

Ford makes Belleville pit stop

By Yader Guzman

Ontario PC leadership candidate and former Toronto city councillor Doug Ford stopped in Belleville Tuesday evening as part of his election bid ahead of the March 24 vote.

Ford's message was about cleaning up corruption at Queen's Park and making a commitment to start respecting the taxpayer and hold politicians accountable.

"I'm going to clean Queen's Park out with a bottle of sanitizer top to bottom. Queen's Park is politically corrupt. It's absolutely politically corrupt," said Ford. "The party is over with the taxpayers' money. We're going to start respecting the taxpayer, start listening to the grassroots people. It's not about listening to the Bay Street billionaires or the same old cronies who have been running the party."

Ford spoke about his experience as Toronto city councillor and said he is the only candidate who will bring in real change.

"I have a great deal of respect for the other candidates but they're the same. Do you want someone that's basically Kathleen Wynne, Liberal lite, or do you want comprehensive change?" asked Ford. "I'm the only person that's actually governed. The others never governed."

Ford said he is the only one who will eliminate the carbon tax and the Green Energy Act which he called a scam that Bay Street is making millions off of.

"We're axing the carbon tax. This carbon tax is the worst tax that will affect every single person in Ontario...it's killing businesses," said Ford. "We can't compete."

Ford said he would consult with parents regarding sexual education in schools which he called "Liberal ideology."

"They're learning about 26 genders and all the nonsense. I didn't even know there's 26 genders. Maybe someone can inform me. That's done."

Matthew Simms, a Belleville resident said Ford didn't address the issues which are most important to him.

"The environment is most important to me. I wanted to hear



Photo by Yader Guzman

Doug Ford stopped in Belleville on Tuesday night as part of his campaign tour of southern Ontario. Ford is campaigning for leadership of provincial PC party. The vote will be held March 24.

from Doug what his environmental philosophy was. I think we're very well run in the province of Ontario. I wasn't pleased about cancelling the carbon tax. I think carbon tax is the best way to go," said Simms. "I think he was talking to the true blue conservatives."

Joan and Lloyd Sheldon of Trenton said they feel they got what they were looking for from the candidate.

"I think I did get it. I just wanted to see where he stands and he's such a straight shooter that it's very clear what he's going to do.

Carbon tax and all those things that he says and I'm sure if he promised, he'll do it.

I was pleased with what I heard," said Joan Sheldon.

Lloyd Sheldon said he doesn't think the controversy surrounding the late Rob Ford should be

much of a distraction.

"His brother got done what he said he would do. That's what counts with me. Everyone's got some problems. Everyone's got some background they don't like or haven't been just perfect, but call a spade a spade."



Photo by Sasha Seftor

Sara Piana Yafu of the Loyalist Lancers jumps excitedly as her name is announced at the playoff game against the Cambrian Golden Shield. Loyalist swept Cambrian 3 sets to 0 to earn a spot at the OCAA provincial tournament.

Loyalist volleyball team heads to provincials

Women Lancers will take part in weekend-long competition

By Sasha Seftor

With a win on Saturday over the Cambrian Golden Shield of Sudbury, the Loyalist College women's varsity volleyball team are now off to the provincial finals.

The team will travel to Scarborough Thursday afternoon to compete in the Ontario College Athletics Association provincial championships, where the top eight teams from across the province face off in a weekend-long competition.

Last Saturday's victory against Cambrian tied the Lancers' school record for wins. The home team came into the game sporting a 16-1 record, the best in their history, finishing at the top of their division for the first time.

The first set had no shortage of action. Both teams battled hard and traded points back and forth, but the Lancers, grounded by a solid service game, edged out the win 28-26. From there, the outcome was never in doubt. Loyalist held Cambrian to under 20 points in both the second and third sets to complete the sweep.

Reaching provincials is no small feat, says Loyalist Athletics Director Jim Buck.

"It's extremely important...being a smaller school constantly being up against bigger colleges in the province, for us to make a statement with the program is really exciting."

Success hasn't been easy for the Lancers. The road to victory has been one of hard work and consistent coaching.

Current head coach and former varsity volleyball player, Amy Hoskin, says everyone has worked really hard to be successful.

"It's been a process... since Dom (Dominique Dawes co-head coach) took over the program, we've had some success, and have been gaining momentum... We are a small team; the girls have so much heart and they work so hard and that's a big part of our success. There are a lot of people who think we are not going to do well in this league, but that's fine. It just fuels us and we will prove them wrong."

The recent success of the Lancers and work ethic of the players has not gone unnoticed, and pride in their accomplishments is not limited to students.

Loyalist College President and CEO Ann Marie Vaughan says the team's accomplishments are a reason for pride for the whole college community.

"It means everything to Loyalist. All of our athletes are not just leaders in their respective sports, they are the people that lead throughout the entire institution and I'm immensely proud of the women's volleyball team as I am of all our varsity teams. "I encourage people to get out and watch them play because it's quite the experience. They are highly talented great leaders, awesome students and we are immensely proud of them."

With a single win at provincials, the Lancers will reach new heights within the women's volleyball program, however, for the team members, the journey to provincials has been just as important as any record.

Graduating player Sara Piana Yafu says the team's achievement is incredible.

"It means everything to me. The fact that we finished first for the first time ever was amazing, but I just feel blessed to be a part of it."

First-year player Lorraine Spellman agrees.

"It has been super cool. I'm the only rookie this year and everyone has been so welcoming. I'm super excited to play again next year."



Photo by Shelby Lisk

Britta Gaddes and her daughter Moira Gaddes take a moment of silence at a vigil for Colten Boushie last Friday. Gaddes is a Cree woman from British Columbia who moved to the community over a decade ago. The vigil gave them a place to come together with their community to mourn in the wake of Boushie's death and the acquittal of Gerald Stanley.

Putting your heart into awareness

By Vanessa Tignanelli

It isn't just Valentine's Day that makes February "heart month".

With the establishment of the Heart and Stroke Foundation of Canada in 1952, February was declared Heart Month to educate Canadians on the importance of heart health and prevent risk factors that can lead to heart disease.

According to recent research, heart disease is the second leading cause of death in Canada and affects approximately 1.6 million Canadian adults. On an international level, heart disease is the number one killer.

An estimated 80 per cent of Canadians suffer from preventable heart disease and stroke, with one Canadian dying every seven minutes from these illnesses. Close to eight in 10 cases of premature heart disease are preventable.

The Heart and Stroke Foundation of Canada is an organization that educates people on how to prevent heart disease. Their mission is to transform the health of Canadians by building awareness, reducing risk, funding research, and advocating for the rehabilitation of those who have been affected. The studies they support cover a wide range of services and solutions, from better nutrition and exercise, to medical breakthroughs, to building partnerships with Indigenous communities.

The lifesaving research that the foundation supports is made possible by the generosity of others. Fundraising initiatives are held throughout the year, but Heart Month is the foundation's busiest.

Events occurring across Canada include Jump Rope for Heart in elementary schools, and Big Bike, a team event geared towards companies, community organizations and groups of 29 participants who ride a giant bike around their community to help raise awareness.

Sandra Barnes is Belleville's area coordinator for the Heart and Stroke Foundation. In addition to organizing these community programs, she does public speaking and hosts many fundraisers throughout the year to continuously raise awareness and donations.

