



Bell Island Community Policing Newsletter

January 2007

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

From the Corporal's Desk

"The biggest lesson I learned in training was that my job wasn't to change the world it was simply to make it a little better than it was when I came . . . plain and simple."

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

Support the VOICM Cares Lions Club Bingo

Cards are available at several Bell Island stores.

When people join the RCMP, there is a great sense of pride and excitement. A sense of purpose and a feeling that forevermore their life is changed. The way people look at you and treat you, whether good or bad, is changed forever.

You join an organization that is far bigger than any of its members. Traditions, practices, policies and procedures passed down from the early days of horse and saddle. The R.C.M.P. (Formerly the North West Mounted Police and the Royal North West Mounted Police) trains all of their cadets in a place called "Depot". It is at that location in Regina Saskatchewan that one learns everything they need to get a start in helping others in this great vast country we live in.

Helping others means taking their concerns and addressing them. The trick sometimes is to get cooperation from the members of the community.

Not the case in Bell Island! Bell Islanders are very pro police because they have realized that the police are really themselves (the citizens of Bell Island) in cooperation with a few who wear uniforms.

The biggest lesson I learned in training was that my job wasn't to change the world it was simply to make it a little better than it was when I came . . . plain and simple. All policemen believe this concept. The task was to keep people safe in this process. Yes crime has to be reported. Yes there needs to be courts and jails. Yes we need to be able to report but we also need to feel comfortable doing it.

Crime Stoppers is one way crime can get reported and one can feel good about protecting themselves. It is not about telling on people it is about protecting people! It is an old concept that will be given a new realization very quickly.

You notice a criminal activity and do not really want to be a formal witness. You do not want to have to go to court and you really do not want to get involved. You don't want to give a written statement; in fact you don't want anyone to

know that you even made a report. You want the whole reporting process to be a secret . . . forever. If this sounds familiar then this program is for you . . . basically this is how it works:

If the last paragraph is you then pick up the phone and call: **1-800-222-TIPS (8477)**. **Feel very confident that the person answering does not know who you are and doesn't want to. (If you tell them, you cannot go ahead with the report!)**

The process only works if the person reporting the incidents keeps their identity to themselves!!!! You tell them what you want to report then hang up

That's it! You have passed on the information to the Crime Stoppers personnel who will in turn pass same onto the appropriate police service for their information and action if appropriate and applicable. **When the police agency responsible for your report gets the info they will not know who you were, where you live, what sex you are, how you knew the info, why you reported the info - they will know nothing but the info itself.**

(continued next pg...)

(From the Corporal's Desk continued...)

"As I write this paragraph I have less than 30 days left as the Mountie in charge of Bell Island RCMP. Beginning the middle of January I will be taking up my new post as Provincial Co-ordinator of the Crime Stoppers Program for Newfoundland and Labrador. It is finally official.."

Now I don't know what you think of this but this sounds like the "little bird told me" scenario except the policeman doesn't even know what the bird looked like. And he doesn't want to.

Why is all this secrecy and lack of identity important? Basically the Supreme Court of Canada has ruled in different situations that a "tipster's" anonymity is an important part of police work and criminal behavior reporting.

Police do not often just act on anonymous information without checking it with other info but it gets the investigations rolling sometimes. Other times it supports ongoing investigations. Whatever the case it is just as vital as in person reports, written reports and other types of non secret reporting. The courts have recognized basically that all persons should have choices as to how to report crimes. This one is totally safe!

When I first heard of the program, I thought this is really a formalized version of a very common practice. That practice being one of going to police with concerns that affect the community without having to worry about any kind of follow up. Any kind whatsoever.

If Crime Stoppers seems like a great fit for seniors and youth specifically . . . It is!

Transfers are common and frequent within our organization. They happen for a multitude of reasons. So far in my almost 20 years I have had a move almost every 3.5 years. I have enjoyed every one. I have been assigned to 12 different sections literally and many more secondments within these transfers. Each has allowed me to gain much experience and meet many people. All of these assignment involved front line hands on policing communities and assisting persons who need a little help. The time has come again for another assignment.

