

# LET'S GET CONNECTED

July 2014

Volume 11, Number 1



Photo: Stephen Kohner / Baie-Comeau Marina

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

## Good Luck and Farewell, Michelle!

Michelle Petit joined the NSCA team in September 2011 as the Senior Animator. Right from the get go, she brought joy, enthusiasm and dedication to every initiative she worked on. Michelle always high- spirited and full of creativity, had organized many activities for our senior members and assisted in developing our senior wellness programs.

During the summer Michelle and her family will be moving out of the region. We are sorry to see her go, but we know that our loss is another community's gain. An enthusiastic supporter of NSCA's initiatives and those of Baie-Comeau High School (BCHS), we thank her for her contributions to the community and the school, and wish her and her family all the best for the future.

Your colleagues and the Board of the NSCA! We will miss you Michelle!!!

BCHS joins the NSCA in bidding Michelle goodbye. The students, staff and parents benefitted immensely from her involvement, energy and talents as Events Coordinator with the Home & School Association as well as working as the school's Spiritual & Community Animator and part-time Homework Assistance Supervisor. Fare thee well, Michelle.

**(See more photos on back page)**



Michelle Petit (middle) was presented with a bouquet of flowers from NSCA's Executive Director, Jody Lessard (left) and Marilyn Durepos, Health Coordinator.



Michelle Petit surrounded by members of the 50+ Club of Baie-Comeau who were on hand to show their appreciation of her implication in the community.

## NSCA invites you to its Annual General Meeting

Keep informed on what is happening in your community and enjoy luncheon with friends.

**Saturday, September 6, 2014 at 11 a.m.**  
542 Brochu Avenue (Flemming Elementary), Sept-Îles

The meeting will be followed by a light luncheon and presentation of the community involvement award. Join us on this great occasion to meet n' greet with others from our neighbouring communities!

### Looking forward to seeing you there!

## A WORD FROM THE CHAIR

Happy Summer finally!



To all reading this edition of LET'S GET CONNECTED, I am sure you are as relieved as I am to see this long winter/spring gone. Hopefully, sunshine and warmth are on the way and here to stay for a few months.

With another busy, rewarding year in the books and a new Liberal majority government in power, our future looks brighter. A collective sigh of relief seems to have been breathed by many as we settle into the next four years. This was the feeling I got at the recent QCGN AGM in Montreal in mid-June. We must remain a vital community in this province.

Our membership is almost at 400, and many strides were made in different areas. We have very active 50+ groups in Baie-Comeau and Sept-Iles, and interesting sessions were offered at our CLCs. We brought in the dynamic David Hodges whose workshops in our North Shore schools were a tremendous success. Thank you to those who organize these activities and to those who come out and support them.

I would like to offer a very special thank you to Michelle Petit for her wonderful work as animator in Baie-Comeau. Many benefitted from her tireless devotion and skills in many areas. Good Luck to you and your family in your new community!

So, enjoy the summer with family and friends, at home or afar. Be happy and safe! Hope to see you at the AGM in Sept-Îles in early September!

*Debbie Laurie*  
Chair

## Welcome Aboard, Anthony

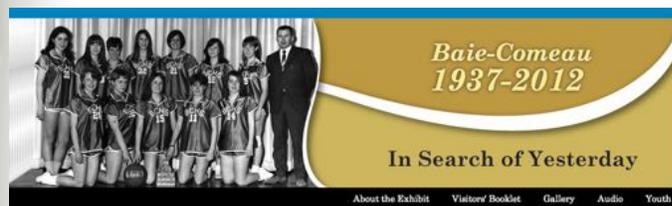
MEET Anthony Vaickus, who has joined our NSCA team as of June 9th. Anthony was hired as our Cultural Exhibit Assistant under the Services Canada Summer Student program to assist in the promotion of the bilingual Cultural exhibit "In Search of Yesterday". His duties also include the development and implementation of promotional materials for the exhibit.



