

The Pioneer

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Photo by Andrew Ryan

Holly Lazenby hugs her older sister Rebecca, who suffers from less severe developmental disabilities. For more photos, see page 9.

Family's needs not exceptionally special

By Andrew Ryan

For Gail Lazenby, her family of five is just like any other family.

Tucked away in the nooks and crannies of Stirling, Ont. the family's house sits above the road — a place they like to call Lazenby Hill.

In the early morning, oldest son Jonathan brings his mother's coffee to her in bed as she slowly comes to life at 8 a.m. on a Saturday.

"We met him the week before we took him home," said Lazenby. She, a retired special needs teacher, and her husband Chris, a CN Railroad engineer, had problems conceiving, so they naturally began to think about adoption. When their first approached Child Adoptive

Services, Jonathan was available.

The adoption agent looked over their forms and noticed they hadn't made any objection to Jonathan having Down syndrome. Gail and Chris both said they hadn't really thought anything of it, other than it not being significant to their decision to adopt.

Two years later, the family grew by one, taking in Rebecca Lazenby, now 27, whose behavioral issues were so severe that she once kicked out the rear passenger window of the family car. And finally, seven years later, the family met Holly, their second child with Down syndrome.

"They kind of just came when because they were supposed to," said Lazenby, who added that the adop-

'I believe that things happen for a reason, so these guys came along for a reason — for us to be a family.'

Gail Lazenby

tions just happened. "I believe that things happen for a reason, so these guys came along for a reason — for us to be a family."

Now, the family keeps a pretty tight schedule of activities including dance, Special Olympics practice, and weekly

games of Yahtzee.

"This family is just a normal family, meeting challenges that are normal to us," continued Lazenby. "All families have challenges, and all kids have challenges. (Our kids) just have specific challenges because they already had a label attached to them."

As the morning rolls by, Holly organizes her dresser and Jonathan, an avid reader, leafs through a copy of *National Geographic*. Although both have Down syndrome, Lazenby said they couldn't be any more different.

Holly's room is adorned in Disney princesses, and neatly organized by the feet of her bed, as if posing for a family portrait, is an array of stuffed animals.

Surrounding Jonathan, as he reads

in bed, are piles of encyclopedias, novels, and magazines of every genre. A simple bookshelf bubbles at its base with its surplus of printed pages. Lazenby said she fears his room may collapse under all of the weight.

The middle sibling sets herself apart with her creativity. Rebecca takes pride in her many artistic pursuits. Among her collection of creations are boxes of quilts she stitches by hand, and albums upon albums of photos from family vacations.

Although it seems like a natural extension of Lazenby's career as a special needs teacher, she says her professional experience played no part in their decision to adopt and raise three children with special needs.



Photo by Vanessa Tignanelli

Garden of Eden Place

This pair has been best friends for 50 years. Alicia "Kenny" Chambers (left, 95) was the first woman to work at the Belleville Intelligencer newspaper. She is an artist, both inquisitive and cautious in spirit. Marcella "Mickey" Lake (right) turns 98 tomorrow. She is still sharp as a knife, holding doors open for others with one hand, her walker in the other. The walls of her humble room are covered in cross-stitched landscapes of the East Coast and family photographs. How serene they were, sitting with each other in a place where the elderly wait, usually with only their memories for company. The retirement home is called Eden Place. For more photos of friends, see page 10.

Dianne Spencer says goodbye to Loyalist with retirement

By Agnes Finkle

Loyalist College is losing "a powerhouse" to retirement in Executive Director, College Advancement and External Relations Dianne Spencer, say those who work with her.

During her almost 40 years, Spencer, originally from the Bay of Quinte area, has held many jobs at the college.

She began her relationship with Loyalist in 1980 as a member of the Loyalist Board of Governors. She served two terms there, the final one as chairperson.

In 1987, Spencer began working at the college teaching. She then became director of community affairs and special projects executive director of college advancement and external relations to her present title.

"I plan on continuing to work in the community after I retire," said Spencer. "There's still a lot to be done and I will help support our college team."

A champion for the college, Spencer has served on many committees and boards, including the Canadian Council on Advancement in Education, CCAE, director on the provincial CCAE-Ontario Board, Bay of Quinte Living Council and the Rotary Club.

...See Spencer says goodbye, page 3



Photo by Andrew Ryan

Lancaster being refurbished

(From left) Don Hawes and Rick Casselman work on refurbishing part of the Lancaster's outer shell. The Lancaster, one of three in the world, arrived at the National Air Force Museum last September.

Air Force museum restores rare Lancaster

By Andrew Ryan

In September of 2017, the National Air Force Museum in Trenton received one of three remaining Second World War bombers in the world to restore to its original condition.

Since 1964, the plane, which was last used to survey terrain in the Arc-

tic, had been sitting on a pedestal in Edmundston, N.B. for just over 50 years.

The museum's project manager, Mike Joly, said that he was impressed how well the plane had held up after all of those years of exposure to elements in the East Coast.

Helping to restore it is a team of

around 50 volunteers, most of which are retired veterans, but is also made up of civilians with varying degrees of experience in engineering and fabrication.

The plane is expected to be in display condition by 2024 to coincide with the RCAF's 100-year anniversary and is slated to be placed

in a second building on the museum's property where it will remain.

Prior to it being decommissioned, the plane was flying Arctic survey missions. Most notably, the aircraft has been identified as having flown with the very same Halifax bomber that sits in the museum's hanger today.

"This is a great opportunity for us because it's not too often that you see two aircrafts that actually flew together during the war in one spot. To have this and the Halifax...it's going to be something else," said Joly.

To see a video of them at work, click on this link:

<https://vimeo.com/261188769>

Roundtable discusses poverty issues

By Jonathan Ludlow

The first day of spring was greeted with a strong message. Something needs to be done to end poverty.

On Tuesday, March 20, The Poverty Roundtable of Hastings Prince Edward and members of the surrounding area gathered at Belleville's Marantha Church to discuss poverty in the community.

Speakers from The Poverty Roundtable of Hastings Prince Edward as well as members of the community recounted how poverty had impacted their lives, as well as the lives of others.

Being recognized for their involvement and contributions in combating the issue were Monica Piercey and Jay Guzick as well as Vantage Foods of Belleville.

The Poverty Roundtable of Hastings Prince Edward's goal is to be involved in the community as well as exchange information and create policies which will improve living situations for those in need.

Christine Durant, the director for The Poverty Roundtable of Hastings Prince Edward believes that one of the best ways to fight poverty is through communication.

