



www.quebecnorthshore.org



Fermont

Linda Gagnon © Tous droits réservés

Let's Get Connected

Greetings to all! The winter season is upon us once again, but there is one thing missing ...snow.

With the New Year now in progress, there's a lot in store for the English communities. Seniors' activities are being held weekly and bi-weekly in 3 communities, memoirs of our seniors' will be published in the coming months and our Networking and Partnership Initiative (NPI) is going strong. We are also pleased to say that the NSCA is now participating in the Community Health Education Program (CHEP) and is bringing health sessions via videoconferencing to the community of Baie-Comeau. We are hoping to be able to extend this service to the Sept-Iles community in the near future.

I cannot say enough how the commitment and spirit of community members, NSCA staff and our board directors are engaged into making the English community more cohesive. I'm anticipating that this year will be good to all of us.

On behalf of the NSCA board and staff members, I wish you all good health and prosperity for 2010.

My Brother's Olympic Moment

Photo by Stephen Kohner

Story by Alex Leduc
Mondrzejewski

James is a person who will work at a challenge until he succeeds, especially if somebody has said to him "you can't do it," or, "it won't happen."



When he was young, he was big and tall and overweight and not very athletic. I always felt sorry for him when he was overweight, but when you know him he is nice and funny. Because of his size, the first impression when you look at him is he might be bullyish. When you get to know him, he is more like a teddy bear. He was sometimes in his own world because he was shy and didn't have a lot of friends. He started to read in grade five because he had learning difficulties and speech difficulties.

When he started losing weight it wasn't really important to me, but now I am very happy for him! Football helps him to lose weight. Losing weight helped him feel less shy. He started playing flag football when he was 8 years old. One day, three years ago, James went to a restaurant and the coach saw him, and he called my mom. He wanted James to play football with the Vikings, because he was big, and big boys make good football players. It was fun to go to his football practices.

On Tuesday, December 1st, my brother ran with the Olympic Torch. He was chosen by a school committee based on a composition he wrote. I felt happy for him because it was something he wanted, and it was important to him. It was strange for me to think of my brother as being part of Olympic history. I was nervous for him when I saw the security around him and the truck with the camera filming him. I was kind of envious; I wish it could have been me.

As a souvenir, my brother was able to keep the Olympic track suit as well as the torch. I imagined a lot of funny events that might happen. Maybe I would win a million dollars on Funniest Home Videos, because if he fell when he was running with the torch. Maybe he would make a Coke commercial once he had finished running, and he was all sweaty.

James' text to become BCHS' Olympic Torch Bearer:

From the first day of school, I always remembered to be "apart" from the others. Maybe it was because I was bigger and taller than the average or because I was lacking in speaking skills and wasn't able to read until the fourth grade. I always had a low self-esteem until the day I started playing football in Secondary III, along with my 380 pounds. The next year, I lost over 80 pounds, became a coach in the cadet football team and gained high self-esteem. Also, all my marks went up. I started seeing 80's and 90's on my report card for the first time. Also, if I would carry the torch, it will show that me, the big guy is able to make something sportive, to carry the Olympic torch is a whole honour for one person and one's country.



James Leduc Mondrzejewski

The Olympic Torch

By Debbie Laurie

On November 10, 2009, in Sept-Iles on La Rue Arnaud...the Olympic flame was transferred to me by Chantal Pitt. I can say that it was the most amazing 7 minutes and 11 seconds of my life! I do not recall my feet touching the ground, and although people were cheering me on, I felt as if I were in a dream. It's the closest I will ever get to feeling part of the Olympics! I will be watching the opening ceremony on February 12th in full costume with the torch in my hand, a lump in my throat, and tears in my eyes...I sure wish I could be there for the lighting of the cauldron.



Photo taken by VANOC
selected by Coca-Cola



The Olympic Flame



The Olympic flame arrived at the Wabush airport on November 11 at 11h20. Speeches from war veterans and members and a band from the Royal Canadian Legion marched parallel to the torch. The Torch was then carried to Labrador City. Our staff and students traveled to Labrador City, NL to see the Olympic



Torch and listen to the speeches and singing. Afterwards the children participated in a Tug of War contest and races. It was an unforgettable experience!



