



Photo by Andrew Lahodinskyj

Members of the second Canadian Armed Forces medical contingent board a plane at CFB Trenton today. The personnel are headed to the United Kingdom for training before they are deployed to Kerry Town, Sierra Leone in an effort to help contain the spread of Ebola.

Medical personnel heads to Sierra Leone

Armed forces members to help in the fight against Ebola following training in UK

By Andrew Lahodinskyj

The Canadian Armed Forces sent out

its second contingent of medical personnel Thursday morning from CFB Trenton to help in the fight against Ebola in Sierra Leone.

The armed forces members will conduct training in the United Kingdom before their deployment in Kerry Town, Sierra Leone, south of the capital city of Freetown.

About 40 staff members are work-

ing alongside the U.K. military at the Kerry Town Treatment Unit to help contain the spread of the deadly Ebola virus, treating local and international health care workers who have been exposed to the disease.

Operation SIRONA was announced on Nov. 27 of last year as part of a larger international joint task force dedicated to fighting Ebola in affected

countries. The task force is in place until the control of the treatment facility is transferred to non-governmental organizations.

The Canadian government has committed over \$56 million to support health care as well as other humanitarian aid. Supplies such as protective equipment and doses of an experimental vaccine have been flown in to the affected areas.

The past year has seen the deadliest outbreak of Ebola since the disease was first discovered in 1976.

According to the Centers for Disease Control and Prevention, there have been over 22,000 cases resulting in approximately 9,000 deaths.

Sierra Leone has been one of the hardest hit countries in West Africa, with an estimated 10,518 infected.

Marmora SnoFest organizers remain hopeful

By Maggie Naylor

Considering the lack of snow, people might be wondering how Marmora will be continuing with SnoFest this weekend.

The organizers say they are optimistic and that the trails look good, but the final call won't come until

later today. Shane Cox, who has been training his dogs since September, will be eagerly awaiting the news.

"We were out yesterday afternoon. There's not a lot of snow," says Cox. "But once the groomer goes through, they might be able to do something. They're not giving up."

The dog races are in question be-

cause of this but there are still plenty of other events. An opening ceremony starts it off on Friday at 6:30 p.m. and the talent show follows at 6:45 p.m. at the Sacred Heart of Jesus Church Hall.

On Saturday, there is no shortage of events. There are luncheons, food markets, chainsaw carvers, a hockey

tournament, circus stage acts, a dance party, and even a baseball tournament, all located around the Marmora fairgrounds.

The plan is, at the same time, having dog sled races going from 9 a.m. to 3:30 p.m. on Saturday then ending the weekend with sled dog rides on Sunday.

Dealing with mental health issues

By Gabrielle Smith

Mental health issues have been a part of Karen Dack's life for as long as she can remember, from her first suicide attempt at 14 years old to the triple-diagnosis of depression, anxiety disorder and borderline personality disorder she currently copes with.

Intense mood swings and emotions that are often debilitating, including days when she cannot physically will herself to get out of bed, are just part of Dack's day-to-day life.

"I feel things like 200 percent where somebody might feel it 50 percent," she explained. "I can go from being in a rage, really really angry at one point, and curled up in the fetal position crying the next."

The 51-year-old Belleville native is unable to work or volunteer consistently because of her disorders, despite a strong desire to. Dack has a compassionate heart and love of people which quickly becomes clear when you speak to her. However, she reports feeling discarded, abused and ignored by many people in her life and by society as a whole.

She says she resents popular pseudo-motivational sayings, such as being told to "Get her act together" or to "Pick up her bootstraps."

"I can't even find my boots, let alone pick up my boot straps."

The implication that Dack could manage her disorders if only she were trying harder is hurtful, and ignorant of the medical reality of mental health issues.

Unfortunately, Dack's experience is far from uncommon. In fact, a large number of people with mental health issues report experiences of misunderstanding and judgement from loved ones, workplaces and society in general. Many report feeling like their mental health isolates them from people, and that they don't feel they can openly talk about it.

Bell wants to change that. Let's Talk is an annual initiative on the part of Bell Canada to reduce the stigma of mental illness and to raise money for mental health initiatives in Canada. On Wednesday, for every text and phone call made by Bell customers, every #LetsTalk tweet, and share of the campaign's Facebook photo, Bell donated five cents to mental health initiatives in Canada.

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People wanting to look after people

Inn from the Cold provides food, fellowship and warmth

By Amanda Cheung

Inn from the Cold started 'many, many years ago.'

"I don't even know how long it's been," says Sue Catherwood, who helps co-ordinate the program. "It went through at least two people that ran it before I got on board... since 2006 or 2007."

Inn from the Cold operates during the coldest time of the winter, offering food, fellowship and warmth to whomever wants it.

In 2014, over 4,000 meals were served.

Each night, the volunteers cook for 120 people and 80-110 plates are served.

This year, the program goes from "Jan. 18 to Feb. 28, everyday, seven days a week, you go all day," says Catherwood. "There are three shifts of people. You make soup, salad, dinner and dessert and the rest of the year, every Friday, we hand out frozen meals."

TGIF, a year-long program provides free meals every Friday. Any leftover food from Inn from the Cold gets packed up, frozen and handed out.

Elizabeth Ewashkiw, a long-time volunteer says "it's satisfying because you get to interact with those who come in."

These programs began as part of Bridge Street United Church's food ministry and people wanting to look after other people.

Ewashkiw, as well as being a volunteer, runs another initiative called



Photo by Amanda Cheung

(From left) Elizabeth Ewashkiw, Bob Bates and Kathy Nisbet, volunteers with Inn from The Cold, serve chicken stew with mashed potatoes and coleslaw at Bridge Street United Church Monday night. Inn From the Cold offers free meals and warmth to whomever wants it every night from now until Feb. 28.

Knitters United.

People who want to knit, like to knit or learning to knit, get together the second and fourth Wednesday of each month to knit items that are then donated to different organizations and programs, including Inn from the Cold. "The yarn is donated, the labour

is donated and then the product is donated," says Ewashkiw.

The group gets together to make mittens, hats and neckwarmers.

"They knit up a storm," exclaimed Ewashkiw, referring to members of Knitters United.

In 2014, they donated over 1,000

products and since their inception in 2008, they've donated over 4,000.

"It's such a win-win situation," Ewashkiw said. "We donate our products and we've become good friends over the years. It's become a support group for each other too, not just for knitting."



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-

‘It’s a treasure trove and it’s got to be preserved.’

Dr. Paul Adamthwaite

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/flld/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.

Student donors welcome at clinic

Canadian Blood Services to hold day-long event next Friday at Loyalist

By Graeme Murphy

There is a constant need for blood supply in Canada and students are the new targets set in the sights of the Canadian Blood Services organization.

On Friday, Feb. 6, Loyalist College opens its doors of the Kente building gymnasium to establish a one-day blood donor clinic, joining the 21,000 clinics that take place each year across Canada.

Annie Barrette, CBS resource manager in donor relations for northern Ontario, says that “students are new donors and we absolutely need new donors. The earliest people can donate is at 17 years and if we focus on recruiting young donors, we have a higher chance at making them donors for life. We hold various recruitment events across all colleges and universities.”

According to statistics obtained by CBS, approximately one in every 60 Canadians gives blood when one in every two Canadians is eligible to give blood.

“It can take up to 50 donors to help one person who has been seriously hurt in a car accident, eight donors a week to provide treatment for a patient with leukemia, and about five donors for someone going through cardiovascular surgery.”

“There is a constant, grave need for blood as it has a short shelf life and supplies are dwindling,” reports Barrette.

Cory Mestre, co-ordinator of fitness facilities and campus recreation at Loyalist elaborates.

“In the week leading up to the clinic, we will be all over social media. Print posters will be up around the college. Table notices will go on the tables in the cafeteria, the student Shark Tank area, as well as in the Student Access Lab. We want to make sure that students are aware of it but at the same time, we don’t want to put the notice out too soon and have it fall off the radar. So it’s a tricky balance trying to find that blend of get-



Photo by Graeme Murphy

Cory Mestre, co-ordinator of fitness facilities and campus recreation at Loyalist College, sits in the medical clinic at the college. A blood donor clinic will be held at Loyalist on Feb 6. Mestre has donated blood over a dozen times in the last few years to support the Canadian Blood Services.

ting the info out there and have it stay in the forefront in their mind. We try to strategize when the word will be put out.

“You have a very easy ability to make a very significant impact on the lives of others, people who have particular dis-

eases who need blood transfusions, accident survivors, people going through operations, things like that,” said Mestre.

“All you need to do is go lay down on a reclining chair, get comfortable, have a needle, which is no different that get-

ting a vaccine, and then you get some cookies and juice afterwards.

“It’s one of the absolutely easy and simple ways to make significant impacts on other people’s lives and I feel compelled to do it because at some point in everyone’s life, someone within

their life, someone in their circle will experience that need and it only seems like the right thing to do.”

The clinic at Loyalist will run from 9:30 a.m. to 1:30 p.m. More information and appointment booking can be found in advance by calling 1-888-236-6283.

Compassionate support to patients and families

Hospice Quinte celebrates 30 years of service to the community

By Amanda Cheung

Hospice Quinte will be celebrating its 30th birthday this coming March.

