

The Pioneer

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Photo by Natasha MacDonald

The 39th annual Kiwanis bed race took place on York Street, Ottawa, with cheering fans and enthusiastic participants. Canadian-stamped cowboy hats and toques paired with a Buzz Lightyear's theme, team #77 is representing Les Suites Hotel Ottawa. The event was part of Winterlude activities.

Beaver tails, skating and bed races

By Natasha MacDonald

Tourists and local residents have been coming to the Nation's Capital every year since 1979, to indulge in art, ice sculptures, beaver tails, and to skate on the world's largest skating rink at Ottawa's Winterlude.

The new and numerous locations of this year's festival brought an urban feeling to those taking in the sights. The sculptures were found in the heart of the ByWard Market along with the bed race, Sub-Zero dance nights at the

Rideau Carleton Casino Stage, maple taffy and beavertail stands. Sparks Street and across the bridge in Jacques-Cartier Park, Quebec, also held various events this year.

Thousands upon thousands visit and contribute to a sense of community that forms in Ottawa around this time of year -- when it's below freezing, there's got to be something to keep you from staying inside. Having a look at and taking a photo with some of the sculptures are some of the main attractions for those attending Winterlude.

Seeing the amazing work of the carving artists from around the world from what was once just a block of solid water, never disappoints.

This year, York Street marked the 39th annual Bed Race and the 16th taking place by the Kiwanis Club in Ottawa. The race raises money for the Queensway Carleton Hospital Foundation, as well as the Kiwanis Aktion Club and the Kiwanis Club of Ottawa's projects. The Kiwanis Club of Ottawa has raised \$500,000, and are consistent and committed volunteers for the city.

What is a bed race, you might be thinking? A bed race is a team of four who use bike tires, and a simple metal frame in a bed shape that is pushed by the team as fast as possible, attempting to keep straight on the track, while the opposing two teams do the same.

Each team is guaranteed two races and if they make it to the final, five would be completed. This highly anticipated event brought out an enthusiastic crowd, even when the bed took a tumble into them. The short distance, fast-paced race triggered

a lot of excitement by the racers and the spectators, and it was all followed by the after party at the Hometown Sports Grill.

The Sub-Zero Electro dance nights brought beat and bounce to people's step in the below freezing temperatures. Those of all ages were moving to the music from DJs Unpier, Ken-J and Lady Style to forget the cold.

Ottawa's Winterlude, which ran from Feb. 1-18, closed this weekend with the bed races, ice sculptures and a DJ light show.

Mohawk language heard through Mohawk radio waves

By Shelby Lisk

"I could go to Chapters right now and find books about speaking Spanish, German, Dutch," says Kanonhsowānen, Dustin Brant. "Well, there's also a ton of Indigenous languages that are amazing languages and really complex languages, and sometimes things are lost in translation."

Brant is an Indigenous outreach officer and one half of a duo that is bringing Mohawk language and teachings to Loyalist College's 91X radio station through their Mohawk Minute show.

The other half of the duo, Tayohserón:tye, Nikki Auten, joined Loyalist in the fall as an Indigenous studies professor. Her general education courses cover topics such as Indigenous agricultural practices and storytelling.

Auten connected with Kathleen Rankine, spoken word and program development co-ordinator for 91X, while participating in an interview with a student at the radio station. Rankine says she had been having conversations about the potential for an Indigenous show on the station for a few years.

"We have a large Indigenous presence throughout the Quinte region, which the radio station serves. I felt it was important for members of the Indigenous community to have a voice on 91X," says Rankine.

Rankine mentioned creating a First People's Calendar of events for the station and Auten ran with the idea, pitching a "Mohawk minute," with the intention of getting the language into the college and broader community.

"Education was one of the tools used



Photo by Shelby Lisk

Tayohserón:tye, Nikki Auten, and Kanonhsowānen, Dustin Brant, record the "Mohawk Minute" radio show at 91X, Loyalist College's community radio station.

to remove the language from Indigenous people, so it can also be used to return the language to the people. It's a great opportunity to just give a piece of that back,"

says Auten. Brant says that in Tyendinaga Mohawk Territory, the community almost lost their language all together because

it wasn't practised enough. There was a lot of shame about using the language by those who had that knowledge. It wasn't passed down because of the punishment

they received for speaking their language while going to school.

The show focuses on sharing Haudenosaunee traditions, teachings, songs and language lessons. Auten explains that they try to keep a balance between English and Kanyen'kéha, or Mohawk, so that those that don't speak the language won't get overwhelmed, but those who want to hear more of the dialogue can tune in for that as well.

"Mohawk is a polysynthetic language, so the words are very big. It can be overwhelming for people who don't know the language," says Auten.

Mohawk was never a written language and was passed down through oral tradition. There is something very different about hearing it, compared to seeing it written, because it doesn't look the way that it is pronounced if you apply English rules, explains Auten.

"I think that hearing it does something different. People hold memory in their bodies, in their cells, so when Indigenous people, especially Kanyen'kéha:ka people, hear the language, it triggers something for them and they can remember inter-generationally," says Auten.

The timely release of the radio show coincides with the International Year of Indigenous Languages, as declared by the United Nations General Assembly and with Bill C-91, an act tabled in the Canadian House of Commons this past week. The act promises to establish long-term sustainable funding and promotion of Indigenous languages.

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Evenings nourish body and soul

Bridge Street Church opens its doors to feed community

By Caleb Seguin

When you think about poverty at its worst, it's food programs like Inn From the Cold in the Belleville area that are always willing to open the doors and feed the community.

Bridge Street United Church has been running the food ministry for the past 20 years, but Inn From The Cold was established 13 years ago, in 2007. Inn From the Cold has filled the tummies and warmed the souls of many by providing free meals and fellowship.

The goal of Inn From the Cold continues to be motivated by responding to needs in the community, especially hunger and food security. In the 42 straight days that Inn from the Cold ran in 2018, they distributed a total of 7,070 meals to people in the Belleville community.

According to the Canadian Community Health Survey, Hastings and Prince Edward, specifically Belleville, has 16 per cent of the population living under the poverty line. The food insecurity rate is 11.5 per cent. That's three per cent above the provincial rate, representing 17,000 people, which is unsettling because the province average is 8.3 per cent.