"Heart Month is a great opportunity for us to reach out to the community and increase understanding of the importance of heart health," says Barnes. "Our lifestyles have changed so much. We are so busy and are under so much stress. We're on the go, making poor food choices and leading sedentary (inactive) lifestyles, which all lead to heart problems."

Heart disease is a general term that means the heart is not working properly. Some forms of heart disease are present at birth (congenital), while others develop as we age. Heart disease includes heart at-

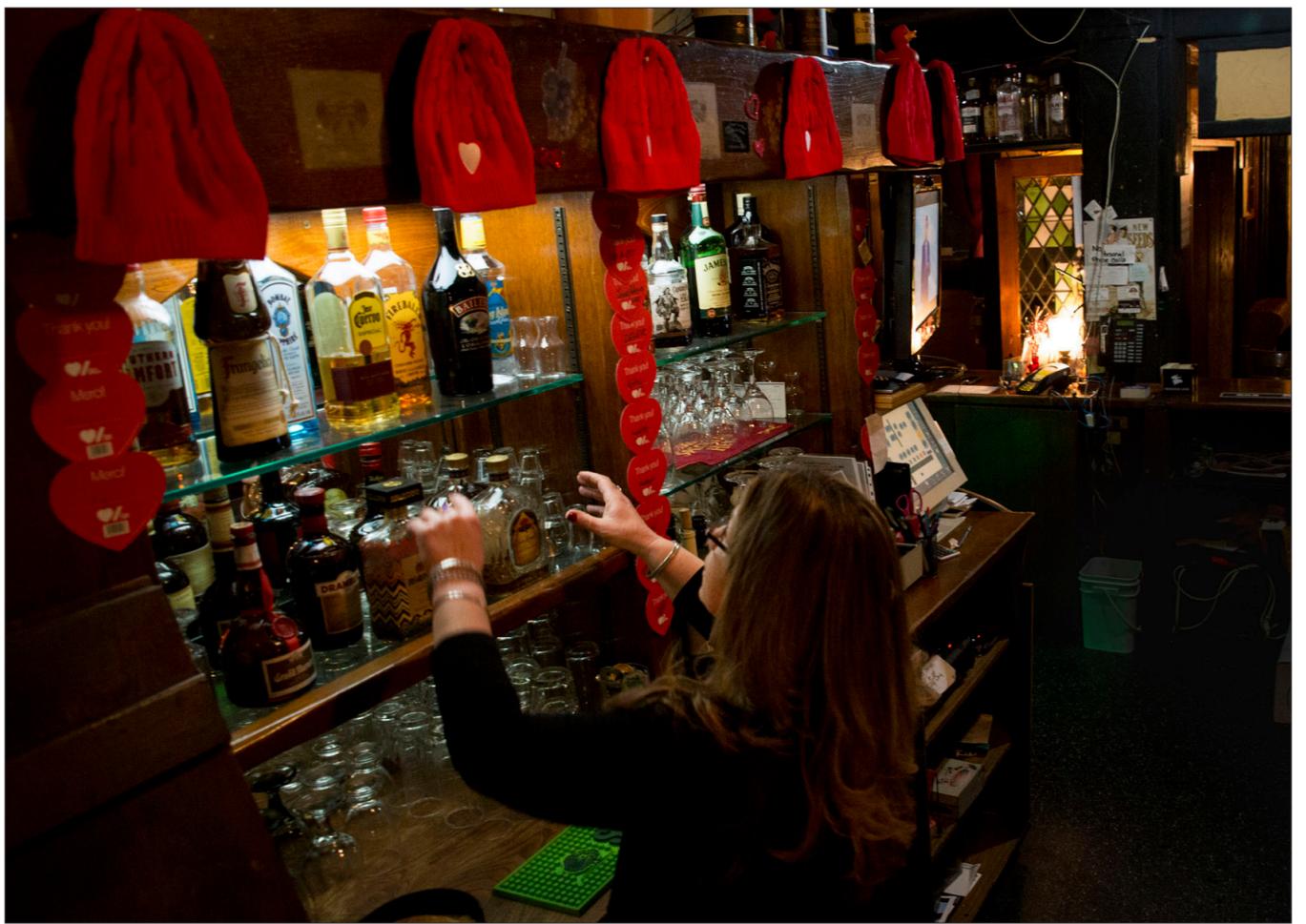


Photo by Vanessa Tignanelli

The Beaufort Pub in Belleville plays host to a fundraiser for the Heart and Stroke Foundation in support of Heart Month through February. Paper hearts sold by donation have been put on display throughout the pub. Customers will have a chance to get a free toque at this Friday's event.

tack, different types of angina, and heart failure.

Many forms of heart disease can be prevented by living an active, healthy lifestyle. Each of the foundation's programs and events throughout Heart Month support this belief.

"I'm always asking people what they're doing to keep themselves healthy," says Barnes. "Get outdoors, have more physical activity in your life, eat colourful plates of food, and keep yourself healthy. Each person, no matter their age, should aim for one hour of active exercise every single day, and many of us don't get that."

Heart Month aims to change this. In addition to taking care of our own hearts, there are many ways that one can contribute to the ongoing research and commu-

nity programs held in our area.

Kathy Primeau, owner of the Beaufort Pub in Belleville, approached Barnes about hosting her own fundraising event in support of Heart Month. Through February, customers can purchase a paper heart by donation to be put on display behind the bar, and with the purchase of a pound of wings on Friday, Feb. 23, they will be given a free Heart and Stroke toque.

Five per cent of Friday's sales will be donated to the Heart and Stroke Foundation, and the pub will be transformed into a 50s-themed fundraiser, complete with staff costumes and a feature menu created by Barnes and Primeau. Customers can order the Heart Attack Spicy Caesar, the Triple Bypass Burger, and the Pump It Up

Wings!

"Everyone is affected by heart disease," says Primeau. "Family members on both sides of my family have been affected by heart disease and suffered heart attacks. I try to support different charities throughout the year, and the pub wanted to make a contribution to Heart Month this February."

Customers will also be able to purchase, by donation, a lock to dedicate to a loved one, which will then be clipped to the pub's front porch railing.

"Thanks to Heart Month and events such as this, we are more aware of the risk factors and signs of heart disease. Many of these signs we cannot see, so it is imperative that we protect our hearts and have regular check-ups.

"We are very fortunate to live in this area," says Barnes. "Queen's University in Kingston receives over \$1 million of Heart and Stroke funding for their research, the Stroke Centre of Excellence is right here in Belleville, and the Heart Institute is in Ottawa. A lot of the funding stays within our area."

Barnes will be giving a presentation on heart health at the Quinte Wellness Centre on Monday, February 26, where she will discuss new trends in research, coping strategies for stress, and other ways to increase heart health.

"Heart Month is our time to shine," she beams.

Visit www.heartandstroke.ca for information on ways to stay healthy, get involved, or to make a contribution.

The Pioneer

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The Pioneer is 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.

The Pioneer welcomes your letters and comments. Please send material to the editor at the address below before Wednesday. We reserve the right to edit submissions for content and length. All letters must be signed and include a daytime phone number.

