



Aboriginal youth exposed to health care professions

The Grenfell campus of Memorial University of Newfoundland hosted a unique career camp this summer, as the university's School of Medicine hosted the first annual 'Healers of Tomorrow' gathering. Initiated by the Aboriginal Health Initiative with help from Memorial University and funding from the International Grenfell Association, the Healers of Tomorrow Gathering brought 11 high school students to Corner Brook for a chance to participate and be exposed to a wide array of health care professions.

The camp was a chance for Aboriginal high school students to be exposed to a number of different possible career paths in the medical field. Eleven students representing four Aboriginal communities in the province, namely, Nunatsiavut, NunatuKavut, Sheshatshiu Innu and the Qalipu Mi'kmaq First Nation Band participated in the event. Presenters exposed participants to a wide array of possible health care professions which required either a university degree or a college diploma. Seventeen-year-old Maskushish Pinette, an Innu First Nations student from Sheshatshui, was pleased with the experience, saying: "This was a great



Paramedic Jeff Clarke leads a session for students on the proper method of transporting a patient.

opportunity for me to explore what I want to do in the future."

The students were given a chance to receive presentations from professionals with varying medical backgrounds in the areas of Pharmacy, Nursing, Lab Technology, and more, as well as getting the opportunity to go hands-on with a number of different activities relating to future medical career paths. Carolyn Sturge Sparkes, coordinator of Memorial University's Aboriginal Health Initiative, had

high praise for the program and its participants, saying: "They have been a great group – very enthusiastic. It was great to see people from the different health care professions so willing to come and volunteer their time."

The International Grenfell Association provided a \$53,000 grant for this event, which developed the program and covered student expenses. The aim of the committee and organizers of Healers of Tomorrow is to offer this camp to Aboriginal youth every two years.

Youth learn the benefits of growing and gardening

The Southern Labrador Strait of Belle Isle Community Youth Network started its 'Growing for Good' youth project, thanks in part to a grant from the International Grenfell Association.

We were able to hire four youth for seven weeks. They were mentored by 'older' adults and a young entrepreneur in our community.

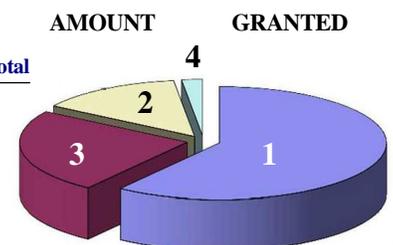
Youth were taught how to plant potatoes, how to cut seed and prepare the ground and how to place potatoes a certain way in the trenches. We applied fertilizer and the seed and buried it.

During the months of July and August, youth participants gained great experience at the local greenhouse, 'Bluespade', where they

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Where the money goes

Grantee	Amount	% of total
1. Community-based grants	\$1,019,400	60.00
2. Labrador-Grenfell Health	\$410,340	24.20
3. IGA Bursaries	\$235,500	13.90
4. NL English School Board (for schools in region)	\$33,875	2.00
TOTAL NEW FUNDS GRANTED	\$1,699,115	100



Since 1996, the IGA has awarded \$30,107,247 in total grants, scholarships and bursaries. It has funded 1,190 community, health and education-based grants over that period. A total of 838 IGA scholarships and bursaries have been awarded since 1996.

IGA grants slate of new bursaries for 2015-2016

For the 2015-2016 academic year, the International Grenfell Association 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 two IGA Scholarship students who will continue with their education, sponsored by IGA at \$6000 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 2015-2016, the IGA awarded three \$6000 Bursaries, while seventy-seven IGA Bursaries of \$3000 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 for the 2015-2016 academic year have been awarded to:

■ Secondary

Brittany Barney of L'Anse au Loup, Paul Beals of L'Anse au Loup, Tamara Belben of L'Anse au Loup, Bryanna Brown of Happy Valley-Goose Bay, Brendan Burden of St. Lunaire-Griquet, Dylan Burden of St. Lunaire-Griquet, Daniel Cabot of L'Anse au Loup, Dillon Cabot of L'Anse au Loup, Cletus Caines of Bartlett's Harbour, Valerie Canning of Bide Arm, Geoffrey Chambers of Plum Point, Hillary Chubbs of L'Anse au Clair,

