



FORECASTER

Coasters Association Inc. Newsletter



OCOL visits Lower North Shore

Visit to the Lower North Shore an eye-opener

Well, I made it as far as St. Paul's River.

On June 20th, I arrived in the Lower North Shore for what was supposed to be a three-day tour of Blanc-Sablon, St. Paul's River, St. Augustine, Chevery and Harrington Harbour. It was my very first visit to the area, and I must admit that, as indicated on your tourism Web site, getting there is indeed half the fun. I had a great time at Coastfest and the meetings with community leaders in the communities I visited were real eye-openers. Unfortunately, the fog prevented me from continuing past St. Paul's River and Blanc Sablon. In fact, it was only thanks to the ingenuity of the members of the region's English-speaking community that I was able to reach Deer Lake in Newfoundland, then Halifax, to get on a plane back to Ottawa.

I would have loved to have completed the itinerary to meet you all. But in a way, getting turned back in fact not because of the fog, but because of the lack of roads, gave me a perspective into some of the challenges the Anglophone communities of the Lower North Shore have to face to insure their development and the future of their families.

A main reason for my visit, aside from participating in Coastfest, was the recent launch of three studies on the vitality of Anglophone communities in Quebec. One of them targeted the Lower North Shore.

Over the past year, we have worked

with partners from the community, such as the Coasters' Association, to complete that study. We have gained a better understanding of the challenges – a decline in population, a shift toward new economic sectors, the out-migration of youth and an increase in social issues such as substance abuse and caring for the elderly. Sure enough, the study points out that these challenges are compounded by the lack of coastal roads, which makes access to the communities difficult and which poses a problem to sustainable development and enhanced vitality.

I felt it was important to include the Lower North Shore in those studies, to continue the work my office had already been doing in the region. Since the end of the cod era, the Lower North Shore has faced many economic hardships and challenges, many of which still exist today. Following a visit to the region in 2003 from my predecessor, Dyane Adam, a complaint was filed against the government, arguing that Part VII of the Official Languages Act meant that there was an obligation to act to help the community. There was no doubt - the community needed help. Two of my colleagues, Eva Ludvig and Charles Taker, from our Montréal office, were heavily involved in the discussions that consequently took place between the government and the community. These discussions eventually resulted in measures to help members of the Lower North Shore community cope with this

difficult situation. Of course, as the study demonstrates, you still face many challenges. I assure you that Eva and Charles will continue to work closely with you on these matters.

Despite these challenges, the English-speaking community of the Lower North Shore has developed considerable community resources. It has a varied and active cultural life that includes various forms of the arts, heritage attractions, news media, sports and educational institutions. And for this, I congratulate you.

Through your efforts, you have shown how much this community—and your heritage—mean to you. You have demonstrated that, despite all odds, you will continue to work toward a renewed economic situation through new initiatives such as eco-tourism, forestry, hunting and fishing, and wild berry picking.

The perseverance of the people of the Lower North Shore was evident during my visit. What people were most anxious to tell me about were not the difficulties, but what has to be done to make it a little easier for the people of the community. It is a pleasure and a privilege for me to be a witness to the continued presence and vitality of the Lower North Shore.

Graham Fraser
Commissioner of Official Languages



Office of the Commissioner
of Official Languages

Commissariat aux
langues officielles



HSSNPI

The Networking Partnership Initiative project has been very busy planning for the next four years of funding that has been approved from Health Canada. We will be visiting the Municipalité du Blanc Sablon, Municipalité de Bonne Esperance, Municipalité de St Augustine, Municipalité de Gros Mécatina and the Municipalité de Côte-Nord-du-Golfe-du-Saint-Laurent to gather and receive feed back and define what activities you would like to have carried out in the next four years. If you would like any more information don't hesitate to contact the Coasters Association at 418 379-2006.



Telehealth

The telehealth programming project will continue for the next four years 2009/2013. Several conference calls will be held with the CHSSN, to plan for the upcoming four years. The telehealth sessions that are remaining this year are as follows:

Upcoming Sessions (Dates to be announced)

Some of the topics communities are working on

- *When they go away to work: separation anxiety*
- *Eye Disease*
- *Care-giving: At Home and in Institutions*

A telehealth resource library will be printed and distributed in March. For more information regarding this initiative, please contact Kimberly Buffitt at the Coasters Association.



