

# **Story of the Coasters Association**

**Celebrating 25 Years  
May 1988 – May 2013**

**March 21 & 22, 2014**

# Table of Contents

## Messages

Honorable Minister Shelley Glover - Canadian Heritage  
President Anthony Dumas - Coasters Association

## Description of the Region.....

Map of the Lower North Shore

## Background of Coasters Association Inc.....

Vision & Mission

## Areas of Development .....

Goals  
Priorities  
Challenges

## Achievements

## Milestones

## Conclusion.....

Contact information

## Annexes.....

- 1) Steering Committee (1989 - 1990)
- 2) Board of Directors (2014 - 2016)
- 3) Lower North Shore Coalition for Health
- 4) Partnerships (on & off territory)
- 5) Staff members (full time/part time)
- 6) Inventory – in office resources
- 7) Past and present board members
- 8) Past and present staff members
- 9) Success stories

## **Message from the Honorable Shelley Glover Minister of Canadian Heritage**

**O**n the road to Canada's 150<sup>th</sup> birthday in 2017, we have a wonderful opportunity to celebrate everything that makes Canada such a remarkable country – including our vibrant communities, our rich history, and our two official languages.

**O**ver the past 25 years, the Coasters Association has been an effective advocate for the residents of Quebec's Lower North Shore and has helped ensure the vitality of its 16 communities. This important work could not be accomplished without the dedication of individuals who work hard to strengthen this beautiful region of the province and protect and further its interests. Our Government is proud to support them in carrying out their mission.

**O**n behalf of Prime Minister Stephen Harper and the Government of Canada, I would like to thank all the members of the Coasters Association of the Lower North Shore, past and present, who have helped the organization accomplish its goals over the past quarter century and allowed the communities in the region to flourish. I offer my sincere congratulations on your 25<sup>th</sup> anniversary and my best wishes for the future.

## **Message from the President Anthony Dumas**

Canadian Heritage granted Coasters Association an initial start-up fund (\$10,000) – **25 years ago**, and made our dream a reality for a home-based organization to develop our future. The support and financial backing from other government departments, organizations, institutions and businesses have also been essential and gave us the capacity and courage to pursue our work.

Our goal - **25 years ago** - was to make the Lower North Shore a better place to live for all residents of the Coast, by improving access to services and programs, identifying the needs of each community and responding accordingly. We believe that we have done that, by implementing community programs, by providing organizations and individuals with the opportunity to partake in joint initiatives (such as events, projects, training, etc...), and by continuing to create a common bond to enable the communities of the Lower North Shore to face the challenge of growth and development as one.

To the population of the Coast, our partners off the territory, and to those visiting our beautiful region to celebrate in the activities of our **25<sup>th</sup> Anniversary**, I extend my profound thanks. In closing I would like to acknowledge the many hours of work that went into the preparation of this profile, and I hope that it will be useful in planning for upcoming partnership-projects, in collaboration with other groups across the Lower North Shore and within the Province.

**Congratulation Coasters!** - Hats off to Canadian Heritage, a dedicated board of directors and staff, loyal partners and friends! The Coasters Association is here to serve you for another 25 years!



## Background of Coasters Association

The Coasters Association is a non-profit organization formed in St. Augustine in 1988 by a group of concerned citizens of the Lower North Shore. **(refer to Annex 1 - Steering Committee)** The association was incorporated in La Tabatiere in 1991. It is administered by an elected, volunteer, Board of Directors, with representatives from 5 municipalities and four designated seats (youth, seniors, disabled and education). **(refer to Annex 2 – Board of Directors)** The Association’s work is mainly funded by the Ministry of Canadian Heritage, while the remainder of its funding is received from other government departments (i.e.: federal, provincial, municipal, and local), as well as fundraising, donations and membership drives. The Coasters Association’s membership stands at 3,542 and with each new member, the Association becomes stronger!

### Founding Members

Denis Murray	President
Bill Floch	Vice-President
Medrick Maurice	Member
Emmerance Murray	Member
Randy Jones	Member
Cornella Maurice	Member

### Presidents

Denis Murray	May 1988 – May 1989
Medrick Maurice	May 1989 – May 1990
Joan McKinnon	May 1990 – Feb. 1991
Barry Roberts	Feb. 1991 – Oct. 1991
Wilson Evans	Oct. 1991 – Oct. 1995
Scott Buckle	Oct. 1995 – Oct. 1998
Tony Roberts	Oct. 1998 – Nov. 2002
Anthony Dumas	Nov. 2002 – March 2014

### Executive Director

Cornella Maurice	September 1990 – March 2014
------------------	-----------------------------

## Vision and Mission

*The vision* of the Coasters Association, as a representative and responsive organization, is to enhance the quality of life on the Quebec Lower North Shore by creating and supporting community development and community leadership-

*The mission* of the Coasters Association is to develop knowledge of the needs and expectations of the fourteen communities on the Lower North Shore and act in partnership with community leaders, organizations and stakeholders to design and deliver community strategies, programs and services which respond to the region’s development challenges and which profile the unique cultural and natural resources of the region. **(refer to Annex 3 - LNS Coalition for Health, and Annex 4- Partnerships)**

## **Areas of development**

### **Goal - Nurture and enhance community capacity and leadership**

A five year strategic plan was developed, in partnership with the key players on the Lower North Shore.

#### Priorities

- Support organizational development on the Lower North Shore
- Facilitate the emergence of local leadership and organizational task forces and committees to address specific challenges and concerns
- Develop better support measures and opportunities for volunteers

#### Challenges

- High cost to bring population together for training and/or consultations
- Training opportunities for organizations and staff

### **Goal - Promote the social development of vulnerable groups**

Seniors and those with loss of autonomy

Youth and Family

Women

Intellectually and Physically Challenged and those with loss of autonomy

#### Priorities

- Establish Day Centers for Seniors in partnership with the CSSSBCN through the clinical project
- Expand and maintain KIDS Summer Camp in the five municipalities
- Support the implementation of Early Childhood Development Program in all Communities with CSSSBCN
- Poverty Program implemented on LNS in partnership with NPI groups and Vibrant Communities
- Assist with the maintenance and establishment of Youth Centers in the municipalities
- Improve literacy levels in “at risk” English speaking community youth
- Maintain Women’s Coalition
- Job Creation and training opportunities for women
- Support the establishment and maintenance of a Community Animation Program for the disabled population in all communities in partnership with CSSSBCN
- Establish Local Table in partnership with all the key players on the Lower North Shore

#### Challenges

- Obtain funding for coordination and animation of Senior Day Centres
- Sustainability of KIDS Summer Camp program
- Lack of equipment and infrastructures for youth and family activities
- High cost of transportation for Youth to travel out to school

- No special consideration for students from the Lower North Shore with regards to Loan and Bursaries, therefore, parents would have to maintain two households while their children attend post secondary education off territory, this contributes to the high drop out rate.
- High cost of transportation on and off the territory for youth to travel to sporting, arts and culture, recreational events, etc.
- Lack of French Second language opportunities for youth in Anglophone communities
- Unilingual Anglophone youth have a difficult time finding employment on the territory due to insufficient French Second Language skills
- Exodus of our youth
- High drop-out rate in the region
- High poverty status in the communities, high percentage of people living below low income cut off
- Lack of tutoring support system and mentoring systems
- Isolation (most communities are remote and inaccessible)
- Lack of employment opportunities
- Lack of services and programs
- Lack of training opportunities
- No infrastructure implemented for women who are physically and mentally battered and abused
- Women on the Lower North shore are not always given the tools or directions they need to make changes in their living situation.
- Lack of programs, facilities and services for the disabled
- Lack of employment opportunities for the disabled population

### **Goal - Support the development of Health and Social Services programs**

Public health

Physical health

Mental Health

Alcohol and drug addiction

#### Priorities

- Support the implementation of the Diabetes Prevention Program with CSSSBCN
- Equipment acquired for Tele medicine program (i.e. diabetes, heart disease, etc...)
- Maintain 5-30 program
- Establish a Volunteer Assistance Program for English speaking patient traveling to external hospitals in partnership with CSSSBCN
- Implement Access Plans in partnership with Regional Health and Social Services Access Committee
- Maintain Health Education Program (i.e. Telehealth program, health workshops, health events, newsletters, etc...) in partnership with CSSSBCN
- Maintain Retention of Health Professionals on LNS program with CSSSBCN through the McGill project
- Maintain and expand Community Gardens and Kitchens
- Support Ecole en Sante Movement

- 3 R's (Recycle, Reuse, Reduce)
- Waste Management
- Assist in the community aspects of the clinical project of CSSSBCN on Cancer
- Support establishment of sports infrastructures in communities
- Assist in the community aspects of the clinical project of CSSSBCN on Mental Health
- Implement CAD Program (Community Against Drugs) in all Municipalities on LNS
- Support the implementation of the Tobacco Prevention Program in partnership with CSSSBCN

### Challenges

- Translation of documents
- Lack of assistance for English patients travelling outside of the region
- Lack of health programs and documentation in English
- Info Sociale not available in English
- High costs for patients having to receive extra regional services (ie, Cancer treatment, Dialysis, Surgeries, etc.)
- Lack of cell phone service to implement Tele Medicine
- Lack of funding for salaries for animators to do physical recreational programs
- Lack of support groups for population with mental illness
- Lack of programs and services
- Lack of equipment and programs to implement Drug and Alcohol Prevention activities (ie: Reach for the top equipment, etc...)
- Lack of funding to implement CAD program throughout the Lower North Shore
- Lack of training programs for animators at youth centers to deal with Drug and Alcohol issues

### **Goal - Encourage development, diversification and sustainability of LNS economy**

Non Timber Forest Products

Tourism

Transportation

Fisheries

### Priorities

- Work in partnership with Solidarity Bioproducts Cooperative in the development of NTFP on the LNS
- Encourage the sustainable development of the wild berry environment
- Work with tourism groups in all municipalities
- Assist with the development of a tourism marketing plan
- Build stronger partnership with Labrador and NFLD
- Work with the LNS museums, historical societies and welcoming centers
- Enhance natural, heritage and cultural attributes and attractions
- Promote exchanges between cultures
- Assist the MRC and others to attain the implementation of Route 138
- Advocate for better transportation systems to serve the region (ie: plane, ship, etc...)
- Contribute to initiatives to maintain, diversify and enhance the presence and activities of fishers and plant workers

- Assist local organizations, committees and associations with fishery renewal efforts

### Challenges

- High cost of transporting products
- Lack of equipment and facilities
- Funding for workers to work in the industry
- High cost of travel
- Lack of marketing
- Lack of funding for salaries at interpretation centres and museums
- Funding needed for completion of route 138
- Lack of communication between Fishermen's Association and Fishers on the territory
- Lack of support for a fishery reconstruction plan

### **Goal - Support the growth of a solid and effective communications and multi-media network across the Lower North Shore**

High Speed Internet (Fibre Optics)

Regional Radio Network

Local Newspaper

Telecommunications (Cell Phone Access, Phone and Video-conferencing)

### Priorities

- Lobby government to establish fibre optics on the territory
- Support the growth of a solid and effective communications and multi-media network across the Lower North Shore
- Link all four (4) local networks coastal radio broadcasting
- Contribute to the development and maintenance of local and regional electronic and print media
- Develop planned communications activities with other LNS organizations
- Develop an Information and Communications Technology plan for the region

### Challenges

- No high speed internet on territory
- Maintaining operational cost
- Lack of funding for broadcasters/journalists
- Lack of coastal broadcasting
- Not enough support to the regional newspaper (Local Wave)
- High cost for telephone and video-conferencing services
- No cell phone service

**(refer to Annex 5 – staff members)**

## Achievements

The Coasters Association has had many achievements over the years that it is proud of. Its pride is rooted in its belief that these achievements have contributed to the development and vitality of the region's communities. What follows is a selection of the organization's major initiatives.

In terms of **organizational development and networking**, Coasters has:

### Organizational Development

- Twenty-five (25) years in operation.
- Designed and successfully delivered two hundred and ten (210) projects funded by various federal, provincial and municipal government departments.
- Employed approximately two hundred and eighty-seven (287) employees (full time and / or part-time), and provided the necessary training that enabled them to seek employment elsewhere or return to complete their education.
- 5 year Strategic Plan developed for the Coasters Association Inc. for 2012-2018.
- Developed a Face book page to publicize and share interns experience with the YEIP in 2010.
- Established online human resource management system, "Success Factors", in 2010.
- Produced human resource management policies and procedures (i.e.: Employee Skills Assessment, Employee Performance Evaluation, Employee Agreements, Transition Plan, and Interview Reference Guide, etc...), in 2011.
- 5 year Strategic Plan developed for the Coasters Association Inc. in 2006-2011
- Produced a Promotional Folder to promote the Coasters Association and the partnering organizations of the Lower North Shore in 2005.
- Developed the Coasters Association constitution and policies and officially adopted at the 9<sup>th</sup> AGM in Lourdes de Blanc Sablon in 2002.
- Created a pamphlet entitled, "Coasters Association - United for a Better Future", in the year of 2000.
- Produced a Coastal Directory of businesses and organizations along the LNS in the year of 1997.
- Designed and distributed a 1995 handbook for members of the Board of Directors of the Coasters Association.

