



Photo by Giovanni Capriotti

## A chilly job

Dressed for the weather, Paul Hardy sits on the corner of Sidney Street and Parkdale Drive Thursday. Because of this week's bad weather, many pedestrians walked on roads, making the daily commute to work a long journey as Canada braced for a week of continuously poor travel conditions. For a story and photos on the weather, see page 4.

# Slow economic growth expected

*Jobs and housing sales expected to increase over the next year*

By Jeremy Mckay

Belleville will continue to see slow economic growth in 2015, according to an Economic Outlook report.

The report covers the Kingston-Pembroke economic region and was prepared by the Bay of Quinte Chamber of Commerce and Credit Unions of Ontario.

The report states the Kingston-Pembroke region will experience employment growth at 1.2 per cent in 2015, compared to the 1.4 per cent decline in 2014.

Housing sales declined in 2014, but are expected to pick up their year along with increased housing prices. As well as the private sector, investments are helping drive economic growth in the region this

year.

"The City of Belleville in general from what I understand has little or no growth right now," said Richard Courneyea, newly elected president of Belleville's Chamber of Commerce.

Courneyea was recently sworn in as Belleville's Chamber of Commerce president on Jan. 31 at the chamber's 150th anniversary celebration.

"Traditional methods for attracting growth in our community may not be quite as effective as we hoped," said

Courneyea. "We need to figure out collectively as a community as to how to satisfy growth and moving forward."

Unemployment took a jump in 2014 when Sears Canada close the Belleville call centre doors and restructuring its distribution centre, affecting 529 local jobs. Other small businesses were closed in the area as well that impacted residents.

In 2015, Belleville will see the creation of new jobs with the Strathcona Solar Initiatives expansion in the Belleville region, FedEx completing a new parcel centre,

Vision Transportation systems expanding their warehouse, and Belleville General Hospital's new education centre.

"The report outlines a series of mixed results providing examples of positive news while highlighting some downward trends," said Bill Saunders, chief executive officer of the Belleville and District Chamber of Commerce in a news release.

...See Outlook, page 2

# Patient care co-ordinators out on strike

*Hospital spokesperson says there's little backlog of patients waiting to be assessed*

By James Paddle-Grant

Picketing continues outside the Community Care Access Centre (CCAC) southeast region in Belleville as patient care co-ordinators have been on strike since last Friday.

The co-ordinators, along with the majority of Community Care Access Centres (CCAC) across the province, are currently withdrawing their services.

With picket lines along the road, the health-care professionals say they have been fighting to avoid yet another wage freeze, similar to what they were dealt in 2011.

The CCAC's southeast region has 212 members of the Ontario Nurses' Association currently on strike. The southeast region, covering from Brighton (west) to Brockville (east), serves approximately 13,500 patients daily.

"We have 12 CCAC co-ordinators who work in our hospital to help match patients as they're being discharged to services that are available in the community," said Quinte Health Care spokesperson Susan Rowe.

Rowe further added "the CCAC has put in contingency plans so the care co-ordination is still occurring.

"So at this point we are seeing a very small back up of people waiting a little bit longer than they normally would.

The Community Care Access Centre



Photo by James Paddle-Grant

**Members of the Ontario Nurses' Association picket in front of the Bay View Mall Jan. 30. They are protesting a possible wage freeze.**

provides and oversees home care services, which include nursing, personal support, therapies, equipment rental and IV medications. The services are given to those who are in need of care but are unable or unwilling to go to a hospital.

"There was a percentage increase given

to other nurses in hospitals and long-term care. We are not looking for the same rate of pay, but we are looking for the same percentage increase in wage that's on par with what they got," said a protester, who didn't want to be identified, on Friday.

"Just so we're valued as we contribute

to the health care system. We offer a lot and we need to be valued for what we offer," she added.

Both sides agreed that with the CCAC strike, if home services are not provided, it could slow down public health services for new patients.

"If someone needed IV medication every eight hours, instead of getting it at home, they would have to return to the emergency room every eight hours," said a second picketer who also chose not to be identified.

Rather than providing the healthcare services at home, patients will have to go to hospitals for further treatment. The upsurge of clients in hospitals leaves the chance of severely increasing the wait-time at hospitals, added the picketers.

Gary Buffett, southeast CCAC communications manager, said that despite anticipation that there would be delays in the system, they have been on top of things since the strike.

"We've been working with our hospital partners on contingency planning. So far, the system is moving okay. We're getting people out of the hospital with no backlogs yet," said Buffett.

Buffett noted that the organization has a team of managers who are regulated health professionals. They are processing deferrals, ultimately getting patients into the CCAC system.

"We have calls with the CCAC every second day to assist and monitor the situation and make sure that they're able to provide appropriate support in the hospital," said Rowe.

"So far it's working as best as it can in the situation. We do have some patients who are waiting for care co-ordination, but that number has been manageable," added the QHC spokesperson.

The strikers say they plan to continue to protest until further notice, although they hope to reach a settlement in the near future.





Photo by Franki Ikeman

**Lauren Deans, registered nurse at the Loyalist Student Health Centre, demonstrates with one of the college’s two SAD light boxes at the health centre Tuesday. Deans says the lights work well for people who are suffering from SAD, or Seasonal Affective Disorder, and students can use them on a walk-in basis at the Health Centre.**

# Don’t be SAD, be happy

By Franki Ikeman

Students at Loyalist College now have a way to beat those winter blues, thanks to the Health Centre’s SAD light box therapy.

Seasonal Affective Disorder, or SAD, is a type of depression that comes and goes with the seasons.

“If you live in Canada and, well, a lot of the northern United States and what-not, the sunshine that we get just isn’t enough. Unless you can park us down by the equator for X number of days out of a month... that would be wonderful but that’s certainly not financially feasible. We just don’t get the sunlight that we need,”

said Lauren Deans, registered nurse at Loyalist’s Health Centre.

The college now has two light boxes for students to use as treatment for SAD.

The light boxes, though not as effective as time under the sun, work to filter out most of the harmful UV rays to deliver a light that mimics actual daylight.

“SAD lights, what they can do is replace the sunlight that we’re not getting when we’re down in bunkers. They basically replace the set sunlight so you actually do get the ability to use your Vitamin D and convert wonderful things to make your serotonins,” said Deans.

Symptoms of SAD include irritability, fatigue, lack of concentration, oversleep-

ing, appetite changes, and weight gain, among other symptoms, according to the Mayo Clinic’s information page on the condition.

Although some people get SAD in the spring and summer, it is most commonly seen in the fall and winter, when daylight is limited.

Deans said that the lights get used frequently between November and March. Feedback on the helpfulness of the lights has been good and the health centre has seen many repeat customers.

Other treatments for SAD include anti-depressant medications and therapy. Deans said that one of the benefits of the light treatment is that it is non-chemical

and doesn’t create dependencies.

Use of the lights is on a first-come, walk-in basis. Students are set up in a room with a desk and one of the lamps. You can bring your homework, a book, or just play on your phone during the 20-minute treatment.

“It’s best to be used in the morning or early afternoon because if it’s used to late in the evening, it can actually cause sleep disturbances. Even though it’s not a pill and it’s not a gel or anything like that, it’s very effective,” said Deans.