Former graduate from Baie-Comeau High School, Anthony has recently completed his studies at Cegep de Rivière-du-Loup in Graphic Design and will be off to Laval University in the fall.

We are very fortunate to have Anthony as part of our team; his talents and skills are a certainly an asset to the NSCA and our community.

Welcome aboard Anthony!



<http://exhibit.quebecnorthshore.org>

# QCGN Convention & AGM 2014

by Debbie Laurie

The Quebec Community Groups Network (QCGN) wrapped up its annual meeting after three days of discussing community vitality as well as how it can be measured and how it can be improved. "Those who gathered represent a Community of Communities in different regions and different sectors. Vitality can look very different from one of these to another," said QCGN President Dan Lamoureux. During the Annual General Meeting, members approved a new Statement of Principles that clearly spells out support for the French-speaking majority and respect for the French language. "Clearly there is a marked concern with the erosion that has taken place over time of our institutions which include community groups, hospitals, schools, and places of worship, and anxiety for the future of remaining institutions serving the community," said QCGN Secretary Walter Duszara, who was re-elected as the Chair of QCGN's Priority Setting Steering Committee.

Jody and I attended the event whose theme this year was **Vital English-speaking Communities Make a Stronger Quebec**. It began on Thursday afternoon with a Poster Session where member groups were invited to display a poster that basically explained who they were, what they did, and activities undertaken. The posters were on display for the remainder of Thursday and all day Friday during which time we could visit and vote on our favourite. I am proud to say that the NSCA poster won!! Many thanks to Michelle Petit, Marilyn Durepos, and Jody Lessard for the beautiful job done!!

Friday morning was a busy one. We first attended a panel discussion on **Measuring Signs of Vitality in Your Community** with moderator Shelagh Kinch and four well-known panelists very active in their respective communities. After the break, we had a workshop with Eric Jenkins, Manager of Community Strategies at Canadian Heritage's Policy and Research Branch. We examined their "Frame of Reference for the Vitality of Official-Language Minority Communities" which we can use to develop tools to diagnose the vitality of the communities we serve, and to create evidence-based action plans.

After lunch there was a demonstration of **Best Practices for Collaboration Amongst Community Groups**. It was led by ELAN (English Language Arts Network), CHSSN (Community Health and Social Services Network) and the CLCs (Community Learning Centres). This was the highlight of the convention for me as we watched a marvelous play performed by seniors from the Laurentians. The Table de concertation "Parole aux aînés", in collaboration with the 4 Corners Family Resource Center, presented "*Grandpa Is Not a Cash Cow and Grandma Won't Take Any Bull*", an English play that puts elder abuse in its everyday manifestations on center stage; abuse which is very real and too frequently ignored. They simply stole the show!!

After a short break, two workshops were offered. Jody attended "Research Tools for Community Groups". They received a guided tour of data products available from **Statistics Canada** that can help analyze your community's vitality. I went to "Social Media Clinic for the Twitter-challenged" and realized I was not as challenged as I thought. I actually understood everything he showed us, and could navigate on the site. My iPad however was challenged (given its age)!



The final session was on **Pitching Politicians**. It consisted of a panelist discussion with a moderator where we were given tips on how to approach our government officials at all levels. Be prepared. Be brief. Don't come as a group. Tailor your presentation based on what you learn from talking with those working in the riding offices. Be punctual. Don't be too technical. Don't shut the door if your idea is not accepted; you may have to return. Interesting anecdotes were shared.

On Saturday morning we participated in a workshop with the Priority Steering Committee on **Economic Prosperity and Quebec's English-speaking Communities**. My group shared examples of community building projects and the best one was presented to the whole group at the end. I particularly enjoyed one slide that was shown during the explanatory phase prior to our group work. It is a quote that hung in Albert Einstein's office at Princeton: **Not everything that counts can be counted, and not everything that can be counted counts.**

Finally, from 10:30 until noon, the **Annual General Meeting** was held. Dan Lamoureux was re-elected as president for a two-year term, as well as Walter Duszara as secretary. The director position was not filled but someone could be named by the Board should a suitable candidate be found. We listened to reports from the President, Director General, PSSC, and Governance and Membership. It was an intense couple of days but always worthwhile when we can gather to celebrate what we do and exchange best practices!



