

## Orange T-shirt Day leads discussion on residential schools

By Helene Brozowsky-Reinsch

For most days of the year, an orange T-shirt is just that – a t-shirt. But every Sept. 30, the orange t-shirt represents an opportunity to keep the discussion on aspects of residential schools happening annually. Orange T-shirt day was first started in 2013 in Williams Lake, B.C., and is now nationally recognized. It is what was derived from a woman named Phyllis and her story of enduring the time she spent at St. Joseph Mission residential school, and her memory of having her new orange shirt taken away from her on the very first day of school.

Her story struck a chord with native Canadians wanting to highlight the issue of residential schools. Every September, people wear orange T-shirts as a way of remembering the past and raising awareness for the future.

**'I think awareness is very important. That is nothing any child should have experienced in being in a residential school; they should be at home with their family.'**

Indigenous faculty member Deiana Gonyea

Loyalist College, specifically, started recognizing of the movement school-wide last year, and the awareness seems to be increasing.

This year, the indigenous centre sold around 170 T-shirts, and over 56 people still had their shirts from last year. Some people were still trickling into the centre at around 2:30 p.m., wanting to join in with the event, and wondered if they were too late to get an orange shirt, or perhaps a bracelet. One woman who came in to the indigenous centre found out about the shirts being sold there just by chance when she was at a restaurant and got talking with another woman from the college about the event and that there were T-shirts to be sold. The woman bought a T-shirt before returning home because she said they were not sold being sold there. While the native custom of smudging was supposed to take place at Sept. 29 at 1 p.m. at the front of the Kente building by the new garden circle, it was moved to the indigenous centre because of rain. There are sometimes smudging sessions held in the centre, but last Friday it was held as a part of the orange T-shirt day.

An e-mail notification about the orange shirt movement event on campus, and the smudging was sent to all students and faculty. There were also posters in the centre and at various spots within the school. About 40 people attended the event. In the mid-afternoon, the atmosphere of the indigenous centre was fairly quiet with just a little chatter, and the sight of people coming and going while some who dropped in eyed the orange food on the counter. There was orange cheese, crackers, cupcakes, cookies, oranges, fruit cups, jello, orange punch drink and rice crispy squares. People seemed to be content and at ease as though they were at home and wandering around, while others wandered into the hallway without shoes on, wearing traditional-looking, animal-printed cardigans. People enjoyed their time there. From 2 -4 p.m. in Alumni Hall, the indigenous student council, along with the centre, presented the documentary film *We Were Children*. It depicted the experiences of two residential school students, Lyna Hart, and Glen Anaquod.

Indigenous centre faculty member Deiana Gonyea says she feels very strongly about the mistreatment of indigenous peoples.

"I think awareness is very important. That is nothing any child should have experienced in being in a residential school; they should be at home with their family."

She also feels horrible that we have to be mindful of it because it even existed, and that if it would not have been a part of Canada's history then, we would not need to be mindful of that now. "As a young person, I was quite privileged. I was a good student, and learned the history of our country. I was taught a very white-washed version of it, and only later I realized that the country had a dark history. Later in my adult life, I began to question the world."

Gonyea, says she feels as many others do, that everyone has the right as human beings to keep their identity, and not have it dishonoured by invasive heritage. "A child, or otherwise should never have to endure the loss of their culture." Despite the sudden rain, the event went well, and many say they hope the movement will prosper in the years to come.



Photo by Andrej Ivanov

3rd Squadron's Officer Cadet Bennett "Daddy" Foster throws up devil's horns as teammate Officer Cadet Anton "Ace" Rechner climbs him to get across the wall. During this obstacle, squadrons must help one another get the entire squadron across a wall. For story and more photos, see [page 2](#).

## Bees bring sustainability to college

By Agnes Finkle

You may have noticed the trailer full of colorful boxes parked behind the tennis courts at Loyalist. Honey bees are increasing the colony of the college by 15 hives.

Never fear, the beehives are not a threat. Honey bees will only react when they feel threatened. If the hives are disturbed, it may cause them to sting.

The bees are under the care of beekeeper Don Forster. He is a Loyalist graduate who tends to 50 hives around southern Ontario. He will be teaching workshops on the art of bee-keeping.

Apart from the health benefits, honey from the hives will be utilized in two ways at the college. It will be incorporated into the culinary program and used in Resto 213.

Chef Chris Whynott is looking forward to the addition. "I use natural honey myself – I think it's great that we're getting it here," she said.

Cash proceeds from the sales of extra honey will go to the student bursary fund.

Joanne Farrell in the bursary office was delighted with the news. "Money from honey – honey money – sweet," she said.

The bee population nationally has been in decline for several years. Providing space for them at Loyalist is important to the ecosystem.

We need bees to sustain plants and animals in more ways than we know.

