

NSCA NEWSLETTER

January 2011

Volume 7, Number 3



Mont Groulx mountains on Route 389

Photo Credit: Jody Lessard, Baie-Comeau

LET'S GET CONNECTED

A FESTIVE SEASON FOR THE SEPT-ILES COMMUNITY

The month of December was a busy time for the Sept-Iles 50+ group! The group was well geared into the festive mood, and volunteers were eager and ready to get going on the organizational tasks.

Beginning in early December, the 50+ animator organized a Christmas afternoon social, where members came together for their regular gathering activities and celebrated the birthdays of their fellow members. An afternoon filled with laughter, birthday wishes and yummy helpings of birthday cake, was enjoyed by all!

The Christmas social started off with a luncheon enjoyed by 40 participants. The hall decorated in a festive ambiance and tables lined with a large variety of assorted sandwiches, vegetable platters and desserts, the social began. After the lunch everyone joined in for a Christmas carol sing along followed by a gift exchange chaired by Santa himself; apparently Santa had a difficult time getting there...traffic delays, I guess!!! Once Saint Nick arrived, the gift exchange began and finally the day finished with everyone having fun playing a few games.

Still in the festive mood, the 50+ club decided to hold a New Year's party for the English community. Approximately 70 people attended the potluck, followed by some games, door prize drawings and lots of dancing. It was quite a show...a true North Shore party!

Gail, the 50+ animator, did a fabulous job organizing the get-together events!

To make these events happen it takes a lot of organizing and dedicated volunteers. We would like to express our thanks to all the people who had actively participated in organizing these events. Gail, our animator, would like to extend her gratitude to the following people for their help in the set-up and clean-up of the New Year's event: Edith, Meredith, Stephanie (and spouse), Cecily, Wilson, Larry, Christina, Joe and Linda. Thank you!



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A WORD FROM THE CHAIR

I would like to give a word of thanks to the new members of our Board and to those who have left for a well deserved retirement. My constant request for more participation has been answered.



Our seniors now have organized clubs and many activities; we are still on our quest for better English services in the health sector.

Again I will request further support from you, our community, in the form of a youth representative for the eastern sector, Baie-Trinité to Havre St. Pierre. If you know of anyone please feel free to let us know. You will find the criteria for the position further in the newsletter.

Thanks again to our team in the NSCA office and to the volunteers that make it all possible.

Also for the new look of our newsletter, special thanks to its layout designer and editor, Stephen Kohner.

Until next time, enjoy the newsletter.

Marc Deslauriers
Chair

St. Patrick's Community Potluck For 50+ Club of Sept-Iles



An evening of fun, great food and activities is planned! This year's St. Pat's celebration will be held on March 19th at 47 Ungava - parish hall of All Saints' Church.

Evening festivities will commence with a community potluck at 6:30p.m. **If you need more information, please contact Gail at 418-968-6961.**

Christmas 50+ in Baie-Comeau

by Michelle Petit (50+ Animator, Baie-Comeau)

In December, the 50+ group of Baie-Comeau came together to share in some Christmas fun. We had a healthy snack option, where we served up some healthier foods to serve at Christmas time, and taste tested them to make sure they were good. As we partook of our food we tackled a fun brainteaser questionnaire, worked on a craft and shared Christmas trivia.



An Afternoon with Cynthia Case

by Michelle Petit (50+ Animator, Baie-Comeau)

The 50 plus group in Baie-Comeau was pleased to welcome Cynthia Case an English speaking Orthotherapist/Kinesiotherapist. She shared the benefits of massage, home care after your massage and the importance of a qualified professional.

Cynthia has her own clinic located at 931 rue Bossé. She would be pleased to talk to anyone interested in understanding more or for any treatments needed. Please contact her by calling 418-589-8878.



