

Welcome to the February edition of our newsletter to the population of the Lower North Shore and beyond.

This newsletter will provide an update on current Coasters' accomplishments of significance, as well as highlighting various events taking place in communities on the Lower North Shore!

## Bursary Recipients

Max Sheppard

My name is Max Sheppard. In the past year my life turned upside down as I moved from Lourdes-de-Blanc-Sablon to Quebec City to pursue my education in architectural technologies at the Cégep of Lévis-Lauzon with the eventual goal of studying architecture at Laval university. The transition from small town to big city has been one of the most difficult changes I have ever experienced. Nevertheless, it has been enriching and eye opening. When I was home, I had made a name for myself by volunteering and implicating myself around town as much as possible. In fact, its this relentless devotion to the community that was the subject of my application for the Cornella Maurice Resiliency Award. I truly felt that this passion for our region is what made us similar and is what made me a candidate for the scholarship. It was truly an honor that the selection committee comprised of the Commission Scolaire du Littoral and Coasters Association felt that I was the most decerning applicant for the award. The Coasters Association's willingness to contribute to the education of the Lower North Shore's students is proof of the endless support we receive. I will be forever grateful for their help which has brought me one step closer to my goal of being an architect and returning to my hometown to establish a practice.





## Grace Keats

Hi everyone! My name is Grace Keats, and I'm a 2019 graduate of St. Paul's School. Last year, I was given the honor of being the recipient of the Integrity Ingredients Corporation STEM Award. This year, I'm a student at John Abbott College studying Arts, Languages, and Communications. Although I didn't go on to pursue a degree in a STEM field, receiving the award meant a great deal to me and reassured me that my efforts towards the subjects during high school meant something. It definitely lifted my confidence going into a new school and city far from home, which can be a difficult transition. I hope that in the future, I'll be able to put my studies in ALC to work at home and bring further recognition to the place where I spent some of my best days and influenced who I am now and who I will become. For now, my heart is set on writing, wherever that leads me.

## Staff Highlights



**Kristopher Fequet**  
Junior Bioprocess Engineer

My name is Kristopher Fequet and I have been hired by the Coasters Association and CEDEC as a Junior Bioprocess Engineer to support businesses and partners with bio-economic development on the Lower North Shore. My role with the organizations is to provide scientific and process engineering support to businesses, partners and municipalities along with exploring business opportunities to exploit resources of the region.

Recently, in partnership with the Municipality of St. Augustine and Pakuashipi, I travelled to St. Augustine to meet with businesses and partners located in both communities about business ventures and opportunities which have a great potential in the area and trying to develop plans on how to achieve their goals. I met with private enterprises, investors, the Band Council of Pakuashipi and the Municipality of St. Augustine. Some of the support aspects I went over with these partners and businesses were process engineering strategies, product economics and development, scientific R&D with resources in the area and how the Northern Research Center/BIAC can support business growth in any community on the Lower North Shore. Also, I did a radio interview discussing what my role is with the Coasters Association/CEDEC and how we are looking to support any economic/social development opportunity on the Lower North Shore. I met with the elementary and secondary kids of St. Augustine School to discuss my school and career path, why I came back to pursue my career on the Lower North Shore and how there are room for many different types of businesses and occupations in our region.

In the future, I see these visits along the coast as an important part of my job to ensure we understand the true needs and innovative ideas of the people on the Lower North Shore and in turn we can show the communities that we are there to help them with any economic and social development strategies they may have and like to pursue in their respective areas.





**Marilyn Moffat**  
Youth Engagement Coordinator

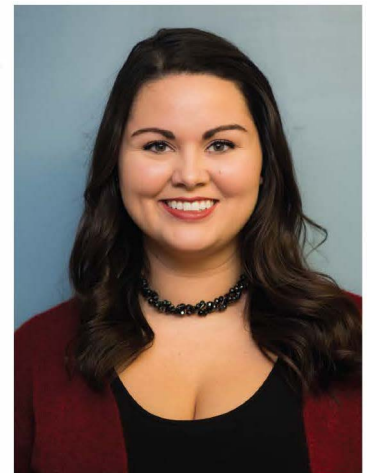
As a Youth Engagement Coordinator, I am working on a number of youth initiatives including a School Science Integration Project. High school students have been discovering how to extract DNA from different varieties of berries found in the Lower North Shore. The first of many science experiments that will be shared with the students on the coast. A video is on its way to introduce the experiment! A Coastal Youth Forum is being planned for the 2020 - 2021 school year with the goal of bringing together as many of the Lower North Shore youth. Monthly meetings are set, and the ordering of materials is underway for the Coastal Youth Forum.

The student interest and energy is positive! The energy will be passed along the coast as skidoo trips along the coast are also in the planning.

I started working with the Coasters in October 2019 after moving from Edmonton, Alberta. I've obtained a bachelor's degree in Recreation, Sport, & Tourism from the University of Alberta, and have a background in municipal recreation settings working with children and youth.

As the Program Manager of Youth and Development I am currently working on the development of a youth employment strategy and model titled "H.O.M.E.", which stands for Hiring, Opportunities, Mentality, and Entrepreneurship. The focus is on attracting and retaining youth to the Lower North Shore through employment opportunities, showing that youth can thrive within the region. Though I'm technically a newcomer to the community, I've heard from a multitude of youth how much they love and miss the area, demonstrating that the desire to return home is there.

