

Along the Coast to Labrador



Highlights

January - April 2015

Official Opening

*Premier joins with staff to
officially open the new Labrador
West Health Centre*

Service Awards

*Staff recognized for contributions
to providing quality health care*



Labrador - Grenfell
Health

Blue Light Shines Attention on Smoking

Health care providers are good at what they do. They are highly-trained professionals who assess, diagnose, consult, inform, research, educate and treat a vast array of our aches and pains, ailments, diseases, conditions and mental well-being. It truly is remarkable to live in a society where help is available, if not immediately, then at least within a day or so or through the advances of telecommunications. While there remain persistent pursuits in finding a cure for cancer or diabetes, there is one particular affliction that continues to confound the experts. That is, coming up with the solution that helps smokers arrive at the conclusion that the chemicals they are drawing into their lungs and the bodies of people around them are contributing to an early death. That cannot be disputed.

That's not to say that gains are not being made in solving the riddle. Surveys tell us that 19 per cent of adults in Newfoundland and Labrador acknowledged their smoking habit in 2011, which is down significantly from the 1999 level of 28 per cent. While an improvement, the numbers are nevertheless high. It is also true that a high number of smokers are trying to quit, but it's a difficult mountain to conquer, and definitely harder for some more so than others.

As individuals who have accepted the commitment to help people overcome their habits and addictions, it is difficult to stop health care providers who are in it for the long haul. They are also buoyed by the improving numbers and draw their inspiration from the manner in which society has joined in and accepted their responsibility to maintain the pressure on smokers to throw it all down.

There is also something to be said for the partnerships which have provided health care providers with new allies in this long-running battle. One of those partners is the Northern Regional Wellness Coalition and the launch of the Blue Light Pilot Project. Originally started in Cree communities in Northern Quebec in 1998, the project moves the focus from the smoker to the smoke. A blue light placed over the door is an instantly recognizable symbol that the house is smoke-free. Coalition members learned that in two particular communities in Northern Newfoundland and Southern Labrador, as explained in a page four article in this issue, more than two-thirds of homes declared themselves smoke-free. And, they are eager to speak to anyone who wishes to be involved in the expansion of the pilot project in their community.

Hats off to the Northern Regional Wellness Coalition and its partners for bringing attention to the ravages of smoking and second-hand smoke. Such a proactive and grassroots initiative provides hope to health care providers and other elements of society that there might come a day when smoking will be spoken of in the past tense.

Allan Bock, Chair
Regional Newsletter Committee



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Front cover photo: Participation in a medevac workshop gives health care providers an opportunity to learn first-hand some of the challenges of providing care during emergency situations in remote locations. Jessica Dawe, a third year medical student who is from Nain in Northern Labrador, gathers an armful of green boughs for placement on the floor of the snow shelter she was building during day two of the workshop. For more photos, see page 10.

ALLAN BOCK PHOTO

Correction

It was incorrectly stated in the September to December 2014 edition of *Along the Coast to Labrador* that Dr. Gabe Woollam is the director of the Northern Family Medicine Education Program.

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Program Brings Good Food to the Table

Making your food budget stretch can be a challenge for most of us, especially with the global cost of food on the rise. Some folks may find this hits them harder than others. In order to help make people more food secure and to help stretch the food dollar further, through a partnership with the Salvation Army, Labrador-Grenfell Health and the Community Food Hub has successfully offered a Good Food Box program to self-identified low income families for the past few months in Happy Valley-Goose Bay.

The program began on a stormy Saturday in January. An average of 16 families participate each month. Participants of the program purchase a box of healthy nutritious food valued at \$25 for the sum of \$10. The food box is subsidized from a Provincial Wellness grant received by

the Community Food Hub, a local food security group in the Upper Lake Melville area. Participants sign up for the box in advance, while volunteers purchase the food and assemble the food boxes for pickup at the Salvation Army.

Locally sourced foods such as berries and eggs are included in the box, along with root vegetables such as potatoes, carrots and turnip, fruit such as apples, oranges and grapes, as well as items such as onions, lettuce and broccoli. Each month's food box is different depending on the availability of produce. More locally grown food will be purchased for the food boxes in the coming months, when supply is available. Nutrition information and recipes are also included in the food box.

Lynn Blackwood, Regional Nutritionist



▲ In the photo at left, Nikita Brown of Happy Valley-Goose Bay accepts a box of produce and fruit from Kelly Goudie (left), Health Promotion and Wellness Coordinator, and Lynn Blackwood (right), Regional Nutritionist with Labrador-Grenfell Health. At right, Sandra Earle and Bonnie Earle display their food bags with Lynn Blackwood.



Wellness Challenge 2015 Winners

The Wellness Challenge is part of the activities that are organized for Heart Health Month. This year's challenge winners are the DHSD Home Support Team, Happy Valley-Goose Bay, which amassed a total of 13,465 points (an average of 3,366 points per team member) for the month of February. The Wellness Challenge was held Feb. 1-27, 2015, and was open to all areas in the Labrador-Grenfell Health region. Twenty-one teams and a total of 98 participants from many communities, including Nain, Makkovik, Happy Valley-Goose Bay, Flower's Cove and St. Anthony seized the challenge. The challenge encourages people to be healthy in a holistic way. Individuals earn points for taking care of their mental and social health, participating in addiction prevention and awareness, eating healthy and being active.

Janice White, Health Promotion Coordinator

► Members of the DHSD Home Support Team are: (l-r) Flora Purchase, Kelly Brown, Sheila Wentzell and Mary Flowers.



The Blue Light Pilot Project

Door-to-Door Campaigning for Smoke-Free Homes



Violet Strugnell (left) and Gwenda Sampson, Port Hope Simpson.



Yvonne Russell, Port Hope Simpson.



Charmaine, Chloe, Carley and Cephas Cull, Great Brehat.

Members of the Northern Regional Wellness Coalition members participated in the 'Blue Light' Pilot Project during Tobacco Reduction Month in January. The purpose of this project was to help people protect themselves and their families from the harmful effects of second-hand smoke by keeping their homes smoke-free.

The sub-committee designed a Reflective Smoke Free Home Decal shaped like a Blue Light bulb for placement on a window of a home, along with a brochure that provided information and facts about the dangers of second-hand smoke and contact information for the Newfoundland and Labrador Smoker's Helpline. The Information in the brochure was adopted from the Manitoba Lung Association's Blue Light Project.

During National Non-Smoking Week, Jan. 18-24, 2015, coalition members went door-to-door in Great Brehat, a small community on the Great Northern Peninsula, to introduce this project. We knocked on 31 doors, revealing that there were approximately 24 households (or 77 per cent) that are currently smoke-free.

Members in Port Hope Simpson, a community in southeast Labrador, hosted an Open House at their Family Resource Centre on Jan. 12, 2015 to promote the Blue Light Project. During the weeks of Jan. 13-29, they knocked on 140 doors and revealed that 90 homes (or 62 per cent) are currently smoke-free.

The Northern Regional Wellness Coalition would like to extend a huge thank-you to the communities of Great Brehat and Port Hope Simpson for participating in this pilot project. In addition, the coalition has many other partners to thank. Their support helped offset the cost of this project. Thanks to the Newfoundland and Labrador Alliance for the Control of Tobacco, Labrador-Grenfell Health, the Northern Peninsula Family Resource Centre and the Community Youth Network. We hope to continue supporting this project in other areas.

If you would like to offer the Blue Light Project in your community, please contact Karla Loder, Health Promotion and Education Consultant, Labrador-Grenfell Health, at 454-0346 or karla.loder@lghealth.ca.

Submitted by: Charmaine Cull, Northern Peninsula Family Resource Centre & Northern Wellness Coalition; Gwenda Penney, Community Youth Network GAP Centre; and Yvonne Russell, Family Resource Centre



Janice Noble, Great Brehat.

New Year's Babies 2015

Physicians in the province have been providing safe rides home for newborns at hospitals for the past 28 years. Under the Newfoundland and Labrador Medical Association's (NLMA) Infant Car Seat Program, the first baby born in the New Year at the 10 hospitals that perform deliveries in Newfoundland and Labrador each receive a car seat. The program encourages parents to use approved car seats for their children from the moment they leave the hospital as newborns.



Labrador Health Centre

Brittany Broomfield and John Crane of Happy Valley-Goose Bay are the proud parents of the first baby born in 2015 at the Labrador Health Centre in Happy Valley-Goose Bay. Ryan Edgar Lester Broomfield, weighing 2.98 kg was born on Jan. 2, 2015. An infant car seat, donated by Goose Sales/Home Hardware, was presented to mother and son. Taking part in the presentation were: (l-r) Dr. Robert Forsey, Brittany and baby Ryan, and Dr. Holly Delaney.

