



Photo by Paul Terry

A night at the movies

Carol Feeney, centre, and fellow festivalgoers attend one of the many screenings held this past weekend at Downtown Belleville Doc Fest. 2015 marks the fourth edition of the annual event featuring documentaries of both local and critically acclaimed works. It included feature films Red Army, Trash Dance and Keep On Keepin' On. The weekend's line-up featured 30 films played at five venues around the city.

Lock-down drill proves successful

By Franki Ikeman

Loyalist College went into lock-down mode last Tuesday, Feb. 24 for its annual emergency response drill.

At approximately 1:30 p.m. the alarm went off notifying staff and students that the college was under lock-down and to take cover.

The procedure, as outlined on the college website, is to take cover in the nearest room, lock or barricade the doors, turn off the lights, cover windows, and hide out of sight.

According to Dianne Spencer, executive director, college advancement and external relations, the drill was a success.

"Overall, the responsiveness associated with this most recent drill was very good," said Spencer.

She noted that staff and students were quite speedy in getting to where they needed to be to take cover, and that those who weren't were given a hand-out by one of the many monitors who were out assessing the process.

While the college was under lock-down, the residence buildings were not.

However, Mark Kirkpatrick, director, facilities and IT services, said that students in residence were notified via social media of the college lock-down and told not to go to the school building during the time of the drill.

ing during the time of the drill.

In the event of an actual lock-down, however, the residences would also go into lock-down at the same time, said Kirkpatrick.

Although Spencer couldn't think of a time when the college has gone into full lock-down, there have been two incidents in the last two school years when weapons were present on campus.

The college's residences were put into lock-down late in the evening of Nov. 22, 2013, when a group of armed men invaded one of the townhouse residences and stole personal items from students living there.

In October of 2014, a man who was

seen showing off a knife to students was arrested on campus, however in this incident, no lock-down was called.

"You will understand that each incident is subject to circumstances around that particular time and incident. So to the question why wasn't the college put into lockdown... as soon as the police are called in, it becomes a police matter," Spencer said.

"And these are not decisions made outside of the advice of experts, at all, ever. And in this particular instance, there was a police officer on campus. We took the advice from that police officer as we would," Spencer added about this incident.

Graduates get help with transition

By Moush Sara John

Loyalist College of Applied Arts and Technology will be receiving funds of more than \$164,000, through the Career Focus program, which will assist ten post-secondary graduates to make this transition, and move ahead in their careers.

Loyalist College President and CEO Maureen Piercy said in a statement the funding would provide impetus to the local private sector employers to hire new graduates.

...See Graduates, page 2

Cold weather didn't keep enthusiaists indoors

By Dillan Cools

The Youth Centre at the Trenton Military Family Resource Centre hosted its first outdoor 3-on-3 ball hockey tournament this past Saturday in Trenton.

"The last month has been so tough having so much snow and extreme cold temperatures that we really wanted to create something that could get us outdoors and keep us warm enough to enjoy being outdoors," said Amy LeGresley, organizer of the event and Youth Centre co-ordinator.

"We are Canadian and it's winter...so what better thing to do than play hockey," added LeGresley.

LeGresley could not have asked for a more pleasant day as sunshine and mild temperatures marked the end of an otherwise ruthlessly cold February.

"Our goal is to get everybody out. We opened up to everybody, so teams are made up of anyone from anywhere as long as one member is between the ages of six and 18, which are our ages for our youth group. It gets everybody out and gets everybody having fun," said LeGresley.

The tournament started with a group stage where eight teams of four (goalie included) played numerous matches on one of the two courts that had been set up in the MFRC parking lot.



Photo by Dillan Cools

A soaking wet tennis ball soars over the shoulder of Etienne LeGresley and into the net during an elimination round match at the MFRC's first-ever 3 on 3 ball hockey tournament in Trenton last Saturday.

...See Ball hockey, page 2

Frosty February coldest in history

Frigid temperatures the coldest recorded in past 175 years

By David Fransky

February has been the coldest one in our part of Ontario in the past 175 years.