"A lot of our work is to bring attention to poverty, put poverty on the agenda, and to invite municipalities in the province to come together with the community and collaborate on solutions," says Durant.

"The more we work in silence, the more we work alone, the less we will understand each other, the less we are going to know from each other, and the less we are going to be able to come up with solutions that work."

According to Statistics Canada, the percentage of households considered to be living in low income has increased from 2010 to 2015 in the Prince Edward County, Hastings County, and Belleville areas, although in Quinte West, the number has gone down.

"We asked what is poverty like, and people said that it is lack. It is not having choices. It's having to choose between heat or food. Poverty is about doing

'A lot of our work is to bring attention to poverty, put poverty on the agenda, and to invite municipalities in the province to come together with the community and collaborate on solutions.'

Christine Durant

without or going without, and getting by, somehow."

Loretta Tweed, another member of the community told the crowd about her daily struggle just to survive and what she hopes for the future.

"I just want to see poverty eliminated for the future generations," says Tweed. "Nobody should have to live like this and feel ashamed, to feel stigmatized."

"The fear is constant. When am I going to eat, am I going to eat? Where am I going to get it, how am I going to get it?"

One of the biggest causes for poverty and a reason a lot of people are unable to hold steady at a place of employ is because of the lack of available transportation.

"There is so many things that people can change and one thing we can do is cover the transportation issue," says Durant. "Transportation is a huge barrier and we can deal with that."

The City of Belleville recently implemented a new bus route that is already being seen as a big step in the right direction.

In Arthurian legend, at the round table sat King Arthur and his trusted knights.

Today, the round table is fighting against the prejudice, shame and stigma surrounding poverty and striving to bring equal opportunity to all and second chances to those in need.



Photo by Jonathan Ludlow

Tami, a speaker for The Poverty Roundtable of Hastings Prince Edward, delivers a passionate speech about the struggles people deal with while living in poverty. Tami raises her granddaughter and is part of a group called Cangrands, an organization that helps grandparents who are raising grandchildren.

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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Improving lives of Eastern wolves

By Natasha MacDonald

Eastern wolves are at risk and Hannah Barron is following their tracks, hoping to help improve their threatened status under the endangered species act.

Barron, director of Wildlife Conservation Campaigns at Earthroots, spoke at the recent lecture series at Queen's University, presented by the Friends of Frontenac Park.

The term "threatened" for the eastern wolf (also known as Algonquin wolf) requires there to be a recovery strategy made by the province within two years.

But Barron does much more than give talks. On a recent March day, she spent many hours in a section of Ontario's woods, in search of clues of the eastern wolf's presence.

The cool, crisp combination of fresh air and a snowy floor made for quite the adventure. The day began in Gooderham, south of Haliburton, on a trail in the privately and appropriately owned Bark Lake Leadership and Conference Centre. Throughout the hike, there were moments of only hearing the crunch of the frozen ground below.

The sometimes-slippery slopes through the bare and protruding tree branches called for some unexpected agile adjustments. But luckily, there were no falls, even for the unco-ordinated photo-journalist accompanying Barron. There were, however, incredible views and the sound of a small waterfall that filled the atmosphere.

Overlooking the vast forest from a large raised rock was a place to seek out the possible movement of the eastern wolf. Nothing but quiet emerged. Barron had a clear mission on this hike -- finding eastern wolf scat.

However, the inconsistency of this winter has made it difficult for such a search. Since scat is one of the least invasive ways of tracking this animal, it is even more important to have a cold and snowy winter.

Halfway through this trail meant time for a snack break. Sitting beside a frozen bog and talking about wolves and the wilderness is not something everyone gets to do. But for Barron, this is not far from the usual.

The continued crunch from boots in the snow was accompanied by birds chirping from the trees. The trail came to an end and so did the search for scat. At least on this trail.

No scat here meant it was time for a change in location. The second trail called for Telephone Road, and this path brought more in both length and scat findings. During this walk, the snow began to fall, and the animal tracks became more visible.

The scat collection process is one that requires a system of ensuring that no contamination occurs to the sample. Separate labelled bags, gloves and sanitized containers are carefully used to collect the findings.

There were three scat findings at this location. Success! Now to await the lab results.

At the end of the day, with almost 15 kilometres walked, scat was found and the search for more will continue again for Barron tomorrow.

Barron is highly dedicated to her work and shows that through her consistent effort in the steps she takes for the conservation of the eastern wolf.

"The ideal outcome for eastern wolves, for me, would be that their population increases. So that there are enough wolves on the landscape, and we can be more sure that they are going to be able to withstand more changes in prey shift or changes in disease that are associated with things like climate change and whatever is coming down the pipes with wolves," says Barron.

The eastern wolf is different from the

grey wolf and coyotes.

"The eastern wolf is quite a bit like the grey wolf, which is the really common wolf we have that is not endangered. They eat the same things but at slightly different rates. But they themselves are different, have different lineages. We think, most of the research supports, the fact that the eastern wolf evolved in north America, whereas the grey wolf evolved in Eurasia and then crossed over into north America later," says Barron.

The population of these wolves in eastern Ontario is very difficult to account for.

"With eastern wolves, we don't really know but we think that there is between 250 and 1,000. But it's probably not closer to 1,000 because that would be assuming that they're at the same density as we found them in the high-density spots in the parks. And what little we do know, outside of the parks, they are very rare. So, it's probably closer to 250... I ball park it and say 500," says Barron.

This number is significantly lower than that of the grey wolf, which has a population of roughly 9,600, in Ontario.

"What I'm really interested in is learning more about what we believe to be the historic range for the eastern wolf. Because there are no wolves left in north-eastern United States."

A large part of the low numbers of the eastern wolf is due to human infrastructure and development.

"Like ongoing habitat loss, people putting roads for cottages. Everything comes at a cost, to wildlife and to wilderness."

Another reason for their current limited population is fundamentally attached to being killed by humans.

"And so, having a larger population is almost always the objective when it comes to species at risk recovery. It seems likely that the only way we are going to get there is by reducing the hunting and trapping of them," says Barron.

"So I would say expanding the ban on hunting and trapping makes sense to me and that's sort of how were going to get to the positive outcome of a larger population."

Being a top predator, wolves play an important role within an ecosystem.

"What we do see is these eastern coyotes everywhere and they are not the same as eastern wolves or grey wolves and no doubt that is impacting the ecosystem in some way," says Barron.

