

# *The Bell Island Community Policing Newsletter*

**The Royal Canadian Mounted Police  
Avalon East District - Bell Island Detachment  
Executive Editor: Cherie Bennett**

**May 2004**

## ***From the Corporal's Desk***

Part One:

The dust from the strike has almost settled, the High School graduation ceremonies went off without a hitch, the sun has come out a few times and the grass is starting to turn green. The signs of things better to come have started to show again for another year. That is the great thing that I like about this time of year, it is a time of renewal and a time of pride. A time to re-think what we do, how we do it and how better we can make things around us. You don't have to look very far to find someone raking the leaves and garbage from the lawns and around the trees. Paintbrushes are being used to upgrade the old shed or the house. The gravel had been ordered, the crushed rock delivered and the pavement has been contemplated. Things are looking up. This is the time

of year we all clean up, throw out and make better our surroundings. But not everyone is thinking along these terms.

Almost every day I take a journey up around West Dam area and around Wabana in general on foot just to get a good insight into what actually is going on. I see the effort of some and unfortunately the neglect of others. Actually it was just today that I noted three beer bottles floating in the West Dam pond. This really got under my skin. In the midst of all the cleaning and efforts of most in our community, some idiot felt it better to spoil one of the most pristine areas of the Island. I am no stranger to those who couldn't care less and to those who have no pride but I know it is the few rather than the rule and this situation had to be noted.

Bell Islanders, I have learned, are strong proud people. Most are like me and grew up with little, they take care of what they have and enjoy it when others drive by to look at their yards, their house or gardens however humble. Where do those few that are the exception to the rule come from? Are they raised wrong? Do they not understand that tourism to our community is important? Do they not understand the efforts of community groups that try to promote Bell Island to the world? It is one of those things I guess we will never understand.

An old farmer friend of mine summed it up. He said there are two ends of a horse....one eats the hay....then there is the other end. I wish the "other end" would have thrown those beer bottles in the

pond as I was going by. I would have introduced him to the Waste Disposal Act of Newfoundland and Labrador. Shame on you and those who forget the blessings we do have. Get some pride! If you don't know what that is look around because 99% of us have it.

**Part Two:**

We want to take an opportunity to send out some congratulations to some very important people in our community....our 2004 High School Grads! Way to go guys and gals. Probably you are more surprised than your parents that the day has finally come that you will soon be leaving home into the big world. (You may be more surprised than your parents but they are more happy....to see you leave home....I mean...you know what I mean). I haven't had the opportunity to meet many of our Grads as they are too well behaved. As I tend to meet those who forgot the rules I only get to wave occasionally at those others who abide by them. That is not a bad thing really.

I want each of you to know

that there are many great experiences awaiting you in life. A lot of them are better than anything you have yet experienced. You now have to take the initiative to go get them. Yes that is right...you have to go get them.

Unfortunately one of the downfalls of High School is that it teaches that things come to you for the most part. That is the way HS is designed. You go to the large building and everything is there. Life after HS is very different. What you want doesn't come to you...you have to go to it. I don't know why they didn't teach that. They didn't when I graduated in 1980 either. But there is a lot out there if you want to chase it. Any job you want, any amount of post HS education you want, anything you want is just a "I am settings goals to get there" away.

My father taught me many lessons about life when I was 13 and wanted a motor bike. When I told him he said "that's great, can you get me one too? You want a bike you should have one. How are you going to get it?"

Just around then I realized he was off the list as the one going to buy it for me so I asked him how do I get what I want. "Well first you must make a plan, second you must work towards the final goal at the end of the plan and third you must realize other people will support you as you work towards the end result". He was right. I started saving after getting some odd jobs, I kept savings for months and months and when I had one half of the \$781.00 I needed he co-signed my first loan. He never gave me the money. He merely did what he said he would do, support me as I did it myself. I have never forgot this and never needed a co-signer since for anything. You can do the same thing. Realize the great accomplishment you have just made, start a goal plan for the future and start working towards it....others will help you. You might have to learn where to ask but others will help and remember no matter what you have to do.....someone else cannot do it for you. Good Luck and make the right choices. We don't want to

loose you!  
**Boyd Merrill**

**Canada Road Safety Week  
May 17 to May 24, 2004**

What is Canada Road Safety Week?

