



Photo by Richard Barclay

Belleville barber John Irvine, is the owner of John's Hair Quarters, located on the corner of Pinnacle Street and Bridge Street East in downtown Belleville. He likes to maintain the nostalgic barbershop look even in modern times, and still offers the straight shave.

Barbershop takes step back in time

Nostalgic atmosphere part of the attraction to Belleville patrons

By Richard Barclay

From his classic hand-painted storefront window to the straight razor that sits beneath the mirror, John Irvine's barbershop is classic through and through. John's Hair Quarters has been located on the corner of Bridge Street East and Pinnacle Street in Belleville for the past 26 years. Originally, the barbershop was

located in front of Belleville's City Hall until the building was torn down. For the past 30 years, Irvine has been providing the residents of Belleville and surrounding area with not only a service that will always be needed, but as well, the experience of being in a nostalgic barbershop. It was not Irvine's long-term plan to become a barber. Originally he was involved in graphic arts before the computer revolution. Initially, barbering was a trade that he was going to work at for a little while and see what the future would hold. However, 32 years later, Irvine is still at it.

"When people have been coming in here for 10 to 15 years you get to know each other pretty well." A haircut is not the only thing you leave the barbershop with. You leave with a sense of experience and relationship too. Being a barber, Irvine needs to be the master of ceremony, so to speak. He needs to be able to entertain his clients to a degree in which they feel comfortable. The conversations that take place within the shop cover an extremely wide spectrum. From politics to local gossip and everything in between, Irvine hears it all. "The conversations are very diverse. Every customer brings something dif-

ferent to the table and that's what I look forward to. "Certain customers are fascinating to talk to. You never know on any given day who will be sitting in your chair and what they want to talk about." Even though Irvine looks forward to each day as a barber and the conversations he will have, he still feels a physical toll. "Surprisingly enough, and people don't believe this, it is a very physically demanding job," Irvine stated. "It can be a very strenuous job when you haven't been able to sit down all day. The majority of the time you have your hands

above your shoulders, so it can get very tiring." It can be a very demanding job considering the fact that the client is not just there to get a haircut, they are also there for the conversation. Everybody has their good and bad days but when you are a barber, you need to be able to keep your client comfortable with the art of conversation. You always need to be in a talkative mood despite the way you feel on that given day. "You don't just want your customer to walk out with a good haircut, but you also want them to leave with an experience that makes them want to come back."

Doula offers support throughout pregnancy journey

By Lyndsay-Lee Quinn

Being pregnant, especially for the first time, can be a bit daunting. This is where a doula can help. Whether you're planning on having your baby at a hospital or at home, with a midwife or with doctors, or even if you're planning on giving your baby to another loving family, a doula is there to support you through your journey. "We don't have any clinical responsibilities. We're not a medical professional, we do provide emotional support, informational support and physical support," said Michelle Stroud, a doula based out of Belleville.

The word 'doula' comes from the Greek word meaning female maid or servant, but a doula isn't really that at all. In fact, they're so much more. Generally a doula is a mother herself and has attended many births. They spend time with mothers during the pregnancy and a few check-ups post-partum. It's not just about the expecting woman. A doula is also there to let the woman's partner know what is going on. A doula is there to educate and let the woman know her options while giving birth, among many other things. If in pain, a doula can give you a relaxing massage. During birth, a doula becomes part of the birth team there to keep the woman's experience positive in many aspects, keeping the woman comfortable, informed and in control of her own birth. After a woman has given birth, a doula will do a few check-ups to make sure everything is all right. If the new mother is having trouble breastfeeding, a doula can suggest other ways to approach it. "Doula work is unregulated, meaning, there's no licensing, there are no boards,

there's no laws around doula work, which is fine because we don't have clinical responsibilities," said Stroud. Most doulas will seek out a school or learning organization to gain a certificate, and most certification courses have very similar requirements. Even though there is no legal standard, doulas have set their own, giving these women tools to be the best doulas they can be. This is important as a doula is not paid for by the government. "I think doulas should be funded, but it's difficult to fund anything without regulating it," says Stacey Lytle, a midwife working out of Belleville.

Choosing a doula can be difficult as Melissa McCall – Robertson is finding out. McCall-Robertson is from Trenton and is now 16-weeks pregnant. "The reason I have yet to get a doula is expense. I feel that she will be a great asset during my labour but it is quite a bit of money for a one-income household. My husband and I will have a lot of questions to ask our potential doulas to be sure that they will be what we are looking for," said McCall-Robertson. "Doulas bring a lot to a birth experience I find," says Lytle.

Board of Canada's first commissioner stating it meant "the dramatization of the everyday life of ordinary people."

Oscar winner part of DocFest lineup

More than 40 films ranged from six minutes to full-length features

By Gail Paquette

Last Friday evening, the lobby of the Empire Theatre in downtown Belleville was full of anticipation. The second annual DocFest started its three-day line-up with the Oscar winner, *Searching for Sugar Man*. The fact that the opening film won best documentary the weekend prior at the Academy Awards was a bonus, said Gary Magwood, co-chair of DocFest. The festival included more than 40 films, some as short as six minutes, while others like *Searching for Sugar Man* at 86 minutes, were full-length features. "Documentaries are a slice of life," said ticket holder Michael Rutland. "This is just brilliant for Belleville." The film inspired Rutland to purchase Sixto Rodriguez's entire music collection online. He anticipated seeing the story of a musician relatively unknown to the rest of the world but the most popular musician in South Africa in the 1970s. The films took place at three venues around the downtown core, the Empire Theatre, the Belleville Library and the Core Centre. Q & A's with the filmmakers accompanied some films, an art show coincided at the Core and the opening night gala featured singer-songwriter Jason Collett.



Photo by Gail Paquette

Dressed for the part, Gary Magwood, co-chair of Belleville DocFest took to the stage prior to the screening of *Searching for Sugar Man* and welcomed a packed Empire Theatre audience to the opening gala last Friday night.

The main attraction was the films and the featured guests were the icing on the cake that added the fest to doc. "Our gala is unique and I am not aware of another festival that combines film and music for their opening night," said Mag-

wood. Pamela Sylvan, columnist for the Belleville Intelligencer, said the festival gave credit to Belleville's core. "Things do happen downtown Belleville," she said.

"Documentaries show insight into anything that affects a community. It wasn't just about Rodriguez, it was about all of us." The term "documentary" was coined in 1926 by John Grierson, the National Film

Seven local documentary filmmakers were featured this year and received honorariums for their work including, *The Scene: An Exploration of Music in Toronto* by Belleville native, Josh Jensen and *Faces of Cancer* 2013 by local photojournalist Michael Brethour. DocFest further spilled into the community with more than 30 local groups sponsoring and presenting the films. United Way was the newest partner and sponsored four films including *The People Of the Kattawapiskak River*. This not only gave the sponsors the opportunity to participate but a chance to speak through the films of various related concerns. Documentaries get people talking, said Magwood, and perhaps the only negative comment afterwards, was not being able to. After films screened, people needed to be quickly ushered out of the theatre to make room for the next, Magwood said. DocFest is the perfect size. Surveys passed out to the ticket holders suggested perhaps growing the festival to a weeklong event. "Everyone wants to grow stuff but I believe if it got much bigger it would lose something."