Labrador West Health Centre

Mya Bailey Duffitt-Bixby was the first baby born in 2015 at the Labrador West Health Centre in Labrador City. Born to Latisha Duffitt and Tyler Bixby, the 3.41 kg baby arrived on Jan. 2, 2015. The proud parents and their newborn received two presentations – an infant car seat donated by Walmart and a silver cup, spoon and fork set donated by the Hospital Auxiliary. Taking part in the presentation were: (l-r) Pauline Abbott, treasurer of the Hospital Auxiliary; parents Tyler Bixby and Latisha Duffitt with their new baby; and Dr. Nnamdi Okoroafor, Obstetrician/Gynecologist.



Premier Davis Celebrates Opening of New Labrador West Health Centre



▲The new Labrador West Health Centre was constructed by Pomerleau Inc.



▲Cutting the ribbon to officially declare the Labrador West Health Centre as open were: (l-r) Tony Wakeham Chief Executive Officer, Labrador-Grenfell Health; Terry Curran, Wabush Deputy Mayor; Bernie Denief; Health and Community Services Minister Steve Kent; Premier Paul Davis; Vida Connors; Labrador West MHA Nick McGrath; Labrador City Mayor Karen Oldford; and Gerard Hoskins.



▲Labrador-Grenfell Health staff put together a detailed plan to move departments and all of their contents, along with medical equipment and devices, from the Captain William Jackman Memorial Hospital to the new Labrador West Health Centre. LeDrew's Express was contracted to facilitate the relocation.

The new Labrador West Health Centre was officially opened on Feb. 4, 2015 by Premier Paul Davis. The state-of-the-art facility represents an investment of \$90 million by the Provincial Government. The premier was joined by Steve Kent, Deputy Premier and Minister of Health and Community Services; Nick McGrath, MHA for Labrador West; and Tony Wakeham, President and Chief Executive Officer, Labrador-Grenfell Health.

"The Labrador West Health Centre will be an anchor point for this region for many years to come, Premier Davis stated. "It represents both an investment in health care and in the people who call this land their home. It is a pleasure to stand here with the people of Labrador West to open this new facility and I promise that our government will continue to stand with the people of this region now and in the future."

The 9,500 square metre facility has 14 acute care and 14 long-term care beds, two main operating rooms, diagnostic services including a core laboratory, two X-ray machines, CT scanner, ultrasound and bone density machines, dialysis services and various special function rooms. The health centre provides access to services including emergency, outpatient, surgical, obstetrical, pediatric, respite, palliative care, physiotherapy, oncology/chemotherapy, and mental health and addictions.

"This new facility is modernizing how



▲A large crowd of Labrador West residents and staff attended the opening ceremony of the new Health Centre.

patient-centred care is delivered in Labrador West and it will serve as the cornerstone of health services in this region for many generations," said Minister Kent. "The Labrador West Health Centre will ensure that residents have access to emergency, specialized and community health services close to home and family. This builds on the Provincial Government's commitment to enhance and upgrade facilities across the province."

The Labrador West Health Centre replaces the Captain William Jackman Memorial Hospital, which has been serving the people of Labrador West since 1965. The relocation of departments and staff from the former hospital to the new health centre took place over the course of two weeks in November.

"This new facility will serve as a vital hub for Labrador West and will provide world-class health care for families and future generations in the region," noted Nick McGrath, MHA for Labrador West.

Tony Wakeham, President and Chief Executive Officer, Labrador-Grenfell Health, welcomed the investment from the Provincial Government. "The new health infrastructure and state-of-the-art equipment greatly enhances the ability of our staff to provide quality programs and services to the residents of the region. Employees share in the pride that residents of the region have for their new health centre."

Several special guests were on hand for the event, including Labrador City Mayor Karen Oldford and Wabush Deputy Mayor Terry Curran.



▲ Visiting politicians toured the new Labrador West Health Centre following official opening ceremonies. One of the places they visited was the clinical pharmacy unit. Labrador West MHA Nick McGrath and Premier Paul Davis met up with Christina Vairinhos Butt, Meghan Noseworthy and Terri Greenham.



▲ Mary Power had the distinction of being the first client to settle into the new surroundings at the newly-opened Labrador West Health Centre on Nov. 26, 2015. She was congratulated by several staff members, including: (l-r) Evelyn Clarke, Pauline Winter, Rizalina Taylor, Karen Bruce, Corina Porter, Wanda Slade and Tammy Turpin.



attended the official opening of the new Labrador West Health



▲ Mary Power and Colleen Peckford (on stretcher) were the first two residents from the long-term care unit to relocate to the new Labrador West Health Centre on Nov. 26, 2015 with help from Labrador-Grenfell Health staff members: (l-r) Rizalina Taylor, Mrs. Power, Leon Hunt, Ms. Peckford and Samantha Abbott.

DONATIONS

The Giving is Great in the Straits

Staff at the Labrador South Health Centre in Forteau and residents of the Labrador Straits area are sending out a big thank-you to grand givers following the donation of several valuable items to the facility. Without the continued generosity of area businesses and the local Ladies' Auxiliary group, many items graciously received by the health centre and ambulance staffing would not be available for day-to-day use.

Staff and residents of the area would like to express heartfelt gratitude for the donations received to help purchase these items and advise all generous givers that the items are put to good use in the day-to-day delivery of healthcare services in the Labrador Straits.

Tania Keats, Nursing Site Manager, Labrador South Health Centre



▲ Displaying furniture in the mental health office at the Labrador South Health Centre, donated by the Ladies' Auxiliary, are Kirsty Williams, Mental Health Nurse, and Ellen Flynn, president of the Ladies' Auxiliary.



▲ Flat screen televisions for the inpatient wards were purchased through the Ladies' Auxiliary with a donation from Normore Enterprises Ltd. Shown with one of the televisions are Ellen Flynn, Ladies' Auxiliary, and Tania Keats.



▲ A Resusci Annie SkillTrainer with SimPad, a life-sized mannequin used for staff training in advanced cardiac life support, was purchased with funds donated by the Ladies' Auxiliary through community fundraising, the Eagle River Credit Union, and the Labrador Fishermen's Union Shrimp Company Ltd (LFSCOL). Taking part in the presentation are: (l-r) Tania Keats; Ellen Flynn, president of the Ladies' Auxiliary; Laquita Normore, Eagle River Credit Union; and Frank Flynn, LFUSCOL.



▲ A power supply for the Jaws of Life was donated to the ambulance staff by the Ladies' Auxiliary. Shown with Ellen Flynn, Ladies' Auxiliary, is Joseph Hancock, owner of the Labrador South Ambulance Service.

DONATIONS

Support from the Roddickton-Bide Arm Come Home Year Committee

Thanks to the Roddickton-Bide Arm Come Home Year Committee for the donation of \$1,500 to the White Bay Central Health Centre, Roddickton. The funds were used to purchase a wall-mounted television for the outpatient waiting area and a road map GPS. This GPS is programmed with the addresses of clients in the health centre's catchment area, a feature which gives ambulance staff the ability to locate clients in a more timely manner when responding to emergency calls. Thanks to Trent Decker, Primary Care Paramedic, for taking the lead on entering the information into the GPS, and Jarvis Canning and Michael Rowsell, Primary Care Paramedics, and Jamie Carroll and Marlene Canning, Emergency Medical Responders, for their help and input.

Violet Decker, Nursing Site Manager, White Bay Central Health Centre



▲ Primary Care Paramedic Trent Decker displays the GPS purchased with a donation from the Roddickton-Bide Arm Come Home Year Committee.



▲ Marilyn Caines (left) and Paula Clements display the new wall-mounted television at the White Bay Central Health Centre, Roddickton.



Equipment for Ophthalmology Department

The Grenfell Foundation (South chapter) presented two pieces of equipment in 2014 to enhance services offered by the ophthalmology department at Charles S. Curtis Memorial Hospital. The purchase of an auto refractor and an optical coherence tomography (OCT) machine completes the package initiated in 2013 when a new ophthalmologic surgical microscope was acquired through the Grenfell Foundation's 2012-13 capital fund-raising campaign. The Grenfell Foundation extends thanks to all donors who assisted with the purchase of the auto refractor and the OCT machine. Taking part in the presentation on Sept. 30, 2014 were: (l-r) Kerry Decker (Clinical Nurse Manager, Surgical Services); Alonzo Bessey, chairperson, Grenfell Foundation (South chapter); and Cora Cull (Licensed Practical Nurse).

