



LET'S GET CONNECTED

NSCA Newsletter



LES GALETS DE NATASHQUAN. PHOTO CREDITS: L.BOULIANNE

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LURE OF THE LIGHTHOUSE- YEAR-END WRAP-UP

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On June 12, NSCA's 50+ Wellness community members, from the communities of Baie-Comeau, Port Cartier and Sept-Îles, gathered for a year-end wrap-up event at the Lighthouse (built in 1830) at Pointe-des-Monts (near Baie Trinite).

The Pointe-des-Monts Lighthouse team were proud to present the group with the official launch of their permanent exhibition accessibility project, and the viewing of the 'Phare de Pointe-des-Monts' heritage video project. In the presence of the Museum team, members of the Board of Directors, and part of the production team, two new tools were presented that were produced in French and English, enabling people with reduced mobility to enjoy an alternative experience allowing them to access the main themes just like other visitors, in terms of both quality and access to content.



PHOTO CREDITS:
STEPHEN KOHNER
& DAVID MARTIN

LURE OF THE LIGHTHOUSE CONT'D...

Visitors with restricted mobility have access to the entire grounds, but their experience is not complete, as they cannot access all seven floors of the lighthouse. This means they can't experience the entire enhancement, either as part of a guided tour or on their own. People with physical or cognitive health problems (related, for example, to vertigo) face the same challenges. With the help of a digital creation firm specializing in museological projects, the Lighthouse team produced a short film presenting a brief tour of the physical premises by floor, as well as the historical content. The second tool, using a computer, allows visitors to take an autonomous self-guided virtual tour to access more precise content, and to visit each floor, at their leisure, and at their own pace without depending on their friends or relatives who are physically visiting the tower. Upon their return, they are able to chat together at the end of their respective visits.

A lovely day had by all, as we explored the grounds, the lighthouse, and had a lovely lunch in the company of friends.

The group also helped us promote the campaign for 'World Elder Abuse Awareness Day', which is recognized every June 15, by wearing purple ribbons.

A very special thanks to the staff at Pointe-des-Monts for coordinating and guiding our large group (40 participants) through the heritage video, lighthouse, grounds, and accommodating our needs as they arose. Outstanding service and a 'must see'!



EMPLOYMENT PROFILE OF ENGLISH-SPEAKERS IN THE CÔTE NORD

Webinar was held on June 6 where the Employment Profile of English Speakers in Côte-Nord was unveiled.

Insights were gained on:

- Language demographics
- Unemployment trends
- Income statistics
- Overview of work activity

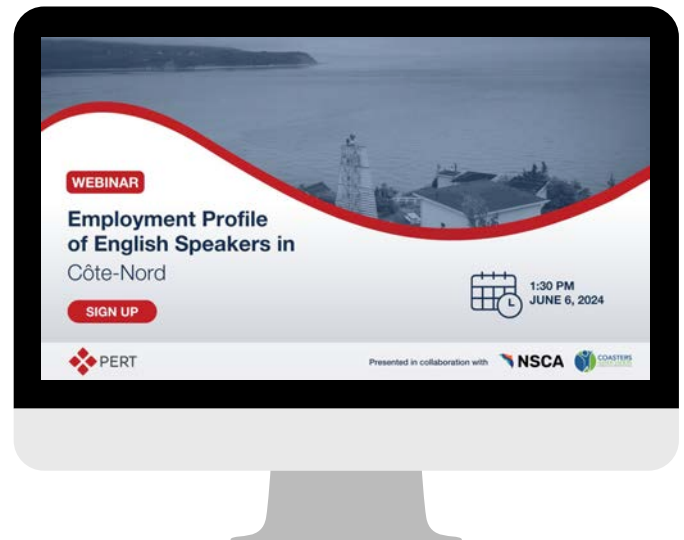
PERT's report emphasizes the importance of increased collaboration and coordination between government and stakeholders in the English-speaking community and in developing programs to address the economic disparities outlined in the report.

Some of the key findings indicated in the report:

- English speakers constitute 6.1% of Côte-Nord's labour force, and they have a similar labour force participation rate to French speakers, 60.2% compared to 60.5%, respectively.
- However, English speakers in the Côte-Nord have an unemployment rate of 17.9%. This is more than double the unemployment rate of French speakers in the region (6.8%).
- English speakers earn a median after-tax income of \$34,800 and a median employment income of \$28,400. However, compared to French speakers, they earn \$4,000 less in after-tax income and \$11,200 less in median employment income.
- Less than half of English speakers are engaged in full-time employment (40.1%), compared to 55.0% among French speakers.
- Health care and social assistance is the industry with the highest vacancies in the region. The top 4 leading industries for English speakers in the Côte-Nord are 'Health care and social assistance', followed by 'Construction', 'Retail trade', and 'Educational services'.

