



Community Gardens

What are community gardens?

Every community garden is different. They can be large or small and come in many shapes and sizes. Sometimes gardeners have their own plots in the community garden, in other gardens, everyone shares the work and the harvest. The gardeners themselves decide how to run the garden. Community gardening can also improve people's health by varying diet and increasing food safety and creating awareness on the benefits of healthy eating.

This being said, the Coasters Association with support from Health Canada implemented three community gardens on the Lower North Shore.

The **Communities of La Tabatiere, Chevery and Old Fort Bay** were chosen for the Implementation of "Community Gardens". This past summer (2006) community gardens were implemented in the three (3) chosen communities.

Each community approached their garden set-up a little differently. There were approximately forty five (45) participants, with a large group of them being seniors, as well as volunteers who assisted in the organizing the groups.

Old Fort Bay's group, a majority of seniors, thus getting to a garden site, with exodus of the majority of younger people to provide rides, proved to be a challenge. However, it was decided to place garden boxes near their homes for easy access. It was a huge success and all those involved enjoyed their little gardens. For some it was the first time they ever gardened and for others it was the first time in a long time.



Rita Green Fequet



Herman Drudge



Margaret Wellman Fequet

The participants in Old Fort's Community Gardens were; Rita and Ira Fequet, Pauline and Daniel Fequet, Herman and Ruby Drudge, Genevieve and Dave Drudge, Albert and Lucy Wellman, Terrance and Annie Buckle, Basil and Margaret Fequet, Holly and Thomas Bilodeau, Fred and Cora Buckle, and Annie May Anderson. Updates from the other garden groups are also enclosed.

The Coasters Association would like to take this opportunity to congratulate all the participants for their successful gardens, and thank the volunteers and the municipalities for their support.

Priscilla Griffin, Coordinator



Inside this issue:

Community gardens.....	1
HSSNPI update.....	2
School contests.....	4
Nutrition week.....	4
CAD Update.....	6
Community kitchen updates.....	6
Meals-on-wheels update.....	7
Lower North Shore Food Guide.....	7
Workshops.....	8
Nutrition project extension.....	8

Health and Social Services Networking and Partnership Initiative UPDATE

I was hired as the new Health & Social Services Development Agent to replace Kimberly Buffitt who is currently on maternity leave until September of 2007.

Since the last Newsletter the following initiatives have been and are currently being worked on:

A Strategic Plan has been completed, which provides a detailed outline of the Goals and Objectives of the Health and Social Services Networking Partnership Initiative, as well as the Mandate, Mission and Objectives of the Lower North Shore Coalition for Health. A Communication Plan for 2006-2007 has been completed and both are currently in use by the LNSCH.

A project ran last summer from June to July 2006 entitled "Survival Pack for Parents of Teens". In today's world, parents face many challenges in dealing with teenagers, there are many aspects of a teenager's life that parents may require information. Resources that would help parents were gathered, in order to produce a "Survival Pack". This package could be used as a model for parents with teenage children in the communities and schools across the Lower North Shore. The Coasters is currently researching various funding opportunities to make the "Survival Pack" a reality.

Funding was secured to hire eight (8) animators through the Anglican Church of Canada to pilot a six (6) week summer camp entitled Kindness, Inspiration, Determination, Spirit "KIDS" in Municipalities of Bonne Esperance and St. Augustine and proved to be a great success! Work is currently underway on the possibility of obtaining funding for three additional camps (ages 6 - 12) for the upcoming summer of 2007.

A partnership was created with Gaspé and the Magdalene Islands to obtain funding for a Retreat on Drug and Alcohol Abuse for teenagers from the three Anglophone minority areas. The Retreat was held in Gaspé during the month of May 2006 in which six (6) youth leaders of the St. Paul's School Health Committee attended.

"Access to Extra-Regional Health Services in Eastern Quebec – A community Network Approach to Needs Assessment" was a joint effort between CASA, Vision Gaspé-Percé Now, CAMI, Heritage Lower Saint Lawrence, the North Shore Community Association and the Coasters Association Inc. The purpose of this study was to assess the number of English-speaking patients using medical services in Quebec and to determine the nature and quality of the services for patients in their mother-tongue. All information collected was analyzed and is to be compiled in a Provincial Report.

