



Community Gardens



Do you enjoy gardening? Do you know that you can keep your body healthy by using all three types of recommended activities-endurance, flexibility, and strength activities. Heavy yard-work (e.g., digging and raking) includes both endurance and strengthening activities. Bending and reaching in the garden can also help you become more flexible. Regular physical activity has many health benefits. You can reduce your risk of early death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression, and colon cancer.

Being out in the fresh air also produces psychological benefits. Just looking at trees and plants reduces stress, lowers blood pressure, and helps muscle tension. Even a small garden can relieve stress. Gardening provides a form of emotional expression and release that helps people heal both mentally and physically. Horticultural therapists also find that gardening stimulates the senses, especially for older adults.

Due to the success of the gardens already in place (2006) in Old Fort Bay, Chevery and La Tabatiere, it was decided to implement two new garden sites in the Communities of St. Augustine & Brador.

The Old Fort Bay, Chevery and La Tabatiere garden groups once again received some seedlings and/or soil to start their gardens for this season. In the communities of St. Augustine and Brador, the seniors were approached and garden boxes, soil and seedlings were acquired and they are now in the process of planting their gardens. In St. Augustine, twenty (20) seniors are participating and in Brador there are fourteen (14) senior participants.

Several other seniors wanted to participate, due to the lateness it was not possible to include them this year. We are however, building a list of those interested in participating next season if funds are available. So if you are a senior and would like to be a part of a garden group next season, call the office at (418) 379-2006/2356 and I would be happy to assist you.

Thank-You to the volunteers who helped coordinate this initiative, your assistance was very much appreciated.

We must express our sincere thanks to Health Canada, the Council of Mayors, the Caisse Populaire Blanc Sablon and the Caisse Populaire La Tabatiere for their support and financial assistance, regarding the expansion of the garden sites already established and the implementation of two new sites.

A follow up to the gardens will be published in the September edition of Health Matters, be on the look out to see how the seniors fare this year with their gardens.

Priscilla Griffin, Coordinator



The miracle is this -
the more we share,
the more we have.

Leonard Nimov

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Health and Social Services Networking and Partnership Initiative UPDATE

“A Matter of Services - Addressing the Health Issues”

The Coasters Association Inc. received a project from Health Canada entitled, “A Matter of Services - Addressing the Health Issues” through the Quebec Community Groups Network.

In 2004, a networking committee was established called the Lower North Shore Coalition for Health (LNSCH). The LNSCH is a dynamic group of community and public sector leaders from various organizations and include:

Centre de Sante Services Sociaux de la Basse Cote Nord
Commission Scolaire du Littoral
Coasters Association Inc.
Council of Mayors (5 municipalities)
Community Economic Development and Employability Committee
Quebec Labrador Foundation
Local Development Center
Sureté du Quebec

Partnering with these community and public sector leaders helps to ensure that the LNSCH has a voice within the communities and a direct link to the community networks and resources. The goal is to ensure representation from all sectors of the Lower North Shore on the LNSCH in order to identify, prioritize, address and resolve health and social services issues.

The mission of the project is to support the development of the capacity of Quebec’s English-speaking communities, to ensure their vitality through cooperation and partnership with the health and social services system, in order to improve and to develop and maintain access to the full range of services for Quebec’s English - speaking minority communities.

Sustainability Planning

The LNSCH is now planning for the long-term sustainability of the organization, not only for the financial means to operate but also to expand the number and range of partnerships that will help identify, prioritize, address and resolve the many health and social service access issues for the communities of the Lower North Shore. A sustainability has been approved which includes strategies to identify and secure funding sources beyond 2008-2009.

There is a chronic need to find lasting solutions to the health and social issues on the Lower North Shore. The HSSNPI project has provided the people with an avenue to express what is happening to them and have this information brought to regional organizations, and has provided a valuable tool to initiate and move forward the efforts of those who wish to improve the health and social services system on the Lower North Shore. Community support and cooperation are necessary in order to succeed. The creation of the Lower North Shore Coalition for Health marks a significant milestone in this process.

With the end of the HSSNPI project fast approaching it is imperative that funding be secured to continue this project and carry out the long term objectives set forth by the LNSCH. With the creation of a sustainability plan, over the course of the next five years, sustainable initiatives will be undertaken to ensure that the English speaking communities of the Lower North Shore have improved services with better accessibility and enhanced quality of care.

A Resource Library on Telehealth sessions topics for 2006-2007 has been drafted. Information on; Bullying, Alzheimer’s, Learning Disabilities, Grief and Loss, Cancer, Mental Health and Drugs & Alcohol has been researched and compiled. The resource library consists of a list of Canadian websites, various pamphlets, fact sheets that are available for download, purchase and/or have available at the Coasters office. Available books on the above mentioned topics were researched, providing a book description and a place where it can be available and the price. Also included are all the resource material gathered at each of the Telehealth Sessions.

Telehealth

The Telehealth Project is a partnership between; McGill University, the McGill University Health Center, CHSSN (Community Health and Social Service Network), and the Coasters Association. The Telehealth Project provides health and social information via videoconferencing to remote English-language communities in the province of Quebec. The main goal is to build community capacity to participate in Telehealth activities. These sessions also aim at empowering individuals and their communities to take action in their own health and through greater awareness of the available English-language resource and build strong health-care partnerships within their communities. In this two hour free community event, an interactive information session is held by qualified health care professionals, via videoconference from the Montreal Children’s Hospital. To date we have held various videoconferences on topics such as; Cancer, Learning Disabilities, Bullying, Alzheimer’s, Grief and Loss, Bone Health and Mental Health.

