

# LET'S GET CONNECTED

July 2015

Volume 12, Number 1



Photo: Stephen Kohner / Sunset at Pointe-des-Monts

[QUEBECNORTHSHORE.ORG](http://QUEBECNORTHSHORE.ORG)

## Toddler Time is Happening in the Community of Sept-Iles

Since November 2014 the NSCA have been offering interactive workshop sessions for the preschool children from two to five years of age. Supported through our Health Promotion Project (HPP) with the Community Health & Social Services Network (CHSSN), the sessions were offered on a monthly basis. Each get-together had a new adventure as we explored everything from story & crafts to backyard adventures, in using all 5 of our senses!

At the last few sessions, toddlers had loads of fun to help stimulate their learning through motor play and fine motor skills development; whether a marshmallow mania session or finger play with critters and crawlers, the two hour activity also gave the preschooler the chance to meet and interact with children of similar age.

With an increasing attendance and positive feedback from parents has shown us that this program is an important part of their child's development and well-being. In addition, Toddler Time is an enjoyable social activity for the parent and the child.

Our next season of Toddler Time will start again in September and the NSCA is looking forward to another great year of stories and fun with the preschoolers. Please contact us to know more about the program and/or to add your name to the mailing list.



## A WORD FROM THE CHAIR

As I write this, summer is officially three days away, but the beautiful sunshine today gives me hope that it is indeed reality and not just a date on the calendar.



The Liberal government's determination to remedy Quebec's financial woes and its resulting austerity measures have been very difficult to swallow as we just don't seem to be able to see any light at the end of the tunnel. Things can only get better, I hope! Just means we have to work a little harder and remain a vital community in this province.

I am pleased that the video conferencing equipment installed at Riverview has allowed for some interesting sessions that were appreciated by community members. I very much enjoyed the two health related ones I attended and am looking forward to more in the fall. Spread the word in Port-Cartier.

After an anxious few months in Port-Cartier, since Eastern Shores School Board announced its intentions to possibly close the Secondary 1-2-3 class at Riverview for the 2016-2017 school year, it now appears that the consultation process has been halted and the status quo will remain. Thank you to the many who attended the meeting held May 11<sup>th</sup> to voice their support.

So, enjoy the summer! Make every moment count! Rain or shine, find a reason to smile. Hope to see you at the AGM in Baie-Comeau in late September. We turn 15 this year!!!

*Debbie Laurie*  
Chair

The North Shore Community Association (NSCA) Annual General Meeting (AGM) will be held on Saturday, September 26, 2015 at 11 a.m. at 20 avenue Cartier (Carrefour-Maritime), Baie-Comeau. It will be an opportunity to get together with friends and meet new ones, learn about the NSCA and hear about our highlights. We look forward to seeing our members join us in celebrating our 15th anniversary!

(Invitations and AGM agenda will be forwarded to the membership in early September)

## WELCOME, CAROLYN



The NSCA is very pleased to announce that Carolyn Thibault has been hired as our summer student for 9 weeks. Carolyn joined us on June 2nd as an Exhibit/Administrative Assistant; she will assist in the promotion and coordination of the cultural exhibit "In Search of Yesterday", including assistance on administrative tasks.

Carolyn has recently graduated from Laval University with a bachelor degree in Foreign and Public Affairs. In the fall she will return to pursue a Masters degree in Environmental Studies at the University of Sherbrooke.

We are very excited to welcome Carolyn to our team at the NSCA!

## NSCA Summer Hours

Starting Friday, June 26th until Friday, August 28th inclusive, the schedule for NSCA's office hours will be as follows:

- Monday - Thursday: 8:00 a.m. – 4:00 p.m.
- Friday: 8:00 a.m. – 12:00 p.m.

Please note that the NSCA Baie-Comeau office will be closed from August 3rd to August 21st

The Sept-Iles office is closed from June 22nd – August 28th

# Volunteer Awards Given in Sept-Îles

Volunteer Week 2015 was held from April 12-18 under the theme "Volunteering, giving freely for the benefit of all". For the occasion le Centre d'Action Bénévole de Sept-Îles invited community organizations to nominate volunteers who would receive an award. It would demonstrate our gratitude to the volunteers and their valuable contributions to our communities.



Ms. Edith O'Brien was presented an award for her many years of volunteering within the community of Sept-Îles. Edith generously donates her time and energy in many community initiatives. Congratulations on the well deserved award!



