

# Bell Island Community Policing Newsletter

August 2007

*The Royal Canadian Mounted Police  
Avalon East District – Bell Island  
Executive Editor: Donna Kubik*

## From the Corporal's Desk

**With camping season upon us, some will have the opportunity to share some tales. The following is one such tale you may choose to tell...**

### **Presumed Drowned**

retold by

**S. E. Schlosser**

In 1914, the Newfoundland sailed up to the Ice with a crew of 250 men. On March 30th, seventy-seven men went out on the Ice to kill seals. A mighty storm came up while the men were out, that lasted two days, and the men could not make it back to the ship. When the storm ceased, other ships came and helped the crew of the Newfoundland search for the missing men. Seventy-two were found dead, and five were missing and presumed drowned. The ship sailed home in sorrow and did not go to the Ice at all the next year. She was considered to be unlucky.

To break the curse, the ship was rebuilt and changed, so that she would drown no more men. Her new name was the San Blanford, and she was sent to the Ice two years after the terrible storm.

On the thirtieth day of March, she met up with another ship called the Terra Nova. As dusk fell, a fog rolled in, and the crew of the San Blanford heard the Terra Nova blowing her whistle. This was a signal that she still had men out on the ice. As was customary, the crew of the San Blanford started blowing their whistle, and those above deck could hear voices calling out from the Ice and presumed they belonged to sailors from the Terra Nova. The two ships kept up their signals until 10 pm, when the voices ceased and all were presumed safely aboard ship.

The next morning, a sailor from the San Blanford boarded the Terra Nova to conduct some business. The captain of the ship immediately asked the sailor what time the members of the San Blanford crew had gotten aboard the previous night. The sailor was puzzled. "We didn't have anyone out on the Ice, sir," he told the captain. But the captain and his crew swore that they had seen several men board the San Blanford shortly before 10 pm.

When the sailor returned to the San Blanford, he

reported the incident to his captain. The captain took him quietly aside and told him that the report was true. A few members of the night crew had seen five men climb aboard the San Blanford shortly before ten pm. The men were wearing tattered clothing that looked as if it had been ripped and worn out by the waves of the sea, and the crew could see right through their shining bodies.

One of the sailors on duty that evening had been on the Newfoundland when she lost the seventy-seven men two years ago that very night. He had recognized the faces of the ghosts as those belonging to the five men who were presumed drowned. Their spirits had finally returned to the ship from which they had been lost and could now rest in peace.

**Obtained from the following website:**  
<http://www.americanfolklore.net/folktales/newfoundland1.html>

**Be a winner by getting in the game to help local charities!**

Support the  
VOCM Cares  
Lions Club Bingo

**Cards are available at several Bell Island stores.**

## I Had Never Noticed What Bell Island Really Was



I am Bell Islander. I grew up in East # 1 and wanted to pass along my sincere thanks for all the hard work that you and the other contributors obviously put into this newsletter.

I currently reside in Charlottetown PEI and look forward with great anticipation to each edition you publish on [www.bellisland.net](http://www.bellisland.net) . It gives me a chance to see what's going on back home and on occasion, it stimulates memories of days past, when life seemed care free and simple.

Like many other who grew up on Bell Island, I took all that was around me for granted and did not realize what we had there until I left. Ice Bergs in August, whale watching tours on ever trip to town and wild flowers as far as the eye can see.

I know that many of the youth currently residing on the Island

feel as I did when they were younger. They feel bored and frustrated at the lack of activities they have to occupy their time. They attempt to make their own fun and on occasion, may even cross the finer lines of society and appear as if they don't appreciate the people or the place. There will come a time however when they will leave Bell Island and with them will go their innocence. They will spend the rest of their lives remembering glory days of their youth and recount for others, stories of Bell Island. They will tell with great pride, tales of the great hockey tournaments, days at the beach or their grade 12 history teacher and his love for his home town. (Pat Craig: Smartest man in NFLD)

Sadly however they won't speak of the minor memories they have recessed in their minds. The view of the bay on a March morning when the Ice is in, the blueberry patch in

the woods, or the seemingly endless supply of wildflowers and butterflies that cover our little rock.

