



Photo by Philip McLachlan

Winter battle waged

Rob Gchuk defends Germany's objective in the Battle for Berlin at PRZ Paintball in Picton. Germany climbed to the top and took the victory with a combined total of 10,400 points over Russia's 9,000 points. For more photos, story and a multi-media version, go to page 2.

Environment gets help with battery recycling

Sustainability Committee introduces program at Loyalist

By Kayleen Preston

Loyalist College continues its environmental duty through the start of a recycled battery program.

A couple of weeks ago, maintenance staff, along with the Sustainability Committee at the college, approached Raw Materials Company out of Port Colborne, Ont. to begin this program.

"We saw it as both a way to make things easier on the facilities department, because now RMC pick up [the batteries] free of charge, and swap the

bins out and all that kind of stuff," said Becky MacWhirter, sustainability coordinator, when asked why the school decided to begin this program.

"And so it's easier on the facilities side and also we can use it as this great educational tool around campus just to get people thinking about recycling. Not just of your typical paper and plastic and glass, but think of it more broadly in terms of your other household items."

Students can use the bins placed around both the Belleville and Bancroft campuses to dispose of their batteries that are not only used at the school, but also from home.

The batteries will be picked up by maintenance staff as they fill up, and placed into a 45-gallon drum stored in the shipping and receiving department. Once the drum is 60 per cent full, the col-

lege phones the Raw Materials Company. From here, someone from the company, or their logistics partner out of Kingston, will come and swap the full drum for an empty one to continue the process.

The entire program is free of charge to the college, from the bins to store the batteries to the pick up to bring the waste to the company's recycling plant.

At the plant, the company carefully separates all of the components of the batteries to be either recycled or upcycled by local Ontario markets.

The steel is repurposed and sent to auto and appliance companies. The anode that gives the battery its charge consists of zinc, manganese, and potassium powder, which is turned into micronutrient fertilizer that is used solely for bio-fuel corn crops. The only material that is upcycled is the plastic and paper since it

is too dirty to be repurposed.

The company has very high environmental standards. Therefore, they do not use any chemicals, and none of the materials are incinerated or sent to landfill.

"We have the best collection rate of any battery collection program in North America and arguably the world, and we've taken this program from taking two per cent of the Ontario generated material only three years ago, to now over 25 per cent of the batteries sold into the Ontario marketplace," said Cory Graper of RMC.

"We're very proud partners of Loyalist College and our other supporting partners around the province, and very happy to be on board for such a noble cause," says Graper.

There are seven bins located around the Belleville campus and two in Ban-

croft.

"We'll see what's working and what's not, like if we're finding the location is leading to contamination where people are just throwing their take-out food containers in it or something, we may need to rethink where we have them placed, so this is definitely a work in progress. And if people have suggestions for improvement, we very much welcome those," stated MacWhirter.

If there are any concerns about the placement of the bins, students and staff are encouraged to speak the sustainability members.

All types of single use and rechargeable batteries are accepted. For more information and exact locations of the bins visit: <http://www.loyalistcollege.com/about-loyalist/sustainability/recycling-waste/>

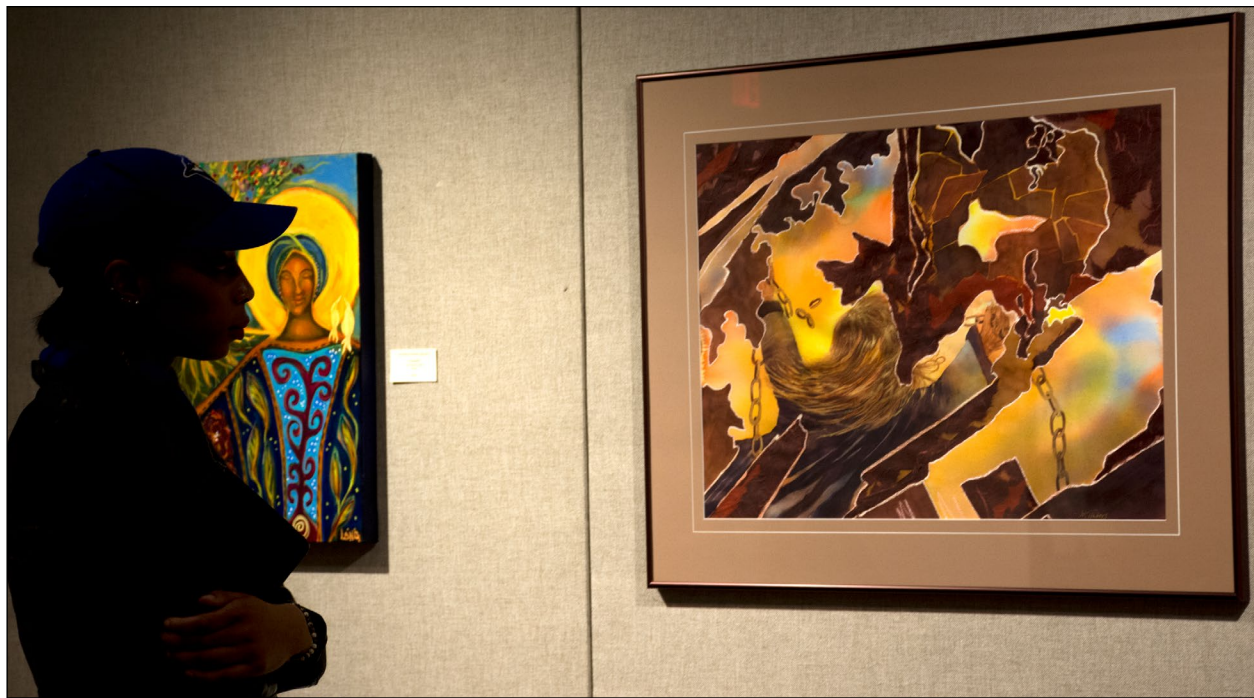


Photo by Charles Vilagut

Art for Women's Day

Loyalist journalism student Denissa Palmer takes in the artwork at the International Women's Day art show held at the core in downtown Belleville on March 3. The art show is in recognition of the Women's day, which is celebrated for all women across the world. For a story on a women's achievements, a photo page of women and a multi-media version, go to pages 4 and 5.

Passport funding program helps individuals and families

By Moush Sara John

In an ornately decorated sat individuals and families around dinner tables, talking excitedly about what was to come over dinner. It seemed like a celebration of sorts. And it was, in a way. These were people whose lives had been touched with developmental disabilities in some way and with the announcement of more funding for the Passport Program, they were there to know how they could spend the extra dollars.

