

# **Life History of Dr. Lorraine Power**

**Collector:** Lorraine Power

**Contributor:** Marie Marshall

**Marie Marshall:**

Hi, it's Marie Marshall, it's February 2<sup>nd</sup>, 1:30 and I'm here at Doctor Power's. She's going to give me will probably her life's story now. She's going to tell me all about when she grew up and how she went into the....about her education and how she went into the Sister's. Okay Doctor Power...sister.

**Lorraine Power:**

There you are. By the time you get the titles done. (laughs)

**Marie Marshall:**

(laughs) I'll be here all day.

**Lorraine Power:**

So ah... I was introduced so you know my name. What my name is. But ah... I was born in St. John's Newfoundland, I don't have to give the date do I?

**Marie Marshall:**

No. No. That's okay.

**Lorraine Power:**

And I went to school in St. John's, NL. And I finished my grade eleven, which is as far as you could go then, in.....ah 1960 around there so you can figure out my age..

**Marie Marshall:**

We'll figure out how old you are.

**Lorraine Power:**

And then I went into the Sister's of Mercy. I was seventeen when I went in.

**Marie Marshall:**

Yes

**Lorraine Power:**

And so I...we had ah...two, three years of training for religious type of training in that and also some teacher training at Memorial University Interface with those three years.

**Marie Marshall:**

Oh. Okay.

**Lorraine Power:**

So by the third year, after three years, I went teaching at Holy Heart of Mary Regional High School in St.John's. So I started teaching there in '63 and I thought there from '63 to '66 so I was one of the first graduates of the school to return.

**Marie Marshall:**

Imagine that.

**Lorraine Power:**

And I even thought some people my age.

**Marie Marshall:**

Yes, I'd say.

**Lorraine Power:**

And a little bit older.

**Marie Marshall:**

I'd say.

**Lorraine Power:**

So then ah...at ah...'66 I was sent for studies, so I did two more years of study at Memorial in Science. In '68 to '69 I went to Bell Island where I thought on Belle Island for a year. And ah...'69 ...

**Marie Marshall:**

Go on, I'm just making sure this is taping.

**Lorraine Power:**

Okay. In '69 I went back to University and I also took some time out for the congregation because I had health problems. And as part of that.... I went for a couple of years to study and I went down to the Northern Peninsula. So in 1970 I went to the Northern Peninsula and I took a job as supervising Principal at Roncalli High in Port aux Choix, that was '70 to '71. And ah '71 to '72, I transferred to Deer Lake and went principal of an elementary school, because my doctor wasn't happy for me to be so far out of town. Because I had some medical problems; I had a cardiac condition by this time.

**Marie Marshall:**

Okay.

**Lorraine Power:**

So, it was related to a virus that I ...that was about ah .... eight women in St. John's got a cardiac condition from a virus that was rampant in the '60's. And we all ended up with the same cardiologist because we had very difficult rhythms to control so I found out about that. That's Dr. Peckum in St. John's. So then after that I took a year off and went and worked as a personnel manager with National Sea Products on the south side in St. John's.

**Marie Marshall:**

Imagine.

**Lorraine Power:**

I enjoyed that very much. During that year, I hired over a thousand employees. I was very successful at that being when I went down they were having a lot of problems keeping the jobs staffed which was why they were looking for somebody. There had been other people tried it but they couldn't ....but I was very highly successful in keeping all the jobs occupied.

**Marie Marshall:**

That's good.

**Lorraine Power:**

And my health improved a lot, by now. And that summer... so I resigned in the ...in around June, with the intention of going back to my congregation and I ah .. did a couple of courses in summer school at Memorial, that summer. And I completed my second degree which was Arts and Education, I already had a Bachelor of Science with a major in Chemistry and conjoint minors in Biology and Mathematics. So this was a special degree which was arranged because I always had an interest in medicine.

