

# Bell Island Community Policing Newsletter

July 2007

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

## From the Corporal's Desk

It wouldn't be fitting of our newsletter not to pay tribute to one of the most important times of our year.....Graduation!

I found some stories on the topic and am sharing them in hope that it not only lends one time to reflect back on the school year but maybe learn and have a chuckle too. Congrats to all!

### THE SNEEZE

They walked in tandem, each of the ninety-three students filing into the already crowded auditorium.

With rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt.

Dads swallowed hard behind broad smiles, and moms freely brushed away tears.

This class would not pray during the commencements ----- not by choice but because of

a recent court ruling prohibiting it. The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families.

The speeches were nice, but they were routine.....until the final speech received a standing ovation.

A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then he delivered his speech. An astounding-- SNEEZE!

The rest of the students rose immediately to their feet, and in unison they said, "GOD BLESS YOU."

The audience exploded into applause. The graduating class found a unique way to invoke God's blessing on their future with or without the court's approval. Who said kids are dumb?

### Words of Wisdom

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar.....and the beer.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

(continued next page)

**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.**

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

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cans of beer from under the table and poured the entire contents of the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--your family, your children, your health, your friends, your favorite passions--things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other

things that matter like your job, your house, your car. The sand is everything else--the small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house, and fix the disposal.

"Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand." One of the students raised her hand and inquired what the beer represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers."

*(Note from RCMP....only when 19 and not when driving...we had to add our part!)*

**Graduation Day**

It was graduation day and Mom was trying to take a picture of their son in a cap and gown, posed with his father. "Let's try to make this look natural" she said. "Junior, put your arm around your dad's shoulder." The father answered, "If you want it to look natural, why not have him put his hand in my pocket?"



*To the Graduating Class of St. Michael's  
2007*



## CONGRATULATIONS BELL ISLAND OLYMPIANS



Your friends here in Cambridge, Ontario, Blair, Ont. and in Batavia, New York, are very proud of the team that represented Bell Island in the recent summer games.

24 medals is a fantastic accomplishment, you have to feel very proud of the job you have done.

Patricia -	2 medals - 1 silver, 1 bronze
Bonnie -	2 medals - 1 gold, 1 silver
Margie -	2 medals - 1 gold, 1 silver
Eileen -	3 medals - 2 gold, 1 silver
Nikki -	2 medals - 1 gold, 1 silver
Jackie -	1 medal - silver
Johnnie -	2 medals - 1 gold, 1 silver
Justin -	4 medals - 1 gold, 2 silver, 1 bronze
Ricky -	3 medals - 2 gold, 1 bronze
Gerald -	3 medals - 2 gold, 1 silver

**We are looking forward to your next games**

June 19, 2007

### **Bell Island Community Policing Newsletter**

From the Corporal's Desk:

Over the last few days I have had a chance to read several of your Newsletters and I found the material contained within very interesting. One item in particular grabbed my attention because it brought back some great memories of when I was a young fellow growing up on Bell Island. The item I refer to is your 'Proposed Improvements to Bell Islands Sports Field' article.

Back in the early 1950's Bell Island had a first class Track and Field Facility at the location you reference in your Newsletter. One day each year athletes and fans from all over would come to Bell Island in great numbers to compete in or just watch the Best Known Track and Field Event in the Province. The best athletes, at least in the east regions of the Province, would come in big numbers to compete. The program for the day was well organized with all track and field events contested. Competitions was of a high caliber, for example, the one hundred yard sprint would be run in around ten seconds and the two hundred and twenty yard sprint would be run in the twenty three second range. The Island had its share of top athletes with some of them dominating a given sport for several years. Provincial records were sometimes set. I believe some of those records still stand today. The day would be completed with a dance at the arena at night. Even today, fifty-years later, we hear people talk positively about when they would go to Bell Island for the Sports Day.

But besides the big Sports Day the Sports Field was used for many things. Just to name a few events, schools would play soccer against each other in the Fall, the Island had a senior soccer league, men from the different Mines would hold tug-of-war and other games there on Labor Day, the circus would come to the Island and set up for several days, Little League Baseball would be played there during the summer. Schools would hold their Sports Days there.

In the early 1950's Magistrate Brian White lived on Bell Island. He had the interest and the desire to organize a senior baseball league. A gentleman named Gordon Martin, who was the Manager of a local store owned by Baird's from St. John's, joined with Magistrate White in trying to get the league up and running. Magistrate White would bring in films of previous World Series tapes and we would watch those games with interest. At the time we had several very interested local people, some of whom are still living on Bell Island, they took a real interest in this league and they too volunteered to help in bringing this league together. In a year or so we had teams come to Bell Island on Saturday and Sunday afternoons from St. John's to play one of the local teams or an All-Star Team from the League. Plus at that time the Americans were still stationed at Fort Pepperall in St. John's, in Stephenville and Argentia. Those Military Bases had baseball teams and they would come to the Island as well.

In the mid 1950's Dosco was undergoing major alterations to their mining operations. To make those alterations they brought in a company from the mainland of Canada. Among those workers there were many good ball players. Soon they formed a team and were accepted into our local senior league. Our local senior league was made up of teams from the different regions of the island. At one time or another we had a team from West Mines, Town Square, Rangers, the Green, St. Kevin's and the Front. The Canadian players fitted in well, we learned a lot from them. (Continued next page...)