Sixth instalment of the Road trip through the North Shore

by Marc Deslauriers

We are now in the region of Port-Cartier, discovered in 1603 by Samuel de Champlain and named Riviere aux Rochers because of the rocky shoreline. Port Cartier was actually founded in 1918 by Robert McCormick and was named Shelter Bay. Colonel McCormick was the owner of the Chicago Tribune so your guess is right; he was there for the wood and paper production for his newspaper. A sawmill and a bark removing plant were built but unfortunately the mills stopped operating in 1955. In 1960 Port Cartier had a revival and a great economic comeback. The Quebec Cartier mining Company started up a pellet plant and built a railway to Lake Jeanine that was later continued to Mount Wright, the present site of Fermont. The area abounds with wildlife and lakes. One of the largest natural lakes in the area is Walker Lake. This is also a wildlife reserve for the true nature lover.



The wreck of the Lady Era



Port Cartier then...



And now

Here in Port Cartier is the first of the English Schools north of Baie-Comeau. Riverview, a vibrant school, educates children from pre-kindergarten to grade nine (Sec. three).



Riverview School

To be continued....

North Shore Book Club

Do you enjoy reading? Have you ever read a great book and really wanted to talk about it with someone? Well you might be interested in joining a book club. In the Baie-Comeau and Port-Cartier community members have started a book club and the NSCA has offered to help coordinate the monthly discussion get-togethers.

If you are interested and need more information please contact the NSCA office at 296-1545.

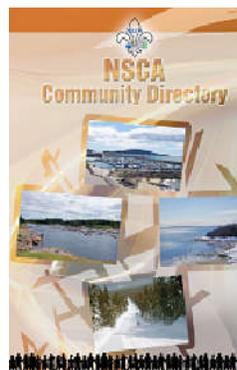
Book clubs can be a great way of meeting like-minded people who enjoy a lively discussion about books. If you would like to start your own book club in your community or with a group of friends give us a call and find out how we can assist you.

February Book - Half Broke Horses by Jeanette Walls

March Book-The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows

April Book- The Last Song by Nicholas Sparks

Book Club Meeting Wed February 24, 2010 7:00



The Community Directory, a guide containing details of services, organizations, groups and other useful contact information is available for communities of the North Shore. Contact the NSCA office to obtain your FREE copy!

Tel: 418 -296 -1545

REALITYWORKS !



Realityworks' is a computerized infant simulator that gives teens the most realistic infant care experience possible. The baby is designed to look, feel, sound, and respond like a real infant. The purpose of Realityworks is to allow teens to experience some of the demands of infant care – after a couple of days and nights with the Baby, many teens come to realize that they are not yet ready to take on the pressures and responsibilities of parenting.

An internal computer simulates an infant crying at realistic, random intervals 24 hours a day. Intervals can be adjusted from 15 minutes to 6 hours for a normal, cranky or particularly easy to care for baby. The parent is given a non-transferable key attached to a hospital bracelet on his or her wrist that must be that must be passed over the Baby for a specific length of time to simulate feeding, bathing, diaper-changing and comforting. Care sessions can last anywhere from 5 to 35 minutes. If the Baby has been properly cared for, it will coo to signal the end of the session. If it is neglected (allowed to cry for more than one minute) or handled roughly (dropped, thrown or struck), tamper-proof indicators on the computer will alert the instructor. The Baby weighs about 7 pounds, is anatomically correct, it has a lifelike neck movement that requires constant head and neck support, it makes sounds that have been recorded from real infants (cry, coo, burp, cough, breathing and feeding sounds), and it is available in five different ethnic groups and six skin tones.

I received my Baby on October 23rd, 2009. His name was Maki. I was given an extra bracelet for Mom because she had to be the babysitter while I was at work. On Friday October 23rd, I worked until 11:30pm. After work I became a Mom.... He woke up around 12:15. I fed him, burped him and then rocked him to sleep. I was up 4 times in the middle of the night with him. The last time I cared for him was around 6:00am. By 2:00pm, Maki had not made a sound....I found it strange as I was supposed to have a difficult Baby! I called my teacher who informed me that Bradley's batteries had died out...Oh no, I will have to take another baby on another weekend! I received my second Baby on Friday the 14th of January. This Baby's name was Logan. He was programmed to start on Saturday the 15th at 3:00pm. I cared for him until 5:40 and then went to work – Mom took care of him during that time. That evening he needed care for about an hour – then Mom got him to sleep. Upon my return from work at 11:30, Logan woke up around 11:45 pm...I fed him, burped him and rocked him and he fell asleep. Logan was harder Baby to figure out, he cried much more than the first one and was up most of the night...I tried to get a rest on Sunday and woke to hear him crying...I didn't know how long he had been crying – according to the computer analysis I had missed a diaper change!! Mom had a rough time with him also – between 6:00pm and 10:00pm he had cried 5 times and she had a hard time figuring out what he wanted.....She said she didn't want to start all over again!!

