

# NSCA NEWSLETTER

DECEMBER 2011

Volume 8, Number 3



The NSCA and its Board of Directors wishes all of its members and partners a Merry Christmas & Happy New Year 2012



Fermont snowmobile trail

## LET'S GET CONNECTED

### In Search of Yesterday An Inter-generational Project

by Jody Lessard / Photos by Stephen Kohner

NSCA is pleased to announce funding from the Department of Canadian Heritage for an intergenerational community cultural project entitled “In Search of Yesterday”.

This community cultural project is a collaborative community initiative between the North Shore Community Association and Baie-Comeau High School. This community history project will engage community members-seniors, educators and youth- to interview, record, document and showcase the culture and history of the Anglophone community of Baie-Comeau.

Spanning over a 14-month period, community members will work together to create a moveable culture and heritage exhibit that will preserve and promote the region’s culture and heritage, timed to coincide with the 75<sup>th</sup> anniversary of Baie-Comeau.

The resulting chronological journey will lead community members and visitors through the history and culture of the community, bringing the past to life through a moveable multi-media museum. Events in the travelling exhibit will be presented from the perspective of the English-language minority community.

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## A WORD FROM THE CHAIR

Christmas Memories

First we need a lot of ingredients, work and good cheer.

Snow for starters is an important one, (not optional) landscapes are important.

For a preface we need to dig up all of the Christmas decorations while listening to seasonal carols and songs. Get the baking sheets out and all the accoutrements for decoration of food and home.

We bake, bake, and bake while others decorate; gingerbread, shortbread, cupcakes, yule logs, fruit cakes, doughnuts, mincemeat pies, meat pies, tinsel, lights, wreaths, tree and mistletoe, lots to do.

Home transforms into a palace of lights and icicles, miniature train and village, with a tree and a manger as the centrepiece.

December rides on quickly and before you know it, it's Christmas Eve, midnight mass, a walk to the old church. The home of Jesus is putting on a show and is at its brightest. Carols are sung and the birth of the Christ Child is retold. The inner feelings 'til now were good and warm but now are strong.

We walk home to start on the festivities, the little ones want to open presents, and it is after all very early Christmas Morn. Gasps, cries of joy and surprise resound, not a grim face in the lot.

Christmas is Baby Jesus' birthday, we dare not forget, and the commercial aspects are strong but see it as time and money spent on those we hold dear. Giving is the true sense of the celebration, not just the gifts, cards and wishes because at this time of year Dickens wrote a masterpiece of memories that touched the heart and soul of a cynical old man and brought about a marvelous change in Ebenezer Scrooge. May Christmas be good to you this year and always. May you in turn revert to a younger time and see this holiday season through the eyes of a child.

Merry Christmas

*Marc Deslauriers*  
 Chair



## Movember Madness Hits 50+ Club

During November each year, men in Canada and around the world grow moustaches to raise funds and awareness for men's health, specifically prostate cancer. Because of all the moustaches, the month of November has now become known as Movember.

In honour of Movember, the members of the 50+ Club in Sept-Iles donned moustaches and participated in an information session on prostate cancer with booklets and promotional items.



If you would like information in English on prostate cancer, or any other disease, contact the NSCA (418) 296-1545. If we don't have it, we will try and get it for you.



# Port-Cartier's New Boardwalk

by Debbie Laurie

On October 14<sup>th</sup>, the town held a ceremony to officially open our new boardwalk that is known to the citizens here as "La Promenade du P'tit Quai". The boardwalk along the magnificent Rivière-aux-Rochers is 350 metres long and cost \$5.2 million dollars. Both the federal and provincial governments contributed \$1.3 million each under the banner of the "Fonds sur l'infrastructure municipale rurale". A plaque honouring the pioneer families of Shelter Bay was also unveiled. It is hoped that the boardwalk will become a focal point for tourists and that it will be widely used by the citizens. Mayoress Laurence Méthot hopes it will become a place where people can enjoy the splendid view while interacting with visitors and promoting our town's attractions.

Weather conditions that day (gray skies and heavy rainfall) did not permit us to actually walk along it, as was originally planned. However, it was a very festive atmosphere with lots of smiles, and a BBQ hot dog luncheon served under a huge tent was offered to those of us who braved the elements. We also received Ville de Port-Cartier thermal lunch bags.

I have not yet walked on it, but those who have say it is absolutely beautiful and should help boost tourism revenues.

