



Prix d'Excellence 2007—Impact on the Community Club des Citoyens Seniors de Chevery



Charlotte-Ann Rowsell, Honorable Philippe Couillard, Minister of Health & Social Services, Myra Chislett Griffin, Johanne Beaudoin, & Nicole Demers

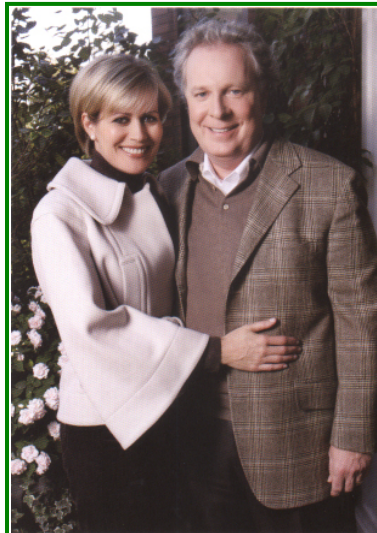
We take off our hats to the tireless volunteers on the Chevery Senior Citizens Club! How proud we are to learn that you have been recognized by the Honorable Phillippe Couillard, Minister of Health and Social Services, and have won the prestigious award “Prix d’Excellence 2007 – Impact on the community!

You people have outdone yourselves in your service to the elder community of Chevery. You are a shining example of what can be done when people work together for the good of such a vulnerable segment of the population in their community.

We also realize that many of those serving on this committee are seniors, which only highlights the fact that seniors are the backbone of our communities here on the Coast. If it weren’t for you all, where would we be?

Your kind words underlining the contribution of the Coasters Association was received of high-quality, and it is uplifting to be a partner of your committee; we will continue to support your future undertakings. Thank you ALL so much for your volunteer contribution, and congratulations on a job well done!!!

Cornella Maurice, Executive Director



May you enjoy health, happiness, prosperity and peace at this festive time of year. We hope that you will join us in 2008 as we take part in year-round celebrations to mark Québec City's 400th anniversary.

Until then, please accept our warmest wishes for a Merry Christmas and Happy New Year!

Jean Charest, Premier of Québec

Nous vous offrons nos voeux les plus chaleureux de santé, de bonheur, de prospérité et de paix en cette période de réjouissances. Au plaisir de vous retrouver dans notre capitale nationale à l'occasion des célébrations du 400^e anniversaire de Québec, qui se dérouleront tout au cours de l'année 2008.

Joyeux Noël et bonne année !

Jean Charest, Premier ministre du Québec

A Portrait of the Food Industry Relating To Residents of the Lower North Shore “A Healthy Alternative Lifestyle”



Community Gardens

In an attempt to ensure that the population has access to affordable, safe and nutritious food, as well as educating them on the benefits of healthy eating habits and being active, the Coasters Association received a project, sponsored by Health Canada, to work on many initiatives, with community gardens being one of them. Therefore, in 2006, three (3) community gardens were implemented on the Lower North Shore.

In the spring of 2007 a project was submitted to the Council of Mayors and the Caisse Populaires (2), entitled “Community Gardens – Rooted in the Community”. The project was accepted and the 2007 season was successful. The gardens already established (Chevery, La Tabaliere, & Old Fort Bay) were up and running and growing fresh vegetables and two (2) new garden sites were implemented. The communities of Brador and St. Augustine were chosen to participate this season, and both boast a fair crop for their first season. A total of seventy-three (73) persons and seven (7) volunteers participated.

The community of Chevery had participation by all community members, young and old alike, and the community of La Tabatiere focused on families working together. However, in the communities of Old Fort Bay, Brador and St. Augustine all participants are seniors. This fall many calls were received from other seniors who would like to participate in the Community Garden project next year; this demand verifies the need and the interest of the seniors to be involved in their communities. We hope to expand and implement garden sites in all communities on the Lower North Shore in 2008. We wish to express our thanks to Health Canada, Council of Mayors, and the Casisse Populaire of Blanc

Community Kitchens

All Community Kitchen groups (3) were contacted for their participation this year and to provide assistance as needed. (all groups will be participating again this year). Community kitchen binders were completed for the office and additional ones were completed for possible new kitchen groups.

Communicated with the nutritionist at the CSSSBCN to discuss implementing two more community kitchens, there is one in place for women with big families, and the possibility of starting one for the mentally challenged/disabled persons. It was felt that perhaps these people could come together from the Blanc Sablon region as well as the Bonne Esperance region. The possibility of finding funds to assist the group already in place and to start up another group was also explored.

Food Security/Food Quality

Discussions were held with MAPAQ regarding food quality on the Lower North Shore and the norms of food quality. Also working with MAPAQ and CSSSBCN nutritionist to create a booklet on the standards and the quality of fresh food, thus creating knowledge with consumers and store owners. Work is in progress to establish a committee on food security, and researching the possibility of developing an on-line newsletter on food security in order to educate the population about the concept.

Lower North Shore Food Guide

The Lower North Shore Food Guide and Press Kit information (500) was received and packages were prepared and forwarded to Health Canada, Rejeanne Marcoux, Nutritionist, Lower North Shore Coalition for Health and Coasters Association Board Members. A Presentation was done with the CSSSBCN Board of Directors by the Nutritionist, and packages were prepared to be included in the Survival Packs, for the OCOL workshop, DEC meetings and for many meetings of the Lower North Shore. A distribution list was prepared and remaining packages were disbursed to partners, institutions, agencies, government departments, and organizations on and off the Lower North Shore. Many calls were received from interested persons regarding the purchase of press kits which were forwarded as requested. Took part in several meetings with the nutritionist at CSSSBCN to review the food guide and to discuss its distribution.

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Sustainable Initiatives to Retain and Maintain Health and Social Services Professionals on the Lower North Shore



A community sample map depicting St. Paul's River, including business listings, was created and sent to all the municipalities of the Lower North Shore. Their assistance was requested in the creation of maps for all villages with a health service center. Local tourism groups and organizations were also contacted and it is confident that aid will be found for the development of the village maps.

Quotes for printing CSSSBCN promotional materials and the design of a CSSSBCN website were researched. A project proposal was submitted to McGill requesting funds to translate and print CSSSBCN promotional folder materials and gather data to aid in the upgrade of the CSSSBCN website. A decision regarding this proposal is expected shortly.

The employee Buddy System is currently waiting for implementation permission by the CSSSBCN administration and will be put into action as soon as it is authorization to move forward. When needed, the Buddy System promotional materials are ready to be printed and distributed.

As a result of a meeting with the CSSSBCN transport department, lodging issues were looked at in-depth and possible strategies discussed. Lodging concerns and how they can be addressed in the context of this project will be on the agenda of the steering committee meeting planned for late January 2008.

In the matter of formation, an Intern Management survey was developed and is ready to be distributed to the CSSSBCN employees with the Training Needs and Skills Audit survey. Again, both will be utilized as soon as authorization is given by the CSSSBCN.

If you have any questions or suggestions concerning this project, please contact the Coordinator, Faye Bilodeau, at 418 379-2006, or by email at fayebilodeau@hotmail.com. Warmest wishes for a Happy Holiday season and a wonderful New Year.

Update from D. G. Hodd Pavilion

Once again this year our residents at D. G. Hodd Pavilion had their Christmas fund raiser and again it was a great success. The total amount of tickets sold was \$1923.00. The residents would like to thank everyone who supported them in this event. They are really proud of what they still do together with the help of the staff. They feel they still can participate in some way to their community life and that is very important to them. Again big thanks to everyone from all the residents and a very Healthy and Merry Christmas to all.