It took my wife to point these things out to me and I could not believe that in all the years I lived there, I had never noticed what Bell Island really was.

My advice for anyone living on the Island or simply passing through is simple. Stop, listen and look at what you have around you. It may not seem like much but when it's gone and only memories remain, they may as well be memories of paradise. Thanks again for making Bell Island a better place,

**Bernard Doyle**  
**Project Manager**  
**Advantage Communications**



## **Message from your M.H.A.**

Summer greetings to the residents of Bell Island! This has been a very busy and exciting summer for the residents of Conception Bay East and Bell Island - - - and for Bell Island in particular.

One of the highlights of the summer was the first ever Newfoundland and Labrador Button Accordion Idol contest. I had the pleasure of attending the event on Saturday, July 28 and enjoyed it very much. I extend my congratulations to all contestants (you were all winners) and to the accordionists who placed in the top three:

- 1<sup>st</sup> Place – Ed Didham – St. Mary's
- 2<sup>nd</sup> Place – Paul Hamilton – Bell Island
- 3<sup>rd</sup> Place – Ann Noonan, Bay de Verde

I also wish to congratulate and commend the members of the Accordion Idol Committee for the excellent job they did in organizing such a successful event.

The ferry service for the Tickle has been working very efficiently this summer and several new records have been set. Normally the ferries would make about 22 trips a day (66 for a weekend). However, on the weekend of the Accordion Idol (July 27-29) there was a record crossing of 83 trips! On that weekend, 4300 passengers and over 2000 cars crossed the Tickle! During the month of July, a new record was set when 31,600 people traveled to Bell Island. It is estimated that about half those travelers were tourists visiting the island.

On the evening of July 28<sup>th</sup>, I attended the 13<sup>th</sup> Annual Sports Hall of Fame Banquet at St. Augustine's School. I wish to offer my congratulations to all the award winners and inductees and especially to John Fitzpatrick, Jr., who, at age 19, is the top Canadian Stock Car Driver (CASCAR) in Canada! Both of John's parents are formerly of Bell Island and currently reside in Cambridge, ON.

With the summer holidays coming to a close, I am delighted to say we have experienced a very successful one. Be sure to keep the remainder of the summer a safe and happy one.

If you have any concerns or questions, please don't hesitate to contact my office.

Happy Holidays,

**Dianne Whalen, MHA**  
**Conception Bay East & Bell Island**  
**Minister of Government Services**

## Wabana Town Council News

### Welcome Home

We would like to welcome all visitors to the Island over the summer months and hope you have a safe and fruitful visit. If you are a “former” resident who has come home for a visit, we hope you have a restful vacation visiting family and friends.

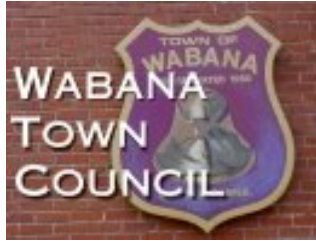
### Sports Field

Work on the Sports Field has begun and is progressing well when weather permits. You may have noticed the piles of sifted topsoil which will be spread when time and weather permits. When the field is seeded we ask for your cooperation to make sure the area is protected. We have noticed a number of children on the field while work is in progress. This is a very dangerous activity and we ask all parents to keep their children off the field until the field is finished. In fact, we are asking all residents to cooperate as work progresses and to **stay off the field.**

We were disappointed at the poor showing for the May 21 public meeting to deal with the field. Although very few people attended I would like to clarify that The Town Council was represented. Town Manager Curtis Mercer, Mayor Gosine, and Councillors Brian Kent and Pat Craig were in attendance.