"The A2A (Algonquin to Adirondacks) corridor would be fantastic because then we could increase the chances of wolves naturally recolonizing the states and going into the Adirondacks... I think it would have a positive outcome for ecosystem," says Barron.

Although it is unlikely that eastern wolves would be the ones to repopulate in the States, it is still worth looking into increasing the population in Ontario.

"You're always playing the long game with conservation," says Barron.

Barron first became involved with Earthroots after her involvement with the Ontario wolf survey.

Earthroots is a grassroots organization working towards protecting the province's wildlife.

Since eastern wolves are not commonly known, like the grey wolf, the organization creates awareness through research and education.

Barron is familiar with issues around the eastern wolves but acknowledged many are not.

"Once policy changes sort of come down the pipes, with this legislation, in terms of the endangered species act, and the species at risk act, there was somebody doing the work to sort of merge people and science together. Instead of just doing the science with the blinders on. It was just like getting people to care about it, really."



(Above) Hannah Barron takes notes for a scat found on the trail just off Telephone Road. Barron is working on the conservation of the eastern wolf population and this is one non-invasive method of researching them.

(Left) Barron collects scat found on the trail just off Telephone Road. Barron has her gloves on and is removing a few pine needles from the sample which will be sent out for DNA testing.

Photos by Natasha MacDonald



Spencer says goodbye

...Continued from page 1

Joanne Farrell, the awards officer for the college, works with Spencer. "She is very generous with her time, with students and staff alike, very college-oriented. She is a super person, I couldn't ask for a better colleague to work with."

Spencer, ever talented, hosted the March 7 Loyalist College Undergraduate Awards ceremony delivering gracious and entertaining commentary to the nights proceedings. Much of the funds for the awards was provided by the Loyalist College Foundation.

Spencer's leadership has impacted the college's growth through media, government, community relations, marketing, fundraising, awards and alumni, recruitment and career services.

Some of the more well-known projects Spencer has worked are The Parrott Centre library and The Bay of Quinte Skills Centre. She was involved in

The W. Garfield Weston Foundation, a three-year pilot program in 2013 that now has funding until 2020.

"I don't know what we're going to do without her," said Assistant to the Executive Director College Advancement & External Relations, Fran Nobes. "She does the work of three people. Who will replace her?"

In her press release Spencer said, "This College is an incredible part of our community, and plays such an important role in providing opportunities for individuals to build their lives, and careers. I've been honoured to work as part of a fabulous College team."

Spencer is dedicated to helping others, the strength of her commitment, and example, will be felt in the coming years as the college continues to expand.

Loyalist College Executive Director of College Advancement and External Relations Dianne Spencer prepares for retirement in August after almost 40 years of service at Loyalist College.

By Agnes Finkle

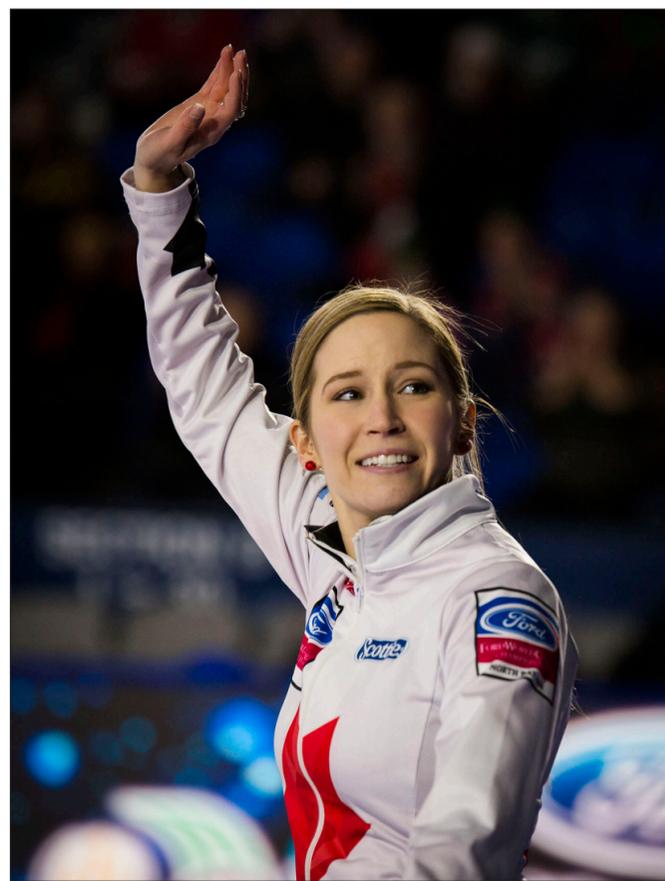


Canada skip Jennifer Jones delivers a shot at Saturday's game against Czech Republic at the 2018 Ford World Women's Curling Championship in North Bay, Ont. Jones skipped for the team that won gold at Sochi 2014 and is the first female skip to go through the Games undefeated. The women's curling team remains undefeated with eight wins.



(Above) Canada's second, Jill Officer watches her shot during Saturday's game against Czech Republic at the 2018 Ford World Women's Curling Championship in North Bay, Ont. Canada defeated the Czech Republic 11-5.

(Right) Canada vice-skip Kaitlyn Lawes waves at the crowd during Saturday's game against Czech Republic. Lawes won gold at the Pyeongchang Olympics this winter for mixed doubles curling. It was her second Olympic gold medal. Lawes was the third on the team skipped by Jennifer Jones that won gold at Sochi 2014.



Photos by Vanessa Tignaneli

Loyalist residence commons gets makeover

By Makayla Jaring

Loyalist College has started a huge renovation on its residence commons building.

The area is getting a major facelift, with nearly everything being ripped out and renewed.

Back in December, a consultation took place with residence staff, students and stakeholders to understand how they wanted to use the space and what renovations needed to be done. Both the downstairs and parts of the upstairs are being renovated, however, the downstairs main area is getting the most work.

"We got quite bit of feedback saying that the space needed to be updated and so we listened," says Mark Kirkpatrick, director of facilities and information technology services.

"The school held open focus groups that any student living in residence could have attended. The students told us what they thought commons needed," Kirkpatrick adds.

Renovations started in late February and are anticipated to be finished by March 31, with the exception of new furniture being delivered in April. All furniture, the audio-visual system, and most flooring is being replaced and will hopefully create a more functional and comfortable area for students to work and hang out with friends.

"The hope is that students will find the space more comfortable and much more functional for what they want to do," Kirkpatrick says.

Jeffery Wallans Construction is doing the general contractor work on site and is leading the renovations on the building.

