

Woman chef finds her place

By Nakita Krucker

Ramone Jimenez swiftly hustles out of his professor's office at the end of a long day, knowing that her tough demeanour is only present to see him thrive in this industry.

This industry being food and the position so sought after is head chef. A position that, although difficult to land, is arguably more attainable for him simply because of his gender.

Chef Karin Desveaux, Loyalist College culinary professor, has had a full life of battling this glass ceiling.

"She's female," Jimenez jokes when asked about the difference between Desveaux and the other culinary professors at Loyalist College.

"She's more patient," he continues on a more serious note. "More like a mother I guess. She's nurturing but at the same time can come down with a strong iron fist."

This role Desveaux exhibits within the college's kitchen is one that has been carefully crafted throughout her career.

"I've morphed into a professional who very rarely yells because I've experienced that if you yell as a female, people discard it as I'm a hormonal bitch and that's not the way I want to be perceived," Desveaux explains.

"I've definitely had to be really conscious about how I've evolved into being a leader and dealing with other people."

Her conscious efforts to maintain a cool professionalism are not going unnoticed.

"What separates her from the other chefs is her integrity," explains second-year student Cody Gillard. "She is more than willing to give you an honest assessment of your work, either cooking or in class. Not saying the others are not, but she is able to give you acknowledgement without coddling and let you know where you've gone wrong without demeaning you."

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Photo by Nakita Krucker

Chef Karin Desveaux teaches her class the ins and outs of sauces at Loyalist College. Desveaux's believes her ability to "stay calm and not raise (her) voice to the students" is one of her most important qualities as a teacher and a chef. Tuesday, March 8 is International Women's Day and the theme is gender parody. Photojournalism students were asked to contribute to the theme by creating a multi-media piece paying homage to women of the Quinte region. For the photos, see page .

Syrian families begin process to make Belleville home

By Hannah Lawson

The family of five is brought to ground level on the escalator in arrivals at the Ottawa airport, holding only their carry-ons, transporting them from a world of fear and violence into one of safety and acceptance. A group of friendly faces are waiting at the bottom to welcome them, holding up two large signs that say 'Welcome to Canada, land of safety', one in Arabic and one in English. The welcoming party has been awaiting this moment for months.

Some travellers who were also on the same flight as the Syrian family saw the signs, and after collecting their luggage, approached the family, the Al Mansours, to welcome them.

Following the Liberal government's commitment to resettle 25,000 Syrian refugees by the end of 2015 — which they pushed back until the end of February after gaining office — the 25,000th refugee

arrived in Montreal this past weekend, on Feb. 27.

Bridge Street United Church and St. Matthew's United Church, as well as various members from other congregations and communities, began the process to sponsor a Syrian family back in December, and were finally able to greet the Al Mansours on Dec. 7 in Ottawa. The mother, father and three boys have been settling in Belleville since Dec. 11.

Many people residing in the Quinte area can be counted among those whose compassion reaches beyond Canadian borders, and the coalition of churches is just one of 25 private sponsorship groups in the area who have decided to support a Syrian family.

In September of this past year, a number of members of the Bridge Street United Church congregation held a meeting and decided to move forward with sponsoring a Syrian family, according to Ian Sutherland, a key member of the sponsorship initiative.

ship initiative.

"The process began incrementally through 2015, as we became more and more aware of the human tragedies that were unfolding across Europe," Sutherland said. "But it took the lifeless picture of Alan Kurdi in September to galvanize a group of us from Bridge Street United Church and St. Matthews to say, 'We have to do something.'"

Initially, the church group began with 18 members between both United churches, but has grown to a total of 68 involved people, from the Bahá'í faith, the mosque, and people from the Belleville community in general.

"So we don't look at ourselves a primarily as a United Church group. We look at ourselves as representative of the community," Sutherland said. "We long-standing Anglo-Canadians have just been exposed, introduced to people that are in our community who, our circles have not interlocked. And we feel larger."

Since arrival, integration into the community, learning English and getting the young boys settled into the rhythms of school has been the main focus of the coalition.

So far, integration has not been a problem as the family is open to meeting members of the community, and there is no lack of volunteers to help out as needed or host the Al Mansour family for dinner or tea.

"Success is not having them come to Canada. Success is having them develop into an independent, employed, optimally educated, literate family who have been able to become Canadian citizens," Sutherland said.

One member of the Belleville Arab community, Jerry Saleh, has been busy helping translate for four Syrian families who have settled in the Quinte area.

"This is the personal gain we get. To know the people, to know how good they are, and their hearts," Saleh said. "I tell

you it's the greatest experience in my life. It's not just looking after somebody else. It's for ourselves to get together and to know how good it is."

Another local group, who are still in the sponsorship group, are not affiliated with any religious group, but are actually a group of friends who came together with similarly aching hearts for the people of Syria. They have named themselves the Belleville Syria Connection, and are considered a Group of Five sponsorship by Canadian Immigration. A Group of Five (G5) is five or more Canadian citizens or permanent residents who have arranged to sponsor a refugee living abroad to come to Canada.

Tom Davis, a professor at Loyalist College of the aboriginal construction renovation program, was one of the connecting pieces among mutual friends who helped initiate the private sponsorship.

...See Syrian family, page 2

Pretty kitties compete for title of top cat

High standards expected for feline competitors at Kingston event

By Phil McLachlan

Cat lovers abroad came together at the Portsmouth Olympic Harbour in Kingston to show off their fanciest feline companions.

Some drove all day to compete in the National Cat Club's first show of the season last Saturday and Sunday. This is the fifth year the cat show has been hosted in Kingston.

Inside the Harbour building, the immediate apparent smell of urine combined with the sound of over 100 restless kitties proved to set an appropriate atmosphere for the occasion.

Elaine Gleason, wife of the cat show organizer, has been a part of this organization for 35 years. She had a great deal of knowledge to offer when it came to the operations behind cat shows.

"With the pedigreed cats, they're judged by a written standard of perfection and it's scored out of a hundred points," said Gleason. "You'll have points for the size and shape of the head, the size of the eyes, where the ears are placed, the colour, the body type, the coat. So you go through the process of evaluating the cat based on what the written standard says they want for that perfect cat."

Household pets also compete in a sepa-

rate class from pedigree cats. They get titles based on health, cleanliness, personality and uniqueness.

Cat owners sat proudly by their cats, who were held in cages until their number was announced for showtime. The majority of these "cages" turned out to be intricately decorated throne rooms, with most cats sleeping contently on perfectly sized pillows. While waiting to be summoned, some cats were subject to long periods of primping and grooming. Coats were brushed, eyelashes were fluffed, whiskers were curled, etc. After all, when being put on display in front of a crowd, one must look their best.

Contestants start by entering their cat by breed, earning points for categories as they go. The best of each breed goes on to the finals, where cats belonging to different breeds compete for points that are tallied towards winning titles.

"Once you (the judge) are done with the breed, then you will decide of all the breeds you've seen, which are your ten best," said CCA judge Diane Moreau.

Moreau has been a judge for the Canadian Cat Association (CCA) since 1983. Asked why she continues to participate, she paused for a moment then said smiling,

"This brings me happiness, being with cats. This is a big part of my life. Even though it's not work, it's a hobby."

"CCA has been Canada's registry since 1960," said Gleason, co-organizer.

...See Cat show, page 6.



Photo by Elliott Gould

Diana Wardrobe prepares Mr. Sandman, a creme-point Himalayan at the Kingston Cat Show last weekend by using a clean mascara wand to fluff up the fine hair by the eyes and around the face. Wardrobe and Mr. Sandman made the trip from Hamilton and have been competing since 2007. For more photos, see page 6.



Photo by Phil McLachlan

House destroyed by fire

Firefighters from the Belleville Fire Department rushed out to a home on Point Anne Road at around 3 p.m. last Thursday after being called about a structure fire. Upon arrival, crews immediately called for back-up from departments across the area. Shortly after, half a dozen engines arrived, ready to provide hydration to the inferno that blazed on relentlessly. The garage on the right side of the home was engulfed in flames and soon collapsed. Upon investigation, it was deemed that this area of the house was the origin of the fire. Authorities are speculating that a power outage shortly before the fire started may have ties with the cause of the disaster. “We do know the area of origin is in the garage,” said fire prevention officer Dave MacMullen. “Area of origin travels to point of origin, and we don’t have that point of origin yet. The point of origin, which would lead to a cause, is still some of the things that we’re looking at and investigating.” The family of the home, a husband, wife and tenant, were residents of the area for just over three years, and were involved in the Point Anne community. The wife was at work during the fire, and while the man was able to get out safely, crews had to rescue the woman who became trapped upstairs by the fire. With the help of a ladder, she was able to escape, just before the fire from the garage spread to the second floor and burst out the roof of the house. The home now lies in rubble. What was once a two-story home is now reduced to half a floor of ash.

Allergies can have huge impact on diet

Food intolerance can vary in severity

By Robyn Hertz

The difference between food allergies and food intolerance is the degree of severity of the reaction in the body. Food allergies to the proteins in foods affect the immune system. They can target reactions on the skin, in the respiratory system, the gut and the heart. In some cases, the reactions can be fatal. Due to globalization, there are more foods grown and processed for packaging reaching our stores every day. With people eating a greater variety of foods, food allergies are more prevalent and people are suffering with symptoms. Kate Pollon-MacLeod developed

eczema after being pregnant. She was uncertain but wondered if it was due to dairy products. Pollon-MacLeod tried the elimination diet process. She had some changes in the condition of her eczema. Then she decided that she would get blood tests to determine if she was allergic to dairy. The test proved that she was severely allergic. In addition, the results showed other food allergies. “Knowledge is power,” says Pollon-MacLeod about the allergy testing. “Confirming that dairy was a high food sensitivity allowed me to confidently cut out dairy and other foods my body doesn’t agree with and my eczema improved.” Food intolerances involve reactions in the body that do not include the immune system. A common intolerance is lactose, in which the body cannot properly digest the sugars from dairy. There are products on the market such as

‘Food allergies can be serious but they are also fully manageable. The key is a proper diagnosis.’