Darlene Dale, director of professional development, innovation and accreditation, Community Living Quinte West, provided insight into what the evening was about.

"The ministry this last year has put in \$810 million into this sector. Families and individuals with developmental disability receive the funding themselves, so they can go ahead and hire their own personal support worker or personal support to take them on community outings. They no longer need to go through an agency if they don't wish to. Families and individu-

als have the power and they can hire their own workers.

"People with developmental disabilities and their families have been waiting a long time to receive their individualized funding which provides them with the power/ability to direct who/where/when supports are provided. Individuals and their families will have the ability to receive the necessary support that are tailored to their specific situation."

Passport funding assists people to participate in their community, receive respite dollars, help with their direct planning as well as the administration of their funds.

Mike Vajda, executive director, Quinte Vocational Support Services (QVSS) also elaborated on what this meant.

"Community involvement could include having the ability to have a support worker hired to enable the person to attend recreation, sporting events among other leisure activities, where they require assistance. Families too can hire someone to provide a temporary break from their primary caregiver roles.

...See Passport, page 3

Motivated motorcycle mamas

By Carla Antonio

As International Women's Day approaches, themed with a "Make it Happen" slogan, a group of motivated women gathered to chase a common goal – they want to ride motorcycles.

Over 50 women gathered at MotoSport Plus in Kingston last Friday for an evening of motorcycle basics and riding fundamentals in a comfortable, ladies-only environment.

"It's mainly for new riders and women who have never ridden before," said the event's co-ordinator Kim Gascoigne.

"They usually come in a bit nervous, not knowing what to expect or what's going to happen if they've never been before, and then they leave with more of a confidence after they realize it's not so scary."

The annual event incorporates five stations for the aspiring female riders to rotate through.

Starting with a guide to riding gear and moving along to a "fit" station, the women are able to take the rider's seat and figure out which type of bike fits them best. They can then visit the parts customization station where the women can further determine what would make them most comfortable.

"If your motorcycle doesn't fit you properly, we can show you what you can do to make it better," said Gascoigne.

"Change the seat, lower it – whatever you need."

The participants then move on to the "bike lift," where they are able to practise picking up a bike that is on its side.

"One of the things that many women are nervous about is if their bike falls over, then what do they do. So we teach them how to pick it back up," said Gascoigne.

The final and most popular station, the "jump start," allows the women to sit on a running bike and go through the gears while it sits on a stationary jig, offering them the closest thing to a ride without actually hitting the road complete with a fan to simulate the wind blowing through their hair.

"It's nice to have an empowering evening to get the women in and get



Photo by Carla Antonion

Renée Belzile gets a lesson in riding from Mark Delaney at the Ladies' Garage Party held at MotoSport Plus in Kingston last Friday. The interactive event was held exclusively for women who are new riders who are looking to learn the basic fundamentals of motorcycle riding.

them feeling comfortable and getting to know other women that ride or want to ride," said Amanda Bray, the assistant operations manager at MotoSport Plus.

Bray's passion for riding a motorcycle has been with her as long as she can remember, as her parents have owned the

dealership for 33 years.

"I got my motorcycle licence the day I turned 16 and I've been riding ever since," she said.

"It's that freedom of feeling the air... It's just something that totally takes away everything -- your mind is in a different zone."

Philomena McClelland, who recently completed her motorcycle course, attended the event after hearing about it while shopping at the dealership.

"I thought, 'This is perfect, because they teach you so many things, like how you pick up your bike' and just meeting all of these other people that ride, it kind of

gets me all excited about riding," she said.

Although still a bit nervous, McClelland left with a little more confidence and looking forward to riding.

"I feel more excited, that's for sure."

For a multi-media version of this story, go to: <http://www.qnetnews.ca/?p=51267>

Mohawk language being revitalized

By Elaine Bombay

Although once moribund, the Mohawk language is making a comeback through revitalization efforts on Tyendinaga Mohawk Territory.

Indigenous languages were one of the victims of the official policies and social treatment of the First Nations in Canada.

Sherry Procnunier Kawennanó:ron teaches the Mohawk language at Quinte Mohawk School.

"I've taught at this school now for almost 22 years and I have seen a major change in the attitude of people in our community. Young parents really do want their children to know about their language and culture and have a good sense of identity of who they are," she said.

In school, students spend 50 minutes a day in Mohawk language class. The rest of the subjects are taught in English, though culture and language are integrated into everything the students do. Art classes focus on the work of First Nations artists and physical education classes incorporate traditional activities such as the snow snake track or the peach stone game.

"In the past 10 years, there has been a big revitalization movement in First Nations communities, at least in southern Ontario, where communities and schools are working together to try to create programs that both adults and children can access," said

Kawennanó:ron.

If parents and children learn the language at the same time, they can use it in the home and reinforce each other's learning. "You are a support group for each other," Kawennanó:ron said.

According to the Ethnologue, a database of information for all the known languages in the world, there are just over 500 people who speak Mohawk as a first language, although more than 24,000 people identify themselves as Mohawk throughout Ontario, Quebec and the northern United States.

Callie Hill is the executive director of Tsi Tyonnheht Onkwawenna, which promotes Mohawk language and culture in the community. She is working on a master's degree in indigenous language revitalization through the University of Victoria. She estimated that about 60 people in Tyendinaga could be considered proficient to some degree in the language. According to Statistics Canada, the population of Tyendinaga is just over 2,500.

Tsi Tyonnheht Onkwawenna offers three streams of language learning, as well as awareness raising in the community.

The language nest is for pre-schoolers. They spend the day with a grandmother, or *totahne*, who speaks Mohawk fluently.

Hill describes the language nest as "spending a day with grandma." It's an informal program where the children spend the day colouring or playing or baking a cake, but everything is done while speaking

Mohawk.

Tsi Tyonnheht Onkwawenna also offers immersion education for students in senior kindergarten to Grade 4.

"We operate very much like a one-room school house. It's a different kind of education. It's very much culture-based, with our priority being language acquisition, not so much academic acquisition, though we do provide that as well," said Hill.

There is also a full-time, intensive adult program that runs from September to June, five days a week, six hours a day. This program has been running for 10 years.

The fourth stream is community outreach, with events on evenings and weekends. They work with other Mohawk communities to find speakers to present on various cultural topics or run workshops.

"The speaker series is a primer on the culture," Hill said. It touches on major aspects of Mohawk culture and worldview, such as the creation story, the clan system, the cycle of ceremonies, and the great law.