In every other year, there was at least one day in the month that was above freezing.

Environment Canada tracks the temperature in all of the months including February and keeps records of the maximum and minimum temperatures, as well as the average temperature. The records show that in multiple locations in Ontario, the temperature did not rise above zero.

Environment Canada meteorologist Ria Alsen confirmed many places in Ontario – including Toronto, Ottawa and Trenton – were unusually cold last month.

Alsen said it was the coldest February in the 175 years since Canada began keeping weather records.

Environment Canada statistics from 1960 to 2015 show there were a lot of days that did not get above freezing but in every other year before now there was at least one day that did. The only

exception was this year.

With these cold temperatures in Canada there has been a heavy accumulation of snow, collapsing some buildings because the weight of the snow.

Municipalities are having a problem with where to put all of the snow.

There have been record numbers of extreme cold warnings this February, with Toronto leading the way.

Wes Landon, a teacher in Alberta, said, "In Cold Lake, Alta. I get excited when the thermometer reads above 25 degrees below. Since I have been here I have found it extremely cold this February."

"A lot of pipes are freezing and breaking due to the frost line going below the norm," said a Loyalist College plumbing student.

There are some people that do not mind the cold, including skiers, skaters and snowboarders because they bundle up in layers and move a lot to stay warm.

Some long-term relief is on the way though, according to the 2015 Farmers Almanac. The traditional weather predictor advises that in Ontario, April and May temperatures will be near normal, with precipitation below normal east, and above in the west.

Summer will be warmer than normal, with the hottest temperatures in mid-to late July and early August. Rainfall will be above normal in the east and below in the west end of the province.

Blind piano prodigy shares story

By Mary Barber

Friday night saw the opening gala for Belleville's annual DocFest at the historic Empire Theatre.

The international film festival brings together sight and sound to tell stories covering a wide range of topics, often of people overcoming obstacles.

The headlining show *Keep On Keepin' On*, followed the story of jazz legend Clark Terry's mentoring of a 23-year-old, blind piano prodigy, Justin Kauflin.

The event then climaxed with Kauflin's Canadian debut performance in which its captivated audience found that one can see music without using their eyes.

As the film's credits rolled, Candy, Kauflin's eight-year-old seeing-eye dog, guided him towards the piano at centre stage for his performance. Kauflin opened with an eponymous tune 'For Clark'.

"People say, 'Oh you must be able to hear music so much more clearly now that you are blind,'" says Kauflin anecdotally. "It's not so much that I think my hearing improved, I think that if someone were to close their eyes for about an hour, you would start to become aware of things that you maybe did not realize before through your other senses."

The grande finale of Terry's legacy is captured over the course of five years, alongside Kauflin, who suffers from performance anxiety as a contest finalist for the Thelonious Monk International Jazz Competition. As Terry's health weakens and his eyesight fades, mentor and student reawaken in the spirit of jazz and the two challenge one another to confront their greatest fears.

"I love Duke Ellington's quote, because that's how it should be -- 'Sometimes when I get on stage, I enjoy a little stage fright.' That's the essence of it. I would be scared if I didn't have that," said Kauflin,

"In the movie, Clark says, 'Use your mind for positive thinking, be positive about it.' This is a gift I have to be able to be on stage and share my experiences. Focus on the positive and realize how grateful I am."

A musical pioneer and trumpeter, Terry collaborated with much of jazz history's great musicians, ranging from Count Basie to Duke Ellington, Charles Mingus, Oscar Peterson, as well as Quincy Jones (Terry's first student) and mentor to Miles Davis.

Earlier in his career, he broke the colour barrier as NBC's first African-American staff musician – on *The Tonight*



Photo by Paul Terry

Justin Kauflin, an American Jazz pianist and one of the subjects of the documentary, "Keep on Keepin' On", performs at the opening gala of the Belleville DocFest on Friday night.

