

BLOW·ME·DOWNER

ABOUT THE OUTER BAY OF ISLANDS, NEWFOUNDLAND

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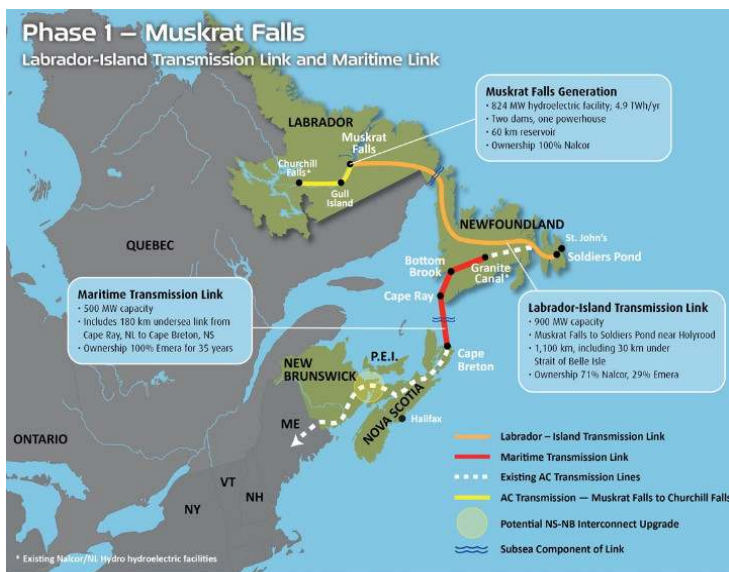
Friday

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MUSKRAT FALLS



WITH BOTH A FEDERAL AND A PROVINCIAL ELECTION now part of our very recent past, and the whole issue of electrical power generation, including [Muskrat Falls](#), being large items on that agenda, the [Review of the Newfoundland & Labrador Electricity System](#) on 2015 October 26 came at a very opportune moment.

Below are a few highlights of the [Review](#) :

Advantages of being connected to a continental power grid

“The Newfoundland and Labrador electricity system is largely isolated from the North American electricity grid, which is highly interconnected. While the Churchill Falls hydroelectric project in Labrador is interconnected to Québec, **there are no interconnections between Labrador and Newfoundland**, and as such these two systems operate independently. As a largely isolated electricity system, electricity supply planning standards and operating practices in Newfoundland and Labrador in a number of areas are different than those of most other electric utilities in North America. Other electric utilities in North America have interconnections with adjacent systems which can be relied upon to provide power during low probability events such as multiple generator or transmission line outages and extreme weather. This allows these interconnected systems to achieve higher reliability levels at a lower cost. With the development of the [Muskrat Falls hydroelectric project](#), Newfoundland and Labrador will

be connected and the province will be interconnected to Nova Scotia and the greater North American electricity grid. . . This will represent a major change to the province’s electricity system; **present opportunities to realize higher reliability at a lower cost; and create new opportunities for the export of power when it is surplus to the province’s needs.”** [Review](#) - page ES-1

“Once Muskrat Falls comes into service 98% of the province’s electricity generation will come from renewable generation.”

[Review](#) - page ES-2

Ever since the [Muskrat Falls project](#) was first mooted, it has been controversial. This may owe something to public resentment over the failure to achieve a fair settlement for Newfoundland & Labrador over the sale to Québec of Churchill Falls power; or perhaps fear of the \$billions of construction costs of the Muskrat Falls Project.

However neither reason is valid. The Province is in great need of power to replace the worn-out plant at Holyrood, which is now unreliable and incapable of supplying the growing needs of a modern population. The old oil-fired plant is also a major source of pollution. Questions continue to be raised about cost increases at Muskrat Falls, but rising costs are inevitable in a world where demands on resources are increasing exponentially. When the Project is completed, the Province will have a modern installation capable of providing electrical power needs far into the future, with costs stabilised when operating and maintenance become the main expenditures. Extra power will be available (1) for residential consumption, (2) for new industrial development to create good jobs for the people of our Province, including the indigenous people of Labrador, and (3) for remunerative export of power under our own control to other regions of Canada and the USA. Our entire Province will reap the benefits of clean, reliable power, making it the envy of the continent.

An important benefit will be that this power will be controlled exclusively by the people of this Province and Nova Scotia who also have ownership interests in Muskrat Falls, rather than by out-of-province interests who export our products for use elsewhere.

The one essential is that control of new development must ensure our best interests with control vested in Newfoundland & Labrador. A well-run power system will encourage existing industries, and new manufacturing and tourism businesses will develop here. The Province will then return to “have” status, a taste of which we had until the recent economic downturn.

Editorial:

FEDERAL ELECTION POST MORTEM

Results by Party - total 338 seats

Liberal	184
Conservative	99
NDP	44
Bloc Québécois	10
Green Party	1

The 2015 Federal Election has been the most interesting and surprising election in recent Canadian history. First, but perhaps more significant than it appears, the length of the campaign—about eleven weeks—is one of the longest campaigns, and also one of the more unexpected electoral defeats in Canadian history.

