

NEWFOUNDLAND AND LABRADOR'S

Vital Signs[®]

REPORT 2019

A province-wide check-up of the quality of life in
Newfoundland and Labrador communities for 2019.

A collaboration between the Community Foundation of Newfoundland and Labrador and
Memorial University's Harris Centre.



HOW TO USE THIS REPORT

• Start Conversations

Use the information in this report to talk about how our province is doing and where we should go from here.

• Pass It On

Share this report and the information in it with friends, students, colleagues, family, or elected officials.

• Find Out More

Learn about the organizations and individuals in our province working to improve things, and ask how you can help.

• Contact Us

If you are looking for ways to make a difference, we can help connect you.

• Take Action

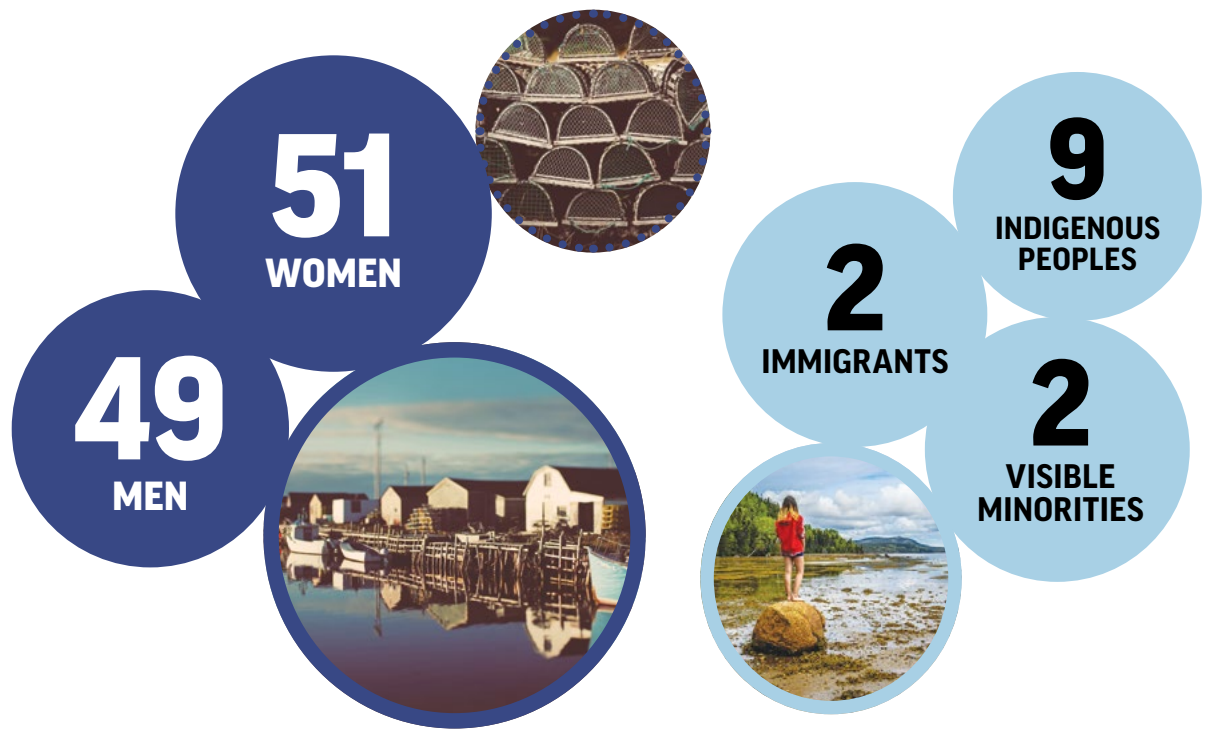
If you're moved by what you read, use this report as a starting point for action.

• Share Your Thoughts

What do you think of the information in this year's report? Do you have a story to share? Do you have suggestions for future publications?

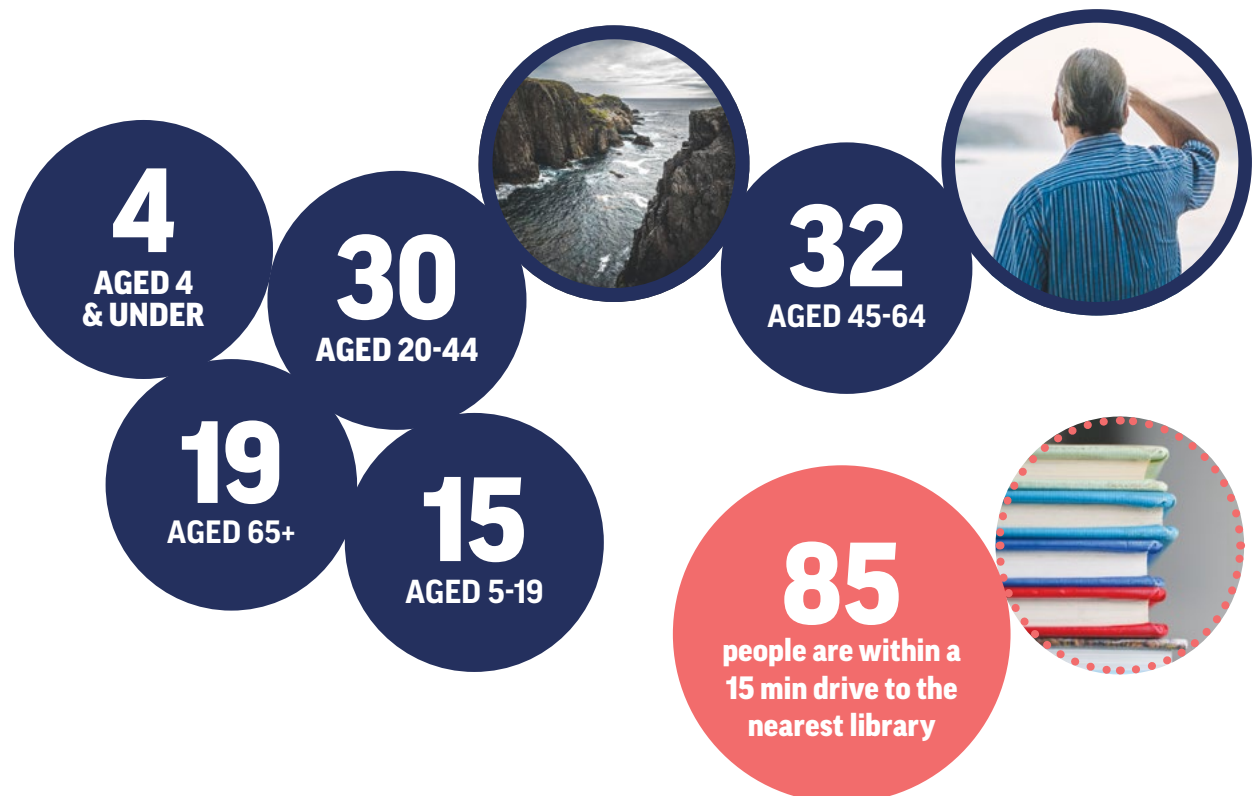
SHARE YOUR IDEAS
WITH US ONLINE

  #VitalSignsNL
harriscentre@mun.ca



A Village of 100

If Newfoundland and Labrador was made up of **100 PEOPLE** there would be approximately...



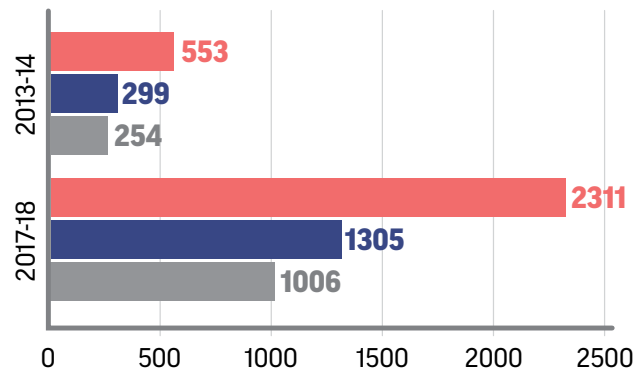
CIVIC ENGAGEMENT

Access to Information

The **Access to Information and Protection of Privacy Act** is designed to enable openness and accountability of the public sector by providing the public with the right to access records, while protecting personal information of citizens and commercially sensitive information of businesses. Any individual or organization can make an "access to information request".

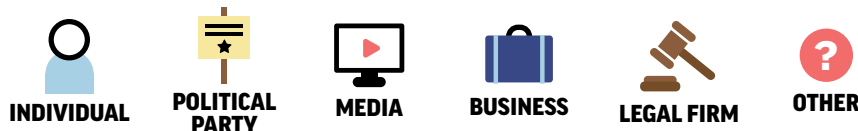
Number of Requests

The number of Access to Information requests has **more than quadrupled since 2013/14**. Source: Gov NL



Who Makes Requests

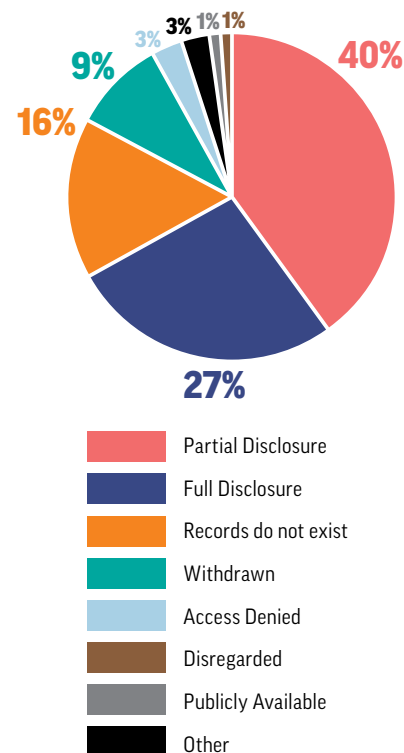
The number of access to information requests has increased in every category since 2013-14. The most significant increase has been in the number of requests from individuals, which has increased from 133 to 1208 in just four years. Source: Gov NL



	INDIVIDUAL	POLITICAL PARTY	MEDIA	BUSINESS	LEGAL FIRM	OTHER
2013-14	133	153	82	55	9	19
2017-18	1208	155	339	160	46	89

Outcome of General Requests 2017-18

67% of access to information requests were either **partially or fully disclosed**. Source: Gov NL



Voter Turnout in NL

FEDERAL

2011	53%
2015	60%
2019	*58%

Voter turnout for the federal election increased from 53% in 2011 to 60% in 2015. Source: Elections Canada
*Unofficial estimate

PROVINCIAL

2007	60%
2011	58%
2015	55%
2019	*61%

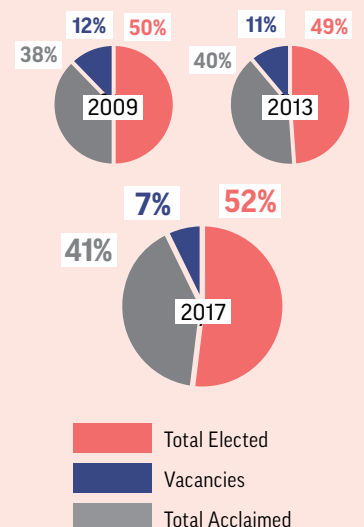
Voter turnout for provincial elections has remained fairly consistent since 2007, around 60%. Source: Elections NL
*Unofficial. 2019 General Election Report not yet released.