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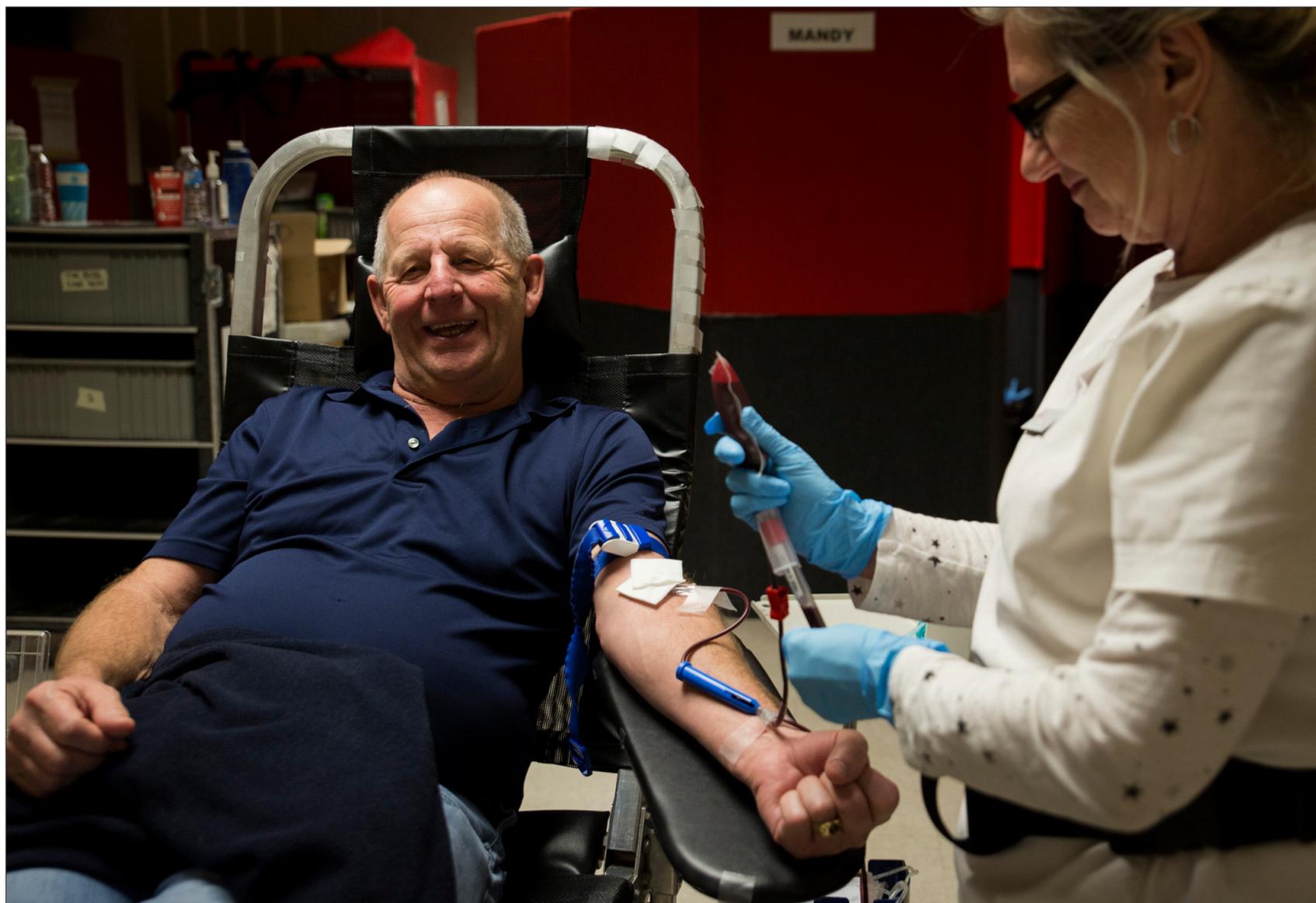


Photo by Vanessa Tignaneli

Donor care associate Lana Tingle draws blood from Stan Clarke, 64, at the blood drive donor clinic at the Knights of Columbus Hall in Trenton on Family Day, Monday. Clarke has donated approximately 50 times, and says it always feels great to make his contribution to saving people's lives.

B positive about donating

By Vanessa Tignaneli

Family Day encourages people to be with their loved ones and appreciate those who are there for you. In Trenton, over 100 people spent their holiday Monday giving blood to save the lives of their neighbours and fellow Canadians.

A blood drive donor clinic was held at the Knights of Columbus Hall in Trenton between 10 a.m. and 4 p.m. Monday, hosted by the Canadian Blood Services. CBS is a national not-for-profit organization mandated through Health Canada.

Debbi Barfoot is the territory manager for CBS in Ontario. She is responsible for raising awareness within her territory, to recruit new donors, and fill clinics across Ontario.

"Every minute of every day, someone needs blood," said Barfoot. "You feel in a small way that you are helping to save lives, because without blood donors attending the clinics, hospitals would not have blood they need to save lives."

Even on statutory holidays, the search for blood continues. With only an hour of your time, the blood you donate will save the lives of three people.

Blood is collected every day, but only

has a shelf life of seven days. "We are constantly collecting blood throughout Canada, every day. What we are collecting and where we are sending the blood is dependent on the demand from hospitals and the medical field."

It is imperative that people donate on a regular basis. Canadian Blood Services is always looking to recruit first-time donors to compete with the short shelf life of blood.

"We had always wanted to do it," said first-time donors Katie Taylor, 29, with "My sister-in-law is a nurse and said that they were in desperate need for blood. I saw the next clinic was on Monday and we were both off work. You just go online and book it. It's so easy," said Taylor.

"I would do it again. It's a great experience. It feels good to do it," said Woolven.

Taylor is A Positive, Woolven is O Positive. Type O Negative blood, also known as the "universal donor," can be given to any blood type. For this reason, it is in highest demand.

"In the case of an emergency or accident, it is the blood type that hospitals are going to use if they don't have time to test the blood of the victim. The problem is only 7 per cent of Canadians have O Negative blood," said Barfoot.

"Currently in Canada, our inventory is only 2.4 days of O Negative blood in our CBS blood bank — what we have on reserve to issue to hospitals. It's at an urgent stage. We don't like to be at such a low level."

It's a crisis. Even with clinics running every day across Canada, there is still a great need for more. A message has been sent out by CBS through the media, reaching out to community partners and citizens that there is a need for all blood types, especially those with O Negative, to donate.

"We've had a very difficult winter. Our collections are low. Our national inventories are low. We have had some urgent messaging out there asking people to help us refill the inventories across Canada," said Barfoot. "We know what our inventory levels need to be to survive the summer and we're a lot lower than we want to be. We are asking communities across Canada for assistance."

You never know when it could be you or a loved one who needs blood. Yet there are certain criteria that must be met in order to donate. People can start the process by going to the website at www.blood.ca.

According to this website, it is en-

couraged to make an appointment online prior to the clinic in your area, although walk-ins are accepted. Photo ID is required, or a donor card. Donors go through a routine survey, question-and-answer period with a nurse, then blood is taken for a maximum of 15 minutes, followed by a mandatory resting period.