Upstairs is having three study/work rooms created so that students have other options if they want a quiet place to either study alone or with a group. The rooms used to be a larger boardroom-styled room. School officials thought three smaller work areas would be more beneficial.

"We wanted to put in a space where students could do their work, or for students to do group work and give them a space where we could reduce the noise," Kirkpatrick says.

The security and main residence office building is also having renovations as well. A glass wall door is being added, as well as a different layout for the offices in the room.

"On the main floor, they are renovating the front entrance so that it looks more professional. There will be a glassed-in room where you can go and talk to residence staff and security," says Kirkpatrick. College officials hope to make more changes to the residence common area in the near future depending on how the students feel about the new renovations.



Photo by Makayla Jaring

The commons area at Loyalist College was out of date, so it was decided to give the interior an upgrade.

Sanctuary offers connection to culture

Tyendinaga group working to open seed sanctuary and learning centre

By Shelby Lisk

A new seed sanctuary group in Tyendinaga hopes to sustain a connection to land and culture, food security, sovereignty and a grounded sacred space for Mohawk youth.

Members of Ratinenhayen:thos, a new community group, whose name means “they are the seed farmers”, are working together towards opening the Kenht̃:ke Seed Sanctuary and Learning Centre.

A seed sanctuary is a space to house and protect seeds collected from community members and the learning centre will foster a space for people to learn about the seeds and how to grow, harvest and save seeds from plants.

Ratinenhayen:thos was formed by six individuals from Tyendinaga after Cate Henderson, seed saver and gardener at the Heirloom Seed Sanctuary in Kingston, gave a presentation in March 2017 to ask if the community would be willing to receive a rematriation of seeds. The term “rematriation” is a reinterpretation of “repatriation”, which is often used to describe the act of giving something back to Indigenous people. By changing the word to rematriation, Ratinenhayen:thos are invoking the importance that clan mothers and women had in caring for these seeds.

The seed sanctuary in Kingston has been cared for by the Sisters of Providence of St. Vincent de Paul since 1999.

This year will be the Kingston sanctuary’s last growing season of this collection of seeds, which has close to 300 varieties corn, bean, squash, tomatoes, flowers and herbs. Most of these seeds have been grown and saved from Foxfire Farm in Napanee, Ont. since 1974.

“The Heirloom Seed Sanctuary is closing to make room for the upcoming development of Providence Village. Construction on the property will begin in 2018, which is why this will also be our last growing season,” said Henderson.

Janice Brant, a member of Ratinenhayen:thos, believes it will be fitting for Tyendinaga to receive some of the 300 varieties of seeds that will be redistributed because the seeds have a connection to the ancestral territory of her Mohawk ancestors.

“What’s special about this collection to our people is the fact that the whole collection originated out of Napanee and because we were a strong agricultural community, there’s a good chance that some

‘There’s a whole art science and spirituality to our food ways that are inclusive of the foods, the medicines and the seeds.’

Janice Brant

of those seeds, or maybe even all of them, came from here. Since the ‘70s, these 300 varieties were grown together like a family, and that could possibly end next year, but it likely won’t because of the interest that people have shown in receiving a replication of the collection,” says Brant.

Brant emphasizes that these practices and seeds will be lost unless they are preserved as an important part of the Mohawk culture.

“There’s a whole art, science and spirituality to our food ways that are inclusive of the foods, the medicines and the seeds,” says Brant.

A seed sanctuary also helps elders who can no longer maintain their own garden. Brant imagines that once the seed sanctuary is established, it would be a space for the community to bring seeds to be grown out and for youth to learn how to harvest and plant.

The process of growing out plants encompasses the entire cycle from planting and harvesting to saving, cleaning and storing the seeds for the next cycle. Seeds must be continuously grown out to ensure the plants are given the opportunity to adapt to changing environments and climate.

However, seed sanctuaries are not the traditional practice of the Mohawk. The hope is that the seed sanctuary would be a learning place for community members to then bring the practice back into their home.

“Typically, seeds would be in the home, within families and managed within the clan system and clan mothers, but because we don’t have that in place in the same way that it once was, it seems that a seed sanctuary could create a sacred space in our urbanizing community to house and protect seeds that are given from community members to the seed sanctuary,” says Brant.

“The Sisters of Providence have agreed to distribute the seed collection to two organizations: Tyendinaga Ratinenhayen:thos and the Kingston Area Seed System Initiative,” says Henderson.

The next step for Ratinenhayen:thos is to secure a piece of land for the gardens, a building for the sanctuary and a gardener so that they will be prepared to receive the rematriation of seeds from Kingston.



Photo by Shelby Lisk

Janice Brant pours Bill Wheatley bean seeds onto her hand, one of the over 40 varieties of bean seeds she stores in her home, along with corn, squash, flowers and herbs.

Taking a step back and getting back to nature

Escaping the hustle and bustle of city life

By Makayla Jaring

Living in the middle of the city is not always the ideal lifestyle everyone wants. Some just want to be one with nature and escape all the hustle and bustle around them. My brother, Adam Jaring, 24, decided that moving out and living in the middle of the forest was where he wanted to call home.

Back in the beginning of this January, Adam decided that he wanted to quit his job working for a powerline company in Manitoba and move back to our family’s farm in Vankleek Hill, Ont.

“There was just so much going on that I could no longer handle. I just wanted to step back and focus on myself and my family,” he says.

For a while, Adam mentions that he does not know what his next move was going to be.

“I really did not want to go back to working six days a week from sun up to sun down, but I honestly had no clue what else was out there for me,” he adds. As Adam helped out around his family’s farm and was spending more time out in the bush, he came to the conclusion that he didn’t know how he was going to make his dream come true on living out in the bush, but he knew he had to give it a try. “Honestly, I had no idea on what I wanted to do, or what my plans were. But I felt so at peace being out in the bush, and I knew that’s where I wanted to spend the rest of my life,” he says.

Adam first set out on gaining knowledge about living in the bush. He reached out to his longtime friend Fraser McIntyre, 24, who lives mainly off the land that surrounds his home.

He showed Adam that living out in the bush and being one with the forest was not just as easy as planting a house in the middle of the field and calling it a day. The two of them scouted out

‘There was just so much going on that I could no longer handle. I just wanted to step back and focus on myself and my family.’

Adam Jaring

a nice spot of land that was located on the Jaring family farm’s property. The area needed to be close to a water source, have a good amount of sunlight, and have enough land for a garden or a greenhouse.

“There so many little details that I didn’t really think of when I first started this project out, but I took in everything Fraser had to teach me and I was able to get started on my very big project,” Adam says.

