

# Gleaners says thanks with celebration

By Paulina Uy

Gleaners Food Bank will be hosting an annual celebration with the theme Bed-In on Jan. 25.

Out of a five-year capital campaign, this is the second year for the celebration, to be held at the Belleville Banquet Centre, 1 Alhambra Sq.

"It's not all about raising money. It's about thanking the community," said Susanne Quinlan, director of operations at Gleaners.

This year's theme is a portrayal of John Lennon and Yoko Ono's 'Bed-in' protest from 1969. It was a protest for peace.

"Every year will be a different theatre production. It won't be the same. We decided to move into the '60s because this (last year's theme) was back in the '30s," said Quinlan.

"We might go back into the 1800s next year; it all depends."

What also inspired Quinlan regarding the theme this year was a large print of John Lennon and Yoko Ono during their bed-in protest shown in the photo.

It was a print donated by Les Johnson together with 40 other varieties of prints with different themes.

During the event, appetizers will be served and there will be gift boxes with five numbers that lead to prizes. They include a trip to Montreal in the same hotel room where the 1969 bed-in was located, a queen-size bed, and a Tassimo coffee maker.

All the prizes will be on display at the Banquet Centre during the event.

Dinner will be comprised of food produced locally.

"We've been the first in history of the Banquet Centre to bring in food. So what we do is promote our own community's food," said Quinlan. This year, there will be local Angus beef and dessert by Campbell's Orchards.

Some other meat products will also come from Harvest Hastings where Gleaners Food Bank regularly gets their burgers.

"We'd call them and they find a farmer



Susanne Quinlan, director of operations at Gleaners Food Bank, shows a print of John Lennon and Yoko Ono during their 1969 bed-in for peace protest. Also shown are a pair of sunglasses similar to that of Lennon's and one of the wing awards to be given to companies that have been supporting the food bank.

Photo by Paulina Uy

and give us a couple cows and we use those cows," she added.

Following dinner, the Shout Sister choir from Picton will be singing John Lennon's Imagine and a couple more

songs from Lennon and the Beatles. Local actors from the Belleville Theatre Guild will also prepare to start their reenactment of Lennon and Ono's Bed-in protest.

The evening celebration will end with the "Wing" awards — symbolizing supporters of the Gleaners Food Bank in the community since the beginning.

Out of all the companies that started donating to them since the start in 1986, five will be awarded the "wings" annually.

This year they hope to see about 200 people attend the event.

## Can Loyalist students afford making healthy eating choices?

By Jessica Campbell

The college promotes healthy eating around the school with signs, but with high prices for some choices, are students actually eating healthy?

Students and faculty say they are unhappy with the food options at Loyalist College.

Ellie Jones-Cleave, a fitness teacher at Loyalist, says she feels the school has tried to expand on healthy eating with salads and soups and fruit cups, etc., but the prices make it difficult for students to buy those healthier options.

Other people who work and study at the college agree.

"I personally don't eat in the cafeteria but I know from watching students through the halls, they all have their pizza

or poutine," says college nurse Lauren Deans.

"It's all about education. They know that food isn't nutritious for them, but that's what they choose because they know it will fill them up and they don't want to spend that kind of money on the healthy foods. It's cheaper to eat unhealthy." Students on campus who rely on their meal cards don't have many options. The food services in the school are closed on weekends. There is a Procrastination Station with food, but the choices are chicken burgers, potato chips, pizza and more unhealthy food options.

Many students are hoping the school will bring in some healthier options on campus during the weekends when the school cafeteria isn't

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Nursing student Jade Vanderwall

available.

"I think the school needs to bring in some healthier options besides Subway, and even with that, Subway sometimes isn't even the healthier choice. Most students, including myself, go for the pizza or burgers because it's cheaper than buying soup or salad," said Kayla Short a first-year nursing student. "I am a student trying to pay tuition. I can't afford spending that kind of money on food and I don't always have time to bring my own lunch."

It is truly cheaper to eat unhealthy food at the school than it is to eat healthy. Choices of a ham and swiss sandwich, a little bowl of grapes and a bottle of water costs \$11.75. For a slice of pizza, a bag of chips and a regular pop, it will cost \$7.29. That is also before tax.

"I would very much like it if the school could bring in a salad bar or something like that, that's reasonably-priced, because that to me would be so much better than buying the pre-made salads here at such a costly price," said Jade Vanderwall, a first-year nursing student.

Managers at the Loyalist cafeteria referred calls to Aramark's office in Toronto. Company officials declined to comment.

Former cafeteria worker, Jo-Ann Tinson said, "I can't really say anything bad about the cafeteria. I really enjoyed the people I worked with and the management was great."

