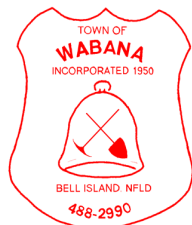


The Town of Wabana
P.O. Box 1229
Bell Island, NL
A0A 4H0, Canada

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Happy Holidays

The Mayor and Councillors would like to extend warm and sincere wishes for a wonderful Christmas. We hope you enjoy this holiday season with family and friends. Also, we would like to express our best wishes for a great New Year with good health and prosperity for you and yours



The Town would like to thank the Kiwanis Club for hosting the 41st Santa Claus Parade which took place on Sunday December 4th 2011. This year the parade featured the Mazol Shriners Keystone Cops.

The Town would like to congratulate Home Hardware on the opening of their new store on the corner of Bennett Street and Steve Neary Boulevard.

The Town of Wabana's ICSP Committee (Integrated Community Sustainability Plan) are building working groups around nine projects. The aim of each project is to meet the needs of our community with local resources. If you have interests or abilities to help make these projects unfold, please contact ICSP Secretary Joe Donkers at (709) 488-2990 ext. 225. The project summaries can be found at:

<https://sites.google.com/site/icspbellisland/project-overviews>

Bell Island Age Friendly Group

This group has been composing their constitution and preparing a presentation that will inform and consult the public about Age Friendly issues and will ask the question, "How can we be more considerate of our aging community members and make Bell Island a better place to live for people of all ages?"

Current Membership: Kim Noseworthy (Chairperson), Cathy Ford (Vice Chairperson), Katherine Walters (Treasurer), Carol Brown (Member at Large), Lisa Potter (Member at Large)

Community Gardens

Over the past years many green thumbs have been talking about setting up a Community Gardens. It seems that this idea is coming closer to reality. In the coming months a public meeting will be called to invite interested people to play a role in getting our community growing our food once again.

Communications Strategy

Here are some of the ways you can be informed of what is happening on Bell Island:

- Radio Bell Island Inc. is planning to go back on air this Spring for one week.
- The Community Calendar at <https://sites.google.com/site/icspbellisland/calendar>
- RCMP Bell Island Community Newsletter
- The website www.bellisland.net

On behalf of the editing committee of the Bell Island Community Policing Newsletter, we would like to thank all those groups and individuals who submitted articles for this issue. There are many great things happening on Bell Island and this Newsletter is just one means for residents to stay informed. We hope you enjoy the articles. This Newsletter is a joint venture of the Town of Wabana (ICSP Communications Strategy) and the Bell Island Detachment of the RCMP.



Tidy Towns Committee

Congratulations to all those who took pride in their community and did their part to keep their Town Tidy. The Town of Wabana was awarded Honourable Mention for Community Involvement in the Tidy Towns Competition.

The Town is looking to hire workers under the **Community Enhancement Employment Program**. This program employs qualified workers who need insurable hours to qualify for Employment Insurance. Please submit resumes to the Town clearly marked with the amount of hours needed to qualify for an EI claim.

Pet owners are reminded to register their pets at the Town office (no charge), to put them on a leash when going for a walk, and to otherwise keep their animals under control.

Capital Investments continue in 2011:

In 2011 the Town's capital program resulted in significant capital additions and improvements in the town including:

- New \$240,000 fire truck and \$35,000 of new fire equipment acquired
- Completion of a \$2,200,000 investment in new water tower, and new high producing wells and pump-house at Scotia Road
- Commencement of a \$1,000,000 new well drilling program and associated planned second new pump-house near the west dam region
- Completion of final phase of the \$1,100,000 arena upgrade including new dressing room, washrooms and gym in latest phase
- Funding of \$500,000 was secured for the upgrade of one of our sewer outfalls
- A sewer study was launched to plan and address priorities for sewer servicing needs in the town
- Continued funds were committed for further playground upgrades ,including new paved ball hockey and basketball courts
- Over \$900,000 was committed and spent to upgrade and complete paving works on 22 municipal streets
- Planning is underway for \$500,000 in upgrade projects at the Wabana Complex
- For 2012 , the Town has submitted cost shared applications for additional road paving, additional water works projects including new well drilling and pump house ,funding for a new replacement emergency rescue vehicle and a new replacement ice resurfacing machine