Although the emphasis of the speaker series is on Mohawk culture, it also serves to show people how the language reflects their worldview and to pique their interest in the language as more than simply a tool for communication.

The workshops are usually offered on a Saturday and focus more on music and arts, such as drumming or basket-making.

"It's not as specifically language as our other programs are, but it is more bringing the culture to a wider audience. Educating the broader audiences is what we have to do to help raise awareness of our issues," said Hill.

Most of the adults who decide to learn Mohawk do it to communicate with family members or to be able to support their children in the immersion programs, said Hill. "When they start learning the language, they realize that they need to know it as part of our identity," she added.

Kawennanó:ron also believes that having a strong sense of who they are as First Nations people will stand her students in good stead in the future.

"Once students are comfortable with their language and their culture, and understand their traditions and all their legends and their dances, they just seem more confident as learners. And that can't hurt them no matter what they do in their future," Kawennanó:ron said.

Asked what her hope is for the Mohawk community 50 years from now, Hill replied, "I'd hope that we have a lot more speakers than we do now. I have a new grandson and so it's become even more important to me that there is something here for him so that he can learn the language. In 50 years, the children that are here now are going to be our elders. I hope that they've raised their children and grandchildren in this way."

Paintballers battle for supremacy in Picton

By Callum Rutherford

Surrounded by Soviet flags, the sound of air raid sirens and distant explosions, it might seem like the days of the past.

It's actually Feb. 28 at PRZ Paintball in Picton, Ont. The field was holding its annual winter game, which this year was called Battle for Berlin.

During the day, the players fought back and forth trying to meet objectives. Objectives were anything from planting bombs (not real ones), capturing mortars, and attacking or defending a location to changing flags at a flag station.

Players came from as far as Peterborough for the game. Evan "Bird" Partridge from Peterborough was one of the players at the game for the German side. Partridge, who has been playing for a year and half, said, "It was a great day."

"I think this weekend was the most fun I have had paintballing next to maybe Operation Mongoose in the fall," said Michael Juthman, who was playing for the Russian side. Juthman drove down from Havelock.

Paintball is a sport that involves shooting a gelatin ball filled with a paint mixture (polyethylene glycol) at another person to mark them. A mark the size of a quarter is considered a hit and the players are then eliminated.

Even though the goal is to mark the other players, it's all in good fun.

"The people and the owners, they are so nice and everyone's always trying to help you out, and try to help you figure things out its just a really friendly sport,"



Photo by Phil McLachlan

Russia (Red) vs. Germany (Blue) in the Battle for Berlin at PRZ Paintball in Picton. More than 200 players attended the event, making each team consist of around 100 players.

said Partridge.

Approximately 250 players showed up for the cold snowy game at the abandoned military hospital that was known as Prince Edward Heights. Players have the chance to fight it out in and outside

the buildings know as the Craig Complex.

The building was built in the mixed design of an active 1960s hospital and an army garrison barracks, complete with warehouses, kitchens and even a school and gym centre. The only off-limit areas are the back forests and the school portion of the buildings.

As for new players, both Partridge and Juthman tell people about the sport.

"I try to grow the sport by bringing it up as much as possible and getting people interested by telling them about the fun and intense action involved with the game," said Juthman.

"I've gotten a whole bunch of friends to come out and play," said Partridge. Partridge's team, the Titans, gives away little things like patches at games to players old and new.

Lunch was available for the players to buy during a 50-minute break before the teams continued until the final battle. The last 30 minutes of the game was an all-out run to leave three flags in the centre of the small field with your team's colour.

At the end of the day, the final score was given. Germany won with just over 10,000 points. Russia had just over 9,000.

With the final scores revealed and the battle commanders done their speeches, everyone said their goodbyes and headed home, waiting for the next big game to happen from April 10 - 12 for the season opener.

For a multi-media version of this story, go to: <http://www.qnetnews.ca/?p=51144>



Photo by Amanda Cheung

Alexandria Barker leads her yoga class for ladies 50 and over into different poses at Eastminster United Church in Belleville on Tuesday.

Yoga offers ‘grounding’ for participants

By Amanda Cheung

In a society where women are bombarded with what they are supposed to look like, yoga is “one-size-fits-all.” Alexandria Barker, 57, has been teaching fitness since the age of 22. “All kinds of fitness you can imagine,” laughs Barker. “But I thought I’d keep yoga for old age.” It wasn’t until her father passed very suddenly in her early forties that Barker decided she needed a more substantial

spiritual influence in her life. She tried yoga and never looked back. “I wished I started when I was younger,” says Barker, “instead of just thinking it was for old people and that when I slow down physically, then I’ll do yoga.” Every Tuesday at 9:30 a.m. for the past eight years, Barker has been teaching yoga to ladies 50 years old and up. “Yoga allows people to be more intimate with their bodies and be in touch with themselves,” says Barker. “I find it very grounding because it

brings you right to your centre. With every breath, you’re breathing in inspiration.” Barker’s classes are held at the Eastminster United Church in Belleville. Despite the pounding noise caused by construction on the church to remove ice, one lady in the group mentioned that she didn’t even notice the noise stopping because the yoga was helping her centre herself and be grounded. A mantra Barker uses is “may I be happy, may I be healthy, may I live with ease.” She got it from a metta meditation

from Marci Shimoff’s book, *Happy for no Reason*, ‘metta’ being the Sanskrit word for ‘loving kindness.’ Barker has her group of ladies meditate on these words at the end of class. They meditate on the words first to themselves, then to those beside them and lastly to whomever they would like to be thinking of. “People tend to get stressed out and project these fears into their future,” says Barker. “So just by repeating (the mantra) a few times can bring you back into that place of peace.”

Barker has taught a wide range of ages. She was a volunteer teacher to a group of junior kindergarteners to whom she’s now known as the yoga nana. “I was a journalist and a fitness teacher and was just busy, busy, raising a family and I just thought ‘I don’t have time to sit and do that. I don’t have time to meditate.’ Now if someone tells me that, I tell them, ‘you don’t have time not to because you can really be so much more productive.’ Really, it’s giving you time and not taking it away from you.”

Shining a light on local filmmakers at DocFest

By Paul Terry

This past weekend, Belleville’s downtown core heralded the fourth annual international documentary film festival, DocFest 2015, an event that presents stories celebrating life and human dignity around the world. One of the defining aspects of DocFest has been the presence of stories told right here at home, with local filmmakers being given the opportunity to screen their films to wider audiences, and network with other filmmakers. Only one local film was screened at the first DocFest (*The Faces of Cancer 2012* by Michael Brethour), comparably to the 14 local films screened at DocFest 2015. In the spirit of DocFest, local filmmakers were also given the chance to develop their skills through a series of workshops.

