



Training aims to promote equality, respect among youth

Bullying has been identified as an ongoing issue within many schools and communities throughout Labrador. Professional and community agencies have come together to develop a long-term strategy to address the problem in the Labrador Straits. This group includes Labrador Straits Academy (LSA), the Southern Labrador-Strait of Belle Isle Community Youth Network, Labrador-Grenfell Health, the RCMP, Public Health, Violence Prevention Labrador (VPL), parents, youth and clergy.

Bullying is complex and we want to avoid misdirections, including encouraging zero tolerance, peer mediation, promoting an epidemic of suicide, and piecemeal activities. Long-term, holistic and sustainable solutions are key to our planning and there are a number of best practice models to assist with this approach.

Capacity building for staff and administrators and affiliate agencies is a critical component of developing and implementing a strategy. It is imperative to develop the fundamental knowledge with respect to how bullying is manifested within our communities and how to effectively address it as individuals, families, communities and institutions. Changing attitudes, behaviours, norms and values in small communities is no small feat.

In December 2013, VPL and its partners, assisted by a \$10,000 grant from the International Grenfell Association, hosted the Institute for Sexual Minority Health for a full day of training on the topic of bullying, and more specifically, homophobic bullying. The day was comprised of foundational learning about the myths, facts and historical discrimination of individuals who are Lesbian, Gay, Bisexual, Transgendered (LGBT). Tailored to the school environment, the agenda focused on social norms, attitudes and behaviours that foster discrimination to curbing those same norms through inclusion of LGBT within all aspects of the school environment.

“Safe Spaces training served as an educational experience for staff at Labrador Straits Academy. The various topics presented and discussed allowed for new areas of familiarity and openness around LGBT,” said LSA principal Terry Casey.



Students who participated in a session on healthy relationships, gender and sexuality included: (l-r) Mitchell Hancock, William Hancock, Nancy Bolger and Brandon Fudge.

“Staff walked away from the training with new concepts and ideas as to appropriately incorporating LGBT inclusive activities and discussing issues within the classroom environment. Staff are more equipped to discuss LGBT issues within the classroom,” he added. “We also learned the importance of creating ‘safe spaces’ areas. It was a healthy training exercise, one that I feel should continue with students, parents/guardians, and community organizations.”

A day of events was planned for youth

with facilitators. Alternating sports activities with workshops throughout the day was a great strategy and sessions included discussion on gender, healthy relationships, healthy sexuality, homophobia and heterosexism.

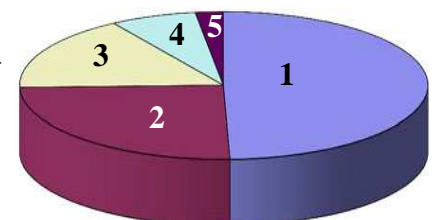
VPL will continue to work with its community partners and LSA to educate and build capacity to promote equality and respect among youth.

Submitted by Carmen Hancock, Coordinator, Violence Prevention Labrador

Where the money goes

Grantee	Amount	% of total
1. Community-based grants	\$513,401	49.50
2. IGA Bursaries	\$259,500	25.00
3. Labrador-Grenfell Health	\$170,550	16.50
4. Schools in Labrador	\$71,125	6.80
5. Schools on the Northern Peninsula and Labrador	\$22,950	2.20
TOTAL NEW FUNDS GRANTED	\$1,037,526	100

AMOUNT GRANTED 2014



Since 1996, the IGA has awarded \$28,408,132 in total grants, scholarships and bursaries. It has funded 1,131 community, health and education-based grants over that period. There have been 758 IGA scholarships and bursaries awarded since 1996.

IGA grants \$259,500 for 2014-15 student bursaries

For the academic year 2014-15, the International Grenfell Association (IGA) has committed a total of \$259,500 from its Bursary Program to help students from the IGA service area that are entering or continuing with post-secondary studies.