Check out the website below for more info: <http://www.quebecgetaways.com/ideas/port-cartier-a-favourite-port-of-call>

## Northern Lights Adult Ed/Voc Centre Offers Two Programs

by Chantal Pitt



### Starting Your Own Business

Would you like to acquire the training/knowledge to open your own business and become your own boss? The Northern Lights Adult Education and Vocational Center will be offering the Vocational Studies program : "*Starting a Business*" (should numbers warrant) in January 2012.

This program will help students acquire the competencies required to successfully integrate into the place of training and the business world, to determine their suitability for their business proposal and the training process, to follow procedures necessary for starting and running a business, to research and process information, to prepare a business outline, to plan business activities, to determine market analysis, marketing and sales strategies, to determine the human, material and physical resources needed to start and run a business and to organize and process the information needed to secure business financing.

You could also be admissible for funding from the Ministry of Education's Loans and Bursaries program or a training program from Emploi-Quebec.

### Computing Support

Would you like to acquire the training to become a Computer Technician, Web or User Support Technician or Technical Sales Specialist? The Northern Lights Adult Education and Vocational Center will be offering the Vocational Studies program: "*Computing Support*" (should numbers warrant) in January 2012.

This program will now be available online through Distance Education. Living outside our area is no longer a problem in order to enroll in this program. All classes will be available online and all materials necessary will be sent directly to you. So enjoy taking a course which interests you right from the comfort of your own home.

By 2014 over 7,500 jobs will be available in the I.T. field, in Québec alone!



### Contact Chantal Pitt

Eastern Shores School Board - Northern Lights Adult Education and Vocational Center  
530, Brochu Street Sept-Iles QC G4R 2X3  
Tel: 418-968-8412 / Toll-Free: 1-866-968-8412 / E-mail: [chantal.pitt@essb.qc.ca](mailto:chantal.pitt@essb.qc.ca)



Centre de santé et de services sociaux  
de Sept-Îles

45, Père-Divet Street, Sept-Îles, G4R 3N7  
418 962-9761 Telephone  
418 962-2701 Fax

## Press release

For immediate release

### STRATEGIES DEVELOPED BY THE CSSS DE SEPT-ÎLES PROMOTING THE ADAPTATION OF ITS HEALTH AND SOCIAL SERVICES IN THE ENGLISH LANGUAGE

**Sept-Îles, December 6, 2011** — One of the orientations of the Centre de santé et de services sociaux (CSSS) de Sept-Îles is to improve its services in terms of accessibility, continuity and fluidity. To ensure English-speaking persons better access to services in their language, the CSSS of Sept-Îles is pleased to present its strategies developed within a project promoting the adaptation of its health and social services in the English language.

The CSSS de Sept-Îles provides services to an English-speaking population estimated at 900 persons in Sept-Îles and to more than 5 000 persons in the North Shore East sector, home to a majority of English-speaking communities.

Since March 2011, an English-speaking customer service agent has had the mandate of hosting and orienting English-speaking users upon their arrival at the institution, informing the clientele of the services offered and directing the English-speaking clientele to adequate resources. She also ensures the liaison between services to offer service continuity, support caregivers in their relationship with the English-speaking clientele and may act as an interpreter during consultations to ensure the precise understanding of the diagnosis and treatment. Obviously, all of this is done while preserving confidentiality rights between users and caregivers.

A welcome desk is located in the CSSS main entrance. The clientele wishing to access the English-speaking customer service agent may use one of the telephones at their disposal in the main entrance or the emergency entrance, allowing them to reach her directly. This service is also offered to the Innu and Naskapi clientele.

Several client-related documents were translated in the English language as well as the service guide which was distributed to English-speaking households from Baie-Trinité to Blanc-Sablon. Just recently, the institution's website provides a section translated for the English-speaking users.

All of these strategies allowing us to better meet our clientele's needs were made possible thanks to a regional project presented to the Department of Health and Social Services within an initiative of the Health and Social Services Community Network for English-speaking persons, an organization funded by Health Canada. Furthermore, the North-Shore Community Association, the CSSS de Sept-Îles, the CSSS de la Basse-Côte-Nord and the Centre de protection et de réadaptation de la Côte-Nord are involved in the project and also benefit from the implemented strategies.

The improved accessibility of our Center to English-speaking persons allows us to take an additional step towards implementing the vision of the CSSS de Sept-Îles, aiming at becoming a Center for excellence: a leader in the quality and continuity of care and services to our population and our partners.