The lights were purchased about a year and a half ago with money given to the health centre by the student govern-

# Dodgeball league for fun and entertainment

By Joel Watson

Every Monday night, eight teams of adults gather at one of the many schools throughout Belleville to play dodgeball, a sport that most have not played since they themselves were in school.

“It’s a Quinte Sport and Social Club event,” said evening sports facilitator, Amelia Campbell.

“It’s basically entertainment for adults.”

The QSSC dodgeball league is a non-officiated league where the players can referee the game themselves, with

the exception of a neutral facilitator to clarify rules.

“I’m not technically an official or a referee,” said Campbell.

“I’m just basically here to make sure people don’t fight and beat each other up.”

Each team consists of nine to 12 players, with only six players on the court at a time with a minimum of two men and two women. Some of the teams are made up of people who work together, friends, and even some that just sign up individually.

“It increases morale with your friends or your job if

you’re on a team together,” said Campbell.

“It’s a great way to meet people if you sign up as an individual.”

Each of the eight teams play one game a night to move up in the standings for the playoffs, in order for one team to be named dodgeball champions.

The dodgeball league is just one of the many exciting indoor sporting events that the Quinte Sport and Social Club has to offer.

For a multi-media version of the story, go to: <http://www.qnetnews.ca/?p=49117>

# Buddy the horse getting lots of love after rescue

By Nathan Zbeetnoff

Josslyn Cousins saved a three-year-old stallion, Buddy, from being turned into dog food.

Imported several years ago from the United Kingdom to Ontario, Buddy later became one of many abandoned animals at a farm in Haldimand County.

The horses should have been sent to a special auction at Woodbine Race-track, Cousins said, but they were instead shipped to regular auctions.

Someone did manage to rescue Buddy, but unfortunately, many of the horses sent to the regular auctions didn’t make it because of travelling conditions; packing them tight onto trailers.

“It wasn’t in a safe way,” Cousins said.

Buddy went through three separate auctions. The first two people originally thought that they would be able to make a lot of money off of Buddy, but when they couldn’t, they simply sent him back to the auction.

“It’s crazy because he has really good bloodlines. He was a stallion when I bought him ... he could have been a breeding stallion,” Cousins said.

Cousins said the third auction is frequented by meat buyers.

“He was basically on his way to being dog food,” Cousins said.

Members of a rescue group, Need You Now Equine, went to the auction in the hope of bartering with the meat buyers to save the horse.

Luckily for Buddy, the meat buyer was willing to allow them to bail him out if they could find somebody to buy him for \$450 within two days.

Need You Now Equine put a post on their Facebook page. Cousins had plenty of hoops to jump through herself, but managed to communicate with Need You Now Equine and pay for Buddy online without any issues.

“I paid for him without seeing this horse, or knowing what he was like ... He could have been crazy,” Cousins said.



Photo by Nathan Zbeetnoff

**Josslyn Cousins and her horse Buddy go for a walk together on El Samar Arabians property, owned by Jo Mainprize.**

Some horses are subjected to abuse while they’re waiting for the trailer to bring them home.

This put stress on Cousins while she was waiting the five days for Buddy to arrive.

Cousins now keeps Buddy at El Samar Arabians, the farm owned by her aunt, Jo Mainprize in Trenton.

I bought Buddy in hopes of having him as a prospect for showing,” Cousins pro-

claimed.

The first thing Cousins noticed when Buddy arrived at Mainprize’s farm was his condition. Buddy was frail and thin. Cousins said she believed that his hooves had not been trimmed even once.

“Horses should have their feet trimmed six to eight weeks,” Cousins said.

Buddy made it difficult for Cousins to help him. He wouldn’t let her pick up his

feet. He was not behaving and she said she believes this was because of the tiresome journey he had been on.

The first thing Cousins had to do was quarantine him, making sure that he was not infected with strangles, a highly contagious infection for horses and other equids caused by Streptococcus equi, a bacterium. Cousins quarantined Buddy at El Samar Arabians, dedicating any tools that she used to Buddy.

## Outlook...

*Continued from Page 1*

“We continue to believe that Belleville specifically and the Quinte Region in general are experiencing more gains than losses.” Saunders explains that the economic trend in the Quinte Region is better off than the rest of the Kingston-Pembroke region described in the report.

“This report covers a very wide region and unfortunately at this time it is hard to to break the numbers out to just the Quinte region,” said Suzzan Andrew, the general manager at the Quinte West Chamber of Commerce in a news release.

Andrew explains local economic development officers feel the high unemployment rate and low job creation numbers are not reflective of the Quinte region, although they agree on the stagnant population growth. Andrew states that the region should concentrate on attracting more people to live in the area.

To view the 2015 Economic outlook for the Kingston-Pembroke Economic Region Report, visit the Belleville Chamber of Commerce website: [www.belleville-chamber.ca](http://www.belleville-chamber.ca).

## Muslims hold peace rally

By Nick Tardif

The organization Canadian Muslims for Peace held rallies in Toronto, Ottawa, London, and Kingston last Saturday in an effort to help bring awareness to Canadians across Canada, and to show that they do not stand with the extremists.

One of the speakers at the Kingston rally was Mohammad Saleem, the president of the Islamic Society of Kingston.

“Today, we have this gathering, we call it a peace gathering. It is for expressing as a Muslim that we stand for peace. We stand for peace in our country, in Canada, in our cities, in Kingston, and all over the world. We want to extend to the Canadians that wherever some form of violence occurs under the guise of Islam, we don’t own it, we condemn it.”

Saleem says there are three main points for Muslims in Canada to focus on, including communication, engagement, and service. Saleem said he believes these three points are essential for Canadian Muslims to integrate into their communities.

The three points laid out by Saleem will also help Muslims be understood as members of Canadian society. The first is based upon communication being essential for understanding and quelling the fears and concerns of different cultures within the communities, he said.

Saleem explained engagement is about Muslims joining in with neighbours and their community and joining in conversations, while service is about giving back to the community in which they live.

In the spirit of service, the Kingston rally was also about giving back to the community. As such, Ted Hsu, Liberal MP for Kingston and the Thousand Islands, was in attendance, participating in the gathering of donations for The St. Vincent De Paul Society of Kingston. Judy Fyfe, the executive director of St. Vincent De Paul, also attended to receive the donations.





Photo by Sarah Robertson

Joe Callahan and JOPéDO, a folk and blues trio play at Beauford Pub last Saturday. The band has been playing together for a year and is made up of retired Loyalist College media teachers.

# Retired Loyalist media teachers share their passion for music

By Sarah Robertson

JOPéDO!, interpreted means ‘get drunk to the virtue of music.’ This phrase perfectly describes the lads that make up the trio, Joe Callahan and JOPéDO.

“Pete (Snell), Doug (Wicken) and I were rehearsing and we wanted to come up with what we were going to call ourselves. Doug was suggesting we call ourselves the Joe Callahan trio and I said ‘no, I don’t really like that because that relegates you guys to sort of a side man roll,’” said Callahan, singer/songwriter of the group.

“I wanted us to be creative together and I wanted us to be equal contributors to this creative process when we’re performing.”

At one of the band’s rehearsals it was Snell’s wife, Carol, who was in the background listening to the men discuss what they were going to call themselves. In the middle of a song, she said, JOPéDO!

“JO for Joe, Pé for Peter and DO for Doug, but it has to have the hard é. Pedo is another word in Spanish which means fart!” they laughed.