Christmas Get Together in Fermont

by Cathy Larivière

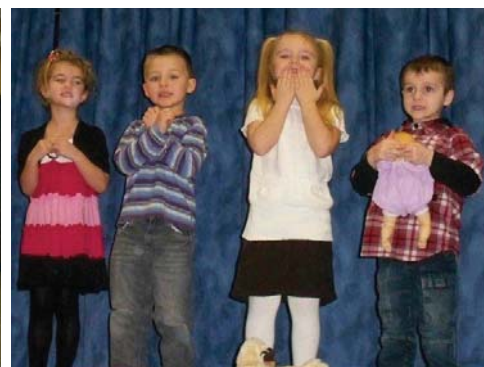
On December 19th, the NSCA sponsored a Christmas Get Together for the students & parents of Fermont School. For an event which took place with such short notice, it was a great success. There was approximately 40 in attendance. The afternoon included a lot of fun for the young ones. Adults and children enjoyed a spaghetti lunch along with dessert. We even had some entertainment, as some of the young ones sang a few Christmas songs...the older ones were a little too shy....

Christmas loot bags were given out to all the children and there were 3 prizes given out. William Power won a 15.00\$ Walmart Card; Megan Dupré and Joey Annand both won a 20.00\$ Walmart Card.

I'd like to thank the NSCA for the sponsorship as well as ArcelorMittal Mines Canada who provided a donation for this event. The monies received were used for the food and gifts. Thanks to all the parents who helped organize the event, especially Derrick Annand for his help in contacting the people - we look forward to planning another event this spring....See you then !!



Riverview Christmas Concert 2010



by Debbie Laurie

On Monday, December 20th, at 7 p.m., family and friends caught a megadose of Christmas spirit thanks to the many hours of practice put in by the students (and their teachers) from pre-kindergarten to Sec. III. Secondary students Simon Collin and Zachary Henderson were the masters of ceremony for the evening, which began with a poetry recital by Miss Laurie and the two boys. They had written their own Xmas poems for the occasion. The always-entertaining preschoolers were next and their antics brought a smile to all as they sang and recited a short poem. The grade 1-2-3 students performed a comedy entitled "A Flea on Santa's Tree" and I do believe that a few just might find their way to Hollywood. Following a lively dance number by Frederique and Ann-Laury, the drama class of students from grade 4 to Sec. III gave us much food for thought with "Merry Christmas, All" and again many hidden talents were revealed. The grade 4-5-6ers also did a choral reading of that holiday classic "Twas the Night Before Christmas" and the younger students closed out the evening with some traditional French carols. Another successful concert that allowed us to sit back, relax, and forget some of the December madness! Even I forgot that I was undergoing arthroscopic surgery next morning at 7:30 a.m.!

While dessert and refreshments were being served, raffle tickets were sold. We raised \$128.00 for World Vision allowing us to purchase school supplies for two classrooms and antibiotics for ten children. Thanks also to the NSCA for their very generous donation with which we purchased Crazy Carpets for recess activity. Happy and Healthy 2011 to all!!

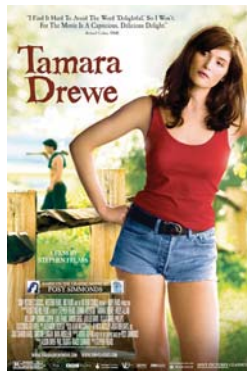
Overwhelming Success at Cinoche 2011

by Mary Ellen Beaulieu

In the last edition of this newsletter, Cinoche (Baie-Comeau's 23rd International Film Festival) invited you to discover this unique mid-winter activity for movie-lovers. Attendance was up by 9.2 % with its 8,802 spectators. The outstanding programming was greatly appreciated as were the new seats in the cinema!

Opening night at the Hotel Le Manoir was attended by 250 people and the ever-popular award ceremony was followed by dinner offered by the organization.

The NSCA sponsored an English-language film entitled, "Tamara Drewe". It played six times throughout the ten-day festival and, interestingly, attendance was higher than 20 other movies. The box office reported that 257 people watched the British romantic comedy, including many appreciative members of the NSCA and people who really appreciated seeing a movie in English.



"Tamara Drewe was a delightful movie... a bit racy and colourful with typical British humour, but entertaining nonetheless. It had an original storyline that kept you wondering what would happen next."

"I am not sure what I expected, but I was pleasantly surprised! I found the movie funny and entertaining. It was nice to attend an English movie in Baie-Comeau."