### Networking

- Over the past twenty-five (25) years the Coasters Association has held a total of nineteen (19) Annual General Meetings, and sixteen (16) forums/conferences. These meetings created an opportunity for government partners, the local population and regional organizations to gather and discuss solutions for problems being faced on the Lower North Shore.
- Held yearly membership campaigns.
- Promoted community capacity building by initiating a number of studies and holding several workshops to respond to the coast's community development needs.
- Established partnership on and off the territory.

- Workshops carried out with staff of the organization and with community organizations on capacity building, leadership, fundraising, etc...
- Continuing to lobby for better services on the Lower North Shore.
- The Coasters Association continue and committed to the Engagement with local community groups and assisted with community events (Kids Sports Day, LNS Junior Ranger Meet, PHASE, and Pink T-shirt Day) across the coast.
- Established partnership with the YMCA in 2009, the YWCA and Free the Children in 2010.
- Communities achieving responsive services (CARS), training programs implemented on the Lower North Shore (only territory in Quebec to receive training) in 2008.
- Assisted in implementing Coop de Solidarité d'aide a Domicile de la Basse Côte- Nord in 2008.
- Obtained four sets of video conferencing equipment from CHSSN for communities of Kegaska, Harringtonr, St. Augustine and Blanc Sablon in partnership with CSL in 2008.
- Set-up the Lower North Shore Coalition for Health in 2004, a networking table for the coast.
- A member of the Regional Advisory Committee on Access of Health and Social Services in the English Language in 2003 to date, and a representative to the Provincial Health and Social Services Committee.
- Elected to the Board of Directors of the Centre de Santé de la Basse Côte-Nord in 2003.
- Established the Community Economic Development & Employability Committee (CEDEC) in 1999 and produced a binder of background information of approximately five hundred pages and a pamphlet.
- The Coasters Association was presented an award by the National Human Resources Development Committee for its work on behalf of the English Linguistic Minority Communities of Quebec in 1999.
- Assisted in the establishment of the Quebec Community Group Network (QCGN) and the Human Resource Development-Community Table (HRD-CT) in 1998 to support work on common issues facing the Lower North Shore.
- Assisted with the strategic plan of the Commission Scolaire du Littoral in 1993.

### **Volunteerism**

- Established a Community and School Life volunteer Scholarship award since 1991 for Secondary students.
- Continued to support on-going training of volunteers on the coast in order to create positive leaders in each community, and held a volunteer retreat in St. Paul's River in 2005.
- Took part in a survey regarding the programs and services offered by Secretariat a l'action communautaire autonome (SACA) in 2004.
- Participated in the "Art of Volunteer" contest, in cooperation with Réseau de l'action bénévole du Quebec in 2004.
- Carried out an awareness campaign to recruit volunteers in 2004.
- Completed a research project and developed a plan in 2003 to strengthen the volunteer base in fifteen communities along the Lower North Shore, funded by SACA.
- Held the first training session for volunteers in Blanc Sablon in 2003.

In terms of **community and social development**, Coasters has:

### **Seniors**

- Established a working committee to promote Health Promotion in 2013.
- Carried out twenty-seven (27) Health Promotion workshops with seniors from 2008-2013.
- Partnership established with Local Table for Seniors to provide them with Administrative support since 2010.
- Six (6) Day Centers established on the Lower North Shore: La Tabatiere, Tête a la Baleine, St. Augustine since 2010, St. Paul's River, Harrington Harbour, and Blanc Sablon in 2013, in partnership with CSL, St. Peter's Parish in St. Paul's River, and Residence aux Beaux Sejour in Lourdes de Blanc Sablon and six (6) animators hired.
- Seat established on the Coasters Association Board of Directors to represent the seniors of the Lower North Shore in 2010.
- A needs assessment was conducted and community profiles developed of all communities to determine where Senior Day Centers and Adapted Transport are required in 2010.
- Resources designed and developed for future day center staff such as: staff resource binders, a health promotions calendar, and information pamphlets, in 2010.
- Programming material was purchased for set up of the initial pilot site day center in 2010.
- Carried out five (5) information sessions, one in each municipality to share information on the initiative of Increasing Access to Health Promotion Programs for seniors on the Lower North Shore in 2010.
- Worked with the Local Table for Seniors and community senior groups, and assisted with the community aspects of the clinical project of CSSSBCN on seniors since 2005.
- Developed a CD Rom, video and three (3) binders of material in 2004 related to information gathered from seniors about the heritage and culture of Bonne Esperance.

### **Women**

- Established partnership with the YWCA and Centre L'Emersion in 2010.
- Worked to develop programs to improve services and programs for women based upon identified needs.
- Carried out a trivia contest in every radio station on the coast during the month of International Women's Day (March 2010).
- Identified the programs, services, resources, and infrastructures available to women on the coast and what would be implemented for them in 2010.
- Produced a needs assessment report for women and established a Women's Coalition in 2006.

### **Disabled Population**

- Partnership with Group Accessibility in St. Augustine to provide activities for the disabled population through Day Center in 2013.
- Resource report identifying potential sources of funding at both the provincial and federal levels in regards to establishing a group facility for the physically and intellectually challenge population in 2008.

- Completed a business plan template to establish a group facility for the physically and intellectually challenged population in 2008.
- Supported the establishment of the Groupe Accessibility in St. Augustine in 2007, a member of the Steering Committee
- Worked in partnership with CSSSBCN to improve services and programs for the physically challenged population in 2006 to date, and assisted with various projects.
- Carried out a study on services for the physically and mentally challenged in 2006.
- Seat established representing the disabled population on the LNS on the Board of Directors of the Coasters Association Inc., in 2005.

### **Justice**

- Completed an assessment and developed a general crime prevention orientation in 2003 – 2004.
- Conducted a contest in 2004 in seven secondary schools on crime prevention (students researched information and participated in a logo contest to create awareness about crime).

In terms of **health and social services**, Coasters has:

- Health Promotion Calendar implemented on the coast through partnerships with CSSSBCN and the four CLC's on the coast to promote activities and programs regarding health initiatives in 2013.
- Supported the development of the Municipality of Bonne Esperance Community Profile with INSPQ and CHSSN in 2012.
- Lobbied for new and improved services in every aspect of health and social services.
- Supported the Dr. Camille Marcoux Foundation in their fundraising campaign.
- Produced a 'How to Guide' for use by other community organizations seeking to establish a social economy project to provide health and social services to their own communities in 2008.
- Purchased two hundred and fifty (250) Health Matters bags for CSSSBCN professionals to disburse to chronically ill patients to provide tools and resources during their therapy in 2008.
- Carried out a health survey to two thousand, three hundred and forty-nine (2349) households and seven (7) priorities were set: Public Health, Physical Health, seniors and those with loss of Autonomy, Youth and Families, Mental Health, Physical and Intellectual Disability, and alcohol and Drug Addiction in 2005.
- Sustainability plan regarding Health and Social Services Issues completed with new priorities established: Youth and Children, Drugs and Alcohol, Women's Issues, Off Coast Services, and Services to the Intellectually Challenged for 2004-2008.
- Constructed a pamphlet entitled "Health Matters on the Lower North Shore", in the year of 2000.

### **Networking & Partnership Initiative**

- Organized two visioning sessions (Lourdes de Blanc Sablon & St. Paul's River) in 2012, to develop a LNS Revitalization Framework.

- Participated in the 2008 Coastal Tour with members of the Coasters Association, CSSSBCN, McGill University, CHSSN, and LEARN.
- Became a member of the Health and Social Services Networking Partnership (HSSNPI) to improve access to health and social services in English in 2004.
- Developed two (2) Lower North Shore Coalition for Health Strategic Plan in 2004 (2004-2008) and in 2008 (2008-2013).
- Assisted with the sustainability of the three (3) Community Learning Center's established in St. Paul's School, Mecatina School, and Netagamiou School since 2007.
- The Lower North Shore Coalition for Health was formed to build the networking and partnership capacities of English speaking communities and improve access to health and social services on the coast in 2004.

### **Drugs and Alcohol**

- Built an inventory of organizations (National, Provincial and Health Regions) listing services and / or programs regarding substance abuse issues in terms of awareness, prevention, treatment or rehabilitation in 2010.
- The Coasters Association hosted a Provincial Drug and Alcohol conference in Gatineau, Quebec, with twenty (20) English organizations in attendance in 2010.
- Partnered with MADD Canada and CSL and offered High School students from the Municipality of Bonne Esperance and Blanc Sablon a multimedia presentation on drugs and alcohol in St. Paul's School in 2009.
- Held the first Drug and Alcohol Awareness and Prevention Summit on the Lower North Shore in 2009.
- 5 'Did you Know' pamphlets on drugs and alcohol were developed and distributed to all mailboxes on the Lower North Shore (2,074) in 2007 and 2008.
- Collaborated with CSSSBCN and orchestrated 'Mock tail' competitions with the graduating classes of St. Paul's School and Ecole Mgr Scheffer in 2007 and 2008.
- CAD Program implemented in the Municipality of Bonne Esperance in 2008.
- Interregional school dance held in Lourdes de Blanc Sablon with three schools participating (St. Paul's School, St. Theresa School, and Ecole Mgr Scheffer) in 2008.
- Held 2 Community Against Drugs (CAD) public information sessions in the Municipality of Bonne Esperance in 2007.
- Held a logo contest on the Lower North Shore and found a logo for the CAD program in 2007.
- Promotional items purchased with the CAD logo and distributed throughout the LNS in 2007.
- Partnered with MADD Canada and CSL and offered High School students from the Municipality of Bonne Esperance and Blanc Sablon the opportunity to travel to Forteau NFDL to receive a multimedia presentation on drugs and alcohol. Two hundred and fifty (250) students and twenty (20) teachers attended in 2007.
- A 'Reach for the Top' competition was held at St. Paul's School with twenty (20) Elementary and six (6) Secondary students participated in 2007.
- Created 2 community LAGs (Local Action Groups) with eleven (11) High school students of St. Paul's School, regarding the CAD program in 2006.

- Partnered with Quebec 4-H and provided both the Community LAG and the Youth LAG training on youth inclusion, team building and leadership development in 2006.
- Created a 400-page information tool entitled “Life Choices” to inform youth of important life choices (i.e. health and sexuality, responsibility & legality, smoking, drugs and alcohol, etc.) in 2004.
- Developed a prevention plan on drugs and alcohol in 2002-2003 to teach youth the consequences of their actions and help them analyze situations, be tolerant and accept differences in others
- Created two pamphlets entitled, “Just say No” and “A Worthwhile Initiative”, on the Youth Services Canada Project in 2003.
- Produced a CD-ROM in 2003 on the results of a drug and alcohol abuse action plan.

### **Diabetes**

- Supported in the implementation of the Tele Medicine Diabetes Prevention Program with CSSSBCN by purchasing monitoring equipment (laptops, software, glucometers, and test strips) for patience in 2012.
- Tele-medicine Diabetes program established on the LNS since 2009.
- Created diabetes Health Matters Survival Kit in 2010.

### **Extra Regional Services**

- Purchased Legal Information Toolkit for service professionals through Éducaloi in 2012.
- Provided funding to CSSSBCN to aid with additional training for social workers from 2008-2012.
- Provided funding to aid CSL for teachers to travel off coast to receive software training in 2010.
- In partnership with CSSSBCN initiated in the Volunteer Assistance Program (Liaison Officer) for English speaking patients travelling to Centre Hospitalier regional de Sept-Iles in 2009.
- A community guide developed in both official languages detailing community resources of each village on the Lower North Shore in 2009.
- Training and skills audit survey created in both official languages to help determine employees of CSSSBCN where skills need to be upgraded and / or refreshed in 2009.
- An employee buddy system survey created in both official languages to aid with listing employees of the CSSSBCN with similar profiles to newly hired personnel in 2009.
- A report was produced on Access to Extra Regional Health Services in Eastern Quebec in 2006.

### **Retention of Professionals**

- Through the McGill bursary program, \$80,000 was awarded to eleven (11) students ranging from \$2,500 to \$10,000 in scholarships from 2008-2013. To date, a total of \$80,000 was issued.
- Two (2) McGill scholarship recipients were able to obtain fulltime employment on the Lower North Shore in their field, one hired in 2013 in Blanc Sablon as a Social Worker and one hire in 2014 in La Tabatiere as an Occupational Therapist.

- Supported the Nursing Assistant Program (McGill Internship Scholarship) in partnership with CSL and CSSSBCN from 2008-2012. A total of sixteen (16) Nurse's Assistant Interns and one Occupational Intern received (\$5000) to carry out stages off coast.
- In collaboration with McGill University and CSSSBCN, carried out an internship in St-Augustine and Pakaushipi from Université de Trois Rivières à Quebec with five nursing students along with their teacher performing a supervisory role, in 2008.
- A needs assessment was produced on the issue of hiring and retaining English professionals on the Lower North Shore in 2006.
- Identified the issues of hiring and retaining English Professionals on the Lower North Shore in 2006.

