

Bell Island Community Policing Newsletter

May 2007

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

From the Corporal's Desk

"The message here is that our heritage in track and field is just as strong as the heritage for the mines and it's workers. Then why do we have a world-class mine tour but we have a "land fill" replica for a sports field?"

There is an old saying (I love old sayings) that goes like this:

"The greater danger for most people is not that we aim too high and we miss it....but that we aim too low and we reach it."

Michelangelo is quoted with this phrase. Simply put there some people real good at dreaming but only a few strive to reach the goals they dream of. Why?

I am sure when Michelangelo told the owner of the Cystine Chapel that he wanted to paint the entire ceiling then someone or everyone must have thought he was nuts...but he did it.

I am sure when Noah claimed he was going to build a huge boat to fit all the critters of the world then his wife thought he was into the wine...but he did it.

The point here is this. If you want it and work towards it then it will happen. Where, you ask, am I going with this?

Ever since we arrived in Bell Island we have heard of the amazing athletic feats of the early 1900's into the mid 1900's. Bell Islanders could run and jump higher and faster than others from all over the province and some better than others from across the country.

They built a special track out of ashes. It was the best track in the province. The athletic programs were second to none.

I have heard present Bell Islanders tell me stories of beating Canadian records in track and field! The stories were sure proud.

The message here is that our heritage in track and field is just as strong as the heritage for the mines and it's workers. Then why do we have a world-class mine tour but we have a "land fill" replica for a sports field?

It is a disgrace to drive by what was once a thriving central part of the town of

Wabana and see the broken fences with no paint, dilapidated ball dugouts, a concrete building that keeps getting broken into but there is nothing in it, a fence littered with plastic bags, a resemblance of a child's playground and in about another month foot high grass and hay.

Athletes who used to win gold medals on this sports field must close their eyes when they have to drive by...or maybe they just don't.

Visitors to our area all seem to have to drive by this large area at least once when they are on the Island. That is because it is close to the bank, close to the gas station and on a normal route to the rink if they take Main Street off the ferry.

I am not sure what they think but it isn't envy or admiration. Now at about this point there are numerous persons who can give me a million reasons how it got this way.....and I don't really

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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.

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

care or want to hear them. I just want to know how we are going to fix it. And yes I am volunteering to help...period.

Special Olympians went to the Winter Olympics in Cornerbrook last winter and were denied medals in certain races because they were forced to practice in areas substandard to their competition. The others practiced on a real track. We have a real track but couldn't use it. Because of that two Olympians were eliminated from two races that they actually won.

Not good enough! Try looking at a Special Olympian who has just run their heart out and won a race but was denied a medal because they crossed over a line. A line that wasn't in their practice area, as we didn't have one. I can tell you first hand it feels like swallowing a broken glass. It won't happen again.

Here are the facts:

We need to fix and paint the fence.

We need to cut the grass in summer and plow the track often in the winter.

We need to put in proper lighting so kids can play ball in the evening.

We need to get rid of the old pool building.

We need to build a proper safe playground. (How many communities in Newfoundland do you know of with no playground except us?)

We need to fix up the dugouts and maintain the ball field.

We need to set up a family picnic area with garbage cans and tables.

We need to look at other possible recreation activities like a outdoor mini-golf area...we once had one.

We need to get locals out with rakes and garbage bags and landscape the site.

We need to erect a large sign with everyone's name that helped and name the field proudly.

We need to have the town counselors demanding all this and our Mayor championing the process.

We need town staff searching for grants and funding.

We need to get persons who know planning to get the area planned.

We need to forget worrying about the cost and seek sponsors.

We need to do some of the work ourselves.

We need to get of our butts and start doing things instead of just

complaining. Why? Because we have toperiod.

I challenge every service group, church group, organization, committee, business and resident of this fabulous community to rise to this challenge and start talking about it. Then I would like to see a town meeting about it. Then a plan developed and followed. Then we need a picnic day to celebrate when completed.

You all elected town counselors so it is time to get them excited about a project here on Bell Island.

There is another old saying: **A pessimist sees the difficulty in every opportunity: an optimist sees the opportunity in every difficulty. Which one are you?**

Spring Word Search



How did the praying mantis uncover the caterpillar's secret plans? She bugged his phone.

Find the Spring words.



bud	rain	May	Easter
April Fools Day	flowers	umbrella	bird
Daylight savings	puddles	daffodil	
butterfly	spring	tulip	
windy	April	kite	

Rights and Responsibilities

All people have rights because of The Charter of rights and Freedoms.

The right to live in a safe and drug free community.

The right to feel and be safe in your own home.

The right to be safe on our highways.

The right to go to a bully free school.

But with these rights come responsibilities....you can't have rights without them. These include:

The necessity to report crime.

The responsibility of keeping the community free from harmful persons or practices.

The responsibility of watching over your friends, family and fellow students.

Everyone has the responsibility to distinguish right from wrong and to do something about it.



