

Saying goodbye to Tom



Photo by Richard Barclay

Tim Hadley reflects on his time touring with the famous late Stompin' Tom Connors. Hadley began touring with Connors in 2001. Canada is mourning the loss of one of its most prolific and well-known icons – the one and only Stompin' Tom.

By Julia McKay

Tim Hadley, a local musician and teacher, thought it was an April Fools joke when he got a to call to join Stompin' Tom Connors tour in 2001.

Hadley says he jumped at the chance.

In an interview on Thursday afternoon he discussed his time with the man behind the character.

"He was a remarkable man, extremely intelligent, very much in control of everything that he did, from his business life to his philosophy of life to the way that he lived," said Tim Hadley, a bass player who toured with Connors. "I think people see the character of Stompin' Tom, the fellow with the big black cowboy hat and the stomping boot. I was very fortunate in that I was able to really get to know Tom Connors".

Canadian country musician icon Stompin' Tom Connors died on Wednesday at the age of 77.

Known for his love of Canada and iconic songs like The Hockey Song, Bud the Spud, and Sudbury Saturday Night, Connors recorded over 61 albums, ten of which have yet to be released to the public.

Hadley, an elementary school teacher in Trenton, last spoke with him on his birthday in February.

"Playing with Tom was like a cross between being in The Beatles and the Grateful Dead, because when he would play he wouldn't have a set list. You knew the first song was going to be Bud the Spud and at the end of the night he'd play Sudbury Saturday Night for an encore. He'd tailor his show to how he was feeling, how he felt the audience was responding to him, where he was in the country because he had songs about every different area and every different region of the country that he'd been through."

Connors also had a great catalogue of songs in his head. "I know he was remembered for a lot of his humorous songs but he had an encyclopaedia memory of songs he could sing at a drop of a hat," said Hadley.

We had nights where we'd sit around the hotel room and he's say 'oh, it'll be a Hank night tonight' and we'd just play songs by people called Hank."

Hadley has many fond memories and stories to tell about his time on the road and in the studio with Connors.

"One of the stories Tom told me, he liked puzzles, scrabble and games like that, so he said that there was a thing in the Toronto Star and they asked you to sum up Canada and I forget how many words and he sent his answer into the newspaper and he was hoping he would win a prize, cause he liked to do that. He didn't win but he called a song after it. He said 'If you don't believe your country should come before yourself, you'd better serve your country by living somewhere else'."

Connors is survived by his wife Lena, two daughters, two sons and several grandchildren.

There will be a celebration of his life at the Peterborough Memorial Centre March 13 from 7 p.m. to 9 p.m.

Final word from Stompin' Tom

Stompin' Tom Connors sent this final message, provided by his family:

"Hello friends, I want all my fans, past, present, or future, to know that without you, there would have not been any Stompin' Tom.

It was a long hard bumpy road, but this great country kept me inspired with it's beauty, character, and spirit, driving me to keep marching on and devoted to sing about its people and places that make Canada the greatest country in the world."

I must now pass the torch, to all of you, to help keep the Maple Leaf flying high, and be the Patriot Canada needs now and in the future."

I humbly thank you all, one last time, for allowing me in your homes, I hope I continue to bring a little bit of cheer into your lives from the work I have done."

International Women's Day an inspiration

By Jason Prupas

Many people all over the world will be celebrating International Women's Day on March 8, a time to think about all the progress women have made, as well to think on some of the issues that still remain.

This past year has been less than kind toward women in some countries. The brutal rape of a 23-year-old student in India led to a global outcry. India, a male-dominated culture, has an ongoing issue with rape.

In Pakistan, Malala Yousufzai, a 15-year-old outspoken activist, was shot because she petitioned for women to be allowed in schools. In some parts of the world, rape is used as a weapon towards women and often it is the woman who is blamed for it.

In some cases, women are forced to marry the rapist or they are even killed by their own family because they are considered to be at fault and therefore, shameful to the family.

Canada is no exception to women's issues. First Nation's women have systematically been denied fair and unbiased police response in missing women cases or sexual assault, according to a 2008 statistic by the Parliament of Canada.

"Issues like that have not changed enough in recent years. They were issues in 1967 and they still are issues, and that is not acceptable," says Karen Fisk, president of the Elementary Teachers' Federation of Ontario.

"International Women's Day is a day for celebrating the accomplishments and all that women do in their daily lives, but also it's acknowledging that we still have quite a ways to go."



Photo by Justin Greaves

Mieke Thorne enjoys a good laugh at the International Women's Day Art Exhibit at the CORE Centre on Pinnacle Street.

Fisk is also a member of the International Women's Day Committee in Belleville. For the past nine years, they have been spreading awareness and organizing various events.

