

# LET'S GET CONNECTED

February 2021

Volume 17, Number 3



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

## December Festive Wellness Activities Help Keep the Spirits High and Alive

Despite COVID-19 restrictions, our 50+ members remained active by participating in many activities organized through the NSCA. Our members and NSCA staff are a creative, resourceful bunch!

You cannot keep these seniors down! Twelve Baie Comeau 50+ community members joined together on December 1, 2020 for their annual Christmas Cake making. Oh, the wondrous smells that assaulted our senses, while everyone measured, mixed, and put the cake mixture into pans to take home and bake. Who is to say the batter was not 'tested' first! Everyone was happy to get out of the house to socialize and partake in this special event while respecting social distancing measures. A special thank you to Walter Bisson, for coordinating this much looked forward to annual event.

As if this wasn't not enough to ring in the Christmas season, the NSCA hosted a traditional holiday dinner, complete with all the trimmings, for the community members of Baie-Comeau and Sept-Îles. What a regal treat that everyone found satisfying and wanting another event like this for next year.

(Article and photos continued on p. 3)



## A Word from the Chair

It's hard to believe that Spring is just around the corner if we believe the famous groundhog's prediction! We have been fortunate, though, in enjoying a fairly mild winter in our region.

We have all been challenged in our professional and personal lives as COVID-19 continues to overshadow the world. The NSCA was not exempt, however, we have learned to adapt and keep moving forward in order to continue delivering services and programs to our community members. A big thank you to everyone who jumped on board with us in learning how to use ZOOM technology and participate in CHEP sessions, Health and Wellness activities, Story Time and even virtual social get-togethers.



It goes to show the people living in our North Shore communities are resilient, resourceful and determined to remain involved. Let's keep this going throughout 2021 as we slowly win the battle over COVID-19.

The NSCA will be continuing with, and also introducing, new initiatives this year on mental health, youth employability, early childhood literacy as well as continuing with the very successful Wellness activities. Check out the NSCA Facebook page to keep informed on upcoming events and activities so you don't miss out on some exciting opportunities.

Let's continue to stay positive, safe, informed and reaching out to those around us. Together, as communities, we will remain strong and united.

Cathy Larivière, Chair

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## NSCA: Professional Development Opportunities

Learning is a life-long pursuit and the NSCA is keen on keeping its staff up-to-date on new technologies, unique ways of doing things and, above all, learning how to work well together to achieve the organization's common goals. As the NSCA has grown in human resources over the past two years, it would be interesting to see how everyone's special skills or talents could be utilized. Ten NSCA staff participated in a 'Strength Finders' workshop offered through Pure Bliss Coaching, which was facilitated by Ms. Maxine Skerrett, on February 3, 2021.

Staff gained valuable insights into what they bring to the team: how they make things happen, influence others, build relationships and process information---making for a very effective team all around.

Knowing their strengths, each employee becomes effective and creative in projects assigned or in implementing new programs. Don Clifton, the father of Strengths Psychology and Inventor of Clifton Strengths, aptly put it, "Individuals are always stronger when they have their successes and strengths clearly in mind." As the NSCA continues to grow and diversify their programs, recognizing these strengths guides the NSCA in building working relationships that develop better or unique programs to keep our English-speaking communities informed and engaged.

## December Wellness Activities



(Continued from p. 1)

With Christmas coming, the NSCA decided to play Santa Claus this year. Christmas Activity Care packages were made and delivered to our 50+ members in Baie-Comeau and MRC Sept-Rivières. Our members found it truly delightful to be remembered while providing activities to do over the holidays along with a few special treats of candies, face masks, lotions and lip balms. Many thanks to those NSCA staff who worked 'behind the scenes' in preparing the bags.

In keeping with the Christmas theme, and using podcast technology, the NSCA interviewed a few of our 50+ community members for their Christmas wishes. One common thread running throughout the wishes was one of being blessed with health and happiness in the New Year with a big focus on appreciating our families and being present. COVID-19 certainly had a lot to do with expressing these sentiments.