**May Love, Joy, Peace and Good Will
Be Your Gifts for Christmas This Year**

**Merry Christmas and
Happy New Year
From the TIOW GROUP III WISE
LADIES and STAFF**



Tourism Bell Island



On November 20th, Tourism Bell Island elected the following members as new board of directors:

Joe Donkers (Chairperson), Terry Parsons (Vice-Chair), Clayton Vokey (Treasurer), Dana Dobbin (Secretary), Henry Crane (Director), Jerome Warren (Director), Glenda Tedford (Director), Clarence Kavanagh (Director), Reuben Bickford (Director), Stephanie Adams (Director), and Gary Gosine (Ex -Officio). Also, we are pleased to announce that we have hired Tammie Taplin as our Tourism Co-ordinator.

The new Tourism Bell Island team looks forward to making the Summer of 2012 our most successful tourism season yet. If you would like to participate or have any ideas for products or services that could be offered to our guests, please contact Tammie at 488-2411 or by email at: tourismbellisland@gmail.com.



M.H.A.'s Update

I would like to thank the people of Bell Island for showing me your overwhelming support during the recent election. As I have in the past I will continue to fight for the residents, particularly as it relates to area's of Transportation, Health, Education, Water, sewer, Recreation and Road Improvements.

I have always made myself available to the residents of the island. I will continue to hold my MHA updated Public meetings every 6 month. I will be scheduling one for March 2012.

There are many exciting things happening on our Island and many more in the planning stages. I do ask that you have patience and continue to work with me to address both your individual needs and those of the community.

If you need assistant you can contact myself or my constituency assistant Mary Anne at 729-0334.

From my family to yours I wish everyone a Merry Christmas and a safe and prosperous New Year.

David Brazil M.H.A



News from the Bell Island RCMP

D.A.R.E. The School year is well on it's

way which means a new opportunity for students to partake in the DARE program. If you ask St. Augustine's Grade 6 class what DARE means to them they may tell you lots of fun, lots of information and Drug Abuse Resistance Education. That's right the grade 6's of Bell Island are the new DARE class learning everything they need to know to resist drugs and make smart decisions in their lives. The program is well under way and expected to conclude before Christmas break with the graduation ceremonies expected the following February. So if you see the grade 6's around ask them and they may just pass their new found knowledge onto you.

Also, Cst. Leo-Paul DOIRON and Royal Canadian Mounted Police Bell Island would also like to mention that they will be liaising with the High School soon to bring the new middle school DARE program to the grade 7's in the new year.

Enjoy the Holidays and be safe.

Cst. Leo-Paul DOIRON

Pedestrian Safety at night

I have come to realize and enjoy the fact that Bell Island has the perfect layout and scenic draw to make walking this island a pleasure. No matter what time of day or night one can enjoy a nice walk anywhere on the island and return home with the final words "that was an excellent walk". That is from the perspective of the walker in me. From the driver perspective it has been very scary on times. I have been driving at night down some of the off-the-beaten-path lanes and all of a sudden had to swerve aggressively, but defensively to avoid hitting someone wearing non-visible, dark clothing and walking in the same direction as the flow of traffic. This as you can imagine could be a fatal incident if quick reactions were delayed by any distractions whatsoever.

As a safe practice persons should make themselves as visible as possible when walking around at night. This can easily be accomplished by wearing items that offer a reflective characteristic, such as a vest or outer wear with reflective portions. Other methods may be wearing a strobing light clipped to your outer wear. These could be the same as the ones seen on persons riding bicycles. Or even the act of carrying a flashlight that swings a little on a wrist strap. The flickering light would alert a driver to your presence. Any of these items can be purchased very cheaply. Also keep in mind it is always a best practice to face traffic when walking. This will allow you the extra time you may require to avoid danger in the event that the driver is distracted and do not see you right away.

