



Photo by Jeremy McKay

## Happy Flag Day!

**Ralph Saint-Dic, 23, holds a Canadian flag on a crisp afternoon on Loyalist College campus grounds. Saint-Dic has immigrated from Port-au-Prince, Haiti two years and is now a permanent resident. Saint-Dic is a culinary arts student at Loyalist College by day and at night works as a line cook in Belleville. Saint-Dic enjoys Canada and the opportunities it offers. This Sunday is National Flag Day. The flag celebrates its 50th anniversary this year. For more photos, story and a multi-media version, see page**

## Not everyone happy with inclusive language promotion

By Gabrielle Smith

Posters that promote inclusive speech have proven controversial in public schools across the board.

Hastings and Prince Edward District School Board's equity and inclusivity committee distributed the posters in September 2012, but only in the last week have parents started really making a stir.

The six posters offer more inclusive alternatives to commonly used terms referencing race, appearance, age, ability, socio-economic class, religion, sexuality, and gender. The intention is noble, but many parents believe the posters have

taken it too far – one in particular that suggests alternatives to gendered terms, including using “partner” or “spouse” rather than husband or wife.

Kerry Donnell, communications officer for the HPEDSB, defended the committee's action, explaining the intent of the posters.

“The equity and inclusivity committee consists of a wide range of individuals from various walks of life, various backgrounds, various ages. It is the mandate of the committee to promote inclusive and welcoming environments at schools.”

Donnell also explained that the posters were an action the committee took based

on references provided by the ministry of education.

Kevin Crosbie, who has two children at Queen Victoria school, said he believes the push for inclusive language is over-the-top.

“People should stop being so sensitive about things. It seems everyone is so sensitive about everything these days. To me, there are much more important issues to be worrying about.

“If they're trying to respect all sexes and religions, that's great, but at the same time, you need to respect people's preferences. If it's somebody's preference to be referred to as mom or dad, you should

respect that.”

Crosbie also expressed concerns with the suggestion that kids should use adults' first names, rather than formal Mr. and Mrs. titles.

“There's a reason you use Mr. and Mrs. You don't call your teacher by their first name. It's disrespectful.”

Julie Worden, whose daughter is in kindergarten at Queen Victoria, expressed similar concerns.

“I don't see how it would affect anyone. It doesn't make sense to me. I don't see the need.

“When I was in school, it was so much less strict. I just don't understand. It's like the Happy Holidays versus Merry Christ-

mas thing. Whatever, you know? No one should take offense.”

Donnell said she wanted to make clear to parents who disagree with the ideas on the posters that the inclusive language ideas aren't being enforced or taught in the classroom. They are placed around the school and meant to provide awareness.

“They are not part of the Ontario curriculum. The content of the posters is not being taught in class, so children are not learning to refer to their teachers by their first name, and they're not learning to call someone Mr. or Mrs. The posters are meant for awareness.”

## Kids get to read to four-legged friends

### St. John Ambulance therapy dogs help reluctant readers

By Franki Ikeman

Children who have a hard time reading have the opportunity to spend 15 minutes reading to a trained therapy dog twice a week at the Belleville Public Library.

Paws for Reading is a program that is run by St. John Ambulance. It is aimed at helping children who are reluctant to read or have a hard time reading to feel safe, secure, and not judged by reading to a trained therapy dog.

“It's to help children that have a hard time reading and then, if they feel like they're reading to the dog, then they don't have to feel so insecure about say reading to mom and dad or reading to a teacher. So that way they can pet the dog and you help them sound out the words but pretend that it's the dog helping them so it just de-stresses reading,” said Julie Empey.

Empey is a therapy dog handler at St. John Ambulance. She and Charlie, her three-year-old St. Bernard/Swiss Mountain dog cross, have just started working with the children's programs, but have been doing other therapeutic programs for two years.

The program runs on Tuesdays and Thursdays from 3:30 p.m. to 5 p.m. and is usually well attended. The feedback from the program is positive, and kids look forward to coming to read to a furry friend every week.

Jennifer Johnson brings her daughter Nora, 11, every week. Nora has a learning disability and Johnson says that this program helps and motivates her with reading.

“I find it really helpful. I find it motivates her to read. So she'll take out a book every



Photo by Franki Ikeman

**Nora Johnson, 11, reads to Charlie, a therapy dog from St. John Ambulance, at the Belleville Public Library. This was Johnson's third time at the Paws For Reading program.**

week and practice all week and then the next week take out another book.

I think it motivates her,” said Johnson.

Nora was all smiles after reading *Go Dog Go* by P.D Eastman to Charlie on Tuesday afternoon.

“She's a reluctant reader, she struggles with it, so it's a really good program for kids who

are reluctant to read. It just motivates them to want to come. It makes it a positive experience too. The dogs, I think help relax them,” said Johnson.

“A lot of times, reading out loud can be a little bit intimidating and this makes it a little bit easier. No mistakes, the dog doesn't notice.”

## Right to strike now in constitution

By Andrew Meade

A Supreme Court of Canada ruling passed on Jan. 30, 2015 has turned out to be a home run for unions challenging the Saskatchewan provincial government's laws governing employees' right to strike.

Legislation passed by the Saskatchewan Party after taking power in 2007 made it necessary that employers and unions must agree on which workers and services are deemed essential and unable to legally strike. If unable to come to a decision on whether or not a worker is essential, the law sided with the government to choose.

Sharon DeSousa, regional executive vice-president of the Public Service Alliance of Canada, says that the ruling shows that the law was unconstitutional and undemocratic.

“To sum it up, what it does is enshrine the right to strike as a constitutionally protected right,” says DeSousa.

“It's an important victory for all workers as it says that they have a right to progress workers' rights in the workplace. If they are unhappy, they have a right to withdraw their labour. That is the only tool that the workers only have.”

The ruling of the Supreme Court in Saskatchewan Federation of Labour vs. Saskatchewan is not just a provincial issue. The precedent that it sets will have a direct effect on labour laws put in place by the federal Conservative party's Bill C-4, put into law last fall.

The omnibus budget bill C-4 also places the decision of a worker's status as essential or not with the government, not by consultation with unions. This unilateral decision-making process effectively strips workers' unions the ability to argue, negotiate or provide analysis of that type of essential agreement.

The definition of what services are deemed essential varies between levels of government.

It's different for every level of government. The guidelines and definitions are different depending on which level of government you are talking about. Sometimes it's the safety of the public, protecting the health and safety of the Canadian public, DeSousa says.

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# Participants get lucky with horseshoes

By Amanda Cheung

It started over 40 years ago, when Gary Batty stumbled upon a pair of horse-shoes in his uncle's boathouse.

Batty got a couple pieces of pipe, pounded them into the sand on the beach and started throwing.

"A few of the people that were walking down the road beside us heard the clanging and they came over. They showed me a few things and I really liked it," says Batty. "And that's how it started."

For Batty, playing horseshoes is all about the fellowship. His team, the Rengar Ringers, has been playing together since 1975. They have won several championships together.

Players come to the Rengar Horse-shoe Palace, owned by Batty, on Blessington Road every Tuesday night to play.

"You'll always see guys laughing and having a good time," says Batty.

People come from all over. When Batty hosted the Ontario championships two years ago, he saw people come from Hamilton, Peterborough, Whitby, Belleville and Kingston as well as from Quebec and the United States.

"It's a lot of fun and you meet a lot of nice people. A lot of nice people," Batty emphasized.

Batty hopes to attract more young players to the sport. He believes that if he could just get people to come out and try it a few times, they'd almost get hooked.

Horseshoes is a different type of sport. It's about the individual and being able to hold your own weight. It makes it different than playing in a team sport.

"It's discouraging to lose," says Batty. "I think that's what it's all about. If you're in a hockey team and you lose, you have 12 other guys you could blame it on but you blame yourself here. 'I can't do it,' it's easy to say and so I think that's part of the problem."

Playing horseshoes requires persistence and consistency. You have to pay attention to technique and a lot of little things.

"You don't just pick up a piece of steel and heave it," explains Batty. "There's a lot



Photo by Amanda Cheung

**Gary Batty, owner of the Rengar Horseshoe Palace on Blessington Road, holds up a horseshoe. Batty has been throwing horseshoes for over 30 years. He has a collection of 68 different horseshoes which sit along three walls of the palace.**

of different ways of holding it, a lot of different ways of standing and a lot of different ways of the delivery of the shoe." You all start somewhere. Batty now has a 67 per cent average, meaning for every 100 horseshoes thrown, 67 of them would be a ringer. He also placed 25<sup>th</sup> in all of Canada in 2010.

# Bellevillians get chance to step back into time to Egypt

By Elaine Bombay

The treasures of ancient Egypt are coming to Belleville in time for Family Day weekend.

Egypt, Gift of the Nile, a travelling exhibit on loan from the Royal Ontario Museum, will be on display at Glanmore National Historic Site from Feb. 13 until April 12.

Six thousand years ago, the Nile River valley gave birth to a remarkable civilization, which lasted for thousands of years and influenced the later cultures of Europe and the Mediterranean.

The Glanmore exhibit will give visitors a peak into the daily life of the ancient Egyptians.

Melissa Wakeling is the education and marketing co-ordinator at Glan-

more. "This exhibit shows us how they lived, what they wore, and what they did with their dead," she said.

Visitors will be able to see jewelry and make-up as well as artifacts relating to education, religion, and gardening. A coffin, excavated by ROM staff, will also be on display.

There will be hands-on activities

for children throughout the exhibition, with special activities planned for March break. Visitors can learn how to write their name in hieroglyphics or learn to play senet, a board game popular with the pharaohs thousands of years ago. There is also a selfie station where people can take a selfie with the pyramids.

"We try to bring something special

once a year, but it doesn't always work out," said Wakeling. The Egyptian exhibition was last brought to Belleville 15 years ago.

"People get to see ancient Egyptian artifacts right here in Belleville. They don't have to drive down the 401 to see them," said Wakeling.

Glanmore is open Tuesday to Sunday afternoons from 1 p.m. to 4:30 p.m.

# Music icon pays visit to Loyalist

*Bernie Finkelstein shares stories of his success*

By Carla Antonio

He founded the oldest and longest running independent record label in Canada and dedicated his life to being a driving force of the Canadian music industry. He is a true success story.

He is music icon Bernie Finkelstein.

"A song can't really change much other than really your mood, maybe your understanding of an issue, but when it's coupled to a movement or a shared experience, a song can mean a lot," Finkelstein told an audience gathered in Loyalist College's Alumni Hall on Tuesday.

"It can become the common currency that people use to explain how they feel about a subject and contribute momentum to ideas that change things."

Prof. Joe Callahan invited Finkelstein to the college in affiliation with his new general education course Music as a Change Agent, a course that explores the relationship between music and its influence on society. With such a lengthy and notable career in the industry, his expertise was more than suitable for the nature of the course.

