



Photo by Brianne Ste Marie Lacroix

Mieke Thorne (left) and a member of Amnesty International, carried a banner along with a crowd of approximately 50 people through downtown Belleville in support of International Women's Day which takes place this Saturday. There were people of many different age groups and men and women alike. For a photographic look at International Women's Day, see pages six and seven.

Men and women march in unity

By Brianne Ste Marie Lacroix

A crowd of men and women marched in solidarity through the streets of downtown Belleville, Wednesday, with banners and signs supporting International Women's Day.

The Belleville Public Library and John M. Parrott Art Gallery and the International Women's Day committee of Belleville hosted an event March 5. Before the walk, Jennifer Gibson, who is an award-winning photographer, illustrator, graphic designer and a published author was the guest speaker. She has been hard of hearing since she was a young child. She spoke candidly about her struggles and how she overcame many of the obstacles in her life.

Trevor Pross, the CEO of the Library and the gallery, said he really sees the library playing a big role in the culture of the community and that they like working together with the International women's day

'On the radio, I heard that every 17 minutes a woman in Canada gets raped... We all have our reasons to get involved. We just want to bring awareness and stand up. Some women in the world don't have any rights and some girls can't get any education.'

International Women's Day committee member Mieke Thorne

committee.

"We felt that having Jennifer Gibson here was a really good fit for this event because she has overcome many struggles and has been successful with her writing. We had a good turnout here. We tend to get a good crowd at these events, which is good, because then they get a good group to go out and do the march in downtown," said Pross

Directly after Gibson's talk, Mieke Thorne, one of the members of the Belleville International Women's Day committee and the Amnesty International group, organized the group of approximately 50 people who participated in the march through downtown.

The International Women's Day committee decided to reach out to schools this year to make the event feel more inclusive throughout the community and wanted to bring a younger crowd to the event.

There were some students who participated in the

walk and Thorne's teenage grandson, Joshua Terps-tra, led the group by shouting statements related to women's empowerment into the megaphone for the crowd to yell back.

A police car led the crowd and they walked from the library, down Pinnacle Street to Market Street, down Front Street, back up Victoria Avenue and back to the library.

Thorne has dedicated approximately 40 years to advocacy for social awareness. She feels that in Canada, we are extremely lucky for the things that we have but still need to be aware of the injustices that are happening.

"On the radio, I heard that every 17 minutes a woman in Canada gets raped... We all have our reasons to get involved. We just want to bring awareness and stand up. Some women in the world don't have any rights and some girls can't get any education," explained Thorne.

Continuing cold weather means SAD still hanging around

By Christopher King

Seasonal affective disorder (SAD) is often associated with the darkest months of winter when the amount of daylight is at its lowest.

With spring approaching, however, the season for the disorder is not over yet.

Sandie Sidsworth, executive director at the Belleville Centre for Addiction and Mental Health, suggests that sunlight is not the only contributing factor to SAD and that the struggle is not yet over.

"It's not attached to the dark only, it's in combination with the cold," Sidsworth said.

According to Sidsworth, a lack of sunlight (providing vitamin D) is one factor. Another factor is the cold temperatures forcing people to remain indoors for extended periods of time.

Sidsworth recommends a walk outdoors with classmates or colleagues during the day to force yourself to get out and enjoy nature.

"Impacted even more because of the

cold weather, there is a direct relationship with the outdoors and SAD. Right now it's just miserable," Sidsworth said.

To help deal with the reduced amount of daylight, Loyalist College health clinic has a daylight simulator available for use. The lamp can be used as often as needed by students in 20-minute intervals before 2 p.m.

"It simulates sunlight. It doesn't give you any UV rays so it's not like a tanning lamp or anything like that. Sunlight

is needed for us to convert vitamin D, and the vitamin D works with your neurotransmitters, your serotonin and dopamine, to stimulate them so that they're present and make you happy," said Lauren Deans, Loyalist College registered nurse.

The lamp looks like a large desktop lamp that plugs into the wall. It is harmless if used early enough in the day so it doesn't interrupt your sleep cycle. It gives off 10,000 lux and does not radiate ultraviolet rays so it does not affect you in any negative ways.

According to Deans, there are only about eight regular users of this lamp on campus with a few intermittent users. Deans describes a regular user as someone who uses the lamp once per day or every other day, whereas an intermittent user comes in on an as-needed basis or once a week.

This year in particular has been a long, cold and very snowy winter.

...See SAD, page 2



Photo by Anica James

Gord Grob stands inside of Frank Meyers old trailer, which has been converted into a makeshift 'apartment' for supporters at the farm, on Wednesday. Grob, a resident of Ottawa, spends at least four nights a week camped out in the trailer doing the night shift, keeping a watchful eye on the property.