MUNICIPAL

2009	45%
2013	49%
2017	49%

Voter turnout for municipal elections has consistently been lower than provincial and federal turnout since 2009. Source: Gov NL

Municipal Election Acclamation and Vacancies



While the percentage of vacancies in municipal council positions has decreased since 2009, **the percentage of acclaimed positions has increased**. Source: Gov NL

Make a Change — Make Your Mark

Want to make a change in your community? Why not consider running for council? That's the message behind Municipalities Newfoundland and Labrador's Make Your Mark campaign. In their latest campaign, some local councilors share some words of wisdom for anyone thinking about becoming involved in municipal government.



www.MakeYourMarkNL.ca

COMMUNITY. GROWTH. CHANGE

"Municipal politics is very grassroots and everybody has different priorities. When you're an elected official, you have to represent all of those issues. That's an incredible responsibility because those issues are very important to people."

Paula Tessier, Mount Pearl

"You can make this a place where you want to live...If you want to be here, then get involved, run for council, and get out and vote."

Maisie Clark, Campbellton

"Municipal governments, in a lot of ways, are the cultural stewards of the towns. They're really important to protect the towns' interest, to protect the residents' interests."

Sébastien Duprés, Witless Bay

"We make better decisions when we have a wide variety of voices sitting around the table — whether that is young people, retirees, women, men, people from different backgrounds and cultures — they all help us to make different decisions, and better decisions, for our communities at large."

Karen Oldford, Labrador City

"Leave your personal agendas at the door and focus on community issues...Ask people what their thoughts are, and what we should be focused on. That's the most important thing as a council."

Churence Rogers, Centreville-Trinity-Wareham

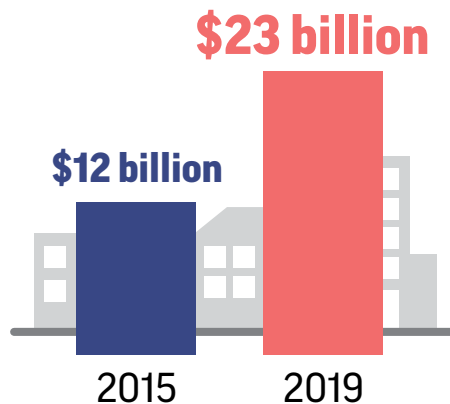
To learn more about Make Your Mark, visit www.makeyourmarknl.ca

ECONOMY

Total Public Sector Debt

Total public sector debt in NL has increased from \$12 billion in 2015 to \$23 billion in 2019. Public sector debt differs from net debt as reported in the Province's public accounts. The public sector debt includes the funded debt of Government, debt of its Crown corporations and agencies, guaranteed debt, and debt incurred by municipalities.

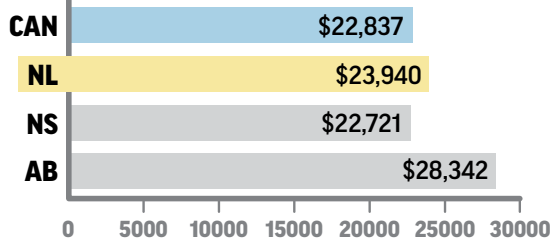
Source: Gov NL



Average Mortgage Debt 2017

\$159,691

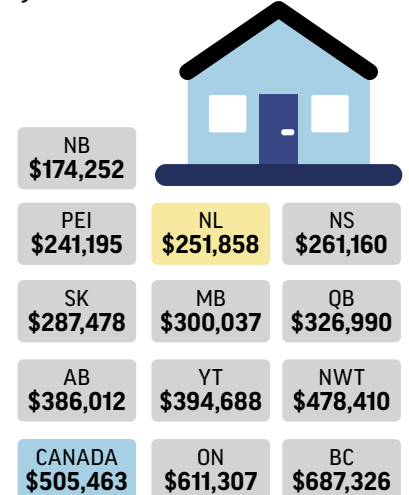
Consumer Debt 2017



In 2017 consumer debt in NL was slightly higher than the national average. Consumer debt excludes mortgages and home equity lines of credit. Source: NL Statistics Agency

Average House Prices

JUNE 2019



In June 2019, the average house in NL cost \$251,858, higher than \$174,252 in New Brunswick but significantly lower than \$687,326 in British Columbia. Source: The Canadian Real Estate Association

Net Provincial Debt

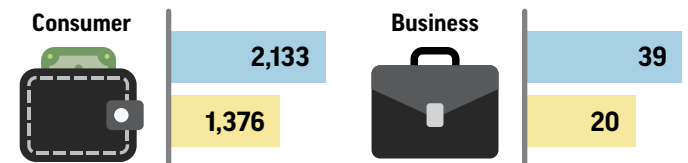
	2014/15	2019/20*
Net Debt	\$10.3 billion	\$15.4 billion
Net Debt to GDP Ratio	30.1%	44.9%
Net Debt per Capita	\$19,559	\$29,326

NL's Net Provincial Debt in 2019/20 is projected to be over \$15 billion, a \$5 billion increase from 2014/15, and a total of \$29,326 per capita. NL has had the highest net debt per capita of all provinces for the last four years.

Source: RBC Economics
*projected

Bankruptcies

2008 2018



Over the past ten years both consumer and business bankruptcies have decreased by 35% and 49% respectively. Source: NL Statistics Agency

Taxes and Fairness

Dr. Tom Cooper

Faculty of Business Administration,
Memorial University

It's a common past-time in NL to complain about taxes. Who pays too much, who pays too little, do we pay more taxes now than we used to, do we pay more than people living in Alberta or Nova Scotia? The debate is endless, and complex.

Tax revenue pays for services that we rely on for our overall quality of life but taxes that are too high can make it harder for people to make ends meet. Lower income and business taxes can be a competitive advantage for attracting businesses, investments and people to an area, but not enough tax revenue can lead to fewer public services and eroding public infrastructure which can deter new business growth. It's a fine balance. But what is fair? And what does taxation really look like in NL?

A basic income tax comparison between provinces shows that NL is not necessarily the highest-taxed jurisdiction. A study by KPMG on personal tax rates for 2018 (federal and provincial) saw that NL taxpayers earning less than \$36,927 were taxed at a rate of 8.70% versus New Brunswick (approximately 9.68%) or Nova Scotia (approximately 14.95% over \$29,050, and 9.79% under that amount). Alberta and Quebec are significantly higher at

10% and 15%, respectively, for the same amount. NL was not the lowest taxed jurisdiction either, with British Columbia at 5.60% for incomes below \$39,676 and Ontario at 5.05%.

When you compare higher income earners, a different story emerges. Albertans who earn at the higher end of the bracket, say \$100,000, are still only paying 10%, whereas NLers making that same amount are taxed at 15.8%. Quebec's income tax rates, by comparison, start at 15%.

“The fact is, while taxes affect us all, they affect us all very differently. Finding a balance from a policy perspective is an age-old puzzle and fairness really depends on your vantage point.”

Taxing appropriately can improve someone's life. For example, a senior in NL on a fixed income may have more disposable income than a senior living in a jurisdiction with a higher personal rate of taxation, such as Quebec. However, tax rates can also act as an impediment, especially if a high income earner—such as a medical professional—is assessing whether to live in a province, such as NL, with a higher tax rate than, say, Alberta. The relative rate of business and municipal taxes also have huge public

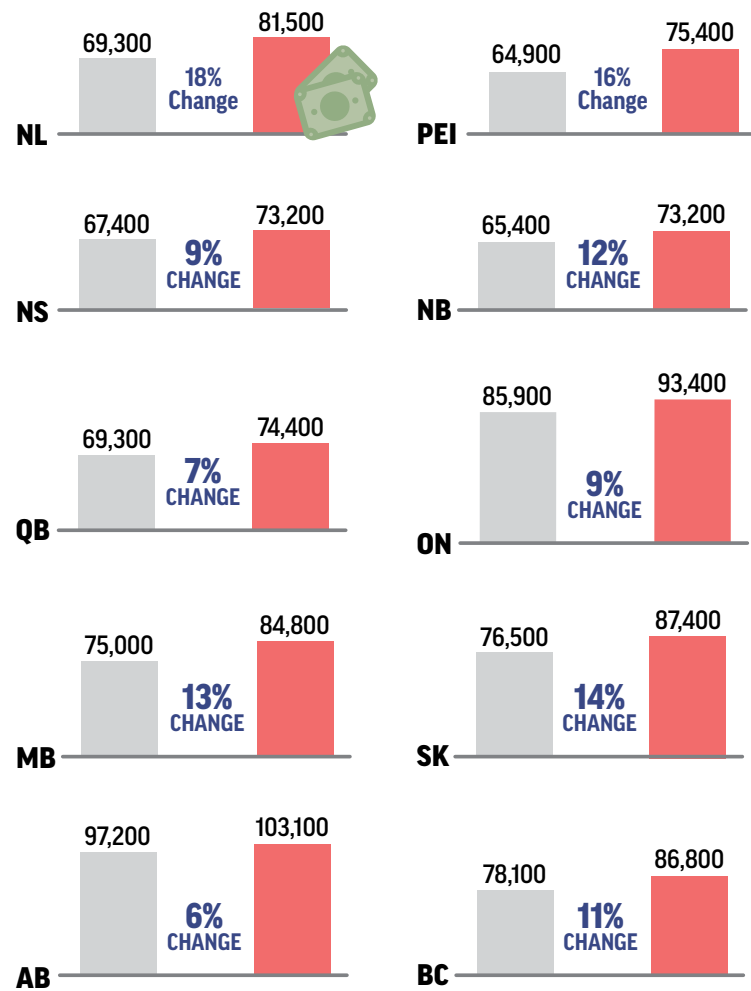
policy implications in attracting and retaining employers as well as funding municipal infrastructure.

The fact is, while taxes affect us all, they affect us all very differently. Finding a balance from a policy perspective is an age-old puzzle, and fairness really depends on your vantage point.



Average Income

The average family income in NL in 2017 was **\$81,500**, an 18% increase from 2007 - the largest among the provinces.



Household Debt to Disposable Income Ratio

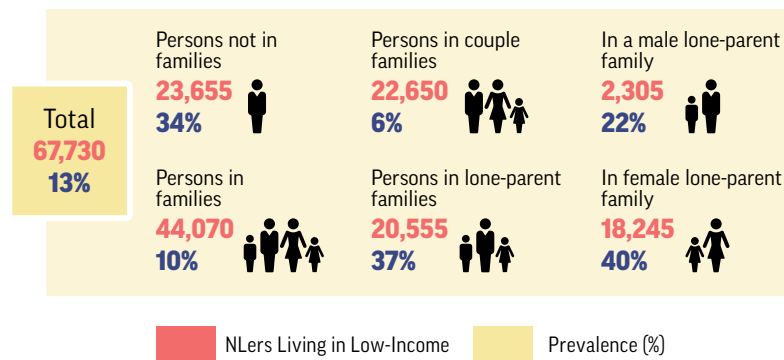
In 2017, NL household debt to disposable income ratio was 144 (or **\$1.44 of debt for every \$1 of disposable income in a household**), significantly lower than the Canadian average (\$1.83 of debt for every \$1 of disposable income) and the fourth lowest amongst the provinces (though highest among the Atlantic provinces). The ratio has decreased from 150 in 2010, compared to the Canadian average which has increased from 167. Household debt refers to the sum of total financial liabilities including credit, mortgage and non-mortgage loans, etc.