(Sports Field...Continued from page 4)

Some of those players, no doubt in my mind, could have played professional ball at some time. During the time they were here, Bell Island entered a team into the All Provincial Baseball Play-offs. We didn't get past the St. John's Caps, but we enjoyed the experience. Most of the team was made up of the Canadian players, we had one player whose name was Parker MacDonald. Parker was a good ball player but as it turned out he was probably a better hockey player. That September, I think it was 1954, Parker left Bell Island to go to the Toronto Maple Leafs Training Camp, he was successful in making the team. Later he was traded to the Detroit Red Wings and played there for many years.

But getting back to your suggestion that the Sports Field is a worthwhile facility and one that should be revived, I agree. It will take some work but like the Sports Field I have mentioned above, the facility need not be fancy, the Sports Field mentioned above was simple but well maintained and respected. The fence was secure, the ball field was marked out and maintained, the track was prepared with all the needed markings for competition, the grass was mowed and stands and housing structures were painted and treated with respect. Today Bell Island don't have the same population it had back in the 1950's and that no doubt is a factor, but there should be no reason why the young people who still live on Bell Island, both male and female, should not have a quality area where they can enjoy the outdoor summer sports that we enjoyed.

I will close now but after reading your article my memories took me back to the time when we enjoyed living and growing up on Bell Island so I thought I would write to lend my support to your suggestion.

**Gerry Taylor**  
**Mount Pearl**

## **Note to Readers:**

**The town of Wabana hosted an open town hall meeting for those interested in following up on this project on Thursday night June 21st at 7:00 p.m. No one showed up! No one from the men's ball league, no one from any children's groups, no one from the Heritage committees or activities on the Island. No one....**

## **Bell Islander wins big at Atlantic Regional Speaking Competition**

Diane BUTLER, originally from Renown St., Bell Island, recently attended an Atlantic Region Speaking Competition for Kinettes in Charlottetown, PEI. and came home as the gold medal champion.

Butler has been competing in like competitions for a while and stated winning the Regionals was a dream come true. She has no time to rest though as she now will be competing in the National Competition in Richmond, British Columbia in August 2007.

“I have been an active member of Kin Canada (an all Canadian service club) for 25 years, which has been a profound influence in my life and career. Belonging to a service club, is a wonderful way to help others. The personal and professional development aspect is priceless and you can have so much fun...it is a very rewarding, worthwhile way of life. It is an honor to be chosen to speak at the National Convention at the other side of the country. I am always very proud to say that my hometown is Bell Island.”

Diane resides in Kelligrews, with husband Don and children, David and Dayna. “We love to go home!! Bell Island will always hold a special place in my heart! “

Diane is presently the Executive Assistant to the Commanding Officer of the Royal Canadian Mounted Police in Newfoundland and Labrador. She works at the headquarters building in White Hills in St. John's.

Way to go Diane!!!

### **Highlights of Diane's years are:**

**Co-Chair of the National Convention in Corner Brook, Newfoundland  
Odyssey 2001**

**Deputy Governor**

**Member of National Professional Development Committee and National  
Membership Committee**

**President, Secretary, Director and have held various other executive  
positions with the Kinette Club of Conception Bay South**



## Health Care and Nutrition for Older Adults and Seniors

The Seniors Resource Centre undertook in the Fall and Winter of 2005/2006 a project in the seniors complex in Port Union entitled, “**Health Care and Nutrition for Older adults and Seniors**”.

This twenty-four week program was developed as a literacy/learning project to provide older adults and seniors with the literacy skills to help ensure that their lives were less vulnerable in the areas of health care and their daily nutritional needs.

Based on the research of national literacy programs for older adults and seniors and with focus groups done with older adults on the Connaigre Peninsula the needs identified were those that lead to the development of this project material.

The original project was for an eight-week program but because of the interest of the seniors group in Port Union another eight-week module was developed and further to that another eight-week module was developed. Each module was based on the needs of the fourteen participants in St. Catherine’s Haven in Port Union.

Jocelyn Cook facilitated the program at the senior’s complex on a weekly basis. Each Thursday the group would meet for an hour of literacy/learning and from that their lives were enriched.

The Seniors Resource Centre in St. John’s in the process of delivering the program, based on the success of the pilot project in Port Union to seven new sites in September. Beginning in September and continuing on a weekly basis for ten months groups of older adults and seniors will come together with a facilitator to learn about their health care needs, how to read and understand labels on their medication, how to read and understand prescriptions given them by their physicians, read and understand nutrition labels, read and understand ads seen daily on TV and heard on radio as well as read and understand documents that come to them from government agencies.

If you think you may be interested in such a program you may contact \_\_\_\_\_ for further information.

If you are interested in facilitating such a program you can contact Ed Wade at 753-3434 or through email at [edwardwade@nf.sympatico.ca](mailto:edwardwade@nf.sympatico.ca)

**Some of the sessions that have been done include:**

**How to use Medications Wisely**  
**What to Expect as You get Older**  
**Falls Prevention**  
**Young at Heart-Tips for Older Adults**  
**Healthy eating**  
**Physical Activity-It Works!**  
**How to Keep Your Mind Sharp**

**Diabetes Prevention**  
**Heart Disease Prevention**  
**Osteoporosis Prevention**  
**Foot Care for Older Adults**  
**Alzheimer Disease**  
**Dental Care for Seniors**  
**Let’s Avoid Cancer!**  
**Keep Your Kidneys Healthy**