Winners:

- | | |
|--|---|
| Collette O'Brien, St. Paul's River, crocheted beige afghan | Myrna Chislett, Chevery, pastel baby afghan with polar backing |
| Jacobe Bennet, Harrington, braided multicolor | Juliette Lavallee, St. Augustine, white cotton quilt with blue squares |
| Jordan Maurice Keats, St. Paul's River, patchwork cotton quilt | Cornella Maurice, St. Paul's River, big sage cotton quilt |
| Joyce Bobbitt, Hodd Pavilion, Harrington, hooked mat | Elaine Letemplier, Blanc Sablon, set of two embroidered cushions |
| Hollis Stubbert, Kegaska, set of two crocheted cushions | Florence Green Monger, Tête à la Baleine, purple baby sweater & cap |
| Son Mansbridge, Kegaska, knitted earth shade colors afghan | Vida Keats, St. Paul's River, Christmas embroidered white tablecloth |
| Pauline Guillemette, Kegaska, royal blue baby sweater & hat lar | Gladys Morency, Kegaska, baby knitted afghan with po-backing |
| Cornella Maurice, St. Paul's River, yellow crocheted baby afghan | Raymonde Monger, Tête à la Baleine, pastel colors baby set (sweater, cap, scarf, mittens) |

Marie-Hélène Gérard, D. G. Hodd Pavilion.



Health and Social Services Networking and Partnership Initiative



The Networking and Partnership Initiative has been in full swing since the last Newsletter and the following initiatives have been and are currently being worked on:

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

Through the Voices and Choices program the Health Committee youth members at St. Paul's School merged with the Community Against Drugs (CAD) Local Action Group (LAG), Shelley Fequet/CAD Coordinator and I, with the two groups, have decided to combine their efforts and they have become the CAD Health Committee. They have regular movie nights and are planning a dance with all the schools in the East Sector, a Fashion Show and much..much..more!!!! We held a meeting with the three principals in the East Sector to plan and prepare for the upcoming events in 2007/2008 and this meeting further strengthened the partnership between the Coasters Association and the Commission Scolaire and stressed the importance of healthy activities for the youth along the Lower North Shore.

We have also been working in partnership with St. Paul School, Mountain Ridge School, Mecatina School and Netagamou School to conduct a youth survey called **Tell Them from Me**. We are very excited to be able to access this great tool through the Community Learning Centers (CLC) and look forward to analyzing the results. We are also pleased to announce that we were able to take part in the opening ceremonies of the Community Learning Center in St. Paul's River. The CLC has launched their Community Music and Arts Center, Community Library and Fitness Center, it was a great night of celebration for the communities of Bonne Esperance and Blanc Sablon, and we were proud to be a part of bringing all these great infrastructures to the community.

The schools of Mountain Ridge School and St. Paul's River have also been piloting a mentorship project whereby each student was asked who their mentor was and what made them special. All of the mentors that the kids chosen will be invited to participate in a mentor appreciation night. We have enclosed one of the mentor stories wrote by a student from Mountain Ridge School, Wyatt Roberts (grade two, seven years old).

We are fortunate to have a wonderful working partnership with the CLC's in Chevery, La Tabatiere and St. Paul's River and have come together to put in place three Assistant Research Positions. Through a project with Youth Employment Services (YES), The Community Health and Social Services Network (CHSSN) and community organization of Chevery we were able to hire three Research Assistants (Marie Anderson, Lyndsey Mackay, and Trina Roberts) in the communities of St. Paul's River, Chevery and La Tabatiere. They will be helping with the Community Health Profiles and also assist with various activities with the CLC's and are located at the schools in each of the communities, except for Trina Roberts who works two days a week at the Coasters Office.

The Telehealth Project, which delivers health and social information via videoconferencing to remote English-language communities in the province of Quebec is currently ongoing. Community participation on the Lower North Shore has increased and this method of delivery helps to empower individuals and their communities to take action in their own health, through greater awareness of the available English-language resources. Since the last newsletter we have held two Telehealth session's, one on November 6, 2007 which was a Panel Discussion on Self-Esteem, Anger, Addictions and Communication, and one on December 4, 2007 on the topic of Loss with Dawn Cruchet, Grief Counselor (Host Vision Gaspé Perce Now). Both sessions were enjoyed by the population. With our evolving partnership with the Community Learning Centers we are now able to offer Telehealth at the schools in Chevery, La Tabatiere and St. Paul's River which gives the population more accessibility.

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The sessions planned for the upcoming year are as follows:

January 8, 2008	<i>Bullying</i> – speaker TBA (Host COASTERS Association)
January 22, 2008	<i>Menopause</i> – speaker TBA (Host OHSSN)
February 12, 2008	<i>Heart Health</i> with Jo Ann Jones, RN, M. Ed., and Heart and Stroke Foundation (Host Neighbours' Association)
March, 2008 (TBA)	<i>Nutrition [Obesity and Exercise]</i> – speaker TBA (Host CLC and Townshippers' Association)



If you would like to take part in any of sessions listed above, please call the Coasters Association at the numbers listed at the back of the newsletter (page 20).

In the upcoming year we will also be piloting a radio Telehealth program called “**Let’s Talk Health**” with CJAS radio in St. Augustine (the other radio stations on the LNS have also been approached to take part in this project and we welcome them on board). Through this program we will be airing radio capsules, promos and a one hour radio program on various Health topics. So, we hope the population tunes into their local radio to learn more about the various health topics. We are in the process of completing the Telehealth Resource Library which will be a compilation of all the resource material available at the Coasters Association office on all of the Telehealth session completed to date. This way the population will be able to access resources they would like to have from the Telehealth Library at the Coasters Association’s office.

We have been working diligently on the KIDS Summer Camp file and we are hoping to have the Coordinator Vanessa Newcombe hired back in the near future to further explore the sustainability of the camps.

We have been accepted to complete a project on “Resources for Enhancing Community Involvement in the Implementation of Regional Access Programs of Health and Social Services in the English-Language”. This project will be looking at improving the level of up-to-date information on Health & Social Services access plans, and improving capacity to inform English speaking communities of the Lower North Shore about available health & social services access programs. We will be working with the Agency and the CSSSBCN on this project and look forward to bringing this information to the communities in the near future.

I would like to wish all the population of the LNS a Merry Christmas and a Happy New Year and give a big thank you to all the Lower North Shore Coalition for Health members, all our other contributing partners, and the people of the Lower North Shore who helped us achieve another successful year. We look forward to working with you all in the New Year. If you have questions and/or suggestions, please feel free to contact me at (418) 379-2006 or by email at hssnpi@globetrotter.net.

Kimberly Buffitt, Health and Social Services Development Agent
Coasters Association Inc.



Season's GreetingsJoyeuses Fêtes



Christmas is a magical season that spreads peace on earth and good will to all, in each falling snowflake. Its warmth and joyful spirit shines brightly in the midnight sky, leaving it's light in the eyes of children around the world.

Your support in 2007 gleamed a “big” light on our organization, and we thank you.

We would like to take this opportunity to share the magic of the season by extending to you and your families a very Merry Christmas and Best Wishes for a prosperous New Year!

Noël est une saison magique où chaque flocon de neige apporte la paix sur la terre et les meilleurs voeux à tous. Son esprit chaleureux et joyeux brille dans la nuit, laissant ses lumières dans les yeux des enfants du monde entier.

Votre support en 2007 à été une lumière brillante pour notre organisation et nous vous en à remercions.

Nous profitons de cette occasion pour vous souhaiter ainsi qu, à vos familles nos meilleurs voeux pour un très joyeux Noël ainsi qu'une Nouvelle Année prospère.

From the Board and staff of the Coasters Association



COMMUNITY HEALTH PROFILES



I have recently accepted the position of Research Assistant for the Coasters Association Inc. as well as with the Community Learning Center (CLC) of St. Paul's River, for a period of twenty weeks (20) from November 12th, 2007 to March 31st, 2008. It has been very educational so far, I have learned a great deal about the Coasters Association Inc. and St. Paul's School, and the people who work at both organizations. I have been very busy and really enjoying my work.

A few of the activities that I have been involved in are the CLC Grand Opening, Reach for the Top competition, the JASP conference in Montreal, and a Community Asset Survey (you should have received this survey in the mail or from your school age child).

The CLC Grand Opening was a great success. There were wonderful speakers from various organizations as well as from the community. The students that performed were very talented; they used the new music equipment purchased for the St Paul's School music room. They had less than a week to prepare for the evening and they did a wonderful job. The music equipment is well appreciated by the students and used in the School, there are high hopes of more equipment to come. The Reach for the Top Competition was already organized when I began work but I really enjoyed helping out, the students were so fun to watch and their knowledge was really impressive.

