

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 brings 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 councilors 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.



Photo by Evan Campbell

Jeff Chisholm of Belleville battles the wind and snow on the Bay of Quinte last Friday. Temperatures plummeted this week, reaching -20 to -30 degrees C.

Weather fluctuations impact on fishing

By Evan Campbell

It's been a difficult season so far for local fishermen. Fishermen are finding that the lack of cold weather is causing them not to be able to fish their favorite spots on the Bay of Quinte.

Although frosty temperatures are here now, warm weather earlier this month forced fishermen to find new spots.

Jeff Chisholm and his team of fishermen, the Quinte Ice Fishing Team, have been fishing the Bay of Quinte since they were young, and in their adult years are making a business out of the fishing that can come from such a rich fishing waterway.

With the sun setting fast on the Bay, Chisholm and his friend Matt Heayn head out to the middle of the Bay in search of the Walleye in deeper waters. With the weather being above freezing for the past couple weeks the ice is a concern for safety with some spots being safe and some not.

As Chisholm and Heayn walk their gear out, they use a technique called spudding to check the ice quality. By taking a large steel spike with a sharpened tip and hitting the ice to check for the sound the ice makes and the way it cracks, fishermen can determine if it is safe to keep walking.

Once at the fishing spot, the fishermen

start to drill their holes with a hand auger. As the blades start tearing through the ice, you can hear the shredding of the layers until the sound of water comes through the hole and splashes onto the top of the ice.

With new technology, the fishermen can now use underwater cameras and sonar to detect fish in the area. "It's so helpful, it's almost like cheating," said Chisholm.

After jigging for an hour-and-a-half with the winds picking up, snow blowing in their faces and the light getting dim, the team packs up and heads in for the night without any fish.

Now that the season is in full swing, Chisholm and his team will be able to get

clientele on the ice.

"For sure, it has an impact on my business. If I can't bring clients out I can't make money," said Chisholm.

With the weather now in the minus 20 degrees C range, the ice should be getting solid enough, so Quinte residents can use the ice for fishing and other activities.

People are encouraged to check with someone who knows the ice well enough to see if it can be used safely. "There may be 10 inches of ice in one spot and 10 meters away it can be two inches," said Quinte Conservation Manager Terry Murphy. Even with some spots being safe for use, open ice can be anywhere and can be very dangerous and deadly.

Cold temperatures don't deter beach party fun in Shark Tank

Dry weekday event sponsored by committee for Alcohol and Related Risk

By Catherine Jackman

For the third consecutive year, the Shark Tank pub transformed from its usual cafeteriaesque atmosphere into a beach party.

The pub was complete with a table set up for what would appear to be beer pong, a limbo station, coconut races, mannequins dressed for a luau, and a fully set up bar.

The only thing setting it apart was that the entire event was completely dry.

The bar was serving mocktails. Instead of beer pong, the people attending were playing water pong with fatal vision goggles, which simulate drunkenness.

The only alcohol present at the Hawaiian luau was a table set up to explain standard drink sizes and give a visual representation as to how much alcohol can be consumed.

Camille Parent, who has been on the Alcohol and Related Risk committee for four years, was the host of this event.

"I had an event in my mind to have what is called a Root Beer pong competition. So we did that one year, and the following year we decided to step it up a notch and we started the Hawaiian Luau," said Parent.

The committee's intention is to teach the students not how to abstain from alcohol, but how to drink responsibly.

"I think they'll be able to say to themselves, 'Hey, if I'm going out and I have three drinks, I'll be able to go out, have a good time, make it home safely and wake up the next day, not feeling rough, and not really affecting my life.' I want these nights to empower the students to make the right decisions," said Parent.

Students had a different reaction.

"I've always wanted to wear the goggles, plus this seemed like something fun that I could do on a Wednesday night," said Ryan Walker, a student at Loyalist College.

The reaction from five of the approximately 30 students there, was that this committee is unnecessary and isn't as effective as they believe to be. Most, didn't even realize that the luau was to promote responsible drinking, coming solely for the free pizza.

"I feel like most kids were there just for the free food to be totally honest, although I feel like there were attempts at connecting with the students, I feel like it didn't work because they weren't serious enough," said Andrew Blouin, a second-year television new media production student.

Parent had some of the same concerns.

"I think it's not quite as important because we're a smaller campus. I think it's more important at the larger campuses. Queen's University, for example, there's some pretty big problems with hazing and initiation type of thing, but I don't think that happens at Loyalist," said Parent. "Being a small campus I think it's easier for us to take away the importance of it, but I would say it's equally as important even though we don't have as much of a need for it as some of the other."

Despite its seeming lack of effectiveness, Parent said that the committee still plays an important part in the school, with goals of how to raise more awareness in the future.

Parent said he would like to set up a mock car accident, complete with emergency service crews to demonstrate the affects of not only drinking and driving, but also texting and driving.

The committee plans on hosting the luau again next year.

Video games take rap for school shootings

By Vivek McCague

The recent shooting at Sandy Hook elementary school in Connecticut has raised concerns about violent video games.

Prof. Nick Graham, who teaches game architecture at Queen's University, said the shooting in Sandy Hook has once again led to the discussion of violence in video games. Violence in video games is often brought up as a factor by those opposed to firearm regulations.

"Which is clearly the real problem," Graham said.

Violence in video games and the effect it has on humans has gone through numerous studies. A recent study by Stephen R. Burgess professor of psychology at Oklahoma State University showed that exposure to violent video games increased aggressive thought, feelings and behavior among players. Burgess said he also found that the majority of people both men and women preferred violent video games.

Sam Sanderson, an active gamer with over 700 hours clocked in on Call of Duty multiplayer, said he did not think it increased aggression growing up around guns and violence. Sanderson said he thought rather that video games have de-

sensitized him somewhat. He said school shootings such as Sandy Hook don't happen because someone played a violent video game but because they have had some hardship or mental illness.

"I don't think violent video games affects society, I think it does affect the brain, but I don't think people are going to go out and say I'm like Call of Duty I'm gonna start shooting kids," said Sanderson.

In another study by Holy Bowen and Julia Spaniol, both PhD students in psychology, they presented data that revealed people who played violent video games showed decreased psychological reactivity (heart rate and galvanic skin response) to real violence, proving people can be desensitized by being exposed to violent video games.

Mike Ampoosh, a casual video gamer playing between three to five hours a week, said video games don't add up to violence, and incidents such as the Sandy Hook shooting are not a product of violent media.

"Some people just don't have the right mind state to do things," said Ampoosh.

The study by Bowen and Spaniol further showed that through functional magnetic resonance imaging (fMRI), that while people played violent video games, they showed increased aggression after playing,

but the aggression only lasted five minutes.

Graham explained that in a 1997 game called Golden Eye was one of the first games to introduce realistic violence. Golden Eye had a real 3D depiction of people and the goal was to walk through the world shooting and killing people. One thing he found particularly disturbing was if you shot someone in the leg and just wounded them, they would kind of limp off and your job was to kill them as they were trying to escape.

