

Moments from Photojournalism 2015/16



Photo by Zachary Prong

A boy rides a horse at Qargha Lake, a lakeside resort popular among residents of the city in Kabul, Afghanistan, in January of this year. Photojournalism students Zachary Prong and Andrew Johnson travelled to the country over the Christmas break to tell stories about the country. Other photojournalism students travelled to China, the United States and Denmark as well as across Canada to capture images and document events.

In the final publication of the year, we asked photojournalism students to submit some of their favourite photos from the school year. As well, the written work of first-year students is featured. Some stories focus on an issue explored by the student. All students were given a surprise assignment and asked to

photograph an older adult and interview the person, submitting the photo and article within a short time frame. Some of these pieces are included, as well as some work for a multi-pictures assignment. Submitted photos feature some of their favourites, including everything from news to sports and features.



Allan Hamilton spends the majority of his time in the summer out on his bike, cycling the roads at Kenron Estates. Before retirement, Hamilton worked for the Ministry of Transportation as the captain of the Glenora ferry boat for 27 years.

Age no barrier for cyclist

By Taylor Bertelink

You would never guess that avid cyclist, Allan Hamilton is a retired 79 year old as he speeds down the streets of Kenron Estates in Trenton with ease and athleticism.

Hamilton keeps an organized calendar, marking down the exact number of kilometres he travels each day, using an odometer attached to his bike to determine the exact distance travelled.

Since he started cycling at the age of 75, Hamilton has biked precisely 23,642 kilometres, all within the four kilometres of roads available in Kenron Estates.

“My goal is to hit 40,000 kilometres which is the same distance it would take you to get around the world,” he says enthusiastically.

Hamilton is already over halfway to his goal and is determined to reach it.

He began cycling after he developed a bad knee and could no longer take long

walks like he used to.

Determined to maintain a healthy active lifestyle, Hamilton received a new bike gifted to him by his children.

For Hamilton, all he wanted was something simple, nothing fancy. His bike has one gear and he tells people, “You don’t need a one thousand dollar bike to exercise.”

During the summer months, he bikes an average of 30-90 kilometres per day, which consumes the majority of his day.

Other local residents in Kenron Estates have come to know Hamilton and often times, he will stop at multiple homes to socialize as he cycles through the community.

John Bertelink, a resident at Kenron says, “We see Al out cycling all the time, and sometimes he will stop in and we shoot the breeze. He is such an outgoing individual and is very conscious of the fact that he needs to make time to exercise and not just sit around.”

‘My goal is to hit 40,000 kilometres which is the same distance it would take you to get around the world!’

Allan Hamilton

Hamilton feels he has benefited greatly from cycling, losing 30 pounds and an inch and a half on his waist in just his first year.

He sits upright in his chair in his home and says with a smile, “I feel 10 years younger since I first started.”

Hamilton is a strong believer that seniors don’t get enough exercise and rely on too many medications that they may not need.

“My medications have come way down

because of exercise,” says Hamilton.

He recognizes that some seniors are unable to exercise because of medical reasons but feels that too many able people quit exercising when their muscles become sore.

To those people, he responds by saying, “No pain, no gain.”

He encourages others whether it be young people or seniors, to start slow and work their way up.

According to Statistics Canada, seniors aged 65 and over account for a record high of nearly five million of Canada’s 31.6 million population.

As you age, it is critical to maintain a healthy active lifestyle through physical activity and a well-balanced diet.

By doing so, you will reduce your risks for bone deterioration which is associated with osteoporosis.

Health Canada estimates that one in four women and one in eight men live with the effects of osteoporosis.

Physical activity can prevent future illnesses like osteoporosis and prolong good health.

“For me, I chose biking, but just go and exercise - walking, swimming, there is so much to do,” says Hamilton.

When asked if he ever gets tired of cycling, he says that at the end of the day, he is physically tired, but the activity itself will never tire him.

“I will keep cycling until the day that I can’t anymore,” he says.

When Hamilton thinks about the perfect day for biking he remembers the days where the air is warm, there is no wind, little humidity and the sun is shining.

“What better do you need,” says Hamilton.

Until then, he looks forward to those perfect summer days when he will enjoy collecting kilometres on his bicycle as he rides through the park.

Volunteer ‘pays back’ for help he received

Helps to make refugees from Syria more comfortable in Canada

By Aman Parhar

Jerry Saleh made a promise to himself, that when he turns 60, he would retire and dedicate the rest of his life to volunteering.

He kept his promise.

“The society gave me a lot and put me in a comfortable financial position. And now it is my time to pay back,” says Saleh, who is now 63, and has started helping older people in Belleville.

“I go to their homes, take them shopping, take them to doctor’s appointments, look after their bills.

“But since the families from Syria have started coming, I have been more busy with taking care of their transition into Canada,” says Saleh, who is now helping to look after four Syrian families in the Quinte region.

Saleh was born in Ramallah, on the West Bank of Jordan. He lived there until he was four. He moved to Jordan, and then at the age of eight, he moved to Kuwait. He finished high school in Kuwait, and moved to Canada at the age of 18.

When he came to Canada, he had to repeat Grade 12 and get Grade 13, after which he started studying at the University of Toronto.

“I started with engineering sciences. I was going to be a biomedical engineer. The choice was between being a biomedical and nuclear engineer,” says Saleh, who, while studying engineering, got a job with a company that agreed to pay for his education, in return for him working for Skyline Hotels in Toronto after he finished studying.

He worked there, until the end of his contract and shifted to the United States. He just lived there for six months and came back to Canada.

“It wasn’t home. Home is Canada,” says Saleh.



Jerry Saleh (second from the left), with the father of the Mostafa family (third from the left), who were refugees, and have recently been privately sponsored. Saleh was born in Ramallah in the West Bank of Jordan, and immigrated to Canada when he was 18. “I had promised to myself, that when I hit 60, because this society gave me a lot and put me in a comfortable financial position, I would give back. So, I retired and started volunteering, and now I look after four Syrian families who were refugees,” says Saleh.

Once he came back to Canada, he bought Super Duper store on Bridge Street in Belleville along with his brother. Between then and now, Saleh has owned a chain of grocery stores in the Quinte region, which he sold and now he is retired. He now volunteers and is currently helping the transition of the Syrian refugee families into a culturally different country.

Carlyn Moulton, co-chairwoman of PEC Syria group is helping resettle refugee families in the Prince Edward

County region. “Jerry has been incredibly helpful. He got up in the middle of the night and rode with us on the bus to the airport to meet the Al Jassem family, and he has been a constant support and friend to the three families, we are helping to resettle.

“Without his help, this would have been much more difficult. He has also been the bridge between our volunteer organization and the mosque, ensuring that communication remains open. I don’t know what Jerry was doing be-

fore we started the effort, but I do know that he is putting in many hours a week helping in a wide variety of ways,” says Moulton.

Usually before a Syrian family comes to Canada, Saleh holds sensitivity training for the volunteers here, to educate them about the culture of the family.

“I talk to them about what Syria was, and what it is now, which is the history and geography of Syria. Culturally, women and men in Syria make no body or eye contact, and I went and met the police

to explain to them these cultural differences, so if the situation arises, the police should understand that the woman many not make eye contact and that is a cultural thing, not because she is trying to hide something,” says Saleh.

Saleh also gives cultural training to the families who are arriving in Canada from Syria. The family is educated about the culture and laws here.

“The transition will take time, because you can’t expect anybody to culturally transition within 24 hours. There are three things that we concentrate on when we help rehabilitate a family: health, education and social integration.

“The children of the families are put into school in two weeks or less. In one of the families, this was the first time the children were going to school. You should have seen their father’s tears. He was so happy to see his children got to school, and get an education,” says Saleh who feels that this experience is indescribable.

“The love, comfort, meeting lots of people I didn’t know before. I am being educated about different cultures as well. The other day I was with the Baha’i’s celebrating Naw-Ruz (Baha’i New Year). I didn’t have a chance to do this before, to interact with so many people from different communities,” says Saleh.

Jodi Whyte, who also volunteers with PEC Syria, and is assisting with the settlement of the latest Syrian family to arrive, has worked with Saleh. “Jerry has been at their home daily to ensure they are OK for the day. He helped me to address their needs by translating. During spring break, he walked the kids to school, so they could practise their timings and not be late for their first day. He has also invited them to community activities generally and at the mosque. Without his many efforts, their transition wouldn’t have been as welcoming and comfortable,” says Whyte.

Saleh loves volunteering and loves that he can help more people settle into the community, and is giving all his time into resettling Syrian refugee families.

Living life with hope

By Curtis O'Connor

After losing three quarters of his life savings in the 2008 global financial crisis, 79-year-old farmer John Garrett was devastated, both emotionally and financially.

"I was beside myself not knowing what the heck to do, because I had all this debt. We were in a negative cash-flow situation. Our expenses were higher than our income. I started selling stuff off like crazy – advertising stuff on Kijiji – anything that wasn't really precious to us," said Garrett.

