

## Movember bottle drive a success

*Students contribute their empties for money to support men’s health*

By Randi Melenhorst

With the holidays growing closer, the month of November has come to and end. And with that, comes an end to another year’s Movember fundraising challenge.

Brent Waldie, 19, a first-year Loyalist College student in graphic design, came up with the idea of a bottle drive for students to contribute their empties for funds to be donated to the cause of men’s health. “The idea came up after I had come across my brother’s venture to raise money through the official Movember website,” he said.

“We’ve always been involved in various organizations together, especially through high school. So I just figured I should start something of my own here at Loyalist.”

Waldie, his roommate Josh Kirkpatrick, and two of his floormates, Adam Fairbrass and Shawn McCormack, pitched the idea to fellow Loyalist students, mainly targeting on-campus residents a few weeks into the month. “We started collecting on Nov. 15, arranging to pick up every Sunday for the rest of the month, the last Sunday being the first of December,” he said, “which designated us with only three official pickup dates.”

They promoted their bottle drive mainly by word of mouth, but Waldie did make a post on Loyalist College’s residence group on Facebook, mentioning their campaign, but “for the most part, it was just talking to people that really brought the bottles in.”

Waldie said he didn’t set too much of an expectation on the campaign, but he did hope to bring in over \$100 worth of empties to donate. With the month, and Movember, at an end, Waldie added, “I’m quite satisfied with the results seeing as it was very short notice and I’m just happy to have made something.” The boys stored their collected empties in a storage building on residence and have not yet brought them in for return, but they do plan on doing so during this first week of December.

They haven’t done an official count of the bottles they received during the last couple weeks of November, but Waldie said he believes that with all the bottles and cans, it looks as if they have reached his unofficial goal of \$100. “One hundred dollars was really a surprise, and I’m quite happy with the result.”



Photo by Taylor Hermiston

Seeing all the moustaches around Loyalist College provided enough motivation for students (clockwise) Brent Waldie, Shawn McCormack, Adam Fairbrass and Josh Kirkpatrick to organize a bottle drive to raise money for prostate cancer. They have had three successful bottle pick-up days.

Movember is a popular charity month. Started in 2003, the event has since gone global, with men encouraged to sport moustaches and raise money for the entire month in support of the fight against prostate and testicular cancer and mental health challenges in men.

## Drinking and driving prevention the goal of volunteers working for Operation Red Nose

*Free rides available for anyone who’s drinking during the holiday season*

By Justin Greaves

Operation Red Nose prevents drinking and driving on the road, but it has also saved lives in other ways.

Volunteer driver Larry Prevost was driving a rather intoxicated middle-aged woman from a house party in Trenton.

“We took her in her house, and that’s when she said she was dying. So we checked her out and looked in her eyes and we knew something was very wrong. She was overdosing.”

Prevost and his team waited with the woman until the ambulance arrived. Later that week, a police officer who responded to the call met the team before being dispatched and commended them, telling them they saved that woman’s life.

Operation Red Nose kicked off for another year on Friday, safely guiding those with foggy minds home.

Operation Red Nose is a program that offers a free ride for anyone who has been drinking and doesn’t want or feel they can drive home legally. The program runs from 9 p.m. to 3 a.m. Thursday to Saturday from Nov. 29 to Dec. 31, and New Year’s Day.

Operation Red Nose started at Laval University in 1984 and was adopted in Belleville in 1997, giving 500 rides that year.

Last year, the program had over 300 volunteers come out to help drive more than 49,400 kilometres, driving 3,200 people safely home as far as Picton, Madoc and Deseronto.

Red Nose asks clients for a donation per ride. Last year, they raised \$40,000 and over \$250,000 in 10 years. All the donations go towards the YMCA and Camp Trillium.

Marilyn McNamara is in her fourth year volunteering for Red Nose.

“It’s the people you meet that make it

worth your time. People are great, and you meet all kinds of them,” said McNamara.

The volunteers meet at the CAW Hall at 160 Catherine St. in Belleville. On any given night, there could be 20 teams of three waiting to be dispatched.

The program is sponsored by various businesses in Belleville, which provide food for the volunteers during their shifts.

“It’s better than taking a cab. It’s when you get up the next day, your car’s safe and sound, and not sitting in a bar or club parking lot,” said Ozzie Bell, a second-year volunteer.

