



Photo by Caleb Seguin

Pastor Helen Bickle leading the Quinte Deaf Fellowship Bible study that she runs every Tuesday. For more photos, see page 9.

## Deaf fellowship wants to make a big noise

By Caleb Seguin

Belleville is not a huge city, covering only about 250 square kilometres with a population of just over 50,000, but it has a very high number when it comes to churches, at more than 40.

Those churches include a number of denominations such as Catholic, Baptist, Methodist, Protestant and Anglican, but there is one that is decidedly non-denominational, because it is accepting of all races, religions and cultural backgrounds.

This church is audibly quieter than its more mainstream counterparts, because this is the Quinte Deaf Fellowship.

Pastor Helen Bickle has been running this church for the past 12 years with the help and support of Dale Abel and Judy MacGregor, who are board members of the Quinte Deaf Fellowship. Bickle, who is

known as Pastor Helen, was born deaf to a Jewish mother and a Protestant father but was never raised in the church environment.

"I was introduced to Jesus through my classmate during public school, but I didn't really understand what it is all about."

After she grew up, she met her husband who attended the United Church of Canada and they have three beautiful children. One of her daughters was born deaf, which meant that they had to move to Belleville so she could attend Sir James Whitney School for the Deaf.

At the time, there was a deaf church in Belleville that they attended, where Pastor Helen was encouraged by Rev. Karen Ptolemy-Stam to teach the Sunday school for the deaf students every other week.

"That is when I really began to have

faith in Christ," she says. She enrolled in a three-year program to become a designated lay minister recognized under the United Church of Canada.

In 2007, Pastor Helen partnered with MacGregor and Abel, two God-fearing women who were already spending their Sundays interpreting for hearing churches in Belleville.

The QDF was formed because the deaf people in the Quinte region needed their own church, so they could worship in the way they wanted to comfortably. American Sign Language, or ASL, is the church's first language.

"It is a visual language that we can express our feelings more easily than in written English," says Bickle.

The ministers change the formatting of their sermons to accommodate their attendees.

"At hearing churches, the pastor tends to mull things around during the sermon, and finally at the end get to the point. We tend to get lost during that sermon." It is because of this that Pastor Helen chooses to interject explanations between scripture readings to make sure the sermon is as easy as possible to follow.

Another modification can be seen in their praise and worship. "Music is one big difference. We express it in a different way. We would love to use the drum to help with rhythm, but we can't because we are too close to a hearing church upstairs."

They would like the drum because they are able to feel rhythm and beats through vibrations, and that would help them to sing.

It is because of these limitations of the building that QDF wishes to expand as an organization. Bickle describes her hopes for

the future. "I would like to have the church people do more for the community instead of staying within church walls."

It is because of this that the church plans to reach out further into the community in hopes to attract young families. They run bible studies on Tuesdays, help with other churches, and are getting more involved in community events.

"QDF is God's church. He may intend it for a short time or have a long-term purpose for us. We will keep doing our best to serve Him. We need to interest others in coming alongside. Perhaps at the Quinte Celebration of Hope Oct. 4, 5, 6 and the months leading up to it, we will practise the skills and bring others into a relationship to introduce them to Christ. Then together, we commit to the household of God and continue to shine the love of God."

## Forum focuses on public transit

By Kyle Visser

The future of public transit around Belleville and the Quinte region was the focus of a public forum Tuesday evening at Loyalist College.

Key issues were raised around the Route 11 bus, regional transit and general funding for transit.

The forum was organized and presented by faculty and students in the journalism program at the college and was held in Alumni Hall. Approximately 50 people attended, despite the poor weather.

The Route 11 bus is Belleville's new "on-demand" bus that can be hailed in the evenings from a mobile app. This bus started running near the end of 2018.

Student President Scott Rook was the first to ask a question as an avid transit user.

"One of the biggest questions we have from students is: 'How can we get around better? How can we get on that bus and go where we actually want to without getting on three extra busses?' Another question we have from students is the Route 11 bus: 'How come when I'm requesting a time to be picked up it comes an hour later, or it doesn't come at all?'"

Two other audience members echoed the same concerns about the unreliability of the Route 11 bus.

Belleville Transit Service Manager Paul

Buck, who attended the forum, responded to the question.

"In the first 24 hours, we had over 200 registered users, and in the first two weeks, we increased our ridership by 500 passengers. We were not anticipating this response to the Route 11."

Buck went on to explain that transit officials do have a capacity issue with the Route 11, as well as a scenario called "piggybacking" where the bus will anticipate picking up one passenger, when in reality, 20 different people are waiting for the ordered bus. This causes delays as the bus can only pick up more people, once it is no longer full. On top of that, he describes people who have waited 25-40 minutes for the bus, given up and left the stop, without cancelling the trip, leaving the bus to arrive alone.

"We are aware of the issue, and it is going to be a part of our strategic planning going forward," said Buck.

In terms of regional transit issues, broadcast journalism professor Marisa Dragani spoke up.

"I'm at a loss for what to tell parents and students when it comes to our transit system. We have students who have been here for a full three-year program who have never been out to Sandbanks beach. Something like a regional transit system would help students get out to the larger area."

...See Transit, page 2



Photo by Shelby Lisk

### Celebrating women

Mandy Louison, a second-year welding and fabrication technician student, stands in the shop at Loyalist. "I think it's an unspoken rule for a woman when entering any job that's male-dominated that you have to prove that you are capable and aren't willing to take any shit because when you don't do your absolute best they assume you can't." She says that she's found the Loyalist welding program to feel very inclusive of women. Tomorrow is International Women's Day. This year's theme is #Balance for Better. For more stories and photos on or about women, see pages 4, 6, 7 and 8.



Photo by Sasha Seftor

Students board a Belleville Transit bus on the Loyalist College campus. The Quinte West council passed a by-law that will see the municipality, in partnership with Quinte Access, bring transit options to the northern part of the city five days a week.

## Transit...

*Continued from Page 1*

Belleville Transit Committee member Fred Pollock is a representative for Loyalist College. Pollock replied to this question. He said following his first meeting with city councillors, he wanted to praise their dedication for the importance of improving transit around Belleville.

"It's a matter of funding. I think the political will is there. I certainly think the market

is there for it. It's just a matter of getting the funding in place."

Shelly Ackers of Quinte Access Transportation talked about a plan to include disability bussing as part of a "regional transit" system.

"(There is) funding for a community transportation grant. The plan now is to work with the existing vehicles we offer right now, which are part of a specialized door-to-door service for people with disabilities or seniors in Quinte West and Brighton. We have vehicles from Picton to

Belleville, and we'll be opening our services to everyone in Prince Edward County. The plan is to open up all those vehicles to anyone who needs a ride."

"There's lots of good things happening. It is a four-year project and it will roll out in different phases."