So the Chief of the Department of Chemistry at Memorial, department head, had arranged a special degree for me which he told me was much harder than an ordinary Science Degree. Because quote - unquote, "bridging the disciplines" but I wanted...I liked Chemistry and I thought there should be more Chemistry background in the medical training and he agreed with me.

So he did that.

But up to now, I didn't have the health and my congregation had never had anybody trained for medicine, so that was big stumbling block there.

So at the end of that I went back and then I was appointed...ah... Vice-Principal of a new high school that was opening in ah .. Brigus, Conception Bay Roncalli High. So I was Principal and Ed Delaney was vice-principal, so we opened that school that year and I worked there as vice-principal for three years.

After that I was appointed Principal down on the South Coast and I opened St. Paul's High School, Supervising Principal of St. Paul's High School, in Rushoon, for one year. And the next year, I was... we opened a new all grade in Rushoon and surrounding areas and I was principal of that new school.

So I worked through the opening and got all the programs organized. I did ah...I introduced a new program in ever single one of the twelve grade levels, and had to implement the bus system. It was a great experience for the youngsters and they had never seen showers and wanted to know how to use them. It was really a great experience.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

and I had great success in bringing together the two communities which had always been at odds with each other. Ah .. and never worked together at anything before and it was Parker's Cove and Rushoon.

As a matter of fact, when we had the opening the school board was afraid to come down to it, because they thought for sure if we had the two communities there working together there would be a fight break out. But they danced until three or four in the morning.

**Marie Marshall:**

Now, imagine.

**Lorraine Power:**

They loved the opening and there wasn't a harsh word spoken but everybody worked together very congenially and it was the first time in their lives that they had done so. So it was my last year there and it was a great send off for me ....

**Marie Marshall:**

Yeah. Yes, for sure.

**Lorraine Power:**

.....to see this wonderful thing happening.....

**Marie Marshall:**

Yeah.

**Lorraine Power:**

.....between communities. Because both of them were against the new high school, against the location, against the busing, so....

**Marie Marshall:**

Yeah, against everything.

**Lorraine Power:**

Everything went smoothly.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So after that, I went to the West Coast....

**Marie Marshall:**

You've been all around.

**Lorraine Power:**

Well...

**Bridget O'Brien:**

Yes, she was everywhere.

**Marie Marshall:**

I tell 'ya.

**Lorraine Power:**

And I became Principal of ...did I tell you...no...yeah I told you I was to Roncalli High.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

Yeah. So then I went Principal of Coreni High School in Corner Brook. It's an all girl school and supervising Principal of the feeder schools was part of that job then. So I was there for a couple of years and while I was there, I got permission from my congregation to do Medicine.

So I wrote the .... I had read in a book ah...that was of statistics on medical schools that over thirty five nobody was admitted to medicine in North America. That was in the '70's because the chance of completing statistically speaking, the chance of completing the course was so low that ah... it wasn't financially feasible to train people.

**Marie Marshall:**

Oh. Okay.

**Lorraine Power:**

I was thirty five then.

**Marie Marshall:**

So you proved them wrong.

**Lorraine Power:**

Well, they said they had three problems. My health, my age, and the fact that my degree wasn't a recent.... you know, they would need upgrading...

**Marie Marshall:**

Oh. Okay.

**Lorraine Power:**

I'd need ....it was too old for ah...at that time. So this was in '79. So I looked at the three problems and the only thing I could deal with was the upgrading of my education. So I wrote to the former Chief of the Department of Chemistry who was then working with the medical school and ah...asked him would he review my subjects and tell me what would be the best thing for me to do. I went in and I made an appointment. He brought me in to see him, a very nice man. So he reviewed it and he drew up a program of Sciences for me, which he said, would make me academically compatible with the course of studies. A very difficult program. It had four sciences in the first semester, five in the second, couldn't fit into the schedule, too many labs and then after that....I did all them... and after that I did three more in the summer.

So anyway, I ah... I wasn't...my health still wasn't the best. I didn't talk about my health to him.

**Marie Marshall:**

No.