Dietitian Elizabeth Finlan

lactose pills and lactose-free milks for people with this intolerance. Dietitian Elizabeth Finlan from the Hastings Prince Edward Counties Public Health, says it is important to be diagnosed. “First of all, if you suspect an allergy then getting a proper diagnosis is a great first step. Seeing a doctor and meeting with an allergist will bring you closer to understanding how your body is reacting to foods of concern,” said Finlan.

“Food allergies can be serious but they are also fully manageable. The key is a proper diagnosis,” Finlan added. “If you or someone you know suspects a food allergy, always have it confirmed by an allergist.” An allergist can provide advice on what procedures to take to determine food products that are creating negative reactions in the body. A free and natural way to determine food intolerances is the elimination diet. This involves not eating certain foods for three to four weeks and then slowly reintroducing one suspected, food intolerance at a time. There is the need to keep records of all negative and positive symptoms. If a food does not cause negative reactions then, the intolerance is not there. The Food Intolerance Test Report 200+ is a blood test that measures for protein produced by food in the body. The test can analyze 222 different

foods, including fruits and vegetables, seafood, meat, grains, dairy, eggs, nuts and soy. Some main ailments that food allergies can cause are irritable bowel syndrome, anxiety, bloating, headaches/migraines, fatigue, asthma, joint pain, arthritis, weight problems, fibromyalgia and itchy skin. It is important to seek the help of a dietitian because, when excluding foods on the elimination diet or after a food allergy blood test, there can be the risk of malnutrition. It is important to replace eliminated foods with other sources of nutrients from a different food. A dietitian can make sure that a patient is receiving all the necessary nutrients while on the elimination diet or when adjusting food intake after a blood test. A patient can also refer to a nutrition chart, in order to identify foods with the necessary nutrients needed for their body.

Families come together to help others

Syrian family...

Continued from Page 1

“Back in September when Alan Kurdi washed up on the shore, I saw it and I said ‘I have got to do something.’ I said, ‘This is wrong, and I’ve got to do something.’ So I started the process. I started fanning out and trying to find people that were interested and it’s called Group of Five, where five families come together and we sponsor,” Davis said. Davis had tried in August to initiate sponsoring a family, but at the time the Conservative government was still in office, and the process was quite difficult. “They made roadblocks upon roadblocks. Basically what the immigration people in Winnipeg told me was wait. Wait until October, there could be a new government, and things are going to change. So we waited,” Davis said. Steve Leone-Ganado had been following the Syrian crisis since it began in 2013, and was impacted in a similar way as Davis. Leone-Ganado worked with a friend of Davis’s, and the connection was made, the process started. According to Davis, it sort of fanned out from there. The friends decided that a family of three would be perfect for what they could handle supporting. “We picked Family 033, and it was nice to see the transition of Family 033 into people whose names we know, and we have pictures of them and we’ve spoken with them,” Leone-Ganado said.

This past Saturday evening the group held a fundraiser event at the Belleville Club—their only official fundraiser — which involved food, drink, dancing, and door prizes. Leone-Ganado was pleased to report that \$5,500 was raised for the Hacı family, and even the day after, money and clothing donations continued to be received. Kate Brown, who will be involved in English lessons for the Syrian parents and education for their three-year-old daughter, shared that the power in this initiative is that it’s more than just money. “For me, this is more than sending money to help someone. We are actually responsible for helping this family integrate into our community. That’s more real than sending a cheque somewhere,” Brown said, her voice heavy with emotion. The Belleville Syria Connection can make no prediction about when the Hacı’s will arrive. Although their medical reports and all of the paperwork have been submitted, they have no way of knowing when the three Syrians who will soon become an integral part of their life will arrive. “We could get a phone call tonight saying, ‘The plane is going to land in three days. Come pick them up.’ I’m hoping not because I’m still doing work on the apartment,” Davis laughed. In addition to teaching at Loyalist, he also runs a high school dual credit program for construction techniques, and is trying to get his high school students involved in renovating the Hacı family’s apartment as part of their volunteer hours.



Photo by Hannah Lawson

Steve Leone-Ganado (centre) was one of the key organizers among a group of friends in the Belleville area who are sponsoring a Syrian family to come here. The group of now people is waiting to receive word that their family of three is en route. The fundraiser at the Belleville Club last Saturday raised \$5,500.



Photo by Shawna Petersen

Callie Jackson participated in Colour Me Loyalist on Wednesday at the college. Colour Me Loyalist was a five-kilometre run that included a six-station obstacle course. The event was hosted by Loyalist's public relations students.

Students take part in fun afternoon

By Shawna Petersen

The Loyalist public relations program hosted a five-kilometre run that included a six-station obstacle course on Wednesday afternoon during the college's universal break.

This event was definitely for the strong-willed. The participants had to crawl through paint, have paint blasted at them, and pop balloons filled with... you guessed it... paint!

The event was the college's idea, and they were able to get public relations students to facilitate it.

The admission was one non-perishable food donation which goes to the Gleaners Food Bank in Belleville. You could either choose to run alone or in a group, and prizes were given to top runners.

"I feel like it's a good cause to get lots of food for the food bank, and I like running," said Brit-tany Curtis, a student in protection, security, and investigation.

"We had individual prizes and we had group prizes. The individual prizes were gift cards to Wal-Mart, Tim Hortons, Petro and Shell gas stations for the top runners," said Brandon Black, one of the students who organized the event. "The group prizes were for Boston Pizza at various amounts, for the fastest groups."

"Myself and my teammate Lauren — we co-led our group of four — we organized every single aspect of it right down from the budget, to actually setting up all of the events," said Black.

In Black's event management class, students

were given an assignment to plan and run an event from start to finish. The purpose was to teach them the event side of public relations.

One hiccup the team came across was involving the use of powder paint, which is normally used in a colour run. Because of legal and safety reasons, this type of paint was not an option.

"We used a form of washable paint, and we had a set of specific obstacles that allowed people to get coloured by the paint."

The run was set up outside of the college, marked with balloons, with specific stations placed strategically.

The first obstacle was the paint blaster where volunteers shot paint at the runners below the neck. For the second obstacle, runners had to

crawl under pool noodles through paint. Runners then had to attach paper streamers to their body, followed by popping balloons filled with paint against their body to move on to the fifth station, which was a colourful hula-hoop ring toss. And for the final obstacle, runners stuck their hand in paint, placing a handprint on a banner and signing their name.

Rebecca Connolly, a student in environmental technology, explained why she chose to run in this event. "It just looked like a fun way to do something during the hour."

"Our goal essentially, was participation," explained Black. "We really wanted to get people out, which due to our weather restraints, I think we did a pretty good job of meeting that."

Students will benefit from new tuition rates

By Nino Liu

Average college or university tuition will be "free for students from families with incomes under \$50,000," Ontario's Finance Minister Charles Sousa announced in the province's budget last Thursday.

The government says college education in Ontario will be strengthened for students from various economic backgrounds, through the new Ontario Student Grant, or OSG.

First, the budget measures will result in free average tuition for every student with a family income of \$50,000 or less, starting in 2017-18.

Second, students from families with incomes under \$83,000 will receive non-repayable grants that will exceed average college or university tuition.

Finally, all students will receive more grants under the new system. The maximum debt level for higher-income families will be capped at \$10,000 annually.

By increasing the amount of grants going straight to students, it will be beneficial to offer this opportunity to students coming from families with lower family income. It can be a struggle annually for all students and their families to find the income to go to school.

Loyalist Student President Heather Williams is one of those students who finds it a challenge.

"As I am a student from a lower family income, I find it can be a struggle to pay

for tuition, housing accommodations and food, so eliminating the cost of tuition for a student with low family income can then help them focus on earning money for other parts of their education."

When it comes to our community, some people are looking forward to getting a higher numbers of students from different backgrounds who will participate in life at Loyalist. It may also be a good opportunity for those programs that are running the risk of being cancelled, by

potentially increasing their enrolments.

"Overall, I feel as though this will be a good change for Loyalist accepting these students and supporting them through their education," Williams says.

Another budget highlight was an investment of \$20 million over three years for college-based applied research projects. This funding will allow colleges and businesses to work together on real-world research that helps businesses create new jobs.

Dogs share the love and offer companionship

Therapy dog program provides comfort and lowers stress for students and elderly

By Marissa Tiel

When Santo enters a room, all eyes are on him. He immediately becomes the most important presence.

The nine-year-old golden retriever retriever is a therapy dog with St. John Ambulance and on this mild Monday morning, he is making the rounds of Westgate Lodge, a long-term care facility.

Santo is accompanied by his handler, Danette Smith. Together they navigate the hallways at Westgate, first stopping by a friendly game of Scrabble for a visit before continuing on to residents' rooms.

They are greeted with enthusiasm by staff and residents alike. One woman even has T-R-E-A-T-S for Santo – Smith must spell it out, as his ears perk up otherwise. As they near the room, he is already steering her in that direction, bits of saliva peeking out of his chops. Santo is greeted with open arms by the resident.

Smith and Santo don't spend too long with any one senior; they have to make their way around the entire home. Many of the residents are happy when Santo comes to visit. Some have pictures of their own dogs or animals collaged in their room. Spending a moment with Santo spurs some memories of their own pets.

"Dogs make great therapy animals as most people have grown up with dogs during their life time and are very happy to see one when we visit," said Joyce Fowler, Quinte St. John Ambulance therapy dog program co-ordinator. "Even if a resident is having a very bad day and won't talk or respond to care givers they will respond with a smile when we bring a dog in."

Therapy dogs don't just visit the long-term care facilities. They also attend schools such as Loyalist College during high-stress times for the students.

"The tactile sensation one gets from petting a well-groomed dog is very calming and has been shown to lower blood pressure and ease stress or tension," said Fowler.



Photo by Marissa Tiel

Leo Simpson visits with Santo, a therapy dog. Danette Smith and her dog Santo, a nine-and-a-half-year-old golden retriever, visit residents at Westgate Lodge in Belleville. Santo is a therapy dog in the St. John Ambulance therapy dog program. Smith and Santo have been visiting Westgate since November 2015.

Any breed can become a therapy dog and they can be any size. But the dogs must have a calm demeanour, like people and get along with other dogs.

"That is not to say that they can't get excited but if they are easily calmed down by the handler, that is good," said Fowler.

It's a bit like finding the "Goldilocks dog" -- not too shy, not too protective.