As I write this paragraph I have less than 30 days left as the Mountie in charge of Bell Island RCMP. Beginning the middle of January I will be taking up my new post as Provincial Co-ordinator of the Crime Stoppers Program for Newfoundland and Labrador. It is finally official.

This new job will be a good fit for me as it will use all the skills I have honed for the past 19 years and will be of great benefit to Bell Islanders and to the rest of the province. It basically involves educating the public in a program

that teaches all how to protect themselves - a concept to which I am totally in favor of.

Police come and go from communities. Some join in more than others. Some stay where they policed even though their job sites change. That is the case with me and my family. We are not moving. We are not leaving any volunteer activities that we enjoy including this newsletter. **(Please keep your articles coming to my email address)**

I have simply become a commuter. I would like to thank all the persons of this great Island who have supported our detachment programs etc. I hope your support continues on to my successor. I know it will I believe in my new post and I trust you may use this service if you feel that it is the best route for you.

My goal was simply to make Bell Island a little better than it was when I came. I know we did a lot of work together. Stay safe!

Cpl. Boyd Merrill

New Year's Greetings to the residents of Bell Island

The New Year is a time of making new resolutions, reflecting on events of the past year and preparing for the challenges of the year to come.

During this past year we have witnessed a number of new developments on Bell Island. The number of commuters traveling to St. John's has continued to grow and (with the exception of a few emergencies) we have enjoyed a two ferry system on the tickle on a year round basis.

Our road paving program continued this past summer and we are presently looking at our paving priorities for 2007.

During the past year I had the pleasure of working with and assisting in several worthwhile projects including:- a new roof for the Canadian Legion, work at the Wabana Boys and Girls Club, The Bell Island Junior Blues, the Touch of Class Building and extensive work on the ferry docks at both Bell Island and Portugal Cove – just to mention a few.

While I am pleased with the progress we have made there are still many needs and I am looking forward to working with the Wabana Town Council, the Bell Island Heritage group and others to build on the successes we have achieved thus far.

During this past 3 years I have met many residents of Bell Island and have made many new friends. My fondest wish for each and everyone of you is that 2007 will prove to be the most successful year ever!

Happy New Year to all Bell Island residents and their families. My staff and I are always available to respond to your inquiries and needs.

*Dianne Whalen, MHA
Conception Bay East & Bell Island*



Rewards Being Offered



The RCMP in Bell Island in conjunction with Crime Stoppers Newfoundland and Labrador are offering cash rewards up to \$2000.00 for information leading to the arrests of individuals involved in the following incidents:

Recently two vehicles owners of Bell Island had their tires cut and in one case paint damaged during senseless acts of vandalism.

Gerry DWYER and Gary BYRNE suffered damage when culprits entered their properties and cut their tires. These events occurred over the past few months/ weeks.

Persons responsible are presently unknown but police feels that cash rewards may lead to some suspects. If you have any information on these crimes please call 1-800-222-8477. You do not have to give your name or identity of any kind. You are assigned a number and if your tip results in an arrest you will be paid without having to give up who you are.

The house fire(s) of Isabel Brazil's residence remain under investigation.

Police feel there are persons who are aware of the identity of the person(s) responsible for

these fires. By calling the toll free number and passing along information you could help police solve these crimes and could earn some money in the process. The insurance company involved is also offering a separate reward on top of the Crime Stopper award.

RCMP Bell Island



School News

St. Augustine's Elementary School

Ticket Draw:

We would like to thank all members of the community who purchased tickets in our 2nd Annual Christmas Draw. Prize winners will be announced next month and on our website. Money raised will be used to purchase resources for the school to supplement our curriculum.

Christmas Concert:

Thank you to all who came out to see our Primary Christmas concert. The children and teachers worked hard for weeks to put it together. A special thank you as well to the Russell family for the musical entertainment. Just a reminder that our spring concert is scheduled for May 17th and will feature our elementary students.