Source: Statistics Canada

	2010	2017
Canada	167	183
Newfoundland and Labrador	150	144
Prince Edward Island	142	121
Nova Scotia	148	136
New Brunswick	130	132
Quebec	155	161
Ontario	162	189
Manitoba	131	152
Saskatchewan	142	154
Alberta	183	215
British Columbia	214	205

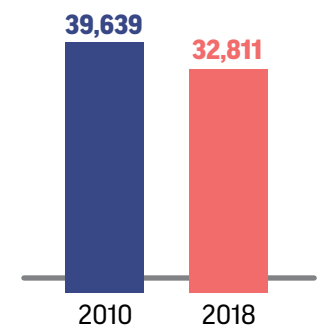
Low Income (MARKET BASKET MEASURE)

Nearly 68,000 NLers live in poverty, 44,070 of them live in families, 23,655 of them are single people not living in economic families. Couple-based families have a lower incidence of living in poverty, while lone-parent families, especially families with single mothers, have a higher incidence of living in poverty. Market Basket Measure refers to the measure of low income based on the cost of a specific basket of goods and services representing a modest, basic standard of living. Source: Statistics Canada



Income Support Recipients

The average number of people receiving income support has **decreased over the past eight years**. Source: NL Statistics Agency



Sweet Opportunity in Trinity

The Bonavista peninsula has long been a prime tourist destination in the province. With anchor businesses and organizations, like the Trinity Historical Society and Rising Tide Theatre, as well as newer initiatives, such as Bonavista Living and Bonavista Creative, the area is leading the way when it comes to capitalizing on creative and cultural economic opportunities becoming a hotspot for innovative entrepreneurs. Moving beyond craft shops and B&Bs, over the last few years newcomers and locals alike have been opening cafes, breweries, food trucks, and eco-tourism operations all over the peninsula.

It's that energy and opportunity that drew Sarah and Adam Rochacewicz to the area in 2012—that, and the spectacular scenery. Originally from Ontario, the Rochacewiches were inspired to open Aunt Sarah's Chocolate Shop and Sweet Rock Ice Cream after visiting NL for the first time in 2008. They fell in love with the place and knew they wanted to spend more time in the province; deciding how best to make that happen, however, took some time.

"The first part of the decision was to move to NL. The second part was figuring out how we can live here and support ourselves," Adam explains. "We landed on Trinity. We thought that we could open a little business here."

"At that time there wasn't a sweet shop in Trinity. We know that chocolate is the type of treat that people like when they're traveling. So, we thought it might fit here."

ADAM ROCHACEWICZ

Co-Owner, Aunt Sarah's Chocolate Shop and Sweet Rock Ice Cream

With a combined background in marketing, sales and accounting, opening a chocolate shop may seem like an unusual choice, but it was actually an

obvious fit—Sarah's father has been in the chocolate-making business in Ontario for over 40 years.

"At that time there wasn't a sweet shop in Trinity. We know that chocolate is the type of treat that people like when they're traveling. So, we thought it might fit here," Adam says. "Because of the family background, we had some support, and we learned how to work with chocolate. We were able to lean on Sarah's family business to get started."

However, setting up a business in rural Newfoundland comes with unique impediments. A short tourist season coupled with transportation barriers and a small resident population have tested their resolve to sustain a successful enterprise.

That's where setting up shop in an area full of other entrepreneurs has its advantages.

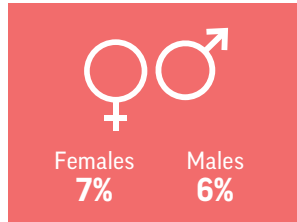
"You are part of this big tourism movement," says Adam, citing the support they have received from other organizations in the region. In just a few years, the business has blossomed to include the original chocolate shop, two ice cream shop locations, online ordering, pop-up events, and distribution at locations around the province.



WORK

Minimum Wage Earners in NL 2018

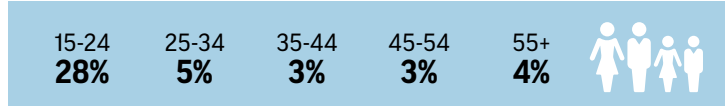
GENDER



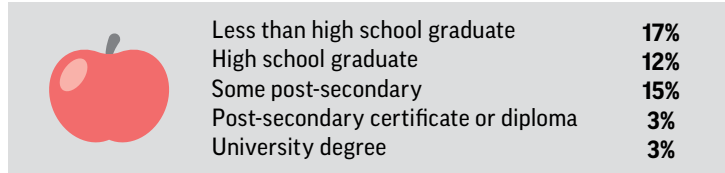
INDUSTRY GROUPS



AGE GROUPS



EDUCATION



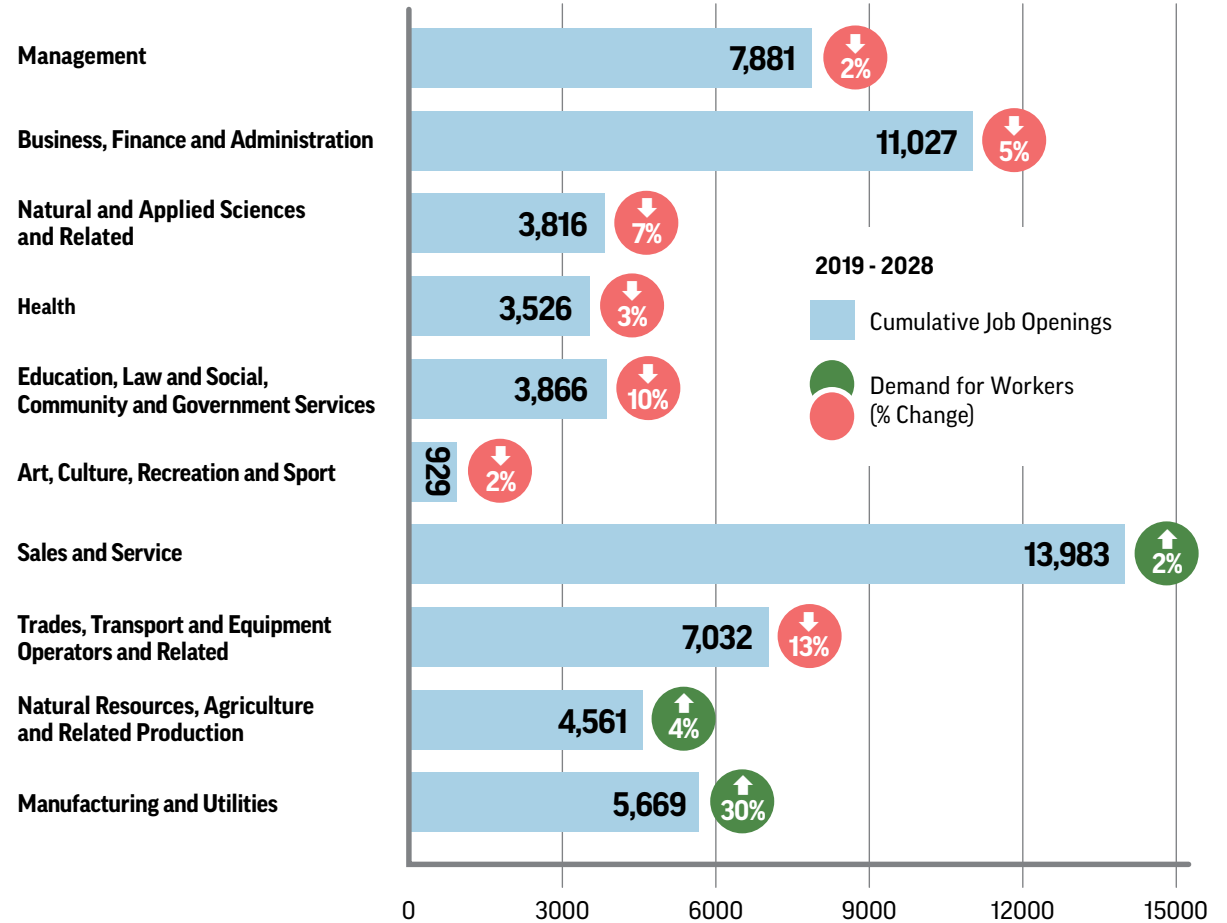
There are more women minimum wage earners than men in NL. 28% of workers aged 15-24 earn minimum wage, whereas just 3% of workers ages 45-54 earn minimum wage. Nearly 17% of workers with less than high school graduation earn minimum wage, compared to just 3% of workers with a university degree. 21% of workers in the Accommodation and Food Services sector earn minimum wage, compared to some sectors which have no minimum wage earners.

Source: NL Statistics Agency

Occupational Projections 2019-2028

Demand for workers refers to the number of workers required to meet projected positions in a given category. Job openings refers to the number of positions expected to become available (considering any increase or decrease in activity in the sector, as well as attrition). While some areas may see a decline in demand, there may still be job openings due to the amount of people retiring. The **Manufacturing and Utilities** category is expected to see a **30% increase in the total number of positions**.

Source: Gov NL



Skills for NL's Future

Dr. Lynn Gambin

Faculty of Humanities & Social Sciences (Economics), Memorial University

Like many other economies, there are a number of drivers of change in the labour market that will present challenges for NL over the next 10-20 years: an aging population, the global move towards green and sustainable energy, and fast-paced technological change. While such challenges may be viewed pessimistically, they can also present opportunities for the NL economy and labour market. Capitalizing on such opportunities requires appropriate planning to ensure that there is suitable infrastructure in place, including education and training programs in relevant areas, to capitalize on emerging and changing economic activity.

The NL economy has long depended on natural resources, largely oil and gas, to create jobs, especially in the construction sector. While natural resources are a vital asset, the uncertainty around when (or even if) the next project will materialize—and the inevitable big drop-off in employment that is seen when a

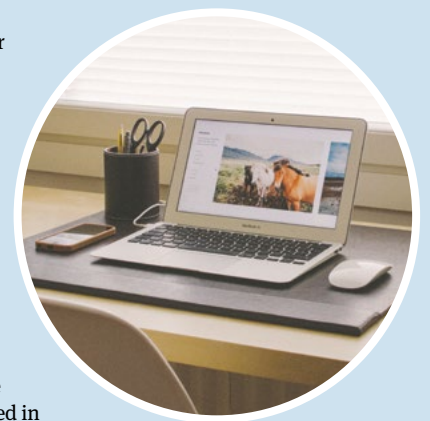
project winds up—has been a challenge for maintaining long-term employment opportunities. Over time, there is likely to be a shift away from high demand for skilled trades and labourers, but where will demand shift? And what skills will be required to meet labour market demand in the future?

“The labour market of the future will require individuals to have transferrable skills that can be applied in new work settings.”

There are a few possibilities. Goods and services that serve an older population (e.g. retrofitting buildings, incorporating ergonomic design, developing ways of dealing with higher incidence of chronic conditions) will likely become more important in the future. Across Canada, there is increasing pressure for businesses to adhere to more stringent environmental regulation and many are building green and sustainable methods into all processes. This necessitates skills in design, green technologies, Artificial Intelligence, etc. but there is also a need for wider management skills. Managers need to increasingly have a firm understanding of technology (at least how tech affects their business and workforce), of regulation (especially green regulations and anticipating future requirements), and of diverse workforces and customer bases (especially with glo-

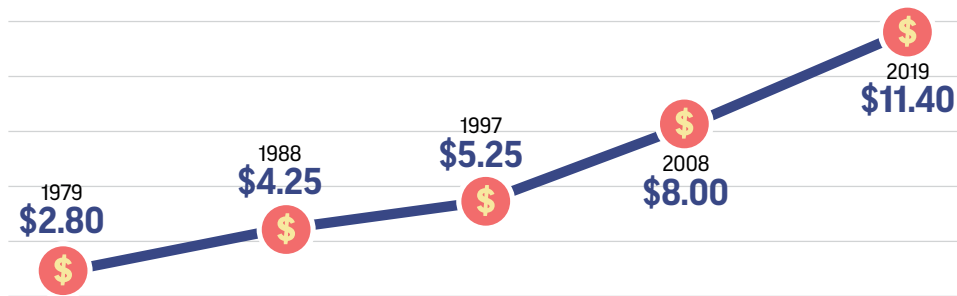
balization and greater immigration).