Wednesday night, they hosted an art gallery at CORE Centre in downtown Belleville. They asked artists from all over the Quinte region to create a piece of art

inspired by the phrase: *What does International Women's Day mean to you?*

They received quite a variety of artistic mediums from paintings to clay pots. Viewers could then vote on which piece resonated the most with them.

Eighteen-year-old Kiera Dinsmore won the award for a black and white series of photographs featuring different

women who are important to her.

"For International Women's Day, I used photography to pay tribute to the women in my life that I love and respect," says Dinsmore, when asked about why she entered the contest. "I was kind of toying with the idea of entering the contest, until my best friend Camille got cancer, and she is only 19.

'International Women's Day is a day for celebrating the accomplishments and all that women do in their daily lives, but also it's acknowledging that we still have quite a ways to go.'

Elementary Teachers' Federation of Ontario Karen Fisk

Being a part of her support network, I really wanted to capture her beauty and strength."

After receiving the award, Camille's mother gave Dinsmore a big hug.

"To be supported by those in your community is really lovely and really nice," says Dinsmore.

The International Women's Committee is hosting other events this week, with a march through downtown Belleville on Friday. On Saturday, Canadian author Marina Nemat will be speaking at the Belleville Public Library about her international best selling book, *The Prisoners of Tehran*.

Nemat was arrested at the age of 16 under the brutal Ayatollah Khomeini regime of Iran in 1982.

She was tortured and sexually assaulted while imprisoned. She remained silent about it for almost 20 years until she mustered the courage to put her account of what happened in her memoir.



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.

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

Board of Canada’s first commissioner stating it meant “the dramatization of the everyday life of ordinary people.” DocFest mirrored that statement more than 85 years later. “Three days of outstanding films that celebrate life and human dignity around the world and right here at home,” announced the festival’s website. 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.”



Photo by Gail Paquette

If you saw the 'World's Tallest Leprechaun' at Loyalist College Wednesday afternoon, your eyes weren't playing tricks on you. Matt Bowsky, volunteer for Gleaners Food Bank, enticed people to believe in the luck of the Irish. A \$2 shamrock purchase was a chance to win several prizes and give to a worthy cause.

Shamrock fundraiser helps Gleaners

Food bank helps nearly 200 Loyalist students with food hampers

By Jennifer Robertson

Gleaners Food Bank's annual Shamrocks on the Wall fundraiser took place at Loyalist College on Wednesday.

A table was set up in the college cafeteria, taking donations from passing students. Shamrocks could be bought for

\$2 for one or three for \$5, with proceeds going to Gleaners Food Bank.

Amanda Emburg, a second-year social service worker student, organized the event while on placement at Gleaners as part of her program.

"I am really enjoying my opportunity to be a placement student at Gleaners Food Bank. I have a really diverse position where I get to work hands on in the agency as well as directly with clients of the food bank from our community," says Emburg.

"In our field, this agency is considered frontline work and it has been a positive look at what our community is lacking as well as what our community has to offer to help those in need. I would highly recommend this placement to any student considering a placement position at Gleaners."

The Shamrocks on the Wall fundraiser has been held at Loyalist for seven years. This was the first year it was organized by Emburg.

The fundraiser has also been held at other locations in the area such as the Quinte Mall. The event has now been

around for 11 years.

In 2012, the Gleaners Food Bank was proud to be able to provide food for 3,500 families, 11,611 adults, 206 seniors, and 198 Loyalist students. The food bank puts together hampers providing food for up to five days, distributing 8,322 of them last year.

Purchasing a shamrock also gave an opportunity to win several prizes. Each was entered to win two gift baskets, a two-night stay at the Best Western in Toronto with Blue Jay tickets courtesy of Williams Hotels, and a grand prize of a \$500 Travel

voucher from Carlson Wagonlit Travel Trenton. Winners were drawn in the cafeteria at 3 p.m.

Emburg and Gleaners were successful in their quest to raise money at the school.

"We were hoping to raise about \$50 this morning by raffling off the baskets, and we raised \$500," says Emburg.

"I felt really good organizing the event at the college today and was beyond impressed at how much I was able to raise, thanks to all the students and faculty that helped and purchased tickets."

Bursaries get a boost with fundraising book sale in school cafeteria

By Jessica Nyznik

The tables in the Loyalist College cafeteria had more than just food on them on Wednesday, as the Books for Bursaries fundraiser put on a spread of their own.

Public relation students Hazel Barber, Alexander Smith and Ken MacPherson organized the event, which was held in the eatery between 9 a.m. and 3:30 p.m.

The three students have been working

on this affair since September 2012, in conjunction with their fundraising and event management classes.

While Barber admits the book fundraiser was their third idea, she said she was hopeful for its success.

By 11:30 a.m., the PR students had already met their goal of \$300 and had sold more than 200 books.

As a book enthusiast, the event already had some money in the bank before it

even began, with Barber having \$10 worth of books set aside.