### ATVs

The RCMP has reported some improvements in the proper use of ATVs in the community. Since residents have been reporting ATV abuses, the RCMP has been able to react in a timely fashion. We ask all residents who are bothered by ATV users racing near their property late at night to contact the RCMP as soon as possible. With the cooperation of all residents the



RCMP will be able to respond in an efficient manner and make this a safer community.

### Tidy Towns

Tidy Town Newfoundland and Labrador recently informed us that the judges Charles Collier, Harry MacDonald and Mike & Sylvia Manning would be in the Town of Wabana on July 30<sup>th</sup>. Judging was set to begin at 11:30 am at the ferry terminal and was to take from 3 to 4 hours. By the time of your reading this judging will be done. In the mean time we appeal to all residents to keep your property clean, tidy and in good repair.

### Student Workers

After much confusion at the beginning of the Summer Student Placement Program, we were successful in getting 21 student positions. The student positions were allotted as follows: 6 with the ferry users committee, 5 at the museum, 2 at the bakery, 2 with Kiwanis and 6 with the town.

Students with the town have been or will be working at cleaning up various sites in the town, cutting grass around town buildings, murals, and the Sports Field. On rainy days they have been painting street signs that we hope to erect as soon as possible. In the near future they will clean up the site of the “Bell” on the Beach Hill.

### Street Signs and Numbers

Within the next month we hope to have our street signs erected at the end of each street in the town. This will make it easier for tourists and visitors to get around town. In the past we have had problems with street signs being destroyed or torn down. We ask all residents to report anyone who is seen damaging street signs. Once again we appeal to residents to put street numbers on you houses.

### Water Update

Although some areas of the Front are still plagued by water shortages, there have been fewer problems this summer than in previous years. We are pleased to announce that the planned project to improve water delivery to the Front has been approved by Municipal Affairs. We are presently working out the plans to finance the project. When the financing is arranged, we will be ready to proceed with construction.

Submitted by  
Councillor Patrick Craig

## GET CONNECTED!!

Tiffany Pope and Fleur Kenward are working on a Pilot project with the Murphy Centre as Outreach Coordinators. It is their role to help individuals between the ages of 15 and 30 get connected with the community and its resources.

They can help individual's get connected to such areas as: career planning, resume writing, job search, educational planning and much more.

As a way of identifying individual needs, they will be holding informal groups at the Town Council Office (snacks provided). There is no cost and individuals may attend any or all of the six sessions (topics are dependent upon the needs of the group). Sessions will be run on August 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 27<sup>th</sup> and 29<sup>th</sup> from 12 – 2pm. Come and “GET CONNECTED.” We can be reached at 753-2830 or [tpope@murphycentre.nf.net](mailto:tpope@murphycentre.nf.net) or [fkenward@murphycentre.nf.net](mailto:fkenward@murphycentre.nf.net) !

The Brighter Futures Coalition has a Family Resource Centre on Bell Island at 283 Quigley's Line, telephone 488-2699/739-8096. Many people are surprised when they come to the house opposite Foodland and find out what we offer.



**BRIGHTER FUTURES**

Our summer programming includes a Healthy Baby Club for pregnant mothers. This group meets once a week, on Thursday mornings, to talk with the Public Health Nurse and Resource Mothers, and learn about how to have a healthy pregnancy, cook nutritious food, and have a time to focus on mom and her developing baby. The Baby Group meets on Thursday afternoons; this group is for parents or care givers of babies up to the age of 2. Parents/care givers play with their baby, introduce their child to others, meet other parents, and find out what is going on in the community. On Tuesday afternoons Healthy Baby Club staff and the Public Health Nurse are there for parents/ care givers with children up to the age of 2 1/2. Babies and toddlers can get weighed, have a health check, and play with their parents and other parents and children. We are also trying to get a Community Garden

going for families to come together, grow vegetables, and take them home in the Fall.