The folk/blues band was formed a year ago while the

three were working as media teachers at Loyalist College.

“Now I’m retired from the school. As they say, that gig is over,” said Snell.

“I’m taking a course at the University of Saskatchewan in English a second language. I’ve got some walking projects going. I’m going to walk 900 kilometers this April in Spain. And I’ve got some writing stuff that I’m engaged in now. I’m learning languages like crazy,” said Snell, the band’s multi-musician.

Individually, the trio has been involved with music since they were young.

“I think I was born singing! My first conscious memory of singing was in the church choir and in school,” said Callahan.

“We had a music teacher and he taught scales, choir and harmony. I’ve just always loved singing. I love the feeling of singing,” he added.

“I started playing the saxophone in high school. I wanted an easy credit and I got hooked on it right away. I’ve been playing the double bass for 51 years,” said Wicken.

The band covers old classics as well as performs

songs written by Callahan.

The trio is very passionate about music. They not only enjoy performing, but they enjoy sharing their music with people.

For Callahan, it’s about sharing an emotional encounter through music.

“I had the aha moment when I was at a conference. I used to work in the native community for three years and we had Mohawk dancers performing their cultural dance at this conference,” said Callahan.

“Their leader came out and said we aren’t performing for you tonight and there was like a hush in the room... like oh, why? What happened? It was really powerful. And then the pregnant pause was let go and he said what we’re doing is we’re sharing with you tonight. Sharing our culture and who we are. And I thought, ‘Oh man! That’s what it is!’ And that kind of enabled me to feel more comfortable in performance mode. Call it a performance if you like, but for me, it’s me sharing a song with you and what that song means to me. It took me a long time to get to that place,” explained Callahan.

The gang is preparing for their next show on March 7 at the Thomasburg Hall in Tweed.

## Changes made for transgender prisoners

By Michele Weisz

The transgender Community in Ontario has won another small battle for equality and human rights.

On Jan. 26, Ontario’s minister of community safety and correctional services, Yasir Naqvi, made an announcement in Toronto regarding a new policy for how transgender prisoners will be housed in Ontario. The policy states that Ontario prisoners will now be housed based on how they self-identify rather than by their sexual characteristics.

Bryonie Baxter, executive director for the Elizabeth Frye Society in Ottawa said she believes that this “innovative policy” is a positive step for trans prisoners and for human rights in Ontario. “It sends a signal that in Ontario we take human rights abuses against transgendered people seriously,” she said.

Changes include integrating trans prisoners into the general population. Trans prisoners will be referred to by the gender pronoun of their choice. (A trans woman will no longer be identified as “he” or “him.”) Trans prisoners will be allowed to keep prosthetic devices which they feel is necessary in properly expressing themselves. The prisoners will have the right to choose whether frisk searches are conducted by a male or female guard.

Naqvi said at the press conference that he believes that the policy is “the most comprehensive policy in Canada for respecting the human rights-related needs of trans individuals in correctional institutions.”

The policy is currently the only one of its kind in Canada. It affects prisoners of provincial correctional institutions serving two years or less. “No other jurisdiction in Canada has such a policy. In fact, one of the things that I’ll be doing is sending a copy of our policy to all other my colleagues across the country,” Naqvi said.

Correctional Service Canada’s policy is to house trans prisoners based on how they self-identify only after having undergone gender reassignment surgery. Its website explains that pre-operative male to female offenders will be held in men’s institutions and pre-operative female to male offenders will be held in women’s institutions.

Correctional Service Canada’s website states that this condition may not even exist. “Where there are reasonable grounds to believe that such a condition exists, a referral by the institutional psychiatrist shall be made to a psychiatrist... if and when available, for an assessment and possible diagnosis of gender identity disorder.”

This policy will go into effect in March 2015. Also in March a comprehensive training program for correctional staff on how to deal with these new procedures begins.

The policy follows an amendment made to the Ontario Human Rights Code. The code previously stated that all Ontarians have the right to be free from discrimination and harassment because of sexual orientation. In 2012, Bill 33 (also called Toby’s Bill) was passed to include the terms ‘Gender Identity’ or ‘Gender Expression’.

Baxter said that she has seen “all manner of human rights abuses” for trans prisoners. Baxter tells of one trans woman who was held overnight in a cell with two male sex-offenders. The woman was “greatly at risk”, not to mention the impact on her “psychological health as well as her safety,” Baxter said. The Elizabeth Frye Society lodged a complaint with the ministry and to the press.

There are numerous stories of abuse and humiliation of trans prisoners, but an unlikely person may have had a hand in causing a policy change. She is not from Ontario. She is not even Canadian.

In 2014 a UK comedienne travelling home was detained at Pearson International Airport in Toronto. She was held at a correctional facility for 20 hours because of an expired visa. Avery Edison was held at Milton’s Maplehurst Correctional Complex for men. Her passport stated that she was a woman. After her release, Edison lodged a complaint with the Human Rights Tribunal of Ontario. It was Edison’s experience that caused a flurry of media attention both here and abroad.

Baxter said she praises the current minister of community safety and correctional services’ decision. “This minister has certainly taken steps... He has done more than the ministers before him. I applaud his integrity,” she said. She also said she believes that trans people have a long way to go before they are truly accepted by society.

Stacey Jennifer Love is co-ordinator for TRANSforum, a Quinte support group. She is a Pride Belleville committee member. Love, a trans woman, agreed with Baxter, but also believes society’s perceptions have come a long way from when she was growing up in the early 1970s.

Love tells of a time when she was 14. She was arrested and detained just for wearing a dress. She said she was subsequently beaten by the police. She was eventually let go without being charged.

“That’s how the attitudes have changed,” Love said. She believes that the policy is a positive step to how all trans people, prisoners or not, are viewed and treated. “From where it’s come since I was a kid to where it is now, if it just keeps going this way, I’ll be happy,” she said.

# Singing helps soothe the soul

*Loyalist Community Choir performs at open houses and city events*

By Sarah Robertson

The Loyalist Community Choir sings happy tunes despite the loss in numbers over the last few months.

The Loyalist Community Choir, which was started in January 2012, has had low numbers this year with people getting busier with schoolwork and it’s been hard to keep members’ attention.

Pam Fairbank is the faculty advisor for the choir.

“I’m the unofficial manager,” Fairbank joked.

“Since we’ve started, we’ve easily had 100 people come and go. It’s hard when people are also in classes. But we’ve got a good core of people who are either faculty, staff or alumni that can make open houses and stuff like that.”

“I think it’s losing members because it is not competitive like sports. You just kind of show up and get to sing.”

“The problem is it does involve a lot of teamwork, so people being there does matter a lot. However with school schedules, work and/or other team involvement, finding time for the choir can be tough. I know that firsthand because I had trouble making it to practices because of my work schedule,” said new member Ashley Clark.

“People have to want to sing and be involved and it’s lack of interest from the college that we’re struggling with. Perhaps if more people knew about it, there would be more interest,” continued Clark.

Although it’s been difficult to keep members, the choir has been very successful with their concerts since the



Photo by Sarah Robertson

Keri Kirby directs the Loyalist Community Choir at their weekly Wednesday practices. The choir is preparing for graduation.

beginning of the school year. They’ve performed at school open houses and at events in downtown Belleville.