"Prices I found were a little high for students who are on a budget and don't have very much money to spend, but the fruit and salads were prepared fresh every day."

## Better data means improved service at Gleaners

New software program will collect data in more standardized form

By Natalie McMullen

By April, all members of the Ontario Association of Food Banks will be required to implement a new piece of software called Link2Feed.

The program, which has already been adopted by several food banks throughout Ontario, will make data collection more standardized and efficient.

Presently, many food banks across the province, including Gleaners Food Bank in Belleville, gather client data manually.

Susanne Quinlan, director of operations at Gleaners Food Bank, said the current system is out of date.

Each time a client walks into a food bank, they fill out a form, which is then entered into a computer during an intake interview. This step records the client's personal information, such as source of income, employment status, housing situation, etc.

The forms are collected, and volunteers or staff must then physically enter daily statistics into a spreadsheet.

The process is very time consuming, said Quinlan. When volunteers aren't available or capable of doing the job, it falls to Gleaners' small staff of four.

"It takes up to 10 hours per month (to enter statistics manually). (Staff) need time to do other things."

"Last year, staff handed out 8,322 hampers and 400,000 kilograms of food," said Quinlan.

Link2Feed is a one-step client input system, which will allow food banks to generate statistics automatically.

"We'll be able to create pie charts. It will make the numbers more readable," said Quinlan.

One of the benefits of the software, said Amanda King, OAFB Manager of Membership and Communica-



Pat Maracle-Bower, food bank and volunteer co-ordinator for Gleaners, manually records client information before inputting the statistics into a computer program. By February, Gleaners and other food banks throughout Hastings and Prince Edward counties will implement a software program specifically designed for food banks, called Link2Feed.

Photo by Natalie McMullen

tions, is that clients can expect the same experience and same quality of service, regardless of what food bank they visit.

"[Link2Feed] will improve client care, by standardizing and speeding up the intake process."

Previously, the OAFB's national Hunger Count survey relied upon manual reports prepared yearly by their members.

Quinlan said with Link2Feed, it will now be easier to contribute statistics to the count.

The Hunger Report highlights food bank use during the month of March,

as an annual average of food distribution across the province. King said the new software means food banks will now be able to provide up-to-the-minute, consistent data throughout the year.

This is critical, because by being able to access and share timely information, food banks can be more targeted and accurate in their inventory needs, said King.

Presently, with the manual input system, food banks are unable to demonstrate how factors like a plant closure, or drastic weather, affect demand.

Link2Feed will make it easier for food banks to demonstrate trends or peaks. And having access to more accurate information will allow the OAFB to advocate more effectively on behalf of Canada's hungry and poor.

"It's time to move forward," said King. "Technology is a wonderful thing, that can do a lot for any organization."

Gleaners Food Bank is set to implement Link2Feed by February. The OAFB hopes all of its members will be using the software exclusively by December, 2014.

## Keeping safe out on the ice

By Duncan Cairns-Brenner

When winter envelops the city and the ice thickens, many Bellevillians rejoice and rush down to the water. The Bay of Quinte is regarded as a fantastic place for ice fishing, especially for walleye.

Ray Newman smiles, looking out of his small ice fishing hut, when asked about his ice-fishing experience.. "I've been fishing here for more than 20 years," he said. "There are thousands of walleye under this ice, thousands."

But, when out on the ice, it's important to understand the risks and take proper safety precautions. Here is some advice on ice dangers:

- Be aware that you are taking your life into your own hands every time you are on the ice.

- Ice thickness is not always consistent. Water currents, around narrow stretches, bridges, inlets and outlets, often cause thin, unstable ice.

- When ice fishing, it is a good idea to drill test holes as you go out onto the ice to help determine the character and thickness of the ice.

- Ice around partially submerged objects, such as trees, embankments, or dam structures, is often unstable and should be treated with special care.

- Don't judge ice strictly by appearance.

- Stay away from cracks, seams, pressure ridges, slushy areas and dark areas that signify thin ice.

- Be aware that ice forms around the edges of a lake first and melts around the edges last.

- Be aware of ice covered in snow. Snow can occasionally insulate the surface from freezing.

- Never go out on the ice alone. Having someone else around can save your life if you fall through.

- When moving around on untested ice make sure you are at least 8 meters from companions so you don't potentially fall through the same hole.

- Before you go out on the ice let someone know where you are going and when you expect to be back.

Park Pointers: Ice Danger and Safety, Colorado State Parks, [http://www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/stelprdb5404291.pdf](http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5404291.pdf)