

# LET'S GET CONNECTED

November 2014

Volume 11, Number 2



Photo: Cathy Larivière/Fermont's Aurora Borealis

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

## NSCA Meets in Sept-Iles for its 14th AGM

NSCA held its Annual General Meeting on September 6, 2014 in Sept-Îles. Debbie Laurie, NSCA Chairperson, opened up the morning with a warm welcome to the members and delivered her message which highlighted the acknowledgements of active community contributions and how working together keeps our English-speaking community visible and vibrant.

Also during the AGM, a summary of projects and programs were presented by the Executive Director; many activities were identified under the various programming components.

Before heading into the traditional community luncheon, the gathering was closed with the presentation of the Marc Deslauriers Outstanding Community Involvement Award. The 2014 award was given to William Larivière. Nominated for his outstanding dedication to the students and staff at Fermont School, as well as his community involvement with clubs and sports teams where he is actively involved with youth and encouraging fair play and physical fitness clearly indicates his dedication for his community of Fermont.

Congratulations and well deserved!

(See more photos on back page)



William Larivière is presented the Marc Deslauriers Outstanding Community Involvement Award by Debbie Laurie, Chair, at the AGM.

## North Shore ESSB School Board Commissioners

# Congratulations!



Ms. Mary Ellen Beaulieu  
Ward 01



Mr. Keith Eldridge  
Ward 02

### A WORD FROM THE CHAIR

Fall has snuck in, summer has moved to the recesses of our mind, and some form of routine has been established. I no longer find myself wondering where the time goes. I just keep trying to find more of it! Retirement is indeed another “season of life”, and it is filled with its own glorious colours! I enjoy it more with each passing day.



We held our Annual General Meeting in Sept-Iles on September 6th, and it was well attended. Following elections for four Directors, I am pleased to welcome a new member, Edith O’Brien from Sept-Iles, to the Board of Directors. Congratulations as well to Billy Larivière, Mary Ellen Beaulieu, and Maxime Côté on their re-elections. Our two Youth Directors are Matthew Durepos from Baie-Comeau and newbie Mallory Stonehill Chouinard from Port-Cartier. I am looking forward to a busy and productive year with all of you.

We presented our 2014 Marc Deslauriers Community Involvement Award to Billy Larivière from Fermont. Billy has worked tirelessly in his community and at the school level for many years and is appreciated by all who work with him. He is the consummate volunteer. Thank you for getting involved and staying involved!

Our membership and visibility are on the rise. It promises to be another productive year with a dedicated Board, a dynamic staff, and an awesome Executive Director, Jody Lessard!

Let’s get connected! Let’s stay connected! Let’s keep in touch! Be active in your communities, and let us know how we can help!

*Debbie Laurie*  
Chair

## Presenting the NSCA Board of Directors: 2014-2015



**Front Row (left to right):**

Maxime Côté, Treasurer; William Larivière, Vice-Chair;  
Matthew Durepos, Youth Director

**Back Row (left to right):**

Mary Ann Bourassa, Secretary; Edith O’Brien, Director;  
Debbie Laurie, Chairperson; Mary Ellen Beaulieu, Director;  
Cathy Larivière, Director

**Absent:** Wanita Guanish, Director and Mallory Stonehill, Youth Director

# CONGRATULATIONS!

## Two Symbolic Gestures



While visiting Vancouver Island, I poured water from the St. Lawrence River into the Pacific Ocean. Terry had collected water from the Atlantic Ocean at Cape Spear (the most easterly point in Canada) near St. John's, Newfoundland, on April 12, 1980, and was planning to pour it into the Pacific when he completed the Marathon of Hope.

My first stop was near Mile 0 where there is a statue in his honour and where he would have ended his run. While there I met Ian Barrodale, a leukemia survivor whose life was saved by Terry. The drug interferon which sadly had no effect on Terry's lung cancer was stored and later given to Ian. He had been diagnosed at the age of 45 and is now 75. The second stop was at Tofino, the most westerly point on the Island, on Long Beach.