The labour market of the future will also require individuals to have transferrable skills that can be applied in new work settings. Construction skills, for instance, are unlikely to become wholly obsolete. However, the tools and materials used in certain skilled trades will likely evolve. Alongside industry- or occupation-specific skills, workers also put themselves in a strong position if they develop the softer and transferrable skills that they can put to use in any job or industry. These include communication skills; an ability to work remotely/in diverse teams/with little supervision; entrepreneurialism (even when working for another person or in non-leadership roles); cultural empathy; and business acumen. In order to make informed decisions about training and education, individuals require knowledge about developments in the labour market and the financial (and other) returns that they may expect in different industries and occupations.



Minimum Wage 1979-2019

Minimum wage has nearly quadrupled since 1979. It is currently the second to lowest in the country.



Source: NL Statistics Agency



Automation in the Fishing Industry

For many, the word ‘automation’ is synonymous with ‘loss of jobs.’ But for Gilbert Linstead, General Manager of the Labrador Fishermen’s Union Shrimp Company (LFUSC), automation is the key to preserving Newfoundland and Labrador’s rural labour force, which he says is threatened by outmigration.

“We’ve been lucky so far to keep some younger people, but we see it,” says Linstead. “The young people in Labrador just want more opportunities and to move forward.”

Linstead knows that job security is a major worry for the province’s young people.

“You wake up one morning and you’ve got a good report, we’re going to have a good fishery next year, it’s going to be substantial. Then you wake up the next morning and the government says no, it’s not there. So the uncertainty associated with it is what spins the wheel and there’s no way to keep up with it,” he explains.

It is only with the help of automation that Linstead believes he will be able to preserve not only the jobs of those currently working at the five processing plants managed by LFUSC, but also the economic impact and employment spin-off effect those plants have on the region as a whole. If the plants do not take advantage of automated technology, they will be unable to keep up with the labour shortage.

Managing Director of the St. John’s-based Canadian Centre for Fisheries Innovation (CCFI), Robert Verge, echoes this assessment.

“The fact is that all those baby boomers who came into the industry in the 1960s are moving into retirement,” Verge explains. “So each year in the industry we see that there are fewer people available to work. Automation is a way of increasing productivity and enabling payment of higher wages to attract the people we will need in the future.”

Automation can also make things safer and more efficient for the workers, and produce a better product. “The technology improves the quality of the fish,” says Linstead.

“Automation is a way of increasing productivity and enabling payment of higher wages to attract the people we will need in the future.”

GILBERT LINSTeAD
General Manager, LFUSC

Verge’s team was recently granted a patent for their snow crab extraction technology—a sophisticated robot that quickly and cleanly removes the meat from the crab’s shell. Verge believes this technology will allow NL processing plants to remain competitive.

“We haven’t been producing meat here for decades. We catch fish and we send them out somewhere else, like China, for processing. But, if we were producing meat we could get extra value from our resource,” says Verge. “We have to do it with an automated system in order to have a cost that would be competitive in the market. We aren’t trying to reduce the number of jobs—we are going to create jobs.”



The Silver Ceiling

There has been seemingly endless discussion about Newfoundland and Labrador’s aging and dwindling population, and the potentially negative impacts that it will have on the labour force and the economy as a whole. However, this aging population also presents an opportunity for employers in the province.

“It’s a really interesting situation that we find ourselves in,” says Dr. Suzanne Brake, the province’s first government-appointed Senior’s Advocate. “People are living longer and healthier, so they are more capable of continuing to work.”

The latest labour market data, shows more Nlers are choosing to work past age 65. However, according to Dr. Brake, with the exception of a few businesses, employers have yet to acknowledge older workers as a potential solution for the province’s dwindling labour force. As a result, Dr. Brake suggests that there is a need for a systemic shift in thinking when it comes to older workers.

“In many organizations, it’s the older workers who are the keepers of corporate memory, and who have tremendous experience, but it requires a shift in mindset to recognize that value, and seek out opportunities to retain these workers,” explains Dr. Brake. “Even simple changes, such as flexible work hours and more training opportunities, can make all the difference.”

This is the rationale behind the upcoming Older Workers Summit, a collaboration between the Office of the Seniors Advocate and Older Workers NL (a committee of volunteers that aims to enhance the employability of older workers), along with the Harris Centre and the St. John’s Board of Trade. Set to take place this Fall, the Summit will bring together employers, policy-makers, and other key stakeholders to

discuss the challenges and opportunities faced by older workers.

Dr. Brake suggests that the first thing we must do is work to overcome systemic ageism – something Mike Kehoe, Chair of Older Workers NL, has experienced firsthand.

“There’s a silver ceiling,” says Kehoe. “Employers don’t recognize the benefit that you carry, that your knowledge base can help the younger generation. Instead, there’s a perception that older workers will keep younger workers down.”

Dr. Brake agrees. “The reality, however, is that there are less children being born. There doesn’t need to be angst amongst the generations, because there’s room for everybody.”

There is a lot of social and professional pressure for older workers to retire, and after a lifetime of working, why wouldn’t they want to? But it’s not that simple, according to Dr. Brake.

“There are many older workers who must continue working because they are dependent on the income to support themselves and their families – and others simply want to keep working, to stay active.”

For 70-year-old Kehoe, working is a part of who he is.

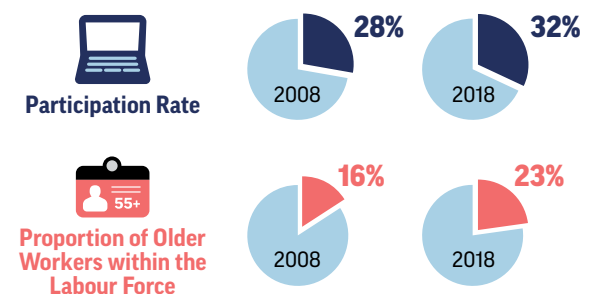
“I work because it provides a sense of self-worth,” he explains. “I want to be productive.”

Kehoe admits that the path he has chosen is not an easy one. Through his volunteer work with Older Workers NL, Kehoe is trying to raise awareness around this topic and help make it easier for others to continue working. He hopes that the upcoming Summit will amplify that awareness and spark innovative solutions for workers and businesses.

Older Workers AGE 55+

Both the rate of labour-force participation (including individuals looking for work) and the proportion of older workers within the labour force have increased from 2008 to 2018.

Source: Statistics Canada



ENVIRONMENT

What Might Climate Change Mean for NL?


Sea Levels

Sea-level rise in NL could be as high as **40 cm by 2050**, and **100 cm by 2100** (compared to 1990 levels).

Some of the most sensitive areas in this province are: **low-lying parts of coastal Labrador** (south of Makkovik); the **Strait Shore** (Cape Freels to Musgrave Harbour); the southern shore of **Bay St. George**; and the southern shore of **Fortune Bay**.

Higher sea levels will also mean higher sea surge during intense storms. These increased sea surges can potentially pose an even greater risk to coastal areas and infrastructure.

Source: Gov of NL, Turn Back the Tide; Canada's Changing Climate Report, Gov of Canada



WHAT DOES IT MEAN?

- Coastal Erosion
- Loss of low-lying land, which can impact properties & infrastructure
- Changes in soil make-up (increased salt content) can impact health of land, plants and animals

Sea Surface Temperatures

While sea surface temperatures vary regionally, they have been **higher during the past three decades** than at any other time since reliable data collection began in 1880.

WHAT DOES IT MEAN?

- Changes in marine life
- Increase in invasive species of marine life
- Reduction in sea ice, this would have a significant impact on northern parts of NL, particularly Labrador
- More tropical storms & hurricanes

Source: Gov of NL, Turn Back the Tide; United States Environmental Protection Agency

Extreme Weather

An **increase in the number and severity of extreme weather events** is expected. Extreme weather events include **unpredictable, severe or unseasonal weather.**

Source: Gov of NL, Turn Back the Tide

WHAT DOES IT MEAN?

- Increase in flooding
- Higher sea surges could lead to coastal flooding
- Damage to homes & infrastructure
- Risks to public safety

Increasing Air Temperatures

By 2070, average daily temp is expected to increase by 3.3 degrees, however the fall months (Sept/Oct/Nov) are expected to experience an increase in average daily temperatures by nearly 9 degrees.

Source: Gov of NL, Turn Back the Tide

WHAT DOES IT MEAN?

- Changes to ecosystem and wildlife
- Survival of new invasive species, including pests & diseases
- Decreasing energy demand
- Longer growing season

Temperature Projections for NL

The number of days per year with frost is estimated to decrease by nearly **12 days by mid-century**. The average daily precipitation amount and the number of days with 10 or more mm of rain will increase slightly as well. These numbers were calculated using an **average of 28 locations** across the province. Some regional variations can be expected. For example, in Northern Labrador the average temperature in winter is expected to increase by over 7°C by mid-century.

Source: Gov NL

Daily Mean Temperature (DMT) °C

	20th Century	Mid-Century (2041 - 2070)	Late Century (2071 - 2100)	NUMBER OF DEGREES CHANGE	
				Now - Mid-Century	Now - Late Century
DMT	2.8	6.1	8.2	↑3.3	↑5.4
DEC / JAN / FEB	-8.0	-3.4	-0.9	↑4.6	↑7.1
MAR / APR / MAY	0.04	2.6	4.7	↑2.6	↑4.6
JUN / JUL / AUG	13.4	16.2	18.2	↑2.8	↑4.7
SEPT / OCT / NOV	0.0	8.8	10.9	↑8.8	↑10.9

Number of Days with Frost

	20th Century	Mid-Century (2041 - 2070)	Late Century (2071 - 2100)	NUMBER OF DEGREES CHANGE	
				Now - Mid-Century	Now - Late Century
Number of Days with Frost	44.6	32.7	25.3	↓11.9	↓19.3



Mean Daily Precipitation (mm)

	20th Century	Mid-Century (2041 - 2070)	Late Century (2071 - 2100)	Now - Mid-Century	Now - Late Century
Mean Daily Precipitation (mm)	3.6	4.0	4.2	↑0.4	↑0.6



Number of Days w 10+ of Precipitation

	20th Century	Mid-Century (2041 - 2070)	Late Century (2071 - 2100)	Now - Mid-Century	Now - Late Century
Number of Days w 10+ of Precipitation	10.4	11.5	11.9	↑1.1	↑1.5



Positioning NL for Climate Change

Jonas Roberts

PhD, PEng
Wood Environmental & Infrastructure Solutions

While climate models show that Newfoundland and Labrador isn't likely to face a future of devastating droughts and heatwaves, it doesn't mean climate change won't impact us. Rising sea levels and extreme precipitation can have a drastic effect if we fail to adequately adapt our infrastructure. Moreover, NL is inextricably connected to the rest of the world. Because of this, we can expect to face a variety of challenges posed by a changing global climate. There are at least two specific opportunities where we can start acting now.

“Rising sea levels and extreme precipitation can have a drastic effect if we fail to adequately adapt our infrastructure.”

The first is food security. Current global industrial agriculture practices are simply not sustainable. As a result, top-soil is being lost at an astonishing rate and carbon is being released from the soils, instead of being captured by them. The world's breadbaskets – regions where food is produced, particularly grains – are also experiencing droughts and/or extreme precipitation on an increasingly frequent basis. In addition to that, transporting food from farm to table remains one of the biggest challenges in the food chain. It's also expensive. As we all know, the bulk of our food in NL is imported. Currently, we are experiencing a growing interest among younger generations to grow their own food, whether on a commercial, community or backyard scale.