"Bernie enabled artists he represented to be who and what they are and he nurtured the flames of hope that burned passionately in those warm souls," said Callahan in his introduction.

Finkelstein is well-known for his long standing relationship as manager to Bruce Cockburn, as well as his affiliation with musicians Murray McLauchlan, Dan Hill, Barney Bentall and the lyrically provocative new wave band Rough Trade to name a few.

Rough Trade's 1981 hit High School Confidential was one of the first lesbian-themed hits in the world.

"Self-censorship is perhaps the worst kind of censorship that one can put on oneself," he said to the audience that night.

"I think that in the arts, to censor oneself because you're worried that people aren't going to understand you, is a losing idea."

Finkelstein's career began back in 1964, when he worked at a coffee house in Toronto's now-trendy Yorkville area, which at that time was a bohemian



Photo by Carla Antonio

**"I think that in the arts, to censor oneself because you're worried that people aren't going to understand you, is a losing idea," Bernie Finkelstein stated to a crowd of spectators at his lecture at the Loyalist College Alumni Hall on Tuesday. Finkelstein, a renowned Canadian music executive, was invited to speak at the college by Prof. Joe Callahan, who is currently teaching a new course to the college, Music as a Change Agent.**

breeding ground for some of Canada's most distinguished musicians. It was at that time that he began managing The Paupers, who found success and later went on to become Lighthouse.

"There were no schools that taught music business of any sort. In fact, there wasn't really any Canadian music business at all, so we were all out there just sort of improvising," he said of his early years in the scene.

Prior to moving to Toronto, spent most of his youth moving from place to place as his father was in the Royal Canadian Air Force. Around 1961 he ended up in Trenton, where he, like most of his acquaintances, attended and failed Grade 9 at Trenton High School.

But despite his poor grades, Finkelstein describes it as a very "formulative" year for him.

"I learned a lot," he said.

"I got my licence and all kinds of great things happened here."

In 1969, he formed True North Records, a company that would see over 500 releases, 40 Juno Awards and 40 gold and platinum records. He started the Canadian Independent Record Production Association (CIRPA), which is now known as CIMA. He also had a hand in the CanCon initiative, which ensures that a regulated amount of the content broadcasted in Canada is indeed Canadian, opening the doors for native talent.

"In 1969, only 1.5 per cent of all music heard on Canadian commercial radio was Canadian," he said.

"I mean that's just a totally unacceptable number."

Finkelstein sold the record company in 2007 and has since published a book, *True North*, which gives an authentic and forthright rendition of his entire career.

"I was concerned about the fact that the period I grew up in, the 60s particularly, were kind of romanticized," he said.

"I'm sure everybody knows who Joni Mitchell or Neil Young is, but people don't really know what was going on behind the scenes very much."

## Ruling...

*Continued from Page 1*

"Not every job requires that in the full array of its duties -- that is where this is contentious. It's the unilateral decision making of an employer to say, 'No, they are all essential. They can't go out and strike.'"

Tim Osborne, City of Belleville's manager of human resources, says that fire, police and emergency services are primarily the essential services that the city employs. Municipal employees responsible for water treatment could also be considered essential.

Asked about the impact of the Supreme Court essential services ruling, Osborne states that the city is always thinking of plans to maintain services to ratepayers.

"We always try and think about business continuity plans and making sure we offer and can provide the services. I think that the number one thing is that we provide them and cover the safety aspect," says Osborne.

"You see strikes across the province, Windsor is a great example of that. They determined that not cutting grass in the parks wasn't essential and didn't have a safety element to it."

While the legislation affected most by this Supreme Court decision focuses on federal public servants, DeSousa says that it is a very important ruling for labour law in Canada.

"A worker is a worker. The work that they do, whether it's for the provincial, federal or municipal government or for the private sector, it is important and their labour is important or all Canadians, for the economy and for Canadian society," DeSousa says.

Currently, PSAC is engaged in a court challenge of similar legislation regarding the definition of essential services in Bill C-4.

"Before C-4, we had an inherent right to withdraw labour. We agreed that some portions of job were essential, but we were able to negotiate what that looked like.

Now, as of last year, the federal government introduced Bill C-4, which took away that democratic right," says DeSousa.

"If the government continues to put forth laws that is not democratic and goes against our members' constitutional rights, then we will challenge it. Right now, with any law, you have to challenge it if it's unconstitutional."



# Comfort foods mean different things to different people

By Amanda Cheung

Food and people have a very special relationship. Most of us in our lifetime have had food cravings and we all have our own comfort food. We all have something we like to fall back on that satisfies an inexpressible yearning.

It could be subconsciously, or it could be routine.

Ruth and Thor Nodtvedt have a very rigid diet routine. For the last 12 years, they've stuck to mostly the same food at every meal.

Breakfast would be Cheerios, half a banana each, a cup of juice and coffee.

"For lunch, we have more or less the same everyday," says Thor.

They have a spinach salad with fruit and vegetables, substituting different vegetables from time to time.

Supper would be meat and potatoes, switching between fish or chicken. Every evening, they would have their nightly snack of one banana each, a handful of nuts, dates and one piece of 70 per cent chocolate as a treat.

They also have sandwiches every Friday.

"It's been 30 years I guess and we still do it," says Ruth. "We look forward to Friday nights especially right now because I go to exercises Monday and Friday and [Thor] goes to rehab Tuesday and Thursday and I volunteer on Wednesday, so by Friday, we're so tired, it's nice to have sandwiches just to fall back on."

For Ashley Kelly, her comfort food is any kind of pasta.

"It's very filling, it's easy to make and it's probably one of the first things I learned to make," says Kelly. "My mom taught me and it's one of those things I still can cook."

When Kelly was young, pasta was almost always her birthday dinner of

choice.

"We had a big family so I got to pick what I wanted for my birthday dinner and that's usually what I picked."

In a study published by the journal *Psychology and Behaviour*, research showed that three regions of the brain: the hippocampus, caudate and insula, are lit up during cravings.

"The hippocampus is important for memory, which helps reinforce the reward-seeking behavior that causes us to crave. The caudate also plays a role in these reward mechanisms, and it helps us form habits, including food-related ones. The insula contributes to the emotional connection between food and cravings."

After a hard day of work, Kelly says having pasta "makes (her) feel better and ends (her) day on a high note."

Research has also shown that eating carbohydrates releases the chemical serotonin. Serotonin enhances calmness, improves mood and lessens depression.

For Jenna Boyle, when she's stressed and in the middle of exams, her comfort foods would be a chicken burger and milk chocolate.

"Probably because it's not healthy at all," jokes Boyle.

Chicken burgers also related to a childhood memory for Boyle.

"Growing up, we had a lot of barbecues at my grandparents. As a kid, I hated hamburgers, so they always made me chicken."

Although there hasn't been significant research done on what makes a specific food a comfort food for individuals, scientists have hypothesized that sensory cues have a Pavlovian conditioning effect on individuals.

Whether it's routine, a memory, smell or imagery, different cues affect different people and trigger different cravings.

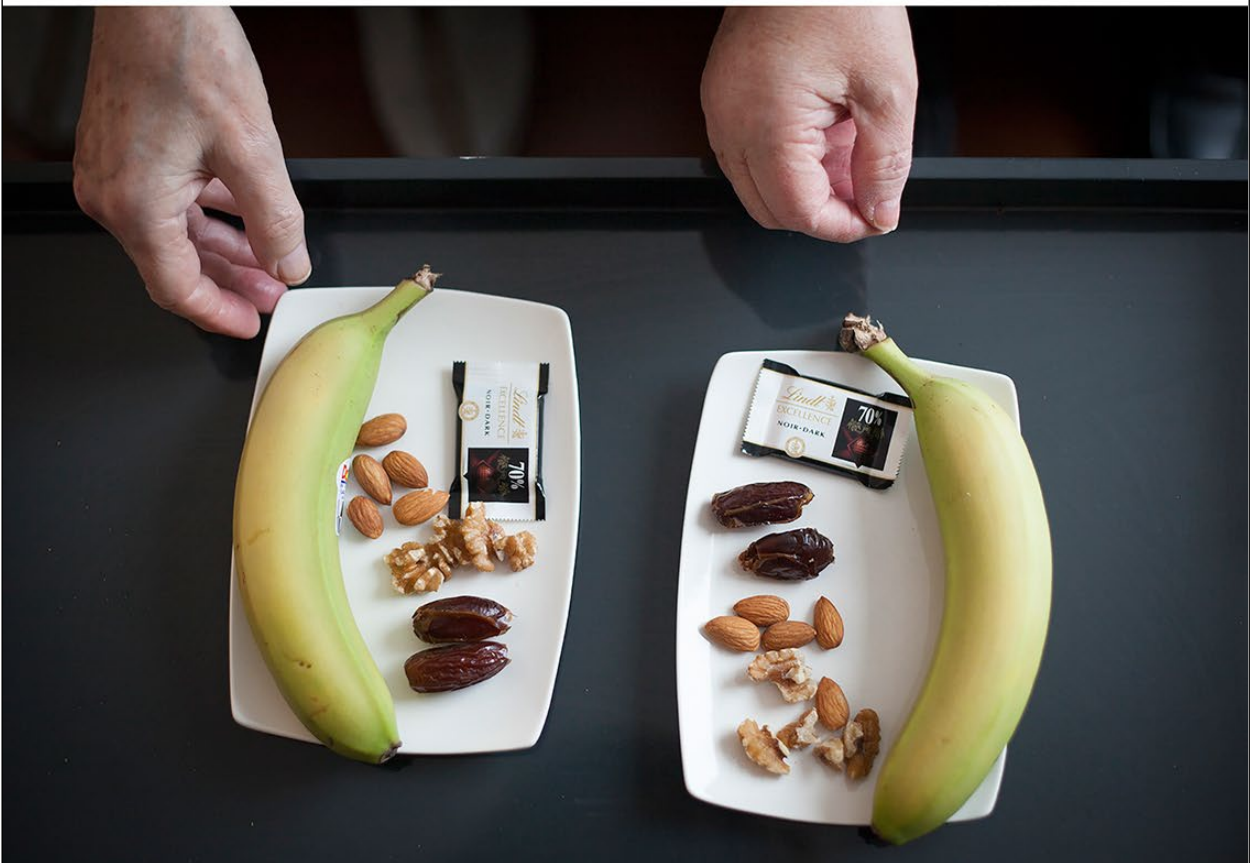


Photo by Amanda Cheung

Thor and Ruth Nodtvedt enjoy a banana each, accompanied with a handful of nuts, dates and one piece of 70 per cent dark chocolate. This has been their snack every night for many years.



Photo by Carla Antonio

Edith and Alfred Cairns enjoy a hot meal in the comfort of their own home in Ameliasburgh, on Tuesday, where they have lived for 62 years. The couple has been enjoying the Meals on Wheels program, organized by the Prince Edward County Community Care for Seniors Association for about eight weeks.