The base of his new home is made out of a hay bale wagon that he completely ripped apart so that only the axel, wheels, and hitch were left. He then went on to rebuild a new base that would act as his floor for his home. “I wanted to make it easy for me to move around from different locations with my truck,” says Adam.

“Being this is my first time ever living out in the bush, I want my house to be safe in case the spot I plan to live ends not up being to suitable,” he adds. Once the base was built, Adam then started building the walls and framing the sides of his house.

“It’s exciting seeing something come together that you are building with your own two hands. I don’t think many people my age would ever think of building their own home piece by piece,” Adam says.

He soon hopes to add on siding, and finish building his roof and be completely finish building by mid-spring. Because of the time of year, Adam had to take time away from building his home to help his family with making maple syrup and cutting wood for the next winter. Although this may delay his building time, Adam put down his tools and went out to help his family with what needed to be done.



Photo by Makayla Jaring

Adam Jaring nails one of the outside walls of his home. Most of the wood that he is using was left over from a previous project.



Photo by TaeHyeong Kim

Someone is watching over you

A snowy owl was spotted recently sitting on campus. Ever watchful, the snowy owl has been a regular visitor along with other birds of prey on Loyalist's campus.

Gleaners Food Bank benefits from fundraiser

By Abigail Paquin

Shamrocks on the Wall came back to Belleville this March in support of the Gleaners Food Bank.

Running from March 1-17, paper shamrocks were purchased at more than 20 businesses across the city. Each shamrock was entered into a draw to win an ounce of gold donated by Michael Moffat of RBC Wealth Management.

During this time, 75 baskets were also up for bids at the mega silent auction, with all the proceeds going to the Gleaners Food Bank.

The director of the food bank, Susanne Quinlan, said Shamrocks on the Wall was a major campaign that helps to raise awareness and donations to help stop hunger.

Shamrocks on the Wall first started 18 years ago.

"I was walking past a Shoppers Drug Mart that had an abundance of hearts in their window because it was February," Quinlan said. "And we ended up going to a pub called McVeighs and I sat down with my husband and all these girls there were putting up St. Patrick's Day decorations, shamrocks."

"After I saw this, I turned to my husband and said to Neil 'I have a new fundraiser idea for Gleaners. It's going to be called Shamrocks on the Wall.'"

Quinlan was hoping to raise \$20,000 this year to help the foodbank.

Last year Gleaners Foodbank served 6800 food hampers in the Belleville area last year.

"The foodbank is open from Monday to Friday 9 a.m. until noon," Quinlan said. "We're also open Wednesday nights for students and families who work. We started to do that because the Loyalist foodbank closed down 15 years ago and we've been doing that ever since."

Quinlan added that the foodbank has fresh milk, eggs, hamburger, vegetables and other perishable items.

"A lot of students who come to the foodbanks have families too. Its important that they come so they can get all these items."

Michelangelo's café is also open during the foodbank hours to provide sandwiches, snacks, and drinks for clients.

Along with the foodbank, Gleaners operated the Tri-county warehouse which distributes food to three counties: Hastings, Prince Edward, and Northumberland.

"It serves eight area foodbanks and 13 meal programs, and 140 non-profit agencies," Quinlan says, "We receive donations all across Canada in that 10,000-square foot warehouse."

Psychic Expo comes to Belleville

By Hayden Morgan

For a third year, the Psychic Expo is coming to Belleville.

The Psychic Expo is a three-day event being held from March 23 to March 25. Friday hours are from noon until 9 p.m., Saturday, 11 a.m. to 9 p.m. and Sunday from 11 a.m. to 9 p.m. Future expos are scheduled in Windsor in August, Brantford and London in September, and Kingston and Hamilton in October. The event and its patrons have been active now for the past 30 years all over the country. Similar events are held in the United States annually.

The local event will be held at the Travelodge Hotel on the Bay of Quinte.

Spiritual excitement of all kinds will be available to the public this weekend. The event showcases products like readers, mediums, palmists, psychic healing, reiki, spirit communication, crystals, wands, jewellery, incense and essential oils from the wellness, health and fitness industry.

Admission is \$10 at the door or \$8 if presented with a discount coupon from the website and covers the whole weekend. Most years, the visitor numbers are anywhere between 1000 to 5000 people according to 10times.com.

"The show is a way of giving people the answers they seek in their lives. You get to focus on yourself and you have somebody that can look at you through that sixth dimension, beyond the five senses, and pick up information about you," said previous event organizer Linda Fulcher when asked about the event by an InQuinte rep. Whether you're a believer or not, anyone and everyone is welcome at Belleville's Psychic Expo. It doesn't take a psychic to know there is an experience to be had at Travelodge Hotel this weekend.

Women more likely to develop PTSD

By Agnes Finkle

Women are more than twice as likely to develop PTSD than men, with 10 per cent of women and only four per cent of men, states the PTSD: National Centre for PTSD website in the U.S.

Half of the female population will face trauma during their lifetime. Some reactions to this are depression, alcohol and drug abuse or to develop PTSD.

The main types of symptoms are, hyperarousal, re-experiencing, avoidance and numbing.

Hyperarousal could include difficulty sleeping, lack of concentration, loss of interest, anger, irritation, super vigilance and jumpiness.

Re-experiencing means that people relive their trauma through flashbacks, nightmares and memories.

Avoiding people and places that remind the victim of past traumatic events.

Emotional numbness, tamping down all feelings so the negative ones can't hurt you.

PTSD can be a cocktail of these symptoms.

Not every woman will be affected the same way. Women more at risk to develop PTSD may have other health issues to consider, whether there are existing conditions like, violent injury, death of a loved one, sexual assault or domestic violence. Reactions can vary from anxiety to depression and the lack of a social support system can also affect reactions.

The most common denominators for women to develop PTSD are child sexual abuse and assault. Studies show one in three women will be sexually attacked during their lifetime.

PTSD can be recognized as early as

one month after a bad experience, or years later, making it difficult to diagnose.

One sufferer of PTSD, Bonnie McCarthy, says, "I haven't seen my parents for years and I don't want to because of what happened when I was young." Now in her 50s, McCarthy is on several medications for PTSD. "Some days I can't even move."

Women are more prone to numbness and avoidance of unwanted reminders. Depression, anxiety and jumpiness are a big part of the mix for women too.

Maureen Daragon, 75, developed PTSD later in life. She said "I'm just so mad all the time" she says about her most obvious symptom. "I wasn't always like this you know."

