



[www.quebecnorthshore.org](http://www.quebecnorthshore.org)

# Let's Get Connected



FERMONT

## A New Year Has Begun

Old man time has rolled by another one and we are starting 2009 with high hopes, good spirits in spite of the fact that the world is in a great recession, comparable only to the great depression in scope. Basics are what we need to get back into. What is the makeup of our true values in life? Family, friends and community come to mind, and communication as being one of the major players in helping us towards successful comprehension. So one more time, we are back in press with this first newsletter of the year. Read, Enjoy and please send us your comments. Happy Reading.

### Fermont School News

#### Reading Loft

Derrick Annand, a parent of two of our students, built a reading loft for our classroom. The children read to each other or by themselves throughout the day. We really appreciate all the time and work it took to build the loft. Our students really enjoy having a special place to enjoy a good book.



#### Christmas Concert

We had our annual Christmas Concert in the afternoon on Tuesday, December 16. A large crowd attended the concert and everyone stayed for refreshments after the show.

#### Alphabet Book Project

The students in grades 1, 2 and 3 in Mrs. Kean's class completed an Alphabet Book Project in December. In September all the students were taught how to use a digital camera and they became our photo experts. The students took four photos for each letter in the alphabet, choose their favourite photo, typed the text, printed a copy of the page, and made any changes or corrections before the books were printed and bounded together by the students. Upon completion, the books were given to the parents for a Christmas gift from their children. It took a lot of time to create the books, but the finished project was enjoyed by both the students and the parents.



#### Geometric Solids Castle

The students in grades 3, 4 and 6 in Ms. O'Rourke's class created castles using geometric solids. They brought solids from around their house to use in their creations. The children brought cereal boxes, paper towel tubes, hockey pucks, cylindrical glasses cases and a crystal ball. Each group had over 30 solids in their castle.

Ee



**Eve-Lyne has an eraser on her elbow.**

**NSCA Website Revamped.....**In response to the results obtained through a 2007 survey (ways to improve and strengthen communication tools), members had indicated that the organization's website is an efficient communication tool and increases the visibility of the English-speaking communities. Feedback results also indicated that there was a need to create a new-improved layout design with adequate presentation, content and usability in order to make it an effective one. A need to reorganize and revise existing content and adding newer relevant content was the solution for a more effective website.

Made possible with the support of Canadian Heritage, the redesign process has been in works now for a few months. The Association has been working on revamping the NSCA website information architecture to make the site more user-friendly, that will accommodate additional content and added functionalities, and allow to integrate several communication tools (newsletter, surveys, publications, community calendars, etc..). This functional, informative, user-friendly face that will be easier to maintain and update for the NSCA. In addition, will continue to enhance our communication within our membership and other networks.

Please login to [www.quebecnorthshore.org](http://www.quebecnorthshore.org) and forward us your comments on the site. We would love to hear from you!!!

## Second instalment of the Road trip through the North Shore

By Marc Deslauriers

Les Bergeronne is the next stop on our trip along route 138. The St. Lawrence River is now getting slightly wider and the coast is very rocky. This is our first stop on the whale watching route. Here the way to whale watch is on 20 foot Zodiacs and the sighting of whales is almost a sure thing. Observing Humpbacks is another thing because they seem to be getting rarer and rarer but the Beluga and the right whale are always there to observe.



*The Lighthouse at Cap Bon Désirs*

Cap Bon Désirs is a great stop on the way along with its lighthouse and Marine Park and a camp ground nearby makes this a great spot to spend the day. The history of the first group of lighthouses along the seaway is alive and well and the rocky shoreline makes for great scuba diving and why not a picnic.

The view is always breathtaking and traveling along the plateau towards the first native reservation, Essipit, bogs are a constant reminder that this region at one point in time was under water. Gathering and processing this peat moss is one of the major sources of employment and of revenue for the region machines gather the topsoil and then bag the dry moss in huge plastic bags for processing somewhere in the United States and in Ontario.

The first true fishing village we come across is Escoumins. This village was founded in 1846 and was a logging town. This region called the Haute Côte Nord is known for its great variety of hardwoods and softwoods making it an ideal site for shipping boatloads of timber out from the well protected bay.