Lunch Program:

With the support of the Kids Eat Smart Foundation and local volunteers we have offered a hot lunch program to students for a cost of \$2.00 per day. However the success of this program depended on the support of volunteers to prepare and serve lunches. We no longer have enough volunteers to offer the program every day. At the start of December we reduced the number of days children can avail of the service to three days per week. If we lose anymore volunteers, we may



have no choice but to end the program. This would be unfortunate since there is a direct link between children's ability to concentrate and learn and whether or not they are hungry. If you have some time to volunteer or would like more information please call the school at 488-3349.

Merry Christmas:

At this time the Staff of St. Augustine's would like to thank you for your continued cooperation and support in your child's school and education. Have a Merry Christmas and a Happy New Year. The children will return to school after Christmas holidays on **Wednesday, January 3, 2007**. It will be DAY 7 on the student's schedule.

St. Michael's High School

SKATE-A-THON FUNDRAISER:

Our Skate-a-thon fundraiser took place during the month of December. Students skated for an hour at the arena on December 18th while others participated in physical activities back at the school. All students enjoyed skating and are looking forward to next year's skate-a-thon already. We thank you for your support and look forward to your continued support throughout the year in our fundraising program. An Apple I-Pod Music player was given away to one lucky student. For every \$10 students raised, they received a ticket for the draw.

STUDENT OF THE MONTH PROGRAM:

Here at St. Michael's, as part of our school development program we have been celebrating the achievement and success of students throughout the school. We have a Student of the Month program, where each month, teachers nominate a student who they think best represented themselves and the school in a noteworthy manner. The student of the month committee then votes upon the nominations and decide on a Junior High and Senior High student. Successful candidates receive a certificate of achievement and a \$25 cheque for their successes.

Past winners are:

September

(Junior High -- **Donovan Taplin**, Senior High -- **John O'Keefe**)

October

(Junior High --**Morgan Seaward**, Senior High --**Courtney Vokey**)

November

(Junior High--**Emily Hibbs**, Senior High--**Freddy Matthews**)

December

(Junior High--**Staci Hawco**, Senior High--**Amanda Curnew**)

CAP AND GOWN CERMONY AWARDS:

This year's Cap and Gown Ceremony took place on December 22nd. Diplomas and Awards were presented to Graduates of 2006. Much thanks to Jean Barry and the St. Michael's Choir and Band for their contributions in making this a wonderful evening for all students, teachers and parents. Award winners will be announced in the next issue.

Wabana Boys & Girls Club "A Good Place to Be"



"We would like to remind all our members that membership has to be renewed, starting on January 2nd. We ask that all members have their new membership by the end of January."

Another year has passed by so quickly, before you know it will be saying the same about 2007. We would like to take the time to wish everyone a Happy New Year from the Board, Staff, and members of the Boys & Girls Club. 2006 was our 51st year of service to the youth of Bell Island and we hope, with your help that we can continue to offer the same service for another 50 plus years. We thank the many organizations who have supported us through the years and we look forward to your continued support.

Annual Fall Fair:

We mentioned in the last newsletter about our Fall Fair but didn't get the chance to thank the many people and organizations that played a big part in our success. To the many businesses on and off the island who made donations of money and goods. There are too many to mention but we thank you very much and look forward to your support in the New Year. We would also like to thank the many people who gave up their time to help for the Fall Fair.

Special thanks to Judy Burt who helped in getting donations for the different fundraising events, Brenda Sweeney & Lori Hann who served on the committee for the Fall Fair and checked in to make sure things were on par, Ladies Auxiliary for running off a Card Game for the club, Theresa Somerton and her committee for running of the bingos for us, RCMP and Safety Bear for their visit to the club on Sunday afternoon with goodies for the children, to the many volunteers who came in the help sell tickets on the booths, and to you the public who came out each night to support the fair. We thank each and everyone one of you from the bottom of our hearths. Without your help the Fall Fair would not have been a success.

Turkey Bingo:

On Sunday Dec. 3rd we held our Annual Turkey Bingo. We are very pleased with the support that we received from the parents of our members. There was still a few parents that we missed but overall it was a great turn out.. Thanks to the many people who made donations to this project.