The organization seeks to serve the community with a variety of different programs for those with a terminal disease or life-ending illness.

“People usually have a negative view of hospice and what it means and what we do for the community. But really, our programs here and our staff, we’re really just here to provide compassion and support and hope for the families and the patients, to provide them with the opportunity to live their lives to the

fullest,” says Rachel Pearsall, community relations and fund development for Hospice Quinte.

One program in particular, called the patient volunteer program, can be an example of how the hospice encapsulates the idea of compassion, support and hope.

In this program, a referred patient is assessed and then partnered with a compatible volunteer. They take into consideration similar interests, hobbies and time availability.

Janice Macinnes, patient and volunteer co-ordinator at Hospice Quinte, says that their time together could be spent reading, sharing stories, assisting in light housekeeping and companionship.

‘For the volunteer, it’s certainly a sense of reward that you’ve made a difference. In order to be a volunteer, you have to have a compassionate heart and our volunteers do.’

Volunteer co-ordinator Janice Macinnes

with the patient so they are not alone while the caregiver leaves the home. That’s also one of the things we provide.”

This program is gratifying for both the volunteer and patients.

“For the volunteer, it’s certainly a sense of reward that you’ve made a difference. In order to be a volunteer, you have to have a compassionate heart and our volunteers do,” says Macinnes.

“A big part of the program is when the volunteer comes in, because there may be often a caregiver in the home. Those people need a break. Whether it’s just a break to have a rest period or to get out to do groceries,

our volunteer will sit with the patient so they are not alone while the caregiver leaves the home. That’s also one of the things we provide.”

This program is gratifying for both the volunteer and patients.

“For the volunteer, it’s certainly a sense of reward that you’ve made a difference. In order to be a volunteer, you have to have a compassionate heart and our volunteers do,” says Macinnes.

“As for the patients, because so often when they’re at home, they become, even if there’s family at home or whatever, they start to feel isolated, so our volunteers come in and they do develop a relationship with them...often they become a friend and so it brings that extra dimension to the person’s life.”

A large part of the organization is made up of volunteers. They are trained and receive 30 hours over the course of a 10-week program in hospice and palliative care.

“People know that we work with volunteers and the people that are going to be coming in are giving their own time,” says Macinnes.

“They’re just so grateful that someone has agreed to give up their own free time to help them and that’s the most outstanding thing that I’ve noticed. That particular trait is across the board and so it makes my job very rewarding because you feel like you’re helping and making a difference in these people’s lives.”

Father receives gift of life from his son

Volunteer shares kidney transplant story to put face on issue of need for donors

By Graeme Murphy

The Trillium Gift of Life Network promotes organ and tissue donation to students through very personal stories.

On Jan. 28, Belleville volunteer Charlie Benson, who was also one of Loyalist College’s very first students, made a day-long appearance to promote organ and tissue donation through sharing his own memorable experience.

“I decided to volunteer with Trillium Gift of Life after I had a transplant four years ago -- a kidney, originally my son’s kidney,” said Benson.

“I went through it myself, looking for a donor and having to go on dialysis for a year. It was opportune that my son Phillip stepped forward and offered a kidney to me.” Benson had suffered from kidney disease, and a milder stage of kidney disease, nephritis, for the 20 years leading up to his surgery, before functionality of his kidneys dropped to a very low percentage.

“Both of my kidneys were at 10 per cent functionality before I went on dialysis.

I was on dialysis 10 hours a day, every day of the year and I had to use the machine starting at seven o’clock at night until seven o’clock in the morning. It did relieve me from a lot of tiredness that I had, but it was part of my condition,” said Benson.

“I would wake up sometimes at seven and by ten in the morning, I was having a nap. Then I would wake up and have lunch. By two o’clock, I would have another nap so it really reduces your en-



Photo by Graeme Murphy

Charlie Benson visits Loyalist College on Jan. 28 on behalf of the Trillium Gift of Life Network to promote organ and tissue donation registration. Four years ago, Benson beat kidney disease when his own son Phillip donated his kidney in support of his father.

ergy level.

“I was unable to do a lot of things that I used to do. So that was my condition prior to the transplant and now I’m out skating with my grandchildren and I’m out volunteering and doing other things. It’s not that I try to do too much, but I just want to make sure that people are aware of the sort of things an organization can change for you,” said

Benson.

“I’m just out there trying to tell other people about the story.”

According to the agency’s website, the Trillium Gift of Life Network is a not-for-profit agency of the government of Ontario. As summarized in their mandate, TGLN plans, promotes and supports organ and tissue donations and transplantations in Ontario as

well as providing Ontarians with tools and supports to help them make informed decisions.

Stakeholders include donor families, community volunteers, transplant recipients, health-care professionals, youth and non-governmental organizations, supportive private sector companies, and governmental organizations.

Currently, over 1,500 people in On-

tario are awaiting an organ transplant, yet only a quarter of Ontarians are registered donors, about 26 per cent or 3.1 million out of a qualified 11.8 million, according to TGLN affiliate and donor registration service beadonor.ca.

“I’ve been out there promoting on behalf of the TGLN for the past year. I really got involved in it. I just felt that the TGLN was the best way to go,” said Benson.

“I used to work here at Loyalist for 32 years and I was a student here for three. I felt that the message needed to get to young people and mature students to let them know of the possibilities they can give,” said Benson.

“We did an awareness program at the Quinte Mall in November for three days and it worked out well to reach out to other parts of the population. The bottom line is, in most cases, that 30 per cent of the populations in Belleville and in Trenton individually are registered donors. Only 30 per cent! In Toronto it’s only about 18 to 20 per cent. So we need to raise that number.”

There are a number of campaigns that have happened at Queen’s University, the University of Toronto and some of the other colleges individually for volunteers in those areas.

“TGLN just has a core group of volunteers and then there are add-ons like myself that get involved if there’s a campaign locally. I used to know a lot of people in the schools around the area, so I get invitations to make presentations to Grade 12 biology classes or what-have-you.

“I even did that before I was involved with TGLN. Just the whole issue of organ donation was important to me. “

For more information about Trillium Gift of Life Network and organ and tissue donation visit www.giftoflife.on.ca or to register as a donor visit www.beadonor.ca



Photo by Andrew Meade

Nicholas Servel, manager of L'Auberge de France in Trenton poses for a photo in the cafe's recently opened Front Street location in Trenton. The expansion of the Belleville business opened Jan. 14.

French cooking comes to Trenton

By Andrew Meade

Vibrant downtowns are the hub of communities big and small across the world and that is exactly what Nicholas Servel, the manager of the new L'Auberge de France in Trenton, hopes to help build in his business's new home.

Once bustling downtown cores in cities like Trenton and Belleville have gone through changes with big box stores opening up on the outskirts of town and drawing business and traffic away from local business. But that downtown environment is something that Servel valued about towns when he lived in France, before moving to Canada five years ago.

"As French people, that is what we know about little villages where you can find the butcher, the baker and cafés all gathered in the centre of town which makes the place really alive and

creates interactions between the local community. That is what we wanted to reproduce here in Trenton."

Janie Harrison, of the Trenton Downtown Business Improvement Area, sees the addition of L'Auberge to the downtown core as beneficial to growing the part of the community that is lacking.

"I think every new business brings with it a new demographic of customers, so while they are here supporting the business that they came specifically to, they realize what else is downtown," says Harrison.

"It is the most surprising thing to people who come down is the they didn't know that there is so much here. You really can get everything you need downtown."

The newly opened café is an expansion of Belleville's L'Auberge de France and has been received in the Trenton's downtown with open arms. The new

'It is the most surprising thing to people who come down is the they didn't know that there is so much here. You really can get everything you need downtown.'

Nicholas Servel

location at 22 Front St. in Trenton opened its doors Jan. 14 and has had a steady stream of customers ever since.

"We've been open a week and a half and the response of the Trenton community has been very good," says Servel. "Of course, the fact that

L'Auberge de France already existed in Belleville helped a lot to attract so many people around here, but the main comment we had was that Belleville was too far away."

Customers old and new no longer need to travel to enjoy the coffee, French pastries and fresh bread. Servel delivers all of the store's products every morning from the kitchen at the store's Belleville location.

"The Belleville kitchen wasn't used 100 per cent before so we thought it would be good to have the production there. We have bakers there making all the breads, preparing all the vegetables and meat," Servel says.

It is not just good food and drink that Servel hopes to provide to his customers. He says he sees L'Auberge as a sort of melting pot of community, people and ideas. He hopes to provide his patrons with a warm and vibrant atmosphere that is welcoming

to Trentonians of all ages.

"You can see it in the décor too. We are trying to mix old traditional items as well as more modern ones. I think it is a good link between younger generations who want to see different things and older ones attached to traditions. I'm a bit in the middle of both and I think it's good to relate everyone around this."

Servel says he hopes to expand and collaborate with other local businesses and artists to provide space on the café's walls to hang artists' work and promote and present events.

At the end of the day, Servel says he is not looking to make millions but he wants to serve quality food made with fresh, organic ingredients when possible at a reasonable price.

"We don't want to be elitist and want everyone to be able to afford a very good meal, but it still has a cost."