They’ve also performed at the president’s Christmas reception and had fun performing in a flash mob before Christmas.

In December, 2014, Fairbank sent a request to the student government ask-

ing for funds to cover the expense of the choir director.

The request was denied, which now leaves the group to try to fundraise.

“I’m trying to get us through to graduation so we can perform ... which we’ve done a couple of times,” Fairbank said.

“I think it’s nice and I think it sort

of makes a difference. And it’s nice for the kids who are actually graduating to perform too.”

Fairbank is very passionate about the choir. She said it’s a great way to re-energize yourself.

“It’s a major stress reliever and I don’t think students realize that,” she said.





Photo by Tristan Urry

A snow storm rolled in Tuesday night over the Bay of Quinte. The bay is a very popular spot for ice fishing when the weather permits. The season had a late start but it seems to be picking up lately.

# Winter wonderland

By Nathan Zbeetnoff

Drivers found their vehicles spinning out of control Wednesday morning, as the second major snowfall of the winter hit the Quinte area harder than expected.

Jessica Brewer, 18, is a Loyalist College student currently enrolled in first-year of social service worker program. Brewer said she is taking her time this winter season, avoiding the outdoors as much as possible.

“I tend to think that the first snowfall is really nice and pretty, but then once it starts to get wet and slushy, I just don’t like it,” she said.

The weather seemed to catch local residents by surprise, with vehicles sliding all over the road.

Brewer commutes from Trenton to Loyalist and she said the 15-minute drive was scary.

Thankfully, Brewer has not run into any accidents this year.

Brewer said she is making the best out of the rough weather outside and rallied together with friends to make snowmen, snow angels and even snow forts.

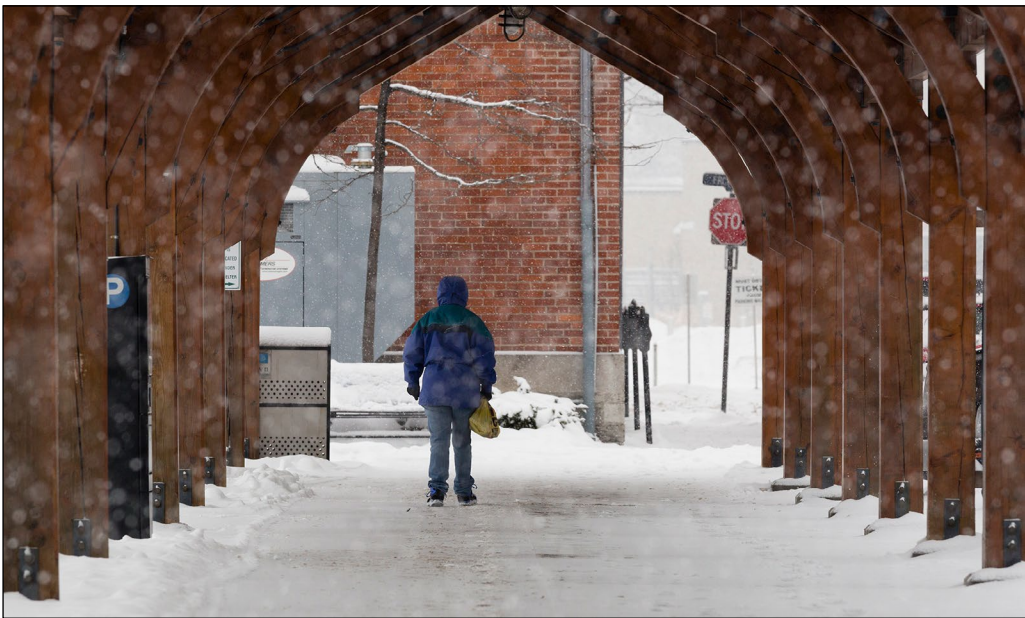
“I like winter in December and January, but then I don’t like it anytime after that,” Brewer said. Having this winter storm near the beginning of February is not thrilling for Brewer.

She said the rough winter weather is turning her stomach, and making her feel unmotivated. She’s spending more time inside watching Netflix, she said.



Photo by James Paddle-Grant

Fabian Ogden throws a snowball on a sunny winter morning on Friday Jan. 30. Ogden enjoyed a day in the snow after poor weather conditions closed his school.



(Left) Belleville residents awoke to find lots of snow on the ground earlier this week.

(Right) A woman crosses the bridge on Catherine Street over the Moira River this week.

Photos by Bryan Eneas



Ril Giles (right) throws a “stone” in a chilly match of pond stump curling, the Prince Edward County “spin” on a traditional Scottish winter pastime, on Jan. 31. Sorsha Drover tries to figure out the finer details of curling.

Photo by Bradley Ruszkowski



On the street

Bryan Eneas asked people at Loyalist College the following question:

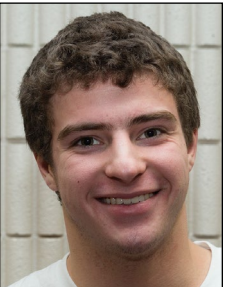
Because of low gas prices, are you still going out to Tyendinaga to fill your vehicle?



Sandy Marchand, 24, customs and border services, “Yes, I still go to Tyendinaga to put gas in. The guys out there, they give the best service, they’re always smiling.”



Sonya Dronsfield, 21, Loyalist grad, “I’ve only been out to Tyendinaga twice in the past three years to put gas in my car.”



Mitchell Thomson, 18, media experience, “I pretty much stay in Belleville to fuel up. It’s just easier for me to do that because it’s closer.”



Sam Proctor, 19, architectural technology, “I still go out to Tyendinaga every week to fill up my truck. I go there anytime I need to fill it up.”



Jocelyn Sippola, 23, business administration, “I haven’t put gas in my car out in Tyendinega recently. I usually fill up anytime I pass through there. I just haven’t gone out that way in a bit.”



Jake Scully, architectural technology, “Because gas is so cheap in town, I don’t feel the need to waste my time or money just to get gas out at Tyendinaga.”

Editorial

Is the war on drugs a losing game?

Since the 1970s, the global war on drugs has lead to unprecedented numbers of incarcerated people either suffering from drug addiction, or charged with possession.

An estimated 1.5 billion people were arrested in the United States last year and most for drug possession.

With drug possession comes the stigma of being a drug addict and with a stigma comes huge prejudice from all areas of society, including and most especially, from the health-care system.

Drug addiction is not a crime: it is a mental health issue.

The sad truth is that most health centres in Canada and the U.S. will turn away drug addicts, claiming there is nothing they can do for their addictions.

“They just need to start to get their lives together and become a real member of society,” is a common argument among some of the general public.

But what if, as a society, we collectively stopped blaming the drug addicts for their addictions? Let’s stop reprimanding the ones who need help and start treating drug addiction for what it is: a health issue.

Donald MacPherson, director of the Canadian Drug Policy Coalition, an organization with the goal of advancing improvements to Canadian drug policy, says a shift in the way we think about drug addiction is key to solving the problem.

“Canada unfortunately continues to head backwards in the drug policy arena with the introduction of mandatory minimums for low-level drug offences, which will make it more difficult for cities to implement supervised injection sites,” MacPherson writes in a posting on his website.

If Canada refuses to engage in the global discussion about alternatives to the war on drugs or consideration of decriminalization, we will watch the world speed ahead with progress while policy makers are still blindly discussing sanctions in a losing game.

