

KIDS Summer Camp 2007

Summer Camp-Chevery



The theme of the KIDS Summer Camp was the “Amazing Race”. Each week the camper’s visited a new country. The campers were divided into three groups; each group had a intellectual and a physical challenge to undertake. After completing the challenges, each group was given a clue to the next leg of the race, and at the end of the week a clue to the next country. Points were awarded and the team with the highest score at the end of the summer won the Amazing Race. The amazing race took place three days a week, the other two days were dedicated to traditional games and art activities that pertain to the country of the week. The Quebec Anglican Church Diocese provided a one (1) week theme (LIFT OFF!) that was implemented over the seven (7) week period of the camp.

The camps opened on July 3rd, 2007, and ran until August 17th, 2007 (7 weeks). Through out the camping experience, the youth were introduced to new and exciting activities that not only provided them with a fun experience, but also gave them a chance to learn about different countries and tested their knowledge about Canada. At the end of the 2007 camping year, each camp site held an open house. The youth invited their families to visit the camp to showcase the crafts created throughout the summer and to perform a talent show/play. Snacks and refreshment were provided and was enjoyed by all. An inventory of craft supplies at each camp site was conducted and crafts were stored at their respective camps for next year, 2008. Throughout the 2007 camp year, pictures were taken at each camp site. These pictures are currently being collected and will be copied to a disk. At a later date, these pictures will be placed in an album to showcase the various activities that took place at each camp site. A group picture of each camp site and the list of funding partners have been prepared and will be framed and distributed to everyone involved in the project.

Next Steps

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. On September 4th, 2007, a meeting with the Reverend Susan Hutchinson, Quebec Anglican Church Diocese, and Russ Keuber, CHSSN, has been organized to discuss the sustainability of the KIDS Summer Camp, as well as to discuss the necessary steps in order to develop a Community Youth Network or a co-op A final conference call is scheduled to be held in the first week of November with the steering committee, resource persons, training persons and funding partners to provide an update of the 2007 camp year and discuss strategies for next year, 2008.

On behalf of the KIDS Summer Camp, the Coasters Association would like to thank everyone for assisting in achieving 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.

Our hats are off to you ALL!

Vanessa Newcombe,
Youth Camp Coordinator



Summer Camp-St. Augustine



Summer Camp-La Tabatiere



Summer Camp-St. Paul's River



Summer Camp-Lourdes de Blanc Sablon

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Health and Social Services Networking and Partnership Initiative

I would like to give a big thank you to Ida Jones, who replaced me during my maternity leave this year. She did an absolutely fabulous job and will be missed at the Coasters Association.

Since the last Newsletter the following initiatives have been and are currently being worked on: 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. The sessions planned for the upcoming year are as follows:

November 6, 2007 - Panel Discussion on Self-Esteem, Anger, Addiction and Communication - speaker TBA (Host CAMI)

December 4, 2007 - Loss with Dawn Cruchet, Grief Counselor, (Host - Vision Gaspé Perce Now)

January 8, 2008 - Bullying – speaker TBA , (Host - Coasters Association)

January 22, 2008 - Menopause — speaker TBA (Host OHSSN)

February 12, 2008 - Heart Health with Jo Ann Jones, RN, M. Ed., and Heart and Stroke Foundation (Host Neighbours' Association)

March, 2008 (TBA) - Nutrition [Obesity and Exercise] – speaker TBA - Host CLC and Townshippers' Association)

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

Both Shelley Fequet (CAD coordinator) and I attended a NPI Retreat in Quebec City in May of this year. We participated in workshops on Asset Mapping and Community Profiling, this knowledge will be crucial in the development our Community Health Profiles.

The sustainability plan for the HSSNPI initiative was accepted by the LNSCH on May 17th, 2007 and will be distributed in the near future. The following is a list of the targeted activities for the remainder of 2007: Distribute Sustainability Plan, Create Statistical Community Health Profiles for Communities of Lower North Shore, Build community capacity to participate in Telehealth and continue to implement the Voices & Choices Program.

I am excited to be back to work, and if you have any 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.

Sustainable Initiatives to Retain and Maintain

Health and Social Services Professionals on the Lower North Shore

Since July there have been many developments regarding the McGill Retention Program. The McGill Retention steering committee met on September 17th, 2007, to go over the project outline and determine the best course of action for the remaining 6 months of the program. A clear strategy and achievable agenda was established. On September 28th, 2007, two representatives from the Coasters Association attended a meeting in Montreal to discuss and compare achievements/obstacles of the program thus far. It was also disclosed that the program would be extended for another year.

Within the field of community, the guides are in the final stages of development. A map template has been developed and will be used to create diagrams detailing the location of business and organizations in each village with a health services center. These materials, in combination with various other promotional resources, will be used to promote our region and acclimatize new CSSSBCN employees to life on the Lower North Shore. The employee buddy system is ready to implement and will be launched as soon as authorization is given by the CSSSBCN administration. Promotional materials have been created in both official languages and are ready to be disbursed. The CSSSBCN transportation department has only recently been contacted. There was a brief exchange of information, and a meeting will be scheduled in the near future to discuss the issues facing transportation and lodging at the CSSSBCN in more depth. In regards to formation the Training Needs and Skills Audit survey is prepared and ready to be carried out. Again, this will be utilized as soon as authorization is given by the CSSSBCN. A survey will be created targeting those who are specifically interested in management training, and will be distributed with the Training Needs and Skills Audit survey.