IGA will continue to support four scholarship students from around the region who will continue with their education, sponsored by IGA at \$6,000 per year for a maximum of four years. Going forward, the IGA will 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 2014-15, the IGA awarded three \$6,000 bursaries and one \$4,500 bursary, while 71 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 around the Northern Peninsula and coastal Labrador:

■ **IGA bursaries in the amount of \$6,000:** Kayla Beals of Pinware, Tori Hillyard-Macey of Red Bay and Courtney McLean of Green Island Cove.

■ **IGA bursary in the amount of \$4,500:** Toni Kearney of Conche.

■ **IGA bursaries in the amount of \$3,000 for the 2014-15 academic year were awarded to:**

Secondary - Willie Allingham of Brig Bay, Chanelle Applin of Pigeon Cove, Nathan Alyward of Croque, Jordan Bartlett of St. Lunaire-Griquet, Devon Bulger of Happy Valley-Goose Bay, Brandon Burden of St. Lunaire-Griquet, Vicki Burden of St. Lunaire-Griquet, Neko Butt of Pinware, Steven Caines of Bird Cove, Sara Canning of Roddickton, Jesse Clarke of Main Brook, Chad Colbourne of St. Anthony, Keisha



COURTNEY McLEAN



KAYLA BEALS

TORI HILLYARD-
MACEY

TONI KEARNEY

Cullihall of Green Island Cove, Clarissa Curtis of St. Lunaire-Griquet, Jaycee Dredge of Cook's Harbour, Lonnie Dredge of Black Duck Cove, David Elgar of St. Anthony, Adam Flynn of Forteau, April Gibbons-McLean of Forrester's Point, Chanelle Hancock of Roddickton, Scott Hancock of Forteau, Trevor Hancock of Forteau, Hillary Jones of L'Anse au Loup, Katelin King of St. Lewis, Hayley Letto of L'Anse au Clair, Bradley Mahar of Bird Cove, Ryan Marshall of L'Anse au Loup, Samantha Mesher of Happy Valley-Goose Bay, Shannon Moores of Flower's Cove, Alexandra Morrison of Happy Valley-Goose Bay, Rebecca Morrissey of Happy Valley-Goose Bay, Tara-Lee Newman-Ropson of Roddickton, Jordan O'Brien of L'Anse au Loup, Samantha Ollerhead of Main Brook, Jeffrey Poole of Flower's Cove, Courtney Randell of Roddickton, Kendell Randell of Roddickton, Victoria Reid of Roddickton, Ashlee Richards of St. Anthony, Mark Roberts of Forteau, Nathan Roberts of Forteau, Philip Roberts of Ship Cove, James Rumbolt of St. Anthony, Ashley Saulter of Forteau, Dana Saunders of Cook's Harbour, Makayla Simms of Mary's Harbour, Terri Simms of Roddickton, Trisha White of Sandy Cove, and Brandon Wilcox of Main Brook.

Post-secondary - Gabrielle Allingham of Brig Bay, Billie Brown of Englee, Hannah Buckle

of Forteau, Hilary Buckle of Forteau, Alexander Campbell of St. Anthony, Nicholas Cassell of Roddickton, Kelly Ann Clark of Cartwright, Martina Fequet of L'Anse au Loup, Nathan Fequet of L'Anse au Loup, Alexander Flynn of Forteau, Alex Gibbons of Plum Point, Elizabeth Hillier of St. Lunaire-Griquet, Elizabeth Hodge of Happy Valley-Goose Bay, Scott Linstead of L'Anse au Loup, Hayley Macey of Green Island Brook, Krista McGonigle of St. Anthony, Natalia Randell of Bide Arm, Owen Randell of Mary's Harbour, Jenna Rumbolt of Mary's Harbour and Jamiee Thomas of L'Anse au Clair.

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 of Directors' meeting in May, 2015.