**Lorraine Power:**

But I enrolled in the four sciences. I found it difficult healthwise, it was as much as I could do. But I managed to complete it. But when I saw him Christmas that's when he told me the next phase, I said to myself, I know that I was maximally challenged during the first term, and now five sciences and how could I do that when this was....

**Marie Marshall:**

Yeah.

**Lorraine Power:**

I said, 'what have I got to loose?' I'd like to qualify for medicine and if I don't, if I can't get through it, well I can't qualify but why not give it a try.

**Marie Marshall:**

That's true.

**Lorraine Power:**

When at this point, there was a priest that I was helping who was from India, Pakistan, I

think, and I was helping him every Saturday evening with his sermon. He was at the Basilica, the dictions and annunciation to be able to preach in English.

**Marie Marshall:**

Okay. Yeah.

**Lorraine Power:**

So he came in for one of his lessons, one Friday night late December and he said to me 'when you finish now you should come India, now'. I said "what's India?" he said "you should come to India". I said "well father, I may never get in." He said, "why?". I said "well, I got this health problem," I had seen my doctor that September before I started this upgrading and he told me, he could only.....he could only give me a recommendation for pathology, because clinical medicine would be too hard for my health.

**Marie Marshall:**

Okay.

**Lorraine Power:**

So I said, "okay". So I told that to this Indian Priest and he said well you pray to Padre Pio and I'll pray to Padre for you. That man over there on the wall.

**Marie Marshall:**

Oh. Okay.

**Lorraine Power:**

So I said okay, I said a prayer to Padre Pio for I went to bed and I was called.... a voice called me in the middle of the night and said have you appealed to Padre Pio. It's not audible to your ears but internally.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

I said 'yes'. And I was given an indication that my prayer would be answered. But I said to myself, I was kind of cynical, 'okay, my prayer is going to be answered, I know all prayers are answered, but that doesn't tell me anymore. I know all prayers are answered but sometimes the answer is no'. So that didn't give me any further information.

**Marie Marshall:**

That's true.

**Lorraine Power:**

I didn't get upset about it.

**Marie Marshall:**

It could have been no, hey?

**Lorraine Power:**

I turned over again and went back to sleep.

Two weeks later I had to see my cardiologist, Dr. Peckum. I was feeling pretty good and I was started my five courses and when I went....before I saw Dr. Peckum, two weeks before I always had to get a chest x-ray. When I went into the Health Sciences to get my chest x-ray there was a little voice jumping inside of me for joy. Saying 'get your x-ray' 'get your x-ray'. And I said, "my gosh, what's the matter with me am I crazy or what? I'm getting x-rays all the time...."

**Marie Marshall:**

Yeah.

**Lorraine Power:**

...why am I getting so excited about getting an x-ray. But the thing kept saying 'get your x-ray, get your x-ray' (laughs).

**Marie Marshall:**

(laughs)

**Lorraine Power:**

Anyway, I got my x-ray.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

I went to see Dr. Peckum, he took my EKG, his secretary took my EKG, passed it to him and he said...he turned to me and said "how are you feeling?" I said, "to tell you the truth, Dr. Peckum, I can't understand it." I said, "I'm working harder this term, and I'm feeling better".

**Marie Marshall:**

Feeling better, yeah.

**Lorraine Power:**

And he said, 'you have reverted to normal sinus rhythm' which is the normal rhythm of the heart and he said, 'what's you're saying, your EKG and what you're saying and your chest x-ray are all saying the same thing'. And he took up the chest x-ray report, heart has returned to normal size. So apparently, I had....my heart had enlarged because the muscles had become very weak and it was irreversible change. But I didn't understand all these things...

**Marie Marshall:**

No.



**Lorraine Power:**

...because I wasn't in medicine yet. So I said to him, 'well, Dr. Pecum, I guess that's the good care you're after taking of me over all these last ten years'.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

Now he ended up with all those cases because he was very well specialized at the time he started Coronography and everything. And he was really at the head of the cutting edge...