One of the first tasks that I undertook after accepting this position was to attend a Health Conference in Montreal. Well that was a difference experience for me!! We attended the Aboriginal Health – imagining New Possibilities in Aboriginal Public Health research, NCCAH (National collaboration center of aboriginal health) conference. It involved a very holistic approach to public health, using innovative ideas and strategies to promote the well being of Aboriginal youth. There were speakers from all across Canada present to share their projects and ideas, for example one man named Sean Muir had developed a short film called Darkness Calls. It used Aboriginal folk tales and tradition that were modernized and put into a cartoon, which was used for suicide awareness. This was only one of many different ideas that can be changed just a bit and used in our own community.

The Asset Survey is a very important part of my job. Our community skills need to be mapped in order to understand our strengths and weakness as a community. Your help is needed, so please, take the time to fill out your survey. We will be visiting the members of the community who have not returned the survey after the holidays, to provide them with any help they may need.

That is just a few of the activities I am involved with and I know there are many more projects to come. You will be hearing from me again in the future.

Seasons greetings everyone, I hope you will have a great holiday.

Trina Roberts, Research Assistant

Hi, my name is Marie Anderson. I am the new Research Assistant for the Coasters Association and the Netagamiou Community Learning Center in Chevery.

My position includes carrying out the community asset survey, compiling and analyzing data to help identify a baseline for our community of the existing resources and gaps in knowledge and service delivery. I am working with two other research assistants to develop a community asset survey. The purpose of the survey is to identify the skills and knowledge of the community members. It will also be an opportunity for participants to tell us what they would like to learn. The people of our community have a great deal to offer to each other and the younger generations. Over the upcoming weeks we will be conducting the Community Asset survey.

I will also gather statistics and reports for the Coasters Association and the Netagamiou Community Learning Center. All of this work will contribute to a better understanding of the needs of our school/community in terms of health, learning and community development.

I have implemented a student survey (Tell Them From Me). The purpose of the Tell Them From Me survey is to get feed back from the students on the school climate, wellness and student engagement. This information will help the C.L.C. to develop and implement new programs and activities to meet their needs.

On behalf of the Netagamiou Learning Center and myself, I would like to take the time to thank the business and community groups of Chevery (*Depanneur Bellecourt Enr., Women's Group Chevery, Municipal Local Committee of Chevery, Green Repair Enr., Municipalite de la Cote Nord du Golfe Saint Laurent, Horizon Products and Services, Club des Citoyens Seniors de Chevery, Harbour Authority of Chevery, Comite de Solidarite en Services Adaptes, Chevery Festival Committee, Sunset Motel & Apartments, Netagamiou School Governing Board, Misty River Motel, Restaurant And Bar, Chevery Sports Committee*) who generously gave donations toward this position. A part of my project was funded by Youth Employment Services (YES) of Montreal for twenty weeks (November 12, 2007 to March 28, 2008); but this would not have been possible without the support of the Chevery community businesses and groups. It is a great example of how important it is to work together when trying to reach a common goal.

For more information feel free to contact me at the Netagamiou Community Learning Center at (418) 787 –2107 or by email netagamiouclc@hotmail.com .



Learning About Community

By Lyndsay MacKay

I am new to the Lower North Shore... actually very new. I lived my whole life until now a "prairie girl" in Winnipeg. I moved up to (or "down to" as the folks from the coast like to say) La Tabatiere this autumn. It would be an understatement to say that the two places are different. Basically I think I have a lot to learn about.

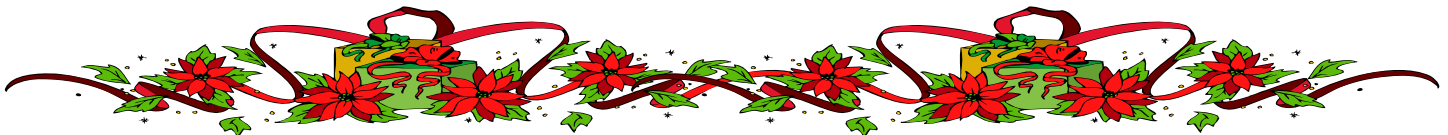
One of my first lessons has been about community. The dictionary defines community as; a social group of any size whose members reside in a specific locality, share government and often have a common cultural and historical heritage. It is becoming clear to me that there is more behind the word community up here.

I began to learn even before I became involved with any specific organization in town. The first week I lived up here my parents came for a visit to see where in the world I had decided to end up. During that visit my mother and I were invited to attend a Bingo that was being held at the community centre. We went, and it turned out that the Bingo was indeed a fundraiser for someone who had fallen ill. The hall was packed with people who wanted to do their part to help. The man whom we were supporting was not even from this village, but from the community that I've learned is called "The Coast". I was incredibly touched by and curious about this gathering.

One of my first prerogatives was to find employment locally. This search led me to an opportunity provided by Coasters Association Inc. and Y.E.S. (Youth Employment Services) Project to work out of our local Community Learning Centre at Mecatina School. My official title is Assistant Researcher, but like the word community I have come to know that it means more than that.

My responsibility to the Coasters mostly revolves around the collection of data to help construct the Community Health Profiles. I assume that Coasters thought it beneficial to have an employee in the village being researched for practical reasons. Because my job is located out of the Mecatina CLC, I have a role there as well. I have been assigned to help with some initiatives the CLC is undertaking and to complete a portrait and analysis of the situation and the resources available. The portrait is basically a document meant to hold analyzed data as a gauge for the CLC's progress. Some of the initiatives I have been part of include the organization of a Babysitting Course, the construction of a one-stop-shop website for Gros Mecatina based around the school, and I plan to help officially launch the CLC in the community. For the school specifically I have been charged with introducing and overseeing the Quebec Entrepreneurship Contest. This is a provincial contest for students K- Sec. V to enter their own business plan that has been executed into.

All of these tasks I have been working at have been rewarding individually, but I think the most important thing I will take away from this position is my new perspective on community. Coasters Association Inc. and the Mecatina CLC are working in this incredible partnership, to not only provide me with a job, but to consolidate The Coast so that it may withstand the test of time. I think the community that you all feel, whether you define it or not, is what will keep this place as wonderful as it seems. I look forward to many more lessons and I am proud to become a part of The Coast.



Coasters Association AGM

The Coasters Association will be celebrating their 13th General Meeting and 19th Anniversary on Saturday February 23rd, 2008 in Lourdes de Blanc Sablon.

The invitations along with the program, will be extended during the week of January 7th, 2008.

Survival Pack

The Survival Pack will be launched at the Coasters AGM. Following the launching, it will be distributed to the schools. Hopefully it will be displayed in each school, in order to develop the interest of the parents of teens in obtaining a package.

Until then, I wish you a Merry Christmas and a Happy New Year.

Heidi Buckle



Community Public Health Program



The Community Public Health Strategy program (CPHS) is a part of the CHSSN Population Health Fund project “We Can Act” (WCA).

This project began October 1st, 2007 and will be completed on March 31st, 2008. The intended results to be achieved are: to gain an extensive knowledge of local and regional public health programs; to organize exchanges between HSSNPI network representatives and local and regional public health planners and professionals; to identify public health priorities of the English-speaking community in their region; and to develop and deliver adapted public health programs.

The activities to be carried out are: identify public health officials responsible for public health planning; build an inventory of local & regional H&SS programs (French & English); develop a document of the programs and services available; identify priorities for the communities and the priorities established by the public health officials; and promote, plan design and implement an activity.

An action plan, communications plan, a resource contact list, a questionnaire to the schools and the organizations on the coast to learn about the public health programs, the results of the survey compiled, analyzed and a grid prepared, etc..., were all accomplished in October, November and December.

The project is being carried out in partnership with the CSSSBCN, the Agence and the Lower North Shore Coalition for Health. Strategies will be developed to further improve the health and social services for the population of the Lower North Shore. This project is intended to support English-speaking communities in reinforcing relationships and exchanges with regional and local public health professionals in the delivery of adapted public health programs in selected regions. The WCA project promotes the participation of English-speaking communities in the development of health promotion strategies and strengthens their role in the Quebec’s health and social services system.