**Crime Stoppers of
Newfoundland and Labrador
(2007)**

Bell Island Ferry Users Committee – May Report

Submitted by: Ed Kent



1. STAKEHOLDER FERRY SERVICE HEARINGS-(MAY 1 OVERVIEW)

Government Transportation officials hosted a 3-hour stakeholder meeting on emerging ferry issues on May 1 at the Wabana Complex.

Bell Island stakeholders attending included members of the Ferry Users Committee, Wabana Council members and representation from the Heritage Association.

Our view were well presented and well received on ferry services issues. The case was made for need improvements including a new swing ferry to replace the main vessels when they are out of service. We are seeking a 28-car swing ferry as part of the next phase of Government's vessel construction program.

We also advocated for the funding approval of the 2 new Gateway project terminal buildings. We have made a strong case for approval this summer such that tenders can be called this Fall for construction and an

opening in 2008.

Representation was made for improved vessel safety systems, improved efforts to maintain terminal properties in a clean state, approval for ferry cams at both terminals, improved communications on schedules, measures to approve strike free ferry operations

Inquiries were made on the status of the planned new automated terminal ticketing system for the Cove.

We urged Government officials to adopt advanced commuter tickets booklets as the only means to secure the commuter rate and we continue to recommend that commuters buy the advanced booklet to avail of the tax credit for purchase and to reconfirm single ticket purchases DO NOT QUALIFY.

The Public is advised that individual views on ferry services are still being accepted (fax to 709-729-3418, email vrp@gov.nl.ca, visit our Users Committee web site section at www.bellisland.net or by mail to the:

Dept of Transportation and Works -Vessel Replacement Plan at Box 8700, St John's NL - A1B4J6.

2. 2006-2007 FERRY STATISTICS.

We are pleased to report that for the 12 month period ended March 31,2007 ferry traffic use remained very high with 238,749 passengers departing from Bell Island 237,080 passengers departing from Portugal Cove, or 475,829 passengers overall.

Vehicle car traffic was 230,911 overall last year plus there were 4,936 commercial vehicles overall (one way traffic). Another great year of use

3. COMMUTER USERS SOAR:

For the first 4 months of 2007 Government has issued 580-commuter use passes for qualifying individuals for this year. There were 250 passes issued to other individuals in 2006 or have yet to renew in 2007.. So far in 2007 these people have not applied for renewal of passes- seasonal workers etc).

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4. VESSEL REFITS:

We understand that the Beaumont Hamel needs a short period of downtime for a small refit and safety inspection this Spring. The work is being planned for a time when the Nonia is repaired and the dock work completed in the Cove.

The Flanders will only require some minor work

The dock work in the Cove should be completed in June

5. TENDERS PENDING:

Tenders will soon be called to widen the ferry line-up lane in the cove to 4 lanes and to carry out other ticket line-up lane

improvements

Tenders will also be called shortly for the replacement of last old Flanders dock section on Bell Island .

This contract once awarded this summer will likely require the repositioning of the ferries, as the Flanders dock will be shut down for a number of months. There will likely be nights where both vessels may have to overnight in the Cove as the vessel operating at night cannot remain in the one remaining dock on Bell Island as the other vessel needs access to that dock for its first morning trip. We have advised Government of our full cooperation on the understanding that no trips in the current schedule are cancelled.

Details are being worked out on as to vessel positioning during the dock work.

6. COMMUTERS-advanced tickets make sense (cents)

Please use advance ticket booklet- do not lose your tax credit and help speed up ferry loading by avoiding daily ticket purchases

7. FEEDBACK

Please contact Committee members (David Brazil, Gary Gosine, Ed Kent, Keith Kent, Boyd Merrill, Donna Kubik, Tony Power, Alexa Laurie) with any concerns /feedback or your MHA Minister Dianne Whalen

"Commuter pass renewals"

Users who wish to renew their winter pass or apply for a summer period pass are requested to submit their completed applications to the purser's office by mid May 2007. **Please specify on the application if you feel you are entitled to a permanent or a seasonal pass. Permanent pass holders do not have to re-apply.** Those who do not hold and present a valid pass will not be granted commuter priority or commuter rates. Thanks for your cooperation.

"Summer ferry/tourism related employment with Users Committee"

Students interested in summer jobs should hand in their application to the Town Office in the Wabana Complex

WORKING TOGETHER WE CAN DEVELOP SAFER COMMUNITIES.



Education and awareness of preventive techniques can help you recognize a potential crime situation and allow positive action to be taken that will reduce or remove the risk.

Becoming involved in your community along with your local police can increase your sense of security and enhance programs and services available to your community.

Safety in Your Home:
For the majority of people, a feeling of security is found in the safety of their homes. However, many Canadians fail to take even fundamental precautions to secure their homes against robbery.

There are a number of precautions you can take that will reduce the opportunities that a burglar is looking for.

Prevention Tips:
Conduct a security check of your home to determine possible entry points and any weaknesses they may have.

Keep all entrances and garages well-lit at night.

Do not leave tell-tale signs that you are away.

Install good locks and always use them.

Install a wide-angle door viewer which permits you to see callers before you open the door. Never open a door to strangers without credentials.

Change your routine often. Burglars can operate on your routine!

Do not keep large amounts of money in your home.

