



# CAMI

COUNCIL FOR ANGLOPHONE MAGDALEN ISLANDERS

NEWSLETTER

MARCH 2020- SEPTEMBER 2020

## COVID-19 CAMI'S RESPONSE EFFORTS

In March 2020, a world pandemic was suddenly upon us and life as we'd known it, changed! Schools closed, daycares and businesses closed and many of us were adapting to the new reality of working or studying from home. There was even some uncertainty around whether we would have a fishing or tourism season, so we all started preparing for the worst-case scenario.

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**GIL THERIAULT**

# **COVID-19**

## **CAMI'S RESPONSE TEAM**



**CHAD DIABO**

At CAMI, we were fortunate to receive supplementary funding to support the community from the Community Health and Social Service Network (CHSSN) via their Enhancing Regional Community Capacity (ERCC) program funded by the provincial Secretariat Responsible for Relations with English-speaking Quebecers (SRQEA). Some of this funding was used to hire Gil Theriault to support English-speaking fishermen in accessing information in English regarding the fishing industry. As part of his mandate, he was also responsible in seeking out information pertaining to aid measures available through all levels of government (local, provincial, federal). This information was compiled and produced in an information package that was then made available on the CAMI website. A Facebook group was also set up as a means of communicating effectively and rapidly with fishermen. Finally, the fishing season began with a short delay but thankfully with little repercussion to the industry at large.

In addition to this, we hired Chad Diabo, as an external resource for immediate mental health response. Chad's services are still available and can be accessed by contacting him through Facebook, text or telephone. This service is available for any English-speaker who is feeling anxious or overwhelmed by the COVID-19 pandemic. Chad's services are free and confidential.

CAMI is also a member of the territorial response committee, comprised of stakeholders from various organizations and institutions. CAMI represents the English-speaking community, ensuring that needs and concerns are brought forward and that responses being made in a territorial context, include support in English, like the resource pamphlet that was mailed out in April with the names and contacts for the various community services.

For more information in English regarding COVID-19, please refer to the Quebec government's website at [www.quebec.ca](http://www.quebec.ca), our website at [www.micami.ca](http://www.micami.ca) or to our Facebook page at <https://www.facebook.com/CAMIislanders>. If any time you require support in accessing information, please do not hesitate to contact our office. We would be happy to help you.

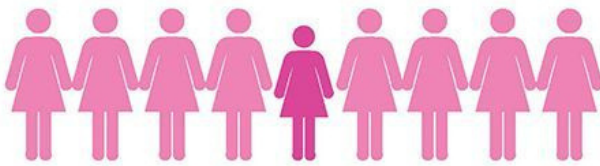
**CHAD DIABO**

**Mental Health Consultant for the English speaking population of the Magadalen Islands  
1 438 880 5302**



# OCTOBER

## Breast Cancer in *Young Women*



**BREAST CANCER** IS THE **LEADING CAUSE** OF CANCER DEATHS IN WOMEN UNDER THE AGE OF

# 40

Infertility  
Body image  
**Shock** Child care  
Premature menopause  
**CONCERNS FOR YOUNG WOMEN**  
Early mortality Sexuality  
Relationship challenges  
Early career disruptions  
Depression

**4%** OF BREAST CANCERS IN CANADA OCCURRED IN WOMEN UNDER THE AGE OF 40 (APPROXIMATELY 1,055 CASES)



**18%** OF ALL NEW BREAST CANCER CASES IN CANADA ARE DIAGNOSED IN WOMEN LESS THAN **50** YEARS OF AGE

**9%** of all breast cancers diagnosed before the age of 40 are attributable to mutations in **BRCA1 or BRCA2** genes

WOMEN DIAGNOSED AT A YOUNG AGE **HAVE LOWER SURVIVAL RATES AND EXPERIENCE POORER QUALITY OF LIFE** THAN WOMEN DIAGNOSED AT A LATER STAGE OF LIFE.