"In some sense, that's as bad as it gets, shooting someone in the back as they try to limp off, for pleasure."

"And so it seems we don't have this epidemic of violence coming at us as a result of these types of games which I guess is very reassuring," Graham said.

Violent video games is often mentioned as a plausible cause for violence in youth however Graham said that there have been many studies done and that they have all had a very difficult time trying to find a link.

"One thing we do know is that a lot kids report playing video games as a way of getting their aggression out. The kids report violent video games relieve aggression rather than causing it."



Instagram winner of the week

Congratulations to Rob Hwsam (username stokerrob), winner of the Pioneer's second weekly student Instagram photo contest. To see all of the Instagram photos submitted, search #Pioneerpics with your Instagram app. Be sure to follow us @LoyalistPioneer! The deadline for the contest is each Tuesday by 5 p.m. Photos must be taken the week of the contest.

Warm food a welcome sight on a cold winter night

By Vivek McCague

It's likely the coldest week of the year and that is the perfect time for Inn from the Cold.

Inn from the Cold is a program run by the Bridge Street United Church for over 20 years now, aimed at helping people who have lower incomes or are homeless by giving them a warm place to have a warm meal and socialize.

The program started Jan. 18 and runs daily until Thursday, Feb. 28. Susan Catherwood, one of three co-coordinators for Inn from the Cold for more than five years, said the program currently has about 160 volunteers and still needs 28 more with about 15 volunteers there every day.

The volunteer chefs start their day at 9:30 a.m. and start preparing the food, some of which was donated, with the rest bought by the church. Last Sunday, the chefs prepared squash soup, chili, white rice, corn, salad, cake and cookies with ice cream for dessert.

The guests started arriving shortly before 4:30 p.m., gathering in the gymnasium next to the kitchen. The kitchen starts serving the soup of the day at 4:30 and then the hot meal and desert at 5:30.

Anne Pennington, a kitchen volunteer for 10 years, said the program gives people a "chance to have a well-cooked meal,

some time for fellowship and kibitzing."

Catherwood said volunteers have served more than 100 people every day since it started.

Jim Berry, the greeter for the past four and a half years, said each year there is an increase in the number children coming to the event, underscoring the area's need for such a program.

Carol Leslie, who is in charge of administrative assistance, said there was definite increase of people coming to Inn From the Cold in the past five years she's been at the church. She said usually at the start, there are roughly 50 to 60 people who show up and then more and more people start coming. This year, however, they started with more than 100 people.

Volunteer Gary Magwood said five per cent of the population is less fortunate and it is the responsibility of the other 95 per cent to help.

"Fifteen people here and some donated food is all it takes to help them," Magwood said.

Terrilynn Fobear, a mother of five, has been coming to Inn from the Cold every day and said that there are not enough events like this around Belleville and existing ones should be advertised more and open all year-round.

"Last but not least the food is good here - a little spicy tonight," Fobear said.



Photo by Vivek McCague

Gord David, left, receives food from Grant Branes on Sunday night's Inn From the Cold at Bridge Street United Church.

Sports

Bulls come out on top

Belleville takes 4-1 win against Oshawa Generals in Wednesday action

By David Zammit

Belleville Bulls captain Brendan Gaunce led his team to victory over their division rivals the Oshawa Generals on Wednesday night at the Yardmen Arena.

With the 4-1 win, the Bulls move one point ahead of Generals for top spot in the east division with 57 points. The attendance at the game was 2534.

Before the puck dropped, the Oshawa Generals held a one point lead on the Bulls in the east division. The Generals had played three more games coming into the game, with a record of 26-16-1-3. The Bulls record was 25-13-3-2.

The game started with some hard forechecking from both sides. Oshawa was the first to capitalize on its scoring chances. Lucas Lessio's shot led to a rebound right to an open Cole Cassels, who shoveled it though Malcolm Subban's five hole to score. This was his 13th goal of the season, at the 8:18 mark.

Bulls wasted no time responding with a goal of their own. Rookie Niki Petti found Bulls captain Gaunce, who rifled a snap shot past Altshuller to tie the game.

Both teams played hard for the rest of the period, which ended in a one all tie.

The second period was hard and physical. Both team tried to pull ahead. Stephen Silas walked over the blue line to the slot area and dropped it off for Gaunce, who wristed his second of the game, and 19th of the season, past Altshuller at 5:18 into the second period.

Going into the third, Bulls head into their dressing room with a lead of 2-1. Both goals were from captain Gaunce. Shots after two were 25-21 for the Bulls.

The Generals came out firing from all angles in the third period looking to tie the game, but Subban showed them why he was a first round draft pick, holding the Generals off.

The Bulls managed to catch a break when they were short-handed Joseph Cramarossa, fed a defence-man Jake Worrat at the point who walked into the top of the circle and



Belleville Bulls' goaltender Malcolm Subban celebrates with fans after the team's win over the Generals Wednesday.

Photo by Justin Tang

put one just under the bar by Altshuller, giving the Bulls a 3-1 lead with only 6:41 to play in the third period.

The Bulls kept firing on all cyl-

inders, as new addition Alan Quine won the faceoff against Generals captain Boone Jenner. The puck was loose just behind Quine when Cramarossa picked it up and wired

a laser past Altshuller's glove hand, making it 4-1 for the Bulls.

The Generals gave it all they had at the end of the 3rd period. But the Bulls held them off.

Lockout doesn't impact on fan loyalty

Many teams gained in ticket sales following 2005 non-season

By Evan Campbell

The stats show that NHL fans would likely show up to watch their favourite teams once the season got back in full swing after the 2012 lockout.

In the 2005 lockout, owners suspended an entire hockey season and it only boosted numbers in the year to come in most teams' situations.

A study in the years before and after the 2005 lockout showed that only nine teams lost attendance, and the biggest loss was 24 per cent. The other 21 teams had gains in their ticket sales, with the biggest being a gain of 26.2 per cent.

The overall average of all sales, lost and gained, was a gain of 1.9 per cent.

Out of the top five gains, three are in the US and two came from Canada. The top teams were Tampa Bay, Calgary, Ottawa, Phoenix and Anaheim. The next eight teams on the list are all from the US. It's not just Canada that loves the game of hockey.

With the season back and running, some fans want to get back out and enjoy the game of hockey, either at a bar, the arena or at home.

"I'm going to watch every game I can, I've missed hockey for seven months and I'm going to take in every second I can," said Mike Hoskin of Loyalist College.

Since the lockout, Montreal Canadien's owner Geoff Molson said that beer sales have gone down in Canada and in the US. Beer sales in Canada dropped 5.1 per cent in the first month of the fourth quarter. People drink beer and watch hockey and without hockey it affects all kinds of people in the alcohol sales business.

"There was a slight change in numbers once hockey started, but I expected to be more busy," said Farshiad Partow, manager of Crabby Joes bar in Belleville.

The Ontario Hockey League and other junior hockey associations will be affected as well with the loss of some major players in their roster. Richard Rakell (ANA), Matt Dumba (MIN) Dougie Hamilton (BOS), Mikhail Grigorenko (BUF), Jonathan Huberdeau (FLA), Alex Galchenyuk (MTL), Stefan Matteau (NJD), Scott Laughton (PHI) and Mark Scheifele (WIN) are all playing in the NHL and are no longer playing for their junior squads in this season unless they get dropped down.

