

JULY 2022 NEWSLETTER



Welcome to the summer edition of our newsletter to the population of the Lower North Shore and beyond.
Email: info@coastersassociation.com



Be sure to check the Coasters Association - Northern Research Centers Facebook page for upcoming dates in your community!

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The Coasters Association would like to take this opportunity to wish everyone a happy and safe summer. For those of you who are either travelling home or leaving for vacation, pleasant travels and enjoy your holiday with family and friends. And for those who are travelling off the coast for work please stay safe. A special mention to all fishermen/plant workers on the Lower North Shore, wishing you a productive and profitable season.



Don't miss our next newsletter coming September 2022

01. COASTERS ASSOCIATION UPDATES

RESULTS OF THE COASTERS AGM

On Tuesday, March 22nd from 8:30 am to 12:00 pm the Coasters 27th Annual General Meeting and 33rd Anniversary took place via Zoom and teleconferencing. Some of the guest speakers included William Floch, Secrétaire adjoint, Ministère du Conseil exécutif, Secrétariat aux relations avec les Québécois d'expression anglaise, a message from the MP for Manicouagan- Marilène Gill, via video, messages from the MNA, Lorraine Richard and the Prefet, Gladys Martin and the Mayor of Bonne Esperance, Dale Keats. A presentation also took place with David Birnbaum, MNA D'Arcy McGee & Official Opposition Critic of English-speaking Quebecers, Mental Health, Canadian Intergovernmental Relations and Canadian Francophone discussing the challenges and opportunities across Quebec. Cathy Brown, Executive Director of the Regional Development Network also made a presentation whereby she explained the goals and objectives of the network, visions for the regions, and how excited the RDN was to be working with the Coasters. Presentations were also made by Coasters staff members regarding expanding the social and economic growth of the Lower North Shore, the youth and mental health initiatives, as well as the strategic growth of the organization. Additionally, the approval of the new 2022-2024 board of directors also took place. Special mention was also made for Phillip Joyce and Vincent Joncas in their respective retirement. There were approximately seventy-nine (79) participants from on and off the coast which made for very lively and dynamic conversations. Lastly, the Coasters AGM was very successful, and all participants look forward to the continued growth and success of the organization.

MENTAL HEALTH

The Coasters Association received funding from the Community Health and Social Services Network (CHSSN) in September of 2021 for a span of 3 years that focuses on Youth Mental Health. The funding is currently in its second year and to date, we have worked with the Community Health and Social Services Network to distribute a Youth Pulse Check Survey to the Youth of the Lower North Shore ages 15-29. Through this anonymous survey, we will have a better understanding of the thoughts and feelings of our youth surrounding the topic of mental health and access to services. The data will be collected and analyzed in this funding year, which we will use to create a Youth Mental Health needs assessment for the Lower North Shore. Moving forward, we hope to work collaboratively with the partners that provide Mental Health services on the Lower North Shore with the goal to raise awareness of the services available and support the youth in accessing information and services.

For more information, please contact Latesha Fequet at latesha.fequet@coastersassociation.com.

THE COASTERS ASSOCIATION - RESTRUCTURING PROCESS

The mission of the Coasters Association is to develop knowledge of the needs and expectations of the sixteen communities on the Lower North Shore and act in partnership with community leaders, organizations and stakeholders to design and deliver community strategies, programs and services which respond to the region's development challenges and which profile the region's unique cultural and natural resources.

This is an exciting time for the Coasters Association as we're examining current processes and outcomes and laying the groundwork for stimulating innovation initiatives and community support – now is the time for that change to be executed. I'm confident this will be an energetic renewal period for the Coasters Association and the beginning of an exciting chapter for the Lower North Shore.

I can say from personal experience that volunteering with the Coasters Association is incredibly rewarding and an absolute privilege. I can also say that it's a big commitment and a massive responsibility to our board and staff. Still, we are dedicated to supporting the communities with social and economic development.

The Coasters Association has gone from one office to having offices in every community along the coast. Our budget has grown from ninety thousand (\$90 ths) in 1990 to 1.75 million in the last fiscal year (2021-2022). Throughout the years, we have gone through several restructuring processes. However, we are still committed to our core values: to support the Lower North Shore in being an active, thriving region that values the wellbeing of its people. We seek to promote healthy choices for all residents through open communication, collaborative relationships and affordable resources. We are dedicated to building partnerships and coalitions to improve the overall community wellbeing without stigma or judgment. We support and connect all groups, organizations, and individuals committed to making the Lower North Shore a healthy place to live, work, place, and grow old.

The Coasters Association's objective is to make the Lower North Shore a better place to live for residents of the Coast. We firmly believe that this objective will be attained sooner if everyone gets involved. By linking the communities of the Coast and by giving them a chance to partake in joint initiatives, the Coasters Association aims to create a common bond that will enable the entire Lower North Shore to face the challenges of renewal and development.

ESTABLISHMENT OF THE LABORATORY

Over the past few months, the Coasters Association has been working hard to construct a laboratory facility that will offer chemical and microbial testing services to businesses and organizations on the Lower North Shore. The laboratory is located at the Coop building in St. Paul's River. While construction is still well underway, this is a very exciting and prosperous opportunity to stimulate our region's economy.

