

Spreading the joy of music

By Nino Liu

The Watoto Children's Choir delighted spectators with an evening performance Friday at Emmanuel Baptist Church in Bloomfield. The performers, orphaned children and vulnerable women from Uganda, impressed those in attendance. "Amazing" was one of the most common comments after the show.

It is rare to see a choral performance that contains three components: a strong beat, colourful costumes and lively dance. For most of those audiences, it was a brand new experience. "The audiences were really into the show," said Bob Somers, one of the spectators. "They love the music and the action. It is a wonderful experience just being here. I wish it had lasted longer."

The Watoto Children's Choir spreads its love and shares how they live in Uganda through a lot of video clips during the show. Audiences got to know about their lives in Watoto Church in Uganda. "I think it is an amazing lesson for my kids, especially seeing where they come from, how life is different and how we can help and trust," said Niki Thompson, a mother at the show with her kids. "It was inspiring and energizing. There is just a lot of fun."

The Watoto Children's Choir has international performing experience. The Canadian office is located in Victoria, B.C. Canadian tour co-ordinator for the team, Abby Paterson saw the show for the first time. She was in tears during the performance. "Because the kids here are safe to perform their message of hope. All the children in the team worked hard for the high-quality production," said Paterson. "My heart broke in a good way. I am so proud of the team. It is an honour to work with them and for them."

The children had a great week before the first concert, because of the snowy weather. They got to run around and to roll snowballs. "They had a lot of fun and rest this week, so they are ready to get the show on the road and spread the good news," said Paterson. "They are also excited to be here."

The Watoto Children's Choir is going to perform through Ontario and Quebec until the end of February. The team will be in British Columbia from June to July. The latest schedule is available on their Canadian website.



Photo by Taylor Bertelink

A large crowd of 550 people gathered at Emmanuel Baptist Church in Bloomfield on Friday night to see the Watoto Children's choir perform. Every child in the choir has lost at least one parent to HIV/AIDS, war or poverty.

Week provides awareness to mental health issues

By Hannah Lawson

Yesterday includes the sixth-annual Bell Let's Talk Day, an event designed to raise awareness and money for mental health.

In September 2010, Bell announced a five-year commitment to host a Bell Let's Talk Day once every year, and after great success and over \$73 million raised, Bell renewed its pledge last year with the promise of surpassing a total of \$100 million in Bell Let's Talk funding.

On Wed., January 27, Bell donated five cents for every text, phone call, tweet and Facebook share using the Bell Let's Talk hashtag. The proceeds will go towards

mental health research and programs. According to Bell's Let's Talk progress report, #BellLetsTalk broke a Twitter record this year with a total of 6,826,114 support tweets, causing a number one trend across Canada and worldwide. They also raised a record \$6,295,764.75.

Positive effects of the annual events can be observed from ocean to ocean, even here in Belleville. This week is the event Sleep Out So Others Can Sleep In, organized by the Canadian Mental Health Association Hastings and Prince Edward County branch (CMHA-HPE). For this year's event, Bell donated a number of scarves so that participants can stay warm. Bell Let's Talk has been a gold sponsor of

Sleep Out for the past three years.

"Every person that is staying or sleeping out will get a scarf. So it should be a sea of blue—blue and white—and that's not a bad thing," said Sandie Sidsworth, executive director of CMHA Hastings.

Included in the various ways Bell Let's Talk supports mental health is a community fund that provides grants to projects that improve access and services associated with mental health care. CMHA-HPE was one of the first organizations to receive a grant, in 2011, the first year of Bell Let's Talk.

With the funding they received, CMHA came together with 'The Jack

Project,' which encourages youth to promote stigma reduction and education surrounding mental health and Loyalist College to train interested individuals in mental health first aid.

"Mental health has historically been seen as something to lock people away, that's why we had asylums. We still lock people away with mental health issues, but it's through the criminal system," Sidsworth said. "What we have to do is create a safe space to have a dialogue that 'I may not be feeling well.' And then that's okay, so how can we get me help."

At Loyalist, mental health is high on the list of priorities for student success services. Denyce Diakun, director of stu-

dent success services, says that one issue is that young people do not reach out for help until it is too late.

"The challenge we have— and it's typical of any student services across Canada—is that students often won't seek help until they are in dire straits," Diakun said. "So by having our methodology, we are getting to them before, so we get them familiar with somebody, comfortable with somebody and they may come in and say 'You know what, I think I need to come in and see you now,' which is great. So we're trying to get ahead of the time, and then teach them how to take care of their wellness."

...See Week, page 2

Motorsports thrive despite winter weather

By Hannah Lawson

It was a bright and loud day at the Brighton Speedway last Saturday, with 16 different classes of ice vehicles raising a revving chorus during the annual Bay Marine Oval Ice Race.

The arresting amateur races have quite a history, this being the 11th consecutive year of the oval races at the Brighton Speedway.

In addition to the usual classes of snowmobiles, ice bikes, side by sides and ATVs, a brand new vintage snowmobile class was introduced this year. Overall, the event attracted 135 participants, ranging from seven years all the way up into their 60s.