Cold weather doesn't deter Meyers supporters

Federal government now official registered owner of 220-acre parcel of land

By Anica James

Three supporters huddled inside an old trailer, aptly named 'Fort Frank', on Frank Meyers' property Wednesday afternoon, shielding themselves from the cold March wind while discussing the next step of action they will take in the battle of tractor versus bulldozer.

Gord Grob from Ottawa has been coming to the farm every week since the end of January to help out with the night watch and show his support for the elderly farmer and his loss.

"This is my sixth time here now," Grob said, adjusting homemade signs that line the inside of the trailer. "I usually stay for four or five days, then go back to Ottawa, do a few shifts at work, and then come back here."

"I get up every morning, watch the barns and make sure that no one starts up those bulldozers or backhoes," said Grob, describing his routine.

"Pretty soon though, they're going to start digging. The government is just

waiting for the weather to clear up, and when it does and those machines start, there will be a whole group of us there."

According to documents from the Hastings County Land Registry Office, the federal government is now the official registered owner of the 220-acre parcel of land that used to belong to Frank Meyers.

The Department of National Defence expropriated the farmland, which has been owned by the Meyers' family since 1798, in order to make way for training facility that will be used by the elite Special Forces unit JTF-2.

Belleville resident John Burshaw has been coming out to the farm since Jan. 12 to show his support for Meyers and his property.

"I think that the farmland should have been exempt from expropriation," Burshaw said. "I have no problem with expropriation. It's needed for certain things, but I do not think that grade one farmland should be part of that equation."

According to reports, there are approximately 600 military personnel who are supposed to be moving into the area with roughly 700 jobs being transferred to the Trenton base from the current base at Dwyer Hill, just outside of Ottawa.

...See Meyers farm, page 2

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



Photo by Paulina Uy

Public relations student Laura Voskamp browsed through the books for sale at the Bazaar Affair charity event at Loyalist College on Thursday morning, March 6. All the proceeds raised go to Girls Inc.

Belleville Police Service plan new budget

By Taylor Hermiston

The waiting game begins for the Belleville Police Service as they wait for April, to present their new budget, estimated at 15.7 million, to Belleville. At their last meeting, the Police Services Board approved the new budget, which is up 2.45 per cent, on Feb. 27. The committee was made up of several members of the Belleville Police Service, including Chief of Police Cory McMullan and Deputy Chief Paul VandeGraaf.

“If it is approved at the 2.45 per cent, we have included in the budget several of the capital items that are required for cost-saving initiatives,” said McMullan. Some of the cost-saving initiatives included in the board’s agenda discussed the possibility of reducing the number of officers hired. This has the potential to be the most successful initiative because four recruits will be replacing six of the officers who retired in the past year. The agenda also contained other

initiatives such as sick leave, communications and priority dispatch. “We will also be able to begin the process of making those purchases and implementing that infrastructure and improving the training school,” said McMullan. The board agenda also included a variety of policing techniques, such as additional constables, a permanent downtown policing office and a mobile satellite office. Mayor Neil Ellis submitted the request for enhancing the policing in the downtown core.

Parents and kids learn more about mental health

By Gabrielle Smith

A local school held their first ever bilingual mental health fair on Feb. 20, encouraging parents and children to become more educated on mental health issues and the resources available to treat them. Tanja Morin-Kovacevic, principal of École secondaire publique Marc-Garneau and école élémentaire publique Cité Jeunesse, bilingual kindergarten to Grade 12 school, said mental health is an important topic to address. As the principal of a school with only 350 students, Morin-Kovacevic said mental health issues have a noticeable impact on the students and school community. The fair featured seminars in French and English discussing anxiety, depression, suicidal thoughts, and post-traumatic stress disorder. “I’ve been hearing more and more about PTSD and I know some of our parents are suffering from it,” Morin-Kovacevic said. Since the school is part of the Canadian Forces Trenton Base, a large percentage of students come from military families. Post-traumatic stress in parents and the resulting changes in home dynamics can take a very noticeable toll on children, explained Morin-Kovacevic. “When we see a big difference, we find out what’s going on at home. We dig a

little deeper and see, did mom leave? Did dad leave? Sometimes we know, ‘Oh, dad’s leaving for six months,’ and we see that behaviour change. And sometimes when dad comes back there’s a behaviour change too.” The purpose of the seminars on anxiety and depression was to give parents a better understanding of the signs and symptoms of these mental health issues in youth, as well as appropriate ways of handling them. “It isn’t a taboo subject anymore. You can’t just say to your child, ‘Suck it up,’ ‘Deal with it,’ or ‘Be a man.’” In addition to the seminars, the school’s lobby was occupied by representatives from Children’s Mental Health Services, providing information on resources that are available for children and families. Elisa Palmer, a child and family therapist with CMHS, said she was very excited to be there. “A lot of military families may be familiar with the Military Family Resource Centre, but because we’re not a fully bilingual service, they might not know what we have to offer or have as much information on our services.” The agency offers a wide range of services for the assessment and treatment of mental health issues in children under 18. They serve all of Hastings and Prince Edward County with locations in Bancroft, Belleville, Trenton, Picton, and Madoc.

