



Photo by Gabrielle Smith

Rylee Tooley, 22 months, explores the lighting displays at Jane Forrester Park last Friday. It is part of the Foster Christmas display, which had its beginning at the home of Rita and Don Foster in 1959 in memory of their son, Billy, who died on Christmas Eve.

Light display has special meaning

Community support through donations supplements city funding

By Gabrielle Smith

Hundreds of people bundled up and braved the cold to witness the annual lighting of the Foster Christmas display at Jane Forrester Park on Nov. 14. Beginning in 1959, after the tragic Christmas Eve death of 19-year-old Billy Foster, his parents Rita and Don Foster set up a backyard Christmas lights display in memory of their son. Within a few years, the display had

grown to a feature in Alemite Park. Each year since, it has evolved as a tradition, with growing support from the community. The display continues to hold a special place in the hearts of Belleville residents, and continues to be supported, despite the recent deaths of the Fosters. The display currently takes the form of a large, brightly lit installation in Jane Forrester Park. Complete with a nativity scene and too many lit-up snowmen to take in all at once, the Foster display is the main feature of the park's full holiday breadth. Dozens of families spent the brisk

'This is important for the municipality. Our city needs to be very proud of taking this on.'

Chair Garnet Thompson

Friday evening walking around, admiring the park's glitzy Christmas makeover, taking pictures and exploring the displays. Garnet Thompson, chair of the Belleville Christmas Lighting Display Committee, says that the hefty turnout

is proof of how important this event is to the city. "Every year, we have a very large turnout. People come down excited to see it. From now until Christmas, there will be large amounts of people coming out every night to wander around with their kids, getting their pictures taken. "This is important for the municipality. Our city needs to be very proud of taking this on." The display is partially city-funded, but it wouldn't be a fraction of the size it is without community support and donations. Companies and members of the community have stepped up to donate every year, and Thompson ac-

knowledges that their generous donations are crucial in keeping this tradition alive in Belleville. "People have very generously come out and given us money, sending us cheques, saying they want to be apart of it. Over the years, we've had a lot of big sponsors and we've had a lot of small sponsors, but it's all contributed to this happening here. "It shows the interest, it shows how important it is to the people when they want to give money to enhance the display. It really shows that our municipality is behind it. The people are behind it and they want it to continue."

Native community comes together in support of Red Cedars Shelter

Focus of event at Tyendinaga location emphasizes women's health

By Annie Sakkab

For the first time this year, Red Cedars Shelter of Tyendinaga hosted a fundraiser event in celebration of Women's Health & Wellness Day on Saturday, Nov. 15. The focus of the event was to encourage women to take control of their life through health awareness and promotion of regular physical activities. Women were able to attend presentations and have a one-on-one consultation with health professionals and specialists on urban poling, breast health, self-defence, naturopathy, chiropractic care, adoption and addiction awareness. The fundraiser event also included craft and health vendors as well as prizes and a silent auction with proceeds going to the shelter to continue providing support to women and children who are fleeing family violence situations. Unlike previous years, this year's event admission was \$2 and was limited to women ages 16 and up. "We have restricted the event to women 16 and up so women can actually get some free time to pamper themselves a little bit. Every woman likes shopping and looking around, and have some food or maybe get their hair or nails done," explained manager of Red Cedars Shelter Linda LeFort. "This year, we are doing it differently. We are making it a fundraiser with a lot of free things, but people get a chance to shop, community members and businesses, and people off territory as well who serve the community here, have also come in to sell their wares or talk about health and wellness and contribute to what women would like to know," LeFort added. November is also a health and awareness month for women. With the International Day for The Elimination of Violence Against Women coming up Nov. 25, this event was a great opportunity for community members and native women



Photo by Annie Sakkab

Mary Lynn Brant pampers herself with a haircut by hairdresser Kim Maracle during the Women's Health & Wellness Day at Mohawk Community Centre on Saturday in Tyendinaga Mohawk Territory.

to get together and support each other in their fight for women's rights and freedom. "I just think it's an awesome time to include community and businesses to see how they can support each other. November is an awareness month for violence against women. It's also the month that CAS (Social & Human Services Organizations) in our local services are looking for adoption. It's also addiction awareness next week here in the community, so November is a really busy time for people to be coming out and finding what's going on," LeFort added.

