



International Grenfell Association



2013 Newsletter

Youth embrace Awesome Achievement Program

The Awesome Achievement Program at the St. Anthony and Area Boys and Girls Club has been a tremendous success. A coordinator, Ruby McConnell, was hired for the project in August, 2012. Since then, children have been busting through the doors, wondering what Ruby has for a snack today. Of course, it is something healthy, but their favourite is something Ruby has baked. With the generosity of the International Grenfell Association (IGA), we are able to offer healthy after-school snacks daily for some 70 children.

After-school is a time that many children spend in isolation, at home in front of the television or a computer. Structured, supervised and nurturing afterschool environments have lasting, positive effects on children's emotional and physical well-being and their academic development – especially when they participate consistently over long periods of time. Children benefit most from a range of high quality programs that include recreational activities, dance classes, outdoor recreation and organized sports play at our local school gymnasium.

The offering of dance classes was a great success. We were privileged to have Bollywood dance instructed by a medical student. It was amazing how the children learned the techniques so quickly. Their performance was outstanding, so they decided they wanted to showcase their new talents and performed for the community and the annual Fall Symposium for Physicians. They learned other styles of dancing from hip hop to belly dancing by a local dance instructor, Lana Pilgrim. The children had great fun learning the new techniques.

Other highlights of the after-school program include:

- Youth hosted several events for parents, caregivers, grandparents and siblings, assisting in food preparation, serving food and clean-up. The activity show-



Steven Young, Brooklyn Calloway and Amy Simms are among the active and happy participants in the Awesome Achievement Program at the St. Anthony Boys and Girls Club.

cased their skills and the youth took great pride and enjoyment from this event.

- The outdoor play was fun for children as they took part in a variety of activities such as jump rope, hockey, sliding, running, trail walking and ball games.
- A diabetic educator held sessions with children on diabetes and encouraged them to be active and eating healthy.
- Positive body image sessions were presented by a public health nurse. As children grow it is important for them to take care of their bodies.
- During a workshop at the Tuckamore Lodge in Main Brook, children participated in topics such as: Respect, cyber

bullying, self-esteem, leadership and volunteering. Other sessions included anti-bullying, Save a Friend, healthy relationship, and babysitter training.

We are truly thankful to the IGA for their support. Our membership registration soared and youth are so much more knowledgeable about how to live healthier, active lives. We believe this will have positive, long-term effects on their family lives, as we have demonstrated their skills to their families and caregivers. This program is a life-changing one for many youth in our area. It is a real success story that we hope to continue.

*Submitted by Colleen Loder,
St. Anthony Boys and Girls Club*

Where the money goes

Grantee	Amount	% of total
Community-based grants	\$579,600	51.50
Labrador-Grenfell Health	\$240,850	21.40
IGA bursaries	\$225,000	20.00
Western School Board	\$46,400	4.10
Labrador School Board	\$34,100	3.00
TOTAL NEW FUNDS GRANTED	\$1,125,950	



Since 1996, the IGA has awarded \$27,370,606 in total grants, scholarships and bursaries. It has funded 1,080 community, health and education-based grants over that period. There have been 683 IGA scholarships and bursaries awarded since 1996.

IGA grants \$225,000 for 2013-14 student bursaries

The International Grenfell Association (IGA) has once again committed a total of \$225,000 from its Scholarship/Bursary Program to help students from the IGA service area that are entering or continuing with post-secondary studies.

IGA will continue to support eight students from around the region who will continue with their education, sponsored at \$6,000 per year for a maximum of four years. However, the IGA will, going forward, focus on the provision of bursaries only, in an effort to match student financial need, while supporting the maximum number of students possible.

For the academic year 2013-14, the IGA awarded six \$6,000 bursaries, while 48 IGA bursaries of \$3,000 were awarded to a variety of high school and post-secondary students. IGA is extremely proud of its affiliation with the following students from the Northern Peninsula and coastal Labrador:

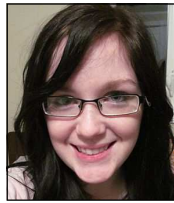
■ **IGA Bursaries in the amount of \$6,000:** Natasha Byrne of Conche, Benjamin Cabot of L'Anse au Loup; Jennifer Hillyard of Red Bay; Murray Matchim of Cook's Harbour; and Lorraine Mitchell of Englee.