Visitors dream of summer at Quinte Mall boat show

By David Franksy

The Quinte Mall Boat Show in Belleville this week is showing potential buyers what boats are on the market this summer.

There are many organizations that have come to talk about the boats that they make and how much they cost.

One of the things that was noted is that a lot of the boats that have been made by different

companies have the same engine, made by the Yamaha company.

There are two main types of boat that the companies feature: fishing boats and pontoon party boats.

Paul Randle works for Smokercraft, which makes both types of boats on display. Randle has been coming to the boat show for 21 years now. One of the boats that is in the mall is a 168 Mag, which is a fishing boat with a Yamaha

engine.

Asked why he came to a boat show in January, Randle said, "It just gets them out in the open mall, advertises that they are here. It helps for people to just look at them."

Asked why Smokercraft makes their boats out of only aluminum, Randle said, "It was what the company decided to go with."

Randle said he plans on coming to the boat show next year and after that.

Randle likes to come out to talk about the boats and to show them off to other people in the community. He has said that he likes to get people to see the boats that Smokercraft has.

There are four or five boats in each station with four boats at the Smokercraft station. There are three fishing boats and one pontoon boat at that station. Each of them are different from each other.

All kids should have opportunity to skate

By Amanda Cheung

Every kid should have the opportunity to skate.

"Skating is so great," says Kari Kramp, a parent and chair of the Madoc Public School council and a Biosciences teacher at Loyalist College.

"Living in Canada, it's so great if all the students could learn how to skate, so we want to provide this opportunity for them."

On Feb. 6, Madoc Public School plans on taking the whole school skating at the community centre nearby. The problem is, not all the students have skates.

"We had some challenges and that's to get the whole school skating," said Kramp. "We weren't going to do it because not all the students had skates and also it's required that the students have helmets, so there seemed to be a lot of road blocks ahead."

At the last school council meeting, just before the Christmas holidays, the volunteers tried to address the

issue and did so by talking with the community.

"A couple of the men's hockey teams, some of the old timers, they got together with Canadian Tire in Belleville and they donated 50 new helmets for our school over the Christmas season. So that basically addressed our need for helmets because that can be a school set of helmets that we can share and what we were left with was just the issue of skates," said Kramp.

"We didn't have enough skates on hand and what we wanted to do, this skate drive, is to allow all the students at Madoc Public School to go skating, so it's not a have and have-not."

The skate drive is set up as a large green bin sitting in the lobby of Madoc Public School, for anyone to drop off a pair of unwanted skates. Students can try on skates until they find a pair that fits. Once the skates find a home, they are the student's to use.

The only requirement for the students is that they donate the skates back, once they have outgrown them.



Photo by Amanda Cheung

Kari Kramp, chair of the Madoc Public School council, poses with her daughter Ainsley Phillips, in Grade 2, inside the skate drive bin. MPS is holding its first skate drive this year in an attempt to give all their students an opportunity to skate on their skate day planned for Feb. 6.

Belleville Theatre guild tackles spooky story

By Amanda Paulhus

A ghost story comes to life next month as Belleville Theatre Guild prepares to perform the play, *The Woman in Black*.

Diane Burley of the theatre guild was intrigued when the idea to perform this play was suggested.

“I understand why amateur companies don’t do it very often. Technically it is very demanding. Lighting and sound are almost like other characters,” Burley said. She said she was up for the challenge though and became director of the play.

The play was originally written in 1987 by playwright Stephen Mallatratt as an adaptation to Susan Hill’s book of the same name, written in 1983. Because of the theatre’s small budget the story, which includes many characters, was written to be performed by only two actors. It was a success and is still being performed in London at the Fortune Theatre.

“It’s a great story. A ghost story. You don’t often hear ghost stories anymore, the old-fashioned kind. Everything is the *Twilight* series, that kind of thing: vampires, zombies, strange morphing creatures.

“It’s not like that at all. She’s very rarely seen, the actual woman in black, and we hope that our special effects will make her truly frightening.

“She says in the beginning of the book that ‘darkness is the great fear maker for humanity,’ and if you can create a play which has possibilities in dark corners, where things might be happening that you just can’t see, you pull the audience in,” Burley said.

The operations of the play itself are intriguing because the two actors, Rob Lloyd and Ian Feltham, take care of everything on stage themselves.

“They are responsible for all their costume changes, for becoming all the characters. For using just a trunk and a couple old chairs to make trains, offices, a cathedral, a pub. It’s very clever. They use a big steamer trunk and turn it around and it becomes a pony and wagon, or becomes a coffin,” Burley said, as she explained how the play is presented.

Lloyd, one of the two actors, warns audience to be ready for anything.

“It’s live theatre. It’s a danger and an excitement whether you’re on stage or off, because you really don’t know what’s going to happen. There’s no take two and I guess that’s the part about acting on stage that is kind of addictive. If you want to



Photo by Amanda Paulus

Rob Lloyd and Ian Feltham rehearse for the upcoming play *The Woman in Black*, being held in February at the Pinnacle Playhouse. The play is being directed by Diane Burley and the Belleville Theatre Guild.

scare the crap out of yourself, it’s cheaper than jumping out of a plane,” Lloyd said.

Lloyd has been acting since 2004 and has been in approximately 24 plays. His

main character in the play is Arthur Kipps, a junior solicitor sent to a small town to deal with the will of a recently deceased town member. He soon finds him-

self dealing with the ghost of the woman in black and a haunting story unfolds.

“I just hope we’ve done it justice,” Burley said about the play.

Tickets can be purchased beginning Feb. 2, and the play will run from Feb 5 – Feb 21 at the Pinnacle Playhouse in downtown Belleville.

Organization strives to put stop to stray cat colonies

By Amanda Paulhus

Stray cat colonies have been a constant problem in the Belleville area. Fixed Fur Life is doing their best to tackle this issue but they have a long road ahead of them, Darlene Quinsey, a representative of Fixed Fur Life said.

The most recent colony, found on Marble Point Lane, had a headcount of 33 cats, 28 of them being female. The average female cat can have three litters per year, ranging from four to six kittens each.

“There are colonies everywhere. We just finished one on Hamilton road, there was another in Belleville, this Marble Point Lane one, there’s another big colony in Foxboro. They’re just everywhere,” Quinsey said.

Fixed Fur Life is a charity organization that was created in 2004 and has been working hard to put a stop to the stray animal problem in Belleville. To date, they have spayed and neutered approximately 17 130 cats and dogs.

“Basically what we do is we take in stray cats and dogs, fix them and find them homes. That’s basically the whole philosophy of us, is to get them spayed and neutered so we’re getting the stray cat problem at its source,” said Quinsey.

Dawn Stafford visited Little Stinkers, one of the Fixed Fur Life adoption centres, with no intention of adopting a cat that day. She ended up coming home with two.

“Mack reached his paw out and gave a meow and touched my heart,” Stafford said, describing the first time she met her

two cats, Mack and Mocha.

Living in the Belleville area, Stafford had heard of Fixed Fur Life a few times before this incident but this was the first time she would adopt cats through them.

“I never actually met them but it was good. Six-month-old cats that were already fostered and fixed so it made it affordable,” Stafford said. She added that she would definitely recommend adopting through Fixed Fur Life to any other potential pet owners.

Along with rescuing strays, the organization also subsidizes to people who cannot afford the full cost of getting their animal fixed. They run completely by fundraising and donations.

Quinsey said that there are approximately 100 volunteers, all helping in dif-

ferent stages of the rescue process.

“It all depends on what we need volunteers for. We have 54 foster homes and five adoption centres, so as we adopt out we take in more cats. It’s a well-oiled machine and it’s working well,” she said.

The process involved in rescuing a colony of stray cats is a lengthy one. After a veterinary clinic is found to fix the cats, the cats must stay for about a week to recover from their surgeries. After this step, the cats are sent to different locations, depending on how adoptable they are. The adoptable ones will go to an adoption centre while the feral ones are taken by volunteers with heated barns, decided upon prior to the rescue. These cats will usually go as a family unit and are well taken care of by the barn owners,

whether or not they become more tame and friendly, or remain feral.

“They can get friendlier or just let them exist as they are. They’ll be fixed and vaccinated so we say to people, when you’re rescuing a cat or a dog if you’re not taking it to a better situation then they came from, you’re not actually rescuing them,” Quinsey said.

Currently, the Marble Point Lane colony is recovering and will soon be sent on their way to a happier and healthier lifestyle.

“It’s a long process and people say, ‘Darlene you can’t fix them all, you can’t save them all’ but look at this group here. In another couple of months there’d be how many kittens? Now they’re going to go somewhere safe and that’s good.”

Seniors strike it big with Wii bowling

By Carla Antonio

Every Wednesday, a group of 16 seniors get together and bowl – but with no pins, no balls, no lanes and no special shoes.

Shortly after Nintendo released Wii Bowling into the gaming world in 2006, the Prince Edward County Community Care for Seniors Association saw an opportunity for seniors and launched a virtual bowling league.

“We’re always looking for innovative ways that we can get seniors out and active and making friends,” said Debbie MacDonald Moynes, executive director of Community Care.

“One of the things that’s really important as people age is that they maintain their social contacts.”

