



Photo by Sasha Seftor

House destroyed by fire

Firefighters from three local fire departments work to extinguish flames from a fully engulfed house fire on Salem Road near Stirling Tuesday night. The residents were not at home during the blaze, however, several pets perished in the fire.

International Women's Day 2018

Helping mothers overcome addiction

By Raven McCoy

The rampant stigma around addiction is a major barrier for addicts who are seeking support and services.

Thrive is a program at the Belleville and Quinte West Community Health Centre to help a particularly stigmatized group — mothers and pregnant women who have had problems with opioids.

"Parenting women were really stigmatized when they tried to reach out for

help. You couldn't access any kind of treatment, like go to a methadone clinic....It was almost impossible to do it without being judged," says Dolores Turner, a case manager at Thrive. She currently has 25 clients in the Belleville and Quinte West region.

Her job is to advocate for these women. She spends her days going to their homes, meeting in coffee shops, and supporting and advocating for her clients as they interact with different institutions such as Children's Aid Societies, Ontario Works,

courts, housing programs and more.

In recent years, the words "opiate epidemic" have been making headlines again and again as fentanyl and other pharmaceutical opiates kill thousands of people a year, according to Health Canada.

But to Turner, it isn't anything new and it's not about fentanyl.

"It's an addictions and mental health epidemic," she says.

She believes it is people who have suffered trauma such as broken families and divorce now self-medicating, because

they have mental health issues and no supports.

"It used to be alcohol, then it was crack, and then it was opiates. It's just one after another, after another. Unless we address the root cause, and help people connect to the services they need, we're just looking at another one after this one," she says.

Turner has seen major success with a program she helped set up at QHC Belleville General Hospital for children born to mothers on opiates. These babies used to spend an average of a month in spe-

cial care away from their mothers being weaned off methadone.

But instead, simply by putting the children in a room with their mothers, the rate of pharmacological intervention has decreased from 80 per cent to 20 per cent and hospital stay times are down to a week on average.

Turner stresses the importance of combating the generational effect of drug addiction and mental health issues.

...See Thrive, page 2

International Women's Day 2018

Generations of Warrior Women

By Shelby Lisk

No blue gowns, starched sheets or that all too familiar smell. No strangers in the next room or codes echoing from speakers through the hospital hallways.

Elissa Robertson walked into her grandmother's house on a warm summer day with a large pregnant belly and walked out four hours later with her partner and their daughter in her arms. She thought to herself, "If the neighbours were watching, it must have been an interesting scene." One that is not very common.

Robertson did a lot of personal work and healing while pregnant and opted for an at-home birth to create a healing, loving atmosphere around the birthing process as well.

For many women, becoming a mother can be a point of self-evaluation in their lives. For Robertson, finding out at 22-years-old that she was pregnant with her daughter, Arabella, was her push to go back to school and make a greater contribution to her community.

Arabella was born in the summer of 2016 and Robertson graduated from the community justice program at Loyalist College almost one year later in 2017.

"Having any child, even before I found out she was a going to be my daughter, was a big part of it — but especially when I found out I was having a girl."



Photo by Shelby Lisk

Elissa Robertson tries to work in her home office, while her daughter, Arabella, begins to cry because she's not feeling well. Robertson takes a break from her computer to console Arabella. On top of her jobs with Red Cedars shelter and Bridgeway Family Homes, Robertson also runs Warrior Women of Quinte from her home in Belleville. In honour of International Women's Day, we are featuring strong women like Robertson. For their stories, see pages 2, 4, 5, 7 and 8 and look for the International Women's Day logo.

...See Warriors, page 2



Photo by Raven McCoy

Trisha, a mother of two with a third on the way, sits in her apartment. She is a recovering opiate addict and has been clean since August 2016 with the help of the Thrive program.

Thrive...

Continued from Page 1

Trisha, a client of Turners who asked to be referred to just by her first name, can attest to the devastating effects of an unstable childhood home and the cyclical nature of trauma and abuse.

Today, Trisha is a mother of two with a third on the way at any moment. Trisha mostly grew up with her grandmother. Her father was not involved

and her mother was a drug addict. She began using many different kinds of drugs in her early teens, which eventually turned into selling drugs and other activities to earn a living. When her mother was in her life, they partied and used drugs together.

"Because that's all I'd seen, that is what I thought was normal," says Trisha.

By the time she became pregnant for the first time at 18, Trisha had endured large amounts of trauma in the form of physical abuse and rape. That

was when she knew that she wanted out of the life that she had been leading and made her first attempt to get clean.

When her daughter was 15 months old, she had to be given up to Trisha's grandmother to care for, as Trisha had relapsed.

It would be a long road with more ups and downs and success and relapses to get to where Trisha is today.

"I didn't think that I was good enough. I didn't think that I was going to be able to raise my daughter. I didn't

think that I was a good mother. I didn't think all of these things because of the situation that I had been in."

Today, she has been clean for almost two years, and is about to give birth to her third child. She has been in the Thrive program since November.

"When you're a mom, and you're a drug addict, people are calling left right and centre on you," says Trisha.

She says her experience accessing services has completely changed since

having Turner on her side.

Trisha went into a methadone clinic to arrange to be transferred as it was closer to her home. "They treated me like absolute garbage," she says, until she went in with Turner and they realized she had a Thrive worker.

Thrive has also helped Trisha get her daughter into a daycare, get a family doctor and the townhouse they live in now.

"They believe in you and they help you and they push you till you're strong enough to push yourself. Honestly, I've never felt so good in my life."

Warrior...

Continued from Page 1

"It made me think about what kind of community I would want for my child. What kind of person do I want to be for my child? What kind of people do I want to surround my child with? So essentially what has followed were my answers to those questions."

For a young 24-year-old, Robertson's accomplishments and her social awareness is impeccable. She started Warrior Women of Quinte in 2017 after talking with other social service workers who noticed a gap in services for self-defence classes directed at women in the Quinte region. The group worked on this initiative for about six months.

"A lot of people I spoke to said they'd had clients ask about it but there wasn't anything specifically for women in our area. For women dealing with trauma, it doesn't always work to put them in with the class with men, so we decided we really wanted that space for them."

Robertson worked with Belleville Karate and Jujitsu to run a drop-in self-defence class for women that focused on creating a safe space and combatting issues of victim blaming. However, after the numbers started to dwindle for the classes, she decided to take Warrior Women of Quinte in new directions. She now works on community events and public education initiatives, with a focus on women and girls.

Like many mothers, her job doesn't happen on a 9-5 schedule. She works as a counsellor at Red Cedars Shelter in Tyendinaga, as a consultant with foster children and families at Bridgeway Family Homes in Belleville and runs Warrior Women of Quinte in her "spare time".

Robertson turned her daughter's room into a makeshift office that she works out of. Admittedly, the new mom wanted her daughter closer, so with the help of her partner, they moved the baby's crib into their bedroom. Although the office space has a small desk with a laptop, some of Arabella's belongings still linger, a homemade mobile mounted from the wall with the affectionate nickname "ARI" hanging from it.

"Having Arabella definitely fast-tracked the track that I was slowly chugging along. I've always been interested in this work and in social issues and women's rights but at a much more passive, casual level. I don't think until I got pregnant I would have called myself a feminist," says Robertson.

Being raised by a strong single mother, who also works at a local women's shelter, Robertson has attended women's marches since she was a child. She echoes the same approach now with her one-year-old daughter, who attended her first march while she was in her mother's belly.

"When I was pregnant, I organized and hosted the third annual Slut Walk in Belleville. The level of involvement is always really hit and miss."

"There are some people that are just like 'Yes, I am here for this. I understand what it's about' and then some people are really freaked out by the name, but it's supposed to be in your face. That was cool. It was her first march. I had a huge tummy," Robertson said, laughing.

With a megaphone in one hand and a baby on her hip, Robertson led the Take Back the Night march in September. Most recently, she brought Arabella to a candlelit vigil for Colten Boushie, a young Cree man who was killed in Saskatchewan in 2016, whose case has drawn media attention about racial divides in Canada. Vigils throughout February were held across the country when the man who fired the gun that killed him, was acquitted last month.

At the vigil in Tyendinaga, the organizer gave Arabella an electronic tea light to hold while the adults held real candles. Robertson is aware that bringing a chatty toddler to intimate and quiet events might bother some people but ultimately most people are happy to see her smiling daughter there.



File Photo by Shelby Lisk

Elissa Robertson leads a Take Back the Night march in front of city hall in downtown Belleville. Robertson's daughter, Arabella, hangs off her hip and listens attentively. Take Back the Night is an international event that aims to end sexual, relationship and domestic violence in all forms.

