

LET'S GET CONNECTED

January 2022

Volume 18, Number 3



Sentier des embruns: Baie-Comeau/ Photo: Stephen Kohner

QUEBECNORTHSHORE.ORG

Annual Tea Well-Attended

The very popular Christmas Tea was held on December 4, 2021 at the Moose Club in Sept-Îles. Tickets were sold to a maximum of 65 to respect COVID restrictions. Even with this very limited number of participants, we were able to raise enough funds to continue assisting those who are less fortunate in our community and who was able to enjoy a special Christmas too. A very heartfelt thanks to our community organizations and members who generously donated gifts for this event.

A bake table with delicious Christmas goodies were available for purchase and these treats disappeared quickly, much to the delight of those who prepared them. Thank you for your culinary skills and donating your time and baking to this special event. Many community members are gifted with crafting skills and their wares were also offered for sale.

The Stitch N' Yarn group of the NSCA got together to make an embroidered quilt. Many hours were put into this work of art which was then raffled off and raised an astounding amount of funds (\$900). The lucky winner of this quilt was Suzanne Lariviere. As if this wasn't enough, these same ladies also made crocheted clothing items for a baby. This beautiful ensemble was raffled and won by Gabrielle Fequet.

Much fun, laughter and good times were had by all who attended and already the community is looking forward to next year's event. A lot of planning, time and resources goes into hosting these events and we'd like to recognize our tireless, hard-working staff in the Sept-Îles NSCA office and those senior volunteers for their dedication to the community. Well-done and thanks for the on-going support and generosity of the public!



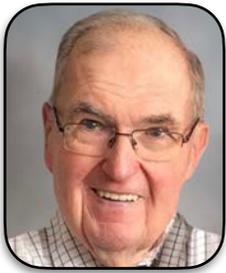
A Word from the Chair

The NSCA has grown in leaps and bounds over the past few years delivering services to community members, from early childhood to seniors. Partnerships with all local libraries have recently been developed for early learning initiatives, the Christmas teas were quite the success, a 5-year strategic plan is currently being worked on and our wellness centres have switched to online activities to help remain in touch. This 2022 is not what we had expected, but the NSCA is working hard to help community members thrive through these trying times.

We celebrate multiple successes, but also mourn the passing of 3 of our members. In the last couple of months, we have sadly lost friends, pillars of our community: Carol Wigmore, Keith Eldridge and Jean Ellen Harquail.



(December 18) Carol Wigmore was one of the cornerstones of Riverview School in Port-Cartier. After teaching in Gagnon, Carol and her family moved to Port Cartier where she worked her entire career. Carol touched many students, parents and staff throughout her years as teacher then as head teacher of Riverview. She went above and beyond her responsibilities. She always welcomed new staff not only into her school, but also into her home to make sure they were happy in their new town. Carol was an avid gardener who attracted many admirers. After her retirement in 2003 she helped young adults and adults improve their English skills and was a big supporter of the NSCA taking part in all the activities. She loved to laugh and had such a beautiful smile. She was a loyal friend and will be greatly missed.



(December 21) Keith Eldridge was a fellow ESSB Commissioner and friend whose family will be receiving his prestigious Quebec English School Board Association, "Award of Merit", later this month. Keith and I traveled a lot together, we even made it up to Fermont to meet with our wonderful staff and students. While there he relayed a story, I would like to share with you. Working in the mine management and living in Labrador City he heard that students and other family members were stranded in Sept-Îles because of a snowstorm, unable to make it home on time for Christmas. He made a few calls and got everyone boarded onto a company train. Families gathered at midnight on this snowy Christmas eve to welcome the train as it pulled right into the center of town. Keith was such a good, hard working, generous man, friend and colleague. He was equally invested in the Sept-Îles business sector and its community. He will leave such a void.



(January 4) Jean Ellen Harquail had a long career as a respected nurse in Baie-Comeau. At the end of her career, she worked in the public health sector be it in schools or at the CLSC. Her presence was reassuring for all, but especially for the English community. Once retired, she could invest more time in her passion for golf where her determination, integrity and presence were greatly appreciated by her fellow golfers. She also had the generosity to volunteer as a guide for the cruise ship tours of Ste-Amélie. Jean Ellen always enjoyed participating in the NSCA activities and even did so online. The 50+ club members are so grateful to have had the opportunity to be with her at the fruit cake workshop, just before Christmas. A lovely, friendly lady with a wonderful smile, a twinkle in her eye and a big heart. How we will miss her smile and laugh!

