

# The Pioneer

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Photo by Justin Chin

Multi-vehicle pileup on Hwy. 401 occurred westbound between Glen Miller Road and Wallbridge-Loyalist Road near Trenton. OPP said about 25 tractor-trailers and 10 smaller vehicles were involved in the string of collisions at about 11:45 a.m. Wednesday. OPP closed down the westbound lanes in the area and reopened them just after 3 p.m. Quinte West Fire Chief John Whelan described the scene as carnage, and multiple people were extricated from their vehicles. There is no exact number of injuries or their extent at this time have been reported.

## Ramada Inn strike enters fifth month

By Dayna Lefebvre

Day after day, unionized workers at the Ramada Inn in Trenton walk the picket lines – and they have no intention of stopping any time soon.

The workers, who are members of the Local 175 of the United Food and Commercial Workers union, are striking against their employers, Royal Host. They have been on strike since Oct. 1 of last year. Not all of the employees are unionized – many are still at work in the hotel.

“The only thing we’re out here for is to keep what we got,” said Pat Viney, a server at the hotel who is on strike. “We’re not asking for extra. We’re not greedy.”

There hasn’t been an agreement in

place since the contract between the parties expired in March 2013, and picketers say there has been little contact between them.

“We’ve been willing to sit down with them since the beginning to negotiate something and try to reach an agreement,” said Jacques Niquet, a union representative out at the picket line. “We just want the company to talk to us.”

Jordan Vaeth, general counsel and corporate secretary for Royal Host, said by telephone that the company has no comment on the matter.

The strikers say they are fighting against changes to their benefits, vacation times, wages and seniority.

They are out every day at the entrance to the Ramada, stopping cars to let them know what is going on. Typically they are

**‘The only thing we’re out here for is to keep what we got. We’re not asking for extra. We’re not greedy.’**

Server Pat Viney

out there up to six hours a day.

“When it was warmer weather we used to go all the way through, but it’s too cold to do that now,” explained Viney.

Originally, 35 workers walked off the job back in October, but only 16 remained out on the picket lines after the first day.

“There’s nothing we can do about that.

That’s their choice. It’s a personal choice,” said Niquet. “Since then it’s been the same. Everybody is still here.”

Despite the freezing temperatures, morale appeared high within the group of picketers. “It’s made a lot of people closer. I’ve met a lot of nice people,” Viney said.

“They’ve been pretty strong,” says Niquet. “We’ve been here since October. We’ve been through the cold, we’ve been through Christmas and New Year’s, and they are still here.”

Generally the public has been supportive as they drive by. Strangers have brought the strikers coffee, food, supplies such as umbrellas and made donations to the cause.

However the reactions haven’t been all positive.

“A lot of people think that we are trying

to get more money, but we’re not,” said Jesse Kulyk, a server at the hotel. “We’ve had people who aren’t from around here be rude to us. They don’t understand.”

The strikers say they have had to deal with hostility from clients staying at the hotel. “There are people with big trucks who just run right at us when we’re standing out here,” says Viney.

Reviews online for the Ramada Inn have been generally negative in the months since the strike, with many customers complaining that they weren’t notified of the strike. One review on TripAdvisor.ca says: “If I had known you had staff members on strike, I would have booked a room at another hotel.”

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## Residents waiting to get back home

*Bel Marine residents staying in hotel while retirement home makes repairs*

By James Wood

Craig Chamberlain has been settling into his new accommodations as best he can.

“It’s been nice,” said Chamberlain, walking towards his hotel room. Usually living on his own in Bel Marine Retirement Residence, Chamberlain is now sharing room 415 in the Belleville Travelodge with a roommate.

The Electrical Safety Authority evacuated residents from the Bel Marine Retirement residence, located in the east end of Belleville on Dundas Street, from their complex following an inspection on Sunday.

After a small electrical fire knocked out power to parts of the building, and became a safety concern for the building occupants, residents have been relocated across the area, staying with family and being put up in other residences. The remaining former occupants are staying at the Travelodge on Bay Bridge Road.

In order to move residents as quickly as possible, off-duty staff were called in with their personal vehicles.

“A lot of the staff who were not necessarily on duty came in,” said Chamberlain, “with their vehicles, they drove us over here.”

To pass the time while waiting to return to the retirement residence, Chamberlain walks down to the lobby of the hotel and talks with the other residents. He is keeping himself occupied while waiting to go home.