Journalism Student Brittany Woodcock asked Paul Buck, "What would it take to start a regional transit system?"

"Money," Buck replied. "It really comes down to funding, the cost of operating. Additional stops, busses and staff. All that, over

time, costs a considerable amount. It costs about \$1.3 million for a regular transit bus, staffing wages. It adds up in a hurry."

Buck said it costs around \$200,000 a year to maintain one bus route, not including the costs of a bus.

To make an expansion of bussing around the Quinte area requires ridership. Buck said although the transit service does generate revenue, it is funded through the tax base. For expansion to occur, city officials would have to figure out how to share taxes throughout the areas that use transit more

or less than others.

Mayor Mitch Panciuk, who also attended the forum, responded to this issue.

"We had over one million transit riders last year, a record-breaking year. Belleville has the only mass transit system between Kingston and Ottawa. It's something that we are very proud of, but it's also something that is very, very expensive to our taxpayers.

"When we talk about regional opportunities, the answer is 'yes.' We want to see regional expansion, particularly as our communities change and attractions grow."

## Loyalist's own receive OCNA award nominations

By Desirée Decoste

Loyalist College students have been nominated for three Ontario Community Newspapers Association (OCNA) awards.

The announcement for the top three finalists from the college/university awards category came from the OCNA on Feb. 14.

Jessica Clement, a graduate from the journalism program, and now a media solutions specialist, was nominated for her story on Rowan's Law passing its third reading in the legislature at the time. It was a law intended to protect athletes from the dangers of concussions, but more specifically Second Impact Syndrome. The story was nominated in the student feature writing category.

"I have been working in production since graduating in April and haven't given much thought to writing, which was my passion before I discovered my place in visual media," Clement said. "Even though it has only been a short time since I stepped out of the print scene, it was sort of a nostalgic moment to hear the news and to go back and reread my piece."

Clement has been working a few different jobs since graduating last April which include a TV show she runs for the City of Peterborough called the Age Friendly Report, with the help of a producer and two interns.

Katherine Sedgwick, journalism-communications coordinator at Loyalist College, commented on one of the program's students being nominated for an award.

"There were no stories of straight news stories and hers was. It covered a serious problem, it was a nice feature length so it stood out from the pack. She went deep into the story and I think she learned a lot. "I love teaching the program! I really enjoy watching them craft! We are thrilled for the journalism and photojournalism programs. They're very prestigious awards. It's really great that they (OCNA) have the college/university awards category for the students."

Frank Moses, a second-year student in photojournalism, was nominated in student news writing for his story on mefloquine toxicity. Mefloquine is an anti-malaria drug that has several veterans' groups and health professionals claiming permanent psychological and physical side effects from its use. After graduating, Moses said he plans on enjoying all the world has to offer an aspiring photojournalist.

"I was very happy to hear the news. I felt a kind of catharsis in writing the story. I served in Somalia and took mefloquine for

six months. Some 25 years later, I researched what was going on, went through some old painful memories with friends, and then told a genuine news story about it," said Moses.

"It's amazing to me what one can do at any age. I'm very proud of this piece and so happy that my teachers put me up for recognition. I have learned so much about writing, photography and multimedia during my two years in the photojournalism program. There is a real sense of place at Loyalist, and genuine welcome. Loyalist is such a great place for people young and old, a real microcosm of Canadian and international society."

Second-year photojournalism Andrej Ivanov was nominated in student photography for his photo of a silhouetted fireman carrying a hose, going to put out a flaming car on Highway 401. After graduating, Ivanov said he wants to freelance and maybe work with universities as a photographer/videographer or teacher's assistant.

"It's really flattering to be nominated. It's quite a big award to be nominated for and technically all three of us are in the top three," Ivanov said. "What we're waiting on now is to find out who placed first, second and third. So, truly, I am grateful to even be a nominee!"

Frank O'Connor, photojournalism coordinator, commented on two of his students receiving nominations. "We are so happy to see Frank and Andrej nominated for an OCNA award this year. Both students have worked hard to acquire skills that are now being recognized as being among the best of their peers. To have students nominated in both writing and photography categories tells us that the balanced communications skill set we teach is solid and their recognition in these awards is proof of that. The faculty team is very proud of them and their achievements!"

"On behalf of the School of Media, Business & Access programs at Loyalist College, it brings me tremendous pleasure to see our students' work acknowledged by OCNA and other notable competitions," said Kathleen Bazkur, Dean.

"We're aware of the outstanding work that our students create, but the fact that it's recognized by others is a testament to the level of excellence.

"Our media programs offer true experiential learning. The work that our students demonstrate in our courses and programs is the valuable skill set that the content creation industry requires, so our graduates can transition easily to launching their careers."

The OCNA announces winners on April 5.

## Loyalist photojournalism student wins NPPA award

By Frank Moses

Congratulations are in order for Loyalist photojournalism student Andrej Ivanov, winner of the National Press Photographers Association's Northern Short Course Student Photographer of the Year for 2019.

Ivanov is being celebrated as the top student photographer in NPPA's regions 1, 2 and 3, which include some of the best journalism schools in North America.

Ivanov emigrated from Serbia to Canada in 1996 and immediately became enamoured with photography. He embodies the principle of life-long learning and has an incredible three degrees to his credit – one from Ryerson University and two from Concordia University.

This recognition joins a plethora of awards that celebrate his profound and nuanced depiction of social conditions the world over.

A busy man, Andrej has worked with AUX TV, Cornershop Studios, The Scene Magazine, The Concordian, the Toronto Star and the Waterloo Regional Record. He hopes to be working for La Presse or The Globe and Mail this coming summer.

"It was actually a really humbling and gratifying experience to win an award on an international level," Ivanov sates. "I submitted 20 units... 16 singles (individual images) and four stories shot since the beginning of 2018."

Asked about the importance of Loyalist in his development, he notes, "The work I shot was, in some way shape or form, in relation to school." He is thankful to his principle photography instructors, Patti Gower and Frank O'Connor, who were instrumental in pushing him to apply for the award and helped curate his submissions.

Ivanov will head to New Jersey, just outside New York, to receive his award this month. To see his winning portfolio, use this link: [Northern Short Course Student Photographer of the year 2019](#)



Photo by Frank Moses

Andrej Ivanov, a photojournalism student at Loyalist College, readies his camera for an outdoor shoot. Andrej will accept a prestigious NPAA award for student photography later this month in New York.

# The Pioneer

Editor, Shelby Lisk  
Photo editor, Desirée Decoste

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

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

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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Ontario  
Community  
Newspapers  
Association



Photo by Matthew Botha

A group of kids battle it out on the ice during a pick-up game of hockey Saturday afternoon. The rink, which is one of three ice pads, is maintained and run by volunteers in the community.