The last couple of months have been difficult losing such outstanding members of our community and they will be dearly missed. May we cherish their memory in years to come.

Whatever this new year has in store let us come together as a community so 2022 may bring us many cherished moments. The little joys add up to a happy, positive life. Wishing you and yours a safe, healthy and happy year!

Mary Ellen Beaulieu
Chairperson

Baie-Comeau's 50+ Community Wellness Center Activities



50+ community members were kept busy over the past few months with activities coordinated by NSCA's Louise Mazerolle. Members had participated in cultural workshops, on-line health promotion sessions and BINGOs were very popular, whether they were offered virtually or in-person, with prizes being awarded.

In anticipation of the Christmas season, our community members joined forces to create a few Christmas crafts which will be later shared with family and friends.



"The children were nestled all snug in their beds while visions of sugar-plums danced in their heads...". Well, this wasn't exactly true as Baie-Comeau seniors truly did get together to make and bake a Christmas plum pudding. This special dish was in addition to the traditional annual Christmas cake made. Thank you to Walter Bisson for getting the ingredients together and coordinating this much looked forward to event. Nothing quite beats the aroma of exotic spices and fruit cooking to perfection to provide us and our families with an annual treat.



Twenty-three 50+ community members gathered on December 15, 2021, at the St. Andrew Church, to enjoy a special Christmas luncheon and homemade Christmas baking goodies. Games were played with one making us all exclaim, 'how is it even possible to have 30 items inside a match box?!' It was true and the winner of the prize, with the most items guessed, went to Mr. Gregg Trapp. There were door prizes to be won along with a lot of social conversations which generated an overall festive and warm Christmas feeling. All those gathered expressed their Christmas wishes and a prize was won for the longest-versed wish.

Upcoming NSCA Events

Continue to check the NSCA's Facebook page for upcoming events

Mark your calendars for the upcoming online sessions:

- February 8, 2022 – "Advanced Medical Directives and Living Wills: What Are They and How to Make Them" – *(Educatoi Session hosted by SAQ)*
- February 16, 2022 - "From Social Isolation and Loneliness to Belonging and Well-Being" – *(CHEP session)*
- March 16, 2022 – "Diabetes Type 1 and 2 *(hosted by ECO-02)*"- *(CHEP Session)*

Contact our offices for more information or to register to these sessions



BCHS/CLC Activities and Events



Cycle 1 students enjoy digital learning.



Student parliament coordinated a food and household goods drive during the month of December. The donations were given to Maison des femmes and Homme aide Manicouagan.



BCHS students worked hard this year to create 126 Christmas cards for community members in the Royal Canadian Legion Branch 003, the 50-Plus Club of the NSCA, and the residents of CHSLD Boisvert (as well as for their parents!)



Special Christmas ornaments were ordered by the Home & School Association and were given out to students, families, and staff



Ms. Charlemagne, Mr. Lord, and the grade 3-6 class put on a fantastic play that made us laugh and jump in fright!



Mailing Christmas cards

Survey about the regional interpreter and support service in English based at the Hôpital de Sept-Îles



An interpreter and accompaniment service in English, is available in health and social services facilities in Sept-Îles. The main tasks of the liaison officer are to:

- Welcome and inform the clientele about the available services
- Accompany the English-speaking clientele
- Act as a liaison from one service to another to ensure the continuity of service
- Support the intervenors in their relationships with the English-speaking clientele
- Act as an interpreter

If you are familiar with the service and have used it in the past 24 months, please take a few minutes of your time to complete the following survey: <https://fr.surveymonkey.com/r/VCCNN35>

If you do not know about this service, please click on the following link for more information: <https://www.cisss-cotenord.gouv.qc.ca/en/care-and-services/interpreter/>

Sept-Îles' Seasonal Generosity Impacts Shut-Ins

Giving back to the community is a huge part of the NSCA and with funds raised through the Annual Christmas Tea event, we hosted a full Christmas Turkey/Ham dinner, complete with salads, meat pies, mashed potatoes and desserts for our seniors. Thirty participants and three staff enjoyed this lovely sit-down meal at the Knights of Columbus Hall on December 15, 2021. Different games were played and the 'plunger game' brought about gales of laughter. A very memorable event.