Breaking the stigma of drug addiction should be the war we wage.

The cycle of drug addiction is to blame, not the addicts themselves.

In many cases, poor mental health leads to seeking comfort in drug use. The need for a fix results in the need for money, which can in turn result in crime for some drug addicts, according to a 2012 Statistics Canada report.

The issue of drug addiction does not begin and end with crime. It stems from the lack of correct mental health care for struggling individuals.

Canada needs to join the international shift in drug policy and social inclusion for drug addicts rather than employ the wasteful tactics of an invisible war.

Instead of a culture of fear, let’s collectively, as a society, promote a culture of care.

Hannah Eden

Safe drinking water a right for everyone

Canada is failing many First Nations peoples by not providing universal access to safe drinking water.

Even though the construction of the new water treatment plant on the Tyendinaga Mohawk Territory is finally coming into fruition, not everyone on the reserve will have access to safe drinking water. An additional \$40 million is required to put water into the whole community, according to Tyendinaga Chief R. Donald Maracle.

Clean water is the most essential and fundamental human right. For First Nations communities, it’s a cultural necessity as much as it is a physical one. It’s an inherent First Nations right to fish, hunt and trap.

According to the Health Canada website, the federal budgets of 2008 and 2010 each included \$330.8 million over two years (\$54.8 million for Health Canada) for the First Nations Water and Wastewater Action Plan. The Economic Action Plan 2012 extended the 2010 commitment until March 2014.

However, according to Aboriginal Affairs and Northern Development Canada, 73 per cent of First Nations water systems are at high or medium risk of contamination. Close to 120 communities are on boil-water advisories.

In recent news, the federal government has classified Winnipeg as one of the worst places for First Nations people to live in Canada following the boil-water advisory issued on Jan. 22.

The water crisis on reserves is an acute and critical situation.

The issue is definitely not about money, and it is certainly not about technology. The issue is about the right to safe water. It is about the responsibility of the federal government to ensure everyone has access to clean drinking water.

The federal government has taken responsibility over First Nations and reserves. At the beginning, the First Nations agreed to share their natural resources and water through co-existence with the Europeans.

That’s when treaties were formed and the First Nations Trust Fund was created. It’s a sizeable amount of monies that accumulates a sizeable interest, which is set aside and held by the federal government for the benefit of First Nations peoples.

Unfortunately, those treaties were and are broken.

We only need to look at history to know how committed the Canadian government is.

It’s a history of colonialism and environmental discrimination. First Nations were pushed and isolated to areas they have not chosen, away from their sources of water. Unlike most of Canada, in most cases, reserves have to rely on ground or surface water sources. Both are extremely vulnerable to pollution from agricultural or industrial contaminants. Communities were diminished through the residential school system, and First Nations were instead confined to small areas where they were not able to live a sustainable or traditional way of life.

Yet we cannot look only into the past.

First Nations are entitled to clean drinking water as much as anyone else.

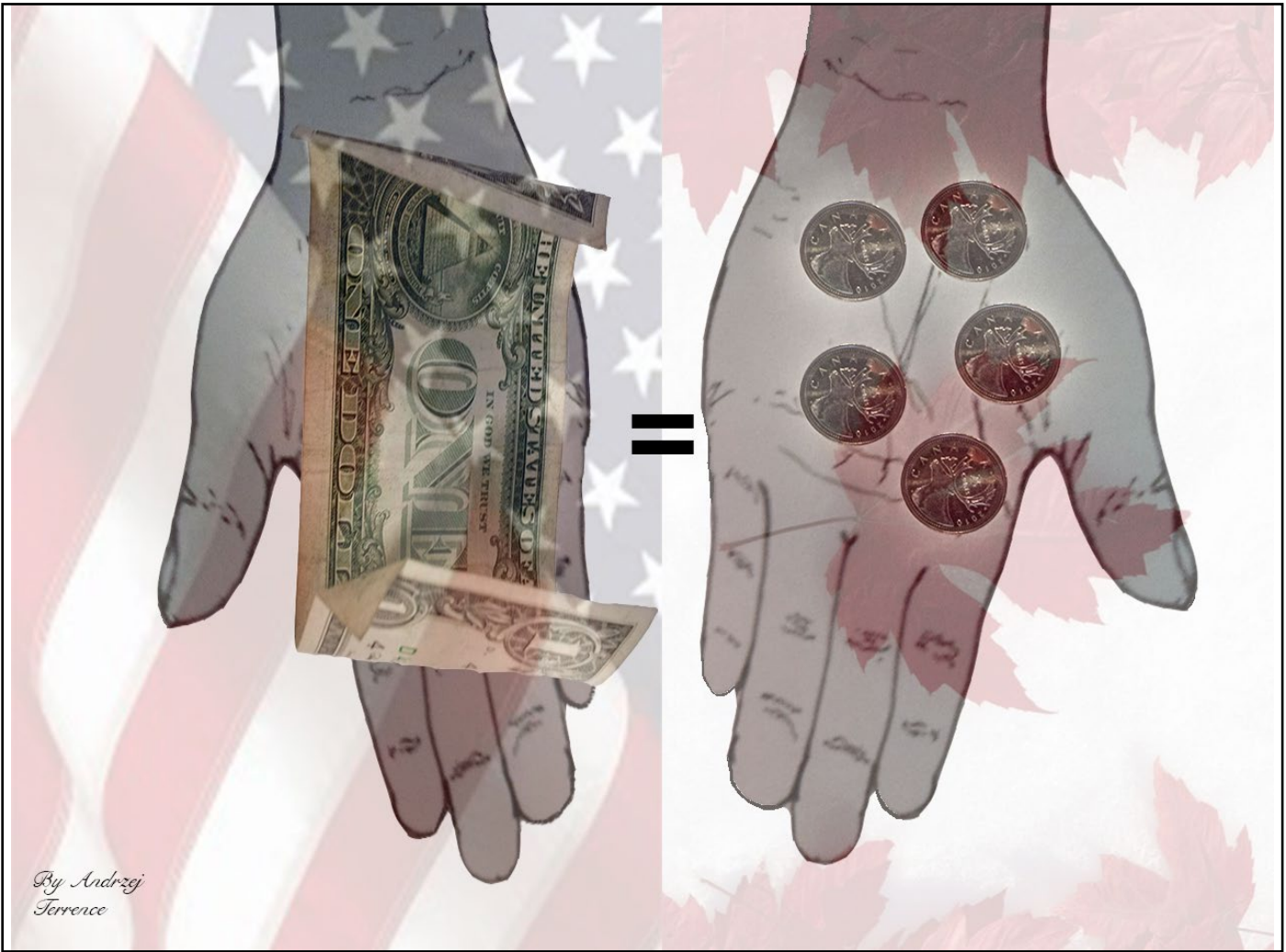
The federal government should honour signed treaties and bear the responsibility to implement policies to enhance the capacity of First Nations to manage their own resources to build proper infrastructure and education systems.

Continuous funding and support will bring about a strong economic environment, and only then, can growth be achieved.

Future generations will have better opportunities, better jobs and proper training to bring social and economic justice back to their communities.

It is the right thing to do.