■ **IGA Bursaries in the amount of \$3,000 for the 2013-14 academic year were awarded to:**

Secondary—Gabrielle Allingham of Brig Bay, Kylie Beals of L'Anse au Loup, Cameron Blake of Straitsview, Billie Brown of Englee, Jenny Buckle of Forteau, Brady Cunard of Brig Bay, Megan Dyson of



BENJAMIN
CABOT



JENNIFER
HILLYARD



NATASHA
BYRNE



MURRAY
MATCHIM



LORRAINE
MITCHELL

Cartwright, Nathan Fequet of L'Anse au Loup, Cameron Fillier of Roddickton, Stephen Flynn of Croque, Alex Gibbons of Plum Point, Dominique Gibbons of Forrester's Point, Jasmin Gibbons of Plum Point, Kendra Gibbons of St. Barbe, Ryan Gill of Englee, Natasha Hancock of Forteau, Nathan Jordan of Forteau, Ocean King of St. Lewis, Chelsea Kippenhuck of Charlottetown, Rebecca Letto of L'Anse au Clair, Eric Marshall of L'Anse au Loup, Stephanie Nadeau of Red Bay, Jeremy Ollerhead of Main Brook, Alicia Park of Forteau, Caitlyn Pink of St. Anthony, Leah Pittman of Cook's Harbour, Megan Poole of St. Lewis, Irving Powell of Charlottetown, Cameron Pye of Charlottetown, Joshua Pye of Red Bay, Lucas Randell of Bide Arm, Natalia Randell of Bide Arm, Owen Randell of Mary's Harbour, Damian Reeves of Englee, Cameron Roberts of Goose Bay, Gordon Roberts of Charlottetown, Mitch Roberts of L'Anse au Loup, Paula Russell of Mary's Harbour, Jenna Rumbolt of Mary's Harbour, Michelle Saunders of Goose Bay, Ashleigh Taylor of Forteau, Randy Way of Savage Cove, Ricki-Dawn Webber of Cartwright and

Grant Young of St. Anthony.

Post-Secondary—Jestine Coles of L'Anse au Loup; Alexandre Maheux of Goose Bay; Patrick O'Brien of L'Anse au Loup; Jeffery Patey of St. Lunaire-Griquet; Jonathan Smith of L'Anse au Loup; and Ian Warren of St. Anthony.

Students in high school interested in being considered for an IGA bursary must submit their applications to their respective high school principals, who will forward applications on to their respective board offices by February 15 (for submission to the IGA).

For students already enrolled in a post-secondary program, the firm deadline is April 1, with applications being sent directly to IGA. IGA considers all applications forwarded to it prior to or on the deadline. Students must recognize that IGA bursaries are not given based on academics. Financial need is the major consideration.

The next meeting of the IGA Bursary Committee will be held in conjunction with an IGA Board meeting in St. John's in June, 2014.

'I am forever grateful for what the IGA has done for me'

My name is Michael Lidstone and I have just been accepted into Memorial University's School of Pharmacy beginning in September 2013. I received a \$24,000 International Grenfell Association (IGA) scholarship in my senior high year in 2010.

I can still remember the day I received my IGA scholarship letter as it was yesterday. In my mind I was on top of the world. In the best possible way, I felt overwhelmed with a mixture of pride, shock, and above all else, excitement. My hard work had finally paid off. I no longer had to worry about the burden of juggling student loans and jobs to support my schooling.

By lightening my financial burden, the IGA granted me the opportunity to directly focus on the most important aspect of university, learning. I think I speak for myself and all other IGA scholarship recipients when I say that I am forever grateful for what the IGA has done for me. I cannot see how I could ever fully put into words my gratitude for the privilege they have presented to me.

Prior to my acceptance into Memorial University's pharmacy program I was pursuing a Bachelor of Business Administration (BBA) at the Grenfell campus with law school hanging in the bigger picture. However, in my second year of my BBA, I realized that a career in the medical field was something I was much more passionate about. With the financial support of the IGA scholarship I was easily able to switch programs and start working towards my new and improved dream of becoming a pharmacist without excessive student debt.

Aside from the obvious financial support, receiving the IGA scholarship has offered me a substantial boost in self-esteem. I now take pride in my achievements and I realize that my efforts do not go unnoticed, something I could never fully commit to in my past. Thanks to the confidence invested in me by the IGA, my dreams are reaffirmed.

Receiving the IGA scholarship has kept



Michael Lidstone

me on my toes academically. The minimum average requirement of the scholarship pushed me to study that much harder to keep my marks well above what was expected of me. This extra push has led me to receive three other scholarships since I have been attending university. Therefore, I feel the IGA has helped paved the road to success for me.

The IGA has and is continuing to do tremendous things in rural Newfoundland and Labrador. Their grants/bursaries have made it easier for me and so many other people like me to pursue a quality education. I am proud to be one of the many people benefitting from their noble generosity.

I would like to thank the IGA for providing the funds to not only financially drive the education of their beneficiaries, but to also provide the confidence and motivation to pursue their highest goals.