I found it to be a very good experience, taking care of the Baby was not too bad; it was harder waking up in the middle of the night to care for the infant. Even though I fell in love with the Baby, I realized that I am much too young to be ready for the responsibilities that come with child care. I recommend that all young teenagers (girls and boys) go through the experience.

Tanya Potvin

Allow me to introduce myself. My name is Kathleen Larocque and I have been asked to write this short story to explain why I have decided to return to school and get my *High School Leaving Certificate* at the young age of 54.

Due to circumstances beyond my control I started working in the fish shops of Lameque at the age of 15. Next came the arrival of children and continued work for the next 20 years.

After falling in love with a wonderful man from Baie Comeau, I moved three of my children and myself to Baie Comeau to join him.

Being in this town gave me the idea of fulfilling a long dream of mine to return to school and finish what I had started many years ago.

My boyfriend started asking around the school about 4 years ago about a possible Adult course for people like myself to finish high school but the demands fell of deaf ears. With the start of the CLC at Baie Comeau High School the possibility presented itself. As soon as the CLC offered the course I knew that I had the chance to finally finish something I had to abandon 39 years earlier.

Why now? I have never been a quitter and to fulfill a dream that has been in me for 39 long years. With a *High School Leaving Certificate* framed on my wall it will open the possibility of a better paying job once I have graduated or even the possibility of continuing my education further. It is never too late to improve yourself. I am proud of myself for taking this decision and so is my boyfriend. I was never someone to quit something and I will prove this to myself also. We have started our courses and we are having a very enjoyable time. I LOVE IT. The classes are small and we do have room for others to join us.



Debbie Laurie with her plaque for Outstanding Community Involvement, given to her by the North Shore Community Association . Congratulations, Debbie!



Community Learning Centre of Baie-Comeau
Centre Scolaire et Communautaire de Baie-Comeau

As a new initiative of your CLC, the Baie Comeau High School gym and student lounge will be open one Saturday a month for the rest of the 2009 – 2010 school year. The goal is to bring in BCHS students, former students, friends, and family, as well as the community surrounding the school and its friends. A variety of unisex, team sports activities will be held in the school gym as well as different hobby activities in the student lounge. Each activity must have an animator to help the CLC coordinator organize and supervise the activity.

This is not intended as a day care service so unaccompanied children under the age of twelve will not be accommodated.

All participants will be expected to respect, in spirit, the school rules and guidelines for appropriate and acceptable conduct during the activities. For example, no outside footwear is to be worn in the gym, no food or beverages are to be consumed in the gym, language and behaviour towards other participants and organizers must be respectful, etc. Anyone not respecting the rules and guidelines will be asked to leave.

As this event picks up interest, more services and activities will be created – LAN events, reading clubs, role playing games, card games, study groups, etc, are all possibilities. If you have any ideas and would like to be an animator of an activity, please feel free to contact your CLC coordinator. **(418) 296-1547, clc.bchs@hotmail.com or join us and see activities published on our Facebook page.**

Official second date: February 13th from 10:00 am to 5:00 pm.

Events and Activities:

Basketball Half Court	10:00am-12:00pm
Badminton Half Court	10:00am-12:00pm
Ping Pong Tournament	10:00am-5:00pm
Volleyball Coop Game	1:00pm-3:00pm
Dek Hockey Coop Game	3:00pm-5:00pm
Board Games, RPG, Card Games	10:00am-5:00pm

Animators are needed to fill out subscription sheets provided by the CLC on your arrival.

A Disk Jockey is also needed to spice up the atmosphere!!!

A 60 minute lunch time will be done between 12:00pm and 1:00pm, don't forget to bring your lunches!



COMMISSION SCOLAIRE EASTERN SHORES
EASTERN SHORES SCHOOL BOARD
ÉDUCATION AUX ADULTES / ADULT EDUCATION

Northern Lights Education and Vocational Centre in collaboration with BCHS Community Learning Centre has started as of the 11th of January, Academic courses to be offered at Baie Comeau High School.