Funding helps restore legacy of Grenfell House Museum

The mandate of the Grenfell Historical Society is to protect, preserve and promote the legacy of Sir Wilfred Thomason Grenfell (1865-1940).

Grenfell House Museum, the home of Dr. Grenfell, his wife Lady Anne and their three children, is part of the legacy and that legacy has to be preserved. The house, built in 1909, was passed over to the Grenfell Historical Society by the International Grenfell Association (IGA) in 1978 and since then has undergone considerable preservation and restoration. In order to preserve the structure of the building and its surroundings the house and grounds were in need of some exterior repairs. None of this would be possible without support from the IGA.

The Grenfell Historical Society received a \$51,000 grant from the IGA to carry out the much-needed repairs, which included the removal of deteriorated steps, walkways, and the patio surrounding the home and leading up to the entrance of the Tea House Hill Trail. The completion of this work has resulted in a safer and more enjoyable place for both local residents and tourists visiting the properties.

The Grenfell Historical Society would like to thank the IGA for its assistance in helping preserve the legacy of a great man who once walked the shores of Northern Newfoundland and Labrador.

*Submitted by Cynthia Randell, Manager,
Grenfell Historical Society*



Grenfell House Museum was restored to preserve the legacy of Sir Wilfred Grenfell and his missionary work in Northern Newfoundland and Labrador.

Sound the trumpets

For more than 150 years the lonely fjords of Northern Labrador resonated with the sound of trumpets harmonizing the chorales of J.S. Bach. As unlikely as that combination of European music and sub-arctic wilderness may seem, the brass bands of the Labrador Inuit were the sound of community celebration in the isolated settlements on Labrador's distant north coast. Since the middle of the 19th century, the arrival of the first boat of the season, a citizen's 50th birthday, the call to worship before sunrise on Easter Sunday, the departure of a beloved friend: all were marked by the ringing tones of a brass band. Originally an importation introduced by Moravian missionaries, the bands rapidly became the domain of Inuit musicians. Well before the end of the 19th century, no community event was complete without the sound of trumpets from Makkovik in the south to Hebron far north along the coast.

By the dawn of the 21st century, however, those bands had fallen silent. Their brittle call across the freezing cold of an early Easter morning sounded no more – except perhaps in the mind's ear of elders. The community's soundscapes now resonated with Inuktitut country music, a revival of drumming and throat-singing, and a lot of fine music by Inuit musicians in popular southern styles infused with Inuk ideas. Although the brass bands were gone, they were far from forgotten. Over the last couple of years, with a great deal of support from the International Grenfell Association and other partners, there has been a significant revival of the ancient tradition.

The comeback got its start in February 2013 when Dr. Norman Pinder, chair of the



Members of the Nunatsiavut Brass Band.

IGA board of directors, brought together a group of musicians from several Nunatsiavut communities for a two-day think tank in Happy Valley-Goose Bay. The group included youth, music teachers, community musicians and leaders, as well as Dr. Pinder, Jim Iglooliort and Paul Canning from the IGA, and myself, representing Memorial University. Every one of us shared the belief that music is a powerful way of building community and nurturing leaders. Our conversations were wide-ranging, but zeroed in on the common desire to revive brass bands in the Nunatsiavut communities. Out of this meeting 'Tittulautet Nunatsiavuttini / Nunatsiavut Brass Bands' (TN/NBB) was born.

With a generous grant from the IGA, TN/NBB held its first workshop in August 2013 in Hopedale. More than two dozen aspiring brass band members from five Nunatsiavut communities worked with three facilitators provided by Memorial University. It was an inspiring experience for all involved. The closing night's concert in Hopedale's historic church became for the entire community a glimpse back into a deeply emotional part of their culture that was coming back to life. The

momentum sailed forward and last Christmas brass bands sounded again in Hopedale, Makkovik and Nain for the first time in two decades. An online community and a Facebook page kept band members in touch and provided video-conferenced 'tune-ups' for band members as the musically important season of Easter approached.