On Sunday, March 1, one of these workshops, hosted by the Ontario Arts Council, was well-attended by 20 hopeful and promising filmmakers. This workshop brought in many artists from the immediate and surrounding area who had questions on whether they were eligible for media arts grants. Two of the local filmmakers in attendance were Michelle Annette Tremblay and Sean Buk, whose Bancroft-centered shorts *Building the Future* and *Friends in the Community* premiered earlier that weekend. Before moving to the Bancroft and North Hastings area, Tremblay was a Vancouver-based copywriter and college writing instructor. As each year passed, she became more specialized in her field, but as a creative person she yearned for more variety. Tremblay and Buk have partnered with various agencies and non-profits to

work on multiple different projects, all of which, Tremblay says, makes them feel more connected to and grateful for the close-knit community of Bancroft. This is what led to them starting their *Building the Future* and *Friends in the Community* projects. “I think it’s easier for us to get paid video work in North Hastings because there’s less competition than in a film-centric city like Vancouver,” says Tremblay. “Also, there’s a lot of cool stuff going on in Bancroft; more than most people realize. When serving smaller populations, you have to be diverse as a media professional. The lower cost of living allows devoting more of your income toward equipment upgrades. In addition to their filmmaking collaboration, Tremblay and Buk are life partners, parents, and homeowners.

“We kind of balance each other out and fill in each other’s gaps,” Tremblay says. Juggling these labels doesn’t deter them from finishing a project. Tremblay stresses that post-production sessions are very intense. After their kids are in bed, what commences next is an obsessive all-nighter editing session. “Around 2 a.m., we’ll really piss each other off, but by 4 a.m., we’re high-fiving and singing each other’s praises. It’s totally fun.” Tremblay and Buk are in the fairly busy and expensive stage of their lives, where focusing on lining up paid video work for them selves is more beneficial. Raising young children and paying a mortgage doesn’t allow much time to focus on indie projects. On the topic of being included in the local lineup for DocFest 2015, Tremblay feels she is now inspired to pursue lon-

ger, and more independent projects – especially after attending an Ontario Arts Council workshop. For local filmmakers, being featured in the DocFest 2015 lineup is a tremendous opportunity to share their work and gain exposure, while also connecting with other filmmakers and finding inspiration for future productions. DocFest 2015 emcee and PR representative Dug Stevenson states that one of the event’s main goals is to develop the art of documentary filmmaking at a local level, and support independent filmmakers as a potential development opportunity. “Both of our films that were in the festival this year were produced under very tight deadlines, and they’re both very short,” she says. “We know we want to go bigger, and we want it to kick our current films’ butts!”

Board games making a return

By Amanda Cheung

Board games are making a comeback. According to The Guardian, board game purchases have risen by 25-40 per cent annually in the last four years. Mike Sparks, an employee of P Market Buy and Sell on North Front Street in Belleville, has taken up the initiative for organizing a weekly board games night. Sparks recently moved from Ottawa where there were board game nights almost every night of the week. “I looked for something similar here and couldn’t find a thing, so I decided to start one up here,” said Sparks. “Peter, my friend and boss are big board game geeks, so he loves the idea of me spear heading a regular board game night.” Peter Tsitiridis is the owner of P Market Buy and Sell. He bought the business four years ago and have always wanted to do a board games night. “I’m not good at being online and telling people about it, so I got Mike to do it,” says Tsitiridis. Sparks and Tsitiridis are trying to plan regular weekly games nights every Tuesday at 7 p.m. at P Market Buy and Sell. They play a variety of games and are always welcoming new people to join them. The store front is located right across from Metro and looks small but there’s a room that opens deep into the back of the building. Once inside, there are stacks and stacks of games everywhere. Toy figurines line the wall and there’s even a case of vintage boxed Nintendo games,



Photo by Amanda Cheung

Steven Ketcheson, employee of P Market Buy and Sell, teaches owner and boss Peter Tsitiridis how to play the board game Smash-Up on Tuesday. They hope to start a weekly board game night every Tuesday at 7 p.m.

perfect for collectors. In the room are several long tables, plenty of space for people to come and have multiple games going on at once. Every Friday, the store also holds Magic: The Gathering tournaments.

“I enjoy playing board games because it gives my brain a workout and it’s a fun social outing that usually affords no loss of fun things to talk about, be it about the game itself or whatever,” says Sparks.

“Another employee of the store here is an avid board gamer too, so there will pretty much always be sufficient people here on a Tuesday night, especially so, if one or two, or more, outside people come in for the night.”

Passport

Continued from Page 1

“It is our hope that Passport funding will give people who have a developmental disability and their caregivers the ability to purchase tailored services that will directly benefit the recipient. This is a brand new way of providing direct funding to families that should allow people a modern approach to securing supports and services of their choice.” There was a presentation by Heather Summers, Passport co-ordinator, about the various ways in which the Passport funds could be used, and other information that was quite evidently valuable. This was followed by another presentation by lawyer Brendon Pooran, who touched on the legal side of Passport funding. Even though the snowy evening turned into a night of freezing rain, the turnout was impressive. Patti Preston, mother of an adult daughter with a developmental disability who receives passport funding, said she found the presentations illuminating. “We came tonight to receive more information, to know how best to use the funds that she has been allocated in a more effective way. I learned a lot. But I wish there was more on how to use the funding creatively.” For a multi-media version of this story, go to: <http://www.qnetnews.ca/?p=51209>

Prom project available to all students

By Carla Antonio

For decades upon decades, prom night has been considered the single most important night of a teenager's life.

The Learning Foundation of the Hastings and Prince Edward District School Board is doing everything in its power to ensure that not one student will have to miss out on their prom or graduation through their charitable initiative, the Prom Project.

"Prom project is open to all students in Hastings and Prince Edward County," said Meribeth deSnoo, executive director at the foundation.

"Students are able to attend and choose gently-used formal wear at no cost to them."

The initiative calls on the community for dresses and formal wear donations; however, it is through the teamwork of a number of groups that ties the whole project together.

"It's an incredible event that is supported by a number of businesses and community organizations," said deSnoo.

Donations begin in the last week of February at drop-off locations, which are found in Belleville at the Quinte Mall, and North Town and Parsons cleaners, who are cleaning all formal wear prior being sent out to each school as they host their own Prom Project events.