With the loss of these players, junior teams may struggle with line-up changes and loss of points. Those players listed are the best of the best in Canadian and American junior leagues and it will take its toll on the teams.

Campus rec hockey gains hold at Loyalist

By Alicia Wynter

It didn't look good for the Loyalist Sharks Tuesday night. They were down 3-0 within the first five minutes of their hockey game against the Loyalist Salmon at the Yardmen Arena.

"Well, it's five on four for the girls, so the guys don't have too much of an advantage. It's not as bad as you'd think. I was really scared the first time when I went out, but it's actually a lot of fun," said Cassandra Stanton.

After the Sharks' first goal, the ladies picked up their game and showed their skills in the friendly competition against the men's team. They won their first game finishing 8-6.

Stanton is a first-year child and youth worker student at Loyalist College and has been playing hockey for the past 14 years. She said she enjoys playing any forward position and hopes there's an increase of female players in the future. Stanton made two of the eight goals scored during the game Tuesday night.

"It's a lot of fun. It's a lot different than competitive hockey, and the fact that it's not a huge competitive sport. It's just the people that are having fun and want to play," Stanton said, when describing what she likes about rec hockey.

Loyalist Athletics technician Peter Williams has been coaching the ladies hockey team for the past eight years. He has 15 years experience coaching women's hockey across the province.

"It's more of an outlet for them, it's not really an organized thing. It's an outlet for some of the girls who come to college and still want to continue having fun while playing hockey. There's no other options for them here in this city, you know, and it's recreational fun, come as you want," said Williams.

On average, there has been 70 to 120 students participating in recreational hockey, depending on the year. In some years, the school used to have eight to 10 teams in the league, although in the last couple of years it has scaled down a bit. Cory Mestre, campus recreational & fitness facilities coordinator, has six teams this year.

"We've had campus rec hockey in one

form or another, so, I would suspect it's been over 30 years, because I'm sure it ran before I was here. You know hockey is one of those sports that's sort of easy to do that there's always hockey guys around, so I would probably say it's been about 30 years," said Jim Buck, athletic director.

When it comes to developing different campus rec programs, hockey has been popular with students in the past years.

"It's sort of a no-brainer one, it's an easy one to do, it's one that there's always people wanting to play hockey, so it's not like with some campus rec where you're chasing kids to get out, I mean hockey is relatively easy to do," said Buck.

Buck said that the program has improved by tightening up the rules, like no alcohol in the change room. He said it's easier to enforce now because the co-

ordinators have been more diligent and the rinks have also tightened up as well because city by-laws and regulations have changes, and the rinks make it much more difficult to break the rules.

The rec hockey program has grown by having a lot more females wanting to play. When Buck first started, they didn't have a lot of females interested in playing campus rec hockey.

"Probably in the last eight to 10 years, that has changed drastically and to a point where now we have one full team of women playing in it. Fifteen to 20 years ago, that would have never happened, so this is probably the most enjoyable change from our perspective, is the fact that now we have females participating and we have full team and that's great," said Buck.



Loyalist Sharks' player Cassandra Stanton shoots and scores her first of two goals during a hockey game against the Loyalist Salmon's goalie Jeremy King.

Photo by Alicia Wynter

A day on the ice with Red



Photo by Tom Hicken

Red McGillivray's ice boat, the Red Baron, races over the frozen Bay of Quinte near Trenton Tuesday. At 84, McGillivray is still an avid ice boater who says he has reached speeds of 170 km/h over his 75 years of boating.



Ice boating...

Continued from Page 1

McGillivray and his wife Sheila have lived in Carrying Place near Trenton since 1976. The ice is good there, and on a good day, a sail to the Bay Bridge that spans Belleville and Prince Edward County can take a blistering seven minutes. McGillivray points towards the east. The bridge is a mere speck from the launch point.

The bay is a way of life for the couple of 58 years. In the summer, the pair's 29-foot sailboat becomes home. Their bungalow becomes their summer cottage: it has air conditioning.

It's solidified friendships too. "He started me off," says Jim Stanley, a friend of 28 years and ice boating partner for five. "He won't go without me."

The two men ice boat in the winter, sail on the water during the summer and work on projects together in between seasons.

It's brought them close – too close

for comfort a few times.

"We've had some fun," Stanley says with a laugh, thinking about the collision he had with McGillivray last year. "Things happen and they happen with such a fast pace. You've got to be on top of your game every time you go ice boating. A puff of wind or a shift of wind and you never know what's going to happen."

The thrill is one that McGillivray wishes more young people would share.

Like his grandfather did nearly 75 years ago, McGillivray is taking his own grandson, now 12, out on the ice.

"I asked him, is this fast enough?" McGillivray recalls of their first outing.

The grin on the boy's face told McGillivray all he needed to know.

"He said, 'No, no, go faster!' We just sheeted in and we put it to the bottom. And we roared."

McGillivray is convinced others will be hooked if they just get a chance to try.

But there's one rule, he says: "Your first ride can be in my boat but your next ride is in your own."



Photo by Justin Tang

McGillivray ice sails on the Bay of Quinte on his ice boat, the Red Baron. He also enjoys summer sailing.



Photo by Marta Iwanek

McGillivray, 84, has loved the sport and the speed since he was seven years old.



Photo by Marta Iwanek

Ice sailor McGillivray prepares to set sail across the Bay of Quinte during ideal conditions Tuesday.



Photo by Justin Tang

Ice sailers set up their boats on the Bay of Quinte. The ice was seven inches thick during the Tuesday adventure.



Photo by Tom Hicken

McGillivray suits up before launching his ice boat, the Red Baron on the frozen Bay of Quinte near Trenton

On the street

We asked people at Loyalist College the following question:

What was your reaction upon hearing Lance Armstrong admitting to doping during his cycling career?



Krysten Elliott, 19, community and justice services worker, "I was shocked – I didn't think he would admit it. I thought he would deny it because that's a huge deal."



Carolyn Knuude, 20, biology, "It was a big move but he probably has to deal with all the consequences now. It took a lot of courage for him to finally come out and confess."



Laura Zimmerman, 22, child & youth worker, "He seemed really insincere and he wasn't really giving any information that wasn't already out there. He kept answering questions half-heartedly."



Cory Mestre, fitness facilities & campus recreation coordinator, "He just wants to race again and the only way that he'll be allowed to race again is if he comes clean and starts naming names and working co-operatively with USADA and WADA."



Tim Gardner, 48, radio broadcasting, "My reaction was I have no sympathy for him at all. He took the high road while he was taking drugs and looked down on everybody, but now he wants everyone to give him that respect. He never gave it all along when he knew he was cheating."



Jorden Marsh, 20, electrical engineering technician, "It's fine – he raised millions of dollars so it doesn't matter if he's doping or not...he raised the money so if he did it, he did it – it doesn't affect me because he didn't do it for a bad cause."