# Meals on Wheels provides hot, nutritious food

By Carla Antonio

"To make three nice meals a day, every day, is hard," says Edith Cairns.

Cairns and her husband Alfred are two of the many seniors who are receiving hot meals in the comfort of their own home through the Prince Edward County Community Care Centre for Seniors. The couple has been living at their country home in Ameliasburgh for 62 years.

"It's very important to keep our seniors in their homes as long as we can, that way they keep their independence," says Cyndi Caume, owner and operator of The Mason Jar, a restaurant in Carrying Place that provides meals for the program.

"I'm a personal support worker as well, so I know how important it is to care for seniors. I have parents as well who are elderly and they still live in their own home," she says.

"My parents also get Meals on Wheels, so I don't have to worry about them because at least once a day, I know that

**'I just vibrate when I hear that we've got more meals or when I meet a client that we provide meals for. I just love it. I love my seniors.'**

Cyndi Caume

they're getting a nice hot meal."

Caume has been involved in the program for seven years and her passion for the cause is profound.

"I love it," she says.

"I just vibrate when I hear that we've got more meals or when I meet a client that we provide meals for. I just love it. I love my seniors."

Aside from the undeniable gratification of receiving a delivered hot meal, the recipients also benefit from the interac-

tion it brings through the volunteers.

"They're always happy to see me and I'm happy to see them," says Barbara Davidson, a volunteer who drives and delivers for the organization.

"It's hard for them to make their own meals," says Davidson.

Davidson sees the program as mutually beneficial as it allows her to give back to the community and do good things for other people, which makes her feel good. She believes the recipients thoroughly enjoy the interaction and the wide variety of meals that are brought to their doors.

Edith and Alfred Cairns agree.

"The very first one we had was liver and onions, and I couldn't believe it," says Edith Cairns.

"I thought that's kind of a delicate thing to send out on the first meal, but we enjoyed it and we've had it once since and I loved it. I look forward to that."

For a multi-media look at this story, go to: <http://www.qnetnews.ca/?p=49719>

# Musicians come together

By Maggie Naylor

This Wednesday, as well as all other Wednesdays for the past 10 years, a group of people get together and play traditional Irish music.

"It's amazing what talent you can find in a small community like Belleville," says John Spot, a retired orchestra violinist.

The group gathers in what looks to be an old one-room school called the Engineers Hall, pull out various instruments and play for hours.

Orchestra violinist Carroll Leafé says, "It's a lot less stressful, with the orchestra you have to be right on Your timing's got to be perfect and everybody's serious. You have to look professional, where-as here nobody cares if you make a mistake or you're out of tune or something. It's no big deal."

Attendees range from talented musicians to true beginners, but everyone seems to enjoy their time. Spot says many

look forward to the Wednesday session all week. "We started off with like five whistles playing in a big echoey room. Now we have up 15 or 16 people come," says Wilfred Gaube, the group organizer.

While many of them are well-trained musicians, this is not the place to be overly serious or professional. The hall is filled equally as much with laughter as it is with music.

"There's too many serious things going on in life," says Leafé. "We just have a few laughs, play some music, and talk some."

While the group is doing it job preserving Irish heritage, it's safe to say it has far more benefits to the people involved, many of whom have no actual Irish heritage.

What better music to bond over than the foot-tapping traditional Irish music that has been breaking out jigs for centuries?

For more on the Irish movement evenings, go to: <http://www.qnetnews.ca/?p=49733>

# Lights out for collection at Belleville's Glanmore

By Amanda Paulhus

In June 1966, the city of Belleville spent \$5,000 on a 350-piece lighting collection with items that are centuries old.

Sadly, this collection has been off display for approximately 10 years.

Rona Rustige is a curator at the Glanmore National Historic Site of Canada and was present during the decision to take the lighting pieces off display.

"We've come to realize over the years that the strength of our presentation lies in the fact that it's a national historic site. We've gradually restored the whole house back to its original setup. What has happened as a result of that is that no, we don't have space to display. This isn't the only collection that we can't display, but if we stick a display case in the room, it takes away the feeling of realism," Rustige said.

Rustige added Glanmore has tried to incorporate some of the lighting pieces into its permanent set-up but there is only so much they can use due to the time period that Glanmore represents which is the late 1800s.

"It's the history of lighting, so it starts from these little prehistoric oil lamps and goes all the way through to the first light bulb," Rustige said.

The collection, which was dubbed the '10,000 Years of Light' collection, was purchased as part of Belleville's centennial project for the year 1967. The centennial year was the 100<sup>th</sup> anniversary of Canada's

confederation and museums all across the county were established and taking part in preserving history. This particular project was a joint effort between the City of Belleville and the Hastings County Museum of Agriculture Heritage.

It was originally put together by Dr. William Paul while he worked as a dentist in Tweed, who collected these items over decades. It includes some of the earliest lamps which can be dated back to pre-Christian Egyptian times and other lamps dating back to 600 BCE. Fire-making devices, tinder boxes, candle holders, stone lamps and whale oil lamps are other types of lighting devices included in this vast collection.

Another reason the lighting collection is not displayed is simply because of lack of interest.

Rustige has a laugh when reading old articles from the time the collection was purchased.

"There's a quote that just kills me. 'It is expected to make Belleville a mecca for historical researchers and tourists for years to come.' That did not happen. I've been here 25 years and I've had the Historical Lighting Collection of Canada come on two occasions to look at the lamps. So other than that, there's no interest here."

Rustige said she does hope to someday find a better home than storage for the lighting collection.

"It is a large collection; it should go somewhere it can be used," she said.





Photo by Thomas Surian

Rebecca Hardy shows Kerstin Boyd a new hula-hoop trick at the Hastings Civic Centre. Hardy, who began hula hooping over five years ago, runs a weekly hula hoop class for beginners.

# Hula hoops offer chance for fun

By Thomas Surian

On a crisp February afternoon, in a community centre on a hill overlooking the Trent River, three women gather in the basement to practise an unusual sport. The small town Hastings, Ont. is not the kind of place you would expect someone to be teaching a hula hooping class, especially in the middle of winter.

Rebecca Hardy has been hula hooping for over five years. She started when she

came across a hula hoop making workshop in Peterborough. “We stopped and made some hula hoops. From then on, I became addicted,” said Hardy. Hardy began teaching lessons after she attended a Loyalist College course off campus at the Campbellford Community Resource Centre, where she was asked to teach a beginner hula hoop course. She wanted to find a place to hula hoop inside. Her friend found her a space at the Hastings Civic Centre.

“I wanted to find a place where I could hula hoop inside... it just turned into a class, so for me, just playing turned into, me playing with other people,” said Hardy. “I started hula hooping with Rebecca,” said Lezly-Ann Crosmaz-Brown, a student and friend of Hardy. “She was very inspiring, and we’re always looking for something to do together.” Crosmaz-Brown attends the class often because she doesn’t hula hoop much

when she’s on her own. “So when I know I’m going to see Rebecca, I make sure I bring my hula hoops.” “There are so many different things you can do with a hula hoop. Most people think it’s just around your waist. Clearly, that’s not the case. You can do so much more,” said Hardy. As the women dance and twirl around the room, they launch their hoops into the air, catching them, then spinning them around their heads at a dizzying rate.

“It’s just the freedom and the feeling you get, when you have the right song on, and you’re in the right mood you get into a groove. It’s exciting!” said Crosmaz-Brown. “Some people like to play video games to practise their hand-eye co-ordination. For me, it’s hula hooping. It’s just another way of expression,” said Crosmaz-Brown. For a multi-media view of this unusual sport, go to: <http://www.qnetnews.ca/?p=49714>

# Black History Month raises awareness

*Younger generation should be especially aware of the historical struggles*

By Moush Sara John

February’s Black History Month is significant for everyone, but young people especially should be paying attention, says a Toronto woman of Trinidadian descent. “Black History Month is for the younger generation, to educate them about the struggles and to help them know their history. But it leans into American black history mostly,” says Cherry Ann Mendez, a noted Toronto-based dramatic soprano from Trinidad. Each year, the City of Toronto and other communities in Ontario schedule events and exhibits to

celebrate, recognize, and explore the heritage, traditions, and culture of African-Canadians for February. According to the Ontario Black History Society (OBHS) in the 1950s, the Canadian Negro Women’s Association brought the celebration to Toronto, Ont. By 1978, OBHS successfully petitioned the City of Toronto to have the monthly celebration formally recognized, and this celebration is currently proclaimed across Canada. Dorothy Abbott, who is part of OBHS and also on the board of the Emancipation Festival in Owen Sound says Black History month is an important celebration. “I am a fifth generation Canadian. My ancestors came up on the Underground Railroad. And ultimately settled in Owen Sound, Ont., which is the northern most stop. It is important to know where you came from. And the Black History Month creates an awareness of the culture and history.” According to records of the Owen Sound Black History, the Underground Railroad was a “network

of assistance” to people who had escaped from slavery. It was the most dramatic protest against slavery in the history of the United States and Canada. It has been estimated about 100,000 slaves escaped via the Underground Railroad. “The black history month has evolved quite a bit,” Abbott says. “I know that the school boards for example, have shown a fair amount of interest in participation, in getting speakers out to school, and getting official black history month posters. The OBHS produces one, and now the Government of Canada produces one.” Speaking of why it is so significant to her and her family, Abbott says, “Just knowing where you came from is life affirming. Getting to know your roots. I think it’s important for kids today to have some idea. Get your pride.” “We are Canadians and we are proud of it. But we all came from some place. And you should know where you came from and know the background, know the roots. I think it’s a very important part of

evolving.” When Abbott’s mother passed away in 2001, she decided to start a genealogy project that would date back to the 1870s. Abbott went through boxes and albums of family pictures taken through the years and decided to make a family tree quilt. “As I was going through the pictures, I realized I needed to make them come alive for me. I was very close to my mother, and grandmother. Initially it was a vague idea. But I knew that I wanted my grandmother to be the tree trunk, because I wanted it to be a family tree,” says Abbott. “There are five generations on it. And the oldest generation dates back to 1850s. But some of the people whose pictures I don’t have on there have been traced back to 1791. And that would be my great grandfather who was a slave on a plantation in Tennessee. He was born in 1791.” The quilt takes up a wall in the Abbott family’s living room, where five generations have been preserved for posterity.