The league, which is held at Community Care’s office location inside the old Armoury in Picton, is run much like a traditional bowling league. There are both many long-time members and new faces. But old or new, one thing is for certain – everyone is there for a good time.

One group member, Angela Palmer, says she enjoys it so much she will play as long as she can still get up on her feet and get there.

“I come for several reasons – the company, the fun we have, and it’s good exercise,” she said.

“It’s something that gets you out when the weather is unpleasant and you don’t feel like doing anything.”

Elizabeth Hickey, a volunteer with Community Care for the past eight years, helps to run the league. As a senior herself, Hickey said she began volunteering because she wanted to help motivate others to get out and do something mobile and entertaining.

“When you get out of here you’re feeling a lot better,” she said.

“I know I am. I know there’s days that I don’t feel like coming in but I always feel good when I go out.”

Hickey said she believes the participants enjoy the little bit of friendly competition and that the activity stimulates their minds.

“Like one lady today has a lot of problems, but when she gets bowling, she forgets it and it’s something that she can really get into and enjoy,” said Hickey.

“When you get out of here you’re feeling a lot better,” she said.

“I know there’s days that I don’t feel like coming in, but I always feel good when I go out. I enjoy it very much.”

For a multi-media perspective on this story, go to: <http://www.qnetnews.ca/?p=48576>



Photo by Carla Antonio

Pat LeBlanc, 87, throws a virtual bowling ball at the Prince Edward County Community Care for Seniors Association’s Wii bowling league this week.

Outdoor sleepover raises awareness about homelessness

By Alyssa Lloyd

Quinte residents can take part in Sleep Out So Others Can Sleep In from 7 p.m. Friday until 7 a.m. Saturday. The event was created to shine a light on the issues of homelessness and poverty. The Canadian Mental Health Association hopes people will join in teams of five to spend the night outside to raise money and spread the message for the cause.

Sandie Sidsworth, executive director at the Hastings and Prince Edward Branch of the Canadian Mental Health Association hopes people will engage in conversation about the issue at hand.

“We also have Sweet Escape, CDC of Quinte and Little Caesars providing a little pick me up for the night,” says Sidsworth. These local businesses will be aiding in the efforts to keep everyone comfortable while participating. “We are hoping to raise \$10,000. More would be wonderful, but that dollar amount helps us out so much.

”There will also be a prize for the team pledge challenge. To participate, donate, or volunteer, please contact ssidsworth@hastings-cmha.org or call 613-969-8874.

Instant replay was born

By Alyssa Lloyd

A hefty risk was taken on Dec. 7, 1963 during an Army vs. Navy football game.

A young television producer decided to take a chance angering a lot of people glued to their television sets by attempting to show an instant replay of what the audience just witnessed.

The instant replay was shown without a hitch and before the television industry knew what hit them, instant replays were taking the country by storm.

That young man was Tony Verna. At the time he was only 29 years old. Using the knowledge from his radio days, he decided to give it a try with television.

Verna passed away Jan. 18 at the age of 81 from leukemia in Palm Dessert, California.

“My boy, what you have done here will have such far-reaching implications we can’t begin to imagine them today,” said Tex Schramm to Verna over a phone call shortly after the game. It was Schramm was who hired Verna on at CBS.

Schramm couldn’t have been more right. The instant replay has become one of the most overlooked luxuries in sports television today. Can you imagine watching a game on television without it?



Photo by Maggie Naylor

Spectators of the CFB Trenton pond hockey classic tournament watch the game from the window in the warm comfort of the Batawa Community Centre.

Canadian-style hockey

By Thomas Surian

Clear skies and frigid temperatures welcomed the fourth annual CFB Trenton Pond Hockey Classic to Batawa last weekend.

The games took place on four ice rinks that surrounded the Batawa Community Centre. The event was in support of Soldier On and the Trenton Memorial Hospital Foundation.

CFB Trenton's 436 Squadron and the Batawa Lions Club organized the event. Twenty-nine amateur hockey teams competed for a stone trophy made to resemble the tail of an airplane.

The event kicked off Friday evening with a fundraising dinner. The guest speaker was Sgt. Chris Downey, a veteran who was wounded in Afghanistan, who was a part of the trek to the Antarctic with Prince Harry in 2013.

Downey spoke on behalf of Soldier On, a foundation that supports members of the Canadian Forces with visible and non-visible injuries, helping them to reacclimatize to normal life.

Hockey began Saturday morning. Playing on open ice with no boards and no goalies, it was common for pucks to fly off the ice. There were plenty of young children that delighted in running around retrieving pucks on the snow.

A team of around 50 volunteers from the military, as well as the Batawa Lions Club, worked throughout the year to organize the weekend. The hard work seemed to pay off. The event appeared to run with military-like precision.

"It's probably the best year we've had so far. The ice has been great. All the teams are enjoying everything, and that's all I can really ask for," said Capt. Troy White, tournament director and a Hercules aircraft pilot with the 436 Squadron.

Each team fundraises a minimum of \$300 in order to compete. This year's goal was to raise \$40,000 for Soldier On and Trenton Memorial Hospital Foundation. The hospital foundation works to provide funding for healthcare initiatives in the Quinte area. The money from this year has not yet been counted, the amount will be announced in the next few weeks.

The final game took place Sunday afternoon on a rink overlooking the old Batawa shoe factory. The BCA Rangers hockey team took the win and was presented with the coveted hand-made trophy, along with t-shirts and LCBO gift cards.

"This event is getting bigger every year. We've definitely been growing by leaps and bounds every single year. The planning for next year will begin as soon as this one is over," said White.

"We will begin with talking about lessons learned. Planning will go through the summer."

For more on the pond hockey event, go to:
<http://www.qnetnews.ca/?p=48568>



Photo by Maggie Naylor

Frank Bailey holds up the CFB Trenton pond hockey classic tournament cup while his team, BCR Rangers, look up at him after a group hug.



Photo by Maggie Naylor

Chris Collins skates past an opponent during a game at the CFB Trenton pond hockey classic tournament.



(Above) David Vandertoorn (right) poke checks an opponent during game action. The tournament is held in support of Soldier On and the Trenton Memorial Hospital Foundation.

Photo by Andrew Johnson

(Left) Jordan Bailey of the BCR Rangers looks back at the puck during a pond hockey game.

Photo by Maggie Naylor

On the street

Andrew Meade asked people at Loyalist College the following question:

What do you think about selling beer in convenience stores instead of the LCBO/ Beer Store?

Editorial

Respect should be part of the debate on freedom of expression

Freedom of expression should not trample respect. In recent days, the world has been debating freedom of expression and the actions of the offended. Many words have been written about intolerance, rights and sending a strong message. Fewer words have been written about respect. In reality, in Canada, we don't have absolute freedom to say what we want. We have hate speech laws to protect the rights of the marginalized. We don't allow people to deny the Holocaust. Saying nasty things about people based on their gender, sexual orientation or skin colour can get you into trouble socially and legally. When it comes to religion, the gloves come off. Bullying people for their faith should neither be allowed nor praised. The right to say or draw whatever you want must be tempered with respect. In October 2005, Danish newspaper *Jyllands-Posten* printed cartoons depicting Mohammed. When they were reprinted in January 2006, I was living in N'Djamena, Chad. The Muslim population in N'Djamena, as in many other places around the world, took offense to the cartoons. The resulting riots were violent. I remember too well watching my friends deal with the psychological and emotional aftermath of being caught in those riots. It took months to feel safe again. A week after the Charlie Hebdo shootings, rampaging mobs went on the attack in Niger. They were angered by the lack of respect shown by Charlie Hebdo to something they held sacred. Many people lost all of their possessions, including their homes, which were taken down brick by brick. Ten more people lost their lives as a result of those cartoons. Respect is all the rage nowadays. September 18 is Respect Day. Loyalist College even has a committee to promote respect. Flemming Rose, the cultural editor at *Jyllands-Posten* who published the 2005 cartoons, said that in a "contemporary democracy and freedom of speech ... one must be ready to put up with insults, mockery and ridicule."

But not respect. Not respect for the billions who take their religion seriously and have a different worldview. Not respect for the thousands who lose everything in the violence that results from the printing of cartoons that are considered offensive, including their lives. No respect for them. Only smugness that our right to express ourselves however we please hasn't been trampled. Only vows that we will never give in to the intolerant or censor ourselves to please them. We claim moral superiority over those who show their offence through violence. And we are willing to let people die to prove our point. It's not right.