According to Brighton Speedway owner Angela Rinaldi, preparation for Saturday's event included "a lot of hours of operating an ice bus, which is a fully retrofitted school bus with a 1,000-gallon water tank, a fireplace and some volunteers to go out and flood the race-track, just like flooding an arena."

The school bus method produced eight to 10 inches of ice on the oval, providing great riding conditions.

This year's race received much better weather than last year's, which was dumped with freezing rain.

"Well great weather means great fan count. So we've got a full crowd and an



Photo by Phil McLachlan

Rich Little whips around an icy corner on the Brighton Speedway Saturday. Little competed on the winter oval track in the 2-wheel studded ATV heat. For more photos, see page 6.

amazing list of participants here today. We have 15 or 16 classes with an average of six-12 participants in each class, so it's a fantastic turnout. The sun is shining, it's only a little bit chilly, as long as you're a little bit bundled up, it's all good," Rinaldi said.

While the speedway was preparing the racetrack, racers were busy getting their vehicles outfitted to win.

Dan Hicks, an employee at Bay Marine, the title sponsor for the oval races, said that he spent six hours on Thursday evening studding the tires of his ATV.

"It's a fantastic experience, everyone should try it. It gets the blood flowing, gets you excited and the adrenaline pumping; it's a lot of fun," Hicks said. He added that his favourite memory of the day would be when he crossed the finish line in first, and indeed he was included in the final list of winners, coming in first in the 4-wheel drive studded ATV class.

"Snowmobiling in Canada is a fantastic pastime," Rinaldi said. "It's something you can do with your family, something you can do with friends, and it's a way to spend time outdoors, which is something we really need to encourage our youth to do."

<https://vimeo.com/153267412>



Photo by Ashley Maika

Melissa Pickell, a dog kennel attendant at the Quinte Humane Society puts Sparrow, a Pomeranian/Eskimo mix back in to his cage after his first walk after the quarantine on Monday.

Pets back up for adoption after recent shutdown

Deadly canine virus causes humane society to temporarily close down

By Ashley Maika

The Quinte Humane Society reopened its doors Monday for owners looking to adopt dogs once again after a recent canine parvovirus scare. The humane society has been closed since Dec. 29 in an effort to contain the virus. Melissa Pickell, a dog kennel attendant at the humane society said a dog came in that was vomiting and then there was a call from a local vet’s office, which tested a recently adopted puppy that was posi-

tive for the parvovirus. The potentially deadly virus appeared soon after the seizure of approximately 60 dogs in Tweed. Eleven cases were confirmed within the Quinte Humane Society and among the dogs recently adopted. Nine of the 11 did not survive the canine parvovirus. “Mostly they were all puppies,” Pickell said. “Puppies and senior dogs mostly don’t live through it.” Pickell said symptoms include vomiting and bloody feces. “Their immune system drops rapidly and they just get very lethargic, and lazy and they don’t eat or drink. They almost stop eating or drinking right away and they just get very despondent and just kind of sleep all the time.” Because the parvovirus is highly contagious, the society has been on lockdown

since detection. To prevent further infection, all of the dogs were quarantined. Pickell spoke about the process of quarantining the dogs. “We keep the dogs quarantined for two weeks in their own cages. They don’t go outside. Twice a day they get moved from a different cage. They’re not even touching the floor. If they are, it’s for a couple of feet. “The dog can shed (the virus) for three weeks and they don’t go and shed it out in the yard. We have other people’s dogs coming in for meet and greets. If they’re getting adopted to the same home to make sure they get along, and we want to make sure they’re not sharing the virus.” Because of the high risk of transmission, Pickell had to be wary while working because of her own dogs at home. “I have dogs at home and a coworker doesn’t, so she dealt with the parvo dogs and I dealt with all of the other ones, be-

cause you can easily go home and infect your own dogs. So we have gowns we wear that are completely plastic gowns that cover your whole arms and cover your torso and right down to your shoes, and gloves and booties and hair nets. So you’re completely covering yourself, so if a dog does jump up on you, you’re more protected.” Pickell offered a piece of advice for dog owners at home regarding the parvovirus. “When puppies get adopted here, we do recommend not walking right away until they’re up to date on vaccines. It’s okay if you have the dog in your own yard, because obviously if your dog has never had parvo before, it’s not going to get it in your yard, but walking right away is a no go.” Because walking is arguably one of a dog’s favourite things, the dogs were more than excited to finally be allowed out for a

walk after being quarantined. Among some of the dogs excited to be out walking were Harley, an eight-year-old boxer who was surrendered to the humane society after his owner had a heart attack while driving on the 401 and struck a transport truck. Despite the grey fur around his face, Harley insisted he walk himself by pulling at the leash like a young puppy. Another was Sparrow, a five-year-old Pomeranian/Eskimo dog who was surrendered by his owners, adopted and then brought back after the family discovered he was not compatible with children. Both dogs walked outside excitedly after weeks of quarantine and were given treats by Pickell for their patience in the kennel. Now, they can get back to their routine of being walked and waiting for a family to adopt them.



Photo by Hannah Lawson

Community health student Alex Moskalewicz models one of the scarves donated by Bell Let’s Talk for the Canadian Mental Health Association Hastings and Prince Edward (CMHA-HPE) event Sleep Out So Others Can Sleep In. The event takes place Friday at the Market Square in downtown Belleville.