If you are interested in obtaining a Secondary School Diploma, or wish to acquire the necessary prerequisites in order to enroll in Cegep or university, we offer the necessary courses to help you achieve your goals. Home Study is also available if you are unable to attend classes full-time.

An Accounting course via distance education is also offered. Feel free to contact us for more details regarding this course. Once completed, this course gives you a Diploma of Vocational Studies and allows you to work in trades such as bookkeeper, payroll clerk, administrative clerk, etc.

For information or registration, we invite you to contact us at
 Northern Lights Centre via our toll free number **1-866-968-8412**
 or at the
 CLC in Baie-Comeau at **418-296-1547**



**SENIORS CLUB OF SEPT-ILES
IS SEEKING VOLUNTEERS TO HELP ORGANIZE A
ST. PATRICK'S COMMUNITY POTLUCK**

An evening of fun, great food and activities is planned! Seniors will be celebrating St.Pat's on March 17th at 47 Ungava in the parish hall of All Saints Church.

If you are interested in helping out, please contact
Lloyd at 962-6879 or Linda at 968-2016



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!



Quebec
Community
Groups
Network

QCGN Daily Briefing

The QCGN distributes a daily press review, containing information and the latest news of interest for the English-speaking community of Quebec. The English Quebec Daily Briefing is archived on the QCGN Portal. The Portal provides access to back-issues, research reports and offers a fully-searchable index. To access the portal, simply click on the Portal Access link included at the top, right-hand corner of today's Daily Briefing. A username and password is required. To obtain your username and password, please send an email containing your full name and email address to **info@qcg.ca**

Do youth know how drugs affect their brain? Or the way that a drug can impair their judgment and affect their personality?

Health Canada unveiled the youth component of Canada's National Anti-Drug Strategy. The campaign targets youth aged 13 to 15 and equips them with the tools and information they need to make effective decisions to say no to illicit drug use.

To know the risks of using a drug illegally, read testimonies or obtain a list of resources, consult the interactive and informative website **not4me.ca**



Watch the TV ad of the campaign:

<http://www.hc-sc.gc.ca/hc-ps/drugs-drogues/youth-jeunes/tv-not4me-0drogue-eng.php>

Flemming Elementary – December Events

Not Just Elves That Are Busy In December!



Happy New Year to everyone from the students and staff at Flemming Elementary! The last month of 2009 was the usual busy hustle and bustle of December in an elementary school. We started off the month with a book fair organized by Ms. Monderie, our French and resource teacher, with help of some students from Cycle 3-2 and volunteer parents. The goal was to raise \$2000 and if accomplished, I was to eat brussel sprouts – my least favourite food in the world. The book fair was an overwhelming success as we raised \$2847 and the principal ended up eating brussel sprouts for breakfast during the General Assembly to the delight of 141 students and staff that morning. (see photo)



December was also a month of caring and sharing within the Sept-Iles community. Instead of a traditional gift exchange, students contributed \$ 2 to purchases gifts for less fortunate students in the community of Sept-Iles. Our conscientious shoppers learned to budget their money during a trip to the local Wal-Mart. (see photo)

The last week of December ended with our annual evening Christmas show, with standing room only as families and friends came out to see the event developed by the staff and performed by our students (and some staff!) Finally, everyone relaxed the next day with a Christmas movie and cookies provided

and served by the parents of the PPO.! (see photo)

A major earthquake struck Haiti near the capital of Port-au-Prince, on Tuesday January 12th, causing catastrophic destruction across the city. At Flemming, we wanted to help by raising funds to be sent to OXFAM. On January 25th, we held **Read for Relief**. Everyone read in the school for a 30- 90 minutes depending on their grade level. The students collected pledges. Our total is left to be calculated but we are sure that our donations will go immediately to the most critical needs in Haiti, and OXFAM will ensure that every penny is used wisely.



Riverview Spiritual Animation Project

Riverview students are working hard raising funds for the homeless in Sept-Iles. We are collecting cans and bottles, which can be dropped off at the school on Fridays. A canteen, run by the students and Ms. Miller, is available three days a week. All profits go toward the homeless project. Starting the first week of February, there will also be a penny drive. Please save your cans, bottles and pennies to help our cause.



Riverview is pleased and proud to introduce a new addition to our school team. Mrs. Flavia Castro, from Rio de Janeiro, Brazil, began teaching in a part time position at the Elementary level this fall. She contributes positively to our school life and has made quick friends with staff and students. Mrs. Castro has taught us about Brazil and we have tried to help her adjust to the Great White North! Mrs. Castro is amazing! Welcome.