Ida Jones

Health and Social Services Development Agent

Coasters Association Inc

Laughter is the most
healthful exertion.

Christoph Wilhelm Hufeland

Services to the Physically & Intellectually Challenged on the **LOWER NORTH SHORE**

Through the generosity of the Council of Mayors, Phase 1 of the project *Services to the Physically & Intellectually Challenged on the LNS* was completed from February 6 to May 12, 2006. The goal of Phase 1 was to assess the services offered on the LNS to the physically and intellectually challenged population. Through questionnaires and research, it was determined that a facility for the challenged population was needed. Lack of programs and services, job opportunities, accessibility and the limited availability of English speaking facilities in the region proved this to be the predominant situation regarding the physically and intellectually challenged residents of the LNS.

Phase 2 – *Planning a Group Facility* was funded by Canadian Heritage and began on September 5th, 2006 to March 30th, 2007. The desired outcome is to set the ground work for a group facility detailing the provision of services within the region for the intellectually and physically challenged population. A successful start of phase II began with the creation of an Advisory Committee. Sixteen (16) engaged individuals representing the five (5) municipalities and organizations along the Lower North Shore volunteered to be members. Along with the committee members, eight (8) supporting resource persons came on board to offer their expertise and assistance throughout the project. While the creation of the Advisory Committee was successful and the members and resource persons have continued to offer their support, to date there has not been a meeting. The Advisory Committee has been informed and updated throughout the entire process; however, it was felt that there was not yet enough information to bring the group together to meet.

Through various discussions with the partners, the project evolved to include seniors. Information supported the concept of combined group facilities or recreational facilities that accommodated the elderly, the physically and the intellectually challenged and proposed that these would be more realistic in terms of finances, resources and overall benefits to the population. The CSSSBCN and the CLD of the Lower North Shore, with funding from the Council of Mayors, will evaluate the needs of the territory in terms of lodging resources for persons with a loss of autonomy as well as persons experiencing physical and intellectual challenges. This assessment will compliment the information already collected by the Coasters Association and when completed, will help to determine the best possible facet to meet the needs of the population (type of facility, location, etc.) The aim of combined group facilities would be to provide a home or recreational space for physically and intellectually challenged individuals and seniors. By having this group facility, independent living and community integration will be encouraged. The facility would provide on-going care in the areas of; physical and mental health, supervision of medications, social and spiritual well-being, daily living skills development, independence, encouragement and support. The group facility would be licensed to provide service for residents in a caring, learning environment and staffed twenty-four hours a day.

Since the beginning of the project, there has been a tremendous engagement from local and regional agencies and there has been continued support for the goals of the project. The partners have worked continually with the Coasters and their encouragement and advice are strongly appreciated. Some of the partners sit on the Advisory Committee and others provide information and resources. An important step for Phase II was to meet with the Council of Mayors to make decisions in several key areas, unfortunately, while several attempts were made, due to scheduling conflicts this meeting has not transpired.

The Coasters Association would like to express its gratitude to the sixteen (16) members representing the five municipalities and organizations along the Lower North Shore, in the creation of an Advisory Committee. Even though there has not been an Advisory Committee meeting to date, they have been informed and updated throughout the entire process and have continued to offer their support.

A special recognition and work of thanks must be extended to the eight (8) supporting resource people representing: Coopérative De Développement Régional (CDR), Société d'aide au Développement des Collectivités de la Côte Nord (SADC), Office des Personnes Handicapées Québec (OPHQ), Centre de protection et de réadaptation de la Côte-Nord (CPRCN), Centre de Santé et Services Sociaux de la Basse Côte Nord (CSSSBCN), and the Coasters Association, for their ongoing collaboration to ensure the realization of a facility for the physically and intellectually challenged and seniors.

A special thank you to the staff of the Coasters Association for their continuing advice, support, and guidance during the course of the project.

Sincere thanks must be extended to Mr. Hugh Maynard and Mrs. Johnnie Belinda Cluff, representing Qu'anglo Communications. Without their expertise, knowledge, and resources, achieving the objectives in the project would have been a daunting task.

Finally, I would like to take this opportunity to express a Word of Thanks to Canadian Héritage for sponsoring the second phase of this project. Without their support, a project such as this would not have been possible.

Heidi Buckle, Project Coordinator, Coasters Associations

Don't judge each day by the harvest you reap ... but by the seeds you plant!

Robert Louis Stevenson

KIDS Summer Camp



Training session with Vicki Driscoll, CEDEC



Training session with Serena Etheridge, QLF

Background

In the summer of 2006, we embarked on a six (6) week summer camp pilot project in the Municipalities of Bonne Esperance and St. Augustine to provide a Youth Summer Camp for children between the ages of six to twelve. This collaborative effort was made possible with the generous contributions from the Anglican Church Diocese, Quebec 4-H, Quebec Labrador Foundation (QLF), Municipality of Bonne Esperance & St. Augustine, Sports & Leisure Committees in both communities and St. Paul's School. The summer camp entitled KIDS Summer Camp (Kindness, Inspiration, Determination, and Spirit) has proven to be a great success.

