

LET'S GET CONNECTED

October 2022

Volume 19, Number 2



Baie-Comeau Marina Photo: Stephen Kohner

QUEBECNORTHSHORE.ORG

22nd Annual General Meeting Meets in Baie-Comeau

The NSCA's Annual General Meeting took place on Saturday, September 24, 2022, and was hosted at the beautiful Carrefour Maritime overlooking the St. Lawrence Seaway.

This year marked the 22nd year of existence for the NSCA, as twenty-four participants came together and listened to the overview and reports of our year 2021-2022.

Following on from the annual review, members were treated to a presentation by Stephen Kohner with the ongoing development of "1000 Words" heritage capsules project which is scheduled for production in early December.

In continuation of event activities, the 2022 Marc Deslauriers Community Involvement Award was awarded to Kusum Parmar, a long-serving community member from Sept-Îles.

The event closed with a delicious luncheon catered by Restaurant Saint James. A great day was had, and we look forward to an exciting year ahead!



A Word from the Chair

Thank you to everyone who attended our Annual General Meeting held on September 24, in Baie Comeau. Founded around the same date in September 2000, the NSCA has been representing and serving our vibrant, North Shore English-Speaking community with passion and vitality ever since. Congratulations to all staff and volunteers, but especially to Ms. Jody Lessard who has been there throughout the years.



Elections were held for Board of Directors members whose mandates were up. Congratulations to the re-elected members. The Board is very happy to announce the appointment of Ms. Aby-Gaelle Jerome, as Youth Director. Welcome aboard to Aby-Gaelle, we all look forward to working with our dynamic new colleague.

The impressive and substantial Annual Report was also deposited, and you will be able to consult it on our web page in a few days. I encourage you to read it to see the remarkable work accomplished for the well-being of our community.

Happy Autumn !
Mary Ellen Beaulieu
Chairperson

NSCA 2022-2023 Board of Directors



From left to right: Mary Ellen Beaulieu - Chair; Donald Goodfellow - Treasurer; Marilyn Miller - Secretary; Marcella Beaudoin - Director; Walter Bisson - Director; Edith O'Brien - Vice-Chair; Aby Gaelle Jerome - Youth Director; Marie-Anne Bizeau - Director; Jackie Bizeau - Director

The NSCA Welcomes Four New Staff Members

The NSCA is pleased to announce the addition of new staff, in both the Baie-Comeau and Sept-Îles offices. We welcome the following staff. Feel free to come to our offices to meet them.



Cynthia Dempsey
Community Outreach
Administrative Assistant

Hello everyone. I'm Cynthia Dempsey and I'm originally from Nova Scotia. Encouraged by friends to come and visit the North Shore, I came and liked what I saw and decided to relocate to Baie-Comeau in August 2021 and become a part of this wonderful community. I enjoy working at the NSCA and being a part of the English-speaking community.



Amber Dalby
Community Coordinator

Hi, my name is Amber. I am originally from Toronto, Ontario, where my family still resides. I have lived across Canada as far West as Vancouver Island. After a brief time living back in Toronto, I met my now spouse who is from La Romaine. We decided to move to Sept-Îles as it's perfect for children and incredibly beautiful! I have now lived in Sept-Îles for 5 years, have 3 wonderful boys, and have the pleasure of working with the NSCA for almost one year come March.



Christophe James
Community Development Agent
MRC Sept-Rivières

Greetings / Bonjour! As a new resident of the region coming from Quebec City (I moved at the end of Summer 2022) and the new Community Development Agent, I'm looking forward to learning as much as I can about this naturally wonderful community and be of service to the best of my capabilities.



Alicia Buffit
Project Coordinator

Hello everyone! My name is Alicia Buffitt, I am the Special Projects Coordinator for Mental Health and Wellness for the NSCA. I am originally from La Tabatière on the beautiful Lower North Shore but have been living in Sept-Îles for 16 years now and it has become my home away from home! I look forward to providing you all with some wonderful Mental Health resources! Let's end the stigma around mental health!

Family Planners Available for Free!