The length of the campaign may have been a major factor in the defeat of the Harper Government, allowing fatigue to set in, with the result that many of us when we saw the attack ads aired in the media, were muttering, “*Oh, no, not that again please!*” Justin Trudeau then so skilfully turned it round, using the words of the ad to his own advantage—*I’ll tell you what I’m not ready for*—and then listed some of Harper’s most unpopular policies. I’m sure there were then many of us, especially here in Newfoundland & Labrador, rubbing our hands in glee at witnessing Harper caught in the backfire from his own offensive attack ads. And it was greatly to Trudeau’s credit that he did not succumb to denigrating Harper, tempting though it may have been: he refrained from criticising the Tory moves, presenting his own platform instead.

A second interesting set of facts concerns the funding spent on their election campaigns by the three main parties.

<i>Party</i>	<i>Funds Donated in millions of \$</i>	<i>Number of Donors</i>	<i>Average Donation in dollars</i>
Conservative	\$10.0M	63,177	\$158.43
NDP	\$ 9.1M	78,277	\$116.25
Liberal	\$ 7.3M	50,479	\$144.61

The Conservatives topped the list with total donations of \$10M, a Canadian record for any party; the NDP came second with \$9.1M; and the Liberals third, well below the others, with only \$7.3M. Information is not available on whether the donors were individual or corporate, but the average seems to imply that Conservative donors were considerably more prosperous but less numerous than NDP donors, while Liberal donors numbered the least and averaged somewhere between Cons and NDP on donation amounts. The party with the least money in its coffers won the election. Demographic information is not currently available, but it would be interesting to have some information about whether they were individuals or corporations, and the names of the corporations. It seems that the Tories expected their extended campaign time to benefit them by causing their opponents to run out of funds, but, like some of their other strategies, this one also backfired. See: [Ref 1](#).

It’s hard to be certain whether Harper’s personal performance during the campaign was the result of a conscious effort, perhaps urged by some of his backroom people to be less confrontational—a technique easily left to the NDP leader Thomas Mulcair—or whether it was a natural jadedness after almost ten years of fighting about two thirds of the country’s population. I incline towards the jadedness theory on the basis that it is extremely difficult to keep up the pressure, even if,

as Harper did, you absent yourself from so many of the controversial debates in the House, and the media scrums that follow. Certainly his media speeches during the campaign seemed to be less energetic, and his pseudo-confidential mantra “Friends . . .” that preceded so many of his remarks seemed to have become threadbare. It contrasted so powerfully with the sharp glint of Mulcair’s eyes when he focused his attention on an opponent, and Trudeau’s less aggressive but very sincere response to his opponents. A further clue in support of the jadedness theory may also be Harper’s self-imposed seclusion during most of the two weeks after the election.

Turning our attention now to Thomas Mulcair who must, perhaps more than Harper, but along with a number of his parliamentary colleagues, be the most disappointed politician after this election. His behaviour seems to have been extremely confident that he would be the next PM, and polls at the start of the campaign seemed to corroborate that opinion. He made a few errors of judgement, though, with perhaps the greatest one being his leading the NDP away from its traditional place at the political Left, thus leaving the field open for Trudeau’s Liberals, with whose planned deficit program it resonated well. With opinion in Canada wanting to see new infrastructure as an immediate focus, accepting a larger deficit to finance this policy, Mulcair’s caution may have been his betrayal, lining him up with the Harper Conservatives, from which the Liberals benefited. There may also have been too much dependence on the ‘Orange Squash’ of 2011 that had resulted in a large number of new untested NDP MPs elected in Québec. Apparently little thought was given to the fact that many of those new MPs and their supporting voters were recent converts to the Layton-style NDP from the BQ/PQ camp, with perhaps only shallow roots in a proCanada party. In this 2015 election, many of them turned their support to the Conservatives and even to the Liberals, despised in Québec since the late Pierre Elliott Trudeau’s time as PM. This gave the lie to the popular notion that Québec could not stomach Harper’s Conservatives at any cost, nor the NDP without *Le Bon Jack* as Jack Layton had become known to many Québécois. The failure of the NDP in Québec, coupled with less serious but similar effects in the Atlantic Provinces, Ontario and the West, brought Trudeau’s Liberals into power with a very substantial majority of 184 seats out of 338.

Perhaps one of the most disappointing aspects of this election was the fall in support for the Green Party under Elizabeth May. Ms May has shown herself to be a highly competent MP, with a very clear sense of her mandate, and a strong ability to explain her ideas and get her case across. Sadly, she was not allowed to take part in more than the one televised debate, but by use of social media she managed to present her case to the nation. Unfortunately she was elected the sole MP to represent her party, when she has demonstrated that she could contribute much as not only as an MP, but as a cabinet member.

The Bloc Québécois increased their representation in this election but obviously they will never form the Government of Canada. They can however exercise some influence in Parliamentary votes if they so choose on matters that concern them, but only in cases of a minority or very slender majority government. In the present instance they will have very little influence except perhaps in odd cases where votes are not enforced by party whips.

Despite its spectacular win, the Liberal Government of Justin Trudeau has a formidable task ahead, so that it can show valid achievements before the next election which is expected in 2019 at the latest.

