

# Endurance and teamwork tested

By Andrew Lahodynskyj

First-year cadets at Royal Military College in Kingston were put to the test on Friday as they raced against the clock to complete their mandatory obstacle course.

Naval Cdt. McClellon is at RMC because he said he wants a challenging career and to get a university degree.

“(I expect to get) an unreal amount of leadership skills and to become part of the biggest network in Canada,” said McClellon, after his squad completed the obstacle course.

Cadets can learn a lot from completing this roughly hour-and-a half-course. It is designed to test the mental and physical limits of a cadet, as well as teach them that working as a team is stronger than working on your own.

“I learned that you just have to push yourself to the limit. Nothing is going to be easy. You have to push yourself past anywhere you’ve gone before and it’s not just about yourself. You are only as strong as your weakest link, so get everybody through,” explained McClellon.

His favourite challenge on the course was the 7<sup>th</sup> Squadron obstacle. First years had to crawl through ice cold muddy water then get under a massive log with some comrades and do sit-ups. This helps teammates support each other through an exercise that is both physically and mentally gruelling.

Asked about what it takes to make a great leader, McClellon said, “A good leader needs to have control of their troops. I think first and foremost you need to become a good follower. Once you do that, you know what to expect and what you need to do to become a good leader.”

Capt. Zack Gatehouse said life experiences and how you apply them are an important part of leadership.

“Being a good leader is any number of things. There are the obvious ones like looking after your people and making sure you do your job to the best of your ability, but it’s not always just being at the forefront or leading the charge. We have brilliant leaders at RMC and in the Canadian Forces who are making large decisions every single day from all walks of life and all aspects – Army, Air Force and Navy. It’s different experiences, how you use those experiences and it’s how you attack problems in logical and well thought-out manners.”

For most of these students, the next four years are going to put them through one of the greatest tests of their lives and show them whether they have what it takes.

McClellon said he is prepared for what’s to come. “It’s kind of a daunting school to come to. It’s not the easiest life you will be leading, but it’s so rewarding – the skills you get out of it, the people you meet, the experiences you have – it’s comparable to no other.”



Photo by Andrew Lahodynskyj

First-year cadets of the 7th squadron help each other get over an obstacle during the first-year obstacle course at Royal Military College in Kingston, last Friday. Dubbed “the red wall,” teammates had to get everyone over the wall to complete the challenge. It is a physical and mental test.

# Artists celebrate culture and and create art

By Franki Ikeman

South Foster Park was a colourful place on Sunday as over 50 Belleveillians came together for a day to celebrate culture and create art.

The Culture Days-featured event, Artists in the Park, ran from noon until 5 p.m. Its aim was to bring together people of all walks of life and all levels of artistic ability in a free and interactive event.

The day was organized by three members of the local group, Artists Below the Line – Peter Paylor, Lisa Morris, and Mi-

chael Rutland.

“We were involved in Culture Days last year and didn’t really feel we had a chance to do an event that really approached that core Culture Days value of interactive, free events where everybody can take part and not just watch,” said Paylor.

People of all ages joined local artists. Council candidates made paintings, children created jewellery, and friends sat around reading plays and writing poetry.

The idea behind the event came from the group’s regular meetings in people’s backyards.

“Recently, we’ve been painting in people’s backyards and doing art and realizing when creative people are surrounded by other creative people their creativity increases,” said Paylor.

That was definitely the case on Sunday, as people left the park feeling accomplished, with something they made in hand.

Local artist Norman Fieldhouse spent his day working on watercolour paintings, enjoying the atmosphere and being surrounded by other artists.

“There’s lots of activity going on and

everything’s different. And it’s actually inspiring to see somebody else looking at the same thing and doing it really differently.

I got to meet some people I haven’t met before,” said Fieldhouse.

The event was featured on the national Culture Days website, and was one of only two events for Culture Days in Belleville on Sunday. Organizers wanted to make sure that the event stuck to the Culture Days values and didn’t piggyback on specific organizations in an attempt to make it as grass-roots and in-

clusive as possible.

Organizers were happy with the turnout at the park and with the variety of artistic mediums that were on show throughout the day.

“We’ve had photographers, we’ve had knitting, painting, carving, print-making, model painting, jewellery making with copper and rubber, play reading, poetry writing, and that’s about it.

“I’m pretty happy. It was a beautiful day to see so many creative people from our community be creative together,” said Paylor.

# Morale high for Lancers men’s volleyball

*Team places focus on enthusiasm with young roster*

By Daniel Luk

Last Wednesday, the boy’s volleyball varsity team fell shy of victory against Fleming College.

With a fresh young roster and a gym full of excited fans backing them up, the Lancers managed to hold their own and keep the sets close. One thing that the Lancers did display, however, was high morale.

With the loss of last year’s coach, Dave Templar, and a majority of last year’s players, the Lancers started off the game strong, scoring point after point and dominating Fleming. With amazing attacks from No. 8 Adam Strickland, the Lancers pulled ahead with an outstanding 25-15 set. Unfortunately for the next three sets, the Lancers weren’t on their game and were unable to bring the same intensity they had their first set.

From predators to prey in this particular game, the team was put into place. Going from winning the first set to losing the next three, the team managed to hold onto its hope and keep morale high. First-string player No. 3 Gareth Martin and Strickland both agree that the key to future success is to keep playing positively.



Photo by Daniel Luk

Adam Strickland, 20, “I bring all the guys together during a game when their attitude is poor or things aren’t going our way and calm them down. I tell them to shake it off and to just focus on the next point,” as one of the leading offensive players on the Lancers starting string Strickland knows that no matter what, even if your losing, the best thing to do in that situation is to keep your head up high and keep thriving for better.

“I bring all the guys together during a game when their attitude is poor or

things aren’t going our way and calm them down. I tell them to shake it off

and to just focus on the next point,” says Strickland.

“Throughout the game, a positive outlook keeps the team together. Being one of the players portraying a positive flow makes it easier... and I honestly just appreciate the good volleyball even when the points are against us, “ says Martin.

With the team holding themselves together so well and practicing hard, fans can expect a great season. While this is the opinion from first-string players, the second-string players have their own thoughts on the topic.

“There’s a lot of new players this year but we’re feeling pretty determined,” says No. 5 Jake Unger. “Although I didn’t personally see a lot playing time, I have seen a lot of progress from when we started practicing, to our last game and even to our most recent practice. But as I said, we have a lot of new players and we’re just starting to grow as a team.”

The team is growing together but other areas need work as well. Players will have to work on their court skills. Offensive first-string player No. 9 Joseph Bresee says the team will need to work on communication, passing, serving and defense if they want to see a victory next game.

With a rough start to their first game, it’s clear that positive thinking will play a big role in this season’s outcome. With focus and growth and a gym full of fans, the team will hopefully overcome their first loss and move to victory in upcoming games.