**Marie Marshall:**

Yeah.

**Lorraine Power:**

...of cardiology in St. John's. Doctor of cardiology. He said 'no my dear'. He said, 'that's not me and that's not possible'. He said, "someone up there is looking after you".

**Marie Marshall:**

Go on.

**Lorraine Power:**

So I said, "well, does this mean that you will give me a recommendation for medical school?" and he said, "yes...ah...absolutely, no strings attached, full recommendation".

**Marie Marshall:**

Imagine.

**Lorraine Power:**

So about two weeks after that, came time to apply to medical school.

**Marie Marshall:**

Hmmm..

**Lorraine Power:**

So I applied. So word came back that academically, I was compatible but they had serious... I was competitive, but they had serious reservations about my health and they asked permission to ah...speak to my doctor. So I told them 'yes'. I gave them my doctor's name and I wrote of a release of information to Dr. Peckum's office and the next correspondence came back and I was accepted.

**Marie Marshall:**

You were glad then?

**Lorraine Power:**

So it was ah... the thing that should have kept me out ....they forgot about my age, which I couldn't change.

**Marie Marshall:**

No.

**Lorraine Power:**

And the thing that should have kept me out, my health condition got me in.

**Marie Marshall:**

Wow, that's good.

**Lorraine Power:**

Because they forgot about my age. (laughs)

**Marie Marshall:**

You got 'em. (laughs)

**Lorraine Power:**

So I got in.

**Marie Marshall:**

And what year was this sister?

**Lorraine Power:**

Hmmm?

**Marie Marshall:**

What year was that you got into the....

**Lorraine Power:**

Well I graduated in class of '85, so .... It's a four year program. So it was '81.

**Marie Marshall:**

Oh. Okay.

**Lorraine Power:**

Yeah. So I ....but they look at the age you're going to be when you're finished too see. So I got through it all. I was the oldest one in the class and there was some people there in the class that I had taught in school.

**Marie Marshall:**

Imagine.

**Lorraine Power:**

But we had a wonderful feeling of same kind of....like you know, a fitting in.  
Everybody...

**Marie Marshall:**

Everybody fitted in.

**Lorraine Power:**

I felt like a wonderful jelling experience.

**Marie Marshall;**

Hmmmm.

**Lorraine Power:**

...in that, much more so then I had in education because this is really always what I wanted to be in.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

Okay, so. Anyway, during the course of my training, Doctor Macell's, Lloyd Macell's he was on the board of Grenfell and he visited us, speaking about the opportunities in the Grenfell in Northern Newfoundland and Labrador.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So he asked if he applied to the board, to have St. Anthony accept some of us for rotations. Rotations are part of your training, you go out and spend a month in this hospital, a month in that hospital to be trained in the different disciplines after you've done the theory. So that you work with doctors.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

And I nodded, and he looked...he caught my eye ...he saw me nodding and he nodded back and ah so he did pass it through. So I took one of my rotations in St. Anthony and Dr. Fowler, was in my class. So we were all interested in Labrador because....

**Marie Marshall:**

Yeah.

**Lorraine Power:**

...Elizabeth came from here.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So ah....everybody who came to St. Anthony was interested to get to Labrador a bit, 'cause Liz was always preaching...

**Marie Marshall:**

Yeah.

**Lorraine Power:**

....how wonderful Labrador was.

**Marie Marshall:**

You didn't know nothing about Labrador then, hey?

**Lorraine Power:**

I never....no....when I taught in Port aux Choix, I often asked how you would get to Labrador.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

And they said, you would take the boat in St. Barbe. And I always said, 'where in St. Barbe?' and they would always say 'in St. Barbe'. But for me, you see, I worked with the Humber St. Barbe School District. St. Barbe was a district to me.

**Marie Marshall:**

Yes. Yes. Yeah.

**Lorraine Power:**

So it wasn't...I didn't know that there was a settlement called St. Barbe.