It is a special week to focus on safe driving practices, and is timed in conjunction with Canada's first holiday weekend of the summer, when the traveling public will be out in great numbers. It is a co-ordinated effort between police agencies across the country to work toward the goal of Road Safety Vision 2010 - making Canada's roads the safest in the world.

It is a time to remind drivers and passengers across Canada to consciously consider safety whenever they get behind the wheel. Buckle seat belts and ensure youngsters are properly restrained in vehicles according to their age and size. Refrain from drinking and driving. Pay attention to the road at all times. Obey speed limits.

What issues are most important in Canada Road Safety Week?

Don't drink and drive. Ever.

Use seat belts and child restraints every time you travel in a car, no matter how short the trip.

Pay attention at all times, and be even more cautious at intersections.

Obey the speed limits.

These issues are important every day of the year; not just during this special week.

**Fact Sheet: The Importance of Seat Belt and Child Car Seat Use  
Did you know?**

At 50 km/h, an unrestrained vehicle occupant weighing 80 kg (176 lbs.) will strike whatever it hits first with a force of 2,785 kg (6,215 lbs.). Seat belts distribute that force evenly to the stronger parts of your body.

Lap/shoulder belts reduce the risk of fatal injury to front seat occupants by 45% and the risk of moderate to critical injury by 50%. Those numbers jump to 60% and 65%, respectively, for people riding in light trucks.

75% of people ejected from their vehicles die.

The inside of a vehicle has what's called the engineered life space. It's specially designed to handle collisions and protect vehicle occupants. The seat belt will keep you inside that engineered life space.

Seat belts offer the best protection against ejection. Airbags are a supplement, not a substitute.

Most parents know that a child who weighs less than 18 kg (40 lbs.) must be properly secured in a child safety seat. In addition:

A child who weighs less than 9 kg (20 lbs.) must be in a rear-facing child safety seat.

A child weighing between 9 kg and 18 kg must be in a forward-facing child safety seat.

Seat belts and child safety seats are the most cost effective means we have of reducing injury and death from motor vehicle collisions. All provinces and territories have seat belt and child restraint laws. Police will be

enforcing these laws.

Safety experts strongly recommend that you install a booster seat to replace a child safety seat when your child turns 6 or weighs more than 18 kg.

Properly installed and used child safety seats reduce deaths by 71%, hospitalization by 67%, and minor injuries by 50%.

Children under the age of 12 should be in the back seat. It's always the safest place for them, especially if your vehicle is equipped with a supplemental restraint system (SRS), otherwise known as airbags.  
Source of statistics: Alberta Occupant Restrain

**Fact Sheet Drinking and Driving**  
**Did you know?**

Traffic Injury Research Foundation (TIRF) estimates that in 2000 (the most recent year for which official statistics are available), 1,069 people died in alcohol-related crashes in Canada.

Blood Alcohol Concentration (BAC) refers to the weight of alcohol

(expressed in milligrams) in a standard volume of blood (usually 100 millilitres).

For example, it is an offence under the *Criminal Code* of Canada to operate a motor vehicle with a BAC that exceeds 80 milligrams of alcohol per 100 millilitres of blood.

Because the amount of alcohol in the breath is directly proportional to the amount of alcohol in the blood, BAC is readily (and most often) measured by means of a breath test - i.e., using a "breathalyzer".

The number of fatally injured drinking drivers has declined by 38% since 1987. The level achieved in 1999 (33% of fatally injured drivers with positive BACs) was the lowest point reached in the past three decades. It went up again to 36% in 2000 (the most recent year for which official statistics are available).

All provinces, except Quebec, have legislation that allows a police officer to suspend a driver's licence immediately for a short period of time (12 or 24 hours), if the driver has a BAC of 50 mg% or greater (40 mg% in Saskatchewan).

Contrary to popular opinion most alcohol-related crashes do not occur during the winter months (December, January, February). The greatest numbers of alcohol-related crashes occur during the summer months (June, July, Aug). A wide range of drugs (illicit as well as prescription and even some sold over-the-counter) have impairing effects on driving-related skills. It is also known that many of these drugs are found in drivers involved in serious road crashes - as many as 25% of fatally injured drivers have been found to be positive for some psychoactive substance.