December was a very busy month for Riverview.



Students participated in a Brazilian Dance workshop with Marcos, who was brought in by a local Latin dance group. There was also a wonderful potluck supper, Christmas carols, a lovely display of recycled art work and a visit from Santa Claus.

The event was enjoyed by all of the Riverview community. During this supper, more than 250 dollars was raised for World Vision. The funds will go towards stocking two medical clinics and also for purchasing art and music materials for schools. Finally, towards the end of January, the weather was just perfect for an afternoon of skating for all the students. Riverview's February theme is "The Olympics". We would also like to



take this opportunity to thank all those including the NSCA for your generous donations to the gift table.



School Activities & Notices

Baie-Comeau High School

- Feb 12 BCHS Olympic activities
- Feb 12 Pedagogical Afternoon
- Feb 17 CLSC visit – Contraception &STD (Sec 3, 4,5)
- Feb 18 Mont Ti-Basse activities
- Feb 25 Pedagogical Afternoon
- Feb 26 Pedagogical day

Fermont School

- Feb 2 Swimming
- Feb 3 Lunch Club (gr. 5 & 6)
- Feb 10 Lunch Club (gr. 2 & 3)

Fermont School

- Feb 12 Lunch Club (Kindergarten) & Valentine's Party
- Feb 17 Math Olympics- K- Cycle 3
- Feb 19 Pedagogical Day
- Feb 23 Lunch Club (gr. 4)

Flemming Elementary

- Feb 22 Carnival Day

Riverview School

- Feb Olympic Activities
- Feb 12 Valentine Activity
- Feb 19 Carnival Day

The Networking and Partnership Initiative

“The Networking and Partnership Initiative (NPI) is a program designed to support Quebec’s minority English-speaking communities in improving and maintaining access to the full range of Health and Social Services. Funding for this program is provided by Health Canada and the project is managed by CHSSN.

The program supports the capacity of Quebec’s English-speaking communities to ensure their vitality through cooperation and partnership with the health and social services system.”

The NSCA has been working on this initiative since September, mobilizing community members. The first initial meeting was held on December 2nd, 2009 with twelve community members present as well as Russell Keuber, Program Coordinator with the CHSSN and Kimberly Buffitt, NPI Coordinator with the Coasters’ Association.



In the new program year, health and social services members will be approached to sit at the ‘network table’. The major focus for the upcoming year will be in the CSSS Sept-Iles region, due to the number of English-speakers in the area, as well as the number of English-speaking people from other regions that use the health and social services there. Although the focus will be primarily in the Sept-Iles region, the benefits should be felt region-wide.

Through working together in partnership, we can make a difference! Stayed tuned for more information and upcoming project initiatives.

Agence de la santé
et des services sociaux
de la Côte-Nord

Québec



Regional vaccination campaign against the seasonal flu

Excerpt from the “Press Release” January 11, 2010 from the *Agence de la santé et des services sociaux de la Côte-Nord* :

“Campaign schedule

The vaccination campaign against the seasonal flu will take the same form as in previous years. Vaccination clinics will be offered in the health and social services centres (CSSSS) and in the Aboriginal health centres throughout the region. The North Shore will receive 30,000 doses of the vaccine. The population is invited to keep an eye out for local advertising to find out more about the policies of the vaccination clinics.

Free vaccination is intended **solely** for persons who present a higher risk of suffering from complications due to their age or health condition, such as:

- children aged between 6 and 23 months;
- persons suffering from a chronic disease such as a heart, lung, or liver disease, diabetes, cancer, asthma, or with a weakened immune system;
- persons aged 60 years or more;
- persons in contact with children aged between 0 and 23 months and persons living with or in contact with persons who are at risk;
- health care workers.

All other persons wishing to protect themselves against the season flu can receive the vaccine by paying a small fee (approximately \$20). What is more, the vaccine against the influenza A(H1N1) virus is still available for persons wishing to receive it.”

Source: Pascal Paradis
Communication advisor
North Shore Health and Social Services Agency

The Community Health Education Program

The NSCA has the privilege of being a part of the 'Community Public Health Education Program' (CHEP) and thru this program, we have the opportunity to present to the English-speaking community health education sessions by videoconference. These videoconferences are presently being offered in Baie-Comeau in partnership with the Baie-Comeau CLC, using their videoconferencing facilities. We are presently working on acquiring the means to offer these valuable videoconferences in the Sept-Iles region.