# Small community embraces hockey

## Volunteers maintain the ice rinks within Castleton

By Matthew Botha

To Canadians around the country, hockey is a way of life. But it's not just the thrill of the puck drop, or the game-winning goal. It's the community that is built around the game. Nestled in the small town of Castleton, just 30 minutes west of Belleville, is a community that has been shaped by their love of the sport.

After a girl fell through the ice around 50 years ago while skating across from the Castleton general store, a group of

people in the community came together and started the non-for-profit Castleton Sports Club Inc. They set up a rink outside of the public school.

Every recess and lunch break, the children would go out and clear the rink to play. Over time, the rink grew to be a liability that the school could no longer cover and was eventually shut down. This prompted the club to purchase the land behind the school. Club members put in two large soccer fields, two ball diamonds and a canteen with an awning for shelter. Once the weather changed, volunteers would hook up a garden hose and flood the rink. Although this worked, it was always a hassle and made for a rough surface to skate on.

Fast forward 35 years, and Jeff Turney, a local Castleton resident decided to step

in and run the show. "I was determined to make it work," said Turney. The major challenge was figuring out how to get a lot of water onto the surface fast, and heated.

A local farmer donated an 8,000-gallon tank that they buried just under the ground to keep it from freezing. Once the problem of getting water was solved, it was on to figuring out how to maintain a good skating surface.

"About eight years ago, I had had enough of going out after 10 or 11 p.m. to flood when the kids were not there," said Turney.

"With the ice being as good as it was, they were there all the time. So I was decided. I needed something to make the ice maintenance easier and get the ice conditions to near perfect. Through net-

working and phone calls, I was able to track down a used ice resurfer through Olympia."

For the most part, the expenses were covered through fundraising within the community, but the rest was paid out of pocket by Turney. After one rough year, there was no ice.

This prompted Stacy King, another active member of the community to reach out to Turney and see what he could do to help share the workload. Ever since then, the rinks have never missed a season.

"Stacy and I have the same drive," said Turney. "We not only do it for the kids, but for everyone. It's the ones who can't afford to be part of a league or go to hockey camps. These are the ones who just want to play hockey and or skate.

"It's the laughter, the smiles and enjoyment of outdoor hockey. It's the no-score-kept friendships that will be something that kids talk about for many years to come. It's the small town feel that we strive to have."

Together, the pair have organized tournaments that have raised enough money to cover the majority of the funds. That being said, it's never been about what it might cost them. This community has come together to appreciate the game for what it is. It's not about who can afford the best gear, it's about who's there once the temperature drops and the call goes out that the ice is ready to go.

Hockey is Canada's game, and it's the bonds that are forged during those late-night scrimmages that carry on the hockey tradition.

# Student documentaries featured at event

By Kyle Visser

Nine different groups of second-year film and television production students showed off their documentaries at the student documentary screening event for DocFest at Loyalist College on Thursday.

This event showcases the documentaries students have produced in their second year, and judges vote on three productions which were shown at Belleville's Downtown DocFest.

"This event is really great exposure for the students, the program and the college," said professor of TVAS Claude Garipey.

The students showed off nine different films with stories ranging from the everyday life of a YouTube celebrity to a local bike shop owner. First-year TVAS students also attend the event to see their peers' productions.

"We make it mandatory for the first-year students to come. They come and see the audience, hear the feedback and the people applauding, and I'll see them all tomorrow morning all charged up wanting to talk about Doc Fest!"

Judges this year were Adam Gray of Gray Brothers Films, Roz Mugford of Double Barrel Studios, and Victor Cooper of Vantage Point Media House.

"It really could have gone to just about anything," said Cooper about the voting process.

The docs *Escape*, *Triangle, Square, Circle*, and *Embracing Impact* were the three winners by the judges, but *Embracing Impact* was the top choice.

*Escape* is the story about how a family escaped Czechoslovakia in 1968 for a better life in Canada.

*Triangle, Square, Circle* is a story about an individual's journey with mental health and how her tattoo helps her cope.

*Embracing Impact* is a film depicting the life of paralympic rugby player Cody Caldwell. After a life-changing accident that leaves him in a wheelchair, Caldwell would go on to play for



Photo by Kyle Visser

Professor of Film and Television Production (TVAS), Claude Garipey, speaks to the DocFest audience prior to showing his students' documentaries. Judges rate the documentaries shown and the winners have the chance to be shown again at Belleville DocFest later in the month.

the Canadian Paralympic Rugby team. "The ability to collaborate with each other goes a long way. We all work really well together," said camera operator for *Embracing Impact* Cody McLean.

"I'm personally proud of being a group of three. It's supposed to be a group of four," said editor Jessi Odaisky.

The group said they only had two days with their subject before he left the

country for a tournament, and they had the film edited in a week and a half. The same group also worked on two other docs also shown at the event, *Shaping the Future*, a story focusing on Rich-

ard Long, the No. 1 rated high school teacher in the Quinte area, and *Hello YouTube, I'm Momo*, a story focusing on YouTuber, LARPer, and everyday adventurer, MoMo O'Brien.

# Connecting to culture through lacrosse

## Belleville girl embraces Indigenous roots through sport

By Shelby Lisk

"I almost died!" Hudson squeals with a dramatic flair that only pre-teen girls are capable of. She flops herself across the grey ottoman in the sunshine-filled living room, her dark brown ponytail makes an arch as it whizzes through the air before she lands with a soft thud.

She's doing a theatrical retelling of the afternoon run she embarked on with her mother the previous day through their Belleville neighbourhood. The belly flop into the cushions mirrors her throwing herself on the neighbour's lawn when she got tired towards the end.

"I told her she could sprint for the last block," Summer says matter-of-factly from the kitchen, adding that 11-year-old Hudson is good at sprinting – it's the longer distances that she doesn't do as much.

"Mom! I almost died!" Hudson insists. The smell of bacon is wafting through the air, the satisfying crack of an egg on the side of a pan, the sound of the toaster being pushed down. A cat glides across the windowsill and Hudson props herself upright and sits properly in the grey ottoman.

Summer's dark curly hair is piled atop her head. Her bun is what appears first through the doorway, followed by her freckled forehead and brown eyes. "Your breakfast is ready, Huds. Come get it before it's cold."

The pair, mother and daughter, do just about everything together: working out, socializing, learning and day-to-day routines. From the outside, it seems their lives have come to orbit one another succinctly.

Summer Bertrand was a high school physics teacher for 15 years before recently taking on the position of re-engagement student success instructional coach Indigenous education with the Hastings & Prince Edward District School Board. Hudson Mulvihill is a vivacious Grade 6 student at St. Michael's Catholic School in Belleville, an athlete and a young advocate for Indigenous issues.

About three years ago, the family uncovered paperwork that confirmed their suspicion that Summer's father is from Tyendinaga Mohawk Territory, prompting both Summer and Hudson to become more interested in learning about their cultural background together.