"Sometimes she comes with me because we're hanging out that night and that's it but I do think it's really important that she goes to this stuff. I know she's really young right now so she has no clue what's going on. She's just happy so many people are smiling and waving at her, but I think it's important that kids grow up being aware of these things and having these discussions."

Warrior Women of Quinte is currently working with the Sexual Assault Centre for Quinte & District, Three Oaks, Quinte Health Care's Domestic Violence and Sexual Assault Response Program and NEXT-DOOR arts group on a Community Peace Quilt Project. They will be hosting 12 pop-up events throughout the community over the next year. At each event, community members are welcomed to draw or write on a quilt square to symbolize what a diverse and inclusive community would look like to them. Organizers will use this activity to start discussions on strategies.

The community organizations will be putting together a list of recommendations for a community inclusivity strategy, which they will present to the community on Martin Luther King Jr. Day (Jan. 21) in 2019. They also hope to take the quilt around to schools and community groups to have discussions with youth.

Their first event was held on Martin Luther King Jr. day in January 2018, which Robertson says is fitting because they are hoping to emulate his approach of peaceful activism.

The next Community Peace Quilt gathering will be held in conjunction with International Women's Day events at the Belleville Public Library on Thursday evening following the march at 4:30 p.m.

Robertson emphasizes that although her community and social commitments are important, women's issues and social justice always come back to how she lives in her personal life.

"If I see something, I'm going to say something. If someone makes a racist or sexist joke, I'm going to say something. Also, just be respectful of people's space, that's a big thing and something I wouldn't have thought about before."

"It's reworked my social interactions but probably how I parent is the biggest part. At a lot of these events we talk about gender stereotypes. We talk about toxic masculinity and how women are supposed to be passive and fragile. Acknowledging those things has made the biggest impact on my parenting. I dress my kid in every colour, girl's clothes, boy's clothes, all kinds of toys. Just essentially, you have to practice what you preach."

The Pioneer

Editor, Mic lasenza
Photo editor, Tyson Dusselier

Faculty advisers: Frank O'Connor, Scott Whalen, Daniel Williams, Linda O'Connor

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.

Pioneer newsroom, 1N22, Loyalist College, Box 4200, Belleville, ON K8N 5B9 · 613-969-1913, ext. 2828.
E-mail: pioneer@loyalistic.on.ca



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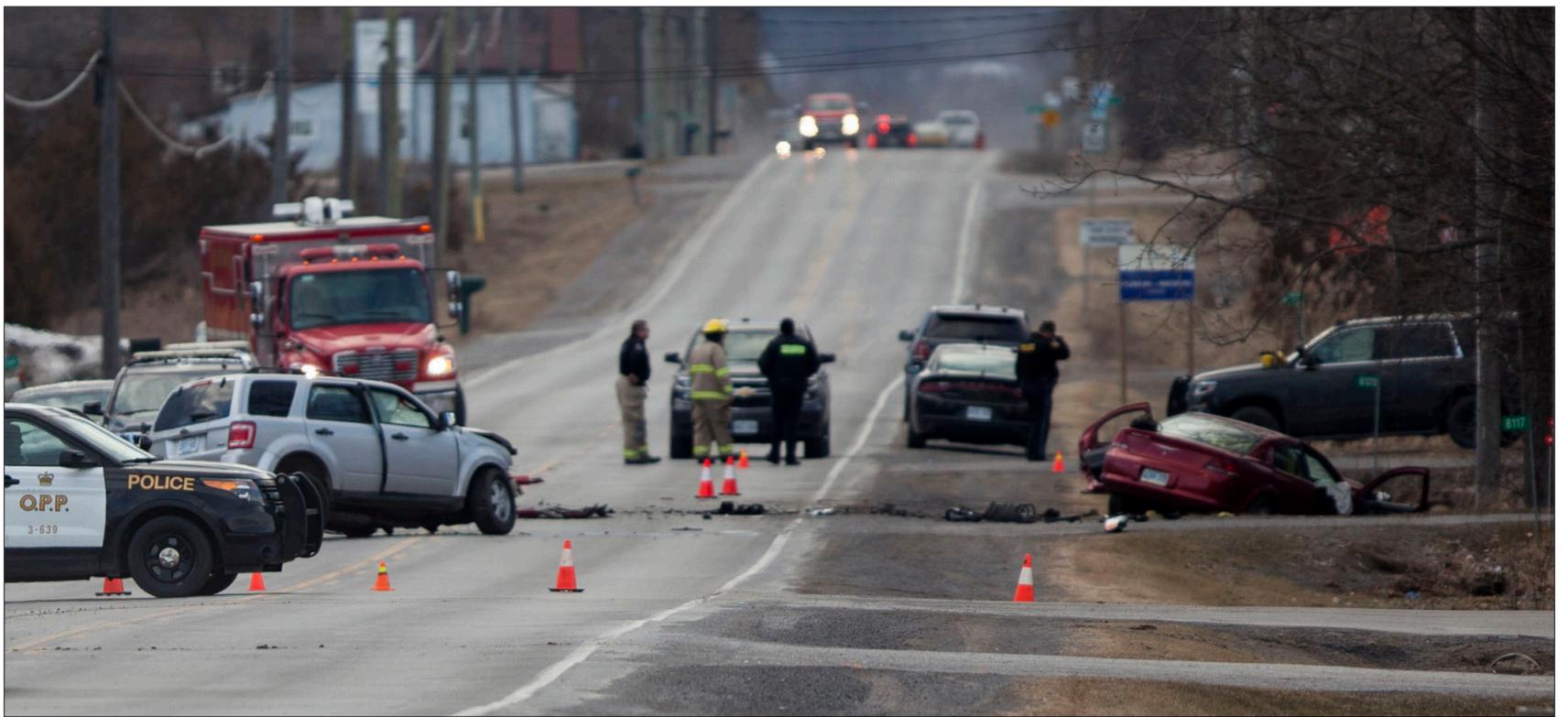


Photo by Matt Botha

Fatal crash

Eighty-eight-year-old Wyatt Morris was killed after a head-on collision east of Barker Street on Country Road 2, Napanee. The driver of the other vehicle involved was rushed to Kingston General Hospital with serious injuries. The SIU has been called in to investigate.

Ballots cast for student government

Scott Rook wins the role of new president

By Cassie Gibbons

Students hit the ballot this week at Loyalist College as voting for student government opened this week, and ended Wednesday afternoon. Voting officially began Monday, March 5 at 10 a.m., with the election results announced on Wednesday, March 7 at 4:30 p.m.

Key winners from this year's election include new student government President Scott Rook, Vice-President Michaela Alguire-Stephan, and international student leader Jaskirat Singh Bedi. The international student leader race was highly anticipated this year, with six candidates vying for the public's vote.

The build-up to the student election has been tangible on campus for weeks, with brightly coloured campaign posters littering the college's walls, billboards, and residence buildings. Dedicated candidates also attended meet and greets. After last year's student government election with only 15 total candidates, which

left two positions vacant, election organizers were hoping a packed ballot of 26 candidates would impact voter turnout.

"I'm hoping because there are so many candidates that we'll have more voters than we have in previous years," said Nancy Simpson, student government office manager on Wednesday afternoon, shortly before voting closed.

With up to six hopeful candidates competing in each category, and only two positions being elected uncontested, the sheer size of this year's election was staggering in comparison to previous years.

"This election is one of, if not the largest election we have had, which is amazing," said C-Jay Stark, current elected student government President in 2017.

"Student interest in the election has definitely gone up this year," said Simpson.

After the final count on Wednesday, a grand total of 771 ballots had been cast, and this year's voter turnout was an impressive 26 per cent compared to last year's 17 per cent. The new student government President Scott Rook is among the newly elected officials.

"I've been working for student government for the past three years

'Student interest in the election has definitely gone up this year'

Office manager Nancy Simpson

as a photographer and school leader. It's been kind of a goal of mine to lead this government," said Rook, a third-year film & TV production student.

"What I hope to bring to the table is my experience and previous knowledge of student government, so I hope to start work and start making some changes as soon as I get the keys on April 1st," added Rook. Jacinta Obasohan, who ran uncontested for the position of student representative for the Board of Governors, is eager to make a difference in her newly elected position.

"I will help students find mentors and opportunities to aid in the exploration of their interests, by providing support, networking opportunities, and by matching them with a knowledgeable individual in their area," said Obasohan.

Although her time as student government president is coming to a close, Stark has some advice for all the students who were seeking office.