A former investor and finance expert, Garrett now works at Lowe's three to five days a week to help keep up with his mortgage payments.

Garrett's financial position since the crash has been rocky at times. "The worry, worry, worry over money is terrible. It really takes a toll on people... Some of the thoughts that go through your mind when you're sitting home alone, it's bad..."

But things weren't always this stressful for Garrett. After meeting his partner Nancy, the two embarked on a life of adventure. Garrett left his career in finance to focus on his real estate investments in order to see the world. They travelled to Mexico, bought a small farm in Costa Rica, opened a bed and breakfast near Guelph, and even renovated an old church. The gleam of adventure that shines in Garrett's eye was likely borne of his childhood growing up in Venezuela.

Though Garrett's various real estate properties brought in a level of financial security, with no formal income, he knew he needed some way to make money. So, as he puts it, "I made the biggest mistake of my life. With the cash that I had, I started investing in the stock market."

Garrett had his second heart attack in 1992. After difficulties finding adequate care in Ontario, he and Nancy moved to Victoria, B.C. where Garrett received open-heart surgery. "That saved my life, it really did... People tell me that I've got more energy than any other 79-year-old they know," he said.

Yet Garrett credits more than just the surgery. "It's hard for me not to get emotional when I talk about Nancy." He pauses for a moment to compose himself, tears welling in his eyes. "I feel she literally saved my life."

Garrett expounds upon this in a later email. "I have known many women in my life and Nancy is one of the very few who is truly caring, devoted and faithful. She cared for me after my heart attack, after my open-heart surgery, ruptured Achilles heels, hip replacement and all of the extreme stress and worries that accompany the threat of losing our home."

The financial security afforded to him by his job at Lowe's gives him the freedom from worrying about debts and bills. "I'm happy in my job, I get three to five shifts a week; they vary from five hours to nine hours. I'm making enough now that we have a positive cash

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John Garrett

flow. What a relief! And all due to the store manager taking a chance on me."

Though he is separated from his first wife and no longer speaks with their adopted son, Garrett maintains a positive attitude, paying little attention to the negative memories and emotions that bob up from the past. "I'm so busy I never think about that anymore. I don't think about my bills that I owe. I don't think about my son. I'm really, really happy... I've never been so happy in my life..."

Garrett knows all too well the listlessness that accompanies unemployment and an early retirement, and he emphasizes the importance of remaining active. "I'm not a doddering old fool. I don't spend my days like those seniors over there, wasting time. The same guys come in here every day," he says gesturing towards a group of seniors drinking coffee together. "I know because I did it for a while. And I love a Tim Hortons' coffee. But I didn't want to be like that. I wanted to be active. I didn't want to sit around. I love reading, but I'd rather do something physical..."

After leaving Venezuela to attend boarding school in Ontario, Garrett felt a sense of separation from his family. "From the age of 10, I never lived with my family for longer than three months." But he found a new sense of kinship in Nancy and her family. Despite their 20-year age difference, her family embraced him warmly and eagerly. "I feel they're like friends, and I feel accepted, which is great."

While sitting in his kitchen, looking out over the rolling hills that wind south of his property, Garrett pauses, eyes glistening. Though the past proves the future holds no certainties, he hopes for a simple, quiet life – a happy life.

There is, however, one certainty: The humble exterior of a man who has faced countless hardships belies the true nature of a man who consistently rises to those



Photo by Curtis O'Connor

John Garrett holds a photo of himself in his early 20s. The photo was taken shortly after Garrett returned from a geological expedition in the Yukon.

Veteran receives one of France's highest honours

By Rebecca Juby

Ross Clark, 92, was a dispatch rider for the 14th Field Regiment of the Royal Canadian Artillery, one of dozens of units attached to the 3rd Canadian Infantry.

A dispatch rider is a military messenger who is mounted on either a horse or motorcycle. For Clark, it was a motorcycle.

"I was a dispatch rider and I being young and foolish was in a lot of places I shouldn't be. That was the nice thing about being a dispatch rider, you would go do certain things but no one could keep track of you."

Clark joined the army when he was 16 years old and was overseas at 17.

During his time there, Clark was injured and went back to England to recover. While he was in the hospital, he met his wife Juliet, who worked at the hospital during this time.

"After my injury, I went back right to the war's end in Holland. That's why Canadians are well-recognized in Holland, they just treat us like kings."

Last May, Clark and his wife were invited to celebrations marking the 70th anniversary of the liberation of the province of Friesland. On May 1, they boarded a special KLM flight to Amsterdam, where they were met by organizing committee volunteers and whisked by bus to Leeuwarden. Each day was planned with parades, ceremonies, fireworks and celebrations.

"We were there for 10 days and it's hard to tell you how well they treated us. It was something out of this world. We've never had anything like that."

Clark and his wife have albums filled with photos from their trip. He talks about every photo and loves speaking about everything on their trip and the people in Holland.

"Then they called us over last May, they wanted to know if we had any pictures. So I sent a picture of myself on a motorcycle, and when we were taking our convoy through, there was a huge picture of that same photo."

His wife remembers that picture being everywhere when they arrived, as well as all of the people.

"Everybody that came in the Jeeps, one by one, that picture came up. Also everywhere we went, there was thousands of people lining the street," she said.

"All the little kids shook your hand, everybody just wanted to meet you. It was the greatest thing that happened to me and my wife." Clark said.

Clark remembers meeting so many Dutch people, shaking their hands and lots of photographers and reporters wanting photos and interviews.

"They interviewed us all at different spots and asked if we remembered when we were in Holland



Photo by Rebecca Juby

Ross Clark, 92, was a dispatch rider for the 14th Field Regiment of the Royal Canadian Artillery, one of dozens of units attached to the 3rd Canadian Infantry. Last year, France awarded Clark the title of Chevalier, roughly equivalent to a knighthood, one of the highest honours in that country. This year, Clark was also awarded a pin marking 70 years of Legion membership. Clark is the first member of Wellington Legion Branch 160 to be awarded a 70-year membership pin.

and what we did. I said to them 'I got a medal from France, but over in Holland, you've treated me so well I felt like a king'."

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also awarded a pin marking 70 years of Royal Canadian Legion membership. He is the first member of Wellington Legion Branch 160 to be awarded a 70-year membership pin.

Clark has lots of accomplishments under his belt but is very humble when speaking about how he feels

about them.

"How I feel is that my wife and I are very fortunate that we're still here and enjoying Canada. We're very happy."

The couple live on a tree-lined property west of Wellington, overlooking Lake Ontario. Clark planted each of the majestic 176 spruce trees that guard his home.



Gerry Bongard has owned Stephen Licence Bicycles & Hobbies for 60 years. At the age of 86, Bongard still works seven-hour days, six days a week. Bongard is pivotal in supporting Belleville's downtown core and has been committed to keeping his business in the city's core.

Sixty years of selling bicycles

Eighty-six-year-old Gerry Bongard continues working six days a week

By Vivian Tabar

It was 60 years ago when he made that seemingly easy decision which would change his life forever.

Gerry Bongard was 26 and had been working at the Canadian Pacific Railway when his father-in-law's store was just about to go under. It was then that he decided to make a swift – yet calculated career change.

"I had been on the railway for about 10 years and I planned to stay there. But my wife and I decided that we would scrape up enough money and buy the store back from the McGlashon family," said Bon-

gard.

That store was Stephen Licence Bicycles & Hobbies, which by that point at become a community staple in downtown Belleville. Now, at the young age of 86, Bongard still works over seven hours a day, everyday, except on Sunday – which he takes off to sing at his church choir.

"I'll be here until they carry me out," said Bongard laughing gently. In his 60 years of owning the bike store, Bongard can count the number of times he hasn't been to work – on one hand.

Bongard speaks quietly, with a slow and soft demeanour. He has the still calmness of someone who is truly content with what they do – and the impact of this shows on his health. He spends his days on his feet, tending to his store from open to close, an undeniably physically tiring act for people of any age.

Stephen Licence bicycle shop first opened in 1918 when Stephen Licence

moved to Belleville with his family. When Licence passed away in 1952, he left the store to his trusted employee Alex McGlashon. But a few years later, McGlashon ran into some financial difficulties and the store was on the verge of bankruptcy. That's when Gerry Bongard and his wife Carole – Licence's youngest daughter – decided to step in and purchase the store.

Now, the shop has grown from a bicycle store into an all around sporting goods shop – which also sells repurposed bicycles. Bongard owns and runs the store with his son Kevin and grandson John Bongard. It's not odd to see three generations of Bongards running around the store at all times.

Janna Colten, a library assistant at the Belleville Public Library, remembers Gerry and the store from her childhood. Her brother even worked there briefly repairing bikes.

"He's really nice. They've always been a

really nice and friendly family," said Colten.

Over its long history, the License bike shop has relocated to three different locations – all within Belleville's downtown. In 1972, after a fire almost tore down a block of the downtown, the shop moved to what is now known as the Empire Theatre, before moving to its current location, which used to be a grocery store. Not only did the Bongards establish a relationship with the community, they also remained committed to keeping their business downtown.