Hudson sits on the floor, places her plate of bacon and eggs on the coffee table, takes a wad of blue gum out of the corner of her mouth, adhering it to the side of the plate and picks up a piece of

toast.

"I said, 'Mom, I want to try lacrosse' and she was like 'What...? You do realize that if you play lacrosse you're going to get hurt a lot,' and I said 'Whatever, I don't really care, I'm going to try a new sport,'" Hudson retells.

She became interested in the sport when they were at a friend's house and she saw his son throwing a ball at a rebounder in the backyard, catching it in the net of his lacrosse stick each time before throwing it again.

"I just thought it sounded cool and then my mom said, 'You do realize that it's on the reserve and it's their sport,' and I said, 'Yeah, I know and I'm Indigenous.' But people who are non-Indigenous, they can still play. But some people just try to beat up the girls because they don't like the girls playing lacrosse," says Hudson.

At her first practices and games, Hudson remembers being a bit scared because she wasn't sure how to hold her lacrosse stick properly. She recalls her coach yelling from the bench in Mohawk and nodding along, pretending to understand what he was saying, reading his body language for cues.

Summer stays in the kitchen, cleaning up and allowing Hudson to tell the story in her own way. Hudson is an only child and her view of the world is vastly shaped by the way that her mother thinks. Summer doesn't want to sway her daughter's opinions one way or another, allowing her to form her own identity but realizing that as her daughter grows, she mirrors her mother in many ways.

Hudson bops around the sunny room with the full energy of an outgoing 11-year-old. Asked when she found out she was from Tyendinaga, she pauses for a minute and yells to the other room, "Mom, when did we find out where grandpa was from?"

She isn't sure of the dates or numbers but she remembers wondering to herself what it meant to be Indigenous. She knew it meant that she is a part of the original people of this land, but what else?

In Hudson's bedroom, among dozens of yellow, purple, orange and green ribbons for gymnastics, hangs the most recent addition. It reads "Tyendinaga Peewee Thunderbirds. For participation in the 2018 lacrosse season. *Yoyanere!*" (Yoyanere is Mohawk for "awesome!" or "good job!")

Lacrosse has been an important point of connection to the community for both Hudson and Summer.

"When I went a year ago to the pow-wow, everyone was walking around with lacrosse sticks and I had no idea what it was. A year later, when I went to the pow-wow, I knew all those people," says Hudson.

Summer ensures that Hudson stays connected to the friends that she meets in Tyendinaga and that she's able to build connections there by taking her to

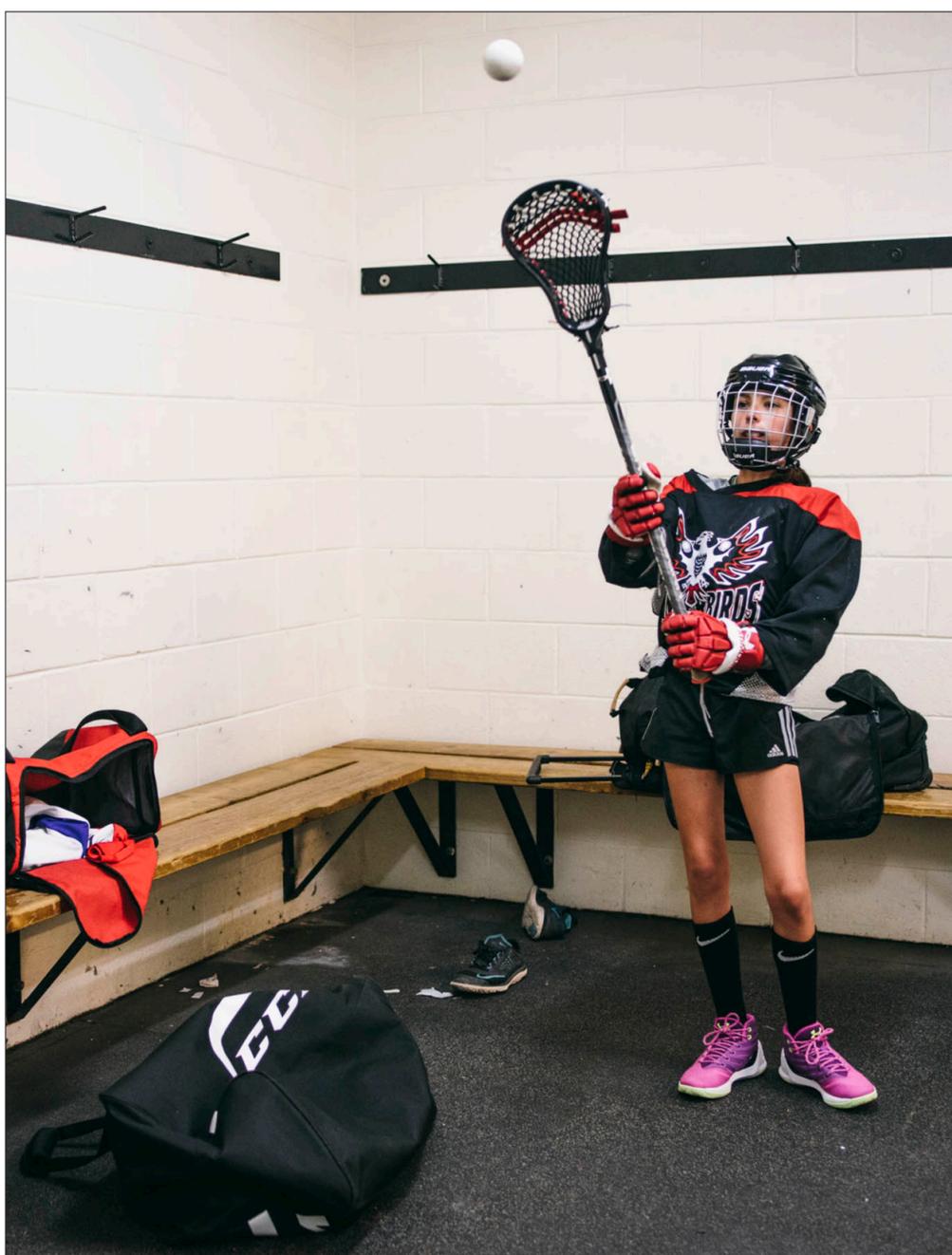


Photo by Shelby Lisk

Hudson Mulvihill prepares for a lacrosse game by bouncing the ball against the change room walls at the the Deseronto community centre.

the pow-wow, fair, dances and friends' houses.

"I look forward to going down there, especially to the outdoor lacrosse box. You get to socialize with everyone and learn and understand sort of where you're from. There's outside dynamics that you never knew because you didn't grow up

there but it's interesting to be a part of it. And I think my dad feels a sense of pride in that too," says Summer.

Hudson finishes her breakfast and wipes down the coffee table where her plate was. Through the large window that encompasses the front of their house, you can see a car pull up to the curb.