Alcoa sponsors the beautiful **Prix Outarde** sculptures that are individually hand-crafted from solid aluminum by Hoselton. The 6-member jury accomplished their arduous task with seriousness and passion and awarded nine such prizes. A complete list can be found on the Cinoche web page at: www.festivalcinoche.ca.



Marilyn Durepos, Mary Cormier and Jody Lessard gathered with others on a Sunday afternoon to watch "Tamara Drewe".



Much appreciation goes out to Mary Ellen Beaulieu for her determination in having NSCA sponsor an English movie at this year's festival.



NSCA Community Directory for the North Shore

The NSCA Community Directory, a guide containing details of services, organizations, groups and other useful contact information is available for communities of the North Shore.

The Community Directory is a great resource made available to our members/newcomers of the region. Copies will be mailed to members and also available for public at our office.

If you know someone who might want to have a copy please have them contact us at the office for more information (418-296-1545) An online version of the directory will be made available on our website. www.quebecnorthshore.org

CHECK ME OUT!



You probably know that charities are groups doing good work in the community. But did you know that not all charities are the same? Some are "registered". Registration gives charities privileges, such as giving tax receipts for donations. But it also comes with responsibilities.

Whether you're a citizen making a donation, a group thinking of starting a charity, or someone involved in an existing charity, éducaloi may have the legal information for you. Éducaloi can guide you in finding the answers to your question. Access this free information by visiting www.educaloi.qc.ca/en/loi/

CALACS: A Community Organization in Our Region

Did you know CALACS is a non-profit community organization offering various services to women of 14 years and older who have experienced sexual assault?

Services available include:

- Free confidential services;
- Direct aid such as information, references, individual and group counselling, telephone support line, email services, judicial and medical accompaniment;
- Prevention and consciousness-raising through workshops and training sessions such as self-defence workshops;
- Advocacy through various activities such as 'Take Back the Night', and involvement in various groups and events representing the rights of victims of sexual assault;
- Documentation centre

In the Baie-Comeau area:

CALACS Région Côte-Nord

P.O. Box 2216

Baie-Comeau, QC G5C 2S9

e-mail: calacs09@globetrotter.net

website: www.lumiereboreale.qc.ca

English section of web site:

<http://www.lumiereboreale.qc.ca/english/index.htm>

Tel: (418) 589-1714

Toll Free: 1-800-563-0443

In the Sept-Iles area:

La pointe du jour CALACS Sept-Iles

C.P. 340

Sept-Iles, QC G4R 4K6

e-mail: calacs7iles@globetrotter.net

Tel: (418) 968-2116

Toll Free: 1-866-584-1714



REGROUPEMENT QUÉBÉCOIS DES

C.A.L.A.C.S.

Upcoming Community Health Education Program (CHEP) Video Conference

The NSCA is a proud member of the Community Health and Social Services Network's (CHSSN) Community Health Education Program (CHEP) in collaboration with McGill University Health Center that brings English health video conferences to ten outer-lying English-speaking Quebec communities. These video conferences originate from the Montreal Children's Hospital Telehealth Centre where health professionals deliver information on various topics in a 45-minute presentation, interspersed with questions from the various participants attending from the different sites.

The NSCA can deliver these video conferences free of charge to the English-speaking populations of Baie-Comeau and Sept-Iles.

On January 19th, 2011 the NSCA hosted a video conference on Alzheimer's. English-speaking community members from Baie-Comeau and Sept-Iles participated along with 4 or 5 other sites from around Quebec. Sept-Iles had 28 community members who attended and took advantage of this excellent opportunity.



Don't miss the next videoconference scheduled for Tuesday, February 22nd at 1p.m.
See the ad on page 7!



La chorale Ste-Amélie, under the musical direction of Violette Simard, sang a number of Christmas carols at the annual Service of Lessons and Carols at the Anglican Church of St. Andrew & St. George in Baie-Comeau on December 18th, much to the delight of parishioners, friends and other community members. The chorale sang a number of carols in English, a first for many of its members. Let's hope this is the beginning of an annual tradition!