Professional Development



Bathlift Demonstration

An education session was held at the Labrador West Health Centre, Labrador City, on the use and operation of a newly-installed bathlift. A client can be securely lifted from their bed, moved through their room and corridor and into the tub room in a safe and comfortable manner. Taking part in the training session were: (l-r) Tammy Turpin, Chantelle Andrews, Lesley Banfield, Corina Porter, Denise Foote and Jon Harry, a trainer with Lawton's Health Home Care.

Workshop Prepares Participants for Working in the North

A Medevac Workshop organized by the departments of Medical Services and Employee Development, Training and Health at Labrador-Grenfell Health was held Feb. 16-18, 2015 at Happy Valley-Goose Bay. The aeromedical transport workshop included classroom training sessions and presentations on stabilization techniques by 5 Wing MIR. Cold weather training was provided by the 444 Combat Support Squadron to aid with casualty simulations that took place on Feb. 18. The objective of the workshop was aimed at enhancing the knowledge required to respond to medical emergencies, especially during challenging conditions presented by climate and geography in the North. The nurses, paramedics, medical residents and students who enrolled in the workshop built emergency survival shelters and responded to simulated accident scenarios.



▲ Dr. Cory Veldman (left) and Dr. Aaron Heroux pile the snow high to build a winter shelter.



▲ Kady Herrington (left) and Rose Yee respond to the victim of an accident, Aaron Cabot, during a simulated exercise as part of a mid-winter medevac workshop.

Service Awards 2015

Happy Valley-Goose Bay



▲ Five-year service awards were presented to staff at the Labrador Health Centre on March 5, 2015. Recipients were: (l-r) Caroline Mullins, Vanessa Jacque, Mandy Brown, Janice White, Ernie Slade, Richelle Weeks and Delia Connell, Chief Operating Officer (Central and North) and VP of Community Services and Aboriginal Affairs.



▲ Staff at the Labrador Health Centre who received 10-year service awards on March 5, 2015 were: (l-r) Clint Clark, Mabel Dyson, Deanne Welsh, Loriann Lyall, Kelly Goudie, Delia Connell (Chief Operating Officer, Central and North, and VP of Community Services and Aboriginal Affairs), and Tom Ford.



▲ Service awards for 15 years of service were presented to staff members at the Labrador Health Centre. The presentations were made by Delia Connell, Chief Operating Officer (Central and North) and VP of Community Services and Aboriginal Affairs. Taking part in the presentation were: (l-r) Joanne Sampson, Tanya Hancock, Delia Connell and Brenda Kennedy.



▲ A dinner was held at Happy Valley-Goose Bay on March 5, 2015 to honour staff members who have served 20 or more years with the organization. Taking part in the presentation were: (l-r) Tony Wakeham, Chief Executive Officer, Rowena Pilgrim (25 years), Viva Pittman (20 years), Lynn Yetman (25 years), Vyann Kerby (20 years), Labrador-Grenfell Health board member Mary Abbass, and Delia Connell, Chief Operating Officer (Central and North) and VP of Community Services and Aboriginal Affairs.



▲ Certificates of Service were presented to long-serving staff members at the Labrador Health Centre and the Happy Valley-Goose Bay Long-Term Care facility on March 5, 2015 during a dinner at the Masonic Lodge. Taking part in the presentation were: (l-r) Tony Wakeham, Chief Executive Officer, Labrador-Grenfell Health board member Mary Abbass, Barbara Dyson, Anne Wells, Wilma Dyson, Gail Turner (guest speaker) and Delia Connell, Chief Operating Officer (Central and North) and VP of Community Services and Aboriginal Affairs.

Service Awards 2015

St. Anthony and Area



▲ Staff in the St. Anthony area who received 15-year service awards on Feb. 27, 2015 were: (l-r) Gary Richards, Shawna Rowbottom and Tony Walsh.



▲ Service awards were presented to staff of Charles S. Curtis Memorial Hospital in St. Anthony on Feb. 27, 2015 for five years of service. Recipients were: Front (l-r) Gaye Ropson, Virginia Parrill, Linda Smith. Back, Lana Pilgrim, Doretta Parsons, Rhonda Simmonds, Brenda Best, Joan Blake, Jackie Adey, Joyce Richards and Sherry Squires.



▲ Two long-serving physicians at Charles S. Curtis Memorial Hospital were presented with Certificates of Service in March, 2015. Taking part in the presentation were: (l-r) Dr. Kweku Dankwa, Associate VP of Medical Services, Dr. Trudy O'Keefe, Dr. William Fitzgerald, and Barbara Molgaard Blake, Chief Operating Officer (South).



▲ Receiving 10-year service awards were: Front, Dr. Devicka Roopram. Back, Denise Reardon, Sherri Coates and Sheila Hillier.



▲ Certificates of Service were presented to retired staff members at the Founder's Day dinner on Feb. 27, 2015 at St. Anthony. They included: (l-r) Sandra Way, Peggy Gibbons, Dr. Catherine Penney and Karen Simms.

Service Awards 2015

St. Anthony and Area



▲ Long service awards were presented to the staff at Charles S. Curtis Memorial Hospital and the Strait of Belle Isle Health Centre on Feb. 27, 2015 to: Front (l-r) Todd Fowler and Darl Scott (25 years), Kerry Decker (20 years). Back, Dale Richards (30 years), Mary Ellen Cull (35 years), Sandra Way (38 years), Peggy Gibbons (33 years), Ruby Kean (30 years), Dorothy Dredge (30 years), Dr. Catherine Penney (35 years), Agnes McCarthy (35 years), Karen Simms (30 years), and Rhonda Hicks and Danette Rose (20 years).



▲ Twenty-year service awards were presented to: (l-r) Rhonda Hicks, Kerry Decker and Danette Rose.



▲ Sherry Leyte, Regional Nurse at the Port Hope Simpson Community Clinic, was the guest speaker at the Founder's Day dinner at St. Anthony on Feb. 27, 2015. Sherry spoke about her volunteer mission in Honduras. She is shown with Barbara Molgaard Blake, Chief Operating Officer (South) and VP of People and Information.

Service Awards 2015

Labrador West



▲ Certificates of Service were presented to long-serving members of the staff at Captain William Jackman Memorial Hospital on March 6, 2015. Recipients were: (l-r) Frances Lynch, Sheila Bruce, Ruth Mouland, Eleanor Fowler, Harold Butt and Yvonne Tiller-Edwards.



▲ Ozette Simpson, Chief Operating Officer (West) and Bill Squire (20 years) cut the cake at the presentation of service awards to staff at the Labrador West Health Centre on March 5, 2015.



▲ Staff at the Labrador West Health Centre with five years of service received service awards during a presentation on March 5, 2015. Recipients were: Front (l-r) Dr. Bhagvanth Gunna, Carla Penney, Aldena Hillier-Legge, Jessica Marsh, Christina Pelletier, Bernadette Wheaton, Nikki Abercrombie, Selina Carroll and Sandra Roy. Back, Peter Pike, Stephen Ricketts, Andrew Robertson (representing the board of directors of Labrador-Grenfell Health) and Tony Wakeham, Chief Executive Officer.



▲ Chantelle Gillis received her 10-year service award from Andrew Robertson (left), Labrador-Grenfell Health board member and Tony Wakeham (right), Chief Executive Officer.



▲ A dinner was held on March 6, 2015 to celebrate the contributions of long-serving staff at Captain William Jackman Memorial Hospital/Labrador West Health Centre. They were: (l-r) Roxanne Brett (25 years), Ozette Simpson (35 years), Cluney Penney (30 years), Judy Russell (40 years) and Beverly Whalen (35 years).

Service Awards 2015

Gail Turner Reflects on a Lifetime in Healthcare



Gail Turner, who recently retired as Director of Health Services with the Nunatsiavut Government, was the guest speaker at the annual Labrador-Grenfell Health service awards dinner, held at the Masonic Lodge in Happy Valley-Goose Bay on March 5, 2015. The following is an edited version of her address:

My life so far has been like a book with many different chapters, each one bringing me towards who I am today, a glimpse into a life lived with a passion for nursing, all things public health, for Labrador, for family, mixed with a strong work ethic inherited from my mother and grandmother, a sense of fun from my father's side of the family, and Muriel Way's smile.

I was raised in a home that revered all things Grenfell. My grandmother had been a protégé of Sir Wilfred, sent away to school in Boston and returning to work for and with him in St. Anthony. Working in any capacity for the Grenfell Mission was seen as the highest calling that anyone in Labrador could aspire to, and that calling also attracted many wonderful people from away, some whom are still working in our health care system today – Delrose Gordon and Helen Michelin to name just two.