By mid September, these programs are added to with the addition of Playgroup for parents / care givers with children from birth to age six. This play based program offers families time on Wednesdays and Fridays, to come and play with their child, meet other families, and help their child make friends and get along with others. Other programs that will re-start in the Fall are a Community Kitchens Cooking program, Level Best Bulk Food Buying Club, and Parent Club- a night out for parents.

**If you are interested in being part of one of these programs call Deborah or the main office at 739-8096 during the summer to get more information.**

**Thank You**

Thank you to all the wonderful people of Bell Island and those off the island who so generously donated to the 'Ride for Sight' this year. We raised \$2050.00 and were just a little short of having the third highest amount collected across Newfoundland and Labrador. Way to go Bell Island!!

It was a great ride and the weather was somewhat agreeable. Best weather conditions in years for the ride. We didn't get rained on, we didn't freeze and thank God we saw no moose. It was a safe ride for all the participants.

Again, on behalf of the "Ride for Sight" we sincerely thank you for the donations and we look forward to your kindness again next year.

**Your friends,  
Norm & Judy Newman**

## A Good Laugh.....



### **Beware of Dog**

Upon entering a little country store, the stranger noticed a sign warning, "Danger! Beware of dog!" posted on the glass door. Inside, he noticed a harmless old hound dog asleep on the floor beside the cash register.

"Is that the dog folks are supposed to beware of?" he asked the owner.

"Yep, that's him," came the reply.

The stranger couldn't help but be amused. "That certainly doesn't look like a dangerous dog to me. Why in the world would you post that sign?"

"Because," the owner explained, "Before I posted that sign, people kept tripping over him."

### **The Christian Horse**

There's this guy who had been lost and walking in the desert for about 2 weeks. One hot day, he sees the home of a missionary. Tired and weak, he crawls up to the house and collapses on the doorstep. The missionary finds him and nurses him back to health. Feeling better, the man asks the missionary for directions to the nearest town. On his way out the backdoor, he sees this horse. He goes back into the house and asks the missionary, "Could I borrow your horse and give it back when I reach the town?"

The missionary says, "Sure but there is a special thing about this horse. You have to say 'Thank God' to make it go and 'Amen' to make it stop."

Not paying much attention, the man says, "Sure, ok."

So he gets on the horse and says, "Thank God" and the horse starts walking. Then he says, "Thank God, thank God," and the horse starts trotting. Feeling really brave, the man says, "Thank God, thank God, thank God, thank God, thank God" and the horse just takes off. Pretty soon he sees this cliff coming up and he's doing everything he can to make the horse stop.

"Whoa, stop, hold on!!!!"

Finally he remembers, "Amen!!"

The horse stops 4 inches from the cliff. Then the man leans back in the saddle and says, "Thank God."

# Bell Island Ferry Service

## "August 2007" Report Card

Submitted by Ed Kent



### 1. Summer tourism traffic very strong:

- Ferry traffic (as evidenced in past years) continues to be very encouraging with over 31,600 people traveling to Bell Island in July 2007. One contributing factor to our increase in July ferry traffic over last year was the great success of the Accordion Idol Event, which drew 4000 visitors to the island. From June to September over 110,000 people will travel to Bell Island, of which 40,000 are estimated to be non-resident visitors. Welcome to visitors and enjoy your stay. Affordable rates policy and current quality schedule are crucial to sustaining Bell Island and its economy.
- Special thanks are extended to the captains, crews and ferry managers for their efforts in sailing extra trips & providing a load and go service.

### 2- Ferry infrastructure (good news) improvements update:

- A contract for close to \$1,600,000 has been awarded for the reconstruction of the old dock on Bell Island. As you have seen, the contractor is moving full speed ahead.
- Dock construction requires both ferries to be repositioned overnight in Portugal Cove and on stand by for quick return for overnight emergencies. Check for amended schedule that includes 22 round trip sailings per day.
- The newly reconstructed dock in the Cove has been completed. It is a great improvement but has one major hi-cup (a poorly designed landing for the ramp). Measures are promised for this Fall to improve the landing area.
- Tenders to widen the Cove ferry line-up area bridge and create a second ferry line –up lane are to be called in early August 2007. The initiative will include a reconfiguration of the ferry lanes and a relocation of the ticket office to allow for the pre-selling of ferry tickets and a pre-boarding area for ferry bound cars.