Destination Montreal: Two Youth-Oriented Workshops

Networking Strategies for Newcomers Thursday, Feb. 3rd, 2:00-4:00 PM

New to Montreal? Looking for ways to build your network and access the hidden job market? This two hour workshop will cover Networking basics, and variety of strategies to connect with potential employers and increase your confidence as a newcomer to the Montreal job market.

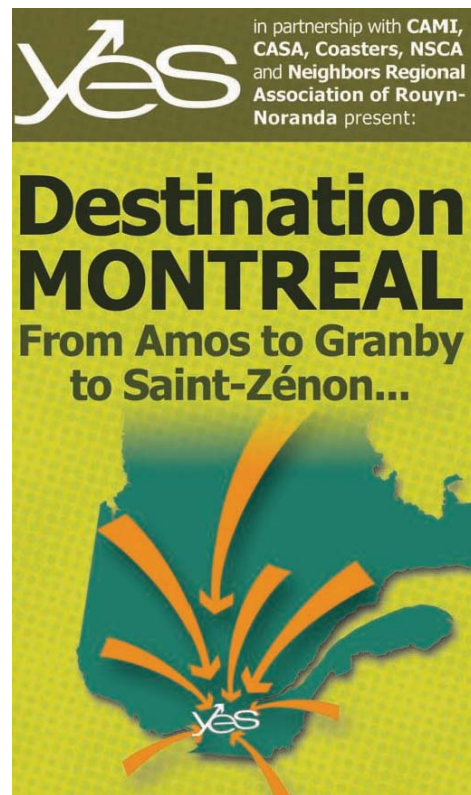
Pre-registration is required. For information or to register, please call 514-878-9788.

Jump-Start Your Summer Job Search Thursday, March 10th, 5:30-7:30 PM

Want to build valuable career-related skills this summer? Looking for an interesting new experience? Need to make money for school?! Jump-Start Your Summer Job Search will cover the essentials of looking for summer work and give you ideas about how to take advantage of your time off from school.

Pre-registration is required. For information or to register, please call 514-878-9788 or register on-line at:

<http://www.yesmontreal.ca/yes.php>



QCGN Daily Briefing

The QCGN distributes a daily press review, containing information and the latest news of interest for the English-speaking community of Quebec. The English Quebec Daily Briefing is archived on the QCGN Portal. The Portal provides access to back-issues, research reports and offers a fully-searchable index. To access the portal, simply click on the Portal Access link included at the top, right-hand corner of today's Daily Briefing. A username and password is required. To obtain your username and password, please send an email containing your full name and email address to info@qcgnc.ca

One Brick at a Time

by Benjamin Lamontagne

(aged 18, Baie-Comeau)

PART TWO OF THREE



Breakfast the following morning was a subdued affair; the routine clatter of forks and spoons interrupted only by the usual complaints and contemptuous remarks of the large man at the head of the table. Although no more words had been spoken on the matter, the air was heavy with the previous night's conversation, an invisible weight that seemed to deepen the oppressive mood of the confined quarters. Emily couldn't stand it. *I need some air. I'm suffocating.* As she was helping Mary with the dishes, she announced that she would be going into town for a couple of hours later that day. To her great surprise, her mother timidly asked if it would be alright that she tagged along. Delighted, Emily quickly gave her assent.

And so it was that that afternoon and for the two following days, Emily and her mother escaped from the house to spend some time together: strolling through parks, wandering around the mall - where Emily would, armed with a mischievous grin, pick out bold, colorful garments for her scandalized mother, who would hastily place them back on their hangars, all the while muttering about decency and modesty - or going to the movies. The nature of the activities never truly mattered however, and both knew it.

Emily was astounded at how much good the outings seemed to be doing to the older woman. Her eyes stubbornly remained locked in that expressionless stare that rarely left the ground, yet Mary was undeniably slowly changing. She talked more, cautiously learning to open herself again to another. Emily had begun to see glimpses of not Mary the submissive wife, not Mary the mom, but Mary Peters, the woman. The face cowering in self-imposed exile behind the mask...