Mark valuable items for identification. The Operation Identification program has been developed by police to assist people in marking their property.

Keep valuables in a safety deposit box at your bank. If this is not possible, keep them locked up in a reasonable hiding place in your home.

Note: A few inexpensive but rich-looking pieces kept in the jewellery box as a decoy may deter unnecessary ransacking of your home in search of valuables.

What if.....
A burglar assumes you are not home and enters without checking?

Do not attack the burglar who is as likely to be as frightened as you are.

Try to memorize a description of the person, particularly facial characteristics.

When the burglar leaves, call the police immediately.

Facts and Fiction:
The portrayal of a burglar as a sinister thief operating at night, a handkerchief over his face, coat collar turned up and peaked cap on his head is

misleading and inaccurate.

Statistics indicate that the thief will most probably be one of the male youths in the neighbourhood, usually under 30 and most likely a teenager.

He may be well dressed, wearing a recognizable uniform or a suit jacket.

It will more than likely be broad daylight.

The typical burglar does not want to harm you, just get into your home, steal what is available and valuable, and get out as quickly as possible, unobserved.

Away from Home:

It is important to take extra care in securing your home when you are going to be away for any length of time. Not only should your home be secure but it should also appear lived in.

Prevention Tips:
Secure all windows, doors and garage before you leave.

Leave a radio playing to indicate that someone is home.

Leave one or two lights on, preferably timers that turn on according to how dark it is outside.

Discontinue mail, milk and newspaper deliveries.

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Arrange to have someone pick up any newspapers or mail that are left on your step.

Leave a key with someone you trust.

Let your neighbours know your going to be away, for how long and where you can be contacted if necessary.

For your own well-being and to help others from becoming victims, if you have been victimized (or think you have been)

REPORT THE CIRCUMSTANCES IMMEDIATELY TO YOUR LOCAL POLICE DEPARTMENT - THE BELL ISLAND RCMP

(709) 488-3312



Growing on a Personal Level

Spring brings thoughts of sunshine, new growth and new beginnings, not only in your garden but also in personal growth.

If you or someone you know is interested in growing on a personal level, by going back to school, joining or re-joining the work force - why not come and talk to us.

The Department of Human Resources Labour and Employment located in the Public Building on Bennett Street may be able to help. Our aim is to ensure that everyone has equal access to career development resources and employment opportunities so that we can build the future together.

If you would like more information on any of the programs and resources that we have available, please feel free to call any weekday from 8:30 am - to 4:30 pm. for an appointment at 488-9244 or 488-9209.

We look forward to hearing from you!!

Wabana Town Council News

Ron Pumphrey Book

We would like to advise our residents that Bell Island native Ron Pumphrey has just published his memoir, "Human Beans". This is a book about growing up on Bell Island and in Harbour Grace in the 1930s. The book, published by Flanker Press' is now available at book stores. Ron is currently a resident of St. John's

Newfoundland Hydro generating Station

The Town of Holyrood has expressed concern about the emissions from the stacks at the Newfoundland generating station in Holyrood. Every day massive amounts of emissions leave the stacks and travel for miles in all directions affecting many communities including Bell Island. The Town of Wabana has decided to write Premier Williams, Minister Clyde Jackman, and Ed Martin, President and CEO of the Hydro Group of Companies to voice our concerns over the emissions and ask that they do everything possible to correct the problems at the generating Plant. It is our hope that Government and NL Hydro will take action and clean up what is the 5th largest polluter in Canada.

Smokers' Helpline 1-800-363-5864

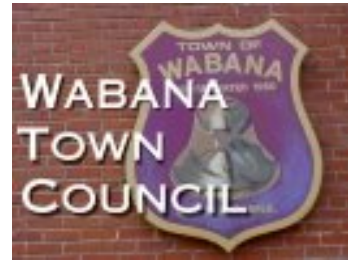
Every year, in Newfoundland and Labrador, 1112 people die from smoking and tobacco exposure. The Newfoundland & Labrador Lung Association's Smokers' Helpline has asked council to promote tobacco control in our town. If there are any groups or individuals in the community who would like to promote a tobacco free community, you can contact the Lung Association.

Clean Up

The month of May is **Clean Up Month**. We are asking all residents to clean up their properties and make our community a beautiful place to visit. We are asking residents to place refuse outside your property so the council workers can pick it up.

There are a number of older buildings in the community, which are becoming dilapidated. We are asking the owners of such buildings to either bring them up to a good standard or tear them down. There are still a number of car wrecks around the island that should be eliminated. This is a good opportunity to get them taken away. Over the past few years we have participated in "Tidy Towns" whereby inspectors visit our town to rank us against other towns. Let's make this an award-winning town.

Please note that the town landfill will be open on Saturdays until further notice.



Municipal Awareness Day

The Newfoundland and Labrador Federation has declared May 16, 2007 as Municipal Awareness Day in communities through out the province. The theme this year is **Celebrate the Place you call Home**. The Wabana Town Council will have an Open House on that day so that members of the public can meet the new Town Manager, Curtis Mercer. We are inviting our two schools to get involved and to do a project to mark the day.