With the generosity of the folks who attended the Annual Christmas Tea, the NSCA was able to provide Christmas baskets brimming with all sorts of goodies to our senior shut-ins who otherwise are not able to get out and about in the community. Additionally, these 12 senior shut-ins were recipients of a personally delivered Christmas Turkey/Ham dinner.

Santa Claus was very generous this year!

Sept-Îles' Walking Club: Come & Join Us!

The Sept-Îles Walking Club still continues to walk twice a week with weather permitting. Although we did have a few bad days of inclement weather there were a few hardy souls who braved the elements and went for a walk anyway. Bravo!

An average of 6 - 10 community members participate in this twice weekly event which is led by NSCA's Senior Wellness Coordinator, Charlene Lavalée. If you're interested in joining, please call the NSCA office at 418-968-3148.



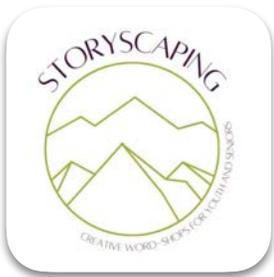
NSCA Continues to Partner with Baie-Comeau's BIBLIOTHÈQUE *Alice-Lane*

The NSCA is proud to partner with Alice-Lane Public Library in Baie-Comeau.

Since September 2021, three *Story Time* events have been held in the library, to the delight of parents and children (stay tuned for upcoming *Story Times*, as soon as Covid restrictions permit).

Starting at the end of January, the *Travelling Literacy Bags* will be available for loan in the library itself. Bring home *Dakota Dinosaur* to learn all about the importance of brushing your teeth or *Caley Cat* to read about music. All bags contain books for 0-2 or 3-5 years old and activity sheets adapted to each age group.

It's anticipated that the increased visibility will increase access to English resources and books in English for Baie-Comeau's English-speaking families as well as the population at large.



We're all Writers: Quebec Writers' Federation offers on-line Storytelling Workshop

Thanks to the Quebec Writers' Federation, author Nisha Coleman has teamed up with 7 North Shore participants in offering 3 on-line storytelling workshops. Via Zoom, the free workshop is offered on Sunday afternoons over a 2-hour period. In the first session of January 16, Nisha reviewed the effective traits of storytelling, had each participant tell a 1-2 minute story based upon an event of the past week, and had them write a short text based upon another memory. Homework was assigned - trying out "free-writes" based on a number of prompts and viewing of some storytelling videos.



The second workshop of January 23 will have the participants delve into and elaborate on one memory they wish to develop into an oral story. Nisha provided a short lesson and discussion on storytelling elements such as beginnings, endings, meanings, themes and symbolism. We also discussed characters in our stories and the use of dialogue.

In the final session of January 30, the beginning of the class will be devoted to questions and discussion about performance. Performance tips are provided including how to manage nerves. A storytelling "showcase" wherein each participant will share their story which is recorded (with consent). After each participant has shared their stories, a discussion about each piece will offer praise and feedback. Finally, a discussion will ensue on we discuss how storytelling can be used in everyday life.

English Employability Services on the North Shore

In the past year, the North Shore Community Association has been working in partnership with community organisations that offer free employability services to the general public. POPCO (Port-Cartier), Centre Émersion (Baie-Comeau), and Action Emploi (Sept-Îles) are all now capable to offer employability services to the English population of their respective municipalities. With the support of the NSCA, these organisations can serve you in English to create your resumes, cover letter, interview practices, aptitude workshops, and help in the job searching activities you need to find a fulfilling job that you desire. The NSCA can also assist these organisations to translate your documents from English to French or vice versa. If assistance is needed to facilitate communication between the organisation and the client, the NSCA can appoint a bilingual person to be present with you.

Action Emploi: 391, avenue Jolliet, Sept-Îles QC G4R 2B1 Tel: 418-962-9480

Centre Émersion: 22, Place La Salle, Baie-Comeau, Quebec G4Z 1K3 Tel: 418-296-6388

POPCO: 4c Bd des Îles, Port-Cartier, QC G5B 1V6 Tel: 418-766-8047



1000 Words: Digital Storytelling Project Underway

The communities of Baie-Comeau, Port-Cartier, and Sept-Îles are currently identifying themes in order to produce approximately 12 heritage-type audio-visual “photo albums” to be used in schools, tourism and socio-cultural and historical venues and displays. The work is on-going and is, somewhat, being slowed by COVID-19 restrictions. A number of “capsules” have been identified as significant and historically important - these are themes identified by the various communities and are in danger of being forgotten by the passage of time and the passing of our seniors.