Please ensure you make yourself as visible and safe as possible, it would be tragic to end such a beautiful walk with a serious incident. Take care and walk safe.

Cst L.E.L. PELLEY
Bell Island, RCMP

2011 High School Career Day

The Bell Island RCMP is pleased to announce that the Career Day held in partnership with St. Michael's High School curriculum was a success. On Monday, November 21st, The RCMP and members of St. Michael's High School staff utilized the gymnasium and classrooms to host an inspirational and informative day for the students.

The day comprising all the students from grades, 7 -12 visiting several booths set up in the gymnasium. The students were allowed to walk about whichever booth they please to receive information and ask questions on whatever peaked their interest. Once all the students made their rounds in the gymnasium the students then rotated from class to class where presentations by all the career groups were given. The events were held in hopes that the students would be provided with the needed information to initiate or take their plans for the future to the next level.

There were approximately 11 groups/presenters on location representing a variety of post secondary options. The Canadian Coast Guard, the RNC, the RCMP and several colleges and trade schools were present, such as Memorial University.

It is felt that the event was a success and was appreciated by the students. The RCMP and St. Michael's School were pleased with the outcome and plan on this becoming an annual occurrence for the high school students in our community.

Special thanks to those presenters and the students for their input.

Cst. MURPHY
Bell Island RCMP

Responsible Holiday Drinking



The holiday season is fast approaching. With that brings an increase in festivities and parties as people get together to celebrate. Toasting friends and families with an alcoholic drink over the holidays is a tradition for many. However, it should be done in moderation and in a way that minimizes risk. We as Police are aware of the increased number of get-togethers and parties during this time of year and are vigilant in making sure an incident of drinking and driving doesn't turn into a holiday tragedy. This is done via increased patrols and increased roadside checks. Remember to keep yourself and the public safe by not drinking and driving. Bell Island is not an overly large geographical area. If you have a few drinks there are alternatives to driving home; take a taxi, have a designated driver, call a sober friend or family member, or even walk. It is a small inconvenience compared to the risk of spending the night in jail with charges or even worse, a collision. A few smart choices can ensure a fun and safe festive season.



Crime Stoppers of
Newfoundland & Labrador
Hotline: 1-800-222-TIPS (8477)

2011.....and onward

Well it is nearing the end of 2011. I came to Bell Island in June and almost half a year has gone by already. The past number of months has provided me an opportunity to speak and meet many locals. I am appreciative of these opportunities as I am to assist my staff in policing our community. One of my goals upon arriving to Bell Island was to make Bell island, its residents and visitors feel safe. Serving the community has been a pleasure and I welcome ways of which to improve your policing needs. I trust that you have observed an increase in patrols, be it at our schools, businesses, residential areas and of course along our roadways. We are committed to doing our part to make Bell Island a wonderful place to live and visit.

We have, some in conjunction with our partnering emergency services, initiated a number of community projects; Red Serge duties, ceremonies, bike rodeo, Halloween Trunk-n-Treat and as of most recent a Youth Bingo evening at the Boys and Girls Club.... all a huge success. We thank our partnerships and the community for their involvement and ensuring these events are successful.

There are more initiatives and projects being planned and hope that they become as successful as the ones we have experienced. On behalf of the Bell Island RCMP, I want to wish each and everyone a safe and joyous holiday season and a successful 2012.