A single person in Belleville on Ontario Works support is trying to live on just over \$700 a month. In 1995, the Ontario Conservative government cut social assistance rates by almost 22 per cent and those rates stayed frozen for many years.

Inn From the Cold has over 200 active volunteers, many of whom have participated in the program for a number of years. About a quarter of the volunteers are affiliated with Bridge Street Church.

Bill Lundy has been volunteering for the past three years and is the head staff on Tuesdays at Inn From the Cold. "I was approached by one of the existing volunteers at the wedding of a mutual friend. He knew of my interest in cooking and that I had time available. Plus the program was close to my home, and it would give me another retirement project to do."



Photo by Caleb Seguin

Laura Kerr (right) helps serve food at Inn From The Cold. This community event takes place at Bridge Street United Church where they serve hot meals for 42 nights straight from 4:30 p.m. to 6:30 p.m.

Lundy has been involved with various community projects for most of his life and during his extensive teaching career at a middle school in Belleville.

Steve van de Hoef who is program manager of the Food Ministry, working alongside Sue Catherwood, Rick Hammond and Ian Sutherland, who

are the volunteer co-coordinators at Bridge Street United Church. Their job is working toward greater co-operation with other agencies providing food-related programs in Belleville, as well as obtaining and analyzing data to gain a better understanding of food insecurity in Belleville and the surrounding

area and to support community and policy efforts to address it.

Food programs like Inn From the Cold, TGIF, and End of the Month Meals has been running for a number of years and continue to meet a demonstrated need in the community. As long as that is true, our programs will

continue to operate. Lundy said it best.

"There is plenty of data that show there are many food insecure people in our city; for them, we provide an opportunity to nourish their bodies and warm up for an hour or so. Although it is done in a church building, (we) welcome anyone and everyone."

Women walk under the moonlight

Forest therapist leads group through a guided hike

By Natasha MacDonald

Feeling only the crunch of the snow beneath our boots and a cold breeze to keep us moving, the full moon brought a group of 10 women into the woods Tuesday night for a guided 1.6-kilometre forest walk by guide and forest therapist Jessica Spooner.

Beginning with self-introductions and our reasons for appreciating the outdoor space, the walk under the moonlight began. It was peacefully silent as everyone stopped briefly to look at the moon through the bare trees and take in the sights of this calm surrounding.

Maneuvering through the dark forest, lead only by the guide and dimly lit sky, made for teamwork when approaching creeks of chilled running water and slippery snowy slopes.

Jessica Lindsay-Sonkin, a teacher and photographer, had her first time out on one of these hikes.

"I am currently doing a 52-kilometre hike challenge. It was my New Year's resolution to help get out in nature a lot more and just to become a lot healthier. So, when I found this group doing these guided hikes, I was really excited to try something new and explore more of the local area.

"It's phenomenal, it's beautiful. I still can't believe how bright everything is reflecting off the snow, every time we see the moon peaking in through the trees it's quite magical and it's a great group of women. I'm having a really great time."

The Tuesday, Feb. 19 full moon hike was not your typical walk in the woods. It was the day of both the super moon and snow moon.

This moon is colloquially known as the super snow moon. In North American folklore, a snow moon is the second of three full moons this winter, while a super moon is said to be a full moon which takes place at the moon's perigee, meaning when the moon is closest to the Earth.

This gives the moon an appearance that seems larger and brighter than average when visible in the sky.

Tim Cole, a Loyalist College astrology instructor, provided some insight on the background and fascination of people's interest in the super moon phenomenon.

"In the astronomy and science communicator communities, there are ongoing debates about the 'super moon' term. One school of thought holds that anything that gets people excited is good, and they advocate using the term. The other school of thought holds that the term is misleading. Just to make it crystal clear, I'm solidly in the second school of thought, that 'super moon' is a hyped term that should be avoided.

"You might wonder why I don't like the term 'super moon.' I do a lot of public outreach work, and I dislike overselling celestial events. It's far better to have people come with modest expectations and leave with a sense of wonder.

"For over-hyped events, I've seen a lot of people come expecting something worthy of a movie premiere gala and leave muttering about what a waste of time it all was. That doesn't help anyone, and it puts people off astronomy -- and science in general."

The full moon also brings a unique and strong energy to many people who are keen on the more spiritual and natural effects of its significance.

"I think that the walk went really well from my perspective. I was at the front of the pack, we had a really great amount of people come and sign up, which was really awesome and unexpected. The trail conditions were perfect. You could see the moon from all these different areas. It was just really beautiful," says Spooner.

Spooner, who is from Blue Bark & Co, helps individuals wanting to reconnect with nature. She also runs Women Hike Wilde, which gets women comfortable going on trails and camping in the woods with all the necessary food and equipment.

"Blue Bark & Co is a small company that's dedicated to getting people out of their busy brains and into their bodies, through nature, both activities and programs through nature. Essentially be-

cause nature can bring you back to your childlike self, there's no judgements. A big piece for me is being able to encourage and share the experience with people. And call something a full moon hike, if it means people are going to come outside," says Spooner.

"Belleville is a really interesting place for me. It is a place where I don't anticipate a lot of people, I don't know why, and yet I'm always so pleasantly surprised with the people who come out. "The groups generally range from six to 12. This is the second full moon hike that I've offered. I think for the people who came for the first time, it was a good experience because there are a lot of anxieties that tie into being outside at night and something about the notion of the full moon draws people out," says Spooner.

"It's a safe place to test your comfort zone and push your boundaries. You have a trained guide and a trail that's not far from where you live. You have a group of others. It sounds really scary being outside at night, but it wasn't scary at all," says Spooner.

Forest therapy follows a sequence of four steps. The first is to establish embodied contact with the present moment and place. The second is to receive a series of connective invitations, mobilizing the power of the senses, adapted to the location and the needs of participants. The third, is to enjoy wander time, and/or find a sit spot. The fourth and final step is to participate in a tea ceremony, with tea is made from local foraged plants.

There are many positive reasons pursuing "forest bathing," or forest therapy, as it offers a number of benefits that have shown to be incredibly helpful for mental, physical and spiritual health. This practice can aid with sleep, reduce stress and improve the creative self and growth.

In addition to guided forest walks and therapy, Spooner has a daily goal that many people have been following, spending 20 minutes outside every day.