You can be charged with impaired driving on your own property. The *Criminal Code* of Canada applies not only to public roads and highways but to private property as well.

You can be charged with impaired driving under the *Criminal Code* of Canada even your BAC is below the legal limit, or if you have not been drinking at all. If the police officer determines that your

ability to operate the vehicle is impaired, you can be charged with impaired driving.

*Source of statistics: Traffic Injury Research Foundation*

Bell Island RCMP members remind you to observe road safety practices year around to help make our community safer and contribute to making Canada's roads the safest in the world. Any questions on the points raised above or questions in general please do not hesitate to contact us.

Stay safe.

***Submitted by Cst. Steven Burke on behalf of the Bell Island RCMP.***

***The Town of Wabana by Peter Kent***

**BOIL ORDER**

Residents of the town are advised that the boil order for water is still in place. Council employees are working on the chlorination systems at our pumping stations and notices will be posted when the systems are in full operation. Council apologizes for the inconvenience and the disruption this has caused residents.

**COME HOME YEAR 2005**

Over the past couple of years many persons have talked about having a Come Home Year celebration. Council has started the process and will work with the Wabana Boys and Girls Club and any other interested group or organization to plan and organize Come Home Year 2005. The month of July 2005 has been identified as the time for all events and activities. If you wish to be a member of the Come Home Year Committee please call the council office at 488-2025 or 488-2990.

**GARBAGE**

Some unknown person or persons are dumping garbage around town. One area is at the rear of the Works, Services depot and in the Valley at the rear of property of Ida Noseworthy. This is not permitted and the RCMP can charge persons doing this. If you see someone dumping garbage around town please report it to the RCMP or the Town Council Office.

The incinerator and dumpsite are open from Monday to Saturday each week from 7:30am to

3:30pm.

**SPRING CLEAN-UP**

Many property owners have cleaned up their properties and piled up debris for council employees to remove. This will be picked up. Please be advised that discarded trees for pick up has to be cut in lengths not over four feet long and tied together so that council employees can handle them. Discarded trees which are NOT CUT to the proper length and NOT TIED together WILL NOT be picked up

***Bell Island Ferry Users Committee Press Release May 16, 2004***

**TOPIC: FERRY FLEET IN SHAMBLES  
—CRISIS DEVELOPING**

Four ferries beached (at dockyards) this weekend and five to go.

The crippled and aged Provincial ferry fleet is a worsening state of disrepair and Provincial ferry services are in a state of chaos this weekend.

It was inevitable that a 15 year freeze on ferry

construction would lead to a disabled, unsafe and inadequate fleet and that day has arrived.

**As we speak, close to 50% of the Provincial fleet (average age over 30 years) has been withdrawn to dockyards for repairs. In their wake, ferry connected communities such as Bell Island, Fogo Island struggle with hardships, inconveniences and the decimation of their economies. With peak seasonal workforces commuting, fish plants in full production and the emergence of summer tourism it is nothing short of disgraceful the level of decay the ferry fleet has been allowed to sink to.**

**Disabled fleet overview:  
(May 16)**

**Hamilton Sound- 38 yrs (Swing) —Withdrawn from Bell Island today to Fogo —Temp licence**

**\*Earl Winsor-33 yrs (Fogo Island)-Enroute today to dockyard- Withdrawn from Fogo with a leak**

**\*Green Bay Transport-38 yrs- (St. Brendan's)-At dockyard for refit/repairs**

**\*Beaumont Hamel-20 yrs (Bell Island)-At dockyard for 6-week refit/repairs**

**\*Hull 100- (Swing)-20 yrs —At dockyard for past 3 years (Will it ever sail/)**

**Island Joiner-32 yrs (Long Island) —Withdrawn today and sent to St. Brendan's**

**Sound of Islay-37 yrs- (Swing) —Pulled from St. Brendan's today and sent to Fogo Island**

**Inch Arran- 42 years- Little Bay Islands- Switched today - shared service, Long Island**

**\*-ON DOCK TODAY  
The fleet capacity of rust bucket ferries has reached such a sorry state that if another vessel broke down today there is no replacement available and a community will be cut off from the mainland.**

**This situation is a circus and a comedy of errors but it is not a laughing matter for the communities affected.**

***From St. Michael's Parish***

Dear Parishioners/Friends:

During the past few weeks we have celebrated significant events in the lives of our youth. I wish to congratulate the Graduating Class of St. Michael's High School and to encourage them to study hard and give their best to achieve true success as they prepare for final exams. The graduation ceremonies were just wonderful and the staff/students of the high school deserve highest praise.

