

The Livyer's Log

A Newsletter from The Heritage Foundation of Newfoundland and Labrador to Owners and Managers of Registered Heritage Structures

ISSN 2371-3607

August 2016

Livyer (n):

A permanent settler on the coast of Newfoundland or Labrador

- Dictionary of Newfoundland English

Long Point Light Station Dwelling, Crow Head

A Warm Welcome to all Heritage Property Owners!

Welcome to the First Edition of The Livyer's Log, a twice-yearly electronic newsletter for owners of heritage structures. This newsletter is intended to provide useful information to the 327 (and counting) owners of designated Registered Heritage Structures in Newfoundland and Labrador. Our goal is to build a "community of heritage property owners" that will collectively create a forum of shared experiences and information about their heritage properties. As individuals and groups who have been living with and maintaining heritage buildings, you have a lot of insight and experience to share!

As well, we are interested in learning more about the stories of your heritage property: the people, the events and any traditions that may be associated with it. For it is these associations that give heritage properties as much, or greater meaning and value to their residents as the fact that a building is a good example of a particular style or age.

In this edition of The Livyer's Log, there are articles on practical things such as: how to approach the hiring of a contractor for heritage preservation work; building tips; and how to make heritage properties more energy efficient. As well, we will be examining the importance of heritage designation and how to navigate grants that are available to heritage properties.

So, if you have stories to share about your property, useful tips for maintenance or questions about your building, please share them with us. We can include them in future newsletters or on the Heritage Foundation NL website.

Being a brand new newsletter, we would love to get your feedback! If you have any suggestions regarding The Livyer's Log, please email or call us.

IN THIS ISSUE

- A Warm Welcome... front page
- Heritage Designation, pg. 2
- Navigating Funding Sources, pg. 2
- Your Heritage Restoration or Maintenance Project, pg. 4
- Building Tip, pg. 5
- Energy Efficiency, pg. 6
- Collective Memories Project, pg. 8
- A Note from the Editor, pg. 9
- Staff & Interns, pg. 9

FOLLOW US ON

Facebook

Heritage Foundation of Newfoundland and Labrador

Website

www.heritagefoundation.com

Blog

www.ichblog.ca

Twitter

@ICH_NL

CONTACT US

Phone

709 739 1892

Toll Free

1 888 739 1892

Email

info@heritagefoundation.ca

Heritage Designation

Benefits of Heritage Designation

by Jerry Dick

In response to the requirements set by the Heritage Foundation to protect the character of Registered Heritage Structures, we sometimes get the question, "can I get my property de-designated?" Generally, this results from concerns that these requirements will be financially onerous. Often, this question comes from individuals or groups that were not involved with the initial application for designation: people who purchased a property from the owner who originally received designation or; in the case of properties managed by not-for-profit organizations, new board members. Hence, we decided to have a discussion about the benefits of heritage designation and to debunk a few misconceptions about what designation means.

What are the Benefits of Heritage Designation?

1. It confers status to a property, recognizing its historical and architectural significance. Particularly in cases where a property is used for commercial or tourism purposes, designation can be a significant selling point.
2. It makes a property owner eligible for financial support to restore and maintain their heritage building. (see article below). A grant of up to \$5,000 every 5 years can go a long way toward keeping your property in good repair.
3. An Ontario study that involved 3,000 designated properties showed that designated heritage

properties actually increase in value and are more resistant to devaluation in periods of market downturn than non-designated properties.

A Few Misconceptions about Heritage Designation:

1. *Designation means that I can't ever change my property.* Additions or changes are permitted as long as they are sympathetic to the heritage character of a property. We recognize that as an owner's needs change, it may be necessary to make additions.
2. *Designation places an undue burden/restrictions on property owners.* Designation does not require property owners to expend any funds on their property over and above what would be required by a municipality's maintenance bylaws that apply to all properties. We certainly hope that you will maintain your property and, of course, we offer grants for that.
3. *If a previous owner added unsympathetic building elements (e.g., vinyl windows or steel doors) that means my property has been de-designated.* Except in cases where a property has been greatly altered, the Foundation does not automatically de-designate. In fact, it had only been done in extremely rare cases. Rather, we try to work with a property owner to restore elements as the owner's resources and our grant program allows.