"Twenty minutes outside daily goal. I started it Jan. 1 for myself because I found myself inside doing administrative work



Photo by Natasha MacDonald

Jessica Spooner guided a group of ten women on a full moon hike Tuesday night. Spooner takes a moment underneath the moon after the night's hike.

all the time, and spending less time outside, and noticed that prior to January, it was affecting my physical and mental health. "So, I decided to spend a minimum of 20 minutes outside every day. It's only 20 minutes on those days that are gross out, like raining or just really cold, and it's manageable.

"Now people are posting all the time on Facebook. The point is that it's intentional. They are moments when you're being outside to be outside. And there are so many health benefits in that and in just

20 minutes, you're getting so well," says Spooner.

In January, there was the 'super blood wolf moon,' this month is the 'super snow moon' and on March 20 there will be the third and final full moon of the winter, the 'super worm moon.'

Tuesday's moon hike was held at the Sidney Conservation Area, near Stirling, starting at 6:30 p.m., and going until 7:30.

For details on the next hike, find Jessica Spooner on Facebook or Instagram at Blue Bark and Co.

The Pioneer

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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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Photo by TaeHyeong Kim

HongSam Kim, the owner of SK Convenience poses at his store in Belleville. Kim came to the Canada in 1990 and did business in trading in Toronto for 10 years. He has operated the convenience store for 18 years in Quinte area.

Belleville's Kim's convenience

By TaeHyeong Kim

As the steady flow of customers starts to slow down, he catches his breath. He works at SK Convenience store located on Sidney Street in Belleville. He is HongSam Kim, a Korean-Canadian, and he is the owner of this store and has been operating it for two years.

The shop door opens again. As soon as a new customer comes in, Kim greets them with pleasure. "How are you?" the customer asks, and he answers "Good, Good, Good!" with a loud voice.

"This is basic, to repeat how well I am three times. There would be no success without customers. I really appreciate it. Many Korean stores do not say, 'Have a nice day!' to their customers. I do not understand."

As soon as Kim graduated from university in 1989 in South Korea, he came to Canada to study journalism. At first, he learned English at Carleton University in Ottawa and wanted to take a journalism program to be a news reporter after finishing a language program.

Unfortunately, he gave up because of the language limitations and returned to Korea. At that time, the professor who taught him recommended economics or other areas of study. The professor did not recommend journalism because of the language barrier, and Kim accepted his advice.

Soon after, Kim came back to Canada because of his brother's invitation. His older brother, along with his parents, brought him and his older brother to Canada.

When Kim returned to Canada in 1990, he did not operate a convenience store from the start. Settling in Toronto, he worked for a year and a half at a newspaper published by the Korean Businessmen Association for the Korean businessmen in Toronto. When Kim got married, his wife opened an accessory store for a

stable income, and he made a trade in importing and selling things from Korea. However, when he was trying to build a large business, his work was largely ruined and it went into debt.

It was a coincidence that Kim came to the Quinte region in 2000. He had no intention of leaving Toronto. When he was in debt with his business in Toronto, his brother's friend recommended he look into a convenience store in Trenton by his brother's friend, in order to start a new business. He was looking for a convenience store in Toronto, but the price was high. When he first came to the Trenton, he was just tired, and he wanted to simply enjoy the fresh air with his wife.

When Kim first came to see if he could take over the store in Trenton, he found something strange about the shop. Some customers did not seem very happy.

Then Kim decided. "Because the location of the shop is good, and the ownership was changing, there would be a win in the business." He hesitated at first, but there was no choice, no time to back off. So, he left Toronto for the Quinte area.

On the day Kim bought the store and opened the door for the first time, he was amazed at how the customers responded to him.

"On the first day, I greeted the guests with 'Welcome', 'Beautiful day!', and everyone looked at me the expression on their faces."

Kim said the customers wondered if he was the new owner.

"It is natural for the shopkeeper to greet 'How are you?', when the customers come in." But the customers felt strange. The customers' doubts about him continued for some time. The customers asked him, "Are you a new owner?"

Some customers said he should announce he was the new owner. In the end, a Pepsi salesman gave him a big

sign that said, 'New Management, Grand Opening'. He put up with the sign outside the store.

Later, more and more customers came to the shop. The store was in a good location. A customer, who lives beside the shop, and who had not come in the store for the previous five years, came to Kim's store.

Running the store, Kim was able to repay \$300,000 in debts in Toronto until he sold the store three years later. Sales for the store were more than three times higher than at the time he first took over. The Quinte region was the place where he tasted his first success since immigrating to Canada.

Kim had no longterm plan to stay in the Quinte region when he began his business in Trenton. He has lived in Toronto for 10 years with his family and has been in the Quinte region for 18 years.

"When I first came to Trenton, my wife came to Trenton and cried, living in the countryside. There were few Koreans, and I did not want to live in a secluded countryside."

He thinks now that the failed business in Toronto was actually the grace of God. "I would not have thought of coming here if I had not failed in Toronto."

By that time, he had been in this area for about three months, and he thought, "It's so good that I retired from here and told myself to die here."

Kim wanted to spend more time with this family rather than at his business. "I cannot run a store long. We should take a rest and travel. If I operate a convenience store for a long time, I don't have time to spend time with my family. With our second son, I thought that the family is more important than money. So, I sold my business and wanted to rest and spend time with my family. I do not know how long this store will be at this time."

What Kim is thinking these days about his relationship with his children and

their future and his identity as a Korean-Canadian. He has one daughter and one son. His daughter is already an adult, and his son is now a senior in secondary school. Kim hopes that the second generation of Koreans, including his children, will have a Korean identity and become a sincere Canadian citizen.

Kim himself is a Canadian citizen. When he first came to Canada 15 years ago, he came for permanent residence. He was eligible to apply for citizenship and acquired Canadian citizenship. He's a Korean-Canadian, but he thinks that he is sometimes more Korean.

"People who immigrated when they were an adult in Korea, the first generation are comfortable with Korean like me. I think language is the most fundamental thing. Korean is more comfortable to me."

His identity is sometimes revealed at crucial moments. "When I watch sports with team Canada and other national teams like United States, I will support team Canada without a doubt. At that time, I think I am a Canadian."

"When team Korea and team Canada play sports, I support team Korea 100 per cent — whether it's hockey, football or anything."

After obtaining citizenship 15 years ago, he votes every time there is an election in Canada. It means to exercising sovereignty as a Canadian citizen, but also for other reasons.