## In Terry Fox's Footsteps... Marathon of Hope #35



One of the best days of my life was September 12th when Fred Fox took me to so many special Terry places. It was a day filled with emotion and one I will never forget.

I met up with Fred early on that Friday morning at Terry Fox Plaza at BC Place Stadium. At the Provincial office, I was so happy to meet and chat with Terry's best friend Doug Alward who drove the van on the Marathon of Hope. While there, I met his sister Judi and his niece Kirsten. I walked around the track where Terry trained as a student at Simon Fraser University.

I visited the Terry Fox Library and Terry Fox Secondary School. And finally I got some time to talk to Terry and Betty from my heart in the peace and serenity of the Port Coquitlam Cemetery.



At the start of Debbie Laurie's 35th Terry Fox Run in Terry's hometown of Port Coquitlam... From l to r: Steve Darling of Global TV, Debbie Laurie, Mayor Greg Moore, Provincial Director of TFF Donna White, Terry's sister Judi, and the organizer of the run Dave Teixeira. They were thrilled to have the flag from Quebec in this year's run!

# Thinking of Starting a Business?

## Thinking of Starting a Business?

Have you ever thought about starting your own business? The life of an entrepreneur is not for everyone - but it may be the right choice for you. If you are interested in exploring the option of setting up your own business, there are some basic steps you need to take to ensure that your business has a successful start. So what are all of the things you should consider when launching your new venture?

## Guessing Isn't Testing

You may have been thinking about your business idea for ages, and asked the opinions of friends and family. But even the best laid plans need to have their assumptions properly validated. Have you surveyed your prospective target market? Tested your product with strangers? There are many low cost ways to do this. Offer your product or service for free in exchange for honest feedback. Specifically solicit suggestions for improvement. Create a survey for potential clients, or form a small "focus group" and listen while they discuss your product or service.

## Business Planning Isn't Optional

You might ask why bother doing a business plan if you don't need it for a loan application. The truth is the business plan is for you, not your lender. Doing a business plan forces you to face a whole host of questions that you may not have even thought to ask. Should you incorporate federally or provincially or not at all? What permits might you need if you operate out of your home? Should you register to collect the GST/PST? A business plan doesn't have to be a huge document with loads of financial statements. Even a very basic plan and financial analysis will help you navigate the pitfalls before you stumble. There are several model plans online, but it's best to develop one with a trusted advisor.

## No Entrepreneur is an Island

If you're an entrepreneurial type, you're probably pretty independent. That's likely one of your strengths, but it can also be a weakness. To succeed, you'll need a community of support around you. This will include partners and employees (if any), investors, suppliers, customers, family and advisors. Quebec has many organisations that provide top notch advice to start-ups. YES, for instance is a not-for-profit organization that offers one-on-one coaching and workshops designed especially for entrepreneurs of all ages. They also offer guidance on business development, advice on financing and much more. Although you are starting your own business, you don't need to try and go it alone - having a business coach and network is essential to help you get the perspective and support you need.

**So, let YES help you! Your goals are their goals. YES' entrepreneurship services are available to individuals of all ages, no matter the size or stage of business. For more information on their services or to book a business coaching appointment on the North Shore, contact us!**



## NEED HELP WITH YOUR BUSINESS?

Our services are available to individuals of all ages, no matter the size or stage of your business.

**We offer for FREE:**

- ▶ Local business coaching
- ▶ Over 50 online & local workshops on starting & growing your business
- ▶ Legal & accounting information clinics
- ▶ Access to grants & loans
- ▶ and so much more...



Contact Jody Lessard at **418-296-1545**  
or at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

Funded by:  **Canada Economic Development for Quebec Regions** / **Développement économique Canada pour les régions du Québec**



YES is a not-for-profit organization

Successful futures start with 

# National Seniors Day Celebrated in Sept-Iles



October 1st, National Seniors Day, an occasion for all Canadians to appreciate and celebrate seniors. To pay tribute to their seniors, the town of Sept-Îles and the Table de Concertation des Aînés de la MRC Sept-Rivières organized several activities to mark this National Day

Hosted at the town's Recreation Center, the day was celebrated by various active social groups and seniors from the Francophone, Anglophone and Innu communities. A great attendance of the English senior community was present at this celebration!