Editorial

Fewer waterways now protected

Ninety-seven lakes, 62 rivers and three oceans. Those are all the waterways now protected by the Canadian federal government.

This means that hundreds of thousands of bodies of water in Canada now go unprotected.

Last month, the Harper government changed the 130-year-old, Navigable Waters Protection Act, which protected every body of water in Canada that you could float a boat in. The new law called the Navigation Protection Act is part of the new legislation that includes Bill C-45.

The old Navigable Waters Protection Act said that no one could block, destroy or alter any water deep enough that someone could float a canoe on without federal approval, but under the new act, things are very different.

All bodies of water, be they local or national, that were once a part of the Navigable Water Protection Act, are no longer protected under the new law. This means that residents no longer need permission to build on or near the river, along with other regulations.

Luckily, the Trent River and Canal from Rice Lake to Lake Ontario are still being protected, along with the Murray Canal and parts of the Cataraqui River in Kingston.

Thousands of bodies of water all across our country that are not protected under the new law are at risk of becoming damaged or destroyed.

Companies will no longer have to prove that their projects will not hurt bodies of water that are not listed under the new act.

Many of the lakes and rivers in the northern part of Canada are not listed.

Oil companies that have fought with the government for years on putting pipe lines in though some smaller lakes and river now can, without clearance from the federal government.

The only good thing about the Navigation Protection Act is that it clears away red tape and makes it easier for those who would like to put in docks and culverts on their properties. These used to take years to get approval for though the federal government.

Online, you can find maps that show you which bodies of water are protected under the new act. You can also find the 457-page PDF omnibus budget bill document, which this act is under.

Many celebrities and members of the general population are outraged by this change to the protection of the Canadian environment.

Canadians have a right to know what is happening in their own backyards and what changes the federal government thinks are alright to make to our environment.

Sandra Kielback

NHL players and owners should be ashamed

Shame on the NHL players, who found the need to argue over money.

How much money is enough?

Their lack of consideration for others has caused an economic downfall for businesses across Canada that depend on hockey for revenue.

Let's forget about the players who are making millions of dollars playing a sport they love and let's focus on everyone else who was affected during the lockout.

Part-time and full-time employees at the official hockey arenas, sports bars, restaurants, hotels, and souvenir shops – to name a few – were the ones who felt an economic hit.

Let's remember, these employees are not the millionaires.

These employees were forced to experience cutbacks at their workplace because of a drop in revenue in what was normally a busy season. At a time that normally allowed for more staff, and more hours, things were quickly shifted when news of a lockout first broke.

Less beer was sold these past few months at sports bars and restaurants because of the lockout, and everyone knows beer and hockey go hand-in-hand. Alcohol is normally a good source of revenue for sports bars and restaurants, but with fewer fans out celebrating, alcohol sales were lower than normal.

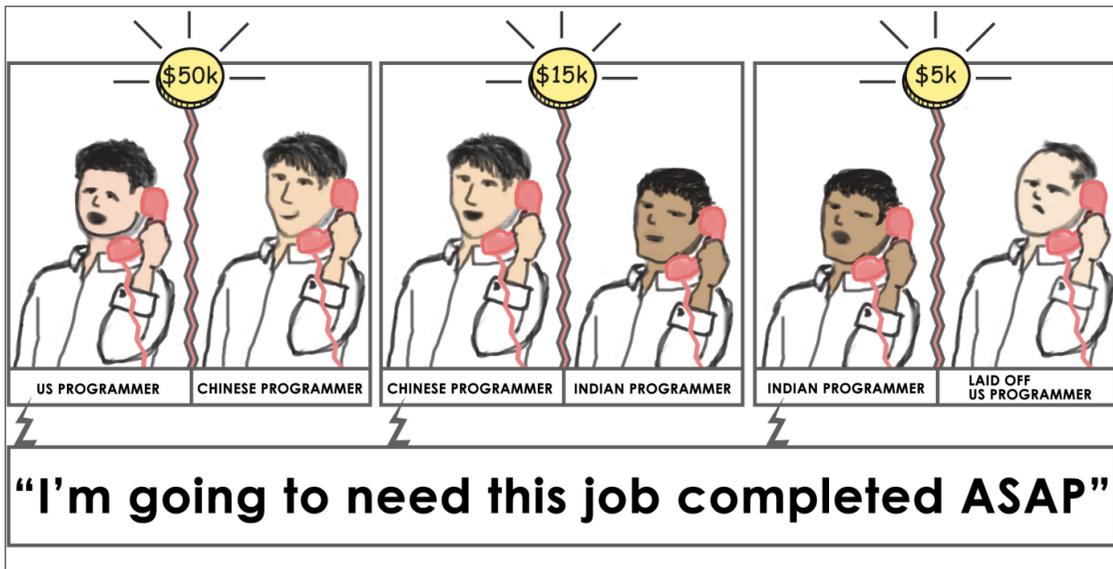
There were fewer and shorter shifts for those in the restaurant business. Fewer tables full means fewer employees needed. All this caused employees to receive smaller paycheques and far fewer tips.

Fewer out-of-towner fans resulted in fewer bookings at hotels, leaving them with more empty rooms.

No hockey means there's less need for hockey souvenirs.

No NHL games mean fewer shifts at the arenas. There was less of a need for ushers, concession workers, parking lot attendants, custodial staff – the list goes on.

But now that



Opinion

Outsourcing by software developer only doing what companies have done

Ethical implications of salaried employee could be the difference

By Tom Hicken

When a U.S. critical infrastructure company found an open and active virtual private network (VPN) connected to their network all the way from Shenyang, China, there were serious concerns over the security breach and its implications. Even more concerning was that the employee whose credentials were used to invade the network was sitting at his desk in the office. Could it be a cyber infiltration via malicious malware? Spying from a rival overseas competitor? Not quite.

It was soon discovered that "Bob", a mid-40's software developer at the company, had been outsourcing his own job to a Chinese consulting firm for about a fifth of his six-figure annual earnings. Bob may have read The New York Times bestseller, *The 4-Hour*

Workweek, which describes how one can cut down on work by outsourcing smaller tasks and depicts a man on a hammock on its front cover. Bob didn't have a hammock in his office, but investigators found that he spent most of his day surfing the web on Facebook, eBay and Reddit. As a result, Bob was fired.

So, were Bob's actions unethical? Was he being lazy or efficient? According to a 2007 *Computer Economics* study, North American businesses outsource on average 50 per cent of their workload, where possible. The software development sector leads the way at 61 per cent with no signs of slowing down anytime soon.

Let's examine some of the common practices your everyday corporation takes part in and compare:

- A large accounting firm needs help logging monthly transactions into spreadsheets and creating and sending invoices to clients. Department managers, with directives to find innovative ways to cut costs, hire staffers from a temp agency to complete the tasks.
- Cable out for the third time this week? When you call your local service provider to

give them an earful or get some helpful tech support, it's no surprise that the service rep on the other end is coming at you live from Cairo, Egypt.

• Those new jeans you picked up from that trendy European retail store? The label says made in Bangladesh.