Our 50+ members took this opportunity to express their appreciation with the activities and events the NSCA held. The painting classes, birdhouse making, virtual BINGO, and virtual information sessions on health and legal issues were well received and attended. The consensus was that all activities were well organized, original and provided an opportunity to socialize, make some new friends and provided a sense of purpose during these difficult times.

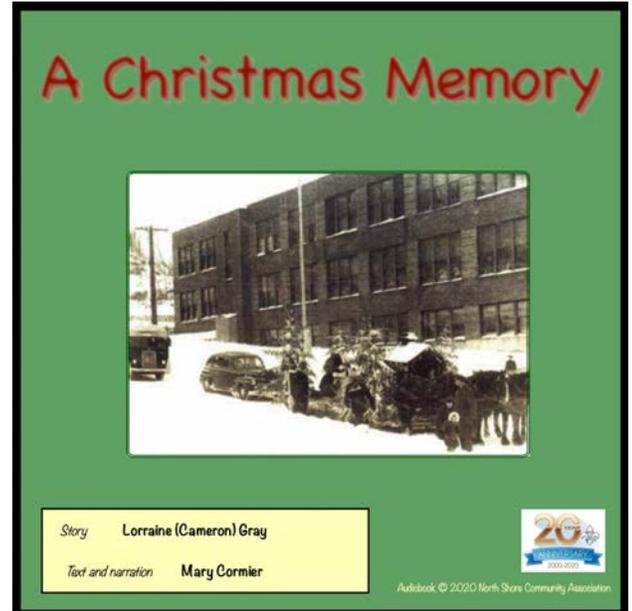
# “A Christmas Memory” Audio Book

Leading up to the Christmas holiday season, the NSCA worked on creating a special holiday treat for our communities ...we produced an audio book of the publication "A Christmas Memory"!

In December 2012, the NSCA in partnership with Baie-Comeau High School created a children's' book which reveals young artistic creativity and expression through drawings and illustrations by the Grade 3 and 4 students of Baie-Comeau High School (BCHS). The book is an amazing true story of how Santa Claus came to Baie-Comeau by airplane in the late 1940's.

In this audio version, the story is being told by former BCHS teacher Mrs. Mary Cormier.

The audio book can be found on our website at [www.quebecnorthshore.org](http://www.quebecnorthshore.org). Happy listening!



A
B
C

Starting school is an emotional time, for both first-time pupils and for their families.

Preschool and educational childcare centres include activities to prepare children for school, and most parents naturally offer encouragement and comfort in anticipation of this milestone.

It can be hard to watch your baby head off to school for the first time, but there are resources to support parents and help them prepare their little ones.

The North Shore Community Association has compiled expert resources to make sure the transition to school is as smooth as possible.

Every family is different, but every child has a chance to succeed and thrive.

It truly takes a village to raise a child. The North Shore Community Organization brings together the best support for English-speaking families so that together we can bring out the best in our kids.

**The printed cloth bag is yours to keep and contains:**

- Kindergarten, *Here I Come!* storybook
- family activity booklet
- Kindergarten interactive book
- textured balls
- white board
- vaccination schedule
- toothbrushing calendar
- Feeding Children Ages 1 to 5 factsheet
- Screen Free Challenge resources
- *Naitre et Grandir* Welcome to Kindergarten special edition

**Contact us today to receive a School Readiness Kit for your child!**

[www.quebecnorthshore.org](http://www.quebecnorthshore.org) (418) 296-1545

# school readiness kit

Everything you need to make sure your child starts school on the right foot.

The North Shore Community Association gratefully acknowledges the financial assistance of the Community Health and Social Services Network.

North Shore  
Community  
Association

# Bill 101 Exemptions, Eligibility to English Education, and School Registration 2021-2022



As some might have noticed our current provincial government is looking to reform some of the Bill 101 exemptions that provide access to and English education in Quebec. Here are three of the main exemptions that make up for most of the requests for eligibility and are current and valid to this date. Registration of students wanting to attend English schools must register by February 19<sup>th</sup>, 2021.