Red Cedars Shelter is funded by Aboriginal Heath and Wellness, and while the funding is integral in the day-to-day operation of the shelter, it's not enough to keep it going. The shelter has been in deficit for the past three years and LeFort, with her team, continuously come up with creative ideas to support the organization. Women's Health & Wellness Day is a grassroots initiative and is an event that allows the shelter to fundraise while local businesses within Tyendinaga can showcase their services to their community. So it's a win-win situation, LeFort explained.

"I just think it's awesome. I hope this is going to raise awareness for the shelter and for all the other services that came out here," LeFort said. "I also hope this is going to be an annual and we're hoping to make some money today." Red Cedars Shelter has been in operation for over 17 years. It's a shelter for women and children where it provides a safe, secure, non-judgmental environment to enhance awareness of and healing after domestic violence. The shelter also offers men and women private counselling, referrals, court support, educational sessions and traditional teachings.

Festivities light up Picton

By Amanda Paulhus

Lanterns filled the street when the second annual Firelight Lantern Festival commenced in Picton last Saturday. The festivities began with a lantern parade from Bensen Park down Main Street to Crystal Palace, where more fun awaited. The evening included live music, baked goods, a black light tent and a shadow puppet performance. The festival was put on by The Department of Illumination, co-directed by Krista Dalby and Susanne Lerner. "In the 90s, I was in Vancouver and I saw a lantern festival there. I loved it so much and wanted to bring it back home," Susanne Lerner said, when asked where the inspiration for such an event came from. "I kept seeing if I could find anyone who could start one with me. It wasn't until I met Krista a few years ago and she said she'll do one so the two of us put our heads together and here we are." Krista Dalby is known in the community for Small Pond Arts, an artistic residency, gallery and arts centre, which she began in 2010 with her husband Milé Murtansovski. Dalby has a background as a playwright, puppeteer and producer of theatre, thus the perfect partner to begin an event like the Firelight Festival. "Our goal with starting the Firelight Lantern Festival was to 'light up' the community we love – essentially bringing art, music and theatre to the people of Prince Edward County," Dalby explained. The first Firelight Lantern Festival was held in spring of 2013, but was held in autumn of 2014 because of how early it gets dark out this time of year, which would show off the lanterns better during the parade. For about a month and a half prior to the event, lantern-building workshops were held at different locations across the region. "Everybody came out and made their own lanterns, or made lanterns at home, so it's all pretty well home grown," Lerner stated.

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Lanterns glow at Firelight festival



Krista Dalby leads the second annual Firelight Lantern Festival parade down Main Street in Picton on Saturday. The parade left Benson Park and ended up at the Crystal Palace.

Lanterns...

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Zac Kenny and Leanne Rhem were popular attendants at the festival. Many stopped to admire their flying pig lantern. The couple had moved to Prince Edward County from Toronto and spent a lot of time with Dalby at Small Pond Arts.

Later, during the festival, they starred as characters in the shadow puppet show. When asked to summarize the event, Larner said, “I guess you could say that this is basically a celebration for no reason other than to bring the community together and to be creative.” Larner assured that another Firelight Lantern Festival is planned for fall 2015.

Photos by Amanda Paulus



Leanne Rhem starred in the shadow puppet play called *The Monster From Lake on top of the Mountain*, was a main feature during the second annual event Saturday.



Zac Kenny waves around his flying pig lantern, a lantern that earned him a lot of praise.



Melissa Larkin and D'Ari Pouyat played live music at the Crystal Palace during the festival.



Susanne Larner created a princess fairy outfit that lit up the night. She co-directed with Krista Dalby to create the Firelight Lantern Festival.

Golden Hawks' undefeated streak continues

By James Paddle-Grant

A nail-biter is the only way to describe how Friday night's hockey game between the Trenton Golden Hawks and the Kingston Voyageurs went. The Voyageurs travelled to Trenton Nov. 14 to take on the league-leading Golden Hawks.