*A winter view of the bay at Escoumins*

Today it has a thriving tourism industry and a few good restaurants. My choice is the Restaurant Belge, with its wonderful chocolate and fine cuisine at a very reasonable price. But a must is la Poissonnerie des Escoumins. It has a cafeteria style seating and friendly staff the best and freshest seafood is on the menu, try the surf clam chowder it's the best. Urchin fishing, shellfish, snow crab and ground fish are all transformed at the local fishing plant that is part-owned by the native Montagnais council of Essipit making this the most important employer in the region. Blueberry farms over the past several years have become commonplace and employ several people but these farms are mostly family owned.

Keeping with the pace we travel towards Longue Rive formerly four villages, Sault au Mouton, St. Paul du Nord, Baie des Bacons and Pointe a Boisvert. This is one of the longest villages on our North Shore and is the most wonderfully decorated village at Christmas. The houses are ablaze with lights and Nativity scenes, Santa's and the lot. It is a quaint place but has a very high unemployment rate especially since the Kruger sawmill closed earlier this year. But on the bright side upon exiting the main part of the village there is a migratory bird observation sanctuary where millions of Snow geese and Canada goose make a stop in the Salt marshes. A giant goose stands on the side of the road to indicate the welcome office, you just can't miss it. Just a few kilometres away is the town of Portneuf sur Mer formerly Ste. Anne de Portneuf. In this small village founded in 1683 that has the largest fish factory on the North Shore, Les Crabiers du Nord, which is part of a group called PurMer, transform millions of pounds of Snow Crab and Ground Fish and for the past few years it has taken the market by storm with the Surf Clams which they freeze and sell on the international market and can for our local markets. This plant by far is the largest employer in the region and is the only plant that operates twelve months a year.

*Second instalment of the Road trip through the North Shore cont'd...*

Shoreline Forestville

For our final stop of the day we arrive in Forestville, formerly known as Sault au Cochons, which is just a short distance away. This town was named in 1937 after the first sawmill manager Mr. Grand W. Forrest. The slump in the lumber industry had been giving this town a great sense of woe. A few hydro dams in Labrieville employ a few people and most work in the forestry industry. If you need to have a rest or meal in Forestville the Blue Danube is the place to stop friendly and cozy a welcome break well deserved. A new innovative industry has made an appearance there Unitek, a Marine by-product transformer, Calcium and Compost are its main products and eco-friendly is the word.

We will continue with the road trip next time with Baie-Comeau as our destination, happy travels



### **Reducing unwanted telemarketing calls... The National Do Not Call List**

Are you frustrated by calls from telemarketers that interrupt you during dinner time? You can now register your home phone, cellular phone and fax machine numbers on the National Do Not Call List (DNCL). Registering will reduce the number of unwanted telemarketing calls you will receive, and it's free!

You can register your home, cellular and fax numbers by either visiting [www.LNNTTE-DNCL.gc.ca](http://www.LNNTTE-DNCL.gc.ca) (<http://www.LNNTTE-DNCL.gc.ca>) or by calling 1-866-580-3625 or 1-888-362-5889 for TTY service.

#### **Will all unwanted calls and faxes from telemarketers to my numbers stop after I have registered my numbers on the National DNCL?**

No. Registering with the National DNCL will not stop all telemarketing calls and faxes, since there are some exceptions. You can still receive calls made on behalf of registered charities seeking donations; newspaper companies wanting you to subscribe or political parties and their candidates. There is also an exception for companies with whom you have done business within the previous 18 months or have been in contact with in the last 6 months

The company that cleaned your driveway last year could still call you to solicit your business this year - even if you registered on the National DNCL. However, companies who fall into this exception are required to keep their own "do not call" lists. So, if you don't want to be called by them, you can ask them to add your numbers to their list. They must stop calling you within 31 days of your request. Inversely, you can also authorize companies to continue to call you.

#### **What about market research, polls and surveys? Will I still get these calls?**

Yes. Organizations conducting market research, polls and surveys are not considered telemarketers because they are not selling you products or services. They simply want information from you. So even if you are registered on the National DNCL, you can still get a call from one of these organizations.

#### **When will the unwanted telemarketing calls stop?**

Once you have registered your numbers with the National DNCL, telemarketing companies that are not exempt must stop calling you within 31 days of the date on which you registered.

#### **What if I am registered, but I am still receiving unwanted telemarketing calls?**

If it has been more than 31 days since you registered, and the call was not from a telemarketer that fits within the exceptions mentioned above, you can register your complaint at [www.LNNTTE-DNCL.gc.ca](http://www.LNNTTE-DNCL.gc.ca) (<http://www.LNNTTE-DNCL.gc.ca>) or by calling 1-866-580-3625 or 1-888-362-5889 for TTY service.