Elaine Bombay

Beer Store monopoly no longer welcome

Zombie-like patrons slowly shuffle in the usually-single cue, staring at a wall of beer for sale at The Beer Store. The line is mixed with people returning their empties and others just wanting to get a case of their favourite brew. We've all been there— standing in line waiting to tell an exhausted college kid at the cash what our poison that weekend will be. Many people have raised the question, "Why do we need to have the Brewers Retail Inc. around?" The answer to that is we don't. This near monopoly is owned by some of the largest foreign brewers – Anheuser-Busch InBev SA, Molson Coors Brewing Co., and Sapporo Breweries Ltd. Roughly 80 per cent of Ontario's \$3-billion in beer sales annually come from the retail giant, and a majority of purchases are beer made by the big three. Let's take a look at what some other provinces are doing with their sales of this hoppy goodness. British Columbia, Saskatchewan, Manitoba, Quebec, New Brunswick, Yukon, and Northwest Territories have a mixture of private and government-run facilities. Alberta is the only fully privatized province. Ontario has two retailers selling all the alcohol – The LCBO and The Beer Store. Why can't we follow our neighbours? Premier Kathleen Wynne believes that this monopoly works, and that it's "a success story the entire world should be emulating." The Europeans would have a laughing fit if they heard a politician say that in their home country. That area of the world has beer and other alcohol readily available everywhere you turn – grocery stores, gas stations, and other retailers. Now let's not get ahead of ourselves just yet. Ontario isn't ready for a fully privatized alcohol distribution system. So what are our options? We can leave it as it is. Leave our beer sales in the complete control of the government and the three brewers. The second, and more obvious option is we share the love and follow in the footsteps of Quebec. Let's open up the sales of beer to convenience and grocery stores, while still selling a small collection of this potion at the LCBO. Not only will this become more convenient, but the prices will go down. There will be no steep listing fees for breweries like we have at The Beer Store. Who doesn't love cheaper beer? This isn't going to happen overnight, so let's not get the pitchforks out and storm Queen's Park demanding that The Beer Store be disbanded. Let's find a civil way to end the cattle-like herding of beer consumers so that we can pick up a 6-pack and a bag of ketchup chips at the same time and prepare to watch Hockey Night in Canada. Let's be Canadian about it. Now I don't know about you, but I'm going to go wait out the people returning empties and pick myself up a nice case of those delicious suds.

Andrew Lahodynskyj



Nathan Clairoux, "As long as there is still regulations, I think it is a good idea. 24/7 sales of beer is not a good idea. I think it should happen as long as the rules are enforced."



PJ Louis, "It would be much more convenient. I think it is harder for people to have to go to the LCBO or Beer Store instead of a gas station or grocery store to buy beer."



Brandon Evans, "It would make it easier and cheaper not having to go to the LCBO or Beer Store. You'd think it would be better for consumers if stores were given an opportunity to set their own prices privately."



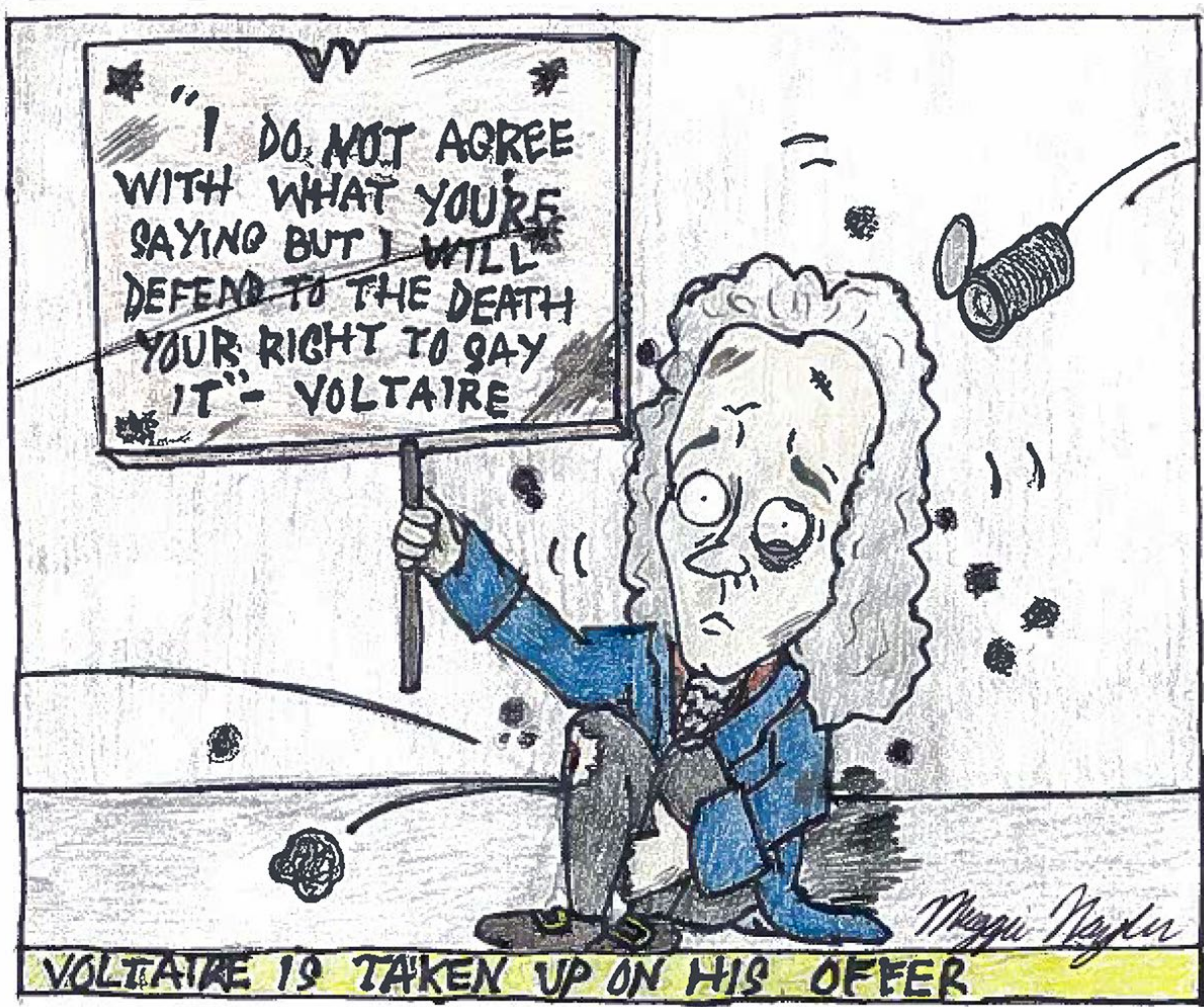
Linden Roy, "Yes. It would be way more convenient and better for business because there would be competition, no longer just the monopoly on beer sales."



Laim Dempster, "I don't think there is anything wrong with it, but it leaves more room for abuse. The responsibility is on the buyers if it were to be more easily purchased (outside of LCBO and Beer Stores."



Mitchell Moore, "It should be regulated but convenience stores should be able to sell it. If it were sold privately but unregulated, it could result in retailers selling beer inappropriately and abusing the ability to sell beer."



Opinion

Normcore eliminates pressure of what to wear

By Dillan Cools

Next time you see a group of people standing around acting normal, don't jump to any conclusions because they may not be as normal as they look. These days it is possible that one or more of those people is secretly really cool and belongs to a new extreme anti-style called normcore. Normcore is a reaction to the recent 'hipster' explosion which is best described as people making an attempt to be individual with the elitist attitude that comes with it. Realizing that this is too daunting of a task, the normcore have decided that it is cooler to become a member of the mundane masses. This hardcore conformity is all about joining the crowd, losing your individuality and drawing as little attention to yourself as possible. Some say this new attitude will make life easier for the normcore but as we all know, just like life, dressing ordinary is so hard. After all, the purpose of normcore is to eliminate the pressure of having to express yourself through what you wear, by expressing yourself through what you wear. The normcore pretend to take the preten-

tiousness out of fashion but only succeed in scrutinizing the 'ordinary' people whose style they are ironically claiming. The differing factor that separates a 'normally' dressed person and a normcore is that the normcore is making a conscious decision to dress so drab. It is in this critical decision-making process that the normcore covers all their bases and maintains their assumed superiority. The fine line then falls between the normality being someone's actual look and the normcore getting confused thinking that they are making a statement. Don't beat yourself up if you get fooled by a normcore. Until they open their mouths, it's nearly impossible to tell them apart. Normcore seems to have acquired a stronger following among the more useless members of society. Some normcore take widely used practical items like hiking boots, raincoats and baseball caps to the next level by removing their function entirely. Of course, irony is a classic goal among normcore. I just don't see anything ironic about a raincoat. I actually find raincoats to be quite useful and for the sake of argument, am

willing to admit that I usually wear one in the rain. Other popular normcore items include cheap mass-produced products from stores like Old Navy and The Gap who exploit suffering labour markets in Third World countries. The one good thing about normcore is that they idolize Jerry Sienfeld, but unfortunately for the wrong reasons. His dad jeans and plain sneakers make him a fashion superhero along with Larry David, Steve Jobs, Barack Obama and Prince William, who all sport bad pants. The non-spectacular activities that are part of many people's daily humdrum, like going for a walk or sitting on a bench, have come to define normcore pastimes. Really, these normcores are just non-celebrities getting off by dressing like a porn star in a Yankees hat, trying not to get noticed at the grocery store. At the end of the day, there is not much difference between hipsters as we know them and this new wave of normcores. They just look worse because they're purposefully wearing crap that doesn't fit. Some say that normcore doesn't exist. Let's just hope it is normcore to have a job.