On Friday, June 5th, Sept-Îles held their 2015 Volunteer Recognition Evening. This annual activity recognizes volunteers who have contributed to our organization and who are dedicated to our community. This year, the NSCA nominated 4 active male volunteers from the 50+ membership. Congratulations to Mederic O'Brien, Victor Antle (absent), Adelard Boland, & Ron Shattler

**Volunteers are a rich asset and greatly appreciated, they give their time freely to make our communities a better place to live. The NSCA would like to take this opportunity to express gratitude to the many dedicated volunteers in communities across the North Shore.**

## On Your Next Visit to Ottawa

by Debbie Laurie

Next time you are in the National Capital region, take the time to cross the bridge to Gatineau and make your way to the Canadian Museum of History, directly across the river from the Parliament Buildings. There you will find a new exhibit, open until January 2016, called TERRY FOX: RUNNING TO THE HEART OF CANADA.

This year marks the 35<sup>th</sup> anniversary of Terry's MARATHON OF HOPE, and thousands of items from the Fox Foundation collection have been loaned to the museum. There is even a video where Canadians from all walks of life and all ages talk about what Terry means to them. I am proud to say that I appear in the video speaking in French! I attended the grand opening of the exhibition on April 1<sup>st</sup>, at the request of the Fox family, and it was a very emotional evening for them and all of us affectionately dubbed Terry Foxers.

I also had the chance to meet Terry's younger brother Darrell, the only one I had never met. I plan to return cause even though I thought I knew almost all there was to know about this great Canadian, my eyes were opened that night and I need at least another day to see it all!



# Baie-Comeau 50+ Spring Wellness Activities

**Breakfast at Mike's:** Eleven of our community members enjoyed a relaxing breakfast at Mike's Restaurant on April 14<sup>th</sup>. It was their first spring outing and a time to chat and catch up on each other's latest.



A **"U make it" lunch** on Monday, May 4<sup>th</sup> was the occasion for members of the community to enjoy a hearty lunch after they themselves prepared a recipe for healthy eyes. This recipe was a twist on classic chili - ground turkey instead of ground beef was used. Side dishes supplied by the participants added to this delicious, community meal. And while the chili simmered, members enjoyed a friendly and brain stimulating game of Scattergories – much laughter was on this part of the menu! Wellness boards on eye health and nutrition were set up so that members could read valuable information on these subjects. As well, pamphlets such as healthy vision checklists, safe food handling, vision care and nutrition labelling were available for the taking. To finish off the day, we had a visit from the BCHS Kindergarten class who presented thank you cards to the volunteer community members that worked on their class art project.

**End of Season Potluck Lunch with guest speaker:** On June 2<sup>nd</sup>, several of our 50+ members were pleased to share a potluck lunch before heading off for their individual summer activities. Before lunch, Mrs. Jocelyne Ferland, coordinator of L'Accorderie presented this new community organization. Their mission involves helping each other out through an exchange of services - no money involved. Her presentation and explanations were very interesting and appreciated by all.



After lunch, games were on the agenda including inside bowling and sandbags. It was great exercise as well as lots of fun and laughter! Participants each received a grab bag of goodies before heading off for the summer.



# Five Years for the 50+ Group in Sept-Îles!

2015 marks a special year for our 50+ group in Sept-Îles. The group celebrated their 5<sup>th</sup> year of coming together on a weekly basis for activities such as social afternoons, bowling, wellness activities, and holiday socials. On May 30<sup>th</sup>, nearly 50 members gathered and enjoyed a wonderful day of activities and a community BBQ luncheon. There was a lot of laughter as the events of the day unfolded. Great fun was had by all!

The 50+ activities will start up again by mid-September. Keep an eye out for our informational flyers and/or calendars.

If you would like to attend the 50+ activities in Sept-Iles or would like more information, please call our head office in Baie-Comeau 418-296-1545.



# L'Accorderie Manicouagan: A New Community Organization

An Accorderie is an organization whose aim is to fight poverty and social exclusion through the strengthening of bonds between individuals in the community.

It works through the exchange of services between members of the Accorderie who are known as AccordeurEs. To accomplish this exchange, the Accorderie has created what is called “social currency”; it is based on the time actually spent carrying out an exchange of services. The objective is to not only improve people’s quality of life but also to boost the purchasing power of its members by making their available time “cashable”, all the while strengthening the network and the social bonds in the community.

