



RIVIÈRES AUX ANGLAIS - BAIE-COMEAU

IN THIS ISSUE

**Annual
General
Meeting**

Page 3

**McGill Bursary
Program
Recipients**

Page 7

**Celebrating
National
Seniors Day**

Page 10

ENGLISH TEA TIME REVIVED

On September 28 the first Social Tea was held in Baie Comeau and proved to be a great success which will definitely require a repeat performance in the near future. Approximately 60 participants joined us and we were thrilled to have community members as far as Sept-Iles and Port Cartier joining us for this cultural event. This event coincided with Quebec's Journée de la Culture (Sept. 27-29, 2024) which made it a doubly special day.

We would like to thank our student volunteers from Baie Comeau High School: Liliانا, Lya, and Eden for assisting in the many tasks assigned to them. Super service was provided and appreciated by those in attendance. With our dedicated event organizers, Marcella Beaudoin, Judy Durepos, Marilyn Durepos, Natalie Greene, Jody Lessard and Janette Martin, this event went smoothly. Many hours of planning, baking, decorating and serving was greatly appreciated in making this event a success!!!



PHOTO CREDITS:
STEPHEN KOHNER

ENGLISH TEA TIME REVIVED CONTINUED

As they say, "the devil is in the details", and this was clearly seen right down to the clotted cream and scones with homemade jams, hot tea served in real china cups, and a variety of specialty sandwiches and desserts.

To make things interesting, there were many raffles for a variety of themed baskets, including a spaghetti basket, spa basket, baking basket, and a social evening basket, along with a few more. A very special 'thank you to those who donated their time to make and create the baskets. All the hard work paid off as many comments were overheard, such as, "Blown away by the decor"; "well worth the drive"; "hopefully, we will have another Social Tea next year".

All proceeds from the event was donated for the renovations of the Church of St. Andrew & St. George.



NSCA STAFF RETREAT - SEPT-ÎLES (SEPT 3 & 4)

The NSCA teams, from both Baie Comeau and Sept-Îles, joined together in Sept-Îles for a staff retreat/training event. This event allowed us to network and keep abreast of identified needs in the communities which, in turn, assists us in understanding and developing new strategies to address those needs.

An enriching two days of team building and strategic orientation of NSCA programs, along with some guided tours of the town, were appreciated by all those participating. Team building and outings at Aylmer Whittom Park (Squirrel Park), Sculptures de fer et sentiers en foret, visit to Musée de la Côte Nord, and thanks to our agent, Marie, from Place aux jeunes MRC Sept-Rivieres for organizing a town tour for our Baie Comeau staff.



ANNUAL GENERAL MEETING

On **September 21, 2024**, the NSCA's **24th Annual General Meeting** was held in Port Cartier at the Hotel Le Q'Artier. Approximately 35 community members from Baie-Comeau, Port Cartier and Sept-Îles came out to participate. After taking care of business at the AGM we finished off the day with an interesting guided tour at the Centre d'interprétation de l'histoire de Port Cartier. We recommend taking this tour as it provides an excellent insight into our culture and heritage on the North Shore.

This year, we had the pleasure of welcoming some returning, and newly appointed, Board of Directors for 2024-2025. They are as follows:

Edith O'Brien	Chair
Marcella Beaudoin	Vice-Chair
Donald Goodfellow	Treasurer
Marilyn Miller	Secretary
Heather Boyle	Director
Marianne Bizeau	Director
Jackie Bizeau	Director
Danielle Duguay	Director



Our Board of Directors are a group of community volunteers committed to the NSCA's organization's mission who oversee the long-term direction of the organization and ensure proper oversight, to enable the NSCA to advance toward its stated mission and purpose.

SEPTEMBER 7 - MAMU LET'S GET CONNECTED TOGETHER

The NSCA was a proud partner in helping to organize this family-friendly event which took place in Baie Comeau and provided an opportunity to highlight some of the NSCA's programs and services offered and to network with other community organizations.



MARC DESLAURIERS OUTSTANDING COMMUNITY INVOLVEMENT AWARD

The Marc Deslauriers Outstanding Community Involvement Award was presented to Aby-Gaëlle Jerome, our first youth recipient of the award. At the age of 18, Aby-Gaëlle has already made a remarkable impact through involvement in various activities, committees and boards!

Youth engagement is essential for fostering active citizenship, and driving social change. When young people participate, they gain valuable skills and a sense of community.

Aby-Gaëlle began volunteering at age 9 and later coached sports, became her school's president at 16, and joined the NSCA Board as a youth representative, earning her the Lieutenant Governor General's Medal for her community involvement and academic achievements.

More recently, she has worked in Ottawa with Senator Odette, engaged with other senators, and joined the Vote 16 movement.