Jamie Coles of L'Anse au Loup, Stephen Critchley of Castor River North, Montgomery Dredge of Black Duck Cove, Aaron Elgar of St. Anthony, Tana Genge of Anchor Point, Jamie Green of St. Anthony, Patrick Hancock of L'Anse au Loup, Ashley Hedderson of St. Anthony, Andrew Hicks of St. Anthony, Felicia Hillier of St. Lunaire-Griquet, Shawnee Hillier of St. Lunaire-Griquet, Tiara Hillier of St. Anthony, Summer Hughes of Bartlett's Harbour, April James of L'Anse au Clair, Shania Jenkins of Englee, Caitlin Jones of Happy Valley-Goose Bay, Kali Jones of Forteau, Matthew Jordan of Forteau, Alex Kearney of Croque, Joshua Laing of Cook's Harbour, Valerie Layden of L'Anse au Loup, Jada Macey of Green Island Brook, Kiana Matchim of Savage Cove, Dallas Michelin Flowers of Happy Valley-Goose Bay, Tristen Morris of Charlottetown, Julien Nadeau of Red Bay, Ashlyn Normore of L'Anse au Loup, Scott O'Rielly of St. Anthony, Amber Pye of Charlottetown, Caitlin Pye of Lodge Bay, Hilary Roberts of Mary's Harbour, Emma Rumbolt of St. Anthony, Elizabeth Saunders of St. Lunaire-Griquet, Mateo Short of Black Duck Cove, Chelsea Simon of Roddickton, Shania Sinnicks of Plum Point, Noah Taite of Happy Valley-Goose Bay, Wanda-Lee Turnbull of Charlottetown, Cheyenne Whiteway of St. Anthony, Stewart Williams of Forrester's Point, and Jesse Woodward of Cook's Harbour.

■ Post-Secondary

Chanelle Applin of Pigeon Cove, Jordan Bartlett of St. Lunaire-Griquet, Kayla Beals of Pinware,

Kylie Beals of L'Anse au Loup, Hannah Connors of Happy Valley-Goose Bay, Keisha Cullihall of Green Island Cove, Clarissa Curtis of St. Lunaire-Griquet, Kendall Dumaresque of L'Anse au Clair, Reginald Dumaresque of L'Anse au Clair, Adam Flynn of Forteau, Alexander Flynn of Forteau, Chanelle Hancock of Roddickton, Clara Humby of Roddickton, Toni Kearney of Conche, Alyx Lawless of Flowers Cove, Hayley Letto of L'Anse au Clair, Bradley Mahar of Bird Cove, Shannon Moores of Flowers Cove, Jordan O'Brien of L'Anse au Loup, William Pafford of Black Duck Cove, Megan Poole of St. Lewis, Lucas Pye of Red Bay, Isabella Robbins of Forteau, Ashley Saulter of Forteau, Dana Saunders of Cook's Harbour, and Lindsey Woodford 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 15th (for submission to the IGA). For students already enrolled in a post-secondary program, the firm deadline is April 1st, 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 of 2016.

IGA supports active living at White Hills Academy

In December of 2013 White Hills Academy (WHA) in St. Anthony, opened its doors for the first time. The building has many amenities and is considered to be one of the most modern schools in the province. With the help of the International Grenfell Association, the school's population can state that it has a fantastic fitness room.

With the support from a \$10,000 grant from the IGA, White Hills Academy has been able to purchase treadmills, ellipticals, rowers, recumbent bikes, bowflex, and a variety of weight sets to diversify the fitness equipment available to the students.

During the 2014-15 school year the fitness room was set-up and a plan started for maximizing the area. To date a number of physical education classes have utilized

the fitness room. The students who have had the opportunity to use the facility really enjoy it and are benefiting from increased physical activity.

With the variety of equipment available, the physical education program has been able to diversify and we have been able to accommodate students with varying needs and interests.

We are currently working on an orientation program for our students to provide them with an understanding of how to use the equipment and what each piece of equipment can be used for. Hopefully, this program will motivate



Students at White Hills Academy take advantage of a fully-equipped fitness room.

students to take advantage of this wonderful opportunity to become more active.

The staff and students of WHA would like to thank IGA for supporting this initiative at our school and giving us the opportunity to promote active living.