It's not just the dogs that they look at, either. The handler must show that they

have control over their dogs in all situations.

"Not all dogs can be therapy dogs and not all people make good handlers," Fowler said.

Smith always knew that she wanted her dog to be part of the therapy program.

On a beautiful sunny Sunday morning walk along the Waterfront Trail – Santo's stomping grounds, she recalls how she and Santo got their start as a

therapy pair.

Smith grew up in a Maritimes household where it was the norm to visit family members in the nursing home. She also has a background in nursing and when she saw a friend's post on Facebook about therapy dog tryouts, she knew that she and Santo had to go.

It was a new situation for her and Santo and by the end of evaluation only a handful of dogs had passed and Santo was one of them.

They started their first outings as a St. John Ambulance therapy dog pair last fall. Smith said that Santo gets excited when he sees the bandana come out, knowing that he gets to go to work.

But mostly life goes on for Santo. He gets his daily morning walk, where he can sniff all around the shrubs and trees lining the pathway, and go home for naps before going to work.

Smith said he really enjoys it. "He's a people-person dog."



Photo by Hannah Lawson

Artists Anne Ireland and Rhonda Nolan speak with a guest at their art opening, *Combining Forces*, at the John M. Parrot Art Gallery last Saturday. Nolan’s exhibit features large, abstract expressionistic canvases inspired by nature, while Ireland’s exhibit became an unplanned retrospective, after being diagnosed with colon cancer in December.

Women Combining Forces for show

By Hannah Lawson

Combining Forces, an art exhibit featuring the work of local artists Rhonda Nolan and Anne Ireland, showcased art with a textural twist this past Saturday afternoon in the John M. Parrot Art Gallery.

An eclectic crowd of friends, family and art fanatics packed into the third-floor gallery of the Belleville Public Library to view and support the work of the two artists and hear each woman speak about her work.

Nolan is an abstract expressionistic painter with experience in papermak-

ing and illustration who has a design degree from Ryerson University. Her exhibit at the library is called *Energy Field* and has found inspiration in the expansive landscape near her home in Bloomfield.

Nolan says that even though she has been visually and physically exploring the same field for nearly a year and a half, since her move to Prince Edward County from Toronto, the glory of it still doesn’t seem to grow old.

“I don’t seem to tire of it, even just to gaze out at it from this courtyard between the house to the studio,” Nolan said. “I look at that field and I just

stand there and breathe, and it’s just this amazing expanse.”

So that was something that I knew was really influential in my art and I decided, when I was given this opportunity to paint a series for an exhibition in Belleville, that I would paint the field.”

For Nolan, creating art is more than a flick of the wrist and a formulated plan in her mind.

“I’m a pretty fast painter and I like that. It’s a big, muscular movement. It’s not using the wrists so much as using the arm. It’s a strong movement, and that why with my supports I like a hard surface, so I can really express myself that way.”

Ireland unfortunately was not able to create any new artwork for her current exhibit, although she initially planned to. After the curator of the Parrot Gallery, Susan Holland, asked Ireland if she would exhibit her work in the space of the gallery, Ireland had planned to make a series inspired by some of her favourite Spanish literature.

It was only on Dec. 19 when a colonoscopy showed Ireland had colon cancer, which had already reached stage four. Although many might abandon any aspiration of a new art show, Ireland went ahead with it, but decided to instead showcase her work over the past

25 years as a retrospective.

“I really wanted to do it,” Ireland said. “I mean, I didn’t want to stop my life because I have cancer. I thought, ‘Okay, I can still paint, and plan things, yeah I’m really tired sometimes but I can still go ahead. I really wanted to do it and I didn’t want to disappoint Susan who had given me this gallery. So I said, ‘I’m going to do it’ and it was sheer determination.”

Both women’s artwork can be viewed at the library in galleries one and two on the third floor of the Belleville library until March 30.

For a video look at this story, go to: <https://vimeo.com/157502901>

Doodlers share their craft with others

By Marissa Tiel

The room is quiet except for the gentle scratch of pencil to paper. In a sun-drenched third-floor room at the John M. Parrott Gallery, a group of artists is hard at work on their newest creation: doodles, and lots of them.

It’s a cold February Thursday and Belleville’s doodle group is well underway with their monthly meeting. The ladies sit around tables, their supplies laid out in front of them. Pencil crayons, pens,

paints, markers, rulers. The size of the group fluctuates for the free gatherings, and today there’s about six.

Local artists Rachel Comeau and Lori St. Clair started the doodle group a little over a year ago.

“We doodle all the time,” says Comeau. “We always really enjoy getting together to do it and we wanted to share that with some more people.”

Usually participants will come with their own ideas of what to work on. When St. Clair is leading the group, she tends to

offer a lesson, while Comeau prefers to do projects.

Today, they are doodling on strips of paper that will become triskeles, three dimensional spheres made of interlocking paper loops.

“A lot of people don’t do three dimensional. It takes a different part of your brain to understand how things go together,” says Comeau. “It gives you a different sense of pride.”

Most other weeks, they will work on zentangles. The tangles are prescribed

doodle patterns, usually done on 3.5-inch square papers in black ink. No matter what orientation you turn the page, the image will still make sense. The designs don’t normally take more than 15 or 20 minutes to complete.

“It doesn’t take a lot of time,” says Comeau. “We live in a very fast-paced society and if you can sit down for 10-15 minutes and create something, and just detach and unplug from reality for a few minutes, people really seem to really enjoy that part.”

It’s also approachable for newcomers. Regulars of the group are happy to help first timers work on their tangling skills.

“People find they look at it and they go, ‘That’s too hard. I’ll never do that,’” says doodler Pat Kammer. “Anybody can do it.”

And not only can you put the doodles on paper, but some in the doodle group have also put them on T-shirts, shoes, canvas bags, rocks, and windows.

Their next meeting will be on March 17. For a video look at this story, go to: <https://vimeo.com/157500680>

DocFest kicks off with Artists Below the Line

Ten local artists had their work on display to help kick off festival

By Nino Liu

Ten local artists displayed their artwork at Monday night’s Artists Below the Line Art Show, kicking off Belleville’s downtown film festival, DocFest.

The show was entitled *Something I Can’t Describe* and was the fifth annual art show presented by the group.

This year’s theme celebrates the late, local poet, Al Purdy, who inspired this particular collection of artwork, and it coincides with the screening of *Al Purdy Was Here*, a documentary at DocFest.

Artists Below the Line demonstrates how these artists are struggling with the cruel reality of trying to get paid for their passion.

Getting a membership to a gallery or paying for the hanging fee at galleries may seem ordinary for some artists, but it can be a struggle for artists who are just starting out. Either they don’t have a decent number of pieces to show or limited funds to support this line of work. There are also artists who are struggling in both areas.

“Sometimes you don’t even have the money to pay for framing,” said Peter Paylor, one of the original five artists.



Photo by Nino Liu

Stanley Jones taking a picture of an oil painting image at the Artists Below The Line, a kick-off event for DocFest.

“We turned the model upside down. Instead of paying to be in the show, we would actually help to subsidize artists and give them back all of the money if they had sold their pieces.”

This show first began five years ago, with an attendance of 250 people for the first night. These artists had the same goal for the first night this year.

“We decided to make a group called Below The Line. The line means the poverty line,” said Kenny Leighton, another artist of the original five. “By going to the gallery, by reading the Quinte Arts Council newspaper and by showing up, you can support local art and artists.”

Artists Below The Line and DocFest started in the same year, within the same building.

At the first opening gala, there would have only been a dark, empty room without this group of artists.

“Since then, DocFest actually supports us by renting the whole building, so we have access to the gallery,” Paylor said. “And it has become a great partnership.”

Plenty of people got involved with the event this year, considering it as a good opportunity to find out about local art and artists.

“You get more contact with the artists here than most other places,” said Stanley Jones, a spectator at the event. “Anybody can come in off the street and run into the actual artist and they might explain something about the art to them.”



Dharma’s Chatter, an odd-eyed, devon rex, awaits his turn to compete in his lavishly decorated cage at the Kingston Cat show last weekend.

Photo by Elliott Gould

A purr..fect day



Above) Mr. Sandman examines himself while at the 2016 National Cat Club show.

Photo by Vivian Tabar

Below) Diana Wardrope prepares the creme-point Himalyan and offers him some treats.

Photo by Elliott Gould



Roger Boisselle, one of the judges at the 2016 National Cat Club show in Kingston, examines a cat during judging. Cats are judged according to breed and age.

Photo by Vivian Tabar

Cat show...

Continued from Page 1

The CCA supports the local humane societies and various rescue groups. In this case, many had stations set up around the perimeter of the showroom, sharing information about various rescue programs in place around Kingston.

“Its purpose is to educate the public on the different kinds of pedigreed breeds of cats as well as proper cat care. We try to promote that cats should be neutered and spayed if they’re not going to be in a breeding program. We try not to contribute to the problem.”

Asked about her preference over cats from dogs, Gleason said,

“Cats, I think are easier responsibility. Dogs, you have to take them out for walks, even if the weather’s bad. They require a lot more attention and exercise. While (with cats) you have breeds that are very energetic, the personalities of the owners tend to go along with that particular breed.”

Cats have been known to be a more popular decision for the busy person, as well as the aging population. More and more apartments and condos are allowing cats as household pets.

“It’s a small animal, its not generally noisy and it’s easy to take care of,” Gleason added.

“There’s cat people and there’s dog people; sometimes they cross over.”

Special day honours women



From left are mother Janet Martin, 40, grandmother Georgina Kirton, 58 and the youngest in the family, Madeline Martin. During the interview, Madeline says: “The idea of parity means women can do just as much as men and just as good as men. No one should be above anyone else. There’s no greater gender.” Her mom and grandma looked at her proudly, smiled and say, “That was very good.”

Photo by Litong Chi

For a video look at what these women have to say, go to:

<https://vimeo.com/157502233>



Darci McCulloch, 27, is a stay-at-home mom who takes care of her son Jacob Thomas, 2. “International Women’s Day’s pledge for parity is important to me because I believe everyone should be held to an equal standard and get equal opportunity. As a mom, it’s very important for me to teach my son the value of International Women’s Day and to appreciate the fact that he was born a boy and things in life will come a little more easily to him, but that’s not the way it should be,” said McCulloch.

