

THE NORTHERN SCOOP

NCS, N911, True Steel Security, Helpline/CLA



Feature Articles in This Issue:

Milestone Recognition
Employee Spotlight
Health and Wellness 101
NCS News
Local Spotlight
Horoscopes

Here We Grow Again!

Give a warm Northern
welcome to our new
team members!



SANDRA LAMOTHE
Financial Controller



SHANE JACKSON
North Bay Technician

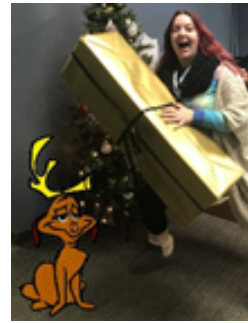


CASSIE DEL MASTRO
Receptionist

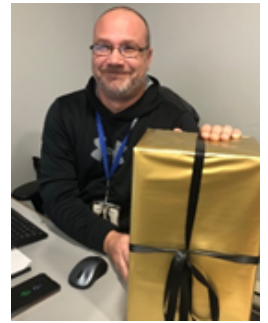
HERE FOR THE LONG RUN

Did you know that the entire company has over **1,800 total Years of Service** between all of it's staff?

Here are a few recent milestones:



Mikaela Jovanovich
1 Year



Pete Clement
5 Years



Kevin Dagenais
30 Years



Brittany Spicer
1 Year



Grahame Longley
1 Year



Bruce Frauts
5 Years



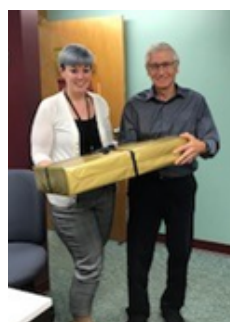
Steven Charbonneau
5 Years



Rob Shalla
5 Years



Joleen Hogeau
5 Years



Krystle Vendette
1 Year



William Boyer
1 Year

EMPLOYEE SPOTLIGHT

SANDRA LAMOTHE

Financial Controller - CPA, CMA, CHRP

Why did you choose NCS and what do you hope to do with NCS?

I chose to work for NCS because I feel that I can bring my experience to further the company in its strategic direction.

Once I arrived here, I feel in love with the people and feel like I have found my forever home. I received a warm welcome and that tells me this company has great core values.

What is your favorite movie?

My favorite movie is Lion King. I am a huge Disney fan. And my favorite line is "it doesn't matter it's in the past."

What is your favorite pastime/hobby?

This is a loaded question as I have so many. In the winter, I love to go cross country skiing and, in the summer, I love to Kayak and be around the water. If I can't be outdoors, I love to sew and bake.

If you could have one super power what would it be and why?

If I can have a superpower, it would be the ability to clone myself, as there is always so much to do and not enough time.



8 WAYS TO A HEALTHIER YOU

COVID-19 has put quite the strain on us, mentally and physically. Here are some tips and tricks to achieve a healthier you during this time!

1. **Commit to yourself:** Create the intention to make positive change.
2. **Eat well-balanced and healthy meals.**
3. **Exercise regularly:** Move your body in ways that you love.
4. **Do things that you enjoy.**
5. **Take care of your mind:** Your mental health matters!
6. **Rest or take a break when needed:** Practice self-care.
7. **Keep good company:** be with people who truly care about you and believe in you.
8. **Focus on positivity and gratitude.**

Looking for some Help/Motivation? Check out some of these health and wellness podcasts!

THE MODEL HEALTH SHOW

No topic about the human body, brain, or the pursuit of achieving your best life is off-limits in this weekly podcast series. Stevenson's easy-going style makes the information understandable and accessible!

I GOT YOU BOO!

Come hang with bestie boos Becca and AMQ weekly while they flip the script on societal norms. They'll share their journeys, discuss what they're learning and unlearning, laugh, cry, cuss, all while serving up realness, with a side of sass.