## **Permanent Certificate of Eligibility - these are the most common situations that allow a child to receive instruction in English:**

- those who have received the major part of their elementary or secondary school instruction in English in Canada;
- those whose brother or sister did the major part of his or her elementary or secondary studies in English in Canada;
- those whose father or mother did the major part of his or her elementary studies in English in Canada;
- those whose father or mother attended school in Québec after August 26, 1977, and could have been declared eligible for instruction in English at that time.

In the first two (2) cases, the father or mother of the child must be a Canadian citizen. In the third (3rd) case, the parent who studied in Canada must be a Canadian citizen.

## **Temporary Certificate of Eligibility:**

Children who may receive temporary authorization to receive their education in English fall into three (3) categories.

For more information on the Temporary Certificate of Eligibility, visit the [MEES website](#):

<http://www.education.gouv.qc.ca/en/parents-and-guardians/instruction-in-english/eligibility/>

## **Exemption from the Charter**

A child with a severe learning disability, as outlined in the government regulations under section 81 of the Charter of the French Language, may receive an exemption to attend an English school in Québec. This exemption is transferrable to the child's siblings but not to their descendants.

## **For more information concerning North Shore Schools**

Contact Eastern Shores School Board at 418-752-2247, ext. 224

## NSCA Career Capsules 2021

During these strange times of the pandemic, the NSCA team have to be very creative and innovative to deliver the objectives it had planned to do. In the context of our annual career fair in Sept-Îles that normally is planned for this time of year, the team has decided to have a similar service that answers to the needs intended. For the past few months, interviews of English career professionals that live and work on the North Shore were recorded. These recorded capsules are intended to not only showcase the details of these careers but to also shed light of the multitude of services that can be offered in English to our community.

First, these capsules will be professionally edited and made available to the career orientation classes of our North Shore High Schools to help students decide which career path they may be interested in. Second, during our bi-weekly podcasts, we will broadcast these interviews throughout the year for our community to enjoy and acquire knowledge of these services in English from these career professionals. Tune in every two weeks on our Facebook page to listen to our community podcast!

# Community Members Express their Gratitude for NSCA's Programs and Activities

With the omnipresence of COVID-19, the NSCA had to overcome many obstacles in order to continue delivering quality programs and keeping our communities strong and connected. A big part of the NSCA's mission focuses on offering programs and activities geared towards enhancing the lives of our English-speaking 50+ community members. We wanted to check-in with the 50+ members who participated in the activities and events and find out how these were impacting their lives... so we asked them. Max Côté, NSCA's Development Agent, surveyed some of our community members by posing a couple of questions regarding this. Here are some excerpts of their comments:

"...enjoy all the activities and events on Tuesday afternoons and gives us a chance to see old friends and forget about COVID-19..." (WB-BC)

"...wellness activities helped us meet new friends, gain new ideas, and we created wonderful handicrafts such as painting birdhouses to hang in the Christmas tree...; the ZOOM technology helped us stay informed and boosted our knowledge in different areas..." (LC-BC)

"..I get a big kick out of seeing English friends and being able to speak in my mother tongue of English and socializing..." (JEG-BC)

"...being a newcomer to the NSCA 50+ Wellness group, I really enjoyed the annual Christmas cake making..." (EM-BC)

"...it's been a different year learning ZOOM technology but it allows us to keep learning and getting together virtually; a great idea..." (DG-BC)

"...I enjoy all the activities offered and it helps get me out of the house..." (SE-SI)

"...the activities offered allows me to meet new people, even if we have to wear masks..." (LT-SI)

"...the programs give us all an opportunity to get out with friends (even if virtual at times) during COVID-19..." (LS-SI)

"...breaks the depression of being at home, and I really enjoy the outings at the NSCA office..." (KP-SI)

"...all the activities are well organized, original and gets us out of the house and gives us a purpose to do something..." (HG-SI)

"...the activities are a great event to get us out of the house socializing and, with the walking club, a chance to stay physically active..." (AJ-SI)

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## Family Literacy Day Scavenger Hunt

The NSCA was proud to offer a fun and engaging activity to people of all ages for Family Literacy Day in the form of a Scavenger Hunt. The English-Speaking population of the North Shore was called to go outside and find various objects such as a snowman, a squirrel, pinecones, animal tracks, etc. and take pictures of all those and send them to us to be eligible for a draw. The prizes were a gift certificate at a bookstore in either Baie-Comeau or Sept-Îles and a family board game for each age category: 0-5, 6-11, 12-17, 18+ and 50+ years of age.