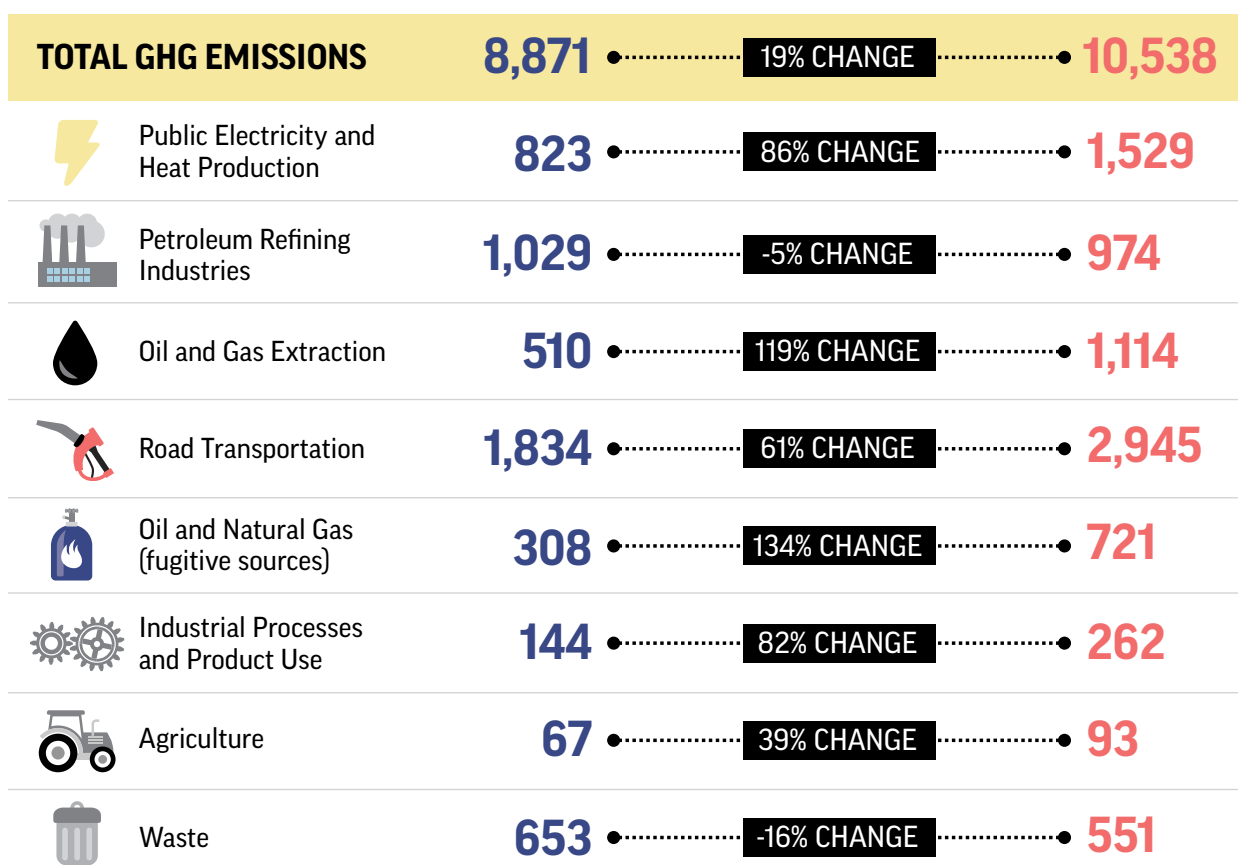
This is an opportunity for us to take advantage of these innovative agricultural practices - as well as the projected longer growing season - to expand and build upon a sustainable agricultural industry in this province. Those practices include: regenerative agriculture to improve soil quality and quantity; capturing and storing carbon, as we produce plant and animal-sourced food; and, implementing regional composting. The ocean also provides us ample opportunities to farm seaweed and shellfish, which can create nutrient-dense, high protein foods – for us and our livestock – while improving water quality and marine habitats.



Greenhouse Gas Emissions in NL

Kilotonnes of CO2 equivalent, 2000-2017

2000 2017



Between 2000 and 2017 there was an overall increase in GHG emissions. Increases occurred in several categories. While some of the increases can be attributed to the significant growth of the oil and gas industry, the increase in

emissions from Road Transportation can be largely attributed to the increase in the number of larger vehicles (trucks & SUVs). Emissions related to Public Electricity & Heat Production vary significantly from year to year, so the percent change

reflected here is not an indication of the trend over time. (Fugitive sources are uncontrolled or accidental emission of vapours or gases mostly from industrial activities - mainly flaring in the off-shore.)
Source: Environment and Climate Change Canada

Municipal Wastewater Woes

Dr. Deatra Walsh, Municipalities Newfoundland & Labrador

Towns across the province are facing pressure to comply with the new Federal Wastewater Systems Effluent Regulations (WSER), which came into effect in 2012. Under this system, towns need to register and monitor wastewater. This means many towns will need expensive system upgrades, and for municipalities with no sewage treatment at all it poses an even greater challenge.

Marystown recently piloted two innovative systems for dealing with wastewater - the Abydoz engineered wetland system and the BMSna Blivet system for sewage treatment, something that Sam Synard, Mayor of Marystown, is keen to mention. "I am really proud to say that as a small town, we have piloted these systems," he says. "It shows that we are trying to be good stewards."

But isn't enough. Synard said the community has over 30 sewage outfalls. Because of the geography, one main sewage treatment station is not an option. Under the regulations, they still require a solution.

Synard is not the only one looking for a solution to a seemingly impossible problem. Sheila Fitzgerald is

the Mayor of Roddickton-Bide Arm and Vice-President of Municipalities Newfoundland and Labrador (MNL), the organization representing municipalities across the province.

"We need pilot projects that will use innovative, cost-effective solutions that can be replicated in different communities facing similar challenges," Fitzgerald explains

Fitzgerald said they are willing to meet the expectations of the regulations. They need help to develop a plan, and they need resources. Synard shares the sentiment. "We want to do our part," he says. "But we need partners and they have to come to the table with money."

Boil Water Advisories

The average number of boil water advisories has increased significantly since 2012, from 11 to 48.

2012
11

2019
48

Source: Gov of NL

Towns Take Action Against Climate Change

Thanks to funding from the Federation of Canadian Municipalities (FCM), six communities across the province are making plans to address and ultimately reduce their Greenhouse Gas (GHG) emissions.

After this training was completed, the newly-appointed Climate Change Ambassadors—consisting of Town Managers, Chief Administrative Officers, and employees from Public Works departments—attended a three-day workshop in Bauline.

The first day of the workshop focused on completing emissions inventories for each community. This included looking at municipal fleet information and fuel bills.

The workshop then moved on to brainstorming possible ways communities could reduce GHG

emissions by 2050, and the town representatives were not short on ideas.

The Town Clerk for Port Aux Basques, Julia Ingram, says her town hopes to cut their GHG emissions in half by 2050 by reducing the use of fossil fuels in their municipal buildings.

"We will be looking at installing a combination of solar panels, wind turbines and infrared heaters to eliminate the majority of fossil fuels," says Ingram. "We are also looking at installing heat pumps in various buildings that have oil as the primary source of heat."

Amanda Humby, Chief Administrative Officer of Baie Verte, says her community has similar plans.

"We have a community retrofit project with a GHG reduction lens. We have an old school

that we want to turn into a regional community centre. We plan on switching out the windows, the lights, and so on."

There are also plans for Baie Verte to work with a researcher from Memorial to help with their flooding problems.

"We have issues with our wastewater and our storm water," says Humby. "We don't have a drainage system so we frequently have problems with flooding. Dr. Joseph Daraio is hoping to pilot a project using our natural assets to channel storm water through natural drainage."

Funding has been made available to the communities as they begin their projects. The towns can use the money directly to implement their projects, or they can leverage it to get further funding.

"In general, the whole process is very thought-provoking," says Humby. "We're really looking forward to seeing what comes from it and I would encourage any municipality to do something similar."



FOOD

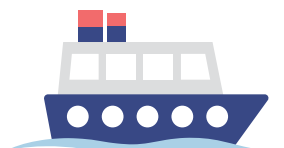
For every 10,000 population there are **14 fast food outlets** and **three grocery stores**.



90% of the fresh vegetables we eat are imported.



We have a 2-3 day supply of produce when ferries are delayed.



Food Facts

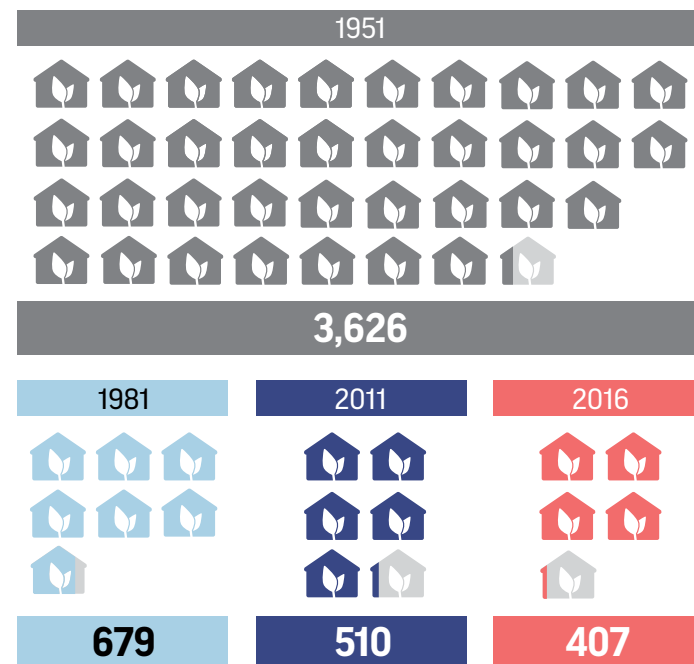
We eat fewer fruits & vegetables than people in other provinces.



Source: Food First NL

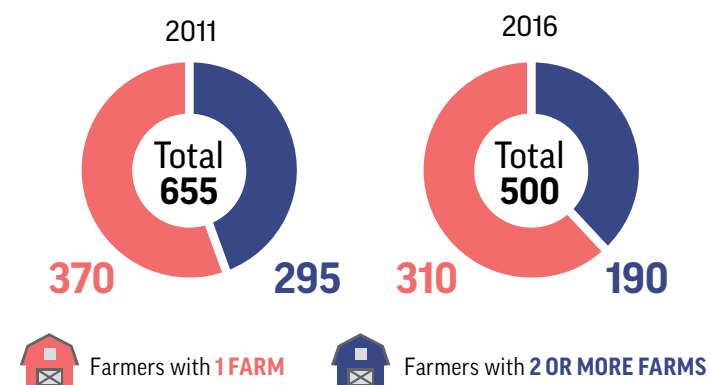
Number of Farms

Number of farms in NL has **dropped almost 90% since 1951**. Between 2011 and 2016 the **number of NL farms dropped 20%**, the largest percentage decline in the country. In 2016, **NL farms made up less than 1%** of all farms in Canada. Source: Statistics Canada



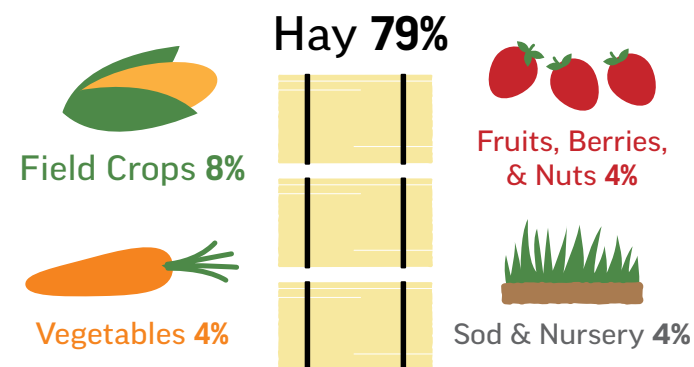
Number of Farmers 2011 - 2016

There were 500 farm operators in Newfoundland and Labrador in 2016, down 25% from 2011. Source: Statistics Canada



Types of Crops Grown 2016, NL

Hay accounts for **79%** of the total crops grown in NL, field crops make up **8%**. Source: Statistics Canada



How to Feed a Province

Dr. Ivan Emke

Retired Professor, Memorial University

Imagine a province where just about everyone has a garden, many have chickens (and maybe a cow), there are more sheep than people, and we ship in only a small proportion of what we eat. Welcome to Newfoundland and Labrador's past. We've been there. But then our diets, and expectations around food, changed.