Cpl. STEVENS
Bell Island RCMP

CARING BY SHARING



Caring by Sharing is your Community Food Bank. We are a strictly volunteer organization, here to give a helping hand to those in need. Last year we provided 2711 individuals with at least 2 days worth of food. As of the middle of October this year we have already exceeded this amount and we still have 2 ½ months left. We are open

for client pick-up on Wednesdays from 12 noon to 2 pm. We are always looking for volunteers, so if you have a couple of hours on Wednesday mornings please drop by the Food Bank (located at the back of the Boys and Girls Club). We start packing orders at 9:30 am and the more hands we have the better. If you need help from our Food Bank, just leave your name and phone number on our message manager anytime during the week but before 12 noon on Wednesdays (488-2656) and you will be looked after.

Our annual Christmas Food Drive will be on December 4, 2011. This year we are asking you to please drop off your non-perishable food items or monetary donations at the Boys & Girls Club after the Santa Claus Parade, in the bins provided.

On behalf of all our Board Members and volunteers we wish to extend to each and every one of you "Happy Holidays"

Good News Story !



Donovan Taplin, a level three student at St. Michael's, attended the regionals for a \$75,000.00 National Loran Scholarship on Saturday November 26. After extensive interviews, he was named one of the top two in Newfoundland and will compete for the Scholarship on a National level in Toronto in February, 2012.



Bell Island Breast Cancer Awareness Group

This group, formed in 2006 to support breast cancer research and families on Bell Island touched by cancer, hosted another successful fundraising weekend in October 2011, allowing us to present our annual \$5000 contribution to the Canadian Breast Cancer Foundation/ Atlantic Region at a special event hosted by the Foundation in St. John's on November 9th. This brings our total contributions to the Foundation to \$35,000 on behalf of the people of Bell Island. Looking ahead, in three short years, this group of 10 local women will have contributed \$50,000 to the research and funding programs of the Foundation and all because of YOUR support!

Throughout 2011, the group supported women and families in this community touched by cancer – something that will continue in the years ahead. It is a labour of this love for this group, who count three breast cancer survivors among their members. On November 25th at the annual "Cap and Gown" ceremony recognizing last year's graduates at St. Michael's High School, the Bell Island Breast Cancer Awareness Group presented its annual \$500 scholarship, as well as another new scholarship valued at \$500 to a student in the school's music program - "The Joanne Gamberg Memorial Scholarship" in memory of the late Joanne (French) Gamberg. Since the loss of their beloved Joanne in September 2009, the combined French and Gamberg families have raised over \$8000 in her memory – all of which has been donated to the Bell Island group to allow them to continue their work. A New Year's Eve dinner and dance is being planned for the Cambridge NF Club as a fundraiser in Joanne's memory, with the funds raised coming back to our group to help continue our programs.

The group would like to thank everyone who participated in their annual fundraising weekend – our big yard sale, Concert for the Cure, Walk of Hope, Ecumenical Service at St. Michael's and reception hosted by the Parish. You have been with us since that first weekend in 2006, and we couldn't have done it without you! Other major co-sponsors of this annual weekend include: The Wabana Town Council; St. Augustine's School; St. Michael's High School and many local merchants.. A great vote of thanks goes out to the students and staff of St. Augustine's Elementary for their annual penny drive for breast cancer which this year raised over \$600.

The youth of this island are outstanding in their support of our efforts – 10-12 of these students of St. Michael's High volunteer for 2-1/2 days every year to help us make the events a success, and then go on to raise hundreds of dollars annually through their penny drive, which this year will raise \$1,400 for a great cause. A heartfelt thanks also goes out to the Avalon Dragons Group, especially Ann (Gosine) and Linda Hennebury who fundraise for us every year. Thanks ladies – you're the best!

Breast Cancer has touched all of us in some way, and working together we can help continue the research programs that hopefully one day will find a cure for this terrible disease. Paula Tessier, Coordinator of Community Development for the Canadian Breast Cancer Foundation/Atlantic Chapter recently gave our group and this outstanding community high praise when she said: "What can I say about the incredible people of Bell Island? Once again you have stepped up in support of breast cancer research and awareness. We extend our most sincere appreciation for your annual donation which brings your total contribution to date to \$35,000. You are truly making a big difference and each year you prove that your vision truly is a future without breast cancer. One day we **will** find a cure and your group and the incredible people of your island can truly say "**we helped make it happen**".