The initiative aspires to cover all parts of prom night.

The Beauty Boutique at Shoppers Drug Mart provides free makeup applications. Bentley's provides clutches. Lafferty's is providing shirts and ties. Stitch It is offering free alterations. Even the cost of a ticket can be covered for those students in need through Kiwanis club of Belleville and the Belleville Rotary Club, who have made cash donations specifically for the prom project.

"We know if students are coming in and they're needing support with clothing to go to prom, they're not going to be able to afford the ticket," said deSnoo.

The Quinte Mall has been on board since the project's second year when they noticed the advertisements for Prom Project and felt that they could be an immense help.

"We noticed that one of our own retailers, the Shoppers Drug Mart Beauty Boutique, so I reached out to them," said Martha Farrell, marketing director of the Quinte Mall.

"I just think it's such a great initiative to



Photo by Carla Antonio

Martha Farrell, Marketing Director at the Quinte Mall pulls a rack of lightly worn formal wear that has been donated in honour of the Prom Project. The initiative provides formal attire to students in need for their formal events such as prom or graduation.

be able to use the mall and use the space here and some of our retailers support to help make prom and graduation accessible to kids that just otherwise couldn't make it happen."

Although, despite the extensive efforts of everyone involved, sometimes it is still not enough to help everyone in need.

"Last year we didn't have nearly as much in the way of formal wear come in

so it was rather distressing for us at the school level when the events took place because we knew that we weren't sending out the number of items that we had in previous years," she said.

"We tried to address through our student emergency fund and Belinda from Dresses and Dreams was so incredible because she was able to help a number of students with items as well."

Toronto broadcaster got humble beginnings at Loyalist

By Moush Sara John

The stately blue pine house with a distinct path between mounds of white on either side, lies on the edge of Lake Simcoe, and looks out onto a tranquil mass of white freezing in the snow.

It is as tranquil inside, when I meet Erin Davis, one of the most renowned media personalities of the Toronto landscape, a successful radio broadcaster, and a graduate of the radio-broadcasting program at Loyalist College.

Each year, March 8 is celebrated as International Women's Day (IWD) across the globe, an opportunity to honour the achievements of women who have trail blazed their paths. It is easy to see how Davis has carved a similar trail for herself.

Since a very young age, Davis had believed nothing was impossible or off limits.

"As one of four daughters, there were no double standards: it wasn't as though the boys had later curfews or got different responsibilities. Therefore, it never occurred to me that some things would be

impossible for me to attempt or succeed at. I was lucky and grateful."

But success did not come easy. There were challenges, especially in the form of male hosts and managers.

"Mostly, early on from the standpoint of male hosts and managers. I was never going to be the laughing, adoring, 'you're so wonderful!' co-host that so many women were expected to be. My strength was news and observation. Thankfully, I didn't have to give up my principles in order to eventually succeed.

"Success came early in terms of being in a radio team on a number-one station; long-time co-host Don Daynard (1988-99) and I shared incredible rating victories. Today, Mike Cooper (2004-present) and I enjoy a generous share of the Toronto morning radio audience but we are always, always striving for more."

Davis was the first female co-host at many stations. In 1984, in the entire Detroit market, the fifth largest at the time in North American radio, there had never been a male-female team.

"Later that year, I moved to Toronto

and a series of male co-hosts on the now-defunct all-news station CKO Toronto. Then in 1988, I moved to CHFI. That's where I was welcomed to the morning show, where I eventually obtained co-host status. In 2005 my name came first in the show's billing; a small but significant move."

Loyalist College played a vital role in Davis' career and gave her the flexibility to work at local Belleville radio stations while pursuing the radio-broadcasting program there.

"Having a college in close proximity to, and with a good relationship with a real broadcasting company was a tremendous gift. Also the program's director, Bryan Olney, was the person I heard speaking at a local high school's Careers Day. His enthusiasm hit me like a lightning bolt: I suddenly knew – late in my final year of high school – that radio was what I had to do. Thank goodness he allowed an audition and shoehorned me into the program. I'll always owe Bryan a debt of gratitude."

And even to this day, Davis is firmly

ensconced with the Loyalist community through the Erin Davis – Women in Media bursary, a fund she established in 2008 to "not only to show my gratitude to Loyalist for such a solid start in the industry I love, but to provide even a small advantage to a woman starting out. It is, after all, still very much a male-dominated industry."

Davis has been active in women's health issues, particularly in raising money for breast cancer treatment and stopping violence against women. But she hopes her work reaches beyond that.

"My work is hopefully for the better of all, and not just for women. When women are educated, the entire community benefits. That's why I'm such a proponent of Plan Canada's "Because I am a Girl" program. It brings attention to how much better each community can be if only girls are allowed to learn, to leave and to return to help their own people.

"In a small way, I guess that illustrates to me what the Loyalist bursary is about. But on a much larger scale, it's why we have to put aside our cynicism and

help young women in developing countries, and in poorer parts of our own, to better themselves. We all benefit when a girl gets an education."

In admiration for Malala Yousafzai, a Pakistani activist for female education and the youngest-ever Nobel Prize laureate, Davis thinks she is "the perfect example of a young woman speaking out in favour of something as basic a right as education, and nearly losing her life for doing so. What kind of world are we living in, where this is all right?"

As a strong advocate for women, Davis believes although a lot has been done, it's a long way ahead still.

"A feminist is simply someone who supports women's equality – in life, in pay, in opportunities. It's what you are if you hope your daughter has a chance to succeed to the same degree that your son does. It's just hoping for equality. What on earth could be wrong with that? And why is 'feminist' still such an 'f' word – even to today's young women?"

For more photos and a video on International Women's Day, go to page 5.

Local performers show off their talent at Legion event

By Dillan Cools

Country music fans were treated to a great night of local talent at the February instalment of the Belleville Legion Country Jamboree and Open Mic this past Saturday in Belleville.

"We like to bring local talent from the area or the surrounding areas to the Legion. It's like a rising star, that is the way you would look at it, like a rising star in our community," said Rita Harpell, performer and organizer of the event.

"We try and help promote them so they can move on to maybe bigger and better jamborees," added Harpell.

The idea to host an indoor jamboree at the legion started with Harpell and her husband John, who wanted to recreate the experience they enjoy so much at outdoor jamborees during the summer.

"When there is absolutely nothing to do outside, come inside and enjoy the same kind of music we would get in the summer time when you're camping with your trailer," said Harpell.

She was not only the organizer of the event but also kicked off the show with her band The Harpells where she plays guitar and sings alongside her husband, on drums, and her son Brad, on guitar.