Show. In his final years, he received the Lifetime Achievement Award at the 2010 Grammys.

"From spending time, connecting with Clark Terry, someone whose lived through jazz history and knew all these beautiful people through his life...Myself, like many of his other students, have a responsibility to make sure that the things that I got from Clark -- the love, the encouragement – that type of relationship

will be passed on," said Kauflin.

Terry's career spanned seven generations and more than 900 recordings. His contemporary style of jazz trumpet and unique vocal language 'Mumbles', exposed him as one of the most recorded jazz artists in history. As a music educator, he devoted much of his career to establishing technical proficiency in his students and received recognition in 16 honorary doctorates.

"You know, everything is rhythmic with Clark, everything grooves, and we would try to relate to that. He'd say something as Mumbles, I'd put it on the piano as best as I could, and that's how we would learn," said Kauflin.

Dug Stevenson, emcee and public relations co-ordinator for DocFest 2015, estimated that this was the highest attended opening gala the festival has seen yet, with more than 700 people in the audi-

ence. The gala garnered a \$45,000 budget.

"I've had so many people come up to me and tell me that this was a world class event, to have a film like this and have Kauflin who is on his way to becoming one of the greatest jazz pianist in the world," said Stevenson.

"Tonight we had *one guy*, on the stage, captivating the whole crowd. Four years in a row and I believe we've really knocked it out of the park."

Graduates...

Continued from Page 1

"We are very pleased to receive this Career Focus funding, which will provide opportunities for recent post-secondary graduates to apply their skills and training to careers in our community and region," Piercy said.

"In addition to helping graduates, this program will provide important incentives to local private sector employers to train and fully integrate

these new hires into their businesses. "Our team at Loyalist College Community Employment Services will serve as community coordinator to the program, providing outreach, intake and placement monitoring."

Lisa Benoit, an employment consultant at the Loyalist College Community Employment Services (CES) at 54 Dundas St. E., Belleville outlined the process.

"The CES will be recruiting and selecting the youth participants," she said. "Graduates will have ongoing support and guidance by an employment consultant to identify goals and

research the local labour market as it relates to their post-secondary focus.

"Job developers will also work in the community to promote graduates to local employers and connect them to a paid placement opportunity.

"Due to a lack of work experience, finding employment after completing post-secondary can be both challenging and frustrating for youth, especially those living in a smaller community. This project not only allows participants to apply their newly learned skills but it also allows them to get established within their chosen field by gaining much needed work

experience, networking and more importantly building mentorships with local professionals."

The Government of Canada's Youth Employment Strategy, which includes the Career Focus program, has helped more than 611,000 youth since 2006. Through its Economic Action Plan 2014, the Government has invested \$40 million towards supporting up to 3,000 internships in high-demand fields and \$15 million annually towards supporting up to 1,000 internships in small and medium-sized enterprises under the Youth Employment Strategy.

Ball hockey...

Continued from Page 1

"It's \$5 per team and that includes all four members and their lunch today, just a small cost to reserve their spot," said LeGresley.

The entrant fees were used to offset the events operational costs and all further proceeds are slated to fund future programming at the Youth Centre.

"We've got four teams from the air cadets, local Trenton air cadets, which are kicking butt," said LeGresley.

Captain Garret Watts, deputy commanding officer for the 704 Air Cadets squadron saw the tournament advertised on base and brought out teams Challenger, Dakota, Alpha Jet and the tournaments winning team, Buffalo.

"These are cadets who have actually been doing some training otherwise for some other sporting events and we saw this as a great opportunity to get involved in the community a little bit as well as have some fun practicing our skills," said Captain Garret Watts, Deputy CO for the 704 Air Cadets Squadron.

"They've enjoyed themselves and you know we are all working up a good sweat so we are very proud of them," added Watts.

Spirits were high among the other four teams as well, one family had brought team shirts from home and could be heard singing their team song.

At the end of the day, the three top placed teams received prizes and Funky Skunk was awarded the best team name.