"I hate that the turnout rate of Koreans is so low in various elections. We are Korean-Canadians, but I want to show that in Canadian society we continue to combine and do something. The most important of (these responsibilities) is the vote. In that sense, I vote."

He has some expectations about his children and their Korean-Canadian identity. He admits that his son in Grade 12 has different views. However, he does his best.

"I think it makes him brainwashed. 'You live in Canada, but you are Korean. The Canadian people think you are strange if you do not speak Korean, no matter how good your English is because you are Korean-Canadian."

"You must be able to speak Korean so the Canadians will acknowledge you." He has a strong will to make his children have identity as Koreans.

However, there are times when he feels limitations.

"Although mom and dad speak in Korean at home, their children will not speak Korean, when they go to school even if their mother tongue is Korean."

His second son does not spend much time with him nowadays. His son, Peter is usually playing with his smartphone.

"In the past, there was no smartphone. While watching TV in English, I talk to my first daughter, 'What does that mean?', 'Dad, do you not know that?' I kept talking like this with my daughter. Now I have little time to talk to my second son, since he went to high school."

Kim thinks his identity is uncertain whether he is Korean or Canadian, but he can clearly answer the question about where his home is.

"Now I have a passport of Canada, but I have a Korean identity. It is an ambiguous. "However, my home is here in Belleville, Canada."

"It is inconvenient to go anywhere when I visit in Korea." Because of English, he sometimes feels uncomfortable meeting people in Canada, but everything else is easy here.

"After finishing visiting Korea, when I land at Toronto's Pearson International Airport, I feel like I am just coming back to my home."

Just like a relationship with a person, there is a compatibility between a country and an individual, and he is definitely the right person in Canada, and Belleville.



Photo by Brian Choi

Thoughtful evening

Participants of Trivia are lost in thought in order to answer the questions asked by the host at Trivia event in Belleville on Friday, Feb. 15, 2019. To see them in action, go to this link: <https://vimeo.com/loyalistphotoj/trivia>

Language...

Continued from Page 1

History was made two years ago when Liberal MP Marc Miller gave the first speech in the House of Commons in Mohawk. On Feb. 7, he did it again, being the first MP to give a speech in the Mohawk language with simultaneous translation.

On Feb. 4, Liberal Winnipeg MP Robert Falcon-Ouellette also made history by giving a speech in Cree that was simultaneously translated into English.

Loyalist is a starting place for exposing the population of Belleville and the college community to the Mohawk language. The radio station also reaches to the people in Tyendinaga Mohawk Territory.

Most municipalities have friendship centres which function as a space for people to go to learn about Indigenous culture and history. Tyendinaga has been that source of knowledge in the area because Belleville does not have a friendship centre, but the Indigenous Resource Centre at Loyalist has ended up filling that gap in Belleville, says Brant.

"We're the closest thing, the Indigenous Resource Centre, so we kind of play that friendship centre role here so a lot of people who don't even go to college call us or come in to join in our activities, ask questions about the culture and about the language," says Brant. This radio show is one way of expanding the services the centre already offers.

Although the duo is focusing on Mohawk language and cultural teachings, they are hopeful that with the help of guests, they will be able to expand

into offering teachings from other First Nations, Inuit and Métis communities.

Brant hopes that showcasing the culture on the radio will serve as a counterpoint to stereotypes that exist in the area about Tyendinaga. "All people see is smoke shops and gas stations when they drive through the community, but there's a whole culture, a people, a richness, a history and stories," says Brant.

"I want to hear the language every minute of every day and sometimes it's not so easy and even if it's just a minute, or if we can expose people to a little bit of the language at a time, just so they can familiarize themselves with it, it just shows us in a different light," says Brant.

Brant adds that one of the most important parts of Indigenous language revitalization is to make it comfortable for people to speak Mohawk and for those who hold that knowledge to be able to pass it on.

"We need to say, 'Heck no, I'm not going to speak English today. All I'm going to speak is Mohawk and I don't care if nobody can understand me. I just want to speak my language,'" says Brant.

The First People's calendar can be heard on 91.3 FM on Mondays at 10 a.m. The Mohawk Minute airs on Tuesdays at 7:40 a.m. and Thursdays and Saturdays at 3:40 p.m.

You can also follow along on their Facebook page at "First People's Radio - Loyalist College." They will be adding audio clips, videos and continuing to share knowledge of the language and culture on there as well.

To view the story, click on this link: <https://vimeo.com/loyalistphotoj/mohawk>



Photo by Andrej Ivanov

Jane Macdonald of the Hillier branch cleans up some cups during a tea party with the Prince Edward District Women's Institute at the Ameliasburgh Town Hall in Ameliasburgh. The local Women's Institute gathered to celebrate the 100th anniversary of the Federated Women's Institute of Ontario and Canada. They donated \$16,500 to various local institutions.

Women's Institute celebrates 100 years

By Andrej Ivanov

The Prince Edward District Women's Institute donated \$16,500 to various local organizations during a gathering at the Ameliasburgh Town Hall in Prince Edward County on Tuesday.

The event was very formal, with presenters, speakers, photo ops, and a tight schedule. But the highlight of the social gathering happened after the donations were presented: people sat at tables enjoyed some coffee, tea, and snacks and socialized. People sat in small groups and chatted, simply taking the time in the beautiful sunlit room to enjoy each other's company.

The Women's Institute gathered to celebrate the 100th anniversary of the Federated Women's Institute of Ontario and Canada's creations and donated money they raised during their annual arts and crafts sale.

The sale is hosted every summer at the Picton Fairgrounds and is the Institute's greatest source of donations. All the artists are vetted and the money gathered is donated back to the community.

The Women's Institute was started in Stoney Creek, Ont. in 1897. Wilma de Wolde, the vice-president of the Prince Edward district chapter, said that it was created for the wives of farmers to

socialize and learn new things.

"Women didn't get out much at the time," said de Wolde.

However old the concept may be, the Women's Institute is always trying to remain modern. Members are using the advent of social media to keep the younger generations engaged.

"Younger women don't want to commit. They'd rather be part of ad hoc groups and commit less time. They are working women," said de Wolde.