"They've survived fire. And they've survived moves. It's very important because it is a family operation. We have business that come and go," said Colten. "The Bongards grew up in Belleville and it's important for them to have a business that stays in the downtown and thrives."

Today, the License bike shop stands as Belleville's oldest bike store, which just re-

cently celebrated its 98th anniversary. But perhaps what keeps it in the heart and minds of residents is that not only is it a community fixture, but it represents the remainder of small, family-owned businesses that struggle and seldom rarely survive against the incoming influx of big, brand name shopping.

Despite the ups and down, Bongard has no regrets about leaving the railway.

"I love to do it," said Bongard while speaking of his job. His favourite part of his journey has been the bonds he has formed with the community, and the people he's watched grow – and in some cases – pass on.

"The disappointing thing is seeing them disappear. From not being able to come in from either being too ill or having passed on," Bongard said. "I always look in the paper and check the obituary page to see the people I've known and if they've passed on."

Retired principal takes on new role of helping

By Noah Park

Johan Cooke, a 65-year-old resident of Belleville and a retired principal of a local high school, continues to influence people's lives by volunteering at a cafe called Nightlight in downtown Belleville.

Every Tuesday night since October 2014, Cooke, together with his wife Leslie, serves coffee and attends to people struggling with a variety of problems by carefully listening to their stories.

Asked to describe some of the similarities in the nature of his former career and the volunteer work, Cooke said, "I would say that similarities are that you can see that the human heart needs to be loved and accepted."

The retired teacher of 38 years recalls his annual trips with the Grade 12 students to Halifax, where they got to be involved with various volunteer works, as the starting point of his current personal endeavour.

"We got to do all kinds of things that I have never done before, you know. Being in coffee houses like Nightlight to helping out seniors in a hospital or with kids in school that needed some little bit of encouragement and that kind of thing," said Cooke.

Although the task is a little bit different and a little bit more challenging than as a principal, Cooke has learned in the earlier stages of his career how to deal with the peculiar stresses that come from dealing with people.

"I think I started learning that in school and with students because I would take on too much of their struggle and feel too responsible and actually went through a burnout when I was in my early 30s, where I had to

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Johan Cooke

take off work and I had to get some therapy and work through, really, the pain of feeling like a failure," said Cooke.

Now he is able to admit that not all things can be changed through him and he focuses on being a better listener and a better friend, rather than trying to provide answers.

"I think it's important because in my own faith, it seems that the core of my faith is that God loves us unconditionally so he asks us to love others unconditionally."

Cooke's compassion even stretched outside of Nightlight when one of the guests needed a place for a stable recovery after a hip replacement surgery.

The retired couple opened up their home for Scotty Barron, a 49-year-old guest of Nightlight, when they heard about his situation.

"That was probably the first time I've ever done something that radical, I guess," said Cooke.

"They were more than accommodating, not just with the place to stay



Johan Cooke, a 65-year-old resident of Belleville and a retired principal of Quinte Christian High School, attends to one of the guests of Nightlight, a cafe for people with various struggles in life. "I grew up in South Africa where there was huge division between whites and blacks. So I think it started that way where I just felt an enormous pain to see people treated so poorly," said Cooke on the genesis of his compassion for the marginalized.

but (by being) a couple I could talk to about, not just my situation, but also about my fears and the future and stuff that I worry about sometimes," Barron said, describing his week-long stay at the couple's home in Belleville.

Their friendship is continuing, as Barron is occasionally invited over for dinner.

"They have left themselves very open to helping me out if I feel the need to ask for it," said Barron.

Cooke still misses being around

students but he is enjoying his retirement as it gives him more time to focus on what he likes to do, counselling and supporting people.

"I can be more available in a way I couldn't be before, which I really enjoy."



Photo by Chris Donovan

Jerry Edwards looks at a slide from a set of photographs of the Arctic from the early 20th century at his antique shop in Madoc.

Collection reflects simpler times

By Chris Donovan

Jerry Edwards has fond memories of a simpler way of life, and he fills the nooks and crannies of his life with relics from a simpler time.

“I got into collecting when I was a boy because of my parents,” said Edwards. “My mother used to refinish old furniture. It’s always just made sense to me to furnish old living spaces with old things.”

Edwards worked in addictions services in Belleville until he turned 50. He had amassed an eclectic collection of antiques in his spare time during his career as a counsellor, so it only made sense that he open up an antique shop to keep himself busy during his retire-

ment.

“I think I’m a bit of a Hutterite at heart,” said Edwards. “I tend to reject newer technology. I guess I’m just one of those guys who prefers a slower pace of life.”

Edwards’s shop is located in Madoc along Highway 62. It occupies an old blacksmith shop that Edwards believes was built in the late 19th century.

“It’s hard to tell how old the place in exactly because there used to be so many of these places,” said Edwards. “I thought I had found some research on the place at one point but it wound up being another shop just a city block down the street. These places were as common as gas stations around the turn of the century. The research only

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Jerry Edwards

goes so far.”

For Edwards, the true stories of the past lie in these relics, which tell stories of the past in concrete ways that

cannot be found in historical records.

“My favourite things to collect are related to the blacksmith shop,” said Edwards. Reminiscent of a museum curator, he takes pride in his ability to restore a place to the way it may have looked when it was built.

A man wandered around the shop as I spoke with Edwards, and eventually he snatched up an old Coca-Cola sign for \$40.

“I don’t like dealing in Coca-Cola products but I do because people love the nostalgia and they pay well for it,” said Edwards as the customer left.

“I’d much rather purchase a hand made tool that was made with artistry and hard work than a Coca-Cola sign.”

Although he is passionate for the trade,

antique dealing does not come without its difficulties according to Edwards.

“I’m sure I’ve accidentally burned people before,” said Edwards. The biggest problem with these newer antiques like Coca-Cola products is that so many people fake them, and they fake them well. That’s just the way it is in this capitalist society we’re forced to live in.”

Despite the difficulties, dealing with customers on a daily basis makes collecting more fun for Edwards.

“There are so many great people interested in antiques. Most people who work in sales have to deal with as……, but it tends to be really genuine folks who are interested in antiques. People who value the past.”

Immigration brings Scot to Canada

By Emily Kertcher

Roman Olszewski, 73, has spent the last 42 years in Canada after immigrating from Scotland.

“Until the age of 16, I thought my name was ‘Shut the hell up Roman’ because I liked to talk so much,” says Olszewski with a smile and his Scottish accent.

The decision to move wasn’t too difficult to make for Olszewski and his late wife Mary. His sisters had already moved and been living in Canada for awhile.

“We had visited my sisters in Canada in the summer and really liked it here,” says Olszewski. After losing their first child to a miscarriage, they decided it was time for a change and made the move to Canada in 1974. First it was just Olszewski who made the trip over. He spent time getting a job and finding a new home for him and Mary.

Olszewski explains that he had to come over here and settle quickly, Mary was pregnant again and he didn’t want to be away from her for too long.

The couple ended up being away from each other for over six months and Mary gave birth to their son in Scotland while Olszewski was in Canada. Eventually, his wife and new son did make it over shortly after he was born and Olszewski was able to see his new baby. Before his wife and new baby came over, Olszewski was able start a new job and create a stable living for his family.

“So when I came over here, they put

me to work with metal, and then they realized I was no good at that. But they realized that I could talk, a lot, so they put me in sales. And I was good at that,” says Olszewski.

He started working with Sarnia Piping Specialties, a company that specializes in industrial products such as pipes, other instrumentation and safety products that they sell to big industries in steel, pulp and paper, mining and others of the sort. Olszewski started with the company as a salesperson but eventually worked his way up and became a manager.

“I spent over 40 years with that company. I got the opportunity to travel all over North America. Of course I got to use the company car on these trips so I didn’t have to pay for gas or the car,” laughs Olszewski.

Both Olszewski and Mary lived a comfortable life in Canada and still enjoyed going back to Scotland to visit with friends and family over the years. Unfortunately, Mary got sick in her later years with cancer.

“My wife died about four and a half years ago now, so it’s just me and my son. Of course, I do have my lady friend Jan.”

Mary died in June of 2011 of cancer. So now, Roman spends his time having weekly breakfasts with his friends, golfing whenever he gets a chance and spending time with Jan and her grandkids.

“Oh I love those grandkids. They all call me Mr. Olszewski, and it’s impressive because that’s a hard name to say!”



Photo by Emily Kertcher

Roman Olszewski holds up his old business card from when he was at Sarnia Piping Specialties where he worked for over 40 years. “I think I look exactly the same, except for the moustache that’s the only thing that’s changed.”

Senior a crafty children’s artist

By Assad Sharifi

Gordon Freeman, 88, has been helping children for over five decades. He has taught Sunday school, worked in church camps and raised six children of his own. “Children are our future and they must be raised well,” said Freeman.

Freeman has been retired for 25 years and is actively involved in making colourful handicrafts for children of all ages worldwide.