What makes it okay for big corporations to behave and profit from the same thing Bob got fired for? The difference, it seems, is that Bob was a salaried employee and being so, holds different ethical implications in the business world playbook. Perhaps if Bob had been a contractor or consultant himself, his actions would have been viewed as perfectly fine.

Instead of being fired, maybe Bob deserved a promotion. Why not place him in a division that outsourced software developers from around the world? Without the guidance of his seniors, he was able to manage a complex operation, communicate with remote "team members" in different time zones, get projects complete on time, all while producing quality work. It sounds like Bob was just in the wrong position to begin with.

Time for everyone to be respectful of others

Canada needs to go from pro-equality in spirit to pro-equality in action

By Patrick Callbeck

An open letter to other straight white males (and everyone else).

Canada prides itself on being a place of equality and acceptance, but unfortunately, this isn't the reality for many minorities.

In Canada, one in every 17 women will be raped at some point in their lives and people are still being assaulted and killed because of their sexual orientation, the colour of their skin and their religious beliefs.

It may not be my place to comment on this, considering I don't fall into any real minority, but in order for Canada to become the amazing country that I know it could be, it needs to go from pro-equality in spirit to pro-equality in action. That means we need to work together to end discrimination. To do this, we need to start by recognizing our

privileges and doing something about them.

Everyone has to accept that we all have privilege to some degree, whether it's white privilege, male privilege, heterosexual privilege, etc. Simply put, being white, straight, male, or even just being born in Canada grants you an inherent privilege in society, whether you want to believe it or not. Accepting that you have it easier than someone else in some aspect of your life is the first step towards becoming truly accepting and respectful of others.

There is no way to be completely empathetic towards people of a different race, sex or sexual orientation, but we *can* and *should* be sympathetic towards them. We need to be careful about drawing links between different types of oppression, because no matter how strong the similarity, no two types are the same.

We also need to adopt a language of equality and respect before things can change. Using words like 'gay' or 'retarded' as an insult only serves to demean the lesbian, gay, bisexual and transgender community and the mentally challenged. While I'm sure in most

cases people don't intend to do harm by using these words, regardless of your intent, you are allowing your privilege to dismiss the lives of non-privileged groups.

It isn't just about using politically correct words, though. We need to put an end to sexist and racist jokes, which do nothing but normalize violence and racism. Telling jokes about rape, even just using rape as a term to describe one sports team beating another, is not only disrespectful to victims of sexual abuse, but also treats rape as if it isn't something to be taken seriously. How can we take sexual assault and racism seriously if we are using them as amusing punch lines to a joke?

People need to be called out for things like this. Privilege will continue to be a part of our society if we stay silent when we see one of our own doing something questionable. This can be hard to do since we've been conditioned not to say anything to disrupt the status quo, but unless we speak up, nothing will change. We need to stop victim blaming and start calling out the real perpetrators who are responsible for discrimination in this country.

The Pioneer

The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.

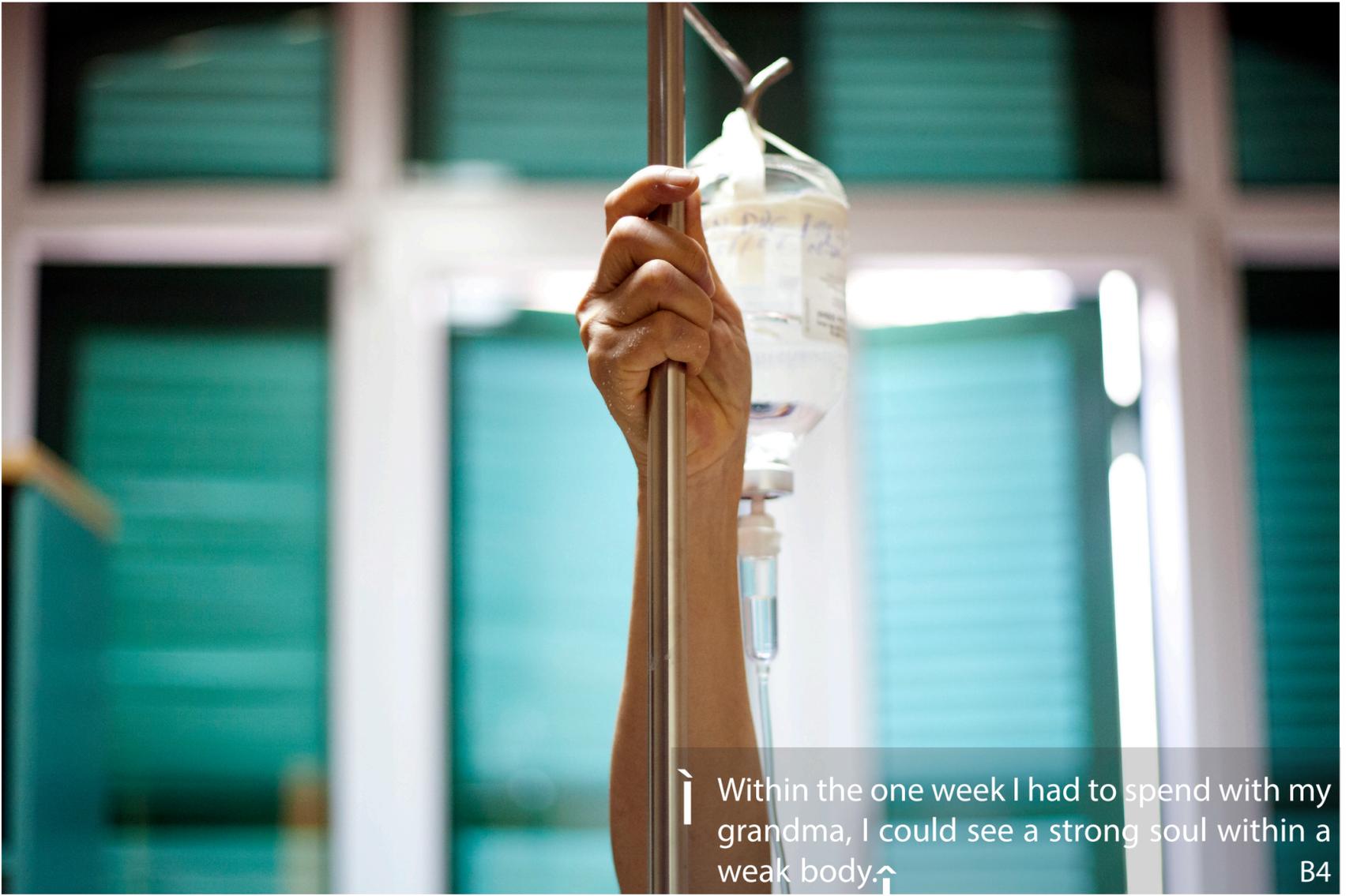
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INFOCUS

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Bringing Nana Home



Lorraine Knight helps her grandmother Ivy Bennett get in the car. Knight is caring for Bennett in her Picton home.



Knight holds Bennett's hand as they leave H.J. McFarland Memorial Home's Adult Day Care Program.