Annie Sakkab



Opinion

Gluten free becoming a trendy choice

Few people diagnosed with celiac disease, yet many choosing to remove wheat from diet

By Joel Watson

With the many health foods that are out in the world, gluten-free has to be one of the most unnecessary and expensive lifestyle choices a person can participate in.

Gluten-free products have previously only existed for people who have celiac disease. This disease is a digestive disorder in the nutrient absorbing part of your gut, also known as the small intestine.

According to the Canadian Digestive

Health Foundation, approximately 110,000 people have been diagnosed with celiac disease. That’s not even one per cent of Canada’s population.

However, up until about a decade ago, the other 99 per cent didn’t even seem to care whether or not they were eating products containing gluten.

This seemed to stop when people such as Dr. William Davis, the author of the popular book *Wheat Belly*, started to suggest that gluten found in whole grains is the root of many weight problems.

Now, more and more people are trying to cut gluten out of their diets. It doesn’t make a difference for your health, but it will certainly make a difference in your bank account.

Gluten-free products costs are usually 2.5 times more expensive than regular food items. So why would you be spend-

ing more money on specialty goods when it does nothing to benefit you?

In fact, the gluten-free food industry, according to the consumer research firm Mintel, made an estimated \$8.8 billion in the United States last year.

On top of that, many of the gluten-free products you see on the shelf are almost absolute garbage for you. If you compare a gluten-free frozen pizza to a regular frozen pizza they’re both incredibly high in calories, fat and carbohydrates, but you’re paying almost three times as much money for the so-called gluten-free benefit.

Eating healthy food and maintaining a healthy lifestyle is incredibly important for everybody, but people need to stop looking for the gluten-free stamp and start looking at the nutrition facts.

It will make your body thinner and your wallet fatter.

Cities placing ban on winter fun

Kids need to get out and enjoy the outdoors on toboggan hills and rinks

By Sarra Lalonde

Between banning tobogganing and making a fuss over backyard rinks, they might as well cancel Christmas for kids.

All the fun winter activities should stay.

Growing up, I went tobogganing, I went skating on backyard rinks, and I played outside. I was being active and I was having fun. Today, you see kids playing on

their cellphones, gaming systems and on computers.

With cities such as Hamilton banning tobogganing and Cornwall making a fuss about backyard rinks, more and more kids will not be outdoors having fun.

I know that there are the “dangers” of tobogganing and skating, but let’s get realistic here. There are dangers with everything you do. You probably did all these things as a kid; now ask yourself, did you have fun? Your answer is probably yes, so why take that fun and excitement away from the next generations?

Across Canada many places have either banned or have had some sort of smack-

down on winter activities. There is nothing wrong with going out and having fun, being active and enjoying your childhood, or showing your kids how you enjoyed your childhood.

As long as you have rules and bylaws, you should be able to enjoy the winter activities.

Fence off areas that are not allowed to be used for tobogganing and set certain times for the rinks. This way there are no problems.

So ask yourself this: would you want to cancel Christmas for children? Your answer is probably no, so don’t take away the activities they enjoy.

# The Pioneer

The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.

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Ontario Community Newspapers Association



# INFOCUS



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Stacey Lyall, mother of three, spends time at Quinte Bay Boxing club sparing and learning with a community of women. Lyall boxes as a form of freedom, “I do it to let some anger out,” Lyall says. “I’m not an angry person, but it’s a release.”

# THROWING PUNCHES

Story and Photos by Hannah Eden

“I believe all sports are for male and female. So why would boxing be any different?”

- Stacey Lyall



Lyall takes part in a gruelling ‘after session work out’ at Quinte Bay Boxing Club. Lyall attends boxing three times a week as part of her fitness routine.

**THIS IS THE MODERN WOMAN.** I watched as they fought and ran and punched with their fearless, tireless energy in the boxing ring. These women in the John Howard Social Club building, sweating under the florescent lights, were the purest image of a modern woman. My own prejudice about female boxing ran quickly out of the door. I had entered in as the four women took part in 30 minutes of intense workout and core training – which, in my uneducated mind, looked more like grunting at the top of their lungs while the pounding of fists competed to be heard. These women were hard-workers. “This isn’t boxercise,” spat the coach. “There is no dicking around here, this is a real sport.” Most of the women in Quinte Bay Boxing Club are young mothers. In this small community of female boxers in Belleville, women laugh to each other as they throw punches intended to break bones. Bouncing backwards and forwards on the hall floor, Stacey Lyall, a mother of three, grabs her keys, thanks the coach for the great work-out and skips out of the ring saying, “Got to go pick up the kids, bye!” It wasn’t always like this. \*\*\*\*\* The Olympic Committee Executive Board did not recognize female boxing as a sport until the 2012 Olympics in London. Despite the historical evidence that boxing has been a competitive sport since 688 BCE, it has taken over millenia for this highly physical, contact sport to be recognized professionally for females.

The International Female Boxing Association is the voice of female boxing in a male orientated sport. One of the primary goals of the IFBA is to develop female boxing into a sport which will persuade Olympic Committees that women’s boxing is worthy of being included in future world games as well as garnering support for the future induction of women in the Boxing Hall of Fame. However, despite the necessary yet slow progress, female boxers have been pioneering their way through a male dominated community for years. Since the mid-90’s, Savoy Howe, the founder of Toronto Newsgirls Boxing club, a club offering special classes for female victims of violence and at risk youth, has been tirelessly devoting her time to the creation of equal opportunities for women. In November 2006, Howe’s hard-work finally caught media attention as she opened Canada’s first and only all-female and female-owned boxing club. It wasn’t until over half a decade later, in 2012, that the Olympic Committee recognized female boxing as a sport. While the international sporting organization continues to squabble in the public arena, Lyall wrestles with her own commitments as a mother and a boxer. “I am pulled in every direction during my daily life and I give 100 percent of my time to work and my kids,” shares Lyall. “When I go to boxing I leave my kids, husband and work at the door. This is one thing that is for me and only me.” The heavy, hot sound of fists hitting gloves is juxtaposed to the feminine dance Lyall creates with her feet as she

waltzes across the ring. Always paired with one or two partners, exclusive friendships are fused by casual conversation at the beginning of the session, as the women take turns to talk about their work week and their home life. The gentle reminders of what the women have left behind sit in pink gym bags on the side-lines. Engagement rings and car keys are exchanged for wrist-wraps and skipping ropes. Hunton, coach of both the male and female boxing groups, has seen many try and fail at keeping up with the workout. Men and women alike usually leave after the first two sessions, barely making it through the core training. Gender is clearly not a saving grace against the trials of a competitive training session. “My thoughts are that I am a strong woman that takes pride in exercising and staying fit,” says Lyall. “Boxing is a difficult sport, it pushes you to your max capacity and I love feeling mentally exhausted after one hour of boxing.” Her alternative sport involves rounding up her two oldest daughters to sit down quietly and complete math homework before a family meal. “If I had the option I would be at home with my kids everyday,” shares Lyall. However, despite the clear femininity exhibited in Lyall’s appearance and welcoming demeanor, becoming a female stereotype is the last thing on Lyall’s mind. “I believe all sports are for male and female,” said Lyall, “So why would boxing be any different?”



Lyall comforts her daughter, Callie (three) after a bump on the head during play-time. One of the Lyall family rules states “Keep your hands to yourself.”