### **Nutrition**

- Purchased tools and resources for the Nutritionist at CSSSBCN from 2008-2012.
- Eight (8) additional community kitchens established on the coast in 2013.
- Created a "Back to Basics and Cooking Essential Cookbook" by the Youth Participants on the Youth Skills Link Project – Breaking down Barriers in 2012.
- Created Health Matters Survival Kits on Heart Health in 2010.
- A project on Healthy Lifestyles used as a case study by Health Canada in 2010.
- In partnership with CHSSN the 5/30 Health Challenge was carried out in five (5) communities along the coast with High Schools (Chevery, La Tabatiere, St. Augustine, St. Paul's River, and Blanc Sablon) in 2009 to date.
- Nutritional Course developed and course implemented in schools in cooperation with teachers in 2008.
- Ten (10) community gardens and four (4) community kitchens established in 2007.
- Lower North Shore Food Guide produced in 2007.
- Created a Lower North Shore Food Guide Kit, which consists of a cookbook of healthy recipes using local resources, booklets, facts sheets, etc... in 2007.
- A Nutritionist and a Coordinator were employed under a nutrition project in January 2005 to identify the needs of residents regarding better eating choices.
- Established the Breakfast Program in St. Paul's School and Mountain Ridge School since 2006.
- Established the Fitness Center at St. Paul's School in 2006.

### **Cancer**

- Provided tools and resources to CSSSBCN for cancer patients from 2008-2012.
- Carried out 'For a Cure Day' in St. Paul's River for the population of the Municipalities of Bonne Esperance and Blanc Sablon, raising money for cancer patients residing on the LNS. The total amount raised from this event was \$4,681 in 2010.
- Created fifteen (15) Cancer donation boxes to be placed in the Relais Nordik terminals, Air Labrador counters, and the Ferry terminal in Blanc Sablon in 2010.
- Carried out a 'Cupcakes for Cancer' fundraiser drive in the Municipalities of Bonne Esperance, Blanc Sablon, and St. Augustine and in the communities of Harrington Harbour, La Tabatiere, and Chevery. A total of \$1,738 was raised and all products went to cancer patients on the LNS in 2010.

- Lower North Shore Cancer Fund established to support cancer patients on the Lower North Shore in 2010.
- An Administrative Committee established, comprised of a representative of the CSSSBCN, CSL, MRC, Caisse Populaire du Blanc Sablon and Coasters Association in 2010.
- Created two (2) Health Matters Survival Kits on Colon and Breast Cancer in 2010.

### **Lower North Shore Health Fund**

- The Uni-Aide Foundation Strategic Plan completed in 2013.
- Through the partnership with the Uni-Aide Foundation, the Lower North Shore Health Fund (previously named LNS Cancer Fund) was created in 2012 to better serve the population burdened by illness and to enhance the quality of life for those living with health issues.
- Through the LNS Health Fund, a total of eighteen (18) patients were supported totaling \$26,150 since 2010.

### **Telehealth**

- Produced a Telehealth Resource Library in 2007.
- Tele-health sessions ongoing since 2005 offered in health centers and the four (4) Community Learning Centers on the coast.
- Developed a Tele Health project in 2004 to build community capacity.

### **Reducing Smoking on the LNS**

- Coast wide promotions and contests of the “Quebec non-smoking Week” campaign in 2010 and 2011.
- A youth assessment study was carried out with five (5) High Schools in 2010.
- Created labels to be used on the CSSSBCN Pharmacy packaging bags for client medications in 2010.
- Coast wide poster contest held in 2010 under the theme “create a poster with colored post-it notes.”
- Coast wide promotion of the campaign “Take your Butt Outside” in 2010.
- Phone-In program established in every community on the Lower North Shore which carried out four (4) phone in session on C.O.P.D., Second Hand Smoke, Tobacco Nutrition, and How to Quit Smoking in 2009 and 2010.
- Pamphlet completed and distributed to all residents of the Lower North Shore on CAT, and C.O.P.D. in 2010.
- T-shirts were purchased with CAT logo and distributed during promotional events in 2010.
- Carried out the ‘Blue Light Project’ in the five (5) Municipalities on the coast in 2010.
- Carried out a logo contest for the Centre d’Abandon du tabagisme (CAT) program in 2009.
- Forum carried out on Reducing Smoking held in the Municipality of Blanc Sablon in 2009.
- Radio contest held in 2009 in each radio station on the LNS regarding tobacco.

- Coast wide promotion of the campaign / contest Smoke Free Family 2009 was launched to residents on the LNS.
- Study conducted to the population of the LNS in 2009 to gain a portrait of the number of smokers and non smokers.

### **Poverty**

- Participated in the creation of the Poverty Action Plan in 2013 with CSL, CLD, QLF, CEDEC, MRC, and the Sûreté du Québec.
- Worked with CHSSN under the Tamarack Vibrant Communities Initiative to develop tangible strategies for tackling poverty issues on the Lower North Shore in 2011.
- Presented a poverty brief to the Honorable Jean Rochon, Quebec Minister of Health and Social Services, and Madame Nicole Léger, Deputy Minister for Poverty, at a forum in Sept-Iles in 2001.

### **Early Childhood Development**

- Avenir d'enfants program implemented in three (3) municipalities and five (5) part time animators hired through the partnership with the four CLCs on the coast in 2013.
- Purchased 'Rock n' Talk' program and disbursed to Avenir d'enfants animators to implement in 2013.
- Purchased the mascot 'Litou' to aid with the 'Show me the Way' program in 2010.
- Purchased Real Game software for the High Schools' POP classes in 2009.
- Carried out a needs assessment study and identified the resources, programs, services, and the needs of each community on the Lower North Shore in regards to youth ages 0-5 in 2009.
- Aided in the translation of the Entraide Parent program on the Lower North Shore in 2008.
- Collaborated with social workers from CSSSBCN to carry out the program 'Discipline to Love' consisting of seven (7) parent workshops aimed to guide the parents in the supervision of their children by a healthy discipline in 2008.
- Worked in partnership with CSSSBCN to offer a Breastfeeding Support Group to support nursing mothers on the coast in 2008.
- Began the ground work in creating a mascot to promote reading and writing for 0-5 year old in 2008.
- Purchased learning material from Invest in Kids and launched the First Five Years program in Lourdes de Blanc Sablon, St. Paul's River, La Tabatiere, and Chevery with CSSSBCN via video conference in 2008.
- Collaborated with CSSSBCN and developed a base of information for the Healthy Baby Clubs in 2008.
- Early Childhood Development Program "Show me the Way" established in 2008.

In terms of **youth / education initiatives**, Coasters has:

- Through the partnership with CSL, the R2 dropout prevention program implemented in eleven (11) communities on the coast since 2013.
- In partnership with CSSSBCN, Speech Therapy services provided to youth since 2010.

- Developed a How-to Manual as a model for implementing future YMCA youth programs through the Ys of Quebec in 2010.

### **Basse-Côte-Nord en forme Movement**

- Lead and maintained the Quebec en forme Movement (newly named Basse-Côte-Nord en Forme) on the Lower North Shore since 2008 by employing a Coordinator and six (6) Animators working in participating communities (Chevery, Harrington Harbour, Gros Mecatina, Bonne Esperance, St. Augustine, and Lourdes de Blanc Sablon) focusing on physical activities and healthy eating aspects for youth ages 0-17.

### **Bullying & Violence**

- Carried out a needs assessment study of four hundred and sixty-eight (468) students attending ten (10) schools across the coast ages 6-17, four hundred and eleven (411) parents, twenty-six (26) regional organizations, eight (8) institutions and four (4) municipalities and identified the seriousness of bullying and violence in each school, home, and community on the Lower North Shore in 2010.
- Database created of five (5) English School Boards in Quebec and five (5) online organizations identifying their programs, services and resources in relation to Bullying and Violence Prevention Promotion in 2010.
- Developed eleven (11) Bullying Violence Preventative Kits and distributed to eleven (11) Elementary Schools on the coast to provide youth ages 6-12 learning tools on bullying and violence related issues in 2010.
- A report created Assessing the Needs and Creating Innovative Approaches to Bullying and Violence Prevention and Promotion detailing all actions of the project including the results of the needs assessment study in 2010.
- Seven hundred and ninety-nine (799) t-shirts were purchased offered in both English and French designs and distributed to all schools to take part in Pink T-shirt Day on April 14<sup>th</sup>, 2010.
- Carried out two (2) contests geared towards the involvement of youth in their communities for National Child Day under the themes “How I contribute to my community” in 2003, and “A Canada fit for Children” in 2004.

### **Post-Secondary Education**

- Held the 2011 Youth Employability Youth Forum in the Municipality of Bonne Esperance for Secondary IV and V students attending St. Paul’s School, 2 students from Netagamioiu School, Mecatina School, and St. Augustine School and Netagamioiu School connecting via video conference.
- Organized and facilitated a Lower North Shore Career / Job Fair at Ecole Mgr Scheffer in Lourdes de Blanc Sablon. One hundred and sixteen (116) Secondary III, IV, & V students from across the coast attended along with eighteen (18) local businesses and organizations and eleven (11) post secondary educational institutions in January of 2010.
- Collaborated with YES to coordinate a ‘Meet and Great’ workshop in Montreal for post-secondary students by distributing an informative pamphlet on the event throughout the coast in 2010.

- Created in 2004-2005 a program called “Youth Motivation” which seeks to decrease the dropout rate, inform students of educational/employment opportunities and motivate youth to pursue post secondary education.
- Created a pamphlet entitled, “Life’s Choices, Taking Charge of Your Future” in 2004.
- Designed and delivered in 2003 - 2004 a series of workshops entitled “Taking Charge of Your Future”. The workshops were offered to secondary students in order to decrease the drop-out rate, to recognize students and to motivate them to further their education.
- Completed a financial assistance guide for post-secondary students in 2001. The guide includes information on: loans and bursaries programs, scholarships and awards, financial support from Colleges and Universities, tools to find employment, and student employment
- A pamphlet was produced entitled “The Coasters Association assisting the youth of the Lower North Shore”, in the year of 2001.
- Sponsored scholarship awards and certificates for one Secondary V student in each of the five high schools on the LNS since 1991.

### **Teen Issues**

- Created a resource library handbook of all in office resource material and online research pertaining to teenage issues and categorized them into seventeen (17) content topics in 2007.
- Developed Parents with Teens Resource Website Guide in 2007.
- Produced 25 Survival Packs for parents with teens containing books covering 17 teenage content topics and disbursed them to 5 high schools, 3 CLCs, 9 social workers with CSSSBCN, CSL, CHSSN, Health Canada, and 5 available at the Coasters Association in 2007.
- Carried out the Voices and Choices survey in three (3) schools (École Mgr Scheffer, St. Paul’s School, and St. Augustine) on the coast in 2006.

### **Literacy**

- Assisted with CSL with International Literacy Day in six schools on the coast in 2008.
- Identified over fifty off coast organizations, and seven (7) organizations on the coast working in the field of literacy and second language skills determining the literacy programs and services available through their organization in 2008.
- Created a database regarding mentoring programs offered throughout Canada in 2008.
- Developed an Implementation Plan to respond to the challenges of long distance literacy and second language skills in 2008.
- Worked on a literacy project in 2001 concerning the status of literacy and literacy-based services on the Lower North Shore.

### **Youth consultations / workshops / Tours/ Events**

- Collaborated with CSSSBCN and CSL and held workshops geared towards maintaining good mental health with youth ages 11-17 in 2010.
- Collaborated with Free the Children Foundation and CSL and carried out a Youth for Change Speech Tour in five schools on the Lower North Shore in 2010.

- Organized the three (3) mother/daughter Dove Sleepover for Self-Esteem at St. Paul's School in 2008, 2009, and 2010.
- Assisted with sending two (2) youths from St. Paul's School to St. John's, NL, to attend Music Camp at The Music Collection Company in 2010.
- Assisted with the YMCA exchange trip in 2010 for Mecatina School.
- Partnered with YMCA and carried out two (2) arts based programs (Photo/video and Hip-Hop/Break dance) on the Lower North Shore in La Tabatiere, Chevery, and St. Paul's River in 2010.
- Assisted with the three (3) YMCA exchange trips in 2009 for St. Paul's School, Gros Mecatina School, and Netagamiou School.
- Carried out a Youth Consultation with a total of twenty-five (25) youth ages 16-29 from five (5) municipalities and twenty-six (26) representatives / partners connecting via video conference in four locations on the Lower North Shore Addressing Topics related to youth out migration and retention in 2008.
- The Youth Coordinator and a youth from the 2008 Youth Consultation attended the GENERATION Provincial Youth Forum in Montreal with 100 participants in attendance addressing challenges related to bilingualism, identity, isolation and community life.
- Supported the École en Santé Movement in schools on the LNS since 2007.
- Organized the first Youth Forum held on the coast, in St. Paul's River in 1997 and formed the Youth Coalition in August 1998.

### **KIDS Summer Camp**

- The 2013 KIDS Summer Camp theme entitled: 'Exploration Celebration' received a total of eight-five (85) youth attending four (4) camps along the coast and eleven student jobs were created.
- Obtained eighty (80) life jackets through the Open Water wisdom Campaign and disbursed them to the four (4) camps along the coast in 2013.
- The 2012 KIDS Summer Camp theme 'When I Grow Up' housed a total of eight-two (82) youth in four (4) camps on the Lower North Shore and eleven (11) student jobs were created.
- The 2011 KIDS Summer Camp ran with the theme 'Up in the Air' with a total of one hundred and eighteen (118) youth attended in four camps along the coast and thirteen (13) student jobs created.
- An implementation Plan completed for the French Teen Immersion camp in 2010
- An Operational Manual, First Aid Manual, and a Training Manual were produced for the French Immersion Teen Camp in 2010.
- A feasibility study created identifying the demand for a French Immersion Teen Camp along the Lower North Shore in 2009.
- The Municipality of Blanc Sablon was identified as the French Immersion Teen Camp pilot project on the Lower North Shore in 2010.
- The 2010 KIDS Summer Camp ran with the theme 'Green Adventure' and gained the partnership of QEF, YMCA, and YWCA coordinators and animators. A total of one hundred and thirty two (132) youth attended in the four (4) camps along the coast and fourteen (14) student jobs were created.