— 30 —

Source: M. Martin Beaumont  
General Manager  
418 962-9761, Extension 2400

# Community Organizations in Our Region

## Éki-Lib Santé Cote-Nord

652 Av DE Quen, Sept-Iles, Quebec, G4R 2R5

Phone: 418-968-3960

### Eating Disorders - Parents and Relatives Also Need Help

#### What is Éki-Lib Santé Côte-Nord ?

The organization's mission is to intervene with people who suffer from eating disorders, as well as with their families and loved ones. We work to solve and prevent the problem. Raising awareness on the adverse effects on physical and mental health is also part of our mandate.

#### Our Objectives

##### Help people to:

- become aware of their relationship with food and understand it better;
- learn to change their eating habits;
- find resources and power over their life;
- improve their personal, marital, professional, social or family life.



#### Our Services

Services offered by the organization to the victims of nutritional disorders are essentially intervention, prevention, support and help to the victims of nutritional disorders.

- 24-7 help line;
- Consultations are given in the form of group meetings and also thematic evenings. Support and assistance are offered to people with eating disorders and to their friends and families;
- Private meetings when needed;
- Documentation center is open to everyone;
- Thematic meetings, sharing, group or conference meetings with health professionals;
- Service for reference to external resources is also available.



#### Also Available:

- Project "Cool! I'm unique, I take care of myself."
- Training on eating disorder behaviours

**Our services are confidential and free**

[www.eki-lib.com](http://www.eki-lib.com)

(coming soon)

# Snacks For Learning

by Julie-Andrée Verville, Journal Le Manic  
translation: Maxime Côté

Baie-Comeau High School (BCHS) has received a donation of \$ 2 000 from the Breakfast for Learning program of the President's Choice Foundation to benefit the 51 students of the English school.

The grant is to provide three snacks per week. "This is a way to introduce diversity of foods for our youth and to motivate changes in the lunch boxes of children," said Maxime Côté, Coordinator of the Community Learning Centre of Baie-Comeau. It is this non-profit organization that has applied for the grant to improve the existing nutrition program within the school. Next, President's Choice Foundation gave gift cards to Provigo in Baie-Comeau so that the school can buy healthy snacks.

Students receive a cereal snack on Monday, a dairy product on Wednesdays, and a serving of fruit on Friday. "This can complement their breakfasts. For elementary, it is especially an introduction to new foods, while for secondary students it is a way to make them eat something if they did not take the time to do it themselves," says coordinator. He states that there is plenty of evidence that eating well in the morning is good for learning. "I'm happy we have received this grant. It gives us the opportunity to reach our goals in being a healthy school," states Maxime Côté.



From left to right: Maxime Côté, Maxyme Beaulieu, Wind Harvey Bourque, Frederic Guitar and Rebekca Petit, and Jacques Nadeau of Provigo

## The Challenges of Being Physically Impaired

by Ms. Lucia Cucchiara, Spiritual Animator and Rosemary Feger, ERC teacher

The topic of tolerance and diversity was the impetus for an activity organized and hosted by Ms. Lucia Cucchiara, Queen Elizabeth High School's Spiritual Animator and myself. Ms. Cucchiara invited Mr. Christian Ratte, a member of the *L'Association Québécoise des Sports en Fauteuil Roulant* to speak to the student body about the challenges of being physically impaired and living in a wheelchair. He articulated that all physically challenged people want is to be treated in the same manner as the physically "unchallenged" – with respect and dignity. The term, "disabled" in itself denotes not being able, and so is not a politically acceptable word. He noted that one must have the commitment and determination to succeed in life; for the physically challenged the same applies.

These words of wisdom were put to the test by the Secondary 5 students who experienced what life would be like in a wheelchair. Students had to rely on their ingenuity and the generosity of people to help them deal with certain physical restraints in the school; the stairs and the doorway frames of classrooms were but two of the obstacles. The "fun" experience quickly disintegrated into frustration and anger at not being able to accomplish what are seemingly easy tasks.

At lunch hour, a mini fundraiser was held to support the *Association Québécoise des Sports en Fauteuil Roulant*. Students donated \$1.00 to participate in a basketball tournament. Cacao-laded prizes were awarded and a \$138.00 was raised.

The life lesson learned from this day by all was to appreciate one's health, and to be accepting of others.