"The findings in PERT's report highlight the pressing need for targeted action to support English speakers in the Côte-Nord. English speakers in the Côte-Nord deserve improved access to employment and training opportunities. As such, we are calling on the government to strengthen partnerships with local organizations serving English-speaking communities and increase support programs which allow for English speakers to improve their skills sets for workforce integration", continued Jody Lessard, Executive Director of the North Shore Community Association (NSCA)."

To read the full report , please visit the website: <https://pertquebec.ca/reports/employment-profile-of-english-speakers-in-cote-nord-2/>



FAREWELL AND HAPPY RETIREMENT - RDN'S COMMUNITY BUILDER AWARD

RDN's Community Builder Award evening was held in May 2024 in Quebec City. Community leaders from across the province got together to recognize and celebrate the career and retirement of William Floch, Assistant Deputy minister for the Secrétariat aux relations avec les Québécois d'expression anglaise.

Mr. Floch has worked on behalf of the English-speaking community of Québec for many years, from the early days of his career in the Eastern Townships and Lower North Shore to Canadian Heritage to the SRQEA (2017–2024). We are deeply grateful to Mr. Floch for his accessibility as deputy minister during his tenure at the SRQEA and for the sense of camaraderie and warmth he fostered.

Mr. Floch's vision, leadership, and commitment to the English-speaking communities in the regions of Québec has made a huge difference to our communities, and his influence will continue to inspire us for many years to come.

During this Community Builder Award event, we also recognized Hugh Maynard for his long career in community development. Thank you, Hugh, for all you have invested over the years into your work with the English-speaking communities of Quebec. We're thankful to have had the opportunity to come together and celebrate you on this wonderful occasion.



'SAFE SPACE' INITIATIVE - BAIE COMEAU HIGH SCHOOL (BCHS)

After months of preparation, students and staff at BCHS, along with their partners at the NSCA, were excited to announce the grand opening of the 'Safe Space' initiative at BCHS on May 23! Thank you to the students for their hard work in preparing the space, choosing the colours and voicing their needs for this kind of space at BCHS.

A special thank you to our partners, Aire Ouverte, L'Ancre, CISSS Cote Nord, Carrefour Jeunesse Emplois, Calacs, Richard Gaudet (CDA at BCHS) and students for attending the grand opening! Students and partners enjoyed an afternoon of exchanging dialogue and collaboration on a bulletin board for the 'safe space'! Many 'behind-the-scenes' community members helped make this day possible and a special 'thank you' goes out to them as well. We look forward to more opportunities to use this new space for future activities!



NSCA AGM 2024 AND NOMINATIONS

REMINDER



NORTH SHORE COMMUNITY ASSOCIATION'S

Annual General Meeting

SATURDAY, SEPTEMBER 21ST, 2024 AT 11 AM IN

PORT-CARTIER

(VENUE TO BE DETERMINED)

Every year we look forward to getting together with our members, staff, and new friends at the North Shore Community Association's Annual General Meeting (AGM), where we highlight our year's accomplishments, and provide an opportunity for members to learn more about our programming.



NOMINATE SOMEONE FOR THE...

Submit your application by September 6, 2024 to:
nasca@quebecnorthshore.org
 or call Jody Lessard,
 Executive Director
 North Shore Community Association
 418-296-1545, ext.2

Scan the code to access the form



2024 MARC DESLAURIERS OUTSTANDING COMMUNITY INVOLVEMENT AWARD

Nominate someone that you think has made a significant contribution to the vitality of the English-speaking community of the North Shore who has provided strong and active leadership and commitment as an active volunteer in their community.

PRIDE MONTH WAS CELEBRATED IN JUNE - SEPT-ÎLES

In collaboration with the NSCA, Carrefour Jenesse Emplois Duplessis and Sept-Îles's Community Learning Coordinator at QEHS, more than 100 students, staff and English-speaking community members gathered at Queen Elizabeth High School to participate in the school's first 'Pride Colour Run'. The event was messy, colourful and so much fun!

Our heartfelt thanks go out to the many community partners who were present to support the event.

- CISSS de la Côte Nord
- Aire Ouverte Sept-Îles
- Le Rond Point
- CAASI
- CJEB
- CBC Radio
- RAP Cote Nord

As well as:

- Flemming School Grades 5-6 and Flemming staff, and
- Ms. Brianne Fequet - Quebec AM

The NSCA Youth Mental Health Initiative team created a video for Mental Health Week in May 2024. A very big 'Thank You' to everyone who worked on this project. Well done! Check it out and spread the word!
(<https://www.youtube.com/watch?v=DgpFNOHspYQ>)

1.3 million

of the Canadian population aged 15 years and older, reported being part of the 2SLGBTQ+ population.