The Telehealth Project which delivers health and social information via videoconferencing to remote English-language communities in the province of Quebec is currently ongoing. Community participation on the Lower North Shore



NPI Retreat in Quebec City

has increased and this method of delivery helps to empower individuals and their communities to take action in their own health, through greater awareness of the available English-language resources. To date sessions on *Learning Disabilities, Mental Illness, Alzheimer's Disease, Bullying, Drug Awareness, and Grief and Loss* have been offered. The upcoming winter schedule is currently being developed and will be publicized shortly.

Both Cornella Maurice and I attended a NPI Retreat in Quebec City in November of 2006. The workshops carried out on Sustainability and Social Capital will be crucial in the development of our long term Sustainability Plan.

The following is a list of the targeted activities for the remainder of 2006 - 2007, fiscal year:

- Develop Sustainability Plan
- Create Statistical Community Health Profiles for Communities of Lower North Shore
- Build community capacity to participate in Telehealth sessions
- Continue to implement Voices & Choices Program

I am very excited to have this opportunity to work on this important initiative. If you have questions and/or suggestions please feel free to contact me at (418) 379-2006 or by email at hssnpi@xplornet.com.

Ida Jones

Health and Social Services Development Agent

Coasters Association Inc.

Chevery's Caring & Sharing Community Garden

A story of a healthy community spirit



The summer of 2006 was a time of sharing and growth as over 20 people from the community of Chevery came together to help create the *Chevery Caring & Sharing Community Garden (CSCG)*. The project, initiated and sponsored by the Coaster's Association and funded by Health Canada under the coordination of Priscilla Griffin, was a step towards not only growing healthy veggies but growing a healthy community as well.

The project got off to a great start with children from the community who created large posters to advertise the new committee and invite the public to an initial information meeting. The community garden initiative was introduced, people were invited to sign up, and the Chevery Caring & Sharing Community Garden Committee was set in motion. The committee explored a number of potential garden site locations. The site requirements identified were that it should be close to a water supply, offer access to a small storage space to keep gardening equipment, and be central to town to increase visibility of and interest in the garden. A decision was made to set up the garden near the community hall in the center of town. The Coaster's Association provided the earth, garden boxes, and an assortment of vegetable plants that could be transplanted i.e. cabbage, turnip, beets and onions. People from Chevery also kindly donated celery, tomato, parsley and a few other types of plants.

The CSCG Committee decided that given the short time frame a container garden model would be used for the 2006 season. A number of the committee members already had experience using garden boxes, fish baskets and other types of containers in their own gardens, which provided a solid foundation of knowledge for the group to learn from. In the spirit of sharing and learning, the committee also decided to create a shared community garden, meaning the garden management and produce grown would be shared equally among all participants. This allowed novice gardeners to benefit from the knowledge and experience of others and also provided a safety net in case their own first attempts were less successful. A watering and weeding schedule was created, a visit was made to the home greenhouse of a committee member, and many lessons were learned about gardening and community spirit.

All participants who helped deserve a big thank you, because it was by working together that we experienced such success and fun! The regular gardeners were: Dorothy Bobbitt, Marion Bobbitt, Joyce Jones, Belinda Rowsell-Dumas, Alex Dumas, Ryan Dumas, Linda Jones, Loretta Chislett, Mclena Kennedy, Joel Anderson, Diane Evans-Bobbitt, Tyler Bobbitt, Trevor Bobbitt, Sandra Vatcher, Jennifer Anderson, Marilyn Kennedy, Gloria Anderson, Brianna Jones, Galen Jones, and Ana Osborne. Alexandre Dumas Jr., Danny Osborne and John Evans Jr. pitched in by driving and delivering our garden boxes to our garden site at the beginning. And last but certainly not least; a very special thank you is also extended to Priscilla Griffin who provided an ongoing and endless supply of support and encouragement throughout our first season.

As the summer progressed the committee grew along with the veggies that were planted. New members were welcomed throughout the summer and asked to share in not only the knowledge exchange and the work, but equally important to share in the fun. Our garden grew so successfully that we were required to find "Foster Farmers" in the community. Harold Jones adopted three cabbages into his own home garden. At the end of the season he accepted one for his assistance and the remaining two were donated to the Meals on Wheels program much to the satisfaction of the committee members involved, and we hope, the enjoyment of the seniors who received the meals. This project was truly a shared venture based on the value of caring about collective success.