"Huds, your dad is here," Summer motions to the door and grabs a jacket to wrap around her shoulders as Hudson runs out the door with a basketball in hand.

"Call me and let me know what time you're going to be home!" she yells down the driveway.

# Mental health services for youth provided at clinic

## Cobourg creates new system to help meet needs

By Matthew Botha

According to the Mental Health Commission of Canada, an estimated 1.2 million youth in Canada alone are affected by mental illness. Less than 20 per cent of them will receive the care they need.

In an effort to combat this growing mental health epidemic, the Northumberland Hills Hospital in Cobourg has created a new system.

The Northumberland Hills Hospital has recently partnered with Rebound Child and Youth Services and the Northumberland Community Counselling Centre to set up a youth walk-in counselling service. Located out of the Northumberland Hills Hospital Community Mental Health office, the clinic is looking to launch on March 19. After a successful adult mental health clinic has been operating for the past year and

a half, staff members are hoping the youth clinic will operate in the same manner.

"Wait times for care have decreased, and client access to treatment has increased as a result of the adult walk-in counselling option," stated Community Mental Health Director Jennifer Cox in a public press release from the hospital. "We have seen a significant uptake in the option for return counselling visits, and walk-in visitors have risen from 96 visits/month in April 2018, to 173 visits/month in November 2018."

The option of same day admittance

and counselling means immediate help. With other counselling outlets struggling to keep up with the number of those seeking help, officials say many cases end up slipping through the cracks.

"The needs have increased steadily in recent years and wait lists for youth mental health supports have grown. Our aim with this new walk-in option is to address the challenges affecting area youth and their families, so that they can receive support in a timely and accessible fashion," noted Rebound Child and Youth Service Executive Director

Carol Beauchamp in the press release.

The service aims to help reduce the stigma surrounding mental health by making it more accessible to everyone. Once operating, youth between the ages of 7-16 years old will be seen Tuesdays and Thursdays on a first-come, first-served basis.

After the initial meeting, staff will consider whether the patient needs further help. With one out of five people suffering from some form of mental illness, the walk-in clinic is an easily accessible safe place for all those in need of a hand.



Photo by Frank Moses

From left, John Logel, Lisa McLeod, Nancy Johnston, David Piccini, Sally Wade and Blair Dimock pose during a presentation of Trillium funds for two shelters in Cobourg. MacLeod, minister of Children, Community and Social Services, spoke of the need for such shelters when \$120,000 in funds was presented to the Cornerstone Family Violence Prevention Centre and Transition House Emergency Shelter in Cobourg.

A total of \$56,800 will go to Transition House for security upgrades and an HVAC system, while \$63,300 goes to the Cornerstone Family Violence Prevention Centre for the construction of an addition that will add extra capacity. Cornerstone Family Violence Prevention Centre is an intercessory organization that seeks to disrupt instances of family violence with the provision of immediate shelter, counselling and the offer of prevention services for Northumberland residents in need of assistance. Transition House in Cobourg is Northumberland County's "only safe, accessible emergency housing shelter for men and women over the age of 18," according to the organization's website. The Ontario Trillium Foundation, or OTF, is an agency of the Government of Ontario, and one of Canada's leading granting foundations. The OTF awarded more than \$120 million to some 700 projects last year to build healthy and vibrant communities in Ontario.

For more information, click on the link:

<https://vimeo.com/loyalistphotoj/shelterfunding>



Photo by Mari Hiramoto

From left, Mayor Mitch Panciuk, DocFest Chairperson Holly Dewar, and the host of the Opening Gala Dug Stevenson cutting a ribbon of film to start the event.

# Fifty films screened at DocFest

By Mari Hiramoto

Belleville hosted its eighth annual DocFest last weekend from March 1 to 3 at locations in and around the city's downtown.

DocFest is a community-oriented film festival with the goal to promote awareness of global events and local issues through the screening of documentary films from different parts of the world. The festival also provides opportunities for local filmmakers to show their work and involve them with community members and organizations.

More than 50 films were screened in five different venues: The Empire Theatre, Core Centre, Pinnacle Playhouse, Belleville Public Library and Bridge Street United Church.

The festival kicked off with the Opening Gala at the Empire Theatre on Friday night. Local filmmakers, dignitaries and other VIPs were interviewed by Dug Stevenson, the host of the Opening Gala, on the Green Carpet. The entrance was packed with excited guests chatting with their family and friends over the high-top bar tables before the show began.

Stevenson and DocFest Chairperson Holly Dewar appeared on the stage after all the guests settled down in their seats, filling the 700-seat theatre to capacity. The festival passes are sold out for this year.

"I want thank all of you, our wonderful audience, for supporting the festival

by purchasing a pass. Ticket sales are primary driver of our budget," Dewar commented from the stage.

After the long line of acknowledgements and gratitude for their supporters, the hosts welcomed Mayor Mitch Panciuk on the stage.

"We are so proud to see how DocFest has grown over the last eight years and we are looking forward to the future. I think you will see that this new city council has an agenda of arts, culture and heritage, making it so that we better appreciate it and better experience it," said the mayor.

He also mentioned that there is an exciting news in terms of arts and culture coming forward in May.

"I want to say thank you to all of you for supporting the arts in our community and working with us," Panciuk told the audience. He and the two hosts cut a ribbon of film to open the festival.

They screened an Australian movie *Gurrumul*, which documents the life and legacy of Geoffrey Gurrumul Yunupingu, an indigenous musician from Northern Australia. Blessed with a unique, soulful voice that captured the hearts of millions of people around the world, Gurrumul is known as a multi-instrumentalist who plays guitar, drums and keyboard.

Being born blind, he is sometimes referred to as a shy musician who has little to say and does not like to be the centre of attention. He approved the film just three

**'The Quinte region is home to some amazing talent. We just see that grow and that is something that DocFest really cares about. We want to support our local filmmakers.'**

*DocFest chairperson Holly Dewar*

days before his death in 2017 at the age of 46, following a long battle with illness.

After the screening, another talented musician, Logan Staats, appeared on the stage with his band and performed live. Staats is from Six Nations on the Grand River, and his powerful, distinct voice has won multiple awards including the nomination for the Prestige Indigenous Music Award for his hit song *We are the Lucky Ones*. He is the 2018 winner for a CTV's news series *The Launch*, and was one of the contestants chosen out of 10,000 applicants to be featured on the show.

The music-themed Opening Gala was a great success. The audience left the theatre with a great anticipation for the DocFest screenings ahead.

In addition to the award-winning films, the work of local documentary filmmak-

ers was also presented. A total of nine films by local filmmakers were screened.

"The Quinte region is home to some amazing talent. We just see that grow and that is something that DocFest really cares about. We want to support our local filmmakers," said Dewar.