"It doesn't take much time and there are so many people who need it," said 27-time donor Kevin DeVries, 31, whose blood type is B Positive. "A buddy I work with just had an accident and, although I don't know if his blood was compatible with mine, it certainly hits a little closer to home when someone you know needs blood. Plus now I have an excuse to tell my wife why I need to rest tonight!"

The clinic is not only packed with donors, but with CBS volunteers. One such dynamic pair, Larry and Emma Rankin, have been volunteering for over 20 years. "It's fun to do together. We know all of the volunteers here, most come every time," said husband Larry. "As co-convenor I get to distribute the pins that represent the number of times someone has donated. I've given out the 150-pin only once."

This means that donors need to be going on a more regular basis. Men can

donate every 56 days; women every 84 days, until iron levels have returned to normal.

Nursing students at Loyalist College have been helping Barfoot host clinics on campus. The last took place on Feb. 13, where 100 per cent of the target units collected (a unit is one donation of 450 millilitres of blood) was reached. A total of 24 students donated blood for the very first time.

"It was one of the most successful recruiting events that we've had," said Barfoot. "The difference was having the support of the students. It means everything."

"I can stand there and talk to people who want more information, but having students speaking with their peers is what made that recruitment event so successful."

The next clinic at Loyalist College will take place Friday, March 16. The next donor clinic at the Knights of Columbus Hall in Trenton is April 30.

-Go to www.blood.ca or call 888-TODONATE to make an appointment or to check if you are eligible to donate. Anyone who is interested to learn more can reach out to Debbi Barfoot at debbi.barfoot@blood.ca.

Photojournalism grad honoured for work

2013 graduate

Tijana Martin

wins Tom Hanson award

By Tyson Dusselier

The photojournalism program at Loyalist College has graduated many of the people who have shaped the Canadian perspective on news over the last 30 years.

Through the lens of Loyalist students and alumni, photojournalism is afforded photographs that are associated with many of our country's historic moments.

Every so often, photojournalism students and alumni are honoured for the work they put out to the world. In mid-February, 2003 graduate, Tijana Martin was awarded the Tom Hanson award, presented by The Canadian Press (CP) and The Canadian Journalism Foundation (CJF).

The award was brought to fruition in 2009 in memory of Tom Hanson, a nationally and internationally renowned photographer bringing us some of the most recognizable images in sports and in news.

After a hobbyist's interest in photography and a gap year trip to Nepal combined, Martin fell into photojournalism and came to study at Loyalist.

"It's where I started to really hone in on my skills as a visual storyteller... The program, the instructors and my peers were crucial in learning the skills required to be successful... Loyalist is a special place because so many

talented photographers have come out of the program and have maintained ties with the program," Martin said.

It was her last eligible year to apply for the award after a successful four years as a staff photographer at the Lethbridge Herald in Alberta.

"I wasn't planning on applying for the 2018 award as I'm currently on staff at the Lethbridge Herald, but after some encouragement, I decided I'd give it one last shot."

This combination of community-focused work from Lethbridge and the visual storytelling skills picked up at Loyalist showed through in her winning submission.

In a press release from the Canadian Journalism Foundation, the director of news photography at The Canadian Press, Graeme Roy said, "It showed a strong desire to tell stories and went well beyond the confines of daily assignment work in a smaller market. It showed a photographer working really hard to make images that told great stories."

Martin will spend six weeks at the Canadian Press, working as a staff photographer under the guidance of the CP team.

While alumni are succeeding, the program's current students are also seeing the fruits of their labours. The Ontario Community Newspaper Association (OCNA) has nominated last year's Pioneer, the Loyalist photojournalism run online newspaper, as one of the top three College/University news outlets.

On top of that, graduating student



By Tijana Martin/Lethbridge Herald

Will Istakhashi, centre, and Ty Mabin of the Lethbridge AAA Southwest Allstars, cheer their teammate to home base during a game at Canola Harvest Field on Friday, Aug. 4, 2017 as part of the Minor AAA Prairie Championships in Lethbridge.

Vanessa Tignaneli and 2017 graduate Noah Tignaneli were nominated in the Student Photography Category, with Yader Guzman receiving a honourable mention.

"The calibre of the work that Loyal-

ist College's photojournalism graduates and students create is exceptional. To have this work acknowledged by prolific awards is especially meaningful. Congratulations to Tijana,

our students and faculty team. Great stories continue to be told!" said Dean Kathleen Bazkur, of the School of Media, Business, Access and Continuing Education at Loyalist.

The changing demographics of Spadina

Story and Photos
by Tyson Dusselier

The light of neon signs blare through the fog that hangs over a mid-winter Toronto. In the year of the Dog, Chinatown and the pockets surrounding it are prospering, with an effort to hold on to the stories of people who brought them here.

Moving west you won't find grand shopping malls but instead, salt on single lane sidewalks and the proverbial salt of the earth. Many of the characters and cultural enclaves that make Toronto "a city of neighbourhoods", barrel down Dundas and Queen streets, Bloor and Dupont street.

Spadina Avenue connects them, running north from the Harbourfront all the way *Ishspadinna*, the Anishinaabe word for "the place on a hill." Casa Loma sitting boastfully atop the city, a landmark to the wealthier neighbourhoods. A Gothic Revival style castle brought to the table by E.J. Lennox and to fruition by Sir Henry Mill Pellatt, its construction was made possible by the profits of the electricity and infrastructure projects Pellatt helped to install around Toronto.

Office spaces and galleries take up what used to be textile factories and shops, populating the lower end of the road, giving way to condo space and eventually Lake Ontario.

What exists in the middle has long been a changing cultural demographic where in 2018, you can find yourself in another country entirely with some searching and imagination.

"Chinatown is seeing more immigrants... We are seeing many Korean restaurants opening now too," said Tony Yu, chair of the Chinatown BIA.

Nearby Kensington market, once populated by Colonel Denison's Cavalry after the War of 1812, eventually became a Jewish neighbourhood entirely. The Anglo-Saxon row houses made it possible to sell on carts along the road, making it the home to many Eastern European immigrants.

The Kiever Shul is homage to many Ukrainian immigrants. The byzantine inspired architecture is bold, while entrances into the stairwells are reminiscent of humble beginnings.

Hidden inside the market, there are small reminders of the plethora of groups who call it home. Years have changed the market, however, and monuments like Hyman's Book and Art Shoppe have closed, a place known for its open discussions of anything from politics to philosophy regardless of creed or culture.

Political oppression, social injustice, as well as opportunity brought more and more immigrants to the market as decades passed, creating astonishing diversity in the storefronts and population. Now it remains a busy neighbourhood, renowned for its nightlife, unique restaurants and thrift shopping, attracting tourists and devout local residents.

The rich history and endless opportunity for activity both day and night, attractive to the young and old, in these tightly knit corners is what has fostered a successful area where new Canadians have made livings for years along Spadina.

From the years where practitioners, lawyers, seamstresses, and families would gather at the United Bakery on Spadina, to the higher-end businesses now taking root in the area— it has changed.

"Look at the new pharmacy," said Yu, referring to the Rexall chain drugstore that now sits at Spadina and Dundas.

New projects to come in 2018, however, will aim to preserve the Chinese culture that has long been entrenched in the area.

"Huron Street Square will be finished by May 2018 and will be the heart of our Chinese-Canadian culture," said Yu.

