



Photo by Annie Sakkab

Aboriginal midwife Dorothy Green at her home at Tyendinaga Mohawk Territory Wednesday. The role of indigenous midwives is not limited to birth and pregnancy. They also look after breastfeeding, nutrition and parenting skills. As well as being traditional practitioners and primary healthcare providers, they are also healers and mentors of ceremonies.

## Birth returns to native communities

By Annie Sakkab

The Ontario Midwifery Program has agreed to fund indigenous midwives to bring birth back to their communities.

In Ontario, prior to January 2015, the only funding for midwives to practise on reserves was allocated through the Aboriginal Healing and Wellness Strategy that received funds from several provincial Ministries, including the Ministry of Health and Long-Term Care (MOHLTC). This funding is provided directly to the aboriginal midwives through the Six Nations Birthing Centre. These funds flow through the band council.

This historical decision came after a lot of hard work at the Association of Ontario Midwives to submit a funding proposal to the Ministry of Health and Long-Term Care in March of 2014, after a gap in funding was identified. This gap

was realized after a number of Indigenous midwives who had received training were not able to access funding in their own communities.

This will allow the graduates of the Aboriginal Midwifery Training Program at Six Nations, and possibly other educational institutions, to start practising and to establish birthing clinics and centres within indigenous communities.

Prior to the funding approval in January, Indigenous midwives, as primary health care providers, were not able to access funding to practise in their communities. Physicians and nurses have been funded for many years through an agreement with Health Canada. In some cases, nurses have some training to deliver prenatal care according to Ellen Blais, policy analyst for Aboriginal midwifery at the Association of Ontario Midwives.

"This prenatal care generally ends at approximately 36 weeks of pregnancy. At

36 weeks, they evacuate women alone out of their community to the nearest hospitals. Sometimes, it's thousands of kilometres away," explained Blais.

"This agreement to fund indigenous midwives is making me overjoyed. This is historical," Blais added.

Before funding was allocated, many women on reserves, rural and urban indigenous communities found themselves alone, away from their families and partners in urban major centres. This was because of limited to no access to indigenous midwifery care and birthing clinics in their local community.

"In our cultural beliefs, we pick our mothers and we pick our fathers, and we choose to come in through that doorway. As an Onkwehonwe midwife, it's our role and responsibility to protect that sacred space," explained Tyendinaga midwife Dorothy Green.

"We look after the whole life cycle. It's

not just during that transition from child to woman, to a birthing mother. For us women are the centre of the family. They are the ones who give direction and provide that care and love and nurturing," Green said.

The role of indigenous midwives is not limited to birth and pregnancy. They also look after breastfeeding, nutrition and parenting skills. As well as being traditional practitioners and primary healthcare providers, they are also healers and mentors of ceremonies.

For Green, her role is to protect that doorway of life and death, birthing people through the doorway of death, and birthing babies through the doorway of life. They bring back spiritual, emotional, mental and physical wellness into their community, enabling the creation of sacred, powerful healing spaces.

Green dropped a 22-year-old government career to pursue her passion at the

Aboriginal Midwifery Training Program at Six Nations carrying her ancestral traditions of women healers forward.

Right after graduation in 2011, Green took on a six-month contract at the Six Nations Birthing Centre. Upon her return to Tyendinaga, Green has been advocating for culturally appropriate healthcare and indigenous practice while running her own clinic with a birthing team since May 2012. She is able to practise midwifery under the 1991 Ontario Midwifery Act exemption that recognizes the practice of aboriginal midwives.

"Birth is a spiritual event, it's not a medical event," Green explained.

"We sing to the mother so she's hearing songs in her language. We sing to the baby so they can hear their first language," Blais said.

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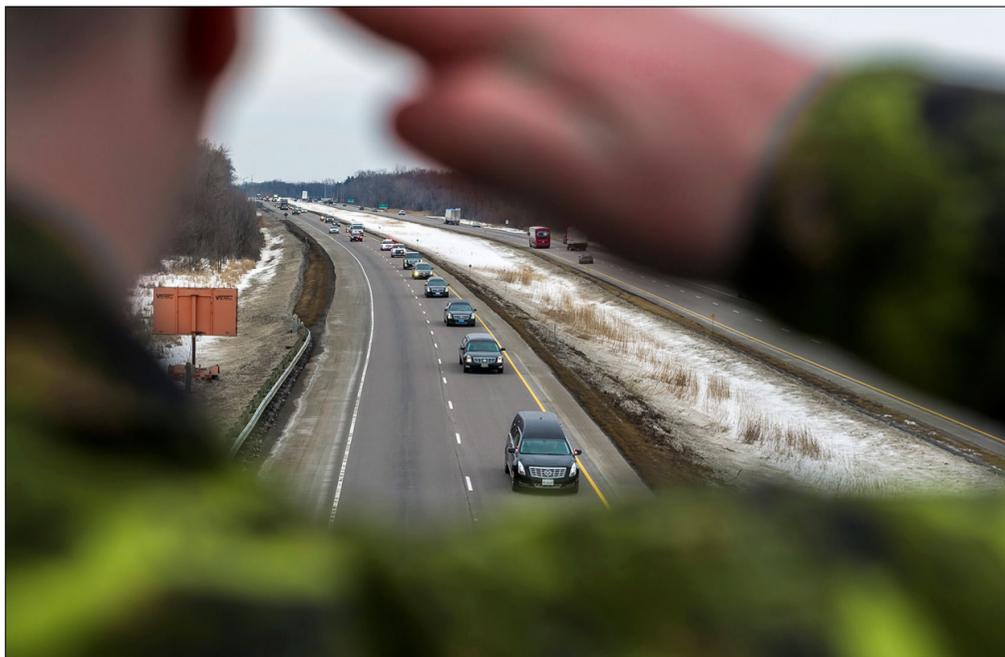


Photo by Daniel Luk

### Final goodbye

After an incident deemed "friendly fire" in Iraq, Sgt. Andrew Joseph Doiron, following a repatriation ceremony, was driven down the Highway of Heroes. Canadians gathered to pay respect to the family by waving flags and saluting the passing procession. Present on Tuesday were citizens from all around Ontario. Veterans, fire departments, police, ambulance attendants and citizens bundled up from CFB Trenton to Toronto.

## Proposed hospital cuts could result in nurse layoffs

By Micah Bond

Up to 33 nurses could be laid off from the Belleville General Hospital over the next year.

A proposal to cut costs at the hospital is currently being reviewed by the Ontario Nurses' Association before being presented to the board for approval.

"One of the most significant changes for the hospital for 2015-16 is a move to a more inter-professional model of care," said Susan Rowe, the senior director of communications for the hospital.

If the proposal is approved, 51 registered nurse positions will be cut across Quinte Health Care, she said. This includes both some part-time and vacant positions. The nurses will be replaced by 25 registered practical nurse positions and 44 personal support worker positions.

Rowe added that the personal support workers and practical nurses will be able to provide aspects of care that don't necessarily need to be performed by a registered nurse. Despite the overall increase in staff, the differences in salaries between the positions will result in net savings for the hospital, she said.

"There's no service that's currently offered at QHC that people will now have to travel outside of our region to receive," she said.

She said the hospital will also maintain

its standard of care.

"We need to ensure that we're measuring things like access, wait times, safety and quality of care to ensure that the changes we're making are the best possible solutions."

However, a press release from the Ontario Nurses' Association stated that the changes will result in "less safe patient care."

In the press release, ONA President Linda Haslam-Stroud said, "Quinte Health Care is taking 88,000 hours of registered nurse care per year out of the hospital system, and patients are the ones who will be falling through the cracks."

"You will hear that services will not be affected, but you cannot cut the 88,000 hours of registered nurse care from the community and expect that patients won't be affected, no matter the platitudes that emerge from hospital leaders," she said.

"Study after study has shown what a false economy cutting registered nurses turns out to be, not to mention it's bad for patient health outcomes," said Haslam-Stroud.

"Every extra patient added to an average nurses' workload means a seven-per cent increase in the risk of patients suffering from complications and even death. Conversely, studies show that adding more registered nurse care leads to better health outcomes for patients and a reduction in readmissions to hospital," she said.

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# Historic church under the weather

*Melting snow creates damage at St. Andrew's Church*

By Hannah Eden

Heritage and historic sites around Belleville are shaking off the icicles in what seems to be one of the fastest thawing cycles in years.

However, warm days and melting snow have put Belleville's most historic sites in harm's way. After experiencing one of the worst winter's on record, Ontario is now finally starting to breathe that much missed fresh air, but with spring fast approaching, historic buildings cannot cope with the sudden thaw.

St. Andrew's Presbyterian Church on Victoria Avenue, famous for its historic stained glass and cross-shape formation, is yet again facing more financial struggles because of water damage from the freezing winter and rapid thaw.

"The problem is, it's an aging building," said Judy Ducommun, member of the finance and maintenance committee at St. Andrew's.

"It was built in 1895. So it's an old building and it's a crippling building. We just spent a little over \$200,000 to repair the spire."

Walking into St. Andrew's sanctuary is a quiet ascent into the light-soaked rows of pews refracting the colours of the original stained glass. However the, soon to be, 185-year-old building has revealed its grey hair and wrinkles in the form of splitting paint and stone in the corners of the church.

Over the last week, members of the congregation have started to notice the stained, streaked walls, which now sit above buckets to hold the water descending from the ancient walls.