An update will be provided in the March edition of Health Matters, meanwhile:

For additional information regarding this initiative, please contact the HSSNPI agent, Kimberly Buffitt or myself, and we would be very pleased to assist you.

Happy Holidays!

Cornella Maurice

Community Health and Social Services Network (CHSSN)

The Community Health and Social Services Network (CHSSN) would like to thank the Coasters Association and the Lower North Shore Coalition for Health for an outstanding show of dedication to improving Health and Social Services to the population of the Lower North Shore. The dedication and perseverance of all those involved will help ensure the completion and success of all initiatives currently being undertaken and those scheduled to be implemented in the New Year. We wish everyone on the Lower North Shore a Merry Christmas and a safe and healthy New Year and we look forward to continuing our working relationship with you in 2008.

Russell Kueber
Program Coordinator



The following books are available at the Coasters Association’s Office

- *Lower North Shore Food Guide Press Kit* (included in kit: food guide, booklets entitled, On the road to Healthy eating with the Lower North Shore Food Guide, Nutritional Value of Local Foods on the Lower North Shore, Nutrients found in different Food Sources & a Cook book - (Great recipes from the Lower North Shore) \$25.00
- *Cook Book* - “Great recipes from the Lower North Shore” \$10.00
- *Community Guide* \$10.00
- *The Forgotten Labrador*, by Cleophas Belvin \$29.00

HOLIDAY FOOD SAFETY

Food is an important part of many holiday celebrations. You can help reduce the risk of foodborne illness for your family and friends during the holiday season by following some basic food safety tips.

Foodborne illness (“food poisoning”) is caused by eating food contaminated with certain bacteria, viruses, or parasites. Among the types of disease-causing organisms are Salmonella, E. coli O157:H7 and Listeria monocytogenes. These bacteria are some-times found in or on the following: • raw and undercooked meat, poultry, fish and their juices • the surfaces of and/or in the juices of raw fruits and vegetables • unpasteurized (raw) milk and (raw) milk products, such as raw-milk soft and semi-soft cheeses • raw and lightly cooked eggs.

Since these foods are often part of the menu at many holiday meals and parties (e.g., cheese, fruit and vegetable platters, seafood, turkey, tourtière, baked goods, eggnog and cider), it is a good idea to take extra care when preparing, cooking, serving and storing food during the holiday season.

Health Effects: The most common symptoms of food poisoning are stomach cramps, nausea, vomiting, diarrhea and fever. Most people recover completely from food-borne illness, but some groups are at greater risk of serious health effects, including kidney problems and even death. The groups at greater risk are young children, the elderly, pregnant women and people with weakened immune systems, including those undergoing chemotherapy, transplant patients, diabetics, people with HIV, as well as alcoholics and other substance abusers.

Minimizing Your Risks - General Food Safety Tips

There are four basic steps you should always follow to help reduce the risk of foodborne illness:

Clean: Wash hands, contact surfaces (e.g., kitchen counters) and utensils often to avoid the spread of bacteria.

Separate: Keep raw foods separate from cooked and ready-to-eat foods to avoid cross- contamination.

Cook: Make sure you kill harmful bacteria by cooking foods to the proper internal temperature.

Chill: Keep cold foods cold. Bacteria can grow rapidly when food is allowed to sit in the so- called danger zone between 4°C (40°F) and 60°C (140°F).

Discard perishable food that has been allowed to sit at room temperature for more than two hours. You cannot tell whether food is contaminated with surface bacteria by the way it looks, smells or tastes.

When in doubt, throw it out!

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Twas the Night before Christmas

Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St Nicholas soon would be there.



The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads.
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.



The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tinny reindeer.
With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.

More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, on Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"



As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St Nicholas too.



And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.

A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his pack.
His eyes-how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow.



The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!



He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the stockings, then turned with a jerk.
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, 'ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"



Clement Clarke Moore (1779 - 1863)



Additional Food Safety Tips for Holiday Situations

Baked goods:

Raw eggs can contain Salmonella bacteria, so you should not eat uncooked cookie dough, batters or frostings made with raw fresh eggs. Remember, young children are at greater risk for foodborne illness, so they should not be allowed to “lick the spoon” if the dough, batter or frosting contains any raw egg ingredients.

Eggnog:

Store-bought eggnog is pasteurized and does not require heating to kill harmful bacteria. If you are making eggnog at home, you should:

- use pasteurized egg and milk ingredients, which are available at many grocery stores; or, heat the egg-milk mixture to at least 71°C (160°F) and then refrigerate in small amounts using shallow containers so it will cool quickly.

Fruit juices and ciders:

If you are making drinks with fresh fruit juices or cider, check the label to see if the product has been pasteurized. If the juice or cider is not pasteurized or if you are uncertain, you can minimize risks by boiling the product to make sure it is safe for everyone.

Oysters and seafood:

Some people enjoy certain raw seafood items, such as oysters and sushi. However, raw seafood may carry bacteria, parasites or viruses that can cause food poisoning.

Foods stored in oil:

Home-pre-pared products in oil, such as herbs, garlic or peppers, are popular as gift items during the holiday season. However, for foods like this to be safe and healthy, they must be pre-pared and stored properly.

Holiday buffets:

If you are serving food buffet-style, use warming trays, chafing dishes or crock pots to keep hot foods hot. Keep cold foods cold by putting serving trays on crushed ice. Do not let food remain at room temperature for more than two hours.

Also, do not add new food to serving dishes that are already in use. Instead, use a clean platter or serving dish each time you re-stock the buffet.

Traveling with food:

As always, keep hot foods hot (at or above 60°C / 140°F) and cold foods cold (at or below 4°C / 40°F). Transport hot food in insulated containers with hot packs. Transport cold food in a cooler with ice or freezer packs.

The Government of Canada's Role

Health Canada sets policies and standards governing the safety and nutritional quality of all food sold in Canada. The Canadian Food Inspection Agency (CFIA) enforces the policies and standards, and ensures that necessary warnings are released quickly to the Canadian public. As a founding member of the Canadian Partnership for Consumer Food Safety Education, Health Canada also participates in public awareness campaigns about safe food practices. An example is a pro-gram called Fight BAC!®, which encourages Canadian consumers to think of food safety at every step of the food handling process, from shopping for groceries to reheating leftovers.

Coasters Association's Staff

Kimberly Buffitt	Networking & Partnership Initiative Telehealth Community Public Health Strategy Regional Access Program	March 28, 2008
Priscilla Griffin	Portrait of the Food Industry Wildberry Seniors Initiatives	March 28, 2008 <i>On-going</i>
Shelley Fequet	Community Against Drugs (CAD)	March 28, 2008
Faye Bilodeau	Sustainable Initiatives to Retain & Maintain H&SS on the LNS Extra Regional Services	March 28, 2008 <i>On-going</i>
Vanessa Newcombe	Youth Co-op/ Community Youth Network KIDS Summer Camp French Immersion Teen Camp	November 23, 2007 <i>Project(s) submitted</i>
Annie May Anderson	Long Distance Literacy	March 28, 2008
Shannon Keats	Women's Issues Tobacco (Health Issues focus on Women)	<i>Project submitted</i>
Heidi Buckle	Disabled (Social Economy) Volunteer Survival Pack (Parents/Teens) - Youth Consultation	<i>On-going</i> <i>Project Submitted</i>
Trina Roberts Lyndsey McKay Marie Anderson	Community Health Profiles Regional Access Program	March 28, 2008

Full Time Staff

Cornella Maurice, Executive Director

James Buckle, Finance Officer

Lenora Keats, Office Manager

AVIS PUBLIC**PUBLIC OPINION****PROJET DE CORRECTION DE LA CÔTE DE BLACK ROCK SUR LE TERRITOIRE DE LA MUNICIPALITÉ DE BLANC-SABLON**

Cet avis est publié pour informer la population qu'elle peut consulter l'étude d'impact et les autres documents concernant ce projet à compter du 15 janvier 2008. Ces documents sont disponibles pour consultation aux endroits suivants :

Caisse populaire Desjardins de Blanc-Sablon
1056, boulevard Docteur-Camille-Marcoux
Lourdes-de-Blanc-Sablon (Québec)
G0G 1W0

