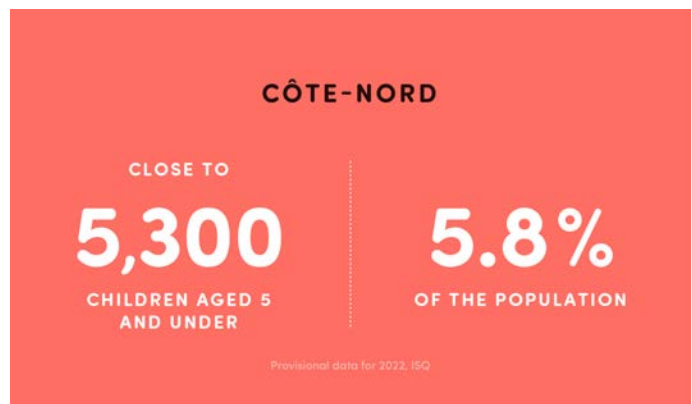
Starting October 3, 2023, **every Tuesday, from 1:00–3:00 p.m.**, the NSCA will be offering any technical support you may require with digital devices or on-line assistance to complete forms or registrations of any type.

Contact: Alicia at: 418-968-3148 or a.buffitt@quebecnorthshore.org, for further details.

Early Childhood Week November 20th to 26th

"Rising together to champion young children's rights!" - The 8th edition of Early Childhood Week aims to position the issues of social inequalities, raise awareness, initiate reflection, and identify possible solutions with partners around the importance of children's rights as means of preventing and reducing social inequalities. It will also make it possible to explore through various illustrations the realization of the rights of toddlers, among others, using data and indicators of the realities linked to rights. Stand up together to respect the rights of little ones! It is our duty to ensure that the rights of all little ones are respected.

Please join us and listen to our upcoming podcast on this topic too! Anne-Marie Cech, Program Manager for Early Childhood, Youth and Families, from CHSSN, will be discussing the importance of Early Childhood Week. Check it out on our Facebook page or YouTube channel!



Source: <https://collectifpetiteenfance.com/>

Check the NSCA Facebook page for upcoming events during Early Childhood Week or contact: Annie at a.lafreniere@quebecnorthshore.org

Coffee Break in Sept-Îles for Parents

Many of you have already joined Amber for a cup of coffee to discuss parenting issues and meet new parents and friends who may be experiencing similar issues or concerns. This is a 'safe place' to open up about ideas or suggestions one may have regarding various topics on parenting and childcare. There is even a spot where your younger children can take a nap! **Parents and children are all welcome!**



The NSCA Family Planner 2023-24

The NSCA has put together a second edition of the 'Family Planner' for the 2023-2024 school year. The planner assists parents and children in organizing their many activities, keeping everyone on track for the school year.

The 'Family Planner' was sent to the English-speaking schools in Baie Comeau, Sept-Îles, Port Cartier and Fermont, for distribution to the families.

Contact Annie for more details, if you would like to receive a planner.



Toddler Time & Story Time Continues! Sept-Îles & Port Cartier



These exciting and informative events started again in September.

Toddler Time continues to be offered once a month in Sept-Îles, so please continue checking our Facebook page for more details. We will be hosting seasonally themed events which you won't want to miss.

Story Time has undergone a few changes. Sept-Îles is now meeting on Saturday while Port Cartier gets together on Sunday. The venues remain the same, but the fun continues with crafting, reading, and enjoying healthy snacks.

Please check the NSCA Facebook page for details or contact Amber at our Sept-Îles office!

Did YOU KNOW?

The Coasters Association and the North Shore Community Association have created a support group for parents and caregivers called:

Coastal Roots

This group was created to share, communicate and access information, while socializing together in an online setting.

Our themed chat sessions are held monthly from September to December. The content is tailored around pregnancy, the first 3 years of life & school transition.

Everyone is welcome to join us!

Join on facebook

Use the camera on your smart phone to scan the QR code and join our group today

Coastal Roots- Online Sessions

Join us on Zoom for the following sessions:

November 14th (2-3 PM) for Baby Sign Language

December 9th (2-3 PM) for 'Tis the Season

For more information or to register, contact:

Amber Dalby

418-968-3148 or by email:

a.dalby@quebecnorthshore.org

AGM Continued...



Staff Photo: Jody Lessard, Natalie Greene, Cynthia Dempsey, Alicia Buffitt, Louise Mansbridge, Charlene Lavalle, Amber Dalby, Laury Boulianne
(Missing from photo: Stefanie Colle & Annie Lafreniere)



Board of Directors: Jackie Bizeau, Edith O'Brien, Don Goodfellow, Mary-Ellen Beaulieu, Marilyn Miller, Marcella Beaudoin, Heather Boyle
(Missing from photo: Marie-Anne Bizeau and Aby-Gaëlle Jerome)

★ If you would like to keep up with what the NSCA is doing, subscribe to our newsletter (which can be received virtually as well!) ★

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)

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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