WELCOME TO THE NSCA!



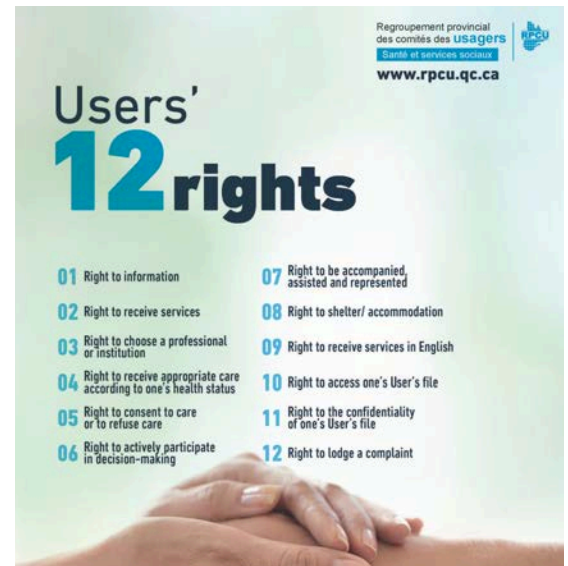
We are also pleased to welcome Ms. Christine Charlemagne, our new Regional Development Agent, to the Baie Comeau office. Ms. Charlemagne commenced with the NSCA on August 19 and will be involved with the programs dealing with social development touching on youth and families, employability, education, and culture.

She is already well-known in the Baie Comeau community from her employment for the last three years at the Baie Comeau High School (BCHS). Her skills and expertise will be most appreciated as the NSCA continues to expand its programs.

THE HEALTH AND SOCIAL SERVICES NETWORK USERS' RIGHTS WEEK

The 2024 edition of **Users' Rights Week** will take place from November 10th to 16th, with this year's theme being, "Reaffirming our rights, consolidating our gains".

The Users' Rights' Week (Semaine des droits des usagers du réseau de la santé et des services sociaux) is organized each year by the RPCU together with the Users and In-patients' committees. It aims at informing users of their rights and highlighting the work carried out within Quebec's health and social services institutions. You'll notice that **Right number 9, the right to services in English.**



Below is a link to a calendar where you can find a few sessions in English for 4 of the workshops (titles in English, English speaking trainer/facilitator): rpcu.qc.ca/formations/formations_calendrier

CAAP - CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

(Centre for Assistance and Support for Complaints)

Did you know....? All users of the health and social services network are entitled to specific rights. If users feel aggrieved in their rights or who question themselves about it, or those residents of private residences for seniors (PRS) who require assistance asserting their rights, the CAAP is there to guide and inform.

They offer services and activities on the following:

- Information on the rights and procedure for handling complaints;
- Assistance and support in clarifying the subject of the complaint, in selecting and drafting the necessary documents;
- Support during meetings as part of the treatment of your complaint;
- Close support throughout the process
- Personalized support service to help you find a solution to your problem with a lease in a private residence for seniors.



The CAAP professional advisor takes the time to listen to you in order to fully understand the situation, and informs you of your rights and the complaint procedure. They help you clarify the subject of your complaint and assist in writing it if necessary. They support you throughout the appeal. For more information, check out their website at: www.caap-cn.org

EMPLOYABILITY SERVICES OFFERED THROUGH THE NSCA

It's new and we're here for you! Have you heard about the North Shore Community Association and the services we provide in employability? If you are looking for a job and don't know where to start, we can help.

The NSCA's Employability Services consist of:

- Providing assistance in filling out forms, interpreter services
- Referrals to employability and social media businesses
- CV (Curriculum Vitae) creation and translation
- Accompaniment to employability services, partners

If you'd like to find out more about this program, contact Christine Charlemagne, Regional Development Agent (c.charlemagne@quebecnorthshore.org).



RIESS
 Regional **Individual Employment**
 Services & Support
 Côte-Nord
*Connecting the English-speaking
 community to regional opportunities*



HOMMES SEPT-ÎLES - LIVING WITHOUT VIOLENCE

NSCA is very proud to be working in partnership with Hommes Sept-Îles in the launch of Living without Violence, an English based program to support men in prevention and rehabilitation regarding anger management.

Thanks to ACCRO we can offer this FREE program that includes trained interventionists from Hommes Sept-Îles and continuing support beyond our sessions.



CHANGE BEGINS WITH YOU!

Why us?

- Rebuild healthy and safe relationships with family and friends
- 100% FREE
- Vent and share similar situations with your fellow group members
- Learn how to manage triggers, coping skills, and social cues while dealing with anger
- Professional intervention staff working with you

What is LWV?

A free 20 week support program designed for men. Exclusively done online to provide comfort and make scheduling easier.