I grew up in Happy Valley with health care delivered by nurses in the clinic on Hamilton River Road. They were amazing women who inspired me with their dedication and skill, delivering

babies and pulling teeth. I loved the smell of the clinic rooms with cotton balls in a jar. I can't remember a time when I didn't want to be a nurse. I attended the dorm in North West River where my principal, Bill Rompkey, encouraged and supported my public speaking ability. It has bought me employment, great personal and professional fulfillment, and opportunities I could only have dreamed of.

When I graduated, I wanted to work in Happy Valley. I had spent a summer as a nursing student at the Paddon Memorial Hospital and loved every minute. There was no job at that time but a year later I received a letter from IGA inviting me to work as a public health nurse in Happy Valley. Bertha Chaulk picked me up in a VW bug on April 1, 1973 and my love affair with public health began. I had found my passion... how lucky I was to have Bertha as my mentor. She taught me real public health in the trenches with a role that had no boundaries, with a respect for meeting people where they were and the true meaning of the phrase "other related duties" that was part of our job description.

I met Guy Turner on the steps of the old Paddon Memorial Hospital and another chapter began, living in England and Gibraltar, wife of a naval officer and gentleman, mother of Shaun and Annalisa, and nursing in large hospitals in the United Kingdom. In July of 1984, I began another chapter working for Grenfell Regional Health Services in Labrador West. I single-handedly raised two children, sent them off to university and acquired my Masters degree by distance. The timing was right for so many reasons, so in January 1996 I came home again to the old hospital on base to take a position as a public health coordinator and working with the wonderful Violet Manuel.

A million wonderful moments to recall and so many more to follow in my next chapter with Nunatsiavut that brought me into a whole new world – riding a camel to breakfast in Australia, playing bingo in Kotzebue on the Bering Sea in Alaska, flying on a very old and rickety plane to Siberia, Russia, watching the sun rise in the Arctic, sitting in a traditional long house in British Columbia, and speaking in Parliament, all of

which were memorable. What meant the most to me, though, was going back to my roots, delivering public health in Nain and Rigolet when there were staff shortages. What a privilege. I believe that managers benefit so much from working beside staff. It gains their respect and enriches your ability to lead, to guide practice and to write policy that is relevant.

In my years as a manager, I believed and still feel that no one person is more valuable by virtue of a title. I preferred to think of all of us in whatever job we performed as partners in healthcare. When I managed the community clinics, my first stop of the day was RT, which for me the most important place in the system. Without the patients, staff and mail, supplies did not move. I still think, years later, it is Wednesday and look to the sky for the plane, knowing that if I see it, all is well.

We work in Labrador, the 'Big Land', beautiful, challenging, never dull, rich in the diversity of people who live here and the challenge of delivering healthcare in an environment that can be totally controlled by weather. But that is why all of these people who are being honoured here tonight have stayed – they love it here, they have carried the pride of working for the organization through all the change. Challenge makes us grow professionally and personally.

You should not be trying to fit a model of healthcare designed for anywhere else. You should celebrate the uniqueness of who you are, from whence you have come and the people you serve to design something that is truly unique and wonderful. You need especially to hold on to the humanity.

Retirement held two surprises for me. I now wake earlier than I did when I was working and how I would struggle with my new identity. Who am I now? For 40 years I was defined by my work, maybe too much so. I do wish I was closer to my children and grandchildren. I could move, but I am not ready to leave Labrador yet. Would I have made a different career choice? Absolutely not, as nursing has provided me with so much more than salary, travel and opportunity; best of all was working with people like those being honoured here tonight. I would do it all again and then some.

From the Homes

Forteau

◀ A group of residents at the Labrador South Health Centre, Forteau, celebrated Valentine's Day by making valentines for family members: (l-r) Annie Hancock, Lily Dumaresque, Elizabeth Letto, Elva Turnbull and Julie Ryland.



▶ Volunteers from the community joined with residents on St. Patrick's Day to bake treats for the Irish celebration: Front (l-r) residents Florence Linstead, Julie Ryland and Hazel Thomas, and volunteers Margaret Ryland, Elise Earle and Norma Earle. Back, residents William Smith and Sam Burden.



▲ Staff members Agatha Ryland (left) and Dawn Letto at the Labrador South Health Centre helped residents celebrate St. Patrick's Day.



▲ Residents at the Labrador South Health Centre enjoyed the snow sculpture which was crafted by staff members for the annual sports weekend in Forteau. Shown making the snow sculpture are Laurie Roberts (left) and Vicki Hancock.

From the Homes

Labrador West

Residents of the long-term care unit at the Labrador West Health Centre, Labrador City, their families and members enjoyed a very special day on March 11, 2015. They were invited to an early St. Patrick's Day celebration, an event organized in partnership with the Town of Labrador City. They enjoyed music by Pat Carroll and were pleased with a surprise visit from Chill, mascot of the winter carnival. Staff of the unit thanks the Town of Labrador City and Pat Carroll for a memorable afternoon.

► Staff members who enjoyed a visit from Chill included: (l-r) Julie Blanchette, Karen Bruce, Chill, Heather Leriche and Stephen Ricketts.

▼ Milton Goudie, a resident of the long-term care unit, Labrador West Health Centre, embraced the spirit of St. Patrick's Day by dressing in green.



▲ Resident Josa Kajui receives a hug from Chill.



◀ Residents of the long-term care unit at the Labrador West Health Centre, Labrador City, enjoy visits from Julie Blanchette, recreation therapist, and her dog, Koonik. Welcoming Koonik are residents Mary Power and Christine Lane.

St. Anthony



▲ Valentine's Day celebrations at the John M. Gray Centre, St. Anthony, began with crowning of the Valentine Queen, Esther Compton, and the Valentine King, Noah Compton, as they participated in a cake-cutting ceremony. Participants enjoyed an afternoon of listening, singing and dancing to traditional music, Valentine's Day poetry and receiving Valentine's Day treats and balloon-o-grams. Thanks to the entertainers and everyone who assisted to make the event a huge success. Participants included: (l-r) residents William Russell, Esther Compton and Noah Compton and Emma Cassell.



▲ Residents, family members and staff of the John M. Gray Centre gathered in the recreation room on March 17, 2015 to celebrate the Irish spirit for St. Patrick's Day. Participants enjoyed an afternoon of listening and dancing to traditional Newfoundland Irish tunes and St. Patrick's Day recitations. (L-r) Residents Eugene Burden, Harold Humby, Edith Humby and Pansy Elms waited for festivities to begin.

Students Enjoy Winter Activities

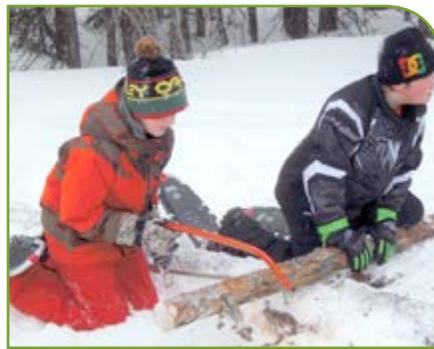


▲The opportunity to spend time in the outdoors was welcomed by students who took part in an activity jamboree.

Junior high students from the Upper Lake Melville Lake area took part in a jamboree at the Birch Brook Nordic Ski Club, near Happy Valley-Goose Bay, on March 19, 2015. The event was coordinated by Labrador-Grenfell Health's School Health Promotion Liaison Consultant, Dominic Demers. Students from Lake Melville School, the Sheshatshiu Innu School and Queen of Peace Middle School had the opportunity to cross-country ski, snowshoe and complete a Labrathon. The Labrathon, one of the events of the Labrador

Winter Games, honours the trapper and calls on participants to bring a pot of snow to a boil, shoot a target, saw a log, set a trap and cut a hole through the ice.

The day was organized in collaboration with Participation Nation, an organization that promotes non-competitive physical activities and focuses on students who are not participating in competitive sport. The jamboree represented a great opportunity for students to learn new activities in a supportive environment.



▲Students saw a log while participating in the Labrathon.



▲Students acquired a new skill when they learned the proper method of lighting a fire in the winter.

Photo Trivia

This issue

Q: Who is the writer, historian and university professor who authored several books associated with the Grenfell era in Northern Newfoundland and Labrador?

Last issue



Q: Name the individual in the photo, a revered captain who commanded sealing vessels and is perhaps best known for a rescue which took place at Spotted Island more than 140 years ago.