# Volunteer helps pets get lots to eat

*Food bank for animals helps those who can’t afford to feed their pets*

By Andrew Lahodynskyj

Sheri Koekman has a strong desire to help those in need. On her time off from her full-time job as a personal support worker, she runs the Tweed and Surrounding Area Pet Food Bank that she opened a couple of weeks ago. Koekman said she sees many people in need at her job, and that was part of the inspiration to start this venture. “In small towns like this, we have a high volume of seniors, low-income families, working families... all kinds of people that can’t afford much,” she said. “They are deciding ‘are we going to get more food for us, or are we going to get food for the dog.’ That’s really sad, it really bothers me. It hurts a little bit.” Currently, she has food for cats and dogs. Over the past three weeks, 320 cups of dog food and roughly 210 cups of cat food have been handed out. Most of this food has come from donations, the humane society, or food that Koekman has purchased by herself.



Photo by Frank Ikeman

Sheri Koekman is pictured at the storage unit she runs her pet food bank out of in Tweed, Ont. Wednesday. Koekman has been running the pet food bank for about a month and says things are going well. She opens from noon to 3 p.m. every Wednesday at 127 River St. W.

“They (the humane society) had a lot of food donations come in that they wouldn’t be able to use, so they filled up my trunk. It was really great. I was so excited,” Koekman said. “People have been dropping off food, which is really great. I am always shocked when somebody shows up with a bag of food.” A seven-day supply of food is handed out to those in need from her storage facility at 127 River St. in Tweed, which is open on Wednesdays from noon to 3 p.m. Koekman said she hopes to eventually expand her hours as well as her location, but this can only happen with more donations. “It’s growing very quickly, and donations are getting smaller and smaller. I am a small fish in a big pond here.” “I would love to once a week go to Belleville and open,” she said. “I can’t do it yet, but that’s what I want. There are a lot of people in Belleville who need help, but I just can’t help them yet.” More information and ways to donate to the cause can be found on the Tweed and Surrounding Area Pet Food Bank. It can be found on their Facebook page - <https://www.facebook.com/pages/Tweed-and-Surrounding-Area-Pet-Food-Bank/296936853840045>





Photo by Alyssa Lloyd

Two mature bulls spar right before sunset. The Ministry of Natural Resources launched a plan to reintroduce elk to Ontario in 2000 in a small community near Bancroft.

## Caring for elk becomes man's passion

By Alyssa Lloyd

No matter what your opinion on the elk restoration program, there is no denying the complete passion and devotion Joe Neuhold has for these animals.

Neuhold stays in a cabin on 2,000 acres of land east of Bancroft, where he tends to the needs of the fragile yet growing elk populations. On top of helping them with food during the winter, Neuhold also does runs around the property to monitor activity among the herd.

He speaks of the elk in such a paternal manner, it makes you to realize he's not just important to them, but they are equally as crucial to him.

"It doesn't bother me. I get up at six o'clock and they are out there standing waiting for me. You can't say no."

The Ministry of Natural Resources launched a plan to reintroduce elk to Ontario. The search for the perfect release spots began and the result was

a small community near Bancroft.

The elk were brought from Alberta in 2000 and released into pens until medical procedures could ensure there were no risks of parasites or disease. These pens were just five miles away from Joe Neuhold's current house.

"They didn't like being boxed in, as soon as they let them out, they were jumping the fence. The next day, they were at my place" Neuhold remembers.

Neuhold jokes that when he moved into the cabin a short ways down the road about nine years ago, the elk followed him.

Neuhold is a passionate person. He has many talents and joys, beyond caring for the elk. He also enjoys fishing, hunting, playing his accordion and the overall serenity the property he lives on has to offer. "Where else would I find this, if not here?"

"My wife knew she had to go. Before she did, she told me 'this is the place for you.'"



Photo by Alyssa Lloyd

Joe Neuhold keeps himself busy filling feeders with hay and grain every other day or so for the elk throughout the 2,000-acre property.



Photo by Alyssa Lloyd

Silent Lake Provincial Park has served as a place of memories of many people. (Left to right) Steve Caughers, Jaan Laaniste and Jill Garrard warmed up around the campfire Feb. 9. Laaniste and his wife Elizabeth (not shown in photo) have been coming here with Caughers and Garrard for the last nine winters camping in yurts.

## Outdoor enthusiasts embrace winter camping

By Alyssa Lloyd

As winter heads into what seems like its second wind, many people can be discouraged by the cold, short days.

But, what about the people who are embracing it? What do they find so appealing about the all this white stuff we get stuck with every year?

Could it possibly be the noise of ice tinkling off the trees as a gently breeze carries the branches, or perhaps the unmistakable peach glow of a winter sunset?

Winter can be quite mesmerizing, there is no doubt. What if you were to take enjoying it the next level? Some people have been jumping on the winter bandwagon and taking advantage of some of the parks our province

has to offer.

Chris James of Toronto, Ont., has been coming to Silent Lake Provincial Park for around four years for winter camping.

"I come here in the summer with friends to camp, but I can't seem to convince them to come during the winter."

Armed with nothing more than his snowsuit, snowshoes and a tent, James roughs it in what he considers back-country camping. James follows no particular trails, or arranged campsites. He simply chooses where to walk in, and sets up camp.

Jaan and Elizabeth Laaniste have been coming to Silent Lake Provincial Park with their friends, Steve Caughers and Jill Garrard, for the last nine winters to camp in yurts. While most would choose a week in Cuba, this group of friends decides cross-country

skiing and the relaxing ambience of nature is more their style.

"We've all been coming here for the last 30 some years during the summer," says Caughers. "It wasn't until nine years ago we started to come every winter."

"This is our first year renting an electric yurt. Every other year, we've rented the wood-heated ones. It's still a nice warmth," said Laaniste.

The winter may not be your first choice of seasons, but let's face it, it usually overstates its welcome every year. There may as well be fun to be had, if not at least to pass the worst part of it.

With the proper gear, some small planning and the right people, winter can prove to be a lot of fun, especially in the places you enjoy so much during the summer months.

What's not to love about exploring your favourite places in all four seasons?

## Sports a big part of some students' college experience

By Amanda Cheung

A big part of college experience is not only in academics but being involved in clubs and making new friends.

Last weekend was the final home game for Loyalist's men and women's volleyball team.

For several graduating Loyalist Lancers, being a part of the volleyball team has been and will be an unforgettable experience.

"It was the best experience of my life," says Chantal Cormier. "I can't really picture coming to college and not playing the sport. I don't think I could've met as much people so it's been really good."

Cormier is the only graduating athlete from the women's volleyball team and hopes to start a career in policing.

From the men's volleyball team, there will be five guys graduating this year.

Gareth Martin has played volleyball since Grade 8 and hopes to further his education towards being a pharmacy technician or formula production.

"It was like a family. That's what kept me in it," said Martin. "The camaraderie, having that sense of a second family. We were in my opinion, like a family, all brothers."

The team was not only like family, but taught life lessons to the players too.

For Adam Strickland, captain of the men's volleyball team, he's learned to react and approach certain situations differently.

"Now, whenever I'm faced with a problem or scenario, I find that I think about it as a whole rather than just how

it affects me personally," said Strickland.

"I kind of take a step back from the situation and look at it from everyone else's perspective, not just my own."

Strickland says he hopes to continue his education and work towards a dual diploma.

Teamwork and working with other people seems to be a common theme among graduating players.

For Cormier, she says, "I have a very strong personality and I like to be in control a lot. So, having the team and being able to work on that weakness in a way has been the best thing for me. I've learned a lot about letting other people take control and just being fair and supportive."

Martin says that it's helped him work with other people and understand how people work differently.

"I've improved on that and how I carry myself. I carry myself at a higher level now and I show that through my work and work ethic on the court."

Joe Breese said that it's taught him to "be there for one another."

A piece of advice Breese would offer to next year's rookies would be to work hard.

"Put your time in and things will work out. Keep on your schoolwork, too. Volleyball is important and you got to make sacrifices but you have to make time for yourself too."

Trey Olympia and Benjamin Hoftzyer are the other two graduating members of the men's volleyball team.

This weekend will host the final two games of the season for the men's team. The women's team will be playing for a spot in the playoffs.





Photo by Andrew Johnson

Supporters of the Ellie Project and Bella Ever are from left, Daryl Kramp, MP for Prince Edward-Hastings, Jo-Anne Albert, mayor of Tweed, Tammy Latchford, owner of Bella Ever After, Katie Marlin, creator of the Ellie Project, and Shawn Antoski, ex-NHL player and mental health advocate.

# Breaking down the stigma around mental health

By Andrew Johnson

Downtown Stirling was mostly devoid of traffic on a blustery Saturday afternoon. Snow covered most of the roads going in and out of town and visibility was under one kilometre.

That didn't stop the people from into Bella Ever After, a women's clothing boutique store. They were joined in the sunlit room, congregating around racks and stands filled with jewelry, dresses and hats, scarves and accessories, to celebrate the third anniversary of its inception, which is no small feat for any small business.

But that wasn't the main reason why a gathering of friends and family, local media and politicians were there that day. They were also celebrating the launch of a new local initiative to raise awareness of mental health issues.

The Ellie Project is the brainchild of Tweed resident and Western University graduate Katie Marlin, who was diagnosed with an eating disorder during her time at university, and it kicked off that afternoon.

"My struggle began in my first year of university. Living away from home, it was

easy for me to hide my struggle. How could anyone possibly understand something I didn't understand myself? I went to a clinic in London, Ont., where I was diagnosed with depression and EDNOS (Eating Disorders Not Otherwise Specified), which is a growing diagnosis because it doesn't fit into a clear-cut category."

She would later enter a program where she took part in discussions with others suffering from similar illnesses and later entered in a day-treatment program at the London Health Sciences Centre.

"This program truly saved my life. It helped me to see how so many other individuals were going through the same struggle I was. Asking for help is one of the hardest things to do when dealing with mental illness, especially when you believe that nothing is wrong."

Since graduating, she has decided to turn her attention to helping others who suffer from unseen mental illnesses.

"The aim of the Ellie Project is to raise awareness about mental health and eating disorders," said Marlin, during her speech. She was receiving recognition and praise from Jo-Anne Albert, mayor of Tweed who was there representing the

County of Hastings.

Supporters of the Ellie project are encouraged to purchase an "Ellie," a silver necklace featuring an elephant pendant hand-crafted from forks, making each one unique. It also utilizes the irony of using what was once an eating utensil to help support those suffering from eating disorders. The elephant represents the "elephant in the room," in other words, the stigma surrounding mental health.

A portion of the proceeds will be donated to the Homewood Health Centre in Guelph, Ont., one of the leading facilities in Canada dealing with eating disorders. One of the reasons for this donation, along with the fact it is renowned for its treatments, is the centre's services are not covered by the Ontario Health Insurance Plan. Marlin said she hopes these donations will help others who suffer from eating disorders like hers.

The "Ellies" will be sold at Bella Ever After, run by Tammy Latchford, who herself suffered from depression and anxiety after a car accident nearly 10 years ago. She has since endeavoured to make her store a place where there's always someone to talk to, and more importantly, to listen.