Diabetes Intervention Strategy

Through the Diabetes Intervention Strategy, we have been working with the CSSSBCN to purchase educational materials for kiosks to be placed throughout the LNS. This will 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. This project has been made possible through funding from the Canadian-Italian Community Services of Quebec Inc.

CPHS

We were very fortunate to receive extra funding from the CHSSN to pilot the 5/30 program. The 5 and 30 Health Challenge is a province wide initiative that invites all Quebecers age 4 and up to eat at least 5 servings of fruit and vegetables daily and get 30 minutes of physical activity daily for a minimum of 5 days per week. All participants commit to taking up the challenge from March 1-April 11, 2009. Participants can register as a team, individual or family until February 28 and are eligible for prizes and will receive a free help kit, weekly emails and a website based tools.

The 5/30 Health Challenge is operating on the LNS by the Coasters Association in partnership with the Community Health and Social Services Network. Look for registration forms in your mailbox and for more information contact Melody Strickland in Chevery at (418) 787-2303 or 2107 or visit the website at www.530HealthChallenge.ca.



Quebec En Forme

Since September 2008, a mobilization agent (Jackie Mckinnon) has been working in collaboration with the Lower North Shore Coalition for Health (LNSCH) on a three year strategic plan and an action plan for 2009. An application for funding, encompassing the action plan, covering the period between January and August 2009 was completed and submitted to QeF at the end of October. Municipalities, schools and local action groups have been contacted and the mobilization of the region is in its initial stages. On December 16th, the LNSCH received a positive response from Québec en Forme (QeF), therefore, the partnership with QeF will continue in 2009.

The project submitted to QeF, *Healthy active youth...Ensuring a healthy active future*, outlines a pilot project to initiate activities that promote physical activity for youth ages 4-12 in two municipalities: Bonne Espérance and Côte-Nord du Golfe Saint-Laurent. Three (3) animators will be hired and given appropriate training in order to oversee these activities in the communities. Work sessions with each community of the Lower North Shore, as well as the development of action plans in other municipalities are also planned in 2009. Furthermore, a communication plan will be put into place to ensure that the region remains informed of the progress of the pilot project throughout the course of 2009, by means of news releases and other local and regional media (such as *The Forecaster*). Furthermore, QeF has a website www.quebecenforme.org with information on the organization and the initiatives undertaken in other regions of Québec. At present, it is only available in French, but the English option is in development.

For more information, please contact Jackie Mckinnon, mobilization agent, LNSCH at 418-773-2443 or by e-mail at jmckinnon@globetrotter.net.

Reducing Tobacco on the Lower North Shore

This project has been approved by Health Canada for two years. It will run from February 2, 2009 to March 31, 2011. Shannon Keats has been hired as the Coordinator and she can be reached at the Coasters Association by phone at 418 379 2006/2356 or by email at skcoasters@xplornet.com. Ms. Keats will provide an update in the next edition of Forecaster/Health Matters.

Early Childhood Development

Much work has been accomplished since my last report in December, 2008. The following provides a summary of some of the activities. A database of the children (0-5) and their parents was produced, resulting in 230 children and 167 parents. A survey was designed for the parents of 0-5 year olds, and each household was contacted. Four (4) people were not interested in doing the survey and fourteen (14) could not be reached. Therefore, the data collected from the 149 parents (89 %) was compiled and will be used in creating the models for each community on the LNS. Again, thank you for your support.

Questionnaires were designed for the local organizations (25 groups). The response was 96%, as one organization did not complete the survey to date. The questionnaire was also sent to fifteen (15) resource people and twelve (12) responded to date (80%). The outcome determined that there are few services, programs and resources available for the age group of 0-5 year olds, but the majority of the local organizations are interested in improving this situation. The data received has been compiled and will be used in creating the models for each community. The models will then be used to identify the programs that can be feasible for the communities on the LNS. Thank you for taking the time to participate, your input has helped a great deal.

A survey has been prepared and forwarded to 22 organizations and resource people off the coast to obtain more information on the types of programs, services and resources that are available in other regions of Quebec and Canada.

For those (parents, organizations, resource people) who I could not reach, if you wish to participate in the survey, please call me at anytime and I would be pleased to include your responses in the end results.