The Intern Partnership Agreements has been thoroughly discussed by the coordinator and McGill Retention Steering Committee and it was decided, due to the present situation, all activities to achieve this initiative will be delayed until January 2008. 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.

Faye Bilodeau, Coordinator

Community Against Drugs (CAD)



On Monday September 10, 2007, students and teachers from the Municipality of Bonne Esperance and Blanc Sablon attended a MADD Canada multi media campaign presentation in Forteau, Labrador. The presentations consisted of two (2) shows; the first was **ACE**, a Canadian Elementary School Multi-media show which used music, colorful images and characters to demonstrate the safest way to ride in cars, how to handle peer pressure, bullying and alcohol/drug use prevention. The second show; **Friday Night**, was a High School Multi-media assembly program that aimed to reduce the risky behaviors teens often find themselves involved in, such as; drinking games, mixing drugs and alcohol, binge drinking and accepting rides from someone who's been drinking. The high school program also included four (4) stories of families that lost loved ones from drugs and alcohol.



Flyers for a CAD logo contest had been developed and sent out to all mailboxes on the LNS to select a logo for the program. A "Did you know ..." pamphlet on marijuana has been finalized and distributed to all mailboxes on the LNS. A second pamphlet, on inhalants, had been completed and is awaiting revisions and approval. It will be made available to the population in October.

A "Reach for the Top" competition is currently being developed for students (both Elementary and High School) for the month of November. The CAD program will be working with the CSL and Centre le Canal to develop questions for the competition and will be providing prizes to the winning team (s).

Shelley Fequet, CAD- Coordinator



Nutritional Project Update

"Community Gardens – Rooted in the Community"

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. Through funding by the Council of Mayors and the Caisse Populaire (2), the 2007 season was successful. The gardens already established (Chevery, La Tabatiere, & 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 implemented 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 Caisse Populaire of Blanc Sablon and the Caisse Populaire of La Tabatiere, without their support this initiative would not have been possible. (Be on the look-out for pictures of the gardens sites in next edition of Health Matters.

Priscilla Griffin, Coordinator

NON-TIMBER FORESTRY PRODUCTS

This year we have seen a lot of activity around the wildberries and mushrooms project initiative. 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. Many hours of work was done in regards to this project with the help of Meeka Faucher, SADC, and Guy Langlais, ITA, however, we are still awaiting a final confirmation from DEC.

A project was submitted for the Coasters Association by the Municipality of Bonne Esperance to the Council of Mayors to do an inventory of the wildberries and the mushroom in Bonne Esperance. The project was accepted and the necessary travel arrangements were planned to bring the experts to the region to carry out the study.

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In August Maxim Tardif, Coordinator of the project and a Technician in Agro Environment and Veronique Beauchemin, Technician in Ecology of the Center d' expertise sur les produits Agroforestiers (CEFAF) visited the Bonne Esperance region to start the evaluation process of the wildberries, in particular the Black Berry and the Bakeapple. This season the bakeapple had a very successful growing season, however, the blackberry did not grow so well. At the end of September and the beginning of October, Maxim Tardif, Coordinator of the project and a Technician in Agro Environment and Pierre Bouchard, a Technician in Agro Environment came to the region to finalize the berries and to conduct a survey of the mushrooms. During this trip the Mesh Berry, Red Berry, and Squash Berry were evaluated, the Mesh Berry and the Red Berry were found in numerous numbers, while the squash berry was very limited. We did however receive great news concerning the Mushrooms, they are growing in the region in abundance and there are several potential species. The final report will be done in November by CEPAF and forwarded to the office; we will provide YOU the reader, with more information as it becomes available.

Meanwhile, the BerryLicious Committee will be conducting a small survey in St. Paul's River. All information gathered will be used only to determine how many berries and the quality of them in our area. Therefore no names will be recorded and we would appreciate it very much if you would cooperate in this important survey.



Mesh Berries



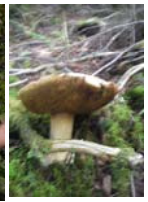
Maxim Tardif, Veronique Beauchemin, & Winston Thomas, Local Guide



Pierre Bouchard, enjoying the view



Red Berries



Just a few of the mushrooms found in the area

We are on the Web

www.htmlweb.com/lns

COASTERS ASSOCIATION INC



P.O. Box 188
St. Paul's River, QC
G0G 2P0

Phone: (418) 379 2006
Fax: (418) 379 2621
Toll free: 1-877-447-2006
Email: coasters@globetrotter.net

Health Matters

Next Edition:

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

Bakeapples



Update on other initiatives of the nutritional project will be forthcoming in the next edition of Health Matters

Priscilla Griffin, Coordinator

JOBS for the Intellectually Challenged

The Coasters Association and CSSSBCN have formed a partnership to create jobs for the intellectually challenged. In August of 2007 and continuing until March 2008, Isabelle Mignault was hired to work with the intellectually challenged at the health center in Lourdes, where she oversees the shredding of papers, etc.. at the center. The participants enjoy their jobs and their place in the community.

Congratulation!

Note: Be on the look out for two(2) more newsletter in this fiscal year (December 2007 & March 2008.)