During the 2006 KIDS Summer Camp, a total of sixty (60) youth from St. Augustine and St. Paul's River attended. Through the funding obtained from the Quebec Anglican Church Diocese, three (3) student Camp Counselors were hired at each camp site (St. Augustine and St. Paul's River).

The mission of KIDS Summer Camp is "To nurture and develop a safe and healthy environment in which youth can improve their health and can obtain skills that will assist them in their future lives, through physical activities (baseball, track-n-field, soccer, etc.), mental development (leadership training, mentoring, etc...), artistic growth (music, art, dance, etc...), environment awareness (greenhouse, composting, nature watching, etc....) and community/family participation (volunteers, family/community events, etc...)."

Overview

This year our goal was to expand our efforts to include the communities of Chevery, La Tabatiere, and Blanc Sablon, as well as to continuing the camps already established (St. Augustine, St. Paul's River).

In order to create a sustainable camp for the youth of the Lower North Shore, I Vanessa Newcombe, have been selected as the Youth Camp Coordinator under the project entitled "Feasibility of Implementing Youth Camps on the Lower North Shore", which began on April 30th, 2007 through to November 9th, 2007.

This position was made possible through the generosity of funding received from the Youth Employment Services (YES) in Montreal, Caisse Populaire de Blanc Sablon, Caisse Populaire de La Tabatiere, Caisse Populaire Tete-a-la-Baleine and the Coasters Association Inc. In order to expand the KIDS Summer Camp it was important to establish partnerships with local, provincial and federal governments, as well as various local organizations. To date, we have developed many such partnerships that will help in making this important initiative a reality. The Quebec Anglican Church Diocese has agreed to generously support the camps again this year by providing training, travel and meals (cook) for the trainers and student camp counselors. The position for the cook was posted and Daphne Griffin from St. Paul's River was hired. St. Paul's Anglican Church has become a valuable partner by providing the rectory for accommodations for the student camp counselors. The North Shore Deanery has generously agreed to fund the necessary art and craft supplies for each camp site. Through a partnership formed with the Coasters Association Inc. and the Quebec 4-H, insurance will be offered again this year for a flat fee of fifteen dollars (\$15) per youth. Air Labrador has helped tremendously by providing discounted airfare rates for the trainers and student camp counselors, as well as shipping the craft supplies to each community free of charge.

We are pleased to inform you that our application to Services Canada for five (5) student camp counselors has been accepted (one (1) counselor per camp) for eight (8) weeks) in the communities of Chevery, La Tabatiere, St. Augustine, St. Paul's River and Blanc Sablon. Since Chevery has a camp already established, we are working in partnership with them by providing one (1) student position that has been approved by Services Canada. The Youth Center in La Tabatiere has awarded us with one (1) student position that they had approved through Services Canada for a period of six (6) weeks. The Municipality of St. Augustine has also permitted us to utilize one (1) student position that is funded by their Municipality.

Through all the generous contributions and combined efforts, we have obtained the necessary funding to proceed and open the camps in La Tabatiere, St. Augustine, St. Paul's River and Blanc Sablon.

In each camp site, the number of youth enrolled determined how many counselors would be hired. Camp rules stipulate that there has to be one (1) student camp counselor per seven (7) youth. Therefore, in La Tabatiere, there are fourteen (14) youth and two (2) student camp counselors, Charlene Gallichon and Danielle Robertson. In St. Augustine, there are twenty-one (21) youth and three (3) student camp counselors, Keith Shattler (Municipality of St. Augustine), Holly Driscoll, and Robyn Driscoll. In St. Paul's River there are twenty-nine (29) youth and three (3) student camp counselors, Adam Wellman, Heather Roberts, and David Fequet. In Blanc Sablon, there are fourteen (14) youth and two (2) student camp counselors, Alex Letto Morency, and Megan Letto. In Chevery, Erica Strickland has been hired to work in the Eau-Natural Discovery camp on behalf of the Coasters Association Inc.

Each community has established a KIDS Summer Camp Committee consisting of community members to help in running the KIDS Summer Camp. The committee is responsible for obtaining snacks, assist in developing the course outline, and be available for any issues that may occur.

A steering committee was formed, consisting of one (1) person from each KIDS Summer Camp Committee, as well as Vanessa Newcombe, Youth Camp Coordinator and Ida Jones, H & SS Development Agent. A list of resource persons has also been established consisting of representatives from various organizations along the Lower North Shore to sit on the steering committee (i.e. QLF, CEDEC, Community Learning Center, SADC, Quebec 4-H, Regional Social Development Council, Quebec Anglican Church Diocese and Coasters Association Inc.)

Partnerships have been formed with local municipalities, sports committees and schools to use their facilities, free of charge, to run the program. In La Tabatiere, the Municipality of Gros Mecatina has permitted us to utilize the community hall. In St. Augustine, we have been granted permission by the sports & leisure committee to use the arena for the camp. In St. Paul's River, the



Yummm, Yummm looks good....

Peep..I see you!

Group photo

governing board of St. Paul's School has awarded us the privilege of using the school for the KIDS Summer Camp. In Blanc Sablon, the Corporation of Development of Blanc Sablon has generously allowed us to hold the KIDS Summer Camp in the arena. Without the generous support from all these organizations the KIDS Summer Camp would not be possible.