In summary, we encourage owners of designated properties to consult with HFNL staff whenever considering undertaking work on their buildings. We can steer you in the right direction, provide valuable technical advice and assist you in finding a knowledgeable and skilled contractor or supplier of heritage building elements.

Navigating Funding Sources

A Guide for Owners of Registered Heritage Structures

by Andrea O'Brien

The Heritage Foundation of Newfoundland and Labrador has 2 granting programs for Registered Heritage Structures. Owners can apply for **Restoration Grants** to aid in the preservation and/or restoration of a building's

exterior features. Items covered may include labour, shingles, windows, doors, cladding, architectural details, and structural repairs. The maximum grant is \$50,000 per structure. These grants are awarded on a 30/70 basis. Work covered under these grants must be completed within 2 years of the date of approval. However, extensions can be considered in some circumstances.

Significant community-owned structures; such as, active churches, lodges and public buildings (not privately

owned) may receive up to 3 grants of \$50,000 per structure, in consideration of the added costs of restoring and maintaining these large buildings.

The deadlines for submitting restoration grant applications are March 1st and August 15th.

If a structure has already received a Restoration Grant, an application may be made for elements not covered under the first Restoration Grant. For elements previously restored, an application for a **Maintenance Grant** can be submitted. There is no fixed deadline for Maintenance Grants, but work covered under these grants must be completed within 6 months of the date of approval.

If you have questions about HFNL's granting process, contact Michael Philpott at 1-888-739-1892 (ext. 3).

The **JobsNL Wage Subsidy Program** www.aes.gov.nl.ca/empservices/jobsnl.html may be an option for employers (both profit and not-for-profit) to cover some labour costs.

Established not-for-profit organizations or local governments can apply to the **Community Enhancement Employment Program** www.ma.gov.nl.ca/emp_support/ceep.html. Any funds awarded through these programs for the purpose of exterior restoration can count towards the owner's contribution.

Businesses, communities and organizations may also contact the **Atlantic Canada Opportunities Agency** to discuss funding opportunities www.acoa-apeca.gc.ca/eng/ImLookingFor/ProgramInformation/Pages/Home.aspx. As well as the **Department of Business, Tourism, Culture and Rural Development** <http://www.btcrd.gov.nl.ca/>.

Several national programs also exist that may be possibilities for restoration funding. You can search <http://www.nationaltrustcanada.ca/resources/find-funding> for a listing.



McNamara House, a Registered Heritage Structure in St. John's, is currently undergoing repairs with the assistance of a Maintenance Grant from the Foundation.

With the replacement of worn clapboard on two sides and the wood-shingled roof, contemporary products have been installed beneath the shingles and clapboard to allow air to circulate thereby prolonging their life.

HFNL can offer technical advice to heritage property owners undertaking repairs or restoration.

Registered Heritage Structure Designation and Restoration Grants



"This place is not just a structure to me ... I spent nights just very concerned about the house, wondering what was going to happen to it ... It's like a living thing to me. It's an extension of our family." - Corey Sharpe (Jenkins House)

Next application deadline:
August 15, 2016

Information and application forms:
www.heritagefoundation.ca

Questions? Contact Michael at 709 739 1892 (ext. 3) or michael@heritagefoundation.ca

Your Heritage Restoration or Maintenance Project

Hiring and Working with a Contractor- Part I

by Jerry Dick

Hiring a contractor can be a challenge at the best of times. Getting someone who will do quality work for you at a fair price and on time is not always easy. Finding and working with someone who understands and has experience with heritage buildings can be doubly difficult. Many contractors and carpenters today know how to work with modern materials such as vinyl windows, siding and off-the shelf building products, but don't have experience in repairing or restoring heritage building elements. Getting people with skills in specialized trades such as hard wall plastering, masonry, and door/window making is even more difficult. Even for some of the basic work of repairing deteriorated building elements, roofing, and clapboard, we have heard of some frustrating experiences on the part of heritage building owners. Such as, a contractor who uses inappropriate replacement materials; shoddy or inaccurate workmanship; non-completion of work; price add-ons, complete replacement of building components when

repairs would have been preferable, to name a few. Where can a heritage property owner turn?

This article is the first in a series that will provide some practical tips to help you select and work with a contractor. We certainly don't have all of the answers and can't always recommend a qualified contractor in your area but we will share what we have learned. As well, we invite your input on working with contractors: who would you recommend or not recommend; particular challenges you ran into and how you worked around them. One of the things we are exploring, in conjunction with the Home Builders Association, Newfoundland & Labrador, is the possibility of providing some sort of simple certification for heritage contractors based on training and experience. More on this as it unfolds.