The Newfoundland & Labrador Environmental Awards

June 3 – 9 is Canadian Environment Week and the Department of Environment and Conservation is seeking nominations for the 18th Annual Newfoundland & Labrador Awards. This is an opportunity to recognize individuals who enhance our environment and make a difference in our community. The town has decided to recommend **Gerald Fowler** for the award. Gerald is a very environmentally conscious individual who treats the entire island like his own back yard.

Submitted by:
Councilor
Patrick Craig



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



Boys & Girls Clubs of Canada | Clubs Garçons & Filles du Canada
A good place to be | Un bon endroit où se trouver

All programs are up and running very smoothly with an addition of an Intermediate Floor Hockey league. Anyone from ages 13-18 are invited to come and join this league on Wednesday Nights.

Boy & Girl of the Month:

We would like to congratulate the Boy (Donnie Hawco) and Girl (Ashley Somerton) of the month for March. Donnie and Ashley are members of our Teen Mentor program and are very dedicated to our programs and are also a big part of our many fundraisers. They have become great role models to our younger members. Donnie has played a big part in gathering up members to start up the Intermediate Hockey League. Good Job and keep up the great work.

Thursday Night Bingos:

Our Bingos are doing well, on Thursday night (April 19th) we had 56 players. On Thursday April 26th our Escalating Jackpot will be \$850.00. We are very pleased to see some new faces supporting our bingo nights. We appreciate your support and we hope that you continue to take part in our bingo nights.

Lotto Draw:

Our Lotto will be starting on Saturday April 28th and I have a few more days to gather up some more names. So far the pot will be \$710.00 but expecting to go higher than that amount. Thank you to those who continue to support this fundraiser.

Awards Day:

On Sunday May 27th @ 2:30 will be having our Annual Awards Day. We invite you to attend and support the efforts of our members for their accomplishments for the year 2006. Anyone wishing to donate the cost of a set of medals (\$20.00) can contact me at the club. We will be contacting members who will be receiving medals.

Volunteer Firemen Floor Hockey Tournament:

Last weekend we held our annual floor hockey tournament and we had 8 teams entered, 6 from the island and two from St. John's. Each year we see teams forming to compete for The Late Walt Fillier Memorial Trophy. Teams are looking to gain bragging rights from this tournament

for a year but all in good fun. When everything is said and done, this is a weekend where former members of the club come together to support the Volunteer Firemen and the Boys & Girls Club. We would like to congratulate the members of the winning team (Da By's). Players are Ches Mitchell, Mikie Power, Dean Singleton, Willy Singleton, Ryan Rogers, Kevin Power, Wayne Young, Gordie Drover, Bill Ashford Sr, and David Drover. The sportsmanship awards for each team were:
ICI/Ridge: Cory Hutchings,
No Names: Sean Tipple,
Islanders: David Reardon,
Da By's: Bill Ashford,
Firemen: John Noseworthy,
Red Necks: Jim McLean,
Ragged Rock Rum: Ricky Neary, and
West Mines: Robert Carbage.

To run a weekend long tournament such as this you need volunteers and I would like to thank the Volunteer Firemen, to all referees, especially Carla Ash and Todd Tobin, to the goal judges, Leo Martin and Josh Taplin, and the Score Keeper, Keith Neary. Without your help the tournament would have been a lot harder to put off.



BELL ISLAND SPECIAL OLYMPICS UPDATE

The Bell Island Special Olympics will be having a Torch Run. To date the Torch Run will be held on Friday, June 1st.

Our athletes are now getting ready to participate in the Provincial Games in June. They are all very excited. They can't wait to see their friends and make new ones.

Congratulations to Justin Lahey who has been selected to be part of Team Newfoundland and Labrador for 2008 Special Olympics Canada Games held in Quebec City. He will be traveling to Quebec in February, 2008 to compete in snowshoeing. Justin we wish you all the best as you prepare and train for the National Games.

At this time the Bell Island Special Olympics would like to congratulate St. Michaels Graduates. Especially, Leann Bickford and Amanda Reid who has been volunteering with the Special Olympics for a few years. Leann and Amanda we wish you all the best in the future.

Josephine Lewis,
Head Coach
Bell Island Special Olympics

RCMP detachments have joined the Law Enforcement Torch Run for Special Olympics and raised funds for our special athletes. We would like to let you know that T-shirts commemorating this event are currently on sale as a fundraiser.

If you would like information on how to order Law Enforcement Torch Run T-shirt(s) please let Cpl. Merrill know by sending an email to:
boyd.merrill@rcmp-grc.gc.ca

They are \$15.00 per shirt. They are very nice this year, black with a brightly coloured logo.

The sizes are Youth Medium, Medium, Large, X-Large, and XX-Large.

Your support is most appreciated of this very worthy charity.

Now and Then.....

How much of this can you relate to?