A 'must-have' for all families with children 0-6 yrs and a super way to stay organized and not miss special events and activities. The NSCA researched, developed, and distributed 150 planners to families in Baie-Comeau, Sept-Îles and Port-Cartier. The 'Family Planners' were distributed to the families through the Baie-Comeau High School, Riverview and Flemming Elementary schools. We still have a handful of planners left, so please contact us at 418-296-1545, Ext. 4 if you would like one.

September 2022





Congratulations, Kusum

Kusum Parmar, a long-serving community member from Sept-Îles was the deserving recipient of the 2022 Marc Deslauriers Community Involvement Award. Kusum has been an active member of the English-language community and has devoted her time to numerous NSCA activities.

In the past year, Kusum has spent many hours with youth from QEHS, where she has shared her great culinary skills and helped them discover a variety of recipes.

Whether it be initiatives related to NSCA, school, or youth, Kusum is always there willing to lend a helping hand along with a lovely smile.

NSCA Staff Retreat 2022



Themed “Getting to Know...” was the focus of our first staff retreat held in Baie-Comeau on September 6 and 7. With new staff and new programming in the works at the NSCA, it was a great welcoming and networking activity. In addition, it was a first time visit of the Sept-Îles staff to the Baie-Comeau office.

Staff acquired in dept knowledge on NSCA programming, the action plans, and discussed initiatives underway. Two great days of team building and planning with staff from the NSCA offices of the Baie-Comeau & Sept-Îles. What great networking!

The NSCA office further organized a guided historical walking tour and arranged for a visit to a local educational alpaca farm for staff to interact with each other and learn about the local history of Baie-Comeau. A big thank you to our local, knowledgeable guide, Walter Bisson, for regaling us with stories about Baie-Comeau residents in the early days and acquainting us with the history of this beautiful city. It was founded by English-speaking people, and we must remember to keep this pride instilled in our communities.

Sept-Îles' Stitch N' Yarn Group Off and Knitting



The **Stitch N' Yarn** group started off September 12 knitting and crafting and will continue meeting every Monday from 1:30 - 3:00 at the NSCA office, 598 blvd. Laure, in Sept-Îles. Feel free to drop-in and join in on the fun.

The ladies from this group are generously donating 10 knitted gift sets for mother and newborn baby which will include warm, cozy slippers for mom and beautiful hat and booties/mittens to bring the special little one back home. These packages will be taken to the Hospital Foundation who will then take them to the Sept-Îles Hospital Maternity Ward. Way to go and thank you for your generous donations.

In the vein of donating the ladies knitted goods such as slippers, socks and tuques to be provided to the community organization of L'Atre in Sept-Îles. This vulnerable population will be kept warm this winter!

Upcoming Workshops & Information Sessions

CHEP SESSIONS (via Zoom)

October 19, 2022: CHP Session - "Incontinence and Pelvic Floor Rehabilitation" at 10:00 - 11:30 am

November 16, 2022: CHP session - "Coping With Chronic Pain: A Summary of the Work by the Canadian Pain Task Force" 10:00 - 11:30 am

LEGAL WORKSHOPS

October 25, 2022 - CAAP - Jean Francois Gareau, will be addressing the legal aspects of living and/or leasing in a private senior's residence. **Session will take place at 34 ave Carleton, Baie-Comeau at 1 p.m.**

November 1, 2022 - CJPCN (Centre de justice de proximité Côte-Nord) will be presenting a new legal information workshop on, "Access to Medical Files". CJPCN will address the legalities and processes on how to access your medical files while living and after you have passed on. **This session will be offered via Zoom and at our NSCA offices at 10 a.m.**



BCHS/CLC Activities and Events



Students and Staff attended a commemorative assembly on Monday, September 19th at Parc des pionniers, honouring the life of the **Her Royal Majesty Queen Elizabeth II**. The activity was organised by the Royal Canadian legion Branch 003 <Quebec-North-Shore>.

Flemming School and 50+ Club Team up for the Terry Fox Walk 2022



Our thanks to all those who joined us on Friday, September 23rd for our annual Terry Fox Walk, and to all those who donated to this cause. A big shoutout to our 50+ Club for donating \$75 and for walking with us! We appreciate you!