So far we have had two community health education videoconferences – *Parkinson 101* and *Alzheimer's – Challenges and Support*. Numbers permitting, we will be offering the following two topics:

Tuesday, February 23rd - 7:00-9:00 pm - Prostate Cancer – A Man's Perspective

Tuesday, March 23rd – 1:00-3:00 pm - Seniors Eye Health

To pre-register for either of these videoconferences call or email :

Marilyn Durepos at 418-296-1549

Email: nscanpi@quebecnorthshore.org

Today's technology helping to increase access to health topics in English!

COMMUNITY HEALTH EDUCATION PROGRAM VIDEOCONFERENCING SESSION
A MCDC AND COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK PARTNERSHIP
FUNDED BY HEALTH CANADA THROUGH THE MCGILL HUMAN RESOURCES TRAINING
AND DEVELOPMENT PROJECT

PROSTATE CANCER: A MAN'S PERSPECTIVE
WITH **KEES MAAS, PH.D.**, PSYCHOLOGIST AND CANCER SURVIVOR
MODERATED BY **JO ANN JONES**, THE MONTREAL CHILDREN'S HOSPITAL



Come join us for a free ENGLISH information session (a 45-minute presentation, interspersed with your questions) about:

- A man's perspective of prostate cancer
- The impact of the illness and treatments on family and work life
- Getting through the initial shock and ongoing concern about your health

Title:	Prostate Cancer: A Man's Perspective
Presenter:	Kees Maas
Date:	Tuesday, February 23rd, 2010
Time:	7:00 to 9:00 PM
Place:	Baie-Comeau High School, 39 Marquette VCN Room 317, 3rd floor
To pre-register:	Marilyn Durepos - Tel.: 418-296-1549
	E-mail: nscanpi@quebecnorthshore.org

Today's technology helping to increase access to health topics in English!

Brought to you by:



The North Shore Community Association
39 Marquette
Baie-Comeau, QC G4Z 1K4

In partnership with:



Baie Comeau Community Learning Centre

Ciné-Club Fermont

Upcoming movie listings for

English-versions

Where : Auditorium – Polyvalente Horizon Blancs (School)

Cost : 7.00\$/adult – 5.00\$/17 and under

Ticket office opens 45 minutes before the presentations



2012-We Were Warned

Date: Friday, February 5th

Time: 6:00



Sherlock Holmes

Date: Friday, February 12

Time: 8:30



The Princess and the Frog

Date: Friday, February 26th

Time: 6:00

Date: February 27

Time: 1:00

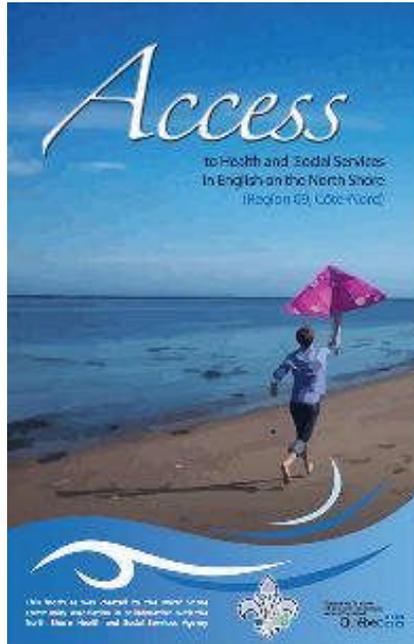
INFORMATION AT YOUR FINGER-TIPS!

Through the Information at Your Fingertips project, the Montreal Association of Independent Libraries (MAIL) will provide individuals throughout Quebec with free access to English language e-resources, including databases, online reference tools, and eBooks.

You can access this information by going to the MAIL website

www.independentlibraries.org and signing up as a member of MAIL. This resource has been made available with help from a grant from Canadian Heritage to support minority language communities.

For additional information contact us at info@independentlibraries.org



The Access brochure created by the North Shore Community Association in collaboration with the North Shore Health & Social Services Agency; a publication which informs the English-speaking population about Access programs, where services can be offered in the English language in the Cote-Nord region.

This brochure is now available online in English and French. To view the brochure, please visit us at www.quebecnorthshore.org

Worship Services

All Saints Church

Sept-Iles

Feb. 7	Anglican Service 10:30 a.m. – Holy Eucharist
Feb. 14	United Service 10:30 a.m.
Feb 21	Anglican Service 10:30 a.m.
Feb 28	United Service 10:30 a.m.
March 7	Anglican Service 10:30 a.m. – Holy Eucharist
March 14	United Service 10:30 a.m.
March 21	Anglican Service 10:30 a.m.
March 28	United Service 10:30 a.m.