Vincent Van Gogh earmarked in exhibit

By Mandy Larade

It’s Vincent Van Gogh like never before. The John M. Parrott Art Gallery is currently featuring an exhibit called *Unravelling Vincent: The Van Gogh Project* by local artists whose work is based off of the inspiration of Vincent Van Gogh. Brittany Ollerenshaw led the exhibit and created a film featuring the 13 artists and how Van Gogh has influenced their work. Each artist chose either a work of Van Gogh’s or an aspect of his life and created their own interpretation of it. Ollerenshaw said the objective of this particular exhibit is to get viewers to see another side of Van Gogh, veering away from what may be traditional knowledge of him. “I really hope that they stop and look at Van Gogh in other ways, and see past the ‘crazy’... and see just a person that was passionate about what he was doing,” Ollerenshaw said. Ollerenshaw, who has a background

studying film, moved from Toronto to the Quinte area with her husband and is an active member of the Brighton Arts Council. Ollerenshaw said she hopes that through this exhibit and through her work, people will become more passionate about the arts. “You don’t need to stick to the rules to create something beautiful. You can just kind of let go of all that and just throw yourself into a project,” Ollerenshaw said. Ollerenshaw’s documentary premiered this weekend at the Belleville Downtown DocFest. Ollerenshaw introduced the exhibit at the opening gala in Gallery 2 last Thursday. *Unravelling Vincent: The Van Gogh Project* will be available for public viewing until March 26. Ollerenshaw will be leading an Art Talk workshop March 23 from 6 p.m. to 7:30 p.m. at the John M. Parrott Art Gallery. For a look at the the exhibit, go to: <http://www.qnetnews.ca/?p=34980>

Spring forward this weekend

By Mandy Larade

It’s time to spring forward, as the saying goes. This Sunday, March 9, clocks are turned ahead one hour. Daylight Savings Time has been commonly credited to Benjamin Franklin. Benjamin Franklin suggested the idea in the 1784 while he was in Paris. The idea of DST was to promote a more economically sound way of living by adjusting the time to match the pattern of the sun. Canada first followed the trend of DST during the First World War and has kept it ever since. The only exception is Saskatchewan, which stays on Central Standard Time for the whole year. According to a 2011 CBC news report, former Ontario Premier Dalton McGuinty said that following Daylight Savings Time was important in terms of keeping consistency with the United States.

Dogs help students cope with stress

Student success services welcomes back canines for cuddling therapy

By Anna Brown and Michelle Heshka

The Loyalist College student success services has brought back the dogs of St. John Ambulance to help students cope with stress. Student success services and St. John Ambulance brought therapy dogs to Loyalist College in December to help students cope with the stress of mid-terms, exams and the stresses of student life. The therapy dogs continue to visit Loyalist students and faculty to help them deal with the stresses that life brings. Suzie Farrow is a therapy dog trainer and owner of Rosie, a four-year-old baset hound, that is part of St. John Ambulance therapy dog team. Farrow and her dog have been providing therapy to people for a year and a half. Farrow explained that using dogs as a de-stress method has become mainstream with schools across Ontario. There’s a process to select which types of dogs are selected to be therapy dogs. The dogs go through extensive training and tests to be able to become therapy dogs.



Photo by Anna Brown

Security guard Gili Glavalleire of Loyalist College pets Rosie, a therapy dog with the St. John Ambulance therapy dogs program. The dogs come to Loyalist to help students and staff deal with stress.

“The dogs need to go through an evaluation. They need to complete the St. John Ambulance therapy dogs class. They have to be sweet, they have to be kind, and above all, they have to be patient. They go through 19 different tests. It’s quite thorough,” explained Farrow. Loyalist’s mind and wellness practitioner Sarah Michelle Ogden said she’s excited that Loyalist is taking advantage of the program. She is extremely appreciative of the St. John Ambulance therapy dog team’s efforts. The program is run on a volunteer basis to improve the wellbeing of others. “St. John Ambulance Quinte Therapy Dog program is entirely volunteer-run. The program does not receive any funds for any of the work they do,” explained Ogden. Ogden expressed a huge appreciation for the therapy dog program and has received a lot of positive feedback regarding the dogs. “Anecdotally, students, staff and faculty have shared with me that they feel less stressed after visiting with the therapy dogs, more able to focus on school, work, etc., and are in a better mood all-around.” Loyalist College has lots of opportunities for students to take a break and de-stress. The college offers stress management workshops, smudging, yoga, meditation sessions, counseling services, wellness weeks and many more services to help students cope with stress.