1975 : Long hair
2007 : Longing for hair

1975: KEG
2007: EKG

1975 : Acid rock
2007: Acid reflux

1975 : Moving to California because it's cool
2007 : Moving to Arizona because it's warm

1975 : Tryin to look like Marlon Brando or Liz Taylor
2007: Trying NOT to look like Marlon Brando or Liz Taylor

1975 : Seeds and stems
2007: Roughage

1975 : Hoping for a BMW
2007: Hoping for a BM

1975 : Going to a new, hip joint
2007: Receiving a new hip joint

1975 : Rolling Stones
2007: Kidney Stones

1975 : Being called into the principal's office
2007 : Calling the principal's office

1975 : Screw the system
2007: Upgrade the system

1975 : Disco
2007: Costco

1975 : Parents begging you to get your hair cut
2007: Children begging you to get their heads shaved

1975 : Passing the drivers' test
2007: Passing the vision test

1975 : Whatever
2007 : Depends

Just in case you weren't feeling too old today, this will certainly change things..

Each year the staff at Beloit College in Wisconsin puts together a list to try to give the faculty a sense of the mindset of this year's incoming freshmen. Here's this year's list:

The people who are starting college this fall across the nation were born in 1987.

They are too young to remember the space shuttle blowing up.

Their lifetime has always included AIDS.

Bottle caps have always been screw off and plastic.

The CD was introduced the year they were born.

They have always had an answering machine.

They have always had cable.

They cannot fathom not having a remote control.

Jay Leno has always been on the Tonight Show.

Popcorn has always been cooked in the microwave.

They never took a swim and thought about Jaws.

They can't imagine what hard contact lenses are.

They don't know who Mork was or where he was from.

They never heard: "Where's the Beef?", "I'd walk a mile for a Camel", or "de plane, Boss, de plane".

They do not care who shot J. R. and have no idea who J. R. even is.

McDonald 's never came in Styrofoam containers.

They don't have a clue how to use a typewriter.

Do you feel old yet? Pass this on to the other old fogies on your list.

Lance Cove Beach Development Inc.
P. O. Box 1424, Lance Cove Bell Island, NL A0A 2V0

4/25/07

Dear Bell Island Residents:

The **Lance Cove Beach Development Fund Inc.**, is a charitable, non profit, non political organization consisting of volunteers whose focus is to assist in the improvement of the Beach as a picnic area and promote it and Bell Island as a general tourist attraction.

On Tuesday, April 24, 2007 the committee met with the Wabana Town Council to garner support for the goals of the committee which include the general improvement of Lance Cove Beach area such as installation of public washrooms, lighting, picnic tables, and BBQ's pits. We also have a vision of an Interpretation Center to provide visitors with the history of Bell Island and raise awareness of the role Bell Island played in World War II. We are pleased to report that the council pledged its full support. From this point forward the committee will work closely with Council to maximize the benefits for Lance Cove and more importantly Bell Island.

In order to accomplish our objectives we are planning a number of fundraising events the first of which is an annual Newfoundland **Accordion Idol Contest** during the last week of July 2007. We hope to provide a venue whereby talented local artists with the knowledge and appreciation of the musical heritage of the region will come together and share in various activities during the contest. Cash prizes will be awarded to top Accordion Players.

An event such as this entails a lot of hard work and a major commitment of time. Lance Cove Beach Development Fund Inc. are seeking your support in this worthwhile venture and anticipate a favorable response from the residents of Bell Island. The audience participation is imperative and will help promote LCBDFI continued work ensuring visitors and vacationers include Bell Island in their holiday plans. We anticipate this contest will become as large as the Salmon Festival in Grand Falls and Brigus Blueberry Festival.

The following people are the founding members of the committee and are available to provide information to the public. Dave Rees, Linda Hickey, Nate Hammond, Marion McCarthy, Rueben Bickford, Lisa Somerton, Clara Hammond, Lorne Hussey.

Respectfully,

Lance Cove Beach Development Inc. Members

Best Wishes for a Happy Summer!

May 7, 2007

**Bell Island Kiwanis Club
Bell Island, NL
A0A 4H0**

Dear President Gosine,

I am writing on behalf of Bell Island's Special Olympic Athletes. As a Club we are requesting your assistance in reestablishing and maintaining our island's Athletic Track.

During our Winter Olympic Games in Corner Brook, we discovered that our athletes were at an unfair disadvantage. Other clubs across the province had the advantage of snowshoeing and running about a groomed and maintained athletic track. The athletes were familiar with having to run within distinct lanes and having precise distances plotted out. Bell Island athletes, in comparison, were practicing by running around the Touch of Class Building and St. Michael's High School. As coaches it was very difficult to time accurate pre-event athlete running times to ensure our athletes were placed within fair divisions for competitions.

As a result, several of our athletes were disqualified for running outside lanes or were penalized for obstructing other runners. *Medals were lost and feelings were hurt.*

Over the past several years Special Olympics on Bell Island has experienced a renewed sense of Pride. We have 11 athletes and numerous volunteers. Community support and involvement is high. Yet it is frustrating. How do we teach athletes to succeed if we do not have the resources necessary to *help* them succeed?

Our Club would like to see the existing track repaired and maintained so that our athletes can get out there and enjoy it! We need a commitment for snow removal during practice season as well. Personally, I think it would give our entire community a boost to see young people having fun on the Sports Field!

We are asking for a commitment from the Bell Island Kiwanis Club to make this wish a reality.