- The 2009 KIDS Summer Camp's theme was 'Going Green' based on environmental friendly themes such as horticulture, recycling, clean air, etc... A total of sixty-eight (68) youth attended in the four (4) camps on the Lower North Shore and eleven (11) student jobs were created.
- In 2008 a project entitled "Feasibility of Implementing Youth Camps on the Lower North Shore" was created to maintain the four camps and partnered with the Eau-Naturelle Discovery Camp in Chevery under the theme 'Ocean Odyssey'. A total of ninety (90) youth attended in four (4) locations on the coast and eleven (11) student jobs were created.
- In 2007, KIDS Summer Camp expanded in the communities of La Tabatière and Blanc Sablon as well as St. Paul's River and St. Augustine. A total of ninety-three (93) youth attended the camps and four (4) student jobs were created.
- In 2006, the camps only operated in St. Augustine & St. Paul's and was established by community members of these two municipalities. A total of twenty-eight (28) youth attended and four (4) student jobs were created.

In terms of **economic development**, Coasters has:

- In partnership with St. Paul's School and Netagamou Community Learning Centers and CSL, a twelve week LEAP (Local Employability Access Program) by Carlton University was carried out and twelve (12) participants took part via video conference in 2008.

### **Youth Skills Link**

- Linking our Youth Project implemented on the coast hiring six (6) youth between the ages of 16-30 in the Municipalities of Gros Mecatina, St. Augustine, and Bonne Esperance completing a twenty (20) week group based employability skills and job internship program in 2014.
- Youth in Action Project carried out on the coast employing six (6) youth between the ages of 16-30 in the Municipalities of Blanc Sablon and Bonne Esperance, completing a twenty week work based employability skills and job internship program in 2013.
- Breaking down Barriers Project carried out on the coast hiring eight (8) youth between the ages of 16-30 in the Municipalities of Blanc Sablon and Bonne Esperance, completing a total of twenty-two (22) weeks surrounding academic upgrading, group based employability skills, culture history and art, and community development.
- Developed a youth job links program that hired twelve young people on the Lower North Shore, assisting participants in obtaining future employment, returning to school or starting a business in 2003.

### **Fisheries**

- Supported the fisheries and plant workers since 2003 to date, with their initiatives.
- Conducted workshops and meetings that resulted in the implementation of a project which employed fishers who were unable to work due to the fishery closure in zone 13 in 2004.
- Participated in a survey conducted by the Office of the Commissioner of Official Languages regarding the continuing crisis in the fishery in 2004.
- An interview with the National film Board of Canada in 2004 provided an opportunity to explain the closure of the fishery and its impact on the people of the LNS.

- Contributed to the initiative to maintain and diversify and enhance the presence and activities of fishers and plant workers in 2004.
- Needs assessment and Identification of Opportunities, Fisheries Assistance Report completed in 2004.
- Produced a press release regarding the fishery crisis in 2003.

### **Wildberry/Non – Timber Forest Products**

- Thirty-six (36) members/owners of the Lower North Shore Bioproducts Solidarity Cooperative as of January 2014.
- Business Plan completed and building secured in 2014 to support the continuation of the wildberry industry.
- As of December 2013, thirty-eight (38) full-time and part-time employees were hired through Coasters Association for the Wildberry Project.
  - Wildberry Coordinator (2009-2014)
  - NTFP Regional Development Agent (2010-2012)
  - Co-op Coordinator (2011-2012) Part time
  - Power of Partnership Coordinator (2010-2012) Part time
  - Summer Students – 2010 (one student), 2011 (2 students), 2012 (4 students), 2013 (2 students)
  - 3 GPS & Mapping Technicians (2010, 2011, & 2012)
  - 12 Employees (2010) training and preproduction
  - 4 Employees (2011) training and preproduction
  - 3 contact workers – Field Guides (2011) St. Augustine & Old Fort Bay
- As of December 2013 a total of 13,841 lbs. of wildberries have been purchased for research, development, and sales of \$60,964 invested into the local economy of the Lower North Shore.
- In 2013 - Partnership Agreement signed for the completion of a feasibility study to develop an algae and peat-moss industry on the LNS (lead by the CLD de la Basse-Côte-Nord).
- The first Lower North Shore Bioproducts Solidarity Cooperative Annual General Assembly was held on April 23, 2013.
- In late 2012 a trial production was carried out in a temporary facility in the Municipality of Bonne Esperance; 1,000 units were produced.
- In 2012 product development was carried out at the CDBQ facilities in La Pocatière to further refine two products (jellies and syrups) and to develop fruit butter and chocolate-coated fruit jellies.
- The Coopérative de solidarité des bioproduits de la Basse-Côte-Nord formed and board of directors elected in 2012.
- From 2010 to 2012 three (3) inventories on the available biomass of wildberries and harvesting sites were completed.
- In 2011 a marketing plan for the Coop was completed, forecasting sales by market segment, and indicating the distribution channels and promotional activities planned to reach sales' estimates.
- In 2011 a pre-production phase was carried out at the CDBQ facilities in La Pocatière to further refine two products (jellies and purees), and train four production staff.

- Performed a market study by marketing expert Pierre Daigle, as well as value added product trials by biopterre at the ITA in La Pocatiere (Quebec) in 2011.
- In 2011 a feasibility study was completed to introduce the new products on the market in order to target market segments as precisely as possible.
- Held a Partnership forum for Wildberry/NTFP in 2011.
- .Created training manual to aid with wild berry production in 2010.
- Carried out two inventories of the wild berry and mushroom resources and a nutritional analysis in 2010.
- In 2010, through the Nordic Wildberry Product Development Project carried out by Biopterre for the Coasters Association Inc., six products were developed and included: fruit leathers, fruit pastes (jellies), sherbets, fruit syrup, fruit purees and fruit sauces.
- Created a partnership with Shore Grow located in Chevery to develop kelp and seaweed in the Municipality of Golfe Saint Laurent in 2010.
- Created a branding partnership with D'Origina located in Giraidville (Quebec) to transform local plants into a wide variety of spices and teas unique to the world in 2010.
- Completed a market study detailing the market trends, and confirmed possible markets regionally, nationally, and internationally in 2009.
- In 2009 an oversight committee for the rural laboratory project was established.
- Held a partnership forum for Wildberry/NTFP in 2009.
- A Berry Licious Committee was formed in St. Paul's River in 2006.
- Held a food transportation consultation regarding the Wildberry/NTFP in 2006.

In terms of **communications**, Coasters has:

- Carried out a Technology Assessment with LNS institutions, regional organizations, municipalities, and local media in 2011.
- Produced Coasters Association Technology Plan in 2011.
- Re-designed website for Coasters Association in 2011.
- A member of the Lower North Shore Communications Task Force established in 2009.
- Supported the development of the CSSSBCN website in 2008.
- Supported the growth of a solid and effective communications and multi-media network across the Lower North Shore.
- Provided up-to-date information on all issues pertaining to the Coasters Association.
- Published public service announcements and participated in interviews on local and regional radio stations, and created radio capsules to air in each radio stations on the LNS.
- Participated in various surveys to increase communications on the Lower North Shore.
- Published an organizational newsletter entitled the "Informer," four times a year from 1994 to 1996.
- Produced a yearly newspaper entitled "Coastar" from 1991 to 1998. Established Coastal Publications in 1998 which lead to bi-monthly and / or quarterly publications of the 'Coastar'
- Established Health Matters / The Forecaster newsletter in 2006 producing 3 to 4 newsletters a year.

- Produced two pamphlets of the CAP sites located in St. Augustine and St. Paul's River in 2002.
- Created a web-page in 1997, which also included information on the communities of the Lower North Shore.
- Established a CAP site in St. Augustine in 1997 through funding received from Industry Canada and SADC.
- Created a Publicity Folder and Community Guide in 2004.
- Produced an assessment of High Speed Internet on the Lower North Shore and created a pamphlet in 2005.

In terms of **heritage and culture**, Coasters has:

- Hosted a Community Attraction Launch in St. Paul's River showcasing the creations completed through the Breaking down Barriers – Youth Skills Link Project in 2012.
- Three (3) Surname Totem Poles created by the YSLP – Breaking down Barriers Youth Participants and the project carpenter for the three communities in Bonne Esperance in 2012
- One Destination Pole created by the YSLP – Breaking down Barriers Youth Participants and the project carpenter for the Tourism Center in Blanc Sablon.
- Three (3) Historical Exhibits were created by the YSLP – Breaking down Barriers Youth Participants in 2012, highlighting Children of the Past, Then and Now the Municipality of Bonne Esperance, and Traditional Music and Dance.
- A member of the Quebec Anglophone Heritage Network (QAHN), English Language Arts Network, Quebec Drama Federation, and the Quebec Community Groups Network (QCGN) provincial committee on arts and culture.
- Supported the historical societies and museums of the LNS.
- In partnership with the Commission Scolaire du Littoral and the Quebec Anglophone Heritage Network (QAHN) – February to May, 2011 – carried out an 'Oral History' project, SHOM project, in the Municipality of Golfe de Saint Laurent (Chevery), Municipality de Gros Mecatina and the Municipality of Blanc Sablon. This project employed three (3) field workers for sixteen (16) weeks and six (6) part-time high school students for ten (10) weeks.
- Supported the Quebec Drama Federation (QDF) in the development of a touring network within the province in 2010.
- A member of the LNS Heritage Network in 2010.
- Attended the QLF Heritage Forum in 2009, and produced a report.
- Assisted in the planning and organizing of the Coast Fest activities held across the LNS in 2008, in collaboration with the Quebec Labrador Foundation (QLF) and Tourisme Basse Côte-Nord.
- Carried out Skill Building for Community Opportunities projects with the fishers and plant workers in the Municipality of Bonne Esperance during the fishing crisis in 2004/2005 fishing season, which resulted in the creation of arts and crafts, times gone by stories and intergenerational activities.
- Supported initiatives to showcase the beauty of the region's heritage and culture to the outside world from 2001 to date.

- Developed two display panels - coastal showcases (map of the LNS and the 15 communities) in 2001. These panels were used by the Coasters Association and Local Development Center (CLD) on many occasions.
- Brought Geordie Productions to the Lower North Shore in 1989 and has continued to provide support to their initiatives.
- Produced a book entitled, “From along the Coast, Home style Cooking, Lower North Shore Cookbook”, in the year of 1996.

In terms of **tourism / transportation**, Coasters has:

- A member of the Tourism Industry Association of Canada to promote the LNS on a wider basis
- Supported and continue to support the MRC and others in the implementation of Route 138
- Assisted with establishing local tourism groups and centers.
- Produced publicity message that was broadcast on the TVA show, “Le Québec, c’est les Vacances”, to further promote the tourism industry on the Lower North Shore in 2010.
- Participated in the inauguration of the Route Blanche trail from Old Fort Bay to Blanc Sablon in 2009.
- Assisted with Lower North Shore Coast Raid in 2008.
- Produced a Community Guide, entitled “Communities of the Coast” in the year of 2005.
- Developed in 2001 a showcasing map, and a photo exhibit of the fifteen communities of the LNS in partnership with many other groups.
- A pamphlet, entitled “The Lower North Shore of Quebec, Where the Road Ends...the Adventure Begins”, was produced in the year of 2000.
- Won the prestige award for “Tourism” efforts in 1999.
- Produced a guide to the Lower North Shore, entitled “A Country So Wild and So Grand”, in the year of 1999.
- Established the Tourism Development Corporation on the LNS in 1997.
- Organized the first Tourism Conference in St. Paul’s River in 1996.
- Produced a tourism resource guidebook entitled “Discover the Lower North Shore”, in the year of 1994.
- Been a member of the Association Touristique Régionale (ATR) since 1991.

In terms of **waste management**, Coasters has:

- Carried out an ‘Earth Week’ in each municipality on the coast in 2010.
- In partnership with Natural Resources, a total of four hundred and eighty-seven (487) tree seedlings were distributed to the community of Harrington Harbour and school children attending Mountain Ridge School, St. Paul’s School, Cole Mgr Scheffer, and St. Theresa School in 2010.
- A Beach Clean-up was organized and carried out in La Tabatiere in partnership with the CDLS (Sports & Leisure), youth Centre, and Quebec en Forme Animators in 2010.
- An Environmental needs assessment study was completed identifying the needs and to assess the programs, services, resources and infrastructures available for environment / waste management and what could be implemented in 2010.
- A member of the Waste Management Committee for the eastern sector in 2010.

- Attended a forum in St. Paul's River in 2009 regarding Waste Management on the coast.