THE MINDFUL MINUTE

If you're new to meditation, this podcast series may be what you're looking for. Host Meryl Arnett tapes each podcast at a weekly, live meditation class she leads from her studio.

Did you know that **True Steel** hit a milestone of 1,000 [alarm.com](https://www.alarm.com) installations? Congratulations to our team!

SPREADING THE LOVE

This year for Valentine's Day the Northern Group supported Salute Coffee Company's sugar cookie fundraiser, with all proceeds being donated to local mental health projects.

FUN FACT

Although Valentines is now a romance filled celebration of love, the origins of this festival are dark and bloody!

Valentine's Day, in fact, originated as a liturgical feast to celebrate the decapitation of a third-century Christian martyr, or perhaps two.



LOCAL SPOTLIGHT

SUDBURY AUTHOR RAISING AWARENESS ABOUT CHILDHOOD CANCER

Brianna North, a 21-year-old author from Sudbury, just launched her self-published book *Stay Strong*. This young adult novel explores the life of a boy whose little brother is diagnosed with leukemia. Inspiration for the novel came from personal experience, with her cousin being diagnosed with Leukemia. Brianna hopes to show the importance of family during tough times and to create more awareness around childhood cancer.



If you're looking for a new read and want to support a local author, you can purchase Brianna's book on Amazon at www.amazon.ca/Stay-Strong-Brianna-North/dp/B08VCMWSZJ.

ICE GUESSING CONTEST



The Sudbury Star is hosting their 81st annual ice guessing contest? How do you win? The person that guesses the closest time and day the ice officially leaves Ramsey Lake will win **\$1,000 gift card** from **Nickel Belt Camping**, 2nd place wins a **\$500 gift card** from **Sudbury Boat and Canoe**, and 3rd & 4th place win a **\$250 gift card** from **Kelly Lake Building Supplies**.

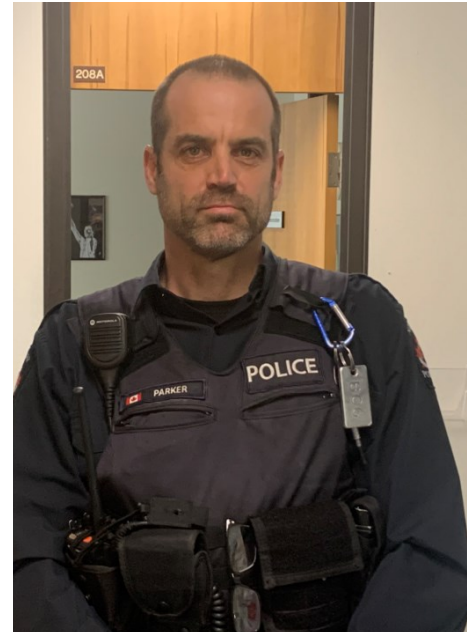
Did you know that last years winner was only 1 minute off from the winning time! Joyce Corriveau guessed April 29, 2020 at 10:47. The winning date and time was April 29, 2020 at 10:46, how incredible!

LOCAL SPOTLIGHT

NORTH BAY POLICE OFFICER NOMINATED FOR HERO OF THE YEAR AWARD

Constable Matt Parker was awarded the Police Services Hero of the Year Award – On Duty Difference Maker, for several selfless acts within North Bay. For example when Parker saw a homeless woman walking in the snow near downtown North Bay with no shoes on, he knew he had to help.

The 49-year-old father of two helped organize Community Closet; a program at the NB Police Services that provides clothing/necessities that can be provided to individuals that may not have these items during their interactions with the Police. He has also coordinated with a local non-profit organization to ensure on-duty officers have access to funds they could utilize to feed those in-need during their shifts by accessing Tim Horton's gift cards. Way to go!



#LOVELOCAL: CALEDON MULLS USING OLD FIRE HALL IN BOLTON AS COMMUNITY HUB



Locally owned and operated businesses are the social, cultural and economic heart of a community. Unfortunately, this past year has left many unsure if they can continue. This old downtown building could host pop-up markets, events as vibrant space for Bolton. Lauren Miller, vice-president of MDB Insight Inc., said "This would be a way to kick-start a different perception of what's happening in Bolton's downtown," What a cool way to bring people downtown and help businesses that have been hit hard due to COVID-19!