The Women's Institute has adapted to this issue by offering women the possibility to be associate members. Women are not required to commit 100 per cent and do not need to show up all

the time. De Wolde explained that the group does offer a variety of teaching programs. They offer help, teaching useful skills at home such as making jam or sewing, as well as health-related issues and raising awareness of elder abuse.

Of the 65-70 members in the Prince Edward district, there are around 15 younger members. This is, however, in a district split into seven branches. Their oldest member is about 90 years old and the youngest about 45.

But this is not the case for the entire Women's Institute. According to de Wolde, the branch in Paris, Ont. is exclusively made up of women in their

thirties and forties.

It is interesting to note that, although the group was intended for women and children, there have been men who have become honorary members, according to Valerie Smith, the Eastern Region Board Director of the Federated Women's Institute of Ontario.

Finally, the Women's Institute was inspired by the Women's Guild, their British counterpart. The Women's Institute, as a collective, has one very noteworthy member: Queen Elizabeth II. The Queen is the president of the Sandringham Women's Institute and has been a member since 1943.

Glanmore celebrates Heritage Week

National historic site gives visitors the servant's perspective of living in the early 1900's

By Sasha Seftor

A local national historic site is celebrating Heritage Week with a limited run of themed tours.

Ontario has a strong history of celebrating its heritage. In 1985, the Ontario government designated the third week in February as Ontario Heritage Week, encouraging Ontarians to celebrate heritage in all its forms. Many municipalities have used Heritage Week to stimulate the public's interest in, and awareness to, heritage assets as well as heritage-related issues within their communities.

Belleville has no shortage of historic architecture and is home to 37 recognized heritage properties, the most popular of these being the Glanmore National Historic Site. Built in 1882-1883, Glanmore is now owned by the city of Belleville and has been operated as a museum since 1973. The historic site has been accurately restored to its 1890s splendour and features hand-painted ceilings as well as ornate woodwork throughout.

Glanmore is celebrating Ontario Heritage Week by offering a limited run of "servant themed" tours of the historic site. Asked about the role Glanmore and other heritage sites serve in the community, Melissa Wakeling, Glanmore's education and marketing co-ordinator says it is all about connecting with history.

"Heritage sites are really important. It's important to understand and connect with the past of our community. At Glanmore we do have a regional collection as well as a collection that has to do with this historic house.

"Something like the servants theme tour allows us to highlight some of the domestic technology that impacted everyone and still impacts us. Most of us relate to doing housework more than we relate to living in this grand household, so in that sense, we can tell



Photo by Sasha Seftor

Tour guide Judie Preece leads a small group through the Glanmore National Historic Site in Belleville. The tour is focused on life at Glanmore through the eyes of the servants who once worked there, giving patrons an idea of what daily life would have been like for those in the employ of the house in the early 1900's.

many more stories by looking at different themes of history."

While information regarding servants in historic homes is often hard to come by, the researchers at Glanmore have been able to uncover a few hints into the site's past. So far, they have been able to identify four former workers, the earliest on record coming from the 1891 census.

With the information researchers have gained about the servants of Glanmore, combined with knowledge of how other properties of the same time period were run, the staff at Glanmore have put together a historically accurate glimpse into what working life would have been like on the site in the early 1900s.

The community has responded ex-

tremely well to the tours offered by Glanmore. Asked what how the tours have fared and what the public can expect next from Glanmore, Wakeling says the themed events have been popular.

"This past year, there has been a big increase in awareness about the museum. Our Christmas tours being held in December were sold out in October

and we had a wait list at one point of over 150 names.

"I was hopeful that the servants tour would also be well received and the response has been overwhelming. We are in fact sold for out every tour this week. My goal is to eventually start offering themed tours monthly so that there will be a regular evening, weekend, and weekday tour."

Men's basketball victorious in final home game

Team finishes season in fifth place heading to playoffs

By Sam Brown

The Loyalist Lancers men's basketball team finished their last home game of the regular season with a win over the Canadore Panthers 96-89 on Sunday.

The Lancers extended their win streak to three games, coming home from two wins on the road against Algonquin and La Cité. The Panthers, meanwhile, were in rough shape, coming into the game on a seven-game losing streak, and ending their season with an eighth consecutive loss.

With the win against Canadore putting them up to 10 wins and nine losses, and only one more game in the season, Loyalist now sits comfortably in fifth place of the East standings and safely within the margin for the playoffs.

The Lancers came out aggressive in the first quarter, putting up 27 points against Canadore's 10.

First-year player DJ Atkinson primed the pump with an impressive three-pointer early on.

This was followed by four baskets from third-year Akim Ruot, with second-year Angelo Sarsonas assisting on all five. First- and fourth-year players Jaden White and Noah Korovesi each scored a number of baskets as well.

"We feel we came out ready to play in the first quarter but we let down after that," Lancers head coach Patrick Kabeya said about the game. "We have issues with focusing for 40 minutes. At times we are brilliant. Other times, not so much."

In the second quarter, things did start to slow down for the Lancers.

They scored 25 points while Canadore scored 28, but thanks to their strong start, they managed to stay ahead of the Panthers regardless of the slowed scoring pace.

However, in the beginning of the second half, Loyalist seemed to regain some of the lost energy, scoring 33 points and bringing the game score to

85-60 at the close of the third.

The fourth quarter was by far the weakest for the Lancers, and perhaps best reflected Kabeya's feelings about the team's performance over the course of the season, which he said was "inconsistent."

The fact that the team only scored 11 points in the fourth, while the Panthers managed 29, suggests they might have some kinks to work out going into the playoffs.

The Panthers put up a steady stream of points until, at the closest, they were

'We hope to be able to string together some good performances in our final game of the regular season and into our playoff matchup.'

Coach Patrick Kabeya

only five points behind with two minutes left in the game.

The aggressive scoring in the third provided a cushion, but credit goes to Atkinson for scoring a string of baskets within the last couple minutes to keep the Lancers ahead. Atkinson also tallied the most points in the game with 18.

In the end, the Lancers came out victorious, and Kabeya said he was optimistic going forward into the last regular season game against St. Lawrence rescheduled for Tuesday night, and the playoffs beyond.

"We hope to be able to string together some good performances in our final game of the regular season and into our playoff matchup."

The Loyalist Lancers beat the St. Lawrence Vikings in their last game of the regular season 63-48 Tuesday evening. The Lancers finished the season with a four-game win streak and the win in St. Lawrence has consolidated their fifth-place position in the standings, guaranteeing a spot in the playoffs.