Low incidence  
Unexpected finding  
**CHALLENGES OF DIAGNOSING BREAST CANCER IN YOUNG WOMEN**  
Dense breast tissue  
Lack of regular screening programs



## SENIOR'S WELLNESS IN A COVID-19 CONTEXT

COVID-19 may have prevented us from offering in person services, but it did not prevent us in supporting our community and its most valuable citizens, our seniors. CAMI continued to support seniors through new and innovative ways. We were able to maintain certain aspects of our wellness centres through Facebook live, like offering live yoga sessions tailored to seniors with Jan Kelly, our Wellness Coordinator. We also created bi-weekly newsletters for seniors that included cognitive activities such as word search, puzzles, etc... We also used these newsletters to reminisce on old times, by using clippings from the old First Informer.

In addition to wellness activities, Lisa Craig, our Outreach & Liaison Agent was busy making friendly phone calls, making sure that seniors were doing well and had all the support they needed. She also supported the CAB in providing the emergency grocery delivery service for seniors over the age of 70. Another very important component of the senior's wellness program that was maintained, was the Meals on Wheels program. In normal circumstances, the program operates from September to April of each year on a bi-weekly basis. However, due to the COVID-19 pandemic, we were able to collaborate with the Centre d'Action Benevole (CAB) to offer the service all summer on a weekly basis ensuring that seniors had access to healthy and nutritious meals regularly. This pilot project was funded jointly by the CHSSN, the CAB and the social development group of the Magdalen Islands.

The meals were prepared by Grandma's Bakery in Grosse Ile and by Diane Chenell and Thelma-Ann Feltmate on Entry Island. Meals were also delivered to Grande Entrée. An average of 80 meals were delivered each week. As of October 7, 2020, the program has returned to its regular schedule, every second Wednesday. If you or someone you know is interested in meals on wheels, please contact Lisa at the CAMI office.







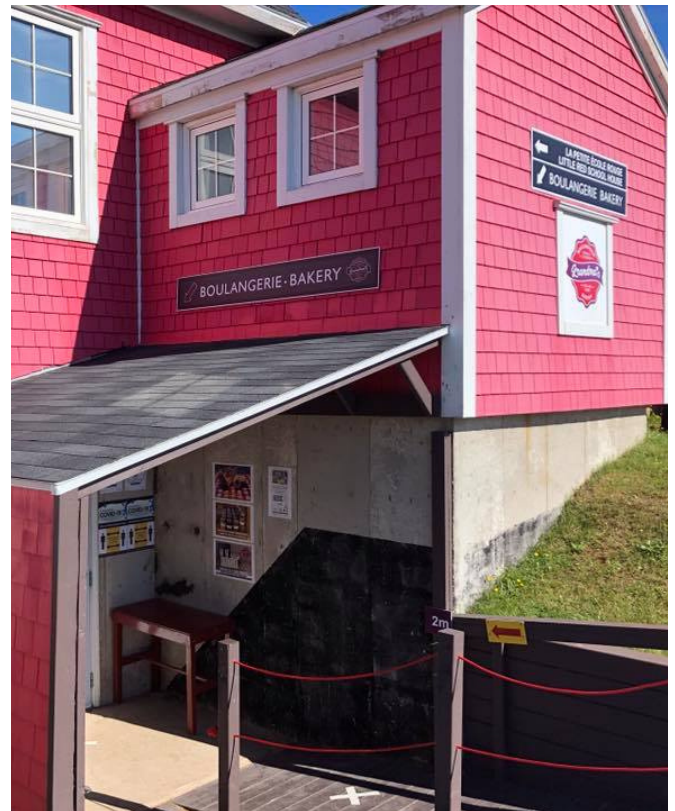
# CAMI

## ADAPTING THE CAMI SITE FOR SUMMER



CAMI was fortunate to receive funding from the “Fonds d’aide aux initiatives sociales” (FAIS), a new program funded by the local Member of the National Assembly, Joel Arseneau and the local social development group to ensure a safe and healthy return of both CAMI and Social Enterprise employees. The funding was used to modify the entrance of Grandma’s bakery to become a take out, as well as produce the signage required to direct traffic on the site, ensuring that physical distancing was being respected.