Despite the clear historic presence of St. Andrew's in Belleville, the church does not qualify for heritage funding from the municipal government.

"Heritage Belleville is the municipal heritage committee, so they advise council on matters of heritage interest," said Greg Pinchin, special project planner for the City of Belleville.

"Mostly, they identify buildings that are worthy of designation or listing – any sort of preservation."

Although Heritage Belleville scouts the local historic talent, it does not provide assistance in financing the repair needs for buildings during the spring or summer.

Resorting or repairing a historic building falls into the hands of the property owners themselves, meaning that a rapid freeze-thaw cycle could see owners scrambling for funds to repair leaks and other such damages.

"Worse case scenario... say a building was out of shape and the owner was really refusing to comply, the City of Belleville could bring in someone to handle the repairs and add the cost onto their tax rolls," shared Pinchin.



Photo by Hannah Eden

Judy Ducommun, member of the finance and maintenance committee for St. Andrew's Presbyterian Church, looks over the damage after freezing rain and a thaw caused water damage to the wall and roof of the church storage room.

## Trenton's ABC taxi like a step into the past

By Thomas Surian

On a quiet side street just north of Dundas Street in Trenton sits ABC taxi, a small white building in the middle of a parking lot.

If not for the herd of taxies parked out front, you would most likely pass by it without a glance.

You are hit with the familiar smell of coffee and cigarettes as you step through the front door. The walls are covered with maps, dusty stuffed animals and soccer team sponsorship plaques from the late 1990s. The phone rings.

"Hello, ABC," says Julie Vandusen, the daytime dispatcher and office manager. She has been working at ABC on and off since she was 16 (unless you say her age, better to say how many years it's been).

The business, originally named Athena Bus and Cab, was opened by her brother, John Rittwage more than 30 years ago. The company has stood the test of time, now employing over 35

full- and part-time employees.

The current owner, Bill Mills, continues to use an outdated analog method of dispatching, which they insist is just as good as the computerized systems used by the majority of the taxi industry.

For a video look at this story, go to: <http://www.qnetnews.ca/?p=51773>

## Plumbers not appreciated until we need them

By Joel Watson

Yesterday marked a day of appreciation to the trade workers that help make everyday life safe and sustainable. March 11 was the fifth annual World Plumbing Day.

Plumbing day was first established in 2010 by the World Plumbing Council. The day is devoted to help spread awareness and help the public better understand the importance of the plumbing industry in today's society and how it is often taken for granted.

Plumbing is not just about comfortable or easy living, it is an essential part of the public's everyday health by safely disposing the pollutants that spread water born diseases.

"By taking it away in a clean manner, it goes down to a city water treatment station or a septic tank if you are out in the country, and it saves all those pollutants from getting into the water," said Stephen Glover a commercial plumber at Loyalist College. "That's what plumbing is all about."

The WPC said in a press release, "World Plumbing Day is dedicated to helping the general public better understand the vital role the plumbing industry plays in protecting health and safety, the extent which it helps limit mankind's environmental footprint."

Over the years, the plumbing industry has changed drastically for residential homes by making it easier for non-professionals to repair and maintain their plumbing fixtures.

"The industry has changed completely from the old days where you really had to be good at soldering. Now, it's all pex pipe, plastic, and snap-fittings," said Keith Riley, resident supervisor at Loyalist. "It's getting to be more of a do-it-yourself role."

The WPC and other working plumbers



Photo by Joel Watson

Stephen Glover has been a plumber since 1974, and is currently a commercial plumber at Loyalist College. March 11 marks the fifth annual World Plumbing Day, a day of awareness for the public to better understand what these tradesmen do for their community.

believe that this is a trade that most of the public takes for granted. "You don't miss something until you don't have it," said Glover. "In the middle of February, water can freeze up going into your house. If you have a family, you have kids that you need to bath, you need to do laundry, and you need to cook. If you're without water for two or three weeks before the city can

come thaw your pipes out, you can't do

any of that. You would miss it a lot, and it tells you what your life would be without it."

Glover and Riley said they both believe that public should be more educated on the importance of this trade, and that people should be more mindful about what they should pour down the sink.

Riley added he believes that the public should look at a plumber a different way

than how they are sometimes perceived.

"There are all kinds of jokes like plumber's butt cracks and that's the image that we have. You never hear about an electrician's butt cracks or anything. It's always about the plumber," said Riley.

"Plumbing is not important until you don't have water, or your toilet backs up. Then plumbers are really valuable, but for most of the time they are unsung heroes."

## Midwives...

Continued from Page 1

Women learn to trust that their bodies know what to do during birth. Midwives are there to guide and support.

Apart from a small number of Indigenous midwives working at Six Nations, there are four other Indigenous midwives known to the National Aboriginal Council of Midwives wanting to work under the exemption in the Midwifery Act.

With the new decision to fund, Indigenous midwives will have access to the same funding mechanism as registered Ontario midwives.

For Green, it's a choice not to register.

"The hospital is not our jurisdiction... So, we continue to maintain Rotinonhsónih Culture, the way the Creator intended. We chose not to put our beliefs down and pick up the other," Green explained.

The training program model at Six Nations incorporates both the traditional and western ways. It's a concurrent program where students get hands-on practice with clients from day one, with one month off a year.

"As an Onkwehonwe midwife, I am trained by my own people and learn both western and traditional ways in providing care to Indigenous women, families and communities in low risk pregnancies; and provide supportive care for high-risk pregnancies working in peace and friendship with the specialists and hospital staff," Green added.

The decision to fund Indigenous midwives and Six Nations midwifery program graduates by the provincial government comes at a critical point in Green's career. She is and has been ready to establish a birthing centre in Tyendinaga Mohawk Territory for years. She has done numerous proposals based on research and feasibility studies with the help of a business consultant funded by the Tyendinaga Mohawks of the Bay of Quinte band office.

"Being funded is a huge milestone for us, for all the time that we've been advocating and speaking out about bringing birth back into our communities," Green said.

"It gives us hope, so will just see what the expectations are, what is it that they are outlining and what are they willing to do," Green explained.

For indigenous midwives, bringing birth back is a healing process for them and their community.

"We were stolen from knowing who we are. Knowing our culture. Knowing our tradition. Knowing our ceremonies. That was supposed to be wiped out of our memory, but it's not," Blais said.

"Through the care of Traditional midwives, we are going to have generations of people who are growing up stronger, and supported knowing who they are. They are going to know their culture. They are going to be able to carry their traditional bundles. Poorer health outcomes, and the tendency to rely on mind changing substances to numb the pain of intergenerational trauma created by colonization will not exist. Midwives have the capacity to heal our future generations and defend our communities from harm by providing safe maternal and newborn care that has culture at the heart. Blais said.

"To me, it's connected directly with reclaiming our identity and strength and resiliency," Blais concluded.

## Cutbacks...

Continued from Page 1

"They're underestimating, perhaps, the level of care that these patients require," said Beverly Shepherd, a registered nurse in the emergency department of the Belleville General Hospital.

"The emergency department is a critical care area. Patients are not stable. They change in a heartbeat."

She said having fewer registered nurses reduces the hospital's ability to deal with spikes in critical patients when there is a sudden high demand for care that only registered nurses can provide.

"Already, we're stretched so thin that we're very concerned if they just take even one registered nurse away it's going to sometimes make it dangerous and unsafe. That's our fear," said Shepherd.

Rowe said, "This model of care is not unique to QHC. Were not trailblazers in doing this. It has been implemented by a number of hospitals across Ontario and Canada."

She said that the move is being caused by funding cuts from the government.

"In an area like the Quinte region, where our population is not growing, our funding from the government is actually decreasing every year.

"In addition to the decrease in provincial funding, we also have to cover all our inflationary increases." She said this includes drug costs, supplies, utilities and staff salaries.

"We have to find savings to pay for those."

She said operating out of facilities in Belleville and Trenton as well as Prince Edward and North Hastings Counties raises operation costs. "We cannot be as efficient with four emergency rooms as a hospital with one emergency room can be."

She said that the hospital is facing a \$10-\$12 million gap between projected spending if nothing changes and the current amount of funding coming from the government.

Rowe said the hospital management has been meeting with the Ministry of Health and local MPPs to ensure they understand how the decreasing provincial funding is affecting Quinte Health Care.

"They understand and they appreciate that this funding formula is hitting QHC harder than almost any other hospital in the province," she said.

She added that an extra \$3 million in provincial funding for the hospital was announced last week.

# Quinte Ballet School showcases students

By Michele Weisz

The Quinte Ballet School is going to offer the community a chance to see classical ballet in Belleville.

The artistic director and professional students of the school have already begun work on the upcoming Quinte Ballet School's spring showcase. The showcase will be held on June 6 at Centennial Secondary School.

The school's artistic director, Catherine Taylor, said that the showcase will probably include excerpts from the classical ballet Giselle.

But the showcase is "something that evolves. It's a process," she said. "I take a 12-week period to work on it, respecting the fact that they're young people and also respecting the fact that they have academic studies."

The Quinte Ballet School puts on two shows at the end of each academic year. One show highlights the recreation division – youngsters who learn dance for the pure enjoyment of it. That show is called assembler.

The other is the spring showcase. It serves to highlight the talents of the ballet students in the professional program who study dance on a daily basis at the school and who have professional dance aspirations.

The professional program students go to classes in the morning and study all forms of dance throughout the day, six days a week, as well as in summer. Currently, there are 23 professional students in the program, some are from as far away as Japan. Each of these students will perform in the spring showcase.

