

Post-season remains elusive for Lancers

By Giovanni Capriotti

Roughly a month ago, the Loyalist Lancers had five games left in the East Division of the Ontario College Athletic Association men's basketball league. The post-season had never seemed this close in three years. Failing was not an option for the team.

On Jan. 29, while the squad was preparing for an important away game against the St. Lawrence Athletics, the players looked focused and eager to execute the game plan prepared by coach Ryan Barbeau.

Allison Forbes, Barbeau's assistant coach, in her first year with the team, looked quite confident about the playoffs final run.

"This would be the first time for Coach Barbeau to lead the Lancers to the post-season," she said. "We are pretty much there. Only losing all the remaining games would prevent us from accessing the playoffs," she continued confidently.

Thirty days down the road, the letdown still burns. The Lancers have lost four of the last five games, finishing eighth in their division and consequently, out of the post-season schedule. Frustration can easily be read on the faces of these young men who their goal vanishing before the finishing line.

However the drive is still there and every night they are in the gym practising or in the weight room working out.

Surely the season had its ups and downs. The team was able to produce top performances one night and underperform in the following game, leaving the coaching staff astonished and disappointed more than once.

Veteran Jordan Marlowe, the Lancers' starting point guard, was in the gym for a personal shoot-around and agreed to talk about the team.

"I think the main problem was our mental approach. We were up all the last five games. Somehow we had mental breakdowns and wasted all the work we did before," he said, sinking a three-pointer.

Next season, new players will be added to the roster and coach Barbeau has already started the recruiting process,



Photo by Giovanni Capriotti

Muller Kalala and Hakeem Curling listen to coach Ryan Barbeau during practice at Loyalist College in late January.

monitoring some interesting high school prospects.

"The key for next year will be to work on avoiding these blackouts and keep the level of our game consistent," Marlowe concluded.

Few key players were not available at different times of the season for several reasons.

Third-year student player Muller Kalala was the victim of an injury in the crucial moment of the playoff run.

"I don't want to sound selfish, but my injury did not happen at the right time. I struggled to be back and probably I wasn't ready," he said over the phone.

It is always a challenge for a coach to keep the performance consistent over the

years. Players are changing and injuries are part of the deal.

"Next season a special notch has to be placed on the defensive aspect of the game and the psychology around it. They will have to work to build a solid team spirit," Kalala said.

Training camp will be the key moment to prepare the next campaign. Several

players will be in their third year and be asked to help the new guys to blend in.

"That time of the year is when we'll have to make the difference in terms of intensity," Ebu Tomiwa said in the Loyalist gym.

There is always room in basketball to learn from the previous mistakes and build over a defeat. Hopefully the Lancers will do so next season.

Volunteer firefighters benefit from fundraiser

Event planned to raise awareness and provide support

By Bradley Ruszkowski

Foggy windows last Friday at East & Main Bistro in the heart of Wellington warmed the heart and fed the soul as a community came together to support Prince Edward County's volunteer firefighters.

Hearty portions and lots of bubbly provided a cozy night of mingling over cocktails and feasting to help raise

awareness and collectively support the volunteers, who graciously put community safety at the forefront.

Any and all were encouraged to attend this important annual event, which included mingling over cocktails, generous drinks and a five-star, four-course meal of excellent portions. Draw prizes such as art works and vacations were up for grabs.

In the last five years, Kimberly, David and the staff at East and Main Bistro have raised this year 3,400. In the last five years over \$15,000.

At a mere \$65 per plate, the meal price is a major helping hand for raising funds to operate, train, co-ordinate, upgrade equipment and execute

safety procedures for another year of peace of mind for ourselves and neighbors across the county knowing there is a capable team ready at each beacon call.

Food and drink were donated by: Casa Dea Estates, Three Dog Winery, Barley Days Brewery and Hillier Creek Estates. Lynn, Steve, David and Kimberly at East And Main Bistro who brought a taste of Louisiana to the lakeside fundraiser.

Photographic prizes from local artist Renee Mair were raffled as well as gift baskets and vacation packages from Pomodoro.

Speakers for the evening included Fire Chief Scott Manlow, selfless vol-

unteers, prominent writers, artists, vineyard owners and local restaurateurs.

The hosts, socialites and even elected Mayor Robert Quaiff all braved the chilly evening air to show their support and raise much needed funding for the continuation of services.

Safety and training supplies mandatory for each person on the force and equipment and defibrillators regularly in need of upgrades is part of where the funds raised are going.

With full stomachs and top-up on funding, the firefighters are getting ready to move into their shiny new fire hall in Consecon, set to be operational by mid-April.

Heart...

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Founded by a group of visionary Canadians more than 60 years ago, the Heart and Stroke Foundation works hard every year to put heart health on the public agenda and to educate Canadians about their hearts. Today, the foundation has over two million donors and 140,000 volunteers working in Canadian communities to raise awareness.