“I believe a hobby must benefit others,” said Freeman. “Most people do not develop hobbies during their working years and, when they retire, they get bored,” he added.

He has converted a small room in his house into a workshop that is dedicated to making handicrafts.

‘I believe a hobby must benefit others. Most people do not develop hobbies during their working years and, when they retire, they get bored.’

Gordon Freeman

“This is where I try to keep out from mama’s hair,” he said jokingly.

Freeman has been married to Joan Freeman for 68 years. They met while Joan was in Grade 10 and Gordon in Grade 12. Two years later, they married and have been together ever since.

Freeman attributed the longevity of their marriage to two entities: God and Joan.

“God’s grace and Joan’s patience is the reason that we have kept a healthy relationship all these years,” said Freeman.

Joan, 86, is an avid gardener, and five years ago survived colon cancer. They have 26 grandchildren and six great grandchildren, scattered all over North America, who never forget their grandparents.

Freeman can make handicrafts from the most rudimentary objects available around any household. He can turn plastic medicine bottles into colourful flowerpots, and bottle caps into op-yop string toys.

To share his faith, he makes and writes inspirational cards, sends them around, hoping that someone in need of encouragement may read one. He also makes notebooks from scratch and sends them to children of many poor countries around the world.

“Gordon and Joan are the most humble and grateful people I have ever known,” said Allan McLaren, who has known the



Photo by Assad Sharifi

Gordon Freeman, 88, shows off one of his handicrafts, illustrating his latest work of art. Freeman has been making handicraft for children of all ages for over three decades. Making handicraft is a hobby with benefits for others and Freeman enjoys it dearly.

Freemans for over 25 years.

“There is an unexplainable calmness to them. Every time I feel stressed and blue, I visit them, and their gratefulness rejuvenates my soul,” added McLaren.

Joan attributes her gratefulness to her mother and Gordon credits his wife, Joan. However, god has been the ultimate source of blessings to them. They both agree that nothing ever happens without

the direct will of god.

Freeman is an elder in the local church and has been quietly drafting a design to add some additional rooms to the church, so it can better serve the community.

“I have known the Freeman couple for most of my life. Joan and I were classmates and we were also each other’s bridesmaids, while Alan, my husband,

and Gordon were best men in both of our weddings. Their love for me is endless and in return, I love them with all my heart,” said Pat Procter, a childhood friend.

While not working on a project, Freeman feeds a grey squirrel, and few other little creatures behind his wife’s back.

“Joan des not like me doing this, but I like to feed them,” said Freeman with a

youthful smile on his face.

Freeman’s workshop is replete with envelopes, papers, glue sticks, tiny pieces of wood, empty medicine bottles, and many other objects.

Besides writing cards, making handicrafts, creating notebooks, and feeding the neighborhood’s wild animals and birds, Freeman loves Joan’s cooking and baking.

More care needed for Canada’s seniors

By Lori Christmas

Many seniors with low to medium health-care needs are being cared for by their loved ones such as their spouses.

For Ilse Neumann, a Milton citizen, this is her reality.

Neumann’s husband, Jim LaPier, who is 86, is struggling with multiple different health conditions as he grows older. LaPier is beginning to lose his memory as well.

“Jim’s health hasn’t been the best so he can’t do as much around the house as he did before,” Neumann says.

Since LaPier’s health conditions began, Neumann has taken on more responsibilities. She is now doing daily chores alone, things that she would have previously done with her husband, such as cooking, cleaning and farm work.

On top of completing these tasks, Neumann has been caring for her husband.

“This week, he has had so many appointments that I took him to. Every day we are going to another appointment. The other day, he was having a shortness of breath so we went to the hospital and they drained fluid out of his lung.

“Now he has a tube that goes from his lungs and down his back and leg to a bag where the fluid fills up,” she says.

The care that Neumann is providing for her husband is obviously taking a toll on her.

Across Ontario, there is high demand for better care for seniors.

Since 2010, only people with high or very high care needs are eligible for long-term care in the province. Before 2010, care facilities accommodated all people with low to very high care needs.

Not only do long-term care facilities only provide beds for seniors of high need, but the demand for long-stay beds is rapidly growing.

The Ontario Long Term Care Association, or OLTCa, is a lobby group that is urging for better long-term care for seniors.

According to the association, the wait list for long-stay beds reached 23,443 in the province in May of last year.

Home care for seniors is also something that is lacking in Ontario.

Health Canada states that, “demand is high for in-home respite care because of early discharge from hospitals and the need or desire to care for a family member at home.”

Neumann is not alone as a high pro-



Photo by Lori Christmas

Ilse Neumann, 77, cooks dinner for her husband Jim LaPier and herself. LaPier, 86, is beginning to lose his memory and is suffering from other health conditions. Since this began, Neumann has taken over many of the daily duties around the house and farm.

portion of those requiring respite care are the spouses of elderly patients.

“The purpose of respite is to give the caregiver a break in order to avoid burn-out or crisis, to enable the caregiver to take care of necessary activities outside the home, and to support a healthy relationship between the person receiving care and the caregiver,” Health Canada states.

Candace Chartier, the CEO of the long-term care association, says that care for seniors in Ontario needs to have bet-

ter supports, more staff and improved infrastructure.

“Our aging parents and grandparents are part of a very large cohort that has grown larger over the last decade. And the nature of caring for this group has changed. More of them are living with multiple, chronic health conditions and many have Alzheimer’s and mental health issues,” she says.

The long-term care facilities in Ontario are receiving very little funding from the

government.

“Ontario’s long-term care homes are finding themselves increasingly constrained by a system designed for yesterday. It is leaving them ill-equipped to meet the growing needs and numbers of today’s seniors, let alone those that they will be asked to care for tomorrow,” the OLTCa says.

It is becoming apparent that more long-term facilities are needed in Ontario. The number of seniors over 85 resid-

ing in long-term facilities has been growing steadily.

The OLTCa says, “As the care needs grow, the funding, the regulations, and the very infrastructure in which all this care is being delivered must evolve. To really meet the care needs of our most vulnerable seniors, arguably one of the most important health concerns in constituencies across Ontario, we need investment that can dramatically improve seniors’ care.”



Photo by Grace Postma

Amy Booth leads her class through many different steps and creative movements, from having them image splattering paint on the walls and one another, to more simples actions such as slowly raising and lowering their arms in tune to a song.

On the move with Parkinson’s

Free dance lessons benefit people suffering from disease

By Grace Postma

Parkinson’s disease makes it difficult to move and to stop movements. For many with this disease, the idea of learning to dance is a highly unlikely goal given that it would seem so impossible to have enough control to appear graceful. Studies show that that may not be the case, however, because of the way our brains are wired. Different pathways can

be used to move when movements are visualized or are set to choreography. “So there may be people with Parkinson’s that say they have trouble moving through space but when they think about dance, they can do it more easily,” says Amy Booth, the teacher of a Parkinson’s dance class in Kingston, Ont. Booth is a classically trained ballet dancer with her master’s in physiotherapy from Queen’s University. She started dance classes for people with Parkinson’s in Kingston in October 2015. The classes are free to the public and accommodate family, partners, and friends to all participants with Parkinson’s disease in the classes. The benefits of this kind of physio-

therapy are still hard to prove and confirm. However, it is suspected that it uses different neuropathways in the brain to recall choreography or visualize different movements, than it would to simply think of, for example, lifting your right arm straight up. By using these different pathways, people with Parkinson’s disease may be able to dance in a relatively easier fashion than movement in other contexts. “We use a lot of imagery in the classes. It’s not like we say ‘Just put your arm out’ here, it’s ‘Push open the door and open up a window or rain is falling down.’ It’s sensory and emotional and a lot of storytelling throughout and that is also another way to make it fun but to have people really visualize a type, like a quality to their

movement. So that can help with freezing episodes as well.” Booth makes a point of emphasizing that the classes hold equal importance in their emotional aspects as the physical. “It’s not as much therapy as a place for people to have a sense of fun and pleasure while getting out and connecting with others undergoing the same struggles of Parkinson’s disease.” The root of Parkinson’s, that makes the physical symptoms occur, is that the disease kills the dopamine cells as well as the part of the body that produces dopamine. Dopamine helps a body initiate movement and make it continuous. “Basically, what we hope happens with dancing and music is that pathways that

are not being used for movement in that individual person can be uncovered. So there might be another way of moving through space that they can find that can hopefully provide them with greater ease of movement,” says Booth. The students have a lot of respect for the course as well. Sheila Firth and John Warlund are a married couple who attend the Parkinson’s disease dance class together. Warlund has Parkinson’s and he has to be in a wheelchair. Asked how he describes his experience with the class, Warlund says simply, “You know what I like? All my life I had to be number one, I had to win, and here it doesn’t matter.”