"The heart of this store is based upon

the message that every woman is captivating. Every woman is unique. I feel we are constantly being told how we're supposed to look, how much we're supposed to weigh, and I think if we were all supposed to look like Barbie, we'd have Mattel stamped across our heads. I want women to feel comfortable and feel welcome."

But it's not just about women, said Latchford.

"Mental health doesn't care if you're male or female, how tall or short you are, what tag is on your clothes, what car you drive. It affects us all.

"Last year alone in Tweed, we had two suicides of young people and in Stirling, two others. So mental health is an issue and we need to get the word out."

Latchford said that's far too many for two small communities, and just one more reason to get the word out about mental health.

Daryl Kramp, Conservative MP for Prince Edward-Hastings, touched on the federal government's efforts to tackle mental illness before awarding Latchford with a scroll recognizing her commitment to the community.

"For so many years, mental illness was

regarded not as the fact that you're sick. The fact remains it is, of course, one of the most debilitating challenges we face as a society today...It literally costs the economy billions of dollars."

Kramp acknowledged the Mental Health Strategy for Canada, an initiative set forth by the Mental Health Commission of Canada, which is funded by Health Canada and is the first of its kind.

"We finally now have a mental health strategy. We certainly don't have all the answers yet, but it takes a whole group of people to come up with a lasting, long-term solution to mental health issues in this country."

The strategy broadly highlights the need for better access to help for those who need it, treatment for those suffering and prevention for those who may be susceptible to mental illness.

Currently, it is estimated that the total number of 12 to 19-year-olds in Canada at risk for developing depression is a staggering 3.2 million.

According to the Canadian Mental Health Association, in their lifetime, one in five Canadians will suffer from mental illness, which in 1998 cost the health care system more than \$7.9 billion.

# Microbrewers taking a stand against the Beer Store's promises

By Nakita Krucker

Microbreweries across the Quinte area are standing united and refusing to accept The Beer Store's recent announcement stating it will be opening up ownership to all Ontario-based brewers.

"The changes they've announced are just a publicity stunt," said Peter Law, marketing director at Barley Days Brewery in Picton.

The announcement came shortly after Premier Kathleen Wynne revealed her desire to dismantle The Beer Store's current monopoly, and a recent investigative story by Toronto Star reporter Martin Regg Cohn, revealed the details on a secret deal made between the LCBO and The Beer Store. According to the report, that deal means the LCBO will not sell beer in packages larger than a six-pack.

On Monday of this week, Wynne took the idea of beer being sold in convenience stores off the table in a short statement at her Don Valley West riding, however she did add that changes would be coming.

The local brewers say they are holding off until the spring budget from the provincial government is released in the hopes that some positive changes will come.

"I think it's smoke and mirrors. I think they know that their so-called reign is coming to an end soon," insisted Chris Greasley, brewer at Gateway Brewing Company in Trenton. "I mean they've

been running what I consider an illegal monopoly for years."

Until this announcement, The Beer Store was a privately run operation, originally Canadian owned and intended to work as a co-operative for all Ontario brewers. However, since 1995, this retailer has come under the ownership of three major foreign-based breweries, Molson-Coors, Anheuser-Busch InBev and Sapporo.

"The monopoly needs to be removed from the hands of the competitors," said John Graham, owner and head brew master at Church-Key Brewing Company. "Their sudden Trojan Horse gift is not sincere."

Law said the current system is not good for anyone.

"The Beer Store is really set up to sell beers for the foreign-owned companies that run it. Their recently announced changes don't effectively open up the market for craft brewers."

"The way things have been and the way they will continue to be with these token changes is a bad deal for consumers and for taxpayers and a very good deal for the multinationals that control the Beer Store."

Local Quinte brewers are considering their own ideas on what changes could come in the near future.

"I would like to see a model of off-sales where the already licensed restaurant and pubs could sell to the home consumer. This puts the sales into a licensed pre-existing network



Photo by Nakita Krucker

Chris Greasley is one of the brewers at Gateway Brewing Company in Trenton, Ont. who is unsatisfied with the offer from The Beer Store last month future.

that already have established relationships with brewers," Graham said.

"A craft beer store, where there are no big boys; it's just craft beers from that region," said Greasley. "I would like us to join the rest of the world."

# Florists prepare for their big day

By Marissa Tiel

With Valentine's Day quickly approaching, Belleville florists are hard at work preparing for the big day.

"Valentine's Day is basically the biggest day in the industry," says Audrey Hoard, manager of Quinte Floral Designs.

For many shops, planning begins early in January when flower orders are placed with growers and wholesalers. Red roses are most in demand, followed by lilies and gerbera daisies in white and red.

This year, Valentine's Day falls on a Saturday so office deliveries aren't as likely to happen. Hoard says she expects sales to be slightly lower than normal this year.

Florists will rely more on foot traffic. "We usually get a fair amount of in-store purchases," says Hoard. "But we still have a lot of deliveries going out."

In 2012, about 9.8 million dozen roses were imported to Canada, coming mostly from Colombia and Ecuador. They're fed through wholesalers before reaching storefronts. And even then, the flowers will go through a cycle of care to make sure they're in optimal health and look good before they finally come to sit in a vase on your sweetheart's table.

This process starts early and almost a week before the big day, at Flowers By Dustin on Front Street, Teresa Dewal is hard at work preparing greenery for bouquets and fresh cuts. She pulls fistfuls of eucalyptus out of a giant

bag and sorts the pieces into long and short, trimming ends off as needed. Dewal started at the business in the fall.

"I like being creative," she says. "Who doesn't like flowers? Flowers are great to work with."

Dewal works in the back with owner Rebecca Burlington. They are prepping products to have out on the floor for easy pickup in the days leading up to Valentine's Day as well as the day itself.

While Valentine's Day is the single busiest day of the year for florists, Mother's Day and Christmas are also big sale times, with purchases being more spread out.

Walmart Canada's Valentine's Day survey estimates that Canadians will be spending an average of \$177 this year. Chocolates are most popular, but Burlington says she finds that people will often buy their gifts in groups — flowers and chocolate, possibly a plush bear.

While the planning started early this year, Hoard from Quinte Floral Designs says she takes the week one day at a time. "It's a male-oriented spending day. It's hard to plan for because most men don't plan ahead," she says.

The same rings true at Flowers by Dustin, where Dewal and others will continue preparing to have the most options out on the floor for Saturday. That will be key to minimizing stress for customers and staff alike. "In our experience men tend to be a little more last minute," says Burlington. "So it does make for sort of a hectic day."



# True north strong and free



**Akbarudeen Sainulabdeen, firstyear human resources student at Loyalist College, is pictured with the Canadian flag on campus. Sainulabdeen moved to Canada from India at the beginning of September to start school and plans to settle in or near Toronto.**

Photo by Franki Ikeman

**By Tristan Urry**

As we approach the 50<sup>th</sup> anniversary of the National Flag of Canada on this Sunday, here are a few things you should know about our current flag.

In 1964, Prime Minister Lester B. Pearson decided we needed a new flag without Britain's flag to show that we were a grown up country that included Quebec. However, many Canadians were proud of the Canadian Red Ensign that our troops carried into battle in the Second World War, even

though it was never legislated as our national flag. Pearson came up with a three maple leaf flag with blue sidebars that left people unimpressed. A committee weighed over 3,000 submissions and narrowed it down to three: a Red Ensign with the fleur-de-lis and the Union Jack, Three red maple leaves between two blue borders, and a red maple leaf on a white square between two red borders.

They presented the three to Pearson the next morning at his residence at Harrington Lake the next morning. Out of the three proposals on the table, the single maple leaf designed by George

E.G. Stanley was chosen.

The single Maple leaf design with two red bars was inspired by the Royal Military College flag. It was the single leaf, red and white design that the Committee recommended to Parliament.

The committee liked the flag designed by George E.G. Stanley because the simplicity of the design made it easily recognizable and it used the national colours. The motion was passed to adopt this design as the National Flag of Canada with a vote of 163 to 78 on Dec. 15, 1964. Approved by the senate two days later on Dec. 17, 1964 and proclaimed by the Queen on Jan. 28, 1965, the

current flag was inaugurated on Feb. 15, 1965.

The current flag has a few interesting facts that most people don't realize. The white square in the middle is the same size as both red bars combined. The flag is twice as long as it is wide, and it was first launched into space in 1984 on the uniform of Marc Garneau.

Our National Flag of Canada has had a very complicated history, but nonetheless we are proud to fly it high and celebrate its 50<sup>th</sup> anniversary. Happy Flag Day!

For a multi-media version of Flag Day, go to: <http://www.qnetnews.ca/?p=49708>



**(Above) Twenty-nine-year-old Tiffany Ann Chua emigrated to Canada a year ago from the Philippines to pursue her career in nursing. Chua has been working at Loyalist College's Tim Hortons since her arrival, waiting to get her papers and accreditation in order.**

Photo by Annie Sakkab

**(Right) Chenbin Hu (Samantha), 31, and her daughter, Sophia Millar, 13 months, have been living in Canada for almost 12 years. Hu was born and raised in China, and moved here with her husband. Her daughter was born in China, but has Canadian citizenship. Hu works at the Little Rascals daycare in Belleville, and her daughter also goes there.**

Photo by Sarra Lalonde



**(Above) Chan You Su poses outside the North China Buffet in Belleville. She has lived in Canada for 10 years and recently became a citizen. She says about Canada: "It is a cold country but people are warm."**

Photo by Giovanni Capriotti

**(Right) Mica Padezanin, 37, was born in the former Yugoslavia and is now living in Belleville. Padezanin has been living in Canada for 23 years. With 50th anniversary of the Canadian flag right around the corner on Feb. 15, she will be celebrating by obtaining her official Canadian citizenship the next day. "Canada gave me a better life and education," Padezanin said.**

Photo by Nathan Zbeetnoff





On the street

Carla Antonio asked people at Loyalist College the following question:

Is Valentine’s Day important to you? Why or why not?



**Mark Jones, sports journalism,** “Valentine’s Day is important to me because my girlfriend enjoys it. She really enjoys the holiday. I think if I was single I wouldn’t be as excited about it.”



**Deanna Fraser, journalism ,** “I think this year it’s not as important to me because I’m single, whereas other years it was a lot more important because you’re doing something for someone you love.”



**Rebecca Bartlett, journalism,** “It’s not really important to me because I don’t have a significant other, but I think I like the idea of the holiday, in that you buy nice things for someone and show them that you care.”



**Nick Ogden, journalism,** “I think it is important because it kind of gives people a time to plan to do something special for somebody. But then again I think you shouldn’t have to be obliged to do it for one day.”



**Emma Persaud, journalism,** “It’s important to me because I think that it can be used as a day to celebrate anyone, not just a significant other, and you can use it as an excuse to go up to anyone and say, ‘Be my Valentine.’”