Sean Scally, director of *Playing with the Fire*, is among the local talent.

He is a freelance filmmaker based in Trenton, Ont. His film *Playing With Fire: Trenton And The British Chemical Co.* was screened during DocFest.

The film is about British Chemical Company, one of the largest munition plants in Canada, operated during the First World War. It was destroyed at a large explosion which put the fear of God into the residents at the time.

"I'm a history person. I love reading books. The research really appeals to me where you have to be almost like a detective," said Scally. "The climax of the whole issue is the research. You get the angles and turning points of the story. That's really satisfying."

The challenging part of this project was to get visual pictures because the accident happened almost 100 years ago. The producers dealt with this dilemma by a creative solution.

We used live action actors on a green screen and we recreated personal events that happened. The filming of the void of the timeline is tough sometimes," said Scally. He combined the animation pieces

with interview footages so that the story flows naturally.

Scally started out as a photographer and he said the experience in photography helped him a lot when shooting a film.

"When you have a photographer's eye you are picking out the best looking of the image. You know in your heart what looks good, what feels good. Being a still photographer is a big bonus because you start noticing details of the images - What's in the background? What kind of lights are there?"

Despite of his success, he admitted that he sometimes faces difficulty working as a freelancer. "Independent film making doesn't make you a lot of money, so I do a lot of other things such as music videos, corporate videos, and projects with non-profit organizations. The good thing about that is it keeps my skills going and I learn new things."

He is currently working on a film about the Gilmor Lumber industry in Trenton which is going to be premiered next summer. He is also starting another project of the Central Ontario Railway story. While his interests are mostly on local historic issues, he says he is open to other projects.

"Keeping your head in a lot of things allows you to explore things that you don't generally do in film and play with effects you have never used," said Scally.

# Loyalist Blues Fellowship plays at hall

*Volunteer group provides free-to-join jam sessions*

By Matthew Syriac Elias

The Loyal Blues Fellowship continues to brave the winter cold and wind and offer a warm, musical blues night.

Coffee House Blues is a monthly open jam conducted by the fellowship. Led by lifelong musicians Roger Dorey and Peggy Voigt, a group of eight regulars come together to jam out for over three hours. The current lead coordinators of monthly events are Dorey, Voigt and Joe Callahan.

The Loyal Blues Fellowship Inc. is a volunteer not-for-profit community blues society serving the Quinte region. It is celebrating its 14th year, and the free-to-join jams have been a key part of the artist development program as well as a lot of musical fun for everyone involved. Guitarists, bassists, drummers, keyboardists and singers all come together and jam out to blues and jazz music on the third Monday and last Friday of every month.

Since 2005, the Fellowship has also run a program called Blues in the Schools or BITS, where professional blues musicians are invited into schools to conduct sessions on the history of the blues, famous blues musicians, different styles of blues, and how to write, sing and perform blues music.

Current BITS Director Ed Fowler has brought musicians to classes at schools in neighbouring communities such as Belleville, Trenton, Frankford, Picton and many others.

Dorey, is a blues song writer/poet and the lead vocalist of a local band. Along with Fellowship regulars Mike Acerra, Earl Coleman and Gerry Ratz, Dorey constitutes Kingstown New Mississippi.

"They are well known for living up to the hype on their poster with their high energy very danceable rockabilly blues," says their event poster.

"We play 53.7 per cent more dance songs than your average bar band, verified by the department of Dismissive Technologies, University of Alternative Theologies, Resurrection Tennessee," the band assures.

Taking place every third Monday of the month at the small Engineer's Hall on Pine Street, Belleville, the Fellowship comes together for a judgement-free night of friendship and music. Anyone and everyone are welcome to join and perform along. The jam performs both covers of '80s and '90s hits, and originals written by the members.

The jam is an electric blend of percussion, strings, keyboards and harmonicas. Each member brings their own instrument and a small amplifier, for an evening of coffee, fun and frolic.

"Now that's pretty good for a band, don't you think?" says Dorey to the audience, after the jam's final song.



Photo by Matthew Syriac Elias

Roger Dorey performs at the Loyal Blues Fellowship monthly jam, that takes place the last Friday of each month at a small hall on Pine Street, Belleville. Dorey is also a member of the local band Kingstown New Mississippi, along with fellow Loyal Blues participants Earl Coleman, Mike Acerra and Gerry Ratz. Dorey, along with fellow musician Peggy Voigt, are the lead coordinators of the jam's monthly event.



Photo by Shelby Lisk

Sunshine Tenasco is Anishinaebe from Kitigan Zibi Anishinabeg in Quebec. She is an entrepreneur, mother and water activist. She started Her Braids to raise awareness of the lack of clean drinking water in First Nations communities across Canada. Her own community has been without drinking water for 15 years. She also created Pow Wow Pitch, which is similar to Dragons' Den but for Indigenous businesses to create a space where Indigenous entrepreneurs feel a sense of belonging and support to fuel their entrepreneurship.

# Indigenous entrepreneur making space for her community

By Shelby Lisk

Sunshine Tenasco recalls that she got the idea for her business in 2015 after a pipe broke where she was living in Hull, Quebec and it threw the small city into a frenzy.

Every hour, on the hour, media were announcing the broken pipe on the radio and there was a sense of urgency about this single isolated problem.

However, she never witnessed that kind of urgency about the crisis she experienced while growing up in Kitigan Zibi, the small Anishinabeg community that borders the town of Maniwaki in Quebec, which has been without clean drinking water for 15 years. Around 40 per cent of the community is still relying on the band aid solution of having large jugs of water delivered to their home every week.

"By the third announcement, I was like 'That's not okay'. They need to be announcing that every hour on the hour in Kitigan Zibi too," said Tenasco.

This began her dive into the research that revealed that the communities without clean drinking water are listed on the Indigenous Affairs website and the Health Canada website.

Tenasco said she was appalled that these large organizations knew about the issue and still nothing was happening. Instead of feeling helpless, this spurred her to reach out to the David Suzuki Foundation where she was met with a positive reaction. They wanted to help.

Tenasco asked herself, "Well, what can I do to raise funds?"

Beading was the immediate answer. She started Her Braids, selling beaded pendants to raise awareness about the clean water crisis in First Nations communities, with a portion of the funds raised going to the David Suzuki Foundation's Blue Dot Movement.

The entrepreneurial spirit that existed within her all along had been sparked. After realizing all that she could accomplish, she wanted to fuel that in others from her community.

"Pow Wow Pitch is my opportunity to pay it forward and give Indigenous people the same drive and inspiration that I felt," said Tenasco.

The concept is similar to Dragons' Den but with Pow Wow Pitch, it's all about Indigenous entrepreneurs pitching their concepts to celebrity judges.