If this happens, remember to write down the date and time of the unwanted call, the identity of the person who called you, their telephone number and the nature of their call. The CRTC will investigate your complaint. It can fine the telemarketers in question up to \$1,500 per violation for an individual and up to \$15,000 per violation for a corporation.

#### **Do telemarketers have to follow any rules when they call me?**

Yes. Whether or not you are registered on the National DNCL, telemarketers have to follow certain rules when they call you. They must, for example: identify themselves; display the number they are calling from or where they can be reached; give you a phone number where you can speak with someone about the call; only call or send you faxes between 9:00 a.m. and 9:30 p.m. on weekdays, and between 10:00 a.m. and 6:00 p.m. on weekends.

**MONTREAL - January 22, 2009** – Quebec's English-speaking youth have a strong desire to remain in and contribute to Quebec, increase their level of bilingualism and feel a valued part of Quebec society. These are some of the findings released today in *Creating Spaces: Strategic Orientations for English-speaking Youth in Quebec*, a report that articulates the challenges and priorities of English-speaking Quebecers ages 16-29.

Creating Spaces was developed by the Quebec Community Groups Network (QCGN) Youth Standing Committee with the input of 400 English-speaking youth throughout Quebec.

"We are delighted to release the results of consultations conducted with youth in eight regions of the province," said Brent Platt, co-chair of the Youth Standing Committee. "Some 300 young English-speaking Quebecers shared their hopes and concerns with us last summer, with an additional 100 youth contributing to the development of strategic recommendations for moving forward at our GENERATION Provincial Youth Forum in September.

*Creating Spaces* is a document created by and for English-speaking youth, and offers simple, yet powerful ideas for creating a strong Quebec in which English-speaking youth maintain their identity and contribute fully to Quebec society."

Consultations with English-speaking youth were conducted during June and July in the North Shore, Abitibi-Témiscamingue, Outaouais, Lower North Shore, Montreal, Gaspé, Chaudière-Appalaches and Rouyn-Noranda to determine their needs and priorities. Five prominent themes were defined during these consultations: bilingualism, identity and isolation, education, employment and community life.

These themes set the foundation for the Provincial Youth Forum, held on September 27 and 28, 2008 in Montreal where youth from across the province collaborated on strategic recommendations and discussed ideas for concrete initiatives.

Key messages which emerged from this consultative process are:

- English-speaking youth want to stay in Quebec and contribute to Quebec society
- English-speaking youth want to be bilingual
- English-speaking youth wish to foster better relationships with Francophone youth
- English-speaking youth want to use a collaborative and inclusive youth-led approach

"We are very pleased with the results of this project and thank the members of our Youth Standing Committee for a job well done," added Robert Donnelly, President of QCGN. "We believe that *Creating Spaces* provides invaluable information on how English-speaking youth feel and their desire to work together towards their vision of Quebec."

"*Creating Spaces* presents a positive message regarding future relations between English-speaking and Francophone youth," said Shawna Dunbar, co-chair of the Youth Standing Committee. "English-speaking youth wish to leave past conflict and tensions behind as they embrace bilingualism and demonstrate an authentic desire to move past the 'two solitudes'."

Electronic copies of *Creating Spaces: Strategic Orientations for English-speaking Youth in Quebec* are available in English only on the QCGN website. A French version will be made available shortly. Printed copies may be ordered by calling Lise Palmer, Youth Project Coordinator at QCGN at 514-868-9044 extension 221.

**About QCGN:**

QCGN is a not-for-profit organization that brings together 29 English language community organizations across Quebec for the purposes of supporting and assisting the development and enhancing the vitality of the English-speaking minority communities. For further information please visit the QCGN website at [www.qcgn.ca](http://www.qcgn.ca).



The **NSCA** would like to take this opportunity to thank all who participated and gave of their time for the **Community Public Health Strategy (CPHS), We Can Act** project on public health and access programs. Through your contributions, we are able to gain a better understanding of the specific health and social service needs within our communities. The compiled report of results and recommendations will be made available to our Regional Health & Social Service Agency; with these results, they will be well-informed and aware of the needs of the English-speaking communities.