**Matthew Murray, journalism,** “Not really, just because I’m not in a relationship right now.”

Editorial

Locally grown food not always easy to come by

Many people are pushing to buy local fresh foods, but it is difficult for the average person to purchase them. Although in our area we have a fantastic farmers’ market that helps local farmers sell their products, there should be more places for residents to buy local foods. Meats, eggs, and other specialty foods from our area should be more readily available. Grocery stores should sell more locally produced products to allow people of our area to have fresher foods, as well as helping local farmers economically, and helping people to be more confident in the food they are buying at a place that’s easily accessible. Currently foods are sent in from all around the world, sitting in cooling trucks to help keep them as fresh as possible before they get to us. This could take days from when they are freshly picked, or prepared, to make it to the stores before they are put on display for us to purchase. If local farmers could bring in their own foods to the grocery stores, it would mean food would spend less time on trucks, making it fresher for the customers. In the Greenbelt region, there is a grant which funds to increase the amount of local food we eat in Ontario, which has had a significant impact on local food sales. Food sales increase by \$7 with every dollar that has been granted. “It seems that the biggest challenge — and the biggest opportunity for our local food producers — is to get more products into public institutions,” reads a statement in a Feb. 1 post on the Greenbelt Fund website. Therefore, even though there has been a great deal of progress and change with this fund, they continue to have challenges to sell in grocery stores.

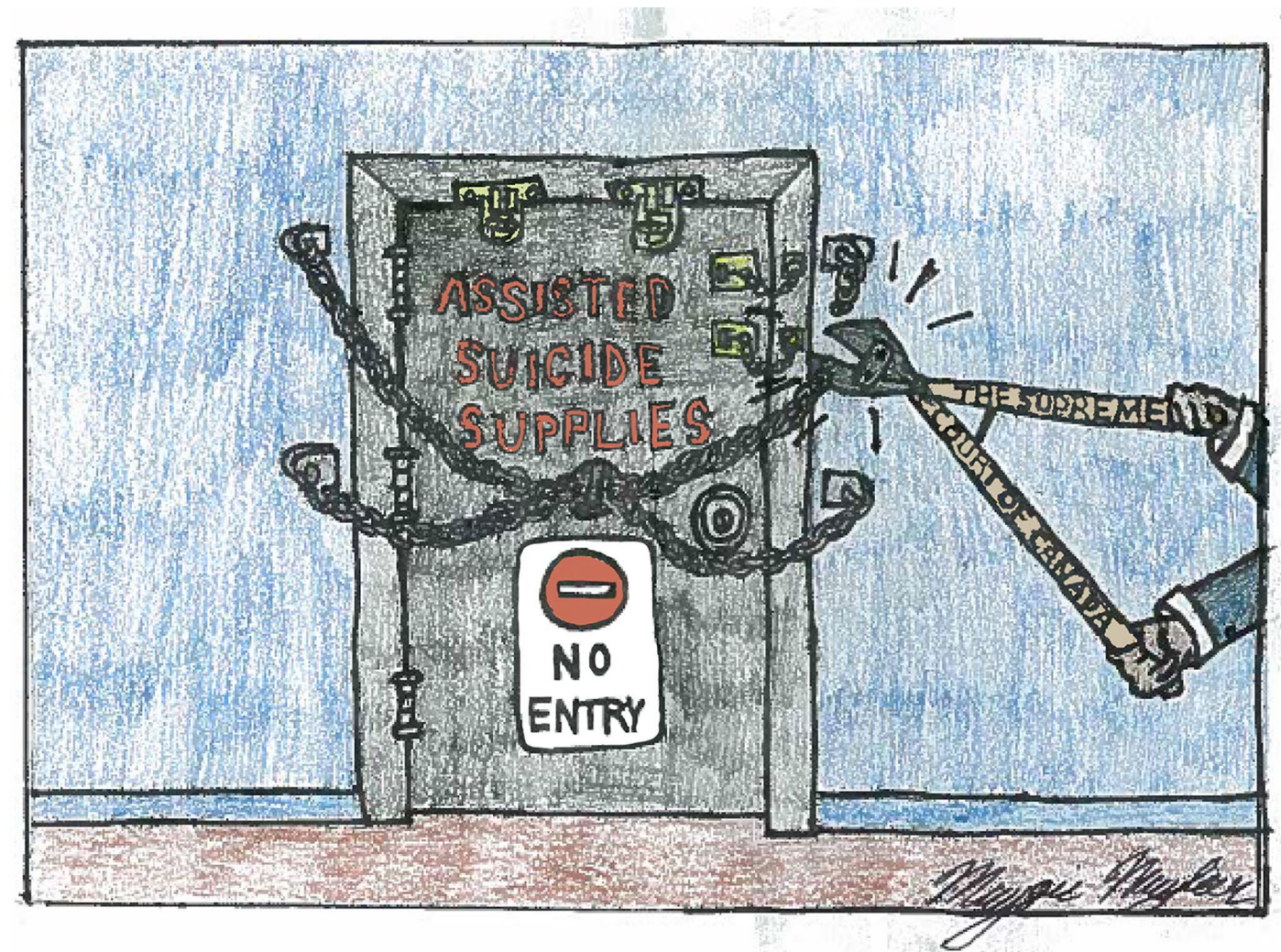
Farmers are the people who feed families, and without them we would all starve. Corporations should not continue buying from areas across the world solely because it will save a few dollars when we have fully capable farmers in our own area. Grocery stores in the area should allow local farmers to sell there own produce in their stores to not only allow for safer foods to be presented to the consumer, but to support all the efforts our local farmers do as well. With more local food available, less chemicals and preservatives will be added into our foods. This will allow consumers to feel more confident in what they are purchasing. Finally, having local food in grocery stores makes it easier for consumers to access these foods without having to drive great distances. We all win when local food is more accessible.

Kayleen Preston

How salt has ruined my life

An Ontario winter can bring with it many trials and tribulations, the worst of which is salt. From the earliest signs of winter in November, our roads are assaulted by gangs of salt trucks flinging their cargo of corrosive crystals in a fickle effort to defeat winter’s snow and ice. Early Monday morning, you are rushing to get to your job interview. This is not your average job interview: you have been waiting for this opportunity for years. Putting yourself through grad school, and breaking up with your girlfriend to move to the city, just for the chance of landing this highly competitive and sought-after career. You’re running a bit late because it snowed last night and you have to clean off your car, but you can still make it. As you get on the snow-covered Highway 401, you immediately become trapped behind an army of snowplows launching plumes of last night’s snow off into the ditch. To make matters worse, the plows are followed by a gang of salt trucks dumping tons of salt on the highway, coating your new BMW in a white, scaly, corrosive film that immediately begins to rust your new car. You pull into the parking lot with minutes to spare. Jumping out of your car, you make a dash for the door with brown, salty slush splashing all over your freshly dry-cleaned slacks. You don’t realize it yet, but you have huge white marks on your socks from when your ankles touched the threshold of the car door. You burst into the reception area one minute late, your pants speckled with brown slush stains and your new shoes marked with dusty white lines, sweat on your brow. “You look like one of those guys who drives the snowplow,” says your prospective boss. Your tardiness, in combination with your appearance, causes you to lose the job. All because of salt. Along with its wardrobe-ruining qualities, salt is also bad for the environment. It seeps into our lakes and rivers, causing unnaturally high levels of salt, which “pose a risk to plants, animals and the aquatic environment,” according to Environment Canada. Despite the environmental impact, huge quantities of salt are still used on our roads highways. “It’s a toxic material and yet we continue to throw it with gay abandon on our roads,” Dr. Nick Eyles professor of geology at the University of Toronto, told The Globe and Mail in a recent article. Salt is not the only ice-melting method. Among others, calcium chloride is one alternative to salt that is less harmful to the environment. Though it is expensive and three times as much is needed to have the same effects as salt. It is more effective and works in colder temperatures. Sand is another means of dealing with ice and snow, sitting on to the ice to increase traction. It is also used in colder areas of the country where it is too cold for salt to work effectively. At the expense of our environment, our cars and our clothes, salt is still used as the main method of snow and ice removal in Ontario. We should be using less salt on our roads and highways. There are other readily available methods with which to deal with ice and snow removal. We would all live a better, cleaner and less mushy lives.

Thomas Surian



Opinion

Make sure you respect your elders as they have a right to their dignity

Younger generations need to appreciate their elders’ accomplishments

By Maggie Naylor

There’s an epidemic circulating that needs to be stopped. Younger generations believe at the ripe age of 65 people’s accomplishments are over. They are expected to sit around like a limp noodle or generate large quantities of cookies while simultaneously looking cute in a slightly condescending way. Let’s not forget J.R.R. Tolkien only published his series *The Lord of the Rings* when he was 62. Nelson Mandela became presi-

dent at 77. At 86, Katherine Pelton swam the 200-metre butterfly in three minutes, 1.14 seconds, beating the men’s world record of that age group by more than 20 seconds. I had a great-grandpa who at 97 was completely independent while still being completely blind. My great-aunt, 69, and great-uncle, 71, are spending their time sailing the West Coast in a boat they built themselves. It’s all too easy to lump “official seniors” into one group, expecting them to be manipulated by phone scams, buying NutriBullets and pressing homemade pyjamas on you. It’s far more complex than that. They still need their dignity; they have not become less human by aging. This subject becomes more prominent as local community care coordinators are strik-

ing. Some of these people are helping care for seniors in their home so they don’t have to go into long-term care. Few others understand the importance of that role and those who do understand, generally aren’t in power. If seniors lose the independence of owning their own home thanks to the absence of this home care they will have little more to strive for in life than survival. These are the people of our past and future. Some of these people fought for our freedom, some fought for equality. Others committed their lives to teaching the generations in charge today. They could have been convenient store helpers their whole life, or worked at McDonald’s. But that doesn’t matter: hope for a better life should not get cut off at 65, 80, or any age.

Lack of Canadian history known by Canadians

Everyone in this country should know about Canadian history

By David Franksy

The polling industry’s professional body, the Marketing Research and Intelligence Association says that 11 per cent of people could not pick out the opening lines of “O Canada.” Deborah Morrison, outgoing president of Canada’s History Society, has said that the key for history is for educators to connect the dots between regional events and the broader backdrop against which they unfolded.

The citizens of Ontario need to learn more about Canadian history at a younger age than now. The boards of education in Ontario start learning Canadian history in Grades 7 and 8. In Grade 7, students learn about the fur trade and how Canada came to be and in Grade 8, students learn about how Canada changed in society after Confederation and about the First World War. It isn’t until high school, in Grades 9 and 10, that students learn about all of the wars and events that helped to shape what Canada is today. These are the current ways of teaching history in school boards and it is not the way that it should be. Canadians learn to have pride in what

Canada stands for but do not know a lot of the details of what the dates and events are that helped shape Canada as a nation. Lester Pearson said, “Whether we live together in confidence and cohesion; with more faith and pride in ourselves and less self-doubt and hesitation; strong in the conviction that the destiny of Canada is to unite, not divide; sharing in cooperation, not in separation or in conflict; respecting our past and welcoming our future.” The way that would be better is that both schools and citizens should teach younger people about Canadian history at Grades 2 or 3 so that they can learn the history about Canada so that they can take more pride in the country that they live in today.