Week...

Continued from Page 1

In September 2015, Loyalist implemented a restructuring of student services, choosing a proactive approach rather than the traditional reactive method. Prior to arriving at the school, students are encouraged to fill out a survey which then gives Diakun and her team of case leads a good idea of what services students need, and what action to take from there.

Special exhibit for young artists

By Hélène Roth

A new art gallery downtown is housing a special exhibit for younger artists. Lisa Morris and Peter Paylor, of Artists and Artisans gallery on Bridge Street East in Belleville are hosting 30 Below until March 6. The show highlights the work of artists under the age of 30. The idea started from an observation by some local artists, including Morris and Paylor, that a really small window of opportunity for young people exists to create their work and get it out. Paylor says that a lot of art galleries are fairly traditional with flat paintings on the walls, and classical subjects like landscapes. “For a lot of younger people, the subjects matter. The way they do it, or how ever they want to express themselves isn’t the same way that old people are doing it,” he says. “There are no venues that will accept it or allow them to hang that kind of art.” By seeing the renewal of art, and the innocent and new fresh point of view young people could bring to the Belleville art community, Paylor and Morris decided to give them a specific place to show off their work. Paylor and Morris are also part of a group of artists called Below the Lines Collective and while half of the group was under the age of 30, Paylor and Morris realized how inspiring it was to work with those younger people who had such different approach. “Being around them and seeing their fearlessness and the way they were using colours was inspiring,” Paylor says. “As a sculptor working with wood, colours didn’t mean a lot to me.” Since being around the younger artists and their work, he has now found a place

“Mental health is definitely a stigma and that’s what #BellLetsTalk is about, let’s talk about it! Feel free to admit that you have a mental health issue and talk about it and be free to come forward,” Diakun said. According to the CMHA website, “Suicide is among the leading causes of death in 15-24-year-old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide.” If you or anyone you know is struggling with a mental health issue, there are resources readily available to provide assistance, such as the CMHA or the Kids Help Phone at 1-800-668-6868.

for colour in his own art. The show has also been a great opportunity for some of the artists to value their work. One of the show’s artists, Jessie Powers, says she was nervous about Paylor seeing her art and putting it in the show. “When I went to the show and saw it out, I was flattered,” she says. Powers mainly paints for herself and to express herself, making her art pretty personal and full of emotions. Seeing her art in an exhibit, then, was not something she necessarily expected. “I was nervous. I was scared of him finding out what my art was like and then putting it up to the show,” says Powers. “I’ve seen the five other people art in the gallery and I don’t think my art is anything special you know.” Brother and sister Joshua and Emily Terpstra, are both part of the show and have known Paylor and Morris for a few years now and have witnessed the positive influence they had on their art. “They always tell us, ‘Oh, there’s a student art show coming up, you should put up a few pieces,’” Terpstra says. “I feel like if the encouragement wasn’t there, it would be more difficult to continue. I would definitely still continue but it’s definitely something that’s feeds you, having that positive response about what you put out.” “I think just knowing that the resources are there to help us, to kind of publish and push us to just do art and to submit, I think that’s really helpful and encouraging,” her brothers says. The six young artists whose work is on display are Jessie Powers, Emily Terpstra, Joshua Terpstra, Tasha Whaley, Catherine Shortell, Caitlyn Kelleher. The gallery will be holding the show until March 6.



Museum technician David Cox poses in front of the well-known staircase in Glanmore during the restoration closure. The old rug was taken out and all the artwork is covered or stored for protection. Cox has been doing much of the research for the restoration.

Photo by Nino Liu

Glanmore gets a major facelift

By Nino Liu

A local landmark is closed for restoration until March. The work on the National Historic Site, Glanmore began Jan. 4 as they work on the final projects of a restoration plan more than 20 years in the making. One of the last major projects to finish is the carpeting in the both lower and upper halls.

Glanmore was built more than 100 years ago. It was changed a lot by the previous owner before being owned by the

City of Belleville. Now, all the staff working for the building are looking forward to reproducing the original house.

“The whole building, outside and inside had changed over years,” said Rona Rustige, curator of Glanmore. “We go back to what it looked like when it was first built.”

She said they must also do the necessary research to restore the site, even getting journeymen who specialize in restoration. “We are all about restoring, not creating,” said museum technician David Cox. The work is being modelled after pho-

tographs, which depict how the house once looked. There wasn’t enough information to restore the painting elements on the ceiling and the carpet after seeing the photographs.

“We have been doing a little bit of exploration, so we can get enough information to recreate that,” said Cox. “Certainly, it has its pattern, but it is black and white photographs. We need to confirm the colour before we try to recreate that. We want to make sure that we do not do anything incorrect.”

Before even carpeting, there is a lot of work to do. There was a lot of dust and powder underneath the old carpet so there is also some vacuuming to do. “We have a local contracting company that has come in and taken the old rug out. All the underlay was powder,” said Rustige. “They cleaned it all up, stabilized the floor by screwing the whole thing down.”

Rustige said they’ve also had to find a way to finance the work.

The project won’t cost the city a cent. All the money came from the John M. and

Bernice Parrott Foundation. “We made an application to them. Usually, fund money like that is not that easy,” said Rustige. “The building is owned by the city. But if we can help, we don’t like to ask the city to pay for major restoration projects.”