# Maple Leaf Math Challenge

by Debbie Laurie

On November 9<sup>th</sup> and 10<sup>th</sup>, students at Riverview School participated in the first ever Maple Leaf Math Challenge. The two day event was organized by the creators of Mathletics, an online website where students can practice their mental math skills against students from all over the world, as well as review concepts taught as part of their math curriculum. They practiced daily for two weeks prior to the above dates, then went online as often as possible on that Wednesday and Thursday.



They could continue to accumulate points at home as well. On the first day, students had to attempt 10 different math activities with the highest result possible in each. Points were carried over to the next day when, in one minute competitions against other students from schools across Canada, they had to compete at 10 different levels of mental math computation including fractions, decimals, patterns, integers, exponents, order of operations, and square roots.

The Sec. 1 & 3 students all earned beautiful participation certificates with Christian Fequet in Sec. 1 scoring over 5000 points. The top students in Canada will represent us at the World Educations Games to be held in March 2012!!

# Winter Concert at Fermont School

by Cathy Larivière

The Fermont School students had their Winter Concert on Wednesday, December 14. The students from Pre-Kindergarten to Cycle 3, Year 2, sang songs, played hand bells and xylophones, read poems, and the older students performed magic tricks. Parents brought food and a lot of people attended the event. Everyone had an enjoyable evening.



Audience members were asked to volunteer during the magic show.



One magician made Mickey Mouse with his magic rings.



The students in grades 3 and 4 started the show with a Winter Acrostic Poem.



The Pre-Kindergarten and Kindergarten children sang the song, Five Little Snowmen.

## English Services at the CSSS de Sept-Iles

On December 6<sup>th</sup>, 2011 the CSSS de Sept-Iles held a press conference to officially launch the strategies they developed promoting the adaptation of health and social services in the English language (see press release on page 4). Charlotte Audet, *director of quality services, public health and communications*, and Martin Beaumont, *director general* spoke on behalf of the CSSS. Jody Lessard was invited to also speak on behalf of the North Shore Community Association (NSCA). The NSCA and its Networking Partnership Initiative (NPI) along with the Regional Access Committee have supported the initiatives of the CSSS for a number of years.



The strategies developed include:

- the hiring of an English-speaking customer services agent who can greet and orient English-speaking to the appropriate resource and also can act as an interpreter;
- the translation of several client-related documents as well as the service guide;
- their website for English users - [http://www.cssssi.qc.ca/index\\_an.html](http://www.cssssi.qc.ca/index_an.html)

This is great news for English-speaking clientele using the services of the CSSS de Sept-Iles, which includes not only the residents of Sept-Iles, but residents from the Lower North Shore, Fermont, Port-Cartier and Schefferville.

## Upcoming Events in Fermont/Lab City

### - Winter Lights Celebrations

Dec 02 to Dec 24, Dec 27 to Dec 30

Held during December, this annual festival celebrates the winter season through an array of dazzling light displays, an illuminated Santa Claus parade and a tree lighting ceremony. Festival will take place at the Centennial Park (Hudson Drive, Labrador City)

### - The Vagina Monologues

February 14, 2012

A play written by Eve Ensler, based on a series of interviews from over 200 women. It focuses on educating and empowering women about sexuality and anti-violence against women and girls. It will take place at the Labrador West Arts and Culture Centre. Due to the content of the script, this event is for women and men ages 16 and up.

### - Cain's Quest

March 17<sup>th</sup> – 24<sup>th</sup>, 2012

Cain's Quest Snowmobile Endurance Race announces the 2012 race dates for. The proposed route for Cain's Quest 2012 can be found online at [cainsquest.com](http://cainsquest.com). Please take note that the route is subject to change at any time. Check the website for updates.

## NSCA Presentation to Anglican Church



To help mark the 75th anniversary of the Anglican Church of St. Andrew and St. George in Baie-Comeau, the NSCA recently presented the church with six photographs of the building during its construction in 1937. The photographs are a real treasure; they will be added to the ever-growing collection of photographs depicting the town's early days.

A service in December 2012 is to be planned in order to mark the church's 75th anniversary.

The church will be hosting the interpretation panels produced by the NSCA as part of the "In Search of Yesterday" project.