There is always a need for more volun-

**‘It’s better than taking a cab. It’s when you get up the next day, your car’s safe and sound, and not sitting in a bar or club parking lot.’**

Volunteer Ozzie Bell

teers to help. Those who wish to help volunteer can fill out an application online at [operationrednose.com](http://operationrednose.com)

There are three positions on the teams – the escort, client driver and the navigator. The team drives to where the client is located, and then the client driver and the navigator meet with the client, take their keys and drive them safely home. This happens on average five times a night.

McNamara is the navigator for a team with escort Bell and client driver Prevost. They have been a team since 2011.

The volunteers go above and beyond, giving a beacon of light to those that are in need.

Those who wish to use Operation Red Nose services can call 613-962-4344.



Photo by Justin Greaves

(L-r) Operation Red Nose volunteers Marilyn McNamara, Ozzie Bell and Larry Prevost get ready to pick up a client from Snapshot Bar & Grill Nov. 30.

## Many choosing flu shots

By Michelle Heshka

Loyalist’s very own flu shot clinic has become a hit with students.

Needing only a consent form and your Ontario health card, rolling up your sleeves and protecting yourself from this season’s virus has never been easier for Loyalist students.

Loyalist’s flu shot clinic has been open since Oct. 20, running from 8 a.m. to 4 p.m. Monday through Friday. According to Loyalist’s health nurse Lauren Deans, the free flu shot clinic is seeing more students than ever.

“It’s been a slow start...but people keep coming in. It’s good. Slowly, more and more people have been trickling in,” said Deans.

One of the many perks of having the flu shot clinic in the college is convenience. Passing by the student health clinic every-day poses a friendly reminder for students to get their flu shot. Students don’t have to go out of their way to get help against the seasonal illness.

“It is a government recommended health measure to have at an institution. With it being held in the college, people get the reminders. We put out a notice and people say, ‘Oh! Better go get my flu shot,’” said Deans.

On top of the clinic being convenient in terms of location, the flu shot clinic allows students to easily complete requirements for placements and internships.

Stephen Pokocky, a second-year child and youth worker student, said he is grateful for the free flu shot clinic in the college. He has a placement with a child-mentoring program that requires all participants to get their annual flu shot.

“It’s great to have the free flu shot clinic in the school because it fulfills one of the shots that I have to get to be eligible for my placement. I live on residence, so it’s super convenient to not have to get a bus into town and find a clinic,” said Pokocky.

Deans said that the turnout is better each year. In her 13 years at Loyalist, the only more successful clinic than this year was when H1N1 was an epidemic. After another successful year, she said she hopes the number of students participating will continue to increase every year.

“We do well with it. The biggest thing is that if you ever get the flu, you will never miss a flu shot again.”



# Hunting more than the kill

*Comaraderie part of experience for hunting enthusiasts*

By Zachary Shunock

It's amazing to think that there are places around us that are so quiet that even the sudden sound of a crow can startle a grown man. Places where only trees, brush and wildlife surround you, as opposed to being where most of us live our everyday lives where we cut down trees and brush to make way for our buildings and developments.

Mike Renaud prefers to spend as much time as possible in the tranquility of what he calls paradise.

"There is nothing that gets in the way of my deer-hunting weeks," said Renaud. "I even planned my kids so that there were no birthdays during hunting season."

Renaud, along with many others, books most of his holidays from work around hunting season.

Renaud first started hunting when he was young, when his good friend's father introduced him to hunting small game; things like birds, rabbits and other rodents.

"A fella by the name of Doug Marshall and his two sons who are good friends of mine, introduced me to hunting," said Renaud. "It started out as duck hunting, then goose hunting and then finally, I started hunting deer."

Renaud has hunted for over 20 years, both in Prince Edward County and other places in Ontario.

"I hunt near a little place called Matawatchan in Ontario. This was my 20<sup>th</sup> year hunting at that camp," said Renaud. "There are eight people in the camp. We hunt during the second week of deer season."

Hunting in this region has become a popular activity, with parents or grandparents introducing young children to the sport as soon as possible. "The age of individuals that I hunt with ranges from 18 years old to 80 years old," said Renaud, showing the true range of individuals taking part in the hunting tradition.

During his last trip to the camp, Renaud shot a large doe and an 11-point buck both within a minute of one another.