Power kilters go with the wind

By Anna Brown

People have been harnessing the wind in order to power land and water vessels for centuries.

Power kilters have been utilizing the wind for years. Tim Trebilcock is a power kiter who has been kiting since 1992 and works with Ontario Power Generation. He started power kiting for the thrill.

“I got bored standing still and wanted a kite to pull me along the ground. Once you feel the power that kite has, it’s very exhilarating. It’s cheap! You don’t have to put gas in it,” said Trebilcock.

Unlike snowmobiles, jet skis and dirt bikes, power kiting is an environmentally friendly sport. It has a neutral footprint, doesn’t need gas and doesn’t produce any noise. People aren’t irritated by any engine noises and the user gets the thrill of zooming across grass, ice, snow, and water at high speeds.

Although this unusual sport isn’t well known, those who participate in it say they are hooked for life. Wind is free, meaning there is no ongoing cost for these adrenaline seekers.

Power kilters use a parachute-shaped kite as a sail to pull them along on buggies. The buggies are a seat with a pivoting wheel or ski at the front to steer with two wheels or skis at the back to keep the rider off of the ground. Some power kilters also use skis and snowboards in the winter on either snow or ice of a frozen lake.

Mike Brauch, an avid snowboarder and power kiter, combines these two sports by flying a kite with a snowboard attached to his feet. The kite drags him, letting him go at incredible speeds across snowy surfaces. He also uses the power of the kite to lift him into the air, performing incredible jumps that can be over six feet high.

The icy conditions of Frenchman’s Bay in Pickering, Ont. on March 2 meant that Brauch had to leave his snowboard in the bag and hurtle across the bay at approximately 60 kilometres per hour in an ice buggy.

Brauch said he prefers to use inflatable kites because of their easier maneuverability and ability to decrease power in the air. This means they have an easy to use and effective braking system that increases safety and agility in the air, he

added.

Although classic kite shapes that are more like parachutes have a higher power-to-size ratio than inflatable kites, a lot of power kilters opt for the calm, controlled movements of inflatable kites. The inflatable ribbing of these kites means they are easier for use on water. As they float, they can be launched directly from the surface of water.

Power kiting is a year-round sport, although it changes slightly with each season, said Brauch. In the summer, kite buggy enthusiasts switch out the skis on their buggies for wheels and snowboards and skis to mountain boards and rollerblades.

Some fly the kite in a figure-eight motion in the air, using the power of the kite and the wind to pull them into the air, allowing them to perform adrenaline-pumping jumps.

Kites come in a variety of shapes and sizes and are designed for a multitude of purposes. Thawed ice doesn’t stop these thrill-seekers from gliding across the top of lakes and bays. Kilters will strap kite boards to their feet to skim across the water or body-drag through the water.

When the temperature drops and it’s too cold to enter the water, power kilters retreat to the safety of open fields. Power kiting can be done in any large open space with a good consistent wind, said Brauch.

Power kilters will harness even the smallest breeze. It’s a simple decision of ‘how big can I go?’ The bigger the kite, the more power it has, but the slower it moves in the sky. Kites are measured in square metres and can range anywhere from two to 18 square metres, and some are even bigger.

Power kilters are notorious for experimenting with different kites and vessels. Trebilcock built and designed his own kite buggy to fit his specific needs within this divergent sport.

“It’s a fairly narrow sport so if you know how to build things, you can build a better buggy, and I can build it to perform the way I want it, heavy to stay on the ground or light to jump with,” explained Trebilcock.

For a video on the power kilters, go to: <http://www.qnetnews.ca/?p=35205>



Photo by Anna Brown

Mike Brauch, a kite buggier from Pickering, Ont. has been power kiting for seven years. Kite buggying and power kiting are year-round sports. In the summer, power kilters switch out the skis on their buggies for wheels and skis and snowboards for rollerblades and mountain boards.

Month dedicated to endometriosis awareness

By Mandy Larade

It’s March, and it’s the month dedicated to endometriosis awareness.

Endometriosis is a condition found in women where the endometrial cells have abnormal growth. Tissues similar to those that form inside the uterus are formed outside the uterus in other areas around the pelvis. Unlike the tissues inside the uterus, they are unable to be expelled from a woman’s body, leading to inflammation and scarring. This often causes physical pain that is amplified during a menstrual cycle, and can interfere with a woman’s fertility.

According to the Society of Obstetricians and Gynecologists of Canada’s website, five to 10 per cent of women will experience endometriosis.

Endometriosis has a large spectrum, meaning that some women won’t have strong symptoms whereas others will have a visibly more painful experience. Natalie James, a resident in Peterborough, Ont. has endometriosis.

James notes that although the physical pain is a very obvious effect, endo-

metriosis takes a toll on a woman emotionally.