Knight and Bennett leave H.J. McFarland Memorial Home's Adult Day Care Program.



Jan Welbanks, activity worker at H.J. McFarland Memorial Home Adult Day Care Program and Ivy Bennett share a laugh.



(L-R) Lorraine Knight, personal support worker Theresa Letourneau, Ivy Bennett and Care Coordinator Denis Michel at the Knight's Picton residence.



Ivy Bennett and Audrey Bonter, respite worker with the VON play cards in the living room on a Sunday.

January is Alzheimer's Awareness Month. As cases become more common, some family members will choose to take on the task of caring for loved ones at home.

Story and photos by Marta Iwanek

It was a warm Canada Day weekend in Picton, Ont., but Ivy Bennett believed she was in England.

Her granddaughter Lorraine Knight had brought her grandmother to her home in Prince Edward County, because her dementia was getting worse and Knight's mother in Toronto just couldn't care for Nana anymore.

On this evening, however, she had reached a crisis point and there was nothing Knight could say or do to convince her Nana she wasn't across the ocean. She was doing everything to stop her from going out the door. Finally, at midnight, Knight decided to take Bennett to the hospital.

"When we get to the top of the hill, you're going to see the sign that says Picton," Knight said to Bennett as they drove. "We're in Picton."

"No, we're not," Bennett kept repeating.

So Knight pulled up right in front of the blue and white sign and put on her highbeams. "Nana, what does that say?"

"Picton."

"See?"

"Well, of course you've driven me here now."

Knight had no choice and continued on to the hospital. Unbeknownst to Knight, Bennett had a urinary tract infection at the time, which can cause the symptoms of dementia to worsen. "It's huge. I've never ever had an experience like that with her in my life ever," says Knight.

There are about 747,000 Canadians who currently have dementia and that number is expected to double in the next 20 years, according to the Alzheimer Society of Canada. Families like the Knights will be forced to make a decision to care for loved ones at home or put them in a care facility.

At the hospital, doctors treated Bennett with antibiotics for a week and there was little change. They said she wasn't going to get better and needed to be put in a long-term care facility.

"I can't explain it but something was telling me that she wasn't at that point yet," says Knight.

Reluctantly, but at the point of crisis, Knight and husband Tony put Bennett into a facility in Kingston, where she was put in the secure wing. It was a bad fall that was the last straw for Knight and she decided she was going to try to bring her grandmother back home. A space at a Picton home opened up for Bennett and she stayed there while healing. During the time, they also had Bennett reassessed as the infection had cleared. The Knights brought Bennett home on weekends, then a few days a week, before moving Bennett to their home permanently last September.

For the Knights, they wanted to give Bennett the best quality of life, which they felt was at home, even if that meant making sacrifices in their daily freedom.

Bennett shows the wedding ring she still wears on her finger. Inside is engraved the date: July 27, 1940.

"Think of everything she's been through and then to just lock her away and leave her some place on her own," says Knight. "She's devoted her whole life to family, family, family."

"I think in the big picture, individual family situations are all going to be different," says Tony Knight. They say they wouldn't be able to get by without the help of personal support worker Theresa Letourneau, who comes by four times a week. The South East Community Care Access Centre has also helped them connect with services like having a Victorian Order of Nurses (VON) respite worker, and the VON Adult Day Care Program at the H.J. McFarland Memorial Home.

"Not everybody can bring a relative home with them," he adds. "People are working, there may be two people working in a family, because you know quite frankly, without Theresa's help it would pretty tough to do it all day every day."

Knight wants to keep Bennett home as long as she can, and she and her husband will keep going until something changes. "I don't know where the cut-off point is," she says. "As long as she's happy that's where my measurement is."

Bennett looks up at her granddaughter, when asked what she thinks of living with her. She's quick to respond.

"Well that's easy, I love her."



Her Final Fight

By Nam Phi Dang

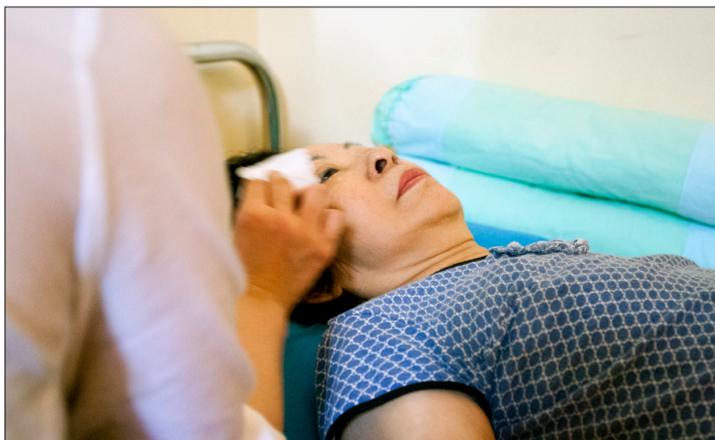
Everyday was a battle. Dinh Thi Thuan fought every morning and night with an illness that in the end would take life away. Her voice was fragile and her physical strength was already exhausted. She could only hope the next day would bring better news. And yet, in the back of her mind, the reality of life and death is what she faced. This is her story. This was her final fight.

My grandmother was diagnosed with stage four breast cancer in the middle of my summer break. While my grandma had already had breast cancer, the herbal medicine she had been taking in the meantime was suppose to be the best solution for it. But it had taken a turn for the worse and I was placed in what I felt was a awkward position. When the news broke out to my sister and I at the time, my views as a photojournalist and a family member clashed. I would either spend the possibly last time with her either with or without a camera. With a week before my flight to Hanoi, I had enough buffer time to come to a final conclusion. This was a story for others. This was something I could share to those who do not understand what it may be like to go through such a low point in life. And this was for her. She was a strong woman. She fought her way till the very end and I was not going to let it end with a simple goodbye. I wanted to visually document her strength during the highs and lows.

Within the one week I had to spend with my grandma, I could see a strong soul within a weak body. She did the best she could to be the same, healthy or not. Whether it was talking, walking or eating, she would do it as much as she could on her own. Day and night, our family surrounded her as if it was any other day. From when she woke up to when she would fall back asleep, our family's presence would be there for the whole journey.

As much as I and everyone in that small and cramped hospital room wanted to keep our hopes high, every day would only get worse and worse for her. The basic things she would do became almost impossible and sleep was the only option left. Rolling from one side of the bed to the other brought pain throughout her whole body. Any sort of pain relief became a joke to her, as it had no effect on her at all. That day was only getting closer and closer and harder for others to bear.

At the age of 70, my grandma passed away with her son and two daughters by her side. As much as it may have been difficult for me and everyone else to go through, we all know she was a beautiful person. And while she may be gone in person, the memories of her will never leave.



From top to bottom:

Dinh Thi Thuan is supported by her personal assistant so that she able to sit up properly to eat. Dinh was diagnosed with stage four breast cancer and was placed in hospital care.