With heartfelt thanks and best wishes for the coming Christmas and New Year to you and yours from the Bell Island Breast Cancer Group - Kay Coxworthy, Margaret Cahill, Elizabeth Jackman, Heather Blanchard, Dale Fitzgerald, Angela Cobb, Julie Hurley, Gladys Reid, Aimee (Cahill) Maloney and Marsha (Jackman) Drover.



Clift Lodge

The holiday season is upon us. In addition to our regularly scheduled meetings, we have several upcoming events that are of particular interest to the community. We are also approaching our 100th year of operation on Bell Island. There will be various celebratory events throughout the year, details of which will be announced as plans are finalized.

Clift Lodge will be holding their annual Divine Service on December 11th at 3:00 at the United Church. All are more than welcome to attend. As this is a "White Gift" service, patrons are asked to bring a non-perishable food item, wrapped in white paper, to be donated to the local food bank. Please help us help those in need this holiday season.

The new year will begin with two takeout dinners. In late January we will hold a Jiggs Dinner takeout, while our annual Gord Jewer Memorial Fish & Brews takeout will be held in late March. Patrons of previous similar events can attest to the high quality and reasonable prices of our takeout dinners. For tickets and details, see your local Mason. Your patronage is greatly appreciated.

Finally, the Keystone Cops unit of the Mazol Shriners will be participating in this year's Santa Claus Parade on December 4th.

On behalf of Clift Lodge, I wish you and your families a very Merry Christmas and all the best for the year to come.

*Don W.A. Bennett
Worshipful Master of Clift Lodge*



Update on ferry matters – for 2011

As we all know the first part of 2011 was a nightmare with the schedule in shambles and vessels either broken down or on refit

- The schedule for Monday to Friday was eventually resolved after major efforts and lobbying and we now have a pretty acceptable schedule weekdays
- The weekend schedule is still interim and is unacceptable and efforts will continue over the winter to improve it as it is crippling tourism opportunities and frustrating all weekend users
- We have worked with Norwegian shipbuilding interests and presented to Government a very affordable and attractive proposal for a new 50 car ferry to replace the Beaumont Hamel
- The marine workers union contract is now under negotiation and it expires on March 31, 2012. We have made representation to Government to seek tradeoffs with the union to make the service more user-friendly and to seek a double shifting option and to designate the service as essential avoiding the threats of crippling strikes.
- Proposals have been presented to Government for significant improvements in communication policies and efforts to make the service more user friendly and adoption of a 21st century ticketing system
- We are working with Government to establish new ferry terminal buildings with waiting rooms befitting a respectable level of service and accommodation and Government has offered to lease modernized space in existing or new buildings
- The terminal in the Cove has been under constant reconstruction and delays in completion have been very frustrating. Before the end of 2011 the new ferry lanes configuration will be operational and 2 ticket offices will be in place. The upper ticket office will be used in peak periods to sell tickets to vehicle drivers via shore based pursers

- Representation is continuing for flexibility and less rigidity in establishing and enforcing rules greater than that required by Transport Canada that govern passengers being required to vacate the car decks during sailing on our short run open deck ferries
- We are pleased that over 600 people qualified for and availed of the commuter passes during 2011 which sustains the opportunities for people to earn a living and be educated etc

Let's hope for further progress in 2012 and a prosperous New Year



School News !

On behalf of the staff and students of St. Augustine's Elementary school I would like to take this opportunity to wish all parents, guardians and members of the community a safe and happy holiday season.

In addition to the regular curriculum, students at St. Augustine's are given opportunities to demonstrate their understanding of issues facing our society and ways in which they can help. At Thanksgiving, we held our annual food drive to support our local foodbank. A penny drive collected almost \$700 for the Bell Island Breast Cancer Awareness Group, which was donated to the Canadian Cancer Society. Students donated used winter coats as part of the VOCM Cares Coats for Kids Campaign. Most recently, they donated items to fill shoe boxes as part of Operation Christmas Child. These boxes will be delivered to children in developing countries just prior to Christmas.