Surrogate gives of herself for couple

By Kael Doornernik

Amy Dawson successfully gave birth last month to a baby that was not genetically related to her. The baby was artificially inseminated in Dawson, and born at 1:05 a.m. on March 10. “Being a surrogate was something I’ve always wanted to do and I don’t know why, I can’t explain it; it’s just always something I was interested in. I never knew how to go about it, like how do you walk up to someone and say ‘Hey! Do you need a surrogate?’” says Dawson, who is from Trenton, as she pumps breast milk. Now, every two hours, Dawson needs to pump breast milk for the baby for 45 minutes. She then puts the breast milk into bags and freezes it for the surrogate parents. “You go into it knowing that it’s not yours. Right from day one, it’s not. In my case, it wasn’t my egg. It wasn’t my sperm. It’s not genetically related to me at all,” Dawson explains. In July 2014, Dawson was talking over the fence with her neighbour and found out her neighbour was becoming a surrogate. Dawson decided it was time. Her neighbour got her in touch with the agency and Dawson was set up with a couple in two weeks. “Sitting in the IVF suite having the first embryo transfer, they had just put the embryo in and I remember thinking, ‘What did I just do?’ Because up until that point it just seemed so surreal. Just thinking I potentially now have someone else’s child growing inside of me, what just happened?” Dawson laughed. Dawson’s first pregnancy resulted in a loss of the first fetus at 21 weeks. “What was difficult was the loss of innocence when it came to the first pregnancy, because everyone just has this assumption that each pregnancy is going to be perfect and happy and healthy and nothing ever goes wrong and that every pregnancy goes to full term, but that’s just not the case,” says Dawson. Dawson agreed to be impregnated again but needed to have a cerclage, which is a surgical stitch in the cervix as treatment for cervical insufficiency to prevent miscarriage in order to be able to carry the baby. “She (Dawson) made herself vulnerable, experienced loss in two different ways and sacrificed so much. A true act of love. A reminder that there really are good people,” commented Michelle Stroud Dawson’s doula. A doula is someone who provides non-clinical support and care to a woman, and her partner, during childbirth and the postpartum period. With the cerclage came physical re-



Photo by Kael Doornernik

Amy Dawson has a pensive moment following birth. She was a surrogate mother for a couple who were unable to have a child of their own.

strictions, which put Dawson on disability leave from her job as a personal trainer because she was not able to do 60 per cent of her job. “I couldn’t lift more than five to 10 pounds. I couldn’t walk or stand for more than 20 minutes. It impacted me the same way it would anyone, if you can’t lift more than 10 pounds. If you can’t walk for more than 20 minutes. So I had to be careful when I was grocery shopping. I would need to have someone load up the car or unload it for me or make sure the bags were only packed with a five pound limit,” says Dawson. Despite the physical restrictions, Dawson enjoyed spending time at home with her 10-year-old son Hilton. She also was able to go back to school and study to be-

come a nutritionist. “It has changed me in that I definitely am grateful for how easy it was, but if anything, right now it is taking a little more time away from my child. Because every few hours I’m stuck on the couch pumping milk for someone else’s baby -- which I’m happy to do. It’s just more of a time commitment than just being pregnant was. Being pregnant was easy, you just kind of get on with life but with this, you’re stuck sitting or standing around,” says Dawson. Dawson found the surrogacy experience easier then she had originally thought. “It’s just like babysitting for an extended period of time. You know you totally love that child and you invest everything

in them at that moment-but then they go home with their parents. And with me, it didn’t bother me. I thought it might be harder for me to hand him over and say goodbye and see him going home but it wasn’t, it was awesome.” Though it was a relatively easy experience for her, Dawson finds that there is a popular misconception with surrogacy that woman are selling themselves for payments. However, according to the Surrogacy Canada website “Surrogacy is legal in Canada, however, compensated or commercial (for fee/profit) surrogacy is now prohibited. Under the Assisted Human Reproduction Act passed in 2004, a surrogate mother may only be reimbursed for out of pocket expenses.”

“I can’t even sell my milk legally in Canada. Everything is reimbursed and it has to be pregnancy related, and you have to provide receipts,” Dawson explains. Dawson has found the experience to be empowering and says she would do it again if she can get medical approval and would need to discuss it with her family. “People help out others in different ways how ever they can or how ever feels comfortable. Some people have never but I’m sure there are some people who have donated various body parts! I mean something as simple as giving blood- you know that it’s helping someone else and it makes you feel good to do it. This may be just a few steps up that ladder, but it still has the same sort of rewards,” Dawson smiles.

Young Cree activist raises awareness for missing and dead aboriginal women

By Martine Foubert

“Our sisters” were two words that could be heard many times during the Indigenous Art Music and Fashion Show that promoted young talent supporting awareness of murdered and missing indigenous women.

Theland Kicknosway performed a traditional hoop dance at Centerpointe Theatre on March. 26. This form of dance communicates a story to its audience. The dancers create animals, dynamic shapes and symbols with the help of hoops.

The young Pottawatami Cree is a youth leader in his community, a singer, a hoop dancer, and a drummer.

On March 26, Kicknosway arrived in Ottawa after running 134 kilometres in four days. On his journey, the runner passed the sites where Kelly Morriseau and Gladys Tolley were found.

“This is the second time I run, and I will run two more times before the end of the public inquiry,” said Kicknosway.

A public inquiry started in 2014 to identify the factors instigating the deaths and disappearances.

According to the federal government, indigenous women and girls in Canada are disproportionately affected by all forms of violence. Although indigenous women make up four per cent of Canada’s female population, 16 per cent of all women murdered in Canada between 1980 and 2012 were indigenous.

The problem of indigenous women does not only lie in one province. This is a national issue. “The Highway of Tears” in British Colombia is a growing graveyard for aboriginal women.

“I want people to be aware of what is happening to our women,” said Kicknosway.

The young activist is making changes all around him. He is collecting funds to support the people left behind by loss. Using the gofundme website, he has already raised \$3,566 of his \$5,000 goal. Over the past 13 months, 61 people have donated to his cause.

“It gives me hope to see young people so involved in big issues. It makes me think that there is faith for the future,” said his mother Elaine Kicknosway.

Both his mother and his father were attending the show that night, sitting in the front row. They support all his endeavours to help the community, while keeping aboriginal culture strong.

Kicknosway was presented with The Young Genius Award for his achievements in the past year. His most recognized was leading the procession into Rideau Hall before Justin Trudeau was sworn in as Canada’s 23rd prime minister.

“I help young people find their genius. I believe young people will help inspire our worlds towards positive change,” said Justin Holness creator/founder of UN-1TY Entertainment and host of the event.

This is the third annual show that helps raise awareness for missing and murdered women was hosted by UN1TY Entertainment.

“This event promotes art and expression in the aboriginal community. Our goal is to help equip our future generation



Photo by Martine Foubert

Theland Kicknosway performs his hoop dance routine at the Indigenius Art Music and Fashion Show in March. Theland ran 134 kilometres in four days from Kitigan Zibi in Quebec to Ottawa. Kicknosway ran to raise awareness for missing and murdered indigenous women. Kicknosway also led the procession into Rideau Hall before Justin Trudeau was sworn in as Canada’s 23rd prime minister. Kicknosway is a recognized youth leader in his community.

with the right tools and resources to succeed,” said Holness.

The young entrepreneur started UN-

1TY entertainment to help young artists, especially indigenous artists achieve their goals. Holness is also part of a fund that

helps aboriginal youth access post secondary education.

“The Urban Aboriginal High School

Fund helps indigenous youth transition from high school to college or university,” said Holness, creator of the grant.

Immigrant makes Canada her home

By Beatrice Serdon

When the opportunity of coming to Canada presented itself to Marlene Miranda, she did not hesitate and took it as the chance of having a better life for herself and for her family, despite leading a well-off life in the Philippines.

Miranda, 65, first came to Canada in 2006 through a visitor visa with the help of her daughter, Jaja, who was working as a pharmacist at that time in Sault Ste. Marie.

A year after living there, the family moved to Moosonee, Ont., a town over 800 kilmometres north of the Quinte area. Finally, they moved to Belleville in 2008 and have been living here ever since. Earlier this winter, as the snow poured heavily outside their Belleville home, it was still nothing compared to what she has experienced in the northernmost parts of Ontario.

“We experienced -60 degree weather there. I stay inside most of the time and only go out to pick up my granddaughter, Erika, from school,” Miranda says about her time in Moosonee.

Because she was only visiting Canada through a visa and did not have permanent resident status, she had to keep coming back to the Philippines and reapply for a visa every time she wanted to return.

In 2014, she acquired permanent resident status from the federal government, allowing her to work and stay in Canada for good. She has worked before at Stream Global Services as a customer support representative and at Vantage Foods as a packer. Right now, she is working at Procter and Gamble as a production associate to better provide for herself and her family.

“When I worked at Vantage Foods,



Photo by Beatrice Serdon

Marlene Miranda, 65, shares a moment with her grandson Jericho at their home in Belleville. Miranda came to Canada in 2006 with a visitors’ Visa but became a permanent resident last 2014. With her newly acquired status in Canada, she now works at Procter and Gamble as a production associate to better provide for herself and her family.

it was too cold for me so I transferred to P and G. It’s physical labour but it’s

my exercise so it’s good for me,” Miranda says about the jobs she’s had.