Photo by Lindsay Leveque



(Above) Stacy Halliday stands behind one of the ambulances at the Hastings and Quinte Emergency Services depot in Belleville. As International Women’s Day approaches, Halliday, a paramedic, believes that respect is something that is extremely important when discussing equality or workplace parity in the emergency services profession.

Photo by Nick Tardif

(Right) Karin Desveaux is a chef, teacher and program co-ordinator at Loyalist College. She has been teaching here for six years. “I love teaching. It is by far more rewarding than I ever imagined. It is the best part of my career so far,” she said.

Photo by Emily LaFleur



Chef...

Continued from Page 1

Desveaux was professionally trained at George Brown College only after she fell in love with cooking during her university years of studying English literature and living in Toronto’s vibrant Chinatown.

At the time, only two other women were in Desveaux’s class. Already the woman-to-man ratio was flawed and when it came to finding jobs in the city, the small posse of women were often relegated to the ‘pink ghetto’ of the kitchen, or more widely known as the pastry kitchen.

Pastry chef was one of Desveaux’s first jobs, not because it was her passion, but because she had “delicate hands” and was the “suitable” gender. “I didn’t even like sweets, but I happened to be good at it.”

Desveaux’s true passion was to be on the line, cooking with fire and feeling the heat. However, that line of work tended to be a male-dominated field. The prominent position of head chef was going to be no easy feat.

So she began her climb with the intent of making a clean slice through that glass ceiling. Her first step was working in fine dining restaurants in Toronto, as well as dipping her toes in the high-end catering scene. As she acquired further training and secrets of the culinary world, she turned to freelancing as a private chef until one very wealthy family took interest in her skills and hired her on full-time.

Catering and private chef work also allowed for a more flexible workday. Desveaux entered into motherhood around this time, unfortunately a major aspect pushing women away from the head-chef position and the long hours that it entails.

“To be present in your child’s life is really challenging,” Desveaux reflects with a hint of regret. “I missed out on a lot of my daughter’s childhood for sure.”

In 2004, Desveaux moved out to Prince Edward County, breaking ground on two restaurants, the Milford Bistro and Harvest, with her ex-husband. The move to the County allowed them to be closer to the farmers who were their food suppliers. Working with the freshest, locally sourced ingredients were valued highly by the chef duo.

Every detailed mattered. “We butchered whole animals...it was a lot of work.”

Having her father move in when the two businesses opened proved to be a big help and allowed Desveaux to put in longer days at the restaurants.

“She grew up in the restaurant with us but she grew up at our feet. We were both cooking,” Desveaux conveys how difficult it is to raise children and be in the chef world but is clear that it is not an either-or situation. Although it does have a strong pull which “filters us into specific streams and, personally, I wouldn’t be able to do this position as effectively as I am if I had those daily parenting responsibilities.”

Running the two restaurants with a male counterpart, and for the most part working in kitchens dominated by males, Desveaux notices the everyday sexism apparent in the industry.

“I have experienced a lot where if there are two chefs in equal positions, people default to the male automatically.”

When reading past articles on their two restaurants in the County, her ex was the focus on every article, with quick mentions of “his wife Karin.” Even though Desveaux played an integral role, her partner was the one continually highlighted.

She carefully talks about the kitchen being an environment of unrelenting sexual banter and interaction, making sure to point out that she has been fortunate to work with accepting men who “very firmly divide the power.”

Being consciously aware of this kitchen culture and knowing when to draw the line is necessary. “If you pretend it doesn’t exist, you won’t survive.”

When entering Desveaux’s classroom on a Tuesday morning, she emits a sense of self-assurance and calmness that years of working in the industry have instilled within her. She refers to her training in Brazilian jiu-jitsu that has allowed her to push her own boundaries and further her self-confidence.

“That’s not to say I don’t have a sharp tongue at times or if pushed I won’t react, it’s not that I never yell. It’s that I prefer not to and I find it to be more effective to just be super quiet, super direct.

With a class of approximately 60 per cent female students, she makes sure to promote self-acceptance. Talking about not “playing the chick card” —the helpless female —but instead to be the person that you want to be treated as. Her lessons point out how women are already becoming more recognized within the top positions of the food industry although a thick skin is still required.

She is conscious about the genderization of language. She’ll interchange she and he throughout her lessons and the students “often giggle until they realize that it’s a very conscious substitution of words,” she points out.

The male/female culinary divide is still very much alive. Understanding what is appropriate and what is not is crucial. Desveaux has hope for the growing number of female culinary students even with the blatant flaws within the food industry.

“You have to have a certain kind of personality to push forward and have a lot of self-acceptance and self-assurance because you get judged under a brighter lamp than other people, then men, and it just is.”

Floorball captain looks forward to event

By Phil McLachlan

Women's U19 floorball world championships are held every year in May. This year, they are being held in Belleville, hometown of team captain Hannah Wilson. This will mark the first time an IFF championship will be held in North America.

"It's very exciting," Wilson said in anticipation of this remarkable tournament. "It's going to be a cool experience to represent my country in my hometown. I'm hoping that everybody's going to be there watching. It's going to be great for the sport of floorball as well because it's definitely a new sport to Canada. I think that a lot of hockey players and other people that play sports will really catch on to it."

Wilson started playing floorball in her Grade 9 year at Quinte Secondary School. Todd Crawford, a coach at the school, encouraged her to pursue the sport, and with much perseverance and dedication, this eventually led to her being scouted for Team Canada.

This won't be the first time Wilson has competed in this sport at a national level. In 2014, Wilson played as the youngest player on the women's Canadian team.

"We went to Poland for the world championships. We played Ukraine, Norway, Austria and Germany. It was very exciting."

Team Canada came in second place in the B-Division, which is the best any Canadian team has ever placed.

"It was an amazing opportunity to be able to represent your country," Wilson said proudly.

Wilson recounted a very surreal feeling when the national anthem was sung during their first game. It was at this point that she realized, "Wow, this is real!"

Team Canada Coach Todd Crawford only had good things to say about Wilson.

"Knowing what we know about her, we made her captain a long time ago. We basically built our team around her.

"We build off of her successes," Crawford added. "She's a very dynamic, and very physical player. We really like that. We converted her from a forward to a defence for these worlds."

Wilson prefers to play the defensive position, rather than the offensive.

"I find that with defence, you have a home base. You can protect your goalie but still have that offensive side. I like to rush the ball a lot."

Crawford added, "We're going to take her ability to be very physical and make it really tough for our opposition to get into the scoring zones."

"That's our progress; she started out as a basic hockey player, kind of got the game. From there, we made her a forward. She did really well at the worlds; she led our team in goals as a 16 year old. She got four or five goals at the worlds. From there, she actually made the senior women's national team as a 17 year old."

Floorball is indoor hockey, combined with the stoppage and flow of play that comes with soccer, with the court aspect that comes with basketball.

Crawford likes the fact that floorball, com-

pared to hockey, is very inexpensive.

"I see it as a potential growth sport down the road," said Crawford. "That's one of the reasons we brought it here, to show people that it is a legitimate sport. It's not floor hockey, and it's not ball hockey... With floorball, you can play it anywhere you want. You can play it on the beach, in a school yard, or in a gymnasium."

In terms of equipment, floorball is very easy to play. "You need a stick, that's it," mentioned Crawford.

"A lot of hockey players have adapted it for an off-ice training system," said Wilson.

Comparing the popularity of ice hockey versus floorball, Wilson said, "Eastern European countries, such as Sweden, have about four floor ball players to every one hockey player. It's a crazy fact. It's so easy for them; they just grab their stick, hop on the train and go to practice. There's a lot less equipment, making it a much less expensive sport.

"It's a really strategic game that's fast and intense. I enjoy it."

Floorball is a sport originated in Europe. Six players from each team are on the court at a time. Three periods of 20 minutes are played. The courts are much smaller than an ice rink, and the goals are 20 centimetres narrower than a hockey net. The rules are similar to hockey as well, although cross-checking is prohibited.

Asked about the worlds coming to Belleville, Crawford said, "We had a five year plan when we first started this, that if the opportunity arose, we would bring the worlds to Canada. This was a long term goal, and we didn't really think it would happen."

Canada competed with the Swiss federation in a bid to host the championships. Eventually Canada beat out the Swiss, winning the privilege of hosting the games.

"When we put our bid in, they liked it," said Crawford. "They were really excited about getting the game off the European continent. For the IFF to get recognised into the Olympics, they have to spread their stuff around."

Asked about competition in the upcoming World Series, Wilson had a few to name.

"A big country that we sort of have a large rivalry with is Germany. In 2014, when we played them we beat them 5-4 with one-minute left. It was sort of an uprising; nobody thought we would win that game. Everybody was cheering for Germany but we beat the odds. We actually play them again in one of our round robin games on Friday, May 6."

Hungry is another country that stuck out in Wilson's mind as a main competitor.

"They're dropping down from the A-Division," said Wilson "so they'll be looking to regain their spot. The U.S. is also in the tournament, so that could be exciting if we get to play them"

"There's a lot of talented teams and it's going to be very competitive."

Wilson hopes that after she graduates from the U19 program, she will continue to play with the Women's national team. She hopes that the future will not sway her from doing what she loves.

"I hope to play floorball as long as I can, and help other people grow with the sport."



Photo by Phil McLachlan

Hannah Wilson, team captain of the U19 Team Canada floorball team stands confidently in anticipation of the 2016 Women's World Floorball Championships coming to her hometown in May.

Four local speed-skating competitors compete with Special Olympics team

By Hannah Lawson

On Monday, a tour bus made its way across Ontario, picking up athletes for Ontario's speed skating Special Olympics team from various cities and towns. The team flew out of Ottawa to reach their final destination — the 2016 Special Olympics Winter Games in Corner Brook, Newfoundland.

Out of a total of 14 speed skaters from Ontario, four are local Belleville competitors. For these athletes a chance at qualifying for the Worlds in Austria next year is at stake. Kai Freeland, a 26-year-old man with Down syndrome, is one of the four competing in Corner Brook this week.

Freeland was not initially chosen to be among those to compete at this year's nationals, but in December he received the good news that due to another athlete being withdrawn, he would be able to compete. This will not be Freeland's first time at nationals. In 2012 he championed three gold medals and one silver at the Special Olympic Winter Games in St. Albert, Alberta.