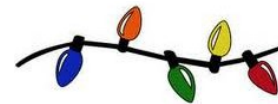


Students at our school are very fortunate to have the support of the Kids Eat Smart Foundation which helps with funding our lunch program. However we would not be able to offer it without the dedication of small group of volunteers who give countless hours preparing and serving meals to our students. We would like to take this opportunity to thank them publically for their efforts. We also extend an invitation to any other member of the community who would like to volunteer with the program. You do not need to have children in our school in order to help out with this program. Many hands make light work and a few hours once a week would be greatly appreciated. If you would like to find out more about our program or how to volunteer please contact the school at 488-3349 or email reginalddurdle@esdnl.ca.

Kids Eat Smart is also a registered charity. If you donate to them you will get a charitable tax receipt and every dollar you donate will be matched by the foundation.

Above all, school is about helping students reach their fullest potential; academically, physically, socially and emotionally in a safe, caring and healthy environment. To this end we are currently engaged in an internal school review. This is the first step of a new school development cycle. We are examining our practices to ensure they are aligned with helping students achieve. This year is a transition year as we prepare to move to a new 3-5 year school development plan. In the meantime we are still focusing on our literacy, numeracy and character development strategies. To learn more about our school please visit our website.

A few reminders. Our annual Christmas draw is starting next week and we look forward to your continued support with this fundraiser. We remind individuals visiting the school that we are a smoke free facility both in the building and on the grounds. We ask that you help set a good example for our students when you attend school functions. Finally, a reminder that our Annual Christmas Concert is being held at the school on Wednesday, December 14th. Hope to see you there.



Can We Revive the Bell Island Co-operative?

Ken Kavanagh

In December of 2009, the United Nations General Assembly declared the year 2012 to be the **UN International Year of Co-operatives** (IYC). The purpose of IYC is: (1) to raise awareness of co-operatives and their social and economic benefits; (2) to support the growth and sustainability of co-operatives; and (3) to create *legacy* initiatives that will live beyond 2012. IYC is being celebrated all over the world, including here in Canada. More information on IYC can be found at <http://www.canada2012.coop/>

There are more than 9,000 co-operatives and credit unions in Canada. They can be found in almost every sector of the economy and touch the lives of millions of Canadians. Collectively, they have some 18million members, more than 150,000 employees, and control assets of more than \$330 **billion**.

It is said that no matter where you live in Canada, you will find a Co-operative. Yes, there is a co-op on Bell Island and it is called the **Bell Island Community Development Co-operative** (BICDC). The formation of BICDC really began in 1983 and after several years of a pretty intense community development process, more than 300 residents attended a meeting on December 2, 1984 to give birth to this co-op. Since that time, the co-op has produced the Seniors Citizens Complex and the Co-op Bakery. The 16-unit Complex is doing fine and the bakery managing to survive.

The Co-op, on the other hand, is struggling. To be honest, it is on its death-bed and needs to be revived and rejuvenated. Its problem is its governance. More specifically, the problem is really getting volunteers/members to serve on the Board of directors and provide the legally required governance. Unless this is addressed, this legally incorporated co-operative (under the Co-operatives Act) will cease to exist, one way or another, and that has implications for both the Bakery and the Complex. The Bakery would close and the Complex would need to secure another governance structure.

There is a way to revive this co-operative and perhaps 2012 is the time to initiate a revival process. I understand there are some people interested in getting involved in such a process. A successful revival process will be contingent on the participation and support of many individuals and groups including: co-op members, past directors and officers, our MHA and MP, Wabana Town Council, government, NL Federation of Co-operatives and, most importantly, all residents of Bell Island.

As the founding President, I am prepared to do my share to help put this co-op back on its feet. Who else is in?