Once upon a time, it was the backyard gardens, grazed cattle, saltwater sheep, and hunting and gathering that kept people alive, and available to work in the export-oriented fishery. As a result, we ended up with lower quality fish at home but the best doggone turnips around. However, modernization helped us sink to our oft-stated failing level of 10% on food sustainability. People wanted bread in bags and beans in tins and thought that growing your own cabbage was a sign of poverty.

We also lack a healthy sector for the secondary production of food. We have just one commercial cheesemaker (bless him), even though we have an over-supply of raw materials. In contrast, with a population of 357,000, Iceland produces around 80 different types of cheese, all across the country. The ownership structure of Icelandic dairies may have helped (dairies and abattoirs there tend to be cooperatives).

“People need to be empowered well beyond the passive role of “consumer” – we each need to feel that we play a role in increasing our food sustainability.”

In November of 2016, the NL Provincial Government first announced a plan to increase food production to 20% by 2022. At that point, food production indicators were in a freefall. In the five years between 2011 and 2016, we lost 20% of our commercial farms, and saw reductions in acres of potatoes, number of dairy and beef cattle and other in-



dicators. In 2016, the total area of greenhouse production (including flowers) was the size of only 33 hockey arenas.

However, the increasing interest in self-provisioning is one of the most optimistic indicators for food security in our province. NL's “Backyard Farming and Homesteading” Facebook group now has over 17,000 members. As the largest conglomeration of food producers in the province, this is no time to ignore their messages. Will self-provisioning feed us? No. But we'll be far worse off, as a culture, if we do anything to restrict the desire to provide for oneself.

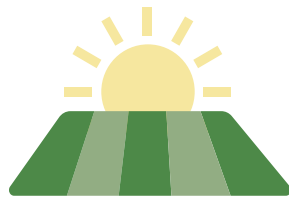
Yes, food security in NL is a challenge. But we are already doing more than our metrics are showing. People need to be empowered well beyond the passive role of “consumer” – we each need to feel that we play a role in increasing our food sustainability. That is the way that places learn to feed themselves.

Direct Sales



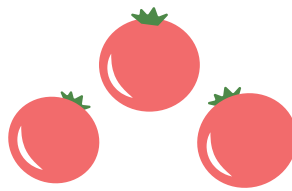
NL had the highest proportion of farmers selling products directly to consumers, 34% - more than double the national average of 13%.

Farm Land



From 2011 to 2016, total farm area decreased 8.5% to 70,747 acres, while cropland decreased by nearly 5% to 19,619 acres.

Fruits and Vegetables



From 2011 to 2016, field vegetable area declined by 8% to 813 acres and the total area of land dedicated to farming fruits and berries decreased by nearly 40% to 863 acres.

Farm Value



The value of farm land and buildings per acre in NL was \$3,416 in 2016, well above the national average of \$2,696 per acre.

Fishery Facts



Seafood Exports

From January - November 2018 NL's fishing industry exported 90,696 tonnes of seafood - with a value of \$860 million.

Where?

50% of NL seafood exports are bound for US markets, 24% to China.

Seafood Sector (2018)	% Change since 2017
TOTAL EMPLOYEES: 15,882	↓4%
FISH HARVESTERS: 9,234	↓2%
FISH PROCESSING WORKERS: 6,224	↓8%

Source: Gov NL



LANDED VOLUME (tonnes)

	2007	vs	2017
GROUND FISH	41,671	↑14%	47,306
Cod	17,845	↑17%	20,791
Redfish	2,496	↑132%	5,789
Flounders	3,716	↑119%	8,122
Turbot	9,835	0%	9,825
HERRING	22,660	↓7%	21,077
MACKEREL	44,584	↓94%	2,622
SWORDFISH	21	↑10%	23
TUNA	14	↑114%	30
CAPELIN	36,052	↓39%	21,871
SCALLOP	698	↑109%	1,457
LOBSTER	2,567	↑13%	2,908
SHRIMP	115,223	↓60%	45,768
CRAB	50,207	↓33%	33,584

\$ LANDED VALUE (\$000s)

	2007	vs	2017
GROUND FISH	\$64,876	↑194%	\$125,697
Cod	\$25,613	↑12%	\$28,663
Redfish	\$1,360	↑613%	\$9,691
Flounders	\$2,500	↑360%	\$11,501
Turbot	\$24,521	↑128%	\$55,837
HERRING	\$4,505	↑40%	\$6,319
MACKEREL	\$12,754	↓88%	\$1,543
SWORDFISH	\$141	↑11%	\$157
TUNA	\$98	↑150%	\$245
CAPELIN	\$9,672	↓30%	\$6,749
SCALLOP	\$1,013	↑223%	\$3,268
LOBSTER	\$32,006	↑38%	\$44,168
SHRIMP	\$161,442	↑34%	\$215,869
CRAB	\$177,451	↑83%	\$325,050

Aquaculture

Estimated Volume: 18,000 tonnes
Estimate Value: \$204 million

Source: Gov NL, DFO



Bridging the Divide with Farming

Connecting with the land, tilling and tending it, is a fundamental human experience, one that transcends borders. In order to harness the potential of this shared practice, the Association for New Canadians (ANC) has started their "Bridge the Divide" program, which pairs job-seeking refugees with local farm employers.

The seed for "Bridge the Divide" was sown when Sarah Thompson, project manager for the ANC, started working with the community organization nearly five years ago.

"I went into classrooms to teach work-related skills. It was at that stage that I realized farming is a huge skill-set that exists amongst our clientele," says Thompson. "They may have been truck drivers, painters, have all kinds of different careers, but they were also farmers."

Speaking to farmers across the province also made it abundantly evident to Thompson that there continues to be an issue in attracting and retaining employees. An interest and openness to explore the possibilities through this project was expressed by the farming community.

With assistance from NL's Workforce Innovation Centre, at the College of the North Atlantic in Corner Brook, and Memorial University researchers, Dr. Mumtaz Cheema and Dr. Raymond Thomas, 13 refugees (3 women and 10 men) participated in the training component of the project. The project team set its sights on large farms in the central and western regions of the province and has been successfully pairing refugees that have farming

experience with potential farm employers (5 matches have been made so far, 4 in Eastern NL and 1 in Central).

Like any new project, "Bridge the Divide" has had a number of obstacles to overcome, including transportation, childcare, and low wages. However, despite these complications, Thompson says her clients have expressed receiving immense emotional satisfaction in passing down their agricultural skills to the next generation. Moreover, the project doesn't limit the refugees to work as mere farm hands.

"With newcomers come all kinds of interesting skillsets, interesting perspectives that open up all kinds of potential wealth in this place."

SARAH THOMPSON
Project Manager, The ANC

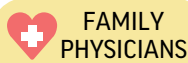
"This project is like an incubator. The hope and the plan for many is to establish their own farms," says Thompson, who highlights the tremendous potential of shared knowledge and experience-sharing for both the refugees and the farm operator. "We as people living in the province have to recognize the value that the person brings: with newcomers come all kinds of interesting skillsets, interesting perspectives that open up all kinds of potential wealth in this place."

HEALTH

Focus on PHYSICIANS

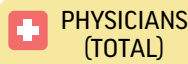
NL has the highest number of family physicians, per 100,000 population, in the country. NL has the highest proportion of physicians who plan to increase their weekly work hours in the next two years but also has the highest proportion who plan to relocate to another province.

PER 100,000 PPL



FAMILY PHYSICIANS

NL **138**
CAN **120**



PHYSICIANS (TOTAL)

NL **255**
CAN **234**



MEDICAL SPECIALISTS

NL **85**
CAN **87**

Source: Canadian Institute of Health Information (CIHI)



Average age of Physicians in NL **49**



Physicians with plans to increase weekly work hours
NL **11%** CAN **7%**



Physicians with plans to relocate to another province
NL **14%** CAN **3%**



Physicians dissatisfied with work-life balance
NL **36%** CAN **26%**



Physicians who participate in interprofessional collaborative practice
NL **26%** CAN **44%**

Source: Canadian Medical Association (CMA)

Number of Registered Nurses per 100,000 population 2017

NL has the highest number of nurses, per 100,000 population, in the country.
Source: CIHI



Canada **1,174**



NL **1,610**



Focus on PATIENTS

A higher percentage of NLers have a regular health care provider (88%) than the national average (85%), however, 54% of patients surveyed stated they have had at least two family doctors in the last five years, with 41% stating the change was due to their physician moving out of the area. Wait-times noted are only for patients surveyed who have a regular family doctor.
Source: Statistics Canada, NLMA commissioned Corporate Research Associates survey (2016)

% of people 12 yrs & older with a **REGULAR HEALTHCARE PROVIDER** **88%**

Residents with **AT LEAST TWO** family doctors in past five years **54%**
Reason: **PHYSICIAN MOVED OUT OF AREA** **41%**
Reason: **PHYSICIAN RETIRED** **23%**

Waited **0-2 DAYS** for appt with family doctor **27%**
Waited **3-7 DAYS** for appt with family doctor **47%**
Waited **8-14 DAYS** for appt with family doctor **14%**
Waited **14+ DAYS** for appt with family doctor **11%**

Lifestyle and Wellness

NL has the **second highest alcohol spending** in the country behind NWT.

NL expenditure on food products traditionally high in sugar (including: cookies, sugar, syrups, candies, chocolates and soft drinks) is significantly higher than the national average. In addition, since 2010, the average expenditure on these products has increased in NL, while nationally it has decreased.

Source: Statistics Canada

Average Annual Expenditure per Household

ALCOHOL (2017/18)
Canada **\$757**
NL **\$1,029**

SWEETS (2017)
Canada **\$409**
NL **\$664**

Obesity



SELF-REPORTED 18+ years
Canada **27%**
NL **40%**

In 2018, 40% of adults in NL self-reported as having a **Body Mass Index over 30** (a slight increase from the 38% reported in 2017).

Source: Statistics Canada

Physical Activity 2018

SELF-REPORTED
12 - 17 years = 60mins/day
18+ years = 150mins/week

Reported physical activity amounts have decreased between 2017 and 2018. Individuals age 18-34 years have the highest percentage of self-reported physical activity per week, followed by individuals 50-64 years old. Just under half of youth ages 12-17 report 60mins/day of physical activity. **Nationally, NL has the lowest percentage of adults self-reporting 150 mins of physical activity per week.**

Source: Statistics Canada



2018
NL **46%**
CAN **55%**

12 - 17 YEARS
2017 **54%**
2018 **48%**

18 - 34 YEARS
2017 **63%**
2018 **60%**

35 - 49 YEARS
2017 **60%**
2018 **48%**

50 - 64 YEARS
2017 **54%**
2018 **52%**

65+ YEARS
2017 **30%**
2018 **26%**

The Future of Rural Medicine in NL

Dr. Katherine Stringer

Faculty of Medicine, Memorial University

Encouraging new family physicians to establish practices in rural Newfoundland and Labrador is critical, and something Memorial University's Faculty of Medicine has been doing for decades – the medical school has even been recognized by the Society of Rural Physicians of Canada for having the most graduates choosing rural family medicine residency programs in a given year and the largest number of rural practicing graduates after 10 years. And yet, recruitment of

young doctors into rural areas is still a challenge. We know that if medical students are introduced to family and rural medicine early and repeatedly during their years of training, they are much more likely to choose it as a career option. However, once they leave medical school and begin practicing in rural areas, they have many challenges to overcome, including significant professional and social isolation.