I wish to also congratulate the many youth who participated in our Home Religion Programs and completed religious formation for the celebration of Year 1 Program, Confirmation, First Eucharist and Penance. Thank you for your participation and I am very pleased with the excellent support families gave to make these programs a success. Also, I am very thankful to our youth choir and to our leaders who gave their best to make it a vibrant choir and helped promote the

importance of youth in our church. Your involvement in all these programs and activities help give life to our faith community and to highlight the importance of our youth in the life of the church.

The summer months are fast approaching and I ask all members of our parish family to share in the many events of our church. We have many planned events such as Cemetery Masses, Dinner Theatre, Family Day, and much more, and therefore, I encourage you to share in the celebrations. I make a special appeal to all families to begin the task of improving our cemetery property. Together, let us beautify the property and help show our reverence and love for all who have died. I ask families, that if the fence around the grave site of your loved one is in poor condition, please remove it. If you have a fence around the grave that is in good condition, it is fine to retain it but if it is not up to standard, you are asked to remove it. We have completed major work with our cemeteries last summer and we hope to continue to improve it again this summer. If you remove the

old fence from the grave site, you are asked not to replace it with a new one. The reality is that fences only prevent the workers from cutting the grass and maintaining the property. We can add much beauty to this property and help promote the cemetery property as the most respected and beautiful piece of property in our town.

I look forward to your continued support and I pray it will be a safe and enjoyable summer for all.

***God Bless:***

***Father Wayne Dohey***

***From the Wabana Boys and Girls Club***

***“Every Kid Has Potential”***

The Winter Program is whining down with the play-offs being started and the 2004 champs will soon be determined. Although there can only be one team to win the medals, each and every member that participated in the programs are winners.

Congratulations to our Boy (D.J. Hammond ) and Girl (Denika Curnew) of the month for April. Denika and D.J are two of our younger members who take

part in our programs and show good behavior when doing so. We also like to congratulate Ashley Arnold who was chosen Youth Volunteer of the month. Ashley is the daughter of Fred and Diane. She is a senior member at the club who volunteers tremendously with our daily programs.

During the Month of June the Boys & Girls Club will have a ticket draw. The prizes will be \$1000 for 1st prize and the 2nd prize hasn't been decided yet. There will also be a seller's prize. If anyone is interested in selling some of these tickets to help the club, please call the club @488-3801/2288.

The Boys & Girls club would like to take this time to congratulate the Islanders Volleyball Club on their outstanding efforts during the 14 and Under National Volleyball Championships in Antigonish on the May 14-16 weekend. We had the opportunity to see this young team practice at the club during the strike and we just knew that their skill level would bring them to such a great

accomplishment. Way the go Girls !!!!!

During the Easter break we held a week of events that was sponsored by GAP inc. I (Leona) would like to compliment the staff on a job well done. All staff members devoted many hours into the preparation and organization for that week making sure that the members would have a lot of fun events to participate in.

Pick up a newspaper, listen to the radio, or watch the news on almost weekly basis and you will hear a story of a young person being beaten by their peers or participating in a beating. Thank God that only happens in big cities, Right! However, it didn't last week. Last week it happened behind the Boys & Girls Club, off the property. I guess some kids think that if they are off the school and club property they don't have to suffer the consequences but they do. This fight started out as an argument between two boys, escalated into a fight that had an audience of about 40 young people. One young person had the courage to come into the club and seek

assistance of one of our staff members. Our staff member was able to break up the fight, talk to the boys involved and settle the issue for that day. It had to be frightening for that one boy to be beaten up in front of his peer, now how much will he be teased.

