



Photo by Carla Antonio

Dr. Paul Adamthwaite, executive director of the Naval Marine Archive located in Picton, stands among the many resources of the establishment. "We're rich here in Lake Ontario in shipwrecks, particularly this part of Lake Ontario," said Adamthwaite.

Mysteries of Lake Ontario discovered

By Carla Antonio

Two canal boats believed to date back to the 1830s have been discovered in Lake Ontario by a team of New York shipwreck explorers off the coast of Oswego, New York.

The discovery, announced last week, raises some interesting questions, as boats of this design were not meant for travel in open water.

It is a significant and mysterious discovery, however, because the ships' stories are among countless notable stories that rest beneath the surface of Lake Ontario, an area rich in historical marine archaeology, particularly around the shores of Prince Edward County.

"Now we're not really sure how many shipwrecks there are – at least 180 that are documented, but there's probably as many as 700," says Dr. Paul Adamthwaite, executive director of the Naval Marine Archive located in Picton.

"It's a treasure trove and it's got to be preserved."

Adamthwaite is a mathematician and scientist who was educated by the Royal Navy prior to serving as a marine. He says that shipping is an intensive part of human history that has always intrigued him.

"We didn't have airplanes in those days, so you know, everybody came by ship. The original explorers, the discoverers and most of the immigrants who came to Canada, came by ship," says Adamthwaite.

"Preserving all of that body of knowledge and tradition and wealth of human experience in the way of bravery, in the way of courage, in the way of experience, in the way of exploration and discovery," he said.

"We wouldn't be a North America if it weren't for these ships."

The high concentration of history that remains in the depths of Lake On-

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tario has made it a hot spot for divers in search of shipwrecks, many frequenting the resting points of the USS Hamilton and the USS Scourge, two merchant ships that were used in battle during the War of 1812.

However one particular ship of immense historical value, whose remains are assumed to still lie on the floors of the lake, is the HMS Speedy, a battle schooner whose incomplete voyage from North York (now Toronto) to Newcastle (now Presqu'île Point) was one that presumably altered the history of Canada.

Belleville resident Ed Burtt, a long-time diver, shipwreck explorer and

founder of Ocean Scan Systems, has been extensively researching the ship since the 1970s and believes that a wreck he has located through side scan sonar technology is indeed the famous HMS Speedy.

"The Speedy is the most archeologically significant wreck in Canada," said Burtt.

"It established an historical path."

In 1798, the HMS Speedy was hastily built in anticipation of a probable attack on Canada by American colonies, an assumption that would later pan out to be the War of 1812. However, the Speedy, which was in rough shape due to the dry rotting timbers of which it was built, never made it to battle.

Instead, the ship was to be led by its captain, Lieutenant Thomas Paxton, to transport numerous people of high prominence to a courthouse in Newcastle for a controversial murder trial. Oge-tonicut, a native of the Ojibway Muskrat

tribe, was accused of killing John Sharp, a white fur trader whom he believed to have murdered his brother in the year prior. The ship was also carrying six hand-written copies of the Constitution of Upper Canada.

"Paxton, who was the most renowned captain at the time, refused to go because he was afraid of the Speedy sinking," said Burtt.

But Paxton was ordered to make the excursion and the ship eventually hit a storm and was never seen again on the surface of Lake Ontario. Some theories also point to a collision with a rock under the surface.

Although Burtt is certain that he has found the Speedy, it can't be proven until it goes through an extremely complicated process of archaeological surveying, a procedure that is tied up in government protocols.

"I'm following the rules," said Burtt. "I want the history preserved."

Making literacy part of day-to-day living

Belleville Public Library offers family programs to encourage love of reading

By Kayleen Preston

Reading and learning as a family are essential in children's development.

One way families can read and learn together is to attend programs provided by your local library.

Every Saturday, the Belleville Public Library holds programs to encourage both parents to attend with their children.

This past Saturday, the library held a Celebration of Family Literacy Day activity for children two and older as an early festivity for the day.