### **Congratulations to our winners:**

Niya Gilbert, Gabon & Zelic Dexant, in the 0-5 category; Orélie Canuel, in the 6-11 category; Dakotiss Lalo, in the 12-17 category; Laïza Nicoll, in the 18+ category; and Chris Moleski, in the 50+ category.

# Workshops Provide Beneficial Resources to Community Members

In keeping up with new initiatives and societal demand, the NSCA partnered with the Centre d'Intervention - Le Rond-Point, to facilitate two workshops on December 1 and 2, 2020 in MRC Sept-Rivières. We all know people who have encountered problems with gambling or the use of drugs, alcohol, or medication which inevitably causes individual and group problems.

This valuable and well-respected community organization dedicates itself to helping people suffering from an addiction regain control of their freedom and help them find new opportunities for a new life. They provide support to families and employers by offering prevention workshops, materials for safer consumption, pre/post therapy sessions and individual meetings.

The NSCA took this opportunity to partner with Ms. Jannick Bizeau, from the Centre d'Intervention-Le Rond-Point in Sept-Îles as she animated two workshops on cannabis to our 50+ Wellness group in the MRC Sept-Rivières region. The workshop was well attended with 20 participants joining in.

The 50+ Wellness members walked away with a wealth of information which was relevant to them, their families and friends. They gained valuable insights on a community resource that some were not even aware of. The workshop shed light on what was considered 'taboo' but which is now fast becoming accepted in society. Our older adults were very positive, inquisitive, and asked many questions which were professionally responded to by this community organization. Overall, our older adults found this workshop very enlightening and they look forward to future presentations from Le Rond-Point. The feedback received from the participants included comments such as:

- "It was really an interesting session! I would even like to know a little bit more."
- "I was surprised that we learned so many things. The speaker made us very comfortable about the subject."
- "The presentation was very professional and well presented. The information was really helpful."

Should you know someone who may wish to receive help, support, referrals such as therapy, support groups or other resources in the field of drug addiction, please don't hesitate to contact Le Rond-Point at 418-962-7333.



**Centre d'intervention Le Rond-Point**  
Community Organization



## Red Apple Reading Program



The NSCA in Collaboration with Literacy Quebec is offering 18 free registrations to the Red Apple Reading program. When your account is setup, you will have access to multiple books of different reading levels, games and activities to help your child improve their literacy skills or to build-up on them.

This represents a wonderful initiative for our English-Speaking community. To register your child please contact Hélène Bélanger at [h.belanger@quebecnorthshore.org](mailto:h.belanger@quebecnorthshore.org)



# Census Jobs

# Emplois au recensement

PR-020-21

## Statistics Canada is hiring in your community!

- Schools, housing, and health and emergency services are all planned using census data.
- We are hiring approximately 32,000 census employees to count every person in Canada.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future—apply now!

### IMPORTANT TO KNOW:

- Pay rates vary **by position** from \$17.83 to \$21.77 per hour, plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours, mainly during evenings and weekends.

## Statistique Canada embauche dans votre collectivité!

- La planification des écoles, du logement ainsi que des services de santé et d'urgence se fait au moyen des données du recensement.
- Nous embauchons environ 32 000 personnes dans le cadre du recensement en vue de dénombrer toutes les personnes au Canada.
- Dans le contexte actuel de la COVID-19, nous nous engageons à assurer la sécurité de nos employés en tout temps.
- Aidez votre collectivité à planifier l'avenir : postulez dès maintenant!