Some of the day festivities also included a recognition ceremony of seniors 80 and over, animation and several speeches, including one from the mayor of Sept-Îles, Réjean Porlier.

## Interested in Joining the 50+ Activities in Sept-Iles?

The 50+ Wellness activities are offered weekly in Sept-Iles varying from social, cultural, health and wellness. Our Wednesday activities normally takes place at 47 Ungava (All Saints' Church Hall) unless indicated at another venue. Please check the monthly calendar posted on-site or our Website/Facebook.

The bowling activity is held every Friday from 3-5 pm at 160 Régault (Salon Nord-Quilles).

If you are interested in attending the 50+ activities in Sept-Iles, and/or would like to add your name to our mailing list, please contact the NSCA office at 418-296-1545 or via email at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

## Xmas Tea & Bazaar

Saturday, December 6th, 2014

Anglican Church Women (ACW) Group of All Saints Church will be holding their Christmas Tea and Bazaar from 2:00 - 4:00 p.m.

At the Church Hall of All Saints Church (47 Ungava) of Sept-Iles.



Come by and see our variety of baked goods and crafts for sale. Everyone welcome!!

For more information contact Christina at 962-4023



# A Great Start at Fermont School for 2014-15



The Pre-K and Kdg students in Ms. Langdon's class are having so much fun this year! They are learning the alphabet, numbers, colours, and shapes. Learning is a lot of fun when we use Play-doh to spell our names. After all, the best way to learn is to play!



Science has been coming alive in Ms. Hynes' class during the unit on Living Things. The students are trying to grow, and observe the oldest Prehistoric living things called Triops. They have been on Earth before the Dinosaurs roamed, and they are still living today.



The School year is going great because we have remarkable students at Fermont School!



Mrs. Gerrard's grades 4, 5 and 6 class are studying animals in science and they carried it over to art class by painting animal masks. A school door decorating contest was a great place to show off their artwork.



Mrs. Kean's grades 1 and 2 students decorated their classroom door with silly creatures for the contest.



We have done a fun cross curricular Halloween activity called Symmetrical Pumpkins. What a cool way to bring Math and Art together!

## BCHS Welcome Back Corn Boil Lunch



On Friday, September 19<sup>th</sup>, the students of Baie-Comeau High School enjoyed the annual corn boil lunch. The students, along with their parents, families, and the staff of BCHS sunk their teeth into deliciously sweet corn on the cob as well as other tasty fare. The lunch was organized and served up by the BCHS Home and School Association. Many thanks go out to the volunteers from the BCHS Home and School and BCHS community for another exceptional event.

## Introducing Flemming School's New Principal

As of August, 2014, Natalie Knott assumed the position of principal at Flemming Elementary School. Miss Knott comes to us from Montreal with various levels of experience within the field of education. She has taught every grade at the elementary level, including the position of resource teacher. She has also taught student teachers at McGill University.



Miss Knott is a family oriented person who enjoys spending time with the ones she loves and she appreciates her family who helped to make her who she is today.

Miss Knott enjoys mystery novels and cherishes a book of poems belonging to her grandfather.

She is proud and excited to be the new principal of Flemming Elementary School. She says her door is always open and welcomes input from parents. She encourages them to email or call to make an appointment to discuss any concerns, suggestions, or ideas.

Welcome to Flemming, Miss Knott!

## Welcome, Patricia, to the NSCA Team



We are pleased to welcome Patricia Howell who joined our NSCA team on October 2nd, 2014 as Project Animator. Patricia will be working on our Supporting English-speaking Caregivers project and also animating our seniors activity component for the Baie-Comeau region.