In larger hospital-based regions, physicians may have access to inter-professional teams made up of occupational therapists, social workers, psychologists, and so on. These teams provide an environment of collaboration for physicians and a continuum of care for patients. In some rural areas, however, the same access to a network of health practitioners does not exist, leaving a significant gap in patient care, as well as adding a significant challenge of isolation for rural family physicians.

Fortunately, there have been steps taken to pilot these primary healthcare teams in several parts of the province over the last few years. In addition, advances in technology—such as electronic file keeping, video-conferencing, and secure messaging—will help future rural doctors balance the demands of rural family medicine and help them provide a high level of care to their patients.

Family medicine practice in this province must also consider the aging demographics, as well as the prevalence of chronic diseases. Each family physician in the province would already need to care for approximately 400 more patients than the average family doctor in Canada, based purely on an equal distribution of patients. This number does not consider the frequency or complexity of medical care in an older population, further emphasizing the need to rethink how healthcare is delivered, especially in rural parts of the province.





Less is More: Deprescribing for Better Health

In 2016, approximately 1 in 3 NLers over the age of 65 were prescribed 10 or more drug classes, 12% higher than the Canadian average. Pharmacists and researchers at the Medication Therapy Services (MTS) clinic, run by Memorial University's School of Pharmacy, are tackling this complex issue of overprescribing medications, one pill at a time.

"We offer one-on-one, appointment-based pharmacist consultations in a private clinic environment at no cost to the patient," explains Dr. Cathy Balsom, a clinic pharmacist at the MTS clinic. "We work with doctors, nurses and community pharmacists to provide optimal care for patients with complex drug-related needs."

In 2017, the MTS clinic undertook a study with St. Patrick's Mercy Home (a long-term care facility for seniors in St. John's) and Lawtons nursing home services to assess the medication prescriptions of residents, and determine what medications could be changed, decreased, or stopped altogether to increase the overall health and well-being of the patients.

"I don't think people realize how many medications they take," says Dr. Balsom. "The residents at that home who were generally healthy still took, on average, 14.5 medications per day."

Just three months after they started working with St. Pat's, the clinic found that the residents had successfully reduced their intake to 12.5 medications per day, and after 6 months, this number further reduced to 12.

On average, 2.5 medications per resident were taken away with no detrimental effects to their overall health and well-being.

The residents themselves were happy to be weaned off unnecessary drugs, with many citing the money they would save as a result. Employees at the complex also noted improvements.

"Patients seem a lot more alert now. There have been anecdotal stories, such as when a patient who had been verbally repetitive started speaking in full sentences after we took away one of their medications."

DR. CATHY BALSOM
Clinic Pharmacist, MTS Clinic

"The nursing staff would say, patients seem a lot more alert now. There have been anecdotal stories, such as when a patient who had been verbally repetitive started speaking in full sentences after we took away one of their medications."

Balsom understands that pharmacy is a business, responsible for the dispensing of medications, but she still hopes that studies such as this one—combined with a shift from pharmacy being seen as product-focused to patient-focused—can trigger a cultural change in how we look at medication and overall health.

"When we think of our experience with medications in the past, there was a generation that sought a medication for every ailment," says Dr. Balsom. "A pill for every ill. Now I think we're really looking at people more holistically, and considering other avenues, such as cognitive or physical therapies that are equally effective treatments."

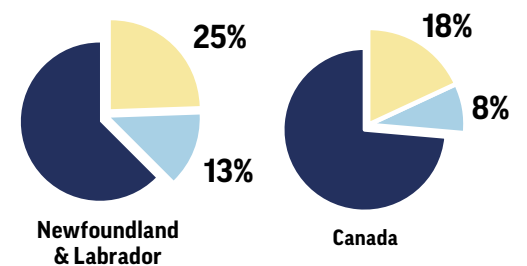
Prescription Drugs

Drugs Prescribed to Seniors

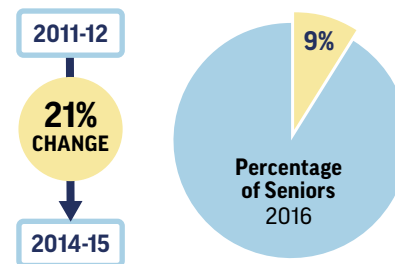
NL has the **highest rate of seniors prescribed 10+ prescription classes** in the country.

Source: CIHI (2016)

10 - 14 **15+** DRUG CLASSES PRESCRIBED

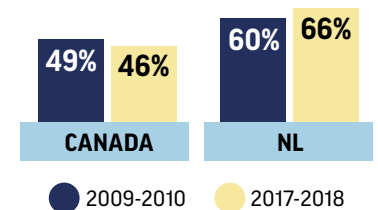


Seniors Chronic Benzodiazepine Use



Every province except NL, PEI and NB experienced a decline in chronic benzodiazepine use among seniors between 2011/12 and 2014/15. NL had second highest increase behind NB. In 2016, 9% of seniors in NL were still chronic users of benzodiazepine, compared with 6% in Canada. Only Quebec and New Brunswick had higher rates (12% and 11% respectively). Source: CIHI

Potentially Inappropriate Medication Prescribed to Seniors

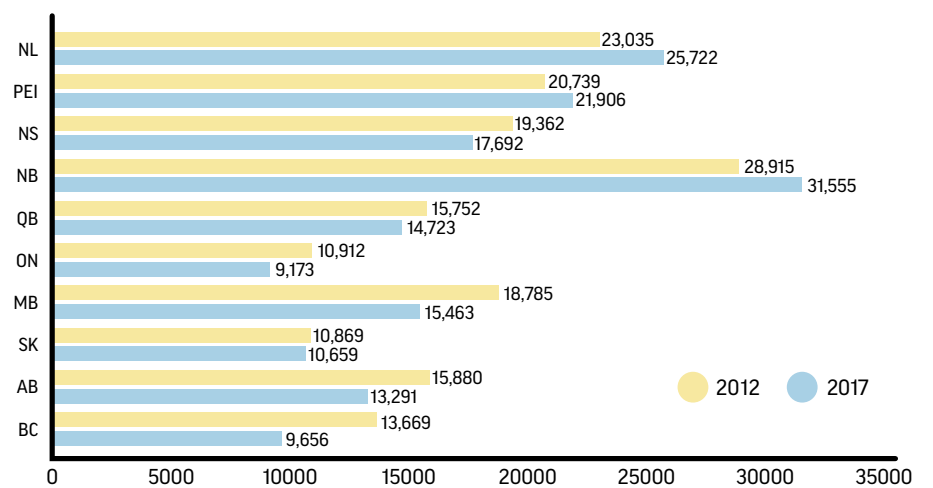


NL has a history of potentially inappropriately prescribing medication to seniors with the rate significantly and consistently higher than the national average. NL had the highest rate in the country in 2017/18. This indicator looks at the rate of seniors who take a medication identified as potentially inappropriate to prescribe to seniors because it poses an elevated risk of adverse effects, it lacks efficacy in seniors or safer alternatives are available. Source: CIHI

Benzodiazepine Prescriptions

Defined Daily Dose per 1000 population
Benzodiazepines are generally used for treating anxiety or insomnia, as well as other related issues

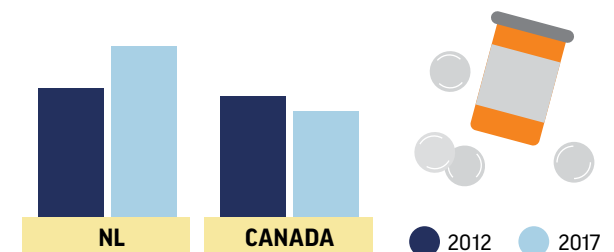
NL has the second highest rate of benzodiazepines and benzodiazepine-related drug use in the country (only NB is higher). In 2017, NL was the only province to experience an increase in the rate of use, and since 2012, NL has experienced the highest average annual increase in the rate of use. Source: CIHI



Opioid Prescriptions

Defined Daily Doses per 1,000 population for Top 6 Opioids

NL had the highest rate of opioid prescriptions in the country, and one of only two provinces (NB) that experienced an increase in the rate from 2012 to 2017. Source: CIHI



COMMUNITY

Public Libraries: Not Just for Reading

There has been much discussion recently about the role of libraries in Newfoundland and Labrador. A service sometimes taken for granted, the outcry from people across the province following a threat of closure became a clear message that libraries are still a relevant community resource.

Former Memorial University librarian, Richard Ellis, agrees wholeheartedly. He believes libraries are much more than a storehouse of knowledge.

“Libraries are often referred to simply as a source of information. This leads to the belief that, since everything is now electronic, we don’t need ‘real’ libraries,” Ellis explains. “But what that misses is the idea of the library as place, a vital part of the local community.”

It’s this focus on community that has inspired many NL libraries to rethink how they operate. Across the province, many libraries are revising programming and hours of operation to better accommodate the specific needs of the community.

In particular, NL’s Children’s Services Librarian, Leigha Locke, believes that it is important for libraries to facilitate alternate forms of learning.

“There are a lot more opportunities now to get life-long learning skills, not just book skills,” explains Locke. “In Clarenville, you can check out yoga equipment, loan musical instruments

in St. John’s, and there are 12 branches that rent board games across the province. We’re moving towards skill-based learning.”

Having been a hub for computer access when such technology was new, libraries also continue to offer a space to explore the latest technologies, with access to 3D printers and coding programs for youth.

“Thanks to a donation from Brilliant Labs, an Atlantic-Canada based non-profit, we have a number of 3D printers,” says Locke. “There is currently one in the Torbay library that they use to great success and in the Fall, there will be a 3D printer in each division.”

Finding new funding for such innovative programming can be a challenge.

“There are staffing issues, on two levels,” explains Ellis. “First you need available funding to pay for adequate hours of opening, and then you need to find people to work these new expanded hours. We have some smaller libraries with vacant positions because no one wants to take it on in the present configuration.”

Locke says that one way they are trying to overcome these challenges is by sharing resources across all 94 branches of the province’s libraries.

“We share program ideas and materials, we use interlibrary loans, we have makerspace kits that travel—even kids who live in small towns, with libraries only open 12 hours a week, are able to access these sorts of unique materials,” says Locke. “It’s a big challenge, and we’re still working on it, but it’s getting easier.”



Art as Reconciliation

At the heart of First Light’s new Centre for Performance and Creativity is the idea that art is a universal language.

“Art transcends our spoken word, transcends our individual cultures,” says Jenelle Duval, First Light Events Coordinator. “When we are trying to work through shared histories that are hard to revisit, art is a platform that allows us to express history and healing in a way that can be received by people of all heritages.”

With its focus on art, the new centre has also become a bridge to foster reconciliation efforts in the province. In addition to providing programs and services for urban and non-urban Indigenous communities across NL, the non-profit organization regularly invites non-Indigenous citizens to participate in its many festivals and events.

“The centre opens up space for art and healing to happen,” says Duval. “Whether that be performance art, visual art, or traditional crafts, we make these things inclusive for all peoples. Indigenous and non-Indigenous can come together, on our journey towards reconciliation.”

The new performance space became a reality through a unique partnership with Cochrane Street United Church. As a result of this partnership, the church can continue to run their

weekly services and other operations, while First Light operates a beautiful performance and programming space. A significant federal investment in the project has kick-started the necessary renovations to upgrade the space to a state-of-the-art performance centre.