### RENSEIGNEMENTS IMPORTANTS :

- Le taux de rémunération varie entre 17,83 \$ de 21,77 \$ l'heure **selon le poste**, en plus des dépenses admissibles.
- Les dates de début et de fin d'emploi varient selon le poste et le lieu de travail, mais se situent dans la période allant de mars à juillet 2021.
- Vous devez être disponible pour travailler selon un horaire flexible, principalement le soir et la fin de semaine.

**Apply now/Tell a friend**

**[www.census.gc.ca](http://www.census.gc.ca)**

TTY (a telecommunications device for deaf persons): 1-833-830-3109



**Postulez dès maintenant et parlez-en à un ami**

**[www.recensement.gc.ca](http://www.recensement.gc.ca)**

ATS (appareil de télécommunication pour personnes sourdes) : 1-833-830-3109

# CALACS: A Community Resource in Times of Need

The CALACS network, serving the north-coastal communities, is a Sexual Assault and Help Centre providing assistance in the fight against sexual assault on women and adolescents aged 14 and over.

**Lumière Boreale in Baie-Comeau and La Pointe au Jour-CALACS in Sept-Îles**, act as education, information and prevention agents for women and the population with regard to the problem of sexual assault by providing aid, defense of rights and the fight, and prevention and awareness.

If you would like to receive more information on the services they offer, CALACS can be contacted at their toll-free number: 1-866-584-1714. For emergency services 24/7, please call 1-888-933-9007.



Come and learn with us through songs, nursery rhymes or stories the benefit of signing with your little ones.

**Baby Sign language gives a "voice" to children before they can even speak.**

The workshops are given by certified Baby Sign Language Instructors:

- Hélène Bélanger
- Annie Lafrenière

N.B.: The workshops can be adapted to fit your schedule.

For more information please contact us at **418.296.1545**

## NSCA: Keeping Communities Informed

Albeit, while activities and events were mostly conducted virtually, the NSCA was able to provide these to our community members while keeping them engaged and motivated and assisting in breaking down social isolation. By using virtual technology, we were able to have community members connect and participate in events at the same time which has led to a few new long-distance friendships.

Several varied workshops and information sessions were held during this time period and included: CHEP Sessions covering topics on: "Moving Well During COVID-19" and "The Price We Pay for Safety-Managing Risk" and "Uncertainty in Life". The Centre de justice et Proximité de Côte-Nord (CJPCN) facilitated workshops/webinars on Harassment at Work, Psychological Harassment, Pardons, End of Life, and Fraud Prevention and Consumer Protection. Other workshop topics on cannabis and ageism were provided by Le Rond Point and OAS, respectively.

Stay tuned for our upcoming Caregiver's Conference with Jennifer Hobbs Robert on March 10, 2021, which will discuss the very important topic of dealing with end of life and the difficult decisions one must make at a critical time in our lives.

Educaloi's varied informational articles on legal issues are posted on the NSCA website. Our communities continue to be informed of some very important issues that touch us all at some time or another. Visit the NSCA Facebook page and read up on many interesting topics.

solitude breakup  
heartbreak violence  
abandonment financial difficulties  
mourning loss  
exhaustion drug use  
conflict housing depression  
gambling sexual assault  
addictions

# NEED HELP?



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

- ➔ You are experiencing a difficult situation and you want support
- ➔ You want to learn more about the resources that may help you
- ➔ You want to ask for psychosocial services

**This telephone service is available 24/7, confidential, free of charge, and provided by professionals**



## COVID Alert: Canada's COVID-19 exposure notification app

### Let's protect each other

The new COVID Alert app is designed to let Canadians know whether they may have been exposed to COVID-19. Download it today to protect yourself and others.

#### How the app works

1. The app uses Bluetooth signals to exchange random codes with nearby phones with the app installed.
2. If someone you've come in close contact with later tests positive for COVID-19, they will receive a one-time key from their local health authority that they can enter into the app.
3. You and others who have spent time (more than 15 minutes, less than 2 metres apart, over the past 14 days) near this person will then be notified through the app that you may have been exposed.



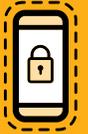
#### Your privacy is protected

COVID Alert does not collect personally identifiable information about you.