Health-care reforms necessary for aging population

By Moush Sara John

Without bold reforms and close attention to its policies, Canada's health-care system will not be able to withstand the tremendous pressure of the baby-boomer generation. There needs to be a greater awareness of this situation, so that more resources are made available to the health-care sector, and they are ready to handle this overwhelming deluge of greying citizens. According to Statistics Canada projections, the aging demographic will see seniors outnumbering children by 2021. Canada needs to address this issue immediately. This debate is crucial now more than ever, because of the population projection that by 2030, there will be eight million seniors – which is one quarter of the population – with the majority of them suffering from chronic diseases. Canadians take enormous pride in their health-care system. Having provided quality care and service for years at a reasonable cost,

all forms of support and infrastructure should be provided to prevent the healthcare system from crumbling. This is where the government needs to step in, by creating a bigger pool of resources that will alleviate the burden on the health-care system. These resources should include training geriatrics, funds for infrastructure that will help the elderly to be more mobile, finances for medicines and long-term care, and most importantly having professionals creating aging-friendly communities. Given its past record, our system often responds when there has been a crisis or emergency, but it is important to recognize that often the measures that need to be taken, and the infrastructure that has to be in place require work and time. Funding is needed if changes are to be implemented, but it seems people who need to be aware and act, aren't listening. With the current system, much of the services and care that's needed for the elderly are not covered by the health insurance, which is a

huge area of concern as many feel that they don't have the money to pay for them. Then there is the daily struggle that hospitals and clinics face, to find places for aging patients, who should be in a long-term care facility, not stranded in the hallways for hours or even days. Besides funding new programs dedicated especially for greying citizens, resources should be reworked within the health-care system to create funds for these programs. It is key to recognize that the preparatory work is a broad spectrum, including trying to take in more medical specialists who can specifically work with the aging population; developing technology and skills to detect mental health problems; and creating aging-friendly spaces within homes and communities that can support and look after them for as long as possible. The sooner we grasp this new reality and take measures to assuage this impending situation, the easier it will be on our health care to be more efficient and effective, and ready to face the onslaught.

The Pioneer

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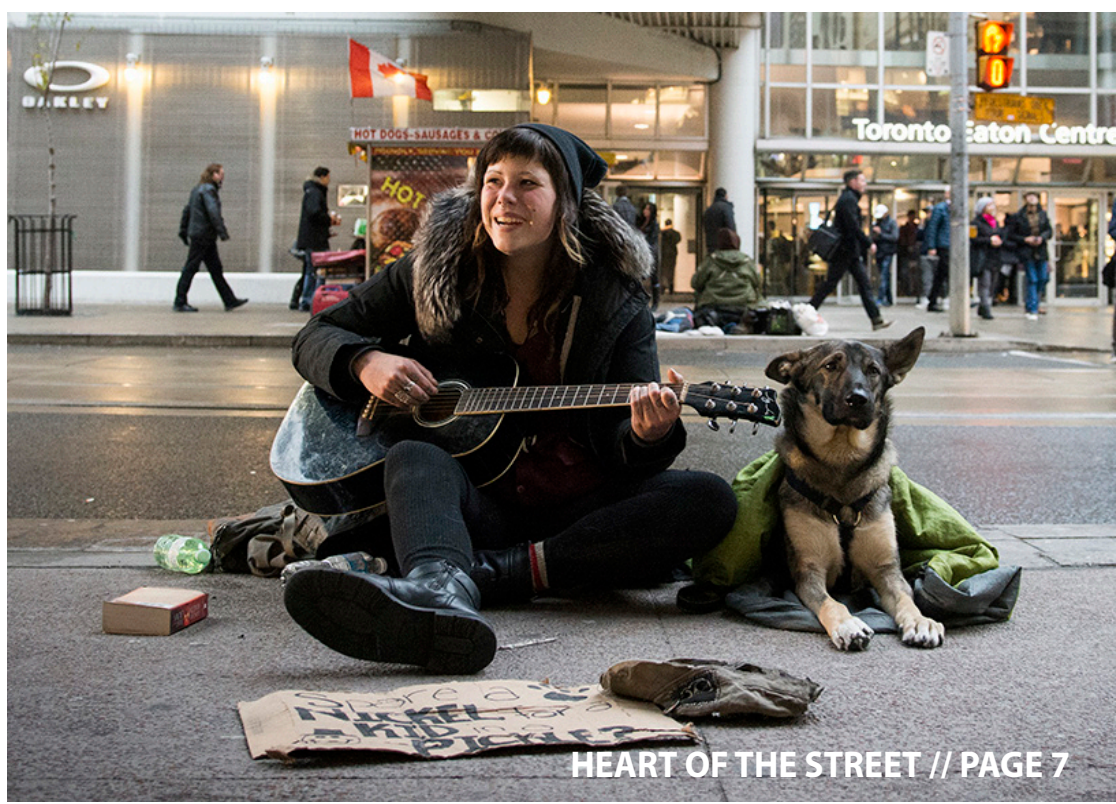
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Far left: Andrew Ferenc has a moment of thought during one of his visits home. He travels home on Sundays to spend time with family.

Top left: Ferenc has lost most of his ability to be physically independent.

Top right: Victoria Ferenc shares a moment with her son before heading home.

Left: Leslie Ferenc chats with her brother Andrew during a visit at the McCall Centre.

Bottom: Due to his deteriorating condition, Ferenc has to be hoisted into his wheelchair at the beginning of each day.

Not Afraid of the End

Photos and Story by Andrew Lahodinskyj

Sixty-two-year old Andrew Ferenc, thin and pale in the face, sits in his black motorized wheelchair at the McCall Centre for long-term care staring out the window watching as the cars pile into Sherway Gardens shopping centre in Etobicoke.

“It didn’t even enter my mind – multiple sclerosis (MS) wasn’t part of my vocabulary. I didn’t think about the disability whatsoever,” says Ferenc, who was diagnosed with MS in his early 30s. Multiple sclerosis is a disabling disease of the central nervous system. Despite ongoing research, scientists have yet to determine the cause of the disease.

“I didn’t really know what MS was,” Ferenc said. “I didn’t do any research on it and I left it alone and just kept on working and doing the things I enjoyed.”

While recalling his symptoms Ferenc said, “I felt helpless. I felt as if I was losing control of myself, and that I would never be able to do the things that I loved to do. That was my reality – I’m losing mobility. I started to do a lot more research about what MS was and realized that I had to do something about it to try and stay ahead.”

After trying out a handful of health recovery programs, Ferenc joined the Taoist Tai Chi Society. He found that the exercise helped retain movement in his body. After spending a few years with the society, he became a spokesperson going to grand openings and speaking of the benefits he received from tai chi.

Some days are better than others, even though the future may look

bleak. In early 2013, Ferenc was diagnosed with throat cancer. He knew there was a problem when one day he found it very difficult to swallow food or any kind of fluids. The radiation treatments took a major toll on his body and MS.

“It was really difficult. . . . I wasn’t able to move anything. I wasn’t able to speak at all.”

After receiving 25 of his 35 treatments, Ferenc decided enough was enough and stopped his treatments. He told the doctors that he couldn’t take it anymore, that he wasn’t able to move anything.

“I was actually looking forward to it [death],” Ferenc admitted openly.

“I thought it was the only way that I would be able to overcome all of the pain and suffering I was going through with the MS and cancer. I thought death would have been a welcome friend at that time.” Even though he has been through so much, Ferenc still has a great outlook on life.

The off-white walls and smells of cleaning chemicals and hospital food have sadly become a norm for him. He spends his days watching the television in his private room at the McCall Centre.

“It was kind of unusual the first time I came here. I thought it was some sort of a freak place. I wasn’t used to all the noises – the sounds of people yelling and screaming,” said Ferenc. “I said to my wife, ‘Susan you have to get me out of here. I think I’m in a nuthouse.’”

After living at the centre for a year now, Ferenc has gotten used

to the routine and the staff. He shares a laugh with the nurses, talks about current events, and even family life.

Despite not living at home, Ferenc feels safer that he has 24-hour care.

“It’s much easier, especially for my wife too. I don’t want Susan to worry about taking care of me at home.”

Even with the rapid progression of his MS, which has led to Ferenc losing movement in his legs and slowly losing motion in his arms, leaving him confined to a wheelchair, and bouts with cancer, he always manages to see the good side of life.

“I think it’s just knowing that there are others out there that are worse off than I am. They always say that. It’s true though. I look around and see people worse off than me. So I’m just happy that I am where I am. When the time comes, I’m ready to do my thing.”

Although Ferenc doesn’t quite know when his time will come, he says that he will be ready for the end – whenever that may be.

“I don’t know what the future will hold other than that there is a beginning, middle, and end to everything. It’s probably got something to do with the end. I’m ready for all of that too. It doesn’t depress me, I’m not afraid of it. I know lots of people say you should be afraid, but afraid of what. Everybody has their time, and when mine comes up I’m hopefully going to be ready for it.”

For more images visit: www.LahoPhoto.com/not-afraid-of-the-end





Margaret Davis in her living room, reflecting on the time she was growing up, and how the choices she had made in her youth has helped her to live well in her old age.



Having lived on her own terms throughout her life, Davis is determined to keep herself mobile as long as she can.



A family heirloom which is more than 150 years old.



Davis is proud of her grandchildren, who have taken after her healthy lifestyle.