During the restoration, furniture and artwork are moved or covered for protection.

The museum may reopen in March. But the office remains open, Monday to Friday from 8:30 a.m. to 4:30 p.m.

Hydration stations keep students watered

Fifteen stations have been strategically placed throughout Loyalist

By Robyn Hertz

Water is necessary for life and also for life on campus.

At Loyalist College, the school provides hydration stations for use by students. They provide clean water for everyone at Loyalist.

Water is a crucial part of education because it is needed to maintain health, both with your mind and body.

“Water gives the brain the electrical energy for all brain functions, including thought and memory processes,” says a water benefits health article by Merlin Hearn.

Students at Loyalist get their water from strategically placed hydration stations throughout the college. The school first started to equip the campus with the hydration stations in 2010. Since then, there have been 15 stations placed throughout the school.

Student government president, Jillian Robinson appreciates having water available. “I use it every single day. They’re really easy to access, they’re everywhere you look. They’re handy. I really enjoy them.”

Each person who refills a bottle helps save on the purchase and prevents a plastic bottle from going into a landfill.

Before the hydration stations arrived, students were using water fountains. It was brought to the attention of the student government through their routine semester survey that students were not refilling bottles due to the difficulty of the fountains.

In mid-December 2015, a water adjustment was needed due to a pressure drop at the City of Belleville water plant. It affected the water quality on campus both in residences and the school’s main buildings. As a result, students were receiving water from the faucets that were brown in colour and unusable for consumption and hygiene.

“The City of Belleville environmental and operational services department experienced a pressure drop at the water treatment plant. At the time of the incident, the momentary drop did cause some locations to experience discoloured water,” explains Becky MacWhirter, Belleville’s green coordinator/public education officer.

“Customers were alerted to the issue via the city’s website and social media platforms. Those experiencing discoloured water were directed to run their cold water tap until the water cleared.”

Loyalist College students also made use of social media during the brown water complications. Students posted messages on Facebook, commenting on their problems with water in residence.

Residence co-ordinator, Dave Templar, was aware of the messages posted on Facebook. He wanted to let students know that maintenance concerns should be dealt with in the form of official work orders.

“Any issues that are brought to our attention via the proper channels are dealt with accordingly, depending on the severity of the issue. Either college staff or outside contractors are notified of the issue and respond accordingly to correct the problem,” says Templar.

<https://vimeo.com/153274113>



Photo by Robyn Hertz

Loyalist College community justice studies student Jesse Stobbart has a drink at one of 15 hydration stations around the college.

Dancers take to the floor

By Ashley Maika

While the snowflakes fell outside, those attending the Olde Tyme Fiddler’s Club party danced merrily inside. The club caters to those who wish to dance and listen to live music played by volunteers brave enough for the open mic.

The club’s music taste is mostly older country, like Waylon Jennings.

The Olde Tyme Fiddler’s Club get-togethers occur every fourth Sunday of the month, starting at 1 p.m. and run until 5 p.m. This month’s party fell on Sunday, Jan. 24 and 63 people were in attendance. These parties have been running once a month for 30 years, from the time the Olde Tyme Fiddler’s Club was established.

For those who aren’t members of the Old Tyme Fiddler’s Club, the admission for the party is \$8, while for non-members, it is \$9.

The event is complete with catering, a dance floor, a prize (last week’s prize: a guitar), raffle tickets, snacks, and of course, live music.

Shirley Benjamin, the president of the Olde Tyme Fiddler’s Club and Maitre D’ for the open mic section of the night, says that the event is hosted at the Belleville District Fish and Game Club, “because we’ve always been here.”

The Fish and Game Club has accessible and ample parking, a dance floor, bar, stage, space for large tables to be set up for dinner and a kitchen for the caterer to work in. Along with all of these functional amenities, the venue has a warm, and tastefully lit dance floor, with a large chandelier hanging, along with many pot lights lighting your way on to the dance floor.

“We have our supper after everyone has played, and then we have door prizes, and we have Share the Wealth,” says Benjamin.

Share the Wealth is similar to a 50/50 draw, where those who wish to participate buy tickets, and half of the proceeds go to the Belleville district Old Tyme Fiddler’s Club, and the other half goes to the winner. With Share the Wealth, there are three or four draws, so you have a higher chance of winning.

Contrary to what the club’s name would lead you to believe, no fiddles or fiddlers were spotted at this month’s party, but there were plenty of keyboards, guitars and singers. Benjamin says that they are open to “anyone who likes to sing or play or whatever.”

The club and party attract an older demographic, but anyone 18-80 years old according to their association page may join the club or attend the party.



Photo by Nakita Krucker

Curtis Reid felt confident out on the ice out on the Bay of Quinte even though the weather has been unusually warm this year.

Fishing enthusiasts head onto thin ice

By Nakita Krucker

As the Bay of Quinte finally starts to freeze over, angling enthusiasts are quick to get out on the ice for some much delayed ice fishing.

“Around the first week of January-ish, you can count on ice fishing to start,” says Stacy Ash, owner of Pro Tackle Musky Shop. “Walleye season closes Feb. 28 here in Quinte, so the guys are itching to get fishing.”