"The really nice part of the spring showcase is that the kids from out of town whose parents haven't seen them dance for a year or who haven't seen them since Christmas get a chance to fly in, so it's a warm audience," said Jocelyn Perry, registrar and student support and services clerk at the school.

Every year, the professional students perform in two shows. They dance parts of the Nutcracker during the holiday season, and then there is the spring showcase.

"We would certainly hope that the public would come. It's beautiful. People who came to our Christmas Nutcracker excerpts were so impressed with the level of the dancing and professionalism, the costumes and the lighting," said Taylor.

The showcase is made up of two parts. One half of the show will be an excerpt or shortened version of a classical ballet and the other half includes the other disciplines taught at the school, including hip hop, modern, jazz and contemporary. "We will probably have some hidden gems. Myself and another teacher will put together some sort of a finale. A fun, upbeat, uplifting way to end the show," said Taylor.

Among the family and friends who



Photo by Michele Weisz

**Quinte Ballet school's senior class students Ayako Fukuyama, William Steers and fellow classmates rehearse in the dance studio earlier this week. The students in the senior class have already begun rehearsing for the school's upcoming spring showcase which is held annually in June at Centennial Secondary School.**

come to see the showcase, special guests from within the community are often among attendees.

"We often invite special guests from the community. Through culture, we like to expand into the community and let people in Belleville know that they have this wonderful ballet school here and it's really worth coming to see," said Taylor.

Dress rehearsals for the showcase will not begin until a week before but the students and their teachers are already hard at work in the studio. Taylor said she is impressed with what these young students are able to accomplish.

"These are kids really trying to accomplish something marvelous. Just to see youth creating so much value and such

a positive thing can only be an uplifting event," said Taylor.

The Quinte Ballet School was founded 40 years ago by former dancer Brian Scott (founding artistic director) and his brother David (founding artistic advisor), both of whom danced with the National Ballet of Canada. It has been at its current location for approximately 10 years.

"I think it's one of the only ways the people of Belleville get exposed to classical ballet. We're a hockey town, right?" said Perry.

To experience a real classical ballet, or other forms of dance, tickets for the spring showcase can be purchased through the Quinte Ballet School [www.quinteballetschool.com](http://www.quinteballetschool.com).

## Dancer sees profession in her future

*Quinte West teen to audition this spring for National Dance Team*

By Lindsay Leveque

Talia Gauthier, 14, of Quinte West is auditioning this spring for the 2015 Canadian National Dance Team.

She danced alongside the team last year in the World Dance Championship.

In April, Gauthier auditioned for the dance team in Toronto and was surprised when she made the team.

"We didn't expect me to get in," Gauthier says, in regard to her and her mother, Jackie Gauthier. After being

accepted, Gauthier was going to Toronto for practices as well as dancing at Inside Out Dance Academy, where she dances regularly.

Gauthier first started dancing because her parents Jackie and Jim Gauthier put her and her sisters in dance classes. Gauthier stuck with dancing although her sisters did not. Now she sees herself continuing dance as a future career.

"I'd like to dance professionally someday," she says.

In September, Gauthier and her mother Jackie travelled to Prague, Czech Republic, so Gauthier could compete. She travelled again in December to Mikolajki, Poland to perform again with the Canadian National Dance Team.

The total expense for the two trips was about \$10,000, says Jackie.

For the championship, Gauthier performed jazz, modern and show dance but she also does ballet, lyrical, contemporary, tap, acrobatic, musical theatre and hip-hop.

Besides dancing with Team Canada, Talia also competes in four competitions with other dancers from Inside Out Dance Academy, which is owned by Crystal Clark.

"Inside Out Dance Academy is a great studio to learn and dance in," says Jackie. "Talia couldn't have accomplished what she did without the help of Crystal and everyone here at Inside Out Dance Academy."

Gauthier has been dancing since she was three-years-old and has been

dancing at Inside Out Dance Academy for the past four years.

"Everyone at the studio is very proud of Talia," says Clark. Many of the younger girls at the studio look up to Gauthier because of her accomplishments in dance.

"One of the girls did a speech about me for one of her school projects. It was sweet," says Gauthier.

Gauthier will be auditioning again this year but is not sure if she will be competing again this year, even if she does make the team. The trips are costly and last year, Gauthier's parents paid mostly out of pocket for the trips. Inside Out Dance Academy also donated money and held a vendor fair in October 2014. Other local businesses in Belleville and Trenton helped out

as well by sponsoring Gauthier, which the family is "very grateful for."

Inside Out Dance Academy teaches 175 students, 36 of which dance competitively like Gauthier, while the other 139 students dance recreationally.

The academy teaches all ages, from toddlers to adults. The four competitions Inside Out Dance Academy competes in every year are Move in Ottawa, Be Dance in Deerhurst, Starcatchers in Belleville and Shine in Kingston.

The academy was recently voted number one in the Belleville area by the Intelligencer's Reader's Choice Awards, and in the past, the studio has won the Quinte's Dancing with the Stars.

## Glanmore offers chance to see how the Egyptians lived

*Artifacts and treasures on loan from ROM and will be here until April*

By Michele Weisz

Experience how the Egyptians lived 5,000 years ago, right here in Belleville.

The Glanmore National Historic Site is hosting a travelling exhibition called "Egypt, Gift of the Nile." The exhibit is on loan from the Royal Ontario Museum in Toronto and will be on display until April 12.

Artifacts and treasures from this ancient civilization are displayed on two different floors of Glanmore. Among the many things to see are a life-sized sarcophagus, tools and grooming products, jewellery and more. There is even an interactive display that allows visitors to write their names in hieroglyphics.

While viewing the Egypt display, Elizabeth Smith, a visitor to the museum, said, "they were quite an enterprising civilization."

Rona Rustige, curator of cultural

property for the city of Belleville, is instrumental in securing travelling exhibitions at Glanmore.

"We try to get in travelling exhibits generally once a year. And we have, for the last 25 years," she said.

Rustige would like to see more exhibits come to Belleville, but said that "they've become kind of scarce. They're not being produced as much as they were. These exhibits have to be produced by a museum specifically to travel. It's a big undertaking."

But when they do arrive in Belleville, Rustige said there is a noticeable boost in traffic to the museum.

"There is a definite increase in visitors," she said. She goes on to explain that "Egypt is second," only after dinosaurs, to exhibits which have been most popular at Glanmore.

"Outstanding," was how Smith described the exhibit.

"We're the only museum so it's essential to get the travelling exhibits like this one to bring in people that might not otherwise come. We attract different segments of the community," said Rustige.

Two years ago, the Glanmore National Historic Site celebrated its



Photo by Michele Weisz

**Danielle McMahon of the Glanmore National Historic Site at one of the displays currently being housed at Belleville's museum. The display is one of many that make up a travelling exhibition of Egyptian artifacts.**

fourth decade open to the public. It was originally the home of John Phillips (a prosperous Belleville banker) and his wife Harriett. It was built in 1883 and was deemed a national historic site in 1969.

In the past few years Glanmore has undergone numerous and ongoing transformations to ensure its authenticity and longevity. One recent change was to restore the original wall colour to one of the rooms on the main floor. The largest renovation was a complete restoration of the second bedroom of the house. Without original furnishings or photographs to go by, a year of careful research and planning went into completing the room.

Rustige said she believes that this attention to detail is important in a community like Belleville.

"We keep the history of the community," she said. When talking about the permanent collections housed at Glanmore, she went on to say "we collect Belleville history."

So go see what it was like to live in Egypt 5000 years ago while you still can. While you are there, see what it was like to live right here in Belleville 150 years ago.



Photo by James Paddle-Grant

Charline Labonté (left) looks behind herself with Hilary Knight crashing the net at the CWHL Clarkson Cup final.

## Clarkson Cup brings Olympians to Markham

By James Paddle-Grant

There was lots of excitement at the Markham Community Centre as the league-leading Boston Blades took on the Montreal Stars in the Canadian Women's Hockey League (CWHL) Clarkson Cup final Saturday afternoon.

For the second straight year, the game went into overtime. Despite exceptional goaltending by Montreal's Charline Labonté, Boston, who had been in their third-straight championship appearance, overcame the Stars with a Janine Weber goal just over two minutes into overtime.

Things were looking bright for the Stars early in the game as Ann-Sophie Bettez jammed the puck in past Boston's Genevieve Lacasse off an odd bounce at the end boards only 31 seconds into the game. Assists on the goal were given to Caroline Ouellette and Emmanuelle Blais.

After a goal that Boston's head coach Digit Murphy described as "annoying,"

the Blades were hungry to tie up the match. Hilary Knight, the team's captain, had finally put the puck past Charline Labonté late in the first period on a one-timer power play goal assisted by Kacey Bellamy and Brianna Decker. Knight's goal marked the first goal allowed by Labonté in the entire Clarkson cup series, which lasted a duration of 136 minutes of action.

Despite numerous scoring chances in the second, Labonté was in a world on her own as she kept the Blades scoreless for the period, leaving a score of 1-1.

Heading into the third period, both teams were looking to catch a lead on the opposition. Five minutes into the period, Montreal's Stacie Tardif was called for a holding penalty putting the Blades on the power play.

Brianna Decker, who has had exceptional success since joining the CWHL, found the back of the net on a power play goal by walking into the slot and firing a high shot over Labonté's shoulder.