Kathy Fequet, Interim Principal

Early Childhood Initiatives

The much looked forward to sessions of **Toddler Time** and **Story Time** got underway after summer break.

Children and parents participated in Story Time on September 24 in Port-Cartier by celebrating autumn while Sept-Îles discovered delicious apples in their Story Time event on September 25.

Upcoming Story time events:

October 29, 2022 - Story Time in Port-Cartier

October 29, 2022 - Stay tuned for a new Story Time session coming soon to the Alice-Lane Public Library in Baie-Comeau.



There were 13, the new lucky number!



Toddler Time on October 1, 2022 - The month of October is considered as turkey time and we celebrated Thanksgiving Day and were thankful for the bountiful harvests. Corn is a bountiful harvest and we celebrated this by having a corn shucking race, having popcorn as a snack, using coloured dyed kernels to make art and ending with a sorting game of what corn can make.

APPRENTISSAGE PAR LE JEU
FUN FOCUSED LEARNING

**...Toddler...
Time**

Une fois par mois
Once a month

... 0-8 Ans/Years ...

Bureau de la NSCA Sept-Îles Office
598, boul. Laure, Local 106

Activités en anglais
Concours | Peinture | Bricolage |
Jeux extérieurs | Habiletés motrices | Lecture |
Développement sensoriel

The Activities
Contests | Painting | Arts and Crafts |
Outdoor Games | Motor Skills | Reading | Sensory
Development

Registration/ Inscription - a.dalby@quebecnorthshore.org

Health Canada Santé Canada

National Seniors Day Celebration in Sept-Îles



National Seniors Day is a special moment to highlight the immeasurable value of seniors in our society. This year, the theme "The resilience of older persons in a changing world", is a reminder of the important role older women play in addressing global challenges and contributing to their solutions with resilience and courage.

The 2022 National Seniors Day celebration, organized by the Table de concertation des aînés of the MRC de Sept-Rivières, was held on Saturday, October 1st. English-speaking seniors of Sept-Îles once again participated in the celebration with 30 of our community members in attendance.

The celebration began with a luncheon at the Centre socio-récréatif de Sept-Îles. During the lunch, participants were treated with a tasting of traditional foods from members of the Innu community. Participants finished off the afternoon enjoying the local entertainment.

A great day was had by all, and the NSCA is looking forward to being part of the organization committee for October 2023!

Interpretation and accompaniment services at Sept-Îles hospital and on the North Shore

English Customer Service Agent Ms. Sharon Tardif, has been present at the Sept-Îles Hospital since March 2011 in order to assist the English-speaking clientele in their needs during their medical visits and appointments.

Among the services offered by the interpreter are:

- Greeting and informing the clientele of services available;
- Accompanying English-speaking clientele throughout the period of care;
- Directing the English-speaking clientele towards the appropriate resources;
- Acting as liaison from one department to another in order to ensure continuity of service;
- Acting as an interpreter.

Ms. Tardif's services are also available elsewhere on the North Shore. In addition to the services mentioned, she can also support intervenors in their relationships with the English-speaking clientele whether on site in Sept-Îles or by videoconference elsewhere on the North Shore.

In order to benefit from the different services she offers, you can call her Monday to Friday, from 8 am to 4 pm, at 418-965-7621.

Seniors' Health & Wellness in Sept-Îles & Baie-Comeau

As summer came to an end and many of us returned from our travels, adventures and summer chalets, the 50+ health and wellness activities at the NSCA commenced.

SEPT-ÎLES

The **Walking Group** were getting warmed up and conditioned on September 13 in preparation for their weekly walks which are held every Tuesday. If you'd like to participate please contact Charlene Lavallee at 418-968-3148.

On September 14, the NSCA and the 50+ wellness members enjoyed a welcome back from summer activity where they discussed their summer vacations, brain-stormed for possible future activities and included a moment of silence for those who are no longer with us.