Anyone with PTSD can develop other health problems. Daragon is in her third year of PTSD and is almost completely agoraphobic. She has never been treated for PTSD.

Not everyone will look for treatment after experiencing trauma, though women are more likely to than men. One study showed women could accept treatment easier than men, and responded better to it.

If you suspect someone you know is suffering from PTSD there is a simple Self-Screen for PTSD questionnaire to fill out. It is found on the U.S. Department of Veterans Affairs website: The Primary Care PTSD Checklist for DSM-5, or the PC-PTSD-5 screen.

This is a basic test. Only a mental health care provider can tell you for sure.

According to the website, "If you have symptoms that last following a trauma, treatment can help -- whether you have PTSD or not."



Photo by Agnes Finkle

Maureen Daragon is the friendly little old neighbour lady who never seems to leave the yard. She is hiding Post Traumatic Stress Disorder and Agoraphobia from her family. The strain is taking its toll.

Navy mom gets ship experience

Debra O'Shaughnessy boarded HMCS Montreal for a mini-vacation with daughter Jordan

By Abigail Paquin

Debra O'Shaughnessy took a mini-vacation in early March on board the HMCS Montreal and called it the best time of her life.

She travelled on the ship with her sister, Judy, and 25 other people for two full days, sailing all the way from New York City to Halifax, N.S.

O'Shaughnessy is a very well-loved woman who has worked at Loyalist College as a student success mentor for many years.

From March 7-9, O'Shaughnessy took what is called a "Tiger Cruise" where people were allowed on the ship.

"They don't do these kinds of sails very often," O'Shaughnessy said. "I feel very fortunate to have had this experience."

O'Shaughnessy spent the days hanging out with her daughter Jordan and watching the day-to-day life of the crew.

"We woke up at 6 a.m. on the first morning of the ship," O'Shaughnessy said. "There was an announcement followed by loud music."

They were fed delicious meals cooked by the gallery staff throughout the day.

While on board the ship, O'Shaughnessy and the other passengers attended presentations and demonstrations put on by the crew.

There were demonstrations about fire and safety presented by the Boarding Party. During this time, the passengers were also able to shoot ri-

fles themselves.

"The best part of my experience was shooting a 50-calibre machine gun at night into the Atlantic Ocean."

The passengers were also able to tour the different areas of the ship, including the operations room, engine room, and the bridge.

"The bridge is where my daughter works," O'Shaughnessy explained. "She's a MARS officer and works as a bridge watch keeper."

"My daughter attended the Royal Military College before joining the Navy. During my time on the ship I got to watch her work on the bridge of the ship."

O'Shaughnessy made it very clear she was proud of her daughter.

O'Shaughnessy was also on the bridge as they left the Manhattan Cruise terminal in New York.

"It was wonderful to sail past the Statue of Liberty," she said.

The sail was smooth and rocky at the same time. A lot of motion happened at night and some during the day.

"The rocking of the ship kept me awake for most of the night," O'Shaughnessy said.

She then described what the sleeping conditions were like. The riders slept on beds called "racks." O'Shaughnessy slept in the middle of the three racks which had a certain way to enter and exit.

"You weren't even able to sit up in the rack," O'Shaughnessy explained.

All in all, O'Shaughnessy was very excited that she was able board the ship and experience what her daughter does. She said she felt very honored to watch first hand what the military crew does.

"These men and women train and work very hard to keep Canada safe."



Loyalist College mentor for media arts, Debra O'Shaughnessy recently spent a week on a navy cruise ship with her daughter.

Submitted Photo



Back in her office Loyalist College mentor for media arts, O'Shaughnessy proudly shows a photo of her daughter.

Photo by Abigail Paquin

Downtown revitalization continues

By Helene Brozowsky-Reinsch

Intensive infrastructure revitalization in Belleville's downtown has been in the works over a long period of time.

The Belleville Downtown Master Plan was completed in 2006, and was recognized with a national award.

"If we follow that master plan, it will basically be the roadmap in providing a future for the downtown," said Mike Malachowski of Funk & Gruven A-Z, a downtown business on Bridge Street East.

"The community developed the plan, not somebody sitting in an office, and the community wants to maintain local heritage," said Malachowski of Funk & Gruven A-Z, downtown on Bridge Street East.

Malachowski moved to Belleville 20 years ago. For 17 years, he was the chair of the Belleville Downtown Improvement Area, or BDIA as it is best known, and also sat on a number of committees.

"The city has spent over \$30 million so far replacing infrastructure (sewers, water-lines, electrical), and finished it off with decorative designs. The city is improving the infrastructure, and it's an ongoing thing," said Malachowski.

"We are seeing investment in old buildings like never before. We have more people living downtown, and that's the critical key piece. People living downtown will bring revitalization, and the business will follow."

"We are seeing more redevelopment of upper floors of stores. The stores may be empty, but the apartments are full. If someone creates good housing, there is a lineup to get in, and it's creating a whole new atmosphere, and vibrate downtown. The services to cater to that clientele will come."

Malachowski recalled how the community feels with respect to the Memorial Arena.

"The Memorial Arena is a heritage building. It means a lot to the community. A lot of history has passed through there. So there is desire to find that building a new use. The city is waiting for a project to come along and give it new life. The Market Square, right across the road, is a wonderful focal point of the town. It's the second oldest farmers market in Ontario, and it means a lot to the heritage of the community."

He continued on, mentioning that there are challenges which might deter from near foreseeable action.

"What gets in the way of when the projects might be done, is the nature of politics. Politics, unfortunately, does not allow for the practical start and completion of projects, and so it slowed the process down."

"If you look at the master plan document, it will talk about the 15-20 year plan. We are now into 2018, so it's 13 years in. Nothing happened for the first seven or eight years, and now there is momentum. People are willing to spend investment to see things happen."

Mayor Neil Ellis (who was elected in 2006, serving two terms), and the council at the time revised it a bit, came up with a priority plan, and started at the top end of Front, and Pinnacle streets.

Malachowski said that the city wants to encourage development through incentive programs, and through residential primarily, and he added that the BDIA is always

involved in creating events, and attractions to bring people downtown.

"Downtowns like Belleville's downtown have a great future. Malls are in bigger trouble than downtowns, because downtowns are places for what is unique, one of a kind, personal service, and malls are being replaced by mail order, or Amazon."

"People want an experience and a personal contact. You get that, a genuine or authentic connection with proprietors in their own store. The city needs to work on densification, because in Belleville much is spread out, and all good cities are densified, so that everything is interconnected, and easily accessible to people. In downtown, the stage has been set for the next era, which we're in now."