NSCA Chair, Ms. Debbie Laurie met Mr. Yves Bolduc, Education Minister and Minister responsible for the Côte-Nord Region, at a crab supper thanking volunteers who worked for the Liberal party in the April 7 provincial elections.



The Quebec North Shore Branch (no. 3) celebrated their 75th anniversary in Baie-Comeau on May 31st. During the gala evening, Mr. Stephen Kohner (left) and Mr. James Lavolette (right) received the Royal Canadian Legion Friendship Award from Jean-Robert Pépin, Chairman Quebec Command (center). The award/medal recognizes individuals who show their support of activities and work in the communities served by the Legion. In particular the two received the award for their implication with youth in their community. The medal may be worn on special occasions such as Remembrance Day.

## First Annual FADOQ ‘Salon des Aînés’ a Success!



The NSCA had the privilege to participate at the First Annual FADOQ ‘Salon des Aînés’ held in Sept-Îles on May 20<sup>th</sup>, 2014. Over 40 Kiosks from organizations offering services directly or indirectly for seniors were set up at the recreational centre of the Ville de Sept-Îles and welcomed more than 550 visiting seniors from all over Côte-Nord Region 09. The NSCA kiosk had more than 101 people stop by.

The ‘Salon des Aînés’ coincided with the 22<sup>nd</sup> edition of the Regional FADOQ Games which welcomed 115 teams from FADOQ groups across our region including English FADOQ groups, one from Sept-Îles and a few from the Lower North Shore. More than 500 seniors participated in the games making it the largest sportive event for 50+ seniors in our region to date. The NSCA was pleased to participate in this event by translating documentation into English and offering on-site translation for English-speaking participants.

## 50+ of Baie-Comeau Teams Up with Students



Baie-Comeau's 50+ group has been involved in many different intergenerational activities throughout this year. The last activity, the 50+ members were asked to donate old pictures from their past to the students in grade 5&6. Then students chose a picture and were asked to write a story about the picture. Once the stories were complete the members were invited into the students class, the stories were read aloud for all to enjoy. The 50+ member then had an opportunity to tell the student the real story behind the picture. This was a great opportunity to share and learn. The students showed much creativity in their story writing and the real stories were just as interesting and captivating. Thanks to all who participated. I truly believe that this exchange enriched all who were there.

### A Word from Michelle...

I would like to take the opportunity to thank the wonderful staff at the NSCA. It has been my pleasure and pride to work with this team. It is with a saddened heart that my family must leave the region for new adventures. The NSCA has and continues to do so much for the North Shore; we all need to be thankful for their hours of dedication. I know that my time here has been enriched by the many wonderful people that are connected to the NSCA. I especially would like to thank Jody and Marilyn for your belief in me. Thank you to the Baie-Comeau 50+ members: you are amazing people with big hearts. You welcomed me in and followed my direction through many different activities. I will miss you all. Have a wonderful summer and all the best for the future endeavours.

### “Semaine de l'action bénévole”

On April 9<sup>th</sup>, 2014, in Sept-Iles, during the week of “Semaine de l'action bénévole”, the NSCA participated in a day of information and consultation of community organizations. In the morning, over 20 kiosks with over 40 participants from different community organizations had the opportunity to display their resources and explore resources from other groups.

In the afternoon there was a round table where the participants got the chance to know each other and explore avenues where they could act collectively such as a community calendar where they could list their activities.



# Youth Services Coop Manic at Your Service



You have work to do as chores? You need extra help? The **Youth Services Cooperative (CJS)** is back for a fourth consecutive year. At the end of classes, thirty youth will offer their services for work.

The Coopératives Jeunesse de services of the Manicouagan are 30 youths aged between 12 and 17 years old who create a work coop for the summer season in order to offer diverse services to the people and businesses of Baie-Comeau, as well as the surrounding localities.