# First Wellness Day in Baie-Comeau

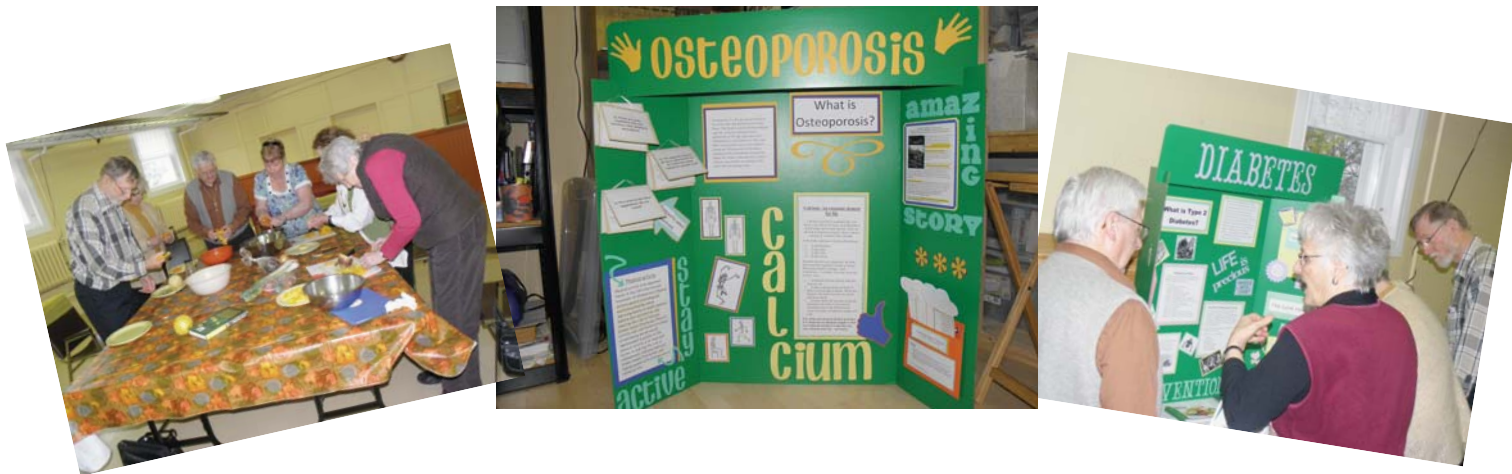
by Michelle Petit

On Wednesday, November 16<sup>th</sup>, 2011, the 50+ group in Baie-Comeau had its first ever 'Wellness Day'. This full day of activities consisted of an opening ice breaker game that tested their cognitive and reflex skills at the same time. Everyone had a good laugh with this activity. This was followed by an exercise session that everyone can also do at home.

We then all got to work and made a wonderful tasty lunch. The menu for the day was harvest soup, bruschetta pizza, yogurt parfait and finished off with a pumpkin bread pudding.

In the afternoon there was a powerpoint presentation on Osteoporosis as well as two kiosks set up with other health related issues and lots of 'take home' information in English.

The day was a huge success....thanks to all who participated!



# Wellness Day in Sept-Iles

By Gail Court-Lavallee

The 50+ Club of Sept-Iles had a special 'Wellness Day' on Wednesday, October 26<sup>th</sup>, 2011.

The full day of activities began with physical activities in the morning – bean bag toss, badminton, throw ball, and even a DVD presentation of sitting down exercises for seniors. Two kiosks of health information were set up with English documentation from the 'Heart and Stroke Foundation' and 'Lupus'. They even had a retired nurse there to take everyone's blood pressure.

Lunch was a delicious homemade soup prepared by the ladies themselves.

In the afternoon, the 24 participants enjoyed their favourite activity, cards, followed by a birthday cake to celebrate those members who had a birthday from July to October.





**Destination Sept-Îles Nakauinanu is presently in a recruiting campaign for Tour Guides and Information Agents for its 2012 season of international cruise ship arrivals to Sept-Îles.**

If you speak English, German, Spanish or Italian and if you think you would like to become a Tour Guide or an Information Agent or would simply wish to obtain more information, please contact **André MacAfee**, Interim Marketing Coordinator of International Cruises at (418) 962-1238 or by e-mail at: [dsin@tourismeseptiles.ca](mailto:dsin@tourismeseptiles.ca).

These positions are remunerated and 2 hour training sessions will begin in the upcoming weeks.