“I would say more of it was that it was emotional for us when it came time to try and have kids and we couldn’t,” James says.

James says that her doctors were uncertain that endometriosis was the initial cause of infertility, but regarded it as a definite possible contributor.

March is dedicated to raising awareness about endometriosis, and also about the possible ways to treat it. Most common treatments include medica-

tion or surgery to relieve the symptoms or increase fertility.

As someone who has experienced what it is like to have endometriosis, James agrees that it is important to spread awareness and provide women with education about this condition.

“I think a big part of that would be education - early education, the signs and symptoms of endometriosis, so maybe it could be targeted early and treated before your childbearing years,” James says.

From her own personal experience,

James acknowledges how devastating it can be to have endometriosis affect having children.

“I think making sure people have contacts to go to about it [is important] because a lot of the times it can be totally detrimental to somebody, right?” James says.

However, there is hope found in that many of the treatments work, as James and her husband now have their own children.

“We ended up having fertility treatments and ended up having four kids.”



Photo by Mandy Larade

Business student Brittany Marino volunteers at the Grad Bash, handing out free tote bags with brochures and chocolate inside. The Grad Bash, which was held in the Loyalist Dining Hall from 11 a.m. to 1 p.m. on Thursday.

High school students get taste of accounting

By Paulina Uy

Loyalist College hosted the second annual Quinte Iron Accountant Competition on March 4.

Quinte Christian High School won first place, while Centennial Secondary School won second and Moira Secondary School won third.

It was held at the Link Lounge and third-year accounting students, together with the faculty members, organized to make it happen.

“The third-year accounting students spearheaded the event as part of a course. So it was the faculty’s idea but we say, you make it happen,” said accounting professor Carol Coupland.

Third-year students have a course called professional competencies in which they go out into the real world and make a project happen accounting-wise.

“We thought this is the perfect opportunity. We knew we wanted to do something that we could engage the high school students.”

Prior to the event, the accounting students contacted high schools in this

area and asked which schools were interested in participating.

Then they went out and did mentoring sessions with those high schools.

The college students explained to the high school students what accounting is all about.

“It’s not just bookkeeping or putting together financial statements. It’s analyzing numbers and the story that it’s telling us — how do I use that information to make decisions.”

The high school students were also briefed about the competition, the simulation they would conduct and what the day would be like.

The simulation used in the competition is called Mikes Bikes, an interactive way to hone accounting skills through strategy and making business decisions.

Third-year accounting students, Bob Robertson and Karin Johansen, lead their class to mentor the high school students.

“So basically, what we’re doing is we’re running a simulations for more of a managerial accounting aspect of it,” said Robertson.

Bulls victorious over top team in the league

By Suzy Willig

The Bulls were up against the best team in the league of this season and it wasn’t looking good for them in the first period.

The crowd of 2,238 looked ready to watch the Bulls lose again, after the first period ended with the Bulls being down 3-0, despite the fact that the Bulls had taken 20 shots, and the Generals only 9.

As the game continued, it wouldn’t have been apparent to an unknowing onlooker that the Bulls were

up against the best team in the league — they were both playing well.

In the final quarter of the second period, left wing Scott Simmonds, of the Belleville Bulls came through and scored on Generals goalie Ken Appleby, making the arena go wild, as the Bulls were now within one goal of the Generals.

Going into the third period with the Generals leading 3-2, the Bulls knew they had to step up their game if they had a chance at winning — but the third didn’t start out well for the Bulls, as Scott Laughton

of the Oshawa Generals scored on the power play at 5:09. The Bulls were now down 4-2.

The Generals didn’t hold the lead for long, though, as David Tomasek scored his second goal of the night, bringing the Bulls up to 4-3 at 7:36. This goal had the Bulls within one, with 13:24 left in the third period. A short 59 seconds later, Remi Elie scored, tying the game. As the period continued, Niki Petti got in on the action and got a goal in, putting the Bulls in the lead, 5-4 at 13:42.

Unfortunately, just a few more moments into third

period, Generals player Michael Dal Colle skated through three Bulls players and scored, tying the game 5-5 at 18:06.

After a long, hard, 60 minutes of play, with 44 shots by Belleville and 34 by Oshawa, the game was still tied, and was forced into a shootout. After three unsuccessful shots, Tomasek was up, and scored the winning goal for Belleville.

The Belleville Bulls ended their losing streak, winning the game 6-5 to the Oshawa Generals.

On the street

Franki Ikeman asked people at Loyalist College the following question:

What is your opinion on Russian President Vladimir Putin being nominated for a Nobel Peace Prize?



Benito Cortese, first-year TVNM, “I can’t say it’s a bad thing, maybe it’s just a flattery thing. Maybe if they give him something good, he’ll stop beating up on Ukraine.”



