

LET'S GET CONNECTED

March 2014 Volume 10, Number 4



Photo: Debbie Laurie / Plage Rochelois, Port-Cartier

QUEBECNORTHSHORE.ORG

5th Annual Saint Patrick's Day Potluck organized by 50+ Club Sept-Îles

On Saturday, March 15th, the 50+ Club Sept-Îles hosted their 5th Annual Saint Patrick's Day Potluck.

The many participants were greeted with a festive atmosphere of leprechauns, shamrocks and decorations in green which transformed the church hall into the 'Emerald Isle'. The participants themselves were dressed in comical green costumes to celebrate the evening of fun and entertaining activities.

To begin the evening, participants were visited by the new Liberal candidate Laurence Method who dropped by to say 'hi' and meet some of the English-speaking community.

Among the highlights were the throw toss game, a song "From an Island to an Island", an amusing choreography of YMCA 50+ style and last but not least, 3 humorous skits that had everyone in stitches.

Cathy Larivière (NSCA Fermont Director) donated two beautiful works of art for door prizes. The winners were Ron Shattler and Muriel Kippen.

On behalf of the 50+ members and the NSCA, we would like to thank all of those who helped to organize this festive event, including our sponsors. Another year of great success!
(See more photos on back page)



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A WORD FROM THE CHAIR

Happy Spring to all who are reading this while waiting for the snow to melt!! I hope you enjoyed the Winter Olympics and Paralympics as much as I did! I stand in awe of the dedication, hard work, commitment, talent, and sacrifice that it must take to get there. These athletes are true Canadian heroes whether they come home with a medal or not. I say thanks for all the great performances and for the thrills you gave us. We are so proud of you. WE ALL PLAY FOR CANADA!!



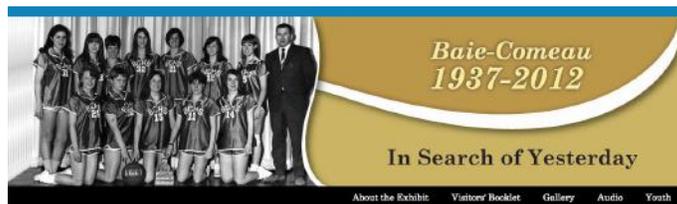
St. Patrick's Day was special for me this year as, for the first time in my life, I actually was on St. Catherine's Street in Montreal for the annual parade on March 16th. WOW!! I think I had enough Irish/green items for the entire block where I stood!! Hard to beat an Irish celebration!!!

Will keep you all in my thoughts as I flee south to Riviera Maya in Mexico for the last week of March...praying that the white stuff will have vanished upon my return. I know I'm a dreamer, but pray along with me PLEASE.

Until next time, keep active and connected. That's what we are all about!

Debbie Laurie

Chair



<http://exhibit.quebecnorthshore.org>

Centre d'Action Bénévole de Sept-Îles Meals on Wheels Program

'La PoPote' of the Centre d'Action Bénévole de Sept-Îles has a service of hot meals delivered to your home from Monday to Friday for a low cost.

Admissibility requirements:

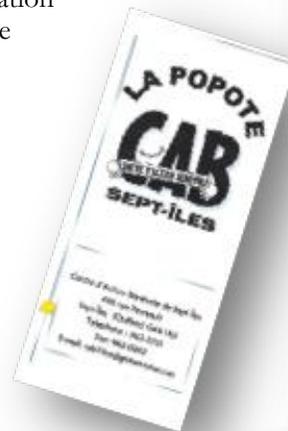
Must be 50 years of age or over, or must be referred by an authorized organization.

Check out their new English pamphlet....available at their offices situated at:

Centre d'Action Bénévole de Sept-Îles
466 rue Perreault
Sept-Îles, QC G4R 1K5
Tel: 418-962-5751

or copies are also available at the NSCA's offices in Sept-Îles situated at:

North Shore Community Association
Northern Lights Adult Ed Centre
530 Brochu
Sept-Îles, QC G4R 2X3
Tel: 418-968-3148



English Movies in Baie-Comeau and Sept-Îles

English movies are shown on a weekly basis (Sunday evenings) at the Ciné Centre in Baie-Comeau and Sept-Îles. Please check our community calendar at www.quebecnorthshore.org/full-calendar or follow us on Facebook to check out the schedule for what film is playing at your local theater.