"If you bring entrepreneurship and entrepreneurial events like pow wow pitching into a pow wow, where everyone is relaxed and they're used to it and they're used to doing it their own way, it sort of creates that bridge and makes it safe and easy. "We just want you to do exactly what you're doing but do it so that you're making more money and do it a little bit smarter and maybe we can bring in some people to help you. It's to create that environment of entrepreneurship but on our terms, in our way," says Tenasco.

Trading and maintaining those good relationships have always been at the forefront of Indigenous cultures across Canada but now that Indigenous businesses are finding the language for other Canadians to understand, they are able to tap into another market and further their success.

"Now that we're using words like 'entrepreneurship', people are becoming more aware about what we've always done. Go to any pow wow, go to any conference, there's always vendors. Good entrepreneurship, good trade and good relationships have always been a part of

who we are," says Tenasco.

Tenasco says she learned all the skills she needed while growing up in her community. There was always sharing, teaching and learning from one another. It wasn't in a structured, programmed way. It was just the way life was, gathering in each other's homes to bead together or help make someone's regalia, she says.

"I think it's more of a relaxed, happy feeling. In my mind, when I think of business, I think stressful and old and scary. It's not. Entrepreneurship can just be fun projects," says Tenasco.

She's helping to translate those skills that so many Indigenous entrepreneurs already have so that they can be even more successful and feel the support for their business ventures.

Tenasco credits her mother and an immersion school teacher with being the biggest female role models of her childhood that helped form her into the strong person she is today.

"My mom, she was a single mom and hardcore. She got her masters to teach kids how to read and she didn't know how to read until university, so that's kick-ass and determined. She didn't even

know how to do it but she just went and did it."

Her other role model, Pauline Decontie, was a teacher who went the extra mile for the youth in her community, motivating her students to fundraise and work really hard to be able to achieve their collective goals.

"She didn't just tell us, 'You can do it and you can travel'. She put us to work and we did it and we loved it and we had a good time. That's pretty empowering – knowing that if I do the work, and yes, it might take a long time, but if I do it, I can go to gathering of nations, to the biggest pow wow in Albuquerque, New Mexico and go on planes. I don't know if people from other reserves do that, but that was what this woman did for us," says Tenasco.

Now Tenasco can pay it forward for her community, especially female Indigenous entrepreneurs. She emphasizes that above all else, her work is most importantly for her three daughters Nibi (fittingly meaning water in Anishinaabemowin), Kegona (hope), Challa (named after her great uncle) and her son Kiniw (eagle).

# Woman enjoys challenge of her skilled trade

By Jessie Munro

Sarah Stoliker says she has faced the difficulties of being a woman in a skilled trade.

In her previous job, Stoliker had seen men getting offered positions in the shop, but she was never offered a spot. In her new position at Carquest, there have been discussions about management opportunities.

Stoliker decided that she wouldn't attempt to get a job in a repairs part of a shop because she is tired of having to prove that she is able to work there. At Carquest, she works in the parts section.

"It definitely gets tiring constantly having to say 'Well, I'm capable and I can do this.' That kind of pushed me away and I enjoy the parts side," she adds.

Women account for only 4.5 per cent of skilled trade workers in Canada.

In the motive power technician program Stoliker is a student in at Loyalist, she says there are about six women and around 20 to 25 men.

The Ontario Colleges website states that working in skilled trades is often hard, physically demanding and women are held to the same standards as men.

To encourage women into skilled trades, Skills Ontario hosted a Young Women's Career Exploration event at different colleges, including Loyalist on Feb. 20.

"I've always liked cars, and watching them race, but I never learned how they worked," Stoliker, a second-year motive

power technician student, says while speaking about why she chose her program at the college.

Stoliker says that women are not taken seriously and when they attempt to make changes to improve efficiency and safety, they are not listened to.

"Women don't like to do things that are dangerous, to them or others. The way the skilled trades industry is now is robust and frankly can be a dangerous atmosphere," says Stoliker.

She says the college has been supportive but, in the field, she doesn't feel the same way, "You definitely get treated different, and I don't know if it's on purpose."

Women are working now more than ever before, but still face a gender pay gap. According to data from a Labour Force Survey in 2017, women in Canada earn \$0.87 for every dollar a man makes, measured by average hourly wages.

After moving to Belleville, Stoliker got a job at Carquest as a parts person. She says her boss is more understanding when it comes to school and emotions.

Stoliker says she works with a lot of women. "At Canadian Tire, a girl replaced me when I left and at Car Quest, the owner is a female, which is really nice. She's way more understanding, so if I have something going on at school or an event, she understands. If I come in one day and cry, she understands. There's that understanding there."

Skilled trades are divided into four main categories: construction, industrial, motive power and service. Loyalist

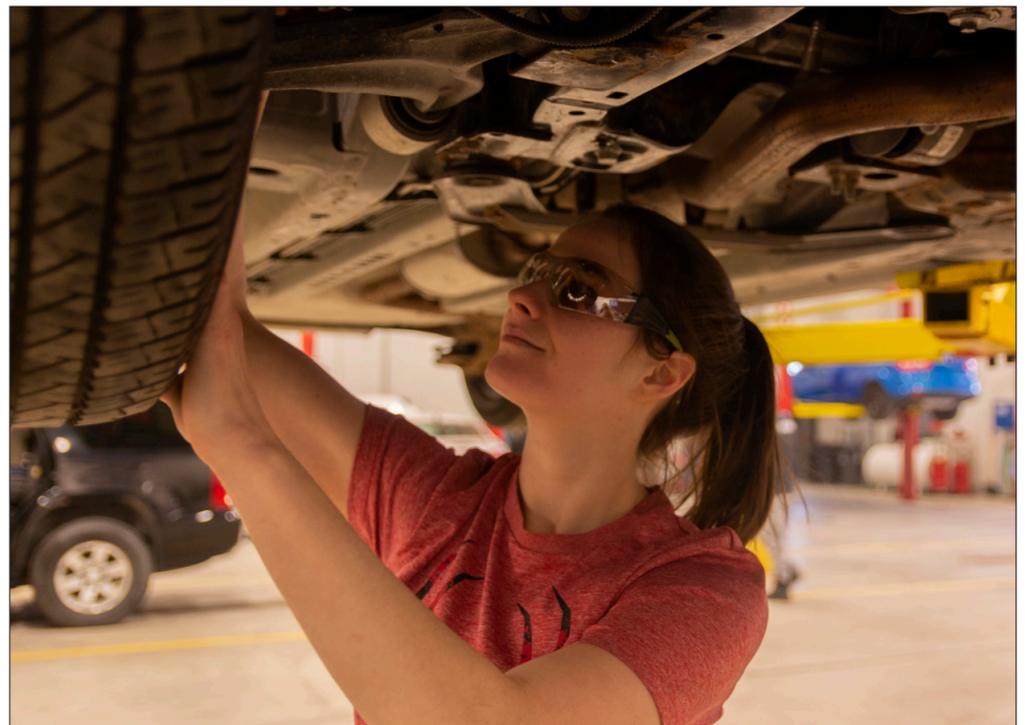


Photo by Jessie Munro

Sarah Stoliker, a second-year student at Loyalist College, works on a car in her motive power technicians class.

is home to many different trades, including automotive service technician, welding techniques, mechanical tech-

niques and more.

