



Photo by Jason Prupas

Melissa Dale at one of her favourite places, the lanes at Quinte Bowl. Dale is an avid bowler and is striving to be awarded most improved player in her Tuesday Nights Mixed Bowling League.

Bowling a great stress reliever

By Jason Prupas

Everyday life can have its up and downs, relaxing moments and stressful situations. Some people cope with stressful situations by getting a massage or even walking their dog, than there is someone like Melissa Dale who uses bowling as a way of relieving herself of life's pressures.

"I just want to get out of my house once a week, throw down some pins and take

out some aggression. You would be surprised how therapeutic it is," confesses Melissa Dale as she sips her skinny vanilla latte.

Dale and I met for an impromptu coffee and interview at a local Starbucks and we talked about everything from the meaning of "destiny" to where being the wife of a soldier has taken her.

We had met the week before at a nearby local alley where she plays with her team

every Tuesday, and I remember her being quite timid and shy. But that was not the case when we met again for coffee.

Although I had only met her once, she showed up with this new persona, an evidently confident swagger about her. Dale wore a purple blazer with a black and white blouse underneath, she appeared to be well dressed and clearly too pride in doing so. We ordered our drinks and sat at this large table meant for 8 people but

just sat us, and talked about life. Dale was very receptive to my questions and she had a lot to say and the same time would let me know if a question of mine would not receive an answer, and no pushing or prodding would change that, and I respected her for it.

We talked a lot about how tough it was for her husband to be in the military and having to move to various bases across Canada, sometimes to her dismay.

Dale found it hard at times to want to make friends because she knew that a time would come when she would have to pick up and move again. However things started to pick for her when her husband Colin, who is an aviation technician in the military, was posted to Nova Scotia two years ago, she decided to take on a new past time – bowling.

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First time playoff appearance for Lady Lancers

Loyalist women's rugby wraps up season

By Tijana Martin

The Loyalist Lancers women's rugby team's journey has never gone so far and this year marked their first run at the provincial playoffs.

The team's season came to an end last Saturday.

The Lancers earned 11 points this season, with two wins, one tie and three losses under their belt, prior to the 2012 quarterfinals.

The bad weather caused by Hurricane Sandy left the Lancers with only one practice day before their big game.

That wasn't ideal for the team and coaches.

The team committed to a three-hour

practice in the rain two days before to the game, leaving them with a rest period in between.

The women's team traveled to Markham to battle it out against the Seneca Sting to advance their spot in the

playoffs.

Well rested for their quarterfinal game against Seneca, their fate seemed promising with a 10-0 lead into the second half.

With only a few minutes left of the game, everything changed and the Lancers saw their dream quickly get ripped away.

Seneca managed to score two ties and successful kick moments before the game was over.

Seneca won 12-10.

Saturday marked the last rugby game of the season for the women's team. For many of the veterans, it was their last game as the Loyalist Lancers.

"I think today, losing the way we did sticks in their hearts," said Head Coach Ken Fitzgerald.

However, the team coaches said they weren't too disappointed with the loss.

"That's the end of the season, but you know with a loss, I think we can still call it the high point," said assistant coach Matt Kisk.

This season has exceeded the expectations of many.

"Overall, I couldn't be more proud. I think the program itself just speaks volumes now that we made the playoffs. I think our girls know now, we're a force to be reckoned with going into next year, and I hope our recruitment works in that favour too," said Fitzgerald.

By getting into the playoffs and their track record for this season, Kisk is just as hopeful in improving the team's chances of getting a better recruiting class next year. This year's team had a steady mix right down the middle of rookies and veterans. The rookies were very well prepared by their high school rugby programs, according to Kisk.

Fitzgerald said he hopes that the rookies come back to play another season with the team next fall, leaving them with a similar situation as the 2012 season. Fitzgerald said he hopes that the rookies next year have the same level of enthusiasm.

"I think next year, we're going to be a force. I have nothing but better expectations next year knowing how this season's ended."



Photo by Tijana Martin

Brittney Fargey, left, of the Loyalist Lancers tries to tackle Savanna Briscoe of Seneca Sting Nov. 3. The Loyalist Lancers lost the game 12-10, leaving them with their last game of the season. This was the team's first time they have reached the provincial playoffs.