It has no way of knowing:

- Your location
- Your name or address
- The place or time you were near someone
- Your health information

No information is shared without your consent.



#### What to do if you test positive

You will get a one-time key to enter into the app.

The app then notifies other app users that they may have been exposed. Notifications are based on having spent more than 15 minutes less than 2 metres from another user in the past 14 days. **Your identity is not revealed.**



#### What to do if you may have been exposed

If the app notifies you about potential exposure, you should follow the guidance from your local public health authority.



#### Why you should download the app

The app is another tool Canadians can use to help limit the spread of infection and prevent future outbreaks as we ease restrictions and restart the economy. The more Canadians who install the COVID Alert app on their phones, the better we can limit the spread of COVID-19.

Download the app and help others use it too. Find out more at [canada.ca/coronavirus](https://canada.ca/coronavirus).

## FORUM CITOYEN

Par **(ICI)** l'avenir!

INSCRIPTIONS : [WWW.MAVILLEMAVOIX.COM](http://WWW.MAVILLEMAVOIX.COM)

MERCREDI 10 MARS



ÉDITION VIRTUELLE



The Ville de Baie-Comeau will be hosting a citizen's Virtual Forum on Wednesday, March 10<sup>th</sup>! This is an important activity for all municipalities which is conducted every four years to help build an action plan that will determine what services and activities the municipality will put a priority on. If you have any ideas of events, activities, or new services and improvements, this is the time to make your voice heard!

The activity will be held by the MA VILLE MA VOIX development team via ZOOM. The activity will be held from 6:30pm to 9:00pm. The two main themes that will be addressed will be the nutrition network and green roof projects, but they will address any other ideas you may have.

This is a free activity open to all Baie-Comeau citizens. To register or acquire more information go to: <https://mavillemavoix.com/forum>  
Registration will be open until March 5<sup>th</sup>.



# BCHS/CLC Activities and Events

by Stephen Kohner, principal



Student Parliament organised their annual food drive in December. Homme Aide Manicouagan and La Maison des femmes de Baie-Comeau picked up 4-5 bags of non-perishable goods each. In addition, each organisation received \$70 each from the profit of the candy cane sales. These donations will go a long way in helping make other people's Christmas that much cheerier!



PhysEd teacher Sheila Gélinas, time-keeper Paul Lord, and CLC-CDA Richard Gaudet cheered on and ensured active participation from one and all.

Congratulations to all students, in particular to Gabriel Bouchard (1st place), Loucas Perreault (2nd place), Tori Tiller (3rd place), and to Kelly Anne Martel (special mention).



BCHS Home & School Association organized a buffet of Christmas treats for students and staff on December 15th. Students & staff had their fill of home-baked cookies, cupcakes, jello, hot chocolate, and many other scrumptious goodies.



Annie Lafrenière of the North Shore Community Association (NSCA) distributed a set of traveling literacy bags to pre-school students in mid-December. Each bag contained a set of themed books and some activity sheets the students could do with their parents. The bags are exchanged every month.



## Crazy Hair and Hat day at BCHS

# Students Win Legion Poster and Literary Contest Prizes



Cde Stephen Kohner (left) and Cde Jean St-Laurent (right) of the Royal Canadian Legion North Shore Branch 003 presented the winners of the Remembrance Day Literary and Poster Contest with their certificates and cash prizes in early December. Congratulations to Loucas Perreault (1st place, Intermediate poster), Rose Boisseau (1st place, Junior poetry), Mya Boisseau (1st place, Intermediate literary), and Gabriel Bouchard (participation prize). The 1st place winning poster/essays are now forwarded to the Provincial Command for the provincial competition.

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 17, Number 3**

## NSCA Mission:

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

### Mailing:

P.O. Box 6102  
Baie-Comeau, QC  
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418-296-1545

### Office:

202-337, boul LaSalle  
Baie-Comeau, QC  
G4Z 2Z1

### Sept-Îles Branch Office:

Local #106, 598, boul. Laure  
Sept-Îles, QC G4R 1X7  
418-968-3148



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