A: The individual in the photo is Capt. William Jackman, a Newfoundland sealing captain and sailing master. The Salvation Army named the former hospital in Labrador City, Captain William Jackman Memorial Hospital, for a man who is best known for the rescue of 27 people when the Sea Clipper ran aground at Spotted Island on Oct. 9, 1867. Jackman swam back and forth to the vessel 11 times to rescue 11 passengers. With a rope tied around his waist, Jackman swam back 16 more times, rescuing all aboard the doomed ship. He was presented with a medal and diploma by the Royal Humane Society in 1868 for his heroism. Thanks to Gary Newell and Alwyn Sansford for submitting the correct answer.



Retirements

Dr. Judy Ophel

A family physician with the former Health Labrador Corporation and Labrador-Grenfell Health for more than 20 years, Dr. Judy Ophel, retired from the Labrador Health Centre, Happy Valley-Goose Bay, on Jan. 30, 2015.

"I have always loved being a family physician," said Dr. Ophel. "I feel privileged to have been part of my patients' lives for 33 years. I am proud to be among those who work on the front line. I still believe that by helping one individual, we can help a family and a community and make a small difference in the world."

A native of Deep River, Ontario, Dr. Ophel graduated in 1979 from Queen's University in Kingston, Ontario, as a Doctor of Medicine. Upon graduation, she completed her residency in internal medicine at Dalhousie University in Halifax and joined the Botwood Cottage Hospital in 1981 as medical officer. She was a family physician at the Dr. Hugh Twomey Health Care Centre in Botwood from 1989-94 and has been associated with Memorial University in the Discipline of Family Practice as a clinical lecturer and professor since 1990. Dr. Ophel took a position as a family physician with the former Melville Hospital in Goose Bay in 1994 and became director of the Northern Family Medicine Education Program (NorFam) in 1997, a position she held until 2002.

Dr. Ophel has been the recipient of considerable recognition over the years, including being named the 2008 Family Physician of the Year for Newfoundland and Labrador by the College of Family Physicians of Canada, and in 1999 she received the provincial Y.K. Jeon Award as Rural Preceptor of the Year. In 1995-96 she served as president of the Newfoundland and Labrador chapter of the College of Family Physicians of Canada, and in 2009, Dr. Ophel served as a volunteer physician during a medical mission to Tanzania with the Canada Africa Community Health Alliance.

Retirement teas were held in her honour at the Labrador Health Centre and the Mani Ashini Community Clinic in Sheshatshiu. On behalf of her many co-workers and friends at the Labrador Health Centre and community clinics, medical students far and wide, and the families she has served during her time in Labrador, I would like to express thanks and gratitude to Dr. Ophel for her dedication and the compassionate care she has provided. Best wishes for a long and happy retirement.

Dr. Michael Jong, Vice-President of Medical Services



Yvonne Tiller Edwards

Congratulations are extended to Yvonne Tiller Edwards on her retirement from Labrador-Grenfell Health on Dec. 12, 2014. She started work at the Captain William Jackman Memorial Hospital (CWJMH) in Labrador City in a temporary position as a Medical Laboratory Technologist in June, 1980. Yvonne successfully graduated in 1980 with a Medical Laboratory Technology diploma from the College of Trades and Technology in St. John's. Prior to completing her diploma, Yvonne had completed three years at Memorial University in St. John's working towards a biology degree after graduating from Labrador City Collegiate in 1972.

One year after starting at CWJMH, Yvonne was awarded a permanent, full time position as Medical Laboratory Technologist. By October, 1994, Yvonne was the lead Medical Laboratory Technologist III and in March, 2010, she assumed the position of Regional Quality Assurance and Safety Manager. On her retirement, Yvonne had completed 34 years and two months of service.

Yvonne is married, and she and her husband, Brian, are now both retired. The couple has two daughters, Krystyna and Shari, and they are busy, full time grandparents and willing babysitters for four grandchildren all under five years in age.

Laboratory staff in the region extend best wishes to Yvonne for good health and happiness in her retirement years and happy grandparenting.

Wendy Christensen, Regional Director of Diagnostic Services

Retirements

Agnes McCarthy

Staff at the Charles S. Curtis Memorial Hospital bid a fond farewell to a long-time co-worker and friend on Feb. 24, 2015. Agnes McCarthy, known to her closest friends as 'Aggie', was greeted by a large crowd of well-wishers during her retirement tea in the boardroom.

Agnes started with the International Grenfell Association in 1975 as a switchboard operator. In 1979, she took a position as a nursing assistant and continued in that role until 1994, at which time she relocated to medical records as a clerk for a short term. From 1995 to the day she retired on Feb. 27, Agnes served as ward clerk/booking clerk. She provided more than 35 years of dedicated service.

On Feb. 28, Agnes' co-workers gathered for a retirement supper and social and shared stories about their friend and colleague.

Agnes was well known and liked by all, including the staff and patients she has served over the years. She will be missed and we all wish her well in her future endeavours.

Kerry Decker, RN, Clinical Nurse Manager, Surgical Services and Dialysis/ICU



Frances Lynch

Staff at the Labrador West Health Centre, Labrador City, bid a sad but fond farewell to Frances Lynch, Diagnostic Imaging Technologist, when she retired on Dec. 31, 2014. Frances achieved a Diploma of Radiological Technologists at the College of Trades and Technology in St John's in 1981 and started her career as an X-ray technologist at the Captain William Jackman Memorial Hospital (CWJMH) on Aug. 31, 1981.

In the ever-changing world of diagnostic imaging, Frances became interested in the new field of ultrasound, and in 1986, she completed a diagnostic ultrasound program offered through Siemens Electric Limited. In 1987, Frances successfully completed obstetrics and gynaecology courses through the Burwin Institute of Diagnostic Medical Ultrasound, and the following year she successfully completed Burwin's abdomen I and II courses.

Frances became well-respected in the ultrasound field in the province and a source of knowledge and information for new sonographers in the region. By April 1, 2000, Frances was the Lead Diagnostic Imaging Technologist III at CWJMH, and on May 11, 2006, she held the position of Lead Diagnostic Imaging Technologist IV in the Diagnostic Imaging Department.

Frances and her husband, Phillip, have a son, Daniel. Frances's experience and professionalism will certainly be missed, but she is now able to plan trips with her husband and take the opportunity to enjoy her leisure time with her family. Everyone at the Labrador West Health Centre joins me in wishing Frances all the best for a happy, healthy and long retirement.

Wendy Christensen Regional Director of Diagnostic Services

Retirements



▲ Front (l-r): Helen Sullivan, Alvina Shuglo, Kathy Elson. Back, Jim Feltham, Donna Matthews, Teri Winters and Henry Jensen.

Helen Sullivan

Labrador-Grenfell Health staff gathered at the Hopedale Community Clinic to celebrate Helen Sullivan and her career in nursing. She began her nursing career in 1970. In 2002, she arrived in Labrador and worked as a Regional Nurse in community clinics at Cartwright, Natuashish and Nain. In 2010, Helen started working in Hopedale as a Regional Nurse II. Helen's last day of work with Labrador-Grenfell Health was Jan. 23, 2015. She has since returned home to enjoy a relaxing and active lifestyle in St. John's.

Happy retirement, Helen.

Kathy Elson, Clinical Nurse Manager (North)



Charles Ash

Charles 'Chuck' Ash began working as a casual Regional Nurse with Labrador-Grenfell Health in November, 1998. His work in Labrador has taken him to community clinics at Natuashish, Postville and Makkovik. He started working as a Regional Nurse II in Black Tickle in August, 1999.

Over the span of 15 years, Chuck served as the only Regional Nurse on the tiny island of Black Tickle, providing 24-hour emergency coverage to a community of 168 people. Chuck's experience as an army medic and as a nurse on the oil rigs prepared him to meet the challenge of nursing in an isolated and sometimes harsh environment. His responsibility, knowledge and ability to work in this expanded nursing role so well was no small feat, and the resourcefulness he needed to meet these challenges is commendable.

As a gesture of appreciation, the entire community of Black Tickle held a potluck at the community hall on Jan. 21, 2015. Chuck returned home to Nova Scotia on Jan. 30, 2015. Community Clinic Services wishes Chuck health and happiness in his retirement.

Kathy Elson, Clinical Nurse Manager (North)

Violet Strugnell

A retirement tea was held for Violet Strugnell of Port Hope Simpson on Jan. 7, 2015, to wish her good luck and a long, happy and healthy retirement. Violet began her 38-year career with the International Grenfell Association in 1977 as a personal care attendant at the Port Hope Simpson Community Clinic and later served with Grenfell Regional Health Services and finally Labrador-Grenfell Health. Violet has seen many changes, embraced with grace and kindness. She embodied the Grenfell spirit and always put her patients first, providing stability and support for staff and community. For this, Violet, we are deeply grateful.