The activity began with reading the children three books, where the children were encouraged to engage in the story. This proceeded to the children learning about rhyming words using a white board, small pictures of items with three-letter words, and magnetic letters. This was followed by a craft where the children made their own books using stapled paper, wallpaper, fun-designed scissors, and markers.

Some of the children enjoyed the decorating aspect more, while others, including Dylan and Nolan Phillips, enjoyed making a story. Dylan, six, created a comic book titled Dylan's Crazy Day, while his younger brother Nolan (3), who was making a surprise for his dad, kept his book a secret to everyone. The Phillips brothers attended the activity along with their mother Rebecca.

"Anything to help parents get involved reading with their children," stated Sarah Basinski, who along with Jane Vanmanen, organized Saturday's activities.

Both Basinski and Vanmanen, who work at the Belleville Public library, agreed that the programs help get chil-

dren into the library, promote children's love of books, family reading and practice literacy skills.

Family Literacy Day, which occurs annually on Jan. 27 across Canada, is to help promote and encourage parents to read to their children daily. Reading together as a family benefits the child and parent in many ways.

"For a child, the more time spent with a parent reading aloud increases his or her level of attachment, enhances a sense of security, and imparts the knowledge that their parent feels they are worthwhile people with whom to spend time," ABC Life.

Literacy Canada described in one of their pre-written tweets that companies could use to help promote the day.

#FamilyLiteracyDay was one of the highest trends on Twitter throughout Tuesday.

Corporations including the CBC and Penguin Books Canada, along with individuals including Will Gourley tweeted about the day. The TED Ed teacher posted a graphic explaining how 20 minutes a day accumulates to 1,800,000 words in a school year compared to five minutes daily resulting in 282,000 words, or 1 minute resulting in 8,000 words.

According to ABC Life Literacy Canada, spending a mere 15 minutes a day reading with your children can increase their literacy skills tremendously.

A few out-of-the-box ideas that can accumulate to the 15 minutes include learning how to play an instrument, creating and using a map to go the park, and writing a new recipe together.

For more information on the activities at the Belleville Public Library visit <http://bellevillelibrary.ca/programsandevents151.php>.

For more ideas on ways you can engage in your child's learning everyday visit <http://abclifeliteracy.ca/flid/15-minutes-of-fun>.



Photo by Kayleen Preston

Evie Richard, 4, and her mother Rebecca Richard decorated her book cover together as part of the "Celebrate Family Literacy Day" activity at the Belleville Public Library last weekend.

Let's Talk...

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The other half of the campaign hinged on opening up a dialogue about mental illness and the stigma that currently surrounds it. Canadian comedian and actor Howie Mandel fronted the campaign this year, discussing his own struggle with obsessive-compulsive disorder.

This aspect of the campaign was the most important part for many supporters, including Dack.

"I'm so glad famous people are reducing the stigma by talking about their own issues. I think it opens the door for other people to talk about it. We're all human, no matter what our job is, and we can all succumb to illnesses."

According to the Canadian Mental Health Association, one in five Canadians will experience a mental health issue at some point in their lives. Statistically, it is nearly impossible to not know somebody with a mental health issue. Medically, they are just as valid as any physical illness.

"It's just like diabetes or cancer, and nobody would be ashamed to go to the doctor with those issues," Dack said.

Sarah Michelle Ogden, mind and wellness practitioner at Loyalist College, reports that approximately 25 percent of college-aged students in Canada will experience a mental health issue.

"When you see a group of 10 people on campus, you can imagine that probably at least two of them will be facing some type of mental health concern. It's very common."

With those numbers in mind, Ogden says it's incredibly important that mental health support is available and visible on campus. The stress of being a student can put an extra strain on mental health, and existing disorders can be triggered or made worse if support is not accessed.

Ogden is one of multiple counselors available to students upstairs in the student support centre.

Dack's poetry books, *Discarded, Discarded Again*, and *Snapshots*, which focus largely on Dack's mental health struggle and finding hope, can be found at the Belleville Public Library or in the Loyalist library as of Wednesday, Let's Talk Day 2015.