## Wabana Town Council News

### Water Alert

We are into the time of year when we have an extra demand on our water delivery system. Although we are working with the Department of Municipal Affairs to obtain funding for improvements, we have to ask residents to conserve water for the summer months. Please make sure that there is no wastage of water in your home. We are asking all residents to not use water for washing cars, watering lawns or filling pools during the hours of 6am and 7 pm. If you know of a leak in the water system, please call the town hall at 488-2025. With your cooperation, we hope to avoid a total ban on the use of water for outside purposes

### Sports Field Reconstruction

Council, with the help of the community, is putting major efforts into the reconstruction and upgrading of the sports field located on Steve Neary Blvd. As this is a facility to be used by members of the community, we ask for your help to ensure that the work and efforts being expended are not put to waste. If you notice damage to the field please report it to the RCMP or the Town office immediately. We are asking that the public refrain from using the ball field in this area until further notice as we install new grass. This project is being done by the community for the community. We are asking all residents to take pride in this facility and make sure that it is not damaged.

### Garbage Collection

Due to the fact that the tender for garbage collection has been awarded to a new contractor, there will be some changes to the collection schedule. Garbage that was previously collected on Monday, Tuesday or Wednesday will all now be collected on Tuesday. Garbage that was collected on Thursday will now be collected on Wednesday.

Please take note that garbage collection will begin at **7:30 am** and that garbage should be placed outside your property about 10 feet from the road.



### ATV Problems

The RCMP will be stepping up patrols to deal with ATV users who are violating the law and interfering with people's enjoyment of their property. We are asking residents to contact the RCMP if they are experiencing difficulties with ATV users.

### Tidy Towns

Tidy Towns is a non-profit organization committed to fostering civic pride, environmental responsibility and beautification through community participation and the challenge of a provincial competition. Each year Tidy Towns sends out teams of skilled judges who travel to all parts of Newfoundland and Labrador to visit communities that have registered in the program. The judges evaluate on eight criteria: Tidiness Effort, Environmental Effort, Community Involvement, Heritage Preservation, Urban Forestry, Landscaped Areas, Floral Arrangements, Turf and Groundcover Areas.

The Town of Wabana is participating in the competition again this year and is asking for the cooperation of all residents in making this a community to show off to the judges and all visitors. If everyone were to clean up their own property, we would indeed have a Tidy Town.

### Bell Island Day July 22, 2007

Bell Island Day will mark the biggest celebrations of the summer. We are inviting all residents and visitors to join us for a day of fun for all members of the family. Any organization, group or individual interested in securing booth space for Bell Island Day 2007 is asked to

contact the Town Manager at 488-2025. If the weather doesn't cooperate, the event will take place at the arena.

### Summer Holidays

We are asking all residents and visitors alike to take extra vigilance when driving during the summer. School is out and our young people are very happy to be on holidays. Many of them will be on bikes and skate boards and will not always watch for traffic. We ask you to watch for them and make this a safe summer for all. We would like to welcome all our visitors and former residents and hope you have a very happy and safe stay with us. If you are visiting, drop in to the town hall and meet the new Town Manager.

### Council Meetings

Regular Council meetings will usually take place on the third Tuesday of each month at 8:00 pm. All regular meetings are open to the general public. If you plan to attend a meeting you should contact the town hall to make sure it is going ahead as scheduled.

### Mayor's March On Heart Disease And Strokes

The Mayor's Walk on Heart Disease and Stroke was held on Sunday, June 24 and was well attended. We would like to thank all those who came out and walked in aid of such a worthy project. We would like to especially thank the members of the Pendergast and Hurley families for their participation. The real winner in this walk was the Heart and Stroke Foundation

**Submitted by  
Councillor Patrick Craig**

## Wabana Boys & Girls Club “A Good Place to Be”



We would like to wish all our members a safe and enjoyable summer. Whether you are swimming or bike riding, please remember that safety comes first. Enjoy the warm summer months and play safe.

### **Summer Programs:**

Any members that haven't registered for the summer programs can still do so by dropping into the club. We have programs for ages 5 – 16 years of age. Anyone who have a child that is 4 years of age and is starting Kindergarten in September are also invited to join our outdoor programs. These children have to be always accompanied by a parent on their game days. We will still be offering the Friday away days. This year the cost of our outings will be \$5.00 and a list will be posted

### **Boy & Girl of the Month:**

We would like to congratulate the Boy (Kendall Jarvis) and Girl (Sabrina Hibbs) of the month for May and Boy (Donnie Hawco) and Girl (Leann Bickford) of the month for June. These four members have been very much involved in our daily programs at the

club. Donnie and Leann are two of our teen mentors who have punched many volunteer hours in to make sure the we can continue to offer the many programs to our younger members. We hope that we can get many more teens involved in the fall of the year.

### **Thursday Night Bingos:**

We would like to thank the people who have supported our bingos over the last month. Our escalating jackpot is now at \$1,250.00. If our jackpot doesn't go we will be splitting it up on Thursday July 19<sup>th</sup>. The prizes will be as follows: We will be having six \$100.00 games, four \$120.00 games, first full card will be \$300.00 and the Escalating Jackpot games will be \$500.00 to go. There will also be an **Early Bird Game** starting at 8 pm sharp. So please come out and support your Boys & Girls Club.

### **Lotto Draw:**

Our next lotto draw will be starting on Saturday July 21<sup>st</sup>. Anyone interested in taking part in this lotto you can call me at the club (3801). The cost of the lotto will be \$10.00. Our

last two jackpots were over \$795.00 and \$880.00. So with your support we might be able to get the jackpot up to \$1000.00.