Worship Services

Church of St. Andrew and St. George

Baie-Comeau

Feb 21	Regular Service at 11:00 a.m.
March 14	Regular Service at 11:00 a.m.
April 4	Easter Service at 11:00 a.m.





NSCA BOARD OF DIRECTORS

Chair : Marc Deslauriers
Vice-Chair : Narendra Parihar
Secretary : Cathy Larivière
Treasurer: Maxime Coté
Directors: Corine Desrosiers
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Linda Stubbert
Youth director: Matthew Durepos
Staff: Jody Lessard
 Marilyn Durepos

The North Shore Community Association is a non-profit organization dedicated to instilling pride within the English-speaking community living on the North Shore. Our aim is 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.

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



**Canadian Patrimoine
 Heritage canadien**

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 or 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



MEMBERSHIP FORMS

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

NAME :

ADDRESS

TELEPHONE..... EMAIL.....

individual membership is free, includes copy of “ Let's Get Connected “ newsletter. (If you are not already a member, then get your membership in now and receive the next newsletter edition)

Seniors' Events

Sept-Iles

<u>Date/Time</u>	<u>Event</u>
Wednesday, Feb. 3 1:30 pm	Seniors Social Gathering-Card Games All Saints Church, 47 Ungava
Friday, Feb. 5 1:30 pm	Seniors Bowling Salon de Quilles Brochu, 513 Brochu
Wednesday, Feb. 10 1:30 pm	Seniors Tea & Social All Saints Church, 47 Ungava
Friday, Feb. 12 1:30 pm	Seniors Bowling Salon de Quilles Brochu, 513 Brochu
Wednesday, Feb. 17 1:30 pm	Senior Social Gathering-Card Games All Saints Church, 47 Ungava
Friday, Feb. 19 1:30 pm	Seniors Bowling Salon de Quilles Brochu, 513 Brochu
Wednesday, Feb. 24 1:30 pm	Seniors Social Gathering-Card Games All Saints Church, 47 Ungava
Friday, Feb. 26 1:30 pm	Seniors Bowling Salon de Quilles Brochu, 513 Brochu

Over the last few months, animators in the communities of Baie-Comeau, Port-Cartier and Sept-Iles have been working hard mobilizing the English-speaking seniors.

A variety of activities have been organized in these communities giving the chance for seniors to become more active, break their social isolation, meet friends and make new ones.

If you are interested in participating in any of these activities or if you want more information, please contact your local animator or call our office at 418-296-1545.



You are never too old to learn to bowl—three strikes on your 82nd birthday is not bad at all.



"There were quite a number of folks there whom I had not seen in 45 years or more, so the event was doubly enjoyable."

Port-Cartier

<u>Date/Time</u>	<u>Event</u>
Tuesday, Feb. 2 1:00-4:00 pm	Seniors Meet 'n Greet 10 Boisvert—Centre de bénévolat de Port-Cartier
Tuesday, Feb. 9 1:00-4:00 pm	Seniors Meet 'n Greet 10 Boisvert—Centre de bénévolat de Port-Cartier
Tuesday, Feb. 16 1:00-4:00 pm	Seniors Meet 'n Greet 10 Boisvert—Centre de bénévolat de Port-Cartier
Tuesday, Feb. 23 1:00-4:00 pm	Seniors Meet 'n Greet 10 Boisvert—Centre de bénévolat de Port-Cartier



"Nice to be back together again!"



"We enjoy having a weekly social gathering; a meeting place that gives everyone a chance to get together and catch up."

Baie Comeau

<u>Date/Time</u>	<u>Event</u>
Wednesday, Feb. 3 1:00-3:00 pm	Alzheimer's Health Video Conference Baie Comeau High School VCN Room 317
Tuesday, Feb. 23 7:00-9:00 pm	Prostate Cancer Video Conference Baie Comeau High School VCN Room 317
Wednesday, Feb. 24 1:00-3:00 pm	Seniors' Tea Church of St. George & St. Andrew



"It's really good!" It's nice to meet with the people and a good opportunity to practice my English".



"I feel a strike coming!"



There is no shortage of laughter or stories at these events.



"Remember when....."