Photo by Sam Brown
Third-year Loyalist Lancer Akim Ruot celebrates after a dunk in the first quarter of the last home game of the season against the Canadore Panthers from North Bay on Sunday. Ruot earned 16 points in the game, which the Lancers won with a final score of 96-89.

Seven days in Belleville's cold

Activist raises awareness of homelessness in Ontario

By Andrej Ivanov

Homelessness activist Paul Tavares came to Belleville on the afternoon of Feb. 10 and set up his tent behind the Grace Inn, the site of a new homeless shelter on Church Street.

He stayed in the area for a week, living in his tent, to raise awareness about the issue of homelessness. Tavares said that next year, when he intends to do a Canada-wide route, he will definitely include Belleville again in his stop list.

Tavares plans to live in a tent around various cities in Ontario over the winter. He explained that although Belleville is his sixth or seventh stop, he has barely reached one-fifth of his goal of \$150,000.

Tavares is the organizer and creator of "90 Days and Nights in the Cold," a campaign intended to raise funds and awareness about the issues faced by the homeless in our communities. The campaign started in Cambridge, Ont. in 2017. It grew into a 13-city trek in 2019.

Tavares chose to make it 90 days in honour of the 115 days he stayed in Dickson Park in Cambridge, Ont. between 2011 and 2012. His initial plan was to make it 100 days but he shortened it to 90 days. The choice made sense because 90 days more or less represents a season.

Tavares explained that he has been homeless and was without housing for roughly two years. He didn't delve into the details of what led him there, but he stressed that no one chooses to be homeless.

Tavares said that the tent he is spending the 90 days in now is "the Shangri-La. It's the presidential suite of homelessness."

The tent itself is three layers which create an outer barrier from the wind. Inside the tent, he has set up about eight layers beneath him to protect himself from the damp and cold ground. On top of them, when he sleeps, he puts on about three layers, including sleeping bags and a blanket.

This does not include the clothes he



Photo by Andrej Ivanov

Paul Tavares poses for a portrait in front of his tent near Church Street. Tavares created the organization 90 Days and Nights in the Cold. He plans to try and raise funds and awareness of the homeless communities around Ontario. He wants to do so by living in a tent outside for 90 days and nights in the winter.

wears. He puts on roughly 14 layers to protect himself from the elements, with clothes and sleeping bags. However, stepping into the tent and touching the different parts, it becomes very clear that all those layers get cold, and even though there are many of them, they do not fully protect from the elements.

Nonetheless, this is a tremendous luxury compared to how it used to be. He described what he had when he was homeless. Three layers on his legs, five layers on his upper half, and the leaves and cardboard. And this is what many people have access to.

Many people approached him during

'You'd have to be an idiot to want to do this willingly. Some people don't have that luxury.'

Paul Tavares

his time here asking where the homeless of Belleville were. He explained that they were all around, but that people were not looking. He then pointed to a man in a local coffee shop and said that the man was

allegedly homeless. He made an analogy that if you are standing facing the west, you will never see the sunrise. You have to look around to see.

Tavares added that it is not just the extreme cold that is dangerous to those who live outside. The elements are varied. Something as simple as freezing rain can cause huge problems. He explained that if someone gets wet, and they have to sleep outside in the cold, they run a substantial risk of their clothes freezing over. This can lead to the clothes freezing to the skin, which leads to many other problems.

"We are near water, and the snow is

very wet. Up in the north, the snow is dry. If you can build a snowman, the snow is wet," explained Tavares.

Tavares attended a city council meeting on Feb. 11, where he suggested that the warming centre be extended into April. He also recommended that the formula for when to open the warming centre should be more like in the Waterloo Region's Out of the Cold Program. The program offers food, overnight shelter, and clothes during the winter months.

"You'd have to be an idiot to want to do this willingly. Some people don't have that luxury," said Tavares of his choice to stay outside in the winter.



Photo by TaeHyeong Kim

Terry Sprague, a naturalist and a columnist, relaxes at his home in Demorestville.

Naturalist shares his vast knowledge

By TaeHyeong Kim

Do you know how many species of bats there are in Prince Edward County and the Quinte area?

The man who knows the answer is Terry Sprague, a renowned interpretive naturalist in the Bay of Quinte area.

Sprague was the guest lecturer at a presentation titled Bats: Myth-Conceptions, held at Sophiasburgh Town Hall in Demorestville on Feb. 14. The Prince Edward County seniors centre hosted this event.

Among the many interesting facts about bats that Sprague presented at his lecture, he said there are eight species in the Prince Edward County and Quinte area.

Speaking about bats is just one of the fascinating things that Sprague does. He is a naturalist and a columnist. He was born in the Big Island area of Prince Edward County in 1944 and was a farmer before his father retired and

moved to Picton in 1976.

He was a reporter and photographer for the local newspaper. And he worked for Quinte Conservation as an education and special events coordinator for eight years, from 1996 to 2004.

"I developed an outdoor program to take people out. I did guided hikes, and was the park naturalist at Sandbanks Provincial Park. I was there since 1984. So my background is pretty much sure natural history," said Sprague.

He's also the writer of several books, such as *Up Before Five - The Family Farm* (2011) and *Naked In The Sand* (2016).

Sprague is a born naturalist whose interest came naturally.

"I wasn't formally taught nature. I always had interests in nature, and when I was primary school, a teacher I had in Grades 6, 7 and 8 was very instrumental and developed my interest to the nature.

"I found that nature is very peaceful and calming. I have bird feeders as a lot of people do and if I am stressed out or if I worried about something, all I have to do is look out the window and observe nature and all of the sudden, I just have that calming," said Sprague.

The most fascinating place to him in the Bay of Quinte area is Sandbanks Provincial Park.

"I worked there for eight years and it's such a fascinating place because of the big sand dunes. It's the largest bay sandbar dune system in the entire world, separating freshwater, and 3,000 acres of sand.

"It's just so fascinating to see how plants and animals can survive in a habitat that's very much like the Sahara desert," said Sprague.

He wants people to be more interested in nature.

"The public's interest in nature is growing, from what I see. How important it is to our survival? As human

species, we are all interconnected. We all depend on each other. Certainly, we depend on nature.

"And I think a lot of people are realizing that now and why we protect endangered species habitat for these species have live and I'm very pleased to see that kind of interest," said Sprague.