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**Baie-Comeau High School**  
 &  
**Community Learning Center of Baie-Comeau**  
 39, rue Marquette / Baie-Comeau (Qué) / G4Z 1K4  
 Tél : 418-296-1547 / Fax : 418-296-4883



The Laurier Macdonald Community Learning Center, in conjunction with the Mental Illness Foundation, organizer of the **Partners for Life Program**, will be hosting a Parent Workshop. This interactive session will be made available through our Center's Video Conferencing Unit.

Depression is an illness that affects people of all ages, including teenagers, and it is treatable. Depression that goes undiagnosed or untreated has serious and dangerous implications. Early detection is crucial, and action must be taken before it worsens and a crisis can occur. The message addressed is one of hope: you can beat it and you can help your friend or loved one beat it.

#### The Objectives:

- By informing parents that depression is a treatable illness
- By explaining the gravity of depression and its consequences, suicide being the most important.
- By distinguishing between depression and the blues
- By informing them about treatments and steps to take if they or someone close to them may be suffering from depression, and helping them guide their friends or loved ones towards Understanding how our children learn leads to improvements in a child's academic performance and raises self-esteem.

**Place: Baie Comeau High School Community Learning Center**

**Date: February 9<sup>th</sup> 2009**

**Time: 7:00 pm to 9:00 pm**

**RSVP: By February 5th, 2009 by calling**

**Maxime Côté, Coordinator**

**Baie Comeau High School (418) 296-1547**

*A door prize will be drawn*

Last video conference door prize lucky winners of a free night stay at The Hotel LeComte was Guy Letourneau. Congratulations!

#### SCHOOL & COMMUNITY ACTIVITIES

##### Baie-Comeau

Feb 8 BCBS S'Cool showing on CTV (Channel 12) @ 10:30 a.m.  
 Feb 17 Home & School meeting @ 7:30pm  
 Feb 25 Parenting with Confidence PALS video-conferencing session @ 7pm – BCHS CLC  
 Feb 27 Ped Day – No classes

##### Fermont

Feb 11 Music Club (Gr. 4&6)  
 Feb 13 Ped Day – No Classes  
 Feb 18 Lunch Club (Gr.1)  
 Feb 19 Lunch Club (Gr. 2&3)  
 Feb 25 Music Club (Gr. 4&6)

##### Flemming

Feb 9 Governing Board meeting 6:30 pm  
 Feb 9-13 Friendship Week  
 Feb 10 Valentine Delivery

#### Flemming cont'd

Feb 12 Valentine Delivery  
 Feb 13 Carnival Day  
 Feb 20 Skating Cycle 2  
 Feb 26 Deadline for 2009-10 Registration  
 Feb 27 Science Fair Cycle 2-2 & Cycle 3  
 Feb 28 March Break  
 March 10 Beginning of Term

##### Queen E

Feb 12 Parent-Teacher evening from 6-9 pm

##### Riverview

Feb 11 Intra Ecole Badminton  
 Feb 11 Acti Lunch K-6  
 Feb 20 Special Food Day  
 Feb 25 Ski Day Gallix  
 Feb 27 T-Shirt Day  
 Feb 27 March Break  
 March 11 First Day

**Random Act of Kindness**

Random acts of kindness are a wonderful way to touch the life of another being. Raising awareness of the significance of human kindness undoubtedly makes the world a better place. During the month of November and December, the BCHS students embarked upon two important projects that allowed them to spread the traditional spirit of giving by helping out their local community and acts of gratitude towards the community at large.

In November during Veteran’s Week, students participated in the Postcards for Peace activity; which every student wrote heartfelt messages of thanks to our Veterans. Youths were reminded of the importance of Remembrance and its relevance in today’s society and how the achievements and sacrifices of the Veterans have helped to shape and sustain our country. Postcards were sent to the Veterans of St.Anne Hospital in Saint-Anne-de-Bellevue. They were pleased and deeply touched to receive such kind messages from the students. In return, the communications and commemoration director of St.Anne’s Hospital forwarded a warm letter of appreciation to the students for their gracious acts of kindness and consideration with regards to the Veterans of St.Anne’s Hospital. With an extended thank you, Veterans Affairs were delighted to see the public interest in the Veterans.



Allowing a the spirit of kindness to continue, the elementary students confirmed that they wanted to continue the Toys for Tots program again this year. Students from Kindergarten to Grade 6 decided to donate one of their toys for this needy cause. More than 45 toys were collected and given to a community organization, Ressources familles Manicougan, who were able to distribute to the less fortunate in the local community. The not-for profit community organization expressed their gratitude for such a kind gesture and the involvement of the youth in the community.