Breakfast with Santa:

On Saturday December 9th, we held our annual breakfast with Santa. The breakfast was a great success and we would like to thank Santa for taking the time out of his busy schedule to drop in for pancakes and toast. Santa also let the children get pictures taken with him. We would also like to thank the many helpers throughout the day. Eileen Power & Ida Noseworthy for preparing the breakfast, Andy Somerton for setting everything up, Mary Murphy and Judy Newman for helping Santa, Brenda Sweeney for taking the pictures and for being there to help make things run smoothly, and to our teen mentors (Keith Neary, Jessica Rees, & Brandon Reid) for selling tickets and helping put with other chores. It was good to see everyone working together to make this breakfast a fun event for the children.

Membership Fees:

We would like to remind all our members that membership has to be renewed, starting on January 2nd. We ask that all members have their new membership by the end of January.
(Continued next page...)



Boys & Girls Clubs of Canada
A good place to be

Clubs Garçons & Filles du Canada
Un bon endroit où se trouver

Wabana Boys & Girls Club continued...

The fee will remain the same, ages 5-13 (\$3.00) and ages 14-18 (\$5.00). Registration for the winter programs will also start on January 3rd. We have programs for all ages. Some of the programs that will be offered are: Soccer, Hockey, Volleyball, Dodgeball, Basketball, and many other low organized games. We ask that the parents encourage their children to participate in the programs that they sign up. It is very important that they attend their games so the teams will not be short.

Boy & Girl of the Month:

Congratulations to Boy (Donnie Hawco) & Girl (Ashley Somerton) of the month for November. Donnie & Ashley have played a big part in our Fall Fair and our weekly bingos. Donnie has become our weekly caller and we have received many complements on his efforts. We hope that Ashley & Donnie continue to volunteer at the club and hope that they can encourage some of their peers to

also get involved.

Jr. Blues visits:

Thank you to the Jr. Blues coaching staff and players for taking part in our Fall Fair. Also thanks for arranging a fun day for the members on Saturday Dec. 9th. The members enjoyed playing against the Blues in a game of floor hockey and the free pizza.

50/50 Draw:

Congratulations to Gary Gosine who is the winner of 50/50 draw (\$685.00). Our next draw will take place in February. We are taking names of any new players who are interested in taking part in this worth while project. I am hoping to capture some new names over the holidays, so don't leave home without your \$10.00. We thank the many people who take part in our 50/50 draw. We are hoping to receive your support in the new year. The cost is \$10.00 and we have a draw every 6 weeks. This has been a good fundraiser for the Boys & Girls club over the years and we are hoping to build up interest. If anyone is interested in helping us get some names fro the

lotto draw can call me at the club. The more people that we have to help the less work it is on the one person. It would be greatly appreciated.

Thursday Night Bingos:

On Friday December 15th we split up our escalating bingo. Once again we had a great turn out and we had a \$500.00 jackpot to go. We thank the people who came out to support this bingo. Our Bingos will be starting up again on Thursday the 18th or Friday the 19th, posters will up at the local stores and post office.

So, once again we would like to wish everyone a safe and happy Christmas. We also would like to remind people that if you **DRINK** don't **DRIVE**. Keep in mind the innocent people who are on our streets, especially the precious children of our community.



2006 Special Adults Christmas Party



In December 2004, the Bell Island RCMP and Health Community Services partnered together after realizing that our special adults that have mental and/or physical disabilities in our community had rarely a chance to meet and socialize together. Indeed, for some, leaving their homes is quite a hardship. We decided that even if we provided one opportunity a year to socialize, what better time of the year than Christmas.

So on December 11th 2006, we partnered for the 3rd time and provided our Special Adults of Bell Island a Christmas party that they will remember for years to come and I'm sure some of them are already anxiously waiting for next year!!

The faces of our 18 special guests as they entered the decorated church hall cannot be adequately related. All the volunteers felt the happiness and joy from these adults as they celebrated Christmas, knowing others cared.

We had Jerome Warren to entertain us with his live music, games were played, dancing took place, some sang x-mas songs, and let's not forget the presence of Santa himself who brought gifts to each and every one of them.