We encourage any businesses or individuals who may have questions or would like further information to contact [Samantha Tinkham](mailto:samantha.tinkham@coastersassociation.com) at samantha.tinkham@coastersassociation.com.

RESULTS OF THE BOARD ELECTIONS

Coasters Association's Board of Directors Election 2022-2024

February was election time for the Coasters Association's board of directors, 2022 to 2024. Board service is one of the most complex volunteer roles in our organization, and these dedicated volunteers tirelessly give their time and energy to fulfill the important role of prudent stewards of our organization.

We would like to take this opportunity to thank all those who served the Association in previous years, as they performed with dedication and tenacity. Thank you for your guidance and support! To the newly elected Board: It is with sincere pleasure we welcome the new board of directors of the Coasters Association. Your great talent, skills, and experiences will help guide us through the next two years. We are very happy to have you as a part of our team. The new board of directors are as follows:

Eileen Scofield, President, *Municipality du Bonne Esperance*

Glen McKinnon, Vice President, *Native Representative, Pakuashipi/St. Augustine*

Gloria Bobbitt, Secretary, *Côte Nord du Gôlfe St. Laurent*

Tony Roberts, Treasurer, *Economic Development*

Johanne Beaudoin, Executive Member, *Municipality du Blanc Sablon*

Dean McKinnon, Executive Member, *Municipality du Gros Mecatina*

Mickael Lambert, Francophone Representative

Greta Gallibois, *Municipality du Saint Augustine*

Ghislaine Nadeau Monger, Seniors & Those with Loss of Autonomy

Dale Keats, Small Business Enterprises

Kristopher Fequet, Youth and Employability Sector

RESOURCE SEATS: Non-voting rights

Philip Joycey, Commission Scolaire du Littoral, Education Representatives

Constance Monger, Centre intégré de santé et de services sociaux de la Côte-Nord (CISSSCN) Representative

DID YOU KNOW?

The Lower North Shore Health Fund (LNSHF) is always available to support the population of the entire Lower North Shore who are financially burdened by illness and to enhance the quality of life for those living with health issues, from Kegaska to Blanc Sablon. In April, May and June 2022 there were 10 requests at a total of \$1,258.46. For more information regarding the LNSHF, you can call 418-379-2006 or email info@uniaidefoundation.com.

02. WELLNESS CENTERS UPDATES

WELLNESS CENTER

This past year, the Wellness Center team has taken big strides in supporting the mental health of the population on the Lower North Shore. The team has been actively producing resources, sharing information, and most importantly, bringing awareness to mental health through our community programs.

In April, the Manager of Senior Services, Jenna Maurice, alongside the Manager of Early Childhood Development, Gabrielle Anderson, began planning an intergenerational activity, bringing both seniors and young children and families together for a fun interactive game of BINGO with a little spin on mental health awareness. Each community that participated made the activity uniquely their own! After 4-6 rounds of bingo, some groups played mental health trivia, shared infographics, and discussed the importance of mental health with the local Social Worker. Communities that did not have an active animator participated online through Zoom. The entire event was a complete success! We were so happy to receive over 40 generous donations from local businesses, with a total of 150 people participating across the Coast! Stay connected for more information on local mental health activities and resources over the summer months. And don't forget to pencil in our Annual Doorway to Happiness: Walk for Wellness to be held this October!

As for this summer – there will be many great activities planned by our amazing Senior Wellness Animators. Be sure to reach out to your local animator for more information about what is to come in your community. For additional information please contact Jenna Maurice at jenna.maurice@coastersassociation.com and/or Gabrielle Anderson at gabrielle.anderson@coastersassociation.com.

03. SUMMER STUDENTS

ENGAGEMENT AND COMMUNICATIONS STUDENT

The Coasters Association would like to take this opportunity to announce our new summer student intern and Engagement & Communications Coordinator, Grace Keats, from St. Paul's River. Funding was provided by Young Canada Works for thirteen (13) weeks, from May 30th to August 26th. Grace will be assisting with the development of a regional welcome guide detailing the services in each community on the Lower North Shore, allowing newcomers to feel welcome and successfully transition into local life. She will be working closely with the youth team and the Place aux Jeunes Migration Agent. **Congratulations Grace, and welcome to the team!** A big thanks goes out to Young Canada Works.



YOUTH BRAND MARKETING STUDENT

We are very excited to welcome Tomika Etheridge from Brador Bay to our team as Youth Brand Marketing Coordinator, funded by Service Canada. She started on June 6th and will be working until August 26th (12 weeks). Tomika has experience developing social media content for businesses and promoting various services through digital marketing. With a diploma in Visual Arts, she is very creative and brings an artistic eye to her role with the Coasters Association.

She will be working closely with our Northern Research Center team, using her many skills to develop visual content across all Coasters' digital platforms. She will maintain a consistent branding for all Coasters Association divisions and programs, including Little Coasters in Muddy Boots and the KIDS Summer Camp.