Thank-you for considering our request.

Bell Island Special Olympics

Northeast Avalon CAN! (Community Action Network)

...Promoting healthy, safe and self-reliant communities through community, government and business partnerships.

Citizens of Bell Island :

My name is Brad Lawrence, and I have recently been hired as part of NE Avalon CAN! as a Community Action Facilitator for Bell Island . NE Avalon CAN! encourages and supports the efforts of local individuals, groups and businesses who want to make their community a great place to live. The network includes representatives from various community-based organizations, government organizations and communities, including:

- Community Centre Alliance
- Salvation Army
- Eastern Health
- NL Housing Association
- Department of Human Resources, Labour and Employment
- NL Statistics Agency
- Community Members

Working with 1 other rural representative (Marysvale) and 6 urban representatives based in community centres (Froude Avenue, Virginia Park, Buckmaster's Circle, Empire Avenue West, Macmorran, Rabbittown), my main role is to assist Bell Island residents in linking into existing programs, resources and opportunities.

Thus far, my work has allowed me to connect to Bell Island residents and business owners, as well as:

- Wabana Boys and Girls Club
- Wabana Town Council
- Bell Island Health and Advisory Council
- Brighter Futures
- Eastern Health
- Government of Newfoundland & Labrador
- NL Housing Corporation

In closing, if you have any questions regarding government, business, employment or volunteer opportunities, feel free to contact me.

Yours Sincerely,

Brad Lawrence, [B.Sc.](#)

Community Action Facilitator – Bell Island

Phone: 488-2411/2990

E-mail: blawrence@ccanl.ca

It has been another busy time for Kiwanis on Bell Island. Lately we had an excellent Curling Bonspiel hosting 20 teams from all over the Peninsula and some characters from abroad.

There was a crowd from some place called Cambridge, which seemed to have a great time like all the rest. We had a record year which means more kids will benefit in our community.

We will be having our January fund raiser soon which means hotdogs and pop will be on sale at the Foodland and at roadside if all plans go well. Last year we raised about 800.00 dollars. We hope to break a thousand this year. The RCMP were a big part of the success of these sales by having the check points allowing us to raise awareness and to sell a few hot dogs.

The KIWANIS bike rodeo will be held in the arena in late May/ early June for the entire community.



It is not uncommon to have hundreds of giveaways including at least a dozen new bikes and dozens of helmets and accessories. These are all donated and are gathered by our donation captain - Tom Spracklin. Tom makes sure there is a great array of prizes but canvassing for weeks prior to the rodeo. Please make a donation to this event if you can!

Thanks to all who support Kiwanis and to all who help kids in need.

Gary Gosine - President



A very large thank you to all members of our community who cleaned up their properties of old vehicles last year when asked to do so.

It is estimated that close to 100 vehicles made their way to the dump without anyone seeing the inside of a court room. Excellent cooperation!

Please take note that

we are once again telling people to dispose of their wrecked vehicles as there seems to be a noticeable increase of them around the Island lately.

If you wish to clear your property of these vehicles before the police can make patrols for this purpose then by all means do so.

Once the police arrive

at your door there will be no extended time limits, no warnings or extensions...only a summons.

The patrol for the completion of this type of cleanup will be soon.

Bell Island RCMP

A Good Laugh.....



Out of the Mouths of Babes !!!

NUDITY I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom, that lady isn't wearing a seat belt!"

OPINIONS On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

KETCHUP A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

MORE NUDITY A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"

POLICE # 1 While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are

you a cop?" "Yes," I answered and continued writing the report. "My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her. "Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"

POLICE # 2 It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

ELDERLY While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

DRESS-UP A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache the next morning."

DEATH While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt.

Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: "Glory be unto the Faaather, and unto the Sonnn, and into the hole he goes." (I want this line used at my funeral, I love this one!)

SCHOOL A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

BIBLE A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found," the boy called out "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear."



R.C.M.P Community Concerns

This month's submission has to do with traffic accidents.

Essentially, if the damage is over \$1000 then the police need to be advised of it and a report must be completed. Proof of registration, insurance and license must also be available upon request.

The following sections were taken from Newfoundland and Labrador's Highway Traffic Act.

Accident information

Section 169. (1) The driver of a vehicle involved in an accident shall

- (a) stop the vehicle at the scene of the accident;
- (b) give to a traffic officer and to anyone sustaining loss or injury and, upon request, to a person at the scene of the accident his or her name, address, the name and address of the registered owner of the vehicle where the owner is a person other than the driver, the registration number of the vehicle and show his or her driver's licence to those persons;
- (c) produce proof or evidence that a policy or a certificate evidencing a policy under section 75, is in force with respect to the vehicle upon the request of a traffic officer or a person sustaining loss or injury at the scene of the accident; and
- (d) give to a person injured in the accident reasonable assistance, including the carrying of that person to a physician or surgeon for medical or surgical treatment where it is apparent that that treatment is necessary or where it is requested by the injured person.