Their rendition of Don Williams classic love song *You're My Best Friend* was a massive hit with many couples in the audience who quickly filled the dance floor as the first note was played.

Second on the bill as a special guest was Harpell's longtime friend and former bandmate Julie Simpson.

"I help out at the events sometimes here and she just said, 'Hey, you know, you haven't done a show with us so you need to come down.' She gave me the date and I put a little show together and came out and sang," said Simpson.

Accompanying Simpson as well as everyone per-

forming throughout the night was an ensemble of distinguished country musicians including Steve Piticco, Chester Mccann, Dan Washburn and Brad McCumber.

"It's been fantastic. The pickers here are just amazing like Steve Piticco himself ... He's world renowned and he just donates his time," said Simpson.

"He's Canada's No. 1 guitar player. He has played with Dolly Parton, Merle Haggard, all the Nashville stars. We've brought his group in called South Mountain, a fantastic band. It's like being in Nashville all over again," added Harpell.

Following Simpson's performance was an open mic in which many local musicians took advantage of taking turns getting on stage to perform a few of their favourite country classics.

"The open mic part is for people who might be a little intimidated and ... maybe less professional in their eyes, so they will come up and they might make little mistakes here or there but they sang in front of some people and made their day," said Harpell.

The open mic also included performances from some more notable personalities from the area such as Stompin' Jon Finlan, well known for his Stompin' Tom Connors tribute and Lorraine Marie whose notoriety is growing as "the Patsy Cline girl."

"I've been doing this singing since I was eight and I am 88, so do your arithmetic," said Jack Foster, a former sergeant of detectives in Toronto and longtime police chief in Stirling.

Foster stole the show during a pre-performance speech in which he paid his respects to John Harpell, the man who saved his life.

On July 17 last year, one day after finishing his St. John Ambulance course, Harpell gave Foster the Heimlich manoeuvre in the bathroom of a lo-



Photo by Dillan Cools

Marilyn Mann and Jone Marvin dance while Steve Piticco plays the guitar at the Belleville Legion Country Jamboree in Belleville last Saturday night.

cal restaurant and ultimately saved his life. The two went on to perform the last song of the open mic.

Foster also attended with the hopes of enquiring about the Hasty P's, a local regiment that his brother had belonged to during the Second World War and during the time of his death in Italy on Dec. 14, 1944.

The monthly jamboree takes place on the fourth Saturday night of every month, beginning after the

Thanksgiving weekend in October and running ending in April.

"We stop because once May arrives, it's May 2-4 and everyone starts their camping and starts their jamboree season," said Harpell.

"The more you build it, the more you advertise it, the bigger it grows, so we're finding tonight is actually a really good crowd. We're enjoying that."



Photo by Maggie Naylor

Candice-Rose Gagnon stands at one of the paintings in Loyalist College's Aboriginal Resource centre. "As an aboriginal woman, I feel we are not equal to men in Canada and in our society. The reason being, we have over a thousand missing and murdered aboriginal women across this country and nobody seems to be doing anything about it."

Honouring women's achievements



Photo by Elaine Bombay

Daji Krishna poses for a photo in Belleville. Krishna married a Canadian and moved to Canada two years ago. She believes that women in Canada are more independent than women in her native India.



Photo by Dillian Cools

Bonny Maracle who works with the Mohawks of the Bay of Quinte administration feels that the growing equality for women in today's society gives her the ability to dream.

This year the theme for IWD is "Make It Happen." Loyalist students from the photojournalism program were asked to take portraits of women from all walks of life, through photography and video, while asking the question: Do you feel women in Canadian society have achieved equality with men? If so, how, and if not, what needs to change? For a multimedia version of this story, please go to: <http://www.qnetnews.ca/?p=51189>



Photo by Franki Ikeman

Lisa Morris is pictured in the CORE gallery in downtown Belleville. Morris is a local artist that makes her living entirely off of her work. Here, she is pictured with a piece that she put together with the work from women and children at Three Oaks Shelter, where she volunteers her time running art workshops for the women there. The piece will be featured in the International Women's Day art show running until March 8.



Photo by Graeme Murphy

Isabella Rapino, 17, of Belleville, prepares for a few hours of contemporary ballet practice. Rapino has been dancing since the age of 4 and is a recent recipient of the Jacque Foesier Youth Dance Award for her contributions to promoting dance in the community and for the dedication to her craft.



Photos and story by
Gabrielle Smith
For a multi-media
look at this story
go to:
[http://www.qnetnews.
ca/?p=51111](http://www.qnetnews.ca/?p=51111)

May McDonald laughs in her
home.

Blindness doesn't slow woman down

In the spring of 1990, May McDonald experienced what many people could imagine as their worst nightmare – a playground dare gone horribly wrong, robbing her of her sight.

McDonald was pushed by another child from the top of a slide onto the concrete below.

"I remember the dare; I remember the fall; I remember waking up and freaking out because I couldn't see a thing," she said.

The Houston, Texas native, now 37, said the transition was incredibly challenging for her 12-year-old self. She went through a period of depression, relying on friends and family to help her adjust.

According to McDonald, her friends stepped up to form her core support system, and encouraged her to not let her disability limit her.

"I had friends more than family who were a big help in getting me through it. They showed me, 'Yeah, you can still do this even though you can't see.'"

"They stuck up for me if their friends teased me. They'd tell their friends, 'If you don't like that she's around and that we're going to help her out, then you can go.'"

However, her family was not quite as helpful. Despite their good intentions, McDonald said she found them to be smothering rather than helpful.

"For me, that's annoying. It's like, 'Hey, I lost my sight, I didn't lose a limb or something!'"

McDonald was determined to not let her disability stop her from being independent and happy.

Twenty-five years later, McDonald, now living

in Ottawa, has adjusted to life without sight. She is independent as ever and armed with the attitude that people with disabilities can do anything to which they set their minds.

She said the key is the determination and willingness to adapt.

"You have to find different ways to do things to adapt to the sighted world, because 9 times out of 10, the sighted world doesn't adapt to you."

McDonald is involved in her community, including singing in her local Shout Sister! choir, and attending school full-time at two universities. She is working on massage therapy and nutrition counselling degrees at the International Academy of Natural Health Sciences, and is also studying at Carleton University, hoping to work with children with disabilities after graduation.

McDonald already volunteers with Ottawa Children's Treatment Centre, accompanying workers in the homes of children with disabilities. She is also in the process of applying to work with the Children's Aid Society of Ottawa as a tutor and mentor.