Tourists, avid anglers and local residents swarm to the Bay of Quinte as soon as the temperatures start to dip below zero to catch some of the best walleye

in the world. But with temperatures being unusually high this winter, the ice has only just begun to get thick enough with many areas still unsafe to walk on.

Ash, who knows the area and many anglers who fish in the Quinte region, says he realizes how careful you have to be when going out on the ice.

“It’s just a matter of knowing what to do and how to read the bay,” Ash says. Certain areas where the current is strong can actually erode the ice from the bottom up, meaning that ice thickness can vary greatly from one foot to another.

Rob Henry, an avid angler in the area, reiterates this caution.

“You can go out and spud your way across finding three or four inches and in a few more steps find two,” says Henry.

Henry, 6a devoted fisher in all seasons, decided to keep his boat out longer then normal because of the weather forecast. However, this is not the norm.

“A lot of fishermen put their boats away in October, so they are looking for ice to fish,” says Henry.

Peter Huffman, acting captain of the Belleville Fire Department, is aware of the dangers out on the ice and the need to be prepared at all times. Simulated rescues are played out during the annual ice rescue training down by the bay as a

way of refreshing and preparing the fire-fighters for the winter season. Luckily, the accidents this year have been minimal.

“Relatively, I think because it’s been warmer, people have been a bit more sensible about it,” says Huffman. He urges anglers far and wide to be cautious and prepared in case they go through.

Motel owners along the bay are also feeling the effects of the late season start.

“Normally, right after Christmas, it starts to pick up,” says Lorraine Lyall, owner of Park Lane Motel.

“But it is starting to pick up now that the ice is thickening.”

This week, in certain areas out on the bay, fishing huts have started to pop up as anglers feel more comfortable with the thickness of the ice. Visitors or people new to the ice fishing experience seem to find comfort in the well-travelled paths on the ice and the sight of much heavier vehicles, such as snowmobiles, being brought out on the ice.

Overall, common sense has to prevail when decided to go out on the ice.

“We don’t like hearing of anybody going through,” says Ash. “It’s not a good time to go swimming.”

<https://vimeo.com/153279588>

Taking a frigid dip to help hospital

By Charles Vilagut

Winter is the time of year to stay warm, but for some, it means fully submerging themselves into a frozen lake.

On Jan. 30, participants of the 24th annual Campbellford Polar Bear Plunge will be diving in to raise funds for the Campbellford Memorial Hospital.

The event will begin at noon at the Lions Beach Park, on Queen Street in Campbellford.

Previously run by the Town of Campbellford, the Polar Bear Plunge is now run by the hospital auxiliary, which is a team of community members who work towards helping pay for the hospitals’ needs.

This year will be Campbellford nurse and polar bear plunger Courtney Cassidy’s third time participating.

“Not going to lie I’m a little bit nervous with this cold weather,” she said. “But it’s an easy way to make money towards a hospital I get to work in everyday.”

Though the plunge itself is an interesting experience, the main goal is helping to raise funds for the Campbellford Memorial Hospital.

Three-year Campbellford Polar Plunge organizer and hospital auxiliary member Sharon Apted said the plunge helps the community she is a part of.

“Hospitals have to raise their own funds for equipment, the government will build hospitals for them, but will not purchase equipment for them,” she said.

“This year we are fundraising for a portable ventilator, and an electric bed for the emergency room.”

For information on how to be a part of the Polar Bear Plunge for CMH, Contact Sharon Apted at (705) 778-2142.



Photo by William Acri

Patti McDougall serving food to the less fortunate at Inn From The Cold. McDougall has been a volunteer with Inn From The Cold for a few years. Inn From The Cold is an event hosted by Bridge Street United Church for homeless people. The purpose of the event is to provide warmth and food to the less fortunate.

Volunteers help to nourish those in need

By William Acri and Phil McLachlan

Volunteers from Bridge Street United Church in Belleville came together to serve complimentary hot meals to the less fortunate as a part of the ‘Inn From The Cold’ program.

This 42-night event runs for six weeks from Jan. 18 to Feb. 28. Dinner is served between 4 p.m. and 6 p.m. The event brings between 75 to as many as 140 people to enjoy a night of food and fellowship. Over the years, Inn From The Cold has been a great service to those in need.

“The staff are just incredibly friendly and kind,” said Cindy Porter, a regular guest at the church. “They really serve with a tender heart.”

Sue Catherwood has been one of the program co-ordinators since 2006 and is responsible for the kitchen staff as they cook during the evening.

“They are allowed seconds but not thirds,” Catherwood mentioned, as a way to ensure that there is enough food to go around. Catherwood also helps with Thank God It’s Friday, which is a weekly frozen food program also hosted by Bridge Street United Church.

Inn From The Cold is housed in the church gym, which can seat up to 300 people. The meal served on Monday, Jan. 25, consisted of chili, corn, rice, lettuce salad, tea, coffee and dessert. The food for Inn From The Cold is paid for by donations and generous gifts from local grocery stores. Just recently, a member of the church community donated enough money to purchase a large eight-burner, double oven stove. Kitchen volunteers were thrilled at the opportunity to cook in larger quantities.