Acts of kindness are really not that difficult. An intention is formed, and you carry it out. It makes you feel good , others feel good too!

Jody Lessard  
 BCHS Community and Spiritual Animator

**Fermont School Poetry**

The cycle 2, level 1 (grade 3) students are working on a poetry unit in Mr. Garrett’s Language Arts class. Students have been writing a variety poems such as alphabet poems, name poems, holiday poems and rainbow poems, to name a few. Here are three of them.



**Name Poem by Louis Villeneuve**

Loves mom  
 Often I like to play  
 Uses a bike  
 I seen a snake  
 Sometimes I go to the pool



**Alphabet Poem by Alex Gagnon  
 using people’s names.**

- |             |            |
|-------------|------------|
| A Alexandre | M Mathieu  |
| B Bruno     | N Natalie  |
| C Carl      | O Olive    |
| D Diane     | P Pascale  |
| E Eve-lyne  | Q Queenie  |
| F Florence  | R Rafalele |
| G Gabrielle | S Samuel   |
| H Hannah    | T Trent    |
| I Isabelle  | U Uniece   |
| J John      | V Vemele   |
| K Karen     | W William  |
| L Laury     | X Xayier   |



**Holiday Poem  
 by John Lariviere about Christmas**

Christmas  
 Toys  
 Cake  
 HOHOHO  
 Chocolate  
 Wrapping paper  
 Christmas



**RIVERVIEW ATTEMPS TO HELP BEAT A WORLD RECORD**

On January 23, 2009 all the students from Riverview, participated in an activity to try to break a Guinness Book World Record. More then 190 000 students across Canada registered with ABC Canada, a foundation that encourages reading in families and schools. The record they are trying to beat is "Adults and Children Reading together in many locations"



The students will know later this month if it was beaten. At Riverview the older students read to the younger ones

The record is currently held by the USA with a total of 78 791 participants. For more information or the results check with the following website later this month.

[http://www.abc-canada.org/en/family\\_literacy/family\\_literacy\\_day](http://www.abc-canada.org/en/family_literacy/family_literacy_day)



**THE IMPORTANCE OF VOLUNTEERISM**



This year I wanted to teach Riverview students the importance of volunteerism. They were made aware of the many activities that go on in our community which are run by volunteers. Thankfully we have these people, who work out of the goodness of their hearts, or many activities we all enjoy simply wouldn't exist.

The high school students all agreed that it would be great to have an opportunity to volunteer also. So, we went to the "centre de benevolat" here in Port Cartier to experience what it would be like to be a volunteer for a day. Some students worked in the store organizing second hand clothes and others worked on making Christmas wreaths.

I personally want to thank all the students who participated. They did a wonderful job. They were all very well behaved and polite. It was a good experience enjoyed by all.

Marilyn Miller  
Spiritual and Community  
Involvement Animator



**Riverview Students Raise Funds for World Vision**

Riverview students held a raffle during the Christmas Concert and raised \$210 to go towards World Vision. The funds were used to purchase a well, one goat and two chickens for a needy village and family.

Congratulations Riverview!

For more information on World Vision please visit the website at : <http://donate.worldvision.org>



### 5/30 HEALTH CHALLENGE 2009

The *5/30 Health Challenge* is a province-wide campaign that invites **all Quebecers aged 4 and up** to take action for their health **during at least 6 weeks, from March 1 to April 11, 2009.**

**Register individually, as a team or as a family, before March 1 at [530HealthChallenge.ca](http://530HealthChallenge.ca)!**

During the *Challenge*, all participants commit to

- eating **at least 5 portions of fruit and vegetables** per day (**Goal 5**)
- moving for **at least 30 minutes** per day (**Goal 30**) for a minimum of 5 days a week.

**New this year!** Participants can add **one or more Goals PLUS** to their *Challenge*:

- **Opting for whole grains**
- **Strengthening your muscles**
- **Relaxing to stay balanced**

The *Challenge* is also an invitation for adults **to check up on their weight and waistline**, and for young people to **limit screen time** (TV, video games, computer, etc.)

It's the **5<sup>th</sup> anniversary** of the *5/30 Health Challenge*. Since 2005, more than 300,000 people have registered to take action.