At the same time, this organisation, under the guide of an educative project, allows youths to develop a greater awareness of their capabilities and their collective responsibility in order to transform their community to suit their needs.

## Housework & yard work:

- Lawn mowing
- Weeding
- Cleaning
- Picking up recyclable cans
- Swimming pool cleaning
- Etc.

## Manual tasks:

- Help during move-in day
- Painting
- Sanding
- Window washing
- Firewood stacking
- Construction work
- Etc.

## Culture, leisure & society:

- Babysitting
- Home help
- Accompaniment in daily activities
- Organising children's parties
- Etc.



For more information or if you wish to hire them for their services, please contact the youth leaders of the cooperative services at

**418-589-1217**

or by email at [cjsmanic@gmail.com](mailto:cjsmanic@gmail.com)



[www.facebook.com/cjsmanic](http://www.facebook.com/cjsmanic)

## Did You Know...?

*Hommes Sept-Îles*, an organization situated in Sept-Îles, helps to promote a positive image of men, helps to break the isolation of men, and gives support to men in the prevention and resolution of personal problems.

They offer a variety of services to men such as:

- Support groups,
- One-on-one support and counseling,
- Telephone crisis support line,
- Accompaniment and referral service

Communication-oriented solutions promotes openness and helps men better solve the difficulties encountered. *Hommes Sept-Îles*, in collaboration with other community resources, helps to equip men with the tools necessary to allow them to regain the power they have over their lives. Together everything is Possible!



Hommes Sept-Îles

652 De Quen

Sept-Îles, QC G4R 2R5

418-961-1530

Confidential Service

7/7 days a week till 9:00pm

SERVICES AVAILABLE IN ENGLISH

[info@hommesseptils.com](mailto:info@hommesseptils.com)

[www.hommesseptils.com](http://www.hommesseptils.com)

## BCHS Reunion in the Works

For the past few weeks, a Facebook page was created to gather interest on a potential general reunion of former Baie-Comeau High School students of all graduating years. A survey has been posted online to facilitate the process. In all likelihood, a reunion will take place on Labour Day Weekend 2016 (Sept. 5-6-7). A list of activities in the works. Join the Facebook page or e-mail us.

Looking forward to seeing past and present students, staff, and friends of BCHS

e-mail: [clc.bchs@hotmail.com](mailto:clc.bchs@hotmail.com)

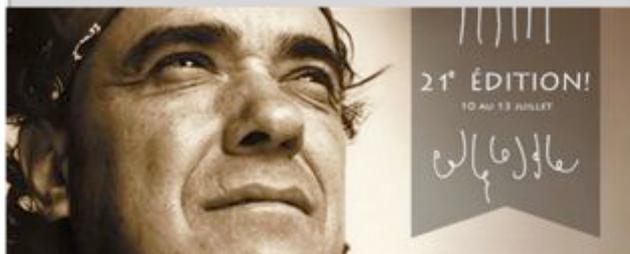
## 21st Edition Vieux-Quai en fête

Sept-Îles family festival - Vieux-Quai en Fête AMASI - will take place from July 10 to 13 at the Parc du Vieux-Quai (Arnaud Avenue)

Again, the organizing committee has put together a colorful program to the delight of young and old! Entertainers, inflatable games, clowns, mascots and benefits of all kinds will amaze you and make you smile for sure!

Rick Hughes, Jean-Marc Couture (Star Academy), BB and Florent Vollant will be on the Loto-Québec stage animating the evening shows. As usual, the traditional fireworks will close the festival!

All activities are free. The program will be distributed in early July and will be available on the website of the Vieux-Quai en Fête at [www.vieuxquaienfete.com](http://www.vieuxquaienfete.com).



Source: l'actualité municipale, Ville des Sept-Îles

## NSCA Summer 2014 Schedule

Starting Friday, June 27th until Friday, August 29th inclusive, the schedule for NSCA's office hours will be as follows:

- Monday - Thursday: 8:00a.m. – 4:00p.m.
- Friday: 8:00a.m. – 12:00p.m.