"I'm an avid reader. I've been reading as long as I can remember," she said.

Books were for sale at a suggested price of \$1 for soft cover and \$2 for hard, but donations of any denomination were accepted.

When Smith discovered a first edition of J.R.R. Tolkien's The Silmarillion among the pile of donations, the group decided

to put the book up for silent auction.

"I was going to buy it for \$2, but we realized it was more valuable than that," said Smith.

Deirdre Way, co-ordinator of the paralegal program, attended the sale and walked away with almost 20 books.

"I was surprised at how great the selection was," said Way.

Way purchased romance novels for her teenaged daughters and cookbooks for herself.

"I pretend I'm a good cook," added Way.

In preparation for the event, Barber, Smith and MacPherson held a book drive from Feb. 1 to the 21 and received between 400 and 500 books.

Barber said the donations mainly came from teachers and staff at the school.

Proceeds from the fundraiser go to the Loyalist College Foundation's Endowment Fund and any unsold books will be donated to local thrift stores.

Loyalist Rotaracts help in polio fight

Rotarian discusses his participation in Polio Immunization Day

By Natalie McMullen

Polio cases have been reduced dramatically over the last two decades through the efforts of the Rotary Club, its partners, and governments around the world.

"We're on the verge of conquering this disease," said Northumberland-Quinte West MP Rick Norlock. "There's nothing so fine as good people working together."

Daryl Kramp, MP for Prince Edward-Hastings, urged Rotarians to continue to keep up the good work, adding that he'll do his part "to plug away on the inside."

The College Rotaract Club and the Rotary Club of Quinte Sunrise held an End Polio Now event from noon to 1 p.m. in the college gymnasium on Feb. 21. End Polio Now is an international campaign to eradicate polio worldwide.

Rotaract Club President and event organizer, Channele Schryer, a first-year nursing student, introduced Loyalist College President Maureen Piercy, who welcomed students, staff and special guests to the event.

Rotarian and chair of the Loyalist Board of Governors, Stuart Wright, introduced and thanked Norlock and Kramp, recognizing the Canadian government's contribution to the global polio eradication effort.

Rotarian Bob Wallace, past district governor of District 7070, was the guest speaker for the event. He shared stories from a recent trip to India, where he participated in a Polio Immunization Day.

He travelled with a team of 37 Rotarians, including his wife Kathy, a retired nurse. The group ranged in age from 18 to 85.

Wallace visited Rotary projects in Delhi and in the small town of Sonapat, north of the capital. He participated in the National Immunization Day, administering



Photo by Julia McKay

Steve Lichty, Rotary Club of Quinte Sunrise president, and Channele Schryer, representative of the Loyalist Rotaract club, give Rotarian Bob Wallace a cheque for \$300 for the Rotary End Polio Campaign.

"two magic drops" of the polio vaccine to children under five, including a three-week-old baby.

"If you can count to two, you can immunize children," said Wallace.

The two days following National Immunization Day, the team went door-to-door and visited slums to administer the vaccine to any children who hadn't yet received it.

"In order to identify children we had immunized, we coloured their pinkie finger purple."

Wallace explained that people whose children had received the vaccine also marked their doors to indicate that an immunization team had been there.

In 1993, there were 200,000 people diagnosed with polio in India. No new cases

have been reported in the country since January 2011.

Wallace attributes the success to support from generous donors like the Bill and Melinda Gates Foundation. He urged those in attendance to keep donating and to keep pressure on governments to end polio.

The Rotaract Club presented Wallace with a cheque for \$300. There are nine members that belong to the Loyalist group, primarily from the nursing program.

Mahoganie Hines belongs to the club and explained that because the group consists of all new members this year, the End Polio Now campaign was a good initiative to begin with.

"We're a young group – with no exist-

ing members. This campaign gives us an opportunity to collaborate with Rotary for their guidance."

For Schryer, joining the Loyalist Club was a natural fit.

"I grew up with Rotary. I've been involved since I was a child."

Schryer was selected to take part in the Rotary Youth Leadership Awards program. She belonged to a Rotaract Club in Ottawa and has given presentations for the organization on her experiences as a Canada World Youth participant in Benin.

Students are welcome to join by contacting Channele Schryer, Loyalist College Rotaract president, at chanelleschryer@hotmail.com or visiting <https://www.facebook.com/LoyalistCollegeRotaractClub>.

Benefits of being an alumni

By Benjamin Priebe

Are you a Loyalist College Alumni? Yes, you are!

"The alumni group and the career centre put together Grad Bash to raise awareness for all the benefits and services that being an alumni gives you," says Michelle Randolph, who works at the career centre. "Many students simply aren't aware and we want to spread the word."

Loyalist College Alumni hosted Grad Bash 2013 on Tuesday in the cafeteria. Students dropped by for free pizza, prize bags and information on what it means to be a Loyalist alumnus.