"We split the meat evenly between all of the people in our camp, so the portion I got this year will last me about three months. I am pretty much the only one that eats it."

Although getting a deer is what most people believe to be the premise of a hunting trip, for Renaud, it is a little different.

"Getting together with friends for a week without having to stress about everyday uncertainties is a big part of deer hunting for me. Actually, getting a deer is just a bonus."



Photo by Zachary Shunock

**"This is what the buck saw," said Mike Renaud, showing off the rifle that got him more than a year's supply of meat. Renaud has hunted for deer, geese and turkey in Renfrew County, Ont. every year for over a decade.**

## Rec soccer on campus a big hit

By Sonya Dronsfield

Loyalist College has been running co-ed recreational soccer for 10 years now, and there's no stopping anytime soon.

Ever since the Loyalist Sports Dome opened up four years ago, rec soccer has become the most popular campus rec activity. Even drop-in soccer is always packed – sometimes up to 40-50 students will show up to play.

Last year, however, was the first year that Cory Mestre, the co-ordinator of campus rec, received complaints about certain individuals who were taking the sport too seriously.

They were injuring and offending players who had come out expecting a 'fun easy-going' game. This year, Mestre has selected a range of students to help him run the rec activities and the changeup has made a big difference this year.

"I chose students who I felt were capable of understanding the game and who wouldn't be afraid to speak up and tell the players to calm down if need be," said Mestre.

After speaking with second-year placement student, Matt Nolan, Nolan said, "The teams are very even this year and we haven't had any problems with players not co-operating or being too rough."

Nolan said he thinks that the problem with players being too aggressive goes with the fact that Loyalist does not have a men's soccer team, and those more competitive players end up in rec, playing way above some of the other players' skill levels.

He said he wishes he could still play and participate in the league, but he also understands why he can't as it would be unfair for him to take sides in a game.

Taylor Hermiston, a second-year photojournalism student, also works for campus rec and said she loves coming out and running the games. Hermiston played goalie for rec soccer team Samba United last year and was disappointed she couldn't play this year, but said she is very happy that she can get paid to run soccer.

"After playing last year, I understand the frustration of the players and now that I'm working this year, I feel like I can calm them down better as I know what's going through their heads."

Hermiston also said it's not so bad because she still gets to participate in pick-up games and also in any other activities campus rec runs. Soccer is just an anomaly because the players pay to put in teams and need the campus rec representatives to remind them it's only recreational and to "stay calm."

This year, 14 team rosters were entered, but only 12 made it in. The other two teams were spread out among the remaining teams, which in the end, helped balance out the teams a lot with numbers of players and their skill levels.

So far the teams have been very even and the campus rec staff say they are looking forward to a great soccer season at Loyalist.

# Salvation Army collects for those in need

By Sarah Visser

The Salvation Army collects money every year to help support their programs to assist people in need. Those people are you.

Linda Horn, the kettle manager for the Salvation Army, said, "You never know when you're going to need to use our services. Unfortunately, there's always a time

where you run out of food and you may need food. It's not like something that you may never need. We all go through rough times."

Over 100 people are fed every day when the Salvation Army lunchroom is open. According to Horn, there are many working class families who are struggling to make ends meet and rely on such services. Given the stability of the recent

economy, who knows when your own luck may change.

That is why the Army is aiming to raise \$145,000 this year during the kettle campaign. It will keep the lunchroom open, as well as the warm room and other services the organization provides.

Currently, the Army is desperate for volunteers. At this time, not all positions are volunteer.

"We would like to be 100 per cent volunteers," Horn said. "We're trying to switch it from paid to volunteer."

She said she is hoping for more community involvement in the future, with service groups and businesses volunteering. This year, the Rotary Club, Mackay Insurance and Ralph-Neale Dodge have helped out.

As added incentive, "we even have this

year what's called the Bell Ringer Award where the services groups and the businesses where they take over a kettle for a day, we're going to see whoever raised the most money, and give them what's called the Bell Ringer Award.

"We're really trying to make it more community involvement. That's the biggest thing we want, is more community involvement."

# Nutritional beverages help with deficiencies

By Sarah Taylor

Whether it's a busy lifestyle, not enough time or quite simply just laziness, some of us don't eat as healthy as we should.