“It has been good for the community as a whole,” says Breannah Tulk, Director of Business Operations at First Light. “It is a beautiful cornerstone of the downtown community, something that reflects diversity and culture. It’s a hive of activity.”

Duval believes it is important that non-Indigenous Newfoundlanders and Labradorians feel welcome to participate in Indigenous events, and this partnership is just one of many things First Light is doing to encourage this relationship.

This Fall, the organization is holding their Spirit Song Festival, an Indigenous-led performance arts festival with events at the Arts and Culture Centre, the First Light Centre for Performance and Creativity, Eastern Edge, and the Rockhouse. It will offer workshops in, amongst other things, throat singing, sweetgrass basket making, and Kojua dance. All of these events and workshops are open to the public, with many events free of charge and open to all ages.

“Art really brings visibility to urban Indigenous populations,” Duval adds. “We’re continuing to work towards making the urban population visible, and art is a great way to do that.”

Annual Library System Funding per Capita

Prince Edward Island \$19

Newfoundland and Labrador \$23

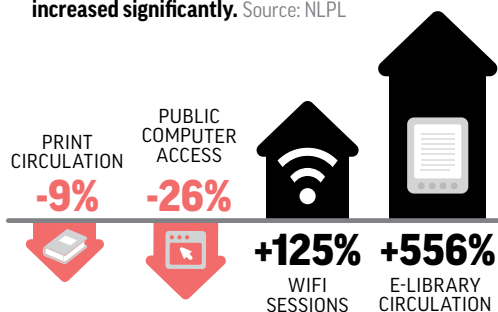
Manitoba	\$32
New Brunswick	\$33
Nova Scotia	\$41
Quebec	\$45
Ontario	\$49
Alberta	\$49
Saskatchewan	\$50
British Columbia	\$50
Canada	\$39

NL receives the **second lowest library funding per capita in the country**, behind PEI, and is significantly lower than the national average. Source: NLPL

Core Library Services

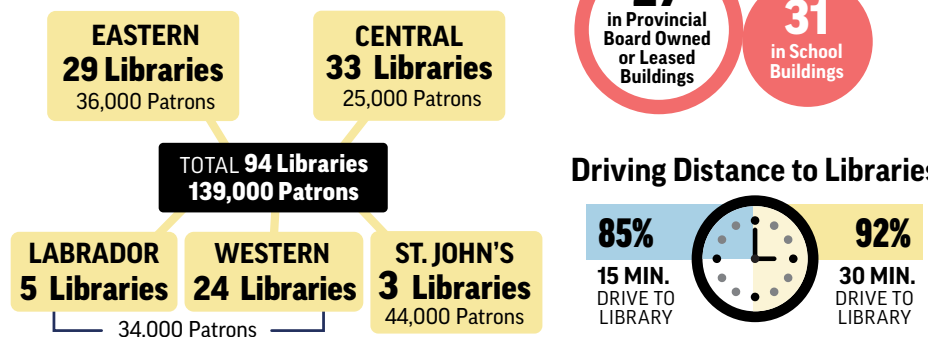
2011/12 - 2015/16

Between 2011/12 and 2015/16 libraries across NL experienced a slight **decrease in print circulation and public computer access**, while the number of **WIFI sessions and e-library circulations increased significantly**. Source: NLPL



Libraries and Locations 2015/16

In 2015/16 there were **94 libraries** across the province with **139,000 patrons**. Most of the libraries are located in municipal buildings, or in schools. 85% of NLRs are within a 15 minute drive to their local library. Source: NLPL



Charitable Donations 2017

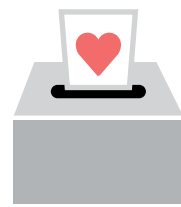
Total charitable donations in NL have increased since 2007. **The average donation amount increased by 15%** (household disposable income increased by 46%).

2017 charitable donations per capita in NL were \$153, significantly lower than in Canada where the per capita donation was \$262.

	Average	Per Capita
Canada	\$1,791	\$262
Newfoundland and Labrador	\$1,095	\$153
Prince Edward Island	\$1,390	\$224
Nova Scotia	\$1,491	\$209
New Brunswick	\$1,418	\$196
Quebec	\$739	\$109
Ontario	\$1,932	\$291
Manitoba	\$2,106	\$346
Saskatchewan	\$1,852	\$269
Alberta	\$2,675	\$369
British Columbia	\$2,557	\$357
Yukon	\$1,559	\$177
Northwest Territories	\$1,682	\$138
Nunavut	\$2,121	\$82

Charitable Donation Breakdown, NL

	2007	2017
NUMBER OF DONORS	82,740	73,920
AVERAGE DONATION	\$952	\$1,095
MEDIAN DONATIONS	\$340	\$370
TOTAL DONATIONS	\$78,735,000	\$80,970,000



Source: Statistics Canada

In Good Hands

Bell Island's Susan Boone didn't know that her daughter, Nicole, was addicted to opioids until the hospital called to tell her that Nicole had overdosed on IV morphine. Thankfully, Nicole survived that overdose, but Susan has quickly learned that supporting someone through addiction is not straightforward, and there can be significant additional barriers for people living in a rural area.

"Eastern Health has a ton of resources, but when you live in a rural community, it's harder to access them," says Boone. "We have to head to the ferry terminal, hope we can actually get a spot on the boat—hope it's running that day!—and then spend the day in town."

This sort of travel can be very time-consuming and expensive, especially as people with addictions are not always in a good financial situation—sometimes Boone's daughter was homeless, or living in a tent in the woods.

After Boone tried reaching out to various organizations in St. John's, she quickly realized that the only way to get her daughter support was to do it herself. She was soon joined by the concerned mothers of other addicts on Bell Island, and by Brian Rees, a neighbor who had experience working with addicted youth on the streets of Vancouver.

Rees and Boone, along with a group of other concerned mothers from the area, went on to start a safe needle exchange program on Bell Island using supplies that Rees acquired himself from SWAP, the Safe Works Access Program, in St. John's. Initially, they

were working out of someone's home. There were plans to move into a building close to the hospital, but this fell through.

Then, a tragic situation led to what Boone calls a bittersweet miracle.

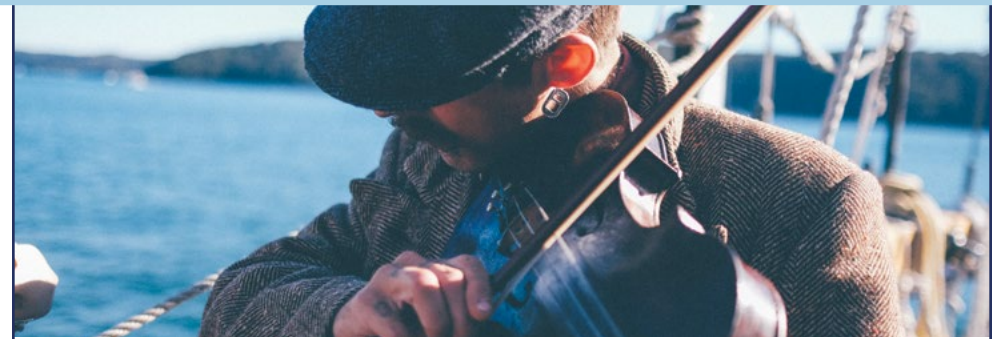
"A lady in Ontario, with roots in Bell Island, lost her son, who overdosed on opioids in 2017. She read that we were denied the space we were promised originally for the needle exchange program, so she took her son's insurance money, bought an RV, and donated it to us, explains Boone. "It was a regular person—not the government, not a corporation—that finally allowed us to get going."

"Education, housing, group counselling. We want to keep working and continue to give those struggling an entire supportive community."

SUSAN BOONE
Bell Island Resident

The community-based RV program, called "In Good Hands," is based on a harm-reduction model of care, providing safe, clean needles to drug users in a non-judgmental environment, thus providing time and support for users to get treatment. After just a few months of operation, the group saw tremendous success.

The RV clinic quickly gained the attention of media and policymakers—within a year of opening, Eastern Health announced plans to open an opioid



Sharing Music

Music is an integral part of culture in Newfoundland and Labrador, part of its history and heritage. It's no surprise that fostering that love of music through music education is top of mind for Memorial University's Dean of Music, Dr. Ian Sutherland.

Growing up in Lewisporte in the 1980's, Dr. Sutherland recalls there were plenty of opportunities for music education. "There were a number of very good musicians, music teachers, community music leaders; so, if you wanted to take piano lessons, it was there," he explains.

But with a shrinking population, this abundance of opportunity for music education is no longer the case in rural parts of the province. In his first year as Dean, Dr. Sutherland visited high schools around the province, and was surprised by the lack of music teachers and extracurricular lessons available to those residing outside the St. John's metro region.

It was this realization, and Sutherland's desire to make music accessible to everyone—especially children—that gave birth to Giocosco, a social enterprise educational program designed to serve rural areas of the province.

Giocosco (named for an Italian word used in music, meaning, "to play joyfully"), began in early 2019 as a pilot project in the Clarenville area. The process began with a consultation with music educators and community leaders to figure out what opportunities were currently offered in their region, and what students were looking for that was not currently offered. The program then aims to connect graduate students from the School of Music with students in the area to develop new programs and initiatives to fill those gaps.

"We want to provide music-learning opportunities to young musicians, even those who've never taken a lesson or held an instrument,

providing instruction to them at as little cost as possible," says Dr. Sutherland.

As part of the program, graduate students will instruct children in the use of new instruments or provide advanced lessons in particular areas of music. This means the graduate students are not only providing music education to budding musicians, but are developing their own business and entrepreneurial skills.

"We want to provide music-learning opportunities to young musicians, even those who've never taken a lesson or held an instrument, providing instruction to them at as little cost as possible."

DR. IAN SUTHERLAND
Dean of Music, Memorial University

All the income generated from the project will be reinvested into the program, enabling Giocosco to be expanded into other areas of the province. Dr. Sutherland hopes that the sustainable social enterprise model will help reinstate some of the lost capacity in music education around the province, as well as provide valuable learning opportunities in business development skills and community outreach for the graduate students leading the program.

"At its heart, this project is focused on bringing the joy of learning music to as many people as possible."

treatment clinic in the Dr. Walter Templeman Health Care Centre. The new clinic is staffed by three physicians, mental health nurses, an addictions counsellor, a social worker, pharmacy personnel, a nurse practitioner, and specially-trained LPNs. Currently, over 25 individuals are receiving treatment, and the needle exchange program has seen a 90% decrease in the number of needles being exchanged—from 4000 a month to 300.

Now that the clinic is open, Boone hopes other services are not too far behind.

"We have the clinic now, which is fantastic," says Boone. "But there is still so much to do. Education, housing, group counselling. We want to keep working and continue to give those struggling an entire supportive community."

FUNDING PARTNERS



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Who We Are



COMMUNITY FOUNDATION OF
NEWFOUNDLAND AND LABRADOR

The Leslie Harris Centre of Regional Policy & Development is Memorial University's hub for public policy and regional development issues. The Centre links Memorial faculty, students, and staff with groups across Newfoundland & Labrador, supporting active community engagement. Working with all units at Memorial, the Harris Centre builds connections, encourages informed debate, and supports collaboration to enhance the province through mutually beneficial partnerships.

www.mun.ca/harriscentre

The Community Foundation of Newfoundland & Labrador promotes and sustains healthy communities across our province by providing grants to a wide range of community organizations. CFNL combines a broad, province-wide reach with a grassroots focus on small organizations that can have a major impact in their local communities. The foundation's goal is to address community problems and to enrich the lives of community members.

www.cfnl.ca

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If you would like more information about how to support NL's Vital Signs please get in touch. harriscentre@mun.ca.

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