### **Summer Bonanza Draw:**

Our Summer Bonanza tickets are out and being sold. This is one of our big fundraisers of the year and we are looking for your support to make it a success. The prizes are 1<sup>st</sup> prize \$1,000.00, 2<sup>nd</sup> prize will be \$500.00, and we will be having a 3<sup>rd</sup> prize of \$100.00. If anyone is interested in selling some tickets for the club, please drop in and pickup some. We appreciate every little bit of help. The price of the tickets are \$2.00 each 3 for \$5.00 and the tickets will be drawn on Sunday September 2<sup>nd</sup> @ Black & White Lounge.

**Submitted by:  
Joe Somerton**

## A Good Laugh.....



This guy from the Ridge was lonely and so he decided life would be more fun if he had a pet. So he went to the pet store and told the owner that he wanted to buy an unusual pet.

After some discussion he finally bought a centipede, (100 leg bug), which came in a little white box to use for his house.

He took the box home, found a good location for the box, and decided he would start off by taking his new pet to the bar for a drink. So he asked the centipede in the box, "Would you like to go to the Black and White with me and have a beer?" But there was no answer from his new Pet.

This bothered him a bit, but he waited a few minutes and then asked him again, "How about going to the bar and having a drink with me?" But again there was no answer from his new friend and pet. So he waited a few minutes more, thinking about the situation.

He decided to ask him one more time. This time putting his face up against the centipede's house and shouting, "Hey, in there! Would you like to go to the Black and White and have a drink with me? YOU ARE GOING TO LOVE THIS..... A little voice came out of the box: "Hang on bye while I put on me boots!"

### A Message to Our Seniors on Bell Island

We are pleased to spread the word that **The Royal Canadian Legion has cards every Wednesday afternoon for seniors and St. Michael's parish has cards on Wednesday nights.**

We were also informed that some of our Bell Island seniors were going down to Dicks for a feed of the finest fish and chips on Wednesday 27th of June.

So there is lots of stuff on the go for seniors here on Bell Island. Thank you Betty Parsons for this wonderful information.

If any one else has information about any other activities that are available for our senior citizens...Please let us know so we can spread the word.

Thank you.

## Transportation and Works June 19, 2007



### **Government Makes Improvements to Ferry Docks at Bell Island-Portugal Cove**

The Williams Government continues to revitalize the provincial ferry service by making significant upgrades to the Bell Island-Portugal Cove terminals.

The Honourable John Hickey, Minister of Transportation and Works, announced today that the \$2 million refurbishment of the north ramp on the Portugal Cove terminal dock has been completed. This project commenced in spring 2006 and will conclude with renovations to the south ramp. Minister Hickey also announced that the Provincial Government has awarded a \$1.6 million tender for the final phase of upgrading to the Bell Island terminal dock.

"This government is overhauling the provincial ferry service and that includes everything from vessel construction and rate reduction to ferry infrastructure, such as what we're doing on Bell Island and in Portugal Cove," said Minister Hickey.

"Our investments in provincial ferries are investments in rural economies. These investments will result in an improved and more reliable transportation network, allowing individuals to continue to live in smaller communities and have access to private sector and public services."

The Honourable Dianne Whalen, MHA for Conception Bay East and Bell Island, said the improvements are essential for the future viability of Bell Island.

"Over 500,000 passengers use the Bell Island-Portugal Cove ferry service, making it the most utilized in the province by far," said Minister Whalen. "This service is their highway to the rest of the province and traffic crossing the tickle is increasing every year. These improvements are very good news for my district and auger well for the future success and growth of Bell Island."

Gary Gosine, mayor of Wabana and vice chair of the Bell Island Ferry Users Committee, said, "I regard this investment in Bell Island's ferry service as a vote of confidence in Bell Island and Bell Islanders and an indication of the Provincial Government's firm commitment to rural Newfoundland and Labrador. This government has made, and continues to make, a series of investments in our ferry service which is the foundation of Bell Island's growing economy." **(cont'd next pg)**



## WHY MEN ARE NEVER DEPRESSED:!!!!!!!!!!!!!!

Men Are Just Happier People-- What do you expect from such simple creatures?

Your last name stays put.

The garage is all yours.

Wedding plans take care of themselves.

Chocolate is just another snack.

You can be President.

You can never be pregnant.

You can wear a white T-shirt to a water park.

You can wear NO shirt to a water park.

Car mechanics tell you the truth.

The world is your urinal.

You never have to drive to another gas station restroom because this one is just too icky.

You don't have to stop and think of which way to turn a nut on a bolt.

Same work, more pay.

Wrinkles add character.

Wedding dress \$5000. Tux rental-\$100.

People never stare at your chest when you're talking to them.

The occasional well-rendered belch is practically expected.

New shoes don't cut, blister, or mangle your feet.

One mood all the time.

Phone conversations are over in 30 seconds flat.

You know stuff about tanks.

A five-day vacation requires only one suitcase.

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

If someone forgets to invite you, he or she can still be your friend.

Your underwear is \$8.95 for a three-pack.

Three pairs of shoes are more than enough.

You almost never have strap problems in public.

You are unable to see wrinkles in your clothes.

Everything on your face stays its original color.

The same hairstyle lasts for years, maybe decades.

You only have to shave your face and neck.

You can play with toys all your life.

Your belly usually hides your big hips.