# 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





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Sacred Space Pg 3-4



Petal Powered Pg 5



Charmed Pg 6-7



Commitment in the Community Pg 8

# INFOCUS





An old gardening manual and a photograph of her and her son tilling are relics of a time when Lyford’s business was in full bloom.



Standing on the steps of her incomplete and long overdue house, Lyford feels hesitant to abandon this project and to move on with her life.



# PIONEERING

Photos & Story by Mary Barber

In Diane Lyford’s eyes, there is much more than just an uncompleted house at risk. Parting with her former home means she would be both selling her business, and selling her memories. The house remains unfinished, soon to become a monument of her previous life.

Lyford, 52, walks a familiar path that leads to her former homestead of 30 years. She still finds beauty in the overgrown fields surrounding her house. She points at the shrubs and damp dirt promising at one time they were abundant with flowers from her business.

The importance of education for everyone is being emphasized all across Canada. With improvements to colleges all across the country, the access to post-secondary degrees is growing. Many women who just like Lyford have been denied of their education are beginning to change their gender roles.

According to Statistics Canada, the 21st century has seen a shift in gender roles. Family structures are changing with the number of single-parent households increasing.

Lyford said that completing her education was always met with little enthusiasm. She had a lot of resistance returning to school.

“My ex-husband didn’t nurture that idea,” says Lyford. “He said I didn’t need any of it, and I felt that my education had been robbed of me.”

During her high school years, Lyford was expected to heavily contribute to the family, helping to support her mother. This was Lyford’s catalyst for losing her education. Eventually Lyford was con-

vinced by her mother to quit school and to get a part-time job.

“She convinced me to quit because I wasn’t very good at standing up for myself,” said Lyford.

Lyford came of age when segregated gender roles were predominant. The career and professional advancement of a woman was rendered as less important by social standards, and because of this, education was gender specific. For Lyford, housekeeping and child care had been deemed a priority above education.

At 52 years old, finishing your high school education can be a humbling experience.

“As an adult, going back to school takes a great deal of humility” Lyford says, with her high school report card present.

Lyford has enrolled herself at the Quinte Adult Education Centre - a facility based on community learning alternatives for adults in pursuit of completing her high school diploma.

Lyford’s learning is affected by the experiences she brings every day. Since this is Lyford’s first time living on her own, free of her ex-husband’s oppression, her experiences so far have taught her that taking an active role in life is important.

Most importantly, Lyford says, is that she is given information that will help her improve the situation of that of her children, so that she can provide them with a place of safety away from their father. Lyford states that it’s never too late to return to school, because “learning and life is synonymous.”



“As an adult, going back to school takes a great deal of humility” Lyford says, with her highschool report card present.



Part of returning to school for Lyford means to rediscover her love for art as a means of therapy and rejuvenation.





LASALLE, Ont. - Karlie Mady, 18, sits on the bed in her basement bedroom in her parents' Lasalle home, painting a topcoat on her nails. She thinks her room is very representative of her interest in beauty and fashion, but is not necessarily an accurate depiction of her personality as a whole.



BELLEVILLE, Ont. - Sydney Porter, 13, sits on her bed, texting a friend as the family dog walks through the room. She says her bedroom is cozy and conveys that she likes hanging out with friends and that she's different from other girls her age. Purple is not her favourite colour.



CORBYVILLE, Ont. - Charlie Vilagut, 17, sits in his bedroom with his dog and cat. He believes his room conveys that he's creative, loves skateboarding, and is proud of his Venezuelan heritage. He thinks someone would be able to walk into his room and get an accurate idea of who he is.



WINDSOR, Ont. - Dylan Logan, 15, sits in his bedroom reading World of Warcraft: Arthas: Rise of the Lich King. He doesn't keep much in his room besides books and old photos his mom has put there. He describes himself as "nerdy" and says his room conveys that because books are almost the only thing in the room.



BELLEVILLE, Ont. - Kyle Snyder, 13, sits on his bed on his laptop. He doesn't think his bedroom conveys much about his personality besides that he is messy and likes to read. He says it's more of an accurate representation of his personality a few years ago but that his interests have since changed. He has three crucifixes in his room and says he is "a bit religious".

# SACRED SPACE

Photos and story by Gabrielle Smith

"I think my room says that I like things in a very particular way. It always looks like this and never changes. If there's a pillow out of place, I know. It's my sacred space."

Karlie Mady, 18 years old, said of her monochromatic cream bedroom. The basement bedroom is clean and girly, with fuzzy pillows, butterflies on the walls, and makeup displayed on the dressers.

When asked what she spends the majority of time in her room doing, she said she uses the space primarily for fashion and beauty, when she isn't sleeping or watching *Suits*.

It's clear by her bedroom that Mady has an interest in fashion and beauty, but her interests in traveling and mountain climbing might not be as obviously displayed. She explained that her room does a great job of capturing one side of her personality and interests, but isn't necessarily representative of her as a whole.

Mady's desire to create a space that is representative of her is an experience that is shared by most teenagers.

Michael Manthorpe, a psychotherapist and expert on adolescence, confirmed the importance of bedrooms during the developmental teen years.

"As puberty comes on for most teenagers, they start to develop a different perspective of themselves and life. It's normal at this point in time for teenagers to put a higher value on personal privacy and

wanting to have more control over their life and their space. To some degree, the room is a statement of themselves."

Allie Bachtold, a vibrant and driven 17-year-old, pushed open her bedroom door to reveal a bright pastel green room with a purple bed. The space was welcoming. The floors were clean and the bed was made.

Stepping into the room to face the door revealed a large open dollhouse, filled with books and trinkets. Leaning against it was a 5-foot long inflatable Orca whale that she commented was part of a Sea World trainer Halloween costume. A collection of track participation numbers and academic awards and certificates covered a bulletin board.

When asked what she uses the space for, she said that being so involved in extracurricular activities results in her room being a space for sleeping, homework – that she routinely does on the floor – and a "dumping ground" for her stuff.

Bachtold is aware of her room's split personality. "It's kind of disorganized but also put together. On the surface when you walk in, it looks fine, but then once you get in there you're like 'Oh man, there's a lot of stuff in here,'" she laughed.

"I don't know what that says about me. Probably a lot."



BELLE RIVER, Ont. - Kat Moscone, 14, sits on her bed watching a Youtube video while her younger sister, Sierra, 13, lounges next to her. Moscone likes spending time in her room and thinks it's an accurate representation of her interests in music, beauty, and art. She says her sister only hangs out in her room when she wants something.



WINDSOR, Ont. - Allie Bachtold, 17, sits on the floor in her bedroom against her bed frame doing math homework. She is highly involved in extracurricular activities so her room is mostly a functional space for sleeping and homework because she doesn't have time to do much else in it. She has been in the same room since she was three years old, so it has grown up with her and she admits to having quite a few outdated elements in it.

See more bedrooms at: [gabriellesmithphoto.format.com/1868875-teen-bedrooms](http://gabriellesmithphoto.format.com/1868875-teen-bedrooms)





# Pedal Powered

photos and story by Andrew Meade



***“I would cycle to work every day, it was about a nine-kilometre commute and I loved it. It was probably the best part of my day.” - Becky MacWhirter***

What would make a self-proclaimed avid cyclist put up their helmet and refrain from throwing a leg over their beloved cycle every day?

Loyalist College Sustainability Coordinator Becky MacWhirter had this very experience upon moving to Belleville from Toronto. MacWhirter used to commute daily when living in Toronto but blames the change in her riding habits directly on the lack of bicycle lanes and cycling infrastructure.

“I was living in Toronto for about five years and I would say I was a very active cyclist there. I would cycle to work every day, it was about a nine-kilometre commute and I loved it. It was probably the best part of my day. I moved here though and I wouldn’t call myself an active cyclist anymore.”

Bicycle commuting and active transportation in cities across the country are on the rise. According to numbers reported in the 2011 Statistics Canada census, cyclists made up 1.3 percent of commuters, and in made up even higher proportions in cities like Kelowna, BC at 2.6 percent and 2.2 percent in Ottawa, Ont.

Cycling and cycling infrastructure is becoming a

hot button topic in municipalities across the country. Locally the building of bicycle lanes and more accessible infrastructure like bike racks was on the campaign dockets in the Past fall municipal election in Belleville, Ont.

Released in April of 2014 the Belleville Transportation Master Plan found workers commute to their jobs on bicycle 23 percent less than the national average.

The plan identifies active transportation as an influential and essential part of building a vibrant and healthy community, and commuting under one’s own power, “is an undervalued component of the transportation system.”

Community groups and institutions realize the value of making the city more accessible as well. Loyalist College has been in talks with the Belleville city council to facilitate the creation of cycling lanes along Bridge Street to connecting roads ending across from Susanna Moodie School.

When asked about what keeps students and faculty from riding to Loyalist, MacWhirter says, “We’re somewhat isolated here, we’ve got Dundas,

Wallbridge-Loyalist, Moira. These are fast roads, there are a lot of cars, and no paved shoulders so it’s definitely tricky to get people here on bikes.”

Rob Janes, steering committee member of cycling advocacy group Belleville on Bikes, has a similarly dissonant outlook on the state of cycling infrastructure in the city.

“As far as infrastructure goes, we have none. Currently Belleville has zero kilometres of on-road biking infrastructure, but they do have a transportation master plan now that was accepted by council earlier in 2014, which maps out where this infrastructure will likely be but it’s an extremely long-term project. We are talking 30 years.”

As important as bike lanes are to making cyclists more at ease on the roads there are other factors that impact on commuters’ safety on the road. Education and changing the outlook of motorists about how bicycles are perceived on roadways needs to be changed in order to make all users able to safely share the road.

“Belleville would like to be a cycling-friendly community, but it is a car-centric community. Ev-

erybody drives and you see narrow sidewalks up against the roads, my experience is that most drivers are fairly accepting of bikes on the road but there are also a reasonable number that are not. I’ve had an uncountable number of close calls with cars.”

For Janes, the final piece of the puzzle to cementing bicycles place on the roads in Belleville is designating where bicycles go on the road. By installing lanes and signage motorists and cyclists know where bikes are going to be and where cars will be.

“People get used to bikes on the road, expect them to be in their lane and know they can be passed safely while having this separation (even if it is only by space). Greater visibility of cyclists will encourage drivers to sharing the road and encourage cyclists who do not feel safe on the road to get out there.”

As drivers and community members become more aware and educated about the place of bicycles on the road, changes will come about and make roadways a less intimidating place for cyclists of all levels to be.