"Even if you don't get elected stay involved. We always need the students' voices heard."

Results

President
284 votes Scott Rook, Film & TV Production, 3rd Year
245 votes Katie Maitland, Child & Youth Care, 2nd Year
Vice-President
181 votes Michaela Alguire-Stephan, Community & Justice Studies, 1st Year
142 votes Joshua O'Rourke, Child & Youth Care, 3rd Year
136 votes Surajsinh Parmar, Manufacturing Technician, 1st Year
123 votes Yuvraj Singh, Environmental Technician, 1st Year
Board of Governors, Student Representative
Uncontested Jacinta Obasohan, Customs & Border Services, 1st Year
Applied Sciences, Skills & Technology Leader
417 votes Glenn Dayton, Manufacturing Engineering, 1st Year
161 votes Yashkumar Thakar, Biotechnology, 1st Year
Business Studies Leader
307 votes Kunj Parekh, Business, 1st Year
300 votes Shandee Baker-Cruickshank, Esthetics & Spa Management, 1st Year

Health Sciences Leader
Uncontested Lindsey Anderson, Recreation & Sport Services, 1st Year
Human Studies Leader
250 votes Stephanie McKinnon, Child & Youth Care, 2nd Year
152 votes Ashley Glinski, Social Service Worker, 2nd Year
94 votes Anna Critchlow, Developmental Services Worker, 1st Year
Justice Studies Leader
207 votes Alicia Douglas, Police Foundations, 1st Year
152 votes Shane Cox, Protection, Security & Investigation, 1st Year
124 votes Tristan Estabrooks, Police Foundations, 2nd Year
Media, Arts & Design Leader
290 votes Matthew Morgan, Journalism, 2nd Year
206 votes Nicolas Labelle, Animation, 1st Year
International Leader
239 votes Jaskirat Singh Bedi, Project Management, 1st Year
166 votes Chirag Patel, Manufacturing Engineering, 1st Year
105 votes Arunveer Kamboj, Early Childhood Education, 1st Year
105 votes Anmol Singh, Manufacturing Engineering, 1st Year
79 votes Sanket Dayal, Human Resources Management, 1st Year
77 votes Gurjyot Singh, Human Resources Management, 1st Year

Marlies dominate Senators in hockey action

By Sasha Seftor

The Toronto Marlies took advantage of multiple power plays and received an offensive boost from unexpected sources in their dominant 4-1 win over the Belleville Senators on Sunday.

The first period saw end-to-end action in which the ice seemed to be tilted in the Senators' favour. The tension peaked when Marlies defencemen Justin Holl plowed through Senators goalie Danny Taylor drawing a goaltender interference penalty and a flurry of fists in the ensuing pileup.

The Senators were unable to capitalize on the resulting power play, however, they did draw first blood later in the period with a goal from Andreas Englund, his first of the year. Scoring his first goal of the year with the Senators was little consolation to Englund.

"It's good to get a first goal but in a game like this it doesn't mean much," Englund said. "It's tough mentally being on a team that doesn't do well."

The Senators have indeed struggled in their inaugural season, sitting firmly in last place in the north division and sporting the worst record in the AHL. The Marlies, on the other hand, are touting the league's best record, and their ability to apply constant pressure was obvious for the rest of the game.

In the second half of the first period, the Marlies tied the game up and dominated for the rest of the night.

The Senators seemed to be playing a man short for most of the game as the Marlies were able to draw five penalties, capitalizing on two. Toronto's defenceman showed up to play accounting for three of their four goals on the night, an unexpected boost to an



Photo by Sasha Seftor

Belleville Senators defenceman Ville Pokka knocks the puck off of Toronto Marlies centre Jean Dupuy's stick during the third period at Yardmen Arena. The Marlies went on to win the game 4-1.

already strong offence. The Senators were on the tail end of a three game in three-day campaign which could have affected their gameplay.

Head coach Kurt Kleinendorst said there were a number of factors which affected the outcome.

"(It was our) third game in less

than three days so I thought we might come out a little less sharp, but I really liked our first period, they scored an early goal in the second pe-

riod and that really took the wind out of our sails...we're vulnerable, that's a really good team over there and they took advantage of us."



Photo by Vanessa Tignaneli

Michaela Chandler, a midwife at Quinte Midwives in Belleville, checks the positioning of Christine and Terry Sanford's first baby, a boy due in April. The rise of midwifery has returned a support and empowerment that women felt was lost in the history of medicalizing childbirth.

International Women's Day 2018

Midwifery sees a resurgence

By Vanessa Tignaneli

It is 1550 BCE. You are sweating, screaming, pushing, waiting for what they call a miracle, praying for the pain to subside. You know you can do it — your body was made to do it — so you look to your right and grab the hand of your supportive partner, a woman who has done this before.

Women have been giving birth under the guidance of experienced females as far back as history allows. The Ebers Papyrus of ancient Egypt first recognized midwifery as a female occupation, defined as a person trained to assist women in childbirth. Greco-Roman antiquity recognized a wide range of women who practised medical folk traditions in the villages of the Roman Empire, considering them female physicians.

In the 18th century, a conflict arose between surgeons and midwives. Male medical professionals began to assert that their modern scientific techniques were better for mothers and infants than the coaching practices of midwives. Birth was taken out of the hands of women and slowly transitioned to physicians, from the home to the hospital. As a way to medicalize childbirth, strict rules were made surrounding the proper way to have a baby. This included lying on one's back, being heavily medicated, and separating mother and infant directly after birth.

"Beginning in the 1950s, women

started feeling disempowered by the experiences they were having in hospitals," explains Michaela Chandler, a new registrant midwife at Quinte Midwives in Belleville.

"Physicians believed these rules were right for every birth. Midwifery came back into play because of a strong push-back from women who had difficult experiences in hospitals, and knew there had to be a different way."

A rebirth of midwifery began with a promise to uphold what are now their three pillars of care: continuity, place of birth, and informed choice.

"We see them throughout their pregnancy; we're present during the birth, and we take care of them postpartum too," says Chandler. "We oversee both mom and baby during this fragile time. They find it reassuring to have someone available to them 24/7, seven days a week."

Midwifery opened the possibilities for women to ask, to learn, and to have the right to decide what the best options were for them and their children.

"It was the best decision I could have made," says Christine Sanford, a client of Quinte Midwives, her first child due in April. "Midwives don't just send you to take a test. They tell you what the test is for, and ask if you even want to take it."

A client meets with her primary midwife on a regular basis throughout her pregnancy, from every five weeks in the first trimester, to nearly every week in the final trimester. Check-ups, which they

'We see them throughout their pregnancy; we're present during the birth, and we take care of them postpartum, too.'

Midwife Michaela Chandler

prefer to call "visits", always last between 30-60 minutes.

"I'm not nervous for birth anymore," says Miranda Allan, another client whose first baby is due in March. "With OB's (obstetricians), visits can be only fifteen minutes. They're rushed. My visits here are so much more personal. I feel supported."

"We can afford longer visits because we only take four clients per month," explains Chandler. "We talk about all of the decisions that need to be made during pregnancy, labour and the postpartum period. From diet, breastfeeding, genetic screening, blood tests, ultrasounds and the pros and cons of each test...we have innumerable conversations. We feel strongly that our job as midwives is to give evidence-based information and put the decision-making in the hands of the client," she says.

For these reasons, having a midwife

has continued to rise in popularity. Professor Karyne J. Kaufman of McMaster University describes in *History of Ontario Midwifery* the re-emergence of midwives in Ontario in the past 25 years as being part of a larger social movement that was critical of maternity care. However, with a rise in demand comes a long wait for service. Quinte Midwives can accept only 40 clients per year, with women flocking an hour in each direction of Belleville from places like Kingston and Cobourg, wanting to beat the waiting lists.

In 1994, Ontario legislation officially recognized midwives as regulated health-care professionals, and the Ministry of Health and Long-Term Care began to pay for midwife services in Ontario. Having a midwife is free to those with OHIP and is a growing service that is now regulated in every province.

Midwives are since recognized as primary caregivers, highly trained and specialized professionals in obstetrics. They can order blood work and ultrasounds, administer and prescribe certain medications, and are able to deliver babies within the scope of "normal-risk" births, leaving surgical and higher-risk births to physicians with more extensive medical training.

According to the Canadian Association of Midwives website, of the 139,000 births in Ontario, midwives handle 15.2 per cent. Although the vast majority are female, it is no longer a gender-exclusive position. There are currently more than

815 midwives registered with the College of Midwives of Ontario at the universities of Ryerson in Toronto, McMaster in Hamilton and Laurentian in Sudbury.