Boston's lead was short-lived as the

Stars returned with a goal of their own as a puck bounced off Montreal's Emmanuelle Blais' skate and into the back of the net. Lacasse objected to the goal, arguing that Blais had kicked the puck in, but the official ruled the contact accidental with no distinct kicking motion.

Neither team could exceed the opponent in the dying moments of the game and it was forced into overtime.

Janine Weber went from third-line player to team hero as she scored on a wrist shot in the slot, which was caused by a breakout turnover in the Stars' defensive/neutral zone. The goal was assisted to Tara Watchorn and Corinne Buie.

Blades' coach Digit Murphy said "a lot of coaches, in overtime don't put their third line out, and my kids know that I'm putting them out there and they're going to play. And hopefully that made a difference."

Murphy emphasized the importance of empowerment and belief in her team.

"Part of my shtick as a coach is about

empowerment. If I believe in them, they are going to believe in themselves and I truly believed it. But I think it helps that little extra boost knowing that the coach believes in you."

Murphy had nothing but great things to say about Brianna Decker. "She's a player that has made the biggest impact on a high level team that I have ever coached."

"She is just magic, not only because of the way she plays because she's an excellent player, but she's very self-effacing, she's very humble, and very competitive. Everyone just kind of rallies around the kid," added Murphy.

Decker was awarded the CWHL rookie of the year after scoring 16 goals and 32 points in only 12 games with the Boston Blades. Decker furthermore led the league in Clarkson Cup series points, with eight points in only three games.

Decker, who missed out on a gold medal at the 2014 Sochi winter Olympics, re-deemed herself with the Clarkson Cup win.

"Anytime you can hoist the cup or get a gold medal. That's your goal. So you've got to work your butt off to get to the championship game and grind through that game because you know it's going to be competitive and fun out there and it was good to win today."

It was evident that Digit Murphy is very confident with her team. "In this tournament, we have a really good team, and I believe that is because we are the only team in the U.S. If you look at our team from top to bottom and if we have all our players every single day, honestly there wouldn't be a contest. And that's because essentially it's all team USA players," added the coach.

Murphy further mentioned she has hopes that one day there will be more American teams in the CWHL.

"My take away is when's the next U.S. team going to come, how do we fund it, how do we get more corporate involvement in the states. I think that's what this does."

## Organization helps everyone be physically active

By Charles Vilagut

For most, physical activity is something we often take for granted. For those who have a physical or mental disability, it is a dream.

"(Helms is about) accessing community sports programs in an inclusive manner," says Helms co-ordinator Toni Kirby.

The Helms program is an organization that make these otherwise unimaginable activities such as skiing, baseball, and camping, to name a few, something everyone can all enjoy together.

Beginning in 2009, the Helms programs teamed up with five organizations including Batawa Ski Hill, wanting to close the

physical barriers met handicapped people.

Year-round, Helms programs find sports and other activities for their clients to take part in. As a result, they create strong friendships and lifelong passions that these people will be able to continue to grow with and better their physical and social skills.

Since 2009, Helms has joined with a total of 12 agencies around the Quinte area and three fitness centres, including the YMCA.

Though the Helms programs are intended to create opportunities for friendship and a healthier life for those with disabilities, it has helped people without these handicaps more thoroughly under-

stand what these people have, giving them a chance to make friends, says Kirby.

"People are living a healthy lifestyle. They are understanding that being a part of their community is important and that they are important to their community."

They see that with a little attention and care, they can do the exact same things physically and mentally, sometimes even better than they would expect.

"It's definitely giving the opportunity for the instructors to work with the mentally handicapped, and it opens the eyes to the instructors and even to the ski school, to see that even these people can do it," says Bernie Loeffler, operator of the Ba-

tawa Snow School.

"It's just a matter of patience and understanding and they can get through it."

Though the Helms programs have such a great outcome on the community, both for those being helped and those helping, there has not been enough funding, though the government helps.

"It is not enough funding to be able to offer the program to as many people who want it," says Kirby.

Through government grants, partner agencies and fundraising, there still aren't enough funds for what the program would like to do.

With six years of operation under the

program's belt, Helms plans on continuing to grow and create more chances for people to fall in love with sports.

"It is helping to break down the barriers, both external barriers as well as self-imposed barriers. If you don't have self-confidence in yourself, you don't really want to go out and try something new. So we build up people's confidence so they're willing to try new experiences," says Kirby.

"It makes people understand that people with intellectual and physical disabilities have just as much capabilities of doing these sports as anyone else. It might take them a little longer to learn it, but they will learn it."

## High schools compete in OFSAA event

By Bryan Eneas

The Trenton Curling Club was filled with the sounds of students shouting, "hurry hard," and the sounds of rocks clinking together on Wednesday afternoon as the Ontario Federation of School Athletic Association curling championships entered the quarterfinals.

"This week, we've been curling at three different clubs participating in the OFSAA curling champions," said Andrew Power, the vice-skip from Our Lady of Mount Carmel Secondary School, from the Dufferin-Peel District School Board.

Students from across Ontario competed in Brighton, Stirling, and Trenton between March 9 and March 12.

"We were here last year, and we lost in the quarterfinals, so it's a good thing we moved past that milestone this year," said Ethan Urban, a 16-year-old student from Lockerby Composite School in Sudbury, Ont.

"I've been curling since I was about four. Our team has been curling together for about that long as well," said Urban.

Urban is part of a four-man crew



Photo by Andrzej Terence

OFSAA Curling women's quarter finals took place Wednesday at the Stirling Curling Club.

consisting of Tanner Horgan at skip, Jacob Horgan as the vice, while Patrick Huska plays second and Urban rounds out the group as the lead.

"We all met through a program called Little Rocks in Sudbury. Once we got together in elementary school, we formed a team and continued playing together in high school," said Urban on how the team came to be.

The team chemistry paid off on Wednesday afternoon's game against East Northumberland Secondary School, as Urban and his team came out victorious in the quarterfinal round.

"I feel like the game went pretty good. I think there's a few things we can improve on but that is what our next games are for," said Urban.

Lockerby goes on to face Sacred Heart Catholic High School from Newmarket in the semifinals of the OFSAA championships.

The semifinals and finals will be hosted in Brighton today at the Brighton and District Curling Club. The semifinals kicked off at 9 a.m., and the finals are slated to begin at 2 p.m.

For a video of this story, go to: <http://www.qnetnews.ca/?p=51817>

# Ice fishing escape

By Giovanni Capriotti

In a country which is home to the world's northernmost settlement, the harsh winter has always been revered as a chance to get out and enjoy an array of different activities, involving all ages and genders.

For the rest of the world, Canada is synonymous with snow and ice. But for the true Canadian, the cold season is a matter of pride and a celebration of nature's wildest side.

Winter activities are a great chance for a social life, preventing people from the dangers of "living room laziness."

To walk or skate on a frozen lake may sound exotic and risky to those living at more temperate latitudes. But for Canadians, ice in all its forms plays a crucial role. Winter is definitely hockey season, but ice-fishing time is also a popular pastime.

It is not uncommon to drive by a frozen lake and spot tiny, colourful tents or huts contrasting the winter whiteness. Normally, those spartan shelters host a few brave souls who took the time to walk on a frozen lake, drill a couple of holes and set up a few lines with several baits.

That is the magic of ice fishing. Enthusiasts challenge the harsh temperatures and the rugged environment to spend an afternoon with their buddies.

In an interview in late February, Quinte resident Travis Gould said he likes getting outside to participate in this outdoor activity.

"Ice fishing is a good chance to leave the house and do something. I would be watching TV otherwise."

He and Josh Loft have been friends for 10 years and share their passion for fishing. Their friendship dates back to Grade 9. The two love the lifestyle around angling as well as the thrill of the catch.

"Ice fishing is one sport either you like it or you don't," Josh Loft said, from the tent.

"Generally because I am laid off, I can fish all January and most of February if I am lucky," he continued, keeping his line under control.

The first prey of the day always brings satisfaction and reinforces the hope for a rewarding time. One of the most common Lake Ontario catches is the walleye, which is around pretty much year-long. A 11/2-pound fish shines in Loft's hands. But the pair definitely have bigger fish to fry.

"There is something about pulling a big fish through a little hole," concluded Gould, with a smirk on his face.

With the spring approaching and the ice melting, the ice fishing season has come to an end, at least in Southern Ontario. Few peeps up north can still enjoy it for a little while. Soon they will have to switch to the traditional rod and cruise the lakes by boat.