In the last week of June, the Anglican Church Diocese in partnership with the Coasters Association Inc. held a three day training session in the Municipality of Bonne Esperance for the fourteen (14) student camp counselors. The curriculum included information about learning styles; child development; Christian formation for children; managing challenges and stress; games; curriculum specific material; legal responsibilities and lots of other interesting topics. Unfortunately, due to the weather, the trainers of the Anglican Church Diocese was not able to provide training. Therefore, the training was conducted by Vanessa Newcombe, Youth Camp Coordinator, Ida Jones, H & SS Development Agent, Vicki Driscoll, CEDEC, Serena Etheridge, QLF, Priscilla Griffin, Coasters Association Inc., Lana Rowsell and Kimberly Buffitt, KIDS Summer Camp Committee. All counselors were required to attend the training camp. This training has provided rewarding work experiences and has, without a doubt, improved their leadership skills and the local capacity of the youth in their respective community.

The KIDS Summer Camp will not only provide a safe and happy environment for the youth in our communities but will also provide a unique learning experience for all those involved, as well as providing the camp counselors with leadership skills that will help them confidently navigate through a successful future and become leaders within their own communities.

Our hats are off to all those who made the 2007 KIDS Summer Camp possible. You not only provided nine (9) summer jobs for our students, but provided an enjoyable learning experience for seventy-eight (78) kids in four communities across the Lower North Shore. Be on the look out for updates on the KIDS Summer Camps in future Health Matters and/or Coaster.

Vanessa Newcombe, Youth Camp Coordinator, Coasters Association

PLEASE NOTE: Look for more information on this initiative (ie: steering committee members & resource people, camp committees members, partner contribution and the results of the 2007 summer camp) in the next edition of the newsletter, Health Matters.

Sustainable Initiatives to Retain and Maintain

Health and Social Services Professionals on the Lower North Shore

In 2006, the Coasters Association and Centre de sante et de services sociaux de la Basse Cote Nord (CSSSBCN) received a Training and Human Resources Development project, under the Retention and Distance Professional and Community Support program from McGill University. A needs assessment was conducted on the hiring and retaining of English speaking professionals in Health and Social Services on the Lower North Shore. A project was developed out of the needs assessment and accepted for two years, with several goals in mind:

- Improving retention of English speaking Health and Social Service professionals on the Lower North Shore by developing and implementing sustainable initiatives.
- Developing and implementing a sustainable internship program at the CSSSBCN.
- Improving access to English language Health and Social Services using skill upgrade training, thereby improving the stability of Health and Social Services professionals.
- Improving the facilitation process for recruiting employees at the CSSSBCN.

The achievement of these goals will have many positive effects on Health and Social Services in our region. The types of activities being planned to allow these goals to be accomplished have been categorized into three fields; community, formation and intern partnership agreements.

Within the field of community, a guide is in the final stages of development. The community guide will be distributed to all employees coming to a village on the Lower North Shore and contain information on important numbers, local businesses and organizations, baby sitting services, etc. An effort is being made to develop maps outlining locations of certain services in each village.

An employee buddy system has been created so current CSSSBCN workers can be paired with new employees and help make the transition to the area easier. Currently the final draft has been developed and the next step is to implement the program.

Lodging and transportation concerns for employees new to the area are also being evaluated and possible resolutions considered.

In regards to formation a Training Needs and Skills Audit survey has been created. This survey will aid the design of a sustainable training program in areas targeted by personnel and administration of CSSSBCN, allowing the staff to maintain and upgrade their skills. Also being assessed is the interest of CSSSBCN employees in the development of courses to train CSSSBCN staff in a supervisory role, i.e. (to evaluate, manage and support interns.)

The Intern Partnership Agreements will aid in determining internship structure, duties, management and evaluation of any interns at the CSSSBCN by obtaining a written agreement between hospitals, schools and the CSSSBCN. A support partnership agreement with McGill University, whereby McGill would help the CSSSBCN with support, management and evaluation of interns via video conference, telephone, internet and recurrent training is being assessed. The financial cost of internship programs on the Lower North Shore are an issue and a sustainable plan to establish an internship program is a priority.

If you have any questions or suggestions concerning this project, please contact the Coordinator Faye Bilodeau, Coasters Association at 418 379-2006 or by email at fayebilodeau@hotmail.com.

Community Against Drugs (CAD)



(A pilot project for the Municipality of Bonne Esperance)

Since my last update of the CAD program in March 2007, the following is a brief summary of my activities to date. The Youth Local Action Group and the two (2) Community Local Action Groups participated in training workshops on May 23, 2007 and they were facilitated by two (2) animators from the Quebec 4-H Club. Training included building community capacity, youth inclusion & engagement and leadership development. A List of Resources, which will be made available to the public, a "Did you know ..." pamphlet was developed, and both will be distributed via mailboxes. I am also hoping to develop a new pamphlet monthly, or bi-monthly, on a different drug to provide information to parents. "Community Against Drugs (CAD)" silicone bracelets were received and these were distributed to all youth and staff in St. Paul's School and will be distributed in Mountain ridge School as well. The extra bracelets will be distributed to the general population.