"Loyalist graduates are entitled to a group rate on health and dental insurance from Manulife Financial and home and auto insurance through TD Meloche Monnex," says Randolph. "We also continue support through the career centre, resume clinics and job postings."

Every Loyalist student who completes at least one year of study is automatically enrolled in the alumni organization and is eligible for a host of services and discounts.

"Many people don't know but there is a magazine we put together for alumni called *Lasting Connections*," says Randolph.

Grad Bash attendees were given a Loyalist tote bag, chocolate bars, pencils and several magazines on the topic of graduating and the job market. Students were also encouraged to fill out ballots to win a Loyalist photo frame and a road safety kit from TD Bank.

"You can stay updated and in touch with other alumni by going to the Loyalist College website, and clicking 'alumni' at the bottom," says George Reddom, a 1970 graduate of civil engineering and executive alumnus. "We also have a variety of social media sites."

The Loyalist Alumni can be reached on the Loyalist website, by emailing alumni@loyalistic.on.ca, on Twitter under @loyalistgrads and on Facebook.



Photo by Lyndsay-Lee Quinn

Clint Windsor makes one of 47 saves for the Ottawa 67's against the Belleville Bulls on Wednesday night. Bulls defenceman Jake Cardwell tries to help stuff in another goal to no avail. The Bulls ended up losing their third game in a row, 3-1.

Bulls lose third in a row

By Lyndsay-Lee Quinn

Ottawa 67's left the Yardmen Arena for the last time this regular season after a 3-1 win over the Belleville Bulls.

The 67's were able to end their nine-game losing streak, handing the Bulls' a third straight loss in a row.

67's goaltender Clint Windsor has only played in the Ontario Hockey League for three seasons, but was looking more like an NHL player in Wednesday's game, letting in a lone goal from 48 shots on net.

Joseph Blandisi opened the scoring with his 14th goal of the season, in the first period, from a scramble in front of Malcolm Subban.

In the second period, Subban made some key saves to keep the 67's from getting an insurance goal, but brother Jordan Subban took a double-minor penalty for roughing and unsportsmanlike conduct, which led to the 67's second goal of the night by Sean Monahan.

Not discouraged by the 2-0 Ottawa lead, the Bulls kept coming. Eventually Alan Quine scored with only 2:48 left in

the third.

Quine's goal gave the team and fans hope of turning the game around and possibly bringing it into overtime. Subban was taken out of the net, giving the Bulls six attackers but it wasn't enough. Monahan got an empty-netter at 19:38, his second goal of the night and 30th of the season.

The only Bull player to be named one of the 3 Stars of the night was Quine. Monahan was the second star while Windsor was the number one star.

The fan attendance did not look like

that of a team currently sitting first in the OHL eastern division. On the ice, the Bulls didn't play like it either. With only 2,352 fans in attendance, it makes people wonder how much the lack of support affects the performance of the team.

The Bulls play the next three games on the road. Up next are the Sudbury Wolves on Friday, who currently are sitting fifth in the same conference.

The OHL released the top performers for February. Once again, no Bulls were selected.

It's time to spring ahead

By Julia McKay

This Sunday, 2 a.m. Don't forget.

It's that time of year again. Time to 'spring ahead' and turn your clock forward by one hour for the beginning of Daylight Saving Time.

And lose an hour of sleep.

According to timeanddate.com Daylight Saving Time was introduced in the early 1900s as an energy saving measure and is now used in over 70 countries to take advantage of the change in daylight hours.

Along with the possible energy savings, it can just make you feel better.

"People are generally happier. There is more daylight when you head home," said Lauren Deans, Loyalist College student services registered nurse. "There is a spring in people's step."

"I like it better because when you come out of class it's light out and you don't feel like you've missed the day," said Kelly Cooney, a second-year student in the child and youth worker program.

"I look forward to it. With the extra daylight means spring and summer are coming," said Mary McConnell, student success mentor at Loyalist College. But McConnell warns that it can have an affect on your routine and sleep habits.

"I find that people take some time to get used to it. It mixes up your schedule and takes awhile to get back on track," said McConnell.

And not everyone enjoys the change in time.

"I don't like it. I feel like I'm thrown off," said Katelyn Cowx, a student in the child and youth worker program. "I'm more focused on the hour of sleep I've lost and just wish I was sleeping."

Along with changing the time on your clocks, it's also recommended that you change the batteries in your smoke and carbon monoxide detectors.

"We always recommend changing the batteries in your smoke detectors every six months so it works well with daylight saving. It's an easy reminder," said John Lake, fire prevention officer with the Belleville Fire department.

"Changing your batteries is cheap insurance and can save lives," Lake advises. "But don't go to the dollar store for batteries. Spend the money for the ones that will work with your detector."