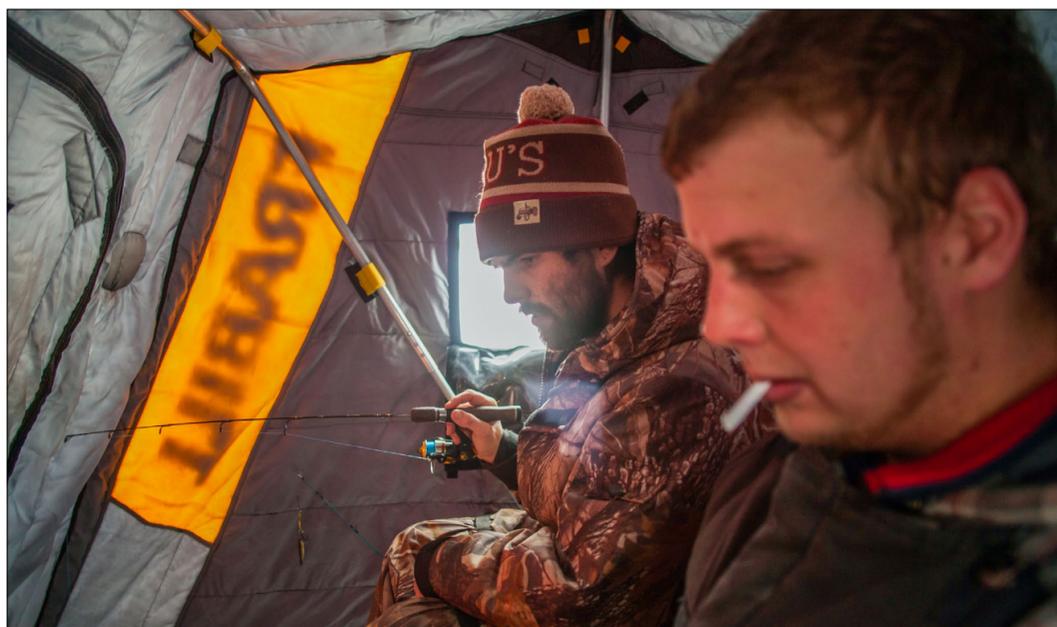
For a video look at this story, go to: <http://www.qnetnews.ca/?p=51800>

Photos and video by Annie Sakkab

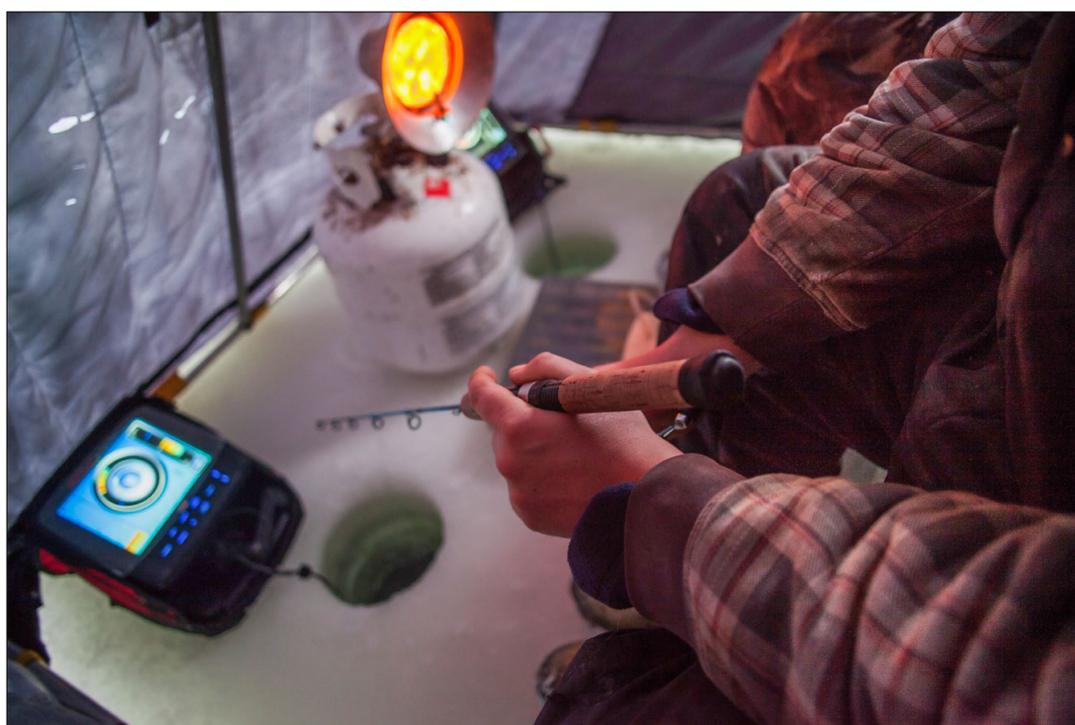


(Above) For Travis Gould, the thrill of the sport is that moment of "pulling a big fish through a little hole."

(Right) Josh Loft and Travis Gould have been friends for 10 years and share their passion for fishing. Their friendship dates back to Grade 9. The two love the lifestyle around angling as well as the thrill of the catch.



Josh Loft waiting patiently to catch his first fish of the day. Ice fishers bring with them a flasher to let them see between the lure and the bottom of the lake. Normally if they see something, 9 out of 10 it's a fish.



(Above) The first prey of the day always brings satisfaction and reinforces the hope for a rewarding time.

(Right) Throughout the month of January of this year, Josh Loft and Travis Gould spent almost every day out on the Bay of Quinte ice fishing from around 4 p.m. until right after sunset.



## On the street

Jamie Paddle-Grant asked people at Loyalist College the following question:

### How does credit affect you as a student?



**Rebekka Morrison, protection security investigation,** "I am on OSAP. With the interest rate going up, it sucks. I am paying for myself, so with that going up, it's deflating my bank account a lot more than it should."



**Sophia Zhang, first-year general arts and science international student,** "The way I usually pay my bills, and my VISA card. Only the tuition is a problem."



**Colleen Catton, second-year animation,** "I don't go through OSAP. I have good credit. It's nice to have in case of emergency. I always have my credit card."



**Kayla Titus, first-year police foundations justice studies,** "I paid for all my schooling myself. I worked part-time with full-time hours before coming to college, although OSAP would help me."



**Kurtis Brewster, first-year automotive,** "It affects me because I am trying to pay tuition. Credit on tuition. I live at home but I pay for gas. I have a VISA card that's always racked up because of school."



**Nick Hahn, first-year paralegal,** "OSAP has helped but it's probably going to be a lot of work to pay back when I'm done school."

## Editorial

# Bill C-51 needed more debate before passing

The speed at which the current Canadian government is pushing omnibus bills through Parliament is dizzying to say the least. Bill C-51 and others like it are being passed with little or no chance for debate.

Often the package of the bills is extremely wordy, too large and varied to comprehend. The oddball combinations of unrelated legislation are confusing and we are left to wonder what pharmaceutical policy, logging private conversations, anti-terrorism action, closed door policies and naturopathic remedies have in common.

The threat of terrorism being a cause for immediate and unchallenged changes seems justifiable to some but to others can be labeled as just racial under the guise of national security.

The opposition parties have little or no time to sift through the haystack of literature regarding far-reaching, seemingly unrelated topics then formulate relevant questions and notify the public allowing to have their voice concerns.

The opposing opinion is itself is under threat.

Tucked neatly within the wrapping paper of C-51 are changes being enacted. That will allow for new legislation to be passed behind closed doors.

The need for speed is overruling the necessary in-depth discussions needed between all elected parties to analyze changes to the legal system and the people.

Canadian citizens' freedom of communication has never been more infringed upon.

The proposed need for identifying possible terrorist threats by logging telecommunications data is lumping all Canadians into an unmanageable bubble. Analyzing and logging our every word is no longer a hypothetical Orwellian possibility, rather a legislative reality.

This intrudes on privacy and potentially compromises our confidentiality. Our business dealings, conversations, locations, shopping habits, banking information could soon be in one big egg basket.

Mass communications and interconnectivity via Twitter and Facebook allows potential for slanderous ranting. We are approaching the digital version of the people in the booth behind you recording every word that you say. Then, turning around, labelling everyone a potential threat and waiting to use this gossip against you.

Bill C-51 is also going to allow fast-tracking approval for use of untested pharmaceuticals from companies with a good track record. Yet again the vague statement: "threat of terrorism" is so powerful that the wellbeing of our own health and privacy are being thrown directly under the (omni) bus.

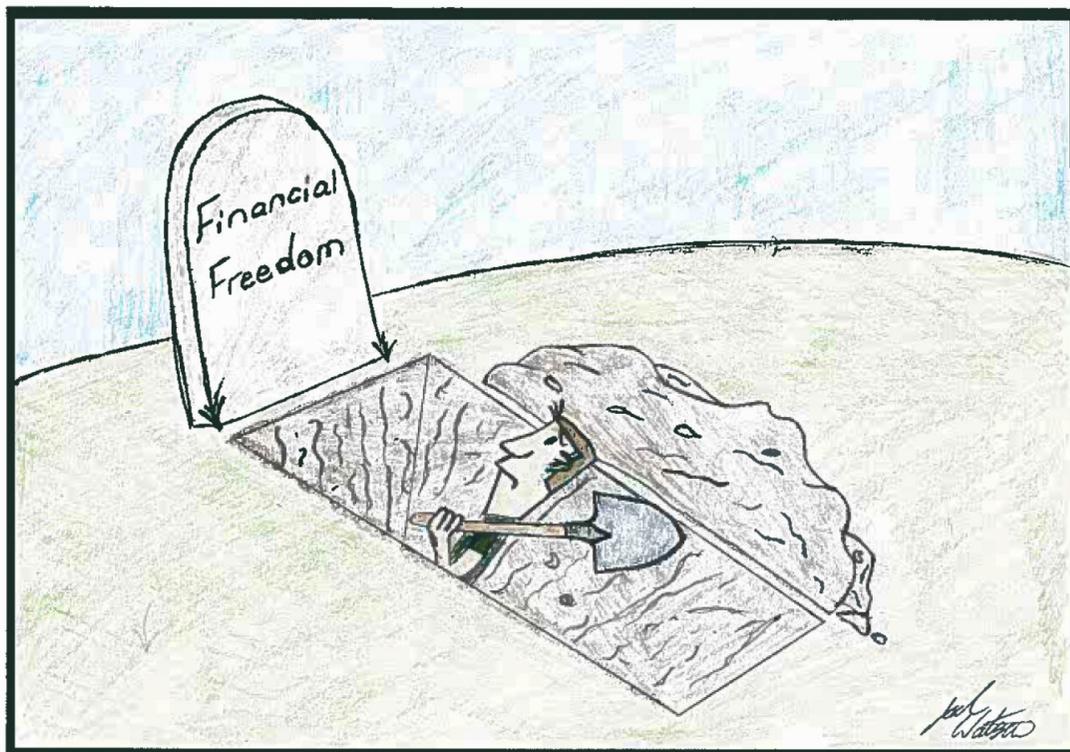
We will soon have to go back to rudimentary communication techniques such as the time-honoured, effective tradition of carrier pigeons. It is unlikely that CSIS will be tapping the wire connecting our tin cans.