Paul Latchford, co-ordinator of aboriginal services, “I’m not sure what they base that on, but I think their statement is controversial.”



Quinton Fyshe, first-year social service worker, “I severely disagree with that. I think it’s absolutely ridiculous that somebody that has such backwards views should be nominated for the Nobel Peace prize.”



Samantha Porter, first-year social service worker, “It’s a little ridiculous, like I’m lost for words. It’s a little backwards.”



Hillary Jackson, second-year environmental technology, “I don’t think he fits for that award.”



Brian Lane, skilled trades and technology leader, “You have to take it out of the context of what’s happening right this second.”

Editorial

Finders keepers, losers weepers

Splitting a car in half sounds difficult, but what happens if someone wins a Toyota Corolla during the Tim Hortons roll-up-the-rim contest from a coffee they did not buy? Possession is nine-tenths of the law, and ‘finders keepers’ both apply in this situation. If you have the cup in your hand and it’s a winner, then you are too.

Anxious to win a car, gift card or simply a coffee, millions across the country have been rolling up the rim with hope. Buying a coffee for a friend seems like a kind gesture, but at this time of the year it may come with a few strings attached.

Splitting the prize is an option after winning, as well as giving the cup back to the person who originally purchased it. However, according to the rules of the contest, whoever has it, gets it.

Lottery tickets are often shared between friends or co-workers, and can cause quite the dilemma when a group of people wins together. The name that is signed on the ticket wins. Arguments may ensue between friends and family, but the money will be awarded to the name on the winning ticket.

With the roll up the rim contest no one signs his or her name on a ticket, meaning anyone can claim the prize as long as they are in possession of the cup. If you bought it yourself, received it from a friend, or found it in a dumpster, as long as you have the cup you are eligible to redeem it.

While there are many rules in place with the contest (32 rules are listed on the Tim Hortons website), nothing is set in stone about who wins the prize, the person who bought the beverage or the person who rolled up the rim.

It may not seem like a big deal if the prize is a coffee or donut, a prize worth less than two dollars. When the prizes get larger such as a \$5,000 Visa card or a Toyota Corolla, fights can often occur about possession vs. purchase.

A “no purchase necessary” clause is stated directly on the side of the cups, and in the contest rules, making it fairly clear where Tim Hortons stands on the debate.

Many people complain that they don’t win very often, or that they drink a lot of coffee and have yet to win. With \$57 million worth of prizes available, everyone has a chance to win. The more beverages that you drink from Tim Hortons, the more chances you have to play. Splitting a prize is absolutely possible, but according to the rules is not necessary.

Victoria Thoms



Opinion

Bullying a bigger issue than just pink shirts

Bullying awareness should be part of course curriculum

By Dawn Barger

I am against bullying just as much as the next person, but when it comes to putting a stop to it, I think everyone has a different idea.

As a mother of a child who is bullied, I see the pain a child has to go through on a daily basis. I bought him a pink shirt for the pink shirt event to show my support.

I bought the shirt. I did not ask my child if he wanted the shirt. I just did what I thought was best.

I know when people purchase the shirt they have the right intentions, but are we helping these children by wearing and mak-

ing them wear the shirt? I don’t think we are. I think that what our children need is proper education from both the schools and at home.

Unfortunately, we have to deal with bullies throughout our lives from childhood up to adulthood. This is something that is a fact of life.

You get picked on in public school whether it’s because you are overweight, underweight, develop later or develop earlier than your classmates. Even if you drink or you don’t drink. The list goes on and on. There is no escaping bullies, in fact, most adults can say that at some point in their life, they have been a bully to some degree.

Then, when you get to high school, it’s because you are not a cheerleader or a football player. Or because you look “different.”

When you get older and get a job, you are still getting bullied from either co-workers, supervisors or your boss.

Bullying is something that has existed

throughout time. I think through social media and technology, bullies have been able to get to their victims in different means and ideas through websites and videos.

According to the Evangelical Fellowship of Canada Centre for Faith and Public Life in 2002, 20 per cent of students were victimized, increasing in 2010 to 22 per cent.

So the numbers have gone up. Even with more education and awareness, the numbers are still rising. Wearing the pink shirt doesn’t make an impact at all. All it shows is that yes, some people are aware of bullying and that some parents buy them for their child to wear on pink shirt day.

Has it ever been considered to bring bullying awareness to our children’s education curriculum? I believe it would make a better approach in tackling the issue because some children don’t learn the right skills and have the proper tools to learn how to both stand up to a bully and to recognize when they are being one.

Prong collars not for everyone

Many people believe the prong collar is cruel and unnecessary. It looks dangerous and painful. The collar is designed to be used in a specific way and when used inappropriately it will cause harm.

Prong collars are designed and manufactured with limited traction on the chain which is combined with specifically angled prongs. This prevents the prongs from becoming close enough to actually pinch the dog.

