



FORECASTER

Coasters Association Inc. Newsletter



Labradorian Makes “Karaoke Star Jr.’ Top 5”

Hi, My name is Jamiee Thomas and I am 14 yrs old and I am in the Top 5 for Karaoke Star Jr.

I am from L'Anse Au Clair, Labrador, and have been singing since I was two years old. Karaoke Star Jr is a contest which airs Mondays at 8:30 local time on CMT and YTV. Boys and girls from ages 6 - 15 compete to be in the top to become Canada's FIRST EVER Karaoke Star Jr. I was the only Labradorian to audition for the contest out of 200 auditions and I made the top 5.

There will only be ONE person chosen from each Top 5 contestants in each Province. I need YOU to help me to be that ONE who will represent Newfoundland and Labrador at the finals in Calgary, Alberta, in May and see who will be the first ever Karaoke Star Jr. !

I was so excited when I got the call that I made the top 5. I had to go the back the next day and tape the show and sing in front of the judges, Tara Oram (*Canadian Idol & The Tara Diaries*), Danny Fernades (*R&B Musician From Toronto*) and Newfoundland's own second place Canadian Idol Mr. Rex Goudie!

I sang 'Better In Time' by Leona Lewis, but I didn't choose this song to sing first! I was going to sing 'Love Story' by Taylor Swift, but since there were only six songs to choose from ALOT of contestants were singing that song. So right before I went in the room to audition I changed my song, and just blew everyone away!!!

This competition means so much to me because it really shows my passion for music, singing for our country and hopefully further around the world!

Music is just an everyday thing for me, it don't matter what I'm doing, there is *always* music involved!

My parents, Edward and Sandra, who are from St. Paul's River, Quebec, and L'Anse Au Clair, NL, are very supportive of my passion for singing, so too my friends, other family members, my school and community and other communities along the coast of Labrador and Quebec. The first time I preformed in front of an large audience was when I was 6 years old, at my schools' Christmas concert. From that moment on, people have been asking me to sing at weddings, concerts, benefits and memorials.

I also started playing guitar when I was 7. At the time I was in Grade 4, and our music teacher taught us 2 chords. After that I taught myself! I also play the piano and am learning to play the Mandolin. As I said before, music is a big part of my life!

Karaoke Star Jr. is presently airing every Monday night. Watch all the other provinces and see how much talent Canada really has! My show airs on May 4th, at 7 pm/ E/PT on YTV and 7 PM/ET, 8/PT on CMT. Please watch and vote for me, because I've been waiting for this moment my whole life!

You can check out kstarjr.com for online voting or text your vote to: 66247 keyword: STAR. To text your vote for me watch the show May 4th and see my lucky letter !

There is unlimited voting so vote ALL week because I really want to go to Calgary for the finals. It would be a dream come true!

Thank you, and please don't forget to vote from May 4th - 10th

Sincerely,
Jamiee Thomas
Age. 14

L'Anse Au Clair's Small Town Girl, Big Dreams *



Drug & Alcohol Network

Through the NPI initiative of 2009-2010 a drug network will be established, and we are very pleased to announce that Shelley Fequet/CAD Coordinator is back working on this initiative.



Telehealth

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 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. Since the last newsletter we held one Telehealth session, on *When they go away to work: separation anxiety* with Marla Yanofsky, Psychologist. The session was enjoyed by the population. With our evolving partnership with the Community Learning Centers we are now able to offer Telehealth at the schools in Chevery, La Tabatiere and St. Paul's River which gives the population more accessibility.

The sessions planned for the upcoming year are as follows:

Care-giving: at home and in institutions – April, 2009 (TBA)

Government Programs & Services Available for Seniors - TBA

Parkinson's Disease – TBA

If you would like to take part in any of sessions listed above, please call the Coasters Association at the numbers listed at the back of the newsletter.



Reducing Tobacco on the Lower North Shore

Since February, 2009, Shannon Keats has been working on an initiative entitled "Reducing Smoking on the Lower North Shore", a project funded by Health Canada. The project has a goal of bringing awareness to the youth and adult population of the Lower North Shore (LNS), the positive benefits of not smoking, through various community outreach activities and events.

During the months of May and June 2009, in partnership with the Centre de Santé et de Services Sociaux de la Basse Côte Nord (CSSBCN), a survey will be conducted via telephone, to the residents of the LNS with two (2) objectives in mind. One (1); to collect vital information on tobacco use on the LNS and two (2); to help identify the needs of the population in regards to prevention, education and support.