The comfortable settings of his temporary home have their charm, but “I’ll be glad to get back to Bel Marine; I like restaurant food but not every day,” said



Photo by James Wood

**Craig Chamberlain, a resident of Bel Marine Retirement Residence Craig Chamberlain relaxes in his hotel room at the Travelodge Hotel. Following a small electrical fire, residents were evacuated to numerous locations across Belleville. The fourth floor of the hotel has been put into use as a temporary residence for the evacuated seniors.**

Chamberlain.

Chamberlain said that communication between residents moved to the Travelodge and the managerial staff at Bel Marine has been good, with residents being kept up to date on the situation.

“We were informed today that the work will be done tomorrow, the inspection will take place on Thursday, and we’ll be back in the old place by Friday,” said Chamberlain.

Half of the fourth floor of the Travelodge has been given over to the Bel Marine

group at a reduced rate, and a temporary nurse’s station sits in the middle room.

“The fire marshal and the Electrical Safety Authority felt, that in the safety of the residents, it would be best to relocate them,” said Bel Marine manager Jeannie Griggs, standing in the restaurant of the hotel.

Griggs is co-owner as well as daily manager, and shares ownership with Raj Uthaya. Both said they hope to get their residents home as soon as possible.

“We’re aiming for Friday,” said Griggs. However, if the situation gets more com-

plicated, there are backup plans, she added.

Reached yesterday morning, Griggs said she was unsure of the exact return timeframe, as the weather had complicated the arrival of contractors and repairmen.

“At the best, we’re looking at one week till we can go back. At the worst, two weeks,” she said.

Bel Marine has been in operation since June of 2012, and this has been its first major mechanical issue, according to Griggs. The time of return for the residents is still unclear, but will be resolved in the next few days.

## Documents show government involvement in bus dispute

By Emily Cumming

A group of independent bus operators say that newly released documents from the Ministry of Education show the government’s involvement in an ongoing court battle over school bus contracts.

The internal government email correspondence was released by the Independent School Bus Operators Association on Feb. 5. The documents were obtained by the ISBOA through a Freedom of Information request.

At the heart of this new development is an ongoing five-year legal battle about funding structure changes to contracts between bus operators and local school boards and how those contracts are awarded and renewed.

Small independent school bus operators say they are upset about a funding structure being implemented called Request for Proposal, or RFP.

With a RFP, a school bus operator would have to apply for a new contract every five years, and many operators fear that this new policy will threaten to put them out of business.

Although contracts are negotiated between school bus operators and the local school board consortium – not directly with the provincial government – the released email correspondence indicated that the controversial change in funding structure was being driven from the Ministry of Education.

In one of the released emails, Adam D. McDonald, senior policy co-ordinator in the school business support branch of the Ministry of Education writes on February 27, 2012, “We’ll have to be prepared to justify why the Ministry has rejected each and every item in the report.”

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Photo by Sarah Taylor

Doug Comeau, artist and owner of Timberwolf Gallery, holds the coin he made the art for. The coin was released on Tuesday in the Canadian Royal Mint series.

# Trenton artist's work featured on latest coin

By Sarah Taylor

A local artist has reached a milestone with his work being featured on one of the latest Royal Canadian Mint coins.

Trenton-based artist Doug Comeau was approached to create the art for one of the coins in the Royal Canadian Mint Bison series for 2014.

After being released on Tuesday, all 7,500 of the coins sold out.

"You don't realize the gravity of it until it happens... It's a milestone of course," said Comeau.

Comeau, 53, originally thought he was being scammed when he received a call in 2012, asking if he would be a contributing artist to the 2014 coin series. He used graphite pencil to draw the image he was asked to produce for the coin. The coin, along with the rest in its series, weighs one ounce and is 38 millimetres in size.

"They were looking for realists in graphite or colour pencil or a fine medium that has really fine detail for the coin, in order to stamp and do what they want to do," said Comeau.

As thrilled as Comeau was to be work-

ing on this project, his contribution had to remain confidential until the release of the coins.

"My mouth was shut until then, had to be....It was really hard. It's one of those things you want to share," said Comeau.

The Royal Canadian Mint gave Comeau basic instructions on what they wanted the coin to be with an idea of what he could do with it, based on his previous work. They wanted a bison for the 20 dollar coin.

"They gave me the animal, the concept in which they wanted it portrayed...