The tea at the Alexis Hotel was attended by: Claudine Foster, nurse in charge for the last 16 years; Sherry Leyte, RN at the clinic for the past



▲ Front (l-r): Elizabeth Hicks, Violet Strugnell. Back, Judy Mercer, Sherry Leyte, Lael Crocker, Joanne Bridle, Alton Samson, Claudine Foster, Alison Normore, Carole Wood, Barbara Campbell, Alicia Russell, Donnie Sampson and Marilyn Kippenhuck.

11 years; Donnie Sampson, Vice-President of Nursing and Chief Nurse, who worked at the Port Hope clinic for several years; Marilyn Kippenhuck, Regional Director, Community Clinics and Health Centres; Elizabeth Hicks, who was Violet's counterpart at Port Hope Simpson for many years; Alton Samson, maintenance repairer; colleagues from Port Hope Simpson and the south coast clinics; and Violet's husband, Simon, and her children and grandchildren.

We will all miss Violet and wish her good health and all that she hopes for in retirement. Thank you for your service Violet.

Carole Wood, Clinical Nurse Manager (South) and Regional Nurse in Port Hope Simpson from 1992-96

Retirements

Dr. Peter and Annie Hornett



Co-workers, colleagues and friends gathered in the Recreation Room at the Charles S. Curtis Memorial Hospital in St. Anthony on Jan. 28, 2015, to pay tribute to 49 years of combined service of two retiring dentists, Drs. Peter and Annie Hornett. A tenure with the former Grenfell Regional Health Services and Labrador-Grenfell Health which started in February, 1985, came to a close on Jan. 30, 2015.

"I have praise for your contributions to dentistry in the region," said Dr. Michael Jong, Vice-President of Medical Services with Labrador-Grenfell Health, who joined the proceedings from Happy Valley-Goose Bay via webcam. "You both have provided dedication, leadership, an excellent service, and are role models for an active lifestyle."

Following their graduation from dental school in the United Kingdom, Peter applied for a position in 1983, but was advised there were no vacancies in dentistry at the time. By late 1984, there was a vacancy and the Hornetts made plans to move in the middle of the winter and arrived in St. Anthony with a toddler and a newborn baby, Ben and James. Daughter Ellen arrived a few years later.

The Hornetts had initially planned to stay for a couple of years, but by 1987 they were well settled with life in Canada and were applying to extend their immigration. Annie started part-time work in the Dental Department in 1986.

Barbara Molgaard Blake, Vice-President of People and Information, stated that the Hornetts have long advocated for improvements in the oral health of the population of the Labrador-Grenfell Health region. "Annie has often played a quieter role while still advocating for better oral health, by her support of breastfeeding and other health promotion initiatives," she explained. "She has also always tended to be the dentist for the younger population of our area – as I'm sure that many of our children and now grandchildren have benefited from her quiet and calm approach to providing services."

In 1990, Peter was appointed assistant chief of dentistry under the late Dr. James Messer, and in 1996, he assumed the Chief of Dentistry role. He remained in that position since then, with one notable break in 2011-12, when he was injured in a motorcycle accident that kept him off work for about a year. "It's a testament to their work as a team that Annie was able to smoothly step up to the plate and take over the leadership role in the interim, while Peter recovered," added Barbara.

Over the years the Hornetts provided mentorship and clinical placements for more than 150 students through a partnership with the Dalhousie School of Dental Hygiene. Peter was appointed as an adjunct professor at Dalhousie and participated in the School of Dental Hygiene's 50th anniversary celebrations, at which time he was presented with a framed inscription in appreciation of his contributions.

The Hornetts assumed leadership roles, with Peter serving as president of the Newfoundland and Labrador Dental Association, in addition to participating in and leading multiple research studies and speaking at provincial and national conferences. The Hornetts were inducted as Fellows of the American College of Dentists in 2012.

Peter said it was a privilege to work and live in rural Newfoundland, noting that "we live in a National Geographic environment and we're going to miss that." He remarked that they were inspired to work in the region and acknowledged the tremendous support and dedication of members of the dental team. Annie thanked her co-workers in the hospital, their patients and the community for their contributions and help in efforts to improve oral health, particularly among children and youth.

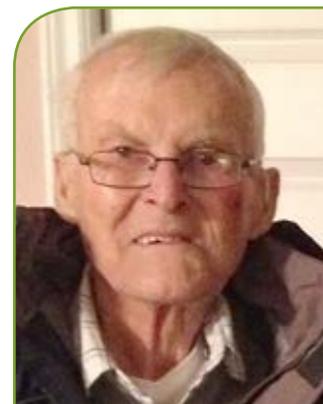
Best wishes to the Hornetts and the new life they have started in Western Canada.



Obituaries

Alfred Anderson

It is with regret that Labrador-Grenfell Health notes the passing of Alfred Anderson, who passed peacefully on Feb. 27, 2015 at the Charles S. Curtis Memorial Hospital, St. Anthony. Originally from L'Anse aux Meadows, he was in his 89th year. Alfred worked with the International Grenfell Association and Grenfell Regional Health Services as a carpenter and with the marine railway, retiring in 1987. He is survived by his wife, Pearl, sons Jim and Dwight and daughter Audrey, brothers Maxwell and Dorman, four grandchildren, and a large circle of nieces, nephews, family members and friends. Funeral services took place at the Kerry M. Fillatre Funeral Home in St. Anthony on March 5, 2015.

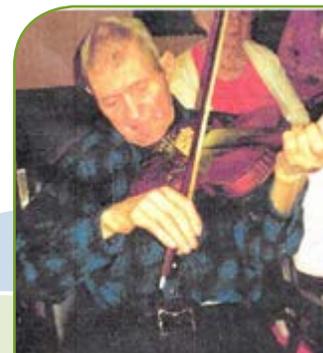


Blanche Effie Burt

It is with sadness that Labrador-Grenfell Health notes the passing of Blanche Effie Burt of St. Anthony, who passed peacefully at the Charles S. Curtis Memorial Hospital on Jan. 30, 2015 in her 93rd year. She worked with the International Grenfell Association and Grenfell Regional Health Services as a domestic worker and a part-time sewer until her retirement in 1985. Blanche leaves to mourn her daughter, Marilyn Walker, two grandchildren, and a large circle special family members and friends. Funeral services took place at the Salvation Army Church in St. Anthony on Feb. 4, 2015.

James Henry Acreman

It is with sadness that Labrador-Grenfell Health marks the passing of James Henry Acreman, who passed peacefully at the John M. Gray Centre in St. Anthony on Jan. 24, 2015. He was in his 89th year. James, known to all as 'Jimmy', worked with the International Grenfell Association and Grenfell Regional Health Services from 1969 to 1986 as a labourer. He leaves to mourn with fond and loving memories: One brother, John; his friend, Kevin Simms; neighbours, staff and friends at Shirley's Haven personal care home in St. Anthony; and a large circle of family members and friends. Funeral services took place at the United Church in St. Anthony on Jan. 26, 2015.



Joan Bertha Caroline Simms

It is with sadness that Labrador-Grenfell Health notes the passing of Joan Bertha Caroline Simms of St. Anthony at the age of 79 on Jan. 3, 2015. Joan was born on Jan. 29, 1935 to Stella and Sidney Pilgrim of St. Anthony Bight and married Reginald Simms on May 11, 1955. She worked with the International Grenfell Association and Grenfell Regional Health Services, retiring in December, 1996, following 23 years of service.

Joan is remembered as a generous and kind-hearted woman who loved her family and enjoyed knitting, crocheting, picking berries, baking and cooking. It was widely known that there was always room for one more at her dinner table.

She is survived by two sons, David and Maurice, two sisters, Jean and Cavell, one brother, Wayne, several grandchildren and great-grandchildren, and a large circle of family members and friends. Funeral services took place at St. Mary's Anglican Church in St. Anthony.



Madeline Eunice Alwin Betts

It is with sadness that Labrador-Grenfell Health notes the passing of Madeline Eunice Alwin Betts, who passed away on Dec. 6, 2014 in Charlottetown, Prince Edward Island at the age of 99. Born in Brooklyn, New York, on May 12, 1915, Madeline moved to Mutton Bay, Quebec, in 1941 to marry Bob Betts, a young dentist who had been hired to provide health care to remote coastal communities in Quebec and Newfoundland as part of the Grenfell Mission. Following the end of World War II, they relocated to St. Anthony, where their first son, Robert, was born. Sporting matching sealskin mukluks, Madeline and Bob sailed the coasts of Newfoundland and Quebec to bring dental care to the outports. She also drew designs on burlap for the Grenfell Mission's distinctive hooked rugs and assisted with distributing supplies for the cottage industry.