To date, Baie-Comeau will start on research and stories of the Baie-Comeau Community Association (BCCA) which was the socio-recreational centre of the the town from 1939 to 1969. There are hundreds of archival photographs to be reviewed; well interviews and community sessions are planned to hear the stories of times gone by.

Port-Cartier will focus in on Riverview School. It has been part of the fabric of the community since its inception and was the centre of community life.

Sept-Îles' focii is on Canadian Forces Base Moisie (part of the Pinetree line) that operated from 1953 to 1988. It attracted hundreds of people who worked, lived, and were educated on the base. A second theme is about life on the QNSL Railway line and how it contributed to the community.

There are two additional themes that are inter-related and transcend a number of communities: Social Teas and the Pulp and Paper industry. Anyone who wishes to tell their story is encouraged to contact Stephen Kohner at 418-295-3431.



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Starting Date
MARCH 14, 2022

Deadline to register: **February 25, 2022**

Program duration: 1800 hours

For information or registration:

Contact Chantal Pitt @ 418-968-9804 ext 415
or chantal.pitt@essb.qc.ca



Follow us on Facebook

Workshop



Advance Medical Directives and Living Wills: What They Are and How to Make Them



**Tuesday, February 8, 2022,
10:00 am to 11:30 am**



Virtually (Zoom)



Free



English



With: **Richard Goldman,**
Lawyer

In this workshop, Richard Goldman, a lawyer at Éducaloi, will explain the three specific medical situations and the five medical treatments to which advance medical directives (AMDs) apply.

He will walk you through the process of making AMDs step-by-step, from downloading and filling out the RAMQ form to filing it in the register so that doctors can consult your AMDs if necessary.

By the end of this workshop, you will have all the information you need to make and to register your AMDs. It's free and easy to do! He will also discuss living wills, which are similar to AMDs but less formal.

Please register by **February 7th** at:
info@seniorsactionquebec.ca

Provide your contact information and your registration will be confirmed.

With the contribution of:



English-speaking, 18-29 living in Quebec?

Fill out our survey and \$1 will go to the Kids Help Phone*

HELP US TO BETTER UNDERSTAND YOUR CHALLENGES ACCESSING MENTAL HEALTH SERVICES IN QUÉBEC

CHSN

We need your help to better understand what challenges young adults are facing and whether you are getting the help that you need. Take our Youth Pulse Check Survey and help us to better understand the challenges youth are facing and whether you are getting the help that you need. All submissions are anonymous and will improve access to mental health services in Quebec.

NSCA will donate \$2 to Centre de prévention du suicide Côte-Nord, for every North Shore respondent to the survey.

Visit the link to share your voice <https://bit.ly/3ypBIpb>

Do you need immediate help? If so, please call 1-800-668-6868 or text 686868 to reach a crisis responder. If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder if one is available.

ARE YOU TRAVELLING TO QUEBEC CITY FOR HEALTH SERVICES?