In this first instalment we will focus on selecting a contractor. Without an official list of certified heritage contractors, the best place to start is to talk to other people who have had work done on a heritage property. Ask them about their experience with individual contractors, both good and bad. When you contact local contractors, ask them to list their experience doing heritage restoration/

repair work and to provide references that you can follow up with. Go check out their work and talk to their previous clients.

Check out the Home Builders Association, Newfoundland & Labrador's website for tips on selecting and hiring a contractor (<http://chbanl.ca/consumers/renovating-your-home/>). It includes suggestions such as:

- Ask for proof of liability insurance and Worker's Compensation
- Seek written quotes, work timelines and contracts
- Get three estimates. You would be amazed at the range of prices you can get. But don't necessarily jump to the lowest one until you have checked out that contractor. In providing a low bid, they may have left out some things that later result in cost add-ons.

Failure to do due diligence in selecting a contractor can lead to heartache down the road in terms of uncompleted work; poor workmanship; and cost overruns.

Once you have selected a company, we highly recommend that you contact the Heritage Foundation to meet with you and your contractor. An on-site meeting is ideal but if that is not possible, a conference call can be arranged. This helps to form a relationship between the contractor and the Foundation so that whenever the contractor has a question they can pick up the phone or send an email. We have seen lots of examples where contractors who were unsure of what to do found their own solution, which wasn't always the best one. It also allows

us to clarify some of the principles of restoration which start with repair over replacement and the use of traditional materials wherever possible.

In the case of many heritage buildings owned by not-for-profit organizations, restoration work is carried out through government-sponsored employment programs and there may not even be a contractor involved. Our best advice is to get a qualified foreperson with heritage carpentry experience. In such instances, it is even more important that the Heritage Foundation is engaged to provide guidance.



Jenkins House,
Durrell,
Twillingate

IN OUR NEXT ISSUE:

Being clear on what you want from your contractor.

Building Tip

Rainscreen Construction

by Michael Philpott

The lifespan of Newfoundland and Labrador's traditional spruce clapboard depends on its ability to "breathe." In an unmodified heritage home, the whole structure allows air movement – there is no plastic in the walls to stop vapour and in many cases there is no insulation. These homes can be drafty, but they do dry out and can be maintained in this condition for centuries.

Most modern homeowners expect a certain amount of air-tightness, both for comfort and energy efficiency. As

a result, many people who take advantage of our funding programs use restoration as an opportunity to insulate and seal their homes. When you seal a building, however, its clapboard still needs to dry.

"Rainscreen" details create an airspace and drainage plane between a structure's sheathing (the boards or plywood covering its studs) and clapboard that allows water to escape and air to circulate. Not only are they recommended as a way to increase the effectiveness and lifespan of clapboard siding and paint finishes on heritage buildings, a rainscreen of at least 10mm is now required by the National Building Code in high precipitation and coastal areas.

There are many ways to build a rainscreen, but two common methods include:

- Strapping or furring – “Strapping out” is the rainscreen detail most familiar to contractors in Newfoundland and Labrador. It entails installing vertical battens over a structure’s sheathing and building paper and installing clapboard horizontally across them. This method requires a certain amount of precision – battens must be carefully placed, especially at openings, and clapboard must be nailed through them. It does, however, create a substantial protective airspace. This detail has been illustrated by architect Robert Mellin and installation instructions are available through our office.
- Synthetic rainscreen– Newer to the industry are synthetic rainscreen products, such as Benjamin Obdyke’s Slicker Classic 10 or Keene’s Driwall Rainscreen 10mm. Sold in rolls and looking something like plastic pot-scrubbers, this type of rainscreen can be tacked over building paper and provides an even surface for installing clapboard and trim. The corrugated plastic mesh creates a more continuous, often narrower airspace than that created by typical strapping (less than ½” compared to ¾”). This slightly lower profile could mean trim boards do not have to be replaced, depending on the project. These products are still new to Newfoundland and Labrador, but can be ordered online or through local distributors.



These are two approaches to protecting clapboard on heritage homes, but they are not the only ones. Whichever product or method you choose, always verify that it will meet code and pass any inspections required in your area. Also be sure the clapboard itself is installed in accordance with our or the manufacturer’s recommendations.