Continued on page 3, right column

COMMUNITY CALENDAR

LH=Lark Harbour YH=York Harbour JB=John's Beach
 HC=Holy Communion MP=Morning Prayer EP=Evening Prayer
 P&P=Prayer & Praise HB=Baptism MHS=Mem Hymn Sing
 ☉ Full Moon

2015 DECEMBER 2015

6th **Sun** Advent 2 LH, Confirmation, 11:00am
 11th **Tues** 6:30pm - LH, Lighting of Christmas Tree, and Carol Sing. Hot chocolate to follow in Church Hall
 12th **Sat** **SANTA CLAUS PARADE** - starts at 11am from YH bus turnaround, then to LH, including Little Harbour, "Down Below" (end of Main Street), and back to LH Town Hall for a meet and greet with Santa.
 13th **Sun** Advent 3 - LH, 7:00pm - Lighting of Memorial Lights JB, 7:00pm - Memorial Bulb Service, Bake Sale to follow
 20th **Sun** Advent 4 - EP, Sunday School Pageant JB, 10:30am, HC
 21st **Mon** Winter begins (Winter Solstice)
 24th **Thur** Christmas Eve - LH, 7:00pm, HC JB, 4:00pm, HC
 25th **Fri** Christmas Day ☉ Full Moon
 27th **Sun** Christmas 1 - LH, 7:00pm, EP JB, 10:30am, MP

2016 JANUARY 2016

3rd **Sun** Epiphany - LH, 11:00am, HC JB, 7:00pm, P&P
 10th **Sun** Baptism of the Lord - LH, 11:00am, HC JB, 7:00pm, HC
 17th **Sun** Epiphany 2 - LH, 7:00pm, P&P JB, 10:30am, HC
 23rd **Sat** ☉ Full Moon
 24th **Sun** Epiphany 3 - LH, 7:00pm, HC JB, 10:30am, MP
 31st **Sun** Epiphany 4 - LH, 7:00pm, EP JB, 10:30am, HC

2016 ADVANCED DATES 2016

Jan 1st **Mon** New Years' Day
 Feb 10th **Wed** Ash Wednesday
 22nd **Mon** ☉ Full Moon
 Mar 13th **Sun** Daylight Saving Time begins
 20th **Sun** Spring begins (Vernal Equinox)
 23rd **Wed** ☉ Full Moon
 25th **Fri** Good Friday
 27th **Sun** Easter
 Apr 22nd **Fri** Earth Day ☉ Full Moon
 May 8th **Sun** Mother's Day
 21st **Sat** ☉ Full Moon
 23rd **Mon** Victoria Day
 Jun 19th **Sun** Father's Day
 20th **Mon** Summer begins (Summer Solstice) ☉ Full Moon
 24th **Fri** St Jean-Baptiste - Fête Nationale du Québec
 Jul 1st **Fri** CANADA DAY
 19th **Tue** ☉ Full Moon

Aug 18th **Thur** ☉ Full Moon
 Sep 5th **Mon** Labour Day
 16th **Fri** ☉ Full Moon
 22nd **Thu** Autumn begins (Autumnal Equinox)
 Oct 10th **Mon** Thanksgiving Day
 16th **Sun** ☉ Full Moon
 24th **Mon** United Nations Day
 31st **Mon** Hallowe'en
 Nov 6th **Sun** Back to Standard Time
 11th **Fri** Remembrance Day
 14th **Mon** ☉ Full Moon
 20th **Sun** International Children's Day (UN)

Continued from page 2

With depleted funds in the Federal Government coffers after the reckless spending by the Tories in the time leading up to the election, there is only very limited opportunity to replace or increase funding in the numerous areas where Harper made cuts over the years to reach his much-touted 'balanced budget'. The Conservative reluctance to deploy funding to the Civil Service, the Military, Veterans Affairs, national infrastructure, environment, the CBC, and numerous other sections of the economy that have been neglected or reduced, will require some years to return to what was normal prior to 2006 when Harper formed his first minority government. But a return to a norm of a few years ago is what the Canadian people voted for, and the Trudeau Government will have to approach this very carefully. Additionally, Harper's tax giveaways like the 2% off the GST/HST and the tax reductions for corporations will have to be recovered, and the universal child credit may have to be modified; many of these necessary measures may not sit well with those corporations and individuals who benefited from the changes under the Tories.

It is likely that complaints will be heard from many of the sectors affected when measures are introduced to rectify these handouts. Some of the Liberal promises such as bringing in 25,000 refugees may also have to be modified until the economy begins to rebound and resources become available. If our present near-recession conditions prevail for long, as seems increasingly probable, delays will be inevitable. Also, the recent announcement that the federal deficit is larger than originally expected may cause other delays or even changes to the Liberal plan. However, if a steady hand is used to guide the economy and control these moves, success will be achievable over time.

The big question is: Will the electorate that voted for the Trudeau Liberals be patient enough to wait?

EDITOR'S NOTE

Having taken a 2-month break from the BMD after almost a year of no break, it seemed to be time to get back to work.

Life is now different for me, and I miss my proof reader who spotted the errors I had missed. There will be no regular book review column, or notes about the Library or the Food Bank, unless someone else wishes to provide them. LH Council reports will be continued.

Thank you for your continued support. SLH

RESTORATIVE CARE PROGRAM

“The RCP”

Corner Brook Long-Term Care Centre

*A personal account of my experience in “The RCP”,
along with my reasons for recommending it.*

Introduction

At the top of University Drive, Corner Brook, NL, is an imposing and relatively new four-storey building covered with pinkish granite stone siding. It bears the street number 4, and is the *Corner Brook Long-Term Care Centre*, part of the Western Health System, along with the Western Memorial Regional Hospital on Brookfield Avenue and the old Canadian Tire Building on Herald Avenue.