The prong collar is not for every dog and their owner. It should be well maintained, ensuring that the prongs are not deformed or bent before each use. If the prongs have been damaged, the collar should be discarded.

In many neglect cases when the dog has survived but now suffers from behavioural issues, the prong collar is an effective and appropriate training tool when used with care. The collar is designed to re-enact the mother dog’s assertive bite. Meaning, it mimicks the bite the mother uses to communicate their role of dominance. It is a method that is completely natural and humane.

Choke and pinch collars have more potential of harming a dog than the prong collar. Seemingly healthy dogs will develop a ring of lost hair around their necks after any type of collar is left on for a significant length of time.

A collar should only be worn when the dog is outdoors or during training. Even permanent outdoor dogs should have their collar taken off 50 per cent of the time to prevent hair-loss resulting in skin irritation.

Training collars like the prong collar should only ever be worn during training, which should never be excessive.

Ultimately, it never comes down to the animal or the training device. It is those at the other end of the leash who are to blame for cruelty to animals. Any collar can cause harm. Responsible pet owners prevent harm to their pets by using collars in a safe, responsible manner.

Lacy Gillott

Mother Nature delivering a miserable winter

Continuing cold weather making even tough Canadians cranky

By Matthew Desouza

It just doesn’t want to end!

It seems Mother Nature doesn’t want to loosen her frosty grip on the nation in what is turning out to be one miserable winter. And, if you’re thinking that this is the coldest winter you can remember, you’re probably right.

Winnipeg residents are experiencing the coldest winter in 35 years, Toronto and St. John’s are dealing with their coldest in 20 years, while Saskatoon hasn’t had these record cold temperatures in 18 years. Even Vancouver, known for its milder weather,

is having the coldest and snowiest February in 25 years.

While we Canadians are known for our ice hockey and igloo-like conditions, this dragged-out winter is putting even the toughest of us to the test. Yes, we should be used to annual winter punishment by now, but at some point, enough is enough! I’m sure I speak on behalf of all Canucks when I say we’ve had it up to here with the endless shoveling and frozen car batteries.

With this winter being the longest and coldest in recent memory, it’s no surprise that it’s also being called the most miserable.

Our neighbours down south have also been affected. The U.S. National Weather Service has compiled daily temperature and precipitation data, a “misery index,” to show just how miserable this winter is turning out to be.

United States National Weather Service meteorologists have also put together the Accumulated Winter Season Severity Index, which ranks each winter based on daily temperature, snowfall and snow depth, and have shown this winter to be among the worst in recent history.

With spring just around the corner, those looking for relief from this crippling winter might have to wait. Environment Canada is predicting a colder than usual March, and is also pointing out that 25 per cent of snowfall usually happens after March 1.

But light is at the end of the tunnel, with the sun hanging higher in the sky in March, making for longer, warmer days. It might be fair to say the worst is behind us, and we are just going to have to ride out the rest of one of the coldest, most miserable winters in recent history.

The Pioneer

Editor, Lacy Gillott
Photo editor, Victoria Thoms
Multi-media editor, Matthew Desouza
Faculty advisers: Patti Gower, Frank O’Connor, Scott Whalen, Luke Hendry, Linda O’Connor

The Pioneer welcomes your letters and comments. Please send material to the editor at the address below before Wednesday. We reserve the right to edit submissions for content and length. All letters must be signed and include a daytime phone number. For advertising information, rates and placement, please contact Sandi Hibbard-Ramsay, at the college, 613-969-1913, ext. 2591; by cell at 613-848-5665; or at home, 613-965-6222. Pioneer newsroom, 1N9, Loyalist College, Box 4200, Belleville, ON K8N 5B9 · 613-969-1913, ext. 2828. E-mail: pioneer@loyalistc.on.ca


Ontario
Community
Newspapers
Association

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.

March 8 marks special day for women

By Michelle Heshka

March 8 marks the date of 2014's International Women's Day. International Women's Day was created to celebrate women of all ages, ethnicities, cultures and careers. It has been observed since the early twentieth century to celebrate the respect, appreciation and love towards women and to celebrate women's milestones and achievements over the past two centuries. Everyone has a woman in his or her life who deserves to be celebrated. Unlike Valentine's Day, International Women's Day is a day to rejoice over social and economical achievements and improvements women have made for themselves. Nowadays, women partake in many different lifestyles. Whether a woman os a CEO or a stay-at-home mom, they all deserve to be celebrated and will continue to demand



Photo by Paulina Uy
Inah Mae Chavez plays a toy cash register with her daughter, Charlyze Yzabel. She recently moved to Belleville resident from the Philippines.