Before she left the Philippines, Miranda had a senior position with the

Department of Education as a trainer for future teachers. Initially, she started off as a secondary school teacher and then went on to teach Peace Corps volunteers how to speak Tagalog, the Filipino language. She also worked at the Development Academy of the Philippines and trained government officials on how to improve their services.

“My parents sent me to college to become a teacher, but I also liked the choice as well. I wanted to become a teacher. I was also a working student,” Miranda says about her education in the Philippines.

Because of her background in education, she emphasizes the importance of it and is also planning on studying early childhood education at Loyalist College in the fall.

“Do you know Maslow’s Hierarchy of Needs? The top one is self-actualization. This is for me. I’m doing this for me,” Miranda says about her choices of working and wanting to pursue further studies.

Having lived in the area for eight years, she has become a fixture in the tight-knit Filipino community here in Belleville.

“I like Aunt Marlene,” family friend Gleza Espinosa says of Miranda. “We get along and she always calls to check up on my family.”

Currently, she lives in her humble home with 10 other people that includes her four grandchildren, two daughters, one son and one son-in law, one brother, and her husband.

They have one family member left in the Philippines and Miranda is currently in the process of bringing him here to Canada through the international student program at Loyalist College.



Anne Ireland's gallery is filled with hundreds of pieces of her work, ranging from paintings to sculptures to knitted mats.

Banshee: A Story Of Resiliency



Ireland doesn't just work on one painting at a time but multiple, when she gets stuck with a piece she shifts to another, shuffling about her studio so as to not lose focus.



Paint covers every square foot of her studio, from floor to wall and even the roof.

Photos and Story by Hayden Morgan

"I don't want to be classified as a lady who drinks tea and goes shopping. I'd rather be known as a banshee, not straightlaced but free and unpredictable and able to do wild and creative things."

Anne Ireland is one in a million. She is a painter, dancer and personal entrepreneur.

Three months ago, Ireland was diagnosed with cancer.

"It was a complete shock. I've always lived healthy. My diet is healthy and I exercise," says Ireland.

She had a beautiful collection of her art at the Belleville library gallery on exhibit. Some pieces are the interpretations of English, French and Spanish poetry - such as her paintings *Pedragalejos* or *Coeur, Rouge et Glace* - some are reflections of her interests, like her paintings *Sphinx* or *the Dancer* series.

Some, however, are emotionally charged pieces, such as *Frankenstein* or *Joan of Arc*, paintings made out of her anger or anxiety for the future and her battle with cancer. Ireland has been a leading member in the community for her art for more than 24 years now.

"She has shown work here several times over the years, but this is her first solo show here," says Susan Holland, a friend of Ireland's and curator of the Belleville library's John M. Parrott art gallery.

Ireland is an extraordinary woman and an extremely talented painter. She has influenced the arts community here in Belleville and in Prince Edward County, where she resides, in positive, encouraging and very moving ways."

Ireland worked at the gallery for a few

years before being diagnosed with cancer. Because of her health and the chemotherapy appointments, she has had to leave the job - though in her mind as well as others, only temporarily.

"Before I was diagnosed, I didn't paint every day but it was something I did as often as I could, a couple days a week, sometimes for four or five days in a row. Now, with all the appointments and me feeling very weak most days, it has slowed down considerably," says Ireland.

Despite her battle with cancer, Ireland is still a very active member of the art community. Her exhibit - her first ever solo show - ended Thursday, March 31, when she took her 28 pieces including a stitched mat and two sculptures home to her studio.

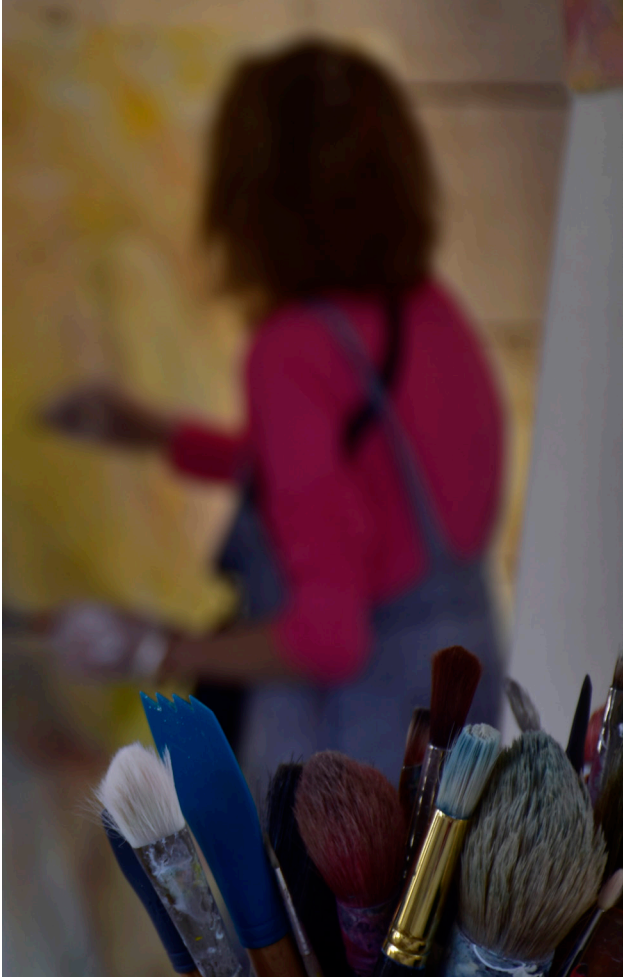
"I have sold two or three pieces this time around. But once I get everything home, my studio will be very crowded," says Ireland, commenting on the extent of her work.

It's not clear what the future holds for Ireland or her family but one thing is certain, she will never stop making art.

"She has reintroduced figurative work to an audience not used to seeing it and has shown parts of herself that have moved people to extremes and have led us to understand her a little more intimately," says Holland, as someone inspired by her friend's perseverance.

Whether they are emotionally charged pieces, curious experiments, self-portraits, commissioned work, sculptures or rugs, Ireland has done it all and there is much more work to come.

Inspiring others to do better, be better and explore their artistic limits, Ireland has made her mark on the lives of others and the community.



Ireland's studio is crowded wall-to-wall with art materials.



Another day and another piece done. On to the next for Ireland and after that, there is always more to come.



Neata Hull, 42, developed an infection in her right leg two years ago. She used to drive taxis before that. The doctors weren't able to determine the cause of the infection. "I was very active, I used to drive a cab," says Hull, who now mostly has to rest, because she can't stand for that long.

DRIVEN HOME

Photos and story by Aman Parhar

The yellow in Neata Hull's kitchen jumps out as soon as you enter her home. The door is usually unlocked, and the echo of the dogs barking resounds, as you open the squeaky screen door. To the right is the living room, with the TV on the left and pictures of family members on the wall, to the right. An ashtray, her phone, a pack of cigarettes, medicines and the TV remote are what occupy the table on where her left leg rests.

Neata Hull, 42, has become inactive since she went on to disability, or ODSP, in 2014. The doctors weren't able to find the exact reason for the infection on her right leg, but said that an injury had caused it. She remembers being bruised by her car once, but doesn't believe that that could have caused it.

"I was very active. Since the infection, I can do some things, but I have to sit down. I just cannot stand on my legs and do dishes; I have to sit on a chair. I sweep the floor, I vacuum the house, but I do parts at a time. I'll do the bathroom, the little room, my room, and then I'll rest. Then I'll do the kitchen, and come in the living room to vacuum the rug. I sit and vacuum," says Hull.

Hull's partner, Andrew Johnson, has been driving taxis for 32 years. He is applying for disability as well. He has had six heart attacks, has arthritis, and a series of health problems. "I can't drive six days, 10 hours everyday anymore. It's going to be financially difficult. Neata cannot work anymore, neither can I," says Johnson. Hull has been receiving \$1,100 a month, for rent and basic needs, which isn't enough.

The couple have been support systems for each other through this. "We sometimes didn't know where the next meal would come from. It was difficult. We stuck by each other," says Johnson.



"At first, when I applied for Employment Insurance (EI), it took four weeks. I did not have any money for a month," says Hull.



"There were two medicines that I had to carry around with me, and a pump which was hooked to me," says Hull, who is currently knitting for her grandson.



"She was always active. This is difficult for her, because she doesn't like staying in the house all day, but can't move around too much too, because of her leg," Hull's husband, Andrew Johnson.



"Patches doesn't leave her side," says Johnson.