LIVING WITHOUT VIOLENCE
 A FREE program created by **accroc**

For more information and registration.
 418-961-1530
 info@hommesseptiles.com

NSCA

HOMMES SEPT-ÎLES

YOUNG ADULTS TAKE NOTE....

November 15 - Board Games Evening - 6:00 - 9:00 pm

Alicia from the NSCA has a fun evening lined up playing board games (new and old) socializing and finishing off with light refreshments. Contact her to reserve your spot at 418-968-3148. This promises to be an very interesting evening you won't want to miss.

November 27 - Career Day at QEHS in Sept-Îles is being planned with over 30 invited career professionals on hand to answer any and all questions related to their careers and to offer advice on what type of education is required to enter these careers.

MORE FUN COMING UP!

You will want to keep checking the NSCA Facebook page for two exciting, and much looked forward to, events that Alicia from the NSCA Sept-Îles office will be organizing in December:

- **Book Club**
- **Christmas Potluck**

Continue checking the NSCA Facebook page for more details on these events or contact Alicia at 418-968-3148 / a.buffitt@quebecnorthshore.org for further information.

MCGILL BURSARY PROGRAM

The Community Network Bursary Program provides financial support to students in health and social services programs; it is designed to respond to regional and local priorities for access to health and social services in English. Following completion of their studies, recipients must work in a public health or social services institution in their home region of their sponsoring community network for a minimum of one year for each bursary awarded.

Congratulations to our McGill Bursary Recipients!



AIMY VACHON
Sept-Îles
Bachelor in Social work



JULIA FILLION
Sept-Îles
Bachelor in Social work



ÉLODIE POIRIER
Baie-Comeau
Occupational Therapist

Dialogue McGill



NSCA

This year we had the pleasure of presenting the bursary to three (3) students: Aimy Vachon (Sept-Îles) - Bachelor of Social Work; Julia Fillion (Sept-Îles) - Bachelor of Social Work; and Élodie Poirier (Baie Comeau) - Occupational Therapist. Congratulations and best of luck in your studies!

LITERACY: MORE THAN READING AND WRITING

When most people think of literacy, they think of reading and writing. And with good reason! Without being able to read and write, everything in life is a lot more difficult. But you can do this well and still need help communicating, expressing yourself, understanding others, deciding if something is true or real, and having access to new ways of connecting. These are the five pieces of literacy: communicate, express, understand, evaluate, and access.

You may have heard of literacy as part of a pair like digital, health, or financial literacy. There's also emotional, media, cultural literacy, and more! Each one means something on its own, but they're all from the same bucket. At our organization, we like to think of literacy as an action, and that action is learning.

The Gaspésie Literacy Council is here to encourage learning in whatever way works best for you. We have one-on-one tutoring, we accept and train volunteers, we offer workshops, books, and much more for free. We're here for the Anglophone communities on the Gaspé Peninsula, the Magdalen Islands, and the North Shore. Let us know how we can help you!



info@gaspelit.ca
418-368-5611

Find us on Facebook and Instagram

This article is part of a project funded by Canadian Heritage

EARLY CHILDHOOD

Resources Galore! The NSCA has many early childhood and family resources available to our community members. Check it out below...

The new Autism Lending Library is now operational and is full of resources and sensory equipment which can be loaned out. If you'd like to know more, please contact Amber in Sept-Îles at 418-968-3148 or Laury in Baie Comeau at 418-296-1545 and they will be happy to guide, and discuss with you appropriate resources.

NSCA
AUTISM LENDING RESOURCE LIBRARY

DROP BY THE OFFICE TO CHECK OUT THESE SENSORY TOOLS!

598 Boul. Laure, Local 108
Sept-îles

Opening hours:
Monday - Thursday: 08:00 - 16:00
Friday - 08:00 to 12:00
Saturday - Sunday: Closed

Contact: Laury Boulianne
l.boulianne@quebecnorthshore.org
(418) 296-1545, ext.5

Health Canada Santé Canada CHSN

BOOK MUNCHER KIOSKS

Great news! The Book Muncher kiosks now contain additional new books geared towards pre-teens and older children aged 8-12 years. You won't want to miss exploring new books or losing yourself in a reading adventure. To easily obtain the books for the older children, there is a separate wooden crate by the kiosks. The Book Muncher kiosks can be found at the following locations:

- Baie Comeau High School
- NSCA Sept-Îles Office - Early Childhood area
- Flemming School-Sept-Îles
- Port Cartier REC Centre

or contact Amber at the NSCA Sept-Îles office for more details. She can be reached by email at: a.dalby@quebecnorthshore.org or by telephone at: 418-968-3148 and would be happy to assist you on your reading journey.