It is the belief of Freeland's father, Robert Freeland, that the reason for so many athletes originating from Belleville is a direct result of good coaching.

"There are only 14 from Ontario, and four are coming from here. It begs the questions of how is it possible with the redistribution that such a large percentage of the team is going to be made up from a local group," said Robert. "I think the answer for that is the job that Laura is doing with the speed skaters. Their times are competitive, almost with regular speed skaters."

Although Freeland had not been initially picked to compete, he trained with his team as if he was, just in case something like what has happened would occur.

"Kai qualified as an alternate at the provincials held in North Bay last February, so as an alternate he wasn't initially named to the team," Quinte Blades coach Laura Woodall said. "What we did is that we planned that the opportunity may arise, so he approached his preparation as if he was going. The announcement came in December and he has been participating in the preparations of games as well as the other qualified athletes for the games."

Freeland has been speed skating since he was eight years old, after his parents withdrew him from hockey so that he could participate in a more individualized sport. They were worried with older age groups in hockey that teammates would start blaming Freeland for losses.

Early in his speed skating career, as well as in other sports he participated in, Freeland would throw competitions in order to make it fun for those he was racing. "The first time he went to provincial games was for track and field. We had to light a fire under him because he would blow out of the blocks and then about 40 or 50 meters down the track realize that he was an arms length ahead of everyone else," laughs Freeland's father. "Then he would slow down in order to allow them to catch up."

Freeland understands now that he cannot slow down for others during competitions.

"He is a very fierce competitor in a race situation. If you think about what it means to go for it, Kai definitely goes for it during his races," coach



Photo by Hannah Lawson

Kai Freeland practises for the 2016 Special Olympics at the Quinte Sports and Wellness Centre, which he will fly to Newfoundland.

Woodall said.

Freeland will be competing in a combination of events in Corner Brook, including the 333m, 500m, 777m, and 1000m events.

Asked what Freeland will do once he gets to Newfoundland, he responded, "I'm going to bring back the gold."

Opening ceremonies are on Tuesday evening, and the games begin on Wednesday. Sports included in the games are alpine skiing, cross country skiing, curling, speed skating, figure skating, floor hockey and snowshoeing. In order to access a live stream of the events in Corner Brook, visit cornerbrook2016.com

Dukes win home-ice advantage

By Marissa Tiel

The Wellington Dukes are heading into playoffs with home ice advantage after their win against the Whitby Fury on Friday.

In front of a home crowd of 546 at Essroc Arena, the Dukes dominated their final game of the regular season 5-2.

Less than two minutes in, the Dukes Brodie Maracle scored a goal coach Marty Abrams credits to his team's preparation.

"We've been working on making sure that we start on time and that when the puck drops, we're ready to go," he said. "So far, so good."

Whitby answered halfway through the first period, but their momentum was short-lived as 10 seconds later Dukes' Matt Adams scored his first of the night with an assist from Nicolas Mucci.

The second period belonged to the Dukes. They scored three more goals to increase their lead going into the third.

An interference call in the middle of the third period charged to Dukes' Maracle sparked Whitby's second goal. During the power play, there was a scrum in front of the net and the Fury's Luke Keenan found a hole.

"My line-mates made some room for me and the puck bounced out to me and it was there for me to put in," Keenan said. "We did some good things and we did some bad things. Both teams had a fair amount of chances. Unfortunately, they capitalized and we didn't."

The Fury outshot the hometown Dukes 41-39, but couldn't beat Dukes goalie Olivier Lafreniere on his incredible night.

Fury head coach Scott McCrory, said the result wasn't what they were expecting.

"We didn't follow our system. We got some good scoring chances, but their goalie had a hell of a game, made some huge saves," he said. "We tried to do things on our own and it cost us."

In his second season for the Dukes, Lafreniere, first star of the game, said he has gained a lot of confidence on the ice.

"I get excited when the guys come down the ice and I want that shot," he said. "I know that I can stop it."

Lafreniere finished fifth in the league, with a 2.32 goals against average. Trenton's Daniel Urbani was the leader with 1.69.

The Dukes finish the regular season in fourth place in the north-east conference. They will play the fifth-seeded Aurora Tigers in the first round of playoffs. Their first game is at home on March 4 at 7:30 p.m.

Meanwhile the Fury, who finished seventh, will take on the second-place team, Markham Royals.

The Dukes, with their home ice advantage, are looking forward to the playoffs.

"We have a fan base and it helps us on the ice," said Lafreniere. "The fans might not think it helps us, but when we're on the ice and they're cheering for us, it really gives us a confidence booster."

On the street

Ashley Maika asked people at Loyalist College the following question:

How would you celebrate your birthday on the Leap Year if it was on Feb. 29?



Jessica Thrasher, first-year community and justice service, "I would still celebrate it every year on a weekend or Friday if possible."



Jacob Briere, first-year community and justice services, "I would celebrate it every year, just the day before or the day after."



Josh Heighton, first-year electrical engineering techniques – automation, said he'd celebrate it anyway "because you have to" and just celebrate it on a different day.



Mary Frantz, first-year biotech, "I'd have a big party every leap year."



Arionna Scaletta, first-year environmental tech, "I'd draw a picture of what I saw out of my window every Leap year."



Kale Whitton, first-year business administration, "It doesn't really matter if it was on the leap day or not, I would just spend it with family or spend it with friends."

Editorial

RRRoll up the Rim unnecessarily wasteful

By Nakita Krucker

Who doesn't enjoy the chance to drink coffee with the added chance of winning another one? Or better yet, a car.

RRRoll up the Rim to Win is in the midst of its 30th season at Tim Hortons, meaning the coffee lines are extending a little further than usual with giddy prize winners and optimistic over-consumers.

Paper cups with rolled-up rims will have quickly begun to overcrowd the garbage cans, recycling bins and various other odd cup holders for used take-away coffee cups across the country.

Even those who label themselves as environmentally conscious are tempted to turn their backs on their steadfast rules and leave their travel mugs at home. Or those who do take their travel mugs along for the trip sneak away with a Roll up the Rim cup anyways. In a sense, customers are being rewarded for being wasteful and instead of encouraging customers to bring reusable mugs, the corporation is doing the opposite. Thus, it is defeating the main point of the travel mug.

The contest started in 1986 as a promotional campaign to boost sales and a sign of "customer appreciation." Since then, it has also become rooted within Canadian culture. The corporation needs to find a different avenue for bringing in consumers than this push for excessive drinking and the indifference to actively pushing the use of travel mugs. How about rewarding those who bring in reusable mugs with more enticing prizes? This could incline those who do not use reusable mugs to switch from their wasteful ways.

Not only are they pushing the consumer to buy more, but also to buy products that reside in, for the most part, un-recyclable containers. The company has continued to send out mixed messages about whether or not their disposable paper cups are recyclable or not. Many cities across Canada do not have the facilities to properly recycle the disposable paper cups. Tim Hortons is a large enough company that could easily afford to alter their cups to make them environmentally friendly.

They can also easily afford to change their current campaign. This may be easier said than done. Roll Up the Rim to Win has become a part of our identity as Canadians and discontinuing our yearly chance to show our skill in rolling our R's and de-rimming Timmy's cups would not go over so well. It is up to the consumer to take action and demand a more environmentally conscious Tim Hortons. From now until around March 18, loyal Tim Hortons customers are given the chance to choose between destroying the environment a little less and this wasteful Canadian pasttime.

Tims is working towards making sure disposable cups make it to recycling facilities as stated in their 2014 Sustainability and Responsibility report. From litter awareness and community cleanups to waste diversion programs, they are making an effort. This 30-year-old tradition is holding on even though it seems a little bit outdated and avoidable in our modern world.

Nakita Krucker

Honeybee decline environmental worry

Honeybees play an important role in pollination and the food we eat and their decline could have a huge impact on our environment.

According to Ontario Pollinator Health, honeybees are responsible for up to 70 per cent of pollination and one third of the food we grow. The sad news is their population has been declining for a few years, which isn't good for our food or our own survival because they also are considered an indicator species.

An indicator species is an animal that reflects the general health of the environment and future populations of the animals around it. By their species declining, scientists can tell that something is amiss in the local ecosystem they inhabit, which isn't good for other species, like humans, that share their environment.

According to the Pesticide Action Network, "In addition to their agricultural value as pollinators, honey bees are a keystone, indicator species. Their decline points to (and will likely accelerate) broader environmental degradation in a kind of ripple effect." This means that if the honeybees die out, other species that are connected or rely on them to pollinate will be affected and possibly follow suit.

No argument there that the bees are important and we should probably help them, but part of the solution is identifying the problem.

In recent years, there has been a decline in population and in 2013, 30 million bees were found dead in Elmwood, Ont. Some possible reasons for their decline include new and resurfacing pathogens, other animals that threaten bees, environmental and dietary stresses and pesticides. Although none of those can be tackled by individuals, there are steps that can be taken by the average person who may not love bees, but loves food and pretty flowers.

Solutions could include buying local honey, trying to avoid buying or using products that have pesticides in them and being a bee-conscious gardener.

Thanks to a popular kids movie the *Bee Movie*, some believe that honey harvested by beekeepers is like stealing the bees' hard-earned honey, but that is not the case. Beekeepers who work as a small-scale operation care about the welfare of their hives before the profit they are making from the bees, including making sure the bees have their necessary honey before harvesting.

By avoiding the products that irritate or sicken the bees, they are given a better chance at being great productive pollinators for a longer time. That is why buying and being pesticide-free gives them a fighting chance at being the best pollinators they can be.

The third way to help might bother people's desire for a specific look in their backyard. Bees prefer indigenous plants to their area. Dandelions and clover, considered annoying weeds by most, actually attract a lot of bees and are two of their favourite plants. Some other plants include blueberry, crab apple, primrose, yarrow, raspberry, pumpkin, catnip and aster perennials.

Among the prettier flowers that gardeners may like are sunflowers, lilac, peonies, tulips and wisteria.

You can also help your bee population by purchasing local honey. Although small, these little changes in your garden and in your cupboard could make a huge difference for the bees and for the local beekeepers who try to protect them.