Ms. Howell is well known in the English community and also within the community organizations sector across the region. She has worked as a counsellor and coordinator for 7 years at CALACS Region Cote-Nord, where she had years of experience in animating and coordinating activities.

She will be a great asset to the team, so please join us in extending a warm welcome to Patricia!

# My Encounters with Canada Experience

by Stephen Kohner



One of my objectives for this year's sabbatical from Baie-Comeau High School was to volunteer as a teacher-monitor with the Encounters with Canada (EWC) program. This 32-year old initiative allows youth between the ages of 14 to 17 from across Canada a unique one-week experience in the Nation's capital. EWC is Canada's largest and foremost youth forum! Every week of the school year, 120 to 148 teens from across Canada come to Ottawa. Here they discover their country through each other, learn about Canadian institutions, meet famous and accomplished Canadians, explore exciting career options, develop their civic leadership skills and live an extraordinary bilingual experience. Over 98,000 youth have lived the EWC experience, to date!

During the week of October 4-11, I accompanied and helped organize activities, educational and social excursions and panel discussions for 95 youth. The week's theme was 'Canada and International Relations'. We looked at Canada's Immigration and Refugee policy, heard from a number of diplomats, sat in on Monday afternoon Question Period (pretty exciting considering the MPs were debating Canada's military intervention in Iraq), attended a very moving Canadian Citizenship ceremony wherein 30 people were sworn in as Canadians, and had a tour of the Supreme Court.

The participants were all very engaged and asked a multitude of questions to our guest speakers and had ample opportunity to make new friendships from across Canada.

It was a real honour to have been able to attend. I have been invited back to assist with the "Canada Remembers" scheduled for November 9-15. It will be a very moving experience considering the events of the past few weeks in Ottawa. I have always wanted to be in Ottawa for Remembrance Day!

If you are a student, do consider applying as a youth participant. The cost is \$675 - everything included! Likewise, if you have some educational experience, consider applying as teacher-monitor. You will not regret it!

<https://www.ewc-rdc.ca/en/home.html>

## Murder Mystery Attracts the Masses



Panic at the Disco was the theme for this year's Murder Mystery Potluck for community members of Baie-Comeau. Back by popular demand, and to celebrate the joys of Halloween with an adult spin, community members mastered their acting skills and remained in character throughout the theatrical evening.

During their annual 'Disco Fever Contest' at the House of Groove Discotheque certain dance duos were in turmoil and scandals surfaced amongst some contestants. The drama certainly interfered with the groove and the worst thing happened to Barry Vahl on the dance floor. Who did it? Bitsy, Lola, Tony, Double '7' or Dalan?

Only these community members really knew what happened of the eve of Halloween!



## Did you know....?

...that street workers connect with youth ages 12 to 25, in their environment, building trust and relationships that enable them to guide the youth through problems they encounter during their young lives.

### Youth can contact a street worker:

- if they need someone to talk to;
- if they are feeling sad, 'down';
- if things are not going well with their friends, partner, girl/boyfriend, parents, etc.
- if they are questioning things about drugs, alcohol;
- if they are living through some kind of violence or abuse.

### Where can you find a street worker?

- outside, in areas where the youth hang out;
- at the local 'maison des jeunes';
- at the parks around town;
- in parking lots;
- at parties;

**The street worker gains the trust and respect of the youth, guiding them in times of trouble to the community resources that can help them, all with the utmost of confidentiality.**

In **Baie-Comeau**, under the supervision of Guy Béland, 'Jeunesse en Santé' 418-589-1301 ext. 2143 the street workers can be reached at:

- Mingan (west) 418-282-8781 (Isabelle)
- Marquette (east) 418-282-0235 (Jennifer)

In **Chute-aux-Outardes**, the street workers are under the supervision of the local 'Table De Concertation Jeunesse De Chute-aux-outardes Inc': 418-567-2712

In **Sept-Îles** the coordination is done by the Centre d'Intervention 'le Rond Point': 418-961-5691. The street worker can be reached at 418-409-6758 (Ariane).