Submitted by Mervin Parsons, Principal, White Hills Academy, St. Anthony

Strong support for the Labrador Creative Arts Festival

The 39th annual Labrador Creative Arts Festival, held in November 2014, was a tremendous success, thanks to the hundreds of students, 18 visiting artists, a dedicated volunteer committee, and fabulous coordinator who made it all come together. And thanks as well to our many funders, including the International Grenfell Association, which has helped to sponsor the festival for many years.

The theme of this year's gathering was 'Communication', and students from Nain to Black Tickle and all points in between sent their drama groups to perform original plays on the theme. These stories ranged from a sad farewell to a child with a life-threatening illness to a portrayal of a world where students can no longer talk but only text, to a busy city street where people communicate and mis-communicate.

The 18 visiting artists brought their many ways of communicating as well. Two dance troupes of very different styles engaged students in a group performance, a contortionist taught kids some amazing moves and well-known performers Fergus O'Byrne and Jim Payne delighted crowds of all ages! Added to this were writers, singers, visual artists and puppeteers, combining to make schools extra-busy and creative for a week, including weekend workshops open to the public. The musicians joined local performers to provide a show at the cross-country ski chalet to raise money for the local women's shelter.

For 39 years the festival has worked to show students that growing up in Labrador



does not limit their opportunities to participate in the arts or to dream of a future that includes making a living in the arts. Indeed, the 40th festival in 2015 will be the 'Coming Home' festival, where every visiting artist will be a former student who performed in the Labrador Creative Arts Festival and now works in the arts. They are coming from all over to show that the idea of possibility which keeps the festival alive is as strong as ever.

The committee is pleased with this opportunity to say a heartfelt thanks to IGA for many years of strong support for the Labrador Creative Arts Festival.

Submitted by Martha MacDonald

Visiting artists and festival personnel gather for a group shot: Front (l-r) Samantha Halas (contortionist), Jennifer Morgan (graphic artist/writer), Rachael Borlase (journalist), Sara Coffin (dancer), Paula Wing (theatre/actor), Tim Borlase (founder). Second row, Alex Hickey (singer/songwriter), Meghan Marentette (writer/costumer), Andy Sheppard (musician), Elizabeth Jancewicz (visual artist), Fergus O'Byrne (musician), Lindsay Wilson (food writer/photographer), Alicia Potter (animateur). Back, Andrea Tucker (dancer), Jim Payne (musician), Tara Manuel (puppeteer), Calla LaChance (dancer), Susanne Chiu (dancer), Tammy Macleod (dancer), and Fiona Andersen (coordinator).

CHAIRMAN'S MESSAGE



Adapting to survive

We all live in a constantly changing environment. That is an inevitable fact of life. The way change affects people can vary enormously, from dramatic to barely noticeable or none at all. For some it may be uncomfortable and for others it may be a salvation. What remains a constant is that we have to adapt to survive.

To be relevant in today's world, the International Grenfell Association (IGA) also has to accept these influences and consider carefully how we adjust our strategic objectives within a broad mandate of financial support to education, community wellness and health. It is a continuous process.

The IGA knows it must keep in touch with all these changes. That is why, on a recent visit to St. Anthony, it arranged to receive briefing sessions from leaders in education, municipal affairs and health. A lot was learned about the local challenges, the tasks being implemented to meet them and the successes that have been achieved so far.

Within education, local area school boards have been joined into a single provincial structure. Some schools in the region have been amalgamated to compensate for falling student enrolments while others face uncertain futures.

Communities are changing too – in size, in population profile and in economic circumstance – threatening the long-term survival of some, while promising prosperity for others.

Modern advances and new ways of working are changing the face of healthcare services. The introduction of improved methods to replace outmoded practices is achieving much better outcomes for patients and generally improving health.

Each of these high-level examples show why it is important to be aware of what is happening on the coast. It means that we, the International Grenfell Association, can anticipate likely calls for financial help and be better prepared to respond.

This edition of our newsletter shows what that response has meant for some people and organizations in our region. We showcase their success to demonstrate how IGA grants remain relevant in today's ever-changing world.

