

Artists unite during day for women

By Natalie McMullen

The CORE Arts and Culture Centre gallery has been abuzz this winter.

Shortly after taking down an exhibit that ran concurrently with DocFest this past weekend, curator and artist Lisa Morris began hanging pieces for the International Women's Day Community Art Show.

A reception was held on Tuesday evening to launch the exhibit, which will run until March 15. The free event was open to the public.

Walking through the gallery is an eclectic experience, with pieces ranging from collage to illustrations, and photography to paintings.

With such a diverse collection to arrange in CORE's large gallery space, separated into three main areas, the role of curator can't be an easy one.

Asked about how she approaches the task, Morris smiled and said, "It's very scientific."

It's a trial-and-error process that by now seems second nature to Morris. You hang the works and make adjustments based on certain principles of design.

"You don't want too much colour on one wall," said Morris.

Morris, a self-declared "maker of things," has paintings as well as jewelry in the show. Noteworthy are her necklaces made of recycled tire rubber. Honouring her commitment to locally made products, she sources her materials from Stephen Licence Bicycles & Hobbies and Doug's Bicycle Sales & Service in Belleville.

The exhibit truly is a community venture, featuring artwork created by high school students and local artists of all levels. In keeping with its inclusive title, the show includes pieces by all genders.

Joshua Terpstra, a Grade 9 student from Bayside Secondary School, heard about the show through his activist grandmother, Mieke Thorne.

His pencil drawing of a famous woman is part of the exhibit.

"When I thought about International Women's Day, the first person that came to mind was Oprah."

Thorne's photography, inspired by her travels abroad and her desire for unity between people of different cultures, also hangs in the show.



Photo by Natalie McMullen

Belleville activist Mieke Thorne with her grandson Joshua Terpstra at the opening reception for the International Women's Day Community Art Show at CORE Arts and Culture Centre. Both Thorne and Terpstra, a Grade 9 student at Bayside Secondary School, have pieces in the show.

Another artist featured with her vibrant mixed-media pieces is newcomer Emebet Belete. Before moving to Belleville this past August with her family, Belete taught art in China.

"Now I have time to work on my own art," she said.

Belete added that the show was a way for her to get involved in the community. The reception not only launched the

two-week exhibit, but was also the first of a series of events leading up to March 8, organized by Belleville's International Women's Day committee.

Meyers farm...

Continued from Page 1

"When they talk about the economic benefits, I think that they are talking about the benefits to both Mayor Williams and city hall," Burshaw said in regards to municipal politics. "I think that the last thing on their minds are the unemployed or elderly people of this area."

"No one in the media has talked about why Mayor Williams wants the JTF2 moved here," said Grob.

"Of course he wants it here for the jobs and economic benefit for the town, but he's not running for the next election because he knows that he is not going to get in. He's just doing this to get his pocketbook a little bit bigger."

Most of the people who are showing their support for Meyers are not only upset about how the government has treated the farmer. But, they are also questioning why the Trenton base needed to be expanded in the first place.

"Why expropriate prime farmland, when you can expand on regular land?" Heather Loft said, sipping her coffee. "They could have used Petawawa or Mountain View, or stayed at Dwyer Hill where the soil is contaminated. The government contaminates us enough with their lies, we don't need them to contaminate our farmland."

Although the octogenarian does not have Internet or know how to use email, thanks to a group of active supporters and social media sites, Meyers now has an army of his own. To date, the Facebook group Save Frank and Marjorie Meyers Farm has over 55,000 likes and the support continues to grow.

See a video on Meyers farm at:
<http://www.qnetnews.ca/?p=35229>

SAD...

Continued from Page 1

"People that have been diagnosed with SAD are probably finding it hard this year," Sidsworth said. "There are a lot of people finding it hard to get out of bed."

Sidsworth quoted some of CAMH's clients calling in saying "This winter feels endless."

With spring around the corner people will be looking forward to the time shift and an increase in daylight. Sidsworth suggests that people not rely on daylight as their source of relief and get outdoors.

Students in particular have the stresses of assignments and exams that add to the season. Deans also agrees that daylight is not the only contributing factor to SAD and that a proper diet is very important.