Upcoming Wellness events in Sept-Îles:

- October 19: Bookmarks and Card Making Activity
- October 26: Halloween social afternoon
- November 2: Collective cooking activity with Sec. 3 (QEHS) followed by a beading activity.
- November 9: Banana Day
- November 23: Salon Day
- November 30: Cookie baking and decorating with Grade 3 & 4 students (Flemming Elementary)

BAIE COMEAU

The Baie-Comeau 50+ Wellness community members were delighted to start up activities again after summer and the NSCA delivered! Fifteen Baie-Comeau 50+ wellness members got off to an early start by getting together for a welcome back from summer breakfast hosted at the Bistro La Marée at the Hotel Le Manoir. Lots of adventures were shared, exploits discussed and overall, great conversation and catching up with each other were had.

The Walking Group of 7 members explored the Parc Manicouagan trails and finished up with a hot coffee and homemade goodies on August 30, 2022.

A visit to a local alpaca educational farm at Pointe-aux-Outardes on September 13 was enjoyed by 12 of the wellness members. From a kiss-giving alpaca to a peacock, angora rabbits, chinchillas, a miniature horse and other various animals, we learned about the food they eat, the environment they live in and other fun facts about them. Our seniors enjoyed this outing a great deal. We also took this occasion to celebrate one of our members, who turned 90, with cake and coffee at the end of our visit.

We are back learning to sketch after the summer break. Local artist, Gilles Beaulieu, provided a hands-on session with our members on September 22 and provided tips and tricks on how to capture what your eyes see and transposing this onto paper. A lot of budding artists!

Upcoming Wellness events in Baie-Comeau:

- October 18: Bookmarks Activity
- October 25: Mr. Jean-Francois Gareau-CAAP- Private Senior's Residences
- October 28: Bloodwood Masquerade Murder Mystery
- November 1: "Access to Medical Files" -Centre de justice de proximité Côte-Nord
- November 8: Speaker - Veteran, Mr. Sylvain Cloutier - Royal Canadian Legion
- November 15: Annual Christmas Cake Making
- November 22: Artist, Gilles Beaulieu - Sketching
- November 29: Cookie Exchange
- December 13: Artist, Gilles Beaulieu - Sketch



BOO! SPOOKY STORY TIME

VENEZ RENCONTRER AMBER POUR UNE ACTIVITÉ SPECTRACULAIRE!
 NOUS ALLONS LIRE, BRICOLER, JOUER ET MOMIFIER AMBER.
 NOUS VOUS ATTENDRONS À LA PORTE POUR VOUS DIRIGER.
 JOIN AMBER FOR A SPOOKTACULAR TIME!
 WE WILL READ, CRAFT, PLAY GAMES AND MUMMIFY AMBER.
 WE WILL BE WAITING AT THE DOOR TO DIRECT YOU.

SAMEDI 22 OCTOBRE
À 10 H
SATURDAY, OCTOBER 22
AT 10:00 AM

Bibliothèque Louis-Ange-Santerre Public Library
 500, Av Jolliet, Sept-Îles
 Contactez la bibliothèque au:
 Contact the library at:
418 964-3355
 pour réserver votre place
 to reserve your spot.

BIBLIOTHÈQUE
Louis-Ange-SANTERRE

Bright Beginnings
 NSCA - Côte-Nord
 A shining start for children ages 0-8

Community Christmas Tea

Sunday, November 27th 2022
 2:00 to 4:00 pm
 at the Anglican Church
 47, Ungava St., Sept-Îles
 Tickets for sale
 Adults - \$5, Children - \$3

**COME AND JOIN US FOR A
 COMMUNITY BAZAAR!
 CRAFT TABLES AND BAKED
 GOODIES, WITH DOOR
 PRIZES TO BE WON!**

PLEASE CONTACT THE NSCA OFFICE FOR
 TICKETS AT 418 968-3148

ARE YOU TRAVELLING TO QUEBEC CITY FOR HEALTH SERVICES?

LOOKING FOR SUPPORT WHILE YOU ARE THERE?
 A patient navigator can accompany you while you are in Quebec city

navigator@qchfoundation.org
418-932-0095
 www.travel4health.ca



Bright Beginnings
A shining start for children ages 0-9
Côte-Nord

HALLOWEEN HAUNTED HOUSE

OCTOBER 28, 2022. 5:00 PM

NSCA office in Sept-Îles
598, Laure Blvd., Local 106

Contact Amber at:
418-968-3148, or
a.dalby@quebecnorthshore.org
to reserve your place.