Heures d'ouverture:

Lundi - Vendredi : 10 h – 15 h 30
Samedi : fermé
Dimanche : fermé

Responsable : Anita Joncas

Téléphone : 418 461-2020

Ainsi qu'aux centres de documentation du Bureau d'audiences publiques sur l'environnement (BAPE) :

Heures d'ouverture :

Université du Québec à Montréal (UQAM)

Lundi au vendredi : 8 h 30 – 22 h

Bibliothèque centrale, Pavillon Hubert-Aquin

Samedi : 11 h – 17 h

Dimanche : 12 h – 17 h

Section des publications gouvernementales

Horaires des fêtes

À compter de 12 h le

1255, rue Saint-Denis, local A-M100, Montréal (Québec) H2X 3R9

21 décembre 2007

Tél. : 514-987-4392

jusqu'au 2 janvier 2008 : fermé

3 et 4 janvier 2008 : 9 h – 17 h

Bureau d'audiences publiques sur l'environnement**Heures d'ouverture :**

Édifice Lomer-Gouin

Lundi au vendredi : 8 h 30 – 12 h

575, rue Saint-Amable, bureau 2.10

13 h – 16 h 30

Québec (Québec) G1R 6A6

Des renseignements supplémentaires peuvent être obtenus aux numéros 418-643-7447 ou sans frais 1 800 463-4732 de même que sur le site Internet www.bape.gouv.qc.ca.

SÉANCE D'INFORMATION

Le Bureau d'audiences publiques sur l'environnement tiendra une rencontre d'information :

Le jeudi 31 janvier 2008 à 19 h 30

Salle municipale de Lourdes-de-Blanc-Sablon

1149, boulevard Docteur-Camille-Marcoux

Lourdes-de-Blanc-Sablon (Québec) G0G 1W0

Toute personne, groupe ou municipalité peut demander par écrit à la ministre du Développement durable, de l'Environnement et des Parcs, M^{me} Line Beauchamp, la tenue d'une audience publique relativement à ce projet ; cette demande doit être faite au plus tard le 29 février 2008 à l'adresse suivante : Édifice Marie-Guyart, 675, boul. René-Lévesque Est, 30^e étage, Québec (Québec) G1R 5V7.

21 décembre 2007

Cet avis est publié par Ministère des Transports du Québec conformément au Règlement sur l'évaluation et l'examen des impacts sur l'environnement (R.R.Q., 1981 c. Q-2, r.9).

PROJECT OF CORRECTION OF THE COAST OF BLACK ROCK ON THE MUNICIPALITY OF BLANC-SABLON

This is published to inform the population that they can consult the impact study and other documents concerning this project from January 15, 2008. These documents are available for consultation to the following places:

Caisse populaire Desjardins de Blanc-Sablon
1056, boulevard Docteur-Camille-Marcoux
Lourdes-de-Blanc-Sablon (Québec)
G0G 1W0

Opening hours:

Monday to Friday: 10:00 AM – 3:30 PM

Week end - Closed

Person in charge : Anita Joncas

Téléphone : 418 461-2020

Also in the resource centres of the Office of public audiences on environment (BAPE):

Opening hours:

Université du Québec à Montréal (UQAM)

Monday to Friday: 8:30 AM to 10:00 PM

Bibliothèque centrale, Pavillon Hubert-Aquin

Saturday : 11:00 AM to 5:00 PM

Sunday : 12:00 PM to 5:00 PM

Section des publications gouvernementales

Christmas schedule

1255, rue Saint-Denis, local A-M100, Montréal (Québec) H2X 3R9

December 21st : 12:00 PM to 5:00 PM

Tél. : 514-987-4392

Until January 2nd : closed

January 3rd and 4th : 9:00 AM to 5:00 PM

Bureau d'audiences publiques sur l'environnement**Heures d'ouverture :**

Édifice Lomer-Gouin

Monday to Friday : 8:30 AM to 12:00 AM

575, rue Saint-Amable, bureau 2.10

1:00 PM to 4:30 PM

Québec (Québec) G1R 6A6

Additional information can be obtained at 418-643-7447 or toll free at 1-800-463-4732, or Internet site at www.bape.gouv.qc.ca.

MEETING OF INFORMATION

The Office of public audiences on the environment will hold an information meeting:

On Thursday January 31, 2008 at 19. 30

Blanc-Sablon Municipality

1149, boulevard Doctor-Camille-Marcoux

Lourdes-de-Blanc-Sablon (Quebec) G0G 1W0

Any person, groups or municipality can require in writing to the Minister for the durable Development, the Environment and the Parks, M^{me} Line Beauchamp, the behaviour of a public sitting relative to this project. This request must be made at the latest on February 29, 2008 at the following address: Marie-Guyart building, 675, boul. Rene-Lévesque Is, 30^E stage, Quebec (Quebec) G1R 5V7.

December 21, 2007

This opinion is published by Ministère des Transports du Québec in accordance with the Payment on the evaluation and the examination of the environmental impacts (R.R.Q., 1981 C. Q -2, r.9).



2007 KIDS Summer Camp



Due to the 2007 camp year being a tremendous success, our goal now is to develop a new organization (Community Youth Network) or a co-op to ensure the continuation of this program. While the possibility of establishing a community youth network and/or co-op is being researched, funding is also required to ensure the continuation and expansion of the camp in 2008.

Therefore, we are currently seeking information on funding programs available for the continuation and expansion of the KIDS Summer camp, as well as for the development of a community youth network and/or co-op.

Research has been conducted and material gathered regarding the development of a community youth network and/or co-op. Jennifer Gauthier (CDR) was contacted and a meeting has been organized to discuss the steps necessary to achieve this goal. Donna Seymore (Co-operative Secretariat) was contacted requesting information regarding the set up of a co-op and to determine when applications will be accepted for financial assistance.

In order to ensure the success and smooth transition into the 2008 camp year, a working group will be established to develop a policy for the KIDS Summer Camp Committee, which will clearly state the role and responsibilities of the committee, a hiring criteria, which all KIDS Summer Camp Committee's will follow when selecting the student camp counselors, an employee guideline to clearly define the rules and regulations which govern the camp, a policy developed for the Quebec Labrador Foundation interns to outline their role in the KIDS Summer Camp, etc.

The continuation and expansion of Kids Summer Camp to all communities along the Lower North Shore is a worthwhile initiative, one that I am proud to be a part of.

On behalf of the KIDS Summer Camp Committee's and the Coasters Association, I would like to thank everyone for their assistance in helping us achieve our goal of opening four (4) camps along the Lower North Shore. Without your contributions, the 2007 KIDS Summer Camp would not have been possible.

Happy Holidays!

Vanessa Newcombe,
Youth Camp Coordinator



What happened when the snowwoman fell out with the snowman?

Nothing—She gave him the cold shoulder

What do snowmen wear on their heads?

Ice Caps!

Green House/Composting/Wild Plant Production

Research on different initiatives is on-going, for the continuation of these initiatives and for long term development and sustainability (i.e. green house, composting, wild plant production, etc.).

Radio Program

Radio promo's concerning project information and nutritional information were prepared. Also prepared a set of trivia questions to be forwarded to the radio stations on food safety.

Seniors initiatives

Assisted at several meetings in order to support the senior clubs in St. Paul's River and Old Fort Bay. Developed a project on their behalf, as requested by the senior groups in St. Paul's River and Old Fort Bay. The project was accepted for the amount of (\$22,875.00), which will start in January, 2008.

Domestic Aid

Participated and assisted in meetings (provisionary committee) to establish Domestic Aid services on the Lower North Shore, was in charge of producing the job posting for the domestic aid position and took part in interviewing candidates for the domestic aid coordinator position. Francis Ann Anderson of Tête à La Baleine was hired and working diligently to move this file forward. The population will be advised shortly on the next stages.

Wildberry

As I informed you in the last issue of Health Matters, a project was developed and submitted to DEC to carry out a market study, the aim is to find a market for our products overseas, as of now, we are still awaiting an answer from DEC.

The inventory of the wildberries and mushrooms, which was a project submitted for the Coasters Association by the Municipality of Bonne Esperance to the Council of Mayors was accepted and the necessary experts came to the region to carry out the study.