It is different from ordinary currency (\$) for it places all the skills and know-how traded between its members on an equal footing. One hour of service rendered is equal to one hour of service received, regardless of the type of service, complexity or effort related to the service traded. Some services that members can benefit from at the Accorderie Manicouagan are transportation, car washing, translation, initiation to computers, and accompaniment for different appointments.

For more information you can check out their website at [www.accorderie.ca](http://www.accorderie.ca) and if you want to become a member, contact the coordinator:

Jocelyne Ferland

Telephone: 418 296-2686 extension 5

e-mail: [la.manicouagan@accorderie.ca](mailto:la.manicouagan@accorderie.ca)



## Droits et Recours en Santé Mentale de la Côte-Nord (DRSM)

This community organization specializes in mental health rights and recourse. Their mission aims to promote and defend the individual and collective rights of people living or having lived with a mental health problem by providing them with the necessary support to exercise their rights.

**North Shore DRSM** offers assistance and personalized support in all areas related to human rights including:

- \* CSST
- \* Disability insurance
- \* Income security
- \* Labour standards
- \* Legal sector
- \* Medical sector
- \* Pension Board
- \* Public Curator
- \* Rental Board
- \* SAAQ (automobile insurance board)



To contact them, you can call **1-877-767-2227**, e-mail them at [info@drsmcn.org](mailto:info@drsmcn.org) or visit their web site [www.drsmcn.org](http://www.drsmcn.org) They have an office in Baie-Comeau and Sept-Îles and can provide service in English. Services are free and completely confidential



## New Award to Recognize Up and Coming Community Leaders

**Montreal – June 12, 2015** – The Quebec Community Groups Network, the Fondation Notre Home Foundation and CBC Quebec are pleased to launch the Young Quebecers Leading the Way Award which recognizes and celebrates the outstanding achievements of young English-speaking Quebecers who are engaged in innovative initiatives that create change in our communities.

“The Fondation Notre Home Foundation is a newly incorporated charitable foundation that aims to support the vitality of Quebec’s English-speaking community. I can think of no better way to do this than to encourage youth leadership. They are the future of our community,” said Irene Tschernomor who sits on the Boards of the QCGN and the new foundation.

"Every day, we tell stories of English-speaking Quebecers doing great things in our province," said Shelagh Kinch, Managing Director of CBC Quebec. "But sometimes the smaller stories don't always get the most attention. This award puts a spotlight on the people behind those stories and recognizes the impact they are making in our community."

To be eligible for a Young Quebecers Leading the Way Award, candidates must be under the age of 30 and have demonstrated outstanding leadership and contributed to an initiative with measurable impact in their community.

“Through my work in communities across the province I have met so many young Quebecers doing awesome work. I am thrilled that we will be able to recognize their enthusiasm and outstanding efforts,” said David Hodges, who has joined the interim board of the foundation.

Nominations, which describe how the candidate applied their innovation and skills to inspire and create community change, must come from organizations and institutions that serve Quebec’s English-speaking minority community. No self-nominations or nominations from family members will be accepted. Candidates will be reviewed by an intergenerational jury composed of community leaders who have demonstrated a commitment to youth. Submissions must be received by, or postmarked on, August 21, 2015. Full details at [www.notrehome.qc.ca](http://www.notrehome.qc.ca).

The QCGN is also welcoming nominations of individuals who have gone above and beyond in contributing to the vitality and understanding of English-speaking Quebec for recognition with a Sheila and Victor Goldbloom Distinguished Community Service Award which recognizes individuals who have contributed to strengthening the English-speaking community and to building bridges between Quebecers of different backgrounds. Established by the QCGN in 2009, this award celebrates individuals who, like Dr. and Mrs. Goldbloom, have dedicated their lives to ensuring English-speaking Quebec remains a vibrant community within Quebec and Canada. Submissions for the Goldbloom Award must be received by, or post-marked on July 31, 2015. Full details at <http://www.qcgn.ca/nominate-a-candidate/>

Recipients of the Young Quebecers Leading the Way Award and the Sheila and Victor Goldbloom Distinguished Community Service Award will be invited to attend a special community recognition ceremony on October 8 that will be emceed by Sonali Karnick, host of CBC Television’s Our Montreal and CBC Radio’s All in a Weekend.