Additional areas of focus under my role include overseeing the Early Childhood programs such as Show Me the Way run by our outstanding group of animators. Getting to work with everyone as part of the Coasters team has been fantastic and really made me feel like an instant part of the community.



**Chelsey Thomas**  
Program Manager  
of Youth and Development



**Nancy Green**  
NPI Satellite Office  
Coordinator

My name is Nancy Green, my hometown is the lovely village of Old Fort Bay. I had been living away from the Coast for 24 years and officially moved back in 2019.

In January 2020 I joined the Coasters Association as an NPI Coordinator, which is a "Networking Partnership Initiative" designed to support Quebec's minority English-speaking communities in improving and maintaining access to the full range of Health and Social Services. Becoming a part of this dynamic team has allowed me to really understand the vital role that the Coasters Association has on the Lower North Shore. Everyday I witness a group of passionate individuals, working together towards a common goal; How to better improve the lives of the residents of the Lower North Shore! I am proud to be a Coaster and excited to return to my roots, because no matter how far my travels may have taken me, I have always remained a Coaster at heart!

A heartfelt thank you to everyone for being so welcoming!

# Upcoming Events

## Coasters Annual General Meeting 2020

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The Coasters is pleased and excited to announce that our 25th Annual General Meeting and 31st Anniversary will be taking place on Tuesday, March 24th from 9:00 am to 12:00 pm. We will be hooking up across the coast at different locations as well as off coast in both Montreal and Quebec City. Zoom conferencing or teleconferencing will be also available off coast upon request.

As well as holding our annual Coasters business meeting during the AGM, this year we are thrilled to speak to the participants about the launch of the H.O.M.E. (Hiring, Opportunities, Mentality, Entrepreneurship) program. Furthermore, we are eager to inform the population about some exciting upcoming events such as the Coastal Summit 2020 and Youth Forum 2020. Our partnerships with various organizations have made these important initiatives possible and we look forward to positive results.

For more information about our Annual General Meeting or any of the initiatives mentioned in this article, please contact the Coasters office at any time toll free at 877-447-2006, locally at 418-379-2006/2356/2657 or by email at [coasters@globetrotter.net](mailto:coasters@globetrotter.net) and we would be happy to answer any questions you may have.

## Coastal Summit 2020



The Coastal Summit is a tour of the communities in the western and middle sectors of the Lower North Shore. The summit will begin in Kegaska on March 30th, 2020 and end with a Leadership Summit in St. Augustine on April 3rd, 2020. The summit will consist of public meetings in each community where the population will be able to get information and ask questions to Coasters Association staff and partners that are in attendance.

The intent is to update the communities on social and economic initiative of the Coasters Association since the Scientific Summit was held in 2016. The Coasters is looking to get feedback from the communities on how they would like to move forward. The summit will also highlight the Northern Research Center (a division of the Coasters Association) and how it will support the development of the Lower North Shore. We hope to have some clear actions and priorities identified from the communities on how they would like to move forward with their development and a plan of action on how the Coasters Association can support them in doing that.

The goal of the Leadership Summit is to bring everyone together as well as representation from each of the 5 Municipalities together, not just the Mayors but the General Directors from the Municipalities of Blanc Sablon, Bonne Esperance, St. Augustine and Gros Mecatina and representatives from each of the local committees in Golfe Saint Laurent. Its intent is for Municipalities to share opportunities and challenges and have the opportunity to network with each other. The leadership summit will also include presentations, workshops and a question and answer session with regional and government partners.

### Are you a youth age 16 - 35? We want to work with you!

Employment fields such as business, communications, marketing, science and engineering provide opportunities for fulfilling and interesting careers right in your own backyard. Our aim is to mentor and work with youth interested in these areas, through the development of internships and summer jobs. Interested applicants are asked to submit a current resume to the Coasters, specifying their fields of interest.

#### The process for selection/employment is:

Project applications are submitted for internship for government departments and businesses and resume received are enclosed. The intern(s) are selected by the specific government department and/or business not the coasters association, however they are approved by the board of directors. Also, a student can request a stage at the Coasters' office upon completion of his/her education in their field of study and must be approved by the board of directors.

**Stay tuned** for our March Edition with results from the CHSSN's ERCC Retreat, information on senior initiatives, housing assessment survey results, AGM, and so much more!

**For more information** regarding this newsletter or any other information you'd like to see in our upcoming newsletters please do not hesitate to contact Shannon Keats, Executive Assistant/Communication Liaison at any time via telephone at 418-379-2006, ext. 234 or by email at [shannon.keats@coastersassociation.com](mailto:shannon.keats@coastersassociation.com)

ARE YOU INTERESTED  
IN A POTENTIAL  
SUMMER JOB  
OR 1 YEAR INTERNSHIP?

IN BUSINESS, MARKETING, COMMUNICATION, SCIENCE OR ENGINEERING FIELDS

SUBMIT YOUR RESUME TO CHELSEY THOMAS  
AT THE COASTERS ASSOCIATION  
[chelsey.thomas@coastersassociation.com](mailto:chelsey.thomas@coastersassociation.com)

For more information call:  
418-379-2006 ext. 227

Chelsey Thomas  
Program Manager  
of Youth and Development