The final report will be completed in December by CEPAF and forwarded to the office; we will provide you, with more information as it becomes available.

Meanwhile, the BerryLicious Committee is conducting a small survey in St. Paul's River. All information gathered will be used to determine the quantity and quality of berries in our area. We would appreciate it very much if you would cooperate in this very important survey. For those of you who have participated in the survey we thank-you, for those of you haven't yet been approached, we will be getting to you soon.

Merry Christmas and a Prosperous New Year to you and your!

Priscilla Fequet Griffin, Coordinator

Food Safety Tips

Keep it Clean:

Always wash your hands for at least 20 seconds before handling food and after handling meat, poultry, eggs and seafood and after changing diapers, touching pets and using the washroom.

Clean and then sanitize counter tops, cutting boards and utensils with a mild bleach solution (5ml/1 tsp. bleach per 750ml/3 cups water) before and after food preparation.

Discard worn cutting boards. Consider using paper towels to wipe kitchen surfaces or change dishcloths daily to avoid the possibility of cross-contamination and the spread of bacteria. Avoid using sponges because they are harder to keep bacteria-free, or wash them frequently in hot, soapy water.

Tips:

- Using a disinfectant cleaner or a mixture of bleach and water on surfaces can provide added protection against bacteria
- Thoroughly wash fresh produce under running water to remove dirt and residue.
- Scrub fruits and vegetables that have firm surfaces such as oranges, melons, potatoes and carrots.
- Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.
- When cooking, don't forget to wash and sanitize your food thermometer after each use-even between testing different foods.
- Wash out lunch boxes or bags every night.

Remember you can't see, smell or taste bacteria,so keep it CLEAN!





Long Distance Literacy (Phase I)

The Coasters Association Inc. (CA) received funding from Canadian Heritage for a Long Distance Literacy project (Phase I) entitled “Long Distance Literacy”. To carry out this project, partnerships have been established with Commission Scolaire du Littoral (CSL), Council of Mayors (CM), Centre de Santé Service Sociaux de la Basse Côte Nord (CSSSBCN), Local Development Center (CLD) and the Quebec Labrador Foundation (QLF). From these partnerships, a steering committee has been formed to carry out the goals and objectives of the first phase. The first phase of the project began on October 01, 2007, and will end on March 28, 2008. I was hired as coordinator to work on this dossier with the above mentioned partners. The goal of the project is to realize the planning and preparation work for the establishment of an online mentoring system. Specific objectives are to improve literacy levels in “at risk” English-speaking community (ESC) youth by linking them with volunteers, and improve access to French Second Language Education tools by ESC youth.

Work sessions were held with staff members, the Executive Director, Office Manager, HSSNPI Development Agent, Finance Officer, and the Consultant, Hugh Maynard, from QUANGO, research was conducted of in office documents, reports, newsletters and possible project financing. A list of all information pertaining to literacy was compiled and is available at the office. An action plan and schedule of activities have been developed.

The Commission Scolaire du Littoral (CSL) as a partner, will be sharing information relating to literacy to determine: the potential clientele (number & needs) of the schools, on line teaching and learning technologies, hardware and software programs, mentoring program, and literacy programs and services, that will improve the literacy skills and French Second Language Education tools for the schools on the Lower North Shore. Also questionnaires were developed for organizations working in literacy and are scheduled to be distributed in January 2008.

Once the online mentoring program is set-up the youth on the Lower North Shore will benefit from this service. Please read the mentoring story below written by a seven year old student of Mountain Ridge School. Further updates will be forth coming in the next issue of Health Matters. Thanks to the steering committee for all their assistance.

Merry Christmas and A Happy New Year to everyone!

Annie-May Anderson, Coordinator



My Mentor, My Buddy

My mentor is Tristan. He is my buddy. When I want a buddy for to fish with, he is there for to help me. We catch lots of fish and cook them and eat them. They are very tasty. When I am gone fishing without him, I don't catch that much fish. Me and Tristan are the best fishermen. I don't know how we do it, but the fish keep on biting and we keep on fishing and catching fish and reeling them up to the ground or dock and eating them for supper. I love to eat trout or other kinds of fish like lobster and cod and crab and salmon. That's all the fish me and Tristan eat in Salmon Bay. Fish are my second favorite thing to eat. Mostly I like Salmon. Me and Tristan are good fishermen. Tristan helps me with lots of other games and stuff too. Our friendship will never end. We are the bestest buddies in the whole cove from mine and Tristan's hill to the end of the bay or Deer Pond.

We have our conflicts but we still never give up our friendship. That is why we work together and fish together. Me and Tristan never go apart. Even if I leave the Cove, we will visit each other a lot.

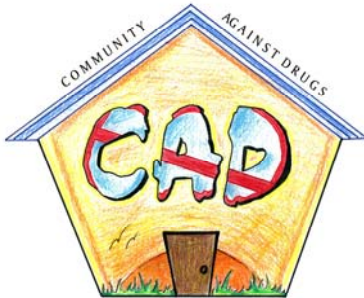
We are the kings of Mongolia. Mongolia is a place with a tiny, tiny desert and a swamp and a homing place with a rock pile that you can get in. We like Mongolia because we like to work in it. And we do very good. We work on fixing Mongolia to be a better spot. We build bridges; we make houses, and roads. That takes lots of work and practice. When we started practice, it took us thirty-five days. Before we do stuff, we practice, practice, and more practice. And then we get the hang of it.

Tristan is my best buddy and mentor. He helps me with lots of activities. I am happy when he comes to see me. He is the best buddy ever!

Wyatt Roberts, Grade 2

Community Against Drugs (CAD)

A logo for the CAD has been selected and the winning entry was designed by Laura Joncas of the Municipality of Blanc Sablon. Promotional material featuring the new CAD logo has been ordered, received and is ready for distribution.



Winning Logo



Laura Joncas displaying her winning prizes



Reach for the Top winning team (elementary), Tommy Trudel, Tristan Roberts, Gage Wellman, and Colton Roberts.

A second “Did you know ...” pamphlet, on inhalants has been finalized and distributed to all mailboxes on the LNS. A third pamphlet, on alcohol, had been completed and will be distributed to the population before Christmas. A Health Canada publication entitled *Responsible holiday drinking*, has been copied and distributed to all mailboxes in the Bonne Esperance area.

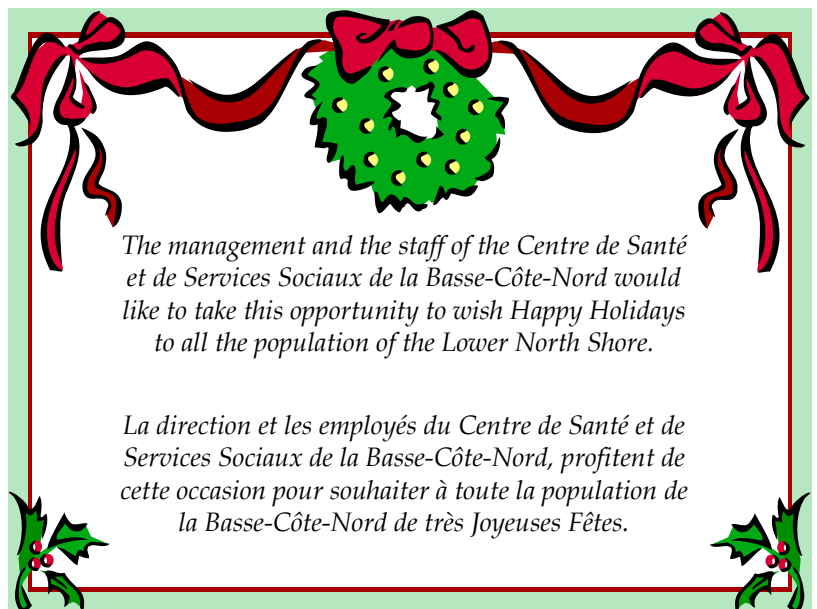
The HSSNPI Development Agent and CAD Coordinator met monthly with the Youth Local Action Group to develop activities for youth in our communities. The youth decided that they wanted to try a “movie night” @ the High School for high school students. This has proven to be successful and will continue to be a monthly event.