They never discussed the events of Emily's first night home, but the looks they would share at specific moments - quickly broken by a flushed Mary - made it clear that although the issue had been repressed, it was far from forgotten...

Another painful reminder would come in the form of Jonah smugly awaiting their arrival, his piggy eyes glazed over as he would squint at them from his favorite armchair, liquor in his hand as surely as on his putrid breath. " So, back are you? Huh. Too bad you brought that useless piece of shit you call a mother back with you. " Doing her best to ignore the tightening of her mother's face at the slurred greetings, Emily would firmly grasp her hand and determinedly refuse

to acknowledge her father's haunting sneer chasing them from the room. *Someday, you'll get yours... and nobody will be there to watch you fall. You just wait, you cold bastard.*

On the last morning of her visit, Emily decided that she would buy her mother a present, a keepsake to soothe the rough days that would inevitably be ahead. *Maybe she'll look at it and remember our time together. Maybe she'll remember herself...* It was a depressing thought, but it convinced her nonetheless. Striding out of the room and kissing her perplexed mother on the cheek, she grabbed her keys and left, with reassurances that she would be back before Mary had time to miss her...

It did not take long to find what she was looking for. A young man with nimble fingers and a sly smile working the counter at the local pawn shop sold her a small figure of an angel: as a child, her mother had always lovingly called her her guardian angel. Crafted from polished porcelain, painted with a delicate hand, an artist's touch, the angel represented perfect harmony, its delicate face radiating serenity, an unsoiled innocence. *Perfect.*

(Part Three will be published in the next newsletter)

CHECK ÇA!

Vous connaissez un jeune nord-côtier de 18 à 35 ans qui se démarque par son implication ?
Inscrivez-le au gala Sang09 et au Congrès J'MAINplique en visitant le

www.checkca.net

Do you know a youth from the North-Shore between the ages of 18-35 that has implication in their community?

Then, subscribe at the Sang09 (Newblood 09) gala and the J'MAINplique convention taking place on the 8-9-10 of April in Baie-Comeau.

Visit the website for more details and registration.

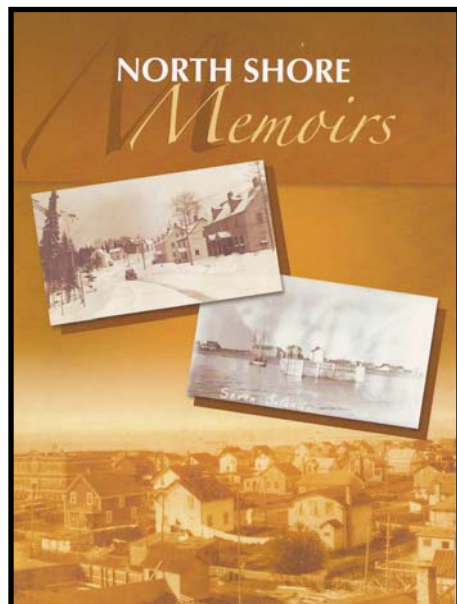
www.checkca.net

YOUTH DIRECTOR NEEDED

The NSCA Board of Directors is looking for a youth director to represent the eastern sector (Baie Trinité to Havre Saint-Pierre including Fermont and Schefferville).

If you are between the ages of 16 and 25 and would like an opportunity to represent the English-speaking youth in your area, this may be for you.

For more information, or if you are interested in this one-year mandate, please contact Jody Lessard at the NSCA office or by email at nsca@quebecnorthshore.org



ON SALE NOW - ONLY \$10

Order your copy of this 64-page book that includes 21 stories with archival photographs of by-gone years in the communities of Fermont, Sept-Iles, Port-Cartier and Baie-Comeau.

Contact the NSCA office to place your order.
 Phone: 418-296-1545
 e-mail: nsca@quebecnorthshore.org

Worship Services



All Saints' Church

39, av. Ungava
 Sept-Iles
All services commence at 10:30a.m.

- Feb. 6: Anglican Service and Annual Vestry Meeting
- Feb. 13: United Church Service
- Feb. 20: Anglican Service
- Feb. 27: United Church Service
- March 6: Anglican Service
- March 13: United Church Service
- March 20: Anglican Service
- March 27: United Church Service

Church of St. Andrew & St. George

34, av. Carleton
 Baie-Comeau
All services commence at 11a.m.