"It was great, well organized and a lot of fun," said Andrew Patterson of the Funky Skunk.

"My wife, she's Spanish so she doesn't usually play hockey ... it's nice playing hockey with my wife and kids," he added.

In between games, players stayed warm in the newly renovated and equipped Youth Centre where a variety of activities had been set up and pizza was served.

"A sub goal is to get some more exposure for our youth centre. We just recently went through a major renovation and are really starting fresh so we're always looking for new opportunities to get new people into the youth centre and see what we're all about," said LeGresley.

The Youth Centre is open Monday, Tuesday, Thursday and Friday nights with special activities catering to a specific age group each night. The 3-on 3-ball hockey tournament is the latest instalment to the centre's special Saturday events which occur once and month and have included a Saturday Brunch and Winter Wonderland activities.

"We've had a lot of response from the public who wanted to put in teams but unfortunately it just was the wrong day of the week or they had other commitments so I think people will be watching out for us," said LeGresley.

"I think most definitely we will be doing it again...everyone's having a great time."

Milford crafter has a barrel of fun

By David Fransky

When he was about five or six, Pete Bradford was at his grandfather's butcher shop and saw two barrels and knew he wanted to make them.

"That is when I decided that I wanted to make barrels."

The resident of Milford, south of Belleville, was at the Ameliasburgh Community Hall Saturday to explain his craft of coopering, or barrel making.

Bradford studied the art of coopering for about 20 years before he did an apprenticeship for seven years in Kansas City. He has now been on his own for three years.

He builds with white oak from all over Canada and does it the traditional way. Bradford said he is the only traditional cooper in Canada.

"For a small barrel, three hours and that is cutting, sanding, burning and hooping," Bradford said. "For a 200-litre, it takes six to eight hours."

There are four levels of charring (burning the inside). Charred barrels are used mostly for whisky.

There are also eight levels of toasting (like charring but not as much heat); a toasted barrel is used mostly for wine.

Bradford uses a lot of different tools to build a barrel.

They are called the crozier (marking tool), wooden mallet, chisel, adze (curved tool for both hammering and carving), a four-pound hammer, the burning pot (made of metal which is used to toast or char) and the bunghole cauterizing iron (used to burn a hole into the wood so the bung or plug can fit tightly into the barrel to stop leaks). He also machines to make to work easier. He designed them himself.

There are many steps of coopering.

The first step is to get the wood and age it for three to five years, because some – but not all – tannic acid in the wood needs to come out by being exposed to rain and snow.

The next step is to mark and cut the wood into staves, ensuring they will fit together in a circular shape.

Then he puts the staves into a jig (a round metal hoop) and puts on the cables. Then he tightens the staves slowly until he can put a large metal band around its middle. Next Bradford hammers down the band .

Then he loosens the cables, takes it out and puts the barrel onto a press to push the band into place. Then he repeats to process on the other end. Then

he does

this twice more at the ends.

Bradford then takes the barrel outside and puts the barrel on the pot that has burning coals in it. If he wants to char it he lets it go for 18 seconds and he listens to the wood. Once it reaches char he does a quick pour

of water which vaporizes to slow down the fire.

If he wants to toast it he uses less heat and toasts it for 30 to 40 minutes. Bradford toasts the barrel, sometimes to open the pores in the wood to get a better flavour. Regardless of what he does, he listens to the wood and has to have patience. Otherwise it will burn.

With other wood that he has cut, Bradford makes the lids for both the top and bottom of the barrel. With the crozier, or router, he cuts groove for the lids to fit into before hammering the lids into place.

Then he drills a hole so that a bung can go in.

As a result of his work Bradford was given the Premier of Ontario Award. He sells his barrels internationally.



Photo by David Fransky

Pete Bradford is showing the barrels that he made in the past in Ameliasburgh Community Hall last Saturday. He has been doing this for 10 years now and is the only one in Canada that does this the traditional way.