## Worship Services

### All Saints' Church

39, av. Ungava

Sept-Iles

All services commence at 10:30a.m.



- Nov. 02: Anglican Service
- Nov. 09: United Church Service
- Nov. 16: Anglican Service
- Nov. 23: United Church Service
- Nov. 30: Joint Service
- Dec. 07: Anglican Service
- Dec. 14: United Church Service
- Dec. 21: Anglican Service
- Dec. 24: Joint Candle Lit Service at 7p.m.
- Dec. 28: United Church Service

### Christ the King Parish

15 Comeau, Sept-Iles (Église Ste-Famille)

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/](http://paroissesseptiles.org/)

### Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.



- Nov. 23: Communion Service
- Dec 7: Communion Service
- Dec. 20: Service of Lessons and Carols at 5p.m.  
Community Potluck Supper and Sing-Song at 6p.m.

### Information:

Canon Stephen Kohner (418-295-3431)

[stephen.kohner@cgocable.ca](mailto:stephen.kohner@cgocable.ca)

## Is it a COLD or the FLU?



SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (102°F/39°C to 104°F/40°C) sudden onset, lasts 3-4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2-3 weeks or more
Extreme fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; Can worsen a current chronic respiratory condition; Can be life-threatening

# Regional Project Supporting English-speaking Caregivers



Jody Lessard, Executive Director -NSCA & Diane Hamel, Director - APPUI Côte-Nord

NSCA is really happy to announce a new project targeted towards increasing access for caregivers. We have been granted an amount of \$20 000 by APPUI Côte-Nord for the development of informational tools and training sessions which will provide support for English-speaking caregivers.

During the project timeline, we will develop a companion toolkit for informal caregivers that will contain insightful information designed to provide them with knowledge and information on services useful for the caregiver. Because Alzheimer's and related diseases have become more and more prevalent, we will be working with Société Alzheimer de la Côte-Nord for information and training session material for the benefit of the caregiver. We also will be delivering an informational workshop session through videoconferencing for Baie-Comeau, Port-Cartier and Sept-Îles; also we wish to offer to the communities of the Lower North Shore.

More information on the toolkit for caregivers and workshop sessions will be made available in the weeks to come.

Stay tuned!



## A Chance Encounter... or Not?

by Debbie Laurie

On September 10<sup>th</sup>, I boarded a flight from Montreal to Calgary on my way to Vancouver to participate in my 35<sup>th</sup> Terry Fox Run. While passing through business class, my attention was drawn to a businessman hiding behind his newspaper, obviously not wanting to be disturbed or recognized. I slowed down, peeked over the top of the paper and gasped. OMG, I thought, it's Brian Mulroney! I had to keep moving as there were at least one hundred people behind me heading to the economy section with me. Once we had reached cruising altitude and the flight attendants had begun the in-flight service, I asked to speak to the chief purser who also was serving breakfast in business class. He confirmed that it was indeed the former Prime Minister of Canada, and so I proceeded to explain how Mr. Mulroney from Baie-Comeau and I from Port-Cartier were practically neighbours. I briefly explained why I was heading west with my Terry Fox flag and asked if I might have my photo taken with the P.M. and the flag. I was told this was contrary to safety measures in place to protect and respect the privacy of such individuals...but, said Denis, he thought an exception might be made for Terry Fox. He would discuss it with Mr. Mulroney and his security people and get back to me later in the flight. About an hour later, a grinning Denis returned and said, "Well, Miss Laurie, grab your flag. It's a go!" The only request was that I not ask Mr. Mulroney to stand in the aisle as it had to be done with the utmost discretion. I had a most enjoyable fifteen minute conversation with the former head of our country while crouched down on my very arthritic right knee. He talked not only about the legacy of Terry Fox, but was most interested in how things were going at the penitentiary, the economy of Port-Cartier, Sept-Iles, and Baie-Comeau, and even told me I reminded him of Betty Fox. What a compliment!! He thanked me for the privilege of having his photo taken with the flag of this great Canadian whom he had met in Ottawa in the summer of 1980. I returned to my seat elated and on a cloud so much higher than the ones outside my window! But the story does not end there...