But how healthy is the produce in our grocery stores? By the time it gets here, on the shelf and in our kitchens, is it even healthy anymore? Whatever our big issue is with eating the proper nutrients a day, the MonaVie company has tried to find a way to compensate.

Debbie Villeneff is a distributor for the MonaVie. She said she talks to hundreds of people a week about their health and has many success stories with the products she sells.

"The average person is malnourished. Our parents told us we should eat 13 servings of fruits and vegetables everyday. Our grandparents told us to do this, our medical doctors tell us to do this and so does Health Canada but who does it? Nobody! I haven't met anyone in five years that does it."

MonaVie is a nutritional beverage company, which offers five different juices, two energy drinks, chocolate and vanilla shakes and snack bars. Each product addresses a different health issue, according to the company's information.

"They made different blends to have different health benefits on people because each different type of juice does different things," said Villeneff.

The first drink they introduced was the purple bottle Essential, which is for children under 12 years old as well as pregnant and nursing mothers. Essential contains 19 fruits including acai berry.

The second drink was the green bottle Active. This drink focuses on joint and muscle health. The same 19 fruits are in this drink as well as omega three, six and nine and plant based glucosamine.

"The greatest success I've had with this is with skin



Photo by Sarah Taylor

**Debbie Villeneff has been with MonaVie for five years now. She is holding the Active bottle which focuses on joint and muscle health.**

repair, muscle repair, joint repair, your hair grows really think and nice, your nails grow, things like that."

Then came Pulse in the red bottle, which is for people who have had heart attacks, strokes, high blood pressure or high cholesterol. Next was the yellow bottle (M)mun which contains wellmune, and finally MX in the grey bottle. MX has the 19 fruits in it along with 11 dark shade vegetables.

"It's our best we have," said Villeneff.

Another drink they have now is called

Rest. It is an all-natural drink that, according to the company, helps calm your body and get a better sleep.

There are also the two "anti-fatigue drinks," one has seven fruits, green tea extract, ginseng and organic cane sugar. The silver canned drink contains stevia for people who have diabetes or want a lower calorie drink.

Finally there are chocolate and vanilla shakes and/or meal replacements.

"You could not eat what is equivalent in this shake. A girl who just signed up for it took our shake to three health food stores in Belleville and they could not find one that was more nutritionally dense than our shake."

The products are popular with younger people who skip meals in the morning or whenever they are in a rush and with elderly people who aren't able to swallow whole foods.

Villeneff, who started with the company five years ago, has her own story.

Villeneff was diagnosed with Crohn's disease in 2000. At 40 years old, she couldn't get out of bed, her health was diminishing more and more everyday. She had had five major surgeries, was on medication and sought out natural healing alternatives while still getting worse.

"The last surgery left me with a big open wound the size of a softball. My toenails rotted off my feet. My hair started falling out in chunks, my wound ended up getting so infected I got flesh-eating disease."

Villeneff started drinking MonaVie's juice after a friend recommended she try it. Within two weeks Villeneff said she was feeling significantly stronger and has yet to have another Crohn's attack.

Medical professionals may not support MonaVie but it has definitely strikes created some interest scientifically.

"The scientific backing that this company has is phenomenal," said Villeneff.

The third juice released from MonaVie, the yellow bottle (M)mun had \$250 million worth of research invested in making of it.

"Two ounces of our juice in the morning, two ounces at night gives your body equivalent of 13 servings of fruits and vegetables so it fills in the gap," said Villeneff.





Photo by Natalie McMullen

James Stark, with his nephew Jackson Stark, 3, attend Quinte’s 18th annual Christmas Model Railroad Show. The event, which was sponsored by the Belleville and Brighton model railroad clubs, took place Saturday and Sunday at Quinte Secondary School in Belleville.

# Train show offers timeless classic

**By Natalie McMullen**

There’s something timeless about trains. But older hobbyists say competing for kids’ attention these days is a challenge.

“It’s getting harder and harder to get the young people. Everybody likes to text now and (play) Xbox,” said Klaus Gonschior, a 14-year member of the Belleville Model Railroad Club.

That’s one of the reasons the Belleville and Brighton clubs partnered to put on Quinte’s annual Christmas Model Railroad Show, which took place this past weekend at Quinte Secondary School.