This month, Quinte Health Care granted midwives the right to administer epidural pain relief to mothers in labour, reducing the number of clients that had to be transferred to a physician's care.

It is fair to say that midwifery has come back with a vengeance.

"A lot of research has been done surrounding changes in our society and how we've become more individualistic," says Chandler. "We don't live close to our families. Our communities are much more divergent and people are having children later. It's a huge change physically and emotionally, but it's the having of a consistent caregiver that is comforting to people."

Having a midwife — a trained professional and friend — would certainly be reassuring to have beside you in that miraculously painful moment of childbirth. From 1550 BCE to 2018, their resurgence was a demand from women. Without dismissing one's fears, they reinforce the positive aspects that happen throughout a pregnancy, while knowing how to respond to any possible negatives.

"It's important to position birth as a normal, natural process that your body goes through, while also informing clients of the things that can potentially happen," says Chandler. "From beginning to end, we are there."

International Women's Day 2018

Painting the female form

By Tyson Dusselier

From the times of renaissance paintings to the iconic eroticism that has long been entangled in western art, women have been portrayed by men and all too often sexually. August Kay, a studying illustration student at the Ontario College of Art and Design aims to portray women as they appear in her eyes — a female gaze.

"I think it's something that needs to be celebrated, especially from a woman's perspective; historically, it's been from a male gaze... Male artists are usually portraying women," said Kay.

Ethnically ambiguous women painted in strong and nurturing poses are surrounded by archetypal symbols in nature, anatomy and love. Expressionism representing a real picture of women, in all shapes and sizes, is the conviction in Kay's cause.

"Coming from a family with three sisters, I think it's important that they have art and visual things to look at that looks like them. Not just looking at the media where it's a very convoluted image of what women's bodies look like," said Kay. Empowering young girls and offering realistic pictorials of women is an important part of Kay's drive and work. She

'Coming from a family with three sisters, I think it's important that they have art and visual things to look at that looks like them.'

Artist August Kay

hopes to see her paintings strewn across walls where they're appreciated for their blunt and endearing look at the female form.

Having grown up in-between the United States, St. Kitts and Nevis, and Canada, an appreciation for diversity in people, colour, and symbolism is evident.

For Kay, painting started simply as physical expression.

"It was a hands-on activity that differed from photography. You could make things right in that moment and do it solo... It's a really good reflective activity!"

This then merged with a sense of obligation and social responsibility to give way to the work she is currently undertaking.

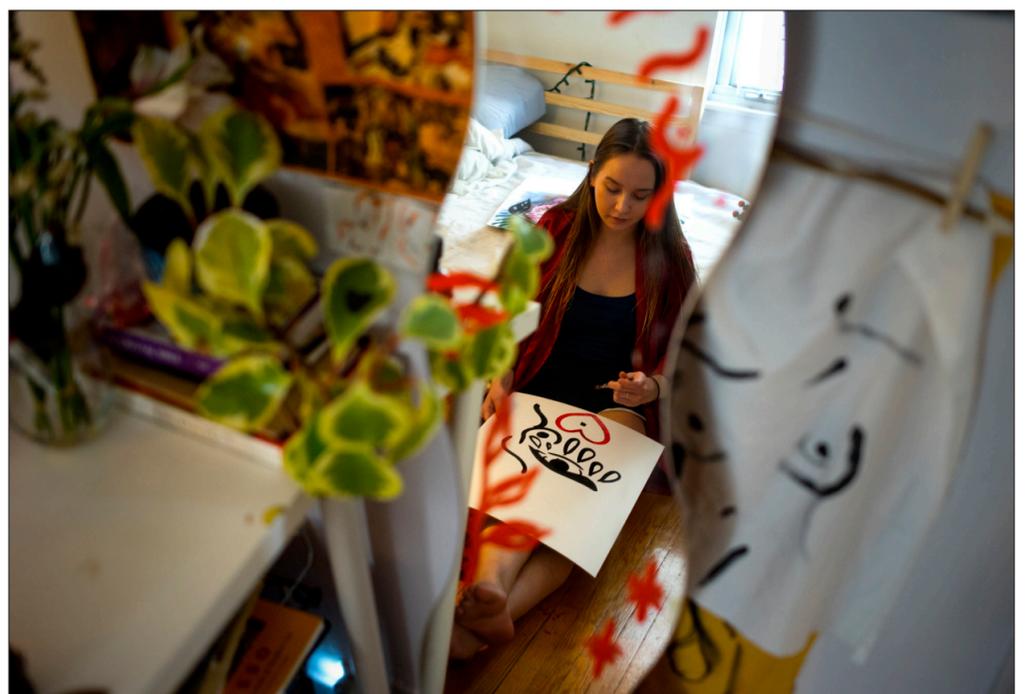


Photo by Tyson Dusselier

August Kay sits in her room in her apartment in Toronto, painting and sketching ideas for an upcoming piece.



Photo by Mic lasenza

International student and performer, Gurpreet Kaur, enjoying the Bollywood atmosphere and dancing with friends at the Loyalist Shark Tank Pub last Thursday.

Bollywood night at Loyalist

Story by Mic lasenza and Video by Vanessa Tignaneli

Vibrant, colourful dresses danced luminously around the dance floor as the spirited international music created a warm, familiar euphoria amongst the audience.

On Thursday, March 1, international students dedicated the night to celebrate and demonstrate their culture, while being given the opportunity to be taken back to their element.

As Bollywood Night happens at the Shark Tank Pub twice a year, students prepared their best dance moves, outfits and photogenic smiles to participate in the multiple activities, such as live cultural folk dances, photo booth, live international music, including a performance from Sunyana Sharma, and free buffet.

"The atmosphere was amazing. It was like I returned home and back to my culture for a few hours," said first year biotech student, Pahul

Deep. "It was a lot more enjoyable with friends too – it was like attending a pre-wedding back in India. There are many ceremonies where we celebrate by dancing the night away."

With the culture of Bollywood being showcased more often in Western and European countries, students of all ethnicities were encouraged to attend the sold-out event. Attendees were also advised that alcohol would not be served, or tolerated, out of respect for the traditional event.

Although Indian cinema has been around since 1913, the word 'Bollywood' was created in the 1970s from combining Bombay, now known as Mumbai, and Hollywood. The term is often used to describe the whole of Indian cinema, however, Bollywood is only a fraction of the Indian film world, representing Hindi cinema. The industry incorporates other production centers producing films in many other Indian languages such as Assamese cinema, Telugu cinema, Marathi cinema, Gujarati cinema, etc.

After the first Bollywood movie, "Raja Harishchandra" became widely known in 1913, the culture has grown to be the largest film producer around the world and is responsible for churning over 1,000 movies each year. Therefore, Bollywood reached and satisfied the Indian public in a way no other medium had.

"I really thank the student government for arranging the international program - it's giving us a feeling that we also have acceptance," says Parvathi Somanathan, the International Resident Assistant. As Loyalist College advances its diversity on campus, and promotes new, and exciting methods of inclusiveness, they are continuously being praised for their initiatives towards students and helping them find a comfort zone within a new environment.

For a video look at this story, click on this link:

<https://vimeo.com/259074925>

Couple becomes guardian angels of Quinte

By Stefany Harris

An invitation out to lunch led to Darrell and Carmen Smith walking away with an award and another invitation out to a prestigious gala.

Darrell, 51, and Carmen Smith, 49, have a close relationship with the Quinte community. They and their children, Mary-Anne, 22, and Ryan, 15, have contributed hundreds of hours towards helping the children and people in the area. The couple has close connections with Big Brothers and Big Sisters, the Trenton Memorial Hospital Foundation, and the

United Way — to name just a few.

The Smiths were invited out to lunch on Nov. 1 by a close family friend named Brenda Snider. They originally decided to go out to a pizza place in Belleville, but Snider insisted that they relocate to Earl and Angelos restaurant. The couple thought this very unusual, and suspected something was odd about the lunch plans.

When the group entered the restaurant, Darrell stared straight at his friend and said, "Okay, what's up? What's going on?" and her reply was, "It will become apparent to you when you see the people that are here."

They went upstairs to a private dining

room, and were surprised by what they saw. Sitting around the table was a group of people they had close connections to. Connie Reid, the executive director of the Children's Foundation, was among that group of people.

"The guardian angels," said Reid.

Confusion had settled upon the couple's faces, but it eventually clicked in their minds that they were the ones being called the guardian angels.