The Bell Island RCMP would like to give special thanks to the following who made this a successful event:

- .VOCM Care Foundation
- .Dick's restaurant
- .Leanne Bickford
- .Tom Cole
- .Roseanne Grant
- .Joe Somerton
- .Tom Spracklin
- .Karen Tulk



The Lions Club



Minutes of the Regular Meeting of the Portugal Cove - St. Philip's Lions Club 14 November 2006

Meeting called to order at 7:30 Present: Josephine, Olive, Gladys, Mary, Bradley, Fred, Nancy, Bert, Martin
Absent: Sharon, Boyd, Frank, Roxanne.

Lions invocation said by all.

Dinner served to PC/SP, Pouch Cove, St. John's and Alexander Bay Lions in attendance.

Minutes of the last meeting were read by Lion Bradley. Motion Lion Bert / 2nd Lion Josephine that the minutes be accepted. Motion carried.

Business arising from minutes. Dorothy Fowler dropped from roster. Martin Smith added to roster. Lion Bradley e-mailed selected members re: dues.

Membership mailout has been completed. Financial Reports given and accepted by club. Motion Lion Nancy 2nd by Lion Olive that the reports be adopted. Financial Reports carried.

Committees:

VOCM Bingo: \$4695.00 turned in by Lion Bert.

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

Membership:

Lion Bradley has arranged with the Town to have a membership message placed on the three community billboards placed on roads into PC/SP. Message to go up in mid-December. New membership kits arrived from International.

Correspondence: RE: Bell Island Community Policing Newsletter. Vacant Multiple District Protocol position. DG Sam's visit on 27 February 2007. International dues (Club has paid so not applicable). Cards of thanks from Lion Dot Fowler and Gail Thompson and Family re: in memoriam donations to the Camp. \$10 Ticket letter from Lion Gerald Hutchings (Club will purchase ticket).

New Business:

Motion by Lion Bert, 2nd by Lion Nancy that the Club purchase the \$10 ticket sent to us. Lion Olive will organize the Speak Off this year.

Motion by Lion Bert, 2nd by Lion Nancy that the Club donate \$101 to the Children's Wish Foundation.

Induction of Lion Martin Smith performed by visiting Zone Chairman Lion Bob Beauchamp. Lion Bob shared the wisdom of his insight on the injection of new and innovative ideas into Club activities and the importance of having fun as Lions as well!

Bills for Payment read out and accepted by club. Go Around and adjournment at 9 p.m.

All Lions welcomed Lion Martin Smith * who came to us by way of a South African Lions Club * back into the Lions family. Per: Lion Bradley Moss * Secretary.

Club has an outstanding invitation to all for new members!



**Branch 18
Royal Canadian Legion
Bell Island, NL**

On behalf of the Royal Canadian Legion, I would like to personally thank those who gave at this time of the year so that our annual Christmas Party for the children was very successful. Without your generous contributions, this would not happen.

**Slades Corner Mart
G.D. Byrne Ltd.
Hurley's Distributors
Hunt's Distributors
House of Stoyles
Clarke & Clarke
James Stone
Foodland**

**Mrs. Frank Leonard
Mr. Ed 'Pepper' Murphy
Mr. Ralph Neil
Gail Sweeney
Mr. Albert Lawrence
Christine Conran
Gary Gosine**

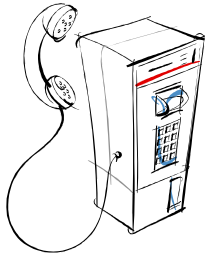
And a very generous contributor from West Mines who wishes to remain anonymous.

I would like to say thanks to Santa Claus from The Valley and his elves Shirley Somerton, Mary Delaney, Gerald "Moe" Drover and Jerome Warren.

Once again, thank you and May God Bless and have a Merry Christmas.

Mr. Donald M. Sweeney
Chairman, Christmas Party Committee

P.S. Keep Christ in Christmas



40 Cents Per Call

An American decided to write a book about famous churches around the world. So he bought a plane ticket and took a trip to Orlando, thinking that he would start by working his way across the USA from South to North.

On his first day he was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read "\$10,000 per call".

The American, being intrigued, asked a priest who was strolling by what the telephone was used for.