The plumbing of the Internet is far from leakproof. A few faulty fittings and a lot of private information can spill out making a huge sloppy mess of everything.

Since 9-11, the increasing security measures have now worked their way right into our pockets in a day of mobile smart phones. How effective is our password protection if the information we possess is accessible anyways.

More discussion is clearly needed before these bills keep getting pushed through without due time allowed to iron out the wrinkles. How many secrets do we want to have logged and potentially vulnerable in terrorists' or other governments' hands?

Bradley Ruszkowski



## Opinion

# Citizens deserve to have privacy protected

*Refusing to give password from cellular device shouldn't be criticized*

By Andrzej Terrence

It is more than reasonable that the Canadian Border Services Agency does its job protecting Canada, but having consequences when citizens want to protect their personal information is going one step too far.

Information is being passed through the Internet across borders and barriers every nanosecond.

Refusing to give a password to a cellular device was enough to charge Alain Phillippon up to \$25,000 for obstructing a Canada customs search.

Freedom is the basis of that which Canada was built, but now we are allowing fear to take that away, slowly but surely.

In this sense, terrorism has won its greatest victory.

The issue of whether a traveller must submit a password to an electronic device at the border has yet to be tested in court.

Which takes us back to Phillippon, a 38-year-old resident of Ste-Anne-des-Plaines, Que.

As he returned to Canada, landing in Halifax from Puerto Plata in the Dominican Republic, he refused to give up his smartphone password. This has sparked a new issue in the Canadian Legislature.

In the digital age, data, information and private knowledge are spreading unprotected through borders.

Making a person offer up this last sanctuary is very much like breaking into someone's home.

When a device is password protected, clearly the owner does not consent to it being searched.

The CBSA has the right to ensure a device is operational in order to see if it may contain something besides the device's internal mechanisms.

The device in question booted up, meaning it was operational.

However, trying to pry further and threatening with consequences is just smashing the door down.

In order to access the information regarding Phillippon's case, the CBSA made it a hassle for him to refuse and in doing so, took away his rights.

The Canadian Border Services Agency is the best protection Canada could have from outside threats, but it also needs to understand what they are protecting: our liberties.

# Credit can be a financial nightmare

Why do you think that so many Canadians and Americans are in debt?

Credit cards, bank loans, debt – they all mean one thing. Money. It's something so many people have issues with and can't get under control. It's difficult for people to wrap the concept around their heads. Some use apps on their smartphones to organize their money habits and take control of their own budget.

The people who are dedicated will have somebody do their book-keeping for them, keeping everything up-to-date.

It's almost mandatory for anybody attending post-secondary to get involved with credit. Sometimes this can really benefit the student, however, it's more than likely it will work against them.

According to The Canadian Federation of Students, the non-refundable education and tuition fees tax credits have been the most widely used and expensive federal tax measures for post-secondary education.

Many post-secondary students aren't exactly sure what they want in life and how much it is going to cost them. So they say 'Here we go. Throw it down on my credit card.' In the last couple years, credit card companies like MasterCard, Visa, Amex, Capital One and more have changed their interest rates from 11 per cent to 19 per cent and some even higher. The number varies.

What doesn't change is the fact that those who are currently using such credit cards can have these warnings of rising interest rates lost in their e-mail junk folder. This is leading to people's credit card bills stacking high and building much faster than they anticipated.

With so many currently relying on credit, it can really hurt them. By not paying off your credit and allowing the interest to grow, you're only digging yourself a bigger hole that you can't get yourself out of. Not only during the beginning of using credit, but it can go 10 to even 30 years down the road before clearing their credit.

The question that people have been asking is why do people get bad credit? People don't pay attention to how much their interest rate is. Not even for those who are unaware of the interest rates rising, but those who are fully aware of what it is now. Some people don't understand how much 13 per cent is and how much of a difference it can make when it does increase.

Nathan Zbeetnoff

# Graduation: It's time to say goodbye

By Tristan Urry

Graduation is in the air, which means students are most likely avoiding relatives.

"What's next?" is the dreaded question that the soon-to-be graduates can't escape. Family, friends, employers, significant others all tend to ask that question, leaving many of us in a state of panic.

When this question is posed, students start thinking "What is next for me?" and "Where am I going with my life?"

Some students just aren't ready to answer that question yet. People asking you

about when graduation is and how many guests are allowed all adds to this unwanted stress.

Personally, it hasn't set in that this is the end of my time here at Loyalist. This is what I've spent the past two years working towards and it's finally here. It may take a while for that to set in for some people. Some may not even realize it until they have finished with convocation.

Most likely, these next few weeks are going to be hectic for you. Students have to work on final assignments, study for exams, possibly find a job and somewhere to

live.

If you're like me, then you will try to put that off as long as you can so you don't have to think about those dreaded real-life, adult-type things until after you have walked across that menacing stage.

For many of us, our time here at Loyalist has been short but sweet. Some of us will continue our education, like myself, and some of us will be going out into the workforce.

The end is near and while it may scare us, we're also definitely looking forward to it.

## The Pioneer

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**Photo editor, Nathan Zbeetnoff**  
**Multi-media editor, Andrzej Terrence**  
**InFocus editor, Tristan Urry**  
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The Pioneer welcomes your letters and comments. Please send material to the editor at the address below before Wednesday. We reserve the right to edit submissions for content and length. All letters must be signed and include a daytime phone number. For advertising information, rates and placement, please contact Sandi Hibbard-Ramsay, at the college, 613-969-1913, ext. 2591; by cell at 613-848-5665; or at home, 613-965-6222. Pioneer newsroom, 1N9, Loyalist College, Box 4200, Belleville, ON K8N 5B9 · 613-969-1913, ext. 2828. E-mail: pioneer@loyalistic.on.ca



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.

# INFOCUS

March 12th 2015 Issue 6





Top: After the 2014 Remembrance Day services in Belleville, Davis headed down to the Royal Canadian Legion Branch 99. Before leaving, Davis convinced an entire table of people to come sing "New York, New York" karaoke style on stage with him.

Bottom: Before the excitement of election night began, Davis' family shared a meal at Dinkie's in Downtown Belleville. His mother Darlene Davis, sister Mellissa Aus, brother-in-law Tony Aus, father Gordon Davis, brother Joshua were there to support him.



In spite of having cerebral palsy, Davis enjoys pulling himself out of his chair, and holding the railing of the Moira River's walking trail to be able to appreciate the river's natural beauty.

**Jeremy Davis is a significant member of the city of Belleville, as well as a person who keeps a busy, active, and social life-style, including being the co-chair of Heritage Belleville.**

When you first meet Jeremy Davis, you immediately notice that he uses a scooter to get around. However, once you get to talk to him, even for five minutes, you begin to forget that.

Instead of allowing cerebral palsy take over his life, Davis uses it as a strength. In the recent city election, he ran for city council.

"I've always had a strong passion and desire to serve and to be put in a position where I could try and help enhance the quality of life for all people," explained Davis. "One thing in particular this time around, I tried to make it as clear as possible, that just using a wheelchair as a means to get around ... doesn't define me and who I am, and what I am capable of."

He said that he's not ashamed of his chair, but it is not the focus of his abilities. He is a very driven, intelligent man, but above all, his charisma and humour brings a smile and laughter to many people he meets.

Although he did not receive enough votes in this year's city council election, he said his spirits were not bruised.

"You're not going to have the support of everyone but, just to have that opportunity to present it and do what you can to make, first your community, then ultimately your world a better place."

He also mentioned that he was proud of himself for achieving more votes than he has in two previous elections he has participated in.

He and his twin brother Joshua host a weekly radio show as part of their production "The Other Side" through 91XFM. He is a big part of his church community, and helps organize small events around the city, year-round. Davis is someone who enjoys staying busy and jokes around how he is never home.

Davis' determination to not allow CP to hold him back is immense.

By Kayleen Preston

# Life's Opportunities



*"There are days where we all feel frustrations and that, about certain hardships or misgivings. But every day that I've been given, I see it as an opportunity to do something, and I do see it as a gift"*



While campaigning on Oct. 25 for a council seat in the City of Belleville, Davis decided to travel through the Market Square to see which vendors were still open, and to talk to citizens of the community.



The 2014 Belleville Heritage Committee met Nov. 6 to discuss some ideas for the upcoming year.



Top: Taylor Davies suffers from depression and general anxiety disorder. She has found comfort in nature and often goes on adventures to get away from her troubles.



Right: Patti Gower, who suffers from panic disorder without agoraphobia, has found that biking lessens the number of panic attacks she endures.