Horses help soothe the soul

By Elaine Bombay

A counselling centre in Stirling-Rawdon has been using horses for the past four years to bring awareness and healing to hurting humans.

Denise MacDonald has been a registered marriage and family therapist for 16 years. Four years ago, she began offering equine-assisted psychotherapy (EAP) at her practice at Clearview Equine Centre. She has five horses, including two miniatures.

EAP is a collaborative effort between the mental health care professional, a horse professional, the client and the horses, MacDonald explained. The goal is emotional or behavioural change.

Such therapy is used to address a variety of issues such as grief and loss, anger management, and anxiety. Clearview offers a military track as well, to help military members and families with such issues as post-traumatic stress disorder, deployment, resilience and other family needs.

"Clients have felt that it was the most deeply spiritual thing they have ever done," said MacDonald. "It hits them on a different plane."

"Horses are herd animals with unique personalities and moods. How people relate to a horse is the way they relate to a person," said MacDonald. "Horses are experts at non-verbal communication. They pick up on cues.

"You need to be present, in the now, when you are working with a 1,200-pound animal."

There is no riding involved. The focus is developing life skills in the client, not on horsemanship skills. During a session, the horses wear no saddles or halters.

Clients are given specific tasks to accomplish in co-operation with the horses. The tasks will relate to realities in the client's life. For example, a family that is struggling might use props to construct a house and then work together to keep the horses from knocking it down.

MacDonald stressed the importance of the client seeing the link between what they are experiencing with the horses and their real-life issues. The family in the example above may relate the horses which are knocking down their house to specific issues that are causing the fissures in their relationship as a family. Those issues could be things such as fear, negative behaviours or other people. Then they can come up with a plan to deal with those issues.

The skills that the client develops to deal with the horses, they then apply to dealing with their real-life experiences, said MacDonald.

"The horses provide great opportunities for clients to focus on communication, confidence, boundaries and trust. Their self-esteem grows as they successfully complete a task with a large, powerful animal," said MacDonald.

Besides psychotherapy sessions, the centre also offers Spa for the Soul retreats. The retreats are designed to help people set aside their busy lives for a day and reconnect spiritually through a variety of activities, including working with the horses. The retreats are offered from a Christian perspective, but are open to everyone.

Debb Poole participated in such a retreat on Friday, along with five other women.

"At first I was hesitant because of the horses," said Poole, who doesn't have much experience with horses. "The program allowed me to enter their arena slowly and at my own pace. It wasn't intimidating."

One of the exercises the women participated in was to design a course that represented their spiritual journey and then to lead one of the horses through the course. After some failures, Poole came up with the idea to entice one of the horses with food.

"I just used what it needed," she said in the group discussion afterward. The women were challenged to think about needs in their lives and the impact those have in their spiritual life.

For a multi-media presentation on this story, go to: <http://www.qnetnews.ca/?p=50892>



Photo by Elaine Bombay

Denise MacDonald talks to Jewel, one of the horses that she uses in equine-assisted therapy in Stirling last Sunday. MacDonald, a marriage and family therapist, has been using horses in her work for the past four years. She says that horses give people many opportunities to work on self-confidence, communication, boundaries, and other issues they might be dealing with.

Fishermen give from the heart during ice fishing tournament

Family benefits from fundraiser to help with medical costs

By Kayleen Preston

The warmth of ice fishers' hearts matched the warmth of the sun during the Second Annual Scotty Dunlop Ice Fishing Tournament last Saturday in the county.

"We want to do this tournament to have a great fun day with a bunch of people that we hang out with, and we probably would be all out here fishin' anyways, but we figured let's do it for a reason for a day, and raise some money," said Morely Dayton one of the tournament's organizers.

Approximately 100 participants fished along frozen waters in the area to raise money for the Pruett family, particularly their seven-year-old son Johnny who has Proximal Femoral Focal Deficiency (PFFD). This non-hereditary birth defect affects leg growth, and causes hip movement problems. The Pruetts also have a son in high school with a mental disability, and have taken in their niece and her eight-month-old son.