As North Americans, we like the quantity of food we find at the grocery store and as Canadians, we love to boast about our great outdoors. Keeping our honeybee population sounds like a win-win situation for both the honeybees and ourselves.

Ashley Maika



Opinion

More rap music should be welcome to city

By Charles Vilagut

Music has always had a spot in Belleville with the Empire Theatre at the head of the table, bringing in big acts that tend to please local audiences.

Big Music Fest brings in a huge crowd to Belleville's Zwick's Park and Music in the Square always brings people to downtown, while smaller venues such as The Duke and The Belle Pub bring in some smaller rap and folk artists. The city has seen great acts perform, including Alice Cooper, Hedley and The Tragically Hip.

Music promoters typically see Belleville as more of a town than a city; people in the past have been more interested in country, folk, rock and some pop-type performances. Because of this, there have been very few, if any, rap or hip-hop shows that have been promoted by the bigger music promoters in the city.

Aside from back when the local bar Matt and Joe's would bring in acts including Machine Gun Kelly and The Underachievers, no one has brought in any real rap or hip-hop acts to perform in Belleville.

A local music promotion group called Style n Flow entertainment has been bringing in small acts to The Duke pub in Belleville over

the past few years, with up-and-coming rappers from around the area performing. It is definitely a good start to widening the scene. As a 19-year-old from Belleville myself, I can say that the interest in rap throughout the city has vastly grown within the past five years, showing that the rap culture is only getting bigger, and more and more people are wanting to go to rap shows over rock or folk concerts.

Understandably, concert promoters look for what will bring a bigger crowd and what will bring in more revenue. Maybe rap and hip hop music wasn't an idea that was really lucrative financially in the past, but now I see more and more kids going to other cities to see rap shows all the time.

Kingston, for example, is constantly having performances at places like Overtime Sports Bar and Stages where they sell out shows. The market of people who want to see rock and folk shows is diminishing and the rap community is only getting bigger.

Since Belleville is almost directly in between Toronto and Ottawa, why don't we use that to our advantage and bring more people here to see bigger rappers? Why don't we start thinking about the future?

Discrimination huge issue for Academy Awards

By Hannah Lawson

Carol possesses all of the key ingredients for an award-winning film: critically acclaimed actresses such as Cate Blanchet and Rooney Mara, a wildly passionate and heartbreaking love story, raving reviews by critics, a magnificent original score, and stunning cinematography.

In fact, it has been nominated for nearly 200 awards and received 55 worldwide. Why then has it been snubbed by many mainstream theatres, and more importantly, by this year's Academy Awards? While being handed six nominations before Sunday's Oscars, *Carol* came away with no Academy Awards. Absolutely none. There are a number of factors that could contribute to the unfair dismissal of such an overall masterpiece.

First of all, the snubbing of *Carol* may be explained by the way in which it portrays men, or more accurately, the presence of strong female leads. In the film, men are completely unnecessary— except maybe for playing a role in the creation of Carol's child— and are in fact portrayed rather comically. It is no wonder that in a society that is still somehow extraordinarily misogynistic, a film that shows women independent of a man's influence, while having no tragic ending, would be met with silence.

Let's be honest, have you ever heard of a movie lacking strong male characters that was successful on the main stage? *Mad Max: Fury Road*, which received six Oscars and is arguably the most 'feminist' movie that's receiving head nods currently, does not fail to have a strong man constantly present to aid the female characters, and indeed, they will indubiously need Max's help.

The academy was not totally ignorant of films discussing social issues, however. It seems they decided a safe way to prove themselves as

progressive would be to give *Spotlight* the best film award, which follows the uncovering of the Catholic Church sexual abuse scandal by the *Boston Globe*, and still displays plenty of male power. Not surprisingly, *Spotlight* has only one supporting actress, Rachel McAdams who plays the role of journalist Sacha Pfeiffer, and the main chunk of her lines are queries to her male counterparts.

Second, the love story is between two women. Although one would think that in 2016 romances between two people of the same sex might be more widely accepted, apparently it is not so. No, it is not fair to argue that the majority of viewers can not relate to such a romance; can viewers truly relate to an intergalactic battle, an epic car race through a desert, or fighting a bear? Not likely.

The Revenant received 12 Oscar nominations this year while *Carol* was only nominated for six, despite the latter receiving much better critic reviews. The Academy did not even use up all of their nominations in the best film category, only nominating eight of ten possible films, leaving *Carol* untouched.

It seems to be a common theme that unless the token 'gay' character in a movie is merely a side character, the film will receive much less success than if the main character was straight. *Brokeback Mountain* is a perfect example of a movie that was expected to receive glory but was given a pat on the back instead, when it was nominated for but lost the Best Film award to *Crash* in 2005. Whereas *Dallas Buyers Club*, a film that kept its gay content segregated to supporting roles, cleaned nicely at last year's Academy Awards.

Consider that the majority of the Academy is composed of older white males, and then ask yourself why gay content and female independence is censored from the Academy's consideration. It makes absolute sense.

The Pioneer

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The Pioneer is currently produced by photojournalism students for Loyalist College and the surrounding area. In the spirit of the pioneers who settled our community and who were rooted in tradition, these pioneers always had an eye on the future. Our students strive to serve the public interest, seek the truth and uphold the highest standards of our profession.





Kabul University students enjoy the outdoors after a light rain in Kabul University, 2015. Photo by Azizullah Azizyar

‘You know it’s not my fault if I was born in Afghanistan, but it’s my fault if I don’t do anything to change it.’



Afghan children who used to work in a brick factory and attend classes as part of a school which was established by the Save The Children foundation, Jalalabad, Afghanistan, 2015. Photo by Danish Yaar.



Photo by Aref Karimi



Najiba, 23, smokes three kinds of drugs in Herat, Afghanistan, 2015. Photo by Jaheda Sadat



Photo by Tahmina Salim

Talent from Afghanistan

Story by Hélène Roth

The John M. Parrott Art Gallery hosted the opening of the exhibition “Through our Eyes” on Thursday, showcasing stories and photographs from Afghanistan.

The exhibition was organized by two photojournalism students from the college, Zachary Prong and Andrew Johnson. They travelled to Afghanistan over the Christmas break January. While there, they were able to meet with Afghan photographers including Afghan photojournalist Farzana Wahidy. Wahidy graduated in 2009 from Loyalist College after being sponsored by the Rotary Club of Quinte Sunrise.

In a country still at war and where the Taliban had banned photography from 1996 to 2001, photography is still at risk but in development.

Wahidy, one of the only women professional photographers in Afghanistan, has since graduated and now works to expand photojournalism in her country. She has started giving classes and works with her fellow photographers to further develop their skills and help them network in order to get their work seen.

“These young people do want to stay in Afghanistan. They do want to make a difference, they want to be photographers,” said Prong.

He recalled asking one of the young photographers who was full of horrific stories why he stayed in Afghanistan.

“He answered, ‘You know it’s not my fault if I was born in Afghanistan, but it’s my fault if I don’t do anything to change it.’”

“We quickly realized there was a great pool of talent and people who were very passionate that wanted their work out there and needed help,” said Johnson. “Basically, there’s just so much great work out there that’s not really seen because they don’t really know how to market themselves and show their work. They don’t have the technical knowledge and the networking that we have in this program so I guess it helps facilitate that.”

As the exhibition was put together, more and more work was coming in and more photographers got in contact with them.

“This is just the start, so we’ll see how it goes, but there has been a great interest from the photographers so we’ll see what we get

and see what else we can do. It’s just the start but we would like to keep this going,” Andrew said.

Najibullah Musafar, considered the father of photojournalism in Afghanistan, was at the opening Thursday to show and talk about his work.

During Taliban rule in the late 1990s and early 2000s, Musafar was imprisoned and tortured because of his work. He was also jailed last year for photographic-related crimes.

Musafar came to Canada as a refugee six months ago to be with his daughter.

“I’m very happy for many reasons. It wasn’t just to show my pictures but the work from other Afghan photojournalists and also the photojournalists from Canada that went to Afghanistan,” explained Musafar. “The good thing is that the photo is not just a blank paper and each photo has its own story.”

“I’m very happy that this part of history is recorded by the youth and they are the ones to capture today’s history. This is exciting for me,” said Musafar.

Toronto-based Afghan activist Shamin Ahmadi translated Musafar’s words. Ahmadi also played a big role in getting Johnson and Prong last-minute access to their much-needed contacts in Afghanistan.

The collection of photographs will be up in the gallery until March 6. Photographs can be bought on request and all donations are welcome.

Also, as part of the fundraiser at the Belleville Downtown DocFest, the film ‘Frame by Frame’ will be on shown on Sunday at 10 a.m. at the Empire Theatre.

The film follows four Afghan photojournalists, including Wahidy and Musafar, as they navigate through the still dangerous Afghan landscape, one photo at a time.

Both “Through our Eyes” and “Frame by Frame” will coincide with efforts by the Rotary Club of Quinte Sunrise and the Loyalist College photojournalism program to sponsor another Afghan student to study photojournalism at Loyalist College.