Not everyone remembers when the start of Daylight Saving Time is but will be reminded before the 2 a.m. change by friends, family or the media.

"I didn't even know it was coming up. I usually just wait till someone reminds me," said Cowx.

So, mark it in your calendars so you don't forget to 'fall back' at the end of Daylight Saving Time, which will be on Sunday, Nov. 3 of this year.

Making a difference around the world

By Sarah Vissers

Positive change is happening in the world, and some of it is starting in Belleville.

The members of the Belleville branch of Amnesty International—a non-religious, non-governmental organization—work hard to fight human rights violations around the world. Their method, 'the pen is mightier than the sword'.

It all started with a British lawyer, Peter Benenson, who, in 1961, heard of Portuguese students being arrested for making a toast to freedom. In response, he started the group called Amnesty International, which utilizes letter writing to put pressure on governments and publicize the abuse of human rights.

"The concern of one person really can make a difference," said Jan Sosiak, the urgent action co-ordinator of the Belleville branch.

Once a month, the Belleville members meet at the library to write various governments whose countries have known human rights issues. Sosiak receives a topic or urgent action from Amnesty on the first Friday of every month, writes a draft and the following Tuesday the members write the final letter.

"We certainly get letters back from people in government," said Sosiak. "Some of them are pages long. Defending themselves is what they're doing."

"We've had letters back from ambassadors. In nearly every case, we write either the president or the attorney general or somebody in the country who can make

changes. We also send a letter to the selected country's ambassador, asking to voice our concerns to their government," says Sosiak.

A response does not guarantee change. Not every country responds to Amnesty's letters. "You still keep plugging away because, eventually, maybe it will make a difference. There have been little changes," said Sosiak.

Marianne Chapelle, treasurer of the Belleville branch, agrees that the campaigns do bring about change. "Some of the people who have been imprisoned have said that the conditions within the prison have changed because of the number of letters received from Amnesty members. The country then realizes people all over the world know what's happening there. It's not a secret."

The writers also have a greeting card campaign at The Core Centre in downtown Belleville, happening on International Human Rights Day, Dec. 10. They write to various prisoners to wish them strength and let them know people are in solidarity with them.

"Sometimes there'll be a little note from somebody saying 'your cards really made a difference to me.' It makes it very personal for us," says Chapelle.

"I find it's been really rewarding. We've even had letters back from some prisoners, which has been really neat, and we've had letters back from some people who've been freed. Unfortunately it's not every month, but even once a year is wonderful," says Sosiak.



Photo by Sarah Vissers

Marianne Chapelle and Winifred Perryman look over a petition to help Aboriginal children in Canada at their monthly letter writing meeting.



Instagram Pic of the Week

Congratulations to Kendall Rich (user name @Redhairdonntcare) for a design prepared in a culinary class of a spoon out of cinnamon.

Be sure to follow us @LoyalistPioneer. To see all the Instagram submissions, search #Pioneerpics with your Instagram app. Deadline is each Tuesday by 5 p.m.



Photo by Gail Paquette

Digital print artist, Stacey Coulter, was one of the artists displaying work at The Core Centre art gallery on Pinnacle Street, Belleville.

Below the line at the CORE

By Gail Paquette

An eclectic group of artists occupied the upstairs gallery space at the CORE Centre, Feb. 22 to March 3.

The last three days of the Artists Below the Line show coincided with DocFest because of the successful partnership they shared last year.

"It worked really well last year," said Peter Paylor, artist and co-founder of Artist Below the Line.

"All these people came in and as they were waiting to see the films, they had something to do."

A year and a half ago, three local

artists conceived the idea of finding ways for artists of limited income to show their work.

They discovered that the upstairs space at the CORE wasn't being used.

"We approached the people here. They are very much excited and supportive of what happens in the community. They asked us what we wanted to do. We told them. They said go ahead," said Paylor.

The CORE Centre is at 223 Pinnacle St. on the southeast corner of Pinnacle and Campbell streets, across from the library. Visit www.coreinfo.ca for a list of upcoming events and shows.



Theatre guild goes Victorian

By Julia McKay

From pantaloons to petticoats and spats to top hats, the Belleville Theatre Guild's Victorian Fashion Show and High Tea was the place to be to see what was fashionable in the late 1800s.

The idea for the event began in November 2012, after the theatre received a donation of over 30 period costumes from Foxboro Fabrics worth about \$5,000. Created for the Belleville bicentennial, the costumes had been in storage until the donation.

"We wanted to show all the work put into the costumes. They were all hand-made by local people," said Meaghan Lattanzio, special events director for the BTG.

The fashion show was organized outside of the theatre's regular playbill.

"The goal is to show off the costumes, get people into the theatre who may not have been in the past and give some of our volunteers the opportunity to try something different," said Lattanzio.

