



FORECASTER

Coasters Association Inc. Newsletter

The Coasters Association, by means of a public contest in 2006/2007, established a name for our newsletter – the Forecaster. Joyce Foreman of Harrington Harbour won the contest – Thank you! The “Forecaster” (via program funding) and “Health Matters” (via Early Childhood Development project) are pooled together, in order to provide the population and our membership with general information and a summary of the initiatives being carried out; in addition, this will enable us to publish five (5) newsletters this year. The 2008/2009 publications are sponsored by Canadian Heritage – Thank you! The publication of the Forecaster was delayed due to sustaining the newspaper, “Coastar”, of Coastal Publications. We trust that you will be pleased with the newsletters - your comments and input would be well received.

Early Childhood Development

The Coasters Association Inc., in partnership with Commission Scolaire du Littoral and CSSSBCN, is implementing a project on Early Childhood Development sponsored by Canadian Heritage. The main goal of the project is to identify the resources, programs, services, and needs within each community on the Lower North Shore in regards to youth aged 0-5. In order to reach this goal, a survey has been developed

for the input of the regional organizations/institutions. Also, a brief phone survey will be conducted with the parents (with children 0-5) from mid-November to mid-December. This survey is designed to find out the needs of the parents in each community. Through this initiative we aspire to improve the well-being of our children (ages 0-5), and your involvement would enable us to ensure the creation of a long-

term implementation plan. If you have any questions or require additional information regarding this initiative, please call Kimberly Organ or visit her office in La Tabatiere. As Coordinator of this project from September 29, 2008, to March 27, 2009, (26 weeks) she is pleased to be of service to you.

Quebec En Forme



In September 2008, Québec en Forme granted the Lower North Shore Coalition for Health (LNSCH) a start-up project to hire a mobilization agent. The project proposed by the Lower North Shore Coalition for Health was in line with the priorities of Québec en Forme to support the mobilization of communities and to promote and encourage a healthy active lifestyle for youth ages 0-17. In collaboration with Québec en Forme, the Lower North Shore

Lower North Shore. The municipalities targeted are Bonne Espérance and Côte-Nord du Golfe St-Laurent. The implication of regional organizations and local action groups that support healthy eating and/or physical activity for youth will be essential for the success of the pilot project. The Lower North Shore is already «on the move» and has many programs and activities that encourage a healthy active lifestyle for youth in the region. The introduction of the

Coalition for Health has targeted two municipalities as part of a pilot project for the region of the

«Healthy Schools» approach in a number of schools, a nutrition policy developed for the schools, many extra-curricular sports and activities, the annual Terry Fox Run and KIDS summer camp are only a few examples of the on-going initiatives in our region. It is expected that a partnership with Québec en Forme will compliment these programs and activities and ensure the vision of creating a favourable environment for youth to be healthy and active in all villages of the Lower North Shore. For more information please contact Jackie McKinnon, Mobilization Agent, LNSCH at 418 773-2443 or by email at jmckinnon@globetrotter.net



HSSNPI

The Networking Partnership Initiative project was approved for another year in April 2008, and many activities have been carried out since then. Multiple meetings were held from April to September, in preparation for the Quebec En Forme project submission. Meetings were also held with CHSSSN and members of other provincial groups to discuss the NPI program and other potential programs. The Strategic plan and Sustainability plan were reviewed and preparation began for their revision for 2009-2014. All municipalities will be contacted regarding focus groups to plan the initiatives for 2009-2014. The NPI agent assisted the CSSSBCN with parenting workshops at St. Paul's High School. Once a month sessions were held for grade 5 & 6 and Secondary I & II parents of students. Topics, such as: communications, self-esteem, guide to parenting skills, etc., were covered. Other various activities were held throughout the schools for the students in the Municipalities of Bonne Esperance and Lourdes de Blanc Sablon. An example would be a self-esteem sleep over held at the CLC's in St. Paul's School on June 7th, 2008, with elementary and secondary girls, as well their parent/guardian. This activity was attended by 49 participants. On June 23 to 25, training was held through video conference for the fourteen (14) student camp counselors. The curriculum included information about learning styles; child development; Christian formation for children; managing challenges and stress; games;