The guardian angels were humbly shocked and are still today. Darrell and Carmen Smith had no idea that they were even being considered for the award, or

that it would be presented to them at the Guardian Angels gala at the AVAYA building in Belleville on Wednesday, Feb. 28.

The gala was held by The Children's Foundation to recognize organizations or families for their significant contributions to the quality of life of Quinte's children, youth and families in need. The people who win the Guardian Angels award have done tremendous things for the community.

"People in the Quinte area get really excited about this event because it gives them an opportunity to see the human faces behind their donations," said

Darrell. The Smiths have been attending this gala for five years now, and it is one of their favourite galas to attend because it influences the social calendar.

Darrell is inspired by Gandhi's quote, "Be the change you want to see in the world." He believes that you only make a difference when you try and if you don't try, you can't complain about the things that aren't perfect.

"You can't change the world by writing a cheque. It certainly helps, but you always want to believe that you should participate and be involved in the causes that you support," said Darrell.

International Women's Day 2018

Female filmmakers discuss the film industry

By Raven McCoy

Three female documentary filmmakers gathered at the Belleville Club on Sunday morning, the last day of Downtown DocFest, to answer questions during panel discussion before the day's scheduled films began.

Over one hundred years ago, the Belleville Club was established and to this day remains on the corner of Front and Pinnacle street as a pillar in the community. In the early years, it operated as a men's club, but last Sunday, the club held host to three strong women, Chanda Chevannes, Tess Girard and Julia Barnes. They discussed issues affecting women in the film industry, and around the world.

Holly Dewar, organizing committee chair fielded questions to the women, ranging in topic from

the role of documentary work in the fast changing world of journalism, to their varying experiences working on their films.

Barnes, 21, from Brighton, is the writer and director of *Sea of Life*, a film being screened at DocFest. Her first feature length documentary explores the global environmental issues affecting the oceans and the people working to protect it. Barnes is passionate and knowledgeable about protecting the world's oceans. The film is a call to action to do more about environmental issues and to reexamine environmental activism.

Barnes says she was 16 years old when she saw Rob Stewart's documentary *Revolution* and it piqued her interest in docu-

mentary filmmaking and what is happening to the world's oceans.

"Film seemed like the most powerful weapon I could imagine," she says.

Girard's film at DocFest, called *As The Crow Flies*, follows a group of 17-year-old Royal Canadian Air Cadets as they undergo intensive training to get their pilot's licences, a program Girard herself completed.

Chevannes's film *Unfractured* follows biologist, environmental activist and mother, Sandra Steingraber's as he fights for a ban on fracking in the state of New York. Chevannes herself is an outspoken woman, and mother. She says being a mother is the biggest challenge she has faced when it comes to sexism in the film-making industry.

"I have a friend that said 'I could change the world if only I could get the laundry done,' and I said 'Sometimes changing the world means you don't get the laundry done.'"

Chevannes explained how prejudice and discrimination towards working mothers silences yet another voice in the documentary film industry.

The three women all talked about sexist microaggressions in everyday society and in the industry, agreeing that what is needed is a change in attitude and assumptions.

"A really well-known producer came up to me and he grabbed my *Hot Docs* pass... and he said 'Did you steal you boyfriend's pass?'" said Girard.

"It's all those microaggress that and up and become a mountain and when you want to go out there with your camera it



Photo by Raven McCoy

Three female filmmakers, from right, Chanda Chevannes, Julia Barnes and Tess Girard, answered questions about the film industry and women's issues before an audience at the Belleville Club.

becomes this great weight on you."

The panel also discussed the impact of funding changes in the film industry to have more gender parity.

Chevannes said the National Film Board is very close to having gender parity with the directors of their films and that they have always been very keen to

have a diversity of voices. Other organizations, however, are far from that and not making large enough strides in the right direction, she added.



Photo by Raven McCoy

Sue Jennett, one of the human books at the Brake room on Sunday evening, discussed her struggle of being diagnosed with celiac disease, and her daughter's subsequent diagnosis six months later.

Human books tell their stories

By Raven McCoy

Everybody has a story, and on Sunday, a team from the Loyalist College public relations and event management program invited members of the community to share their stories, one on one, over a cup of coffee at the Brake Room in downtown Belleville.

It's called a human bookshelf. The idea is that instead of checking out a book from a library, you check out a person to tell you their story as you listen and ask questions.

The event was a fundraiser for Quinte

Immigration Services, or QIS, an organization that offers support and services for immigrants settling in the Bay of Quinte area.

The team, headed by Jayden Jones, knew that they wanted to do something that related back to the work that QIS does. They decided to do something that had never been done in the area before, a human bookshelf. The event is an opportunity to sit down and hear stories about the diverse lives of your fellow community members face to face.

That in-person human interaction is something that Jones feels is lacking in today's society, with the ability to communi-

'I just want to show them that you can still live your dream, you can still get where you want to be, even if you're a teen mom.'

Kate Buttaro

cate instantly and so easily via phones and computers. It is an opportunity to start a conversation and to create a meaningful

connection that might otherwise not happen.

One of the human books that was available to check out was Kate Buttaro. Buttaro talked about her experience as a teen mom from the beginning stages of being pregnant, through the challenges and struggles of raising a child as a teenager. She feels it is an especially important story to share because of the high rate of teen pregnancy in this area.

"I just want to show them that you can still live your dream, you can still get where you want to be, even if you're a teen mom," she said.

Another human book, Sue Jennett

shared how living with the autoimmune condition, celiac disease, has affected her life and her daughter's, who was diagnosed six months after Jennett was.

Jones hopes that people will understand that everybody has a story and if you don't use technology to shut yourself off from the world, sometimes you can really learn something. He also hopes that more people will hear more about the great work the QIS does.

The team that organized the first Quinte Human Bookshelf will be graduating this year, but hopes that the response is significant enough so that it can continue to be done year after year.

Local team hosts upcoming tournament

By Stefany Harris

Paralympians of the past, present and future will be featured in a wheelchair rugby tournament hosted by a local sports team.

The Quadzillas are hosting the second annual tournament in the gymnasium at Quinte Secondary School on March 23 from 5 p.m. to 9 p.m. and on March 24 and 25 from 9 a.m. to 4 p.m.

"Come out to the tournament if you're looking for some great entertainment. Get ready to have your minds blown," said 56-year-old Mike Breske, co-founder of the team.

Originally called 'murderball,' wheelchair rugby originated from Winnipeg, Man in the 1970s by athletes with quadriplegia. The sport is practised in over 28 countries around the world and is the only mixed-team sport in the summer Paralympic Games. The sport is a combination of rugby, basketball and handball.

The Quadzillas came together when co-founder Dylan Lamoureux, 26 and teammate Wade Watts travelled to Kingston to watch Erika Schmutz, Canada's and the sport's first bronze medalist for wheelchair rugby. At the 2008 Beijing Paralympics, they held a demonstration of the sport in June 2016. Through the help of Facebook, he was able to pull a team together, with Schmutz taking the position of head coach.

"This is where I fell in love with the sport - just from watching Erika," said Lamoureux. "It's an adaptive sport, and it makes you feel like you're welcome somewhere."

Lamoureux was in a fatal car accident in 2014 that caused him to become seriously injured. His car was rear-ended by an impaired driver on Hwy. 401 and was ejected out of the vehicle. He sustained a C6-C7 incomplete quadriplegic injury.

Schmutz also sustained her injury from a car accident on an Ontario highway near Thunder Bay. A pair of moose crashed through her windshield in 2000 which severed her spinal cord and paralyzed her from the upper chest down.

Regardless of her injuries, Schmutz is a "general" on the court. Her teammates named her the General because of her stern coaching techniques and transparent skill while playing.

"I love the physical contact the most," said Schmutz fiercely. "I started playing in 2003 as part of my rehabilitation after my accident. I played on the Canadian national team for nine years, but I quit because I was pregnant with my daugh-



Photo by Stefany Harris

The Quadzillas, a wheelchair rugby team in the Quinte West, is scrimmaging against each other at practice. Dylan Lamoureux, No. 6, one of the teams founders, prepares to pass the ball to a teammate.

ter. Playing on the Quadzillas has given me the chance to get back to playing the sport I love."

The upcoming tournament is being supported by the Quadzillas wheelchair rugby team, the Ontario Wheelchair

Sports Association (OWSA), the Government of Ontario, and Mr. Print. Food bank donations will be kindly ac-

cepted and collected at the door. For more information about this event, contact Michael Breske at (613) 438-2151.