Ranging from age three to over 80, the volunteers were tasked with a range of positions, such as models, servers, presenters, and behind the scenes crew.

The fashion show was a mix of beautiful costumes, 18th century attitudes and a bit of comic relief with a creative script describing the specific styles of the pieces.

As well, the Queen herself oversaw the event, in the form of volunteer Pat Gray.

Even some of the audience came dressed for the occasion. Seven-year-old Sarah Pickard came dressed in a full, dark green and gold ball gown with matching cloth tiara.

"I can't decide, I liked them all," said Pickard about which costume she liked the best.

With approximately 90 people in attendance and more than \$1,400 raised, the organizers were thrilled with the success of the show.

"I'm so pleased. It went really well and the audience really responded," said Linda Serres, co-organizer and costumer.

All funds raised will go back into the BTG to be used towards theatre initiatives and improvements.

Following the fashion show, the audience was invited to the lobby for high tea. This gave them a chance to get an up-close look at the outfits while being served tea, cookies, scones and an assortment of delightful treats. The crowded room was abuzz with positive feedback to the organizers and volunteers.

Along with the donated treats, theatre member Emily MacDonald provided a variety of teas.

"As a member of the theatre I wanted to contribute," said MacDonald. She also had tea samples and other items for sale.

"It's all in support of our local theatre. We are truly a community theatre," said Lattanzio.



Photo by Lacy Gillott

Heather Barker and Emma Pinchin walk the runway together during the Victorian Fashion Show held at the Belleville Theatre Guild.



Photo by Dawn Berger

Erin Randell is dressed up for a vintage fashion show at the theatre guild.



Photo by Julia McKay

Belleville Theatre Guild Victorian fashion show co-ordinator and costumer Linda Serres adjusts Bill Dauphinee's bow tie during the dress rehearsal.



Photo by Julia McKay

(Left) High tea is served after the Victorian Fashion Show at the Pinnacle Playhouse.



Photo by Lacy Gillott

(Right) Nancy Garrod and Cyndi Cronder dress Erica Holgate to demonstrate how women in the 1800s got dressed.



Photo by Julia McKay

Maija Thompson (left) checks over her period costume with assistance from costumer Daphne Crozier at the Victorian Fashion show rehearsal. The one-day event is a fundraiser for the Belleville Theatre Guild.

On the street

We asked people at Loyalist College the following question:

What can Loyalist do to get you more involved in student events?



Lynn Kazairwe, first-year developmental services worker, “If they offer more freebies and change the way they’re marketed. Less banging on rez doors.”



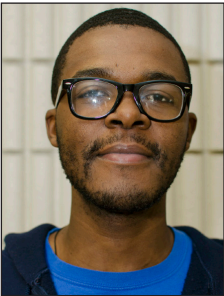
Levi Gratton, second-year animation, “Post the information on more than the website. Make it more visual on the walls instead of making a wall of signs on the corkboards.”



Tara Loft, first-year child and youth worker, “If they offered more prizes. In my program, I don’t have a lot of free time.”



Nick Taunton, first-year child and youth worker, “I do go to pub. And I did want to play hockey but it was too late and too far away.”



Muller Kalala, second-year general arts and science, “If they put more ads at the entrances and run them at a more appropriate time. Some run too late.”



Perry Peterson, faculty building sciences, “Use more social networking to connect to the physical presence at the college.”

Editorial

Student fees could be based on usage

Loyalist College students pay \$148 towards a student government activity fee and \$120 towards an athletics fee every year of school. The student government fee covers events and activities throughout the year such as pub nights, formal night and other activities in the Shark Tank. The athletics fee goes towards intra-mural games such as basketball, volleyball and other sports at the college.

In a school of over 2,000 people, only a small percentage of students actually participate in the Shark Tank events and the intramural teams. Is it fair that students have to pay these fees whether they use the services or not? Some students leave college being thousands of dollars in debt. Spending \$270 extra each year for services that are not even being used is a waste of money and a contributor to this debt.

Posters are put up around the school and emails are sent out to students about all the different events going on. Perhaps students don’t read their school emails, so they don’t know what is going on, or maybe they aren’t interested in the events.