So, he feels rewarded when he sees some people's growing interest in nature.

"I think the biggest reward probably has been during any of these events. Even today's event, or on guided hikes, seeing someone take an interest and coming back to me, maybe years later, and saying, 'I remember what you said, and as a result of what you have taught me, I have grown up and pursued nature myself. To me, that is biggest reward,' said Sprague.

He has retired from many of the things he has done, but he has not yet retired from nature.

"I think I jokingly said today I've retired three different times and it's very

hard to retire from something that I enjoy so much. It's impossible. It provides something for me to do and it keeps my mind active.

"I'm always out there doing a few kinds of things, as long as I'm physically able to do so. I did today get up in front of a group of people and just hear all the questions about a particular topic. I think that is very rewarding. I will continue to do it as long as I am able," said Sprague.

Sprague has a backyard birding display at the Frink Centre, where a Family Day event was held Feb. 18.

He also has plan to host an upcoming information session about protecting wetlands and wildlife by monitoring for birds and frogs, on March 4.

To hear more from Terry Sprague, click on this link:

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

Musician takes part in The Launch on CTV

By Amy Walton

Music is something that connects us all, binds us, energizes us and even can brings us to life.

Music comes in many different forms and can come from anywhere. One local artist, singer, songwriter and performer Nick Babcock, is from Kingston, and might be on the verge of his big break.

A Canadian reality music competition series called *The Launch*, that is broadcast on CTV is in its second season and will be showcasing Babcock as one of the competing performers. Each episode of the series follows five emerging musicians competing to have their original song played on the radio. On the show, they work with a different celebrity mentor and producer each week. Babcock's mentors for his episode are Jann Arden and Shaun Frank.

Babcock's episode aired on Wednesday of this week and his local community of Kingston are overjoyed that he is getting this opportunity, knowing how hard he has worked on his musical career. Babcock is a singer-songwriter and performer who plays guitar and piano. He developed a love of music at an early age, influenced by his parents who are also musicians in a band.

Babcock has made a name for himself as a solo artist, but before that, he was in several bands, starting in high school. He performed in his school's talent show each year, called Syds Café at Sydenham High School. Since then, he has played in a band called Hoodie Jack one another band called Kasador. After that, he went on to perform at pubs and venues in Kingston and surrounding areas as a solo artist.

"I decided to go solo because it just felt like the right thing for me. I'm finally creating music that fits my style."

He has a mini-studio set up in his apartment where he records his songs



Photo by Amy Walton

Nick Babcock from Kingston, Ont. appeared on the CTV show "The Launch" Feb. 20.

digitally, while also having the equipment he needs for live performances when necessary.

Babcock's music is soft and soulful, especially when he plays it on his acoustic guitar. In an interview with CTV for his debut on *The Launch*, Babcock describes

his musical style.

"I'm a very true artist, you know, everything comes from the heart and the soul and nothing's fake. All my lyrics, music, when I sing, when I perform, it's all very true and honest," Babcock says.

If you happened to have missed Babcock's episode of *The Launch*, CTV streams the show on the CTV website. For his song Babcock auditioned with "Sunday Morning" by Maroon 5, then sang an original song called "High on Heartbreak". In the end, Babcock wasn't

chosen to be launched by the producers, but his musical career is just starting. Check Babcock out on is on social media or on his website, if you wish to see what his music sounds like or want to follow him on his musical journey. <https://nick-babcockmusic.com/>

Pets help to keep kids at ease

By Brian Choi

Norma Broadbear has been a pet therapy evangelist with a dog for about 17 years.

Kerry, her dog, is 10 years old and has been serving for eight and a half years. In 2002, Broadbear retired after teaching 30 years at a secondary school and decided to raise a dog. She came up with the simple idea of volunteering with her dog.

Broadbear has lived in Belleville for about 45 years. The name of her first service dog was Tippy. After Tippy died at around 14 and a half years old, she had a chance to raise another dog.

She had a dog with a very good personality. When Kerry was one year old, Broadbear tested her to see if she could be a therapy dog. She was still puppy and she was growing, but she was told that Kerry had potential to become a therapy dog.

When Kerry was a year and a half old, Broadbear had Kerry take the test again and she passed and got a badge from St. John's Ambulance, which is huge service organization.

The badge, and uniform, showed that it was recognized as a therapy dog. After completing the test, Kerry was checked and trained further in about 40 visits. After that, she added to her certification as a therapy-enabled dog for children.

Broadbear takes Kerry to a corner with other dogs at the Belleville Library every week, where children can read books to them. She has been recognized for her service and has received a certification necklace marking 500 therapy visits.

For dogs, a 500-time visitor service certificate is not easy to receive. Kerry and Broadbear earned this certification after 10 years of weekly visits. Broadbear says she visits libraries, and nearby elementary schools every week, and visits Loyalist College once a month to have warm experiences with students.

Broadbear learned from the volunteer work with her dog that she would be asked to bring her dog to more places than she thought. There are many people who like dogs, such as those in retirement nursing homes, elementary schools, libraries, colleges, and so on, and it feels rewarding watching them interact with Kerry.

At the library, it is done in the form of children reading books to Kerry, and when the kids visit, they receive their own bookmarks and animal stickers every time. Usually, once the kids visit, they read three or four books, in order, to Kerry, and if kids find words that they don't know, Broadbear kindly helps them so that the children seem to have a chance at



Faryn Cooper is reading a book in front of the puppy at Belleville library on Thursday, Feb. 14, 2019. There was a small therapy event for kids who want to get helped from dog for reading.

getting closer to understanding the book. She said that reading books with children is very popular when she visits an elementary school.

Joan Cooper is Faryn Cooper's mother. She has taken her child to the Belleville Public Library since her child was about two or three years old. Her child recently started getting interested in books at school, and then she discovered that there

was a good program at the library.

Cooper said she was very happy as a mother because she likes dogs and books. She has participated in this program since her daughter was in the first grade.

Now she is in the third grade and because of this program, Faryn is attending a French immersion school. Half of the day, they speak English, and the other half, they speak French. Faryn's mother

believes this dog therapy program was very helpful to her daughter.

Kanchana Purushothaman is the mother of Surya. In 2011, she worked for a UN-affiliated organization here in Belleville and came from India with a permanent resident card.