Photo by Natasha

Hayley Coles, of Mystic Moon Blessings, shines through her handmade jewelry. Coles was proud to show her creative work for all who came to the Peterborough International Women's Day fair.

International Women's Day 2018

Peterborough fair celebrates women

By Natasha MacDonald

The Peterborough International Women's Day Fair, at Mark Street United Church last Saturday, brought in a supportive crowd for the event.

Cher Edwards has been in Peterborough for roughly 18 years and started the fair in Peterborough after having attended them in Toronto.

"I loved them. When I came out here, I found that there wasn't anything like that here, so I decided to start one up. This is the third or fourth year... My favourite part about today was seeing the vendors there, the women there, making money off of what they do to help themselves," says Edwards.

The church was full of female vendors. There was promotion for skin care, reusable menstrual cloths, jewellery, clothes, candles, and much more.

There was a booth set up by the Kawartha Sexual Assault Centre, which gave out information about consent, their services, and volunteer opportunities.

The Trent Queer Collective also had three representatives, West Brown, AJ Gauthier and Alex MacNeill, at a booth to distribute information and sell a few of their handmade items.

"We have a lot of resources on sexual health for women in general. One of our other coordinators has made some dream catchers. She is Algonquin-Metis. And Alex has made some bracelets for us, which we are selling. We also have pamphlets and stuff... I'm looking around and I'm seeing a lot of women, representing themselves and their own creations, and I think it's great," says Brown.

There was space for queer folks, sexual health, art, and baked goods. Queer is a positive term used by many in the LGBTQ community to describe a minority group of those

who do not identify with a cis/hetero narrative. The overall atmosphere of the women's fair was often described as "empowered."

Laura La Fonte, of Carnal Kisses by Laura, an independent distributor for LipSense by SeneGence, was enthusiastic about the fair.

"I think it's a great idea. I got my shirt for that exact reason. (The shirt reads - 'Girls just want to have fundamental rights')," says La Fonte.

Many of the women had local businesses which they were very passionate about.

Maureen Brand's business, Garden of Eden Reusables, is a company that sells eco-friendly, mostly reusable menstrual cloths and baby training pads. Brand was excited to be present for the event.

"It's a beautiful day. The sun is shining. It would be lovely for people to come down. Cheryl's events are always nice, lovely community based events, which is awesome. And they really focus on local people in our community and so it's nice to come down and see," says Brand.

Creativity was not lacking at the fair.

Mystic Moon Blessings, by Hayley Coles, had a lot to show with her booth. Some of her hand made creations were jewellery and wands.

"I handcraft pagan and spiritual jewellery, wire wrapped adornments, wooden wands, trinket boxes, and chokes. I've spent the last 10 years making stuff and selling it to individuals. In this last year, I've realized my potential and made a bigger effort to get out there and bring my creations to the world," says Coles.

Coles was also very supportive of the fair's theme.

"I think it's an amazing idea — bringing women together to collectively share what they can do and what they can create," says

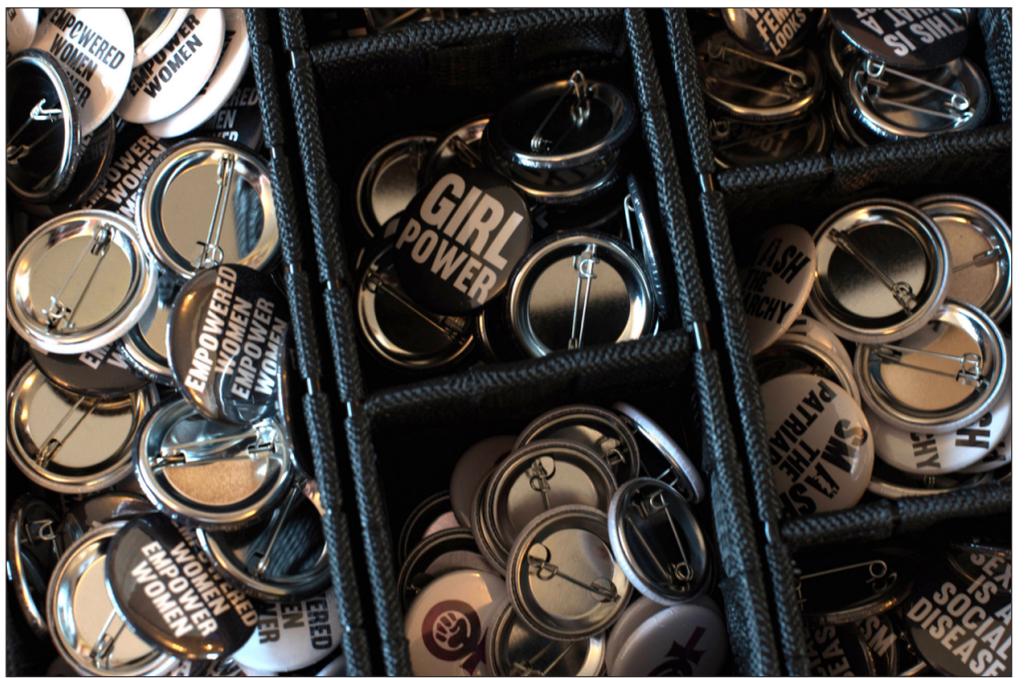


Photo Natasha MacDonald

"Girl Power" was a strong message at the Peterborough International Women's Day fair. Each person who attended got to choose one of these pins for themselves.

Coles.

There was also the promotion of outdoor athletics for women in Peterborough to get involved.

Melinda Myall was at the fair in hopes of gain numbers for the women's disc golf league,

the Peterborough Discy Chick's, in Peterborough.

"I've decided to bring some discs out and a cage, because a lot of people haven't got an idea of what it is. It's becoming very popular these days, so we're trying to grow the sport.

We're trying to grow numbers and get more people involved in it," says Myall.

The booths were by women and in support of women. The fair was a successful event that brought women and their work together to showcase talent and support.

International Women's Day 2018

Goats become passion for self-professed animal lover

By Cassie Gibbons

"Hello everyone," coos Stephanie Pignoli as she twists her body through the tiny opening in the gate to her backyard. She drags a large weather-worn wooden pallet across the opening, and wanders out into the wide, open field.

A chorus of quacks, and clucks emanate from a small flock of assorted chickens and ducks who pool excitedly around Pignoli's legs as she walks. A rustle of some leaves, and then the clamouring of tiny hooves beating against the grass as a herd of five tiny goats race towards Pignoli, bleating excitedly.

As a self-confessed animal-lover, and full-time pet parent, the decision for Pignoli to adopt the small herd was an easy one. "I've always wanted goats, so we ended up with five goats," chuckles Pignoli.

"Our first two goats were Rosemary and Daisy, and then Daisy was pregnant with little Gretchen. We saw Phoenix while we were picking them up, and then Gruber is our little rescue goat," explains Pignoli.

Gruber, a young Toggenburg dairy goat, was rescued from one of Pignoli's former employees, after the sudden passing of Gruber's brother from a seizure. Having been hand-reared during his early life, Gruber is very bonded with humans.

"Gruber and I have a pretty unique relationship. He's really bonded to humans.

He wants to be as close to you as possible. He really loves people," says Pignoli, with Gruber curled up in her lap, lazily nodding off as she scratches his neck.

"He comes inside the house with me a lot. Our favourite pastime is sitting on the couch and watching cartoons. Spongebob is our favourite," says Pignoli with a smile.

Originally, Gruber was only meant to stay with Pignoli for a few weeks, but the personable young goat seems to have found his forever home.

"He was supposed to be temporary, but obviously, months later, he's pretty permanent with us now. We love him," says Pignoli.

Pignoli spends all her time around animals, between operating her company Furballs Choice, a pet sitting and raw pet food company in Corbyville, and caring for her herd. "I surround myself with animals on a day to day basis, and I love it," says Pignoli.

Surrounded by her herd of goats, with Gruber in her lap, Phoenix climbing her back, Gretchen investigating her jacket, and Rosemary and Daisy grazing nearby, Pignoli smiles contentedly.

"If you have a bad day, or even a good day and you want to make your day even better, it's always nice to just come out to the backyard and spend some time with them. They're extremely therapeutic."

For a video link to this story: <https://vimeo.com/258996705>



Photo by Cassie Gibbons

Stephanie Pignoli, cradles Gretchen the kid goat in her arms while in her backyard in Corbyville. Gretchen is one of the youngest of Pignoli's five goats, and the two have bonded deeply as the goat grows up.