She hopes to instill independence and determination in the children she works with – something that took years for her to build on her own.

"I want to let them know that you can do this. I want to teach them how to advocate for themselves and let them know, you can still get out there and ride a bike, you can go jump on a horse, you can go jump out of a plane."

"You can do anything you want to do, you've just got to have the willingness to do so, and don't let anyone stop you."



(Above) May sings in the
Ottawa branch of the
Shout Sister choir. Choir
members are not required
to read music, but sighted
members often read lyrics
and watch the conductor.

Right) May throws a toy
for her guide dog, Luna,
while her boyfriend,
James Homuth, stands by.



(Above) Luna sits patiently with May during a break in choir rehearsal.

(Bottom) May McDonald puts her iPhone against her ear to find the app she needs.



On the street

Gabrielle Smith asked people at Loyalist College the following question:

Were you satisfied with your sex ed? Why or why not?



Omar Waddell, police foundations, “They started sex ed in Grade 6, which was the wrong time. They just scared you with STDs and a lot of it was a joke. They needed to talk more about long-term effects and your health.”



Nicholas Paiva, welding, “I was homeschooled till Grade 12 and my parents didn’t talk about it at all. It doesn’t really matter to me.”



Bradley Dall, automotive, “I was pretty satisfied with mine. It brought everything to my attention and was laid out perfectly. I don’t think it needed to be revamped.”



Kate Rogers, co-ordinator of career and college prep, “I guess I was satisfied. I’m not sure at that time if I would have known what it should have been. I was too young to analyze what was missing.”



Crystal Rhode, architectural technology, “There was so much missing. They needed to teach us how to be safe and smart about it, and the resources if something did happen.”



Liz Jarvis, biotech and chemical engineering, “I didn’t learn it. I was in a Catholic school and everyone just laughed. Even in high school, we didn’t learn a single thing. They ignored it.”

Editorial

Young people need to get politically active

The number of discarded votes by voters aged 18 to 34 in the previous federal election could have the power to change and shape our nation into the kind of country we as citizens want to live in and be proud of.

While touted as apathetic and entitled by many observers, millennials need to become engaged and exercise our democratic rights to make a decision on governance with the best tool available: casting a vote in the 42nd Canadian general election.

In the 2011 federal election, voters aged 18 to 24 had recorded the lowest percentage of eligible voters to cast their ballots and have their say in who and how our country is governed.

This means, according to Statistics Canada reports, that only 1,154,401 of a possible 2,974,589 electors in this age group went to the polls. Voters aged 25 to 34 casted slightly more ballots at 45 per cent turnout.

Civic discourse among this demographic has changed from taking and rallying in the streets to posting on Facebook, Twitter and website comment sections. Young voters need to show our elected members how they feel by going to the polls on Election Day and making an informed decision.

If young people want to have their issues addressed at a federal level, a critical mass needs to show the federal government that the number of votes looked over by pandering their agendas to the demographics with highest voter turnout is far from negligible.

In comparison to votes cast by electors aged 18 through 34, those cast by the voters aged 45 to 74 maintained nearly twice the percentage of votes from 18 to 24 year olds.

With rising tuition, massive student debt, an abysmal job market, and high youth unemployment, young people need to take a stand and make their issues the issues that cannot be overlooked by Parliament.

The democratic parliamentary system under which we are governed requires engagement and involvement by all who are eligible to take part in it. If we as Canadian citizens do not become aware and active in the very democratic process that has been fought for and established as a stanchion of Canadian society.

If the future of the Canada and its inhabitants is of any concern to you, or even if it is not, voice an opinion by voting and participating in the collective task of shaping our nation.

Andrew Meade

Daylight saving time has saved lives

It was September 1999 on the West Bank. Terrorists had prepared an explosive device, sending it by express delivery to their cover associates in Israel. Their targets were two busloads of people.

The fault in their plan was the intended timing of detonation. The West Bank was under daylight saving time and Israel was under standard time, an overlooked detail for the terrorist’s contact.

The timing of detonation was misunderstood, resulting in the deaths of four Israeli terrorists instead of the 60-targeted civilians.

Daylight saving time had actually saved people.

Benjamin Franklin first proposed the idea of daylight saving time in an essay entitled “An Economic Project,” rhetoric on the use of natural versus artificial light.

In “An Economic Project,” Franklin discussed the economy of lighting in the home after attending a demonstration of a new type of oil lamp.

His ideas stemmed from a discussion following the demonstration on the amount of oil usage versus the quantity of light produced. In Franklin’s essay, he humorously refers himself, his love of thrift and his habits of staying up late, catching every last bit of natural light and not going to bed until the early morning.

The ideas presented in his paper would flourish and others would take his proposal, refine it and eventually the concepts of daylight saving time were conceived.

There are many positives to consider when we turn our clocks forward on March 8.

First and foremost the days will be longer and there will be more daylight in the evening and studies have shown that people are monumentally happier and healthier when they are exposed to adequate amounts of sunlight.