(2) The driver of a vehicle that collides with an unattended

vehicle shall stop and either locate and notify the driver or owner of the unattended vehicle of the name and address of the driver, the number of the driver's licence and the registration number of the vehicle striking the unattended vehicle or shall leave in a conspicuous place in the vehicle struck a written notice giving the information referred to above.

(3) Where the driver cannot locate the other driver or owner or cannot leave the notice required under subsection (2), the driver shall report the details of the collision as soon as possible to a peace officer having jurisdiction where the collision occurred.

(4) The driver of a vehicle involved in an accident resulting in damage to property upon or adjacent to a highway, other than a vehicle under subsections (2) and (3), shall take reasonable steps to locate and notify the owner or person in charge of the property of that fact and of the name and address of the driver, the number of the driver's licence and the registration number of the vehicle.

(5) Where the driver cannot locate the owner or person in charge of the property referred to in subsection (4), he or she shall report the details referred to in subsection (4) to a peace officer having jurisdiction where the accident occurred.

(6) Where an accident occurs by which a person or property is injured, directly or indirectly, owing to the presence or operation of a bicycle on a highway, the person in charge of the bicycle shall

- (a) remain at or immediately return to the scene of the accident;
- (b) give reasonable assistance; and
- (c) give to anyone sustaining loss or injury, and to a traffic officer who is present, his or her name and address and also the name and address of the owner of the



bicycle, and, where the bicycle has been licensed and registered the licence or registration number of the bicycle.

(7) Where the accident referred to in subsection (6) results in death or injury to a person or injury to property causing total damage apparently exceeding \$250, the person in charge of the bicycle shall immediately make a written report of the accident and shall mail or deliver the report to the nearest peace officer or police station.

1988 c33 s168

Accident involving property

Section 170. (1) Where an accident results in injury or death to a person or in property damage to an apparent extent of \$1,000 or more, the driver of the vehicle involved in the accident shall immediately make a written report of the accident to the nearest peace officer having jurisdiction in the area where the accident occurs.

(2) Where the driver referred to in subsection (1) is incapable of making the report required by that subsection and there is another occupant of the vehicle capable of making the report, the occupant shall make the report required to be made by the driver.

(3) Where a report has not been made under subsection (1) or (2) and the driver or occupant is not the owner of the vehicle, the owner shall immediately after learning of the accident make the report.

(4) Where the driver referred to in subsection (1) is the owner, and is alone and incapable of making the report required by that subsection he or she shall make the report immediately after becoming capable of making it.

1988 c33 s169; 1990 c44 s1; **1994 c28 s28**

Drive Safe!
Cst. RAYNER

HELP RETURN SANITY TO CANADA!!



So if the CANADIAN government determines that it is against the law for the words "under God" to be on our money, then, so be it. And if that same government decides that the "Ten Commandments" are not to be used in or on a government installation, then, so be it. And since they already have prohibited any prayer in the schools, on which they deem their authority, then so be it. I say, "so be it," because I would like to be a law abiding Canadian citizen. I say, "so be it," because I would like to think that smarter people than I are in positions to make good decisions. I would like to think that those people have the Canadian Public's best interests at heart.

BUT, YOU KNOW WHAT ELSE I'D LIKE? Since we can't pray to God, can't Trust in God and cannot

post His Commandments in Government buildings, I don't believe the Government and its employees should participate in the Easter and Christmas celebrations which honor the God that our government is eliminating from many facets of Canadian life.

I'd like my mail delivered on Christmas, Good Friday, Thanksgiving & Easter. After all, it's just another day. I'd like our Government to be in session on Christmas, Good Friday, Thanksgiving & Easter as well as Sundays. After all, it's just another day. I'd like ALL Representatives to not have to worry about getting home for the "Christmas Break." After all, it's just another day.

I'm thinking that a lot of my taxpayer dollars could be saved, if all government offices & services would work on Christmas, Good Friday & Easter. It shouldn't

cost any overtime since those would be just like any other day of the week to a government that is trying to be "politically correct." In fact.... I think that our government should work on Sundays (initially set aside for worshipping God) because, after all, our government says that it should be just another day. What do you all think????

If this idea gets to enough people, maybe our elected officials will stop giving in to the minority opinions and begin, once again, to represent the majority" of ALL of the people. SO BE IT.....

HELP RETURN SANITY TO CANADA!!

Spotlight on Herbal Remedies

Herbal Supplements can both help and harm. If you intend to use them make sure you know how to use them properly. People often think that if a herbal remedy is natural, then it cannot hurt you. This is **FALSE**. To get the most benefit from Herbal Remedies, and to protect yourself from harm, use them as they are directed. Use no more than the recommended dose and always read warnings on labels.

Some important issues to discuss with your doctor

1. If you plan to take any herbal supplements, let your doctor know. Some herbs are not suitable for people with certain health conditions. Sometimes herbs may interact with prescription medicines or over the counter products you frequently use.

2. Pregnant or breastfeeding women should discuss any kind of medicines or supplements they take with their doctor. What may be safe for you could cause serious problems for your baby.

3. Report any side effects with your doctor. Many herbal remedies often do not provide immediate relief. It could take weeks or months of daily use to correct a problem. Be patient.