Davis loves the neighbourhood, and has been living in the same house for over four decades.

TIMESTRETCHED

Aging independently in a world still adapting to the overwhelming rise in its elderly citizens

Photos and story by Moush Sara John

Margaret Davis is 92 years old. Although her apartment is conjoined with her daughter's, she has her own set up, and is very happy with the way she has been living. "My life now is about the choices I have made. I don't smoke or drink. Never have, because I knew it usually catches up."

By 2015, the number of seniors in Canada could surpass the number of children. This trend is expected to continue for the next several decades due mainly to a below replacement fertility rate (i.e. average number of children per woman), an increase in life expectancy, and the aging of the baby boom generation. (Statistics Canada. Population Projections for Canada, Provinces and Territories, 2009–2036.)

Older adults can live longer, healthier lives by staying socially connected, increasing their levels of physical activity, eating in a healthy way, taking steps to minimize their risks for physical harm or injuries, and refraining from smoking.

When Davis was in her 70s, she started a bridge club for seniors. And to this day she heads the club, along with her daughter, who is in her 70s now. She swims twice a week, and plays bridge three times a week with the club: "The club has a lot

of people like me, who are physically active, mentally agile, and live well, independently. At a younger age they started getting mindful and conscious about how they would live the later years."

Most seniors would like to be in their homes independently, thereby aging in place. Some of them would however want to live with their families, while another large cross-section would like to invest in retirement/old age homes. However, creating an aging-friendly environment starts much earlier, with the health-care system, which at the moment focuses primarily on cure rather than health promotion and disease prevention. Davis says, "I know friends who were not able to work out a living situation like mine. And that's sad, because a lot of it depends on your family and support system. Besides, other factors coming together."

One can't argue there are environmental, systemic, and social barriers to adopting these healthy behaviors. Some relate to inequities as a result of gender, culture, ability, income, geography, ageism, and living situations. These barriers and inequities need to be addressed now if we want our aging population to live independently, and well. **For more work visit:** www.moushsarajohn.com



Dan tries to keep himself healthy and active. Sometimes he goes for long evening walks to recharge himself and break the monotony of video games.

DAN THE GREAT

“LIFE HANDS YOU CARDS. IT’S LIKE PLAYING POKER. SOMETIMES YOU GET A LOUSY HAND. YOU JUST GOT TO BLUFF YOUR WAY THROUGH, AND HOPEFULLY YOU’LL WIN.”

Photos and story by Thomas Surian



It is easy for Dan to get lost in thoughts. With a memory span of a minute or two, he often struggles to remember things.



At the dollar store, shopping with Jen, his personal service worker. She calculates what Dan can spend that day on his groceries.



Dan in his living room, sitting on the new couch his mother just got him, reflecting on his day.

Born in Coburg in 1971, Dan Adams is a victim of birth asphyxiation.

“I wasn’t really born with a disability. Instead of the doctor doing the C-section on my mother, I was wrapped up in her umbilical cord. When he reeased on me, it cut off the circulation into my brain, causing my disability.”

Birth asphyxiation, more specifically intrauterine hypoxia can cause many complications, including ADHD, epilepsy, eating disorders, and cerebral palsy. According to the World Health Organization, in 2008, 900,000 infants died of birth asphyxiation, making it the leading cause of death for newborns. Dan made it out the other side, he now lives with the effects of the trauma he incurred at birth.

Having trouble recalling his younger years, he relies on his parents to remind him of what happened in his early childhood. “I don’t have the best memory, that’s the problem. You tell me one thing, one second, two seconds later, I forget.”

He spent much of his childhood moving around southern Ontario. His dad worked for Ontario Hydro and had to follow the work.

“I just accept it. Life is life. You move on, you carry on. I didn’t make many friends, but I was happy for the friends I did have.”

“My high school education never really prepared me for the outside world. I’m not afraid of admitting this. As a reader my grade level is 6, and as a writer my spelling is a grade 3 level.” But not one to surrender easily, this October Dan began flute lessons after his sister gave him her old flute.

“For me, playing the flute is like being a 10 year-old at

Christmas time. I guess there’s no other way of explaining it.” He hopes to play the flute professionally in five years.

“Flute playing . . . I can see myself going places with it. I have some plans with the flute, going to the hospital, playing for those who have to stay in the hospital, for seniors in the hospitals.”

Dan has been working since he was 14 years old, spending much of his working life in the restaurant industry. As a person with a disability he has faced some discrimination from employers and co-workers. On a few occasions even being addressed as a “mental retard.”

“When you have a different ability or disability . . . you tend to have to go with the flow. It’s normal for people to be afraid of people with my disability . . . it’s normal not to get hired. That’s why I don’t have a job. It’s hard to maintain a job when you’re on disability.”

Dan receives around \$1,000 a month, three quarters of which covers his rising rent. The remainder goes toward paying bills and buying groceries for the month. Oftentimes he is scraping by buying food at the dollar store.

“It feels like I can’t eat properly. I can’t eat healthy, because some of the vegetables are too bloody expensive to afford. So I try to go for the cheaper quality and there’s not much protein in cheaper foods. I like good quality, but again, you just don’t have the money.”

While on Ontario Disability Support Program (ODSP) you are allowed to make \$120 from your job. What ever you make over that will be deducted from your next month’s payment.

“I had to quit my jobs because I can’t make rent. It’s a no-

win situation. Unless I can find a full-time job, or two part-time jobs, I can’t make ends meet if I work.”

According to Dan, it is very difficult to find a full-time job in Belleville, especially as a person with disability. Employers would rather hire someone who doesn’t require special attention and extra training.

“Some people can learn a job in two weeks, forcing someone like myself who wants to get a full time, no chance of getting a full time, or even a part time job! Why!? Because they don’t want to train. If you put the time and effort into training a person with disability, I can guarantee you won’t be disappointed.”

“If I could find a good full-time job, I’d take it. I don’t want to be on disability. I don’t want to take people’s money. Disability is for people who can’t work.”

“I like to volunteer for various different things because I’m on disability, so I just try to make up for what I get. I try to put back in with volunteering. That’s my way of making money . . . I volunteer to try to give back to the community.”

Dan is involved in the community. He has a lot of interesting hobbies.

“I’ve got friends, I’ve got my computer games, I’ve got my game systems. I read books, I go out for walks. I have friends to hangout with. I even go to the library to read books . . . sometimes I get bored or lonely, but most of the time I don’t feel like that. I’m content.”

“Life hands you cards. It’s like playing poker. Sometimes you get a lousy hand. You just got to bluff your way through, and hopefully you’ll win.” **For more on the story, visit: <http://www.thomassurian.com/danthegreat-1#1>**



Trying to get it right. Dan takes weekly flute lessons and believes it has truly been a game changer for him.



On his way to downtown Belleville for one of his flute lessons. Dan wants to play the flute for patients in long-term care.



Peijuan Wang and Morris Mao say grace before a meal with their sons Justin, 8, and Bobby, 18. Their Christian faith is an important value that Wang and Mao want to pass on to their children.



Justin's desk. His parents call him their Canadian child.



Bobby's desk. His parents call him their Chinese child.

Immigrant Identities

Photos and story by Elaine Bombay

Peijuan Wang and her husband Morris Mao had a good life in China. Mao was a college instructor and Wang was running an English language school. All that was missing was a second child. Living under China's one-child policy, their options were to abandon that desire or emigrate. Friends had told them about their experience moving to Canada and settling in Belleville. Wang and Mao decided to follow in their friends' footsteps and move here in 2004. Mao immediately found work at Stream, a call centre. Wang took a few months to settle their son Bobby, then eight, and to set up a home for the family, and then also started working at Stream. The family also connected quickly with a church in Belleville. They were invited to attend a service at Quinte Alliance Church on their first weekend in Cana-

da, and have been attending ever since. Their Canadian baby, Justin, was born in 2006. After Justin was born, Wang studied for her teacher's certificate. She teaches French, drama, dance and music at Prince of Wales Public School and also supply teaches. According to Statistics Canada, China has been the most common source country for immigrants to Canada since 1983. A StatsCan report released in May 2013 shows that 20.6 percent of Canadian residents were foreign-born, according to the 2011 census. That gives Canada the highest foreign-born population in the G8. Wang and Mao consider Justin their "Canadian child," while Bobby is their "Chinese child." Bobby prefers to eat Chinese food, while Justin likes to try all sorts of food and quickly tires of anything served too often. Bobby doesn't think of himself as belonging to any nation, but sees himself more as a citizen of the whole

world. Justin has never lived anywhere but Canada and doesn't identify as anything but Canadian. Wang likes that her children can grow up with such diversity in Canada. Her sons go to school with children from different backgrounds and with different mindsets, something that she didn't experience in her more homogenous childhood hometown. Wang and Mao emphasize Christian values over cultural values with Bobby and Justin. They want their sons to see that life is about sharing with others and being useful and helpful. They try to model their faith through their involvement in the community, especially in the Chinese Christian community in Belleville. **For more on the story, visit:** <http://www.elainebombay.ca/#/still-1/>



Justin Mao, an avid reader, doesn't know yet what he wants to be when he grows up.