Hundreds of volunteers work together to host programs like Thank God It’s Friday and Inn From The Cold. Approximately 13 people of all ages work each night at Inn from the Cold doing food preparation and other tasks. Bridge Street United Church is celebrating its 101st birthday this year, and has been reaching out a helping hand to the Belleville community for many of those years.

<https://vimeo.com/153296447>



(Above) A racer moves their snowmobile off the track near the start line during the Oval Ice Races at the Brighton Speedway Saturday.

Photo by Marissa Tiel



(Left) Rick Greenfield leads the pack through a corner on the Brighton Speedway Saturday. Greenfield dominated his competition and placed first in Vintage Open, Liquid and Free Air Snowmobile categories.

Photo by Phil McLachlan



(From left) Chris Welch, Dave Corvers and Bill Comerford glide in unison around a corner at the Brighton Speedway on Saturday. Cold winter conditions made for a spectacular display of upturned ice clouds.

Photo by Phil McLachlan



(Above) Carl Blight tips during the Oval Ice Races at the Brighton Speedway.

Photo by Marissa Tiel



(Left) Spencer Holmes, left, and John Rumleskie wait in line for their 2-wheel ATV studded heat to begin at the Brighton Speedway.

Photo by Phil McLachlan

On the street

Shawna Petersen asked people at Loyalist College the following question:

What school events do you participate in? What events do you wish to see?



Jaime Sturch: “I think the school should provide something for people with kids like movie nights in the gym, something like that.”



David Carpenter: “I use the facilities, I just don’t go to events. I wish the school provided trampolene volleyball or football.”



Mikaela Stacey: “I participate in all of the residence events because I’m an RA, I also go to volleyball games.”



Kaitlyn Sanford: “I go to a lot of the sporting events it always hypes you up and I also go to pub.”



Maddison Tue: “I don’t participate in any, I’m more into the books and studying.”



JermaOne Cookwright: “I wish they had art lessons from real artists.”

Editorial

Will Olympic canoeing finally become balanced?

It seems like such a simple concept, yet for the International Canoe Federation, or ICF, an Olympic program that features gender equality has been an impossible task.

For more than 80 years – since its inclusion in 1936 – the Olympic program for canoeing has been gender lopsided. There have always been more events for men than for women.

That might be about to change. On Jan. 14, Canoe Kayak Canada issued a press release stating that three female canoeing events – also known as C1W – had been added to the 2020 Olympic program, pending approval by the International Olympic Committee in the fall. But it has taken too long to feature a gender equal Olympic program.

Female events joining the Olympics well after their male counterparts is nothing new. Female ski jumpers had to wait 90 years before they had their shot at Olympic gold. Wrestling, which debuted at the very first modern Olympic Games in 1896, had to wait until 2004 for their Olympic gold (both male and female events will ultimately be dropped from the Olympic program in 2020.) In 2013, canoeing almost met the same fate when the International Olympic Committee, or IOC, was considering the 2016 program, canoeing was one of the disciplines on the chopping block, the reason: gender disparity in the events.

Sprint canoeing first entered the Olympics in 1924 as a demonstration sport, when Paris hosted the games. It was ushered into the Games again in Berlin’s 1936 edition with four events for men, both kayak and canoe. One female event was added in 1948. Canoeing was never considered as an option for women. When slalom was added to the Olympic program, it featured three events for men. There was one for women. The London 2012 Olympics featured a combined five events for women, while the men had 11.

Women were told canoeing would make them lopsided, that they wouldn’t be able to have children – all predictably archaic and repressive reasons for keeping women from competing in sport.

When the ICF announced in 2013 that it would wait until the 2020 Games to propose C1W events, many were outraged. In an open letter to the ICF, Richard Fox (father of the number one ranked slalom C1W and women’s kayak athlete and a 10-time world champion himself) wrote that the ICF cannot afford to continue delaying the addition of female canoeing events. “Our sport will remain firmly at the bottom of the league table when it comes to gender equity measures in Rio 2016,” he wrote. “We cannot ignore the potential effects of continued gender discrimination throughout this Olympic cycle and what standing still represents to those that participate in, invest in and observe our sport in the Olympic Games.”

One of the main arguments by the ICF against including C1W in their Olympic program was that there weren’t enough women in the talent pool to be considered high enough calibre to merit inclusion. But as Kevin Costner’s character in *Field of Dreams* said, “If you build it, they will come.”