Building further on that momentum, Tittulautet Nunatsiavuttini returned to IGA with a funding request for a second annual workshop, which was held in July this year at Nain. It was another huge success with both returning musicians and new ones joining the workshop. A particularly touching part of this year's workshop were the home visits that the band undertook. Over a period of two days, the band visited 27 elders in Nain, serenading them with the rich four-part harmonies of *Jesus Tessiunga (Now Thank We All Our God)* and other beloved hymns. As with the first workshop, the Nain-based OkâlaKatiget Society recorded many of the activities and has been broadcasting the sounds of the new brass bands across Nunatsiavut. The society also produced a two-part documentary video on the brass band revival which will be airing nationally on the Aboriginal Peoples Television Network (APTN).

It looks like the fjords will be ringing for some time to come with the sound of trumpets. A third annual workshop is already being planned for next summer and Tittulautet Nunatsiavuttini's online community is a happening place (<https://www.facebook.com/TNNBB>). The brass bands are gaining a wider audience, as the Nain brass band was invited to Torngat Mountains National Park in July to sound the welcome for the visit of the Students-on-Ice cruise ship. Just recently, the band received an invitation to participate in next spring's Bläserstreffen (Moravian Brass Festival) in Herrnhut, Germany. The opportunity to bring the Labrador Inuit version of this tradition back to its place of origin is an exciting opportunity for all.

None of this would have been possible without both the encouragement and the tremendous financial support of the IGA. Dr. Pinder's vision of the community-building capacity of music, and the generous grants which have funded the workshops and purchased new instruments for each community are the engines of this revival. There have been many partners in that effort, notably the Nunatsiavut Government's Department of Culture, Recreation and Tourism and MUN. But the greatest credit goes to the 'trumpet-blowers' themselves – the women and men from across Nunatsiavut who are bringing back to their communities a tradition that can resonate across their landscape for years to come.

*Submitted by Tom Gordon,
Professor emeritus, School of Music,
Memorial University of Newfoundland*

CHAIRMAN'S MESSAGE



'A year of celebration'

2014 has been a year of celebration for the International Grenfell Association (IGA). One hundred years ago, our organization was set up in order to give the much-needed business and financial support for the work of Sir Wilfred Grenfell. He is remembered as a man of great vision and energy who brought huge improvement to the lives of many on the coast, but he had little taste for the detail of business management. The IGA filled that role until 1980 when all Grenfell healthcare operations were transferred to the provincial government. IGA then became a charitable foundation.

On June 14, 2014, the Lieutenant Governor opened an important IGA exhibition at The Rooms in St John's and was guest of honour at a Centennial Dinner that followed. It was our opportunity to celebrate not only

IGA achievements up to 1980, but also the continuing successes since then. This year IGA donations since 1980 passed the \$40 million mark – another milestone in our history.

The IGA began life as support to Sir Wilfred Grenfell and his many endeavours. Today the IGA is still giving support, but this time by giving life to projects that strive just as energetically to improve education, community development, health and well-being. That work will continue. Through the wonderful experiences that are featured in this newsletter we again celebrate the many grantees who, without possibly being aware of it, are carrying forward the Grenfell legacy and enriching so many lives.

Dr. Norman Pinder
Chairman, International Grenfell Association

Community partnership produces new playground

A former principal of James Cook Memorial, Glenda Pittman, recognized the lack of facilities in the school and community that limited opportunities for children to engage in physical activity. From her office, she saw only a dilapidated playground that was no longer safe to use. However, she also saw an opportunity.

Within weeks, she became the founder and chairperson of the Breath of Fresh Air Playground Committee, a dedicated group of 10 members from Cook's Harbour, Wild Bight, and Boat Harbour. In partnership with the Let Them Be Kids organization, the committee set an ambitious goal: build a new playground in one day.