Please note that the NSCA Baie-Comeau office will be closed from August 4 to August 22.

The Sept-Îles office is closed from June 23 - Aug. 29.

## In Search of Yesterday Exhibit

Want to visit the exhibit featuring 12 bilingual panels depicting the life and times of the Baie-Comeau anglophone population from years gone by? Here's your chance...

**Venue: Pavillon Mance**

**41 avenue Mance, Baie-Comeau, QC**

Time and Date:

Monday, June 30, 2014 until Friday, July 18, 2014

Monday – Friday from 09:00 – 16:00

**Venue: Church of St. Andrew & St. George**

**34, ave Carleton, Baie-Comeau, QC**

Time and Date:

Monday, July 21, 2014 until Friday, August 8, 2014

Monday – Friday from 09:00 12:00 & 12:45– 16:15

## Virtual Newsletter Option

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We are now offering our membership the option to sign up for a virtual copy of the newsletter.

If you prefer to receive an electronic copy, please forward us an e-mail at [nsc@quebecnorthshore.org](mailto:nsc@quebecnorthshore.org) indicating that you want to be added to the virtual newsletter list. It's as simple as that!

As always, your feedback is welcome and will help us shape the content for future issues.

Happy Reading!

# Fermont School Celebrates in Style



## Spring Concert and Pre-Kindergarten & Kindergarten Graduation

Proud parents and friends smiled as they watched the Fermont School students participate in the Spring Concert and Pre-Kindergarten and Kindergarten Graduation on Thursday, June 5. Everyone came to the event to celebrate the success of all our students.

The North Shore Community Association provided the delicious hamburgers for the barbecue. We would like to thank William Lariviere and Kevin Morissette for standing over the hot coals to ensure everyone would enjoy the tasty food. The families provided hot dogs, salads, chips and beverages for the event. The evening was very enjoyable. Approximately 70 people attended the event.



James-Alex Levesque



Bruno Villeneuve



Megane Dupré



Congratulations!

## Grade 6 Grads

We would like to congratulate our Grade Six Graduates who will be leaving our school this year and travelling to Wabush, Newfoundland to complete their high school education. The creative graduates, Megane Dupré, James-Alex Levesque Morissette, and Bruno Villeneuve, made their own graduation cake. The cake was cute and delicious! Good luck and we will miss you!

**More Fermont School News & Photos on p. 9**

# Baie-Comeau Ends School Year in Style!

During the months of April, May and June, a myriad of school events kept staff, students, parents and community members active. Thanks to its numerous partnerships and implication of key people, another school year ended on many-a high note!



The Annual Bean Supper was held on Friday, April 24th with a Tex-Mex theme. Just over 130 people enjoyed the fabulous food. After the supper, the annual variety/talent show was held. Students sang, danced, played musical pieces and put on quite the show under the direction of Mrs. Laura Kenny. The event, organized by the Home & School Association, helped raise just over \$2100 for bursaries and extra-curricular activities.



William Beaulieu (left) received the Governor General Medal by ESSB Commissioner Mary Ellen Beaulieu at the BCHS Graduation and Awards ceremony held on June 20th.



In collaboration with Babar Books of Pointe-Claire and the Community Learning Centre of BCHS, a Book Fair was held during the week of April 28th. In just over three days, over \$1000 of English books were sold.



On Thursday, May 15th, David Hodges spent an entire day at BCHS composing and producing a song inspired & written by the students. By the end of the day, the students had parts of the song recorded, ready for a final edit. The song was played at the grade 6 and Sec V graduations with each participating student receiving a copy of the song. Funding for this event was provided by the NSCA, Busy Bodies, NANS, and the CLC.



The students in Pre-Kindergarten to Grade 4 at Fermont School used i-Pads to write a heartfelt message to their moms. The children enjoyed using technology to complete this project.