The Golden Hawks were on a nine-game winning streak before entering Friday night's game. Despite outshooting the opponents 44-28, the Golden Hawks couldn't pull off the victory, as the game resulted in a 3-3 tie after overtime.

Voyageurs goaltender, Matt Penta was a large factor in the Golden Hawks not achieving the win. Penta recorded an astounding 41 saves, including 18 in the third period, and 10 in overtime.

Penta stated, "Last game we played I didn't have my best outing, but I was trying to work for the guys. They deserve more so going into this game, I really wanted the win."

The Voyageurs also played well defensively at keeping shots away. Trenton Golden Hawks Head Coach Jerome Dupont gave the Voyageurs defence-men credit. They were successful at boxing out, and blocking shots, he said.

Kevin Lavoie opened the scoring for Trenton, putting the puck passed Kingston's Matt Penta.

Cole Bolton answered for the Voyageurs midway through the second period with a break-away backhand past Riley Brown. It was then followed up with a quick go-ahead goal by Ryan Watson of the Voyageurs.

The Voyageurs increased their lead with a power play goal by Alex Stothart which was deflected by a slap shot from Blake O'Niell at the blue line.

The Golden Hawks brought themselves back to a close game when Robert Smythe scored on a snapshot over Penta's shoulder late in the second period. The goal brought the Golden Hawks to a 3-2 deficit.



Photo by James Paddle-Grant

Kingston Voyageurs goaltender Matt Penta dives across the crease to make one of 41 saves against the Trenton Golden Hawks last Friday. Despite the impressive performance by Penta, the Voyageurs could not break the Golden Hawks nine-game undefeated streak. The game ended 3-3 after a scoreless overtime.

The Golden Hawks were all over the Voyageurs in the third period, as they were looking to tie up the game and continue their win streak to ten games. The Golden Hawks outshot the visitors 18-9 in the third period.

With three minutes to go, Reid Russell took a high sticking penalty, giving the Golden Hawks a power play late in the game. With 1:22 left to play, Hunter Fargey put the puck past Matt Penta, who was stuck between traffic in front

of the net.

After 60 minutes of play, and two extended overtime periods, neither team could find themselves on top. The final score of the game was a 3-3 draw; something which doesn't happen very

often in the OJHL.

Although the Golden Hawks could not extend their win streak, they still continue to be undefeated in the last 10 games, and continue to hold the best record in the OJHL.

Music comes alive for Shout Sister

By Nathan Zbeetnoff

Musician Georgette Fry is 61, who has now accumulated 17 different women's choirs scattered across Ontario, called 'Shout Sister'.

Fry is the conductor for three choirs, located in Kingston, Picton and Brockville.

The age group ranges from five-year-olds right up to women in their 80s. Every Thursday from September to the end of January, they practise for one big performance, which can be anywhere.

The audience can range from 300 to 700 people, sometimes more, depending on how much the theatre or venue can

hold. The group starts up again in February and continues until June.

"It's a 10-month thing, that's broken into two five-month sessions," Fry said.

The Shout Sister Choir also performs at local events and fundraisers along the 10-month journey, free of charge, so long as the fundraiser is for a good cause.

"We like nothing better to get all dressed up in black, put on some sparkles and get on a stage," Fry said.

In Kingston, Fry was teaching private voice lessons for 13 years before she started the women's choir.

One of her students offered the idea to Fry of starting a choir back in 2001. Fry laughed and said to the student, "How

could I start a choir if I can't read sheet music?"

The student said, "You've taught music without the benefit of being able to read music, couldn't you expand that to a larger group?"

Fry was intrigued by the idea. It was one month later that the student brought Fry 10 women who wanted her to create a choir so they could join. Fry laughed and said, "Get me another 10 and I'll do it."

Shortly after that, women continuously called Fry, asking if they could join her choir. The first night that Fry created the choir in 2001, 50 women showed up. The second night she accumulated 70 women.

"There is probably 70 percent attendance rate at all times, which is pretty good."

Anybody can join Shout Sister and it's as easy as showing up on a practice night and finding out if it's something you're interested in. "It's not everybody's cup of tea," Fry said. "Some people prefer, I'd say, rule-orientated type of performance. This is just relaxed, so you can have fun. Some people have a hard time letting go. It really is just a healthy thing to just relax and let it out."