A partnership has been formed with the MADD Canada Community Leader in Lanse aux Loup and preparations are being made for students from Bonne Esperance and Blance Sablon to attend a MADD Canada media presentation being held in Forteau (September 2007).

Shelley Fequet, CAD – Project Coordinator, Coasters Association

Partnership Forum

A partnership forum was held on March 23rd, 2007 in Chevery, Quebec. This was the First Partnership Forum held in the region. All the partners gathered had the same goal in mind, the future of the Lower North Shore and its people. The meeting was about bringing together partners (old and new) to share project results and to create a long term action plan. We all share the responsibility in assuring that the Coast thrives and remains the most beautiful place to live in the Province of Quebec and Canada. It will take many types of partnerships to maintain and enhance the prosperity of the Coast. The Theme “Sustainable Partnerships” is the key to each door.

There will always be a need for unification of the people. There is also a great need for partnerships with others off the Lower North Shore, those who may need to be informed about the accomplishments on the Coast, as well as those who already know and appreciate the splendors at a distance. The Partnership Forum was designed to develop a long term action plan for “Sustaining Healthy Lifestyle Activities on the Lower North Shore”, and by participating the partners honored their commitment to this partnership and demonstrated the belief we share for these common goals. The following is a brief overview of the priorities, goals, strategies and actions emanating from the forum:

Priorities

1st – Partnerships, 2nd – Food Security, 3rd – Enterprise Development, 4th – Wildberry / NTFR, 5th – Information (Nutrition), 6th – Community Gardens, 7th – Community Kitchens

Goals, Strategies and Actions

Awareness and Understanding — Integrated throughout the other goals, (ie: **Communications:** Portal website, Radio, Newsletter, Promote food guide, wellness, Collective advocacy, **Education:** Nutrition and school success, elementary curriculum, Entrepreneurship, Exchanges, **Training:** Workshops with local resource people, Telehealth Emphasize existing structures and resources, **Marketing:** Celebrate successes, Wildberry and prevention, wellness.)

Community and Public Engagement (ie: Community gardens, Create other related businesses (canning, freezing), Community kitchens and courses, Nutrition and school success, Meals on wheels)

Enterprise Development (ie: Greenhouse, Promote diversification, Entrepreneurship education (use local resources ex: radio), Preference for companies that create local employment, Wildberry and NTFP, Goals: Research on market, Product transformation research, Product transportation research, Product inventory, Strategies: Partnerships w/ research firms, Action: Compile research, Advertising/promotion, Get community consensus, Structure: LNS co-op, Funding: Community buy-in, Parking lot – Wildberry as economic not wellness)

Food security (ie: Advocacy, Inspection, Lobby both Federal and Provincial departments to support food security on the Coast Local resources, Economics (cost minimization))

Alternate Goal (ie: Make sure the Coast survives and is sustainable and healthy community through development)

LNSCH (ie: Example of a strategy that connects with local communities)

Funding (ie: Need to reflect local situation i.e. transportation, Need more government assistance, more long-term initiatives, Partners help are important)

We are very proud of the results of this program with Health Canada. The “Lower North Shore Food Guide”, is a fine example. This is just one rewarding initiative, among many others, that the Coasters Association and the Lower North Shore Coalition for Health have undertaken. It is so important for ALL of us to join together to achieve OUR goals.

We would like to thank all those who took the time to participate in the Partnership Forum, with out their participation, the end results would not have been so rewarding..

Partnerships

Partnership is one of the most important aspects of the Coasters Association. It is a link for communication, finding a common ground and a successful model of shared resources. We have established strong partnerships with many organizations, institutions and municipalities on & off the Lower North Shore. A key partner of this initiative (Nutritional Project) were the members of the Lower North Shore Coalition for Health, their commitment to the project was immeasurable. The Coalition is comprised of dedicated people who supported this program and played a major role in its accomplishments of which they are very proud; Centre de Santé et de Services Sociaux de la Basse-Côte-Nord (CSSSBCN), Council of Mayors (CM), Local Development Center (LDC), Quebec Labrador Foundation (QLF), and Commission Scolaire du Littoral (CSL).

As the project progressed we acquired many new partners and community volunteers, too many to name. In the spirit of teamwork, all our partners have contributed significantly to developing and initiating programs and services within all the communities along the Lower North Shore, and for this we are very grateful. The project was a major success; however, without the support and guidance of Health Canada, none of this would have been possible. Their assistance has been crucial in helping to aid and build sustainable long term development for the communities of the Lower North Shore of Quebec.

Priscilla Fequet Griffin, Coordinator, Coasters Association

NON-TIMBER FORESTRY PRODUCTS



Since the onset of this project (January 2005), researching long term development has been on-going. With the assistance of Health Canada wonderful partnerships has been formed with the Institut de technologie agroalimentaire (ITA) - Campus of La Pocatière, Fondation François Pilote, Centre d'expertise sur les produits agroforestiers (CEPAF), and Société d'aide au développement de la Côte-Nord Inc (SADC) to aid in the development of a non-timber forest product

In response to the need to create new jobs in a domain other than the fishing industry on the Lower North Shore, a project was developed by the Coasters Association inc. with the assistance of the above mentioned partners, to address this need.