**(refer to Annex 6 – Inventory, In office resources)**

## **Milestones**

The Coasters Association has reached many milestones over the past 25 years, and the following outlines a summary of rewarding landmarks:

### **Organization Development**

- 25<sup>th</sup> anniversary of the Coasters Association in May, 2013
- Established a founding committee in 1988 and steering committee in 1989. Held a founding meeting and elected a board of directors in 1991, representing all the communities of the Lower North Shore, including the francophone and native communities - 90 board members over the twenty five years.
- Founding member of the Human Resources Development Canada-Community Table (provincial network) and established the Lower North Shore Community Economic Development and Employability Committee - CEDEC in 1998. The Coasters Association was presented an award by the National Human Resources Development Committee for its work on behalf of the English Linguistic Minority Communities of Quebec.
  - Founding member of the Quebec Community Groups Networks (provincial network) in 1995
  - Through the partnership with the Uni-Aide Foundation, the Lower North Shore Health Fund (previously named LNS Cancer Fund) was created in 2012 to better serve the population burdened by illness and to enhance the quality of life for those living with health issues.
- Assisted with the sustainability of the three (3) Community Learning Center's established in St. Paul's School, Mecatina School, and Netagamiou School since 2007.
- Established Coastal Publications & supported them in 2000 to 2006.
- Became a member of the Health and Social Services Networking Partnership (HSSNPI) to improve access to health and social services in English in 2004.
- The Lower North Shore Coalition for Health was formed to build the networking and partnership capacities of English speaking communities and improve access to health and social services on the coast in 2004.
- Established a working partnership with Local Table for Seniors in -----

### **Community/Social Development**

- Participated in the creation of the Poverty Action Plan in 2013 with CSL, CLD, QLF, CEDEC, MRC, and the Sûreté du Québec.

- Avenir d'enfants program implemented in three (3) municipalities and five (5) part time animators hired through the partnership with the four CLCs in the coast in 2013.
- R2 dropout prevention program implemented in eleven (11) communities on the coast since 2013.
- Two (2) McGill scholarship recipients was able to obtain fulltime employment on the Lower North Shore in their field, one hired in 2013 in Blanc Sablon as a Social Worker and one hired in 2014 in La Tabatiere as a Occupational Therapist.
- Day Centers implemented along the Lower North Shore in six (6) communities for Seniors and those with a loss of autonomy in 2011 to present in partnership with Commission Scolaire, local churches and municipalities to house Day Centers.
- Phone-in program established in every community on the Lower North Shore which carried out four (4) phone-in sessions on C.O.P.D., Second Hand Smoke, Tobacco Nutrition, and How to Quit Smoking in 2009 and 2010.
- Nutrition project, Development of Healthy and Sustainable Communities, An Experimental Approach, Funded by the Public Health Agency of Canada from 2001 to 2009 and was used as a case study and presented at a conference in Geneva (2010).
- In partnership with CSSSBCN initiated in the Volunteer Assistance Program (Liaison Officer) for English speaking patients travelling to Centre Hospitalier regional de Sept-Iles in 2009.
- Tele-medicine Diabetes program established on the LNS since 2009.
- Tele-health sessions ongoing since 2005 offered in health centers and the four (4) Community Learning Centers on the coast.
- Held the first training sessions for volunteers in Blanc Sablon in 2003 and 2004.

### **Economic Development**

- In February 2014, the Coop purchased the Middle Bay Community Centre from the Municipality of Bonne Esperance as their new processing facility.
- The first Lower North Shore Bioproducts Solidarity Cooperative Annual General Assembly was held on April 23, 2013.
- In 2013 - Partnership Agreement signed for the completion of a feasibility study to develop an algae and peat-moss industry on the LNS (lead by the CLD de la Basse-Côte-Nord), the first non-wildberry NTFP to be further developed.
- As of December 2013 a total of 13,841 lbs. of wildberries have been purchased for research, development, and sales – a \$60,964 investment into the local economy of the Lower North Shore.
- As of December 2013, thirty-eight (38) full-time and part-time employees were hired through Coasters Association for the Wildberry Project.
- In 2012 product development was carried out at the CDBQ facilities in La Pocatière to further refine two products (jellies and syrups) and to develop fruit butter and chocolate-coated fruit jellies.
- In late 2012 a trial production was carried out in a temporary facility in the Municipality of Bonne Esperance; 1,000 units were produced. It was an excellent learning experience.

- In 2011 a pre-production phase was carried out at the CDBQ facilities in La Pocatière to further refine two products (jellies and purees), and train four production staff.
- In 2011 a feasibility study was completed to introduce the new products on the market in order to target market segments as precisely as possible.
- In 2011 a marketing plan for the Coop was completed, forecasting sales by market segment, and indicating the distribution channels and promotional activities planned to reach sales' estimates.
- From 2010 to 2012 three (3) inventories on the available biomass of wildberries and harvesting sites were completed.
- In 2010, through the Nordic Wildberry Product Development Project carried out by Biopterre for the Coasters Association Inc., six products were developed and included: fruit leathers, fruit pastes (jellies), sherbets, fruit syrup, fruit purees and fruit sauces.
- In 2009 an oversight committee for the rural laboratory project was established.
- 32 people participated in 1<sup>st</sup> Food Transportation consultation in the region-2006

### **Youth Development**

- Youth Skills Link Program implemented on the Lower North Shore employing twenty-one (21) youth between the ages of 16-30 from 2012 to 2014.
- Hosted a Community Attraction Launch in St. Paul's River showcasing the creations completed through the Breaking down Barriers – Youth Skills Link Project in 2012.
- In 2011 Youth Employability Youth Forum in the Municipality of Bonne Esperance for Secondary IV and V students attending St. Paul's School, 2 students from Netagamiau School, Mecatina School, and St. Augustine School and Netagamiau School connecting via video conference.
- Youth for Change Speech Tour carried out with Free the Children Foundation and CSL in five schools on the Lower North Shore in 2010.
- Organized and facilitated a Lower North Shore Career / Job Fair at Ecole Mgr Scheffer in Lourdes de Blanc Sablon. One hundred and sixteen (116) Secondary III, IV, & V students from across the coast attended along with eighteen (18) local businesses and organizations and eleven (11) post secondary educational institutions in January of 2010.
- Youth Consultation carried out with twenty-five (25) youth ages 16-29 from five (5) municipalities and twenty-six (26) representatives / partners connecting via video conference in four locations on the Lower North Shore addressing topics related to youth out migration and retention in 2008.
- Since it's inception in 2006, the KIDS summer camp has employed 88 students and has had more than 700 youth attend the camps.
- Created in 2004-2005 a program called "Youth Motivation" which seeks to decrease the dropout rate, inform students of educational/employment opportunities and motivate youth to pursue post secondary education.
- Two (2) contests carried out geared towards the involvement of youth in their communities for National Child Day under the themes "How I contribute to my community" in 2003, and "A Canada fit for Children" in 2004.

- Designed and delivered in 2003 - 2004 a series of workshops entitled “Taking Charge of Your Future”. The workshops were offered to secondary students in order to decrease the drop-out rate, to recognize students and to motivate them to further their education.
- Sponsored scholarship awards and certificates for one Secondary V student in each of the five high schools on the LNS since 1991.
- 1<sup>st</sup> ever *Inter-Regional Dance* held with students from the Municipalities of Bonne Esperance & Blanc Sablon- 2008

**(refer to Annex 7 – past & present board members, and annex 8- past and present staff members)**

## **Conclusion**

The Lower North Shore is home to three different languages and cultures: Anglophone, Francophone, and Innu, with 80% having English as a mother tongue. The majority of the senior population are English-speaking and have difficulty in accessing information in their mother tongue.

The crisis in the fishing industry has resulted in an out-migration of residents from the region. Many have uprooted and settled down in other regions, while many leave on a seasonal basis to seek employment from April to November of each year. This reality has changed the dynamics of family life on the Lower North Shore.

Nonetheless, the Coasters Association has continued to strive diligently for the coast for 25 years to improve access to services and the quality of life for people living on the Lower North Shore, as well put in place initiatives that will enable the population to be able to live and work in their home communities. The challenges are significant but together - we can do it! **(refer to annex 9 - Success Stories)**

### **Contact Information**

Anthony Dumas & Cornella Maurice  
 President                      Executive Director

Coasters Association  
 P.O. Box 10  
 St. Paul’s River, Qc.  
 G0G 2P0

Tel: 418-379-2006, ext 223  
 Fax; 418-379-2261  
 E-mail: coasters@globetrotter.net

## **Annexes**

## Annex 1

### Steering Committee (1989 – 1990)

Name	Title	Community	Back-up's
Denis Murray	President/Chairperson	St. Augustine	Medrick Maurice
Joan McKinnon	Vice-President	St. Augustine	
Claire Ann Labadie	Secretary	Lourdes de Blanc Sablon	Elva Joncas
Mary Walsh	Treasurer	Blanc Sablon	
Max Penashue	Member	Pakua shipi	Shaun Mark
Emmerance Murray	Member	St. Augustine	
Rick Letemplier	Member	Blanc Sablon	
Charles Hart	Member	Brador	Helen Etheridge
Ernest Driscoll	Member	Middle Bay	
Dale Keats	Member	St. Paul's River	Kathy Keats
Scott Buckle	Member	Old Fort Bay	Andre Fequet
Randy Jones	Member	La Tabatiere	Carolyn Vatcher
Clara Ann Robertson	Member	Mutton Bay	Lennox Robertson
Josie Ann Monger	Member	Tête à la Baleine	Yolande Marcoux
Amy Evans	Member	Harrington	Glenda Nadeau
Barry Rogers	Member	Alymer Sound	Johanne Rogers
Lloyd Jones	Member	Chevery	Georgianna Maurice
Judy Jenniss	Member	La Romaine	

Bob King	Member	Kegaska	John Evans
Cornella Maurice	Member Animator (Volunteer)	St. Augustine	

## Annex 2

### Board of Directors 2014 - 2016

Name	Representing	Address	Years of Service
Anthony Dumas	Mun. de Blanc Sablon	Lourdes de Blanc Sablon G0G 1W0	16 years
Claire Ann Labadie	Mun. de Blanc Sablon	Blanc Sablon G0G 2C0	Member of Steering Committee 4 years
Garland Nadeau	Mun. de Bonne Esperance	St. Paul's River G0G 2P0	New member
Scott Buckle	Mun. de Bonne Esperance	Old Fort Bay G0G 2G0	Member of Steering Committee, Past President - 3 years
Greta Gallibois	Mun. de Saint Augustine	St. Augustine G0G 2R0	12 years
Janice Robertson	Mun. de Gros Mecatina	La Tabatiere G0G 1T0	4 years
Lois Jones	Mun. de Golfe Saint Laurent	Harrington Harbor G0G 1N0	23 years
Betty Alice Strickland	Mun. de Golfe Saint Laurent	Chevery G0G 1G0	4 years
Chandra Nadeau	Mun. De Golfe Saint Laurent	Kegaska G0G 1S0	New Member
Jean Francois Mark	Native Representative	La Romaine G0G 1M0	New Member
Jose Smith	Francophone Representative	Lourdes de Blanc Sablon G0G 1W0	New Member
Ashley Babin Duguay	Youth Representative	St. Paul's River G0G 2P0	New Member

Barbara Ann Driscoll	Physically and Intellectually Challenged Representative	St. Augustine G0G 2R0	New Member
Ghislain Nadeau Monger	Senior Representative	Chevery G0G 1G0	2 years
Lucy de Mendonça	Education Representative Commission Scolaire du Littoral	Sept-Îles G4R 1P8	4 years
Dale Keats	Employment Representative	St. Paul's River G0G 2P0	Member of Steering Committee 16 years
Tony Roberts	<b>Past President (Non voting rights)</b>	St. Paul's River G0G 2P0	23 years
Cornella Maurice	Executive Director <b>(Non voting rights)</b>	St. Paul's River G0G 2P0	23 years
James Buckle	Finance Officer <b>(Non voting rights)</b>	St. Paul's River G0G 2P0	
Lenora Keats	Office Secretary <b>(Non voting rights)</b>	St. Paul's River G0G 2P0	2 years

### Lower North Shore Coalition for Health

Name	Address
Anthony Dumas Member - Chair Coasters Association	Lourdes de Blanc Sablon, Qc G0G 1W0
Wanda Beaudoin Member Centre de Sante Services Sociaux de la Basse Cote Nord	Lourdes de Blanc Sablon, Qc G0G 1W0
Vincent Joncas Member Commission Scolaire du Littoral	Lourdes de Blanc Sablon, Qc G0G 1W0
Lionel Roberts Member Municipal Regional Council	St. Paul's River, Qc G0G 2P0
Vicki Driscoll Member Community Economic Development & Employability Committee	Lourdes de Blanc Sablon, Qc G0G 1W0
Serena Etheridge Member Quebec Labrador Foundation	Lourdes de Blanc Sablon, Qc G0G 1W0
Jarvin Joncas Member Local Development Centre	Lourdes de Blanc Sablon, Qc G0G 1G0
Ghislaine Monger Member Local Table for Seniors	Chevery, Qc G0G 1W0
Rene Couture Sûreté du Québec	Lourdes de Blanc Sablon, Qc G0G 1W0
Cornella Maurice Advisor Coasters Association	St. Paul's River, Qc G0G 2P0
Kimberly Buffitt Director of Programs Coasters Association	St. Paul's River, Qc G0G 2P0