curriculum specific material; legal responsibilities and several other interesting topics. Through a combined effort the necessary funding was secured to continue the four (4) camps along the Lower North Shore (La Tabatiere, St. Augustine, St. Paul's River, Blanc Sablon), as well as work in partnership with the Eau Natural Discovery Camp in Chevery. A total of ninety (90) youth attended

the 2008 KIDS Summer Camps in four (4) camps along the Lower North Shore and eleven (12) student jobs were created. A training session, entitled "CARS for women and children in rural, remote, northern and aboriginal communities", was organized by CARS in Winnipeg from September 22nd to 24th. This initiative was to increase the participation of mothers in the development and delivery of local services in RRNA communities across Canada, and to improve access to early childhood development and parental opportunities. Marie Anderson from Chevery attended the conference. A final meeting will be held in January in Winnipeg, with three teleconferences held in between. A project was prepared and submitted on September 30th to Ministère de Famille et des Aînés (provincial government), entitled "Accessible Transportation for the Working Family", for two years. This will be a pilot project for the Municipalities of Bonne Esperance and Blanc Sablon, with an answer expected in November 2008. If you would like more information on these initiatives, please contact Kimberly Buffitt at the Coasters Association.

Wildberry

The wildberry steering committee, Cornella Maurice, Priscilla Griffin, Kimberly Buffitt, Hugh Maynard and the team at Centre d'expertise sur les produits agroforestiers (CEPAF), developed a business plan and forwarded to Ministère des Affaires municipales et des Régions (MAMER), under the rural laboratories program, for a six (6) year project to develop the wildberry industry. A response will be received in December, 2008. For more information contact Cornella Maurice at the Coasters Association.

Telehealth

The telehealth programming project will continue in the new fiscal year 2008/2009. Several conference calls were held with the CHSSN to plan for this fiscal year. The telehealth sessions being offered this year are as follows (dates to be announced): Fall Prevention, Trauma, Nutrition, When they go away to work: separation anxiety, Eye Disease, Kidneys, Bladder & Incontinence, Medications and Care-giving: At Home and in Institutions. A training session regarding the facilitation of groups was held in September, 2008. A request was made to CHSSN for additional video-conferencing equipment to aid in the implementation of telehealth. CHSSN responded that they had four sets of equipment available (i.e.: video-conferencing network equipment, cart & 52" TV, at value of \$25,000 per set – total of \$75,000), but could not pay the installation fees, CSL agreed to pay all installation fees and it was decided that the location of the sites (4 schools) would be Kegaska, Harrington Harbour, St. Augustine and Blanc Sablon. For more information regarding this initiative please contact Kimberly Buffitt at the Coasters Association.

McGill Retention

The December 2007 special project, which included the development of community maps, Centre de Santé et des services Sociaux de la Basse Cote Nord guidebook and CSSSBCN website, was completed in March 2008 with a short report produced. The new CSSSBCN website can be found at www.csssbcn.gouv.qc.ca. The McGill Retention program was extended in April 2008 for an additional year. An application was also made for three summer intern positions from McGill, but did not take place due to unavailability of students. The annual McGill information sharing meeting took place on September 25th and 26th in Montreal and was attended by two representatives



Centre de santé et de services sociaux
de la Basse-Côte-Nord

from the Coasters Association and one from the CSSSBCN. The CSSSBCN Lodging Database has been drafted and is scheduled for completion by March 2009. The development of the lodging database is ongoing and can include house or apartment rental, or even room rental. This database will not be used for public distribution and it does not guarantee your accommodations will be used. If you have lodging available and would like to be placed in this database or if you have any questions concerning the McGill Retention project, please contact Faye Bilodeau, McGill Retention Coordinator at 418-379-2006 or 418-379-2356, or toll free at 1 877 447-2006.