They didn't know at what level, and how well, but they knew they were going to get something that they asked for," said Comeau.

Comeau's passion for being an artist began as a teenager. He later joined the military in 1979 and 10 years later, opened his gallery, Timberwolf Gallery in Trenton. In 2001, he left the military and committed to his gallery full-time.

"Having a following already made it somewhat easier...I opened up this gallery as an experiment and I'm still here," said Comeau.

# Graduating students explore job market at fair

By Justin Greaves

Over 50 employers were looking to hire at the 17th annual career fair at Loyalist College on Thursday.

The fair too place in the Kente building gymnasium from 10 a.m. to 1 p.m., offered both students and grads the chance to connect with future employers and begin networking with them. The fair was organized by the career centre at Loyalist College.

"The fair connects students directly with employers in their field. Graduating students can potentially find full-time jobs. Students can connect with employers and maybe find placement or internship opportunities," said Francine Short, the career centre's office co-ordinator at Loyalist.

"Employers are looking for summer students directly related to programs. It's a great opportunity for students to start networking with these employers and perhaps get some experience in their fields," added Short.

Tara Donaldson, a third-year architecture student, has a job lined up for the summer, but will still attend the fair to keep networking and looking for future jobs.

"I visited the fair last year. The career fair is very helpful, especially since I'm in third year. This year, I will be looking for jobs for after the summer," said Donaldson.

Donaldson will be working at an architecture firm in Frankford, Ont. as a junior designer after this semester. She feels the program has prepared her for the summer job at the Frankford firm.

The career fair gives a chance for employers to come to the students, taking some of the stress of finding jobs off of students.

"It gets a little nerve-racking doing homework, figuring out placements and on top of everything, I'm going for interviews everywhere," said Katrine Dussault, a third-year architecture student.

Dussault has an interview with a firm in Edmonton, Alta., but is applying everywhere she can.

"I will be at the fair handing out resumes to people I want to get a job from.

I think career fairs are great if you're looking for a job in a certain area," said Dussault.

The career fair helps students such as Dussault see employers face-to-face and not just via email.

"The Internet is the best way if you are looking for jobs abroad. But career fairs are better for specific jobs and people who know where they want to go with their career. Apply for jobs that are not just ones you want, but for all jobs related to your program. You can always say no to a job you don't want. Once your foot's in a door, there's always more doors," said Dussault.

Many of the employers return to the fair year after year, continually building relationships with students and grads. "Don't ever be afraid of rejection. Eventually, you'll find something that will fit."

To hear a student's perspective on the fair and her future, go to: <http://www.qnetnews.ca/?p=34262>

# Dental hygienists give back

By Emily Cumming

Dental hygienists across the country will be giving back to their community with a "gift from the heart" this Saturday by giving free dental hygiene treatments to those who cannot afford it.

Dental hygienists are part of a primary health care system that can prevent infections before they become full-blown emergencies.

Some dental surgery is covered by OHIP, but preventative treatments by dental hygienists must be paid out of pocket by many Ontarians. Some people rely on a dental plan through their work or school - though many still can't afford these services.

Bev Woods started Gift From The Heart, an annual event, to address this issue. It's in its sixth year and Woods will be rolling up her sleeves Saturday, Feb. 8 to offer the no-cost dental hygiene event in Belleville. The event will take place at Maxwell College, where eight other dental hygienists will work alongside Woods.

During the first two years, Woods worked the event by herself, but since then dental hygienists from across Canada have joined forces with her.

"At the end of the day paying your hydro, putting food on the table or having your teeth cleaned - what are you going to pick? It's not going to be paying to have your teeth cleaned and that's why this day is so important," Woods said. One in six people regularly go without dental hygiene care in Ontario, according to Woods.

This type of event first became possible when in 2007, when Bill 171 was passed in Ontario. This bill gave dental hygienists the ability to open an independent practice without a dentist.

This initiative, Woods said, gave people better access to primary care. Even though the event began in Ontario, it has spread across the country. This year, 100 dental hygiene practices across Canada will be taking part.

"Many go without basic dental care because of accessibility and financial reasons," said Woods of her patients, who predominantly fit within two age brackets: 25 to 29 and 65 to 75.

Woods explained that both age brackets face economic barriers to accessing care. Those in their late 20s have often recently graduated from college or university and are no longer covered by their parents' dental plans. They are also just at the start of their careers, often in jobs with low wages and few or no benefits.