Over the years, the family lived in Labrador, Port aux Basques, the Codroy Valley, New Jersey, Nevada, Maine, Oklahoma and Alaska. Writing in the Globe and Mail, a long-time friend, Ivy Wigmore, wrote that "Madeline was known for her creativity, adaptability and wry sense of humour. Throughout her life, she was a dedicated and talented painter, often commemorating the landscapes of places she had lived in watercolours and oils."

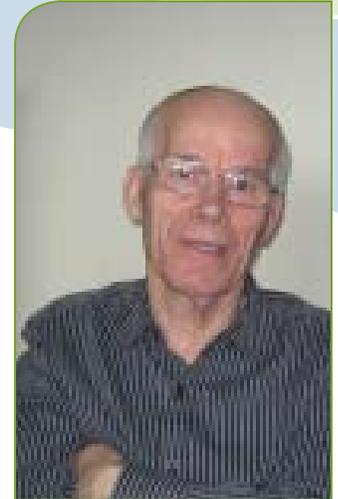
Pamela Kathleen Karasek

It is with regret that Labrador-Grenfell Health notes the passing of Pamela Kathleen Karasek, who passed away suddenly but peacefully at her St. John's residence on March 21, 2015 in her 80th year. She was described as a vibrant woman who embraced life, family and friendships. Born in Maidstone, England, Pamela (nee Stevens) and her late husband, Colin, moved to Canada in 1957 to experience new adventures and start a family. The family relocated to St. John's in 1963 where Pamela worked with the MUN Extension Service, the Sir Humphrey Gilbert 400th Anniversary Celebrations, and the Citizens' Forum on Canada's Future. In the early 1990s, she was hired to coordinate celebrations which marked the 100th anniversary of Sir Wilfred Grenfell's arrival in Northern Newfoundland and Labrador to establish his medical mission. Leaving to mourn with cherished memories are children Elvira, Gary, Jane and Lawrence, 12 grandchildren, nine great-grandchildren, and a wide circle of extended family members and friends. A celebration of her life took place at The Bungalow in St. John's on March 28, 2015.



Aubrey Garfield Ings

It is with sadness that Labrador-Grenfell Health notes the passing of Aubrey Garfield Ings, who passed peacefully at the John M. Gray Centre in St. Anthony on Jan. 2, 2015 in his 76th year. He worked as a nursing assistant with the International Grenfell Association and Grenfell Regional Health Services, retiring in 1986. He is survived by two daughters, Bonnie Pelley and Harriet Ings, three sons, Grant Saunders, Trent and Aubrey, two sisters, Daisy Burden and Josie Rodgers, 15 grandchildren and six great-grandchildren, and a large circle of family members and friends. Funeral services took place at Bethel Pentecostal Church in St. Anthony on Jan. 6, 2015.



Ulet Larkin

It is with sadness that Labrador-Grenfell Health notes the passing of Ulet Larkin. At the age of 81, the native of Cook's Harbour passed away at the Charles S. Curtis Memorial Hospital on Jan. 10, 2015. Ulet was employed by the International Grenfell Association from 1975-79 as a labourer. Leaving behind lots of wonderful and fun-filled memories, Ulet is survived by one sister, Christena Decker, three brothers, Alf, Tom and Fred, and a large circle of nieces, nephews and friends. Funeral services took place at St. Mary's Anglican Church in St. Anthony on Jan. 13, 2015.

Sarah Evangeline (Eva) Lawrence

It is with sadness that Labrador-Grenfell Health notes the passing of Sarah Evangeline (Eva) Lawrence, who passed peacefully away at the Charles S. Curtis Memorial Hospital with her family by her side on Feb. 6, 2015. She was 91. She was born in St. Anthony on March 20, 1923, married Joseph Horatio Lawrence of Port aux Basques in 1949, and together they had two sons, Dennis and Orville.

Eva (née Sulley) lived a full life with many accomplishments and pastimes, including completing her teaching diploma at Memorial University in St. John's, teaching in Northern Newfoundland at Griquet, Quirpon, Main Brook, and the Grenfell School in St. Anthony. Eva was best known for her support of the Curtis Memorial Hospital Auxiliary where she actively participated in the gift shop, and continued knitting for the auxiliary up to the just a few days before her passing. Eva was always an active woman, with interests in education and community service. She also supported the Lions Club and the Athletic Club.

Dennis noted that his mother was a storyteller, not unlike many Newfoundlanders. Many of her stories came alive while going through her saved articles and documentation following her death. These included: Attendance files of her students while teaching in the outports, with comments; a verification certificate that she was not a threat to the English Empire during the second war; photos of her time spent teaching in Main Brook and the Depot; and letters received for her exemplary work. In conversation with his mother every night, Dennis added that he learned of her latest knitting projects for the auxiliary or another cause.

Left to mourn are her sons, Dennis and Orville, daughter-in-law Kelly Lawrence, a sister, Gloria Marshall, five grandchildren, many family members and a large circle of friends. Funeral services took place on Feb. 10, 2015 at the St. Anthony United Church.



Comings and Goings

WELCOME TO:

Churchill Falls

Vida Edgar
Elia Onyong

Regional Nurse
Family Physician

Skender Hakanjin
Jody Kratts
Rebeka Letto
Chantelle Reid
Ashley Thomson
Tina Tobin
Christina Winsor

Licensed Practical Nurse
Power Engineer
Personal Care Attendant
Diagnostic Imaging Technologist
Switchboard Operator
Nurse
Utility/Domestic Worker

Flower's Cove

Emokiniovo Onohwakpo

Family Physician

Forteau

Jasmine Buckle
Tubipate Cimona Malua

Personal Care Attendant
Family Physician

Donna Daley
Sherri-Lee Coholan
Cornelia Linstead

Mary's Harbour

Nurse Practitioner
Regional Nurse
Regional Nurse

Happy Valley-Goose Bay

Rony Abadir
Maxine Andersen
Deanne Blanchard
Alyssa Cole
Marjorie Flowers
Carol Guptill
Greg Hardy
Michelle Hardy
Nicole Harvey
Elsie McIntyre
Erma Montemayor
Elaine Pinksen
Lisa Poole
Diane Pottle
Darren Ritter
Leonard White
Jennifer Wilson

Family Physician
Utility/Domestic Worker
Nurse
Laboratory Technologist
Utility/Domestic Worker
Clerk Typist
Laboratory Technologist
Licensed Practical Nurse
Licensed Practical Nurse
Sterile Supply Technician
Utility/Domestic Worker
Switchboard Operator
Utility/Domestic Worker
Clerk Typist
Aircraft Dispatcher
Nurse
Respiratory Therapist

Kathy Blouin
Christopher Denine
Sonya MacDonald

Nain

Personal Care Attendant
Maintenance Repairer
Mental Health & Addictions Counsellor

Roddickton

Todd Warren

Regional Nurse

Sheshatshiu/North West River

Danielle Coombs

Primary Care Paramedic

St. Anthony

Michelle Bessey
Tiffany Blake
Brittany George
Dawn Hillier
Jessica McCarthy
Sharon McMillan
Gina Morris
Christen Pafford
Jacqueline Pieper
Tawfik Shabaka
Lauren Smithson
Leslie Snow
Gina Woodard

Licensed Practical Nurse
Dental Assistant
Occupational Health and Safety Officer
Clerk
Social Worker
Quality Assurance & Safety Manager
Stenographer
Nurse
Utility/Domestic Worker
Audiologist
Surgeon
Equipment Operator
Nurse

Hopedale

Kerry Mercer

Regional Nurse

Labrador City

Julie Blanchette
Christina Vairinhos Butt
Martin Byrne
Amy Cadwell
Ginette Daigle

Recreation Therapy Worker
Clinical Pharmacist
Power Engineer
Switchboard Operator
Personal Care Attendant

GOOD BYE AND GOOD LUCK TO:

Black Tickle

Charles Ash

Regional Nurse

Celestine Earle
Helen McCarthy

Forteau

Licensed Practical Nurse
Regional Nurse

Flower's Cove

Amanda Penney

Social Worker

Happy Valley-Goose Bay

David Blake Aircraft Dispatcher
 Zoe Francis Nurse
 Nancy Lushman Addictions Counsellor
 Loretta Matthews Utility/Domestic Worker
 Gwendolyn Michelin Laboratory Technologist
 Perry Mugford Aircraft Dispatcher
 Judith Ophel Family Physician
 Jill Piercey Nurse
 Jesse Pomeroy Utility/Domestic Worker
 Karin Schlossek Laboratory Technologist
 Gale Wiseman Utility/Domestic Worker