The committee has discussed the possibility of a "Spring Sprouts" program in collaboration with the Netagamou School students. Students will be invited to plant and care for seeds in the spring, and then to a transplanting party in early summer. We are hoping to support local entrepreneurs during the 2007 garden season. Some examples include obtaining our fertilizer from Shore Grow (Raymond Buffitt), earth from the local depanneurs (Depanneur Bellecourt & Green Repair), as well as seeds and/or seedlings from Horizon store (Barb Mansbridge). We also hope to work with the Coaster's Association in the further expansion of our little community garden in 2007. Last but certainly not least, our garden gates are still open! Anyone interested in getting involved in the Chevery Caring & Sharing Community Garden is invited to contact Ana Osborne via email at ana_osborne@hotmail.com or by phone at 418-787-2332.

Ana Osborne, Coaster's Association Volunteer

School Contests / Workshops



In order to obtain healthy local recipes, have the youth participate with their parents, and create awareness to health cooking with both target groups, a contest was developed and implemented (fall of 2005) in all schools and communities along the Lower North Shore.

During 2006 other contests were also implemented in the schools, several contest were aimed at the kindergarten and elementary students while others were designed for secondary students. Once the contest activities were completed with elementary and kindergarten students, some of the teachers had comments concerning the contest activities such as; the contest activities were very interactive, a good way to educate the children and to keep their attention, during snack time some students asks if their snacks are healthy, if they are part of the four food groups, the students really enjoyed the nutrition contest activities, especially when they had to prepare a healthy fruit plate, etc.

The contests, as well as workshops, which were presented in some schools, were designed to create awareness with the students on healthy eating. The nutritionist also visited all schools to present the Lower North Shore food guide. Overall, the contests, the workshops and frequent visits to the schools by the nutritionist and/or the coordinator, have created an awareness on the benefits of healthy eating, however, it is important to note that such activities should continue.

Priscilla Griffin, Coordinator

Nutrition Week at St. Augustine School

From December 11th to December 15th, all of the St. Augustine school students from preschool to Secondary V participated in ongoing nutrition workshops. Four Secondary V students from the Home Economics course, Kelsey Belvin, Coty Driscoll, Nathan Shattler, and Kim Bateman prepared and delivered educational workshops about the four food groups in the Canada Food Guide. They were enthusiastic and led activities about healthy eating in both English and French.

The workshops started out with questions about the four food groups, recommended portions and daily servings. We were surprised to find out that many students do not even eat breakfast. The younger students were asked to write out the names of healthy foods from pictures, and glue them onto the food guide “rainbow”. The older students were given an anonymous survey to fill out. A French educational board game was played, but the favourite activity was the poster competition.

The classes were divided up into 3 groups to create the most nutritious meal they could come up with. There were breakfast groups, lunch groups and supper groups. Each group used coupons and did drawings, labeling each part with the four food groups. At the end, there were prizes such as apples, oranges, and granola bars, as well as a certificate of achievement for each participant. The posters are now displayed in the school’s hallways.

The four students worked really hard to educate the school about nutrition. They even baked oatmeal cookies and bran muffins and passed them out to the young students, during their snack times. The snack counter helped out by only selling nutritional snacks, such as: cheese, crackers, yogurt, apples, granola bars, pure juice, etc. Each student went home with a Canada Food Guide and was encouraged to share what they learned with their parents, so that they could continue eating healthy meals. We hope this healthy trend (part of our Wellness Program at St. Augustine School) continues, as we like to see the kids with happy and healthy smiles!

By: Judy Dimentberg, Secondary teacher, St. Augustine School



Public Health
Agency of Canada

Agence de santé
publique du Canada

Canada

Community Garden in La Tabatière



We received the soil and plants from the Coasters Association to start a Community Garden in La Tabatière.

Earlier in the spring; when the posters and forms were sent out, fifteen (15) individuals signed up. Seven (7) plots were cleared and worked, as some people chose to work together with other members from their family.

Randy and Sarah Jones cleared a spot with their daughter, Juanita. Raymond and Donna Jones did one with their son Garfield and their daughter Bonnie. Francie Maurice did hers alone. Ann Robertson did one with her daughters Janis and Carrie McKinnon. Linda Robertson did hers alone. Dennis and Marilyn Collier did one and Carol Vatcher did hers alone.