Those in their 60s and 70s are usually transitioning out of the workforce and living with a fixed income. Some are not receiving a pension and instead relying on the Canadian Pension Plan.

Currently, there are 20 dental appointments still available for the event Saturday.

# Students get advice on how to make ends meet

By Samantha Hobbs

Are you stressed about money, have no idea how to budget, manage your debit and credit, what or how to go about investing or worried about someone stealing your identity? Loyalist College has something that may help.

Loyalist is offering free budgeting and financial literacy seminars. The budgeting and financial literacy seminars started in mid-January and have been running every Monday and Tuesday from 11 a.m. to 2 p.m.

Bob Robertson is the facilitator for the seminars here at Loyalist. "The seminars are about learning how to budget, managing your expenses, understanding credit and debit management, protecting yourself from fraud and investing," said Robertson.

Fraud and identity theft are happening more now because of things like online banking, he said.

"The protecting yourself from fraud portion is a small piece that gives simple tips on preventing identity theft and fraud." Student will also be provided with snacks and a handout with a copy of the presentation and forms to help them with their own budgeting.

"I think these seminars are important because they teach students the basics of budgeting and financial literacy. These are skills that everyone can use throughout their entire lives," said Robertson.

If you are not comfortable coming to one of the seminars or the time doesn't work, you can schedule an appointment with Robertson to receive one-on-one help. He can be reached via email at [bobrobertson@loyalistc.on.ca](mailto:bobrobertson@loyalistc.on.ca)

It's not too late to attend one of the seminars. They run until Feb. 11.

# Strike...

Continued from Page 1

In reply, Ryan Gibbs, the general manager of the Ramada Inn, posted that "We are doing everything within our power to bring a swift end to the strike."

The strikers, however, say that it is not that simple - they say they have little to no contact with the management or non-unionized members of the hotel.

"We aren't in contact with them," Niquest said about the non-unionized workers. "We are here, deal with the customers, give them the information, and do what we have to do to get the company to talk to us."

In previous media coverage, the chairman of Royal Host stated the company has every intent to make an agreement with the strikers.

The workers aren't sure how long the strike is going to last, but they are prepared to wait it out as long as they have to.

"We're fighting until we've resolved it. There's no other choice," Niquest said. "Unless they tell us we have an agreement, then we will go back in. Until then there's nowhere else to go. We just don't want to lose anything."



Photo by Emily Cumming

Ramada employees walk the picket line in front of the Ramada Inn Hotel in Trenton on Feb. 4. Many workers, have been on strike since October 1, 2013. The picketers are fighting to keep benefits, vacation pay and seniority.



Photo by Justin Chin

Ken Skinkle, 52, makes his delivery runs to different garages. Skinkle is currently earning \$11 hourly, which is the new minimum wage, announced by the Ontario government in late January, an increase from the current \$10.25 per hour. The increase is meant to reflect the rise in Consumer Price Index.

### Living on minimum wage

# Paying the basics with little left

*(Editor's Note: A rising share of Ontario's workforce is working for minimum wage. The amount of adults at this rate more than doubled between 2003 and 2011. Many living wage campaigns and anti-poverty organizations are calling for an increase in minimum wage from \$10.25 to \$14 an hour to address the income inequality that is growing in the province.)*

By Justin Chin

"I barely get by," says Ken Skinkle.

Skinkle, 52, is a deliveryman at an auto parts store in Belleville. People call him Kenny.

He makes \$11 an hour, working 40 hours a week, with a 20-year-old son at

home.

"I pay the basics — I pay my bills, with a little left over for groceries. I don't go out for meals. So I don't have any disposable income," he says.

Skinkle is currently earning \$11 hourly, which is the new minimum wage announced by the Ontario government last Thursday, an increase from the current \$10.25 per hour. The increase is meant to reflect the rise in Consumer Price Index.

"It's not really helping because everything else goes up," he says. "People don't have that extra income to spend money, to have that disposable income. That's why the economy is so low."

Skinkle wakes up every morning at his

home in Trenton and arrives at the shop in Belleville at 7:30 a.m. from Monday to Saturday. He delivers auto parts from the company to different garages around the Quinte area, travelling sometimes up to 500 kilometres a day.

He would also take up other jobs, such as cleaning cars, to help with his income.

"If I can make, idealistically, \$13 an hour, I would be happy," he says. "But you would never see that with this kind of a job because they can replace me in five minutes."