- Jan. 30: Holy Eucharist
- Feb. 20: Holy Eucharist and Annual Vestry Meeting
- March 13: Holy Eucharist
- April 3: Morning Prayer

Information:

Canon Stephen Kohner
 418-295-3431
stephen.kohner@cgocable.ca

Do You Have a Loved One with a Mental Illness?

English speaking caregivers across Quebec who are experiencing difficulty coping with the mental illness of a loved one are invited to participate in support groups over the telephone. Self-help support groups are non-judgmental, safe and confidential forums where people come together to deal with shared concerns and problems. Our groups are especially designed to reach caregivers living in regions where English services are not readily available, and to help you cope when a loved one has a mental illness. A trained facilitator provides any needed assistance.

Groups will be held Tuesday evenings, 7:00 to 8:15 PM:
 February 22, March 22, April 26, May 24
 Participate in any one or more sessions

Register by phone or online - Space is limited!

1-866-396-2433

www.careringvoice.com

Health Guide

When it comes to your health, it's important to be well informed.

The Health Guide offers you simple, practical, and reliable information to help you deal with a non-urgent health problem and become better prepared to use Quebec health-care services. It also presents suggestions for you to play an active role with regard to prevention.



The Health Guide does not replace medical or professional consultations. It makes available general information which should not be taken as medical or professional advice.

Check the following website for more information:

www.guidesante.gouv.qc.ca

CHEP Videoconference

Title: *“Revisiting Arthritis”*
 Presenter: Myra Siminovitch, Physiotherapist, and the Arthritis Society of Quebec
 Date: Tuesday, February 22nd, 2011
 Time: 1:00 to 3:00 PM

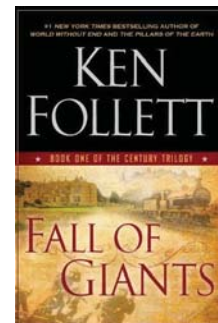
Place: **In Baie-Comeau:** Baie Comeau High School VCN Room 317, 3rd Floor 39, av. Marquette
In Sept-Iles: Northern Lights Adult Ed Centre 3rd Floor 530, av. Brochu

For more information or to register, call:
Marilyn Durepos
(418) 296-1549
 or email: nscanpi@quebecnorthshore.org



NSCA Book Club

If you enjoy reading and meeting with friends, join our English Book Club. Join us for a discussion and review on our monthly pick.



Need more information or interesting in joining our group? Please contact Jody at 296-1545.

This month's read is "Fall of Giants" by Ken Follet

Next scheduled book club meeting is on Tuesday, March 29th at 7:30p.m. in room 317 of Baie Comeau High School (39, av Marquette)

Elisapie Isaac to perform in Baie-Comeau

by Mary Ellen Beaulieu

The Centre des arts de Baie-Comeau has a remarkable selection of shows for you this winter. There is one artist I strongly recommend, the internationally acclaimed and award winning **Elisapie Isaac**. This talented non-conventional Inuk singer-songwriter will be in **Baie-Comeau Friday, February 11 at 8 p.m.**



Isaac's concert was sold out at the last Tadoussac song festival. "I feel like a rock star, there are so many people out there" was how she charmingly announced to the audience that she would give a back-to-back unscheduled show at midnight. Fans were lined up at the door and had no intention of leaving without hearing her.

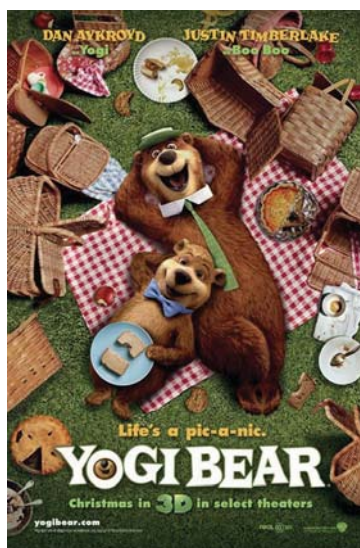
Her haunting, luscious and sensitive voice combined with, her dramatic stage presence and her communication skills unravel the mystery of this awesome lady from Salluit in Nunavik who sings in French, English and Inuit.

