

Sailor enjoys 75 years on the ice

By Marta Iwanek, Justin Tang
and Patrick Callbeck

“Come on,” says ice sailor Red McGillivray as he brings in the sheets on his red ice boat. The pulleys make a clicking sound as he threads the red rope. His boat named *Red Baron* bumps to an almost stop in the middle of the frozen Bay of Quinte.

“Catch it,” he says in an almost whisper. Gusts of wind pick up snow in the distance on the lake that’s now under six inches of ice. “Catch it,” he says.

The *Red Baron* begins to accelerate steadily. “There we go,” says McGillivray. He knows the drill. After all, he’s been ice sailing for over 75 years.

Flecks of snow start bouncing off the boat. The wind drives us back as the boat is carried forward. Trees and houses on the lake’s edge begin blurring. The horizon begins to curve until what’s mainly left to see as the boat sails by at 60 miles an hour is the bright, blue, open sky.

But the speed is relaxed for the 84-year-old who has twice hit Mach 2 while in the Air Force.

“When you’re cruising along at 70 miles an hour and you get hit with a gust of wind, the boat accelerates like a rocket. There’s nothing like it.”

The feeling isn’t far from the kick of a jet’s afterburners, McGillivray says.

And it doesn’t get old: McGillivray was only seven when his grandfather brought him on the ice for the first time. Sydney Harbour in Cape Breton seemed much bigger then, he says.

“It scared the hell out of me,” he recalls, but he was hooked.

Work as an Air Force engineer took McGillivray around the world, often to places where sailing wasn’t an option. There was the glacier in Alaska and the time in Snag, Yukon, where the temperatures reached 84.6 degrees below zero Fahrenheit. Too rough and too cold, McGillivray says.

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Photo by Tom Hicken

Eighty-four-year-old Red McGillivray poses with his ice boat, the Red Baron, on the frozen Bay of Quinte near Trenton on Tuesday. McGillivray, who had a head-on collision with another boater last year, says he falls into the icy waters at least once every season. For more photos, see page 4.

Time to butt out during Non-Smoking Week

Leave the Pack Behind encourages participants to quit smoking

By Alicia Wynter

Loyalist student Tanner Stevenson started smoking at the young age of 12 years old and picked up the habit from social gatherings.

Today, Stevenson smokes to fill the void between breaks at school, and has quit in the past and was successful for about five to six months. He said he plans to quit cold turkey in the near future.

It’s National Non-Smoking Week this

week, and it runs Saturday until Sunday.

“Leave the Pack Behind has received public funding from NRT, which is nicotine replacement therapy,” says Lauren Deans, Loyalist College registered nurse. “So that helps and encourages smokers to quit and gives some help with that, and it’s free product. So for students it’s a little bit of a bonus.”

Deans says the Leave the Pack Behind program is quite effective. Not everyone who has started the program has quit smoking, but a great deal have, and if they haven’t quit, they have gone from two packs a day down to half a pack a day, which is a big bonus.

“So I’d say it’s quite effective. I would say about 75 per cent who start the program complete it.”

Loyalist offers what is called a “quit kit” which goes through all of your triggers and ways you can be successful. Students are then armed with the nicotine patches and go through a physical history to see if there are any problems they may have, to make sure this treatment is right for them.

The patch is right for everybody, but students are made aware of the risks and side effects.

“We describe the program, because some people start at 21 milligram patches. They wear them during the day only, not while you’re sleeping, and first off, they’re supplied for two weeks and we work from there. A lot of times the 21 milligrams is for a month.

Then you can decrease to the 14

milligrams. So it’s a weaning process. Then it’s 14 down to seven. We also provide the gum to help for those cravings in-between,” says Deans.

According to The Lung Association of Ontario, it’s hard to quit smoking for a couple of reasons. First, cigarettes and other forms of tobacco contain a powerful, addictive drug – nicotine. Nicotine affects your brain and your body. It can rev you up. Like coffee, it’s a stimulant that makes you feel more alert, makes you feel calmer and more focused, makes you feel happier.

Nicotine can act as an anti-depressant. Doctors have discovered that some smokers are depressed, and smoking is their way of taking a drug for their depression, which can get you addicted.