Rev. Jesse Jackson addresses a crowd of over a thousand people at the Metropolitan Baptist Church in Flint, MI, before leading the crowd on a mile-long march to the Flint Water Plant. (19/02/2016) Photo by Chris Donovan



Doris Owens holds up her infant nephew's baby bottle filled with the water from her taps in Flint, MI. (19/02/2016) Photo by Chris Donovan

Co-founder of Black Lives Matter Toronto, Alexandria Williams, rallies a crowd outside of the Toronto police station where activists were camped out for 15 days straight. The camp was dismantled by the protestors after a meeting with Premier Kathleen Wynne. (26/03/16) Photo by Raven McCoy



Protesters scuffle with police and legislative assembly security as they attempt to shut down a rally staged by supporters of PEGIDA, a German anti-Islam group that opposes the allowance of Muslim refugees and immigrants into Western countries. The PEGIDA supporters were forced to disperse their rally in front of the Ontario legislature at Queen's Park in Toronto, when pro-refugee groups, including No One is Illegal, organized a counter-protest. (19/09/16) Photo by Andrew C. Johnson



Rahimullah, 13, and his brother Atiqullah, 3, pose for a portrait near their home on TV Mountain, Kabul, Afghanistan. The mountain is a city landmark and home to some of its poorest residents. The boys’ family makes sewing machines and umbrellas to sell. They have never been to school. “Life is very difficult for us,” said Rahimullah. (06-01-16)

Photos by Andrew Johnson



Young boys play soccer in front of the destroyed Darulaman Palace in Kabul, Afghanistan. (04/01/16)



Qoorban Ali, 26, sits in the Mother Trust drug rehabilitation centre in Kabul, Afghanistan, days after leaving the street and his heroin addiction. He had been using heroin since age 20, and his mother begged the operator of the centre to seek him out and bring him in for treatment. He hopes that with the help of the mandatory 30-day program, modelled on Narcotics Anonymous, he will return to being an embroiderer. (10/01/16)



As soon as the men are admitted to the camp in Abul, Afghanistan,, they are shaved and cleaned. Most of them had been living under a bridge among garbage and polluted water for weeks or even months. (5/1/16)

Twelve-year-old Khan Mohammed's father was shot in the head and killed during fighting between Taliban and government forces in Sangin, Helmand Province, in early January 2016. His uncle says he cries at night because he's afraid the Taliban are coming. He's shown not long after arriving at an Internally Displaced Persons camp just outside of Kabul. (09/01/16)



Photos by Zachary Prong



Fatima, far right, sits with her four young children and her mother-in-law Seddiqa in the living room of their home. Several days earlier, Fatima's husband, Baseer Ahmad, a security guard, was killed when a Taliban suicide bomber struck a popular French restaurant in Kabul. Baseer was the family's sole breadwinner. "I hope no mother ever sees this," said Seddiqa. (09/01/16)



Local businessmen Paul Dinkel looks over his restaurant Paulos while flanked by portraits of himself, his son on the left and his daughter on the right. The paintings were done by Igor Babi-
lov in exchange for rent. They won best portraits of the year in North America.

Photo by Isaac Paul

(Left) Paul Watters, 83, poses with the newspaper articles from when he made two hole in ones in a single game of golf at Belle Park in Kingston. Watters continues to golf almost everyday throughout the summer.

Photo by Mackenzie Brockman

(Below) Jennifer Nash takes a break from planting new rose seeds at her nursery Prosperity Acres in Corbyville. This will be the ninth season that Nash will be open.

Photo by Liam Smyth



Seamling Ly alters uniforms for the employees of the Chateau Laurier in Ottawa. She has been working at the hotel for 32 years, starting as a housekeeper and now she has her own shop in the sub-basement.

Photo by Martine Foubert



Cathie Butten smiles slightly as she reminisces about her travels and her experiences in Italy. “The antiquity of a place to wake up every day to something like that is just amazing. I don’t know how they can stand it. it’s just so beautiful.”

Photo by Grace Postma



Artist Elizabeth Dinkel works on a live portrait in her studio. Dinkel has been doing portraits for over 40 years, and has enjoyed art her whole life.

Photo by Luc Taillefe



(Above) Grannies Against Health Cuts lead the crowd in a chant at a rally at Queen's Park to defend public health care. The rally urged workers and citizens to stand up against the privatization of Ontario's health care system. (02/01/16)

Photo by Lori Christmas

(Below) Judith Kinghorn, a member of the Shout Sister choir, performs at the First Baptist Church in Kingston to raise money for a family of Syrian refugees settling in the area. (21/02/16)

Photo by Grace Postma



(Left) Dianna Patch, 72, is the founder of the Red Hat Society, Madoc branch. For her, happiness means her three cats, the lake she lives by and her three children. Patch's husband is an Alzheimer's patient and she's been taking care of him since day one. As the organizer of 'Madoc Hattitude,' she loves to help every woman find happiness which they thought they had lost. (27/09/15)

Photo by Litong Chi



Thomas Thompson, 25, is a young father whose entry into the world of parenthood was unplanned. His son Preston, four, lives with his mother in Owen Sound but spends the week-ends with his father. Between pick-ups and drop offs from Owen Sound to Pickering and back, Thomas spends a total of 12 hours on the road every weekend. (17/01/16)

Photo by Vivian Tabar



A frustrated commuter checks the Peace Tower clock on Parliament Hill in Ottawa during rush-hour traffic. (11/11/15)

Photo by Elliott Gould



Barbara Wallace is the oldest member at Whole Village in Caledon, Ont., is still going strong at 82 years of age. Both she and her husband Milton are active members in the community, helping wherever they are able. Wallace has had an extremely colourful life on the road and among various communities after she quit her profession in experimental psychology. She brings a vast amount of wisdom to the community of Whole Village. (28/11/15)

Photo by Hannah Lawson



(Above) A local vendor at the Belleville Farmer’s Market. (29/10/15)
Photo by Hayden Morgan

(Left) You would never guess that avid cyclist Allan Hamilton is a retired 79-year-old as he speeds down the streets of Kenron Estates with ease and athleticism. Since he started seriously cycling at the age of 75, he has travelled exactly 23,642 kilometres, all collected within the three miles of roads in Kenron Estates. “My goal is to reach 40,000 kilometres, which is the same distance it would take to travel around the world,” says Hamilton. (29/10/15)

Photo by Taylor Bertelink



Tammy Donovan, the owner of Tammy’s Wigs and Mastectomy Boutique, has been in the hair business 34 years and opened a wig boutique in 2007. She works primarily with people who have lost their hair because of medical reasons and strives to provide a comfortable experience for her clients. (24/11/15)

Photo by Taylor Bertelink



The Watoto Children's Choir performed an energetic and passionate show entitled, Oh What Love, to 550 spectators at Emmanuel Baptist Church. "The show was marvellous. The children were not just performing, they were worshipping," said audience member Linda Mustard. (22/01/16)

Photo by Taylor Bertelink



Den Clark performs for an eager audience at the Artists Unleashed event held by Cavelle Mac at the Blu Martini Bar and Grill in Kingston. The event had a \$10 fee at the door which was donated to Joe Chithalen's musical instrument-lending library. (06/03/16)

Photo by Grace Postma



Jitterbug James and Norah Spades of the band The Vaudevillian played at Hamilton Farmers' Market. The folk band from Kitchener, Ont. spent a week in Hamilton before their show at This Ain't Hollywood.

Photo by Emily Kertcher



Nikki Clementine performs at the Mansion bar's David Bowie tribute to raise donations for the Joe Chithalen memorial musical instrument-lending library. The event featured multiple artists covering Bowie's hit songs only weeks after his passing from cancer at age 69.

Photo by Gracie Postma



(Above) - With warmer than average temperatures outside, a small dog looks on as it waits for its owner outside Super Duper convenience store on Bridge Street in Belleville. (11/04/15)

Photo by Curtis O'Connor



(Left) - Queen Owodiong dips in cold water to support Freezin' for a Reason, a fundraising event organized by Loyalist College's public relations students. The event raised \$7,400. Proceeds go to the YMCA Strong Kids program. (03/05/16)

Photo by Beatrice Serdon



(Above) - Louise DeChampe holds up a block of ice at the Bloor-Yorkville Icefest in Toronto. DeChampe said her favourite part of the festival was "stacking ice cubes into an igloo." The event featured many majestic ice sculptures centred around the theme Expressions of Love. (02/20/16)

Photo by Lori Christmas

(Left) – Beer...delicious, delicious beer. (05/04/16)

Photo by Elliott Gould



Nineteen-year-old comic collector Chad Bertelink has been collecting comics since he could read. “I think what I love about old comics over newer ones are the vintage graphics and cheesy advertisements,” says Bertelink. James Bertelink, Chad’s father, is also passionate about vintage comics and passed down most of his collection to his son. (02/03/16)

Photo by Taylor Bertelink



John Metcalf poses with his first edition book collection in Ottawa. His collection is comprised of over 4,000 books. Most of the books have a personal dedication by the author. Metcalf is an editor, writer, critic and collector. “I don’t have a favourite book, they all wash over me,” says Metcalf. He has written 15 books over the past 37 years and was appointed as a member of the Order of Canada in 2004. (18/02/16)

Photo by Martine Foubert



A Frida Kahlo fan admires her work at the Musuem of Modern Art in Manhattan, N.Y. Kahlo had gifted this piece to a friend – along with the mirror – so that they could look at each other even when they were apart. (14/10/15)