One wallet and one pair of shoes -- one color for all seasons.

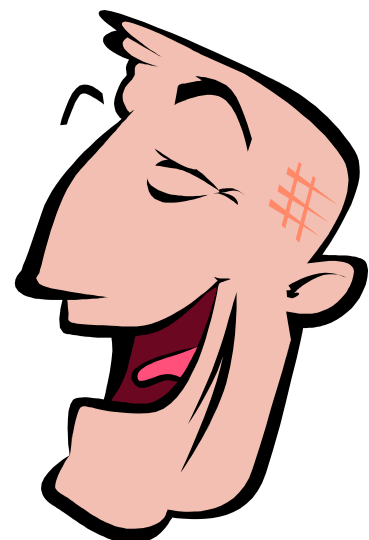
You can wear shorts no matter how your legs look.

You can "do" your nails with a pocketknife.

You have freedom of choice concerning growing a mustache.

You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

**No wonder men are happier!**



## The Lions Club

Minutes of the Regular Meeting of the Portugal Cove - St. Philip's Lions Club May 22nd, 2007

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

Minutes of the last meeting were read by Lion Bradley. Motion the minutes be accepted by Lions Olive and Bert. Motion carried. Business arising from minutes. Nil

### Financial Reports given and accepted.

Committees: VOCCM  
Bingo: Lion Bert supplied his report with a handout on his Bingo project. \$56.50 have to be transferred to the penny account (paid for shortages). Lion Bert's project netted \$7146.22 from January 20 to April 21. Top store was Philly's in Airport

Heights at \$751.07.  
Motion by Lion Bradley / Josephine that the Club donate \$400 to the Bell Island Food Bank for Bingo card sales.

### Lion Bert's Pennies:

Lion Bert supplied \$56.50 from his penny cans.

**Membership:** No report. Lion Jeremy's induction will take place at the next meeting.

**Correspondence:** From Eastern Autism re: donation for autistic children attending LMS Camp. Lion Bradley to follow up on this. From CNIB asking for \$300 to assist individuals attending the LMS Camp.

**New Business:** CFSII donation and meeting space at the Legion deferred to next meeting. Motion Lions Josephine / Gladys that the Club



donate \$50 to the Senior's Resource Centre. Lion Bert had a call from the GA (Girls Auxiliary) which the Club has supported in the past. Invitation for 2 to attend their dinner. Lion Mary to attend with Lion Josephine.

**Bills for Payment:** Lion Bert's Bingo expenses for the year as outlined in his report. This amount is reduced over last year as a result of Lion Boyd's participation on Bell Island. This saved the club money as Bert didn't have to travel to the Island.

**Per: Lion Bradley Moss Secretary.**



**Presents**  
**The shape of things to come**



**Don't miss the**  
**RCMP Musical Ride**

**Date:** July 8th, 2007  
**Time:** 2 p.m.  
**Location:** The Dianne Whalen Soccer Field

**Locally Supported by:**

**The NE Avalon Crime Stoppers Committee**



**R.C.M.P Community News**

**RCMP Musical Ride to Perform in Province**

The RCMP Musical Ride provides Canadians, from coast to coast, with the opportunity to experience part of our heritage and national identity.

**The World Famous RCMP Musical Ride will be in the St. John's area in Paradise at the Dianne Whalen Soccer Field on July 8th, 2007 at 2 p.m.**

**This event is being hosted by the NE Avalon Crime Stoppers committee. The proceeds will be going to Crime Stoppers**

**Tickets are \$8.00 each and can be purchased locally at the Bell Island Detachment of the RCMP .**

**Call 488-3312 for more information.**

Other Places and Times for this event are:

Bay Roberts - July 9th - Sponsored by the Town of Bay Roberts. Proceeds going to Helping Hand Food Bank. Event being held at the Outdoor Soccer Pitch at 7 PM.

Gander - July 12 - Sponsored by the Town of Gander. Proceeds going to the SPCA.

Corner Brook - July 15 - Sponsored by the City of Corner Brook. Proceeds go to the Victorian Order of Nurses and the Humber Community YMCA. Event held at the Pepsi Center Corner Brook at 2:00 p.m. and 7:00 p.m

Ticket information and details on show times will be available soon. For more information, please visit the RCMP website at [www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)

**Helen Escott: Senior Communications Strategist RCMP "B" Division Newfoundland & Labrador**

## The Bell Island Fiddlers



About a year and half ago the Government announced new money to bring more Newfoundland culture into the schools. The light bulb switched on inside my head and I approached the Department of Education with my idea: to introduce fiddle music instruction into the school curriculum. The folks in the Department liked the idea but for over a year I heard nothing further. Then one day in March I got a call asking if I would run a "test case" in one school to see how this idea would work. As I was living here on Bell Island, they chose St. Michael's Regional High for the test case.

We had about 35 applicants from Grades 7, 8 & 9 and from there we selected the "chosen 12". We began our pilot project in the first week of school after the Easter Break and with assistance from the school's music teacher, Jean Barry, I guided the students through a basic 8 week "crash course" in beginner's fiddle. They first learned how to produce a sound on the open strings, then on to some simple nursery rhymes. By the 8th week they were all able to play the first part of *Mussels in the Corner*.

On June 8 we gave a recital at the school, attended by family and friends of the fledgling fiddlers. Two officials from the Department of Education also attended and everyone was very impressed as the group performed extremely well and with much enthusiasm. The project was a success as we proved to Department officials that a group of students could learn to play Newfoundland fiddle in a very short time.