We had a lot of fun working as a group and wondered if it would grow and develop into anything resembling a garden, being that we had a late start. After about three (3) weeks we were quite pleased and surprised to see how well it was growing. Later, some of the groups made fences while others piled rocks around and laid boards to keep the soil from washing away.

On behalf of the whole group, I like to take the opportunity to thank the Coasters Association, Health Canada and the Municipality of Gros Mecatina for giving us the supplies. We hope for great growing success in the future.

Marilyn Collier, Community Garden Participant/Volunteer
La Tabatière

Nutrition and Cooking Courses Update

During the summer of 2006, Réjeanne Marcoux and Jocelyne Jones, nutritionists, worked diligently to complete the nutrition and cooking courses binders for the five high schools on the Lower North Shore. The binders, one for the teachers and one for the students, include a power point presentation of the course, extra information and a cookbook with complete menus. The course is comprised of important information on Food Safety and Hygiene, Meal Planning, Introduction to Canada's Food Guide and the basics of nutrition and Nutritional Labelling. The goal of the course is to aid the Secondary V students make healthier and better food choices and to enable them to become more autonomous once they go out to school and have to live on their own.

The Coasters is happy to announce that each school have accepted to include these courses in their curriculum, thus one of their teachers will teach the course. It is hoped that these courses will help the students better understand the importance of good nutrition and to enjoy the pleasures of eating not only delicious, but healthy foods.

Good Luck and Have Fun!!!

Priscilla Fequet Griffin, Coordinator

Community Against Drugs (CAD)

Phase 2+3

Phase II and III of the **Community Against Drugs (CAD)** started on December 4, 2006 and will run through until March 31, 2008. I, Shelley Fequet, a resident of the Municipality of St. Augustine, was selected as the project manager for the CAD. Due to the fact that I am now residing in the Municipality of Bonne Esperance, the CAD will be implemented in this Municipality.

The goal of Phase II will be to carry out a pilot project on a drug abuse awareness and prevention program in the Municipality of Bonne Esperance. Phase III will consist of the full implementation of the CAD in that Municipality. It is hopeful that, with future funding, the CAD will eventually be available to all Municipalities on the Lower North Shore.

There were two (2) public information sessions held, one in St. Paul's River on Tuesday January 30th, 2007 and one in Old Fort Bay on Thursday February 1st, 2007. There was a steering committee, two (2) local action groups, as well as a youth local action group formed. These groups will attend training workshops to better mobilize the rest of the municipality. Training workshops will be held in May 2007.

In March 2007, I attended a Justice Canada forum and a Health Canada conference in Montréal to promote the CAD program and to stress the importance of its implementation and continuation in each Municipality on the Lower North Shore.

Shelley Fequet, Program Coordinator

Services to the Mentally, Intellectually, and Physically Challenged on the Lower North Shore

Phase II – Planning a Group Facility

Services to the Mentally, Intellectually, and Physically challenged on the Lower North Shore was funded by the Council of Mayors and was conducted from February to May of 2006. The goal of Phase One (1) was to improve services offered to the disabled population on the Coast, which resulting in a forty-one (41) page document outlining the programs and services available on the Lower North Shore to the disabled population. An important outcome from Phase one (1) was the partnerships formed with organizations such as; the CSSSBCN, CM, CSL, CLD and QLF. Following the end of this phase, a social economy project to further this initiative was submitted to the government.

Phase Two (2) - Planning a Group facility began on September 4th, 2006. This phase, funded by Canadian Heritage, will run through to March 2007. The main objective is the establishment of a facility on the Lower North Shore for the disabled population. A request was accepted by the Council of Mayors for the Coasters Association (along with potential representatives from the CSSSBCN, OPHQ and CPRCN) to attend their next meeting to discuss project and possible location of the facility. Date of meeting has yet to be determined. An Advisory Committee has been formed with representatives from each Municipality, Partners, various organizations and Consultants. The first meeting of the Committee is tentatively scheduled for January of 2007. However, due to another job opportunity with the Coasters Association – the CAD project, I have stepped down as the project animator. Mrs. Heidi Buckle has been selected as the new project animator and began work on December 4th, 2006. She has been working on present initiatives and will be carrying out the remaining objectives for the duration of the project.