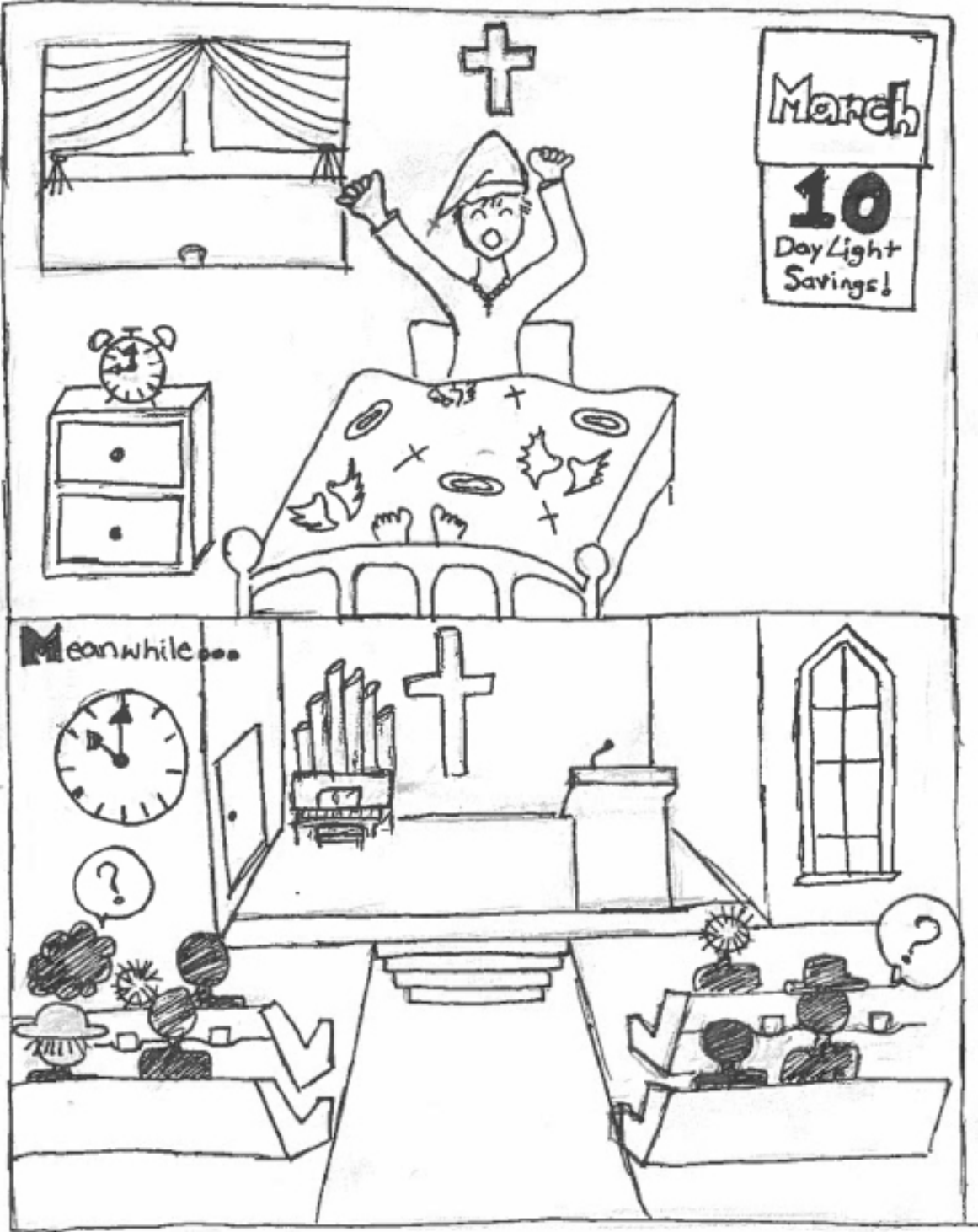
There are many activities occurring in the Shark Tank pub. Perhaps these events aren’t aimed at a large enough group of people. If the student government got more information about what students actually want to do, maybe the fees would be better spent. Changing these events might not work, however, as students may just be too busy focusing on their schoolwork to participate in the events happening at Loyalist.

People move to Belleville to attend Loyalist College from provinces across Canada and from different countries around the world. As important as it is to enjoy your college life, in the end, a diploma is based on grades and what you did in your classes during your time at college. Many students are too busy studying, working or preparing for future jobs in their field of study.

Instead of making students pay an ancillary fee, which includes the student government and athletics fee, perhaps Loyalist should ask students what they want to participate in and base individual fees on that. If students pay the appropriate fee, they will have full access for the year. Students who opt out at the beginning of their semester would have the option to pay it later if they decide it is important to them.

Yes students who pay the fees would have to pay more if it became optional but students who aren’t participating in events and sports shouldn’t be required to pay for everyone else.

Myriam Lublink



Opinion

Battle waging to attract java junkies

By Gail Paquette

As a devout coffee drinker, I just want my coffee. Pour it into a festive cup, I will drink it, give me a chance to win a car, I will drink it. Give it to me free, I will drink it.

What else gets your blood flowing and removes the cobwebs from your brain at 6 a.m.? For seven days, we java junkies have to weigh “free” against a chance to win one of 40 Toyota Rav 4s.

While Tim Hortons runs their promotional gimmick of Roll Up the Rim, McDonald’s is giving away the ‘nectar of the Gods’ for free.