Currently, a Women's Coalition is in the process of being established. A press release will be developed and forwarded to the residents of the LNS very shortly to provide more information regarding the project and to also solicit members for the Coalition. If you are mobilizers in your community and are interesting in making a difference, this is a wonderful opportunity for you.

In June 2009, a Women's Coalition Forum will be held in the Municipality of Blanc Sablon. This is a great opportunity for members of the Coalition to receive training sessions on prevention and cessation of tobacco by health care professionals.

During the course of the next 2 years, numerous activities and events will be implemented in the communities on the LNS, in partnership with the Centre de Santé et de Services Sociaux de la Basse Côte Nord (CSSBCN) and Commission Scolaire du Littoral (CSL). The public will be fully informed as they transpire.

For more information, please contact Shannon Keats, Coordinator at 418-379-2006 or by e-mail at skcoasters@xplornet.com.



5/30 Health Challenge

Congratulations to all who have completed the 5/30 Health Challenge. Over 250 residents of the Lower North Shore took up the challenge to eat 5 portions of fruit and vegetables and get 30 minutes of physical activity at least 5 days per week between March 1 and April 11, 2009.

This is the first year that the 5/30 Health Challenge has been offered in English as part of a pilot project in selected regions throughout Quebec. The province wide program developed by Acti-Menu and presented by the Coasters Association in partnership with the Community Health and Social Services Network (CHSSN) with funding from the Public Health Agency of Canada was developed to encourage the population to adopt a healthier lifestyle. Five communities on the Lower North Shore including Chevery, La Tabatiere, St. Augustine, St Paul's River and Blanc Sablon were selected to monitor registration and participation levels, although all communities were encouraged to register for the 6 week challenge.

Students, their families and community members have embraced the challenge. Some ways that they stayed motivated and on track included using the tools provided in the IGA Support Kits, participating in community events and activities, attending video conferences during Health Week at their local Community Learning Centres, creating and taste testing new healthy snacks as part of their schools curriculum and walking to school or work on a regular basis.

Adopting healthy habits help prevent a number of lifestyle related health problems including cardiovascular disease, obesity, diabetes and more. The Challenge goals were ambitious but by taking small steps and making changes in stages, participants have made choices that last a lifetime. The Challenge goals are guidelines and the main goal is to develop the desire to move more and eat well. At the end of the 6 weeks of the Challenge everyone should take stock of their accomplishments and congratulate themselves on the positive steps they have taken to a healthier lifestyle for themselves and their families.

Experts estimate that it takes 6 weeks to establish a habit, so after completing the 5/30 Health Challenge you are well on your way, Congratulations. You will find it gets easier and easier over time. If you are achieving your 5 and 30 goals why not keep it up and even take on an extra goal to add more fruit and vegetables or take on a Goals Plus Challenge to *Strengthen Your Muscles, Adopt Whole Grains or Relaxing to Stay Balanced.*

Now that the 6 weeks of the Challenge has come to an end we will be recognizing the participants with draws for various prizes in all communities. Participants names will be entered into a draw on April 13 for local prizes and you may also be receiving a call informing you that you have won a regional or provincial prize as well. Examples of prizes that are available to be won on a local level include T-Shirts, hats and USB flash drives. On a regional and provincial level all participants who registered for the program are eligible to win a Trip for Two (18 years and older), a WiiFit in the category of 17 and younger, gift certificates and a special Desjardins Family Prize of a Registered Education Fund. Winners will be contacted by phone if their name is drawn and may be requested to share their experience and success stories during the 6 weeks of the Challenge.

The success of the program is largely due to the cooperation of the CLC, the high school staff and community partners assisting in the registration process and promoting the program in their communities, participation levels exceeded expectations and would not have been possible without their cooperation.

If you would like to share your 5/30 Health Challenge experience or ideas with others please contact Melody Strickland, Program Animator at (418)787-2107 or by email at runmelrun@hotmail.com, or Shelley Fequet at the Coasters Association at (418)379-2600.

McGill Retention

The McGill Retention Project has been extended for another year. The new 2009-2010 workplan was developed with the assistance of the CSSSBCN and includes many new activities to help with recruiting, retaining and maintaining staff in the health and social service industry.