Shelley Fequet, Previous Animator

Heidi Buckle, Current project Animator

Community Kitchens



The Community Kitchen groups from Kegaska, Harrington Harbour, St-Augustine and Blanc-Sablon spent a busy 2006. Usually once a month they would meet to plan their cooking session followed by an evening of cooking together. The groups met with Jocelyne Jones, nutritionist, several times to discuss how everything was going. The group in Harrington Harbour was experiencing difficulty in getting all of the participants together. Unfortunately, the community kitchen group from Harrington Harbour (Nana's and the Girls) have decided to call it quits, due to this and because they have had to change kitchens several times. Blanc-Sablon's group (The Splenda's), St-Augustine's group (The Gourmettes) and Kegaska's group (Cook J's) have been cooking all kinds of delicious recipes such as: chicken pot pie, chicken and vegetable soup, bake beans, pea soup, holiday ham, cabbage rolls, meat pies, seafood dish etc. Congratulations Ladies!

Happy Cooking!!!

Jocelyne Jones, Nutritionist

Good Friends

Are Good For

Your Health.

Irwin Sarason

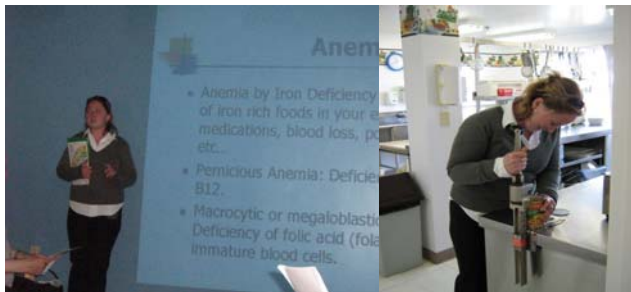
Meals-On-Wheels

2005 - The community of Tête à la Baleine was designated as a possible community for the implementation of a Meals-on-Wheels program; however, due to the fact that a group called "Atelier des Aînés", was also working on developing senior initiatives in this Community, and they felt that the community wasn't ready for the implementation process; another community was suggested for review. While visiting the community of Chevery the Coordinator and Nutritionist had the opportunity to tour the Meals-on-Wheels set-up in the community. After discussion with the coordinator of the Meals-on-Wheels in Chevery, it was noted that there was not enough money in the budget to start a meals-on-wheels program and that it is very costly to implement. However the possibility of using the existing Meals-on-Wheels to extend its services to other communities was explored.

2006 - The Coordinator and Nutritionist participated in a working group, organized by Darlene Rowsell of CSSSBCN, to discuss a plan of action for the implementation of a possible spin-off Meals-on-Wheels to the neighboring community of Harrington Harbour. It was felt that it was important that a study be done to ascertain the needs of the community before any implementation is done. Partnerships were formed with the local municipality to assist with implementation and the carrying out of the study in Harrington Harbour in order to obtain the needs of the community and the seniors. These results will now guide the working group and the municipality in developing a plan of action for this community.

A researcher was hired, for a 10 week period in May of 2006, to conduct the study. The salary was funded by the Coasters Association through the Public Health Agency of Canada Project. A questionnaire was developed by the members of the working group and the researcher. All persons aged 60 and over were invited to participate in this study and the survey was conducted by the researcher during a visit to the home of each participant.

At this time only forty eight percent (48%) of the respondents were interested in receiving a meals service program. Those interested were interested in hot meals, packaged meals and/or frozen meals. Those not interested indicated that the service is not necessary for them at the moment, but they would accept assistance from a meal service program if in need.



Jocelyne Jones, Nutritionist, Coasters Association

While visiting the community of Harrington, the nutritionist participated in different activities and presented a workshop to the seniors.

Priscilla Fequet Griffin, Coordinator
Coasters Association

The Coasters Association Inc. is proud to introduce the *Lower North Shore Food Guide* *Press kit*

Over the last year, we have been busy developing a Lower North Shore food guide and important information booklets for the population of the Lower North Shore. We are happy to announce that they have been printed and will be presented altogether in a press kit. This press kit was made possible by the Public Health Agency of Canada, under the Population Health Fund. All documents are in French and English for your convenience.

The Food Guide is based on Canada's Food Guide to Healthy Eating, but includes many of our local resources. The purpose of these documents is to highlight the healthy foods (local resources) available on the Lower North Shore and to illustrate their nutritional properties, as well as encouraging healthier eating. Each document is special in its own way and the following paragraphs briefly explains them.