**Marie Marshall:**

No. No.

**Lorraine Power:**

So every time I said where in St. Barbe, nobody answered me with the fact that....

**Marie Marshall:**

Just St. Barbe.

**Lorraine Power:**

....they didn't know, where I was coming from. So I didn't know where to go to get the ferry right. 'Cause St. Barbe was the whole Northern Peninsula.

**Marie Marshall:**

That's true. Yeah.

**Lorraine Power:**

So ah.... I often talk about it and Margaret and Martin Gould that I boarded with, they use to say when Martin use to come over to Labrador fishing and ah... so my ancestors use to come to Labrador and some of my ancestors use to borrow boats and come back and forth to Labrador.

**Marie Marshall:**

Yes, maid. Imagine.

**Lorraine Power:**

Yeah. So there was roots there. But anyway, I also became a good friend of McGrath, I think it was Debbie McGrath. She was learning to be a pilot there then. She was in her last stage. It was very interesting, she told us that ah...she didn't know it but it was something she always wanted to do was to fly a plane. There wasn't that many women pilots then ...

**Marie Marshall:**

No.

**Lorraine Power:**

...and she wanted to work in the Labrador. And she said, she only found out while she was in training that either her grandfather or her great grandfather was the guide for bringing patients and everything in on dog team. And here she ended up being the pilot for medivacing. Right down through the generations.

**Marie Marshall:**

Imagine.

**Lorraine Power:**

Funny how it goes back, hey.

**Marie Marshall:**

It's funny how it runs down through is it?

**Lorraine Power:**

Yeah. So ah... I thought maybe I'd like to go to Black Tickle because we had Sisters working there.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

But they told me in Black Tickle, the medical admission was done from Goose Bay and the doctor visiting Black Tickle at the time he use to go on ski-doo and his wife would go on ski-doo with him. So yes they could make me a spot. But that would mean his wife wouldn't be able to come. I didn't want to do that.

**Marie Marshall:**

No. That's true.

**Lorraine Power:**

I wanted him to be able to have his wife with him.

**Marie Marshall:**

That's true. Yeah

**Lorraine Power:**

So then they sent Elspeth McEwan at Forteau Nursing Station had offered to take some students. So they asked me if I would like to go to South Labrador. So I said sure. So I ended up here. So I was here for ah....a month, I think. No, a week first, and then I think....yes a week first, and then I came back in January as an intern to do a stint in '86. Yeah, after I graduated, but anyway I really loved my experience here. I had been offered positions in ah....in St. John's , there was family practice groups that would like to have me in partnership with them.

I was offered a job at the Miller Center, I was offered a rotation in ah...ah... Placentia. I had a cottage hospital experience there, I loved it. I was offered a position there. And I had been out to ah...the Prairie Provinces into ah...not Winnipeg...in Alberta. Ah...I was offered a position in Alberta in geriatrics ah... and geriatric training proved to be ....'cause I was interested in geriatrics.

**Marie Marshall:**

Oh. Okay.

**Lorraine Power:**

So I was offered a residency there, so I had all these opportunities. But I...the fact that ah...I had come here, kind of stuck with me and something about it spoke to me and I would like to come back. So, as soon as I finished, I applied to Grenfell. Of course, it's never hard to get a job here. They are always looking for doctors.

**Marie Marshall:**

Yes. That's true.

**Lorraine Power:**

And so, I was really happy to come.

And so, I worked in Forteau for two and a half years and they had a hard job persuading me that I should take some time off. But when we had the ...the first time ever, accreditation for nursing station or health center was done. That....the end of the first year, I was here and ah....or just ....I came in June, that Fall, and they insisted that I had to take some time off.

So I said maybe I'll take a half day a week and they said 'no, you have to take at least one full day in every seven off.' 'Cause I was doing call morning and night, hey.

**Marie Marshall:**

You needed that.

**Lorraine Power:**

But I didn't.....I was younger, I didn't realize I needed it.