The *Long-Term Care Centre* accommodates some two to three hundred people, mostly senior citizens requiring various levels of care. It also houses a residence for War Veterans. What is not widely known is that this building accommodates another small unit, the *Restorative Care Program*, referred to here as “the RCP”. Its purpose is to rehabilitate persons who are recovering from accidents, injuries, or major surgery and need time to recuperate and be *restored* as close as possible to their previous level of functionality and independent living.

The Corner Brook is the larger of two such units in Newfoundland & Labrador. It is part of the *Western Health* region, and accommodates only fourteen patients while a second, similar but smaller, unit in Lewisporte has six beds for patients of *Central Health* region. Both units are quite recent foundations, only about two years in existence, and are experimental in that their purpose is to evaluate the effectiveness of such units. They may be further developed in future, or they may be shut down.

The Restorative Care Program is run by a team consisting of a Medical Director; a Manager who is also an Occupational Therapist; a Physical Therapist; a Dietitian, a Social Worker; a Recreational Director; a Registered Nurse; and a group of Licenced Professional Nurses (LPNs) and Personal Care Attendants (PCAs). A General Manager is in charge of the entire building and its programs. Many of the professional staff members are shared with other parts of the Western Health system. All of them, with no exceptions, are friendly, approachable people whose main concern is for their patients. Food Services are provided from a kitchen in the basement of the building and Janitorial/Maintenance services are provided in conjunction with WMRH. These housekeeping services are shared within the hospital system as required.

Patients, usually referred to as “Residents” in this building, are selected for the RCP from the patients at WMRH on the basis of their needs and suitability for more concentrated therapeutic treatment than they would receive in WMRH, and mostly they are mobile or are approaching that condition. They are supervised by the medical and therapeutic staff and are encouraged as much as possible to partake of meals tailored to their personal dietary requirements in a communal dining room. They enjoy a degree of personal freedom and are able to move around the Unit subject to safety restrictions such as being accompanied by qualified staff personnel or a family member. Minimal medical services comparable to those provided by a Family Physician are available to residents on site, but more complex needs are referred to medical staff at WMRH. Individual patients may be returned to WMRH

permanently, for a short time, or as outpatients if more complex treatment is necessary. Patients needing attention of a specialist are transported to WMRH main building.

My Stay in the Restorative Care Program

On 2014 December 30, Tuesday, my wife Susan and I were driving to Corner Brook for our regular quarterly appointment with our family doctor when an accident occurred in York Harbour. I was driving when we collided head-on with the first of two approaching cars which had crossed into our lane. Perhaps two or three hundred feet ahead, it was too close to avoid, and there was no chance for evasive action. Susan was killed instantly and I was seriously injured and taken to hospital in Corner Brook. I was told by the authorities that I was in no way responsible for the accident. I have engaged the services of a Personal Injury Lawyer.

During January I went through two surgical procedures on my right leg in Western Memorial Regional Hospital. My right femur, shattered in the accident, was replaced with a metal rod. Fortunately my other injuries—a cracked sternum, a couple of cracked ribs, and a few minor abrasions—did not require extensive treatment and healed relatively quickly. Breathing was slightly uncomfortable for a week or two.

On 2015 January 26, I was moved to the Corner Brook Long-Term Care Centre and placed in the Restorative Care Program. At that time I was still unable to walk without assistance, as I was wearing a Klein splint on my right leg, the purpose being to keep the healing bones in proper alignment. Movement was restricted but healing began to take place.

At the beginning of my stay in the Restorative Care Program I required almost total support from the excellent staff there. I was unable to wash and bathe myself, I wore a catheter, and required help to use the bathroom and to get to the dining room for meals and to visit the main WMRH building for x-rays and other treatment. But as the weeks and months passed, and with the assistance of the nurses and therapists in the RCP, my mobility began to improve. I had the use of a wheelchair, but within a month or so I had almost ceased to need it. I was able to move around the unit aided by a two-wheeled walker, hopping on my left leg because I had strict instructions to put no weight on the injured but recovering right leg.

Over the next few months my mobility continued to improve under the careful supervision of the physical therapy staff. I began exercise therapy, learning how best to ascend and descend stairways while coping with an injured leg, and I used a walking exercise machine to generally strengthen it, all under the supervision of the excellent professional staff of the RCP.

A few weeks later I was able to reduce my reliance on the walker and begin using a cane. Walking with the cane was slow and sometimes uncomfortable, but over the ensuing weeks it became easier. I had also been able to replace my car which had been wrecked in the accident, and I applied for and received a Disabled Parking Permit. This made it possible for me to become reaccustomed to driving, although entering and leaving the car was a slow and difficult process, and perhaps will always remain so; but it too has improved with time. The convenience of being able to drive myself anywhere I wanted to go as my condition improved and my ability to be independent increased, far outweighed the

difficulties involved in doing so, particularly as I had no family in the Province to help.