## A Special Visitor at Fermont School

The students in Grades 4, 5 and 6 from Fermont School were able to meet world-renowned athlete Georges St-Pierre on May 12. He was visiting the workers at ArcelorMittal as a reward for their good safety record: 3,000,000 hours without loss of time. He made time to speak about bullying, intimidation and motivation with the students from the English and French schools. He was a very motivational speaker!

## Sept-Iles 50+ Strikes up a Fiesta!



Sept-Iles ended this year with an exciting Mexican Fiesta BBQ. This was a very well attended event with 39 people showing their Fiesta spirit. Even though there was rain on this day that did not hamper their enthusiasm. There were many indoor activities, including; hammer the nail in the log, different bean bag toss games and a very amusing funny face elastic game. Everyone enjoyed a steak luncheon and all the fixings. The day ended with one of the members winning an end-of-year door prize. Thanks to all that made this event a success. Have a wonderful, safe summer and see you in the fall.



The Sept-Iles bowling team celebrated their end of year party on May 16<sup>th</sup>. This was a very dedicated group of people meeting every Friday afternoon rain or shine. Over the year they saved enough to enjoy a pizza luncheon. The afternoon party also recognized a few players with a gift certificate, the one who had the highest score, the most 69ers and the most turkeys. Congratulations to all who won and to all who played though out the year. You make these events memorable and worthwhile. We look forward to seeing you next year.

## Volunteer Recognition Evening in Sept-Iles

Once a year, the City of Sept-Îles recognizes the work of hundreds of Septilien volunteers during an evening of recognition. Volunteers honoured at this event are submitted by organizations for which they are involved with. This year, the NSCA nominated 4 active ladies from their 50+ membership.

On June 6th, **Louise Nadeau, Cecily Rowsell, Rose Mary McKinnon** and **Barbara Maurice** received recognition for the volunteer work they do at our community events and activities. Their hours of volunteer service ensured that many of the activities were accomplished.

**NSCA wishes to take this opportunity to thank all volunteers whose contribution is invaluable to our community; their time, energy and skills contribute to making our communities more vibrant and vital!**

**THANKS TO OUR VOLUNTEERS!**

# Videoconferencing Equipment for Port-Cartier

The NSCA is pleased to announce that they have installed videoconferencing equipment in Riverview School in Port-Cartier thanks to funding received from the Community Health and Social Services Network (CHSSN).

Beginning in the fall, the NSCA will now be able to offer the Community Health Education Program (CHEP) to the English-speaking population of Port-Cartier. CHEP sessions entail interactive videoconferences broadcast from the Montreal Children's Hospital where health professionals deliver information sessions on various health topics to numerous regions across Quebec. The participating audience has the chance to have their questions answered.

Presently, these videoconferences are being offered in two of NSCA's communities – Baie-Comeau and Sept-Îles, and are extremely well attended.

This new equipment will help link Port-Cartier with other communities via videoconferencing.



# David Hodges Tours North Shore Schools

During the week of May 13th to 15th, our schools in Sept-Îles, Port-Cartier and Baie Comeau had the opportunity to meet David Hodges - hip-hop artist & youth community leader from Montreal.

An artist who is passionate to help motivate youth find their voice, has been visiting schools throughout the province of Quebec. David promotes linguistic roots and the student's place in their community through inspirational workshops that influence kids to keep in the right direction.

Thanks to funding from Health Canada and the Community Health and Social Services Network's Community Health Promotion Project, the NSCA was pleased to bring the David Hodges Tour to the North Shore and offer music workshops which focused on topics such as bullying, isolation, goal setting, understanding potential, belonging, and all that great motivational stuff.

David captured the attention of the students with his entertaining style through motivational stories and songs!





Michelle... H&SA Events Coordinator

# Thank You, Michelle. You wore many hats!

(continued from p. 1)

We will miss  
you!



Michelle... 50+ Group Coordinator



Michelle... Implicated Parent



Michelle... Always  
appreciated



Michelle... BCHS Spiritual & Community Animator

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 1

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

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