CAD Coordinator attended the Lower North Shore Coalition for Health meeting on Dec. 4/07 to present the promotional material received and to update the coalition on the CAD program.

A *Reach for the Top* competition was held at St. Paul’s High School on Dec. 7/07. Approximately thirty (30) elementary students from Bonne Esperance and Blanc Sablon and six (6) secondary students from St. Paul’s High School participated in the quiz question contest. Elementary students were divided in teams of four (4) and two (2) teams at a time faced off and were asked a series of fifteen (15) questions. The team with the most points at the end of the round moved on until one (1) team remained. The winning team was Tristan Roberts, Gage Wellman, Colton Roberts and Tommy Trudel.

Secondary students were divided into teams of two (2) and faced off in a round robin contest, with each team competing twice, and the team with the most points was declared the winner. The winning team was made up of Amber Smith and Lindsey Pootoolik. Winning teams received a school bag full of goodies featuring the CAD logo (t-shirt, toque, water bottle, notebook, pen and memory stick) which was provided by the Coasters Association and the Community Against Drugs (CAD) program. The competition was open to the public and forty (40) community members attended to show their support. A special thank you goes out to the CAD Steering Committee, all of our partners and to all those who have supported the CAD program through the year. Best wishes for a happy and safe holiday.

Shelley Fequet, CAD- Coordinator



The management and the staff of the Centre de Santé et de Services Sociaux de la Basse-Côte-Nord would like to take this opportunity to wish Happy Holidays to all the population of the Lower North Shore.

La direction et les employés du Centre de Santé et de Services Sociaux de la Basse-Côte-Nord, profitent de cette occasion pour souhaiter à toute la population de la Basse-Côte-Nord de très Joyeuses Fêtes.



Two (2) Senior Clubs in Bonne Esperance

In November of 2006, a senior citizens club was formed in St. Paul's River, and on February 7th one was also formed in Old Fort Bay. This was done in collaboration with Darlene Rowsell, CSSSBCN, Annie May Anderson, Regional Development Council, the Municipality of Bonne Esperance and Priscilla Griffin for the Coasters Association.

We decided that we must work together to create and plan activities for ourselves, isolated seniors and persons with disabilities. After several meetings and the two groups coming together, it was decided to develop a project through the New Horizons program. After gathering our ideas, a project entitled, "Seniors helping Seniors" - Reaching Out was developed by Priscilla Griffin. At the beginning of December (2007) we received great news! Our project was approved, for the full amount requested (\$22,875). The project will begin in January 2008 and will continue until January 2009 (52 weeks).

The project objectives are to encourage seniors to be involved in their community by receiving training sessions, thus enabling them to assume leadership roles and allowing them to plan and develop activities for themselves, isolated seniors, and persons with disabilities, as well as evolving and shaping their own future; encourage Seniors to share their traditional skills and knowledge with each other, the community and the youth, through crafts, newsletters, gardening, etc., thus, ensuring that traditional skills and knowledge remain active within the community; and seniors encouraging other seniors and persons with disabilities to become involved in community life. The following activities will be carried out: Research and take the necessary steps to incorporate (non-profit) both senior groups (Old Fort Bay & St. Paul's River); Develop a newsletter to inform the population and other senior groups on the activities done by and for seniors, our concerns and a way to preserve our history by sharing old stories, and develop a radio program with seniors, thus keeping the art of story telling and preserving local history alive. This newsletter will be produced, printed and distributed twice annually (winter & summer); Train seniors in leadership, communication and administration skills; Have a green house and/or garden boxes in place (thus promoting exercise and healthy eating); Do crafts with the youth to keep traditions skills alive (Creating birthday cards for other isolated seniors, people with disabilities and teaching the art of quilting, woodworking, racket making, etc.); Senior's and community members will be asked to recycle their used cards by cutting out pictures, etc... to be used to create new cards; Organize and plan outings for seniors, people with disabilities (bingo, card games, dinners, visiting isolated seniors and seniors in neighboring communities, etc...)

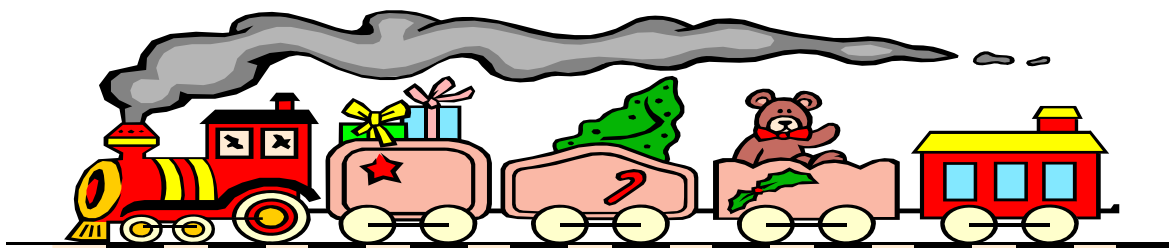
The support of the communities will be needed to assist and encourage our seniors in becoming self sufficient and active in the communities, thus enabling them to share their skills, experiences and wisdom, and by developing and taking charge of their own future.

We are very excited about this opportunity to develop our clubs and we wish to express our sincere thanks to all those who have helped us in anyway.

On behalf of our groups, we wish you a Merry Christmas and a Happy and Prosperous New Year!

Margorie Goddard, President, St. Paul's River Senior's Club

Rita Fequet, President, Old Fort Bay Senior's Club





Senior Christmas Gathering

Saturday, December 8th in St Augustine was a day of celebrating our residents who stepped into a new realm, the second half of their wonderful lives. Being a dynamic 50 plus is taking time to pause, reflect and give thanks. THEN, make plans to indulge in all things you sacrificed to ensure your family was well provided for.



Senior's enjoying evening of fun



Mr. & Mrs. Clause



Laurette Gallibois, Rachel Bilodeau, Maxine Gallibois & Olga Gallibois

The Seniors Christmas Gathering was filled with activity; starting with a Parade around the village followed by a light evening meal, pictures with Mr & Mrs Clause, tree decorating, games, skits and local entertainment. The evening's acknowledgements were for remarkable residents whose life lessons are learning session for us. They were for community commitment, devotion, dynamism, courage and vitality.

We are pleased to announce the contributions from; the Municipality of St Augustine of \$500, Caisse Pop of \$250.00, Coasters Association of \$100.00, Lavallee Loaders of \$100.00. The community businesses / organizations; such as St Augustine Arena, CEDEC, St Augustine Retail, CNCC Hardware, LS Garage, Colinda Monger, Tamaramma's, CJAS Radio, Depenneur Riverview and Depenneur Mckinnon for giving towards the meal, decorations and gifts.

Mr. and Mrs. Clause was quit busy through-out the day socializing, popping in to visit seniors who couldn't make it to the gathering and welcoming everyone at the arena. Zeno of Lavallee Loaders never had so many "Dates" in 34 years. He picked up and brought home our lovely seniors who needed a lift. His transport card was full! The MC for the evening Mr. Lloyd Jones of Air Labrador topped of the celebration by donating two seats for the St Augustine – Montreal lane.



Santa & Ms Clause visit to Mrs. Annie Maurice & Mrs. Maggie Leon

In closing we extend a huge "thank you" to our volunteers; who not only gave up their valuable time but also for donating goodies and gifts ensuring we hosted a fun-filled evening. To our Seniors, we extend a heartfelt thanks for allowing us the opportunity to give back to you, our community founders.

Once again, to everyone, your generosity was instrumental in making the evening a success.

Thanks from Peggy Martin &

Laurette Gallibois



We are also pleased to announce that the Mayor of St Augustine (a great supporter of this function), has declared the first Saturday in December "Senior Day".



Local Table for Seniors of the Lower North Shore



Following the community meetings that took place in all of the communities on the Lower North Shore this past Fall, the Local Table for Seniors held their Founding Meeting on November 14th, 2007, in Lourdes de Blanc Sablon. The representatives of seniors from communities along the Lower North Shore had the opportunity to learn more about the Local Table and as well to elect an official board.