### 3- Outstanding Issues on the radar screen:

#### Strike free service legislation sought:

There is still no progress to report on Government's willingness and efforts to pass strike free legislation to help avoid another disastrous ferry strike. With ferry service labour contracts in progress or due this year this issue needs to be addressed.

#### New terminal buildings funding pending:

Still on the radar screen, awaiting approval, is a funding proposal for construction of new terminal buildings. Your support is sought to lobby for replacement of the existing antiquated buildings by modern and respectable buildings.

#### New ticket kiosk funding sought:

Funding was sought in Budget 2007 for the new automatic ticketing system. Government has been approached seeking reconsideration and reallocation of funding in 2007 to allow this kiosk to be acquired to allow for ticketing improvements.

(continued next page)

(Ferry Service continued from page 7)

**New swing ferry vessel commitment awaited:**

The first 2 vessels in the planned (but not yet tendered) ferry vessel replacement program will be 2 smaller ferries. We live in hope for a commitment in the details of the 5-year program that Bell Island and Fogo Island back up needs will be addressed with an announcement for a new 30 car range mid size swing ferry to be built.

**To Commuters:**

It is great news to report that we currently have over 600 registered daily commuters using the ferry service. It is so disappointing that commuters are losing their right to collect a federal tax credit and assist with the faster loading of the ferry by opting not to purchase the advance use tickets. PLEASE BUY ADVANCED TICKET PACKAGES.

**Message From The Ferry Manager**

**The Issue of Smoking:**

This is not going to go away. Travelers - both domestic and "foreign" should be aware that the **No-Smoking Policy is going to be further enforced for everyone traveling on any of the Provincial ferries and is applicable to all persons, (crews included), wherever they may be on the vessel, during the crossing.** This will mean that passengers who stay in their vehicle and smoke are not exempt from this ruling would be in contravention to the Act.

**Persons Staying in their Vehicles:**

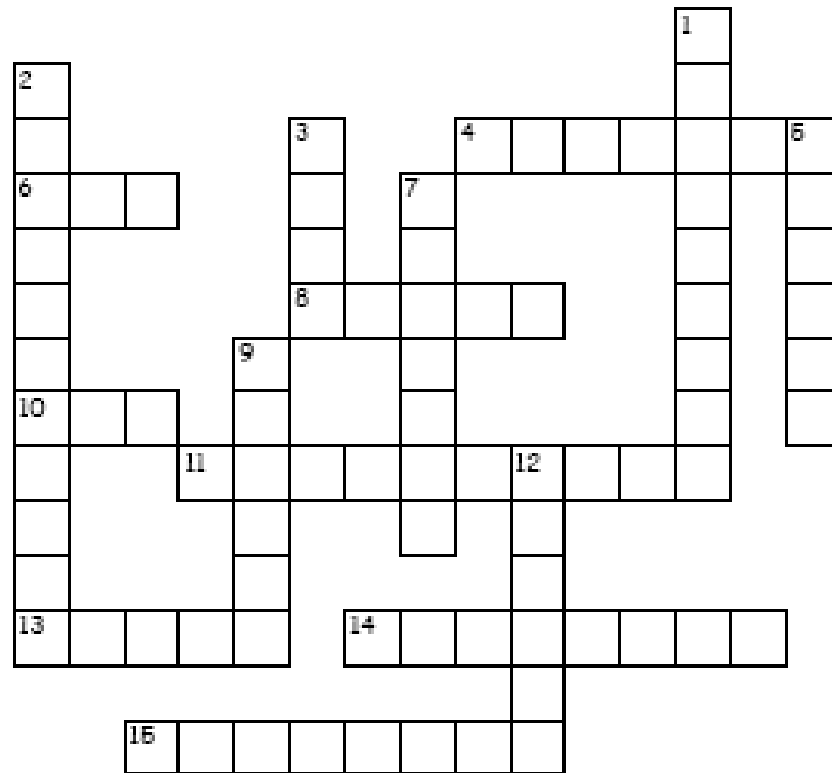
We are asking that all persons vacate their vehicle, for the ferry crossing. Naturally we recognize that non-able bodied persons, of whatever age, will be unable to do so and some may need another to remain to monitor. However, we ask that all others leave their vehicle for the crossing. Persons who do not vacate their vehicle, will cause the crews to ensure that vehicles adjacent to the vehicle that still has passengers in it, are positioned such that a door or doors can still be opened, in case of an emergency. **Persons who refuse to get out, though they are capable of doing so, may cause another vehicle not to get onto the ferry for the crossing...**