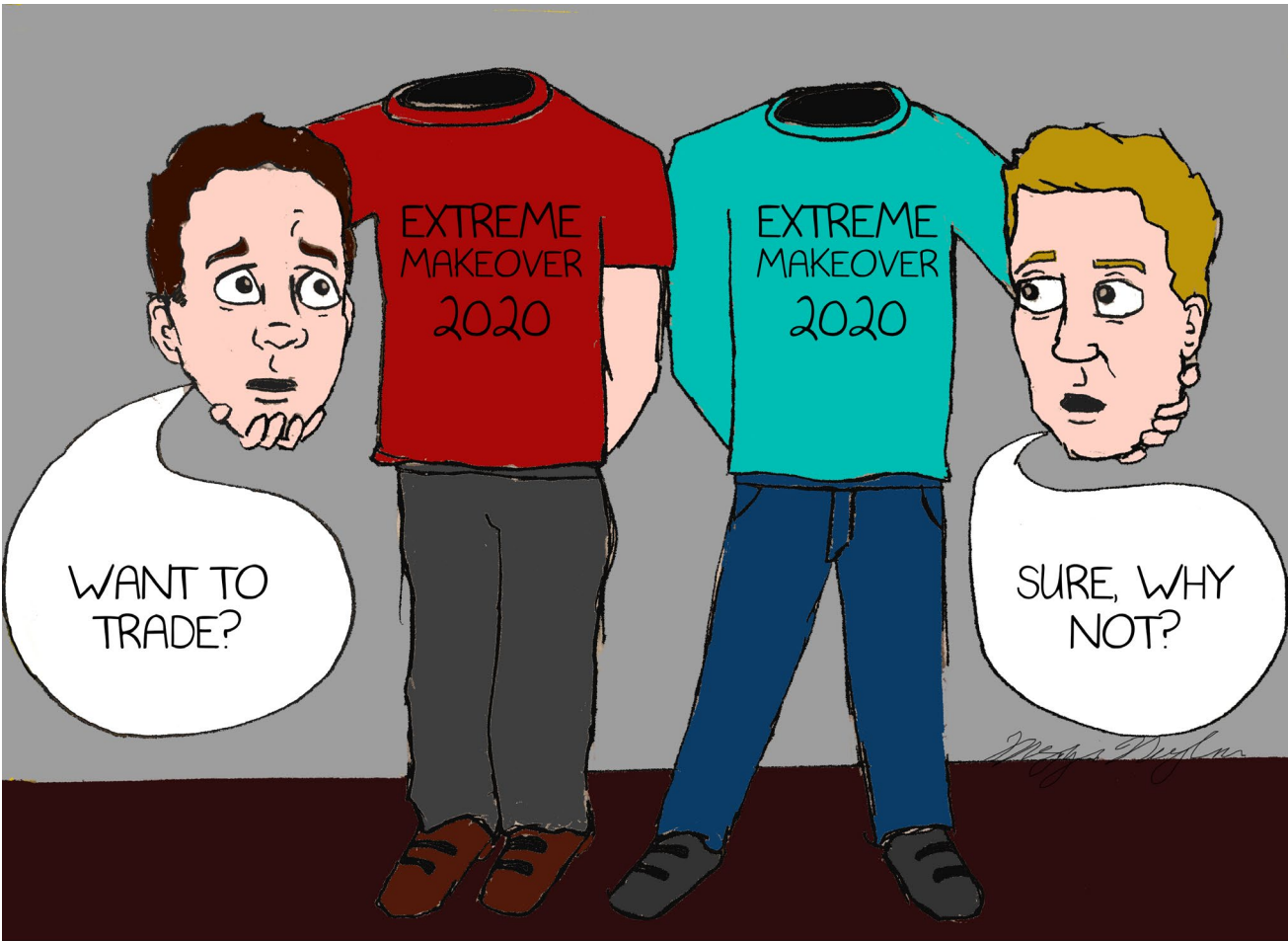
On an economic level, the hour forward switch of daylight saving time saves energy and greatly benefits the retail and services industries.

More light in the evenings entices people to stay out longer, leaving lights and appliances in the home turned off. Also, people tend to spend more time shopping and enjoying extended leisure hours in the late afternoon light, bringing in more revenue for various businesses and boosting out economy. Last year, according to a study done by the Belfast Telegraph, Northern Ireland earned an extra £6.34 million a year in extra cash generated by the tourist industry alone from extended evening light.

Studies have shown the forward switch in daylight saving time also reduces the risk of traffic accidents, as the roads are naturally lit during the high-volume traffic hours of the day. A study conducted by the Transport Research Laboratory together with the University College of London found fewer people would be killed in road accidents if one hour of daylight were transferred from morning to evening.

So when we turn out clocks forward this Sunday, we should look past our own grumpy attitudes when we start our first few days with an hour of sleep missing and appreciate the longer hours of sun that are ahead of us.

Graeme Murphy



NEW REALITY TV SHOW

Opinion

Sex talk important part of child’s education

Ontario government’s new material vital to curriculum

By Amanda Paulhus

The new Ontario sex curriculum is a long-overdue change.

I think that the new sex education curriculum covers a lot of topics that one may not have thought to be important in a children’s education.

Knowing the anatomical terms for their body parts can be extremely helpful in cases of possible abuse. I am also extremely pleased to see that the concept of “no means no” being taught in Grade 2 and reducing the stigma around mental illnesses

discussed in Grades 11 and 12 (although this could be discussed even earlier).

Some parents are horrified that their Grade 6 child will learn about masturbation, or that oral sex and how to avoid pregnancy are part of the Grade 7 and 8 discussion. A common view among critics is that by educating kids on these subjects will not protect them and will instead encourage more sexual activity.

Your perfect children will probably already have begun talking about these things with their peers, or embarked on their own mission of self-discovery. Sorry, but these things are human nature. They will happen one way or another, whether your child is “old enough” or not. Wouldn’t you rather that they have some education so if they do happen to experiment sexually, they can do it safely?

People need to look at the obvious posi-

tives of the new curriculum.

Such things as consent, homosexuality and mental health are so important and have thus far been left out of sexual education. It is long past due that they have a place in the curriculum.

Sexting and cyber bullying were not a concern for the older generation but are now very relevant.

Those who haven’t checked out the new curriculum should do so before voicing an opinion.

The new curriculum has the potential to raise our youth to respect each other’s bodies and have a better understanding of their own. Society has unfortunately lacked this lately amongst the older generation. If your greatest concern is that your children will masturbate, take a look at the number of rape related and homophobic headlines and rethink your priorities.

Outdoor people should share their passion rather than battling with each other

By Alyssa Lloyd

With all these winter blues, I can’t help but reminisce on days spent on the open water. But my pleasant memories of this past fishing season are soon crowded with the recollection of issues I ran into.

Online banter against fellow outdoorsmen and women has been turning the clock against our sport. Instead of moving forward by educating one another and the public, we’ve given ourselves a petty reputation of a childish manner.

Malice and depreciation have no place in the outdoors community. We need to respect and defend one another, man and

woman alike, not tear one another down. There are too many pressures on our fisheries and hunting privileges to be turning against one another. All of the wasted time insulting one another for less than perfect fish holds, or the style we hunt, could have gone towards defending our places as conservationists in an ever urbanizing country.

Ornery comments that people post online doesn’t help anyone. It isn’t even self-serving. Before you type something out of spite, ask yourself, what are you and your passion gaining from those comments? Anonymity of computers has been an extenuating problem with our world today, everything from cyber bullying to

terrorism. We call ourselves outdoorsmen and women; we connect deeply with our natural side, not with our keyboards.

While I have been nothing but fortunate, meeting amazing people, men and women alike through this incredible sport we all love so dearly, I am sad to say, not everyone frees their mind so willfully.

The old ways of the outdoorsmen were not designed to discourage people, but rather teach others how to have the utmost respect for their surroundings and the people they share it with. We can turn social media into a tool to help us, and to shake the ‘hick’ reputations if we just stay positive to one another.

The Pioneer

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