We know how hard parents work to inform their children of the consequences of fighting. We know the teachers try equally as hard. It's one of the reasons that the Life Skills Program at the Boys & Girls Club in conjunction with The Government of Canada was developed. The other reason was to teach children the right way to respond to any issues that may arise on a daily basis. Issues such as Teasing, Peer Pressure to Bullying. These skills are offered to children so that they can make good choices when confronted with the many issues facing them in today's world.

If you are interested in having your son or daughter take part in the Life Skills Program, please contact Leona, Joe, Mary, or Krista at the club. We will be happy to answer any of your questions.

Sometime in June the Youth Volunteer group at the club will be having a Yard Sale. Anyone doing a spring clean up and looking to part with some of their older items, we'll greatly appreciate them. The money raised will go towards training and outings for the Youth Volunteer.

***"Candles for Canada" Celebrates Canada Day 2004***

Bell Island will be one of the partners of the Lung Association of Newfoundland and Labrador this year as we celebrate Canada Day 2004 with our "Candles for Canada" gala at Quidi Vidi Lake.

A free concert at the Lake featuring "Billy & The Bruisers", Christa Borden and other local musicians will begin at 7:30 p.m. on July 1st and continue until dusk when a choir will lead those gathered on the lakeshore in O Canada, the Ode to Newfoundland, and then our "Candles for Canada" theme song which I am proud to have written for the Lung Association, so there's a strong Bell

Island connection! As the last strains of our theme song echo across the Lake, the spectacular fireworks sponsored by the city of St. John's will light up the night sky in a fitting tribute to our great country.

There is no charge for anyone or any family taking part in the free concert or the fireworks. However, as this is a fundraiser, the Lung Association is selling candles at \$5.00 each to bring awareness to the problems associated with lung diseases including asthma. We hope all residents of Bell Island will consider purchasing one of these candles which are battery operated and which will be lit in the gathering twilight as we sing "Candles for Canada" at the Lake on July 1st.

We do hope that many reading this will bring their families to the Lake to enjoy the big free concert on Canada Day and this tribute to all who suffer from any form of lung disease. Even if you cannot attend, you can purchase candles and light them on that evening to remember someone in your family who suffers from a lung disease, or someone no

longer with us, who suffered from tuberculosis or some other form of lung disease. Pierre Coxworthy of Bell Island suffered from emphysema, possibly originating from his being gassed in World War One, and we will remember him at Lakeside on Canada Day.

Your purchase of a candle will help the Newfoundland and Labrador Lung Association continue its work in the area of lung disease. For further information on purchasing candles or any other aspect of our "Candles for Canada" program please call Kay Coxworthy at 488-2271.

When you can't breathe, nothing else matters!

***Kay Coxworthy  
Foundation Board  
Member  
Lung Association of  
Newfoundland & Labrador***

***News from Your Co-op  
Bakery***

It's summertime again and we're gearing up for our annual fundraiser – the Bakery Breakfast – which proved so popular during 2003.

Beginning on Saturday morning, June 19 and continuing as long as we have customers, volunteers from your Community Development Coop will be on hand to serve you one of the best breakfast treats available anywhere but Mom's kitchen!

Last year, the support of residents and visitors alike resulted in our being able to replace all the windows in our Coop Deli. This year's goal is \$3000 from which we will purchase and install a new air conditioning system before our two fabulous bakers turn into a puddle of grease with the combined heat from the ovens and (hopefully!) our wonderful summer weather!

We're still offering as well some of the most delicious treats available on the island so stop by and stock up. By Saturday afternoon there's usually not a loaf of bread or a roll left in the place – and I would challenge anyone to tell me where they can find rolls any better than those made by Elaine and Georgina!

So, beginning June 19, we

hope you'll come by the Bakery to try our fabulous breakfast served piping hot by volunteers from the Coop. If you'd like to volunteer some time, please give me a call at 488-2625. You'll enjoy the time you spend with us, and leave feeling that you've done something to help out your community!

See you at the Bakery this Summer!