In addition to infrastructure modifications, the funding helped to purchase personal protective equipment such as masks, visors, hand sanitizer, etc... CAMI and the Social Enterprise would like to thank the representatives of FAIS for their support. This funding was essential for us to maintain our services while ensuring a healthy work environment for our staff.





# CAMI



2020-2021

## **MCGILL BURSARY RECIPIENTS**

CAMI is pleased to be collaborating with McGill University to implement their Recruitment & Retention project in the Magdalen Islands. It is with great pleasure that we announce this year's bursary recipients:

- 1) **Kelly Chenell** is currently studying in her third year of Nursing at Champlain College and received a bursary totaling \$5,000 for the 2020-2021 school year.
- 2) **Coralie Aube** is currently studying in her second year of Nursing at Laval University in Quebec City and received a bursary totaling \$10,000 for the 2020-2021 school year.
- 3) **Jenna Clark** is currently studying in her first year of Occupational Therapy at the University of Montreal and received a bursary totaling \$10,000 for the 2020-2021 school year.

CAMI Board and staff would like to extend congratulations to all the recipients and wish them the best of luck with their studies this year. The McGill Bursary program seeks to support bilingual students pursuing their studies within the health & social services sector with the ultimate goal of increasing access services for English-speakers in the regions. The bursary program also contributes to the region's recruitment and retention objectives.



**KELLY CHENELL**



**CORALIE AUBE**



**JENNA CLARK**





# CAMI

## **ENTRY ISLAND DEVELOPMENT PROJECT**

Thanks to the blood, sweat and tears of CAMI staff, board and community volunteers, we can finally confirm that the funding to renovate the old Entry Island school building has finally been secured. A significant portion of the project funding has been provided by the federal government. We are happy to also confirm the participation of the province in this project, as well as the SADC des Îles, the Caisse Populaire des Îles and the Communauté Maritime.

An architect has been hired and the building plans have been finalized. The call for tenders for a construction company will be launched soon. CAMI has also engaged the Economusee network to work on the development and implementation of the new museum's interpretation plan, which was inspired by the concept produced by Aldrich Pears. This concept was the result of a series of community consultations carried out on Entry Island in 2018. Once the call for tenders has been launched and a contractor has been selected, we will be able to confirm the project timeline.

Like many other organizations and projects of 2020, COVID-19 has contributed to the delay our project schedule. More information will be released as the project progresses.

## **MUSEUM MODERNIZATION & ACCREDITATION PROCESS**

CAMI ended the 2020 fiscal year with a new museum modernization plan for the Historical Heritage Complex in Old Harry. This plan was funded by Canada Economic Development for Quebec Regions and the SADC des Îles. In addition to the modernization plan, CAMI was able to develop and implement policies that will professionalize the museum offer. Our goal for this fiscal year is to successfully apply for provincial museum accreditation. The provincial museum recognition program has been closed for a long time but reopened in 2019 as an accreditation process.

The CAMI team has been working hard to prepare for the accreditation process. The next application process is anticipated to open in January 2021. In addition to developing and implementing policies that contribute to museum professionalization, the CAMI Board has decided to go one step further, in order to demonstrate to the community and the government their commitment to preserving the unique culture and heritage of the English-speaking community.

A new strategic plan for the museum program has been developed and a new staff position dedicated to the development and management of the museum program. We are happy to announce that Jonathan Patton will transition to his new position over the course of the year and will receive the training and professional support required to meet the responsibilities of his new role. CAMI has also been fortunate in receiving a grant from the Quebec Anglophone Heritage Network (QAHN), via the Secretariat Responsible for Relations with English-speaking Quebecers (SRQEA), to develop a modern, accessible and complete registry of CAMI's heritage artifacts and to host a public launch of the registry which includes a school visit. These activities will be held before March 31, likely through a virtual platform. More details will follow in the coming months.



# CAMI

## **CAMI HOSTS 33RD ANNUAL GENERAL MEETING**

On September 30th, CAMI hosted its 33rd Annual General Meeting. This year the meeting was held virtually to meet the government's sanitary requirements. In attendance were the board members, the staff, Charles Taker, from the office of the Commissioner of Official Languages and Cathy Brown, Executive Director of the Regional Development Network for English-speaking communities of Quebec.