This, however, is but one of the many efforts to preserve the culture of a booming area, while inside the confines of a modern city.



(Above) - A worker prepares meals for sale at Bahn Mi Nguyen Huang Food Co. along Spadina Avenue.



(Left) - Workers prepare dumplings and clear plates on the evening of Family Day, at the Dumpling House in Chinatown.



(Right) A worker clears tables at the Celebrity Hot Pot, a Chinese restaurant, along Spadina Avenue.

Families enjoy day at air force museum

Family Day event brings out hundreds to take part in activities

By Stefany Harris

Hundreds of parents and their children swarmed to the National Air Force Museum of Canada at CFB Trenton in search of fun and engaging activities on Family Day.

Feb. 19 marked the third annual Family Day event held at the museum where families could enjoy their day inside a building that wasn't closed. Every year, event coordinators choose a different theme, and this year's was Search and Rescue.

There were six search and rescue themed activities for every family to enjoy.

An obstacle course was created to represent the extreme training aspect of being a search and rescue technician. A message recovery activity was organized to mimic the dispatch centre located at the base used for receiving and sending messages. Messages were scattered all throughout the museum and people were given an instruction sheet to help try and find the messages.

There was also a rope tying event where people could learn how to tie and secure ropes, and a parachute drop where kids would travel to the second level and drop an object off the railing to try to hit a target below them.

A helicopter rescue mission took place on the opposite side of the museum. The

basis of this activity was to lower a helicopter that contained a metal plate on the bottom, from the second floor to the first, by string and land it on top of paper dolls with magnets attached to them and pull them up to safety. The last activity was for children to create search and rescue crafts on the second floor.

What's significantly new this year is that search and rescue technicians from the 424 Squadron on the base were brought in to join the fun and they were "more than happy to help," says Gina Heinbockel-Bolik, education coordinator for the museum and head coordinator of the Family Day event.

"The base brought in some of their people and it was a big hit because they brought some of their gear that the kids could touch. They could try on helmets and backpacks. They also brought in a dummy and hung it from the rafters that looked like it was parachuting down."

Scheduled presentations about search and rescue were held in the conference room where the public could watch a video clip that educated people about what goes on at the base, and ask any questions.

Well over 30 volunteers were needed to help run the activities because of the large number of people who attended this event. It was almost as big as the year before which had approximately 1,200 people attending. Last year's theme was spies and the year before was the British Commonwealth Air Training Plan.

"The themes are all different but they're all equally fun. I think that's the only thing that matters -- that people have fun," says Heinbockel-Bolik.

To take a video look at this event, click on this link:
<https://vimeo.com/256864256>



Sgt. Jacques Rémillard assists a young flier suit up during the family day event at the Nation Air Force Museum of Canada at CFB Trenton. Getting the chance to try on Canadian Forces gear was just one of the activities for families to enjoy during the Search and Rescue themed day.

Photo by Austin Hickey

Hometown Hockey comes to Belleville

By Cassie Gibbons

The puck drops this Saturday, Feb. 24 with the arrival of the Rogers Hometown Hockey Tour to downtown Belleville.

Belleville was chosen as one of only 24 cities across Canada to host the free two-day hockey-themed festival. The jam-packed weekend at the Rogers Site across from City Hall features interactive activities for all ages, with live entertainment from local artists, and NHL alumni.

The weekend culminates in the Rogers Hometown Hockey broadcast on the night of Sunday Feb. 25th.

The tour, hosted by Ron MacLean, of Hockey Night in Canada, and Tara Sloan, a Canadian TV personality, has already made 18 stops on its journey across Canada. The tour is meant to celebrate the city's devotion to hockey, and Belleville, with its long history of being involved with junior hockey, is ready to celebrate.

"It's going to draw thousands of people into Belleville's downtown core, the

national spotlight is going to be on us while we celebrate our favourite sport," says Dug Stevenson, executive director of Bay of Quinte Tourism.

Special guests include former NHL goaltender and Calder Trophy winner Andrew Raycroft, and Kyle Wellwood, ex-NHLer and former star player of the Belleville Bulls. The two NHL alumni will be available for photos and autographs throughout the weekend, in the Scotiabank tent across from City Hall.

There will be live music throughout the weekend with performances from

Evan Macdonald, Emily Rockarts, with two special live performances on Sunday night by the Trans Canada Highwaymen. The Trans Canada Highwaymen is made up of Canadian rock legends, Moe Berg (Pursuit of Happiness), Chris Murphy (Sloan), Craig Northey (Odds), and Steven Page (Barenaked Ladies).

Highlights for the weekend include the Hockey Circus Show (Sat.-1 p.m., 4:15 p.m., Sun.-2 p.m., 5:30 p.m.), an interactive hockey-themed circus performance, the Scotiabank Hotstove (Sat.-2:15PM), a panel featuring Tara

Sloan, Andrew Raycroft, and Kyle Wellwood, and a Thank You presentation (SUN-4:15PM) to the City of Belleville on the main stage.

The main event comes later this weekend, on Sunday night, culminating in a live broadcast of the Roger's Hometown Hockey game. This week, the featured game will be the Edmonton Oilers facing off against the Anaheim Ducks.

The pre-game show, hosted by Maclean, is set to begin broadcasting at 7:30 p.m. at the broadcast studio, with puck drop at 8 p.m.

Lion dancers bring in lunar new year

By Yader Guzman

Hundreds gathered at the Chinatown Centre on Spadina Avenue on Saturday to celebrate the Chinese New Year and watch traditional performances from China and other Asian countries.

Among the more popular events was the traditional Chinese lion dance.

"To me, it's important because my parents are Chinese, so it's tradition and I want to keep it going for next generations," said Andrew Tan, a Kung Fu student and lion dancer from the Hung Luck Kung Fu Club. "I've been dancing since 2010, so eight years now. I practise every Saturday for four hours."

"We perform a lot, at banquets and grands openings -- Chinese new year's is my favourite because there are so many people and they're really excited to see the lion dance. It just feels great to see everyone happy and that they're enjoying the performance," said Tan.

The tradition of the lion dance goes back to at least the Qin Dynasty of ancient China, dating back to BC 221. Ancient text describes dancers wearing masks that resemble animals and mythical beast such as bears, fish, dragons and phoenix. Lions, however, are not native to China so it is believed the lion dance may have actually originated from outside of China, perhaps India or Persia.

Although lions never actually existed in China, they have played an important role in Chinese folklore and tradition for thousands of years. Various versions of the history and origin of the lion dance and the imagery of the Chinese lion exist, including an ancient Chinese emperor's dreams, to a demon resembling a lion that was tamed by a Buddhist monk and the story of mischievous lion being born in heaven who was killed by the Jade Emperor, thrown down to earth and resurrected by the god of mercy.

Today, the lion dance is meant to scare off evil spirits and welcome good ones who will bring good luck and fortune.

For Anne Sung, the tradition is an opportunity to instil a sense of pride



Photo by Yader Guzman

Students from the Hong Luck Kung Fu Club perform a traditional Chinese lion dance as part of Lunar New Year celebrations in Toronto's Chinatown.

and identity in her young daughters.