[We look forward to seeing the great things Tomika will accomplish!](#)



KIDS SUMMER CAMP COUNSELLORS

The Coasters Association, in collaboration with all of our partners, is proud to offer the KIDS Summer Camp program again this year in Bonne Esperance! Registration was on Thursday, June 16, from 6:30-8:30 pm at St. Paul's School. Twenty-one (21) kids have been registered. The Camp kicked off on July 4 in Bonne Esperance and we would like to welcome our camp counsellors for this year:

- Caitlin Macdonald
- Jada Chevalier
- Abigail Smith

WE have an exciting program lined up and we anticipate another successful camp season. We wish the counsellors and the kids a fun and educational camp experience. [Thank you to Service Canada, CSSL, Caisse Populaire de Blanc Sablon and all the parents for making this possible.](#)



04. AWARDS & BURSARIES

2021/2022 SCHOOL YEAR AWARD WINNERS

Congratulations to the following award-winning students of the Lower North Shore – we are so very proud of you!

Steel River Group - Cornella Maurice Resilience and Passion Award

Avery Gallichon, *Ecole Mgr-Scheffer, Lourdes de Blanc-Sablon*

Steel River Group - Athletics and Academics Awards

Melodie Martin, *Netagamiou School, Chevery*

Brent Maurice, *Mecatina School, La Tabatiere*

Gia Maurice, *St. Augustine School*

Evan Griffin, *St. Paul's School*

Karlie Keats, *Ecole Mgr-Scheffer, Lourdes de Blanc Sablon*

Both Pakuashipi and Unamen-Shipu Schools were also awarded bursaries to promote active lifestyles.

Integrity STIM/STEM Award

Gia Maurice, *St. Augustine School*

Coasters Association Community School Life Award

Evan Griffin, *St. Paul's School*

Mackenzie Shattler-Ransom, *Netagamiou School, Chevery*

A special thank you to the Steel River Group of Calgary and Integrity Ingredients Corporation of Los Angeles, California, for their continued interest in the future education of the LNS youth. You make us proud!

05. ON THE COAST

UPCOMING EVENTS

La Foire Formation Emploi (Career Fair) from October 2nd to 6th

The Lower North Shore Training & Career Fair seeks to bring together all stakeholders involved in training and employment, with the goal of coordinating our actions in order to better serve workers, businesses and organizations across the region.

Keep these dates in mind to join this initiative of the CSSL, the MRC du Golfe du Saint-Laurent, the Coasters Association and Place aux Jeunes.

- Oct 2 Mgr Scheffer School/Centre
- Oct 3 Mgr Scheffer School/Centre
- Oct 4 St Augustine School/Centre
- Oct 5 Mecatina School/Centre
- Oct 6 Netagamiou School/Centre

Follow Adult Education- Littoral on Facebook for more details about this event.

LOWER NORTH SHORE HOUSING CORPORATION

The Lower North Shore Housing Corporation (LNSHC) was formally established in the fall of 2018 by the Coasters Association to address the housing and lodging needs of the five (5) regional municipalities of the Lower North Shore. The LNSHC is registered with the Registraire des Entreprises as a non-profit organization and is managed by a volunteer board of directors, representing regional stakeholders, who are responsible for oversight and management of the organization.

Functioning in a limited capacity over the last several years due to a lack of financial resources, the board of the LNSHC reconvened on two occasions over the last several months, primarily due to concerns raised by citizens about the operational status of Résidence aux Beaux Séjours located in Blanc-Sablon. The board discussed the issues related to the Résidence aux Beaux Séjours, and its role, in the context of a privately owned establishment offering its facilities for use by service providers who are funded by the provincial government.

At these meetings, the board of the LNSHC elected an executive composed of Roderick Fequet as President, Ashley Gallichon as Vice-President and Johanne Beaudoin as Secretary-Treasurer, with operational support being provided by the Coasters Association and other regional organizations. The board also identified several short-term actions that need to take place, including but not limited to, the need to establish its organizational priorities, mission and objectives, as well to make an attempt at securing funding to employ a human resource to enable it to execute on these directives. Moving forward, the LNSHC will focus efforts on developing its internal capacity to ensure that it can be a more active organization, leading and working in a collaborative manner with all regional stakeholders to address the very important and pressing issues related to the housing and lodging needs of the citizens of the Lower North Shore.

CONTRIBUTING WRITERS

Cornella Maurice, Executive Director
Shannon Keats, Executive Assistant
Priscilla Griffin, Office Manager
Chelsey Thomas, Director of Youth & Development
Kayla Kippen, Director of Operations & Innovation
Roderick Fequet, Human Resources & Community Liaison Officer
Latesha Fequet, Place aux Jeunes Migration Agent
Honlee Etheridge, Manager of Marketing & Communications
Jenna Maurice, Manager of Senior Services
Samantha Tinkham, Junior Bioprocessing Engineering Intern
Hugh Maynard, Consultant

SEPTEMBER 2022 EDITION

Establishment of the LNS Youth Hub
 Messages from the bursary/award winners
 Update on the NRC
 Partnership with Steel River Group
 And much more...

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