Reaching out to kids is important, explained John Turner, vice president of the Belleville club. “That’s the grassroots

**‘I find it’s kind of a never-ending hobby because new technologies come up and you’re always learning something new.’**

*Belleville member Klaus Gonschior*

right. You’ve got to keep the hobby going.”

The 18<sup>th</sup> annual event, which ran from 10 a.m. to 4 p.m. on Saturday and Sunday, is one of the biggest in eastern Ontario. It boasts 11,000 square feet of vendors and

displays, and attracts modellers and families alike.

There are many different facets to model railroading. “Some people like to build; some people like to run trains; some people like to look at trains and some people like wiring and building scenery. Everybody’s got their niche,” said Turner.

According to Gonschior, many people attend the annual show out of a sense of nostalgia.

“They still think about the trains running around their Christmas tree.”

“I used to go to school and the train depot was right there,” recalled Turner. “Instead of looking at the teacher, I’m looking out the window watching the trains go by. That’s how I got hooked on it. Just

close proximity to the tracks.”

The love for locomotives was instilled in 18-year-old modeller Lucas Jeffrey at age three, when he received his first toy train. He said he owes his passion to his grandfather, a fellow train enthusiast. Jeffrey, who builds displays from Legos, has been travelling to shows across the province for the past four years.

Exhibitions take place year-round, but Turner who calls model railroading a cold-weather hobby, said the timing of the Belleville show adds to its popularity. “You’re naturally more interested in gifts and things like that. You’re more in the spirit.”

While the hobby may be sentimental for many, it isn’t old-fashioned, insisted

Gonschior.

“I find it’s kind of a never-ending hobby because new technologies come up and you’re always learning something new. It just keeps your interest going. It doesn’t go stale. That’s the biggest draw for me.”

Turner said he hopes advancements like iPod-controlled model trains will be enough to attract kids to the pastime.

“You think, well is that going to be interesting for the future generation, because it’s electronic and digital and all that good stuff?”

While the future of model railroading may be unclear, looking around at this year’s show, there was no shortage of awe and wonder among both young and old.

# One of a Kind Show a Toronto tradition

*Picton potter showcases work with her trademark dragonfly*

**By Mary Barber**

The 38th annual One of a Kind Christmas Show has returned to Toronto transforming Exhibition Place into a flood of shop-

pers carrying trinkets and goods from the hands of over 800 artists, designers, makers and crafts people.

Picton potter Melanie Mena and her husband Mark showcased dozens of white ceramic mugs and pots with her

trademark dragonfly on the front at the show. It is Mena’s third year at the Christmas show. Her participation in this year’s Makers Hand shown in the Quinte Region prepared her for this year’s One of a Kind Show, she said.

Port Hope couple Terry and Beverly Thornton display their handcrafted wood work for the seventh year.

“There are some really great artists here. Craft markets are a fantastic place to showcase work,” Said Beverly Thornton. “I work with my husband. He crafts — I do business. We’ve been married 20 years. It started as a hobby and then went from there.”

Terry Thornton began his love of woodworking over 40 years ago. His creations include furniture, clocks as well as restoration. The real art of his craft is in the fine woodturning that helps create Terry’s birdhouses. The birdhouses have found homes across Canada and in the U.S., England, Finland, South Africa and the West Indies.

Mena’s passion is pottery. She is the CEO and chief potter at Mena Dragonfly Creative. Her style includes uniquely crafted functional pottery that can be used every day.

Mena’s passion became a reality after she walked away from working a desk job in 2009. She decided to pursue previous ambitions.

“I was blindsided and it took me a while to recover. But I saw the silver lining to that cloud and decided this was my opportunity to make my dream.” Mena wrote on her webpage, “In the spring of 2011, my husband and I decided to make another big change: we decided to move back to Ontario.

In 2011, Mena and her husband Mark moved from Victoria, B.C. to Prince Edward County. A year later, Mena opened The Black Licorice Tree Bed and Breakfast, setting up a new studio located behind the house.

“I grew up in Ontario. It’s nice being back. We have a beautiful bed and breakfast not far from the Sandbanks where I can work,” said Mena.

Mena and Thornton plan to return to the One of A Kind Show in the spring.

The Toronto craft show has become a Canadian shopping tradition. In 1979 the craft show expanded to include The One of a Kind Spring Show. Annually, the show attracts over 200,000 visitors. The One of a Kind Show was built out of the simple desire for something more.