A man waves a flag during the Justice for Tina Fontaine rally at Nathan Phillips Square on March 3. Hundreds gathered to protest after Raymond Cormier was found not guilty of second-degree murder of 15-year-old Fontaine who body was pulled from Winnipeg's Red River in August 2014.



International Women's Day 2018

Protestors seek justice for Tina Fontaine

Story and photo by Robin Grant

Canada's institutions failed Tina Fontaine, a teenager who was murdered in 2014, and continue to fail Indigenous youth across the country, Indigenous leaders and activists say.

That is the message speakers had for the hundreds of people who came out to the Justice for Tina Fontaine rally in Nathan Phillips Square last Saturday.

On Feb. 22, a jury found Raymond Cormier not guilty of second-degree murder in Fontaine's death. The 56-year-old man was charged after Fontaine's body was pulled from Winnipeg's Red River, wrapped in a duvet cover and held down by rocks in August 2014.

Following the verdict, rallies were held across the country where similar messages were expressed. In the time leading up to her death, Fontaine came in contact with police, paramedics, hospital staff and Child and Family Services – all of which failed to protect a vulnerable youth, Indigenous leaders said.

"The systems, everything that was involved in Tina's life, failed her," Grand Chief of the Manitoba Keewatinowi Okimakanak Sheila North told media outlets after the verdict was an-

'The systems, everything that was involved in Tina's life, failed her.'

Grand Chief Sheila North

nounced. "We've all failed her. We as a nation need to do better."

On Saturday, the tragic message was mixed with hope.

"We have the power to change these systems," speaker Eve Saint told the crowd.

"We have the power to provide safety and support for Indigenous youth to ensure that not one more child faces the blatant neglect that Tina and so many of us have experienced."

"She was abandoned, over and over and over again," she continued. "Struggling through trauma and surviving high-risk situations all on her own ... Never again! Never again!"

Those participating in the protest carried signs that read: "Is Life a White Privilege Too?" and "Wake Up White People." The crowd shouted, "Shame" when the speakers, who were mostly Indig-

enous women, addressed the many issues that marginalize Indigenous youth.

The issue of how Indigenous communities have been failed was echoed weeks before when Gerald Stanley, a caucasian Saskatchewan farmer, was acquitted of the murder of Colten Boushie, a 22-year-old Cree man who was shot in the back after trespassing on a farm.

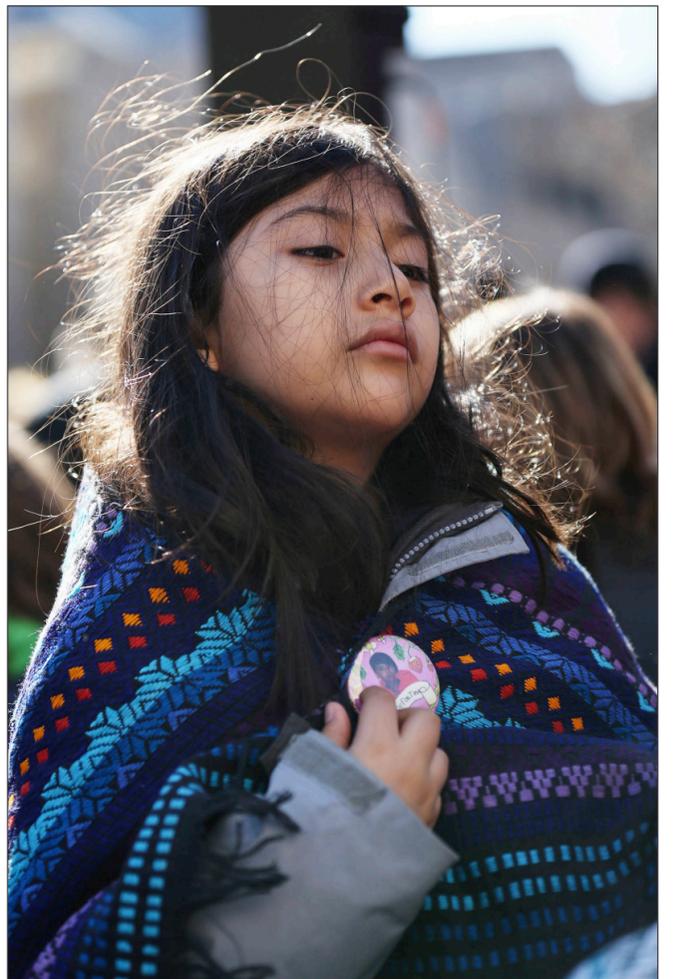
The International Women's March joined the Justice for Tina Fontaine rally later in the afternoon, where Indigenous elder Catherine Brooks spoke.

"We are speaking out for our children," she said. "We are speaking out against the violence against Indigenous women. We are looking for justice for Tina. We are looking for justice for Colton."

Fontaine's death spurred the federal government to conduct a national inquiry into missing and murdered Indigenous women after her death sparked public outrage.

Timmins-James Bay MP Charlie Angus also spoke, calling Canada's treatment of Indigenous people a crime.

"When children die and are taken day after day after day that is not a tragedy – it is genocide. And it's going to end."



Eight-year-old Santiago touches a Justice for Tina Fontaine pin on his clothing during the rally at Nathan Phillips Square in Toronto on March 3.



Photo by Frank Moses

Trans Queen's University student, J, holds a sign reflecting her support of Jordan Peterson's right to free speech at a protest organized by students and faculty who contested Peterson's appearance at Grant Hall on the Queen's campus Monday afternoon.

Loyalist hands out awards

By Helene Brozowsky-Reinsch

On March 1st, Loyalist College congratulated all those who won an undergraduate award this year.

Last Thursday evening from 7- 9p.m. was set for the usually bi-annual Loyalist College Undergraduate Awards Ceremony for bursaries and awards. The ceremony was held in the gymnasium, and the reception afterwards was held in the dining hall.

There was supposed to be the first awards ceremony of the school year in November, but because of the Ontario-wide college faculty strike, Loyalist was not able to hold the ceremony at the time, so officials chose to postpone it, and instead combine it with the one scheduled for this March of this semester.

Most seats, except a few rows on the back, were occupied. In the first few rows were some of the prominent officials of the college, including Loyalist president Dr. Ann Marie Vaughan, awards officer Joanne Farrell, some of the career centre staff, administration, some of the teaching staff, and a few others. There were also a few of the honourable guest award/bursary donors in attendance, and in the later rows were the award recipients, and their entourage of family, friends, significant others, or a combination of the above mentioned. There were about 180+ people who attended this year. The first small ceremony at the time started the first year the school opened.

Joanne Farrell says she has been helping with it for 15 years, and that when she started there were probably 100 students receiving awards, and that now it is upwards of three hundred. Many years ago there were awards/bursaries, not that many, and most were based on financial need, or on specific programs. She said that some students were not able to come,

when the lack of filled seats at the back was mentioned.

"With what's in the book I think we have 296 students receiving funding. The sheer size, and amount of money we are able to give out to students is the main difference through the years. The endowment was our main source of funding for students. Less than a hundred thousand is what we would give out."

Now the college itself gives out over a million dollars each year in financial assistance. It's a big event.

We have a few new ones this year. It varies each year depending on new awards we get, some are directed to new programs that start each year; it just depends on the year. The process in applying for one has changed throughout the years. They would have to fill out a paper application for every bursary they wanted to apply for. At least it has moved electronically to make the selection process easier for students. My favourite part is seeing the joy on students' faces, knowing they've got a little bit more financial assistance, and do not have to worry about the finances so much. They can focus on their studies," said Farrell.

"The students themselves, I think they certainly enjoy the recognition for their academic achievements, and it is nice to share with their family, friends, and fellow students."

Victoria Vajda, a second year child and youth care student, was the recipient of three awards. The Quinte Early Childhood Education Award, the Quinte Early Childhood Educators Resource Centre Bursary, and the Quinte Sunrise Rotary Club Bursary.

"I received these in the fall and I was ecstatic. It was very exciting to be supported by our community members as well as the college itself. I've been waiting so patiently to come to this awards cer-

emony, and to celebrate with my family. My family has supported me as a student, and as an educator in this entire process; so that's important to me for them to see that. I found the application process online through the MyLoyalist website. There was a link there to access the application process. It was very simple. I did contact Joanne Farrell about questions, and she was awesome at getting back to me quickly, and offering as much information as required. It's only complicated if you make it complicated.

It was a bit challenging at first, because the first ceremony was supposed to be early November, and we weren't sure if the ceremony would be going on just because of the faculty strike. However Joanne Farrell did email, and assured me that there would be a celebration in the upcoming semester. Just knowing that there would be a ceremony reassured me. I was not really worried about anything else. I just wanted to walk across the stage, because that's the best part," said Vajda.