The Lower North Shore Career/Job Fair has been scheduled for September 18th - 20th at Mgr Scheffer School in Lourdes de Blanc Sablon. This event will be open for Lower North Shore Secondary 3 - 5 students. This initiative is currently in the developmental stage. One of the activities currently being carried out is contacting organizations and businesses on the Lower North Shore to invite them to participate in the Career/Job Fair. There are many different ways to participate in the Fair. Ideas include booths, pamphlets, a job shadowing program, and any other

creative ideas to provide our youth with career/job information. We are also asking for financial support from Lower North Shore organizations and businesses to implement this worthwhile activity.

The database of guest speakers for the Career/Job Fair is also continually being developed. Again, if you know anyone who is originally from the coast, working in the province of Quebec in H & SS and who may be interested talking to Lower North Shore youth at the Career/Job Fair, please have them contact Faye Bilodeau, McGill Retention Coordinator, at 418-379-2006 or 418-379- 2356, or toll free at 1 877 447-2006.



Borderline - It's About Time

In autumn of 1986, the Marquis Old English Pub opened in Forteau, Labrador. The new owners, Englishman John Groves and his wife were cleaning up and stocking the shelves when in walked Fred Marshall, Terry Lavallee, and a few friends. They were looking for a place to party on the approaching Saturday night. Turns out that Mr. Marshall was visiting home for a couple of weeks from Fort Mac and would be performing for family and friends from both sides of the Labrador/Quebec border.

That crazy Saturday night was the dawn of the Borderline Band. Not only did we witness Fred's great button accordion playing, but also the amazing voice and guitar of the Lower North Shore's best kept secret: Terry Lavallee. On New Year's Eve, 1986, Terry and John played their first official gig to a packed house in that little pub in Forteau.

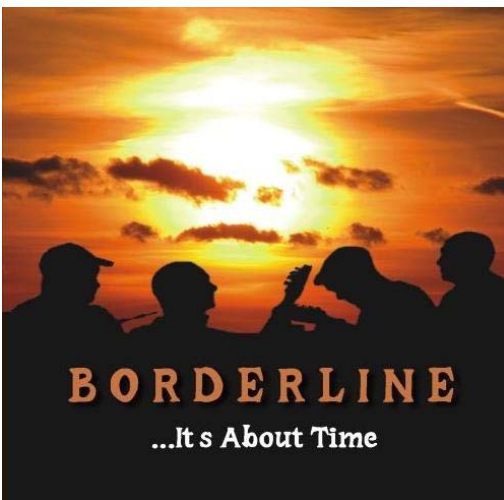
Meanwhile, fifty miles down the road in St Paul's River, a chapter was closing. The almost twenty years of the SPR Band were winding down. The St. Paul's River Band had been a staple on the coast, playing just about every occasion available: weddings, festivals, hockey tournaments, bar gigs, etc. In the mid-seventies, Ches Griffin had took over duties on the bass guitar. Ches remembers this young kid who was perhaps twelve or fourteen years old, hanging around band practice in the shed, jamming on the drums and getting tips and techniques from the drummer. It wasn't long before Bob Maurice had become the permanent drummer.

Back in Labrador, John and Terry were starting to gig as a duo. Gigs were coming fast and furious when Terry introduced John to a multi-talented friend: Rob Rowsell. Robert was not only a gifted drummer but could easily handle the bass and guitar and, most importantly, was an electronic wizard with a great knowledge of sound, lights, systems, and much more. Borderline had truly come of age, playing all the festivals, carnivals, hockey tournaments, and bars from Cartwright, Labrador to Chevery, Quebec, as well as the Northern Peninsula of Newfoundland.

In June 1992, Borderline took a massive step, investing not only in a new system and instruments (including drums), but inviting Alan Harmon from England to join on bass, moving Rob back to his first love: the drums. Al was an amazing addition to the band, with his jazz-funk influences and stage presence. At last, Borderline was completely live. After seven months, Alan's work visa expired and he had to return to Europe. With the '93 summer festivals looming, they needed a permanent line-up and their first choice was Bobby Maurice from St. Paul's River.

1993 to 1996 were some of the most productive times for the band. John and Terry were writing and this culminated in Terry's solo recording 'Wildfire' which enjoyed regional success. But as the family commitments grew stronger, scheduling became a contentious topic and Terry moved briefly to the West Coast while John concentrated on his career in radio. However, after a few months, Terry was back and Borderline was playing, but less frequently on the coast.