50+ Clubs Show their Olympic Spirit

By Michelle Petit



The 50+ members of Baie Comeau and Sept-Iles have continued to stay busy with a variety of different activities. In January the NSCA hosted a breakfast and learn in both cities; this was in collaboration with CHEP for a video conference. Those who attended enjoyed a continental breakfast. The atmosphere was cheerful and all appreciated the opportunity to chat before the conference started.

In February, to coincide with the Olympics, the 50+ members of Baie Comeau & Sept-Iles held “Wacky Olympics”.

- Baie Comeau held a “Wacky Olympics” Wellness Day. There was exercise, a short video called “Age is No Barrier”, brain teaser, guess the flag and wacky broom ball games. There was a Russian inspired lunch prepared by those who attended. Our favourite dish was the Ajepsandal appetizer.
- Sept-Iles held a “Wacky Olympics” afternoon. They had a blood pressure station set up and did some exercises to start the afternoon off. Then they went into Wii games as well as some crazy games like fruit salad shack and snowman toss.



50+ Club Sept-Iles Hero in 30 Training

On Wednesday, February 26th, 2014 the North Shore Community Association organized an activity for the 50+ Club Sept-Iles members. Under the direction of Kevin Tremblay, a paramedic and qualified instructor of the 'Hero in 30 Minutes flat', 23 participants received training via an informative and interactive activity. Life saving techniques were demonstrated such as cardiopulmonary resuscitation (CPR), how to help a choking victim and even how to use an automated external defibrillator (AED).



The 'Hero in 30 Minutes Flat' is a program that was created through a partnership between the Ministère de la santé et des services sociaux, the Heart and Stroke Foundation and the Corporation d'urgences-santé, resulting in a simplified version of the traditional courses teaching CPR techniques that help save lives. The aim is to facilitate learning and how to react quickly in an emergency situation. During the training, individuals learn how to recognize signs of complete obstruction of the respiratory tract and cardiac arrest and prepare them to act quickly until help arrives.



Grade One Visits 50+ Club Sept-Iles

by Ms. De Feudis

On February 19, 2014 Gail Lavallée, head of the 50 Plus Club along with other members, welcomed Ms. De Feudis' grade one class to their centre.

The students brought valentine cards to share with the members, as well as sang them a valentine song. The Club members assisted the students in making a laced-foam picture frame. Then, Mr. Antle led the students into singing the song 'If You're Happy and You Know it'.

To culminate the wonderful afternoon, the students were treated with snacks and juice, and they all left with a wonderful heart-shaped marshmallow treat.

A big thank you goes out to Ms. Lavallée and the other members for making the event memorable. Thank you to Mrs. O'Brien for helping us organize and assisting the event.



YES Comes to the North Shore

YES Montreal, in partnership with NSCA, provided free professional business coaching sessions and entrepreneurship workshops in the communities of Sept-Iles and Baie-Comeau.

Coby Ingham, Business Coach, delivered a workshop on Jump-Start Your Business-Understanding Entrepreneurship and Small Business. This 75 minute session gave a glimpse at what it takes to be an entrepreneur, and the basic information required to launch your business in Quebec.

The workshop was also adapted and presented at a younger audience, secondary students of QEHS and BCHS, as well benefited from this free session; which focussed on what is entrepreneurship and what it takes to be an entrepreneur, including some examples of student entrepreneurial projects.

Following the adult orientation sessions, Mr. Ingham met with a few community members and provided free business coaching. It was a perfect opportunity to meet with a professional to answer business questions and much more.

The NSCA is certainly grateful for YES providing this free service to the community and hopes to see Mr. Ingham back sometime soon!