Photo by Mary Barber

Picton potter Melanie Mena showcases for the third year with husband Mark, dozens of white ceramic mugs and pots with her trademark dragonfly on the front at the 34th annual One of a Kind Christmas Show and Sale in Toronto last weekend.





Photo by Thomas Surian

Alexandre Ouellette and David Lamarre round a corner at the Rally of the Tall Pines on a cold snowy Saturday afternoon in their 2007 Subaru. The duo ended up withdrawing from the race.

# Slipping and sliding car rally

By Kaitlin Abeele

The Rally of the Tall Pines truly lives up to its motto this year— winter roads and summer ditches.

The annual car rally, now in its 43rd year, has been hosted in Bancroft, Ont. since 1997.

The rally, which was held Saturday, is organized by the Maple Leaf Rally Club, with Ian Wright serving as the co-ordinator for the event.

Wright said he was pleased with the fresh snow that fell earlier in the week, which created a better challenge for the drivers, and a better chance of crashes.

“The Pines’ motto has always been ‘winter roads, and summer ditches.’ For the last four or five years, we haven’t had that. The amount of snow we had on Tuesday changed that. The roads today were in great shape, very slippery, very treacherous and they caught a lot of people unaware,” said Wright.

Tall Pines is actually four separate rallies in one – the national four-wheel drive and two-wheel drive rallies, and the regional four-wheel drive and two-wheel drive rallies.

That means that there were 12 champions during the day-long event.

The event is also part of three rally championships: the Canadian National Rally Championship, the North American Rally Championship and the Ontario Regional Rally Championship.

This year saw 35 teams of drivers and co-drivers race along the gruelling 498-kilometre closed course, featuring 16 special stages. The course is mechanically challenging, which resulted in only 13 cars actually finishing the full rally.

A leading contender for the national four-wheel open competition was Leo Urlichich, a Russian-born driver from Thornhill, Ont. Urlichich, better known by his rally name ‘Crazy Leo,’ had a substantial lead over the other teams going into the final stages of the rally. But mechanical problems forced him to withdraw from the race.

“Crazy Leo had an eight-minute lead on the event, with maybe four stages to go, then broke a camshaft, on the road section, which destroyed his lead, and which took him out of the rally,” said Wright.

After Urlichich withdrew, Chris Martin, of Richmond Hill, Ont., ended up taking first place in both the National and Regional four-wheel open rallies.

Spectators of the event braved the cold weather to watch cars careen around hairpin corners and navigate the icy gravel roads, stirring up clouds of snow in their wake.

For Creslin Johnson, of Ottawa, Ont., it was the first time attending the rally, after being invited by friends to attend. After a great day, she said she hopes to return again next day.

“We all came together, to come watch the rally. It’s been awesome,” said Johnson.

Volunteers for the event also had to cope with the cold temperatures, to ensure the smooth operation of the event and the safety of participants and spectators. Over 200 volunteers helped in staging the event.

“We have over 200 volunteers who were out in very cold temperatures all day and without them the event wouldn’t happen. They are wonderful people, very enthusiastic, very supportive. They make the event,” said Wright.

The Rally of the Tall Pines will return again to the town of Bancroft next year for its 44th season.



Photo by Kaitlin Abeele

Jeremy Norris climbs out of his 2000 Subaru Impreza 2.5RS while his co-driver John Merry remains trapped inside after sliding into a ditch, which flipped the car onto its side on at the 43rd annual Rally of the Tall Pines in Bancroft, Ont. The accident forced the team to withdraw from the rest of the events because of mechanical issues.



Photo by James Wood

(Above, left) Race official Donna Huber yells at drivers to slow down and watch their curves after a racer spun out and flipped into a ditch at the Rally of the Tall Pines.

Photo by Kaitlin Abeele

(Above, right) Martin Walter celebrates with a champagne shower at the 43rd annual Rally of the Tall Pines. Walter, along with his co-driver Ferdinand Trauttmansdorff, placed seventh overall at the rally, with first place finishes in both the national and regional four-wheel open championships in their 1991 Nissan 240SX.

Photo by James Wood

(Left) Spectators react as a rally car flips into a ditch at the Rally of the Tall Pines.

