



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.





Photo by Tijana Martin

**Eric Howard, a television and new media professor at Loyalist College, is participating in Movember to help raise awareness for men’s health, including prostate cancer prevention and awareness.**

# Movember gets off to hairy start

**By Tijana Martin**

It’s now one week into November, or as many people seem to refer to it—Movember. In Movember, men transform themselves into walking, talking billboards for men’s health. More specifically for prostate cancer prevention and awareness of mental health.

Men across Canada and the globe start the month with a clean-shaven face and grow their moustaches for 30 days straight for the annual month-long event.

This is the month when some men ignore their girlfriend’s request for a clean-shaven face and grow out something beautiful, because hey, it’s for a good cause

and what can be more beautiful than that? Participants can register at [ca.movember.com](http://ca.movember.com) on their own or as teams. They can post photos of their ‘stache and share stories on the site.

The Movember campaign has a motto: “Anything worth doing is worth right” and has five simple rules for men around the globe to follow.

1. Each registered “Mo Bro” must begin the Nov. 1 with a clean-shaven face.
2. For the entire month, each man must grow and groom their moustache.
3. The moustache must not join with the sideburns, because that’s considered a beard.
4. Handlebars must not join the chin, because that’s considered a goatee

5. Each Mo Bro must conduct himself like a true gentleman.

Those who register raise funds for the cause by sporting a moustache and sending out the link to their page where a donation can be made online. So far, \$301 million dollars has been raised globally through [movember.com](http://movember.com).

As of 2011, Canadians were the largest contributors to the Movember campaign. Loyalist College has joined the Mo Movement for the first time, and they’ve taken fundraising into their own hands. The athletic department set up a photo booth last week where students and faculty were invited to join in.

Although they will not be joining on-

line, all proceeds at the college will be donated to the Movember campaign. For a small donation, men and women were invited to get their photos taken at the start of the month for the “before” photo with a clean-shaven face. For men, organizers encouraged them to participate by growing out their facial hair. For women and men who can’t grow a moustache, cut out moustaches were supplied.

On Friday afternoon, well over 50 members of the Loyalist community had participated in the cause.

“I think cancer is one of those things that everyone can kind of connect to, and everyone knows somebody that’s been touched by it. So, I think it’s really impor-

tant to help raise awareness for that and also the mental health side of things,” said Amy Hoskin, who was helping run the photo booth.

For those who missed the sign-up booth, they can go to the fitness centre and make their donations to Cory Mestre, coordinator, Fitness Facilities and Campus Recreation.

On Nov. 30, organizers will set up the booth again to photograph the men sporting their ‘stache for the “after” photo. As a little incentive, there will be a competition with prizes, for the best moustache at Loyalist.

There will be judging and a fan poll to choose the winner.

# Dart tournament welcomes all levels of enthusiasts

**By Jeff Peters**

There was a flurry of excitement in the Astra Junior Ranks mess at CFB Trenton as approximately 300 people attended the Bob Jones Memorial dart tournament recently.

The tournament has grown in size and notoriety since it began 17 years ago.

Those in attendance ranged from national pros to avid enthusiasts, and all those in between. Throughout the junior ranks mess on CFB Trenton, dozens of dartboards were strewn from plywood dividers, where competitors from all across Canada faced off against each other in a variety of matches ranging from singles,

doubles and teams. The prize money was top dollar, with over \$15,000 to win collectively and the competitive atmosphere was charged, yet friendly.

Canada’s top-shots of competitive darts were out in spades, including the currently topped ranked men’s dart player, Terry Hayhurst, 27 who is originally from Brantford, although he grew up in Calgary.

Hayhurst made his way into darts in a fairly unique fashion. At 16 years old, he was something of a baseball prodigy. Hayhurst was a very talented pitcher and was selected to play on the Canada Junior Olympic baseball team and was also drafted by the Seattle Mariners.

Hayhurst joined a dart league in Calgary to keep himself occupied during the off-season. Hayhurst’s first high level dart competition won him a top spot at a tournament in Stamford, Connecticut when he was just 16.

Although Hayhurst did not come away with first in the matches, his motivation is not swayed.

Success, Hayhurst said, is his biggest motivator.

“I don’t like to know I could have done something and I never tried it, that I never took the right precautions to do it.”

The Bob Jones Memorial Tournament was started 17 years ago as a one-day tournament, which was initially held at

the Belleville Legion. In those 17 years, the event has grown substantially in both size and notoriety to be considered one of Canada’s best.