How Can You Help Increase the Visibility of the English Community and Help Improve Access to Health and Social Services in English? Stand Up and Be Counted!

When dealing with a health facility:

- ask for services in English before switching to French;
- ask for documentation in English;
- press the key for English services when using the telephone;
- use the English services already in place.

Remember to always be polite and respectful.



St. Patrick's Day Celebration at Fermont School

By Robin Fequet

The Pre-Kindergarten and Kindergarten students of Fermont School celebrated St. Patrick's Day in style! Wearing lots of green the students came to school in hopes of capturing a sneaky little leprechaun that had been playing tricks on them all week! In preparation for setting up a "leprechaun trap" the students read many stories about the little elves that come out searching for gold on St. Patrick's Day.

Their favourite stories they read were "The Luckiest Leprechaun: A Tail-Wagging tale of Friendship" written by Justine Korman and "Ten Lucky Leprechauns" written by Kathryn Heling. These stories were not only entertaining but they helped the students generate ideas on how to catch such a creature. We used a black bowl as the "pot of gold" and filled it with pretend coins and placed a green hat on top of the bowl in hopes to trap the leprechaun. Oh, and we couldn't forget the rainbow; so we painted a rainbow and placed the pot of gold beside it.

We knew there was a leprechaun lurking around when we found green clovers in place of some gold coins we hid earlier in the week; needless to say we were very hopeful to trick this visitor on St. Patrick's Day. Unfortunately, the trap did not fool the little leprechaun... although he did take the coins from the pot and replaced it with golden clovers! We are looking forward to next St. Patrick's Day and are already planning our next move, how would you trick a Leprechaun?



The Director General of Eastern Shores School Board, Howard Miller, survived the frigid temperatures in Fermont on January 27. It was -39 degrees Celsius when he arrived at school in the morning. The dedicated boss also stayed outside with the children for their 15 minute recess at -34 degrees Celsius.



The Pre-Kindergarten to Grade 2 students at Fermont School learned a lot about penguins this winter. The students drew life-size penguins, created water bottle penguins, and made penguins out of Oreo cookies. The students were inspired to name their stuffed penguin Mr. Miller after the Director General visited our school.

Thank you, Mr. Miller, for your dedication to the students!

A Myriad of Activities Make for Good Times!

by Stephen Kohner, principal

During the months of February and March at Baie-Comeau High School, a wealth of events that engaged the students in fun-filled, active and educational activities. The winter weeks passed by quickly with little time for boredom!



Secondary students had the honour of meeting and listening to former gold medal Olympian sprinter Bruny Surin on February 7th. One phrase resonated with the audience: "The ME I will SEE is the ME I will BE". Many thanks go to Chantal Pitt of Eastern Shores School Board for ensuring our participation in this activity.



On February 21st, the Student Parliament organized an afternoon to celebrate the Sochi Winter Olympic Games. There were 8 stations set up in the playground - students rotated to each event every 10-12 minutes. A highlight came when he heard about the Women's hockey gold medal victory!



Students from Elementary Cycle 3 through to Secondary V participated in a 2-hour workshop animated by PrimaDanse. The two enthusiastic animators/dancers organized a number of activities that shone a light onto issues related to hyper-sexuality.



Students and Staff enjoyed a superb day at the local ski hill Mont-ti-Basse on February 7th. Organized by teacher Diane Bélanger and with a financial contribution from the H&S Association and help from our CLC, it was a day of downhill skiing, snowboarding and tubing.



After 18 months of planning, 11 students and 9 adults took a school trip to New York City from Feb. 28th to March 4th. They saw an NHL game, visited the 9/11 Memorial, and saw "Phantom of the Opera" on Broadway, to name but a few activities.



Christopher Lévesque, Sam Kerr and Kim Ross proudly hold the RSEQ championship banner after winning three games in the regional tournament held in Baie-Comeau over the weekend of March 15-16. The three BCHS students are part of a 16-member team formed with École secondaire Jean-Paul II.

Updates from Riverview School

by Shaunna Goudie, Principal

This has been a busy period for the students and teachers at Riverview School.