If students are looking to try the daylight simulating lamp, "come up to the desk and if they are interested in using it and haven't used it before then we discuss it and they use it," Deans said.

Wrapping up ski season

By Zachary Shunock

Batawa Ski hill has had a great year, with larger than ever turnouts and an earlier start to the season than ever before. They started making snow on Nov. 11, for the official opening, Dec. 14, 2013.

Operations manager Danny MacDuffie says Batawa has a lot planned for the rest of the season, and for seasons to come. "March break, everyday, we have something different, from a park jam this Saturday to a puddle jump at the end of March break. It's really exciting," said MacDuffie.

"It's challenging because you get days with perfect conditions where nobody shows up," said MacDuffie, who is used

to working at a bigger busier ski resort having come from Calabogie. "Batawa is a little hidden gem, nobody knows we're here I think that's the problem. So we're just trying to get the word out there now," stressed MacDuffie.

"The nice thing about this place, not being as big as some other resorts is you don't have to worry about bumping into anybody because there is more space," said MacDuffie, adding that Batawa plans to widen existing runs, and hopefully add new runs to the back half of the hill.

A list of upcoming events at Batawa is available at their website, [batawaskihill.com](http://www.batawaskihill.com).

For a video look at Batawa Ski Hill, go to: <http://www.qnetnews.ca/?p=35232>



Instagram winner

This week's winner of the weekly instagran contest is Sarah Taylor, @sar-ahreb7. Send your submissions to #pioneerpics to enter.

Birds and frogs part of identification project

By Taylor Hermiston

The unique sounds of local birds and amphibians filled the ears of Quinte locals as they observed a presentation on how they can volunteer their time being an identifier of the different species in the area.

Terry Sprague, community wildlife monitoring co-ordinator, presented two programs, one called Frog Watch Ontario

and a more structured program called the March Monitoring Program. These two programs offer the same two components, birds and frogs.

Sprague said, "By monitoring these specimens, we can have a better idea what their habitat is like. They aren't sensitive to environmental changes and are very susceptible to toxins."

He hopes that through these programs,

the community will be able to figure out how much birds and frogs are affected by our presence and how we can restore the Quinte Bay back to what it use to be.

The number of volunteers has gone down, so he hopes the workshop will inspire others to contribute to observing around the Bay of Quinte Water Shed.

For more on the identification, go to: <http://www.qnetnews.ca/?p=35236>

Cooking workshop promotes healthy foods on a student budget

By Jessica Campbell

Getting young people to choose more healthy foods but not break the bank was the goal of a workshop by Chef John Schneeberger.

Schneeberger held the healthy eating on a budget workshop Tuesday for Loyalist students. It offered cooking techniques and looked at how easy it is to make your own healthy food and learn about mindful eating. Participants also got to pick up some recipes and to try some dishes that can be made on a budget.

"If you're trying to lose weight or you're on a diet or even just trying to be healthy, It doesn't matter what you eat as long as you make it yourself," said Schneeberger.

Only 10 students showed up, but for those participating, the workshop was a hit. All the students mentioned how great the food was.

"This food is amazing, so simple and cheap to make. Chef John is very informative, which I really like," said Riley Kluge, a first-year police foundations student.

Schneeberger has been a chef for over

35 years and is the teacher and co-ordinator at Loyalist's culinary program. He is also a certified cooking and pastry chef.

"More doesn't mean better. Everything in moderation. I don't go somewhere and expect a quantity of food. I expect quality of food," said Schneeberger.

The chef is extremely informative. When he speaks, he gives every detail about what he's doing and what you should do when you make food at home. He has a real passion for food and cooking, which is demonstrated as he speaks, grabbing the students' attention.

"Chef John was fantastic. He is super approachable and accessible. He is full of so much passion which is great to see," said Danni Brent, a first-year justice studies student.

For the event, Schneeberger made potato wedges covered in seasonings along with a juicy chicken stuffed with cheese. He also made mashed potatoes, homemade chicken fingers and cheesecake.

"Food is art. Food is love. Food is architecture," said Schneeberger.



Photo by Jessica Campbell

Sarah Ogden and Michelle Ogden were some of the participants at the Healthy Eating workshop put on by Chef John on Tuesday. They got to sample buttered asparagus, among other healthy options.. Photo: Jessica Campbell