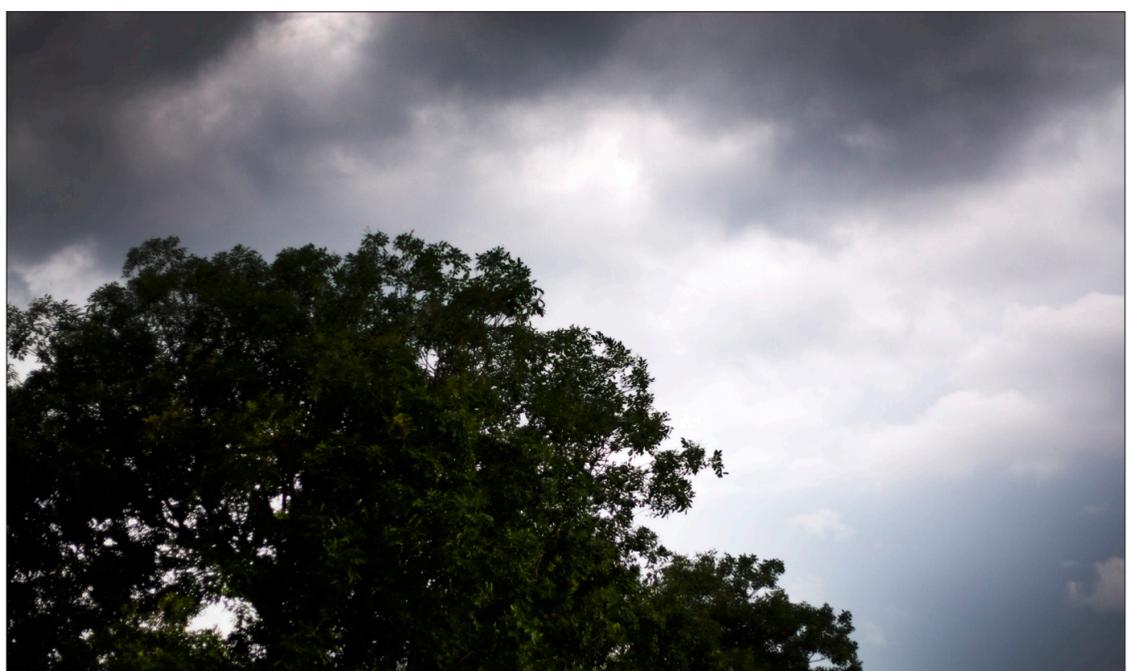
Dinh Thi Thuan, 70, holds onto a pole as she struggles to lift herself up from her hospital bed.

Dinh Thi Thuan tears up when she sees her grandchildren for the first time in two years.

Dinh Minh, a doctor at Saint Paul Hospital in Hanoi, Viet Nam, checks up on Dinh Thi Thuan. Minh is also Thuan's son.

Valentina Dang, granddaughter of Dinh Thi Thuan, massages Thuan's arm as she struggles to speak.

The window view from Dinh Thi Thuan's hospital room.





Downtown Revitalization

Story and Photos by Patrick Callbeck

Two teenagers skateboard through the fog on Front St. in downtown Belleville in the middle of the night. There are very few establishments downtown that stay open past 6 p.m. causing the city to become desolate after workers go home.



Sarah Tummon, stands outside of the Belleville Downtown Improvement Area office on Front St. The BDIA aims to provide business promotion and improvement functions for business owners in downtown Belleville.

The sun was setting on Front Street as a large crowd started to gather on the warm but brisk November evening. Hundreds of people flooded the area between Dundas and Station streets trying to get a glimpse of different floats in Belleville's Santa Claus parade. The parade marks one of the busiest days in downtown Belleville, but just like every other day of the year, everyone's backs were turned to the businesses in the downtown core.

Changing demographics, evolving business practices and economic pressures are affecting how and where people live and work in small towns across the country. Commerce is moving away from the downtown core to uptown malls and big box stores and people are moving away from downtown to find more affordable housing. Belleville is a textbook example of this.

Greenley's Book Store closing is part of a larger snowballing issue in downtown Belleville. Since storefront operations downtown rely heavily on walk-in customers to survive, the city needs to attract people downtown in the first place. But if the downtown core can't provide what people are looking for, then it can be difficult for businesses to get the foot-traffic they need to survive.

"We are closing for personal reasons, but mostly because of the economy. Running a small business is great, but you also pay yourself last and to keep going, you do need a paycheck," said Tammy Grieve, owner and operator of Greenley's. The store, which had been around for over 30 years, has recently closed.

"Greenley's closing is a sign of the times, with the online books and everything. But many areas, no matter here or Europe, have the bookshops around and they can be supported if you have people, the foot-traffic to support them, which is always a problem," said Paul Dinkel, owner of Paulo's Italian Trattoria and Dinkel's Restaurant.

Downtown Belleville is definitely not in dire straits. There are many businesses that are thriving and there are different events held downtown that draw hundreds of spectators every year. However, there are also many vacant storefronts and a noticeable lack of nightlife. To prevent things from getting worse, there are various groups in the city working hard to reinvigorate the downtown core.

The Belleville Downtown Improvement Area (BDIA) is one group working to rejuvenate downtown Belleville. Their mandate is to promote both businesses and events in

the downtown core. The BDIA's newly hired executive director Sarah Tummon is optimistic about downtown Belleville's future.

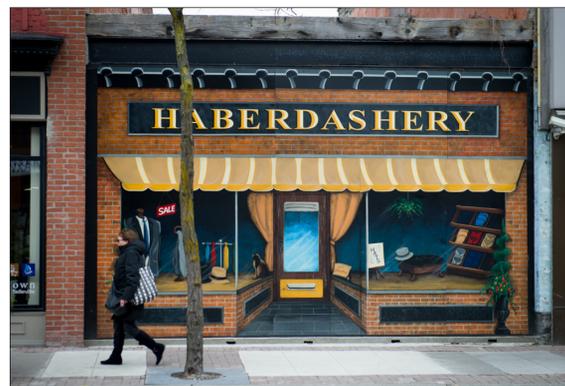
"We have some infrastructure programs coming up in 2013. We are really trying to beautify the streetscape and after that it will attract more business. We strongly believe that the downtown core is the heart of the city," said Tummon.

For many people, downtown is important not only for the businesses that are there, but also for its cultural significance. Downtown Belleville has been an important area for business, politics and life for the city since the late 1700s. Without a proper development and restoration plan, Belleville is at risk of losing its heritage.

Downtown Belleville has so many qualities that could make it stand out from the rest of the cities in Ontario. It is situated beside the Moira River and adjacent to the Bay of Quinte. It has historic properties dating back to the early 1800s and most importantly, it has people who care about it and want to see it prosper. Hopefully, with time and some help from the city, downtown Belleville will see its sidewalks filled with shoppers instead of empty storefronts.



Tammy Grieve, the owner and operator of Greenley's Bookstore, shuts off the lights as she prepares to leave the store for the night. Greenley's Bookstore is closing after more than 30 years in operation.



Located on Front St is a mural painted by local artist Kim Taylor used to fill a vacant spot on the streetscape. It's part of the city's ongoing efforts to improve Belleville's downtown.