This success story has a rather unfortunate twist at the end, however. The instruments used by the students in this Program were borrowed from the MUN School of Music and once the Program finished, the instruments had to be returned. So now we have 12 keen and talented young fiddlers here on the Island with no instruments to play. We look forward to the possible continuation of this Program in the Fall and perhaps a more permanent provision of instruments at that time.

During a conversation with Merrill Hoddinott, principal of St. Michael's, I had another "light bulb" moment. "I'm willing to bet" I said, "that there are at least 12 fiddles lying around in houses on Bell Island, not being played, perhaps even without strings or a bridge. I wonder if we could borrow these fiddles from their owners, just for a while, so these fiddlers can continue to develop their ability to play?" A kind of "sponsor a fiddler with a fiddle" program.

Food for thought, I think. *What do you think ?*

**Kelly Russell**  
Bell Island 488-3821

The Bell Island Fiddlers are : Nicolle Neary, Susan Moores, Samantha Bickford, Brandon Hynes, Ashley McLean, Emily Hibbs, Morgan Seward, Ben Walsh, Rhiannon Vokey, Mandy Squires, Jillian Sweeney and Matt Rees

## **WATERLOO REGIONAL POLICE MALE CHORUS**

By: Fred Noseworthy

The Chorus was formed in November 1973. Originally comprised of active duty officers, the Chorus has seen many changes over the years.

In keeping with the police service commitment to community policing, the present Chorus is comprised mainly of volunteers that are proud to represent the Waterloo region as well as the Waterloo Regional Police Services.

The fifty members Chorus is a non profit organization sponsored by the Waterloo Regional Police Services Board, as a public relations vehicle for the service. Its mandate is to serve the region by performing at a wide variety of community activities such as schools, hospitals, service clubs, churches, conventions as well as ceremonial functions.

As well as entertaining Waterloo Region and Ontario audiences the Chorus has performed in the United States, England, Scotland and Wales.

Venues included Southwell Minster, Lincoln Cathedral, oxford Town Hall, Rochester Cathedral, York Minster, Huddersfield, Nottingham and Basingstoke in England, Edinburgh and Kinross in Scotland, as well as Swansea and Morryston in Wales. In 1992, 1993 and 1998 the Chorus performed at the Chautqua Summer institute in New York State and 2000 and 2005 in Canton, Ohio.

The Chorus regularly participates in the Police Memorial Service on Parliament Hill in Ottawa as well as the Ontario Police Memorial Service held in Queens Park in Toronto. The members have performed for Police Services in Halton, Ottawa and York and the Kent Constabulary in Kent, England.

To celebrate the Police Services' 25th anniversary in 1998, the Chorus in collaboration with the Police Services Band, released its forth recording, "Yuletide Treasures", a collection of Christmas music. Another recording followed in the summer of 2001 called "Sing and Rejoice". And our most recent recording entitled "We Sing Again". This is being released in time for the Newfoundland Concert tour.

In 2004, the Chorus traveled to the Maritimes and performed in Charlottetown, Glace Bay, Bridgewater, Halifax, Aldershot and Montreal. And now in 2007 is very proud to be traveling across Newfoundland bringing our music to places like St. John's, Bell Island, Botwood and Port Aux Port.

The Chorus repertoire includes selections from a wide range of music. The Chorus performs traditional spirituals, operatic choruses, hymns and sacred music, Canadian folk songs, pop standards from the past and present, music from the movies and the British and Broadway stages. It is this variety that gives the Chorus the unique sound and versatile presentation for which it is so well known, in addition to full chorus performances, the fine vocal skills of individual members are featured as soloists.

The Chorus strives to provide a program, which appeals to the wide variety of musical tastes of both its audiences and members.





## **Bike Rodeo a Great Success**



On Saturday, June 9<sup>th</sup>, the Monsignor Bartlett Memorial Arena was once again the site of both excitement and enjoyment as people gathered to learn about bicycle safety and challenge their skills in the 'Bike Rodeo'.

Children of all ages gathered at this event and took part as either participants, hosts, volunteers supporters or parents and guardians. As participants they had the option of taking part with or without a bicycle and their names were entered into draws for an assortment of prizes including new bicycles, helmets, gift certificates and treats, over 50 prizes in all. To start the event we all gathered to go over a few rules of the road regarding bicycle safety and also a quick inspection of our bicycles and helmets. Once this was completed off we went to attempt the riding skills portion of the Rodeo which I might add was completed by all who took part, ... GREAT WORK!!!

I would like to take this opportunity to thank all those who took part and also all those who helped make this years Rodeo a great success. Mr Tom SPRACKLIN spear headed this event once again by dedicating his time and efforts to promoting this event and looking for sponsorship and prizes.

A very special "THANK YOU" goes out to but not limited to; the Kiwanis and their volunteers, Arena Staff, Bonnie SPRACKLIN, Dale FITZGERALD, Dennis MORGAN, Dr. LAURIE, Mike LAURIE, SLADE's Mini Mart, Personal Touch , Shirley's Hair Salon, Tina's Unisex Salon, Urban Flooring, Dr. TUCKER, Family Drug Mart, VOKEY's Convenience, Bern and Anne Marie METCALFE, Knights of Columbus, Curling Club, Dave FOLEY Inspection, St. Michael's Church, Father BERESFORD, West Mines Sports Bar, VOCM, Ed METCALFE, Gord METCALFE, PENDERGAST Funeral Home, KITCHEN's Store, Foodland, Elaine DALTON, Seaview Lounge, Jerome WARREN, BENNETT's Refrigeration, Island Manufacturing, Jim YICK's Service Store, Bell Island Heritage Society, Royal Canadian Legion # 18, HAMMOND's Construction, HUNT's Distributing, Henry's Photo and Engraving, Judy BURT, TREMBLETT's Ambulance Service, Black and White Lounge, Wink's Taxi, Maria DWYER, Town of Wabana, Town of Wabana Volunteer Fire Dept., Zellars, Dominion, Sobey's, Canadian Tire, Walmart, Costco and Pier 17.