**Bridget O'Brien:**

You didn't realize it.

**Lorraine Power:**

So I did, but ah... the longer I stayed the more the work was increasing because we had a lot of people who use to be going to Long Point and they decided to come....

**Marie Marshall:**

Yeah.

**Lorraine Power:**

Anyway, my practice got very, very big. I got very, very difficult time off and ah...Liz was leaving, she was working at the Quebec Center and she worked there for two years.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

And she was leaving and she suggested why don't I come down there, and I talked to her about it, so I knew a little bit about it but I wasn't really interested in going anywhere else. Then Quebec itself came down after me, asking me to go there and I talked to them, but I wasn't that anxious and I said I'll wait until later on we talked about Peter Roberts and that in a few months time I'd see him and see what he thought about it.

In the meantime they held a board and gave me admitting privileges and I hadn't even applied. So, everyone was telling me from then that 'oh, I hear you're coming' and I said 'no I didn't'

**Marie Marshall:**

Hmmm..

**Lorraine Power:**

They talked to me but I didn't.... yes, so you got your privileges already. I don't know how this all happened...it hasn't happened since. So when I looked at it, the other thing about it was that they had no female doctors there. So no female doctors on the whole coast.

**Marie Marshall:**

No?

**Lorraine Power:**

So there was a really, really big need of a female presence and Liz was the one and she was gone and ah... we did...they did have a couple before but they had no one at that point. And they promised me that I could still serve the Labrador people down there too. 'Cause a lot of them were going down. So anyway, between all of that I decided okay. Seemed like a bigger need then even in Forteau.

**Marie Marshall:**

Okay.

**Lorraine Power:**

So I went. And I worked there for twenty years. I was the longest person....longest doctor ever worked there up to this date.

**Marie Marshall:**

Imagine. Twenty years.

**Lorraine Power:**

From December ah.... '89 to September '99. So it would have been October, November and 1<sup>st</sup> of December, last of ...

**Marie Marshall:**

Two months shy of twenty years.

**Lorraine Power:**

So Dr. Marcioux, I think was sixteen or seventeen.

**Marie Marshall:**

Was he? At that time.

**Lorraine Power:**

No....years, he was the oldest up there before I went.



**Marie Marshall:**

Oh. Okay. Yeah.

**Lorraine Power:**

And then he got killed...

**Marie Marshall:**

I can remember Dr.... Dr. Marcoux, yeah.

**Lorraine Power:**

...on a helicopter crash.

**Marie Marshall:**

Dr. Marcoux borned Zita.

**Lorraine Power:**

Did he? That so? Yeah.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So that was that one. And then I worked there for that twenty years and I was going to ...ah... I came to retirement age and I didn't retire, I thought about it and then I said I'd adopte a gradual retirement program. And then after that, I worked a year and a half in that, and then I took my retirement from ah... Blanc Sablon.

So that was the end of that part. I had ... what I was really happy when I came down here to find out ... as a matter of fact I had a letter this morning from Grenfell, outlining what the conditions are for the doctors training now. But I had a meeting with Dr. Hillyard and a couple of more doctors down to Long Point a few years ago when they were having a big, big, problem with Physician retention.

**Marie Marshall:**

Hmmm.

**Lorraine Power:**

And they asked me what I thought should be to have physician retention and I gave them a whole long list of stuff and when I looked at what now, they're offering ...it's exactly..

**Marie Marshall:**

That's what they're looking at...

**Lorraine Power:**

....every single thing was there.

**Marie Marshall:**

Yeah. Yeah.

**Lorraine Power:**

So I was so happy, 'cause I think they would be much more successful...

**Marie Marshall:**

Yeah.

**Lorraine Power:**

.... since they got these things and I was able to tell them what Quebec did see, to help to keep ah... in remote areas. So they've implemented a lot of these now and I was happy about it.