Funding supports dental digital radiography project

Over the course of several decades, the Dental Department of Labrador-Grenfell Health has been the recipient of generous donations from the International Grenfell Association (IGA). Our service, including staff members and the public we serve, has benefitted, supporting the intention of elevating levels of oral health in individuals and communities in the Labrador-Grenfell Health region. The impacts have been dramatic and would have been difficult to achieve without IGA assistance.

The most recent IGA-funded project is digital dental radiography (x-rays). Radiography is an essential diagnostic tool in dentistry because it helps dentists identify the presence and extent of decay in teeth. Traditionally, photographic film has been used to capture dental images from x-ray exposure. More recently, digital radiography is superseding conventional techniques in both medical and dental arenas.

There are many advantages to digital dental. The clarity is enhanced, image production is immediate and can be viewed directly by a dentist and patient on a computer monitor – a great benefit when explaining treatment plans to patients. The images can be digitally manipulated to better demonstrate the presence



Dr. Peter Hornett displays one of the devices used in the dental digital radiography project.

or absence of disease. The installation of digital dental imaging systems enhances the quality of care provided to patients and also minimizes risks associated with imaging procedures.

There are two common forms of dental radiography – intra-oral and extra-oral. Funding for the extra-oral form of radiography was previously received from the IGA in 2008,

when monies were allotted for a digital dental panoramic imaging unit in St. Anthony. Now, \$90,000 has been donated by the IGA for intra-oral digital radiography systems at St. Anthony, Roddickton and Forteau. These will complement another digital intra-oral unit that is being placed in the new health centre facility at Flower's Cove, courtesy of provincial government funding. Images from the extra-oral panoramic unit can be seen by dentists at any of our clinics throughout the Labrador-Grenfell Health region. They can also be accessed by authorized clinicians at facilities in the province via the provincial Picture Archiving and Communications System.

Labrador-Grenfell Health and the IGA have a long history of working together to improve the oral health of the population in Northern Newfoundland and Southern Labrador. The installation of digital dental radiography equipment is another stage in our continuing quest to ensure access to contemporary and quality dental facilities for the people of this region. The IGA is once again to be applauded for its commitment to this ongoing work.

Submitted by Dr. Peter J. Hornett, Chief of Dental Services, Labrador-Grenfell Health

Resources help launch oral language project

Jens Haven Primary School, a Kindergarten to Grade 3 school in Nain, received a \$6,500 grant from the International Grenfell Association in 2012 for an oral language project entitled *Nala, UKalak, Ilik* (translated in English means listen, speak and learn). The grant enabled the school to purchase a variety of much-needed oral language grade specific learning resources.

The goal of the project is to strengthen the oral language skills of students. Oral language is not as easy to address in the classroom as it may first appear. In order to deliver an effective oral language program, our students needed to be engaged in activities that build receptive and expressive language. Teachers have to link oral language activities to tangible resources, which encourage student interest and engagement in the activities to become lifelong learners.

Teachers are using the learning materials to provide engaging activities such as dramatic

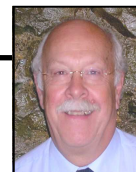
play, storytelling, puppets, activity/listening centres, language scaffolding, songs and plays. Daily word ladders, sentence building flip charts and board games were purchased to increase and build upon student vocabulary. Audio books provide students with opportunities to listen, observe, participate and interact. Other resources are being used to promote positive interactions, collaboration and teamwork among students. Conversation cubes, puppets and letter vests are providing opportunities for students to engage in meaningful conversations and the sharing of ideas.

Thank you to the IGA for awarding this grant to Jens Haven Primary School. It will allow us the opportunity to improve student achievement by strengthening the teaching and learning at our school. Nakummek!

Submitted by Lori Dicker, teacher at Jens Haven Primary School

CHAIRMAN'S MESSAGE

'IGA celebrating centennial in 2014'



In 2014, the International Grenfell Association celebrates its centennial. It was established in 1914 to support the work of Sir Wilfred Grenfell in Northern Newfoundland and coastal Labrador. For almost 70 years it managed the many activities created by him, especially the ever-expanding health services. These were handed over to the provincial government in 1980 and at that time the IGA ceased all previous responsibilities and became a grant-giving foundation. In this new role, IGA has given in excess of \$30 million to support initiatives in health, education and community development across the IGA area. Well over 1,000 grants have been awarded, providing benefit to health facilities, patients, schools, students and community residents.

While we prepare to celebrate 100 years of endeavour in the footsteps of Sir Wilfred Grenfell, this newsletter celebrates the achievements of those who have been supported by more recent IGA grants. They give testimony to the Grenfell legacy and show what can be achieved today by those who are determined to succeed and to do good.

Dr. Norman Pinder
Chairman, International Grenfell Association



Grade 1 students at Nain display words in Inuttit through a new oral language project.