The priest replied that it was a direct line to heaven and that for \$10,000 you could talk to God.

The American thanked the priest and went along his way.

Next stop was in Atlanta. There, at a very large cathedral, he saw the same golden telephone with the same sign under it. He wondered if this was the same kind of telephone he saw in Orlando and he asked a nearby nun what its purpose was.

She told him that it was a direct line to heaven and that for \$10,000 he could talk to God. "O.K., thank you," said the American.

He then traveled to Indianapolis, Washington DC, Philadelphia, Boston and New York. In every church he saw the same golden telephone with the same "\$10,000 per call" sign under it. The American, upon leaving Vermont decided to travel to up to Canada to see if Canadians had the same phone.

He arrived in Bell Island, and again, in the first church he entered, there was the same golden telephone, but this time the sign under it read "40 cents per call."

The American was surprised so he asked the priest about the sign. "Father, I've traveled all over America and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but in the US the price was \$10,000 per call. Why is it so cheap here?"

The priest smiled and answered, "You're in Bell Island now, son - it's a local call".

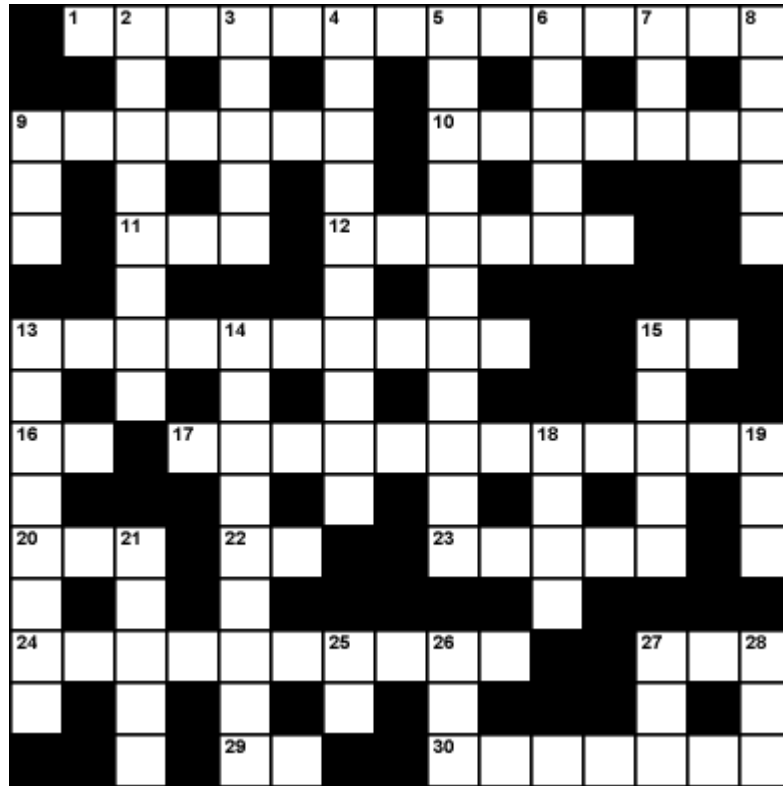
Vocabulary Challenge

Across

- 1 It's sometimes open to it. (14)
- 9 A heat generator. (7)
- 10 Quite clear. (7)
- 11 A quaint abode or football term. (3)
- 12 A very pressing matter. (6)
- 13 Differences. (10)
- 15 Opposite of from. (2)
- 16 ...what? (2)
- 17 Possibly untrue. (12)
- 20 The ultimate proposition. (3)
- 22 Not you and not me but...? (2)
- 23 A piece of the pie. (5)
- 24 Clearly visible. (10)
- 27 Part of a band. (3)
- 29 Last verse of a wedding vow. (2)
- 30 Pain in the cochlea. (7)

Down

- 2 It tops the south. (8)
- 3 Precise. (5)
- 4 Having a jaundiced eye. (10)
- 5 Several crisis. (11)
- 6 Out of this world. (5)