Lyall spars with a partner at the boxing club. “This is the one thing that is for me and only me,” she says.





Pembroke Lumber Kings’ forward Ryan Casselman, steps over the boards for a Lumber Kings power-play. The game was played in Pembroke, against the Cumberland Grads, Friday Nov. 7.



Scott, Bill, and Kim Casselman praise Ryan after traveling 3 hours to watch him play hockey.



Casselman’s billet family, the Minns’ provide an extended family for the hockey team.

# Chasing The Dream

Story and photos by James Paddle-Grant

Anyone who knows Ryan Casselman, knows that although he’s a very quiet individual, his talents speak for himself while on the ice.

This year, Casselman moved on to the next level, jumping from playing junior C hockey for the Napanee Raiders, to playing junior A hockey for the Pembroke Lumber Kings as a 17 year old.

Beginning to skate at the age of three, hockey has been a major role in Ryan’s life, with his father Scott Casselman being a major influence.

Casselman has a strong connection with his family, as his grandparents and parents attend nearly every one of his games, travelling roughly three hours from Napanee to Pembroke to watch their son play.

Casselman made a name for himself as a hockey player last year, becoming the Empire B Junior C hockey league “rookie of the year” while playing for the Napanee Raiders. Casselman found the transition very difficult at first, as he noted he became homesick and began missing family and friends. He further mentioned that school played a large factor and that it was very helpful in his process of becoming more comfortable with the relocation.

“Once you start hanging out with the guys or your friends, you don’t really think about home anymore

because it feels like home. It just takes a little bit to adapt,” said Casselman.

When asked about the experience of moving from Napanee to Pembroke to live with a billet family, Casselman stated that although he obviously misses being able to sleep in his own bed and see his friends and family, Casselman genuinely enjoys the experience.

“It’s been awesome, I couldn’t ask for any better billets. There’s a lot more freedom but it’s also a lot harder with school and hockey” stated Casselman.

Scott Casselman mentioned that it has been very difficult for he and his wife, as they had to make the ultimate sacrifice of letting their son move out a few years early to chase his dream.

“If he doesn’t meet his goal, then basically I feel like I gave up on him a couple of years early where basically we would have two more years of raising him at home and I’ve kind of given that up for him to try to meet his goal,” stated Casselman.

Ryan Casselman noted that moving away from home forces you to grow up and start looking after yourself more.



Casselman, on his phone, communicates with peers from home.



Pembroke Lumber Kings’ forward Ryan Casselman, (back row, highlighted) listens to his coach, as he explains a drill, midway through a practice.

[Link to Gallery of Images](#)





Benjamin Slinn, 27, says that skateboarders have a strong sense of community because of the amount of time and effort they put in collectively. The struggles and successes they go through give them a common ground to relate.

## A COMMUNITY ON OUR OWN

Words and Photos by Bryan Eneas

The struggle of the rural skateboarder is a story that often goes untold. Skateboarding is often seen as something that goes hand in hand with street or urban culture, but there is a large community in Canada of people who skateboard in what most city boys would call the country. A Community On Our Own is a project that will tell the untold stories of the people who don't have the luxury of gorgeous marble plazas, perfect fourteen stair handrails, and the sprawl of the urban metropolis.

Day in and day out during the spring and summer months in Canada many people who skate have to make due with what their communities have given them. Many skaters can relate to the struggle of getting a park built in their communities, and some have little more than a mini ramp built in the middle of no where to ride every day.

Most small communities have nothing more than a hockey rink or a community center to keep the youth entertained. Skate parks are brought into many communities to give an other more affordable option to those who cannot afford the outrageous costs of hockey equipment and association fees that are an accepted part of hockey culture.

Most communities will without question construct a high cost and high maintenance arena or community center, yet when it comes to building a skate park a long and drawn out process is started of the community against the skateboarders. "A skate park will become a hot zone for youth indulging in drugs and alcohol," or "My child may hurt him / herself at the skate park," are two of the most common arguments against building a skate park.

Well, it's reality check time. Your child is just as likely to fall and break their arm on the ice as they are on a concrete surface. Another injury factor that is just coming to light is the concussion issue in contact sports. Football and hockey most

recently, have had a lot of issues looking into how head injuries acquired during play have a lasting effect on player's lives.

This is not to say that skateboarding is a totally safe activity, it is to point out the fact that these organized sporting events are just as likely to hurt your child as falling off a skateboard.

Drugs and alcohol are readily available anywhere, your child is probably just as likely to find them through friends on the hockey team as they are through friends at a skate park.

Skateboarding teaches many of the same values as most other organized sporting activities. Things like a strong sense of community, determination, commitment, and a drive to constantly improve are common qualities across many skaters around the world. The most important lesson that can be taken out of skateboarding, is no matter how many times you fall, you should get right back up and not let the trick / obstacle beat you down. A lot of sports will not teach you this value. You may learn how to deal with or take a loss, but you may never learn how to properly recover from it.

Skateboarding teaches real life values while connecting people with others who share a common interest. Because of this common interest, many long-term friendships are made by people who may otherwise never meet or have anything else to relate to.

The sense of community among skateboarders is almost unmatched by any other recreational activity / hobby / lifestyle. Across this great country there are many communities that may never receive exposure because they aren't Vancouver, Montreal or Toronto. With A Community On Our Own, I hope to raise awareness around communities where the spotlight may never shine in the limelight of the skateboard world.



Scott Seymour, 29, does a backside air on the "taco" at the skate park in Belleville, Ontario.



Liam Just, Connor Stone, and Matt Adams, prepare to play a game of S.K.A.T.E in Belleville, Ontario.



This mini ramp is located in Rossmore, Ontario, which is a tiny community located just southeast of Belleville.



Sam Proctor , Blunt stall in Rossmore, Ontario.



Jonah Melnyk tightens his trucks while skating through a broken forearm.



Scott Seymour, Logan Burness, Jonah Melnyk, and Noah Scott watch their fellow skaters at the Belleville skate park.



Liam Just, 17, enters the Sky is the Limit skate park loacted in Trenton, Ontario for another day of work. Just splits most of his free time between the Belleville and Trenton skateparks.

For a gallery of images, and more information about A Community on Our Own, take a look at <http://www.bryaneneas.com>





Robert Henderson and Julie Moreton enjoy bowling with the community every Wednesday morning.

# Just Like Family

Story and Photos by Tristan Urry



Henderson and Moreton price books at Salvation Army Thrift Store every Tuesday and Thursday.



Henderson wears her "Fruitcake" bracelet everyday. Henderson received it from Moreton as a gift.

When you think of volunteer work, you most likely don't picture someone with a disability doing it.

Support worker Robert Moreton thinks that "everyone needs to be desensitized to people with disabilities and they need to realize that there is a real person in there and they have a lot to say and a lot to contribute."

Moreton has been a support worker for Community Living in Belleville and Area for the last 25 years and during that time, he has worked with many individuals and formed unique bonds with every single one of them.

But the longest-lasting bond would be with Julie Henderson. Henderson was born blind and quadriplegic and she has been a client with Community Living since she was 21 and she is now 35. Henderson's parents thought it would be best if Julie could live her own life and get out of the house like most normal adults at that age do. Moreton has been her main support worker for the past ten years.

Henderson and Moreton have volunteered at local thrift shops together two days a week for the past decade.