Below: Kyra Scaletta enjoys the comforting presence of her cat, Opie, to help against her anxiety and panic disorder.



# Comfort

Story and photos by Amanda Paulhus

Though the year is 2015, society still struggles with understanding mental illness and those affected by it.

One in five Canadians will suffer from a mental illness in their lifetime according to The Canadian Mental Health Association. This is a pretty substantial statistic to be ignored. Suicide is also one of the leading causes of death in both genders.

One of the main issues is how society as a whole treats those with mental illness. People like Alex Duncan, 20, and Dominique Bilodeau, 17, have both experienced this firsthand in the workplace. Duncan suffers from Seasonal Affective Disorder, or SAD, a disorder that causes people to be vulnerable to depression following season change.

"They basically told me if I can't get a grip on it then I'm out," Duncan stated, explaining what occurred when he attempted to seek help in his workplace.

Bilodeau, on the other hand, feels like her mental illness lost her her job. "She [manager] kept harassing me about my depression. She would text me to take my pills."

When asked where they received the most negative responses towards their mental illnesses, nine out of ten named a family member of close friend.

Kyra Scaletta, 19, who suffers from generalized anxiety disorder, separation anxiety and panic disorder described some of the difficulties she's had because of her mental illness.

"Obviously I get 'it's all in your head' a lot. People say stuff like 'it's really not that hard to talk to people,' 'you just need to calm down' or 'you're being over dramatic.'" When asked what the most hurtful thing said to her was, Scaletta responded, "One time when I was with my sister and her

friends I had a panic attack. My sister told me to 'stop being such an attention w\*ore."

Another example is Mikayla Gauthier, who has recently left school during her third year at Guelph University because her depression and anxiety became hard to handle with the stress many students feel during post-secondary.

"I've had a sadness and dissatisfaction with the world that I repressed since I was 15, but my symptoms arose in June," Gauthier explained. She said her parents have had a hard time understanding her mental illness.

"One time I was sitting at the table and got a funny text so I laughed a bit and my dad looked at me and said 'why are you smiling? I thought you were depressed.'"

It does not necessarily get any easier for those who have a parental figure that is knowledgeable about mental illnesses. Taylor Davies' mother is a registered nurse and has an understanding of both physical and mental illnesses. However, when Taylor attempted to talk to her mother for the first time about her depression like symptoms, her mother told her "You have everything you could need. You have no reason to be depressed." This was when Davies was 14.

These are just several cases of the ignorant treatment people with mental illnesses receive in several aspects of life. Having a mental illness can take away a person's ability to lead a normal life and that burden is not made any easier when they receive negative responses and criticisms in the workplace or amongst their friends and family.

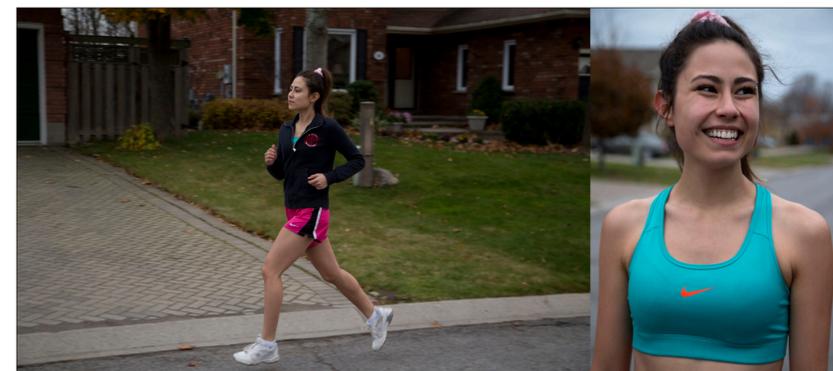
Society as a whole needs to look at how they treat those with mental illnesses and rethink some of the things they say to those close to them that are suffering.

“One time I was sitting at the table and got a funny text so I laughed a bit and my dad looked at me and said ‘why are you smiling? I thought you were depressed.’”



Right: Dominique Bilodeau suffers from depression. She turns to art for comfort and enjoys drawing.

Below: Alex Duncan enjoys walking in the park to calm his Seasonal Affective Disorder or SAD.



Top right: Gabrielle Smith recovered from non-purging bulimia, but still suffers from emetophobia (the fear of vomit). She finds comfort in hot showers while sitting in the tub.

Bottom right: Mikayla Gauthier suffers from anxiety disorder and depression. She has found running and fitness to be a good coping device for her mental illness.



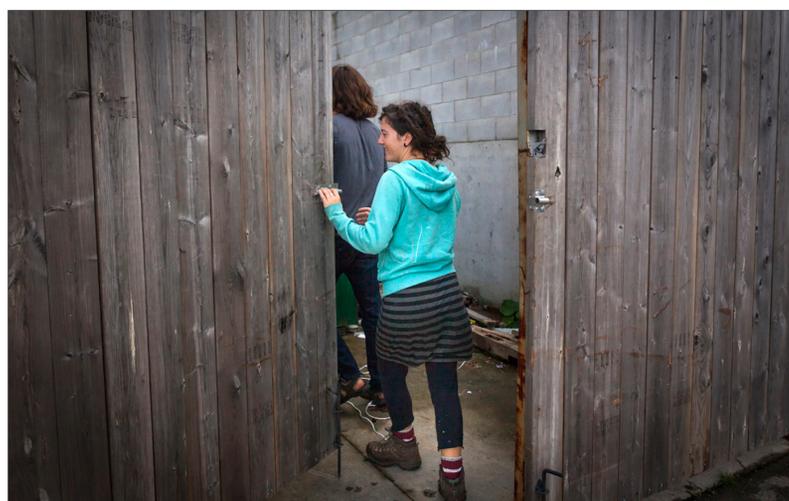
Monica Chamberland reaches for the yogurt that is passed to her by Graham Jackson. Monica and Graham have been dumpster diving for years. It is an intentional lifestyle choice to help lessen the impact of food waste and fight the Western culture of overconsumption.



About 40 percent of food produced each year in Canada gets thrown out. This is just some of what Monica and Graham reclaimed from their dive.



Graham Jackson prepares the chicken he dumpster dived. Items he dives are still good to eat but may be past the best before date. Jackson wishes to educate people that the best before date is usually just a safe period set by health Canada but many products are still good beyond that date.



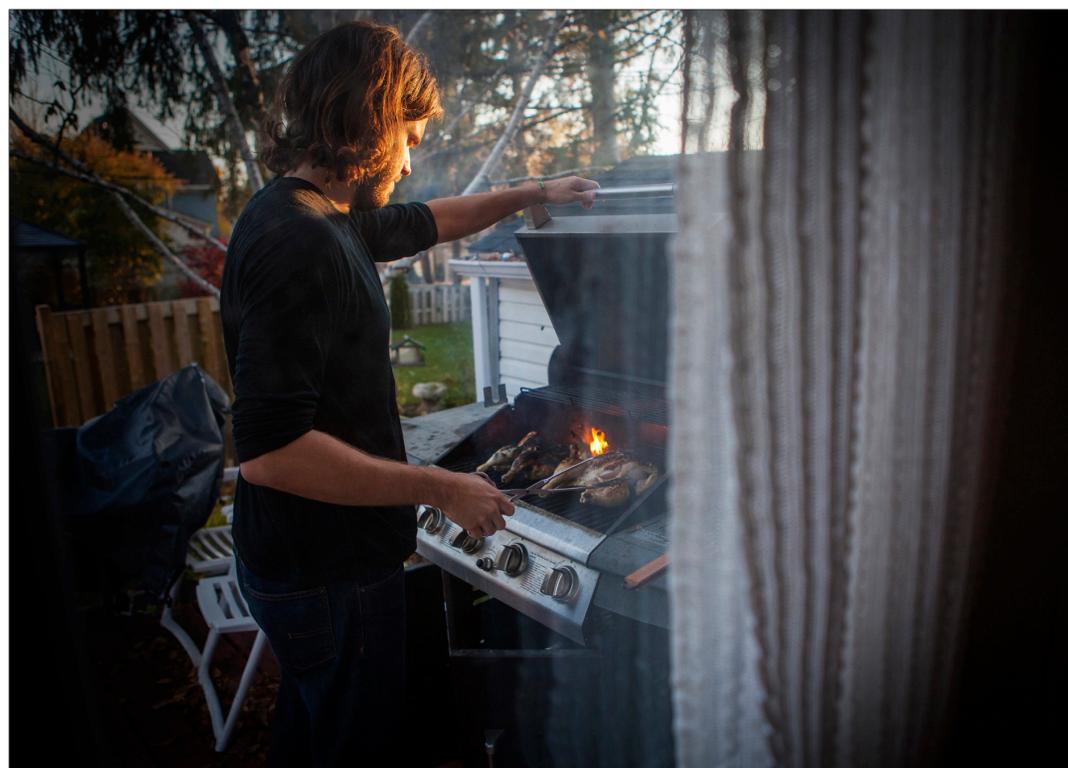
Monica Chamberland walks to a hidden dumpster in search of reclaimable items. Diving is something she is passionate about. She believes that world hunger is not a problem of quantity but rather, a matter of distribution.



Friends gather at Graham's house to enjoy a meal of dumpster dived food. The blue plates on the table were also reclaimed through dumpster diving.

# A Shift in Paradigm

PHOTOS AND STORY BY AMANDA CHEUNG



Everything used to prepare the chicken, including the spices have been reclaimed through dumpster diving.