Dr. Norman Pinder, Chairman
International Grenfell Association



Cultivating youth leaders through environmental training and education

During the summer of 2015, more than 80 youth from the Labrador Straits and Great Northern Peninsula received hands-on instruction in seabird and whale identification and environmental science. The multi-year environmental education and leadership training program was organized by the nonprofit Quebec-Labrador Foundation and made possible with a \$75,000 grant from the IGA.

The program's goal is to foster a new generation of leaders who will use their knowledge, skills, and positive values for the benefit of their local communities and environment. Five learning objectives target traditional values, citizen science, and environmental stewardship through a day camp program held in spectacular natural settings and timed with the seasonal migrations of fish and wildlife.

Under the direction of an experienced conservation biologist, interns from Canadian and American universities provide creative instruction and fun-filled activities. The youth respond with enthusiasm and passion. Guest presentations by local artisans and skilled professionals target traditional skills, while campfire chats about careers and aspirations spark networking opportunities in the relaxed company of friends.

The Point Amour Lighthouse Provincial Historic Site was one of several picturesque

Program participants measure the size of a blue whale.

settings for the program during its first year. There was also a whale watching excursion near St. Anthony that was preceded by a half-day workshop on marine science held at the Grenfell Interpretation Centre. Youth who attended the marine science workshop not only were given instruction on whale biology, but were challenged with surprising tasks such as designing a miniature weight-bearing boat out of aluminum foil wrap and experimenting to find the best technique for cleaning up an oil spill.

Lisa Davis-Ryland of the Community Youth Network was excited about the launch of the program, which she believes will grow in the coming years. "This group of 13 youth are walking out of the program with a wealth of knowledge, and will talk about their positive experiences with the 13 youth that didn't attend," she explained. For their part, interns learned about the challenges facing small communities while discovering a strengthened personal commitment to service.

The Quebec-Labrador Foundation is grateful to the IGA for its generous support of this program and to the many local and regional partners that publicized and supported it during the program's first year.

'Growing for Good' youth project

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learned how to care for vegetables and flowers. They assisted a local entrepreneur, Ian Ryland, in caring for the plants, sales, and flower pot arrangements. They continued to fertilize the turnip, cabbage and beets, which



Youth participants plant seed potatoes in the garden.

required a lot of attention and watering as July was a very dry month. And, of course, there was also much weeding that had to be done! Youth were taught how to preserve local berries such as bakeapples, partridgeberries and squashberries by making jams and jellies, as well as the turnip tops for greens.

In September it was time to get the crops out of the ground, and what a great year it was for growth.

The financial help for the project came from the International Grenfell Association and the Office of Public Engagement. The project was a great success and we will certainly be doing it again!

*Submitted by Alisa Davis-Ryland,
Southern Labrador Strait of Belle Isle
Community Youth Network*

Early literacy in Nain supported by IGA grant

Jens Haven Memorial School (JHMS) in Nain, Labrador, is grateful to the International Grenfell Association for awarding our school \$15,000 to support the *JHMS Will Thrive with the Daily 5* project. The grant allowed JHMS to purchase books, comfy carpets for gathering time, book baskets, resources for writing and word work, and storage cabinets. It is an inspiring sight to see our students in grades K-4 excited, engaged, and working with their peers during Daily 5.

Daily 5 is a way of structuring literacy blocks so that every student is engaged in meaningful literacy tasks. These research-based tasks are ones that have the biggest impact on student reading and writing achievement, as well as foster children who love to read and write. Students are engaged in 'read to self', 'read to someone', 'listen to reading', 'work on writing' and 'word work'.

There are specific behaviour expectations that go with each Daily 5 component. Teachers work intensely on building reading and writing stamina and creating a strong classroom community. The Daily 5 has quickly become a favourite part of our students' day. They are excited about building their independence in reading and writing. This is an amazing gift to give a child. Nakummek IGA!

*Submitted by LoraDawn Agnatok, teacher at
Jens Haven School in Nain, Labrador*



Grade 1 students gather for a 'read to self' session.

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Once again, the IGA would like to express its gratitude to everyone who assisted in any way with the publication of this newsletter. The contents of this newsletter are representative of just some of the projects that received financial support from the IGA in its 2014 and 2015 Grant Program. The IGA is honoured to work with the many organizations that exist to benefit the service area of Northern Newfoundland and Coastal Labrador.