To promote 'school spirit' and a sense of belonging, students got a chance to show their talent and creativity by painting the lockers. This activity was organized by our school level 'Etablissement Vert Brundtland' (EVB) committee. The traditional Riverview Variety Show also gave a showcase for the students to demonstrate their talent and enthusiasm. Both of these activities were supported financially by the NSCA and we thank them very much!

Our Carnival Day reflected our sense of community with an amazing day at the Gallix Ski Hill.

Riverview is very proud of secondary 2 student, Ryan Miller, who has qualified to compete in the Great Canadian Geography Challenge competition again this year! Ryan will compete against 49 other students from across Canada on April 17th, 2014.



Good luck Ryan!



BCHS Annual Bean Supper

Featuring TEX-MEX style food!

Come dressed up in FIESTA-type clothes!

Entertainment provided by the students of BCHS!

DATE:

Friday April 25, 2014

TIME: 5:30 P.M.

PLACE:

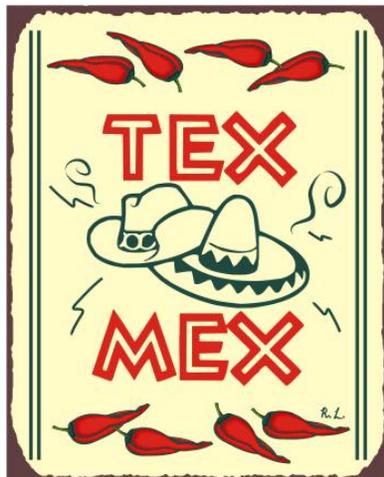
BCHS school gymnasium
39, av. Marquette
Baie-Comeau

PRICE:

Adults - \$10.00
12 and under - \$5.00

TICKETS:

available at the door only



Profits from this supper will help our students in many ways. A part will be used for Secondary V bursaries. The rest will be used to pay for other school activities.

For more information, please contact the school at 418-296-2832 or bchsadm@c gocable.ca.

(Organized by the Baie-Comeau High School Home & School Association)

Welcome to all!
Bienvenida a todos!

Worship Services

All Saints' Church

39, av. Ungava
Sept-Iles

All services commence at 10:30a.m.



- April 6: Anglican Service
- April 13: United Church Service
- April 20: Anglican Service
- April 27: United Church Service
- May 4: Anglican Service
- May 11: United Church Service
- May 18: Anglican Service
- May 25: United Church Service

Sainte Famille Catholic Church

15 Comeau, Sept-Iles

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at paroissesseptiles.org/



Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.

- April 6: Communion Service
- April 20: Easter Service (5p.m.) with Potluck Supper (6p.m.)
- May 11: Communion Service
- June 1: Communion Service
- June 22: Communion Service

Information:

Canon Stephen Kohner (418-295-3431)
stephen.kohner@c gocable.ca

Coming to Quebec City for Medical Treatment?

Let us know...We're here to help.

Members of the Pastoral Services Team of the Anglican Diocese of Quebec provide a variety of services for English-speaking patients & their families treated in Quebec City hospitals. They may be able to:

- provide transportation
- visit patients and family members who accompany them to Quebec City
- provide translation
- run small errands

pastoralcare@quebec.anglican.ca / 581-308-8393



QCGN Launches 2014 Vote it Up campaign

Put on Your Pants, Go Vote video Encourages English-speaking Youth to Vote

Montreal – March 20, 2014 – To encourage English-speaking youth to vote in the upcoming provincial election, the Quebec Community Groups Network (QCGN), in partnership with the Directeur général des élections du Québec (DGEQ), has launched its 2014 election Vote it Up campaign with its *Put on Your Pants, Go Vote* video to mobilize youth to go to the polls on April 7.



“Youth aged 18 to 35 represent 25 per cent of Quebec’s population. We can make a difference. We’re smart, we’re connected, and we’re aware of how powerful we can be,” says spokesperson Rosanna Tomiuk.