**Commuter Passes:**

Passengers are reminded that all travelers seeking the Commuter Rate and Access privilege, over other passengers, are asked to show their current and valid pass, during the purchase of their ticket and/or on joining the ferry line-up, or boarding the ferry.

**Thank you for your cooperation.**

## Crossword: Summertime



## Across

4. wear these on your feet to be cool
6. use this to fish for crabs in the pools
8. place with lots of sand
10. a body of water with a beach
11. a game people like to play at the beach
13. little creatures used to live in them
14. you can find lots of creatures hiding here
15. what you wear to go in the sea

## Down

1. you need to blow air into this to play
2. build using lots of sand and shells
3. it moves sideways along the beach
5. season after spring
7. green, brown, slimy
9. use this to put sand in bucket
12. put sand in

# The Lions Club



Minutes of the Regular Meeting of the Portugal Cove - St. Philip's Lions Club  
June 12th, 2007

Present: Josephine, Mary, Bradley, Nancy, Bert, Martin, Fred

Meeting called to order at 7:30 Lions invocation said by all .

Moment of Silence held for the late Lion Randy Dicks

Minutes of the last meeting were read by Lion Bradley. Motion theminutes be accepted by Lions Nancy / Josephine. Motion carried.

Business arising from minutes. Nil

Financial Reports given and accepted as read. Carried.

Committees: VOXM Bingo: Finished for the year until September.

Lion Bert's Pennies: Lion Bert supplied \$40 from his penny cans.

Membership: No report

Correspondence: LFC Newsletter. E-mail from Wanda Howell re: LMSMC

attendance for autistic child in community. From Cecil Goulding re:attendance at LMSMC. District Governor's Newsletter.

New Business: Summer Ticket Draw ' Lion Fred to get tickets printed at approximate cost of \$120-140.

Last meeting on June 26 at Airport Hotel. Lion Fred to invite Loretta Dicks. CSFII donation of \$100 for purchase of tickets approved.

Executive for upcoming year established ' Lion Martin to assume the Presidency, Lions Bradley and Mary to stay on as Secretary / Treasurer.

In memoriam donation to SightFirst (Lions Journey for Sight) approved in the amount of \$50 in memory of Lion Randy.

Lion Fred gave a report on his visit to the Norman, OK Lions Club and International HQ.

Lion Josephine gave a report on the MD Convention.

Lion Bradley gave a report on the Janeway Telethon.

Motion Lions Josephine / Nancy to approve laying of wreath on July 1st.

Motion Lions Bert/Bradley to approve \$300 to send Cecil Goulding to LMSMC ' money to be sent to CNIB in his name.

Motion Lions Bert/Nancy to sent 2 autistic children from the community to LMSMC at a cost of \$210. Lion Fred to speak with the Town on sponsorship of races @ PC-SP Regatta.

Motion Lions Josephine/Mary re: purchase of flag set with base from International.