And also when I was at the Forteau, in the '80's ah...I was on the board of the Health Committee for Labrador. And when I was there Agnes was chairman of it then, Agnes Pike, and she asked me to join it. When I went they were very despondent, like they felt like they hadn't accomplished much and it was an uphill battle and they were at the hand of almost giving up almost.

"Well" I said, "listen, let's just put our focus on one thing. And," I said, "for me, for example, care of the elderly should be one thing". Oh, no, flu's, chronic care and all that. 'Well' I said, we talked about it and we decided we'd put out a questionnaire and we'd work on this one project for senior citizen care.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So we put out the project and the seniors gave a wonderful, wonderful response and ah... so ah...we collated it and brought it to the Grenfell. It wasn't so easy to ...not to accept the request for Senior services when so many were interested in it. And I had been interested before I came, because I had talked to Dr. Pinder because I was always very interested in geriatrics...

**Marie Marshall:**

Yeah.

**Lorraine Power:**

.... and this is what I had done in Edmonton and this is where I had been offered rotation. Actually when I came here it was to make up my mind whether I stay in General practice or whether I'd do geriatrics. That would be a four or five year specialty at the time.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So ah...he ah... he agreed with me, that that would be a good thing to work on so we had collaboration from him too.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

And as a result of that, the senior complex and the senior citizens....

**Marie Marshall:**

Imagine. That was an excellent idea.

**Lorraine Power:**

I feel very good about that.

**Marie Marshall:**

Yes, sir.

**Lorraine Power:**

And on the key thing about it was that the Senior's themselves stood up and spoke for it, hey.

**Marie Marshall:**

Yeah. Yeah.

**Lorraine Power:**

Yeah.

**Marie Marshall:**

They all love it up there.

**Lorraine Power:**

Yeah. That's wonderful .

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So that's my story so far.

**Marie Marshall:**

Thank you very much. What else can I ask ya? Ah...do you see any difference in the health care when you started first and now? Like is there a big....

**Lorraine Power:**

Yes, there's a very big...when I came first we landed on ah...you knows where James cabin is up there.

**Marie Marshall:**

Hmmmm. Hmmmm...Oh yeah.

**Lorraine Power:**

It was a little red barn or something.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

We landed there on the water.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

On the ice, yeah. And ah.... we came over what was it the LKK and the DYJ.

**Marie Marshall:**

Yeah. (laughs)

**Lorraine Power:**

(Laughs)

**Marie Marshall:**

I remember them too.

**Lorraine Power:**

I think it was the DYJ, use to have to fly with the windows open so that the windshield wouldn't steam up. And I came on that one, the Beaver.

**Marie Marshall:**

Imagine.

**Lorraine Power:**

And we hoped along on the pans of ice and each one you'd hit on is like you're going to fall apart because they hit so hard when they're coming in. So yes.....(laughs)

**Marie Marshall:**

That's quite a difference isn't it.

**Lorraine Power:**

Quite a difference, yeah. And the technical aspects certainly have improved and then you have support from your computer systems and ...

**Marie Marshall:**

Yeah.

**Lorraine Power:**

So there are a lot of things that have advanced.

**Marie Marshall:**

Like, you can take an x-ray now up to Forteau and it can go wherever you want it to go.

**Lorraine Power:**

Yeah, that's right. That's wonderful.

**Marie Marshall:**

So that's a big improvement.

**Lorraine Power:**

A lot of technology has certainly improved it. Ah... you have...now Forteau is a three doctor nursing station. They tell me now at the present it's two doctors hired by request of the doctors because they like to do overtime. But ah....you know, it was a one doctor practice then and ah...you never got a chance to talk to other doctors and this is one of the reasons why it was impossible for one person to stay here....

**Marie Marshall:**

Yeah.

**Lorraine Power:**

...because you're only going to get rusty..

**Marie Marshall:**

That's true.

**Lorraine Power:**

....you didn't have a chance to...

**Marie Marshall:**

You didn't have no one to talk to...