**Carol Bennett**  
**Chair**

**Bakery Committee**  
**Bell Island Community**  
**Development Co-op**

**Bell Island Brighter**  
**Futures Family Resource**  
**Centre**  
**Hollie Neary - Program**  
**Coordinator**  
**488-2699**

**WE HAVE MOVED** - The Brighter Futures Family Resource Centre has moved to a new location, we are now operating from **283 Quigley's Line** (across from the Wabana Boys & Girls Club). Newfoundland and Labrador Housing Corporation has, once again, kindly donated the use of their building for operation of our programs. This new location allows more space

for programs, easier access to the centre for the community, more programs to be offered, and partnerships with other groups.

**BOUQUETS** - I would like to extend a huge **WELCOME** to our Public Health Nurses and parents participating in the Baby Support Group offered by the nurses. This is a wonderful partnership which I hope will grow, develop new friendships, and encourage other partnerships with groups of the community. Also, I would like to send a huge

**THANK YOU** to the residents of Normore Crescent for their kindness and support over the past seven years that we were located on their street. I hope this new location will continue to receive the same outstanding support they have shown over the years.

**OPEN HOUSE** - On Monday, June 14<sup>th</sup> we will be holding an **open house from 10:30 am to 3:00pm** for any residents of the community to drop in and see what we have going on. If you do or do not have

children please drop by and find out what Brighter Futures is all about. There will be refreshments available and prize draws (one being an art print valued at \$250.00) for those that visit. Come down with your children, your friend, your partner or by yourself and show your support.

**FUNDRAISING** - Once again we are holding our annual **chocolate sale**. This year we will be selling chocolate raisins, carmel bars, chocolate almond bars and chocolate covered almonds for \$2.00 each. This will be the same quality chocolate in a different variety and size. **ALSO**, we still have available - gel pens 12 for \$5.00, toothbrushes 12 for \$10.00, school kits 14 pieces for \$12.50, and our queen size goose down filled duvets \$100.00 valued at \$250.00 each. Each item is of high quality shipped from Ontario and is only being offered by Brighter Futures. Please feel free to drop by and purchase any of these items or call the office if you require more information.

**PROGRAM CHANGE -**

During the summer months our Parents & Tots program will be offered from

**10:30am to 12:30pm** on Wednesday and Friday.

This will take effect the first week of **July and continue until the end of August.**

*Hollie Neary*

*Program Coordinator*  
**488-2699**

***Island to Participate in 'Fundraising Friday 2004'***

Now that the strike is behind us, we're planning to try one more time to do our part in the national "Fundraising Friday" effort for the Foundation for Gene & Cell Therapy. On Saturday, June 19, Ed and I, together with friends and supporters, will host both a walkathon and a sale of hot dogs on the island as our contribution to this great effort, which for the first time in 2004 went "sea to sea" across Canada. As our contribution from this province this year, we are asking the good people of Bell Island to support this event as a Father's Day tribute to a Dad who really went that "extra mile" for his son and everyone afflicted with a genetic disease. We're having our

event on a Saturday – you just knew Bell Islanders had to be different!

In 1998, I had the honor of being one of two coordinators of the Newfoundland portion of "Jesse's Journey – A Father's Tribute" when John Davidson, father of a boy born with a genetic disease, Duchene Muscular Dystrophy (DMD), left St. John's to walk more than 8400 km to Victoria, B.C. both as a tribute to his son Jesse, and to raise funds for genetic research. Ed joined the "Journey" in Clarenville in April 1998 and was to spend nine months on the road with this incredible father. At that time, our own Cpl. Boyd Merrill was stationed at Port aux Basques and he stepped in to make John's last stop in this province a memorable one. Little did we know that Boyd would be still be working with us six years later, doing his bit for genetic research! From the time John and his team left St. John's until they walked onto the ferry at Port aux Basques, the Mounties were with them every step of the way. "The Force Be With You" is one line John will always remember from his

incredible journey across Newfoundland during the winter and spring of 1998.

John Davidson has visited Bell Island twice since 1998 and we retain strong ties with John, Jesse and many of the Journey "family", which is why we were asked to participate in this first national "Fundraising Friday" which is raising funds for genetic research. Today, the Foundation for Gene & Cell Therapy puts \$1 million dollars a year into research labs in Canada and the USA as they search for a cure for DMD and other genetic diseases. Jesse has just turned 24, he's been in a wheelchair since he was 12. The oldest boy with DMD lived only to the age of 28. The disease affects only boys, and while a cure will likely be too late for Jesse, it will help thousands around the world suffering the effects of a genetic disease.