The Board members of the Local Table for Seniors of the Lower North Shore

Municipalité de la Côte Nord du Golfe St. Laurent :	Mme Ghislaine N. Monger
Municipality of Gros Mécatina:	Mrs. Rita Collier
Municipality of Saint Augustin:	To be determined
Municipality of Bonne Esperance:	Mr. Edward Griffin
Municipality of Blanc Sablon:	Mrs. Odette Letemplier
CLD BCN:	Mr. David Calderisi
Coasters Association:	Mrs. Cornella Maurice
CSSSBCN:	Mme Marie-Hélène Gérard
Sûreté de Québec :	M. Jean Francois Dussault
Representative of Francophone communities :	Mme Michéline L. Monger
Representative of Innu communities:	To be determined



The Board plans to hold a meeting early in the New Year to hopefully elect their executive committee and to continue working on the development of the Table. If you are interested in having more information, we invite you to contact Mrs. Darlene Rowsell Roberts of the CSSSBCN who is a resource person for the Table; at 787-2034.

We would like to take this opportunity to extend warm Holiday Wishes to you and your family.

Celebrating our Seniors at Christmas Time

On December 16th, 2007, the newly formed seniors group in St. Paul's River organized a Christmas party for seniors of Bonne Esperance. The get-together was a huge success with many seniors who came out to visit with each other, listen to local talent, play bingo and enjoy delicious snacks.

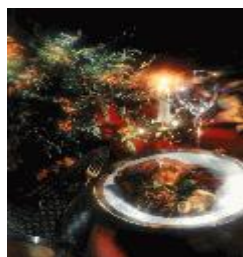


We would like to thank all those who donated their time by volunteering with the set-up and clean-up, the musicians who sang, and those who played their musical instrument. A special Thank-you to the youth who came to share their talents with us, we really enjoyed the time you spent with us! *Merry Christmas and a Happy New Year to all residents of the Lower North Shore.*

Edward Griffin, Member, St. Paul's Seniors Club

Avoid filling up on Empty Calories during the Holidays

Enjoy the Holidays without the extra unwanted calories, but is this possible? Yes !!!!!!! You can start by avoiding the temptations during 5-7, family reunions and suppers between friends...



Watch out for hors d'œuvres !!!

Hungry, many chow down on these small little bites one behind the other while waiting for a late supper. Accumulated, these little calories bombs risk to add on the extra pounds...

Check it out for yourself:

A few hors d'œuvre here and there...

- 2 cocktail sausages in a pastry dough = 130 Calories
- 2 escargots in a pastry dough = 140 Calories
- 1 mushroom mini-quiche = 70 Calories
- Broccoli and carrots dipped in 30 ml of miracle whip based dip = 170 Calories
- 5 chips dipped in 30 ml of guacamole = 170 Calories
- A small handful of mixed nuts (60 ml) = 215 Calories
- TOTAL : 905 Calories**

Oops! You have already consumed almost 50% of an adult's daily energy needs (Calories)! And the supper never even started yet....



Healthy Choices at the Table

During family reunions it's hard to avoid the traditional « tourtière », sausages and grandmas stews. Turkey is so good...

Traditional plate	Light version
1/6 of « tourtière » with ketchup = 460 Calories	1 portion of turkey with cranberries = 200 Calories
Ragoût de pattes de cochon (½ patte) = 200 Calories	125 ml of stuffing = 150 Calories
2 slices of buttered bread = 200 Calories	2 slices of whole wheat bread = 140 Calories
¾ cup of creamy coleslaw = 150 Calories	¾ cup of green beans = 30 Calories
Total : 1 010 Calories	Total : 520 Calories

The light version has a little advantage over the traditional plate : it leaves place for a nice piece of Christmas log...

Cheese...After a big rich meal, it's better to skip the cheese service.

If you cannot resist one little piece, know that goat cheese, brie and camembert (not the triple cream version) are often lighter choices and have less calories than the cheddar, oka and l'emmental...

Deserts...Tradition is necessary and supper should finish with the all so famous piece of chocolate log. If you have a choice opt for the ice cream version, it has less calories than the one with icing. Between a piece of fruit cake and a piece of angel food cake, choose the last version (439 Calories versus 60 Calories for a portion of 10 cm x 10 cm x 1 cm).

Midnight Buffet...After a good meal and many glasses, are you sure to be still hungry? Ask yourself this question before serving up at the midnight buffet.

And what a great opportunity for dancing, to discuss with members of the family that you do not get to see often or play games. All of the occasions are good for staying away from the midnight buffet...

Nutritious Tips...

Do not skip lunch thinking that you will save on calories. Those little hors d'œuvres are even more appealing if you are hungry. By eating a meal before hand, you will be more likely to resist those little tasty bites that are so rich in calories.

Look for options that are light, have less calories.

Light Choices...

3 bites of smoked salmon wrapped in cantalope = 90 Calories

Broccoli and carrots dipped in 30 ml of yogurt dip = 100 Calories

5 pieces of grilled pita bread dipped in 30 ml of salsa = 70 Calories

25 pretzels sticks = 50 Calories

TOTAL : 310 Calories

Nutritious Tips

Avoid meals in a sauce or wrapped in pastry.

If you cannot resist the « tourtière », au ragoût de pattes de cochon et aux saucisses, take a little portion of each dish making sure that all of it does not pass 1/3 of your plate, fill the rest with vegetables.

Stay clear of the butter...

Meat Kebabs

Ingredients		
Olive oil, canola or others	60 ml	1/4 cup
Lemon juice or vinegar	60 ml	1/4 cup
Orange juice	30 ml	2 tbsp
Garlic clove, chopped	1	
Fresh oregano, thyme and basil	Pinch	
Fresh parsley, chopped	5 ml	1 tsp
Pepper or salt	To taste	
Beef, veal or chicken, in cubes	454 g	1 lb
Mushrooms	8	
Green peppers, in pieces	8	
Onions, in pieces	8	
Tomatoes, miniatures	8	

Preparation
Mix together the first 8 ingredients (marinade).
Leave marinate for about 6 hours.
Drain the mixture.
Place the cubes of beef onto to the kebab sticks while alternating with the vegetables.
Cook in the oven at 180 °C (350 °F) for about 15 to 40 minutes.
Spread with marinade during cooking.
Serve with rice or salad.

Yield
4 portion(s)
6 min. of preparation
0 min. of cooking
1 Portion equals to :
1.5 Meat and alternative(s)
2 Vegetable (s)
1 Fat
0 Grain Product(s)
0 Fruit(s)
0 Milk and alternative(s)



Ceasar Salad

Ingrédients		
Garlic powder	1.2 ml	1/4 tsp
Dry mustard	pinch	
Plain yogurt (2 % m.f. and less)	30 ml	2 tbsp
Light Miracle Whip	30 ml	2 tbsp
Lemon juice	30 ml	2 tbsp
Worcestershire sauce	2.5 ml	1/2 tsp
Grated parmesan cheese (20 % m.f. and less)	60 ml	1/4 cup
Romain lettuce, in pieces	1	
Green onion, chopped	1	
Simili bacon, or crunchy bacon	30 ml	2 tbsp
Grated cheese (20 % m.f. and less)	125 ml	1/2 cup
Plain croutons	250 ml	1 cup

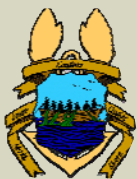
Yield
4 portion(s)
15 min. of preparation
0 min. of cooking
1 Portion equals to:
0 Meat and alternative (s)
1 Vegetable (s)
1 Fat
0.5 Grain product (s)
0 Fruit (s)
0 Milk and alternative(s)

Preparation
1. Mix together the first 7 ingredients in a small bowl (salad dressing).
2. In another bowl, mix together the other ingredients.
3. Add the salad dressing.
4. Mix well. Merry Christmas and a Healthy New Year!
5. Serve immediately. Rejeanne Marcoux

We are on the Web

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Health Matters

Next Edition:

- Update on Nutrition project
- Update on HSSNPI Program
- Update on Tele-Health Session & Radio Program
- Update on Community Against Drugs project
- Update on KIDS Summer Camp
- Update on Literacy Project
- Update on retain and Maintain HSS Professionals on the LNS
- Healthy Recipes, etc...