It has grown into a three-day event, which in the past seven years has been held at the Astra Junior Ranks mess in CFB Trenton.

The tournament is organized by a husband and wife duo, Wally and Kim Hilts. Kim is the daughter of the late Bob Jones, who was a local darts icon and mentor who worked as a foreman at the Black Diamond cheese factory in Belleville until his early retirement because of health reasons.

“He was an icon for darts in the area,”

said Hilts.

“He was always the person that people would come to for help with darts if they wanted to learn how to throw,” Hilts recalled.

After Jones’s passing on Nov. 11, 1994, Hilts and his wife decided to commemorate the man who was so pivotal supporting and nurturing darts in the Belleville and Quinte West area, in the best way they could think.

“There was never anything around here, between Toronto or Ottawa, so after he passed away, I said to Kim, ‘We should have a tournament and we’ll make a big tournament a memorial, and after 17 years now, it’s the biggest tournament in Canada,’” Hilts explained.

# One-of-a-kind crafts part of Picton show

**By Benjamin Priebe**

Ceramic woodland creatures with feelings, giant birds built from propane canisters, psychedelic hand-painted hammers and basins carved from local Ontario stone. The Maker’s Hand is a one-of-a-kind craft show, which encompasses a variety of interesting pieces for your own home.

The show took place for its eighth year this past weekend, Nov. 2 – 4, at the Picton Fair Grounds on Main Street. The Maker’s Hand is organized by a committee of men and women who volunteer in different roles and work with the Prince Edward County Arts Council, promoting eastern Ontario artisans.

The show continues to create a buzz, becoming increasingly popular every year. This allows local artisans a chance to give contacts and customers the chance to purchase an interesting piece for their home.

“This year, a lot of people are purchasing and I see many bags going out the door because people feel it is a stronger economy,” said Veronica Cluett, who is in charge of volunteers and will co-chair the event next year. “We have about 3,000 visitors over the three days, in a steady attendance.”

“We try to keep a balance of different crafts and different media so that the show is diverse,” said Cluett. “We present a range of jewelers, potters, textile makers, glass blowers, wood workers and so on.”

The quality of goods presented at the show is kept high to maintain standards in excellence of craftsmanship.

“We have people who are artisans and storekeepers who request to be in the show,” said Cluett. “They are judged and selected by a panel of jurors.”



Photo by Benjamin Priebe

**Diane Woodward, vendor at The Maker’s Hand, shows off her handmade psychedelic goods to prospective customers.**

Florence Chick-Lau is a Prince Edward County-based artist with one of many popular booths at the show. She said she sold several thousand dollars worth of her one-of-a-kind pieces over the weekend.

“I make and sell ceramic sculptures of animals,” said Chick-Lau. “They all do

different things and people say that they capture real human emotions in the face and movement.”

Customers said they were intrigued by the attention to detail and the personal touches put into all of the goods presented at the show, whether it be handmade

paddles by Bruce Smith or whimsical metal sculptures.

“People this year have absolutely loved Dog Bite Steel by Jean Pierre Schoss,” said Cluett. “He creates sculptures and instruments entirely from recycled oil cans and propane tanks.”

# Bowling...

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“I’ve always wanted to join a league. It just seemed like a fun thing to do. So when Colin got posted in Halifax a year ago it just seemed like the right time to start and that’s when I joined the league. It just seemed like a good outlet.”

After 25 years of marriage, this is the first time Dale didn’t accompany Colin on a posting. She decided to stay in Trenton, where they have been living for the last 16 years, for a number of reasons – the most important one being her daughter, Lindsay. Dale didn’t want Lindsay to have to start at a new school for her last year of high school.

In addition to not wanting to uproot her daughter, Dale took other factors into her decision not to move to Halifax. Their family home was just five years away from being paid off and both of the Dale’s parents live in Trenton.

Although Dale has never lived apart from Colin, she is no stranger to being separated from him. He has been deployed numerous times and each time Dale experiences many sleepless nights.

“On a day to day basis it was fine, but when he did his tours of duty in Afghanistan that was rough on me. That’s when you take a good hard look at the risks of being married to someone in the military. Colin wouldn’t fight but he still had to carry a loaded weapon wherever he went. He’s not infantry so he’s not being shot at but there is always that danger. Bombs and bullets don’t discriminate.”

However she seemed to be down at the very mention of Collin’s deployments or him living away from home, when I brought up bowling I could see a sparkle in her eye and some sort of joy. She tells me “I might be the worst player in the league but that’s OK. I’m there to have fun and get out of my house.”