In December 1998, Robert announced that he would be leaving for Ontario to pursue his career in electrical engineering and it seemed that the band would be no more. However, a few weeks later, Bob called John and suggested that he may be able to coax ex-St. Paul's River Band bassist, Ches Griffin, out of retirement. Ches had been out of the scene for over fifteen years, concentrating on his businesses, but with persuasion, he said he would give it a try. Borderline had hit the jackpot. Not only had they found a bass player with a unique flamboyant style, but he could also sing and harmonize: and he owned a club too.



So here they are now: 2009. Almost ten years to the day when Ches joined with Bob, Terry, and John keeping the twenty-two year old band, not only alive, but more productive than ever. Their CD is entitled 'It's About Time' and the name not only suggests that the eleven tracks on the recording have been penned and nurtured over many years, but is also a common verbal reaction from long-time Borderline fans when hearing the disc is finished.

After twenty-two years, for tens of thousands of miles traveled in vans, long liners, planes, and trucks; countless numbers of smoky bars, frozen community halls, beaches and fields; playing till daylight for weeks on end, the members of the little big band have certainly served their apprenticeship and now they and their fans will be truly rewarded with this CD. Isn't it about time?

***It's About Time* is available to buy in local stores. For more information on Borderline please visit their website at www.myspace.com/itsborderline.**



Transportation Press Conference

Offensive regarding transportation on the North-Shore

Make way for the road to solidarity and the Bridge for generations

Baie-Comeau, March 11, 2009. The President of the Regional Commission on Transportation for the Regional Conference of Elected Representatives of the North-Shore, Mr. Ivo Di Piazza, and the President of the Conference, Mr. Georges-Henri Gagné, announced today the launching of a regional offensive in order to implement a project to extend and upgrade highways 138 and 389, and construct a bridge over the Saguenay River. It is under the theme Together, Paving the Way to Posterity that the North-Shore is invited to promote the realization of important structural projects for its highway network.



**ENSEMBLE
PAVONS LA VOIE
À LA PROSPÉRITÉ**
Les Nord-Côtiens unis pour l'avenir

The Vice-President of the Conference and President of the Regional Commission on Transportation, Mr. Ivo Di Piazza, will be the spokesman for the movement to regroup active forces on the North-Shore. “Through this offensive approach, the likes of which has yet to be seen in the field of transportation, we invite elected representatives, concerned socioeconomic parties and the entire population of the North-Shore including First Nations with whom we wish to become partners to unite in the hopes of realizing these major infrastructure projects that represent a new era for future generations of the North-Shore,” indicated Mr. Di Piazza.

The Road to Solidarity and the Bridge for Generations

People of the North-Shore United for the Future will be promoting the Road to Solidarity and the Bridge for Generations. On the one hand, following the upgrading and extension of highways 138 and 389 the Road to Solidarity would join highways 500 and 510 in Labrador, thus closing the inter-provincial loop and creating new and interesting possibilities for all of the North-Shore. Residents of the Lower North-Shore would no longer be isolated and new relationships with our 500 000 neighbours residing in Newfoundland and Labrador would be created.

On the other hand, with the Bridge for Generations the entrance to the North-Shore would have, for the first time in its history, a real and lasting continental connection for the present population as well as for future generations. The Bridge would be a permanent link with the rest of Quebec and Canada. Furthermore, it would provide efficient inter-regional transportation activities and the regular flow of both people and merchandise would no longer be restricted by the saturation and capacity of the ferries.

According to the President of the Regional Conference of Elected Representatives of the North-Shore, the moment is right to launch an offensive of this sort. Mr. Gagné explained “We have been working on this project for a few years and we now have a Regional Commission for Transportation. With the Northern Plan and investment projects in the background, the context is favorable to bring the North-Shore transportation issue to fruition.”

The President of the CRÉ added: “In this period of economic crisis, the project can be used as a leverage tool by the Government for unprecedented economic development since it will generate major economic spin-offs throughout the province.”