Her son is very fond of reading books. Surya is now eight years old and in the third grade.

The reason for sending her child here once a week is to learn how to adapt to Canadian culture and improve at reading. She believes that reading habits should be taught at a young age. She added that because Surya loves dogs, she thought this would help strengthen his reading habits, if Surya felt good about reading with them.

Frontenac celebrates Family Day

By Amy Walton

Family is the most important thing, but what's the use of having a whole day dedicated to spending time with family if you're simply going to sit in front of a TV?

South Frontenac Township near Kingston wants you to get outside and make some memories, even in this crisp Canadian weather.

Monday, Feb. 18 was Family Day in Ontario, and in South Frontenac, the wind made the -5C chill feel colder than it really was, although that didn't stop families from all over Frontenac County from joining in with their kids for some fun winter activities.

Hosted at the Frontenac Arena in Godfrey, the Township of South Frontenac presented a Family Day event which had skating, horse-drawn sleigh rides, Scandinavian kick sledding, snowshoe races, mini games and an obstacle course, marshmallows roasting over a bonfire and last but not least, a free barbecue.

At the free barbecue, children and their families were served hotdogs and hamburgers by Sydenham Mayor Ron Vandewal alongside Ray Leonard, who is the Portland district councillor, and Tracy Holland, who helped organize and coordinate the event. Ross Sutherland, the Loughborough district councillor, was also helping monitor the event.

The location of the event was on Arena Boundary Road and the activities went from 11 a.m. to 3 p.m. A Family Day event is normally held at this venue

each year because of the convenient use of the skating arena and wide area for kids to play in the snow outside.

There was also free hot chocolate and coffee being served inside the arena, so that you could defrost your chilly toes inside and take a hot beverage outside to keep your hands nice and cozy, while watching your kids play on the big snow hills that surrounded the outside of the arena. Kids climbed up in their snow gear to reach the top of the snow hills and proclaim they are king/queen of the mountain! Even parents were climbing up the giant snow mountains to play with their kids and take photos together as a family at the top.

Scandinavian kick sledding was one of the most popular activities besides skating, because it consisted of one person sitting down on a chair connected to a sled and the other person pushing them around as fast as they could. It was a hit among the kids. There were younger sisters pushing older brothers, even kids pushing their parents in amusement and laughter.

The other most popular activity had to be skating. Not only was it a much warmer temperature inside the arena, but parents could skate around with their little ones and then take a break and watch them from the bleachers, snapping photos and drinking their hot beverage. In the arena there were boxes of free skates available for people to borrow, and even take, that were donated by others who use the arena outside of Family Day. So even if you had no skates, there were some available to you.

At the end of the day, this family



Ron Vandewal (left) Mayor of Sydenham Township serves hotdogs and burgers beside Ray Leonard, councillor of Portland District in South Frontenac, Family Day.

event brought smiles to kids and parents from all around Frontenac County

and gave a chance for children to take part in activities that got them up and

moving and interacting with each other on a frosty Monday.

Maple syrup, ice fishing part of special day

Families enjoy outdoors during Family Day activities in Gananoque

By Debbie MacNevin

Family Day is relatively a new holiday. Unlike Christmas and Halloween, this holiday hasn't been around for years and years. It started in 2008 in Ontario, along with a number of other provinces. Although it's new, it's just as important as any other holiday, maybe even more. The day allows families

to come together and be able to spend time having some fun. Some families go out, while others simply stay home and enjoy each other's company.

The Thousand Islands Boat Museum in Gananoque, Ont. held its third annual Family Day event on Monday. Held in the small courtyard of the museum, people gathered from as far as Kingston to be there. Several things were going on around the courtyard, including making maple syrup toffee.

A thick line of maple syrup is poured onto a pile of snow. Next, a person takes a popsicle stick and rolls it into the snow. Once the maple syrup is collected on to the popsicle stick, it turns into a good frozen treat. This treat is best only during maple syrup season, which is typically from February

through until April, when the sap can be transformed into syrup.

"I've already had three, but I want just one more," said Mackayla Bryan, 7, when she was asked how she was enjoying her maple syrup toffee.

Another event was ice fishing. Children, along with their parents, walked onto the St. Lawrence River and were able to fish through several little holes available for them to use. The children were given fishing rods to use to see if they could capture any fish from the lake. The child would stand over the hole and investigate it while having their line thrown in. While some children took turns fishing, others played around on the frozen river while their parents kept a close eye.

In the museum, there was craft time, so children were able to make their own boats. Different craft tools such as scissors, stickers, and colouring tools were provided to allow the boat to be created how the child wanted it. The little wooden boat was actually big enough so that if the child wanted it to float on some water, it could.

Warm food and drinks were also offered, and there was even a horse wagon ride around the block. Although the event was small, the crowd was mighty. The courtyard was filled with laughter and lots of conversation as people truly enjoyed a day that was meant to be spent with each other.

For photos on the event, see page 8.



Ice sculptures at Winterlude are always a must see when visiting the Nation's Capital. Here is Canada's sculpture for this year's Winterlude display that was held on York Street.

Photo by Natasha MacDonald

OUTDOORS AROUND THE PROVINCE



(Above) Caitlin Ball walks around the rink with a flashlight at "Under the Lights" a community skating party at Sydenham Lake boat ramp. For Family Day, South Frontenac Fire and Rescue set up a light trailer for a community skating party. Hot chocolate and cider were given out.

Photo by Amy Walton

(Right) David Hewitt and his son Arlo go out onto the frozen lake to have a fun experience in ice fishing. Hewitt's was on the lake with his son to help him try and bring in some fish as well as spend some one on one time with him this family day.

Photo by Debbie MacNevin



(Above) A volunteer helps a young boy roll a popsicle stick into the snow. This is a classic Canadian February thing to do.

Photo by Debbie MacNevin

(Right) Winterlude's Sub-Zero DJ night brought excitement to the cold attendees keeping warm with their dance moves. Stilt walkers tower over the crowd during a set at the Rideau Carleton Casino Stage on York Street.

Photo by Natasha MacDonald



The Forbes family from Harrowsmith travelled to Godfrey on Monday for Family Day activities at the Frontenac Community Centre. Besides skating, snowshoeing and food, there were giant snow hills that attracted kids to climb, and families to pose on for pictures.

Photo by Amy Walton