Bobby Mao composes his own music and hopes to study music in university next year.



Tristan Silverman plays the guitar and sings for pedestrians alongside her dog, Tumbleweed, on Yonge Street in Toronto, Ont. “I did pretty good today,” she said after receiving a generous \$20 tip during her final song of the day. “That 20 really helped.”

Heart of the Street

PHOTOS+STORY BY CARLA ANTONIO

It was a cold, eerie feeling I had on the subway that day.

The awkward silence was deafening, the flickering fluorescent lights were unsettling, and the blank stares of the commuters were completely lifeless.

It wasn't until I ascended the escalator at the Yonge-Bloor station, that my spirit was concurrently uplifted by the soaring sound of a piano.

There I found Dieufaute Charles, a.k.a. Jahfaa, a Haitian-born singer/songwriter, serenading the hurried commuters with his Yamaha keyboard and soulful voice.

I stepped back and watched as the numerous emotionless faces raced by, with the occasional moment of engagement between a passerby and Jahfaa's heart-felt performance.

Jahfaa is a full-time musician doing his best to earn a living at what he loves to do most.

The reality was evident – it's a tough gig.

“That's it for me,” he said. “Just music.”

The same can be said for acoustic guitar player and singer, Josh Garbe, whose powerfully projected vocals filled the entire Eglinton station with Blue Rodeo's, *Hasn't Hit Me Yet*, making him very easy to locate. Garbe stands against the bright orange tiled wall, strapped with a guitar, doing his best to make a living through music. Although, he would prefer to play venue shows, which he claims to be less “soul-sucking” than his subway station gigs.

“You get people like this walking pass you all the time, giving you dirty looks, saying mean things to you, and you're just trying to create good vibes,” said Garbe.

Despite the seemingly discontented passing com-

muters, a study conducted by the Toronto Transit Commission showed that 74 percent of customers favoured having subway music during the first run of the Subway Music Program, which began in 1979.

Jahfaa and Garbe, like the 73 other TTC subway musicians, hold a special license that allows them to perform in designated spots that are marked by yellow dotted lines. They've been performing for the last two years with the permits they have obtained through a fairly complex and competitive process.

The TTC holds its Subway Musician Auditions once every three years and those selected are then offered a permit in exchange for a \$200 fee.

I suppose when considering the intricate process of getting in, it's no surprise that I encountered so many remarkably talented musicians during my subway-station hunt. However, being unaware at the time, my encounter with violinist David Rabinovich actually blew my mind.

I came across the older man, well-dressed in a beige sweater and matching fedora. He was packing up. However, when I approached him he was more than happy to continue playing.

“I have a repertoire of six hours of music at least,” he said with a thick Russian accent.

Rabinovich plays a stunning 150-year-old violin, that holds as much character as his mature face, and he plays it with pristine excellence. His rendition of *Ave Maria* nearly brought me to tears in the middle of the hectic and congested, ad-splattered subway station.

His caliber of playing was of such high regard that I could have listened to him for hours.

Rabinovich, a Russian-born bee-keeper, violin teacher, and subway busker, believes it is important to

spread the arts throughout the more cultureless places in the community, like subway stations. Although he admits it's often frustrating to play on this “stage,” having played for over 60 years at the most reputable venues in Moscow. In the busking world, he must play what will engage the passing commuters, which isn't necessarily what he actually enjoys playing, and even then, it's tough to get their attention.

“Some of the children, they pull the parents,” he said.

“But the parents are like zombies and they pull the children away and I think, ‘why don't you stop for them?’ There's no obligation to pay. The obligation is for me to give fun. If I'm not doing that, then that's a problem.”

Perhaps in some cases the commuters genuinely don't have the time to stop and enjoy the music. Or maybe it's the general misconception people have about these buskers. Some mistake it for a form of panhandling while others argue that buskers are simply providing an art and staying put, leaving the choice to tip in the hands of the audience.

For this reason, busking can be an exceptional way for musicians to improve their skills, as they perform for what are likely the toughest crowds they will ever face.

Take Ben Roscoe for example, a busker I met outside of a fish store in Toronto's Kensington Market.

“I come out and busk more for practice than anything else,” he said.

Roscoe performed adaptations of classic blues ballads and folk songs, equipped with an acoustic guitar and harmonica and dressed to suit in a flat cap and fingerless gloves. I could tell he'd been busking for a

while. He was a pro at making eye contact and engaging the passing pedestrians.

Roscoe's first-ever busk was accidental. When he was eight years old he played violin in the Youth Symphony Orchestra of Orillia. He was in a park, showing a friend a new song he had learned, when a passerby threw a quarter in his case.

“I was like, ‘I just got paid to play music,’” he said in a surprised, childish tone.

Once he realized the potential money to be made, he went to the farmer's market to try and make some tips. Roscoe now works as a full-time arborist, but has been busking ever since. He says he found it was exceptionally useful when he travelled through Europe, as any barriers can always be broken with the universal language of music.

“My favourite thing when I'm travelling is that I don't need to know anybody. I get off a bus or a plane or wherever I am and I just go and play and I meet people and I make some money and something happens.”

Roscoe's theories made complete sense to me as I walked away, through the busy Sunday streets of Kensington market. I thought about what he must've looked like busking at eight years old and it reminded me of B.B. King's story, who also started as a child, busking on the streets of Mississippi for change.

After three days of exploring the busker community in the bustling metropolis of Toronto, there was one thing I knew for sure. The buskers are putting themselves out there and undoubtedly bringing a sense of the arts and expression to the communities. I think they deserve a round of applause. **For more images visit: <http://www.carlaantonio.com/stories/#/buskers/>**



Ben Roscoe performs a blues ballad in Kensington Market in Toronto. When asked what he likes about the gig he said, “I like everything about it. I just love playing music.”



Busking musician Haruka Nishide performs a rendition of *Daydream Believer* by The Monkees in the city. Nishide is busking in hopes of earning enough money to go back to his native Japan.



Violinist David Rabinovich is a Russian-born bee-keeper, violin teacher, and subway busker, who believes it is important to spread the arts throughout the more cultureless places in the community.



David Maracle on the flute, with his brother Jonathan Maracle on the guitar, as they play together at the Stage Red season finale.

‘MARACULOUS’ POWER OF MUSIC

PHOTOS AND STORY BY MAGGIE NAYLOR



Jonathan Maracle and his son play the native drum while singing.



David Maracle is absorbed in playing the pan drum for the season finale of Stage Red.

My first encounter with a Maracle was at Madoc’s 2014 Drum Nation Festival, and eventually he changed the way I thought about music. As I went from tent to tent on the premises of the event having my aura read, and being pressured to meditate with special oils while receiving angel cards, I wasn’t sure I was in the right place. I had imagined large crowds of people from far off places unable to contain their love for drumming.

Instead I was walking around in the rain unable to find shelter with people trying to my aura. I certainly did not belong, but was trying to be as objective as I could so I could write a story. Eventually I sat down under the performance tent and a woman told everyone to close their eyes and open their palms to receive the full power of relaxation produced from the sound of her running a stick around a large vase object resembling the sound of someone running their fingers around a wine glass. Just as I was deciding to run, or embrace my reality, David Maracle took to the stage.

He brought what looked to be a massive heavy-duty suitcase of wooden instruments I had never seen before. He started out

with a small drum and drumstick one of the only things I recognized and slowly got more and more elaborate as if to reward the people who stayed for the whole progression. You never knew what he was going to pull out next. After the small drum he took out a large wooden flute. I grew up with the Narnia books being read to me, and I immediately thought if I was ever to hear the flute noise Tumnus played to make Lucy fall asleep, it would have been the sound of David Maracle playing his flute. Once he got through a variety of flutes he brought several people up on stage to play together. They all got right into it, and when a young boy took this opportunity to jump up on stage and dance right next to David as he played, he was unphased. The boy stayed on the stage for the rest of the performance.

It is no surprise that when I saw he was having a season finale concert at Stage Red (his own stage performance courtyard) in Tyendinaga later that month I packed up to go shoot it.

When I arrived the performance had already started. I walked through the Stage Red wooden gates to a fairly crowded backstage trying not to knock anyone down with my outrageously

large and solid lighting bag. As I got there Maracle recognized me, and asked if I was hungry. I was, and he let me have some of the unbelievably good meal they were eating earlier. As I got to the stage, curling up on the rocks just below, I was witness to some exceptional talent. People coming from all over to take part in the season finale for Stage Red.

What stood out to me were the performances of the Maracle family. While some of their performances were of the modern music variety, they were determined to let their Mohawk ancestry shine through everything they produced. It was clear their music was not only for the audience but also for themselves.

Each bang of the drum and every breath of the flute was a spiritual experience.

It had me thinking about the connection we all have to music whether it be running a stick around a vase, playing a flute, or getting lost in an electrical guitar. Any form, whether it be understood by the audience or not gives leave to be respected. As Hans Christian Andersen had once said “Where words fail, music speaks.” For more work visit: <http://www.emaggienaylor.com/singles#1>



David Maracle, his wife Kimberly Maracle and his brother Jonathan Maracle play together with various artist friends to end off the season finale.



Jonathan Maracle in a trance, as he performs for the Stage Red season finale.