“We are convinced that there is only one way to attain our objective: we must unite and together we will pave the road to sustainable prosperity,” declared Mr. Di Piazza. In the upcoming months, manifestations regarding this call for solidarity among all of the people of the North Shore will be seen wherever they reside in the territory. We will expend all of the resources, energy and strength of conviction required to add regional and national allies to the already extensive list of supporters and ensure that both levels of Government as well as the Government of Newfoundland and Labrador become partners in this indispensable project: partners in the Road to Solidarity and the Bridge for Generations, generators of wealth and of structural and sustainable impacts on the economy as well as the demography of the region,” concluded Mr. Di Piazza.

The people of the North-Shore United for the Future is a movement of elected representatives and intervening socio-economic parties from the North-Shore who wish to ensure the economic prosperity and the sustainable demography of the region through high quality, efficient and safe highway infrastructures.

Tourism Meeting in Blanc Sablon

Blanc-Sablon, March 26th, 2009 - In partnership with the CLD of the Lower North Shore, Tourisme Basse-Cote-Nord held on March 25th, 2009 in Lourdes-de-Blanc-Sablon a regional tourism forum that gathered local tourism stakeholders, industry partners and economic development agencies around the theme "For a stronger tourism industry on the Lower North Shore". The goal of the forum was to identify development opportunities for the years to come that can help the region attain its tourism development objectives. The forum was unanimously quoted as a real success.

Tourism development in the region

This meeting to which 30 participants took part aims essentially at promoting the tourism industry on the Lower North Shore in order to help make it a sector contributing to the economic growth of the territory. Prominent experts and advisors in remote and northern tourism regions came to present approaches of comparable destinations to the Coast that enjoy economic boom.

Economic diversification of the territory

Aware of the challenges that await the region to build a viable tourism industry, the Council of Mayors and the CLD of the Lower North Shore put in place a strategy of diversification in which tourism plays an important role. They mandated Tourisme Basse-Cote-Nord to take in charge the tourism industry on the territory. This proved to be a winning strategy as concrete spinoffs start to come in and the region expects to reinforce its positioning to become a destination of choice that attracts quality customers.

Source and information : Slim Oueslati
Executive Director TBCN
418 461-3515

David Calderisi
Executive Director CLDBCN
418 461-2652

MedEffect Canada

March 2009 - Health Canada has officially launched an awareness campaign on the **MedEffect Canada** initiative. **MedEffect Canada** allows people to report suspected side effects from health products and to access the latest safety information.

What is a side effect?

Side effects, also known as adverse reactions, are troublesome symptoms or feelings that occur when taking a health product.

Side effects can range from minor irritations, such as a skin rash, to serious and life-threatening reactions, such as a heart attack or liver damage. They can occur within minutes after taking a medicine, or can take years to develop.

Why should I report a side effect?

All health products have benefits and risks. Although health products are carefully tested before they are licensed for sale in Canada, some side effects may become evident only after a product is in use by the general population.

When you report a side effect to the Canada Vigilance Program, the information from your report, along with other information, is used to check for new safety concerns about a product. As a consumer, your report contributes to improving the safe use of health products for everyone.

Information related to the identity of the patient and/or the reporter of an adverse reaction is protected as per the Privacy Act and would not be made known even in the case of an access to information request.

When should I report a side effect?

Side effects should be reported as soon as possible, especially if they interfere with everyday activities or if they are not men-

tioned in the information supplied with the health product.

Do you know what to do?

How can I report a side effect?

There are three easy ways to report a side effect to the Canada Vigilance Program.

- Online at www.healthcanada.gc.ca/medeffect
- By completing a Canada Vigilance Reporting Form which you can send by postage paid mail or fax toll-free to 1-866-678-6789
- *(The form and postage paid label are available at www.healthcanada.gc.ca/medeffect or by calling 1-866-234-2345)*
- By calling toll-free at 1-866-234-2345

When reporting a side effect, your pharmacist, doctor or other health professional can provide information that will help you complete your report.

Want to know more on what to report?

MedEffect™ Canada is a Government of Canada Initiative where you can report side effects and also obtain new risk information on health products (such as advisories, warnings and product recalls).

MedEffect™ Canada also provides additional information to help you better understand and learn about reporting side effects from health products.

Visit the MedEffect™ Canada web site at www.healthcanada.gc.ca/medeffect.

Cabin In Brest - A picture perfect cabin

In December 2008, Marcel Wellman and Eldon Jones travelled from Blanc Sablon to Brest in France to represent Canada in the construction of a picture perfect, old time trapper's cabin as part of an exhibit.