Bills for Payment: Zone dues: \$200 and Hall Rental for the year \$320 to RC Parish approved on motion by Lions Nancy / Martin.

Go Around and adjournment at 9:00 p.m.

Per: Lion Bradley Moss  
Secretary.



## R.C.M.P Community News



### Information for Parents and Kids

#### Parents:

- 1) Be aware that people may not be who they say they are on the Internet. An adult could pretend to be a child the same age as your child just to get to know your child. Sometimes they can do this over a long period of time to develop trust.
- 2) Parents should be familiar with their children's use of the computer on-line. Get involved with their children and ask questions about what they're doing and how they're doing it.
- 3) Parents should establish rules for use of the computer on-line. The rules should limit access time, duration and type of use depending on the age and maturity of the child (e.g. surfing the net vs. chat rooms, etc.). Be sure that your children understand that they should not be sending personal information to people that they have only met over the Internet.
- 4) Keep the computer in a high traffic, highly visible location in the house so that parents can routinely walk by and see what their children are doing on the Internet. The child's bedroom may be a convenient location to place the computer, but it's probably not the best place to ensure safe use.
- 5) If parents are concerned about the sites or chats that their children are participating in or have access to, talk to their kids about their concerns and contact their service provider about techniques and software that is available to block access.

#### Kids/Teens:

- 1) Be aware that people may not be who they say they are on the Internet. An adult could pretend to be a kid your age just to get to know you. Sometimes they can do this over a long period of time to develop your trust.
- 2) Do not give out or send personal information such as your address, your phone number, where you go to school or photographs to someone that you only know through the Internet unless you have your parent's or guardian's permission. Do not give out any information that you shouldn't give to a stranger in a park, on the telephone or anywhere else.
- 3) Do not agree to meet people that you have met through the Internet until you check with your parents or guardian, and be sure that your parents or guardian attend the first couple of meetings with you. The first meeting should always be in a public place. Explain to your parents why it is important for them to attend the first couple of meetings for your safety and their comfort.
- 4) Do not respond to any messages that ask for personal information, messages that are mean or messages that make you feel uncomfortable. You do not have to continue -- sign off and surf off to somewhere else.
- 5) Talk to your parents about setting up some rules to ensure that your use of the Internet will be rewarding, fun and safe. Get your parents involved and show them how much fun the Internet can be.

## Spotlight on Prediabetes

Everyone has heard of Diabetes. Many people know it involves high sugar (glucose) levels in the blood. Any individual diagnosed with any form of Diabetes, should know what goes wrong in the body to cause it.

Our bodies get energy by turning food into glucose. In order to use this energy, we need insulin.

In Type 1 Diabetes, the body makes little or no insulin. This means that sugar levels rise in the blood and the body has no way to use the energy.

Type 2 Diabetes is a little different. The body makes insulin, but cannot use it properly. So blood sugars rise.

While there is no known way to predict who will develop Type 1 Diabetes, there are many factors that increase a person's risk of developing Type 2 Diabetes. Common risk factors are

1. Being age 40 or older.
2. Being overweight or having excess weight around the middle of your body.
3. Having High Blood Pressure or Heart Disease.
4. Having a family member with Diabetes.
5. Giving birth to a child weighing more than 9 pounds.
6. Having High Cholesterol.
7. Been diagnosed with Impaired Glucose Tolerance or Prediabetes.

What is Prediabetes?

Prediabetes means that your blood glucose (or sugar) levels are higher than normal, but are not yet high enough to be diagnosed with type 2 diabetes. It is sometimes called Impaired Glucose Tolerance

or Impaired Fasting Glucose. This can be a very important warning sign of health difficulties to come.

What does it Mean when a person is diagnosed with Prediabetes ?

It means you have an increased risk for developing Type 2 Diabetes.

How can I prevent Prediabetes from becoming type 2 diabetes?