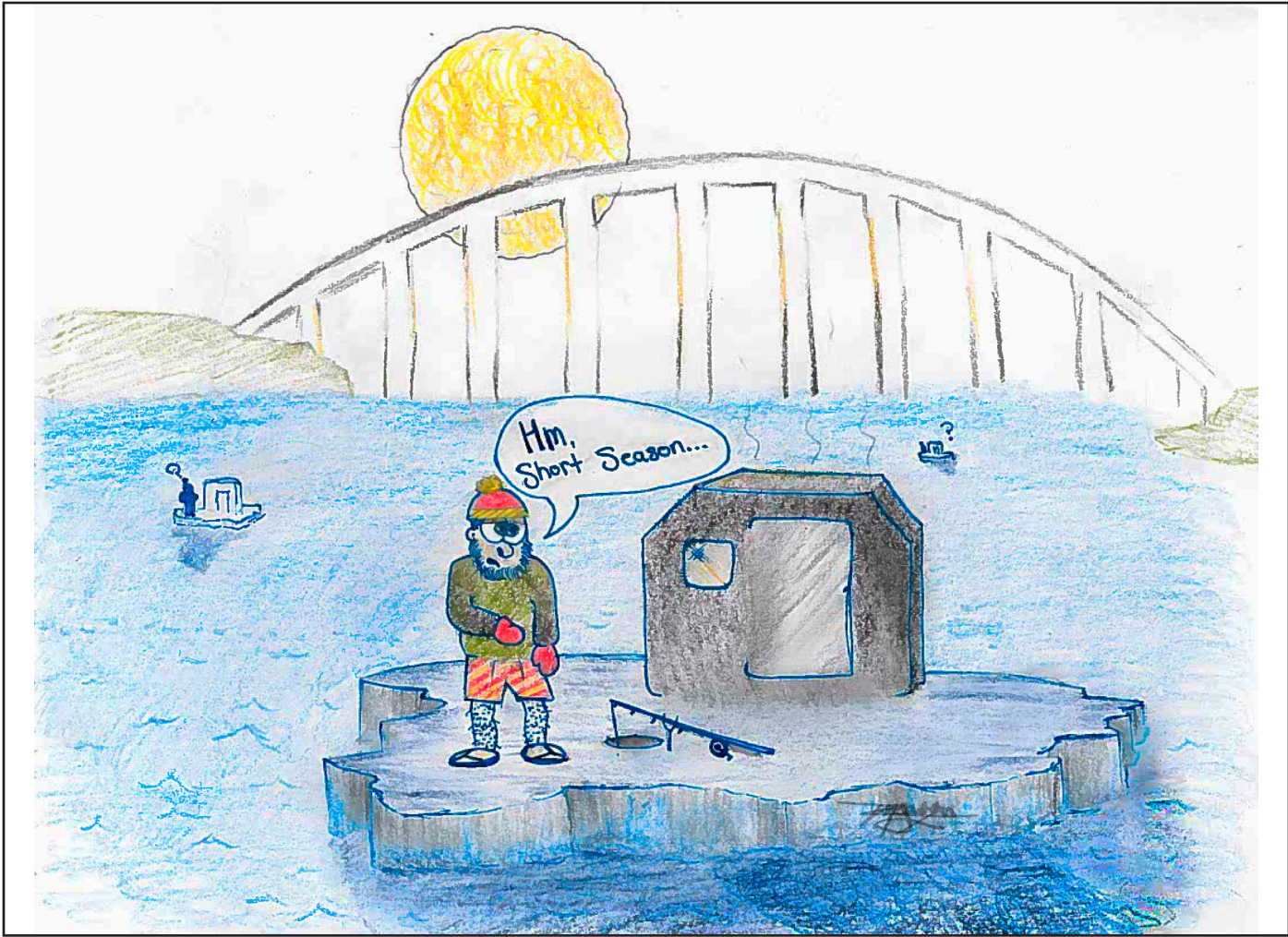
Female canoeing only entered the world championships as a recognized event in 2009.

Since it was added, there has been an increase in participation at that level by more than 300 per cent.

Many funding opportunities were non-existent for female canoeists simply because they weren’t an Olympic sport, compared to their training partners who were. In Canada, they were not eligible to receive funding from the federal government, called carding, which could be worth up to \$18,000 each year.

If the IOC approves the gender equal program put forward, it will allow female canoe athletes to finally be able to dream of Olympic gold, a liberty they wouldn’t allow themselves in the past, and if all goes their way, there will be three new strong female Olympic champions crowned in 2020.

Marissa Tiel



Opinion

Vancouver Island faces dumping dilemma

By Phil McLachlan

Three years ago a proposal was instigated to open a dump just south of Shawnigan Lake, Vancouver Island. The permit would authorize a 50-year transportation contract of 100,000 tons per year of contaminated soil to Lot 21 on 460 Stebbings Road.

This site is roughly six kilometres away from Shawnigan Lake, a main source of drinking water for Shawnigan, B.C. residents. The quarry is also of higher elevation than Sooke Lake, a body of water south-west of Shawnigan, the main source of drinking water for the majority of Victoria. The potential for toxic runoff is a concern of the locals, including the Malahat First Nation, who requested a stay of the contaminated-dump permit.

I remember swimming at the quarry and at the lake during the summer as a child, teenager and young adult. Many memories were formed there. Shawnigan in general is a gorgeous, luscious rainforest area that should not be compromised. Most resi-

dents enjoy the area especially because of the dense forest properties. It’s also not out of the ordinary to have a mountain river or creek run through one’s yard. People come from all over to enjoy the water. Everyone living on the lake embraces the ability to swim freely. Water is of high importance to everyone, since it brings the Shawnigan community together and causes it to thrive.

Many recent protests have brought the issue of the permit to the surface, as dumping contaminated soil near precious bodies of water is clearly a threat to the ecosystem. Recent scientific studies by Green party and Liberal supporters have shown that the runoff from the dumpsite fails drinking water standards at the point of entry with Shawnigan Creek. An over abundance of iron has turned the water orange.