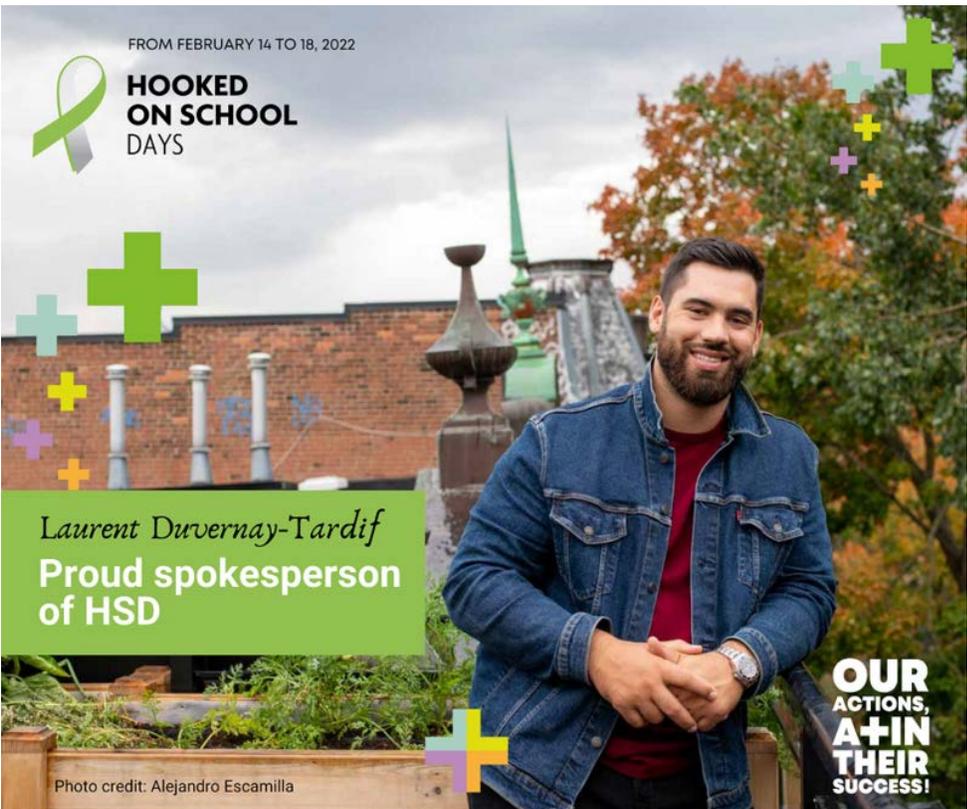
LOOKING FOR SUPPORT WHILE YOU ARE THERE?
A patient navigator can accompany you while you are in Quebec city

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

FROM FEBRUARY 14 TO 18, 2022



HOOKED ON SCHOOL DAYS



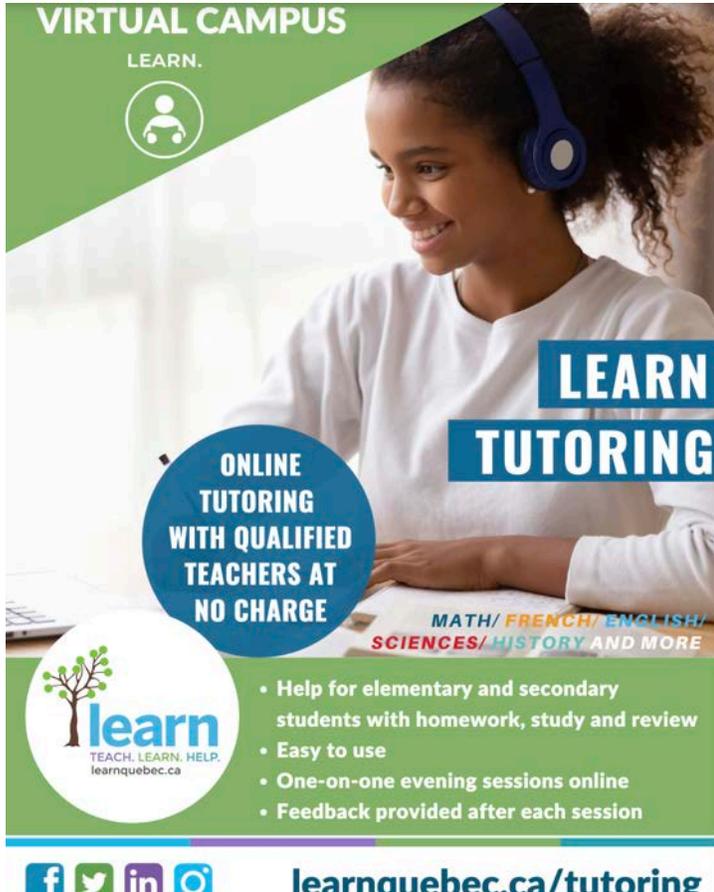
Laurent Duvernay-Tardif
Proud spokesperson of HSD

Photo credit: Alejandro Escamilla

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- Feedback provided after each session



learnquebec.ca/tutoring



iPad Lending Library

Just a reminder that the NSCA has 8 iPad's ready and loaded for your use.



If you wish to loan one out to be able to attend virtual ZOOM sessions, such as CHEP, BINGO, connecting with your children or grandchildren, or just to play games on, please let us know and we would be happy to assist you in getting started.

Technology is a sign of the times and we are prepared to offer in-house one-on-one training so you can become comfortable using an iPad.

Contact our office at 418-296-1545 should you wish further information or want to sign out an iPad.

Photos of the Christmas Social Tea in Sept-Îles



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 18, 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.

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