'Your support has made a world of difference'

The Northern Committee Against Violence was awarded a \$10,000 grant in 2012 from the International Grenfell Association (IGA) to assist with a Community Readiness for People with Disabilities program. While the program is relatively new, the volunteer board of directors believes it is making a positive difference in the lives of people with disabilities and their families.

The program, which was started by the committee and the local chapter of the Canadian Paraplegic Association in 2010, provides an opportunity for people with disabilities and their caregivers to meet and socialize. Reducing social isolation and expanding social contacts and networks can reduce violence in vulnerable populations.

The program experienced much growth



Community Readiness participants take a boat tour from Bide Arm.

over the past year. More than 40 events were held, including Caregiver Appreciation Day, Earth Day, Family and Friends Christmas Brunch, Mental Health Retreat for Caregivers, and Music and Friends Social and Friendship Day in Bird Cove. The funds also allowed

participants to experience some unique opportunities, such as a boat tour in Englee and a Viking field trip to L'Anse aux Meadows.

The funds also resulted in an expansion of the program to communities beyond St. Anthony. There are currently 50+ people with disabilities who attend programming at sites in St. Anthony, Englee and the Flower's Cove area. More importantly, participants have made new friends and gained new experiences. We look forward to continued success and extend appreciation to the IGA – your support has made a world of difference.

Submitted by Darlene Rice, Northern Committee Against Violence, and Nyiesha Chambers, Spinal Cord Injury of NL, St. Anthony Division

IGA helps Hopedale promote Moravian Complex and Museum

The Moravian Mission site in Hopedale is comprised of a complex of wooden structures that date back to the 18th and 19th centuries. It has been designated as a national historic site by the Historic Sites and Monuments Board of Canada. Outside of the church buildings itself, and a structure that serves as a museum and archives, the majority of these buildings are under-utilized. Given the significance of the complex and the considerable amount of usable space, the mission buildings have great potential for adaptive re-use and to be an eco-

nom ic generator and focal point for both residents of and visitors to the community.

In order for the site to generate a steady stream of revenue throughout the entire year, greater exposure is required to make the complex a go-to destination. Projects like the restoration of the boardwalk – made possible by a \$12,000 grant from the International Grenfell Association – appeals to the community and tourists. The complex needs exposure to illustrate what it has to offer and that involves new projects that require web access, signage



The Moravian Complex at Hopedale

throughout the community, pamphlet design and distribution. Having the very foundation of advertising would expose our site, not only for the community, but for the Northern Labrador region as well.

This project, a valuable step towards where we would like to be, has certainly enhanced tourism appeal. It has helped increase the number of visits to the complex, creating opportunity not only for the complex, but for craftspeople, artisans, local bakers of traditional food, and for the site as a whole.

Thank you to IGA for making it possible for the Aqvituk Historical Society to move towards this goal!

Submitted by Susan Nochasak

Sights and sounds come to life at St. Lewis Academy

St. Lewis Academy is a small school on the southeast coast of Labrador. With a population of 200, a student population of 32 and a staff of six teachers, you might think that there wouldn't be much going on in our sleepy little rural town. However, this is the furthest thing from the truth.

Our school is the heart of the community. Facilities are not only used by students, but by local and regional organizations. While we have space and equipment, we were severely lacking in other areas. When the student council hosted the first Spring Bash Video Dance, an event involving students from the surrounding area for a night of music, fun and prizes, students borrowed speakers, cords and microphones from friends and family.

The school's drama group had ideas for establishing a certain atmosphere using lighting equipment, but the school didn't have lights. Even Christmas concerts were a chore when it came to setting up lighting with old equipment. Several community groups who used the school also needed a sound system for presentations and events.

We were ecstatic when word was received that the IGA was granting \$5,500 for



St. Lewis Academy students proudly display new sound and lighting equipment.

the purchase of sound and lighting equipment. Free-standing speakers, multi-coloured lights and stands, wireless microphones, a soundboard and associated equipment were purchased. The new equipment was first used during the school's annual video dance in April. The availability of proper sound and lighting equipment created a professional atmosphere and a successful event.

We have since used the equipment for graduation ceremonies and it is available for community organizations. We are extremely grateful to the IGA for their contribution.

Submitted by students and staff, St. Lewis Academy

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The IGA would once again like to express its gratitude to everyone who assisted with the publication of this newsletter. The contents of the newsletter are representative of just a small sample of the 60 projects that received financial support from the IGA in its 2012 Grant Program. Another 56 projects received financial assistance in 2013, and we will profile some of these in our next annual newsletter. The IGA is honoured to work with the many organizations that exist to benefit the service area of Northern Newfoundland and coastal Labrador.