"My daughters were born in Canada, so they're Canadian citizens but will al-

ways be Chinese. It's important to have pride, to know where you come from," said Sung who came to Canada as a

teenager with her parents.

"Canada and China are both home to me. I am grateful to grow up in this

country but China is also beautiful. I go back often and will take my daughters when they are older."

Families enjoy day spent with reptiles

By Stefany Harris

Families in Belleville excitedly headed over to the Travelodge Hotel on Bay Bridge Road last weekend to catch a glimpse of the Diversity of Living Things event that featured a baby sloth and other live animal exhibits provided by Little Ray's Reptile Zoo and Animal Ambassadors.

The zoo was welcomed with open arms by the hotel for its first time at that location. In previous years, the event was held at the Belleville & District Fish & Game Club, but moved because the hotel offered a 50 per cent more space.

The event started Friday at 1 p.m. and ran until 8 p.m. and on Saturday, Sunday and Monday, the event ran from 10 a.m. to 5 p.m. Tickets were \$14.50 each, with a \$2 discount for sharing the event on Facebook.

'We allow people to view animals they don't usually get to see and view them in a different light than what they're used to.'

Lead zookeeper Shawn Adderley

Each day was filled with educational and interactive reptile and mammal shows that lasted about 20-30 minutes each and rotated every 15 minutes. The reptile show featured a tarantula, tortoise, snake and alligator, and the mammal show featured a skunk, barn owl, great horned owl, and of course, the baby sloth.

"Our main purpose is education," said Shawn Adderley, a lead zookeeper. "We allow people to view animals they don't usually get to see and view them in a different light than what they're used to."

"In addition, being able to bring out an animal like the sloth has been really cool for me. It's very common that we get at least one person in these events that are full on crying when they see the sloth. Being able to cause that visceral reaction in somebody -- I mean, they're not even allowed to touch it or hold it, just see it and get a picture with it -- is pretty incredible."

These are the first sloths to be rescued by the zoo. They've had them for a little over six to eight months and have been touring with them for a little less than that. The reptile zoo has two sloths but are thinking about adding a third. The sloth who was at the event in Belleville is named Arthur.

Over 85 per cent of the animals at Little Ray's Reptile Zoo are rescued. In fact, the zoo is Canada's largest exotic animal rescue. They are partnered with the Society for the Prevention of Cruelty to Animals (SPCA) to provide care and sanctuary to the seized and



Photo by Stefany Harris

Piper Scott builds up the courage to touch one of her most feared animals: a snake. Her mother is watching behind her in awe and admiration.

unwanted pets until further solutions can be made. Any animal that can be brought back to the wild is brought back 100 per cent of the time.

About eight to nine years ago, an alligator named Fiona was rescued by Paul "Little Ray" Goulet, the owner of the zoo, from a pet store. She was barely alive when he found her and because of the condition she was raised in, she will never be able to grow to her full potential. When Fiona was a baby, she was left in a very small

container and never properly fed. Currently, she's about four feet in length, but she should be about six to eight feet.

"We take in about 400-800 animals per year. Most of these animals are from people who surrender them to us who can't take care of them any more or are animals that we're rescued from people who have misapprehended how difficult it is to take care of an animal, specifically an exotic animal," said Delivis Niedzialek, the assistant director and museum exhibit manager at Little Ray's Reptile Zoo.



Photo by Mic lasenza

Musicians and siblings Joshua P. Edwards and Chantelle Edwards take some time with an audience member to discuss music genres after their live set at the Shark Tank Pub on Wednesday.

Loyalist honours Black History Month

By Mic lasenza

As the month of February comes to a close for the year, it's never too late to show your pride and appreciation on a very important subject – Black History Month.

During the month, Loyalist College made it a priority to prepare and host multiple events aimed at the students to participate and educate themselves during the historic month - including two film screenings, snacks and performance from local rapper, Joshua P. Edwards fea-

turing his sister, Chantelle Edwards on Feb. 21st

“Black History Month for me is pride, a sense of awareness and sense of gratitude. Knowing where our ancestors came from, and what exactly this month is circulated around is important. It's also a great reminder to be grateful for what you have – I believe if you always have a grateful attitude in life, you'll never feel like you're too big for your britches.” says the 22-year-old local rapper, father and businessman, Joshua P. Edwards.

The Canadian government encour-

ages everyone to celebrate Black History Month, and shines a light on the subject, in the hope of teaching more people about the important impact and contributions African-Canadian's have made to society. The United States, United Kingdom and Netherlands also celebrate this event, allowing individuals to learn about the diversity in African-Canadian communities and how they positively impact our daily life.

In 2016, Loyalist held an event that involved screening a collection of TED talks regarding the subject of African-

Canadian history. Attendance was low, however students still voiced their interest on the subject, many of them stating the college should be doing more for Black History Month. Many of them also stated they knew little to nothing about Black History Month.

Pamela Houston, from the Ontario Black History Society, stated for QNet News that their non-profit charity assists and creates opportunities for other organizations that wish to promote African-Canadian history and heritage among their audience. Houston states

that if the college was interested in having a speaker come to the school to discuss African-Canadian history, then their team would gladly assist the college in doing so.

Loyalist Student Government President, C-Jay Stark, says the event is significant. “Black History Month is important. You also have an understanding of other cultures different than your own, so it's important to really important to learn about everything that is surrounding our culture and surrounding our own campus.”

New recycling and composting system comes to Loyalist

By Mic lasenza

While Loyalist College strives to be an institutional model of sustainability and works to inspire and educate our communities to make a positive difference – what exactly should the community look forward to in the near future for a more sustainable, and effective learning environment?

When Loyalist officially became a signatory to the Association of Canadian Community Colleges (ACCC) Pan-Canadian protocol for sustainability, a commitment that already happened to be in place, became fully supported and put into writing in early September 2009. Since then, this plan has identified three strategic directions in the College's 2009-2014 plan: economic, environmental, and socio-cultural.

While continuing to focus on the environmental category in 2018 and make efforts to exceed the college's 60 per cent (waste?) diversion rate, the college has recently introduced a new recycling system to the residence buildings on campus to help promote a more conscious lifestyle towards students.

Since the new system was only put into place among residence building E on Feb. 13, students and faculty have started to adapt to these new recycling/compost kits and make it a part of their daily lifestyle.

“We are trialing this new system over the next weeks, so we are only targeting the one building for now,” said Jessica Spooner, sustainability co-ordinator, in an interview. “Then we will hand out a survey to gain student feedback, and use that feedback towards launching a full program for all buildings in September.”

‘I think the bins are a smart idea, it definitely takes some getting used to but it's a great step forward to be more conscious with what we use every day.’

Welding and fabrication student Adam Baker

The kits include a grey compost bin, small individual plastic bags for food waste, and information signage displaying instructions on how to properly dispose of your waste.

After centralized waste collection was introduced to Loyalist back in 2016, as a system that would allow students to access a full-scale recycling/waste center in all accessible areas of the college, the school body has discovered how easy it is to take small steps towards a more sustainable future. When the results of the 2016 plan weren't as effective as the sustainability team would've hoped, they created a pilot project to bring in a “source-separating” method.

Adam Baker, a welding and fabrication student living in residence building E, said, “I think the bins are a smart idea, it definitely takes some getting used to but it's a great step forward to be more conscious with what we use every day.”