The tournament began last year in memory of Scotty Dunlop to raise money for his two children. Ethan and Hunter Dunlop were left to the care of their aunt after the tragic murder of their mother five years ago and the horrifying fatal vehicle accident of their father, Scotty Dunlop.

This year, Ethan and Hunter, along with their grandfather Robert Dunlop, decided that the money should go to a more deserving family.

"I was actually at home and Frank

had sent me a text message, and it was kind of muffled and I didn't really understand, he was just saying 'The tournament....this year...and Johnny,' and I was like 'What? I don't understand?' So then he explained it more and we were floored," Johnny's mother Tami Pruett said about finding out the donations would go towards her family this year.

"Johnny was actually supposed to go fishing, but, we ended up in the hospital on Tuesday, because he's lost mobility in his leg, so he had to have extensive therapy on his leg this week. And we weren't supposed to be released until Tuesday, but because there's no therapy over the weekend, they came to us yesterday and told us we could go home today, so we kept it quiet."

Dayton and Dunlop along with the other organizers (Darren Dayton, and Tanya Dunlop) decided to open the tournament to a broader range of people. With the tournament held over one day, participants could fish on any local body of water, and then brought their fish to be weighed at the trophy ceremony in the evening held at Karen and Chad Whitfield's large garage.

Saturday evening, as Frank Dunlop was calling to see if Johnny was feeling up to Skype with him to see all the people who had come out to support him, his mother Tami Pruett revealed their surprise of the doctors releasing them early. She explained they were a few minutes away from the garage.

Emotions overwhelmed the participants and organizers, as Johnny used his walker to walk into the garage. By the end of the evening, every eye had shed at least one tear, from the inspiring accomplishments of the high-spirited young boy, to the surprise entrance, and the \$2,200 that was raised for the family.

The past five years have been a roller coaster of events for the Pruett family, from moving to Ontario from Alberta, to the eight surgeries Johnny has undergone. A doctor in Alberta realized they had misdiagnosed him after performing a few surgeries. From here, the Pruetts decided to get in contact with doctors from Sick Kids, where he was properly diagnosed. Although he has gone through a few surgeries there, and must commute to Toronto weekly for physiotherapy, Johnny is an energetic happy young boy.

When he arrived at the ceremonies, he saw the large first prize trophy and immediately said that he wanted to take it home. Johnny has never received a trophy before in his life, and did not know that the organizers bought him his own trophy. His eyes glistened as he received his trophy with the engraving "Go Johnny Go!" on it.

Local stores donated the prizes that were given out, therefore not costing the organizers a penny. First prize for the biggest pickerel (Doug Morrow) and pike (Mitch Wilson) received a Rapala Cruiser M2 fish hut. Second prize for biggest pickerel (Chuck Kastenhuber) and pike (Tim Wilson) received a Mr. Heater Portable Buddy Heater. Third prize for biggest pickerel was an eight-inch hand auger. Since a third pike was not brought in, the other hand auger was auctioned off to donate more money to the Pruetts.

This would have been Johnny's first time fishing, but organizers promised that in the summer, they would bring him out to experience the freedom of fishing.

Doctors are working towards Johnny's leg to be properly developed to be able to run and play, in his words, like a "normal" child by the time he turns nine.



Photo by Kayleen Preston

Wade Smart watches his screen as he patiently waits for a fish to swim by and bite his bait Feb. 28 during the Second Annual Scotty Dunlop Fishing Tournament being held throughout the county. After Smart and his friends Rick Taylor and Dwayne Tindale drilled the holes in their hut, a few inches of water flooded the area. A group of around 10 people set up their pop-up ice fishing huts on Wellers Bay.

Seamstress uses sewing skills to give to those in need



Vellekoop speaks about how important it is to empower children and “teach them how to fish, rather than giving them the fish. We need to teach them the necessary skills and trade, so that they can look after themselves, and be self-sufficient.”