The Mount Polley disaster in 2014, which caused Polley Lake, the once deepest pure water lake in the world to rise 1.5 metres because of “a slurry of toxic water and mud” speaks to the potential damage

of built-up minerals being accidentally released into the environment and the damage it can cause.

Because of statements from South Island Aggregates engineers, the Shawnigan dump owners have stated there is no risk of leakage. They have also stated that 75 metres of bedrock foundation prevents any minerals from seeping out. The Environment Ministry of British Columbia accepted these claims as solid, without conducting their own tests. The government also claimed in 2014 that the Mount Polley leakage was not an environmental disaster, so maybe their priorities are just different than ours.

As Green party MLA Andrew Weaver stated, there are too many uncertainties about this permit as a whole. He proposed the disposal of contaminated soil at one of the other three dumps on the island. The dumps in the Highlands, in Cumberland and near Port McNeill are all owned by a company with a history of success in toxic soil containment. Contaminated soil must be disposed of; it just shouldn’t be here.

The world says goodbye to iconic music legends

January has been a sad month for rock ‘n’ roll fans as we say goodbye to some of music’s biggest names, Glenn Frey from The Eagles and David Bowie. Frey died at 67 on Jan. 18, from a combination of rheumatoid arthritis, acute ulcerative colitis and pneumonia. Bowie died of cancer on Jan. 10 at the age of 69. Whether you are an Eagles or Bowie fan, these artists should both be respected in their genre.

Frey was the lead guitarist of The Eagles as well as a songwriter, producer and actor. He also co-wrote and sang almost all of the band’s biggest hits.

Some of the Eagles famous songs include *Hotel California*, *Desperado*, *Seven Bridges Road* and *New Kid In Town*. After The Eagles broke up in 1980, Frey launched a successful solo career. Frey is survived by wife, Cindy Millican, and three children Deacon, Taylor and Otis.

He was courageous in his illness and tried fighting complications, but eventually he had to surrender. Many fans and artists are paying tributes on social media.

Bowie was a rock ‘n’ roll musician for 51 years with an astounding career. Bowie wasn’t your typical musician. He tested the waters with rock and pop by breaking all of the boundaries and making music that was completely his own. He was a jack-of-all-trades. Bowie was a singer, a songwriter, an actor, multi-instrumentalist, record producer and a painter.

Bowie had a wife named Iman, and two children, Alexandria and Duncan. Many people describe Bowie’s music as a type of artform. It was like nothing you have ever heard before. Some of his most famous songs were *Space Oddity*, *Changes*, *Rebel, Rebel* and *Moonage Daydream*.

He released his final album, *Blackstar*, just two days before he passed. Bowie was working on this album while he was sick, so he could leave his fans with something. Bowie kept his 18-month battle with cancer private from the media. In his death he was a courageous man. Bowie was an eccentric, talented, lively man and he will always be thought of that way. He was cremated, following his wishes, and interred in a place only his wife and children know, to avoid a public shrine. Bruce Springsteen recently paid tributes to both of these artists by doing a cover of *Rebel Rebel* by Bowie and *Take It Easy* by The Eagles.

David Bowie and Glenn Frey will always be remembered as iconic music legends. They left their mark on this world in more ways than one and we will never forget that.

Shawna Petersen

Milk and its products not for everyone

By Robyn Hertz

Milk is very important for some people’s bodies. The calcium that gets absorbed into the body is important for our neurology, muscle, heart and bones.

Calcium does not work on its own. Vitamin D that people can get through nutrition and exposure to sunlight helps in the absorption of calcium.

But what happens when someone becomes intolerant to dairy products and vitamin D is not enough to create a healthy level of calcium intake?

One of the most common allergies is to milk products. People are either allergic to whey or casein, the two proteins found in dairy products. When the body ingests these allergens, the immune system fights them by producing an antibody that releases histamine and causes allergic reactions in body. It is these reactions

that lead a person to have symptoms of allergies.

There are a variety of allergies testing procedures that can help determine levels of allergies. There is the elimination diet, the ALCAT that can show about 80 per cent of allergies, blood tests show antibodies in the body and skin prick test.

What do you do when you have an allergy? The best thing to do is avoid milk products. This takes reading labels and making an effort to purchase dairy free products.

So what happens when you’re out and about and would like a drink such as coffee or tea? Well, this is where the problems are. Many cafes offer milk substitutes such as lactose free and soy milk. But this is not enough. Lactose free milk still contains casein and soy which is known to cause breast and testicular cancer in some people.

People need to become aware of milk sub-

stitutes. There is a need for products such as almond milk and rice milk. Almond milk is made from the almond nut and contains water. It has one gram of protein. It is not considered a complete calcium substitute, so make sure you balance your diet to have the proper nutritional value of calcium.

Another product on the market that is growing in popularity is rice milk. Rice milk has two grams of calcium and 30 per cent of the average daily intake of calcium. It has 25 per cent of needed levels of vitamin D. This makes rice milk a healthy option for people with allergies to milk.

Milk substitutes are slowly becoming more and more popular in cafes. While the most common are lactose free and soy, people’s need for almond milk and rice milk is growing at a pace that a larger group of varieties are becoming more dominant, giving cafe-goers a larger healthy choice of milk substitutes.

The Pioneer

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