Returning to “a Normal Life”

On 2015 July 31, I returned to live alone in my home in Lark Harbour. Although I am still awaiting settlement of my insurance claims, with support from the staff of the Restorative Care Program I received a small advance on my insurance which made possible some additions to my home. These included a double handrail from the driveway to the front door, and a special bench seat which facilitates entering and leaving the bathtub without assistance. Years ago I had installed handrails on the stairways (my house is split level) when my mother-in-law lived with us for a while. My insurance also advanced funds to purchase fitted orthotic shoes to compensate for my right leg being about 2cm shorter than the left. I currently have a home helper for several hours a week paid out of my own pocket, as I do not qualify for social services help, but I will reclaim this when the insurance issues around the accident are resolved. I am now getting used to providing some of my own meals, shopping for my needs, and in general returning to a way of life as close as possible to what I had before the accident. I should not omit mention of my dog Rosie, a nine-year-old Labrador mix, my constant companion who rarely lets me out of her sight and notifies me when anyone comes to the door.

I can say without a shadow of doubt that my experience in the Restorative Care Program has been one that brought me back more quickly than I ever expected possible to a life as close to normal as I could hope for. There were times during my seven-month stay in the WMRH system that I seriously questioned whether I would ever walk properly again. But through the work of all the people I encountered in the system—the doctors who performed two successful surgeries on my leg, the RNs, LPNs and support professionals who helped me during my seven months in the system and were always ready to respond to whatever I needed—from my arrival at the ICU on that fateful Tuesday to my final release from the RCP, I feel that I am now well equipped to resume an almost normal life. I am convinced that, without the support of all those fine people, my recovery would have taken much longer.

Conclusion

My main purpose in writing this is to draw the attention of the general public to the wonderful work done by the staff of the Restorative Care unit. Presently it is one of only two little-known pilot units: one in the WMRH system, accommodating only fourteen patients from the entire WMRH area, and the other in Central Region, which can accommodate only six patients.

Yet it is reasonable to believe that there are many other persons in this Province who would gain enormous benefits from the care provided by the Restorative Care Program. Its long-term benefit lies in its treatment of individuals selected for their need and readiness for a program to prepare them to return more quickly and effectively to independent living, and thereby to reduce or remove the need for permanent hospitalisation for them, while freeing beds for other patients who need a more intense level of hospital care. In the long term, too, the RCP will save the health system a considerable cost over the years by reducing some of the need for

long-term hospitalisation. The Program should be expanded and developed to cater for many more patients in each of the medical regions across the entire province.

I believe sincerely that this option can improve significantly the treatment of many patients by allowing them to return successfully and sooner to a life of independence outside the hospital system.

For me, the experience at RCP was a life saver, and without it my recovery would have been much longer, causing additional stress for me and cost for the Western Health system. To further develop the RCP systems at a provincial level makes very good sense in this time of tight budgets because of the considerable savings that would accrue to the Newfoundland & Labrador Health Services in the long run. **

I hope those in decision-making positions, especially our provincial politicians, will look closely at this Restorative Care pilot program, with a view to its further development in future.

**** NOTE:** *The following figures about cost and use of acute care beds were stated by Premier Paul Davis during a question and answer broadcast on CBC Crosstalk on Tuesday Nov 17.*

Cost of an acute care bed for 2 weeks - about \$50,000
15% - 20% of acute care beds occupied by long-term patients.

Additional Information

Below are Links to webpages of Western Health where information is provided about the Restorative Care Program. Click on either of the blue hyperlinks, or copy and paste the link itself into your browser.

[Western Health - Programs and Services](http://westernhealth.nl.ca/index.php/programs-and-services/services-a-z/restorative-care)

<http://westernhealth.nl.ca/index.php/programs-and-services/services-a-z/restorative-care>

[Western Health Restorative Care Program Brochure](http://westernhealth.nl.ca/uploads/PDFs/Restorative_Care%20Program_Brochure.pdf)

http://westernhealth.nl.ca/uploads/PDFs/Restorative_Care%20Program_Brochure.pdf

**Monday 30th November 2015
is the date of the**

**PROVINCIAL
GENERAL
ELECTION**

**Be sure to go and
CAST YOUR VOTE**

It is your civic duty

TERRORISM

WHAT IS IT?

WHY DOES IT EXIST?

HOW SHOULD CANADIANS DEAL WITH IT?

THOUGHTS ABOUT RECENT EVENTS IN PARIS

THE TERRORIST ATTACK of 2015 November 13 on Paris killed 129 people and injured 350 more according to numbers published on Sunday November 15. It was the worst terrorist event since the 9-11 attack which destroyed the twin towers of the World Trade Centre in New York by crashing a passenger jet into that building and made less successful attempts on other US locations.

The 9-11 event with its shock value profoundly changed the world, and other events since then in various parts of the world, including the Paris one, have led us to understand that not one of us is beyond the reach of these despicable political activities. If you question this statement, refer to *Wikipedia's* [List of \(non-state\) terrorist incidents](#).

This List references better-known terrorist events since 1800, but that does not mean that terrorism never existed before then. It extends back to at least the Greek and Roman empires of 2,000 years ago, but we know little about the hopes and fears of the poor who were then as now the main victims. The Gunpowder Plot of 1605 which brought Guy Fawkes to prominence in England is one very well-known and documented pre-1800 example, but there is minimal information about the response of ordinary people at that time, other than that they responded exactly as the leaders wished, by coming out to celebrate the punishment of Guy Fawkes and his co-conspirators. Because of widespread suspicion and distrust, for centuries after the event, Roman Catholics were prohibited from holding positions of responsibility in England.

The first item on *Wikipedia's* *List of (non-state) terrorist incidents* involves the [Ku Klux Klan](#) in the USA:

"In 1865–1877: 3,000 Freedmen and their Republican Party allies are killed by the Ku Klux Klan and well-organized campaigns of violence by other local whites in a campaign of terrorist violence that weakens the reconstructionist governments in the American South and helped re-establish legitimized segregation."