LEAP

Trina Roberts from St. Paul's River and Marie Anderson from Chevery were hired from September 22nd, 2008 to February 6th, 2009 (20 weeks) through funding from the Carleton University to carry out the LEAP program (Local Employability Access Program). This program is an initiative of the CLC's (Chevery and St. Paul's River), in partnership with the Coasters Association and the Municipality of Golfe St. Laurent. The program was launched by representatives from Carleton University, at the CLC's in Chevery and St. Paul's



River on September 30th, 2008. This program targets adults who are interested in developing their personal and/or professional skills through a coaching/mentorship framework offered through video-conferencing. Training is ongoing from October 21st to December 12th, with sessions of three and half hours, twice a week. There are a total of 12 participants enrolled in the LEAP program. For more information please contact program facilitators, Trina Roberts at 418 379-2365 or Marie Anderson at 418 787-2107.

Diabetes Intervention Strategy

Through the Diabetes Intervention Strategy, two video cameras were purchased for St. Paul's High School and Netagamioiu School in Chevery for students to produce diabetes prevention videos. Clips of students were produced and will be placed on DVD's to be used on Phase II. This information will be used to aid in the promotion and prevention of diabetes in our communities. The second phase project from the Canadian Italian



Association was accepted for 2008/2009. This phase will also enable the CSSSBCN to establish three kiosks (one for each sector of the Lower North Shore) and information booths will be set up at the CLSC's (clinics) to promote diabetes prevention on the coast. For more information contact Kimberly Buffitt at the Coasters Association office.

Community Public Health Strategy

A project was received for CHSSN to continue this initiative for 2008/2009 and accepted. A meeting was held with the Agency, as well as with the CSSSBCN and CSL, to discuss the results of the project and possible actions for 2008-2009, which are: to complete portrait from Phase I of public health programming offered to the region; to identify initial strategies to improve public health; to identify existing public health program(s)/pilot(s) and evaluate a modified public health program that will be more accessible for the English communities of the LNS. A special CPHS project has been submitted to animate and promote the 5-30 program in all of the high schools across the Lower North Shore. For more information contact Cornella Maurice or Kimberly Buffitt at the Coasters Association.

Community Against Drugs

Phase two of this project was completed in March 2008. Work sessions were held to discuss the continuation of this initiative, and the activities to be carried out while waiting for a response from Health Canada of the acceptance or rejection of the proposal put forward. CAD pamphlets and promotional materials

continued to be distributed upon requests. Ms Fequet, in partnership with the NPI agent and Commission Scolaire du Littoral, organized an inter-regional dance between Bonne Esperance and

"Shelley Fequet, coordinator of the CAD program, has volunteered to continue CAD activities until a response on the project application is received."

Blanc Sablon on June 21st, 2008. Approximately fifty (50) elementary and secondary students attended. A response for the continuation of this program is expected soon.

Youth Consultation/Provincial Forum

Heidi Buckle, Youth Coordinator for the Lower North Shore, facilitated the Youth Consultation on June 16th, 2008. The consultation was held via videoconferencing in the three community learning centers and CLSC of St Augustine. The purpose was to collect data on the needs of English speaking Youth on the Lower North Shore. A total of twenty five (25) youth from the five (5) Municipalities



English speaking youth gathered to discuss issues affecting Anglo-youth and their communities. Many partnerships were


traveled to the four (4) locations and participated. Nicole Cox was chosen to attend the Quebec Youth forum with Heidi Buckle on September 27th, 2008 in Montreal. Over 100

formed and strategies assessed for the future. Some of the concerns raised by the youth included education concerns, mainly the quality of education and the need for improved French language instruction. A web-based information portal (www.cbc.ca/youngquebec) was launched in partnership with CBC, giving English-speaking youth in Quebec access to data and resources on employment and education, among other services.