TRAVELLING LITERACY BAGS

Christmas Break is almost here, and if you're planning to travel, consider the Travelling Literacy Bags! Our 16 themed backpacks are packed with fun activities, current learning resources, and age-appropriate books for kids aged 0-5. Topics include teeth brushing, sleep time, bath time, and sharing to support your child's development.

The bags are available at: Baie Comeau Alice Lane Library, Port Cartier Le Manuscrit Library, Sept-Îles Louis-Ange Santerre Library, and the Sept-Îles NSCA office.

BABY BOOK BAG - LET THE LEARNING COMMENCE!

There have been many studies done stressing the importance of reading to your children at a young age, even starting at birth. Reading books can develop a healthy bond between you and your child and can assist them in developing their own language skills, making them more confident when they reach the age to attend school.

Come to the NSCA office to pick up your Baby Book bag which is filled with resource materials for parents and house age appropriate books to read with your child.

STORY TIME AND TODDLER TIME

Mark your calendars and keep checking the NSCA's Facebook page for these upcoming events which promise to be filled with many different themes, activities and books! (<https://www.facebook.com/groups/6851876461/> and visit their website at: www.quebecnorthshore.org)

November 9 Story Time Port-Cartier
November 10 Story Time Sept-Îles
November 15 Toddler time

November 18 – 24 - Early Childhood Week
December 6 Toddler Time
December 14 Story Time Port-Cartier
December 15 Story Time Sept-Îles

SENIOR WELLNESS

Our Senior Wellness groups, in both Baie Comeau and Sept-Îles, stay active and involved within their communities year long.

Here are a few snippets of past activities and upcoming events.

Oct. 1 - Celebrating National Seniors Day - Baie Comeau and Sept-Îles 55+ Wellness



October 1, is a day to celebrate and pay tribute to our seniors and the NSCA did just that. We honoured our seniors, in both Baie Comeau and Sept-Îles, by hosting two luncheons.

Twenty Baie Comeau seniors were treated to a catered luncheon, provided by the Franquelin Bakery, which included an absolutely delicious cipaille, coleslaw, bread and buns, with a variety of desserts being provided by the NSCA. Some of the seniors commented that the food was amazing, the hall beautifully decorated, and it was a great time to socialize with one another. To end the event, there were 6 draws for Tim Horton gift cards and boxes of chocolates. *Yummy!*

In Sept-Îles, the seniors from the English, French, and Indigenous groups were treated to a beef stew over rice with dessert consisting of 3 types of homemade cakes. Approximately 200 participated in the event which was followed by an afternoon BINGO, complete with door prizes too!

Our older adults built the Cote Nord communities and shaped us into who we are today - strong, resilient, and united. They remain a vital force in our community.

On behalf of everyone at the NSCA, we extend our heartfelt thanks for your years of contributions. Your dedication continues to inspire us in our mission to unite the community.

SENIOR WELLNESS PROGRAM AT THE RESIDENCE DES BÂTISSEURS IN SEPT-ÎLES



The NSCA's senior wellness program extends to the Batisseur residence in Sept-Îles where residents gather once a month to participate in a planned activity and, at times, special luncheons. One of the events included being taken out for an ice cream treat in the summer after enjoying a luncheon. The English-speaking residents always look forward to seeing NSCA staff and are excited to participate in the events.

November 20 - SHARP Session "Thinking About Your Future? Plan Now For Aging In Place"

November 24 - Sept-Îles Social Tea, complete with raffle prizes (knitted mat, knitted Teddy Bear Family, and a 75x92" Quilt). Contact Charlene at 418-968-3148 or by email at c.lavallee@quebecnorthshore.org to purchase your tickets. These tickets sell out fast!

Always giving back to the community, the Sept-Îles Senior Wellness group will donate some of the proceeds from the Social Tea to the local women's shelter and food bank.

Please mark your calendars and join them for these upcoming events and keep checking the NSCA Facebook page for event details www.facebook.com/groups/nscagc and visit our website at www.quebecnorthshore.org

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

NEED HELP?

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

INFO-SOCIAL
811

- 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

Follow us on Instagram!

That's right! The NSCA is now on Instagram.

Give us a follow to stay up to date on the latest podcasts, available bursaries, upcoming community events, and more!

@nscaqc

TRAVELLING FOR HEALTH?

TOOLKIT

North Shore

USEFUL INFORMATION FOR PEOPLE WHO HAVE TO TRAVEL **OUT-OF-REGION** TO ACCESS HEALTH SERVICES

#techtuesdays
00:00

Need tech help?
Drop by from 1-3 on Tuesdays at the Sept-Îles Office!
598 Boul. Laure Local 108

Sure! YES!!!!!!

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

North Shore Community Association

@nscaqc

NSCA

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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