Unable to concentrate on the book I was reading, I took out a Travel Word Search book which I had purchased prior to departure. I flipped open the book and stopped on a page about Canada. I scanned the list of words to look for which included the names of provinces, territories, capital cities, and items like maple sugar, beaver, and moose. Only one politician's name in the entire list: MULRONEY. A higher power was definitely at work here. I called for my friend Denis again and he was in awe at this coincidence. He took the book to show Mr. Mulroney, and I seized the opportunity to have the page autographed.

What an incredible beginning to my Terry Fox 35<sup>th</sup> Anniversary Adventure!!

# Vaccination Campaign for the North Shore

The vaccination campaign against the flu (influenza) begins November 3<sup>rd</sup>, 2014.

The flu is easily transmissible. Getting vaccinated is the best way to protect yourself against the flu and its complications along with practicing good hygiene such as frequent hand washing and coughing or sneezing in the crook of your elbow.

This year's vaccine contains three strains of the virus that will likely circulate the most during the fall and winter months in the northern hemisphere. Vaccination is **free** for persons presenting a high risk of complications due to their age or health condition, such as:

- Children aged between 6 and 23 months
- Persons suffering from chronic disease
- Pregnant women in their 2<sup>nd</sup> or 3<sup>rd</sup> trimester
- Persons aged 60 years or more

Health care workers and persons close to those at risk, including individuals who care for children under the age of 6 months can also receive the vaccine **free of charge**. What is more, all persons living in remote or isolated communities can have access to **free vaccination** against the flu. In our region, the residents of Minganie, Lower North Shore, Fermont, Schefferville and Kawawachikamach, including the Innu communities living in these areas, are part of this group.

From now on, the vaccine is also available in nasal spray form. It is free for children between the ages of 2 and 17 years who are susceptible of presenting complications from the flu or who live with persons at risk. The intranasal vaccine is only recommended for youngsters between 2 and 17 while the injectable vaccine is recommended for all other persons. In fact, it has been shown that the intranasal vaccine is more effective for young people and protects them over a longer period.

All other persons not part of these target groups can receive the vaccine for about \$20.

## Vaccine against pneumococcus

The vaccine against pneumococcus is also recommended and offered free of charge to persons aged 65 years or more as well as to those suffering from certain chronic diseases. This vaccine is usually administered once in a person's lifetime.

Excerpt from Press Release, October 21<sup>st</sup>, 2014, 'Agence de la santé et des services sociaux de la Côte-Nord'

## Upcoming VideoConference on Prostate Cancer

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

HEALTH VIDEOCONFERENCE

Thursday, November 27, 2014

6:30 to 8:30 PM (EST)

*Prostate Cancer*

**CHSSN**

Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux



**Kees Maas, Ph.D., Psychologist and Cancer Survivor**

Moderated by Jo Ann Jones, The Montreal Children's Hospital

"Prostate cancer is the most common form of cancer among Canadian men....One out of seven men is at risk of developing prostate cancer." (Procure, 2014). Join us for an interactive videoconference with Kees Maas, to increase your awareness and understanding of prostate cancer and its impacts. In addition to the speaker, representatives from a local prostate cancer support group will be present to answer your questions about available resources.

The NSCA is pleased to be able to bring these CHEP session to three of their communities, **Baie-Comeau, Sept-Îles and our newest site, Port-Cartier**. For more information, or to register for the videoconference, please call Marilyn Durepos at (418) 296-1549.

(Watch for more information on our website and Facebook page)

# Photos from the AGM

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

North Shore Community Association

Volume 11, 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 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



[www.quebecnorthshore.org](http://www.quebecnorthshore.org)  
[nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

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

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**P. O. Box 163**  
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**G4Z 2G9**

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