The Quebec Community Groups Network ([www.qcgn.ca](http://www.qcgn.ca)) is a not-for-profit organization bringing together more than 40 English-language community organizations across Quebec. As a centre of evidence-based expertise and collective action it identifies, explores and addresses strategic issues affecting the development and vitality of the English-speaking community of Quebec and encourages dialogue and collaboration among its member organizations, individuals, community groups, institutions and leaders.

### For further information:

Rita Legault, Director of Communications and Public Relations | [rita.legault@qcgn.ca](mailto:rita.legault@qcgn.ca)

Telephone: 514-868-9044, ext. 223, cellular: 514-912-6555

# Fermont School Spring News

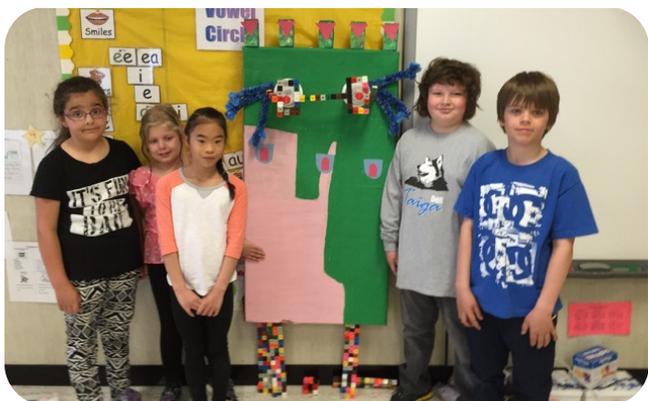
by Karen Kean, Principal



**Pink Shirt Day:** students and staff proudly wore their pink shirts, provided by the NSCA, to celebrate diversity. Acceptance of individual differences is very important.



**Croque-Livres:** Thank you to the NSCA for purchasing a Croque-livres box for Fermont School. The “Take a book, leave a book” program allows our students to have free access to shared English books. Our students assembled, painted, and named the book monster Fermie.



Ms. Kean’s class and Ms. Goudie’s class from Riverview used digital citizenship to reach beyond the walls of their classrooms. The students in both classrooms drew pictures of monsters. Each class took turns describing their monsters, via Skype, to their new friends without showing them the pictures. The children quickly learned how important it is to give clear, concise instructions. After weekly Skype meetings, each group created a large monster out of recycled materials. They shared PowerPoint presentations, documenting the creation of the monsters, with their new friends. Technology helped to connect the two schools.



We had our school Spring Concert and Graduations on Thursday, June 4. The students sang songs, performed magic tricks, took part in a funny skit, executed a song using cups, and entertained the audience with bucket drumming. Our six Pre-Kindergarten and Kindergarten students rapped their graduation song. Charles-Etienne was our only Grade 6 Graduate this year. Afterwards the students, their families, and friends enjoyed a barbeque together. Congratulations to all the graduates!

# Riverview School Events

by Shauna Goudie



Riverview's grade 6 grads: Camille, Zackary, Maxim at the ceremony/ supper



Yearbook Club: our school produces a yearbook that all students get to bring home on the last day of school. Thanks to NSCA for the donation towards the printing of our yearbook.



Track and Field team: 11 students went to Gaspé for the Eastern Shores School Board event



Congrats to the BCHS Graduates: Vickie Bouchard, Alex Leduc Mondrzejewski, & Skye Harvey Bourque



Representing BCHS at the 2015 RSEQ Track & Field Regionals in Sept-Iles: Sam Kerr, Kim Ross, David Beaulieu

# Career Day at Flemming Elementary

On May 12th, the North Shore Community Association organized a first Career Day at Flemming Elementary School. What an outstanding, successful event!

This activity involved 56 students and 12 career professionals including a chiropractor, nurses aid, nurse, guidance counsellor, veterinarian, chief, correctional officer, nurses orderly, fireman, singer, helicopter pilot, and a mechanical engineer. This event was such a huge success because of the generosity of our community members for taking timeout of their busy work day to share their experience and knowledge with our youth.