While it will take some patience for the new system to become fully effective, the sustainability team have made it their main goal to exceed the 60 per cent diversion rate by 2020.



Photo by Mic lasenza

Welding and fabrication student Adam Baker explores the new recycling/compost kit that was introduced to his residence building.



Photo by Andrej Ivanov

A foggy afternoon

Chantal Dilts walks through the Loyalist College grounds through a thick fog and melting snow in Belleville. The warm six degrees temperature caused a heavy fog to set on the city. The record temperature was recorded on this day in 1953, with a balmy 11.1 degrees.

Students get look at career choices

By Helene Brozowsky-Reinsch

What kind of career were you looking for at the career fair?

Loyalist College held its 21st annual career fair earlier this February in the dining hall, and link lounge. A few hundred students were going from table to table meeting with representatives of the organizations attending the event.

Students with their resumes, writing utensils, and other important documentation were dapper-looking, they had a great sense of confidence and outgoingness to them that was not to be missed. Some of the students searched for a suitable business alone, some in groups, but what was certain was that the chatter all around was at a high level.

First-year students perhaps looking for a summer position. While second-year/or graduating students could be looking for a full-time job. Some of the

businesses say that they are accepting students looking for placement opportunities.

While the blizzard-like weather conditions were not favourable for the occasion, the event itself was in good attendance thanks to students and businesses. Generally, every year, there are between 55-80 local, provincial, and national employers.

This is the first year there were two separate career fairs. In the past, there has been one large fair, but due to students' placement schedules, the college held a separate fair on Monday Feb. 12 for the health students because they are off campus on Wednesdays.

"This year between the two career fairs, we have 78 employers coming. There are positions to be filled in full time, part time, contract, summer; it's literally all across the board. There is not typically a lack of one versus the other, there are a variety of positions,"

said senior career and alumni services officer Lyndsay Kerik.

"Every year it is a mix, but this year there is a large number of building sciences, and skilled trade organizations. I think it is just that more and more organizations are recognizing that our Bay Of Quinte Skills Centre has some really great, skilled potential employees. Our skilled programs have continued to increase in numbers," said Kerik.

"The media companies are our hardest to get here, but last year there were two or three media organizations, so that was really great. We don't have any media specific this year, but again it is a changing market for media; it's a hard market to reach," continued Kerik.

About 20 years ago when Kerik was a student here she worked in the career centre, and helped organize the fairs. She was a student representative, however, so she never attended the career fair from the perspective of a student

going to meet prospective employers.

The main difference between the fairs from so long ago, and now, is that the event flowed much more smoothly the last few years. For the last few years the public relations program helps to set-up the fair, and that is one of our successes, Kerik said.

Students are assigned with job titles for the day to be hosts, loaders, un-loaders, clean-up crew.

"They are the college's student representatives to those employers, and without them there is no way our three staff in the career center could run an event like that," said Tracey MacLeod.

"Employers really love this event. We treat them like special guests from the second they arrive to the second they leave. They get shuttle buses back to their car (they don't have to walk to the parking lot). We have students who unload their stuff, help them set up.

"We give them lunch; we treat them like gold while they are here, because to us they are gold. The entire reason students come to college is to get a job afterwards, and it's really important of us to bring employers here.

"So that is one of the things that has never changed, and will never change with the event. That's the one reason we have so many repeat employers who come back here, and the comments are always above and beyond that this is one of the best college fairs that they have ever attended. What has changed is that every year we see a slight shift in the types of organizations that attend.

"The local market is changing, the national market is changing, and so are our programs. So when we introduce a new program it often means we introduce new employers to our career fair. We try to evolve with what the market needs," said MacLeod.

DocFest coming soon to downtown

Festival features films from the area and around the world

By Raven McCoy

Documentary fans will soon be filling venues in Belleville for Downtown DocFest, which runs from March 2 to March 4.

Downtown DocFest is a documentary film festival featuring films from the area and around the world. The festival strives to promote awareness of cultural, economic, and environmental issues and encourage active participation in change.

This year, DocFest has added Bridge St. United Church as a new venue, bringing the list up to five including The Empire Theatre, The CORE Centre, the Belleville Public Library and Pinnacle Playhouse.

The festival will be showing 61 films, the most it is ever shown.

New this year is the first filmmakers panel which will be held at the Belleville Club. You will also be able to hear from eight different filmmakers at Q&A sessions after their screenings.

The first year of Doc Fest saw an attendance of 2,000; last year was 5,000 people and organizers are hoping to exceed that number this year.

"We've just been so fortunate that the community has embraced the festival," says Holly Dewar, Chair of the DocFest committee.

There is something for everybody at DocFest.

"We really try hard to have a broad range of films so that there is music,



Photo by Raven McCoy

Downtown DocFest programs can be found at various businesses around the city. Programs contain the schedule for the weekend which can also be found on their website at downtowndocfest.ca.

there's dance, there's art, there's environmental issues, there's indigenous issues. We really try and hit a broad spectrum so that it connects with the community and things that relate to

what is going on here. We hope to spur action here as well," says Dewar.

DocFest's Local Spotlight is a showcase of documentary films from the Quinte region. It also provides an

opportunity for the filmmakers to network with other filmmakers and attend professional development workshops.

One of the highly anticipated films

being shown at the festival is *Bee Nation*, a documentary which follows the story of six students as they compete at the first-ever First Nations Provincial Spelling Bee in Canada and try to make it to the National Championships in Toronto.

The filmmaker, Lana Šlezić is from Port Credit, Ont., but spent two years in Belleville pursuing a diploma in photojournalism at Loyalist College. Marta Iwanek is a fellow photojournalism student who also worked on the film. You can catch it on Sunday March 4 at noon at the Empire Theatre.

In the spirit of community, DocFest teams up with the Loyalist College Film and TV Production program for a screening of four minute productions by teams of students. Everyone is welcome to attend the free event at Alumni Hall in Loyalist College on Feb. 28.

Developing downtown is very important to DocFest. All of the venues are intentionally located to bring people downtown so they can see what it has to offer.

Two years ago, DocFest was added to the festival line up. DocFest is a two-hour break in programming on the Saturday night to give people a chance to enjoy downtown restaurants and take advantage of Quintelicious, a month-long event where restaurants showcase locally sourced ingredients and prix fixe menus.

DocFest is spearheaded by a 10-person committee but would be impossible to pull off without the help of passionate community members. At this point, they are still in need of volunteers to make sure the weekend goes off without a hitch.



Photo by Matthew Botha

Ice fishermen Wayne Evans tries his luck out on the Bay of Quinte.

Taking to the ice



Photo by Matthew Botha

A shirtless ice fisherman competes in the 9th annual Merlan Park ice fishing derby, with proceeds of the derby going to the Kiwanis 'Terrific Kids' program.



Photo by Andrew Ryan

Near Meyer's Pier, Jason Howsar looks out across the frozen Bay of Quinte, while checking for new spots to set up his ice-fishing tent. The day was one of the coldest of the new year, recording a low of -26C with a wind chill of -40C.

By Cassie Gibbons

As the winds begin to blow warmer, and ice huts begin to come in from their ice floes in the middle of the Bay of Quinte, local ice fishers are looking back on a good season.