If you have any questions about these approaches to protecting your heritage building, please get in touch with our office, the product manufacturers (if applicable), and your contractor of choice.

Have a restoration or maintenance tip of your own?

Send it in: michael@heritagefoundation.ca

Energy Efficiency

Retrofitting Your Heritage Building to Improve Energy Efficiency- Part I

by Celeste Billung-Meyer

Knowing the Building and the Environment

When thinking about making your property more energy efficient, yet still keeping the building’s heritage features intact, it is important to be aware of how the building was built and the materials used. As well, consider how the building’s features may have been created to complement the natural environment. For example, the majority of heritage structures in Newfoundland and Labrador are made of wood and were created with little to no insulation in the walls. As a result, these buildings have been well preserved because, despite the damp environment, the wind was able to blow through the buildings and dry them out. This also means that these buildings were difficult to heat. However, back then, no one expected to own an evenly-heated building. Generally,

only the kitchen and perhaps the sitting room would be heated. At night, a rock heated by the fire would have been taken to bed to keep warm. In the summer, double hung windows would have been opened at the top and bottom to circulate air, allowing a cool breeze to enter at the bottom and hot air out the top.

Today, we expect buildings to have a temperate climate and we often pay no attention to the building's natural features. Instead, we jump to installing central heating and air conditioning, which quickly becomes expensive to operate. Therefore, a balance must be struck between modern expectations, understanding and making use of the original architectural features, and implementing new technologies (such as, making use of renewable energy sources). Below, are three aspects that should be kept in mind as you are working toward making your building more energy efficient.

Heating and Cooling

There are three ways heat is transferred to and from an object, such as within your house:

- Conduction is the transfer of heat through solid materials that are in direct contact with one another. For example, heat passes through the roof and walls of your house.
- Convection is the movement of liquid and air during the process of heating and cooling. For example, as air is heated, it begins to expand, becomes less dense and rises, which in turn displaces and pushes down the cold air, resulting in temperature differentials in your house.
- Radiation is the travel of heat in the form of electromagnetic waves away from the source, through vacuums of space and any sort of transparent medium. For example, sunlight passes heat through windows into your home.

In order to reduce heat flow in and out of the building, insulation is used to moderate the temperature. The effectiveness of the insulation depends on a couple different factors; such as, the thickness, density, and uniformity of installation. As well, there are different types of insulation that are effective against different types of heat. Bulky fiber materials (fiberglass, rock and slagwool, cellulose and natural fibers) are resistant to conductive heat flow and convective to a lesser extent. Rigid foam boards are resistant to conductive heat flow. Reflective foils are able to reflect radiating heat away from living spaces.

In heritage buildings, it is best to install sheets of insulation on the exterior side of the wall cavity. Sheets of insulation allow for more uniform coverage than blown in/ loose insulation, and installing it on the exterior side allows air to circulate and dry the interior of the wall cavity. Ideally, installing cavity insulation would only be considered if the building was being completely gutted on the inside. This is due to the importance of installing insulation as uniformly as possible, because abrupt changes in temperature (such as a change from insulation to no insulation) can cause the formation of condensation against the nearest solid surface, creating a moisture problem. If installing insulation in the cavity, a complete vapour barrier is necessary. If you are just clapboarding the exterior, rigid insulation is likely best.

Air Flow (leakage versus ventilation)

As mentioned earlier, air leaks and ventilation can have an effect on the heating and cooling of your building. To reduce the escape of heat and intrusion of cold in your house, you can seal the cracks, crevices and holes that air is escaping through. Some of the common places to find air leaks are:

- Attic, basement and crawl spaces
- Around doors and window frames
- Cracks in bricks, siding, stucco and the foundation
- Around and inside the chimney
- Electrical, gas, cable and phone line service entrances
- Around dryer vents, water pipes, and heating and cooling ducts
- Electrical outlets and ceiling fixtures (lights, fans, etc.)