**Top:** Signs marking bike lanes litter streets in Kingston, Ont.  
**Centre left:** Laura Voskamp stops for a photo along the trail at Meyers’ Pier in downtown Belleville, Ont. Voskamp has ridden bicycles for years but Voskamp says her current bike is her first seriously bicycle and it makes a huge difference in her riding.

**Centre right:** Ideal Bikes’ employee Caleb Murray sits between bikes in his kitchen in his apartment on Front Street, in Belleville, Ont.  
**Bottom left:** Ryan Zaback, 27, poses for a photo with his daily driver a 1980’s fixed-gear road bike conversion. Zaback says he enjoys the places his bike takes him and rides bicycles for the love of it.

**Bottom right:** “I’m finally getting a chance to recover from the last couple months, December and the holidays were crazy and we’re still getting tons of people in.” says Ed Kraus, owner and operator of Ideal Bike in downtown Belleville, Ont. Above, Kraus poses for a photo in his Front Street shop.





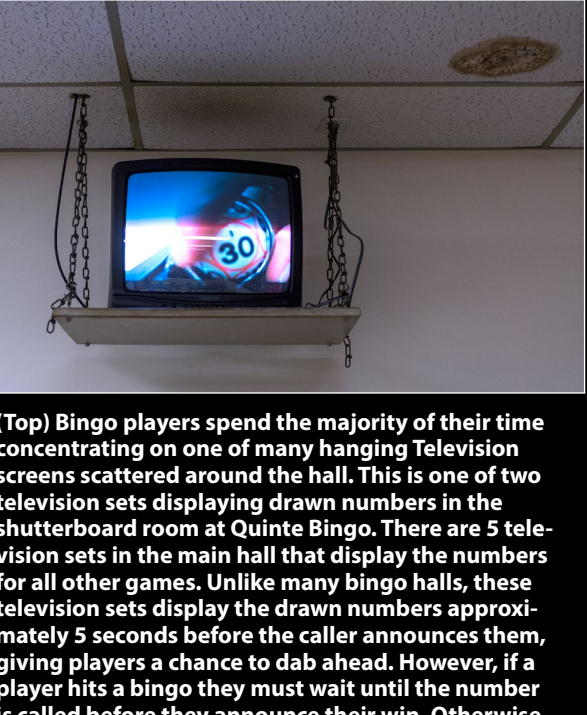
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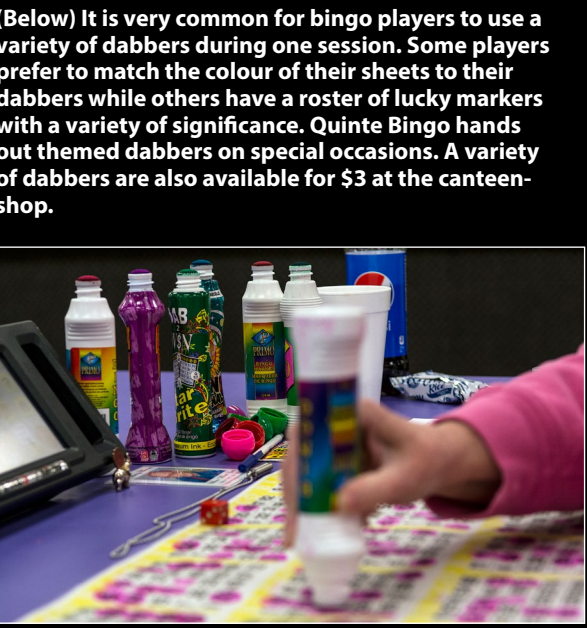
(Top) The main hall of Quinte Bingo seen in the reflection of the automatic bingo ball draw machine.

(Left) Entranceway to Quinte Bingo at the Quinte Entertainment Centre on Roy Blvd. just off North Front Street in Belleville, Ont.

(Right) Tina Burness eats onion rings and chicken fingers from the canteen while dabbing away at a game of full-card bingo. Forty-five percent of the proceeds from the canteen go towards the charity groups that donate their time to help run the bingo. The game of full card requires the players to hit every number before a certain amount of balls (usually between 50-60) are drawn.



(Top) Bingo players spend the majority of their time concentrating on one of many hanging television screens scattered around the hall. This is one of two television sets displaying drawn numbers in the shutterboard room at Quinte Bingo. There are 5 television sets in the main hall that display the numbers for all other games. Unlike many bingo halls, these television sets display the drawn numbers approximately 5 seconds before the caller announces them, giving players a chance to dab ahead. However, if a player hits a bingo they must wait until the number is called before they announce their win. Otherwise their bingo is nullified.



(Left) Tina Burness closes a shutter after her number is drawn during a round of shutterboard at Quinte Bingo.

(Right) Seven individual prizes of \$7 are lined up on the median of the shutterboard room in the old non-smoking section of Quinte Bingo. 10 rounds of shutterboard are played during the main hall intermission with an entrance fee of \$1 per game. The prize values vary but on this particular day, as the jackpots were low, one would have to win two of the 10 games in order to turn a profit. Some players prefer to spend their intermission smoking and others feel that shutterboard is too fast.



The photographs on this page were taken at the independently-run Quinte Bingo hall in Belleville, Ont. one of the two remaining options for local bingo players.

It is in a nondescript concrete brick building that sits on the corner of the often-overlooked Quinte Entertainment Centre near the northern edge of the city.

The current boss once owned and operated seven halls scattered around southern Ontario but has been left with just one. Trends in attendance would suggest that Quinte Bingo's days are numbered.

In general, attendance is slipping among independent bingo halls. Part of this can be attributed to the growth of chains like Delta Bingo as well as the allure of large casinos.

For the shrinking group of loyal patrons at Quinte Bingo, there are a variety of motivations that keep them coming back. Some drop by to have fun, some are looking for a chance to socialize and some are strictly after the cash, chasing jackpots from hall to hall.

Despite differing incentives, one thing that exists among all of these groups is superstition.

This superstition may become a strategic practice for players who arrive early to get their favourite seat, request that their cards come from the middle of the stack or that they contain specific numbers.

It may also take a physical form in the presence of lucky items positioned among a players office-like space.

Contrary to what many believe, these items are quite common and are not only used by the truly convinced but also by those with a "just in case" approach. They range from traditional good luck charms like pennies, horseshoes and elephants to more personal trinkets, photos of loved ones and even Danish troll dolls.

Whether it's the hours spent staring at fuzzy television sets or the presence of their lucky items, the players at this almost-forgotten place have become charmed.

Joan Rankin (left top) wife and mother of five, lives in Stirling, Ont. and attends Quinte Bingo on a regular basis. She brings her son's Grade 12 graduation photo to her bingo nights, he is now 36 years old. It is expensive to participate in all rounds of bingo so some players opt out on low jackpots and find other ways to entertain themselves. Rankin who likes to do crosswords and read her horoscope said that she can get three magazines for \$10 at Wal-Mart.

Tammy (left bottom) (preferred her last name not be used) is one of many players at Quinte Bingo who believes in the luck of elephants. She brings two small elephants, one wood, one stone, that she places near her card. In addition to these trinkets, Tammy brings along her grandson's shoe for added good luck. Rentable electronic bingo machines have become popular as they allow participants to play extra cards but Tammy believes that they take the fun out of it.

Tina Burness (right top) and her husband Rick Burness attend Quinte Bingo on a regular basis and volunteer periodically. They have a lot of friends at the hall and it is a social experience for them. Tina's charms include a lucky elephant that she insists must be facing east and a few horseshoes. Tina and her husband Rick acquired their luckiest horseshoe after it flew off a horse's hoof at a track in Prince Edward Island (PEI). The couple enjoys gambling at the races and visits PEI for a month every summer.

Joy Osterhout (right middle) is a regular Bingo player and also attends the Lions Bingo Hall in Belleville where she won a Don Cherry dress-up competition in 2008. Joy was given a cardholder with her name on it for Christmas in a recent year and now brings it to bingo where she uses it to hold her winnings. She also brings along a lucky elephant that she places on the code of cards that are close to winning. Osterhout's set up includes a lot of common items like a pen, multiple dabbars, a roll of tape and a book, she is currently reading, a vampire novel by Michele Hauf called "Beautiful Danger."

Mary Jeffreys (right bottom) also known as "Marie" by some of her French friends, is a regular at Quinte Bingo who can usually be seen sitting at the halls first table with a selection of lucky items. Jeffreys rubs her horseshoes and the trunks of her elephant's charms with her thumb before dabbing her cards. She plays a lot of cards and her technique includes sliding the cards from side-to-side as her eyes canvas the numbers. Some players have set-up where two layers of cards are taped on top of each other in a flappable fashion for maximum dabbing efficiency.



# PHOTOS AND TEXT BY DILLAN COOLS

For the full photo story and more in-depth accounts of more players, visit [www.dillancools.com/charmed](http://www.dillancools.com/charmed)





Peter Johnson and Shawn Ellis are shaking hands to show support to John Johnson a War of 1812 militia man and ancestor of Mr. Johnson.

# Commitment in the Community

There are some people that do love to volunteer their time to do work.

One of these people is Shawn Ellis who is the President of the Trent Port Historical Society. He does have a job but he volunteers his time to the society so that the future generations come to understand what has happened before. His plan is to create a museum café for people to come in to eat and/or drink.

In a recent study from Statistics Canada, 58% of people aged from 15 to 24 volunteer and 54% of people aged 35 to 44 volunteer. Even through that is high for young people some of them do not volunteer for the love of it; they do it because they need to in order to graduate. The older population is more likely to help because they love helping others.

The study also said that almost 1 in 2 Canadians (47%) volunteered their time, energy and skills to non-profit and charitable organizations in 2010. But a person's likeness of volunteering changes a lot during their life because their interests as a teenager are different from what they have later in life. "Differences between age groups may reflect, to some extent, generational or cohort differences." Said Stat Canada.

Most of the older generation that were asked if they loved to volunteer their time said yes they do. They do not get paid or other types of rewards for doing this type of work they do it because they love it. People can volunteer doing a lot of different things from history knowledge to food banks to caring for people in need there are a lot of ways to give your time to help people in the area that need it. There are a lot of different ways to volunteer from taking notes to scanning to coming in to help with cooking meals or snacks for the people that come in. There are endless reasons to volunteer and a lot of places to volunteer all over.

Many volunteers agree that they do it to help other people that need it. Volunteers are needed to help in this world now and into the future.



Julie Vandyke is at the Trent Port Museum and showing what they have in there at this time.



Kevin Windsor is explaining the PPCLI and what they have done in the wars.



Glenn Lochhead is helping kids learn and get into the firetrucks that are at the Flavour of Fall Festival as a firefighter.



Clinton McGinnis is explaining that he is wearing is the dress of a Prince Edward Militia man because his ancesor wore it.

By David Fransky