"To our donors, your encouragement, and support is just so important to our students, and to the college... So special thanks to each of our award recipients for adding to a special evening," said Executive Director of College Advancement & External Relations, Dianne Spencer.

So in wrapping up, all were pleased with the way the college orchestrated the event considering the set-backs last year. The donors, and presenters showed their encouragement for the students by the courtesy of them making an appearance, smiling, and nodding towards the person(s) of whom got the specific awards. The students were glad that their efforts got recognized, and the college was happy that it was another year the awards ceremony turned out well.



Below the Water Tower

The air is so crisp it crunches under your feet like fresh snow and the water runs rife with minerals and sediment, the kind you read about on plastic bottles in North America. The raven's scowls echo from the tops of pine trees, while other birds are seldom but rhythmic in their calls. Village dogs, as if pre-pubescent boys, seemingly gather and bark at the outcasts with conviction and hilarity.

The Parvati River ever so quietly whispers tales of the mountain's peaks and valleys, for it flows from top to bottom as glacial streams do, a common occurrence in the small hill state of Himachal Pradesh. The tree line clings to the rock as high as 3,500 metres and meanders up the hill from there, fanning out like a river delta.

The rocky faces of the Himalayas hang ominously over the villages and towns down below, ridgelines traversing their way from village to peak. What little light comes when the sun peers over the hills is cherished by all those who manage to find a patch peering through the trees, bathing in its warmth like a cat.

The chuckling of children is faint in the wind, the pounding of rubber flats on the ground is the beat of women carrying 50 kilograms of wood down the slopes. Overzealous villagers complete the routine chores. Seemingly indifferent sheep and cattle graze over the grass like metal detectors, scouring for anything of interest. Women are often walking with four knitting needles entangled in the beginning of a hat, their other hands wielding a long piece of grass to keep the cattle in line.

The swings in temperature, unpredictable weather, and seasonal uncertainty are enough to evoke a scratch of one's head. The Himalayas provide the livelihood of over one billion people. Referred to as the Water Towers of Asia, they represent the origins of many of the world's most significant river systems including the Ganges and the Yangtze rivers. The climate, however, maintains a fragility that demands respect extending far beyond the reaches of its rivers.

The rising temperatures in this small hill state are shining light on the evidence of climate change. Himachal Pradesh, of India, is but one of the many areas in the world where the people and their culture could be rushing down the mountains alongside the glacial water in centuries to come. Currently there is no real option other than passing these concerns on to their children, a lack of agency that most can sympathize with.

The subtleties of life hindered by climate change are seen in the apple orchards, a cash crop that has moved its way up in altitude while chasing a frost. It is seen in the rivers that dribble with ice water all winter long, not quite cold enough to freeze, only to swell in the spring and carry clumsy sheep downstream. It is seen in the minute details.

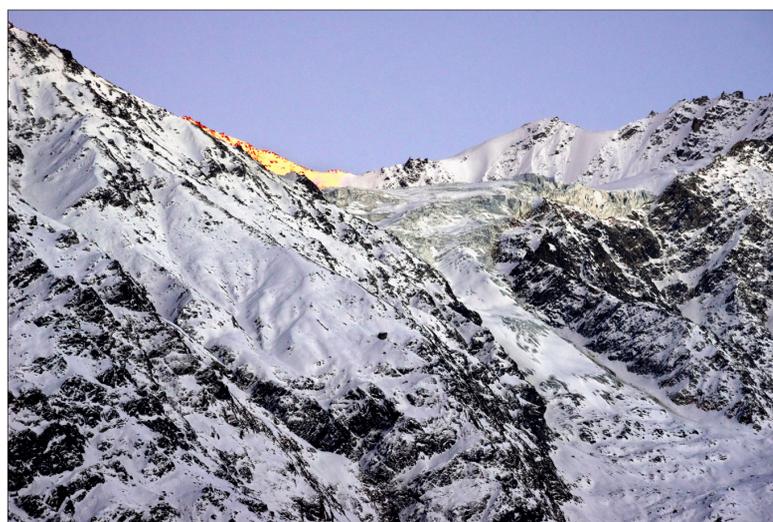
The World Wildlife Fund has reported that at least two thirds of the Himalayan glaciers are melting, putting cultures and lives at risk. Glacial melt presents unique issues like flood risks and icefall as well as everyday concerns. Watermills are being left vacant and the practice is less and less common as streams dry up. Commercially ground flour, while thought to be less healthy, is marginally cheaper. Footsteps are absent from the pastures barricaded by once walkable ice bridges—now raging rivers. While plentiful as glaciers melt at increasing rates, water will eventually run dry, bringing with it a drought that would stretch the length of Kolkata to Shanghai.

Monolithic concrete hydroelectric projects have been erected in the valleys to ultimately feed power needs far outside the reaches of the river. The Parbati II project at the hands of the NHPC, a Government of India Enterprise, is at the lower reaches of the Parvati River where it redirects water to supply energy to Himachal Pradesh, Delhi, Jammu and Kashmir, Punjab, Haryana, Rajasthan, Uttar Pradesh and Chandigarh. Despite a constant flow of water through the Parvati, however, rolling blackouts aren't uncommon in the village areas surrounding the dam. Power is particularly iffy in inclement weather, when power lines are at risk of snapping.

This dam brings more concerns than solely energy, down river from Pulga exists a Hindu, Sikh, and Buddhist pilgrimage site in the valley town of Manikaran. Here you will find a Gurudwara, five major Hindu temples, and a Tibetan monastery. The hot springs in this area are free of sulphur, are utilized to cook, and are said to have curative powers. Some activists fear this site may face degradation at the hands of the Parbati-II Hydroelectric Project roughly 15 kilometres upriver, as stated in a Stop the Parvati Dam public petition listed by a user on Greenpeace India's website.

Along with issues of energy and water come issues in agriculture. The rising temperature in the area not only poses a risk to the glaciers, but it has shifted growing calendars and useable land. Apple orchards, for example, have reached higher and higher elevations to maintain yields due to the diminishing frost period lower in the valley. Since the British apple revolution in Kullu District, apples in the area have seen an increase in yield but a decrease in production per area as the crop crawls to higher and higher altitudes, said a report by the Horticultural Research Station in Seobagh. In the meantime lower altitude farmers have adapted to growing fruits that don't require an intense frost period, like kiwis and pomegranates.

These are just trivial obstacles in the lives of villagers, who with or without luxuries are often leading happy lives and are doing so sustainably. Only time will tell if the actions to stop the slow demise of cultures, as water drips off of glaciers at an alarming rate, will yield results.



From Left to Right—
Local girls share snacks and play an Indian game known as Chappachuha, comparable to hopscotch, across from the local public school.

Vasuki Nag Glacier is seen during the last light of the day. The stream from this glacier runs down between the villages of Pulga and Kalga, joining the Parvati River with the run off of the Parbati-II Hydroelectric Project.

A man living in the village of Pulga takes a bath in a hot water spring early in the morning. Down river from Pulga exists a Hindu, Sikh, and Buddhist pilgrimage site in the valley town of Manikaran. Here you will find a Gurudwara, five major Hindu temples, and a Tibetan monastery. The hot springs here are free of sulphur, are utilized to cook, and are said to have curative powers. Some activists fear this site may face degradation due to the Parbati-II Hydroelectric Project roughly 15km upriver.

Hemraj, a local man, checks the flow under his watermill, known locally as a gharat. The force of the stream runs down a channel and underneath the mill, pushing a wooden turbine, eventually spinning a grinding stone inside. These shops are used to mill anything from corn to rice to wheat husk. This practice unfortunately is less and less common as streams dry up from glacial melt and commercially ground flour, while thought to be less healthy, is marginally cheaper.

The Parbati Valley Dam project, concrete stacked 83.7m high, seen from a car window while crossing the valley from Pulga to Birshaini. This dam is masterminded by the Nation Hydro Power Corporation, a Government of India Enterprise. It currently dams the lower reaches of the Parvati River and funnels water using gravity through tunnels to provide power benefits to parts of Himachal Pradesh, Delhi, Jammu and Kashmir, Punjab, Haryana, Rajasthan, Uttar Pradesh and Chandigarh.

Despite close proximity to one of the largest hydro electric projects in Himachal Pradesh, the village experiences blackouts somewhat frequently in the winter months. Power is often cut during heavy snow and rain to lessen the risk of lines snapping. Sometimes villages can be left without power for days at a time.