"The fishing has been really good. On average guys are coming back with three-eight fish each time," says Kevin Lavers of Merland Park Cottages.

Merland Park is no stranger to the ice fishing community, having hosted their ninth annual ice fishing derby from Feb. 9 to Feb. 11. The Merland Park Ice Fishing Derby is home to the very popular "Shirt off - Fish on" contest, where contestants take off their shirts and brave the cold for at least five minutes, with the first 15 fish caught winning a prize.

Some anglers believe it's the ice

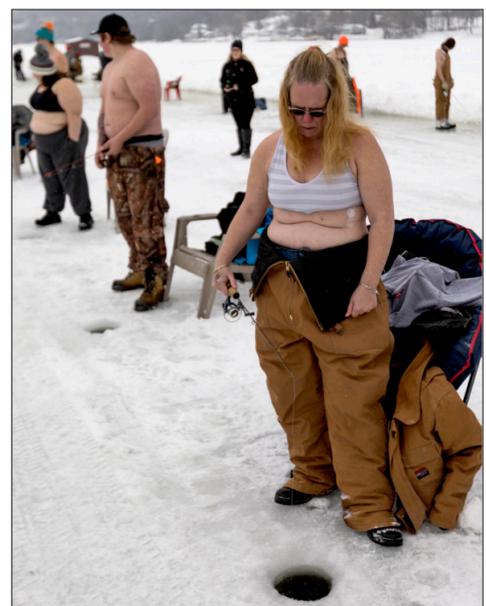
to thank for the good fishing season, "It's been better ice than usual this year on the Bay. It's about 14-16 inches thick," says Dale Travers, who has been ice fishing on the bay of Quinte for over three decades. Travers operate Ice Doctor, a portable ice fishing hut rental company in Belleville, Ontario.

"Been getting quite a few fish, ice has been good since mid-December. It's been a real good year," adds Travers.

Now approaching the final week of February, with temperatures starting to reach into the positives, the ice fishing season is coming to a close.

"I brought my huts in early this week because it's getting so warm," says Lavers.

As the huts slowly come in to land, and the ice melts, ice fishers can begin to look forward to next winter.



(Above) A group of people attempt to be the first to get a fish on the line during the 9th annual Merland Park shirtless ice fishing derby. This year was the first time a fish hasn't been caught in the history of the derby.

Photo by Sasha Seftor

(Right) Chris Bertin of Picton tries his hand at ice fishing during the 9th annual Merland Park shirtless ice fishing derby.

Photo by Sasha Seftor





As part of the *Serpent People* installation series by Aanmitaagzi, *Architecture for Transformation* explores historic Anishinaabe places of transformation and change, grounded in historic stories of the Black Sturgeon from Nipissing First Nation.



The *Serpent People* installation series by Aanmitaagzi represents traditional Anishinaabe places of healing. Ice is poured over a structure by visitors to the site to create their own space for reflection.



This *Embodied Terrains* installation by Chris Kosloksi and Andrew Ackerman uses video projections to explore the notion of the sublime.

“It’s very important to the Nipissings, and other First Nations of this area, to be here on this lake. We try to take this opportunity to tell the water’s story.”

- Sid Bobb, Nipissing First Nation, Director of Aanmitaagzi Indigenous inter-arts company.

ART ON ICE

Story and photos by Vanessa Tignanelli

Every two years, Lake Nipissing in North Bay, Ont. becomes the venue for a festival called Ice Follies.

Art installations are displayed along the shores of the Nipissing First Nation. Artists from across Canada are invited to make artworks that consider the icy landscape. Changes in light, sound, wind, snow and temperature contribute to how the artworks are built and sustained over the two-week period of the festival.

This year there are nine installations by Canadian artists: Aylan Couchie, Reece Terris, Andrew Ackerman, Chris Kosloksi, Drew Gauley, Wolf Belanger, Steven Kudla, Melanie Atkins, Eric Robillard and Aanmitaagzi Indigenous inter-arts company.

The first Ice Follies took place in 2004 under the leadership of Dermot Wilson and the W.K.P. Kennedy public art gallery.

In 2012, the event changed hands from the public gallery to a committee of representatives from three local artist-run groups: White Water Gallery, Aanmitaagzi, and the Near North Mobile Media Lab, in collaboration with other community part-

ners, such as the Nipissing Region Curatorial Collective. The festival operates on grant funding from Canada Arts Council and Ontario Arts Council.

This new direction expanded the focus of the show beyond contemporary visual art installation to a community-engaged focus. Ice Follies encourages audiences to experience art outside the context of the institution and interact with the local landscape.

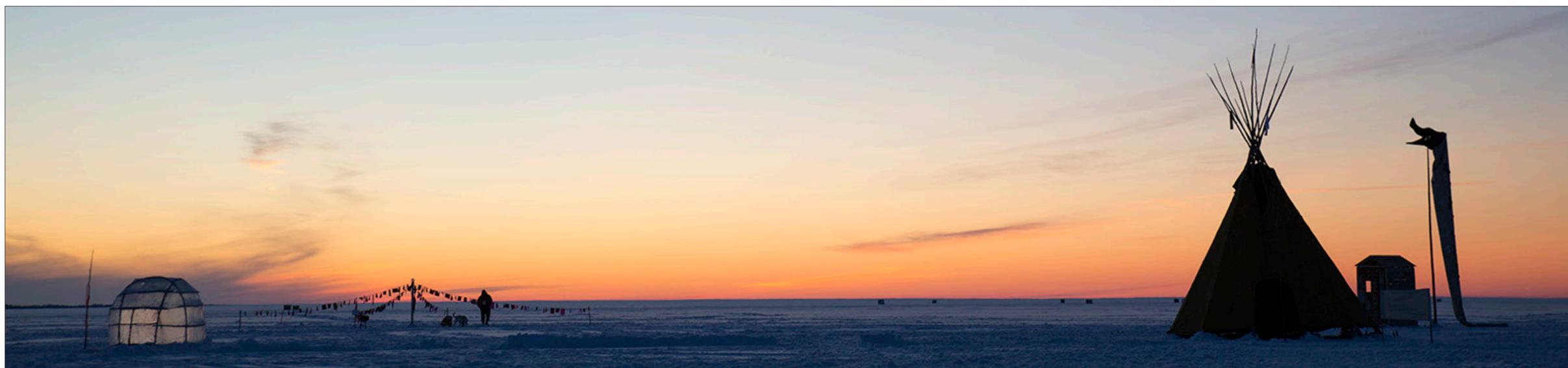
Temperatures have dipped as low as -40 degrees some years, but crowds continue to support the festival. Over 2,000 people will visit the site each year.

People who came out for the opening ceremony on Feb. 11 were treated to artist talks, hot chocolate and chili.

For a video published by The Globe and Mail: <https://www.theglobeandmail.com/life/video-every-two-years-a-frozen-lake-in-north-bay-be-comes-home-to-art/>



Melanie Atkins' interactive piece *She Spoke Peace* inspires participants to stop, reflect, and collaborate in creating the momentum for using peace and positive intentions to shape our future.



The sun sets over the eighth annual Ice Follies festival on frozen Lake Nipissing, North Bay, Ont.