These killings occurred mostly in the southern states of the USA immediately after the [American Civil War 1861-5](#), when many citizens of the Confederate states were extremely resentful that their side had been defeated. But for many more years the KKK continued its activities with lynchings and other murders.

In Canada, the actions of the Métis leader [Louis Riel](#) 1844-1885, charged, found guilty and hanged for treason in 1885; the [FLQ](#) murder of Pierre Laporte and kidnapping of James Cross in Québec in 1970, and even closer to home the 1932 Riots in Newfoundland have at different times been considered examples of terrorism. One man's freedom fighter is often another's terrorist. Viewed through the lens of history, such events can assume a milder aspect, but at the time, all contained the potential to escalate.

Aside from a few diseases or natural disaster, terrorism is the greatest scourge of modern civilisation. We ignore it at our peril. But [why do certain individuals resort to terrorism](#) for their political purposes, while others do not? This is difficult to answer.

The simplest explanation may be that terrorism results from desperation when other remedies have failed. A quick glance at the examples quoted above will reveal that most terrorist attacks develop from political dissatisfaction which has had no effect on the problem, except perhaps to make it worse. Dissatisfaction then becomes alienation. Eventually an individual, perhaps with a strong charisma, appears on the scene and offers what seems like a guaranteed solution: stage an event which will cause enough fear that large numbers of people will capitulate. Such a solution is likely to be prevented only by widespread action by civilian police or the military, often involving violent action in response as was seen in so many of the examples already cited. It is difficult to avoid the descent to such remedies, because it is often too late, and long years of inaction allowed discontent to fester and grow and many of the affected people may become radicalised. On a worldwide scale we may have reached that point.

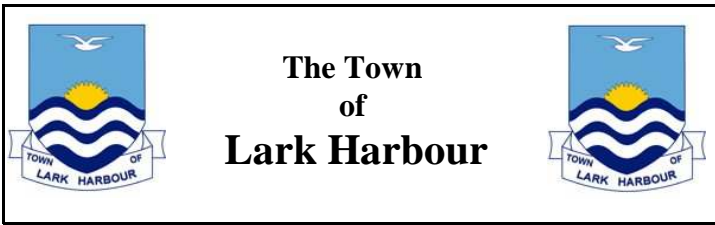
In Canada, since the Paris massacre of Friday 13th, we are hearing people calling for an end to receiving Muslims as immigrants or refugees, or even sending back to their countries of origin those who are adherents of the Muslim faith. These are the radicalised ones, usually quite young, who become responsible for terrorism. Then Canadians will say that we do not need to bring in more. But even if we refused more immigrants or if we repatriated recent Muslim immigrants, would such measures resolve our terrorism problems? Unlikely. And anyway, the vast majority of Muslims living in Canada and other countries confronted by terrorism issues are hard-working, honest, peace-loving citizens who are making many important contributions to Canadian society no matter what clothing they choose to wear. They are not causing any problems.

Canada's image at home and abroad has suffered enough over the past decade of Harper's Conservative rule, and we do not want it to deteriorate further. Imagine then what the reaction of citizens in foreign countries would be if they suddenly found themselves having to accommodate large numbers of people who had emigrated in years gone by. Many of those countries are among the world's poorest, and some are ruled by dictators who would have few compunctions about slaughtering those returning refugees, just as they would have done had they never emigrated.

Our best first response to the terrorist problem is, as it is in any matter of illegal action, to redress the causes. And the most obvious causes in this case are poverty or lack of opportunity. Most of us do not resort to terrorism because we have no reason urgent enough for us to take such action. So removal of the causes of poverty and hence of social rejection among the poor— inability to find suitable employment, lack of acceptance in mainstream society, and language and cultural limitations — will no longer exist.

How do we achieve this? By everyone making the effort to assist the disaffected members of society to find their niche, the place where they can experience the satisfaction the rest of us enjoy in our social contacts and employment. Why should an immigrant to Canada be destined to work in a low-paying menial job when he or she has a good education for a job which is important to Canada?

In conclusion, one important proviso is worth bearing in mind: *If you have any ancestry traceable back to anyone who was not a full-blooded First Nations person, then you are an immigrant.* In 2011, only 400,6851, 4.3% of the population, showed that they had aboriginal identity, [according to Statistics Canada](#).



**The Town
of
Lark Harbour**

Report of Regular Monthly Meeting of 2015 September 15

Present: Mayor: Jamie Park; Deputy Mayor: Jeremiah Barry
Councillors: Olivia Spurrell, Rose Sheppard,

