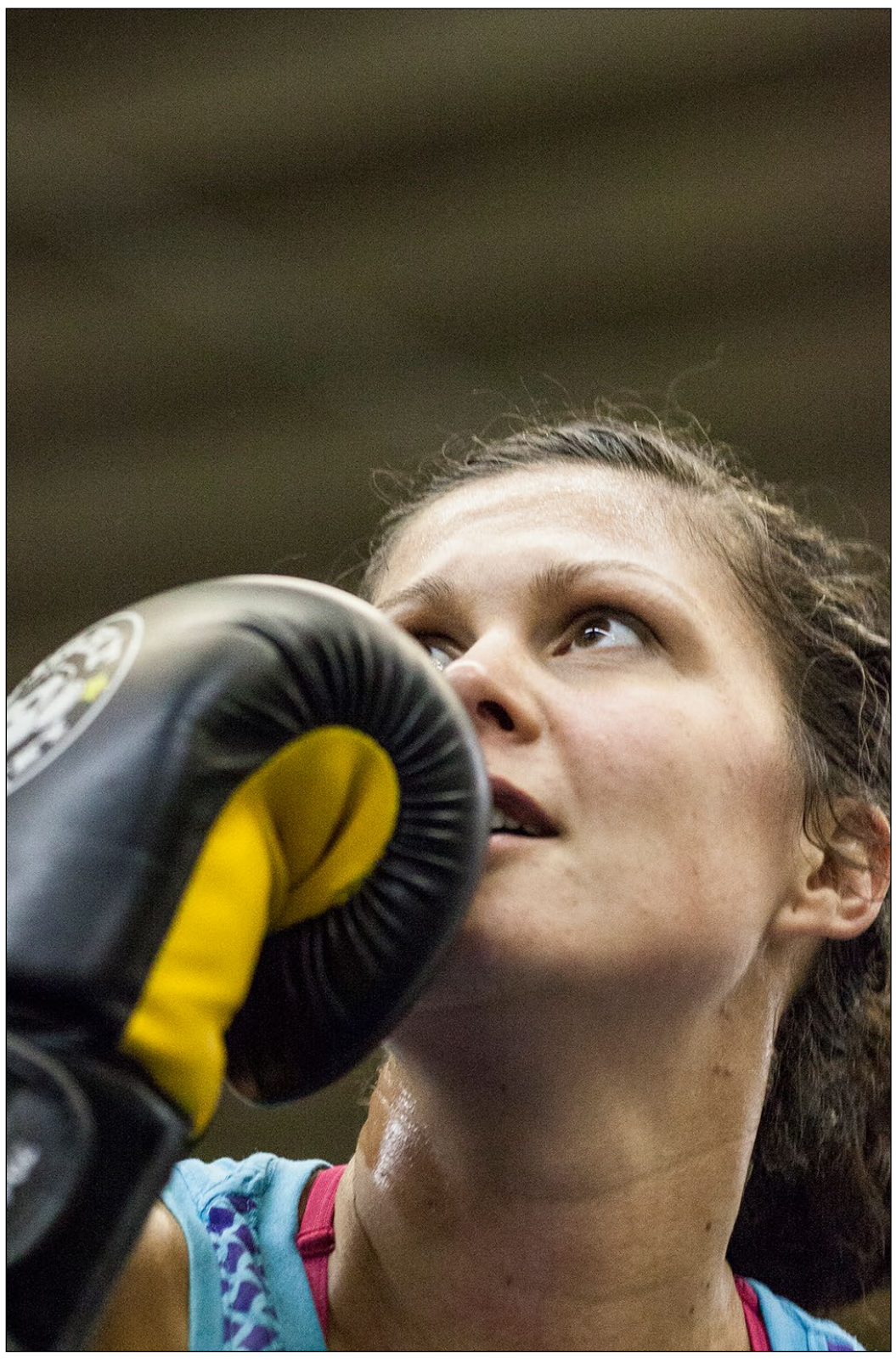
(Above) Kids look out the window on board the Canadian Pacific Holiday Train in Belleville on Nov. 29. The train travels and makes stops across Canada, raising food and cash donations for local food banks.

(Below) Cole Kritzer, 2, licks the fence while watching The Odds perform Christmas carols during the CP Holiday Train stop.

Photos by Amanda Cheung



(Above) Stacey Lyall is a mother of three who spends time at Quinte Bay Boxing Club sparring and learning with a community of women coached by Warren Hutton. Lyall boxes as a form of freedom. "I do it to let some anger out," Lyall says. "I'm not an angry person, but it's a release."

(Left) From left, Crystal Botterill, Jenna Crothers and Erin Rose, members of Quinte Bay Boxing Club, rest after an hour's worth of training with coach Warren Hunton. Women at Quinte Bay Boxing believe female boxing is a form of freedom and self discipline. "This is not boxercise," says Hunton. "This is real work."

Photos by Hannah Eden