Community members of all ages, as well as local businesses and organizations, rallied in support of fundraising efforts. The International Grenfell Association was one of the first major contributors for this project, donating \$10,000 for playground equipment. Six months after the playground committee was established, nearly \$100,000 was raised for the



Cook's Harbour children enjoy their new playground.

initiative!

Just after sunrise on June 22, 2013, more than 250 enthusiastic volunteers of all ages filled the area. Students, demonstrating positive leadership skills, volunteered, some organizing activities for children, while others acted as news reporters, keeping those living away informed through a live webcast, which included interviews with community members and progress updates. Others opted for manual labour and worked as part of a team to assemble equipment, build picnic tables, or

spread sand. The playground build was a wonderful opportunity for students, families, and community members to work alongside each other to create something that will benefit the community in the long-term.

As the sun descended and students sang *O' Canada* during the opening ceremony, it was impossible to not reflect on how much can be achieved when communities band together and work towards a common goal.

The playground was dedicated to Cpl. Chad O'Quinn, who died in Afghanistan in 2009, and all others (past, present, and future) who serve for our freedom. This project resulted in a safe meeting ground for children and epitomized the importance of volunteerism and community partnerships.

James Cook Memorial School and the community of Cook's Harbour are very appreciative of the International Grenfell Association's early support in making this project a reality.

*Submitted by Ruth Jacobs, Principal,
James Cook Memorial School*

Facilitators trained to enhance palliative care services

The Canadian Hospice Palliative Care Association (CHPCA) defines hospice palliative care as care that "aims to relieve suffering and improve the quality of living and dying." Hospice palliative care includes caring for the client and his/her family using a holistic interdisciplinary approach to care. Hospice palliative care is holistic care that addresses issues ranging from the physical, psychological, social, spiritual, grief and bereavement, throughout the course of a client's life threatening illness (CHPCA, 2013).

The International Grenfell Association provided an \$18,500 grant to Labrador-Grenfell Health in 2013 to train facilitators for the Learning Essential Approaches to Palliative and End of Life Care (LEAP) course. The course, developed by Pallium Canada, is a nationally recognized evidence-based course that is used throughout the country. The course consists of 11 modules covering topics that include pain management, communication, and last days. The training allows health professionals to reflect on their personnel perspectives, values, and practice when providing care to clients with a life-limiting illness. LEAP was developed to help healthcare professionals foster the skills necessary to care for clients and their families, to support health care professionals, enhance quality and build capacity for enhanced palliative and end of life care.

Thirteen General Practitioners and Registered Nurses throughout the region were trained as facilitators. Since then, facilitators

have delivered the course to their colleagues in various parts of the Labrador-Grenfell Health region. Feedback from facilitators and staff who have completed the course has been positive. Not only was the course content helpful by providing evidence-based information, it gave staff members a chance to reflect on their practice, identify areas for improvement, enhance interdisciplinary team building in the workplace, and empower staff in providing palliative and end of life care to their clients.

Palliative and end of life care touches health care professionals at some point throughout their life either on a personal and/or professional level. By offering consistent, evidence-based information to staff throughout the region, the goal is to enhance the palliative and end of life care received by our clients and their family members. When good palliative care is provided, people have a better quality of life, report fewer symptoms, and are more satisfied with their care. Thank you to the IGA for funding the facilitators' training for the LEAP course.

*Submitted by Vanessa Bartlett,
Regional Palliative Care Coordinator,
Labrador Grenfell Health*



LEAP facilitators include (l-r): Bonnie Decker, Vanessa Bartlett and Dr. Adejumo Agbi. Missing from photo is Joy Fowler-Pike.

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Once again, the IGA would like to express its gratitude to everyone who assisted with the publication of this newsletter, in any way. The contents of this newsletter are representative of the 56 projects that received financial support from the IGA in its 2013 Grant Program. Another 51 projects received financial assistance in 2014, and we will profile some of these in our next annual newsletter! The IGA is honored to work with the many organizations that exist to benefit the service area of Northern Newfoundland and Coastal Labrador.