Jerry's Market closed in October, 2011. The store suffered from numerous armed robberies in the years that it was open. Nothing has moved into the vacant building at 391 Front St.



Two workers use a crane-lift to bring siding up to the top of a heritage building in downtown Belleville.



Pam Sylvan is part of Friends of Downtown, a grassroots organization designed to bring life back to the downtown core. She is optimistic about the future of the city and often writes about it in her column in the Belleville Intelligencer.



Paul Dinkel shows off the dining room in his French restaurant Dinkel's. The dining room, which is a new edition to the original heritage building, was designed to fit with the characteristics of the adjoining heritage building.



Clockwise from top left: SATEC's varsity football team, the Porter Blue Eagles, are cheered on by fellow students and teachers at W.A. Porter Collegiate.

Students and teachers get high-fives from Justin Vandenberg of The Score as he rushes onto the field.

David Menzies of Sun News Network sports mud on his face after a play at the Mud Bowl re-creation.

Dennis Dowell, keeper of the Grey Cup, prepares to unpack the historic Grey Cup.

Nick Volpe, 86, who kicked two field goals during the original Mud Bowl, recalls the conditions of the historic game during a ceremony before the re-created game.

A Toronto firefighter releases gallons of water in order to flood the field at W.A. Porter Collegiate hours before the Mud Bowl re-creation begins.

Rudy Blair from 680 News gets a pat on the shoulder from Sportsnet 590's David Alter after both end up in the mud.



Mudding Around With The Pigskin

Story and photos by Tom Hicken

It's a brisk November morning at W. A. Porter Collegiate, but the sun is out and shining down on the Scarborough high school's football field. Toronto firefighters stand in each corner where hoses snake up from their pumper parked below into their hands, spewing out hundreds of gallons of water in large arches onto the field. As violent streams of water peak in the air and sprinkle downward, offset dew is caught between the sun's rays and glossy rainbows can be seen hovering above the murky brown field below. It's going to be a dirty mess and that's exactly how they want it.

Slowly, students start to populate the track surrounding the field. Speckled across the gravel and joined by schoolteachers and eventually the media, all keep busy chatting to one another as they wait in anticipation for the big event of the day: Mud Bowl.

Originally played during the 38th Grey Cup in 1950, the historic Mud Bowl was a result of unfavourable weather conditions that lead to a field full of muck that players had to endure. Soon afterward the game became famous as a landmark in Grey Cup history. As part of the 100th Grey Cup festivities leading up to the actual game, the re-creation of the Mud Bowl is one of many other events springing up across the city of Toronto. To recreate the original game, local media personalities fill in for the two teams, the Toronto Argonauts and the Winnipeg Blue Bombers, and are decked out in retro CFL uniforms.

With the Argonotes marching band piping out songs, cheerleaders hiking up their skirts and the school mascot parading up and down the field, there's no doubt a pep rally is about to get underway. Soon enough a sea of blue uniforms burst onto the scene, rushing past the crowd who swell into a cheer for their very own varsity football team, the Porter Blue Eagles.

Two men make their way to a makeshift stage set up next to the now soaked field, lugging a hardcase with a big red 'fragile' sticker plastered to it. One of the men is Dennis Dowell, keeper of the Grey Cup, and after he unpacks the historic artifact, he steps aside for all to see it glisten in the sun. Another relic is on stage - 86 year-old Nick Volpe, who kicked two field goals during the original Mud Bowl. Sixty-two years later, the former Argo is able to recall the harsh conditions of the famous game and tell the crowd how the mud made it difficult to run and how

players could barely hang onto the slippery ball that day. Volpe reaches under his arm and shows off the original game ball encased and autographed by his teammates before the official Grey Cup coin is revealed. Officials are weary of soiling the coin on the mud-filled field and opt to toss the coin right there on stage; the Blue Bombers take possession.

The middle-aged media personalities turned football players run and slide on the field; some gaining more air than others, some belly flopping on to the mud, all staggering up and limping off. Just because there's mud on the surface doesn't make for a soft landing. Soon the game is underway, and it's a messy one. Players slip-slide, flail arms and likely pull muscles, but the amount of enthusiasm is an indication of how much fun everyone is having. Before long, the distinctive team uniforms are unrecognizable as players all sport their new brown colour. Some wear brown war paint as a result of a face plant. In the end the Argonauts shut out the Blue Bombers with an impressive 12-0 win, but there are smiles all around.

As things wind down, players step off the field to get hosed off. It may have been the cold weather, but by the end of the day everyone at Mud Bowl is caught up in Grey Cup fever.

Bottom left: Monika Platek, digital host from TSN, gets a taste of the Mud Bowl.

Bottom right: Toronto Star reporter Brendan Kennedy hoses himself off after Mud Bowl.





Doing it the Hard Way

Story and Photos by Evan Campbell

Looking at a trade person's cracked, bruised, cut and callused hands, you can tell the work they do is tough.

Belleville is a booming location for people in the trades, from new subdivisions for construction workers and trucks coming off the 401 to be fixed in the garage, to the local plumbers installing new houses with plumbing and fixing the old. The industry is one that can only thrive in today's world.

The trade industry has taken a rise in the last decade. As more and more students are going to school to study the trades, and more jobs are being created, the industry has been on the rise since the late '90s.

In 1992, the trades employed only 900,00 workers. In 2007, they employed over 1.2 million, according to Statistics Canada.

Although the industry is on the incline, it is not for everyone. The industry demands hard work and long hours to get the job done. In 2007, one in six masons and those in other construction trades worked 50 or more hours per week, said Stats Can.

In the non-trade industry, men and women are close to 50/50 in the workplace, but in the trades, men are the majority with a massive 97 percent in 2007. Most Ontario high schools and Colleges are pushing for women to join the trades and get into the industry. The Women in Skilled Trades and Information Technology (WIST/IT) program, funded by the Ontario Women's Directorate, gives low-income women an easier way to learn a skilled trade.

With the industry moving at such a fast pace, the worry of the older workers

retiring and not having enough younger workers to replace them is an issue.

The average age of workers in the trades in 2007 was 40. This poses a problem to younger generations coming into the business, because they need the older generations to help them progress in the field.

For a student looking to get into the trades, Ontario high schools and colleges offer apprenticeships for students to get field experience. For example, Alberta offers an electrician apprenticeship that requires students to take a 1,500-hour on the job apprenticeship in their first three years and 1,350 in their fourth year. As well as the field work, they must finish eight weeks per year in class in their first three years and 13 weeks in their fourth year to get their diploma.



Top, From left to right: Jeremiah Marvin has been in the trades for over 15 years working on framing houses and general construction. Mitchell Smit of Belleville Ont. has been a plumber for 10 years and studied at St Lawrence College. **Center:** Gene Sherman from Belleville has been a mechanic "forever" and has been in his own garage for 35 years. **Bottom left:** Greg Roffel of Belleville is a young electrician right out of high school who has been doing electrical work for three years. **Bottom right:** Scott Bell has been in the heating and cooling business for 15 years and is qualified in sheet metal, gas and works for Service Experts Heating and A/C.