Dennis Sheppard

Clerk Joanna Pottle, recording

Guests: Howard and Lorna Sheppard

Absent: Clerk Peggy Sheppard

Meeting commenced at 6:30 pm

- ! Discussion with 2 residents regarding the breakwater at the lower end of Main Street. They are concerned about their property since the breakwater has been washed away and the tidal surges that occur in the area cause water to come in over the property. Council explained to them that they are still waiting to see if the grant will be approved, but will certainly examine the breakwater to see what would need to be done. Clerk directed to contact MHA Eddie Joyce to make him aware of the residents' concerns at the meeting.
- ! Minutes of regular Council meeting of 2015 August 17 adopted.
- ! Water/Sewer Update: DFO and Anderson Engineering will be meeting at the Water/Sewer site on Wednesday, September 23rd for a site visit. Clerk directed to follow up on Phase 2 of the Project. Application and Engineering Costs associated to complete the necessary work to the existing fish ladder.
- ! Playground Upgrades: Council have been approved for funding from ACOA for partial cost of replacement of the existing playground equipment. Clerk directed to follow up.
- ! CEEP Grant: Council have applied for another Community Enhancement Employment Program to make necessary repairs to the breakwater located at the lower end of Main Street. We are hoping to hear something within the next few weeks.
- ! Route 450: Council viewed letter from Mr. Eddie Joyce, MHA that was written to the Minister of Transportation and Works regarding the conditions of Route 450. Clerk directed to send out a community letter asking the public that if they have concerns regarding Route 450, Water and Sewer, etc. to contact our MHA, or the appropriate ministers. Also to report all off-road vehicles in the area including dirt bikes, quads, and vehicles, please contact the RCMP.
- ! Crown Land Applications: Clerk directed to follow up with Crown Lands regarding site visit on Harbour View Road and Birchy Hill Road.
- ! Dilapidated Properties: Clerk directed to follow up on dilapidated properties in the community.
- ! Devils Head: Clerk directed to contact DFO again for follow up.

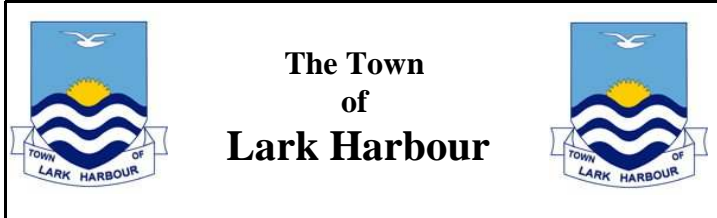
- ! Financial Report approved, with no accounts payable at this time.
- ! Building Permits all approved as per list.
- ! Write Offs: Clerk directed to obtain more information on proposed write off.
- ! 2016 Budget to be discussed further at our next Council meeting.
- ! Garbage Tender: Current garbage contract ends 2015 December 31. Agreed to request tenders for the New Year. Further discussion at next monthly Council meeting.
- ! Snow Clearing Contract: Agreed to request tenders for the 2015-2016 season. This will be a tender for a one year contract ending 2016 April 30. Tenders due by October 16, to be decided at the October Council meeting.
- ! Black Spruce: Review of letters from CNLOPD and MHA Eddie Joyce, MHA.
- ! Crown Lands - Bottle Cove Park: Clerk directed to follow up.
- ! Training: All agreed to have clerks Joanna and Peggy as well as councillors Olivia, Jay and Dennis to attend training in Deer Lark on 2015 October 8.
- ! Complaint from resident regarding dirt bikes and garbage on Bottle Cove Beach. Clerk will notify RCMP and reply to the resident.
- ! Concern from resident regarding culvert on Joyce Road. Councillors will look at culvert and make necessary repairs if needed.
- ! Complaint regarding dilapidated property. Will reply to resident. Letter to be sent to property owner regarding condition of property.
- ! Complaint regarding loose material around property.
- ! Letter to be sent asking owner to secure/remove the materials.
- ! Complaint regarding vehicle on property. Letter to be written to resident.
- ! Complaint regarding roaming dog. Letter sent to dog owner.
- ! Complaint regarding culvert on Route 450 near Park and Youden Road. Agreed to contact Department of Transportation and Works.
- ! Complaint from resident regarding Traffic Flow at Town Hall building. Agreed to purchase 2 new signs for the area.
- ! Discussion regarding resident requesting to put travel trailer on property during summer months and build a shed on property. Agreed to contact property owner advising that he may place trailer on property subject to proper disposal of waste. He must apply for a building permit to erect a shed.
- ! Discussion held regarding request to use Town Hall as evacuation centre. Tax payer to be advised.
- ! Lock to be placed on the garbage box behind Town Hall since others are using it.

Continued on Page 8

Continued from Page 7

- ! Complaint from resident regarding overnight parking on Beacon Road. Council will purchase signs for Beacon Road stating “No overnight parking”.
- ! Council will purchase 3 LED lights for outside of Town Hall.
- ! All correspondence reviewed with no follow up necessary.

Meeting adjourned at 9:55 pm



Report of Regular Monthly Meeting of 2015 October 15

Present: Mayor: Jamie Park
Councillors: Olivia Spurrell, Rose Sheppard,
Dennis Sheppard
Clerks: Joanna Pottle, recording; Peggy Sheppard

Meeting commenced at 6:30 pm

- ! Minutes of regular meeting of 2015 September 21, special meetings of 2015 September 30, 2015 October 7 and 2015 October 15 all approved.
- ! Water/Sewer Update: Approved tender from West Coast Excavating & Equipment Company for repairs to fish ladder.
- ! Council reviewed letter from Municipal and Intergovernmental Affairs stating approval for Special Assistance in the amount of \$14, 661.00 on a 90/10 Provincial/Municipal cost-shared basis, to assist with the cost of repairs to the fish ladder. A motion was made to use the Gas Tax funds to pay the municipal share.
- ! Motion made to reapply for Phase 2 of the water/sewer project.
- ! Playground Upgrades: Review of letter sent to ACOA to accept the funding presented, while hoping for an extension. Will seek more information on what the grant of \$7,500 can be used for.
- ! CEEP Grant: Discussion held on work to be done during project duration. Amendment to Motion #2015-094 made at the Special Meeting on 2015 October 15: Instead of removing the existing breakwater located at 81 Main Street, Council decided to build the new cribs outside the existing ones.
- ! Motion to purchase ½ inch Hammer Drill to maximum of \$200.
- ! Route 450: Agreed to post a status on Facebook and put a notice around the community stating if you have any concerns regarding Route 450, please contact Department of Transportation and Works.
- ! Dilapidated Properties: Clerks directed to follow up on dilapidated properties in the community.
- ! Devils Head: Council agreed to request a meeting with OBIEC to discuss the potential of Devils Head.