Photo by Brianne Ste Marie Lacroix
Pauline Kasunich, Joan Cousens, Laura Whitford and her daughter Jaclyn Cowie are extremely happy to have four living generations in their family. They have always had a strong bond and talk a lot, and really understand each other.



(Left) Kylie Shattraw, 18, works at Edible Arrangements and is employed at two other businesses in Belleville. She graduated highschool when she was 16 and moved out of her parents home at 17. Shattraw is currently trying to get ahead financially and focus on paying off her bills. Photo by Taylor Hermiston



(Above) Sue Pallen is chiropractic assistant and office manager at Quinte Sports Injury and Chiropractic Clinic on Dundas Street East. Photo by Zac Shunock
(Right) Single mom Kayla Phillips sits with her seven-month-old daughter in the living room of her Trenton apartment. Photo by Matthew Desouza



Photo by Suzy Willig
Mattea Shunock, 14, has been attending Inside Out Dance Academy in Belleville for seven years as a hobby. "You can express your feelings through dancing."

International Women’s Day

The transformative power of photography



“I’ve been on a journey these past two years, finding myself and I wanted to take a picture with my mom.” Jasmin Lefort. Photo by Annie Sakkab

**Story and photos
by Annie Sakkab**

In the midst of current protests which called for an inquiry into missing aboriginal women, a local group of women from Tyendinaga Mohawk Territory gathered at the Community Wellbeing Centre to support the women and engage in conversation through having their portrait taken by a professional photographer.

Betty Carr-Braint, the director of the wellness centre, first thought of the idea when a Loyalist photojournalism student approached her at the beginning of February of this year.

“I came up with the idea when I was thinking about all the missing and murdered aboriginal women across Canada. I was thinking, would they have ended up there if they had somebody to help support them?”

Carr-Braint felt that women and girls of all ages often feel critical of their own beauty and feel they have to conform to certain ideals regarding body image. In most cases, this often leads to struggles with self-esteem. The transformative power of the arts such as photography can have an incredible value in supporting mental well-being and rediscovery of inner beauty.

“Photography tells its own story and

when we get engaged with women engaging them seeing their own beauty, it shines through. You can see the light in their eyes,” Carr-Braint added.

“We live in a society where looks, thinness and body is in the forefront rather than the depth of a person. And so we need to shift some of that and to recognize that there is beauty in all kinds of ways. There is not just one marker for beauty, there are all of these other markers that are important as well,” Carr-Braint explained.

Talking to Carr-Braint about how she feels how images can affect women, she explained images of ourselves are often an experiment and reflection on who we are and how we see ourselves. They tell us who we have been and who we want to become. As we grow older, we tend to focus more on our age and forget to look for our inner beauty.

“Often, we hold only beautiful women as young, so we don’t embrace older women and the experience that comes with their age. And so I really think it’s important we start to break down ageism a little bit”, Carr-Braint explained.

“It’s really important for us to recognize beauty in every aspect.”

The event was an opportunity for women of all ages to engage in the conversation and talk about issues that nor-

mally would be ignored. Taking the initiative to come to this photo shoot, for some women was about confronting their fears of self-image. For others, it was for fun, a snapshot in time.

“I just wanted to get past my fear of having my picture taken, because the camera tells the truth and I don’t like looking at the truth. I grew up in an abusive family and a lot of that not wanting my picture to be taken I think stems back to that,” said Carol Loft.

Joy Brant, wanted her picture taken because she was surprised she has lived this long and wanted to document it. The atmosphere was positive and energizing. To see the women embrace who they are is a beautiful thing to watch.

“That’s what we want. That’s what’s going to light up the world again,” Carr-Braint said.

“We are our worst critics when it comes to how we look, or how we show up in pictures. Having my picture taken was a reminder to me how important it is just to know that we’re enough, just the way we are and that we don’t have to change anything,” said Carr-Braint.

With International Women’s Day approaching this Saturday, it is a reminder for all of us to celebrate who we are as women.



“I did this for lots of reasons. As women, we’re really critical about our looks and about how we present, and we think we have to live up to image that isn’t real, so I thought this was really important to get pictures that can capture each woman’s beauty.” Betty Carr-Braint.



“its not something I would normally do, I think at times I could be very self conscious about my looks, it was something I needed to do for myself to give me self confidence and self awareness that I am beautiful.” Jessie Hill.



“I just wanted to get passed my fear of having my picture taken, because the camera tells the truth and I don’t like looking at the truth.. I grew up in an abusive family somewhat, emotionally abusive and things like that, and a lot of that not wanting my picture to be taken I think stems back to that.” Carol Loft (left). “I’m surprised I lived this long and I just wanted to document that.” Joy Brant. (Right).



(Left): “Because I’m very proud of who I am.” Daphne Brant

Right: “I never had a photo shoot done, and I’ve been having a rough time with school and everything like that, so just a little fun thing to do.” Amber Loft