CAMI had lots to report, with much accomplished in 2019-2020. CAMI finished the fiscal year with a total revenue of \$791,119 and expenses totaling \$791,021. The excess of revenues over expenses was \$98. CAMI employed 20 individuals in 2019-2020 and can be considered as a major employer for the community.

We would like to thank our volunteer board of directors as well as our committed team of staff for their hard work. We would also like to thank all our partners for their collaboration and our funders for their confidence in us. Through joint efforts and collaboration, we can improve many aspects of community life and support vitality. A special thanks goes out to Ronald Goodwin for his many years of volunteer service on the CAMI board.



Ronald Goodwin

Ronnie served on the CAMI board since 2009.

His contribution to the board has been very valuable and much appreciated. The board members will be seeking to fill his seat in the coming months.

## **CAMI A FOUNDING MEMBER OF THE PROVINCIAL REGIONAL DEVELOPMENT NETWORK FOR ENGLISH-SPEAKING COMMUNITIES OF QUEBEC**

CAMI is one of nine regional associations that came together to form the Provincial Regional Development Network for English-speaking communities of Quebec (RDN). RDN was founded in November 2019 to respond to the need for effective representation and engaged involvement in enhancing the vitality and supporting the development of English-speaking communities across Quebec that work within a defined territory.

The organization is in its start up phase and held its founding meeting on May 28, 2020, at which Helena was elected as a member of the Board for a two-year term. Cathy Brown was hired on as the Executive Director in August.



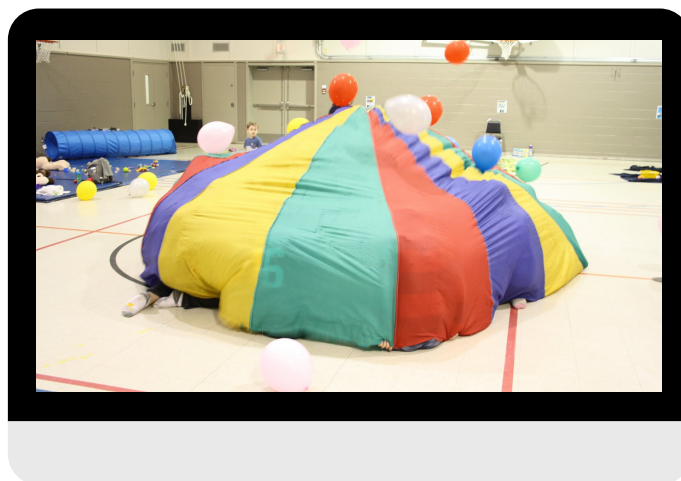


## **BRIGHT BEGINNINGS**

### **A SHINING START FOR CHILDREN 0-5**

CAMI is pleased to be collaborating with the Grosse Ile School to implement early childhood programming within the English-speaking community. Johanne Clark has been hired part-time by Grosse Ile School to support the 4-year-old preschool program and part-time by CAMI to coordinate and deliver the Bright Beginnings program, which includes the respite care daycare and the travelling literacy bags. As the school year progresses, the Bright Beginnings program will also evolve to include other activities. For more information regarding our Bright Beginnings program, please feel free to contact the CAMI office or like and follow our Bright Beginnings Magdalen Islands Facebook page [www.facebook.com/brightbeginningsmi](http://www.facebook.com/brightbeginningsmi)

In addition to the Bright Beginnings program, CAMI has been collaborating with the Centre de la Petit Enfance La Ramee to develop and expand their childcare services to the east end. Much planning has taken place, as well as many presentations and discussions with political representatives at the municipal and provincial level. Like most other files, this one was put “on ice” due to the pandemic situation. The file has been revitalized and conversations are taking place once again with the Minister’s cabinet. We will also be looking at short-term solutions to support the current childcare crisis that exists within the English-speaking community.





## NEWS FROM THE ENTREPRISE SOCIALE LES ILES

The Entreprise Sociale les Iles is happy to announce a busy summer period despite the pandemic. It was an exceptional season, but we managed to at least open Grandma's Bakery for the summer. The way we operated had to be modified and adapted to our new reality, but overall, we can report that we still had a good summer.