In order to establish a co-op in the Bonne Esperance region a local committee was formed to assist with the development of this industry as well as establishing community ownership of this initiative. The goal is to create new jobs by means of activities related to harvesting and processing, in order to make healthy niche food products with a high added nutritional value, which answers the increasing consumption demands from the North American population on healthy food products (nutraceutiques, functional food and alicaments).

During the summer of 2006 Mr. Guy Langlais, ITA and Maurice L' Heureux, CEPAF, along with Meeka Faucher of SADC visited the Bonne Esperance region to meet with the wildberry committee, partners and the public. Following this an analysis was done on several of our local wild fruit to determine their nutritional value.

This summer (2007) an inventory will be done of six small fruits: Crowberry (*Empetrum nigrum*), Cloudberry (*Rubus Chamaemorus*), Partridgeberry (*Vaccinium vitis-idaea*), Wild Blueberry (*Vaccinium angustifolium*), Squashberry (*Viburnum edible*) and Meshberry (*Vaccinium oxycoccus*). In early fall the principal forest mushrooms with commercial potential will be inventoried and they are: (Edible Boletus or *Boletus boletus* (*Boletus edulis*) heavy Armillaire or Matsutake (*Catathelasma ventricosa*) and the common Chantarelle (*Cantharellus cibarius* france).

A market study is in place as well as product development (creating recipes). We are in the process of looking for the necessary funds to hire two harvesters this season, in order to pick the necessary fruit to continue with the creation of the recipes.

It is possible to create another small industry on the Lower North Shore, but we must always insure the protection (through proper management) of our natural resources.

Priscilla Fequet Griffin, Coordinator, Coasters Association



Mr. Guy Langlais, ITA and Maurice L' Heureux, CEPAF, enjoying a visit to the many islands in the Bonne Esperance region



Meeka Faucher soaking up the sun and playing the role of co-pilot



Douglas Griffin and Maurice L' Heureux, checking out the wildberries

**Touch the earth, love the earth, honour the earth,
her plains, her valleys, and her seas; rest your
spirit in her solitary places.**

Henry Beston

Nutritional Project Over-View

The immediate objectives of the project were to engage the population of the Lower North Shore in working towards a healthy alternative lifestyle. This is being carried out through research, needs assessments, consultations, education and awareness programs, and the establishment of direct activities, such as community kitchens, in the communities. This is in the process of being accomplished despite the challenge that most of the Lower North Shore communities (14) are not connected by road, and trying to implement activities and/or programs in the middle and west sectors has proven to be difficult, due to the high cost of transportation and the complexity of getting in the region during certain seasons (i.e. snowmobile and plane during winter months, helicopter during spring break-up and fall freeze-up, and boat and plane during the summer) on the Lower North Shore. This has, however, reinforced the need to improve transportation services in the area for the improved capability to deliver **quality** foodstuffs year-round, if not for the otherwise simple exercise of organizing workshops.

The Transportation Consultation was a milestone in the development of the Lower North Shore as it brought together many of the commercial stakeholders of the region to help address an issue with important social implications. While there is clearly a long way to go before declaring that such a roundtable has been permanently established and a comprehensive and collaborative program to resolve all food supply and quality issues has been started, it is important to note that all participants expressed a desire to continue the development process and recognized that despite their different roles within the socio-economic fabric of the region, they all had something to gain from working together to improve the transportation situation on the Lower North Shore.

Thus far it has been established that providing education and creating awareness for the population was desperately needed, and that this is not a situation that can be rectified in a few short months. It is important to understand that a healthy life style/ healthy eating are all about personal choices, however, the population is in need of educational advice and continual support which this project has started to provide through its different outreach activities.

A longer-term program will be essential, and the development of such an initiative, particularly directed at the younger generation, must be part of the focus of the program. Due to the isolation factor, services to offer such an on-going program in small remote communities are limited or non-existent. Other means of reaching the population must be looked at (i.e. monthly video conferencing with Community Kitchen Groups to update and review the progress of the group, have selected groups hold sessions with nutritionist, etc.), thus encouraging, supporting and providing continual advice and information to the population.

Priscilla Fequet Griffin, Coordinator



Lower North Shore Food Guide Press kit

Over the last year, we have been busy developing a Lower North Shore food guide and important information booklets for the population of the Lower North Shore. We are happy to announce that they have been printed and will be presented altogether in a press kit. This press kit was made possible by the Public Health Agency of Canada, under the Population Health Fund. All documents are in French and English for your convenience.

The Food Guide is based on Canada's Food Guide to Healthy Eating, but includes many of our local resources. The purpose of these documents is to highlight the healthy foods (local resources) available on the Lower North Shore and to illustrate their nutritional properties, as well as encouraging healthier eating. Each document is special in its own way and the following paragraphs briefly explain them.

The Guide, On the Road to Healthy Eating with the Lower North Shore Food Guide provides tips on healthy eating for people over the age of 2 years old. It also explains in more detail the four Food Groups as well as the recommended daily servings for males and females of different age groups. Information on physical activity is also provided.

The tear sheet of the Lower North Shore Food Guide presents the Lower North Shore food guide with the Four Food Groups and the serving sizes for each food group.

The Guide, Nutritional Value of the Local Foods on the Lower North Shore, illustrates in detail the amount of calories, proteins, carbohydrates, fats, dietary fibre, cholesterol, vitamins and minerals found in our local foods. The local foods are separated into their respective categories, wildberries, wild meats, fish or seafood.