## Partnerships

### Organizations & Companies

Ami Quebec  
Basse Cote Nord en Forme  
Cable Coop  
Canadian Junior Rangers  
Carrefour Jeunesse Emploi  
CARS – Community Achieving Responsive Services  
Centre Local de Développement de la Basse Côte Nord  
Community Economic Development and Employability Corporation  
Domestic Aid Co-op  
Dr. Camille Marcoux Foundation  
Fisher Associations/Groups  
Foundation Uni-aide  
Groupe Accessibilité St. Augustin  
H&SS User’s Committee  
H&SS Vigilance Committee  
Harbour Authorities (3)  
Innovative Civil Construction Inc./ ICSI  
Innovative Civil Constructors Inc./ ICSI Western Canada  
LNS Arts & Culture Guild  
LNS Bio-Resources Solidarity Co-op  
LNS Caisse Populaires (3)  
LNS Local Businesses  
LNS Radio Stations (4)  
Local Table for Seniors/Community Senior Groups (7)  
Local Wave  
Metis Region BCN  
Metis Inuit Community  
Pec Nord  
Quebec 4-H  
Quebec Labrador Foundation  
RAP Committee  
Shore Grow  
Tamarack Foundation  
Tourism Committees/Museums/Centers  
Virage Sante  
YMCA & YWCA  
Free the Children

### Networks

CHSSN (Networking and Partnership Initiative - ) **TO Do**  
CBC Radio  
Community Learning Centers (4)  
Education Network  
Exchange Network

H&SS Regional Access Committee  
Lower North Shore Coalition for Health  
Lower North Shore Heritage Network  
LNS Arts & Crafts Guild  
Provincial Health Committee  
QCHSSN Foundation  
Quebec Community Groups Networks (provincial groups - ) **TO Do**  
Radio Canada  
Women's Coalition  
Chaignon Foundation

**Governments, Agencies & Institutions**

Agence de la Santé et des services sociaux de la Côte-Nord  
Agriculture Agri Food Canada  
Biopterre  
Conseil Regional des Elus  
Canada Economic Development  
Canadian Heritage  
Carleton University  
Centre d'experimentation et de developpement en foret boreal (CEDFOB)  
Centre de la Santé et des Services Sociaux de la Basse Côte-Nord  
Commission Scolaire du Littoral  
Concordia University  
Fisheries and Oceans Canada  
Health Canada  
Human Resources & Skills Development Canada  
Industry Canada  
Member of National Assembly (MNA)  
Member of Parliament (MP)  
McGill University  
Ministere de Famille et des aines  
Ministère de l'Éducation, du loisir et du Sport du Québec (MELS)  
Ministère des Affaires municipales, des Régions et de l'Occupation du territoire du Québec (MAMROT)  
LNS Municipalities – 5  
MRC – Municipal Regional Council  
MAPAC  
MDEIE  
North Shore Deanery  
Quebec en Forme  
Royal Roads University  
Societe d'aide au Developpement des Collectivites de la Cote-Nord Inc. (SADC)  
Service Canada  
Sûreté du Québec  
Young Canada Works  
University of Waterloo

**TOTAL: 107 (excluding community organizatins & local businesses)**

**Staff members (full time/part time)**

<b>Name</b>	<b>Address</b>
Cornella Maurice Executive Director	23 years & 6 months
Lenora Keats Office Secretary	22 years & 5 months
Priscilla Griffin Project Manager – Health Promotion Program (Seniors)	21 years
Shanon Keats Replacement – Office Secretary Coordinator KIDS Summer camp	15 years & 4 months
James Buckle Finance Officer	14 years & 10 months
Faye Bioldeau Communications Agent	12 years & 4 months
Heidi Buckle Youth Coordinator	10 years & 7 months
Kimberly Buffitt Director of Programs	9 years & 5 months
Shelley Fequet Interim Development Agent – Basse Cote en Forme & Assistant to Director of Programs	9 years & 2 months
Ida Jones Wildberry - NTFP Coordinator	7 years & 1 month

<b>Basse Cote en Forme Animators</b>	<b>Health Promotion Program Animators</b>	<b>Avenir d'enfants Animators</b>
Jennifer Mansbridge Harrington	Jennifer Mansbridge Harrington	Mandy Roberston -----
Stephen Martin Chevery	Madeline Lebreton Tete a la Baleine	Amanda Gallibois -----
Shannon Rogers La Tabatiere	Jennifer Wellman La Tabatiere	Adeline Anderson La Tabatiere
Olga Gallibois St. Augustine	June Gallibois St. Augustine	Chevonne Thomas St. Paul's River
Chevonne Thomas St. Paul's River	Leona Griffin St. Paul's River	Tiffany Conway St. Paul's River
Karine Joncas Lourdes de Blanc Sablon	Mary Letto Blanc Sablon	
<b>Speech Therapy</b>	<b>Physically Challenged</b>	<b>Youth Project</b>
Lydia Shattler St. Augustine	-----?? Lourdes de Blanc Sablon	6 participants  La Tabatiere (1) St. Augustine (4) Str. Paul's River (1)

## Inventory – In Office Resources

### Books

Title
Back to Basics & Cooking Essential Cookbook (2012)
Coastal Directory (2002)
Country so Wild and so Grand (Bilingual) (1999)
From Along the Coast, Home Style Cooking, Lower North Shore Cookbook (1996)
Discover the Lower North Shore (Bilingual) (1994)

**Total: (5)**

### Reports

#### Communications & Technology

Title
Coasters Association Inc. Technology Plan, 2011
Report of the CAP Site (BEPACC), 2005
Remote Site Information Technology Assessment for the Municipality of Bonne Esperance, 2004
Improving Communications and Acquiring New Skills, 2004
A Report of the CAP Site, CJAS Radio/Coasters Association, 2002
Internet Coordinator Report, 2002
Captain - Coasters Association Project to Assist Internet Needs, 1997
2 <sup>nd</sup> Radio Station Feasibility Study on the Lower North Shore, 1995
Engineering Study of Several Options for providing and FM Community Radio Network Along the Lower North Shore of the Gulf of St. Lawrence, 1994
1 <sup>st</sup> Radio Station Feasibility - A Brief on a regional Radio Network for the Lower North Shore Presented to the Secretary of State, 1992
Vous Etes a l'ecoute de CJAS...Un Petit Bijou de Station, 1990 You are listening to CJAS... The Best Little Station in Town, 1990

## **Culture & Heritage**

<b>Title</b>
Database for Artisans on the Lower North Shore, 2013
Old Remedies Restoring a lost Heritage, 2011
Lower North Shore Heritage Workbook, 2008
Remembering Our Heritage and Culture, 2003
A Tribute to our Veterans, 2003

## **Economic Development**

<b>Title</b>
Lower North Shore Bio-Product Solidarity Cooperative Business Plan, 2014
Transfert de connaissances sur les meilleures pratiques pour le développement des produits forestiers non ligneux (PFNL) en Basse-Côte-Nord (petits fruits et champignons), 2013
Non Timber Forest Products (NTFP), 2013
Knowledge transfer of resource inventory techniques and optimization of the satellite mapping method Inventory, 2012
Power of Partnership: Initiating Economic Diversity of the Lower North Shore, 2012
Chicoutai & Cie Marketing Plan for the Period of 2011/2012
Evaluation of a new method of locating harvesting sites for small fruit species Inventory, 2011
Feasibility Study on the Lower North Shore Wildberry Processed Food, 2011
Presentation to the Standing Senate Committee on Official Languages, 2010
CEPAF Marketing Non ligneous Forest Product of the Lower North Coast, 2008
Community Asset Survey Report Research Assistants, 2007-2008
Lower North Shore Future Job Opportunities, 2005
Identified Needs and Solutions of the Lower North Shore, 2002
Community Economic Development Perspectives, 2000
Human Resources Development Canada Needs Assessment Report, 2000

## **Education**

<b>Title</b>
Report on Long Distance Literacy Project (Phase I), 2008

## **Fisheries**

<b>Title</b>
Skill Building for Community Opportunities (QFCAM), 2004
Improving Communications and Acquiring New Skills, 2004
Needs Assessment and Identification of Opportunities, Fishery Assistance Report, 2004
A Report on the Quebec Fishing Community Adjustment Measures (QFCAM) Project, 2003
Communication Agent's Report Canada Economic Development's QFCAM Program - Computer Training, 2003

## **Health and Social Services**

<b>Title</b>
The Community Portrait of Bonne Esperance, 2012
Reducing Smoking on the Lower North Shore, 2011
Community Public Health Strategy Report, 2009
Services to the Physically and Intellectually Challenged Phase II – Planning a Group Facility, 2008
A Portrait of the Food Industry Relating to residents of the Lower North Shore, “A Healthy Alternative Lifestyle”, Final Activity Report, 2004 -2008
LNSCH Strategic Plan, October 2004 – March 2008,
Coasters Association Inc. – Initiatives in the Health and Social Services Sector, 2007
Creating Sustainable Initiatives to retain and Maintain Health and Social Services Professionals on the Lower North Shore, 2007
LNSCH Sustainability Plan Health Matters 2008-2009
Telehealth Resource Library, 2007
A Study of Women's Needs on the Lower North Shore, 2006
A Needs Assessment on the Issue of Hiring and Retaining English Professionals on the Lower North Shore, 2006
Access to Extra Regional Health Services in Eastern Quebec, 2006
Services to the Mentally and Physically Challenged on the Lower North Shore, 2006
Health Matters Report, 2006
Identification of Women's Needs on the Lower North Shore, 2004
A Portrait of Food Safety Along the Lower North Shore, 2003

Disabled Population of the Lower North Shore Needs Assessment, 2001
Needs Assessment Report of the Senior Citizens of the Lower North Shore, 2001
A Report of the Health and Social Services of the Lower North Shore, 2000
Health and Social Services Perspective of the Lower North Shore, 1997
Situation Overview of the Intellectually & Physically Challenged, 1996
Resource Guide for the Senior Citizens of the Lower North Shore, 1994

**Justice – Drugs & Alcohol**

Title
Provincial Drug and Alcohol Conference Summary, 2010
Needs Assessment and Inventory of Services regarding Drug & Alcohol Awareness and Prevention to the English speaking people of the Province of Quebec, 2010
Community Against Drugs (CAD) A Pilot Project, 2008
Overview of Project Community Against Drugs (CAD), 2007
A Report on Community Against Drugs, 2006
Next Step! An Implementation Plan for Crime Prevention on the Lower North Shore, 2005
Proposal of Action Plan: Native Community – Prevention of the Crime of Ekuanitshit, 2004
Know your Rights, 2004
Development of an Action Plan for Crime Prevention on the Lower North Shore, 2004
A Report on the Implementation of Drug and Alcohol Abuse Action Plan, 2004
Crime Assessment of the Lower North Shore, 2002
Needs Assessment on Drug and Alcohol Abuse on the Lower North Shore, 2002

**Organizational Development**

Title
“Connecting the Coasters” a Strategic Plan for the Coasters Association Inc., 2012-2018
Operational Plan of the Coasters Association Inc., 2014
Transition Plan Coasters Association/LNS Bio-products Solidarity Coop, 2012
Coasters Association Inc. Connecting the Coasters – Strategic Plan, 2006-2011
Community Development Plan for the English Speaking Communities of Quebec, 2005-2010
History of the Coasters Association, 1988-2007

The Coasters Association Inc. A Profile, 2006
The Development of an Action Plan to Expand Volunteerism and Leadership on the Lower North Shore of Quebec, 2005
A Needs Assessment Report to Build & Strengthen the Volunteer Base of the Lower North Shore, 2004
Organizations Serving the Lower North Shore, 2002
The Coasters Association Consultation Initiative - Business Development Bank Canada, 1999
The Coasters Association Consultation Initiative Focus Groups Research Highlights - Business Development Bank Canada, 1999
Out of the Region, Out of the Province, Membership and Fundraising Campaign, 1996

### **Tourism**

<b>Title</b>
Tourism Presentation, 2002
Promotion and Development of the Tourism Industry of the Lower North Shore, 2000
Questionnaire on how you see Tourism Development on the Lower North Shore
Summary of Discussions with People that I Met While Travelling the Lower North Shore
Municipality of Bonne Esperance: A Study on the Tourism Industry, Communications, Youth And Junior Rangers, 1999
Report on Development and Promotion of Tourism on the Lower North Shore, 1999
Tourism Potential on the Lower North Shore, 1997
A Tourism Report for the Lower North Shore, 1997 Un Rapport Touristique Our la Basse Côte-Nord, 1997
Développement Touristique de la Basse Côte-Nord Livre de Resources, 1996 Tourism Development on the Lower North Shore, Resource Book, 1996

### **Youth**

<b>Title</b>
Youth Skills Link Project – Youth in Action Report, 2013
KIDS Summer Camp, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013
Youth Skills Link Project – Breaking down Barriers Report, 2012
Lower North Shore Youth Employability Forum Report, 2011
Funding Diversification Plan for Youth, 2010

YWCA Youth Eco Internship, 2010
YMCA Youth Eco Internship, 2010
Assessing the Needs and Creating Innovative Approaches to Bullying and Violence Prevention and Promotion, 2010
French Immersion Teen Camp Implementation Plan, 2010
Building Better Futures for our Children, 2009
French Teen Immersion Camp, 2008, 2009, 2010
Youth Consultation on the Lower North Shore, 2008
Survival Pack for Parents with Teens, 2007
Skills and Thrills, 2006
A Report on the Youth Motivation Project, 2005
A Report on Research for Survival Pack for Parents of Teens, 2005
Report on the Youth Services Project, 2003
A Preparatory Study for Youth Services, 2002
Youth Internship Report, 2000
Youth Reference Manuel, 2000
Human Resources Development Canada Youth Services, Feasibility Study, 1999
Human Resources Development Canada Youth Internship, Feasibility Study, 1999
Youth Report for the Youth of the Lower North Shore, 1998
Joint Youth Report (Employment), 1995
Youth Potential Report, 1995