The project started back in the spring of 2008 when Dwight Bilodeau and Garland Nadeau were invited by Oceanopolis (a theme park type operation based in Brest, France) to represent Canada in the construction of this trapper's cabin. Each year Oceanopolis brings in representatives from a different country to create an attraction to show the various cultures of the world. Being that Dwight and Garland are presently working with another group in Brest, France, on the production of a documentary about the history of Brest, they were invited to create this year's project.



Dwight spent the spring and summer to prepare for the project. He cut the logs, then sticks for the roof, peeled birch bark from the trees, made wood molds for the fur and made the necessary arrangements for the trip. Nearing the departure date he had to find replacements to complete the project. Marcel and Eldon were the perfect choices. Logs and supplies were shipped from Old Fort Bay to Blanc Sablon then on to Sept-Iles where they were fumigated according to transport laws, then shipped on to Montreal where they boarded a ship to France. It was a challenging process but with the help of groups that supported this and many other local projects, success was easily attained.

Partners who made this project a big success.

- Historical Society of Old Fort Bay for their dedication to local cultural projects.
- Caisse Populaire de Blanc Sablon for their continued financial support in local projects.
- Relais Nordic for reduced rates to ship the logs and supplies.
- Musée Regional de Sept-Îles for managing the project on behalf of Oceanopolis in Canada.
- Air Labrador for the reduced air fare to help fly the participants.
- Q.L.F. (Quebec Labrador Foundation) for their communication and planning expertise.
- Dwight Bilodeau for donating the logs, sticks and birch bark and overseeing the project.
- Marcel Wellman and Eldon Jones for their donation of supplies and excellent work.

Next Issue:

Early Childhood Development
Quebec Enforme
Kids Summer Camp
French Teen Immersion Camp
YMCA Visits the Coast
and more....

HSSNPI

The Coasters Association is very pleased to say that the Health and Social Services Networking and Partnership Initiative has been extended for another four (4) years. In the upcoming four years the following initiatives will be worked on:

The sustainability and strategic plan 2009-2013 for the HSSNPI initiative completed and distributed to organizations and institutions throughout the Lower North Shore, it will arrive in the near future.

We have been working diligently on the KIDS Summer Camp file and we are expanding to another village this year, Old Fort Bay. The Coordinator position has been posted as Vanessa Newcombe has moved onto a job with Department of Fisheries and Oceans we wish her good luck. The new KIDS Summer Camp Coordinator should be starting on May 4th, 2009.

We have been accepted to complete a project on "Community Public Health Strategy". This project will be looking at improving level of up-to-date information on tobacco use in the villages, and improve capacity to inform English speaking communities of the Lower North Shore about available health & social services programs. We will be working with the CSSSBCN on this project and look forward to bringing this information to the communities in the near future.

I would like to wish all the population of the LNS a good spring and give a big thank you to all the Lower North Shore Coalition members, all our other contributing partners, and the population of the Lower North Shore who helped us achieve another successful year. We look forward to working with you all in the next four years. If you have questions and/or suggestions ,please feel free to contact Kimberly Buffitt at (418) 379-2006 or by email at hssnpi@globetrotter.net.

Coasters Treasure Chest & Membership Drive

1st Prize
2 Return tickets to Quebec city
with Air Labrador

2nd Prize
Laptop computer

3rd Prize
\$500

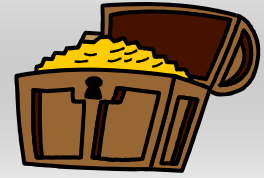
Cost of Ticket
\$5

Draw Date
June 28th, 2009

We are holding our annual Treasure Chest Fundraiser so keep an eye out because someone in your community will be going door-to-door selling tickets.

The purpose of this fundraiser is to raise money for the Coasters' Community School Life Volunteer Scholarship program, school requests to attend Encounters with Canada and the Forum for Young Canadians.

With purchase of a ticket you will also receive a two year Coasters Association Membership



Thank you for your support!



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A special thank you to Air Labrador for being our title sponsor and donating two tickets for this years Coasters Treasure Chest.



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Faye Bilodeau	Sustainable Initiatives to Retain & Maintain H&SS on the LNS Access to Extra Regional Services on the Lower North Shore	418-379-2006 /2356	fbcoasters@xplornet.com
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