There are a couple of easy, non-permanent ways of reducing air leakage. For example, closing heavy curtains or well fitted wooden shutters at night and in cold weather, and using a floor covering or rugs to block air infiltration. As well, using a reusable balloon to seal the flue when it's not in use. However, to fix an air leak is also a fairly simple process. On a windy day, search for cracks by feeling around doors, window frames and any opening from the outside of your building to the inside. Alternatively, you can detect leaks by observing the smoke direction from a stick of incense. Next, for sealing mobile items such as cracks in doors, windows and hatches, you can use weather stripping. For stationary cracks that are less than a ¼ inch wide, use caulk. For holes that are 1 inch or less wide, use

expanding foam. For holes that are larger than 1 inch, use a piece of dry wall and seal it with foam.

While it is a good idea to seal air leaks, it is also important to have proper ventilation within your building. Proper ventilation will help to cool your building in the summer and prevent a buildup of moisture in your walls. If an old building becomes well-sealed, it is important to install an air exchanger.

Moisture

Moisture levels within a structure are important to consider because they are deeply intertwined with the way air flows, and the process of heating and cooling within a building. Furthermore, moisture can cause a building to be cold, which may lead to increased heating bills, and if not dealt with properly it can be very detrimental to the building (mold growth and deterioration). There are three ways moisture travels:

- With air currents, often through cracks and holes in the building's exterior.
- By diffusion through materials, although most building materials slow this process.

- By heat transfer, which means that when warm air touches a cold surface, the water vapour in the air condenses and forms droplets. Insulation is meant to moderate the area where two very different temperatures meet therefore, preventing the formation of condensation.

The best way to deal with moisture is through proper ventilation; seal air leaks and install ventilation in places like the washroom and kitchen where moisture gathers.

Conclusion

As has been demonstrated above, the process of heating and cooling, and how air flows and moisture travel through a building are interconnected and can have a huge effect on the healthiness of your building. While making your property more energy efficient, it is important to think of the building as one large system, and consider the cumulative impact that a renovation will have on the entire structure, rather than just dealing with one aspect. The best way to improve energy efficiency is to reinstate the passive heating and cooling systems that your house was built with; such as, large windows that passively allow solar heat into your building and double hung windows for cooling. Or we could always bring those lovely fire warmed rocks back into style!

Our Many-Storied Buildings

by Dale Jarvis

Earlier this year, the foundation's Intangible Cultural Heritage office launched its Collective Memories Project - an initiative which will invite seniors to record their stories and memories for archiving and sharing. It is a joint project of HFNL, the Provincial Advisory Council on Aging and Seniors, the Interdepartmental Working Group on Aging and Seniors, and is funded through the Department of Seniors Wellness and Social Development.

Stories are an important part of understanding our heritage buildings. The Historic Places Initiative defined heritage value as: "the aesthetic, historic, scientific, cultural, social or spiritual importance or significance for past, present or future generations." All of these are

related to our collective memories and the knowledge of those who came before us. Historic places have little meaning without the stories associated with them.

And so, as part of the Collective Memories project, we would love to conduct oral history interviews related to our Registered Heritage Structures. If you are the owner of one these buildings, and would like to share your memories of the property, let us know. We are also looking for community partners to help make existing oral history collections more accessible to the general public, and we can help communities start up new oral history projects to interview local seniors.

For more information about how you and/ or your community can get involved, contact Dale Jarvis:

1-888-739-1892 (ext. 2)

ich@heritagefoundation.ca

Dear Readers,

I started my summer intern position at the Heritage Foundation just two and a half months ago and time sure has sped by. Since then, I have learned so much about the Heritage Foundation, heritage properties in Newfoundland and Labrador and I have been lucky to have had many property owners share their stories with me. As well, I was given the amazing opportunity to help bring this newsletter to life as the first Editor of The Livyer's Log!

So I would like to say thank you to everyone who has signed up to receive The Livyer's Log! I hope that you have found this newsletter interesting and informative, and I expect that it will only become more so as we start to receive your feedback. If you have any questions or suggestions about The Livyer's Log, please contact me! I will be working as the Editor Intern until August 19th, 2016 and I can be reached at 709 739 1892 (ext. 6), (toll free) 1 888 739 1892 (ext. 6) or celeste@heritagefoundation.ca. After August 19th, please speak to Andrea O'Brien who will be taking over the position of Editor. She can be reached at 709 739 1892 (ext. 4), (toll free) 1 888 739 1892 (ext. 4) or andrea@heritagefoundation.ca.