"I guess because you're so supported here at the college, that the transition to not be-

ing so supported is a little bit jarring," she says, while speaking about the transition she faces between school and work.



Empow(Her) is a “network by young women for young women” focusing on having a physical space in order for women to feel comfortable enough to connect with others while also providing peer-to-peer support, workshops and skill building for personal, professional and all-around improvement to empower women’s confidence and potential while also smashing the patriarchy. Barbara Nzigiyiye (centre), 24, is originally from Rwanda and currently living in Ottawa after completing a degree in Political Science and a minor in Management from the University of Ottawa in 2012. Nzigiyiye currently works in the admission’s office for international students at a private school and is the co-chair of the Empow(Her) Network. Hallie Stacey-Sullivan (right), 25, was born in Pembroke and is currently living in Ottawa. Stacey-Sullivan is also a co-chair for Empow(Her) and has a Master’s degree in Political Science and Women’s Studies and works within the Minister of Science and Sport Office for communications. Shae McGlynn (left), 26, is originally from Kitchener, Ont. and is currently living in Ottawa, currently studying a post-graduate degree in public relations with the University of Victoria. McGlynn works at the Capital Hill Group as the research in communications lead and is the Workshops Coordinator for Empow(Her). “It’s growing rapidly and honestly there’s nothing we can’t do and we’re really unstoppable at this point. Even with the exponential growth it’s manageable because of the team we have... It’s all about support and learning from each other,” says McGlynn.

# Women empowering women

Story and Photos by Natasha MacDonald

Whether it’s space to share ideas and speak out, have an opportunity to show work, or dance the night away, the focus of this group of women has touched on the importance of representation and space for women, especially leading up to International Women’s Day.

All too often, women can be seen as inherently undervalued, which is why a few notable groups of women in Ottawa are taking a stand to empower other women.

One of the groups making a difference for women is the Empow(Her) Network which works to help women empower themselves so they can achieve their goals and learn how to be leaders in their respective fields.

At the closing of one of their workshops, ‘Be-

yond Business Cards: Networking Skills,’ it was clear there was a spark that touched everyone who attended. There was a sense of the participants becoming more confident and outspoken, simply from being in a safe and supportive environment where those attending felt what they had to say was valued, heard and given an appropriate response. The outspoken room of women were listening to each other, networking and offering encouragement. There was no divide in this workshop, but rather a striving for success for diversity and attention for women in and out of the workplace.

Another set of women helping women are the Feminist Twins, a grassroots initiative working to create a sense of community around feminist issues in the Ottawa area. This is organized by Jenna and Kayla Spagnoli, who are also real-life twins from Ottawa.

The two started Feminist Twins to help connect people to resources and feminist organizations in Ottawa and create events to bring people together. One event that specifically offers space for creative individuals is the Feminist Fair, offering a platform to those who are looking to show their work to the community and bring attention to their craft.

The twins are working to make sure that accessibility and non-profit organizations also have a space in their events and they are continuously looking to be inclusive, through access to child minding and accessible venues.

Continuing the concept of space and representation for women, Ottawa’s Night of Lights is a monthly/seasonal and women only/queer-friendly event presented by founder Roxanne Akhtar. The night offers women a place to enjoy the nightlife scene in a safe space with vivid and vibrant lights

and music by its resident DJ Pintal, who always performs an incredible and electrifying set to get people moving.

Night of Lights is all about energy and entertaining its audience and has even recently hosted Ottawa’s Canada’s Capital Kings drag king troupe, who put on a show so steamy you would hope you weren’t wearing glasses. Not only is the event women only, but it also raises money for a different women’s charity each time to give back to the community and do something positive for those in need.

Organizers say female empowerment is one of the strongest ways to lift women to their potential. Whether it’s a self-pep talk or support from someone else, the strength from these women is coming full force and continuing to inspire others to do the same.



The Feminist Twins is a grassroots initiative put together by (from left) Jenna and Kayla Spagnoli, 30, real life twins from Ottawa, who are working to create a sense of community around feminist issues in Ottawa. Jenna is currently working towards completing a Master’s degree in Social Work and Kayla is an Indigenous Provincial Human Trafficking Liaison. The two are making a difference by connecting others with resources, creating conversation around feminist issues and hosting events to bring women together and supporting each other.



Photo by Mari Hiramoto

## Women in business

Penny Tremblay hosted a business seminar for women at Loyalist College’s Pioneer building on Feb 27. Chrystal Hawkins (left) and Barbara Brant discussing financial issues during the women’s business seminar.

For more on this event, click on the link:

<https://vimeo.com/loyalistphotoj/paro>

# International Women's Day



Liane Wood, Registered Psychotherapist, in her office at She Thrives in downtown Belleville. With the help of her service dog, Harley, Liane works at not only improving herself, but also at helping others who are searching for a path to mental vitality. Harley came into Wood's life after a traumatic experience to provide support and reassurance. Harley attended all of Liane's psychotherapy training and has developed a sensitivity to emotion that makes him a perfect support in her therapy room.

Photo by Shelby Lisk

Jessica Spooner is bringing people back to nature and its natural healing. Spooner is the owner of Women Hike Wild and Blue Bark & co. Spooner uses forest therapy to aid individuals, especially women, in the natural space of forests while guiding through methods of therapy.

Photo by Natasha MacDonald



Jeni Juranics is a psychic medium who runs her own business called Hawk Moon Healing. She organized and ran an event called the Mystic Market and Holistic Fair that was the first event of its kind that Juranics had put on. It hosted a variety of psychic mediums, palm readers, and artistic craftsmen. The event went on at Rideau Acres in Kingston and had the room packed with people.

Photo by Amy Walton



Waneek Horn-Miller, Mohawk from Kahnawake, poses in her backyard in Ottawa for a portrait. She was a member of the Canadian women's water polo team that won a gold medal at the 1999 Pan American Games in Winnipeg. Horn-Miller also became the first Mohawk woman from Canada to ever compete in the Olympic games.

Photo by Shelby Lisk



Margaret Murray applies her makeup for the production of "Rumors" directed by Maija Thompson at Pinnacle Playhouse.

Photo by Caleb Seguin



Photos by Caleb Seguin

(Above) Janice Brasse takes a prayer request during Sunday service.

(Left) Pastor Helen Bickle during Sunday service.

Judy MacGregor leads the Quinte Deaf Fellowship members in praise and worship at Bridge Street United Church.



Judy MacGregor chats with a member after the service.