**Lorraine Power:**

You didn't have anyone to compare ideas and to freshen your ideas with, you know. So ah... we tried to break through that when I was here. We requested to Dr. Peter Roberts if we could call everybody in, like once every three months and we could talk

together and try to solve our problems together and that worked fairly good for a while. But it is difficult to bring people in from so many places and....

**Marie Marshall:**

Oh my God, yes.

**Lorraine Power:**

...and take them out of their practices for a while.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

We didn't have the kind of technology there as we have now. We could do video conferencing now.

**Marie Marshall:**

That's like I said, you can do anything. Sit down and talk to anybody.

**Lorraine Power:**

That breaks down the isolation factor on a lot of it.

**Marie Marshall:**

Yeah, that's one good thing.

**Lorraine Power:**

Hmmm.

**Marie Marshall:**

Transportation is a lot of difference.

**Lorraine Power:**

A lot difference. Yeah and the roads are better ...

**Marie Marshall:**

Yes.

**Lorraine Power:**

...and opening up and ...

**Marie Marshall:**

Yeah.

**Lorraine Power:**

And ferry service extended and the ferry is a lot better then it was. So...

**Marie Marshall:**

The Bond is up there now.

**Lorraine Power:**

What?

**Marie Marshall:**

The Bond is up there now.

**Lorraine Power:**

Oh yes. It's up there.

**Marie Marshall:**

Yeah.

**Lorraine Power:**

Yeah. Yeah.

**Marie Marshall:**

I remember when Shawn was only a little baby. He's thirty four years old now.

**Lorraine Power:**

Yeah.

**Marie Marshall:**

He was on sleigh and his teeth went through his tongue, hey.

**Lorraine Power:**

Yeah.

**Marie Marshall:**

He had to get a couple of stitches into it. We had to take him to Forteau on ski-doo.

**Lorraine Power:**

Imagine, hey.

**Marie Marshall:**

On a ski-doo now.

**Lorraine Power:**

Yeah.

**Marie Marshall:**

And now it's only ten minutes and you're up to Forteau.

**Lorraine Power:**

That's right. Yeah.

**Marie Marshall:**

So, it's a lot of difference.

**Lorraine Power:**

A lot of difference. Yeah. And the roads are always open....

**Marie Marshall:**

Yes.

**Lorraine Power:**

And they're so well cared for.

**Marie Marshall:**

Yeah. Oh yeah.

**Lorraine Power:**

We were seeing ah.... was it Killian Pike on the plough the other day?

**Marie Marshall and Bridgy O'Brien:**

No, Marius.

**Lorraine Power:**

Marius Pike. What a beautiful job, I couldn't help.....

**Marie Marshall:**

Yeah.

**Lorraine Power:**

It was a beautiful plow and a beautiful job and the care he did. He went pass every driveway, he made sure he didn't....

**Marie Marshall:**

Oh. Yes...block them in.

**Lorraine Power:**

So I mean that's magnificent service.

**Marie Marshall:**

Yeah.

**Bridgy O'Brien:**

Blocked them in before then.



**Marie Marshall:**

He blocks them in now if there's a snow storm. He got to go on through.

**Lorraine Power:**

He got to go, yes but ....

**Marie Marshall:**

It holds things up, like hey.

**Lorraine Power:**

....he took so much care and he could handle that machine so beautifully. And such a beautiful job of clearing the road you couldn't ask for better.

**Marie Marshall:**

Yes.

**Bridgy O'Brien:**

He's got a nice machine there.

**Lorraine Power:**

So all of this, every single bit of it, makes improvements.

**Marie Marshall:**

Yes, that's true.

**Lorraine Power:**

Yeah, that's true.

**Marie Marshall:**

Okay, Dr. Power. That's a good interview. I don't think there's anything else. I think I got almost everything I wanted to know. I know your life history now.

**Lorraine Power:**

Yeah.

**Marie Marshall:**

Thank you very much.

**Lorraine Power:**

Thank you.