Upcoming Movies in Fermont

by Cathy Larivière

Ciné-Club Fermont is pleased to present two movies that will be shown in English in the Auditorium at Polyvalente Horizon Blancs.

Admission is \$7 for an adult and \$5 for those 18 and under. Ticket Office opens 45 minutes before showtime.



Show Times:
Friday, February 4th at 6:00pm
Saturday, February 5th at 1:00pm



Show Time:
Friday, February 25th at 6:00pm



La Nature-aux-pattes

by Mary Ellen Beaulieu

Would you like to see extraordinary sights, meet new friends and stay healthy? There is a year-round walking club open to all in the Baie-Comeau area so, why not join? Comfortable clothing, walking shoes and a lunch are all you need. Refer to the schedule below for details on each activity. Contact me should you require any additional information at **418-296-6422**. Looking forward to meeting you.

Date	Activity	Distance	Meeting Point	Car Pool \$
Tues. Feb. 8	Iles-aux-colons (Schmon blvd)	7 km - Intermediate	West: IGA at 9:45a.m. East: Mike's at 10a.m.	
Tues. Feb. 15	Ferguson Tower	8 km - Intermediate	West: IGA at 9:45a.m. East: Mike's at 10a.m.	\$2.00
Tues. Feb. 22	Mont Papinachois Trail	8 km - Intermediate	East: Mike's at 9:45a.m. West: Motel Manic at 10a.m.	\$3.00
Tues. March 8	Forestville: Rivière Sault-aux-cochons	8 km - Intermediate	East: Mike's at 8:30a.m. West: Motel Manic at 8:45a.m.	\$5.00
Tues. March 15	Amédée River	8 km - Intermediate	East: Mike's at 9:45a.m. West: IGA at 10a.m.	N/A
Tues, March 22	Amédée River Ski Trails Wine & Cheese Party		East: Mike's at 9:45a.m. West: Golf Club at 10a.m.	N/A



HAVE SOME WINTER FUN!

Press Release by Pascal Paradis
Communication advisor
North Shore Health and Social Services Agency

Once again this year, Kino-Québec and the North Shore Health and Social Services Agency are inviting you to come and play outside as part of the *Winter Fun* campaign. Over the next few weeks, many municipalities, elementary schools and community organizations of the region will propose outdoor activities to help everyone discover or rediscover the joys of being physically active in winter.

School activities

Elementary schools always have a high participation rate in the *Winter Fun* campaign. As of today, 24 schools have registered to encourage more than 3,200 young people to get active, and show them that it is fun and healthy to play outside in the winter months. Last year, more than 2,700 students from North Shore elementary schools participated in *Winter Fun* activities.

Wide range of activities for municipalities




Many activities are already scheduled in several local areas, such as Tadoussac, Longue-Rive, Forestville, Ragueneau, Port-Cartier, Sept-Îles, Fermont and Natashquan. There is something for everyone in the *Winter Fun* program. Last year, over one dozen municipalities proposed a winter program for the members of their community. These initiatives help promote physical activity and improve the quality of life of North Shorers.

As in previous years, the regional Kino-Québec advisor, Mr. Stéphane Talbot, is available to support and assist municipalities, schools or any group interested in joining the movement. He can be reached at 418-589-9845, extension 2296.



Lab City Arts & Culture Centre Upcoming Presentations

503 Hudson Drive

PAT BREDEN	DR. ZOO	JAKE'S GIFT
		
<p>If ever you wanted a glimpse of life in Canada's north, writer and storyteller Pat Braden will give you a captivating view. He weaves story into song, song into story...</p>	<p>Dr. Zoo is the vision of singer/songwriter Randal Arsenault from Newfoundland. The 6-piece band includes artists from Senegal, Ireland, Sudan, and Alberta.</p>	<p>Jake's Gift is an award winning Canadian play about a WW2 veteran's journey back to Juno Beach for the 60th Anniversary of D-Day.</p>
<p>FEBRUARY 20 AT 8:00P.M.*</p>	<p>FEBRUARY 25 AT 8:00P.M.*</p>	<p>MARCH 17 AT 8:00P.M.*</p>