The little booklet, Nutrients Found in Different Food Sources, explains the role of different vitamins and minerals as well as the daily recommended amounts, as well as tables that list the different local food sources for the vitamins and minerals given.

The Recipe Book, Great Recipes from the Lower North Shore, is composed of interesting nutritional information and 26 delicious recipes developed using local foods.

We hope that you will enjoy these documents as well as sharing it with your family and friends. The press kit with all the above mentioned booklets can be purchased @ \$25.00, and/or you can purchase a cookbook for \$10.00. For more information, or if you would like to obtain a copy of these booklets, please call Priscilla Griffin @ the Coasters Association's office (418-461-2006/2356) and we will be happy to assist you.

Priscilla Griffin, Coordinator
Coasters Association Inc.

Food Transportation

Possible Solutions to Food Transportation

Researching existing modes of food transportation and other transportation scenarios were completed. Other than boat and road transportation in the summer months, and plane in the winter, there are no other modes of transportation for Lower North Shore businesses or consumers. However, a Food Mail program was researched, and Luc Ladouceur, of the Food Mail Program, Indian and Northern Affairs, attended the consultation to explain how the program could benefit this region. It is important to note that some of the retail stores in the region already used or are using this program, but 90 % of the store owners did not clearly understand the service. The data collected was presented to the participants (i.e. transporters, businesses, local organizations, municipalities and consumers) at the Food Transportation Consultation in the form of reports. To further this file, all the businesses were contacted in order to set-up a steering committee (as follow-up to the consultation) to address the issue of increasing the accessibility of nutritional foods on the Lower North Shore, however, only a few has come forward to address this issue. Once the Steering Committee is formed they will continue working on the issue of Food Transportation in order to find solutions.

Food Transportation Consultation

Many hours were spent planning, preparing and rescheduling this very important event, as well as meetings with businesses and transporters. On March 29th, 2006, thirty-two (32) people participated in the Food Transportation Consultation, held in Lourdes de Blanc Sablon, Quebec. Represented were Transportation companies, Businesses, Community Media, and a representative from the Food Mail Program (Indian and Northern Affairs), Municipalities, Community Organizations, and Consumers. Key players came together to assist in finding solutions to increasing the access to affordable, safe and nutritious foods to consumers on the Lower North Shore, since a greater understanding of the different avenues to increase the accessibility of nutritional food is necessary if there is to be any change in the cost, quality and quantity of food purchased on the Lower North Shore. The following are some of the key findings from the reports:

- Consumers from the Lower North Shore say that there is not enough food products (produce) in their local grocery stores and those that are, are of insufficient quality.
- Most of the Lower North Shore consumers judge the quality of the food in their local grocery stores to be good to fair in the summer.
- Most of the respondents say that the milk products are of good quality in the winter. However, many say that the quality of fresh meats, poultry, fruits and vegetables range from poor to fair in the winter.
- Majority of respondents do not buy milk products due to high cost.
- More Middle and West sector consumers buy their food in bulk in the fall.
- Most of the East sector food retailers do not buy or limit purchases of fresh fruits and vegetables due to transportation problems.
- Greater percentage of the Lower North Shore retailers generally perceive the quality of the foods they receive to be good.
- East Sector merchants perceive that the fresh fruits and vegetables that they receive to be of poor quality.
- Middle sector merchants perceive that the perishable foods received by boat are of poor quality and those received by plane are of good quality. They also believe, at an average of 1 out of 1.2, that the food suppliers send them last dated food stock.
- Lower North Shore consumers shop at selected grocery stores mainly due to limited choices and price factors. However, many East sector consumers are also influenced by the quality of the food offered at their local grocery stores.
- Lower North Shore consumers say that there is not enough fresh fruits, vegetables, breads, poultry and fresh meats in their local grocery stores.
- Consumers commented that they do not always buy locally, because they buy certain types of foods in bulk in the fall.
- Most of the merchants from the Lower North Shore were interested in being part of a purchasing co-op.
- Most of the merchants would be interested in purchasing fruits and vegetables from a local green house.
- Most of the merchants from the East and West sectors of the Lower North Shore have noticed a difference in where their customers shop.

Over all consumers are not satisfied with the quality and the quantity of the perishable foods (this varied by sector). There are different purchasing patterns in each sector, especially in the Middle and West (due to isolation). Food retailers do experience supply problems related to transportation (poor quality). Consumer's choices are limited, price and quality are predominant factors.

If you would like to be a member of a steering committee to address the issue of Food Transportation (we have a few willing participants already) please call the Coasters Association's office (418-379-2006/2356). We would be happy to welcome you on board!