Even though it may be forgotten, this Co-op has made a difference to this community. Let's make the revival of the BICDC our IYC legacy project for 2012. I would love to hear from anyone willing to get involved in saving this co-op.



*Seasons Greetings from
the Staff and Board of
Directors of The Bell
Island Heritage Society.*

Bell Island Community Development Housing Corporation

This year has seen a lot of changes at the Senior's Complex on Bell Island including the loss of two of our long-time residents - Stead Parsons and Myra Somerton; the retirement of janitor/maintenance man, Charlie Kent; and the hiring of new personnel, Heather Blanchard who replaced Charlie, and Kim Noseworthy as Book Keeper. This year, we were able to use stimulus funding made available by the NL Housing Corporation to undertake many upgrades to our building, making it much more comfortable for our residents.

We have 16 units at the complex - and we just recently welcomed Margaret Hann and Viola Brazil as our newest tenants. There are no vacancies at present, but anyone wishing to submit an application for a unit can call Kay at 488-2271. The volunteer Housing Board works closely with staff and NLHC to cover all aspects of tenant relations and other aspects of life in our senior's complex. This Board includes two members of the Board of the Bell Island Community Development Cooperative, and three members who represent the community.

Our complex has gone "No Smoking" anywhere in the apartments and common areas, with smoking restricted to the upgraded "Smoker's Room" at the Southern end of the building. Our tenants now have a Social Committee, chaired by Cavell Picco, which hosts many events for the residents. In addition, Heather has been doing an extraordinary job in upgrading the apartments and hosting fundraising events to support the purchase of items for the resident's common room and other areas which are not available in the existing budget.

The Complex provides a safe and happy home for our seniors, and working together we try to maintain this standard. The annual Christmas Party for our residents is coming up in mid-December. and if anyone in the community would like to donate a prize for the event, it would be most welcome. We hope to have some music - so if any of the many talented musicians in our community would like to volunteer a couple of hours, just give Kay a call at 488-2271 or Heather at 488-3363. We'd love to have you as they really enjoy this annual event, especially the music! And do feel free to drop by and take a look at their magnificently decorated home.

Best wishes for Christmas and the New Year to all residents of Bell Island from the Board, staff and residents of the Bell Island Senior's Complex.

Kay Coxworthy,

PUBLIC SKATING SCHEDULE

TUESDAY	-	4:30pm - Public Skating
WEDNESDAY	-	2:30pm - Adult Skating
THURSDAY	-	4:30pm - Shinny Hockey
	-	5:30pm - Public Skating
FRIDAY	-	7:00pm - Public Skating **
SATURDAY**	-	1:30pm - Shinny Hockey
	-	4:30pm - Public Skating
Evening event may be booked when no Sr. Game**		
SUNDAY	-	4:00pm - Family Skating
	-	5:00pm - Old Timers Hockey
	-	6:00pm - Public Skating

** - Please check recording and arena page at www.bellisland.net for any changes on these days.

NOTE: Arena can be booked for skate parties, showers, private gatherings, meetings, etc. Ice surface is available and/or newly renovated heated community room. 488-2111.

Is it a cold or influenza?

COLD	SYMPTOM	INFLUENZA
rare	fever	usual high fever (102°F/39°C to 104°F/40°C) – sudden onset, lasts 3-4 days
rare	headache	usual – can be severe
sometimes, mild	general aches and pains	usual – often severe
sometimes, mild	fatigue and weakness	usual, severe, may last 2-3 weeks or more
unusual	extreme fatigue	usual early onset – can be severe
common	runny, stuffy nose	common
common	sneezing	sometimes
common	sore throat	common
sometimes, mild to moderate	chest discomfort, coughing	usual – can be severe
can lead to sinus congestion or earache	complications	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening

- wash hands frequently
- cough/sneeze into your sleeve

PREVENTION

- **annual vaccination**
- wash hands frequently
- cough/sneeze into your sleeve



immunize.ca