The Heart and Stroke Foundation has been raising awareness throughout the Quinte region in conjunction with February's Heart and Stroke Month in order to fund research efforts. Canvassing and support through local businesses has helped to raise awareness in the Belleville community. More than 1,360 volunteers in the Belleville and Quinte West region have been making door-to-door donation requests.

Sandra Barnes, program co-ordinator for Heart and Stroke Foundation, works with the volunteers and helps to reach the region's target goal of \$135,000.

"Right across Canada this year, we expect to achieve a goal of \$11 million," said Barnes.

"A lot of the money that comes back to our area will go to research at Queen's University in Kingston or the Heart Institute in Ottawa."

Belleville is just one of the many communities to receive the benefits of such fundraising. Over 6,500 life-saving defibrillators (AEDs) were placed in communities Canada-wide through public funding.

"Here in the Quinte region, we are really proud because we have AEDs in all of our schools now through all of the funding that we are raised," Barnes said.

Volunteer effort is key to the success of funds raised in February's Heart and Stroke Month.

"It has been snowy, cold, freezing rain on weekends," said Barnes.

"But only the best of the best canvass in February."

Despite the sub-freezing temperatures, volunteer work across Canada during Heart and Stroke Month is just one of the many ways pioneering research and trails such as ESCAPE are possible. A minute spent volunteering could equal a donation that could save someone's life.

For every dollar donated, only seven cents goes to administration.

"Everyone who gives at the door is furthering research excellence here in Ontario," said Tom McAllister, CEO of the Heart and Stroke Foundation in Ontario in a media release in early February.

The evidence of fundraising campaigns such as Heart and Stroke Month are clear to see, not only in improvement in community care for patients, but in an advancement in education in the medial field.

In a quote from the Heart and Stroke 2015 Report, CEO David Sculthorpe says incredible progress has been made in improving heart health since the 1960's.

"Back then, of those who made it to hospital after a heart attack, 30 - 35 per cent did not survive. Today, that number is down to five per cent."

Age doesn't slow down Brighton artist

By Daniel Luk

A 94-year-old artist in Brighton is embracing her age by continuing her passion of art with breathtaking abstracts.

At what she calls the young age of 94, Sally Robinson has decided that six years isn't enough to complete all the things she wants to do before she passes. Fixing the solution easily and effortlessly, she has decided that to combat the curse of time, she will simply extend her time from 100-years-old to 150-years-old.

Beginning her artistic journey, Robinson attended art classes, where she was exposed to pottery and several other art forms. Given the opportunity, she turned her sculpting abilities into a business.

She designed beads for jewellery that she provided for several galleries in Ottawa. Her jewelry has been recognized on television, worn by former prime minister Pierre Trudeau's wife, Margaret Trudeau.

After the upsetting death of her husband in the '70s and her children scattering, Robinson moved out west to Salt Spring, B.C., where she grew with her surroundings in a little community, and she was able to make friends and learn more about arts. During this time, her bead-making business came to an end and her love for painting blossomed.

At the start, she painted with breathtaking watercolour pictures of flowers, oil paintings of still life and beautiful geometric abstracts.

Robinson says her painting inspiration comes from advice she once heard. "Everything is light and dark."

Going about her day-to-day life, Robinson will constantly look for examples of lights and darks, whether it's the dark drive way against white snow or even a lighter tree against a dark forest.

Despite abstract being a difficult form of art on its own, Robinson has



Photo by Daniel Luk

Sally Robinson, 94, is an artist in the Brighton area who, unlike others, doesn't use her age as an excuse to not explore new hobbies, but uses her passion for discovery to push her forward to pursue her love for travelling and art.

made the art even more difficult with her alternative approach. For many artists, abstract painting is about the flow of colours, as opposed to Robinson, who places precise geometric designs on her canvases.

Although she has sold a lot of her work in the past, because she doesn't not having a following in Brighton, as in Ottawa or British Columbia, she doesn't sell as much work here -- but she doesn't let that get her down.

"I haven't sold very much since I've been back since I'm not really known here. It doesn't bother me. I just keep

painting. It stacks up like a lot of artists. They just keep painting even if they don't sell much they keep painting. It's not something you quit," says Robinson

Although age plays a role in some people's decision to start new projects and hobbies, Robinson welcomes new ways of occupying her time. She has already mastered the arts of clay sculpting, dressmaking, knitting and many other art forms.

"Never stop, always keep going, something new always comes up. I guess that's why I kept up my interest

in things and I like new things, it's like the saying use it or lose it," says Robinson, when asked about her opinion on age.

Unfortunately, Robinson has no exhibitions she plans on participating in, but she explains that she would be willing to think about opportunities if they are presented.

Otherwise, she will continue to keep doing her thing -- painting and whatever art catches her fancy.

Talented and passionate, there's no telling what Robinson will accomplish in the next 56 years.