Hopedale

Katie Pijogge Personal Care Attendant
 Helen Sullivan Regional Nurse

Labrador City

Ann-Marie Collins Hospital Admitting Clerk
 Joanne Lundrigan Nursing Administrator On Site
 Clyde Parsons Power Engineer
 Nicole Simms Utility/Domestic Worker
 Yvonne Tiller Edwards Regional Quality Assurance and Safety Manager

Makkovik

Karen Andersen Maintenance Repairer

Nain

Ivy Dicker Personal Care Attendant
 Michelle Merkuratsuk Personal Care Attendant

Port Hope Simpson

Violet Strugnell Personal Care Attendant

St. Anthony

Ashley Blackmore Human Resources Manager
 Nikita Elliott Nurse
 Stephen Gill Social Worker
 Annie Hornett Dentist
 Peter Hornett Regional Director of Dental Services
 Brittany MacDonald Nurse
 Agnes McCarthy Clerk
 Beth Parsons Nurse
 Stephen Parsons Nurse
 Cathy Payne Site Clinical Manager
 Cynthia Robinson Nurse
 Kimberly Russell Social Worker
 Jennifer Shepherd Nurse

Notice to Readers



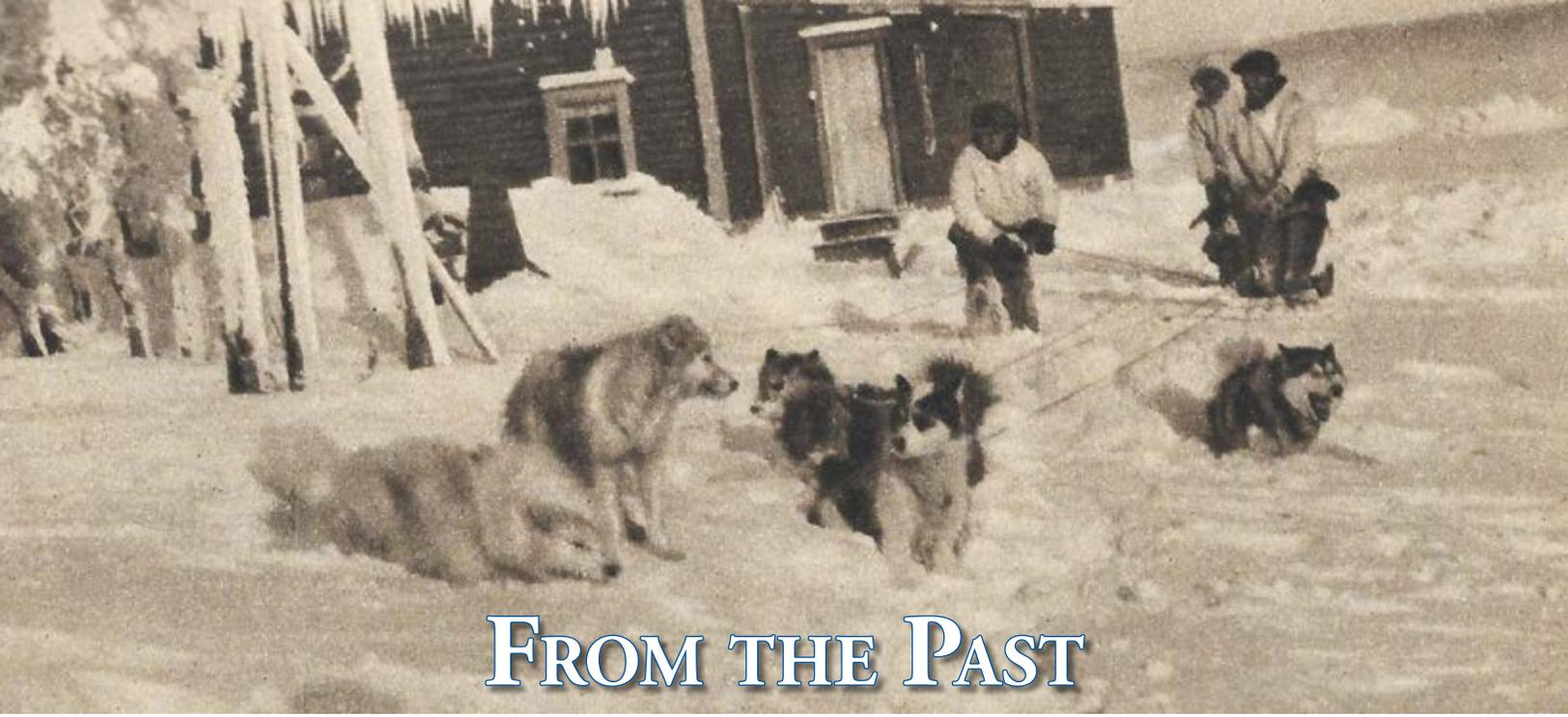
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Thank you for your co-operation.

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FROM THE PAST

Fairly Routine

There is not a great deal of interest to report to you. I completed a medical trip from Saglak Fiord to North West River in about six weeks, phenomenally rotten going the whole way and the worst trip I have ever made, but the travelling conditions in general have not been up to the average standard this winter. I don't know the statistics on the trip yet, but I think we saw about 450 patients.

"You may have heard reports of influenza at Hebron, which broke out just after I left and resulted in a mercy flight and much excitement. It was a mild disease, and there were no deaths. I went through the whole business at Nain, every single Eskimo having it while I was there, and there were only two whose survival seemed doubtful at any time. They both looked as if they might recover when I left. Needless to say, there was no time for leisure, though, as Eskimos get very panicky in the face of epidemics. We managed to do without either publicity or aircraft.

"The trip from Hebron north to Saglak and back is a picturesque one in what is probably the most primitive part of the entire country. We used snow houses regularly except for one preposterous night in a sod house, half underground and only about 3 and one-half feet high, occupied by two families. I saw in this house the only stone seal-oil lamp I have ever seen in service, and I must say they make a lovely light and no smell. They make a good deal of heat. At this house, too, we had 'quocq,' frozen raw seal meat, for supper. Please don't regard this as a hardship. I had lots of frozen beans in my grub box but ate raw seal because it was served to me. It's not bad, either.

"We had either dry winter-type going all the way south, or new deep snow. I crossed from Napartok to Okkak Bay on snowshoes. That is the high pass known as Itiblissoak, inside of Cape Mugford, and I found it quite a climb. I guess I am getting old. In general there was a good deal of foot work connected with the trip. I got flu at Nain and had that for the next 250 miles. It didn't matter; everyone else had had it or was having it, but that made travelling additionally strenuous.

"South of Cape Harrison we struck plenty of fresh meat, killing twenty white partridge, four eider duck and two seals in quick succession, and felt fine immediately. Fresh meat is undoubtedly one of the real lacks of this country, and one can tell the difference, subjectively, very quickly after getting meat.

There is a prompt increase of endurance and a feeling of well-being which you cannot get on bread and tea or dehydrated soups and the like.

"Surgery was confined to minor procedures, and I struck no real surgical emergencies. I found a fair number of cases for Cartwright and St. Anthony in the way of elective operations for summer. I am getting to know the people north better all the time and to win their confidence. Tuberculosis is fairly common and I saw a good many clinically far advanced cases tottering through their last months. There were seven or eight deaths from this disease in Nain and Hebron alone since the last visit of the Maraval, and more to come. The people are showing a willingness to accept treatment, however, which they never did before, and I picked up one or two favourable cases as usual which are now in hospital.

"All in all, my chief points would be the prevalence of TB and the truly shocking amount of eye infections with the number of people in the various stages from early 'kallak' to full blindness. These are mostly from Hopedale northwards. Social disease in one section will require stringent measures to control. Malnutrition is the only other widespread disease at present and a number of babies were lost through lack of milk. I am trying to arrange with the Government now to set up depots of powdered milk for the northern communities, to prevent the needless deaths of infants in the future. There are three babies in Hebron district and Okkak whose mothers died of TB this winter and who are now actually starving, nothing to feed them but flour — not a balanced diet for an infant under six months.

"Health otherwise was good, and there were not many acutely ill. I don't know what sequellae will follow in the train of the flu, but would expect the usual flare-up of TB. The Moravians were the spirit of kindness and co-operation, as was everyone. The trip was physically more difficult than usual, as a result of poor travelling conditions, but was otherwise uneventful and fairly routine."

W. A. PADDON, M.D.

Taken from volume 47, issue 2 (July 1949) of Among the Deep Sea Fishers, with the following notation: "Reprinted by Dr. Curtis's permission from Dr. Paddon's letter to him." The image is taken from a booklet of postcards printed for the International Grenfell Association by Raphael Tuck & Sons Ltd., England.