The *Challenge* is a **winning approach to learning healthy lifestyle habits**. The important thing is to **enjoy taking action daily at your own pace**. The *Challenge* also contributes to **preventing numerous lifestyle-related health problems** (cardiovascular disease, certain cancers, diabetes, obesity, etc.).

By registering for the *5/30 Health Challenge*, participants can count on receiving **help and support** throughout the *Challenge*, with tools and practical advice, including the **IGA 5/30 Health Challenge kit**, the **530HealthChallenge.ca website with a family zone, encouraging emails**, etc.

Participants have a chance to win **prizes worth a total value of \$20,000**; including a **\$5,000 Desjardins Registered Education Savings Plan (RESP)**, which will be given to the Desjardins 5/30 Family.

The *Challenge* is a **far-reaching health movement** involving tens of thousands of people as well as the **cities and villages of Quebec**. This year, the **province's municipalities** are invited to promote the *Challenge* among their citizens and to mobilize leaders within their territory.

*The 5/30 Health Challenge is a production of ACTI-MENU, presented by the Prevention Division of the Montreal Heart Institute and the Canadian Cancer Society. It is produced in partnership with the Quebec Public Health Departments (DSPs), the Quebec Ministry of Health and Social Services (MSSS) as well as IGA, the Desjardins Group, AstraZeneca, Pfizer, Danone, The Dairy Farmers of Canada and Énergie Cardio.*

#### Info-Santé

**24 hours a day, 7 days a week**

Are you concerned about your health or someone else's? For a professional opinion or to find out where to go and whom to consult, you can contact a nurse with extensive clinical experience at any time of day.

**Call anytime 8-1-1**

Source: Ministère de la Santé des Services sociaux (MSSS)



**Kino-Québec – Plaisirs d'hiver Festival**

**Baie-Comeau, le January 12, 2009** – As part of the 2009 *Plaisirs d'hiver* Festival, Kino Québec would like to invite North Shore municipalities, schools, and organizations to suggest activities aimed at staying physically active during the winter months, namely from January to mid-March.

In 2008, 12 organizations and municipalities and 11 schools joined Kino -Québec to offer more than one hundred free activities throughout our region. Over the next few weeks, we invite you to look out for the schedule of activities in your local newspaper or consult the Kino Québec Web site (French only), [www.kino-quebec.qc.ca](http://www.kino-quebec.qc.ca), to find out more about the activities.

The *Plaisirs d'hiver* Festival wishes to facilitate and promote outdoor activities to help people be more physically active outdoors and enjoy this wonderful season.

The objectives of *Plaisirs d'hiver* are as follows:

- to create more opportunities to participate in winter activities that are accessible (skating, sliding, snowshoeing, cross-country skiing, walking, street hockey, etc.);
- to discover or rediscover the joy of participating in activities that can be easily integrated to our lifestyle;
- to reduce the obstacles that prevent people from participating in winter activities by making them more accessible and by providing a safe environment in which to practice them (presence of facilities, proximity of facilities, beginners' workshops, rental, loan, or exchange of equipment, etc.).

For more information, please contact your Kino-Québec advisor.

Source: North Shore Health and Social Services Agency



**Health Canada Releases Decision on the Labeling of Cough and Cold Products for Children**



Health Canada would like to inform the public of its decision concerning the labelling of cough and cold products for children.

Health Canada is requiring manufacturers to relabel over-the-counter cough and cold medicines that have dosing information for children to indicate that these medicines should not be used in children under 6.

Relabeling will be completed by fall 2009. Until then, parents and caregivers should talk to a health practitioner (such as a pharmacist, nurse or doctor) when buying or using these products.

For more information about non-medicinal ways to provide temporary relief for cough and cold symptoms and the list of ingredients to watch for, call 1-866-558-2946 or [www.healthcanada.gc.ca/coughandcold](http://www.healthcanada.gc.ca/coughandcold)

Source: Health Canada



### The Church of St. Andrew & St. George Baie-Comeau, QC

#### Three Celebrations in One

article and photo by Canon Stephen Kohner



*The season of advent was ushered in by five young musicians who performed Amazing Grace*

Parishioners and friends gathered on November 30th at the Church of St. Andrew & St. George in Baie-Comeau to mark three special occasions in the life of the church. In addition to marking St. Andrew's Day (one of our two patron Saint days), and the First Sunday in Advent, parishioners and friends participated in the "Amazing Grace" Sunday.