As I sat waiting in the van beside fresh red peppers, bags of milk, boxes of salad, apples and potatoes, items of an earlier dive, an employee makes his way to the hungry green bins with large transparent bags waiting to be fed.

"This is the freshest dived food you'll ever have," joked Graham Jackson to Monica Chamberland and I.

This was my first experience ever dumpster diving.

I watched as Graham lifted the lid off the dumpster and threw his body in, leaving just his legs shooting straight into the air.

"I only ever work out for the sake of diving!" came Graham's muffled voice from inside.

I watched as Graham's hand awkwardly came out of the bin with bags of salted caramel popcorn, cartons of eggs and containers of yogurt, his body still consumed by the dumpster.

There was an unsaid system established.

As Graham reached for the food, Monica would put them in the reusable bags they had brought with them.

As I continued observing this, I noticed a big label on the side of the dumpster, white with green lettering which stated 'think green.'

What irony I thought to myself. Here I am witnessing the retrieval of food, still good for consumption from a bin that's telling us to 'think green.'

Graham and Monica have dumpster dived for years. It is one of the ways in which they have chosen to live their lives intentionally and sustainably.

They believe that by reclaiming food, perfectly edible food, save for a deformed shape or a few bruises, that they can do their small part in reducing food waste in the world.

Dumpster diving is a term given for modern day urban foraging where individuals search and reclaim items in dumpsters like clothing, furniture or food. The practice is to lessen the impact of waste.

"World hunger is not a problem of quantity, it's a matter of distribution," says Monica.

It is a disturbing fact that one in eight families in Canada struggle with putting food on the table when the Department of Agriculture estimates that by recovering just five per cent of food that is wasted, four million people could be fed.

According to the Value Chain Management Centre (VCMC), it's estimated that \$31 billion worth of food is wasted in Canada each year, a 15 per cent increase from their 2010 report.

Food waste is a growing problem in Canada and around the world. Graham says that people need to have a paradigm shift. It's not just about going to the dumpster and reclaiming the food that's already been thrown out, but how do we start with the ways we make choices in our own homes and kitchens?

"It's not ideally what we want to eat but rather what should be eaten first," says Graham. That's not to say that all desires and wants of what to eat get disregarded.

Graham gives an example of reclaiming sour cream. If that is going bad first, you don't just say I'm going to eat all the sour cream. Rather, it's about making reasonable choices but realizing a shift in thinking needs to be made.



## A Walk in the Park

In May of 1979 Irwin had just completed his training at the Ontario Police College and began to work for the Toronto Police Force, later moving to the O.P.P in Hornepayne, Ontario

1979 was not only the beginning of his life long career, but it also brought Mike and his wife Barbara's first born child, Michael Jr. to the world. The Irwin's at that time were a incredibly active family, taking part in such activities as bicycling, scuba-diving, sledding, swimming and even snowshoeing.

Irwin was a notable officer, excelling in most areas of the demanding job. He got to know his area well and the people in it respected him as a member of their society. "I knew all the people well, but I remember the names of the dogs on my beat better."

Irwin's father was a detective for the Toronto Police Force. On February 27, 1972 at the age of 38, after 12 years of active service, Irwin's father, Michael Irwin Sr., was killed by the hands of a duly noted criminal during an eviction. Irwin became the man of the house just before he turned 15 years-old.

Ten short years later, Irwin would experience his very own kind of tragedy while on duty.

At 9:00am on April 2, 1982, his 25 birthday, Irwin was chasing a perpetrator through deep snow after a car chase, only to fall and shatter both of his knee caps completely.

"The surgeons described it as if you took a hard boiled egg and smashed it on the counter"

"When they removed my knee caps it was also found that the circulation to them was non existent and the tibial platforms (top of the shin bones) sustained extensive damage."

Despite his injuries and his doctors orders, Irwin returned to full active duty two weeks after his surgery, for another two years.

Throughout his remaining time on duty, active and non, Irwin always had a sense of a poisoned workplace, being ostracized by fellow officers and those in command. "A lot of comments, innuendos, and whispers basically saying that I was faking it from those who chose to not understand or believe. To most I was seen as a burden."

When Irwin realized he may not be able to deliver himself fully into the job, he gave up active duty two years

after his accident. "Lots of pain, lots of pain meds, until facing reality that I could no longer perform active duties safely, especially not being able to back up or support my fellow officers."

In February 1985 Irwin's permanent disability pension was assessed at 20%, which including 8% each knee as well as 4% for dual injury. After this assessment Workers Compensation Board rules prohibited Irwin from being reassessed until 9 years later in December 1994, when they gave him 30%, 12% a knee, and 6% for dual injury. Finally in May 1995 Irwin was reassessed a third time at 53% getting 20% per knee plus 10% dual and 3% on left elbow with tendinitis.

While it may look all well and good on paper, these percentages are based off Irwin's 1982 salary when he was injured. Had Irwin removed his legs like they had suggested he would have only acquired max 25% per leg according to WCB body chart at the time.

Although Irwin doesn't let the past hinder his current life, he can't help but think back on what he's missed out on. "I couldn't teach my kids how to play ball, or ride bicycles, I lived for that sort of thing, but I had to watch my relatives do it for me."

Irwin and his wife Barbara now reside in a family cottage, turned household, in the Harcourt Forest near Wilberforce, Ontario. Retired and content with the life they now have. Money was tight throughout the years, and Irwin's transportation has always been a work in progress. They've developed a specialized system of scooter boxes being lifted with a crane on their 3500HD GMC Sierra so they can go to places such as malls that require more than ten minutes of walking. Their house is equipped with easily accessible benches so Irwin can grab a seat quickly if his legs get too sore, and also has specialized wide trim throughout the household so he can get around using the walls as braces. Among many other additions to the house to make his life easier, he also created a drawer that converts into a bench so he can get dressed in the morning.

Life may not be exactly what they had hoped, with little to no retirement funds, they budget accordingly and only spend money on things that are necessities, although Irwin says that's how they lived life before, it would have been nice to have a little extra to spoil the children and grandkids growing up.



"I could have taken things very differently, I could have crawled into a hole of despair and had never recovered as much as I did, but my family wouldn't allow it. Now I can walk. It may not be without difficulty and long processes, but I can get places now. I owe that to my family"

# Built to Last

photos and story by Graeme Murphy



Wayne St. Pierre, a competitive bodybuilder from Belleville, Ontario mentally prepares himself before a full body workout routine in Belleville, Ontario. St. Pierre has been lifting for 35 years and has done so with a clean diet, drugs and enhancers free.

Wayne St. Pierre is the new Canadian senior citizen. With four hard earned provincial Ontario Physique Association competition awards, the 67-year-old bodybuilder from Belleville Ontario is bulldozing the stereotype that age matters. In his case, it clearly doesn't.

"People always say I shouldn't do it because of my age. I always tell them 'I can and I do!' Age is just a number." Don't ever say the word can't around me. I hate that word. I feel more alive now than I ever have been."

St. Pierre first started lifting weights 35 years ago and has been competing at an amateur level for the past 9 years, this first competition experience resulted in a men's lightweight division second place win.

"I didn't think I had it in me! If you had asked me 10 years ago if I competed I would have said 'heck no that's ridiculous! There's no place for the older guys at those things.' Now, at this day and age I am fully aware that the number of competing old guys and gals is on the rise. Some competitions now have an over 50 category."

St. Pierre is one of a handful of unique, older individuals who devote their time to rigid fitness regimes and competition glory.

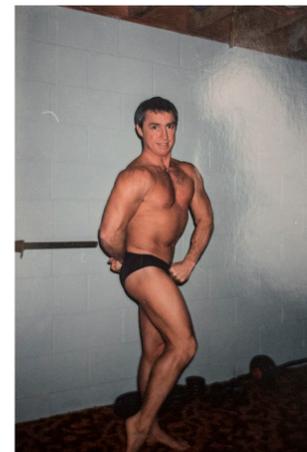
Professional bodybuilder and massage therapist, 50-year-old Sharon Mould of Peterborough Ontario clarifies the movement of senior fitness.

"People start to look at their parents who are aging and acknowledge the fact that with older age comes a health problem or two, maybe more. They see how their parents fragility can become a burden for them and so they decide to find ways in which the human body can overcome these hardships. Fitness is perhaps the only avenue for health preservation."

"With that, we are staying healthy and ultimately we are feeling better. We are able to maintain our mobility, manage pain, and manage many things. It's like we are prolonging our youth in some ways."

"On top of that, it's cool to show off at competitions and say 'look at me! I'm not old, I'm strong!'"

More young people are approaching people like Sharon and Wayne, both inside and outside the gym just to tell them that they 'are such an inspiration to fitness.' To them, it's gratifying to know that they are beating their old age.



A younger Wayne St. Pierre pictured in his home only a few years into his bodybuilding lifestyle.



Wayne powers through a vicious set of heavy barbell curls during a grueling full body workout.



After confidently completing his arm workout, Wayne takes a moment to catch his breath.



A collection of awards won for superior physique and dedication are proudly displayed in Wayne's home. The awards include 4 Ontario Physique Association trophies.



Wayne pauses at the peak of a pushup to focus on the negative rep, finishing his pushup exercise.



Wayne prepares a pot of green tea, his favourite comfort drink that he consumes 3 times a day.

<https://vimeo.com/113532995>

<http://www.graememurphyphoto.com/1997733-tea-and-spinach#1>