Photos and story
by Moush Sara John

A flushed face looks up from the sea of bright, colourful dresses. Among the cluttered, handmade piles of clothes covering the workstation and the floor, two small dresses stand out, yet to have buttons and ribbons on them.

Carol Vellekoop is trying to meet a deadline, stitching a few more dresses and shirts before she can speak more about her work.

Vellekoop is a dressmaker and seamstress based in Belleville and she has been using her skills to help those in need.

“I truly love to sew for people who are in need. I am part of a group of people who have been sewing clothing for orphans in Africa.”

Having been introduced to sewing in her childhood, Vellekoop has been hooked.

“My mother taught me how to sew when I was just a young girl and I have enjoyed doing so in a variety of ways ever since. I have sewn for my immediate and extended family and friends for just the enjoyment of it for years.

“Then, about 14 years ago, I found a job tailoring in a men’s clothing store. I had to learn a few more techniques to be good enough to work on the expensive items that were for sale but within a week the lady who was retiring said I was ready. I worked there for about 12 years.”

But recently changes in the family helped Vellekoop decide to go on her own. She was ready to have her own tailoring business.

“Two years ago, I felt that my time was needed to help my extended family. My mother going through open heart surgery. My father needed more time and help at the end of his life and on the flip side, my children were having children of their own and wanted my help with that as well.

“So I decided to quit working at the clothing store and started my own tailoring business. That way I could do as much or as little as was needed.”

When Monica Lafond and her husband Mateo wanted to start a rental shop for wedding and bridal dresses in La Caleta, a small community in the Santo Domingo Province of the Dominican Republic, they turned to Max and Kina Vantil’s organization, of which Vellekoop has been an integral part.

“They needed help. So we decided to get together and contacted as many people we could, asking them for wedding dresses they would not use, or didn’t know what to do with. The response was truly overwhelming. We had boxes and boxes of bridesmaids’ dresses and bridal dresses that we could take. And most of them were impeccable.”

Vellekoop exudes a quiet power, of peace and stillness as she speaks to me about the orphanage she has been associated with for about 12 years, founded by Faith Liyena.

Faith left her home in Kitwe for Mukinge Hospital, some 400 kilometres away, to train as a Zambian-enrolled nurse. After completing her nurses training in 1991, she served one year as a graduate nurse at Mukinge before returning to her home in Kitwe. She then entered midwifery training and graduated, before she started the orphanage in 1993.

“In her nursing, Faith saw so many children that were orphaned due to AIDS that she felt a true calling to help them to make something of themselves. They can’t do so without a helping hand though, so she founded Faith’s Orphans Fund.

“We help support her ideas of placing these children in homes in their communities with some financial support for food, school, and medicine. With our help she has purchased a farm with property to help as many children as possible by teaching them life skills as well as regular schooling.

“They learn how to raise poultry for meat and eggs, grow crops, build beehives and harvest honey, build simple furniture, sew clothing – especially uniforms for school, cook healthy meals, among other things.”

With a store on the property that is conveniently located along a major route, they sell many of the things produced at the farm. This is only a small step in becoming financially independent, and self-sufficient.

Vellekoop has ceaselessly helped out with her sewing skills, and continues to do so as she stitches the last ribbon on one of the dresses.

“They love bright colours and pockets. The pockets are for small change and carrying little things. It is touching how little their wants are.”



Carol Vellekoop’s favourite pasttime has been sewing ever since she was introduced to the craft as a child, and she has put it to good use over the years.



(Left) Vellekoop has been working with the Faith orphanage for over 10 years and knows what would work in terms of colours, patterns, and style of dress and shirts for the children there.

(Above) These are shirt sleeves that would have been disposed, but it’s important to be creative. “I will stitch these on to dresses and make them into dress sleeves. They are bright and will work well with solid colours.”



Empty thread bobbins at the work table, where Vellekoop spends hours stitching dresses and shirts for children in Zambia.