- 7 Another name for diamonds. (3)
- 8 Scribbles. (5)
- 9 PETA is firmly against this clothing. (3)
- 13 Spending time. (8)
- 14 Made public. (9)
- 15 It has legs but doesn't move. (5)
- 18 Thinking highly of one's attributes. (4)
- 19 It has a developed sense of hearing. (3)
- 21 You may not be able to exit from here. (5)
- 25 State of being. (2)
- 26 It could be either flat or false. (3)
- 27 It's triumphant in France (3)
- 28 From one color to another. (3)

See Solution on Last Page of Newsletter





R.C.M.P Historical Notes - The Mountie in Hollywood



The Mountie is undoubtedly one of the most recognizable Canadian symbols. This was especially true in the movie industry during the 1920s, 1930s and 1940s, when Hollywood produced several movies featuring fictional Mounties.

Hollywood directors during this time took a great amount of creative license with the Mountie figure, portraying the character many different ways. For example, in the 1942 film "King of the Mounties", RCMP Sergeant King saved Canada by working with an American scientist to commandeer an enemy spy plane and destroy their spy headquarters, located in the heart of a volcano. While this example may seem harmless, other films have been more damaging to the Mountie as a Canadian symbol. The 1919 film "Tyrant Fear", for example, showed an RCMP officer drinking in a brothel while still in uniform. Both the RCMP and the Province of Ontario made complaints about the film, which was eventually cancelled in Canadian theatres.

To combat such misrepresentations, the RCMP has often provided production crews with technical advisors for their films. These advisors were hired to ensure that a film's costumes, characters and storyline were accurate representations of the Canadian Mountie. Some directors, however, disregarded the advice of the experts and chose to be creative with the Mountie character.

The saying that the Mounties "always get their man" is usually considered to be the creation of Hollywood. But, surprisingly, the phrase can be traced to 1877, many years before the film industry. In April of 1877, the Fort Benton (Montana) *Record* reported the following story from Fort Macleod:

Thanks to the vigilance of Major Irvine and the energy of Captain Winder, of the N.W. Mounted Police, another attempt to smuggle whiskey has been frustrated by the arrest of three men, who were tried, found guilty and sentenced to pay a fine of five hundred dollars each or be imprisoned for the minor period of six months. They preferred the former. Horses were sacrificed for the arrest, but the M.P.'s are worse than bloodhounds when they scent the track of a smuggler, and they fetch their men every time.

This is the earliest record of the phrase that was later made famous by Hollywood. Interestingly, people often confuse this saying with the official motto of the Force, "Maintiens Le Droit".

The following is suggested for further reading:

Pierre Berton., *Hollywood's Canada, The Americanization of our National Image*, (Toronto, McClelland and Stewart, c1975, p. 303)

For more information on the RCMP: http://www.rcmp-grc.gc.ca/history/toc_e.htm

Spotlight on Home Food Safety

Food poisoning is often mistaken as viral illnesses. Health Canada estimates that there are 2 million cases of food borne illness in Canada each year.

Here are some Food Safety Tips to help keep you and your family healthy

-Use the 2 Hour Rule in your home and while shopping. All perishable foods should be refrigerated or frozen within 2 hours of purchase.

-Refrigerator temperature should be set to 40 degrees F or 4 degrees C.

-Foods should not be thawed at room temperature because bacteria can begin to grow on the surface of the meat, even though the inside may remain frozen.

-You CANNOT tell if food is safe to eat by smelling or looking at it. Some foods give off an odor, but many do not.

- When handling foods or cooking, wash your hands frequently to prevent the spread of germs and bacteria.

- An inexpensive cleaner like bleach can be used to

keep bacteria out of your kitchen. It's safe for utensils, cutting boards, taps, sinks, dish cloths etc. Use 1 teaspoon of bleach with 3 cups of hot water.

- Once a food item is cooked, it should not be reheated more than once.

For example: if you prepare a pot of chili, serve it to your family, and then cool the leftovers. The next day you may want another bowl, only reheat the portion you will eat, not the entire pot.

- Once vacuum packs are opened, the meat should be used within the number of days recommended in the storage chart below, even if the 'best before' date may be later.