**Total: (119)**

### **Pamphlets**

Title
Wildberry, 2011
Non Timber Forest Product, 2011

Centre d'Abandon du tabagisme (CAT) Pamphlets <ul style="list-style-type: none"> <li>• C.O.P.D. Clinic Chronic Obstructive Pulmonary Disease, 2010</li> <li>• Centre d'Abandon du tabagisme (CAT)/Quitting Smoking Center, 2010</li> <li>• Smoking &amp; Physical Activity, 2010</li> <li>• Second Hand Smoke, 2010</li> <li>• Within 20 Minutes of quitting &amp; 10 good reasons to quit..., 2010</li> <li>• Teens &amp; Smoking, 2010</li> </ul>
Home Away from Home, 2008
Votre "second chez-soi" Riche en culture héritage et histoire, 2008
2007 KIDS Summer Camp
CAD Community Pamphlets: <ul style="list-style-type: none"> <li>• Facts About Alcohol</li> <li>• Facts About Prescription Drugs</li> <li>• Facts About Inhalants Abuse</li> <li>• Facts About Cocaine</li> <li>• Facts About Marijuana</li> </ul>
Coasters Association - United for a Better Future
Health Matters on the Lower North Shore
QLF Brochure -Visitor's Guide
Lower North Shore Community Economic Development & Employability Committee (CEDEC)
The Coasters Association Assisting the Youth of the Lower North Shore
Social Development for the Lower North Shore
Life's Choices – Taking Charge of Your Future
The Lower North Shore of Quebec, Where the Road ends...the adventure Begins
Industry Canada - CAP site (St. Paul's)
Industry Canada - CAP site (CJAS, St. Augustine)
Y.S.C. (Youth Services Canada) Just Say No!
Y.S.C. (Youth Services Canada) "A Worthwhile Initiative"

**Total: (28)**

### **Guides, Manuals, & Kits**

Title
Wild Berrylicious Summer Camp Kit, 2013
Training Manual to Assist in the Development of a Rural Laboratory Project, 2010

The Nordic Wildberry Product Development Training Manual, 2010
Lower North Shore Career/Job Fair (Folder), 2010
Bullying Violence Preventative Kit, 2010
Health Matters Survival Kit on Heart Health, 2010
'Y' Not Here How to Manual, 2010
Diabetes Health Matters Survival Kit, 2010
Communities on the Coast – An Informative Guide to Villages on the LNS of Quebec, 2009
How-to-Guide Starting up a Group Facility on the Lower North Shore, 2008
Resource Website Guide for Parents with Teens, 2007
From Birth...for Life – Language and Literacy Resource Kit, 2007
Survival Pack for Parents with Teens, 2007
Lower North Shore Food Guide Kit, 2007
Community Services Guide, 2007
From Birth...for Life – Language and Literacy Resource Kit, 2007
Coasters Association Promotional Folder, 2005

**Total: (17)**

### **Newspapers & Newsletters**

Title
Youth Skills Link Project Newsletter, 2012, 2013
Forecaster: <ul style="list-style-type: none"> <li>• Volume 4: Issue 5, 2013</li> <li>• Volume 4: Issue 4, 2012</li> <li>• Volume 4: Issue 3, 2012</li> <li>• Volume 4: Issue 2, 2011</li> <li>• Volume 4: Issue 1, 2011</li> </ul>
Coop Solidarité Bioproducts Lower North Shore <ul style="list-style-type: none"> <li>• Volume 2: Issue 1, 2012</li> </ul>
Forecaster Kids Summer Camp, 2006-2010
Lower North Shore Career/Job Fair, 2010

<p>Forecaster / Health Matters:</p> <ul style="list-style-type: none"> <li>• Volume 1: Issue 1, 2008</li> <li>• Volume 1: Issue 2, 2009</li> <li>• Volume 1: Issue 3, 2009</li> <li>• Volume 3: Issue 2, 2010</li> </ul>
Coastar 1991,1992,1993,1994,1995,1996,1998, 1999, 2000, 2001, 2002, 2003
Further Promotion and Development of the Tourism Industry, 2001
Coasters News Release, 2000
Coasters News Update, 2000
A Brief Newscast from the Coasters, 2000
Coasters News Update, 2000
<p>Health Matters Newsletters:</p> <ul style="list-style-type: none"> <li>• Volume 1: Issue 1</li> <li>• Volume 2: Issue 1</li> <li>• Volume 2: Issue 2</li> <li>• Volume 2: Issue 3</li> <li>• Volume 3: Issue 1</li> <li>• Volume 3: Issue 2</li> <li>• Volume 3: Issue 3</li> </ul>
<p>Coasters Association's Informers:</p> <ul style="list-style-type: none"> <li>• Volume 1: Number 1, 1993</li> <li>• Volume 2: Number 1, 1994</li> <li>• Volume 2: Number 2, 1994</li> <li>• Volume 2: Number 3, 1994</li> <li>• Volume 2: Number 4, 1994</li> <li>• Volume 2: Number 5, 1995</li> <li>• Volume 2: Number 6, 1995</li> <li>• Volume 2: Number 7, 1995</li> <li>• Volume 2: Number 8, 1995</li> <li>• Volume 2: Number 10, 1995</li> <li>• Volume 3: Number 11, 1995</li> <li>• Volume 3: Number 12, 1995</li> <li>• Volume 4: Number 1, 1996</li> <li>• Volume 4: Number 2, 1996</li> <li>• Volume 4: Number 3, 1996</li> <li>• Volume 4: Number 4, 1996</li> </ul>
<ul style="list-style-type: none"> <li>• Volume 4: Number 5, 1996</li> <li>• Volume 4: Number 6, 1996</li> </ul>

**Total: (56)**

## Coastal Show Cases

Title
Display Panel (Map of the Lower North Shore - 5' X 5')
Display Panel (15 communities of the Lower North Shore - 5' X 5')

**Total: (2)**

## Past and Present Board Members

### **Blanc Sablon**

Norman Letemplier  
Mary Walsh  
Rick Letemplier  
Blandine Letemplier  
Lourdes de Blanc Sablon  
Anthony Dumas  
Clara Ann Labadie  
Rollande Russell  
Isidore Lawless  
Melissa Lawless  
Elva Joncas  
Nicole Fortin  
Jose Smith

### **Brador**

Charles Hart  
Helen Etheridge

### **Middle Bay**

Ernest Driscoll  
Shelia Lavallee

### **St. Paul's River**

Etienne Borsayack  
Sylvia Roberts  
Barry Roberts  
Karen Thomas  
Dale Keats  
Audrey Spingle  
Kay Roberts  
Tony Roberts  
Ashley Babin Duguay  
Garland Nadeau

### **Old Fort Bay**

Dwight Bilodeau  
Douglas Woodland  
Bruce Fequet  
Andre Fequet  
Scott Buckle  
St. Augustine

Greta Gallibois  
Gaston Lavallee  
Joan McKinnon  
Emmerance Murray  
Denis Murray  
Medrick Maurice  
Nicole Driscoll  
Patrick Maurice  
Barbara Ann Driscoll

### **St. Augustine Pakua Shipi**

Max Penashue  
Jean Robert Bellefleur  
Zackary Mollen  
Colleen Driscoll

### **La Tabatiere**

Randy Jones  
Rita Collier  
Adeline Anderson  
Marilyn Collier  
Janice Robertson

### **Mutton Bay**

Clara Ann Robertson  
Darlene Rogers  
Nancy Bobbitt

### **Tête à la Baliene**

Aline Anderson  
Josie Ann Monger  
Isabella Monger  
Juliette Monger  
Maurice Vittoz  
Conrad Lavallee  
Susie Green Cox

### **Aylmer Sound**

Johanne Rogers  
Barry Rogers  
Janie Cox

**Harrington Harbour**

Amy Evans  
Wilson Evans  
Lois Jones

**Chevery**

Lloyd Jones  
Polly Ann Anderson  
Stella Shattler  
Georgianna Maurice  
Ana Osborne  
David Roberts  
Betty Alice Strickland  
Ghislaine Nadeau Monger  
Erica Strickland

**Kegaska**

Anne Bobbitt  
Lorraine Shiwak  
Bob King

Ann Celine McKinnon  
Elisa Martin  
Anthony Hitsman  
Chandra Nadeau

**La Romaine**

Wayne Mansbridge  
Christine Nadeau  
Bernard Morency  
Jocelyn Hobbs  
Judy Jenniss  
Sandra Chartrand  
Antonio Stubbert

**La Romaine Uanamenshi**

Jean Francois Mark

**Education sector**

Lucy de Mendonça

**TOTAL: 90**

**Past and Present Staff Members**

**Blanc Sablon**

Nathalie Maurice  
Alisha Maurice  
Fabien Griffin  
Judy Purcell  
Johnny Burke  
Shanelle Letemplier  
Lora Letemplier  
Mary Letto  
Shania Lawless  
Conrad Linstead  
Lisa Macey  
Alisha Walsh  
Daniel Walsh  
Megan Letto  
Darcy Letemplier  
Veronica Lavallee

**Lourdes de Blanc Sablon**

Shawn Russell  
Rejean Dumas  
Vicki Driscoll  
Jean Francois Dumas  
Karine Joncas  
Laura Joncas  
Jenny Jones  
Jocelyn Jones  
Marissa Lavallee  
Lynn Letemplier  
Holly Lawless O'Dell  
Shayna Drudge  
Alex Morency-Letto  
Lisa Spingle  
Carla Thomas-Fequet  
Andy Toope  
Rosita Jones  
Peggy Barney  
Sylvio Morency

**Brador**

Annie Hobbs  
Joyce Etheridge

Betty Buckle  
Crystal Wellman  
Raymond Drudge  
Melita Trimm

**Middle Bay**

Marsha Buckle  
Jocelyn Burke  
Diana Blanche  
Louise Buckle

**St. Paul's River**

Cornella Maurice  
Lenora Keats  
Priscilla Griffin  
Sylvia Roberts  
Trina Fequet  
James Buckle  
Kimberly Buffitt  
Heidi Buckle  
Shannon Keats  
Shelley Fequet  
Trina Roberts  
Chevonne Thomas  
Ida Jones  
Jane Fequet  
Dawn Thomas  
Clara Ann Thomas  
Pamela Roberts  
Larry Roberts  
Rosita Drudge  
Faye Bilodeau  
Colby Buckle  
Bailey Chevalier  
Tyler Buckle  
David Fequet  
Latesha Fequet  
Andrew Goddard  
Coreen Goddard  
Donovan Griffin  
Emily Griffin  
Felicia Griffin

Leona Griffin  
Loretta Griffin  
Madeline Griffin  
Makayla Griffin  
Nadine Griffin  
Shanna Griffin  
Garett Griffin  
Megan Griffin Buckle  
Dwayne Keats  
Marlene Keats  
Rebecca Keats  
Tanya Keats  
Wanda Lee Keats  
Mitchell Mason  
Nathan Mason  
Bonnie Roberts  
Candace Roberts  
Clara Roberts  
Heather Roberts  
Karla Roberts  
Nathan Roberts  
Melissa Roberts  
Norma Roberts  
Roger Roberts  
Roxanne Roberts  
Shae-Lynn Roberts  
Jordan Maurice-Keats  
Peter Maurice  
Verna Maurice  
Curtis McDonald  
Ian Nadeau  
Kate Nadeau  
Klondie Nadeau  
Sarah Nadeau  
Amber Smith  
Tanya Smith  
Evelyn (Jenny) Thomas  
Greta Thomas  
Zachary Thomas  
Gary Thomas  
Danielle Letto-Keats  
Vanessa Newcombe  
Phyllis Spingle  
Amanda Wellman  
Chris Roberts  
Elaine Letto

Elaine Buckle  
Angela Spingle  
Garland Nadeau  
Brenda Griffin  
Valerie Conway  
Stephanie Roberts  
Justin Griffin  
Deanne Roberts  
Philip Griffin  
Connie Keats  
Henry Keats  
Jason Roberts  
Tommy Goddard  
Kelly Nother  
Wanita Roberts  
Marsha Buckle  
Jeremy Griffin  
Marcella Spingle  
Bonnie Rowsell  
Ryan Griffin  
Krista Roberts  
Betty Griffin  
Ashley Roberts

**Old Fort Bay**

Penny Buckle  
Susie Bilodeau  
Annie May Anderson  
Brent Nadeau  
Anita Drudge  
Phoebe Drudge  
Lilian Drudge  
Danny Bilodeau  
Clara Buckle  
Sara Buckle  
Nicole Buckle  
Brenda Drudge  
Dana Drudge  
Maxine Drudge  
Sophia Fequet  
Tyler Fequet  
Misty George  
Hugh Macaulay  
Brent Nadeau  
Tara Nadeau  
Tina Pidgeon

Adam Wellman  
Benjamin Wellman  
Dorothy Wellman  
Stacey Woodland  
Winston Woodland  
Fiona Fequet  
Gail McDonald  
Joy Wellman