When Fry started expanding her choirs, the priority is finding another director to direct that group. Fry will connect with the local musical community,

looking for somebody with stage experience or working in a band.

"The director has to be able to keep a bunch of different things going on in her head at once ... When I watch the local players I can pick them out in a second," Fry said.

"What I really wanted this thing to be from the get-go, is getting back into doing music because it's fun," Fry said.

Fry said she believes that people have taken music into something too serious and that others need to let go, enjoy music and stop thinking about it being a chore.

"I want to bring the soul back into music."

Debilitating pain turns life upside down

By Elaine Bombay

Cynthia Johnston was a single mom with a busy career in the travel industry and an active social life when debilitating pain turned her life upside down.

In September 2013, Johnston began experiencing pain in her back while on a trip. When she got home to Belleville, she went to see her family doctor, who found a small lump on her rib. At that point, it didn't seem too serious and the doctor recommended a wait-and-see approach.

By January, the pain was debilitating. Johnston, 43, who had led an active life, found herself sleeping on the couch many nights because climbing the stairs to the bedroom was too painful.

The small lump had grown to the size of a hard-boiled egg, cut in half. It was clearly visible on her back when she leaned over.

"Standing washing dishes, which to anyone is a simple task, but standing there for five minutes, the tears would be coming down. I'd have to ask my son for help."

The lump, now diagnosed as a benign tumour, was pressing on a nerve, resulting in constant pain. Johnston was prescribed strong pain medications, but was not able to take them during the workday because they would interfere with her ability to work.

Not working was out of the question because Johnston is the sole breadwinner for herself and her son, Ryan. After work, Johnston would make dinner and then head to bed by 7 p.m. so that she could finally take her medications and get some relief.

"We all knew about the pain, but she never complained about it, never let on that she was in pain," said Donna Byrd,

who works with Johnston at the Belleville CAA office.

"My husband went through the same thing, so I knew the pain she was in."

Johnston had once been an active member at Quinte Alliance Church, involved in the youth ministry and participating fully in the worship times. Now, she was on the church's prayer list. Attending church was difficult because standing and sitting for long periods exacerbated the pain.

"But I knew I needed to be there," said Johnston. Knowing her church family was praying for her helped during the low times.

In August 2014, Johnston had an MRI on her back. She described it as one of the worst experiences of her life.

"I was laying on the table and within minutes the tears were coming down. It was so painful. An MRI should not be painful at all but when the machine is going, it's a constant little wiggling that aggravated my back so much. And just laying on the back and not being able to move to the point of nausea. I've never felt anything like that in my life."

After reviewing the results, Johnston's doctor immediately referred her to a surgeon to set a date to have the tumour removed.

Two weeks later, Johnston arrived at the surgeon's office. The first person to examine her back was an intern. He felt around the site of the tumour and went to get the surgeon.

The surgeon repeated the examination and finally said, "The pain you are feeling is where the tumour used to be. There is no tumour now. I don't need to see you again."

The surgeon could not explain what had happened. Donna Bryd can.

"For something like that to disappear,



Photo by Elaine Bombay

Cynthia Johnston is shown with her son, Ryan, at their home Thursday. For almost two years, Johnston lived with intense pain caused by a benign tumour pressing on the nerves in her back. In September 2014, the tumour miraculously disappeared.

Christmas arrives in Belleville

Christmas arrives in downtown Belleville. Busloads of people of all ages crowded the sidewalks Sunday night. Photo by Bradley Ruskowski



(Above) – The Belleville fire department displays their fire engine through Belleville’s downtown at the Santa Claus parade. Photo by Andrzej Terrence

(Left) – A little boy, sitting in his stroller, entertains himself with his star-shaped glow stick, waiting for the parade with his dad. Photo by Gretchen Chi



Santa Claus makes his appearance at the end of the parade Sunday.

Photo by Curtis O'Connor



Photo by Andrew Johnson

Participants on a float in the Santa Claus Parade wave to onlookers.



Photo by Naikita Krucker

Leah Spafford delights in the gently falling snow on her face at the Belleville Santa Claus Parade.