Barry Simpson, senior project manager in the engineering-development department of the city of Belleville, talked about how the city is run from the engineering standpoint. He said that it is all based on the capital budget, and roughed out in forecasts of what municipal priorities would be, and that they sometime get shuffled on a year-by-year basis.

"We take a total number of projects to the council every year, then is the capital budget planning stage, and based on money they want to spend in that year the projects are assigned. They will basically do one or two bridge projects a year, several re-constructions," said Simpson.

"The council is trying to maintain more roads. We've put in over a million dollars a year into doing surface treatment of roads, and infrastructure rehabilitation," Simpson stated.

"The technologies are changing. It is trying to maintain the roads to prolong it down the line before it gets to a point where it needs to be reconstructed. There is in-place recycling on the asphalt, slurry seals, micro-surfac treatments, rather than bringing in all new materials," mentioned Simpson.

"The Memorial Arena is deemed as a surplus to the city's needs, so the city is looking for private developers to propose how they would like to develop it."

"There is a conceptual plan to put a condominium on the site where the old hotel burned down, but the private owner has not formally submitted drawings or plans to the city for approval. They are advertising for people to buy the room units, because it has an official status with the city, but they have not, however, submitted a formal site plan yet."

Simpson then spoke of the productivity of the council in recent years.

"From what I know, this council has been more proactive in doing capital projects, and it's not just the city of Belleville, it's province-wide. There is an infrastructure funding deficit. Most of the infrastructure that was built in the 1940s, and 1950s when the big boom was on, is now aged to the point where it needs to be replaced, and there is not the dollars to do it, but this council has been proactive in making sure to fund a lot of these projects."

"Our infrastructure all over is crumbling so it needs to be addressed. You cannot just stick your head in the sand, and wait for it to get better. The province is trying to help, by giving grants and funding to municipalities, but it is still not enough," said Simpson.



Photo by Helene Brozowsky-Reinsch

Belleville downtown revitalization project continues to reinvigorate the downtown sector. Phase 3 of the project is currently under way, with construction being done on the Bridge Street, Market Street, Pinnacle Street and Front Street areas.

Loving companions

By Wyatt Brooks

Pets and their owners in the Quinte area come together to show their love and their support for one another.

People have always had a very diverse and unique relationship with their pets, and that hasn't changed. Whether you have a cat, dog, pig or a rat, everyone can relate to the feeling of companionship when it comes to owning a pet. Bonds are created while looking after an animal and there is a unique sense of trust when it comes to taking care of a pet, big or small.

"There's never a dull moment," said Stephanie Pignoli, owner and caretaker of goats, dogs and ducks at her home north of Belleville. "I love to have them around. They're great companions."

Pets are often thought to be great at aiding those with mental health issues as well. United Kingdom's Mental Health Foundation has done studies on the companionship a pet offers, and how it's a great way to reduce anxiety and stress.

Owning pets can help with things like depression and also autism and ADHD. The website discusses how pets and dogs in particular are great motivators for people. They encourage exercise which is incredibly beneficial for people suffering from depression.

"Sensory issues are common among children with autism," the Foundation states on its site. "Sensory integration activities are designed to help them get use to the way something feels against their skin or how it smells or sounds. Dogs and horses have been used for this purpose. Children with autism often find it calming to work with animals."

The Mental Health Foundation also conducted a study with Cats Protection. The 2011 study involved over 600 cat and non-cat owning participants, with half of them describing themselves as currently struggling with a mental health problem.

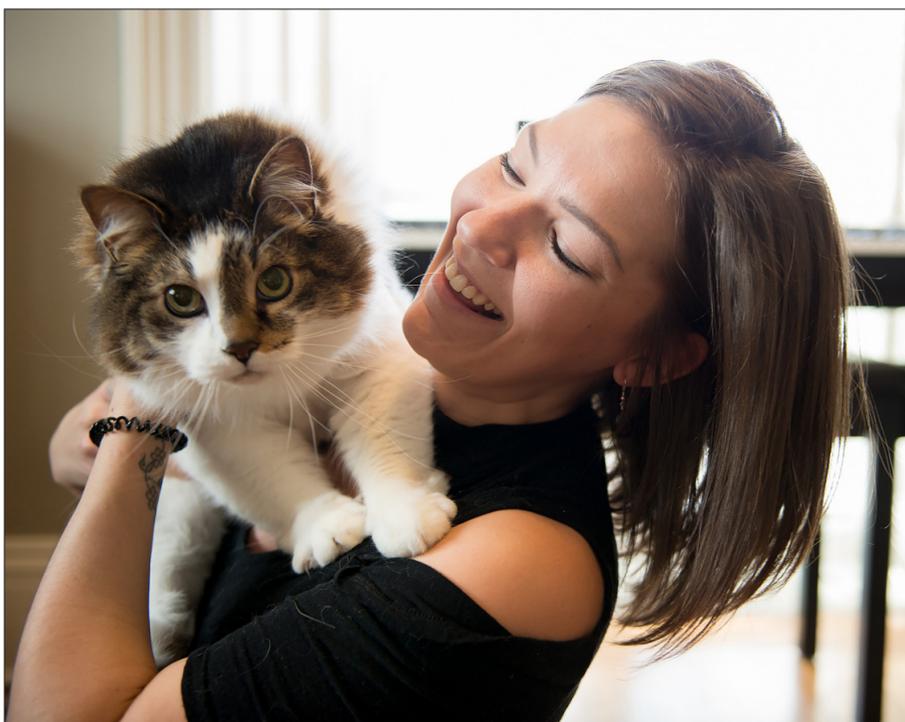
"The survey found that 87 per cent of people who owned a cat felt it had a positive impact on their wellbeing. While 76 per cent said they could cope with everyday life much better thanks to the company of their feline friends."

For a video look at this story, <https://vimeo.com/261190386>



(Above) Stephanie Pignoli cradles her young goat kid, Gretchen, on a sunny Tuesday afternoon in Corbyville. Pignoli owns five goats – Grueber, Rosemary, Daisy, Phoenix, and Gretchen.