“Through Vote it Up’s 2014 campaign and our social media outreach, we’re excited about the potential to positively impact the number of English-speaking youth who are getting involved and taking advantage of their democratic right to vote.”

Originally from Beaconsfield, Tomiuk is a former member of the Canadian water polo team, a singer and songwriter, a young entrepreneur, business coach and a triathlete. She also lent her voice to the song *Notre Home*, an anthem commissioned by the QCGN to foster a sense of belonging among young English-speaking Quebecers.

“In Quebec’s 2012 provincial election we witnessed a growth in civic engagement among our youth with a 22 per cent increase in voter turn-out among voters aged 18 to 35,” said QCGN Director-General Sylvia Martin-Laforge. “We are committed to the continuation of this momentum through Vote it Up’s unique, multifaceted approach with our spokesperson, campaign videos and social media outreach” she added, noting that the QCGN is working with its member organizations across the province to spread the word to youth in their communities.

To stimulate the interest of English-speaking youth, Vote it Up is reaching out to young people where they gather – on social networks such as Facebook, Twitter, Instagram, and YouTube. To watch the *Put on Your Pants, Go Vote* campaign video visit the Vote it Up website at www.voteitup.ca.

The Quebec Community Groups Network (www.qcgn.ca) is a not-for-profit organization bringing together 41 English-language community organizations across Quebec. Its mission is to identify, explore and address strategic issues affecting the development and vitality of English-speaking Quebec and to encourage dialogue and collaboration among its member organizations, individuals, community groups, institutions and leaders.

For more information:

Alison Maynard, Project Coordinateur | alison.maynard@qcgn.ca
Téléphone : 514-868-9044, poste 229 |

Educaloi offers Information Session on Wills & Estates

NSCA in collaboration with the Community Learning Center of BCHS hosted an information session called “Wills & Estates”. Delivered through video-conference, notaries from Educaloi explained wills and the many types, the repercussion of not having a will, as well as the various steps in settling estates. It proved to be an interesting topic with many who participated.

If you would like to obtain copies of the documents that were circulated during the session, please feel free to contact the NSCA office.



Quebec AM Poetry Contest

by Debbie Laurie

During the final week of the Sochi Olympics, Susan Campbell, morning host, issued a challenge: “We want to hear your best poem about your favourite athlete, sport or moment from 2014 Sochi Olympics. The entrants' names will all go into a hat and you stand a chance of winning a really cool CBC Olympic prize pack.”

Well, yours truly was up to the challenge and sent in 10 poems, almost guaranteeing me that prize. I love writing limericks, and always wrote them with my students around St. Patrick’s Day so all my poems were limericks.

My name was the first one picked and, a week later, I received a CBC Olympic toque as well as a Sochi 2014 Olympic pin and lanyard. Here are two of my entries:

**There once was a player named Sid
Scored a great goal that’s what he did!!
Canada has gold
The critics are sold
Thank you to Captain Sid the Kid!!**

**There once was a curler named Brad
Who almost drove Great Britain mad!
His skills were so great
The end came in eight,
Making Canada proud and glad!!**

NSCA Invited to Attend Official Opening of Duplessis Liberal Party Office on March 15



from left to right: Mary Ann Bourassa, NSCA secretary, Philippe Couillard, leader candidate PLQ, Debbie Laurie, NSCA chair, and Laurence Méthot, PLQ candidate for Duplessis



from left to right: Laurence Méthot, PLQ candidate for Duplessis, Charles Langlois, Jody Lessard

Photos from St. Patrick's Party, Sept-Iles

(continued from p. 1)



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 10, Number 4

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 163
Baie-Comeau, QC
G4Z 2G9
418-296-1545

Office:
39, av Marquette, Local 310
Baie-Comeau, QC
G4Z 1K4

Sept-Îles Branch Office:
530, av Brochu, 3rd Floor
Sept-Îles, QC G4R 2X3
418-968-3148



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Vice-Chair: Mr. William Larivière
Secretary: Ms. Mary Ann Bourassa
Treasurer: Mr. Maxime Côté

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