Kabul University students walk and study in the campus during the last semester exam period, Kabul, Afghanistan, 2015. Photo by Ishaq Anis



Confectionaries make more cakes and candies than normal as people come from near and far to Mazar for Ramadan Eid days. Photo by Asghar Normohammadi



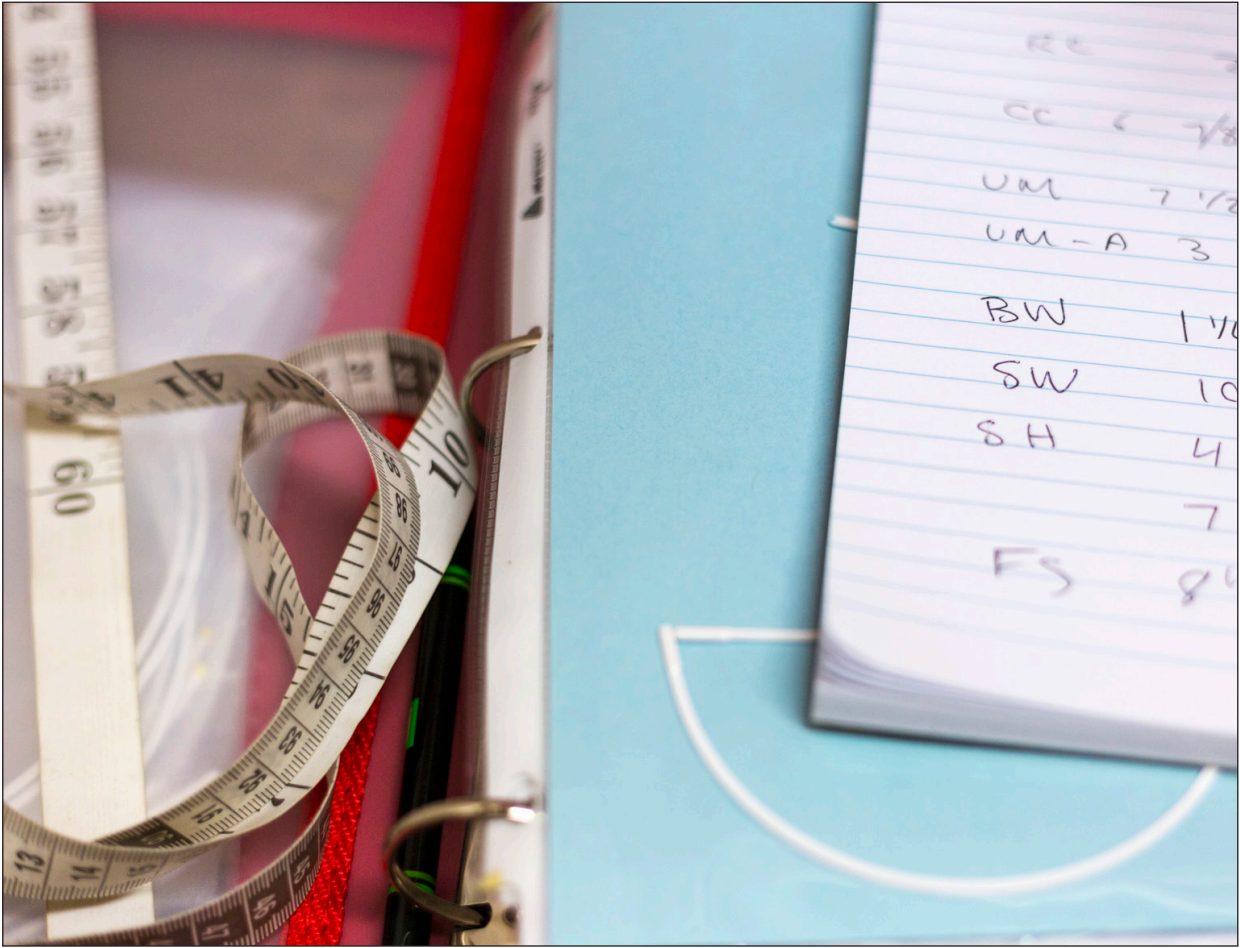
Underground Taekwondo in Mazar Sharif, Afghanistan. Photo by Asghar Normohammadi



“But what are we training ourselves for? To be uncomfortable?” Kelcey questions.

(Left) Breast size has become a modern obsession. Women fixate on that perfect bust-line ideal, cup size and esthetic appeal. From a young age, women compare themselves to their peers and fashion icons, incorporating breast measurements into their vocabulary.

(Below) Breast, chest and various other measurements are written down as Melissa Shumka gets a bra fitting done.



BRA-CENTRIC

Story and Photos by Nakita Krucker

When new theories are introduced into society it can be hard to accept these ideas as truths. For American medical anthropologists Sydney Ross Singer and Soma Grismaier, their theory linking wearing bras to increasing the risk of developing breast cancer was not even given a chance.

The theory was released in their 1995 book *Dressed To Kill: The Link Between Breast Cancer and Bras*. The study explains how pressure from the bra prevents the circulation of the lymphatic system within the breast tissue. This system drains the tissue of fluid and toxins and can be easily constricted by external pressure, such as a bra. According to their study, fluid accumulates, developing into cysts and slowly building up toxins within the breast.

“Most women suffer from their bras and if they get rid of them, they feel healthier, confirming that bras are a health risk. It may not prove that cancer was a risk,” reasons Singer in a phone interview, “but you do know that it made your breasts a lot healthier and that clearly is the best way to avoid disease. So I just tell women, ‘try it for yourself.’ Just one month and they feel different.”

Their study was met with resistance, resistance from the medical community, the bra industry and the public. While the medical community calls this idea a myth, the bra industry puts the blame on women for wearing the wrong bra size, provoking them to buy new, better-fitting bras. And then there are the women, as well as men, who associate going braless as socially unacceptable.

Western society is a bra-centric culture where there is an obsession with cup size, having the perfect bust-line and the esthetic appeal. The idea of personal comfort is often not a factor. This bra culture has attached a social stigma to going braless, making women feel obligated to wear a bra out in public, regardless of how comfortable they are in them. From a young age, with Barbies, training bras, and an overload of advertisements, this idea of correlating wearing bras and social acceptance is embedded within us.

“We are doing it to ourselves by the way we live and looking at that challenges the culture and it challenges the way people do things,” explained Singer. “It’s hard to make people change their lifestyles. Those are the key elements of culturogenic disease.”

Singer and Grismaier use the term ‘culturogenic disease,’ a disease caused by the culture, to explain this backlash to their study. People invest their values and mentality within a culture and when that is chal-

lenged, people react to protect what they know, what is essentially a part of them. Singer and Grismaier are simply asking women to try it out, going braless that is. They argue that if this small step may reduce your chance of cancer, what is the harm in trying? However, women are still reluctant to go through with it.

The social stigma attached to going braless is what freezes a lot of women in their tracks. Rarely is bralessness associated with comfort or personal preference, but instead, women who do go braless are labelled as sexual deviants, making a political stance, or deemed uncivilized.

And, in 2014, when The American Cancer Society, which the Canadian Cancer Society agrees with, declares that there is no concise link between wearing bras and increasing the risk of developing breast cancer, then that is a good enough excuse for any woman to continue participating in the cultural norm.

In August of 2014, Stephanie Kelcey, wife and mother of two, was diagnosed with Ductal Carcinoma in Situ, a stage zero, pre-cancerous condition. Instead of going the mastectomy route recommended by her doctors, Kelcey decided to try a more natural way of reversing the toxin within her.

With the guidance of an intuitive healer, she immediately started to make changes to her lifestyle and diet. Going braless was one of the first challenges to overcome. Simply being aware of the bra-cancer theory made her start to realize that wearing bras is a product of our culture and how from a young age, we are trained to start wearing bras, whether they are needed or not.

“We do these things thoughtlessly and we never really put the time into thinking why we actually do this. It’s just a social construct that you grow up with,” considers Kelcey. “I remember being excited as a little girl, getting boobies and getting a training bra.”

The idea of a young woman buying her very first training bra can be a daunting, yet exciting, experience. Although a seemingly trivial ritual, this process holds great significance in the lives of young women who are a part of the Western culture.

It has become a rite of passage into womanhood. An article in *The Spokane Chronicle* called the training bra the “emblem of womanhood.”

“But what are we training ourselves for? To be uncomfortable?” Kelcey questions.



(Above) Melissa Shumka shows off the red lines left on her skin from wearing a bra all day. Although many women find bras uncomfortable, they continue to wear them.

(Left) Mary-Grace Marshall is two years older than her sister Teagan. While both have recently begun to wear training bras, they started for two different reasons. Mary-Grace felt a training bra was needed, while Teagan got one because her sister did.



The bra, designed after the brasserie, was meant to support a woman's breasts. In modern society, bras and bra advertisements seem to focus more on fashion and sexualizing the breast.



Brennen Beaudoin, stage name Ivanna Diamondstar, changes costume backstage at the Belleville Drag Show event held at the Belle Pub in Nov. 2015.



Zoe Stroud practices her routine at The Cabaret Strip Club.



Alida Trigatti, 73, finds going without a bra so uncomfortable that she wears one to bed as well.



Living in community can be an extremely rewarding lifestyle, but it of course also presents its challenges. Three of the men living at Whole Village intentional community discuss financial problems that have been bothering them in the community. Decisions at Whole Village are made based on consensus, which allows every member to have a voice in decisions, but also can pose difficulties.



Marcel Pijper and Jon Gagnon, videographer, take children Mila, Symon and Evelyn for a joy ride in a wagon on Nov. 29.



Grace tosses an apple into the apple grinder, while her mother Tosca, left, looks on. The small group of community members enjoy making apple juice at the conclusion to the Worker Bees Day on Nov. 29, 2015.

When ME Became WE

Even in our society of demanded privacy and strive for success and money, there exists those who want nothing more than the satisfaction of living in close-knit community with others.

After driving up the long driveway dubbed Shaws Creek Road in Caledon, Ont., past various rows of intentional wind-blocking trees, you will come upon an extrinsic looking compound where one such community exists. The building sprawls horizontally for a distance, and solar panels are situated around the back of the building for the geothermal water heating system.

The community is called Whole Village Ecovillage & Intentional Community, and is on a 191-acre farm an hour north of Toronto. The community was founded in 2002, when a group came together in planning a large housing complex to live together in, which reflected their sustainable living ideologies. They would cultivate the extensive farm with the intention of harnessing sustainable, organic practices, and sharing this knowledge with young ambitious farmers.

Whole Village consists of 30-40 members, from newborn to the geriatric. Barbara Wallace, 82, is the oldest member of the community and has been a committed hippie for most of her adult life, spending a large portion of her time on the road in a school bus. While teaching experimental psychology at the University of Alberta she became aware of a movement among the younger generation that pushed for greater intentionality and sustainable living. “I just dropped out of the regular world, sold my house and everything in it,” Wallace said, sitting in her rustically decorated suite with her third husband Milton by her side.

It is rare to find a group of people with one mind and one dream, doing life together. “If you’re aware, then you should be working towards making things better full-time until your last breath,” Wallace’s husband Milton said, which nicely packages the mindset of the community as a whole.