To purchase the tickets please contact the box office

Box Office Hours:

Monday - Saturday: NOON - 6:00pm

Performance Days: NOON - CURTAIN TIME + 30 minutes

SPECIAL RATES are available on most Arts and Culture Centre presentations. Ask the Box Office about special rates for students (up to post secondary), seniors (60 plus) and for purchases of ten or more tickets. Only one discount type per purchase.

Discounts are available at time of purchase only.

*** Please note all showings are Labrador time (in Fermont, it is an hour earlier)**

A Remembrance Day to Remember

by Michelle Petit

This past November 11th at Baie-Comeau High School we had the privilege to host an intergenerational activity. The 50 plus group as well as grade 3 to 6 students came together to take time to remember. The seniors were able to shared some of their experiences and memories of the Second World War. All the seniors that shared their stories were children themselves at that time, so it was an eye-opening experience for the students to understand what it would be like for them if we were involved in war right now. Following the storytelling event, the students had a chance to present their thoughts on Remembrance Day.

The grade 3 and 4's shared their ideas of what is a peace-maker, while the grade 5 and 6's wrote poems and acrostics on Remembrance Day. Everyone one did a fabulous job of being creative and having the courage to stand and share in front of a crowd. When everyone was done sharing, we ate lunch together to allow for some relaxed conversation between the two generations. It was a great opportunity to bridge the generations and open lines of communications. We need to share so we don't forget. Lest we forget!



Mrs. Noëlla McGee addresses the students at BCHS with her captivating war-time story.



Don Goodfellow, Guy Richard and Raymonde Goodfellow chat it up over lunch.



Andrew Michaud of Cycle 3 reads his tribute to the war vets

Is your child eligible to receive education in English?



Now is the time to think about registration for the 2011-2012 school year. Communities served by the NSCA each have educational establishments that are able to educate your child in English while offering quality French-language instruction. Many of the schools offer low student-teacher ratios, dynamic extra-curricular activities, and quality instruction.

For more information contact the English schools of Eastern Shores School Board:

SCHOOL	ADDRESS	PHONE	E-MAIL
Fermont School	130, rue Le Carrefour Fermont, QC G0G 1J0	(418) 287-5497	fermontschool@tlb.sympatico.ca
Flemming Elementary, Sept-Iles	542, av Brochu Sept-Iles, QC G4R 2X3	(418) 962-2166	flemming.admin@essb.qc.ca
Queen Elizabeth High, Sept-Iles	95, rue Père Divet Sept-Iles, QC G4R 3P2	(418) 962-4540	qehs.admin@essb.qc.ca
Riverview School, Port-Cartier	67, rue Audubon Port-Cartier, QC G5B 1M7	(418) 766-2665	riverview.admin@essb.qc.ca
Baie-Comeau High	39, av Marquette Baie-Comeau, QC G4Z 1K4	(418) 296-2832	bchsadm@cgocable.ca

- Has the father, mother, or grandparents of the child gone to elementary school in English?
- Are you aware of your grandparents' schooling?
- Are you considered an Aboriginal or do you live on a reserve?
- Have you immigrated to Québec on a temporary company transfer?
- Does your child have a half-brother or half-sister in the English educational system?
- Has your child turned 16 years of age as of the 30th of June 2010? He or she may continue their education in French or English.

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

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

418-296-1545
www.quebecnorthshore.org
nsca@quebecnorthshore.org

Chair: Mr. Marc Deslauriers
Vice-Chair: Mr. Narendra Parihar
Secretary: Mrs. Cathy Larivière
Treasurer: Mr. Maxime Côté

Coordinator: Ms. Jody Lessard
Health & Social Services Coordinator: Mrs. Marilyn Durepos
nscanpi@quebecnorthshore.org

Newsletter: Mr. Stephen Kohner: stephen.kohner@gmail.com



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Return undeliverable Canadian addresses to:

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