If you have any questions or require additional information regarding this initiative, please call me or visit my office in La Tabatière. As coordinator of this project from September 29, 2008, to March 27, 2009, (26 weeks) I am pleased to be of service to you.



Kimberly Organ
Coordinator
Tel: 418-773-2296



TO CONTACT US

Josée Brassard, project agent

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**Act together
to PREVENT DROPOUTS,
our region will WIN!**



To have aspirations is to have goals for the future

A direct link exists between the scholastic aspirations of our youth and their perseverance in school. For a young person, having well defined scholastic and professional aspirations helps him to be motivated and persevere in his studies since he has a precise objective and he is looking for the means to attain it. Whether we are a parent, a guidance councillor, a teacher or an employer, we all have a role to play in helping our youth learn more about themselves and help them better define their scholastic and professional aspirations.

Young people's academic ambitions

They are often related to the perception that young people have of their learning capabilities (facility to learn, satisfaction in their scholastic achievements, consider themselves as smart as the others), the effort they put into their work (number of hours dedicated to homework), their past failures and the schooling of their parents.

Vocational indecision is a phenomenon that has been largely documented. We know for a fact that a large number of young people entering Cegep have no precise scholastic and professional objectives. This situation often results in program changes during their collegial or undergraduate studies. Changing programs also increases the probability of dropping out. Vocational indecision can be caused by a multitude of possibilities such as the influence of information and employment perceptions, difficulties such as hiring prerequisites, limited enrolment in certain programs, by the importance placed on what is at stake, and social pressures linked to a career choice. But it can mainly be explained by a lack of personal interest and young ambitions or

due to a poor awareness of one's own identity.

Identity : the foundation of any orientation

In order to determine an objective for the future, the young person must discover his personal identity (his interests, his likes, and his passions). He must explore the realities of both school and career, and must draw comparisons between self-awareness and his dreams of obtaining a diploma.

The role of the parents

Parents can help their children determine their scholastic aspirations and become more self-aware. They must be encouraged to do homework and attach importance to the learning process. Always remain positive about school matters in front of your children. Help them discover their passions. Initiate them to the working world. Attend to absenteeism issues and signs of discontentment at school.

The role of the school and teachers

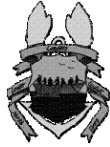
The dreams and commitments of young people must be supported. Help them develop their interests and projects. Allow the youth to have direct contacts with the working world. Make them more aware of the vocational counselling process. Emphasize the importance of being a student. Be innovative in helping students at risk.

Every day, our youth need encouragement!

Source : Bulletin de la persévérance scolaire #12, Conseil régional de prévention de l'abandon scolaire (CRÉPAS)

Underage Alcohol Consumption Concerns

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



January 6th, 2009

To the store owners and managers of the rinks/arenas of the municipalities of Blanc-Sablon and Bonne-Esperance

Madam, Sir,

We would like to voice our concern regarding the consumption of alcohol by underage youth during hockey tournaments and winter carnivals.

According to a study conducted in 2002 by the Institut de la statistique du Québec, the consumption of alcohol is a widespread adolescent behavior. In fact, 69% of the youth stated that they drank alcohol at least once in the past 12 months. Furthermore, the average age where teenagers try alcohol for the first time is 12 years old, according to a Health Canada study (1999).

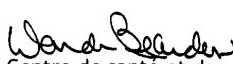
As organizations with a mandate towards the promotion of healthy life habits and the development of responsible behaviors for the youth, we regret this situation.

As you may already know, according to the article 103.1 of the act respecting offences relating to alcoholic beverages (L.R.Q., c. I-8.1) the holder of a permit **“shall not sell alcoholic beverages to a minor. Nor shall he sell them to a person of full age if he knows that person is buying them for a minor.”** Offences are liable to fines (from \$175 up to \$2, 800), the suspension or the revocation of the permits and licenses.

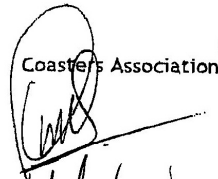
We ask for your collaboration, which is essential, so that our youth acquire responsible behaviors and that these events remain safe.

If you comments or questions, do not hesitate to contact the Community health services of the CSSS de la Basse-Cote-Nord at 418 461-2144 extension 413 or the Surete du Quebec at 418 461-2162.