"Volunteerism really gives us a sense of self-esteem because it means that you are part of something and it's your way of giving back. Julie definitely values that role," says Moreton.

The agency follows the 21 outcomes, and those 21 are then put into three categories such as: My Self: Who I am as a result of my unique heredity, life experiences and decisions, My World: Where I work, live, socialize, belong or connect, and My Dreams: How I want my life to be.

Moreton says he believes that all 21 outcomes are important to help make sure each individual lives a normal life. One of the main outcomes, says Moreton, is providing opportunities that mean something to the individual.

"People need to have meaningful days and what's meaningful to me isn't necessarily what's meaningful to you or what's meaningful for Julie. It could be as simple as bowling in a non-segregated area with other non-handicapped members from the community," says Moreton.

Henderson loves to be in water whether it's the local YMCA pool or Canada's Wonderland waterpark "she swims like a fish" says Moreton.

Henderson swims at the YMCA weekly and she has made a lot of friends there. All of the life guards know her and she knows them.

It is very important to give each individual a variety of choices so they can decide for themselves what they want, he adds.

"There are never two choices, because that isn't a choice. It's a dilemma as to which one, so it's at least three to four choices.

"The most important thing of what we do here is that we don't just look at people as someone we are just going to look after. But we look at them as our friends," says Moreton.

Henderson comes up with nicknames for the people she considers to be closest to her and Moreton acquired the nickname of Mr. Fruitcake with in the first year of working with her. "It always has to be Mr. Fruitcake, he's the only one that I want to have help me. No one else is as good as him, he is family" Henderson stated.

"Yes, I may be paid staff, but Julie is a friend and, much more than that, she is family... and the highest honour is to be considered as family by them as well."



Moreton and Henderson enjoy going to a book club at the Belleville Library every Monday. They always walk out with smiles on their faces.



Moreton and Henderson come up for air with smiles on their faces. Henderson loves going under water.





Opened day for duck hunting, Joseph Bresee and Declan Blair wake up early and wait eagerly for the sad face of ducks to fly in. The two friends simulate resting geese calls to lure unsuspecting prey in.

# EASY BRESEE HUNTING

Story and photos by Daniel Luk

The day hunting season opened on Saturday, September 27th. The Bresee family left the house at 5:00am. Dressed head to toe in camouflage, left the house in the family truck. Joseph, Declan, Chris, Nikita. Meanwhile Austin and Christian took the car to Chris's brother, Bob's, house where the boats and hunting grounds are. Arriving at Bob Bresee's house around 5:20 am, we hitched and drove the boats down the street to the water. Getting the boats in effortlessly, Joe, Declan and Bob pushed off and floated into the water while looking at the stars and other hunters, waiting for Austin and Christian to push off before we headed on our way. Cruising down the river, a small island with trees growing out of its side appeared, creating the perfect cover from the geese. Camp was set up, placing decoy birds out while Bob took cover in the forest upstream. Christian set up shop on an island a bit down stream while Chris, Austin and Nikita went into the marshes. With the sun not even visible yet, it seemed like a promising day. A few minutes after setting up camp a flock of ducks flew right beside our island. Unfortunately the hunters were not prepared and were caught off guard by the oncoming geese. Excited and pumped with adrenaline,

Joe and Declan waited eagerly for more ducks to fly by. They attempted to draw ducks in with duck calls. As the day dragged on it seemed like less and less ducks were coming to our end of the lake. Hearing distant gunfire from surrounding hunters was discouraging. Meeting back at Bob's house we discovered that Austin and Chris were successful in shooting four ducks. Getting back to the house they unloaded all the gear and relaxed for a few hours before getting ready at 3 pm to go to the swamps. Just down the street from Joe's house is a swamp with several acres of flooded land and tall grass that made a perfect resting spot for passing ducks and anxious hunters. Being on private land owned by neighbors or the family, they had no concerns about running into other hunters or sharing game. Accessing the area by boat and chest waders, the band of hunters headed into the thickest part of the swamp. Quickly setting up a camouflage for the boat, they eagerly waited and attempted to lure birds. After several hours of hunting, the group slowly gathered their kills and packed up to call it a night. The next morning they were able to sleep in for a few hours because

of an immense amount of fog. Once it cleared up Joseph and Declan took the four-wheeler down the road to a system of backcountry trails that lead to a series of small ponds. Struggling to cross an abandoned beaver dam that reached across the mouth of the river and barely making it over, a flock of ducks passed overhead. Quick to the trigger, Joe popped two shells into the air and successfully managed to shoot a duck. Fully suited and trucking through the forest, you could see a faint mirage of green as Joseph hiked right through the swamp, almost as if you were seeing him from the ducks perspective. As soon as he became immersed in the floating grass islands, a duck landed 10 feet away from Declan. Joe, eager but too far away from his gun had to enviously watch the duck nest itself into perfect firing range. Declan was eager to shoot his first duck and unloaded a shot in the exact spot the duck had landed, causing a volcanic eruption of water underneath the duck. We were all excited about the success of the last hunt as we trekked back to the house to clean the carcasses. With ducks in one hand and a shotgun in the other, Joe and Declan walked to the back porch to find Chris already in the process of cleaning the ducks that we had shot the day before.



Joseph hikes through the forrest to the next hunting spot, giving distant ducks perspective of how hunters look in the bush.



After a hard days work, the ducks need to be cleaned.



Chris Bresee takes great care and attention to detail to how he maneauvers his knife around the duck breast.



A big bag of duck carcusses is how you know the day is done.





Kennadi(left) and Kassadi(right) Oakes are now two years old. Kennadi was born 8 minutes before Kassadi.



Makayla(left) and Alyiah(right) Madk are now 8. Makayla is two minutes older.

# Twinning

“I think society sees twins (at least those who live together) as two of the same people sometimes which is frustrating, but mostly I think they see two people with an amazing opportunity to be exceptionally close to another human being. In a society where everything is so individualized, I think it’s unique that I have another human to take on the challenges of trying to find yourself with. Eventually twins do grow up and move apart from each other so the times that you share a room and a life should be cherished.” said Evan Childerhose.

6,000 sets of twins are born roughly each year in Canada. These four sets are just a fraction of the 6,000 a year. Twins seem to be a common thing worldwide, and through talking to multiple sets of twins and par-

ents of twins, they seem to all have the same outlook on this. They love the fact their children will always have a friend. They will always have someone behind them, and they will never be alone.

With every pregnancy, there come complications. Twins on the other hand, come with double the complications. From being conjoined, heart problems, internal organ failures, or even stillbirth, twins have a higher chance of being either still born or miscarried in the first for months.

When talking to parents of twins, they seem to have all had some sort of similar story or experience when carrying twins; some more intense or frightening than

others, but still similar.

“I never thought I was built to have twins, but I am glad I have both my girls. They make my day so much brighter, and even though Kassadi had multiple problems, and they have just recently been cleared, I would not have wanted this any other way. It was hard, but made our family stronger and closer together.” Sara Oakes said about her twins Kassadi and Kennadi.

Twins are people who get to experience always having someone by their side, and never have the fear of being alone.

Story and photos by: Sarra Lalonde



Lindsay(left) and Evan(right) Childerhose are 18. Evan is one hour older.



Darleen Borden(left) and Dorleen Legue(right) are now 66. Darleen is 15 minutes older.