Although they are geographically removed from society, Whole Village strongly pushes for awareness of their practices. Monthly they hold an event called Worker Bees, where anyone interested in learning more about the community is invited in to help with various fun work sessions around the farm, such as canning, mulching, collecting firewood and many more, depending on the season, with a community-shared organic lunch provided. At the end of November’s worker bees, community members congregated from their various activities at an old wooden apple crusher, and took turns straining amusedly with the rusty crank. The product: fresh apple juice from local farms as an end-of-the-day treat. Whole Village also runs a Community Shared Agriculture (CSA) program, which allows anyone to buy a share in the garden harvest, and then subscribers will receive a basket of fresh, organic produce for 18 weeks, bringing consumers closer to a personal relationship with their farmers.

In the housing complex, also known as Green Haven, the community will often spend time together in the large industrial kitchen, but are also free to maintain private space in their own individual suites. Each suite was uniquely built, and is as differently decorated as the personalities that occupy their spaces. Youngsters often rove the building in packs of rambunctious multi-aged groups, splitting their time between playrooms and visiting with various adults.

For those living in community at Whole Village, it is a way of life. Many people are professionals outside of the community, including lawyers, professors, and school teachers, but each individual returns to the community to find solace in harmonious living.

“People always define hippies as drugs and sex, but there [are] multiple strands of hippydom, like educate our children in a different way, work cooperatively, get back to the land; there [are] just so many different things,” Wallace said.

Photos and story by Hannah Lawson



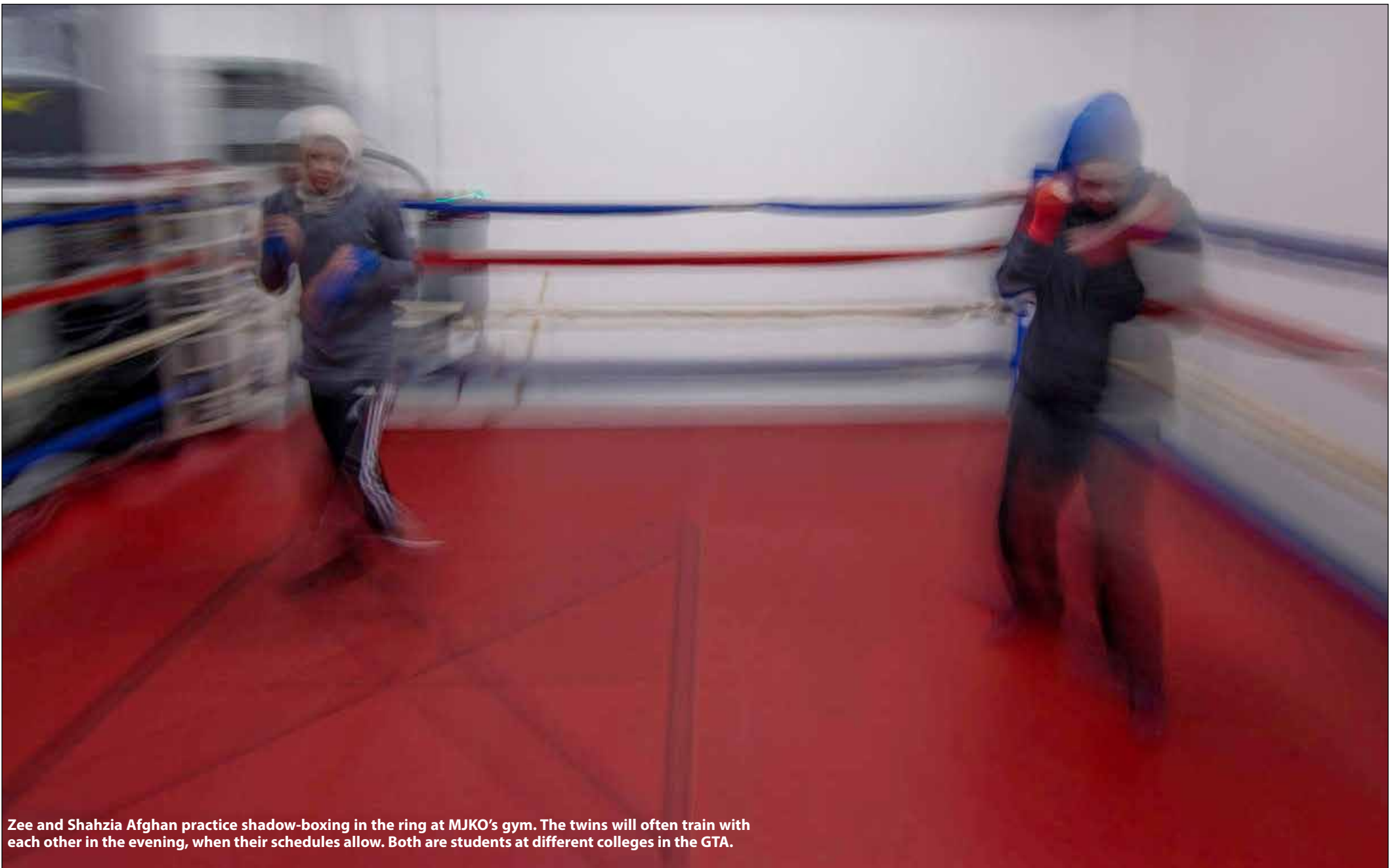
Members of Whole Village gather for a communal meal in between November’s work sessions, which are held monthly at the farm.



Barbara Wallace and her husband Milton visit the two dairy cows they are in charge of, and brush them.



Barbara Wallace, 82, has her portrait taken in her suite at Whole Village. Wallace is a hippie in the truest sense.



Zee and Shahzia Afghan practice shadow-boxing in the ring at MJKO's gym. The twins will often train with each other in the evening, when their schedules allow. Both are students at different colleges in the GTA.

Fighting Tradition

Story & photos by Marissa Tiel

The lights are dim when Zee Afghan first arrives at the gym. She greets her coach, Ibrahim Kamal, who's sitting in the gym's tiny transition area. Afghan drops her bag to the floor, its tiny red boxing glove key chain bouncing.

That thumb-sized keychain has been with Afghan since she first started her journey with Mentoring Juniors Kids Organization, or MJKO, at the Harbourfront Community Centre almost two years ago. Afghan was 18 and attending one of her first community classes with the group.

The classes followed a circuit format –working with the pads, core, working with a partner and the education station. At the end of the class, there was a quiz on what you learned at the education station.

That week, program founder and coach, Miranda Kamal had asked when would women first be allowed to box at the Olympics. Afghan, who spoke few words at those classes, piped up. “At the London 2012 Olympics,” she said. For her efforts, she was awarded a mini plush boxing glove, which she hung on her gym bag.

While Olympic aspirations might be a while out for Afghan now, the 20-year-old has made quite the progression. “She was so quiet,” says Kamal. “She probably didn’t even say one word.” Afghan comes from a traditional Muslim family and when she first started at MJKO, she wouldn’t shake a man’s hand. Now, she throws punches at them. “She has found peace in who she is religiously and as a woman,” says Kamal.

Continuing on her journey, Afghan is slowly preparing for her first real fight. Afghan wants to know if she’s a ring fighter or a gym fighter. “I’ll find it in the ring,” she says.

The Afghans immigrated to Canada in 2003 from Pakistan. Out of 11 siblings, Afghan and her twin sister Shahzia, who were born in Afghanistan, are the youngest. Afghan explains

that her father was a professional singer and retired once the family moved to Canada.

One of Afghan’s older brothers used to box overseas. The family led a city life, they were living in a classy building in Pakistan at the time. One night her brother came home with blood on his shirt from training. Her mother was aghast. They worried what people might think. The family didn’t want to be associated with rough sports. Her mother told her brother not to box.

When they moved to Canada, the brother stopped boxing, but now Afghan and her twin have picked up the torch. Shahzia is also a coach at the club.

She says that her mother has also told her not to box, her father has merely said to be careful. She takes a modicum of comfort that they don’t want her to box, not because she’s a female, but because they don’t want her to get hurt.

When talk of marriage arises, Afghan’s mom worries about her daughter. “She’s scared that I won’t be socially accepted by my own tribe,” says Afghan. But Afghan says that she doesn’t care if who she marries is from Afghanistan or not, she would just like him to be Muslim.

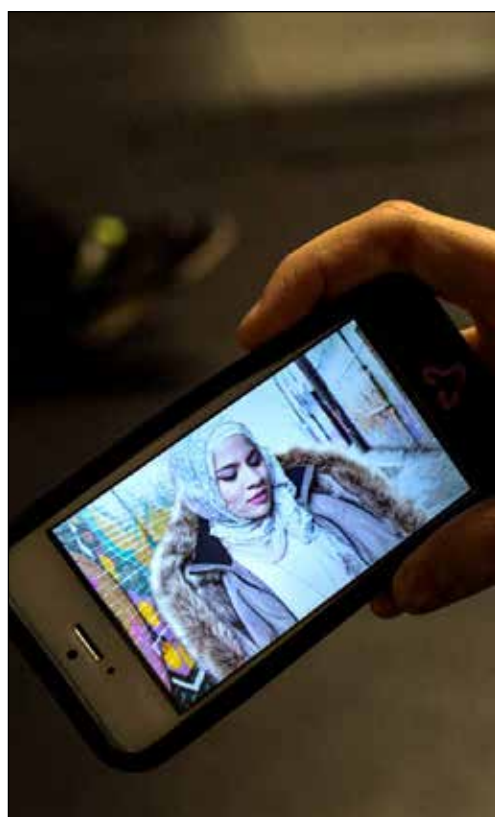
Afghan says it’ll take time for her family to understand. She has been raised with different values. She moved to Canada when she was nearly seven. “This is home to me,” she says. She has never been back to Afghanistan.

Kamal sees Afghan’s internal struggles. How she tests her own comfort zones within the bounds of her religion.

“Zee is talented and could be a national champion one day,” says Kamal. “She loves it so much; she’s going to find her way.”



Afghan steadies a heavy bag while practicing her technique. She struggles with whether she can be a competitive boxer or not. “I want to know what kind of fighter I am,” she says. “I want to know if I have the heart for it.”



Afghan is very fashionable and her sister Shahzia captured this side of her in a photograph she took for her photography class.



Afghan helps her twin with her technique. As the older twin, Afghan is often watching over Shahzia. Shahzia started at the club after hearing her sister’s stories. She has also shown an interest in having a real bout.



As a Muslim female, Afghan wears a two-piece hijab when she’s boxing. One cloth sticks to her head underneath the upper fabric.