It doesn’t take long for your body and brain to get addicted to nicotine, make you feel sick and uncomfortable when you haven’t had it for a while.

Quitting smoking is the single best thing you can do to improve your health and quality of life. Non-smokers have a much lower risk of getting dozens of smoking-related diseases like lung cancer, heart disease, and COPD (chronic obstructive pulmonary disease), including emphysema and chronic bronchitis.

If you have a friend who is trying to quit smoking, there are pamphlets for those who would like to assist their friends with lots of information and support at the Loyalist Health Centre.

Sleep Out! creates awareness of plight of homeless

Large group of volunteers plans to replicate a single night in the cold with little to shelter them

By Nam Phi Dang

With temperatures to hit possibly as low as -23 degrees Celsius this week in Belleville, most folks will spend the night inside a warm and cozy bed, watching the TV and sipping on hot chocolate. But in an act of bringing attention to those who are either homeless or in poverty, a large group of people plan to replicate a single night in the cold with little to no shelter from Friday night to Saturday morning for a full 12 hours starting from 7 p.m. to 7 a.m.

The Canadian Mental Health Association is hosting its annual Sleep Out! So Others Can Sleep In event to bring awareness of the issue of homeless and poverty. Sandie Sidsworth is the executive director at the CMHA and has been working at the Hastings and Prince Edward branch for the past two years. She is also the head coordinator for the event.

“This event creates awareness and compassion. Sometimes, those who live in the most acute poverty are seen as the most disposable in our society and are not important in either a political or economical system. When we lose the ability to be compassionate to the most vulnerable in society, we lose the soul of who we are in the community. The awareness of this event makes you humble because it could just potentially make individuals realize how lucky they are,” said Sidsworth.

A past member of the CMHA who was inspired to bring awareness about



Photo by Nam Phi Dang

Sandie Sidsworth at the Market Square. This space will host the event Sleep Out! So Others Can Sleep In.

homelessness and poverty to a local level brought up the original idea of the event.

“We had a staff member by the name of Shannan Mercer who developed the program because she came across other connections of sleep outs around the world such as the rent tent society. The idea was to bring it locally and create awareness within a community,” said Sidsworth.

The event began in 2008 and annu-

ally brought roughly around 100 to 300 participants a year. January was chosen as the month for the event as it is one of the coldest times of the year and can be seen as possibly the hardest time for a homeless individual to cope with due to weather. This year, Sidsworth hopes to see around 300 to 400 participants. The numbers for those who plan to stay out for the full 12 hours is unpredictable as individu-

als have the option of staying and leaving whenever they like.

For those who do not participate in the event but would still like to help, the option of pledging a participant is available. While Sidsworth hopes to see around \$10,000 in donations, with all proceeds going to the CMHA and their transitional homes, she also sees this more than just for donations or for

bringing awareness.

“Pledge somebody or bring coffee to someone you do or don’t know that might be participating in the event. It’s not just about money or awareness – it’s also about building the community too,” said Sidsworth.

Sidsworth feels that the success of this event is solely based on individuals participating for the better cause.

“This event is successful when people come out and are getting together. A lot of support is given because they know the work that we are doing and understand the importance of keeping the houses repaired,” said Sidsworth.

The Canadian Mental Health Association’s main objective has been to help rehabilitate those who have mental health issues, addictions or suffer from poverty within the community.

“Our objective is to be a community organization that is based for anyone who is in need of support regarding mental health issues, addictions or any other poverty driven issues. Our homelessness program seeks to bring people off the streets and provide a safe place and begin to move their life forward. They’re supported to see counsellors with addictions or mental health issues. We have a return to work program that help those with mental health issues to return to workplace. We work with them to help them find sustainable housing. Nobody moves through poverty without finding a place to call his or her own. Whether it is a rented room, a rented apartment – you can’t move people through sustainability without an anchor,” said Sidsworth.

Sleep Out! So Others Can Sleep In will take place on Friday, January 25th at the Market Square in Belleville, Loyalist campus in Bancroft and City Hall parking lot in Trenton.