Just to let you know this is not an official list of supporters and it is possible that names may have been left out. We ask that if you supported this Bicycle Rodeo and your name is not listed here please contact the RCMP of Bell Island or Mr Tom SPRACKLIN so that we may make appropriate corrections.

With any great "event" there lies great "volunteers".

## **THANK YOU !!!**

We ask that all those who ride bicycles remember to wear their helmets, follow the rules of the road and continue to ride safely. The RCMP in co operation with the Wabana Boys and Girls club will be working together once again this summer to promote helmet use among our young riders. Be on the lookout for the Wabana Boys and Girls Club Van or the Police Cruisers as we will be stopping bicycle riders who are wearing their helmets and following the rules of the road to enter your names into a weekly draw for prizes.

Ride safe and enjoy your summer

**Steve PIKE**

**RCMP Bell Island**

## **FROM THE DESK OF CAPT. CROSBIE**

### **2410 RCACC**



It has been quite some time since I had the pleasure of putting an article in the RCMP Newsletter. We have just finished our 2006/07-cadet year, holding our annual review on May 21, 2007. The annual review was a tremendous success with everyone doing well and pulling their weight. Compliments were received from and to all who participated. Awards were made to a number of cadets for their efforts during the 2006/07-cadet year. Congratulations to all who received awards. It is only unfortunate that we cannot give an award to every cadet because they are all special in their own way and deserve to be recognized. This year the usual cadet \$1,000. Scholarship was not awarded by the Nfld. & Labrador Cadet League, however, Dr. Alexa Laurie still presented her \$500. Scholarship made in recognition of her late mother. This was awarded to WO Amanda (Noseworthy) Reid. There were three applicants for this scholarship. The committee did not have an easy decision to be made. Congratulations Amanda.

Summer is here and with that we will be sending approximately 20 cadets to regular cadet camps in Argonaut. Along with those cadets we will be sending 3 staff cadets, MWO Cassandra Crosbie, WO Megan Benoit and WO Heather Benoit to Argonaut as well. We also have one cadet WO Stephanie Smith going to Whitehorse, Yukon, and CWO Nicole Butler to Rocky Mountain Camp in Alberta. We wish them all well in their endeavors. Along with the cadets, we have three officers going to various cadet camps. Capt. Denita Hammond is taking part in the Paratroopers Course, Capt. Wayne Fitzgerald is going to Argonaut as Field Co-ordinator, and I am going to Argonaut, New Brunswick as well.

During the past year we have taken part in various community activities such as the Battle of the Atlantic, The Remembrance Day Parade, Canada Day, etc. with the Royal Canadian Legion. We have had outings to St. John's. We held Field Training Exercises, went snow shoeing, skiing, swimming and had fun, along with learning leadership, honesty, respect for others and ourselves.

Cadets is the best Youth Organization in the Country. It is open to youth between the ages of 12 and 18. As well, with cadets you can also be involved with the Duke of Edinburgh Program. Another well recognized program.

During the year, we had several fundraisers, a flea market and two tag days. Thank you to all who donated to our activities, as well as the businesses who supported us. Over the summer, we hope to have a flea market on July 20<sup>th</sup>, as well as a fish and brewis takeout. This will take place in front of the Wabana Boy's & Girl's Club, weather permitting, and inside if weather is bad. Please come and support our cause, there will be something for everyone.

We will be having a Cadet's Caring for Canada cleanup later in this month in different parts of the island. Please honk if you see us.

Cadets will be reopening again on September 12<sup>th</sup> at 6:30, St. Michael's School. Please become involved as a parent, a cadet, or a volunteer.

I look forward to seeing everyone again in September. Have a safe and happy summer.

**Capt. Sandy Crosbie**  
**2410 RCACC**

## **Caring by Sharing Hours of Operation**



Hours of Operation:

**Monday 1 - 3**

**Tuesday 1 - 3**

**Friday 10 - 12**

We are currently installing a message manager on our phone for those who are in need of service after hours for emergencies.

Please remember to leave a name and number for us to get in touch with you. The service is checked at least once daily. Patience is a virtue! We are volunteers!

You must call during open hours to get a personal appointment for service. This makes the process more private and personal. We have days planned where cooked dishes may be available. Please let us know if interested when you call or visit by appointment.

We are proud of our service. Please stay in touch with suggestions that fit our operations and budget.

**Caring by Sharing Crew.**

## Spotlight on Food Allergies and Food Intolerances



### What is a Food Allergy ?

A food allergy is a reaction by the body's immune system. For example, if a person is sensitive to peanuts, every time a person has contact with peanuts, their immune system overreacts.

If you have a food allergy, every time you come into contact with that food, you will have a reaction. Even in very small amounts. Food allergies are quite rare. Only 1% of adults and 5% of children have true food allergies.