Source: Statistics Canada



FAMILY PLAY KIT!

The NSCA, in partnership with the Eastern Shores School Board and The Anchor Academic and Vocational Education Centre, is proud to present a 'Family Play Kit':

- for families with children aged 0-3 years old
- full of activities to spend time as a family
- Bonus: the activities help with children's development!

Limited supplies! Contact Annie to register:
a.lafreniere@quebecnorthshore.org
 or the NSCA Côte-Nord by Messenger



PLAY WITH WORDS coming near you for 0 - 3 year olds

LIMITED STOCK

Want to sign up your little one? **FREE kits with supplies for activities 0-3 yrs**

PLUS videos to give you info & ideas

Play With Words 0 - 3

NSCA in partnership with

Québec

COMMISSION SCOLAIRE Eastern Shores SCHOOL BOARD

The Anchor Academic & Vocational Education Centre

NSCA Côte-Nord
 Email: a.lafreniere@quebecnorthshore.org
 We need your child's year and month of birth to send you the best activity package!

SHARP SESSIONS (Formerly known as CHEP Sessions)

The NSCA, in collaboration with CHSSN, hosts "Services For Healthy Aging in the Right Place (SHARP)" information sessions to provide tools and resources to support English-speaking adults. The upcoming sessions are scheduled, so please mark your calendars as you won't want to miss these informative sessions.



NSCA

Wellness Program

Active Living for Older Adults

ARE YOU AN ENGLISH SPEAKER AND OVER 55?

Our program aims to help our seniors stay informed, active, socially connected and healthy.

OUR ACTIVITIES

Social gatherings, crafts, cultural activities, walking groups, health seminars, webinars, etc., or just sitting and having a chat. 😊

Do you want to know more?
Give us a call!

BAIE-COMEAU
Natalie: 418-296-1545 ext. 3
n.greene@quebecnorthshore.org

SEPT-ÎLES
Charlene: 418-968-3148
c.lavallee@quebecnorthshore.org

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec



September 18, 2024: The Role of Libraries in Supporting Digital Literacy and Aging in Place

October 16, 2024: Adapting Your Home to Safely Age in Place

November 20, 2024: Thinking About Your Future? Plan Now For Aging In Place.

More sessions coming in 2025!

DON'T HAVE A FAMILY PHYSICIAN? CALL 811 - PRIMARY CARE ACCESS POINT (GAP)

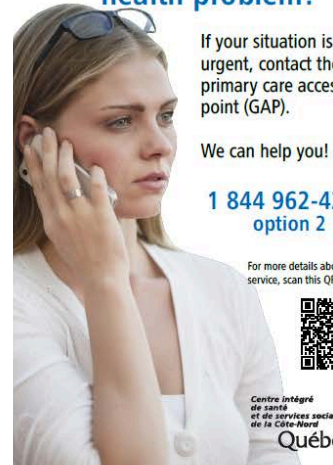
You can register to the access gateway by completing the online form or by calling the access gateway (Quebec Family Doctor Finder-GAMF). Check out the website below for more information!

<https://www.quebec.ca/en/health/finding-a-resource/primary-care-access-point>

The GAP is not an emergency line. If you have a serious problem or an urgent need, call 911 or go to the emergency department.

You do not have a family physician?

You have a health problem?



If your situation is not urgent, contact the primary care access point (GAP).

We can help you!

1 844 962-4263, option 2

For more details about this service, scan this QR code.



Centre intégré de santé et de services sociaux de la Côte-Nord
Québec

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 their facilities.

YOU SPEAK ENGLISH

AND YOU ARE HERE

TO RECEIVE HEALTH AND SOCIAL SERVICES?

Have you heard about the English interpreter and accompaniment service offered in the Sept-Îles facilities?

TO USE THIS SERVICE,
CALL 418 965-7621



www.ciass-cotenord.gouv.qc.ca

Centre intégré de santé et de services sociaux de la Côte-Nord

Centre intégré de santé et de services sociaux de la Côte-Nord

Québec

AWARDS NIGHT AT QUEEN ELIZABETH HIGH SCHOOL 2023-2024

As another school year came to an end at QEHS, the NSCA was proud to make a contribution towards the Awards Night by donating gift certificates. The gift certificates were awarded to recognize the efforts of some students at QEHS in the following categories: attendance, consistency of effort throughout the year, and exemplary behaviour. The following students received a gift certificate on behalf of the NSCA

Dakota Lessard	Reading
Logan Monger	Heart of Gold
Bianca Letemplier	Student Council
Maya Charette	Student Council

Each of these students received a \$50 gift certificate for their hard work and persistence throughout the year. Keep it going!