## Worship Services

### All Saints' Church

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



- December 24: Joint Anglican United Candle-light Service: **7:30p.m.**
- January 1: Anglican Service
- January 8: United Church Service
- January 15: Anglican Service
- January 22: United Church Service
- January 29: Joint Anglican United Service
- February 5: Anglican Service
- February 12: United Church Service
- February 19: Anglican Service
- February 26: United Church Service

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

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



- Jan. 15: Holy Communion
- Feb. 5: Holy Communion
- Feb. 26: Holy Communion with Annual Vestry Meeting

#### Information:

Canon Stephen Kohner (418-295-3431)  
[stephen.kohner@cgocable.ca](mailto:stephen.kohner@cgocable.ca)

## Coming to Quebec City for Medical Treatment?

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

Members of the Pastoral Care Team of the Anglican Diocese of Quebec can:

- Pick you up at the airport
- Help you and/or family members find accommodations
- Visit you and pray for you
- Translate
- Run small errands



**Simply let us know your needs:**

[pastoralcare@quebec.anglican.ca](mailto:pastoralcare@quebec.anglican.ca)

418-688-3475 or 418-527-3141

## NSCA Book Club

Do you enjoy reading? Have you ever read a great book and really wanted to talk about it with someone?

Well you might be interested in joining a book club. Book clubs can be a great way of meeting like-minded people who enjoy a lively discussion about books.

If you would like know more about the book club in the Baie-Comeau community or is interested in joining, please contact the NSCA office at 296-1545.

This month's read is "Water for Elephants" by Sara Gruen

**The next scheduled book club meeting is on Wednesday, January 11<sup>th</sup> at 6 pm in Room 317, at 39 Marquette (BCHS)**





# NSCA to Sponsor English Films at Cinoche

by Jody Lessard

The North Shore Community Association (NSCA) is pleased to be a sponsor of Baie-Comeau's Cinoche International Film Festival, which is celebrating its 24<sup>th</sup> anniversary this year. The festival begins on 19<sup>th</sup> and will run up to the 29<sup>th</sup> of January. With more than 30 films in the program you can see a few in its original version-English, a second year that the NSCA is sponsoring English films during the film festival. **In fact, it is sponsoring three of them!**



The program will be unveiled at a press conference on January. To know about the scheduled showings and film details, you can visit Cinoche online at [www.festivalcinoche.ca](http://www.festivalcinoche.ca)

Cinoche Passports are now on sale! You can purchase them at Ciné-Centre de Baie-Comeau and Télé Jeux vidéo! They make wonderful Christmas gifts!

## Movie Nights in Fermont

by Cathy Larivière

The Ciné-Club of Fermont has launched its January 2012 movie listings. Twilight, The Three Musketeers and Puss'N Boots are scheduled to be shown on the big screen at the auditorium of the Polyvalente Horizon Blancs. Admission costs are \$8/adult and \$6/17 and under.

Projection times are on Fridays at 18:30 and on Saturdays at 13:30. **Please note that this is Labrador Time.**




## Celebrate the Spirit of the Holidays Safely


by Jean-François Albert





It is interesting to know some facts about the quantity of alcohol consumed at parties or any other time.

Just to know that there is the same amount of alcohol in:

one regular beer (341ml or 12 oz at 5% alcohol), 

one glass of wine(142ml or 5 oz at 12% alcohol), 

one glass of fortified wine (85 ml/3 oz, 20% alcohol), 

one shot of spirits 43 ml/1.5 oz, 40% alcohol) 

**Each of these is considered a standard drink**

### Centre d'intervention le Rond-Point

101 rue Tortellier, Sept-Îles, Québec, G4R 3Z7  
Administration : 418 962 7333 ou 418 962 7343  
Toll free: 1 877 962 7333

[lerondpoint.org](http://lerondpoint.org)



# In Search of Yesterday

(continued from page 1)

This project initiative includes two phases:

- **Phase I: Research and Development: Building the Base**  
Heritage and culture, community research and project development, with youth, seniors, community partners and volunteers.
- **Phase II: Development and delivery:**  
Exhibit creation, visibility and promotion, and partnership development

Through the interactive activities with seniors the youth will acquire new heritage and culture-related skills, and learn as well as share their community's heritage through exhibit development and creation. In addition, a community cultural project like this will preserve the memories and culture of our Anglophone seniors, promote heritage education, and provide creative avenues for our youth to immerse themselves in their culture.

A collaborative initiative that will provide opportunities for the community to come together, and celebrate their past, and allow the preservation of the cultural heritage of the English-speaking community of Baie-Comeau.

On December 7th, an initial interview session was held between BCHS students and the 50+ Club. What a great time it was!



North Shore Community Association

Volume 8, 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.*

**Mailing:**  
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Baie-Comeau, QC  
G4Z 2G9

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

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