- ! Black Spruce Exploration: No update at this time.
- ! Financial Report: No accounts payable at this time. Approved the financial report for the period ending 2015 October 19.
- ! Building Permits: Approve all building permits on list.
- ! Write Offs of \$288.46 approved.
- ! 2016 Budget: Discussion regarding 2016 Budget. Meeting to be scheduled in near future.
- ! Garbage Tender: Motion to accept tender of Murphy Brothers in the amount of \$43,843.00 + HST and landfill charges.
- ! Snow Clearing Tender: Review of snow clearing tender. Motion to accept tender from ZR Enterprises Ltd of \$38,900.00 + HST per season. This is based on a 2 year contract.
- ! Emergency Plan sent to Fire & Emergency Services for approval.
- ! By-Election: Discussion held regarding the by-election due to resignation of Deputy Mayor Jeremiah Barry on 2015 October 16. Agreed to proceed with the by-election before the New Year. Councillor Rose nominated Councillor Olivia to assume the position of Deputy Mayor. Councillor Olivia accepted the nomination. All were in favour.
- ! Review of question from resident regarding access to the beach located at the Provincial Park. :
- ! All correspondence reviewed with no follow up necessary.

Meeting adjourned at 9:30 pm.

TOWN OF LARK HARBOUR MUNICIPAL ELECTION

on
Tuesday December 1st
8:00am to 8:00pm
at Lark Harbour Town Hall

This election will replace Jeremiah Barry who resigned recently.

*Six candidates have offered their services to the Town.
In alphabetical order they are:*

Kimberley Herritt
Melanie Joyce
Deana Keetch
Angela Lidstone
Wade Park
Carol Rice.

This is your town, because you live here.

You pay taxes to Council for these items in your Town:
Town Hall
Bottle Cove Park
Children's Playground
Street Lighting
Garbage Collection
Maintenance of Side Roads

Have your say in how your Town is run.

SUGGESTIONS FOR YOUR READING

These are news items selected from the Internet that you may not have seen but which may be of interest. They are taken from various publications, sometimes from other countries whose newspapers we do not read.

Click on the blue hyperlink to go directly to the item or copy and paste the URL link at the end of the item.

GREAT PYRAMID HEAT STUDY COULD BE ON VERGE OF SPECTACULAR PHARAOH DISCOVERY

by Robert Matthews, in The National:World, 2015 November 21

Robert Matthews is Visiting Professor of Science at Aston University, Birmingham, England

We often assume that we are the smartest, most technologically advanced generation of humans the world has ever seen. But take a look at this item about the Great Pyramid of Giza. The Pyramids of Egypt have always been judged as among the wonders of the world. Until the present century this 4,000-year-old structure has held a few secrets used during construction, secrets which had lain forgotten until very recently. It took modern technology to rediscover them.

URL :

<http://www.thenational.ae/world/middle-east/great-pyramid-heat-study-could-be-on-verge-of-spectacular-pharaoh-discovery#full>

MAN CALLS COPS FOR HELP STARTING CAR ARRESTED AFTER FAILING BREATHALYZER TEST

from National Post, & the Canadian Press 2015 November 24

Occasionally something causes you to wonder exactly how smart some people are, and how they have managed to survive as long as they have. Check this one out.

URL :

<http://news.nationalpost.com/news/canada/man-calls-cops-for-help-starting-car-arrested-after-failing-breathalyzer-test>

SEEN IN SPACE: SUPERMASSIVE BLACK HOLE SWALLOWS STAR, EJECTS 'JET' OF MATTER

By Emily Chan, CTVNews.ca., 2015 November 26

Black holes, among the most amazing phenomena of distant space, were first discovered about a century ago. In simple terms, they are regions in space whose gravity is capable of swallowing anything that comes near them, including planets and even entire stars. It is difficult to understand, but light itself can be swallowed in a black hole, and the result is that the black hole appears as just that, a black hole in space. A group of astronomers recently observed the actual process by telescope, and this article describes what they saw.

URL:

<http://www.ctvnews.ca/sci-tech/seen-in-space-supermassive-black-hole-swallows-star-ejects-jet-of-matter-1.2675619>

'A HANDFUL OF WALNUTS A DAY' MAY KEEP DIABETES AWAY

from Times of India, 2015 Nov 26

This article discusses a new study that suggests eating a handful of walnuts everyday may lead to better diet and improvements in health risk factors among people at high risk of diabetes.

URL:

<http://timesofindia.indiatimes.com/life-style/health-fitness/diet/Handful-of-walnuts-a-day-may-keep-diabetes-away/articleshow/49934943.cms>