## Flemming Home & School Sponsors

by Sandra Mercier

On June 1st we were honoured to have Jay from Dynamix Montreal branch in our school with our 157 kids!! He did amazing games, workshops all in relation with differences, teamwork, team building and appreciation of each other! This was so beneficial for our students. I now walk in the halls of our school and I hear a lot of “that’s ok!!” when a friend makes a mistake. This workshops, in my opinion, has given the kids strength to accept making mistakes and has taught them how to work differently in teamwork situations. It all comes down to respecting everyone’s differences. We would invite Dynamix to work with our kids any day!! Every school should get a team workshop from them. A huge bravo goes out to all our students and teachers for their awesome participation! If you wish to learn more about Dynamix you can visit their website at [www.getdynamix.com](http://www.getdynamix.com)

## Farewell and Happy Retirement, Mr. Denis

by Lindsay Morency

After 33 years, Flemming Elementary is saying goodbye to a very special teacher. Mr. Denis started teaching in 1982 and this year he will retire and begin a new chapter in his life. I have had the privilege of knowing Denis for the past three years and two of those working with him. He is a very caring man who was dedicated to his students and making Flemming Elementary a great school. As a parent of our school I'd like to thank you for all your hard work and I wish you nothing but the best in the future.

## BCHS Grand Reunion

All former and current students, their families, and friends, former and current teachers and staff members, are invited to take part in our activities on September 5<sup>th</sup>, 2015.

1-5pm: Open House... Come and visit the school and the various exhibitions we have to share with you. Photo booth, time capsule, autograph mural, yearbook display are among the many activities. Please bring some pictures, old yearbooks, and memories to share with others.

5pm to End: Supper & Entertainment : A barbeque supper and corn boil will be held at school. Live entertainment, speeches and presentations will be made.

### Contact and RSVP:

Grand Union Group:

<https://www.facebook.com/groups/567162540068036/>

Baie-Comeau High School CLC Page: <https://www.facebook.com/groups/128260459952/>

Baie-Comeau High School CLC  
Att: Maxime Côté or Eric Comeau  
39 Ave. Marquette  
Baie-Comeau, Quebec  
G4Z 1K4

Phone #: (418) 296-1547 or Fax : (418) 296-4883

[clc.bchs@hotmail.com](mailto:clc.bchs@hotmail.com)

SEE YOU THERE!

*Baie-Comeau  
1937-2012*

## In Search of Yesterday

The “In Search of Yesterday” heritage exhibit, a display of 12 bilingual panels that commemorates the heritage and culture of the town’s English-speaking community, will be on display this summer at the Anglican Church of St. Andrew & St. George, located at 34 Carleton, from June 29<sup>th</sup> to August 7<sup>th</sup>

Free bilingual guided tours of Anglican church is also offered on week days from 9a.m. to 12p.m. and 12:30p.m. to 4p.m. (June 29<sup>th</sup> to August 7<sup>th</sup>.)

## Newsletter Info

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We offer our membership the option to sign up for a virtual copy of the newsletter. Simply forward us an e-mail at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org) indicating that you want to be added to the virtual newsletter list.

**The newsletter needs your input on what’s happening in your community. Tell us about your stories, upcoming events and the people who are making a difference in your community.**



COOPÉRATIVES  
JEUNESSE DE  
SERVICES

## Youth Services Cooperative (CJS) in operation for the 6th year

The 2015 season of CJS began on July 2nd! The Manicouagan youth cooperative is composed of young adolescents who have established a work coop for the duration of the summer months. This educational project is a great opportunity for these young people to take on a job they enjoy and also to develop expertise in a specific field in addition to learning about the reality of collective entrepreneurship.

Under the supervision of their animators, these youth can offer various services such as lawn mowing, weeding, painting, help in moving, cleaning, babysitting, dog walking, and much more.

Contact them today at 418-589-1217 to know more about their available services.

The North Shore Community Association is a proud partner that has been part of the local committee since the beginning. This will be our 6th year participating in this community youth initiative.

# Sept-Iles Regional FADOQ Games



**Congratulations and thanks to participants of the 50+ Club of Sept-Iles for their participation in 2015 Regional FADOQ Games held in Sept-Iles on May 12th. Extending our congratulations to Wilson & Cecily Rowsell for winning a silver in the 500 Card tournament and to Roy Nadeau & Victor Antle for winning bronze in 500's also. Way To Go group!**

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](mailto:nsca@quebecnorthshore.org). (All submissions are subject to editing and approval)

**North Shore Community Association**

**Volume 12, Number 1**

## NSCA Mission:

*The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.*

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**Secretary:** Ms. Mary Ann Bourassa  
**Treasurer:** Mr. Maxime Côté

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