LENDING RESOURCE LIBRARY

Our January 2024 newsletter mentioned the NSCA would be adding new resource tools on the Autism Spectrum Disorder (ASD) to our current Lending Resource Library. Well, it's happened and we are proud to be able to provide you, on a loan-out basis, resource tools to assist families with children diagnosed with Autism Spectrum Disorder (ASD).

In preparation to realize this initiative, two NSCA staff took specialized training, staff participated in the Early Childhood Autism Symposium in February 2024, fact sheets were translated into English, and PowerPoint presentations were created to raise awareness in the communities. The Early Childhood Autism Symposium provided an opportunity to network with other community organizations in learning about ASD and 'brainstorming' activities and events geared towards building awareness in the communities about ASD.



COMMUNITY SPOTLIGHT

AUTISME CÔTE-NORD

Target clientele:
People living with an autism spectrum disorder and their families.

Services and activities offered:

- Financial assistance for respite;
- Support-advice;
- Leisure activities;
- Group for parents;
- Group for teenagers and adults with ASD;
- Training Courses;
- Conferences;
- Round table with health professionals.

New Arrival:

- Awareness-raising in schools;
- Loan of specialized equipment.

700 boul. Laure, local 235
Sept-Îles G4R 1Y1

418-962-2272

direction@autismecote-nord.ca

<https://www.facebook.com/autismecnl>

What is it? Built in collaboration with Autism Côte-Nord, the Lending Resource Library is a new service that offers an inventory of educational material, sensory tools and information accessible for Children on the Autism Spectrum and their Families.

What is it good for and why use it? Sensory difficulties are often present in children diagnosed with Autism Spectrum Disorder (ASD). Some even have very high needs that interfere with their day-to-day functioning. The use of sensory tools can, therefore, be an interesting avenue to explore with them. These types of tools are scientifically proven to reduce anxiety, increase calm and concentration.

How can you have access? To browse through our inventory catalogue and borrow our equipment and tools, please contact the NSCA office in Sept-Îles and they will provide you with more information on the functioning of our Lending Library.

NSCA'S PODCASTS

If you haven't had time to listen to our very informative podcasts about what is going on in your communities, check out the link below and have a listen.
https://www.youtube.com/results?search_query=north+shore+community+association

Our podcasts cover a variety of topics, events, highlight local community organizations, and interesting people in our communities. Always a good listen!

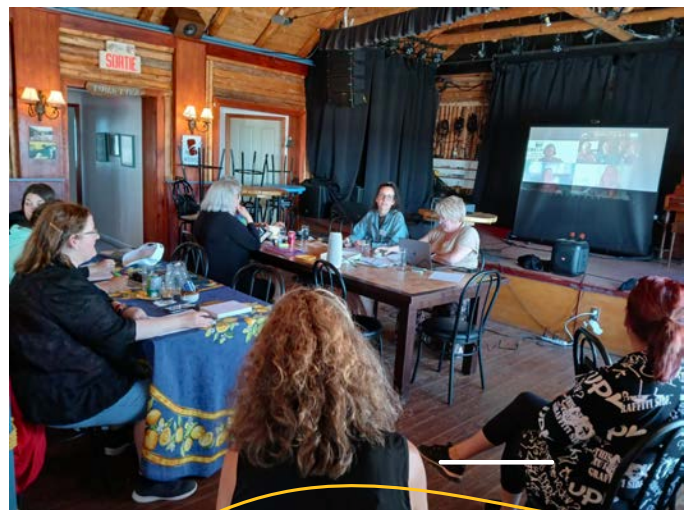


NATASHQUAN JUNE 18TH TO 20TH, 2024

We had the pleasure of participating in the biennial member consultation meeting of the Table Régionale des Organismes Communautaires de la Côte-Nord (TROC Côte-Nord) at Café-Bistro L'Échouerie in Natashquan. The event brought together over forty participants representing many TROC Côte-Nord member organizations. It was a great networking opportunity to dialogue with partners on the possibility of future collaborations.

The key point of the event was for the members to vote on the merging of the Corporation de Développement Régionale (CDC) with the TROC which would ensure the active participation of the independent community movement (mouvement communautaire autonome) in the socio-economic development of our community.

Fun Fact: While we were in Natashquan, we took the opportunity of driving to Kegaska to visit one of our NPI partners from the Coasters Association (Kayla). It was nice to visit this beautiful town!





If you prefer to receive an electronic copy of the newsletter, please forward an email to: nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

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

Sept-Îles Branch Office:

598, Blvd. Laure,
Locale 108
Sept-Îles, QC
G4R 1X7
418-968-3148

Head Office:

337, Blvd. LaSalle, Local 202
Baie-Comeau, QC
G4Z 2Z1

www.quebecnorthshore.org
nsca@quebecnorthshore.org

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)

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