The most common triggers of food allergies are

- cow's milk!!!! Another great reason for new mom's to breast feed.
- fish and shellfish
- wheat
- eggs
- peanuts ( these are the most common food allergy)
- soy

What are the most common symptoms of food allergies ?

- Rash or hives
- itchy skin
- stomach pain
- nausea or vomiting
- swelling of facial area
- trouble breathing

How are Food Allergies different from Food Intolerances ?

Food intolerances are sometimes mistaken as food allergies. However, they are very different.

### What is a Food Intolerance?

A food intolerance causes it's problem in the digestive tract. It does not involve the immune system. If a person has a food intolerance, the particular food irritates the digestive tract or the body cannot digest that food properly. Most people will only have a reaction if a large amount of the food is eaten.

For example, if a person is lactose intolerant, drinking coffee with a small amount of milk may not cause a problem. However, drinking a glass of milk may cause the person to become ill.

What are the most common symptoms of food intolerances ?

- stomach cramps
- diarrhea
- gas or bloating
- headaches
- irritability

Why are food allergies such a serious problem in our schools ?

Anaphylaxis or Anaphylactic Shock.

This is a term used to describe a person who is severely allergic to a particular food.

What happens when Anaphylactic Shock occurs ?

1. The airways tighten which can cause difficulty breathing.
2. A severe drop in Blood Pressure
3. Rapid pulse.
4. Dizziness or loss of consciousness.

Did You Know.....

\* The first breakfast cereal ever produced was Shredded Wheat.

\* Bagels are made from an eggless

dough formed into the shape of a donut. It is then dropped in boiling water to boil for 3-5 minutes, then turned over and boiled for another 3-5 minutes. Once the water has been drained off, bagels are then baked in the oven for 10 minutes.

\* Blueberries rank # 1 in antioxidant activity compared to 40 fruits and vegetables. Antioxidants are the ingredient responsible for protecting your body from cancer and other age related diseases. Blueberries are an excellent source of fiber, Vitamins A and C, Potassium and Folate.

\* The Arab's believed garlic grew from the footprint of Satan as he stepped out of the garden of Eden.

\* Lycopene in red fruits and vegetables such as tomatoes, watermelon and pink grapefruits is a potent antioxidant and is associated with decreased risk of cancer and cardiovascular disease.

According to the Website Fatcalories.com.....

\* McDonald's Big Mac contains 560 calories with 270 calories from fat.

\* McDonald's large French Fries contain 570 calories with 270 calories from fat.

\* McDonald's Premium Crispy Chicken Club Sandwich contains 680 calories with 260 calories from fat.

Mayo Clinic Website

Food Reference Website

Drugstore Pharmacy Website

Food Facts Website

Fat Calories Website

Food Service News

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

## A VISIT I AM LOOKING FORWARD TO

After leaving Bell Island some 40 years ago, my mind takes me back there on a regular basis.

I've always enjoyed coming back for a visit, and meeting with the few people there that still remember me. This summer will be a special visit for me, although I will only be on the Island for just a day.

Since leaving home I have had a chance to fulfill one of my goals, and that is to belong to a world class choir.

I joined with the Waterloo Regional Police Chorus back in 1993 and have traveled throughout Canada, the USA as well as several trips to Great Britain. And have just released our 5th recording, which will be for sale during our visit.

On July 23rd of this year I am very pleased to say that we will be visiting Bell Island for a special one night concert in aid of the local Food bank,. The concert will take place at St. Michael's Church on Town Square. This concert has been made possible through the efforts of Cpl. Boyd Merrill, Rev. Trudy Sullivan and their committee.

We will be a singing group of 35 singers and will be accompanied by an additional 67 relatives and friends as well as some senior members of our Police Services here in Waterloo. Most of which have never visited Newfoundland, so they are in for a treat.

They will be treated to a tour of our island as well as an optional tour of the No.2 Mine. We are looking forward to the warm hospitality of which we are known for on the East Coast.

This is just one concert of a series which will see us perform as well at the Basilica of St. John The Baptist in St. John's, to raise funds for Crime Stoppers as well a church youth group, then it will be off to Botwood to a fund raiser for the Salvation Army Building Fund, and will wind-up with a concert at the century old Our Lady of Mercy church in picturesque, Port aux Port.

The 14 day tour will also give our visitors a chance to visit areas all across the province. Great events are planned for these people so they can soak up the traditional hospitality, which we are known for. So please join us for an evening of song and help raise funds for the local charities at the same time

**Submitted by: Fred Noseworthy**

### A Heartfelt Thank You

The family of the late Bill Bursey would like to express our sincere thanks to everyone who supported the tribute and benefit of our beloved husband and father.

To all the musicians who generously gave of their time, to Dick's Lounge, all the people who supported us before, during and after, your thoughtfulness will never be forgotten.

Kev and Gertie George thank you so much.

**Jean Bursey & Family**

**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](mailto:boyd.merrill@rcmp-grc.gc.ca)

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

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

## Things that Make Life Important

I grew up in the 50s/60's with practical parents. A mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a Name for it... A father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a housedress, lawn mower in one hand, and dishtowel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.

Sometimes, what we care about most gets all used up and goes away...never to return. So... While we have it.. it's best we love it.. And care for it... And fix it when it's broken.... And heal it when it's sick.

This is true... For marriage.... And old cars... And children with bad report cards..... Dogs and cats with bad hips.... And aging parents....And grandparents. We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people we know who are special.... And so, we keep them close!