Research shows that if you take steps to manage your blood glucose levels when you have Prediabetes, you can delay the onset of diabetes or even prevent it from ever developing.

How will I know if I have Prediabetes?

Like Type 2 Diabetes, people can have Prediabetes without knowing it. The Canadian Diabetes Association recommends that everyone 40 years of age or older should be tested for diabetes every 3 years. If you have any of the known risk factors for developing Diabetes a person may need to have Blood Glucose levels checked more frequently or before the age of 40.

What lifestyle changes are recommended to individuals diagnosed with Prediabetes?

Studies indicate that adapting a lower calorie meal plan with reduced fat intake and engaging in moderate physical activity for 150 minutes per week can dramatically decrease risk of developing type 2 diabetes.

Some common warning signs of Diabetes are :

1. Extreme fatigue.
2. Unusual thirst.
3. Frequent urination.
4. Unusual hunger.
5. Unexplained weight loss or gain.
6. Blurred vision.
7. Frequent or recurring infections.
8. Cuts and bruises that are slow to heal.

9. Tingling or numbness in the hands and feet.

One of the most important factors for maintaining normal glucose levels, is frequent blood sugar testing. In order to control sugar levels in your blood, you need to know what they are. This allows you to make the necessary changes to bring levels under control.

Unfortunately, most people do not know that they are Diabetic until blood sugar levels get really out of control. If you are approaching 40, or have any of the associated risk factors for Diabetes, see your doctor for a check up.

Do you know.....

Flavonoids are found in citrus fruits, wine, tea, onions and broccoli. These foods are high in antioxidants and are known to fight diseases associated with aging. They are also linked to decreased risk of cancer and heart disease.

Lycopene is found in red fruits and vegetables such as tomatoes, watermelons and pink grapefruit. It is also associated with decreased risk of cancer and cardiovascular disease.

Anthocyanins are found in elderberries, black currants, blueberries, bilberries and red grapes. These foods are known to fight against diseases associated with aging.

Lutein is found in dark green vegetables such as spinach, kale, and broccoli. The natural pigments in these foods help to maintain healthy eyes.

Alpha and beta Carotenes are found in orange and green fruits and vegetables such as carrots, pumpkin, sweet potatoes and spinach. These foods help the body use vitamin A which is used in the body for growth, vision and immune systems.

Adapted from Canadian Health Network  
Canadian Diabetes Association  
DrugStore Pharmacy Network

**Submitted By**  
**Jody Ann O'Brien**  
**BSc Nutrition**

Contact Us:

If you have any comments, concerns, or questions about the newsletter please contact us:

Cpl. Boyd Merrill at:  
**boyd.merrill@rcmp-grc.gc.ca**

We can also be reached at the RCMP Detachment at 116 Memorial Street. (709) 488-3312.

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

**Did you know that the Island of Newfoundland is a sportsman's and ecologist's haven? Just look at these facts.....**

- salmon fishing with a run of upwards to 20,000 fish in some rivers
- fourteen species of whale that summer near Newfoundland
- 120,000 moose
- 80,000 woodland caribou
- many species of birds including 12,000 breeding pair of eider ducks, 95% of North America's puffin, and many more colorful birds.
- Arctic Hares are native to Newfoundland, but Snowshoe Hares were introduced from Nova Scotia in 1864 and 1876
- The Newfoundland Timber or Grey Wolf became extinct on the island in the 1930s; however, there are arctic wolves.
- The coyote arrived in the winter of 1985 by traveling across heavy ice in the Gulf of St. Lawrence
- there are no snakes, skunks, deer, porcupines or groundhogs on the island of Newfoundland; there are frogs
- Chipmunks were introduced to Newfoundland from Nova Scotia in 1962 and 1964, and today they are plentiful in the Codroy Valley
- For those with allergies, there is no ragweed pollen on the island
- 600,000 Newfoundlanders and Labradorians are available to give friendly smiles and tell tales or give information

Crossword: Summertime