As noted on support web site, the idea behind the Amazing Grace Project was simple: all Canadian Anglican congregations were invited to sing the hymn "Amazing Grace" on Sunday November 23rd 2008. Due to our worship schedule, we marked it one week later.

The church continues to build and sustain partnerships within the community. Two students from Baie Comeau High School under the direction of Maria-Teresa Mastrocola played the tune on the recorder and keyboard. During communion, three violinists from l'École de Musique Cote-Nord were on hand to perform the tune with a definite celestial ring to it. Finally, the congregation joined in by singing the five verses as the final hymn.

We feel graced to have such musical talent and partnerships within our community. The entire experience was uplifting and reminded us of God's abiding grace within our lives, our community and in the world.

#### Valentine's Tea & Bazaar



Feb 14<sup>th</sup> – All Saints Church (47 Ungava) of Sept-Iles will be holding their Valentine's Tea from 2:00 – 4:00 p.m.

Entry Fee: \$3.50

Refreshments and snacks will be served.

Homemade baked goods available at our snack table or have a chance to win some great prizes from our spinning wheel.

Everyone welcome!!!

This fundraiser is being organized by the ACW group  
For more information contact Linda at 968-2016

#### Worship Services

##### All Saints Church

##### Sept-Iles

Anglican Church Service, Feb 1 at 10:30 am

United Church Service, Feb 8 at 10:30 am

Anglican Church Service, Feb 15 at 10:30 am

United Church Service, Feb 22 at 10:30 am

##### Church of St. Andrew and St. George

##### Baie-Comeau

Regular service, Feb 1 at 11:00 am

Regular service, Feb 22 at 11:00 am

Annual Vestry Meeting, Feb 22 at 12:30 pm

#### **Annual Vestry Meeting Notices**

##### **All Saints Church of Sept-Iles,**

##### **Church of St. Andrew & St. George (Baie-Comeau)**

Feb 22<sup>nd</sup> following the 11:00 am service

Contact you local parish for more information concerning the vestry meeting.

All parishioners are encouraged to attend!



**Xmas Raffle Winners.....**

All Saints Church would like to take this opportunity to congratulate the 3 winners and express their gratitude to those who helped out in the ticket sale. It was a great success!

- 1<sup>st</sup> prize Log cabin patchwork quilt      Kate Organ
- 2<sup>nd</sup> prize Handmade quilt                      Raymonde Jemers
- 3<sup>rd</sup> prize Traditional two-stem rowboat    Doris Balleine



Congratulations to all the winners!



**Wanted Photos for Website**

The NSCA is looking for photos of the North-Shore. These photos are needed for our revamped website. All photos old and new are welcome.

Please email photos to  
nsca@quebecnorthshore.org

Thank you in advance for your participation!



**English Community Directory for the North Shore**

The NSCA Community Directory, a guide containing details of services, organizations, groups and other useful contact information is available for communities of the North Shore.

The Community Directory is a great resource made available to our members/newcomers of the region.

Copies will be mailed to members and also available for public at our office.

If you know someone who might want to have a copy please have them contact us at the office for more information (418-296-1545)

An online version of the directory will be made available on our website.

www.quebecnorthshore.org



**Canadian Patrimoine  
Heritage canadien**

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

**The NSCA would like to thank all those who have  
generously made a  
contribution to this newsletter.**

**If there are any comments or suggestions, please let us know by  
email at**

**[jodylessard@globetrotter.net](mailto:jodylessard@globetrotter.net)  
or  
[corine.desrosiers@cgocable.ca](mailto:corine.desrosiers@cgocable.ca) .**

**We would love to hear from you.**

**If you wish to make a submission for our next newsletter, please  
feel free to give them in  
anytime.**

**Articles can be submitted to  
Jody or Corine via email**

**NSCA**

We the North Shore Community Association, a non-profit organization, are dedicated to instilling pride within the English-speaking community living on the North Shore. We aim to empower its residents with information by working to make resources available, promoting access to services, and raising awareness amongst the greater community that we live in. Through encouraging and improving communication we believe this will result in a strong network and will provide opportunities for us to come together.

Website **[www.quebecnorthshore.org](http://www.quebecnorthshore.org)**

**MEMBERSHIP FORMS**



**NSCA ( North Shore Community Association )  
P.O. Box 163 Baie-Comeau, Québec G4Z 2G9  
Telephone 418-296-1545**

NAME : .....

ADDRESS .....

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individual membership is free, includes copy of “ Let's Get Connected “  
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