APRIL HOROSCOPES

Whether you believe in it or not, check out this month's horoscopes, sourced from <https://www.allure.com>

♈ ARIES (MARCH 21 – APRIL 19)

You're sailing in your zone of confidence, Aries, which suits you better than staying in your personal comfort zone. You're sure of yourself, but you're not being rash, which you have a tendency to be. As a result, doors open up and you know just how to seize each opportunity with your signature charm.

♉ TAURUS (APRIL 20 – MAY 20)

Stop waiting for things to be done for you—it's time for you to get moving, get involved and believe in yourself. Doing this will keep the wind at your back and allow you to approach the beginning of spring with renewed energy.

♊ GEMINI (MAY 21 – JUNE 20)

Ready for a breath of fresh air in your relationships? You're able to choose the people you want to have around you more wisely right now. Even better, you can pull yourself out of the grips of those who sap your energy. You'll be both better anchored and ready to soar—which is actually a perfect balance.

♋ CANCER (JUNE 21 – JULY 22)

Things seem hazy for you right now. Plagued by anxiety and fear, you haven't dared to dream or imagine a brighter future lately. Fear not: It will get better at the end of April, when you'll be able to see things more clearly. Until then, no pressure—give yourself a well-deserved mental break.

♌ LEO (JULY 23 – AUGUST 22)

Excitement, unexpected developments and energy to spare—that's what the planetary quintet hanging out opposite your sign has in store for you. Does this mean that anything goes? Not quite—because when everything is moving faster, you need to refocus your attention. It would be silly to get lost in the adventure.

♍ VIRGO (AUGUST 23 – SEPTEMBER 22)

You have keen foresight, Virgo! You're even going so far as to get a head start on spring cleaning. It's time to sweep away old grudges, broken promises, idle fantasies and bad habits. The result? You'll enter the new season with a clear mind, a light body and a pure heart.

MARCH HOROSCOPES

♎ LIBRA (SEPTEMBER 23 – OCTOBER 22)

There's love in the air—or at least seduction. Thanks to the influence of some mood-boosting planets, you're at your absolute best with heightened creativity and communication skills and amped-up passion. You'll enchant your loved ones on a daily basis. Keep it coming— they're sure to want more.

♏ SCORPIO (OCTOBER 23 – NOVEMBER 21)

What if you were to take advantage of this strange time not to reinvent yourself (we've heard that one before!) but to congratulate yourself? Give yourself kudos for everything you have gone through, overcome and accomplished— often against the odds—in the past few months. Skeptical? Just give it a try.

♐ SAGITTARIUS (NOVEMBER 22 – DECEMBER 21)

April brings the vitality and freedom of movement you need in order to feel fulfilled, Sagittarius. This is a good time to think about your goals, since your inner fire is all aglow. You may launch a brilliantly-thought-out project, get the raise you so richly deserve or receive the recognition you desire.

♑ CAPRICORN (DECEMBER 22 – JANUARY 19)

"Great joys can spring forth after deep sorrows," said philosopher Frédéric Lenoir. Take this to heart, Capricorn! It's time to focus on your well-being by socializing, writing, exercising— doing anything that will enrich your mind and life. April will also bring lots of love and affection, which will no doubt add to the good feels.

♒ AQUARIUS (JANUARY 20 – FEBRUARY 18)

It's visionaries like you, Aquarius, that the world needs to light the way to the future— especially now that Saturn has departed (see ya, downer!) and you can freely express the originality of your thoughts. In love, you will continue to be torn between independence and intimacy, but the tug will be gentler at least.

Have some cool ideas for the next company newsletter?
Please reach out to madison.kvaltin@northerncom.com to suggest
ideas or employee features.