Photo by Hannah Lawson



(Left) – A raucous group of Catherine McKenna supporters celebrate her victory at the Richmond Road Clocktower Brew pub in Ottawa. McKenna was running for liberal MP in the central Ottawa riding. Liberal nominee for the same riding in 2008 – Penny Colenette (front, left) – is among McKenna’s supporters, along with her husband David Collenette (left, second row). (19/11/15)

Photo by Hannah Lawson

(Right) - A team rushes to the finish line at the 36th annual bed race in Ottawa. (06/02/16)

Photo by Martine Foubert





Brooke and Emily Hall spend some family time together at Vanderwater Conservation Area. Emily was asked to give her mummy a smile. (13/10/15)
Photo by Hayden Morgan



Tari Ngangura, 21, a journalism student and one of the organizers of #AllBlackLivesMatter: Black Communities Take Back The Night event in Toronto, spoke about her passion for the movement #BlackLivesMatter. “My blackness in itself makes me a part of this movement. It’s an issue that is very close to my heart: anti-black racism and fighting that, and fighting police brutality and state-sanctioned violence. This is something I’m very passionate about, something that’s very close to me because of my blackness.” (29/9/15)
Photo by Hannah Lawson

(Below) Children volunteer to be assistants during the Amazing Circus hosted by Jonathan Seglins at Marmora’s annual Snofest. The Snofest welcomed locals and visitors to enjoy different events in Marmora. (6/02/16)
Photo by Emily Kertcher

(Right) A man goes up the escalator in Hamilton’s Eaton centre. (13/02/16)
Photo by Emily Kertcher





Between 500 and 7,000 livestock pass through the salesbarn in Hoards Station, Ont., during each auction day. Animals bought and sold either go to other farms, feeding farms or are sent to slaughterhouses. (04/05/16)

Photo by Vivian Tabar



(04/11/15)- John Wonnacott enjoys a coffee in a local coffee shop while doing a crossword puzzle.

Photo by Grace Postma



The Hoards Station cattle auction is the last standing livestock auction in the Quinte West area. (03/29/16)

Photo by Vivian Tabar



(Above) – Dylan Jones shops for groceries with his four-year-old son Ryder. Ryder was born when Jones was 17 years old and he decided to attend college in order to support him. (29/03/2016)

Photo by Chris Donovan



(Left) – Chinese-Canadian members of the Pentecostal Church, the fastest growing church in the world, worship and speak in tongues at a Sunday service. Of the church's 200 members, somewhere between 20-30 are Chinese immigrants to Canada. (15/10/04)

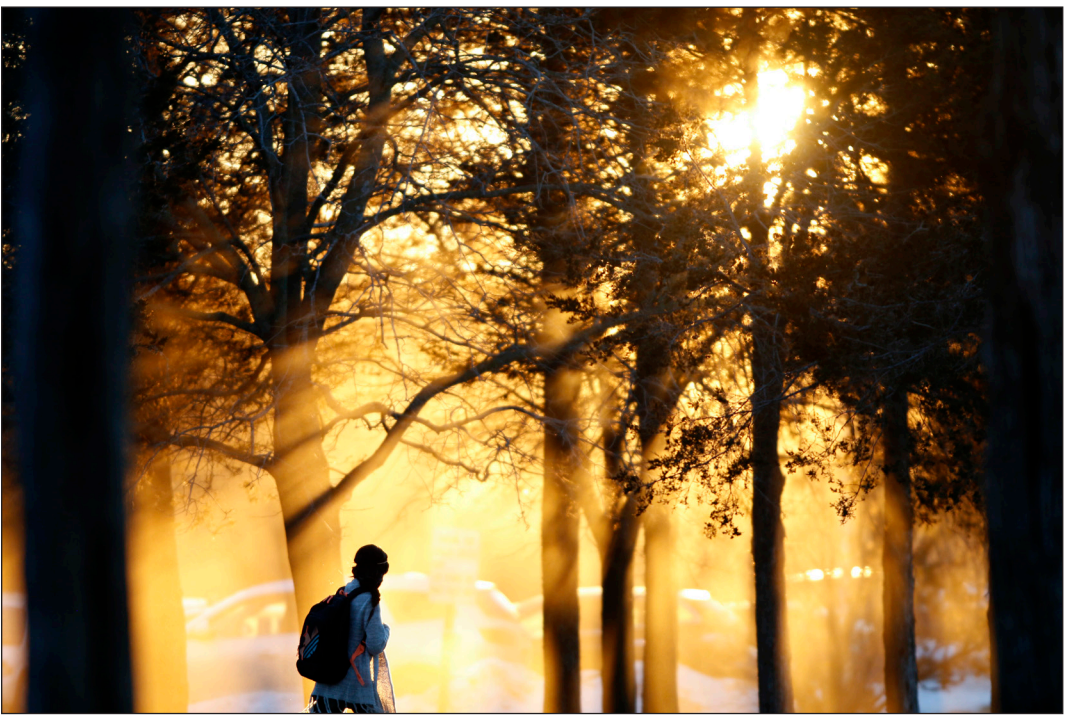
Photo by Zachary Prong



Drag queen Lily Devine, aka John, applies makeup backstage at a “Showgirls” drag show at the Belle Pub in downtown Belleville. (30/10/15)
Photo by Andrew C. Johnson



Sugar-coated hawthorn on a stick is one of the most popular snacks in China. This boy stops riding his bicycle to enjoy his snack in Lingao, Hainan. (01/02/16)
Photo by Litong Chi



A student walks to the bus stop at Loyalist College to go home at the end of a beautiful January day. (01/27/16)
Photo by Lori Christmas

Dianna looks out the window after breakfast while the Moria River flows in front of her eyes. (18/10/15)
Photo by Litong Chi



A woman lowers her head after placing her poppy on the Afghan war section of the National War Memorial. Remembrance Day ceremonies took place in Ottawa. (11/11/16)
Photo by Curtis O'Connor



(Above, left) Participants of Synchro Swim Ontario (SSO) participated in a Central/North Regional event at the Toronto Pan Am Sports Centre. Unfortunately, Canada did not make it to the summer Olympics in Rio de Janeiro, Brazil. (06/03/16)
Photos by Assad Sharifi



Apex Physio team rushes to the finish line during the Montreal Ice Canoe Challenge. They finished 14th in the sports category. (20/02/16)
Photo by Martine Fobert



A Canadian Goose flies over the water at the Belleville Harbour. (14/04/16)
Photo by Liam Smyth



Sara Piana Yafu of Loyalist Lancers attempts a spike against the George Brown Huskies. The Lancers went on to win the game three sets to one. (20/01/16)
Photo by Beatrice Serdon



(Left) – Tevin Goodridge of the Seneca Sting battles inside the key with Funsho Dimeji of the Loyalist Lancers. The two fought a tough physical battle the whole game, but it was The Lancers who would go on to eventual victory, winning by a score of 90-80. (29/01/16)
Photo by Curtis O'Connor

(Above) – Adam Dong of the Humber Hawks participates in the 2016 OCAA badminton championships held in Seneca College in Toronto. Dong went on to place first for the men's doubles event with his partner, Ryan Chow. (02/19/16)
Photo by Beatrice Serdon



Loyalist Lancer Ben Hoftzyer serves during a game against the Durham Lords. (13/01/16)
Photo by Luc Taillefer



A Moira Trojan laments a loss against the Centennial Chargers during high school football action at the Bay of Quinte finals. (31/10/15)

Photo By Elliott Gould



Brayden Pawlik performs a loop pike with grab at a freestyle moguls competition at Camp Fortune. (13/03/16)

Photo by Martine Foubert



Amber Brennan performs at the Rink of Dreams in Ottawa. Crowds from Winterlude gathered to see the national team perform their routines. (06/02/16)

Photo by Martine Foubert

Mike Patterson in the midst of battle at the 'Wild Fire' paintball event. (03/04/16)

Photo by Hayden Morgan





Photo by Raven McCoy

Brendan Maracle of Tyendinaga Mohawk Territory wades upstream through the Moira River near downtown Belleville. Maracle is one of the many people who come from reserves around Ontario to the river every spring in the dead of night to spear pickerel. (28/03/16)



(Above) Don McCrory, a Belleville resident for 25 years, was on his first ice-fishing outing of the season. After an hour, the only bite he had was from the cold. (31/01/16)

Photo by H.T. Morgan

(Right) Russ Krachun from the Loyalist Fencing Club competes in a sabre bout with a new member at their weekly, Thursday evening event at Sir John A. MacDonald public school. (18/02/16)

Photo by Raven McCoy



Joshua Lasher, a new hunter, practises his bow skills and techniques on a crisp Sunday morning. Lasher says he enjoys using a shotgun but wants to be able to master both techniques. He may be an inexperienced hunter now, but he is gradually bettering his skills with each shot made. (25/10/15)

Photo by Taylor Bertelink