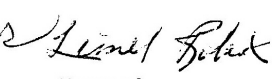
Sincerely,



Wendy Boudreau
Centre de santé et des
services sociaux de la
Basse-Côte-Nord

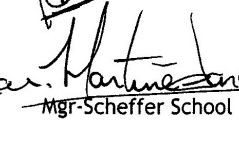

Sûreté du Québec



Coasters Association


Mayor of
Blanc-Sablon


Mayor of
Bonne-Esperance


St-Theresa School


Mgr-Scheffer School


St-Paul School

Provincial Health Committee (PHC)

A Provincial health committee has been established and is comprised of 11 members representing different regions across the province of Quebec. The mandate of the committee is help in the delivery of H & SS in English and answers directly to the Minister of Health. Lionel Roberts, Mayor of Municipalité of Bonne Esperance, represents the Cote Nord region and the length of his term is 2 years. He attends monthly meetings in Montreal and Quebec City and the next meeting is scheduled for mid-April.

If you have any issues that need to be addressed concerning health and social services, please document it and send it to Lionel Roberts at the Municipal office in St Paul's River, so it can be discussed at the upcoming provincial health committee meetings. For more information, please contact him at 418 379-2911.

The provincial health committee has also been invited to hold one of its meetings on the Lower North Shore during the summer of 2009. Further updates will be available in the next newsletter.

Ministere des Ressources naturelles et de la Faune

Presence of Wolves in the Lower North Shore

Sept-Iles, 2009 - The Ministère des Ressources naturelles et de la Faune (MRNF) asks the Lower North Shore population to be vigilant, following reports of wolves behaving in an aggressive and threatening manner in their area. In particular, wolves have attacked pet dogs in the Brador area, near Blanc-Sablon.

This behaviour is extremely unusual, and the MRNF therefore asks members of the general public to report any sightings of wolves near their homes.

Citizens may telephone the SOS Poaching line (1-800-463-2191) at any time. Residents of the Blanc-Sablon area may call the Sureté du Québec at 418 461-2162 or the Pakuashipi Public Security Service at 418 947-2782.

The general public is asked to supervise their domestic animals at all times. In addition, it is recommended that household garbage be kept indoors, so as not to attract the wolves.

Source:

Celine Otis
Communications Advisor
Ministere des Ressources naturelles et de la Faune
Tel: 418 295-4676, poste 231

Information:

Yves Darveau, Lieutenant
Direction de la protection de la Faune
Ministere des Ressources naturelles et de la Faune
Tel: 418 538-2703

CARS (Communities Achieving Responsive Services)

I have had the pleasure of attending a CARS training session in Winnipeg from January 19th - 21st, 2009. Marie Anderson from Chevery was also present. We learned a great deal about the CARS process and how it can be of great use in organizing community meetings, events, and as a tool to facilitate the creation of action plans in achieving services for our community.



We also gained knowledge on how to use the Action Planning Tool Kit Template, as well as a few Time Management hints. The facilitators of the conference were Carol

Gott and Jane Wilson; they were very well spoken and informative. The training was very clear and well received by all the participants.

I believe it was a very constructive and informative training session, and I look forward to taking part in the video conference training that will be taking place in the upcoming months. I would like to thank the Coasters Association and CARS for giving me this opportunity, and I hope to have the pleasure to participate in future sessions.

For more information regarding the CARS program and the upcoming planned activities, please feel free to contact the Coasters Association's office.

Trina Roberts
St. Paul's River

McGill Retention



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

Starting in January 2009, a Lower North Shore Career/Job Fair is being developed for later this year. This special project is in partnership with the Centre de Santé et des services Sociaux de la Basse Cote Nord, Carrefour Jeunesse Emploi, Commission Scolaire du Littoral, Centre Local Development and Council of Mayors. The initiative will target the youth of the Lower North Shore and aid in the development of our region by highlighting the many different career opportunities on the Lower North Shore, including those in health and social services. As part of

this special initiative, a database is also being developed of guest speakers for the Career/Job Fair. If you know anyone who is originally from the coast, working in the province of Quebec in H & SS and who may be interested in participating in the Career/Job Fair please have them contact Faye Bilodeau, McGill Retention Coordinator, at 418-379-2006 or 418-379-2356, or toll free at 1 877 447-2006.