Priscilla Fequet Griffin, Coordinator , Coasters Association

Primary Health Care Survival Pack



Background

Through the community outreach activities of the LNS HSSNPI project, focus groups were held in the winter and spring of 2005 to identify important health and social services issues in each community. One of the issues identified is the difficulty parents are having in their relationship / interactions with their teenage children. The production of a 'Survival Pack' was strongly requested by the parents. A student placement project was carried out in the summer of 2005 which researched the concept of a 'Survival Pack' for parents, as an appropriate first step in responding to their need for assistance when dealing with their adolescent children. Health Canada granted the amount of five thousand dollars (\$5000) through the CHSSN, under the Primary Care Project, to carry out the preparation of a Survival Pack for parents with teens on the Lower North Shore. The project began on January 15th, 2007, for eleven (11) weeks with a maximum of five (5) hours / week. The goal of the project was to create a Survival Pack of information and resource materials for parents to use and / or turn to, when attempting to address issues and problems related to the behavior / relationships / activities of their teenage children. It will contain references to local services, hot lines, guides, websites, etc... The main objective is to provide parents with resources so that they don't feel isolated and can respond to issues involving their young adults.

Funding

Health Canada has granted the amount of five thousand dollars (\$5000) through the Community Health and Social Services Network (CHSSN), under the Primary Care Transition Fund, to carry out the preparation of a Survival Pack for parents with teens on the Lower North Shore. The project began on January 15th, 2007, for eleven (11) weeks with a maximum of five (5) hours / week. Of the Transition Fund, an additional amount of three thousand (\$3000) was allotted in March 2007, to cover further cost to produce complementary Survival Packs.

Preparation of a Survival Pack

In phase I, a resource library entailing in office material and online research charted into seventeen (17) content topics pertaining to teenage issues was completed. Through the expertise and input of the Coasters Association, Commission Scolaire du Littoral, and Centre Santé et Service Sociaux de la Basse Côte Nord, the best quality items were chosen from the resource library and twenty-five (25) Survival Packs were purchased. However, with the successful production of these packages, twenty-five is merely not enough. The Survival Pack needs to be manufactured in mass quantities and disbursed to all parents with teens along the Lower North Shore. To achieve this goal, funds are needed to carry out phase II to assemble and introduce the package to the public. Workshops / information sessions must be held in each of the five (5) municipalities and the five (5) high schools on the coast to launch the Survival Pack. An evaluation has to be conducted with various parents, teens, and educators to assess the measure of satisfaction.

Extension:

Successfully creating the Survival Pack was an accomplishment onto itself; yet in spite of this, without the funds to carry out the objectives of the next phase, phase I would have been in vain. It is crucial that phase II continues without delay in order to carry out the proposed initiatives during the 2007/2008 school year. We need to pull together and offer the best source of information to the parents on the Lower North Shore, in order for them to have a greater capacity in responding to issues involving their teenage children.

We would like to take this opportunity to thank the Community Health and Social Services Network (CHSSN) and all our participating partners for their on-going assistance in this and many other initiatives.

Heidi Buckle, Project Coordinator, Coasters Association

“My Mother’s menu
consisted of two
choices:
Take it or
Leave it.”



Buddy Hackett

Community Kitchens



We hope to establish two more Community Kitchens in the fall of 2007, and the communities of Mutton Bay and Middle Bay have been chosen for this year. Therefore, if you would like to participate in a community kitchen in your community, or you would like more information, please call the Coasters Association's office @ (418) 379-2006 or 2356 or by e-mail @ coas-tar@globetrotter.net and I would be happy to assist you.

Priscilla Fequet Griffin, Coordinator, Coasters Association

Chunky Oatmeal Redberry Cookie Mix

Recipe by: Colinda Lavallée (mother) and Noah Etheridge (son) of Brador Bay

Makes: 18 cookies

Preparation time: 20 minutes

Cooking time: 10-12 minutes

Ingredients	Quantities
All purpose flour	1-1/4 cups (310 ml)
Baking soda	½ tsp (2.5 ml)
Salt	¼ tsp (1.2 ml)
Rolled oats	1-1/4 cups (310 ml)
White sugar	¼ cup (60 ml)
Brown sugar	¼ cup (60 ml)
Redberries, raw	¾ cup (187.5 ml)
White chocolate chips	¾ cup (187.5 ml)
Pecans, chopped	½ cup (125 ml)



All of the ingredients above can be added one at a time to a jar to give a friend. If not, follow the preparation method below to make the cookies.

Preparation method:

Beat ½ cup (125 ml) of non hydrogenated margarine until light and creamy. Add 1 egg and 1 tsp (5 ml) of vanilla extract. Mix until the ingredients are well combined and the mixture is smooth.

Add all of the dry ingredients as shown in the table above to the creamy mixture and mix until well combined. Drop onto a greased cookie sheet with a teaspoon.

Bake in a preheated oven at 350°F for 10-12 minutes or until lightly brown. Cool the cookies on a rack.

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

DELAYS - DELAYS - DELAYS

Due to funding constraints, and volunteerism, it has been impossible to complete the latest issues of the Coastar scheduled for January, 2006 and again in June 2007.

However, the next issue (hopefully) will be printed and distributed sometime in the Fall of 2007.

We apologize for any inconvenience !!!

Priscilla Fequet Griffin,
 Volunteer Coordinator/Production Manager

Next Edition:

- Update on McGill project (Recruit & Retain professionals at CSSSBCN)
- Update on the intellectually and physically challenged project
- Update on Nutrition project
- Update on HSSNPI Program
- Tele-Health Session
- Update on the Community Against Drugs project
- Update on the youth Summer Camp
- Update on the Survival Pack
- Healthy Recipe, etc...

Note: Be on the look out for three (3) more newsletter in this fiscal year (September 2007, December 2007 & March 2008.)