Here is a refrigerator/freezer storage chart

Product Refrigerator/ Freezer

Ground Meats/poultry/ fresh seafood
1 days; freezer: 2-3 months

Variety Meats such as liver
1-2 days; freezer: 3-4 months

Stew meats, ribs
2 days ; freezer: 3-6 months

Whole chicken/turkey or pieces
2-3 days; freezer: 12 months

Steaks/roasts/pork chops
3 days; freezer: 6-9 months



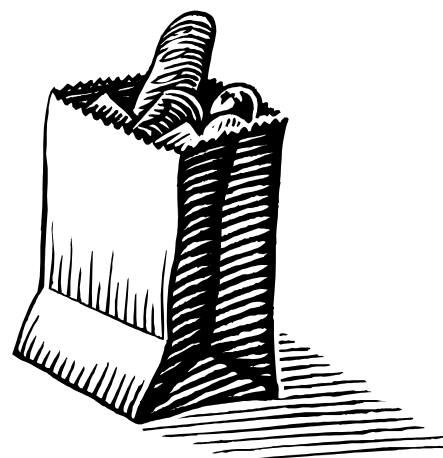
Cooked meats/poultry/cold cuts
3-4 days; freezer: 2-3 months

Unopened vacuum packages
See best before date

Eggs
See best before date

Adapted From Fight Bac
Nutrition 2005.ca

Submitted by
Jody Ann O'Brien
BSc Nutrition



HEALTHY LIFESTYLES - Introduction to Canada's Food Guide

There are Four Food Groups in Canada's Food Guide. When you try to plan a balanced meal or diet, you need to know where particular foods fit into the food guide. Let's look at each group, the benefit it provides to your diet, and what foods belong to each group.

1. Milk Products

- these are the best natural sources of calcium and they are most important in keeping bones and teeth strong. This mineral also works to help control blood pressure.

- this group contains items such as milk, chocolate milk, yogurt, cheese strings, ice cream and many different types of cheeses. Try to choose lower fat products.

2. Meat and Alternatives

- these products provide zinc, iron and protein sources necessary for building muscle and giving us energy.

- this group contains many types of beans, peanut butter, steak, chicken, salmon, omelets, fish and pork.

3. Vegetables and Fruits

- these products provide our bodies with fiber and a wide variety of vitamins.

- this group contains foods such as carrot sticks, baked potatoes, tomatoes, corn on the cob, blueberries, apples, oranges, strawberries and more. Try to choose fresh or frozen products more often.

4. Grain Products

- these items provide fiber and many other vitamins such as folic acid. These foods are carbohydrates that give us fuel for brains and muscles.

- this group contains items such as Bagels, pasta, rice, hot and cold cereals, oatmeal and many types of breads. Be adventurous and try Adding varieties that contain whole grains, whole wheat or multi grain. Try just adding some whole wheat pasta to your macaroni and cheese. Remember every small step counts.

Did You Know.....

- 473ml bottle of fruit punch is equivalent to 16 teaspoons of sugar.

- A commercial size muffin has

about the same number of calories as 2 average size pieces of chocolate cake with icing.

- A medium size of fast food french fries has about 4 teaspoons of fat.

- An over sized chocolate chip cookie can have more than 300 calories.

- A mega sized individual bag of corn chips has the same calories and more fat than 2 hamburgers.

**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

"Caring by Sharing"

Please be advised that the new name for the new Bell Island Food bank is:

"Caring by Sharing"

This fabulous new name was submitted by Jenna VOKEY from St. Augustine's Elementary School.

Jenna will be receiving a cheque for \$25.00 for her winning entry.

The Food bank Christmas Draw for a colour TV will have been drawn by the time this newsletter is out. Thanks to all who bought tickets. The Winner's name will be published in the next newsletter.

The Food bank is being painted and all shelves/ floor etc. painted look like brand new.

The volunteers have been very busy getting ready for the New Year. Any volunteers who have not already approached the new manager Trudy SULLIVAN please do so at 693-4148.

Thank you to all for your cooperation and patience through this time of change.

Bell Island Board "Caring by Sharing"



Crossword solution from page 11