According to Tim Hortons, The Roll Up The Rim To Win promotion was created in 1986, so

that the restaurant owners could reward their loyal guests.

Ron Buist, former Tim Hortons marketing director behind the Roll Up the Rim campaign, admits it is to attract new customers in hopes that sales will continue after the contest is over.

Knowing that Tim Hortons owns the coffee market in Canada, McDonald’s can only compete by giving us something – a free coffee.

Is it a blatant attempt to steal coffee lovers away from Tim Hortons?

McDonald’s Canada president John Betts says the promotion is an attempt to lure in customers and those who haven’t been visiting for a little bit.

Even though it has been dubbed in the media as the “coffee wars,” both companies are

benefiting.

Sales go up for both and isn’t that really what it is all about?

Despite glazed-over promises of loyalty, giving away free coffees or millions in prizes produces profits for both companies.

So more to the point, are we a nation of risk-takers or penny-pinchers?

According to the Coffee Association of Canada, 67 per cent of Canadian adults drink coffee every day, usually three of them, at roughly, \$1.50, for a coffee. That’s \$4.50 a day and \$31.50 for seven.

On the other hand, even if they roll up the rim and lose, Canadians will be all too happy to buy another lottery inspired cup of java, again and again.

Tanning beds should be a matter of choice

In Ontario, people under the age of 18 are banned from using tanning beds. Banning the use of tanning beds completely is taking away from some freedom for people to express themselves.

According to QNet News, the bylaw was passed in order to save younger people from getting illnesses caused by the UV rays such as melanoma and various types of cancers.

So, people under the age of 18 are not allowed to use tanning beds with or without parental consent but are allowed to get a tattoo? By getting a tattoo you are permanently marking your body, whereas by using a tanning bed, you are colouring your skin. They are close to the same thing so they should be considered under the same type of rules.

If you are 16-years-old, you can get parental consent to get a tattoo. It should be the same for tanning. It is ridiculous to tan a five-year-old, however, if a 17-year-old wants a tan, why should they not be allowed?

Consent should be allowed when you use a tanning bed. Health and safety are issues with the tanning beds, however, there are health concerns when getting a tattoo as well – so they should be thought of as equal.

Tanning salons are losing business because youth are banned from getting a tan. The salons need young customers to start regular business. When a person gets in the habit of doing something, it is hard to get them to stop.

Canada is about freedom of expression. Not allowing minors to get a tan is unfair to those who have parental consent and really, what is it stopping anyway? By taking it away, it will make young people want to do it more. Once they reach the age of 18, they will most likely get a tan because they were never allowed to do so when they wanted to.

It is necessary for the salons to let the customer know about the health concerns of tanning and this goes for everything. As long as all the concerns are raised before the tanning takes place, there is nothing wrong with giving consent.

It is wrong not to allow expression. To allow people to get a tan while knowing the potential consequences, you are allowing them to be their own person and express themselves in the way they best feel fit.

Laura Boudreau

By Jennifer Robertson

Police now have the authority to search through information on a cellphone if it is not protected by a password, as they should be.

This tactic is a useful form of collecting evidence for a case and should be allowed without question. Not only could this be used to show if someone was texting and driving at the time they were accused, but it could also be used to discover evidence for other cases such as planning or committing a more serious crime.

If the user of a cellphone does not put a password or any other type of lock on their device, any person who picks up their phone could go through its contents. There is no reason a

police officer shouldn’t have that same right to search through a cellphone when they have a probable cause.

If a cellphone user does not want their phone to be open to a search by police, then they should set up a password to protect their privacy.

In any case, privacy should not be an issue when a police officer has a legitimate reason to suspect a crime is being committed or the law is being broken. It is an officer’s job to make sure every person follows the law, and if checking a cellphone stops a break-in or stops a murder, then they should be allowed to do so.

If a police officer needed to get a warrant to search a cellphone, the incriminating content

could be removed and deleted before the warrant is made. Searching a cellphone without a warrant will make the process quicker and more effective.

Checking a cellphone without a warrant could also help prove your innocence and remove any suspicion towards you.

A warrant must be shown to search any cellphone that is password protected and a password does not have to be told to any officer who asks the user. It is highly unlikely officers will abuse this ability and check cellphones without a reason as that is not what this law is for. The new law is simply to help police officers get answers easier and faster.

The Pioneer

Editor, Myriam Lublink
Photo editor, Laura Boudreau
Multi-media editor, Gail Paquette
Faculty advisers, Patti Gower, Luke Hendry, Frank O’Connor, Scott Whalen
Page designer, Linda O’Connor
Managing editor, Mike Beaudin
Publisher, Jane Harrison

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Pioneer newsroom, 1N9, Loyalist College, Box 4200, Belleville, ON K8N 5B9 · 613-969-1913, ext. 2828.
E-mail: pioneer@loyalistc.on.ca



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.