Photo by Cassie Gibbons

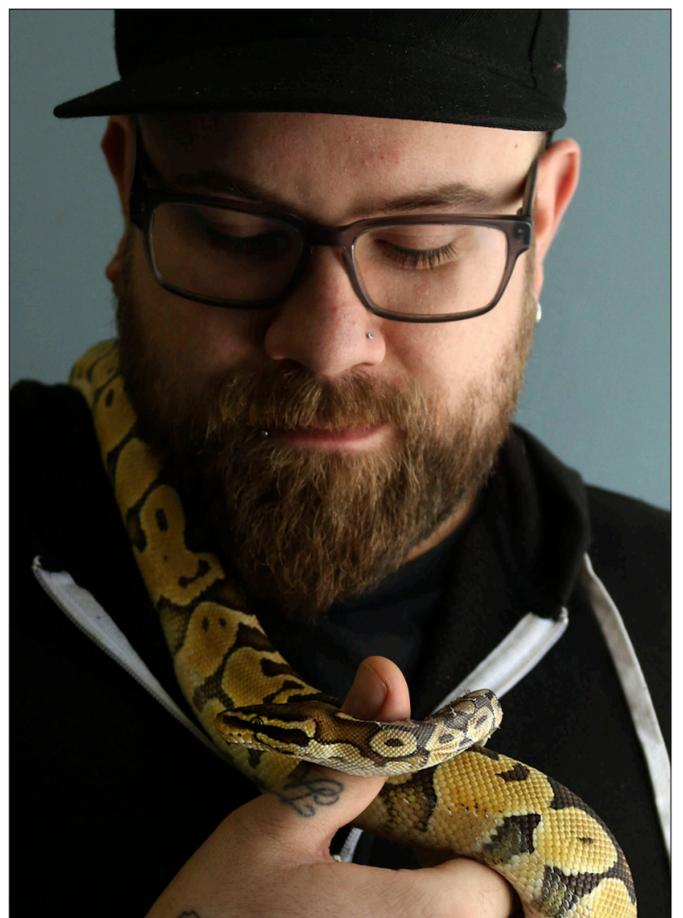


(Above) Yoga instructor Sarah Whiteman poses with her cat Juliet in her Belleville home.

Photo by Yader Guzman

(Below) Victoria Read makes her pot-bellied pig, Mister, sit like a dog outside of their home in Foxboro. Read rescued one-year-old Mister six months ago, after learning that he was being kept as a pet in a small apartment in downtown Toronto. Now Mister has lots of room to run around, and has three dogs and two other pigs for company at Read's.

Photo by Vanessa Tignanelli



Tattoo artist and owner at Twisted Anchor, Jon Ricci, introduces his snake friend, Hades, to the camera while using him as a necklace. Ricci has owned Hades for over two years and keeps him safe in the comfort of the tattoo shop where he receives lots of attention and new visitors everyday.

Photo by Mic Iansenza



Kate Clapp and her pet rat Luna pose for a portrait.

Photo by Andrew Ryan



(Above) After Holly became upset that the staff at the bowling alley weren't able to engage her lane's bumpers, her father Chris talks to her and helps her relax.



(Left) Gail Lazenby helps her daughter Holly, 20, pick out clothes to donate. Gail and her husband Chris adopted Holly, who has Down Syndrome, at six months old after the couple was unable to conceive.

(Right) Holly and Jonathan Lazenby bowl every Saturday at the Quinte Bowling Centre, each of them has a set of shoes and their own bowling balls.

(Bottom, left) Chris Lazenby helps his adopted son Jonathan reach for a pull-down bar. Jonathan was the first of three children with Down Syndrome adopted by the Lazenby family.

(Bottom, right) Jonathan Lazenby reads National Geographic, his favourite magazine, in his bedroom. Jonathan says he loves to read and organizes his magazines and books according to themes he decides on daily.

Photos by Andrew Ryan





(From left) Rick Casselman and Don Hawes met in 1955 while shipping off for military service in France. The two reconnected in Trenton 60 years later and now both volunteer their time at the National Air Force Museum, refurbishing old aircrafts.

Photo by Andrew Ryan

With a little help from our friends

By Wyatt Brooks

Friendships are some of the most valuable relationships people have not only can they give people a social experience we all need, they can boost our health both mentally and physically.

Friendships give individuals an outlet to unload. Oftentimes, there are things some can't talk about with family or partners and having a close friend can give us a chance to talk through problems we have in our lives.

"Friendship is a crucial element in protecting our mental health," the United Kingdom's Mental Health Foundation posted on its site. "Our friends can keep us grounded and can help us get things in perspective. Friends form one of the foundations of our ability to cope with the problems life throws at us."

Not only do friendships help boost our mental health but there have also been studies done attributing good, close friendships to increased physical health as well. The Mayo Clinic in the United States conducted studies that show the benefits of friendship reducing the risk of high blood pressure,

or having an unhealthy body mass index. Friendship has even been linked to living longer.

"Adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index," the Mayo Clinic posted to its website. "Studies have even found that older adults with rich social lives are likely to live longer than their peers with fewer connections."

According to the U.S. National Institute on Aging, social relationships also can be associated with diseases like Alzheimer's and heart disease.

"It lowers blood pressure, leads to a better immune system and better sleep," Dr. Verena Menec says in an online post. Menec is a professor in the department of community health sciences at the University of Manitoba.

One or two solid friendships can be enough for some people, but for some, more is better. Having family members, friends and acquaintances offer different social experience can meet a person's social needs on many different levels.



(From left) Gurpreet Kaur and Gurbhej Singh Sandhu sit in a stairwell at Loyalist College. They've been friends as long as they can remember, coming to Canada together to attend the college from a small town in India. "We'll be off getting married, and having kids, and careers, but we'll always be friends," says Gurpreet, smiling.

Photo by Cassie Gibbons



(Above, left) Every week, lifetime friends Debbie Walt and Les Bonisteel catch up together over coffee. They like to watch the news to see "who's still kickin'" and gossip about their other friends.

Photo by Stefany Harris

(Above, right) (From left) Alicia "Kenny" Chambers, 95 teases her best friend Marcella "Mickey" Lake, 97, at the Eden Place retirement home in Belleville. The pair have been friends for 50 years after meeting through the RCAF 418 Wing, where Kenny served with Mickey's husband. Mickey moved into the retirement home four years ago, and her best friend joined her last year to keep each other company. Mickey will be turning 98 tomorrow. Kenny is painting her a picture as a birthday present.

Photo by Vanessa Tignanelli

(Right) Close friends and business owners, Stacey McDonald and Faye Tremblay, hang out at the front of their shop in downtown Belleville. Long-time friends, McDonald and Tremblay opened their own piercing and tattoo shop with an all-female staff in October last year and have continued to receive lots of positive feedback along with the opportunity to become closer everyday as business partners and friends.

Photo by Mic Iazenza