Editor Intern, Celeste Billung-Meyer

Our Staff & Interns

Jerry Dick
Executive Director

With just over 4 months under his belt, Jerry is the newest member of the HFNL team. He studied architectural history and preservation, and completed an MA in cultural geography at Memorial University. His passion for heritage precedes his current work, as he has also been the owner of a heritage inn, the executive director of the Association of Heritage Industries and Director of Heritage with the provincial government.

709 739 1892 (ext. 1)
jerry@heritagefoundation.ca



Andrea O'Brien
Provincial Registrar Municipal Outreach Officer

Along with municipal outreach, Andrea manages our Register of Historic Places, the Fisheries Heritage Preservation Program and our youth Poster Contest. A graduate of Memorial University - she completed a BA focusing on folklore, history, Newfoundland Studies and English, a Bachelor of Education and a Master of Arts in folklore. Andrea has been involved in the province's heritage sector academically and professionally for 20 years.

709 739 1892 (ext. 4)
andrea@heritagefoundation.ca



Madonna Sullivan
Financial Manager

Madonna is the Financial Manager for HFNL. She attended the College of the North Atlantic for post-secondary school and graduated with a diploma of Secretarial Science. In 1989, Madonna began working for the Heritage Foundation and has been here ever since!

709 739 1892 (ext. 0)
madonna@heritagefoundation.ca

Dale Gillbert Jarvis
Intangible Cultural Heritage Development Officer

Helping communities to safeguard their traditional culture, Dale has been working for HFNL since 1996. He holds a BSc in Anthropology/ Archaeology from Trent University, and a MA in Folklore from Memorial University. Dale has contributed as a board member and volunteer to many local arts and heritage organizations. Former newspaper columnist, and author of several books, he is a tireless promoter of local traditions.

709 739 1892 (ext. 2)
ich@heritagefoundation.ca



Michael Philpott
Built Heritage Officer

Michael is part of HFNL's built heritage office and oversees its designation and granting programs. He has a background in material culture and architecture with a BA (Hons.) from Memorial University, and a Bachelor of Environmental Design Studies from Dalhousie University. Michael also has an interest in documenting heritage structures and their stories.

709 739 1892 (ext. 3)
michael@heritagefoundation.ca



Terra Barrett
Historic Places Researcher Intern

Terra holds a BA in Folklore/ French and an MA in Public Folklore from Memorial University. Currently, she is researching the history, folklore and oral history of the province, and working on the Collective Memories project. Previously for HFNL, Terra conducted fieldwork in Petty Harbour including interviews with residents about their memories, stories and experiences while growing up there.

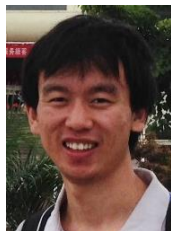
709 739 1892 (ext. 5)
terra@heritagefoundation.ca



Xingpei Li

Heritage Intern

Pei is currently a graduate student in the Folklore Department at Memorial University. This summer, he has been organizing and preserving archival documents for HFNL. As well, Pei has been helping out with the graveyard mapping of the General Protestant Cemetery and doing research for an article that will appear in the Intangible Cultural Heritage Update. Look forward to it!



pei@heritagefoundation.ca

Celeste Billung-Meyer

Editor Intern & Property Survey

Currently a Folklore/ Archaeology student, Celeste is working towards an undergraduate degree at Memorial University. She received a summer position at HFNL and has since been focusing on two main tasks. The first, was to get in contact with the owners of all our Registered Heritage Structures. The second, was to give life to this newsletter, The Livyer's Log!



709 739 1892 (ext. 6)
celeste@heritagefoundation.ca

Sarah Hannon

Cultural Conservation Intern

Sarah is working with the Heritage Foundation to conduct oral interviews with seniors as a part of the Collective Memories Project. She is annoying Dale on a daily basis, doing interviews, transcribing some of the recordings, and entering the metadata for the library database.



709 739 1892 (ext. 7)
sarah.hfnl@gmail.com

The Livyer's Log

PO Box 5171
1 Springdale Street
St. John's, NL, A1C 5V5

The Heritage Foundation of Newfoundland and Labrador was established in 1984 as a non-profit government organization aimed at preserving the architectural heritage of the province. In 2008, the Foundation became involved with the intangible aspect of our heritage. Since then, the Heritage Foundation has played an active role in the preservation and restoration of built heritage, as well as the protection and promotion of the intangible knowledge, beliefs and practices of Newfoundland and Labrador.