Jeux du Quebec

From February 27th, 2009, to March 7th, 2009, the 44th Quebec Winter Games will be showcasing the provinces athletic talent in curling, gymnastics, hockey, diving, cross-country skiing, table tennis, weight lifting, badminton, judo, synchronized swimming, figure skating, speed-skating, and alpine skiing. Matt McKinnon, from La Tabatiere, will be representing the Lower North Shore by playing in the men's hockey competition. You can follow the games and standings on the Quebec Games website at www.jeuxduquebec.com. (Available in French only).

The following is the television schedule of airing times for the events:

Jeux du Quebec RDS -RIS Schedule

<u>Date</u>	<u>Time</u>	<u>Program</u>
Friday, February 27th, 2009	7:00 PM	Opening ceremonies on RIS
Saturday, February 28th, 2009	12:00 PM	Opening ceremonies on RDS
Sunday, March 1st, 2009	5:30 PM	Special program on RDS
	11:00 PM	Special program on RDS
Monday, March 2nd, 2009	5:00 PM	Special program on RDS
	11:00 PM	Special program on RDS
Tuesday, March 3rd, 2009	5:00 PM	Special program on RDS
	11:30 PM	Special program on RDS
Wednesday, March 4th, 2009	5:00 PM	Special program on RDS
	11:30 PM	Special program on RDS
Thursday, March 5th, 2009	5:00 PM	Special program on RDS
	11:00 PM	Special program on RDS
Friday, March 6th, 2009	5:00 PM	Special program on RDS
	11:30 PM	Special program on RDS
Saturday, March 7th, 2009	7:00 PM	Closing ceremonies on RIS
Sunday, March 8th, 2009	1:00 PM	Closing ceremonies on RDS



Regional Health Committee

The Cote-Nord Regional Committee for Programs of Access to Health Services and Social Services in the English Language has renewed its mandate for another two years. Cornella Maurice, Executive Director of the Coasters Association was elected again to this committee. An update of the actions of this committee will

be provided to you in the next edition of the Forecaster/Health matters as well as the entire composition of the committee. Meanwhile should you require more information, please feel free to contact Cornella Maurice at 418-379-2006.

Coasters 14th AGM & 20th Anniversary

The Coasters AGM is being held on February 21st, 2009, and the theme this year is "Reaching out across the coast." The AGM is being held via video-conference with sites at Community Learning Center's in Montreal, St. Paul's River, La Tabatiere, Chevery and

at the CSSSBCN in Lourdes de Blanc Sablon. Results on the meeting will be available in the February edition of the Forecaster, scheduled for Mid-March.



In Collaboration with the provincial and territorial governments, the Public Health Agency of Canada has launched the new portal FightFlu.ca. This is an innovative tool and one-stop access to on-line information and resources about influenza (flu) and ways to limit its spread.

This unique pan-Canadian portal has been designed to answer your flu-related questions to help you and your family stay healthy and prevent the spread of the flu and other infectious diseases.

Within the portal, you will find general information about influenza and how it spreads, along with simple tips to prevent infection, such as:


- Getting a flu shot;
- Hand washing;
- Covering coughs and sneezes;
- Keeping shared surfaces clean, and
- Staying home when sick.

In addition to this general information, links to influenza information campaigns from each province and territory are available.

We invite you to visit the portal FightFlu.ca today.

Kathleen Wheeley
Official Languages Coordinator
Communications Directorate
Health Canada, Quebec Region





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Next Issue:

- Project Updates

- Results of AGM

- Update on meetings

- Strats Plan Dossier

- Acti-Menu

- and more....

Coasters Treasure Chest & Membership Drive

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

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

Every ticket you purchase will assist our youth with continuing his/her education or to travel to Ottawa to participate with a national group of youth in different activities.

In addition, you will receive a 2 year Coasters membership with the purchase of a ticket.

Thank-You for Your Support

- 1st Prize**
2 Return tickets to Montreal with Air Labrador
- 2nd Prize**
Laptop computer
- 3rd Prize**
\$500



Cost of Ticket
\$5

Draw Date
May 8th, 2009



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

Lower North Shore Jam now available online! You can now buy Jamie Robertson's jams online at <https://bakeapplejam.com>