4. Combining herbal supplements can be dangerous. They can interact with each other just as certain prescription medicines can.

5. Follow dosage recommendations and read labels so you know what you are taking.

Some Common Herbal Medicines and Their Uses

Echinacea

History

Natives have used this to treat wounds, insect bites, and snake bites. It has been used as

a mouthwash for painful gums and teeth, and drank tea to treat colds, measles, mumps and arthritis.

Warnings

Echinacea should not be taken by anyone allergic to flowers of the daisy family, anyone who has diseases such as Lupus, HIV positive, Tuberculosis or Multiple Sclerosis.

Evening Primrose Oil

History

The plants and roots have long been used to treat bruises, hemorrhoids, sore throats, eczema, and premenstrual problems.

Warnings

this particular supplement should be used cautiously if you have epilepsy or take antiseizure drugs. It may cause headaches, nausea or upset stomach.

Ginkgo Biloba

History

Comes from the oldest surviving tree on earth. It has been used to reduce memory loss from aging, Alzheimer disease, and has used to improve circulation of blood.

Warnings

This supplement has been found to cause irritability, restlessness, diarrhea, allergic skin reactions. For anyone prescribed blood thinning drugs or ASA or ibuprofen, Ginkgo Biloba should only be taken under a doctors supervision



because blood clotting problems can arise

Glucosamine

History

This supplement has been found to relieve arthritis pain, joint tenderness and swelling

Warnings

This particular herbal remedy has been found to cause stomach upset especially to anyone who may have a peptic ulcer. There is also concern that it may affect blood sugar control in Diabetics.

Dandelion

History

This supplement has been used to treat colds, bronchitis, pneumonia, hepatitis, boils, ulcers, obesity and itching.

Warnings

Dandelion should not be taken by anyone with gallstones, acute stomach inflammation or irritable bowel, or anyone taking the drug Lithium.

Did You Know....

- 6 cereal boxes can be made from 1 pound of recycled newspapers.

- The content of white and brown eggs is exactly the same. The only difference is the color of the shell.

Exactly how slow is Heinz ketchup coming out of the bottle?

25 miles per **YEAR**.

Adapted from Drug Store Pharmacy Web Site

Jody Ann O'Brien
BSc Nutrition

The Lions Club

Did you know! Someone asked what the Lions Club in Portugal Cove - St. Philips does for our Island. The answer is a bit long but here goes: The Lions support the Bell Island Kiwanis Bike Rodeo every year. The Lions support the Christmas party for the Special Olympians and special adults every year.

The Lions supports "Caring by Sharing" with an average \$800.00 to \$1000.00 dollar donation annually due to the sale of Bingo cards for the VOCCM cares program. It is

usually the food bank's largest contributor. That is why Bingo cards are so important. The Lions supports the Special Olympics program on Bell Island.

The Lions also support the Law Enforcement Torch Run.

The Lions also support private persons who show need in as many cases as they can. (Most donations from service clubs however tend to go to help groups rather than individuals, as there is only so much funding to go around.)



The Lions Club in the Cove is busy on the Island. Please support their efforts as you are only supporting yourself and others you care about. We serve!

Klondike Night Total Reaches the Highest Ever at \$46,000!

The RCMP raised \$46,000 during their annual Klondike Night fund-raiser. The money will be divided between the Kids Eat Smart Foundation and the Lion's Quest Program. Each charity will receive a cheque for \$23,000.07.

The Lions Quest Program is taught in schools to help students gain positive attitudes, important life skills and strategies for addressing critical issues facing youth. Statistics show that once a Lions Quest Program has been introduced into a school bullying and bad behaviour decreases.

The 165 Kids Eat Smart Clubs supported by the Kids Eat Smart Foundation will use the funds to pay for nutritious foods including fruits and vegetables for more than 16,000 children and youth throughout Newfoundland and Labrador.

The RCMP Klondike Night is held every year at the Royal Canadian Mounted Police Headquarters, 100 White Hills Road, St. John's. Approximately 1000 people attend each year for an evening of live music, a buffet supper, silent auction and gambling casino. RCMP employees throughout Newfoundland and Labrador help make this night a success through their hard work and dedication.

Helen Cleary - Escott

Senior Communications Strategist

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Contact Us:

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The newsletter is also available on the internet at website: www.bellisland.net

Life's Lessons.....

In April, Oprah interviewed Maya Angelou on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was "exciting." Regarding body changes, she said there were many, occurring every day...like her breasts. They seem to be in a race to see which will reach her waist, first.

The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words!

Maya Angelou said this:

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

"I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights."

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life."

"I've learned that making a 'living' is not the same thing as 'making a life'."

"I've learned that life sometimes gives you a second chance."

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back."

"I've learned that whenever I decide something with an open heart, I usually make the right decision."

"I've learned that even when I have pains, I don't have to be one."

"I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back."

"I've learned that I still have a lot to learn."

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Please share this with five phenomenal people today. If you do, something good will happen: You will boost another person's self-esteem.

If you don't...the elastic will break and your underpants will fall down around your ankles!

Believe me, I didn't take any chances on MY elastic breaking...I shared it with a lot of special people I care for.