**St. Augustine**

Blandine Fequet  
Elisa Martin  
Sonya Driscoll  
Nicole Driscoll  
June Gallibois  
Olga Gallibois  
Nancy Boland  
Donna Boland  
Kim Bateman  
Hillary Belvin  
Decasta Driscoll  
Eldon Driscoll  
Holly Driscoll  
Mary Alice Bateman  
Jessica Driscoll  
Kay Driscoll  
Robyn Driscoll  
Tina Ann Driscoll  
Valerie Driscoll  
Kiara Driscoll-Martin  
Pauline Maurice  
Ann Fequet  
Jenna Maurice  
Dana McKinnon Bateman  
Mia Gallichon  
Courtney Chislett  
Katherine Kennedy  
Troy Welmman  
Janessa Wellman-Burse  
Lydia Shattler-Lavallee  
Kenneth Leon  
Melanie Maurice  
Ledzia Shattler  
Celina Shattler

**La Tabatiere**

Angela Collier  
Monica Collier  
Shannon Rogers  
Juanita Jones  
Kimberly Organ  
Judy Wellman  
Jocelyn Bateman  
Brenda Bobbitt  
Bailey Buffitt  
Danielle Robertson  
Emilie Robertson  
Megan Robertson  
Darlene Rogers  
Jacqueline McKinnon  
Joey McKinnon  
Charlene Gallichon  
Michelle Gallichon  
Lyndy MacKay  
Gheila Morency  
Niki Morency  
Jennifer Wellman  
Kendra Yarn  
Loren Willcott  
Janice Robertson  
John Vatcher  
Shelly Shattler

**Mutton Bay**

Dee Buckle  
Darlene Gallichon  
Casey Gallichon  
Jerry Mansbridge  
Scott Morency  
Melita Spingle  
Wanda Lee Evans  
Donna Bobbitt  
Vicki Letemplier

**Tête à Baleine**

Juliette Monger  
Madeline Lebreton  
Josee Theriault  
Christina Green  
Simone Mercier  
Magella Monger

Timothy Uppetrove  
Isabelle Mignault

**Aylmer Sound**

Terrence Cox  
Pamela Anderson  
Julia Buckle  
Belinda Rogers  
Yesper Rowsell

**Harrington Harbour**

Cheryl Bobbitt  
Gregory Bobbitt  
Gwen Nadeau  
Nancy Bobbitt  
Mandy Rowsell  
Lana Shattler  
Jessica Cox  
Jennifer Manbridge  
Helen Morency  
Shane Ransom  
Donna Rowsell  
Tammy Green  
Emma Wellman

**Chevery**

Melody A. Strickland  
Jason Chevalier  
Ruby Bobbitt  
Eileen Cox  
Nancy Cox  
Nancy Murth  
Peter Waye  
Frances Strickland  
Andrea Chislett  
Melissa Jones  
Marie Anderson  
Tammy Boland  
Agatha Shattler

**Kegaska**

Chandra Nadeau  
Veronica Nadeau  
Jillian Stubbert  
Elwood Stubbert

**La Romaine**

Sylvie Guillette

**Total : 287**

## Success Stories

### Organizational development

- Received a contribution of \$10,000 in 1989, to carry out a meeting of the Steering Committee, confirmed to receive Program Funding from Canadian Heritage in 1990, and in 2013 administered over a million dollars in funding from federal, provincial and local governments and provincial, regional and local partners.
- In 1989, hired one employee in 2013, employed 55 employees across the Lower North Shore, and employed 287 employees over the twenty five years.
- Established 106 ???? provincial and regional partners (excluding community organizations & businesses) over the twenty five years , and through partnerships, established seven (7) locations/sites across the Lower North Shore in every municipality and signed partnership agreements.
- Developed the Coasters Association constitution, policies and other operational documents, and two 5-year Strategic Plans, as well as a promotional folder. Designed a handbook for the board in 1995 and again in 2013.
- Carried out 137 training sessions and workshops with the board of directors and staff. ???
- Produced 227 reports, studies, pamphlets and newspapers from 1990 to present.
- Over the past twenty five years the Coasters Association has held a total of nineteen (19) Annual General Meetings, organized eighteen (18) forums, and participated in a countless number of meetings on and off the territory. These meetings and forums created an opportunity for government partners, the local population and regional organizations to gather and discuss solutions for problems being faced on the Lower North Shore.
- Member of a Provincial Networking and Lobbying Committee from 1993 to 1997, as a result branch offices of the Local Development Center, Carrefour Jeunesse Emploi, Fishermen's Association were all instated on the LNS
- Implemented the CARS – Community Achieving Responsive Services program on the LNS in 2007 in three communities, ABC- Asset Based Community program in 2008, established partnerships with YMCA in 2009, and YWCA and Free the Children in 2010, and TAMARCK in 2011. ?????
- Produced Coasters Association Technology Plan in 2011.
- Implemented the Success Factors program – created in San Francisco, US, in 2010.
- Held yearly membership campaigns, and presently a membership of 3,542.

### Community/Social Development

- Developed two (2) Lower North Shore Coalition for Health Strategic Plans in 2004 (2004-2008) and in 2008 (2008-2013).
- The Uni-Aide Foundation Strategic Plan completed in 2013.
- Purchased 'Rock n' Talk' program and disbursed to Avenir d'enfants animators to implement in 2013.
- Purchased tools and resources for the Nutritionist at CSSSBCN from 2008-2012.
- Purchased Legal Information Toolkit for service professionals through Éducaloi in 2012.

- Provided funding to CSSSBCN to aid with additional training for social workers from 2008-2012.
- Supported in the implementation of the Tele Medicine Diabetes Prevention Program with CSSSBCN by purchasing monitoring equipment (laptops, software, glucometers, and test strips) for patience in 2012.
- Supported the Nursing Assistant Program (McGill Internship Scholarship) in partnership with CSL and CSSSBCN from 2008-2012. A total of sixteen (16) Nurse's Assistant Interns and one Occupational Intern received (\$5000) to carry out stages off coast.
- Through the McGill bursary program, \$80,000 was awarded to eleven (11) students ranging from \$2,500 to \$10,000 in scholarships from 2008-2013. To date, a total of \$80,000 was disseminated.
- Partnerships developed with Regroupement des Cuisines Collectives du Québec (Training), Group Accessibility to provide activities for its members at the Day Center, Residence aux Beaux Sejour in Blanc Sablon, Pavilion in Harrington for the day centers, and established Advisory Committees at each Day Center site (6)
- Six (6) Animators hired for Day Centers, approximately 110 senior and 5 group accessibility members participate in day center activities, and approximately 300 home visits with vulnerable seniors in 2011.
- Created diabetes Health Matters Survival Kit in 2010.
- Created Health Matters Survival Kits on Heart Health in 2010.
- Carried out the 'Blue Light Project' in the five (5) Municipalities on the coast in 2010.
- Purchased the mascot 'Litou' to aid with the 'Show me the Way' program in 2010.
- Provided funding to aid CSL for teachers to travel off coast to receive software training in 2010.
- Phone-In program established in every community on the Lower North Shore which carried out four (4) phone in session on C.O.P.D., Second Hand Smoke, Tobacco Nutrition, and How to Quit Smoking in 2009 and 2010.
- Through the LNS Health Fund, a total of eighteen (18) patients were supported totaling \$26,150 since 2010.
- Forum carried out on Reducing Smoking held in the Municipality of Blanc Sablon in 2009.
- Coast wide promotion of the campaign / contest Smoke Free Family 2009 was launched to residents on the LNS.
- Purchased Real Game software for the High Schools' POP classes in 2009.
- Carried out a logo contest for the Centre d'Abandon du tabagisme (CAT) program in 2009.
- A community guide developed in both official language detailing community resources of each village on the Lower North Shore in 2009.
- Radio contest held in 2009 in each radio station on the LNS regarding tobacco.
- Purchased two hundred and fifty (250) Health Matters bags for CSSSBCN professionals to disburse to chronically ill patients to provide tools and resources during their therapy in 2008.
- Participated in the 2008 Coastal Tour with members of the Coasters Association, CSSSBCN, McGill University, CHSSN, and LEARN.

- In collaboration with McGill University and CSSSBCN, carried out an internship in St-Augustine and Pakaushipi from Université de Trois Rivières à Quebec with five nursing students along with their teacher performing a supervisory role, in 2008.
- Sustainability plan regarding Health and Social Services issues completed with new priorities established: Youth and Children, Drugs and Alcohol, Women's Issues, Off Coast Services, and Services to the Intellectually Challenged for 2004-2008.
- Early Childhood Development Program "Show me the Way" established in 2008.
- Business plan template completed to establish a group facility for the physically and intellectually challenge population in 2008.
- Purchased learning material from Invest in Kids and launched the First Five Years program in Lourdes de Blanc Sablon, St. Paul's River, La Tabatiere, and Chevery with CSSSBCN via video conference in 2008.
- Produced a Telehealth Resource Library in 2007.
- Seven (7) communities participated in community gardens (2006 to 2008) with a total of 200 people participating across the Lower North Shore, the majority was seniors.
- Four (4) community kitchens established – 2007, and eight (8) additional community kitchens established on the coast in 2013.
- Created Community Kitchen resource books for leaders and participants.
- Lower North Shore Food Guide and a Lower North Shore Food Guide Kit produced and created in 2007.
- Produced a 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.
- Produced a Recipe Book, *Great Recipes from the Lower North Shore*, is composed of interesting nutritional information and 26 delicious recipes developed using local foods.
- Presentations were developed and presented on "Weight Management and Canada's Food Guide to Healthy Eating", "*Make Wise Food Choices, Wherever you go*", and "*How to read food labels*" in fourteen (14) communities along the Lower North Shore.
- Nutritional Course developed and course implemented in schools in partnership with CSSSBCN and with the cooperation of teachers - 2006.
- Established the Fitness Center at St. Paul's School in 2006.
- Seat established representing the disabled population on the LNS on the Board of Directors of the Coasters Association Inc., in 2005.
- Developed CD Rom, and three (3) binders of material on the heritage and culture of Bonne Esperance Seniors - 2004

### **Economic Development**

- Business Plan completed in 2014
- Building for processing secured in 2014
- 36 members/owners in growing cooperative family in 2014
- The Coopérative de solidarité des bioproduits de la Basse-Côte- formed and board of directors elected in 2013
- Two Partnership Forums held on the Lower North Shore in ----- and in 2011
- Eight (8) products developed and three (3) tested and ready for market 2011

- Twelve (12) workers trained in production and processing in 2011
- Three (3) workers trained in GPS Mapping in 2011
- Six (6) unique wildberry products developed in 2010

### **Youth development:**

- Six (6) youth between the ages of 16-30 in the Municipalities of Gros Mecatina, St. Augustine, and Bonne Esperance completed a twenty (20) week group based employability skills and job internship program in 2014.
- Six (6) youth between the ages of 16-30 in the Municipalities of Blanc Sablon and Bonne Esperance, completed a twenty (20) week work based employability skills and job internship program in 2013.
- Eight (8) youth between the ages of 16-30 in the Municipalities of Blanc Sablon and Bonne Esperance, completing a total of twenty-two (22) weeks surrounding academic upgrading, group based employability skills, culture history and art, and community development in 2012.
- Created a “Back to Basics and Cooking Essential Cookbook” by the Youth Participants on the Youth Skills Link Program in 2012.
- Three (3) Surname Totem Poles created by the YSLP – Breaking down Barriers Youth Participants and the project carpenter for the three communities in Bonne Esperance in 2012
- One Destination Pole created by the YSLP – Breaking down Barriers Youth Participants and the project carpenter for the Tourism Center in Blanc Sablon.
- Three (3) Historical Exhibits were created by the YSLP – Breaking down Barriers Youth Participants in 2012, highlighting Children of the Past, Then and Now the Municipality of Bonne Esperance, and Traditional Music and Dance.
- Eleven (11) Bullying Violence Preventative Kits created and distributed to eleven (11) Elementary Schools on the coast to provide youth ages 6-12 learning tools on bullying and violence related issues in 2010.
- Seven hundred and ninety-nine (799) t-shirts were purchased offered in both English and French designs and distributed to all schools to take part in Pink T-shirt Day on April 14<sup>th</sup>, 2010.
- Organized and carried out the 1<sup>st</sup> Provincial Drug & Alcohol Conference (in English) in Gatineau, Qc – 2010
- Inventory created of organizations, in the province of Quebec, that provide services and/or programs regarding substance abuse issues; whether it be awareness, prevention, treatment or rehabilitation – 2010
- Approximately 51 students and 8 teachers from the Municipality of Bonne Esperance attended a MADD Canada multi-media presentation in St. Paul’s River- 2009
- Attended the GENERATION Provincial Youth Forum in Montreal with 100 participants in attendance addressing challenges related to bilingualism, identity, isolation and community life in 2008.
- Quebec en Forme (Basse Cote Nord en Forme) initiative implemented on the Lower North Shore and 6 Animators hired – 2008 to present

- 25 Survival Packs for parents with teens created and disbursed to 5 high schools, 3 CLCs, 9 social workers with CSSSBCN, CSL, CHSSN, Health Canada, and 5 available at the Coasters Association in 2007.
- Developed Parents with Teens Resource Website Guide in 2007.
- Developed a partnership with MADD Canada Community Leader in L'Anse aux Loup, NL – 2007
- Approximately 250 students and 20 teachers from the Municipalities of Bonne Esperance and Blanc Sablon attended a MADD Canada multi-media presentation in Forteau, Labrador – 2007
- 36 students from the Municipalities of Bonne Esperance and Blanc Sablon took part in a *Reach for the Top* (educational question and answer game) – 2007
- K.I.D.S Summer Camp implemented in 4 communities on the Lower North Shore – 2006 to present