The Guide, *On the Road to Healthy Eating with the Lower North Shore Food Guide* provides tips on healthy eating for people over the age of 2 years old. It also explains in more detail the four Food Groups as well as the recommended daily servings for males and females of different age groups. Information on physical activity is also provided.

The tear sheet of the *Lower North Shore Food Guide* presents the Lower North Shore food guide with the Four Food Groups and the serving sizes for each food group.

The Guide, *Nutritional Value of the Local Foods on the Lower North Shore*, illustrates in detail the amount of calories, proteins, carbohydrates, fats, dietary fibre, cholesterol, vitamins and minerals found in our local foods. The local foods are separated into their respective categories, wildberries, wild meats, fish or seafood.

The little booklet, *Nutrients Found in Different Food Sources*, explains the role of different vitamins and minerals as well as the daily recommended amounts, as well as tables that list the different local food sources for the vitamins and minerals given.

The Recipe Book, *Great Recipes from the Lower North Shore*, is composed of interesting nutritional information and 26 delicious recipes developed using local foods.

We hope that you will enjoy these documents as well as sharing it with your family and friends. For more information, or if you would like to obtain a copy of these booklets, please call Priscilla Griffin @ the Coasters Association's office (418-461-2006/2356) and we will be happy to assist you.



Priscilla Griffin, Coordinator
Jocelyne Jones, Nutritionist
Coasters Association Inc.

Workshops

In order to promote healthy eating, and to meet the needs of the population as requested during focus group meetings held in each community along the Lower North Shore, three (3) workshops were given during the duration of the project in all communities of the Lower North Shore. The following were the workshops given, **“Weight Management and Canada’s Food Guide to Healthy Eating”**, **“Make Wise Food Choices, Wherever you go, and How to read food labels”**, and **“Fats”** have all been designed to create awareness, and provide education, etc., to targeted groups (seniors, women, children, etc.)

Resume of the outcome of our 2007 Nutrition Month Booth

During Nutrition Month 2007, Réjeanne Marcoux, Nutritionist at the CSSSBCN and Jocelyne Jones, Nutritionist at the Coasters Association, set up a booth in four (4) grocery stores in the East Sector of the Lower North Shore. Approximately one hundred and seventy-two (172) citizens visited the information booth.

The purpose of the booths was to educate the public on the importance of eating fruits and vegetables, what a serving size of fruits and vegetables represented, and to present them the New Canada’s Food Guide as well as the Lower North Shore Food Guide. They also provided recipes made with fruits and vegetables for the public to taste.

The majority of the people who visited the booths were very surprised by the serving sizes and they could not believe how fast they added up. They were also very impressed with the new Canada’s Food Guide and our own, the Lower North Shore Food Guide. Most of them enjoyed the recipe samples and they all wanted a copy of the recipes to bring home with them.



We are on the Web
www.htmlweb.com/lns

COASTERS ASSOCIATION INC



P.O. Box 188
St. Paul's River, QC
G0G 2P0

Phone: (418) 379 2006
Fax: (418) 379 2621
Email: coasters@globetrotter.net

Health Matters

Project Extension

Health Canada has approved an extension to the project entitled “A Portrait of the Food Industry relating to residents of the Lower North Shore” for another year (March 2008). The coordinator will be continuing to follow-up on many great initiatives, as well as exploring new ones, however, the nutritionist, Jocelyne Jones, has decided to take a position of nutritionist with BC Health. Congratulations Jocelyne!

On behalf of the Board of Director and Staff of the Coasters Association and the Lower North Shore Coalition for Health, we would like to take this opportunity to express our sincere thanks for her dedication to a job well done! The Lower North Shore was blessed with her expertise and passion for the health of its residents these past two years and she will be missed.

Thank-You Jocelyne!

Note: Be on the look out for four (4) more newsletters in this fiscal year (June 2007, September 2007, December 2007 & March 2008.

Next Edition:

- Update on McGill project (recruit & Retain professionals at CSSSBCN)
- Update on the mentally and physically challenged project
- Update on Nutrition project
- Update on HSSNPI Program
- Tele-Health Session
- Update on the Community Against Drugs project
- Update on the youth Summer Camp
- Update on the Survival Pack
- Healthy Recipe, etc...
- More on the Lower North Shore Food Guide