KIDS Summer Camp 2008 Report
 French Immersion Teen Camp Feasibility Study
 2008 Youth Consultation on the Lower North Shore
 Services to the Physically and Intellectually Challenged on the Lower North Shore
 Phase II: Planning a Group Facility
 Long Distance Literacy Report
 CPHS Final Report
 A Portrait of the Food Industry Relating to Residents of the Lower North Shore Report
 A Portrait of the Food Industry Relating to Residents of the Lower North Shore Evaluation
 Community Against Drugs: A Pilot Project
 Community Against Drugs: Phase II & III Evaluation
 Wildberry Study
 Wildberry Inventory
 OCOL Vitality Study

- All reports are available at the Coasters Association Office in St. Paul's River

HSSSNPI (cont'd)
 McGill (cont'd)
 Telehealth Program (cont'd)
 Assisting the Intellectually Challenged in partnership with CSSSBCN (cont'd)
 Speech Therapy in partnership with CSL (cont'd)
 Diabetes Intervention Program (cont'd)
 Community Public Health Strategy (cont'd)
 Wildberry Inventory (Phase II) in partnership with the MBE (cont'd)
 Early Childhood Development
 Quebec En Forme



Coasters Association Inc
 P.O. Box 188
 St. Paul's River, Quebec
 G0G 2P0
 Phone: 418 379 2006/2356
 Toll Free: 1877 477-2006
 Fax: 418-379-2621
 E-mail: coasters@globetrotter.net

Community Against Drugs (Phase III)
 Reducing Smoking on the Lower North Shore
 Accessible Transportation for the Working Family
 Targeting Lower North Shore Youth for H & SS Careers
 Assessing The Need and Creating Innovative Approaches to Bullying and Violence Prevention and Promotion
 Wildberry Business Plan
 CPHS 5-30 Project

Next Issue:

Project Updates

2009 Coasters Association AGM Program

Fundraiser and Membership Drive

Project Schedule Update

OCOL Visits the Coast

Lower North Shore Communications Task Force

Air Lab - The Spirit of Flight

Mr. Robert Thérien, Sales Manager, traveled the Lower North Shore during the week of October 27th, to inform of the services of Air Labrador, as well as to receive direction from the municipalities and organizations on the potential developments of the airline. Mr. Thérien visited the Coasters Association on October 29th and information regarding the schedule, fares, subsidies, etc... are available at the office upon request. However, if you have a complaint, please feel free to



contact Annie Wood, Manager - Customer Service, at 418-780-2300 or by e-mail at awood@airlabrador.com. The Coasters Association has prearranged with Air Labrador to host a video-conferencing session in 2009, to provide the population across the coast with the opportunity to voice their concerns and work out solutions. The date and time of this session will be announced in the New Year.

Congratulations goes out to Dillion Bobbitt of Chevery, Joey McKinnon of La Tabatiere and Rebecca Letto of Blanc Sablon, winners of the 2008 Coasters Association School/ Community Life Scholarship Awards. Good luck to you in your future endeavors!

AGM

The Board of Directors of the Coasters Association convened on October 28th, and decided to host a video-conferencing AGM in March, 2009, in order to connect all the municipalities of the Lower North Shore. The 20th anniversary of the association (which is May, 2009) will be celebrated in La Tabatiere in February, 2010. The date, video-conferencing sites and program will be approved at the December 9th board meeting and published in the January, 2009 newsletter.

Service Canada

Service Canada held information sessions during the week of November 3rd in the communities of Old Fort Bay, St. Paul's River, Lourdes de Blanc Sablon and Blanc Sablon on different programs and services offered to citizens and senior citizens, including; Passports, Social Insurance Numbers, Pleasure Craft Licenses, Old Age Security Allowance, Job Loss, Benefits, and Accessing Your Service Canada Account. Service Canada also encouraged businesses to register their record of employments on the web. Their goal was to register as many employers as possible since the Primary Officer (business representative designated to be responsible for the ROE on the web service) had to be authenticated in person by Service Canada. For more information contact Diane Boisseau Public Liaison Officer for Service Canada at 1 866 855-9063 ext. 252 or by email at diane.boisseau@servicecanada.gc.ca.



**Merry Christmas and Happy New Year
 from the Coasters Association**



We wish each and every one of you a happy and safe holiday.

The Coasters Office will be closed from December 22nd, 2008 until January 4th, 2009.

THANK YOU!

We, the Coasters Association, would like to thank everyone who contributed to the development of this organization during the past year/2008.

Your support means a great deal to us!