In addition to the traditional bakery products, we were also responsible for the meals on wheels contract and served an average of 80 meals per week. We also maintained our jam, preserves and butter production this season, and attended the market every Saturday. The museum services in Grosse Ile and on Entry Island remained closed for the summer. Although we had access to personal protective equipment, we felt that our spaces were too small to accommodate guests while maintaining physical distancing and ensuring the safety of our employees.

We used this opportunity to work on reorganizing the archives and developing an archives room at the Grosse Ile site, while we packed up the exhibits and prepared for moving at the Entry Island site. We also decided to suspend the Entry island picnic lunch program as well as the Old Harry beach store services. We are hoping to get back to some sort of normal in 2021.

Grandma's Bakery has become a member of the Economusee network, and we have been working very closely with them on a development plan for the bakery. Stay tuned to learn more in the coming months....The ESLI Board would like to thank its staff for their exceptional work and for their willingness to adapt to the new reality imposed upon us with COVID-19.

The Entreprise Sociale les Iles held its 2nd Annual General Meeting on September 30th, also virtually. The ESLI also had a very busy and successful year, reporting a total revenue of \$129,708 and expenses totaling \$133,095. The deficiency of revenues over expenses was (\$3,387). The Social Enterprise employed 6 individuals, all on a seasonal basis.







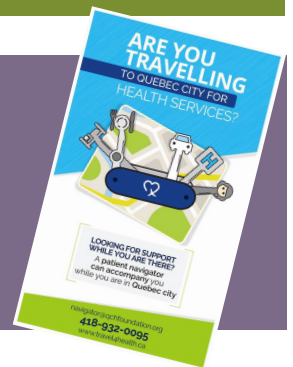
**CHAD DIABO** is available to help you get through the pressures caused by COVID-19. Call him at 1-438-880-5302 or send him a message directly on his Facebook profile (<https://www.facebook.com/chad.dcami.5>)

**LISA CRAIG** is overseeing the Senior's Outreach Program which is to support and promote the health and well-being of English-speaking seniors of the Magdalen Islands. This community approach is to reach seniors who are isolated in order to facilitate their connection to relevant resources within the community. For more information please call 418-985-2116



As of October 7, 2020 the Meals on Wheels has returned to its regular schedule, every second Wednesday. If you or someone you know is interested in Meals on Wheels, please contact Lisa Craig at the CAMI office 418-985-2116

Are you traveling to Quebec City for health services? Looking for support while you are there? A patient navigator can help you during your stay in Quebec City! The role of a Patient Navigator is to navigate the challenges of receiving health care away from home. For more information call CAMI at 418-985-2116 or **STEVE GUIMOND**: Office: 418 684 2289, ext. 227 • Cell 418-932-0095



Download the **COVID Alert** app today!

iOS Android

### WHAT IS THE COVID ALERT APP?

COVID Alert is the Government of Canada's free exposure notification app. It helps break the cycle of infection by letting people know of possible exposure before symptoms appear. You can download the app from the Apple Store or from the google store.



Want to know more?  
**CONTACT US**

**Helena Burke**, Executive Director - [helena@micami.ca](mailto:helena@micami.ca) | Ext #1

**Amanda Goodwin**, Accounting Manager - [amanda@micami.ca](mailto:amanda@micami.ca) | Ext #3

**Jonathan Patton**, Heritage Resources & Communications Manager - [jon@micami.ca](mailto:jon@micami.ca)

**Lisa Craig**, Seniors Outreach Agent - [health@micami.ca](mailto:health@micami.ca) Ext #5

**Jarrett Quinn**, Development Agent - [jarrett@micami.ca](mailto:jarrett@micami.ca) | 418.937.4754

**Ezgi Cakmak**, Project Manager - [ezgi@micami.ca](mailto:ezgi@micami.ca)

**Grandma's Bakery** - [info@micami.ca](mailto:info@micami.ca) | Ext #6

**Museums** - [info@micami.ca](mailto:info@micami.ca) | Ext #7

**Please note, CAMI staff can still be reached by phone at 418.985.2116  
at their respective extension as indicated above**



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