While we're still working out the final details of our event, I do know that in honor of Jesse, we're looking for 24 Bell Islanders to walk with us on Saturday, June 19th.

Do it for your Dad or your Grand-Dad – remember one dad who walked 33 km a day for 265 days for his son! So please give us your support! As well, we're hoping that others, including our businesses, will support our effort. We'll be setting up our barbeques around lunchtime on that Saturday somewhere near the Boys & Girls Club, so please join us, purchase a hot dog (or two!) and a soft drink to support a great cause and let John Davidson know that Bell Island remembers his incredible "Journey".

Call me if you can help – especially if you're willing to walk. We need 24 people to take a sponsor sheet. I know I can count on Boyd, Tracey and Morgan to walk or serve hot dogs (maybe both!). I look forward to many of those I've helped since I arrived here in 1980 pitching in to help make this a fun event and to raise funds for gene research. It may one day benefit someone you love!

I have a video of the "Journey" that was seen across Canada, and Bell Island holds a special place – call us at 488-2271 if you'd like to borrow and

watch it as a family.  
***Kay and Ed Coxworthy***  
***Jesse's Journey – A***  
***Father's Tribute***  
**488-2271**

***Submission from Cst.***  
***Colleen Donavon***

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock with her hair fashionably coiffed, and makeup perfectly applied even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

Mrs. Jones, you haven't seen the room ... just

wait."That doesn't have anything to do with it," she replied. Happiness is something you decide on -- ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged... it's how I arrange my mind. I already decided to love it. "It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away... just for this time in my life". Old age is like a bank account ... you withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing. Remember the five simple rules to be happy:  
Free your heart from hatred.  
Free your mind from

worries.  
Live simply.  
Give more.  
Expect less

***Court News***

A 23 year old male from The Green was charged on May 19th with Breach of Probation for failing to pay restitution for a conviction of Property Damage in 2002. He appears before a judge on June 23rd to enter a plea.

On May 4th, a 23 year old male from the East End plead guilty to Property Damage Under \$5000 for damaging a taxi cab outside the Curling Club on Valentine's Day of this year. The judge set the matter over until May 26th for Facts and Sentencing.

On May 11th, a 16 year old male from Bown Street plead guilty to Property Damage Under \$5000 for a 2003 incident and received 15 hours of community service.

An 18 year old male attended court on May 12th, 2004 to answer to a Mischief charge. This matter was set over until May 26th, 2004 to enter plea.

A 54 year old male attended court on May 11th, 2004 and was convicted of Assault and Breach of Probation. The male received a suspended sentence and 12 months probation.

A 42 year old Bell Island male was charged with impaired driving after police witnessed an ATV travelling on the streets of town. The male is set to appear in court on June 18th, 2004.

A warrant of arrest was executed on a St. John's male after police were tipped of his location. The male was delivered to the RNC without incident.

On May 12th, 54 year old male appeared in court for Breach of Undertaking. Charge was withdrawn as he plead guilty to charges from a different matter.

**Lost and Found**

On March 30th, 2004 a key belonging to a Honda vehicle was turned in to the detachment. The key was located on Lighthouse Road. Anyone missing such a key please contact Cst. BENNETT at 488-3312.

***Thank You***

Many thanks to all the business who are kind enough to allow the newsletter to be displayed for pick-up.

The newsletter is also available on the internet at website:  
[www.bellisland.net](http://www.bellisland.net).

Thanks to Reg Durdle for his help in doing this and for the excellent job he does on the website.

***Closing***

If you have any comments, concerns, or questions about the newsletter please contact us **Cpl. Boyd Merrill** at [Boyd.E.Merrill@rcmp-grc.gc.ca](mailto:Boyd.E.Merrill@rcmp-grc.gc.ca) or **Cst. Colleen Donovan** at [Colleen.Donovan@rcmp-grc.gc.ca](mailto:Colleen.Donovan@rcmp-grc.gc.ca). We can also be reached at the RCMP Detachment at 116 Memorial Street.  
Or: (709) 488-3312