Besides the profound necessity of pollination, there are incredible benefits to eating the result – honey.

The website Real Food for Life gives 10 science-backed facts about raw honey. It can prevent cancer, heart disease, reduce ulcers and other gastrointestinal disorders. It is antibacterial and antifungal.

It can increase athletic performance. It can



Photo by Agnes Finkle

Loyalist College second-year civil engineering student Fanus Buys checks out the bee hives on campus.

reduce a cough and throat irritation. It can balance the five elements in Ayurvedic medicine (4000 years old) that affect eyesight, weight loss, impotence, premature ejaculation, urinary tract disorders, bronchial asthma, diarrhea, nausea and more in positive ways. It can regulate blood sugar.

It will heal wounds and burns. It has probiotic properties. Honey can strengthen the immune system.

Honeys taste different depending where the bees get the nectar. There are around 40 different types of honey. Each one has a definite taste and can affect you in different ways.

Dark honeys can have a higher antioxidant level while honey from a single plant species can be lower.

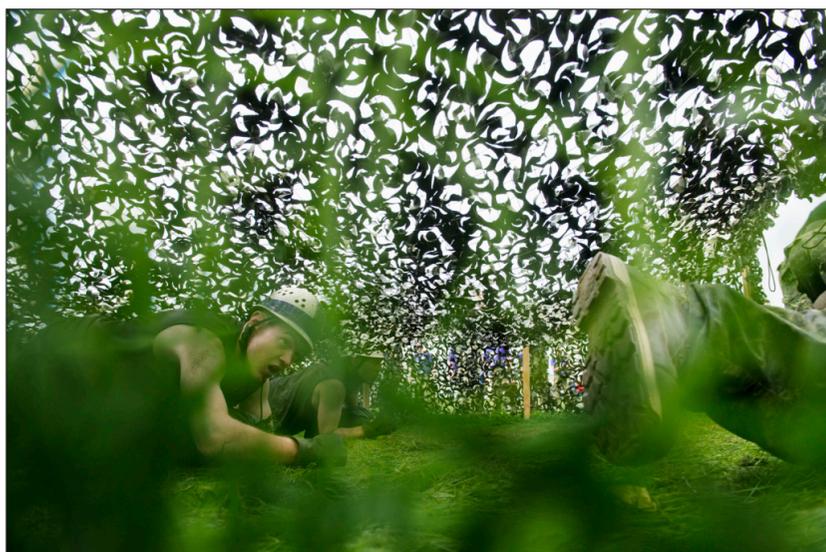
The two most beneficial kinds of honey are Manuka (New Zealand) and buckwheat. Clover honey is the most commonly used commercially in North America.

# Challenging obstacles

Naval Cadet Maddisson Leavitt (centre, bending) of 8 Squadron breathes heavily as the flight receives instructions from a marshal before attempting the Jerry Can Push during the Royal Military College's obstacle course in Kingston, on Sept. 29. During this obstacle, the flights carried a log across a field and push jerry cans.



(Above) 6 Squadron Officer Cadet Parker Krol helps a teammate across the wall during the Royal Military College's obstacle course. During this challenge, squadrons must help one another get the entire squadron across a wall.



(Above) 11 Squadron Officer Cadet Hudson Cook crawls underneath camouflage net in the sand-bag carry event. During this obstacle, flight members must run through tires and underneath cargo nets before completing the obstacle.

(Right) Squadron officer cadets Andrew Martin (facing) and Sada Ly (upside down) help a teammate cross the wall. This image was taken at the end of the challenge, where the last of the remaining teammates help one another get across.

**Photos and Story by  
Andrej Ivanov**

On the dreary afternoon of Sept. 29, 12 squadrons all started running to different locations on the grounds of the Royal Military College in Kingston.

Each squadron, consisting of 18 to 20 men and women, competed in the yearly obstacle course organized during the RMC's first-year orientation program.

The obstacle course consists of 12 obstacles, all challeng-

ing the first-year class to work together and to complete the course in the fastest time. The best squadron is given recognition at the end of the day and gains the most points in the orientation competition.

Cpt. Jeremy Mathews, CFB Kingston public affairs officer, compared the first-year orientation program to other universities' Frosh Week.

The orientation program is a month-long event when first-year students are not allowed to leave the campus and must

spend time with their squadrons.

The intent, Mathews explained, is to build a strong bond between the men and women attending the college. The website describes the program as a time during which "(first years) will learn everything that you need to know to function as a cadet in the training wing. The obstacle course represents the culmination of that program, and is also the first time from the start of the program that family is allowed to attend."



3 Squadron Officer Cadet Anton Rechner leads the squadron to pull a truck during the RMC's first-year obstacle course. During the event, teammates must pull truck in legs of 50 metres.