Children and their parents are welcomed to put on their best (or worst!) costume and join Amber for a fun Halloween dinner filled with games and music!

**You do not have a family physician?
You have a health problem?**

If your situation is not urgent, contact the primary care access point (GAP).

We can help you!

1 844 962-4263, option 2

For more details about this service, scan this QR code.



Centre intégré de santé et de services sociaux de la Côte-Nord
Québec



ENGLISH MENTAL HEALTH WORKSHOP FOR PARENTS

TOPIC: SOCIAL AND EMOTIONAL LEARNING

MY CHILD'S SOCIAL AND EMOTIONAL SKILLS; A WINNING APPRENTICESHIP! TO GROW WELL, THE DEVELOPMENT OF SOCIAL AND EMOTIONAL SKILLS IS IMPORTANT, BUT HOW DO YOU GO ABOUT IT AS A PARENT? TIPS AND TRICKS TO UNDERSTAND AND SUPPORT YOU.

November 24th, 2022 at 7 PM- 8:30 PM

This workshop is offered **IN PERSON**. A virtual link will be provided for those who cannot attend in person.

In person places are limited so sign up as soon as possible to guarantee your spot!

use this QR code to sign up for the workshop!



LOCATION: NSCA Sept-Îles Office
(598 Laure Blvd - Local 106)

Centre intégré de santé et de services sociaux de la Côte-Nord
Québec



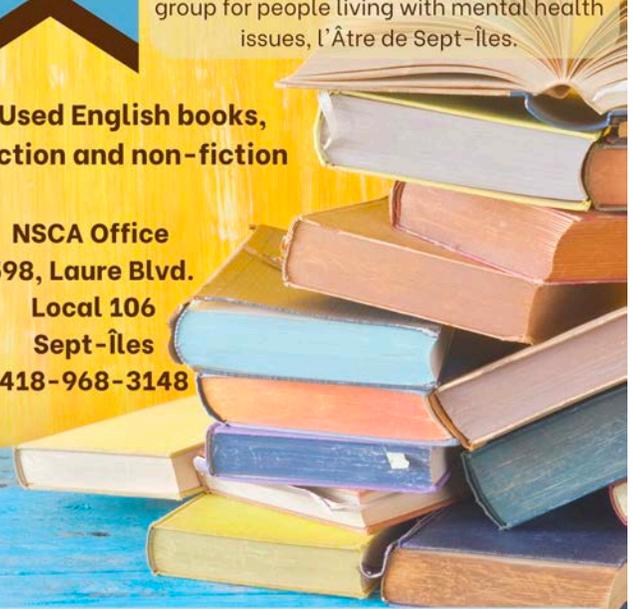

**Oct. 20
Oct. 21
9:00 am - 3:00 pm**

BOOK SALE

Organized by Mederic O'Brien, supported by the NSCA; all proceeds go to the alternative housing resource and support group for people living with mental health issues, l'Âtre de Sept-Îles.

Used English books, fiction and non-fiction

NSCA Office
598, Laure Blvd.
Local 106
Sept-Îles
418-968-3148



Unlike last May, we are not in need of more books to sell. If you would like more information, please contact Charlene by phone or at c.lavallee@quebecnorthshore.org

Photos from the 22nd AGM 2022 in Baie-Comeau



The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nsca@quebecnorthshore.org. (All submissions are subject to editing and approval)

North Shore Community Association

Volume 19, Number 2

NSCA Mission:

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

Mailing:
P.O. Box 6102
Baie-Comeau, QC
G4Z 2G9
418-296-1545

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

Sept-Îles Branch Office:
Local #106, 598, boul. Laure
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Vice-Chair: Edith O'Brien
Secretary: Ms. Marilyn Miller
Treasurer: Mr. Don Goodfellow

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Return undeliverable Canadian addresses to:

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Baie-Comeau, Québec
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