Skinkle has been working for the auto parts shop for four years, and was making \$10.25 until a year and a half ago.

"I'd like to be able to do more, but real-

ity is, I can't. As long as I keep reality in check and I am on top of the bills, I am happy.

"I don't know if they are going to bump me up to \$12," he says, after the new minimum wage comes into effect.

"I want to take it easy someday," Skinkle says, "I'd like to go to Cuba, somewhere it's cheap and nice. I can go there for less than \$1,000."

The last time he went on a vacation was 20 years ago when he was still married.

Skinkle started in the workforce at 15 working part-time jobs. With a Grade 12 education, he has been in factory jobs working night shifts or cleaning cars for car dealerships since his teens.

"Everyone said, 'Why don't you do better?' I want to do better, but there aren't many jobs."

He estimates that he spends about \$1,500 each month on his mortgage, Internet, phone, hydro and heat, car insurances, gas and groceries.

He buys lots of meats and vegetables and put them in the freezer. He brings his own lunch to work, and eats out for lunch once a week.

He normally goes for a Subway sandwich or visits the drive-thru at Tim Hortons.

"I have no choice. That's the way life is, if I want to have what I have, things I want to have. If I want to be able to provide the necessity, that's the way life is."

## Floorball championships come to Belleville in 2016

By Samantha Quinn

For the first time ever, U-19 women's world floorball championships will be held outside of European soil as announced Jan. 21 by the International Floorball Federation.

Belleville has been selected to host the U-19 women's world floorball championships, which will be held at the Quinte Sports and Wellness Centre on May 2 to May 8 of 2016.

Belleville was able to outbid a larger unnamed city in Switzerland, which will bring in more than 400 athletes from 16 different countries.

Floorball is a form of floor hockey created in Sweden in the 1970's, mostly popular in Latvia,

Australia, Canada, Germany, Ireland, Japan, Singapore, Malaysia, and the USA.

Compared to other similar sports like ball hockey, etc. floorball has much less padding and protection for the players and goalie, and has much different equipment.

"There has been a rapid growth in interest for floorball in Belleville. Before this we just had a kids team, now there are men and women from everywhere looking to join teams. We grew from 25 to 170 people," said Davis.

In the 2014 U-19 Women's World Floorball Championship, taking place in Babimost, Poland from April 30 to May 4, Belleville will be represented by Raven Tabobandung, Ashley Boulter,

CJ Tipping, and Hannah Wilson.

Of the four girls attending the 2014 games, Wilson will be the only one legible to attend the games in 2016.

"This will be big for Belleville. It will bring in many people into the Quinte Wellness Centre, and the Floorball leagues quickly growing," said Bob Millard, Business professor at Loyalist College. "I was approached in the beginning of December to become involved with students in the social media plan and organization for the 2016 games."

Since the press release at the beginning of January, seven generous volunteers from the Business and Administration program at Loyalist College have been donating their time outside of school

to help with the social media plan, being put in charge of putting together all of the media outlets such as the teams Facebook and twitter pages, videos, presentations, booths at Bull's games, as apart of the social media plan.

"Although many current volunteers graduate before 2016, there will be more students coming in for the next two years, which will give us recruiting to more volunteers which means more promotion," said Millard.

Despite their recent loss to Germany in 2012, the team has been given a second chance, now as a B-Division team in the 2014 championships. If they win, they will be ranked 8th best in the world, putting them at A-Division.

## Independent bus operators upset by report

...Continued from Page 1

McDonald was referring to a report made by Hon. Coulter Osborne, an independent Chair of the Task Force investigation of RFPs.

In that report, Osborne suggested that RFPs are not the only funding structure that could work in this case and suggests that the ministry could continue to have the process evaluated by an independent body.

Osborne's report also alludes to a risk of monopolization of the industry by big business, since small school bus operators could be put out of business under the RFP structure. A monopoly would ultimately drive prices up in the long run.

Karen Cameron, the executive director of the ISBOA, says that McDonald's correspondence speaks to the larger attitude of the ministry's position, and says that "there was no integrity around trying to learn lessons about whether or not this was in fact fair for small operators." Cameron suggests that the ministry was dismissive of Osborne's recommendations to consider alternatives to RFPs.

"Six or seven years ago, when there was the eHealth and OLG scandal, that's when everything really went sideways," says Cameron. She believes that in a bid to appear more accountable and transparent, the provincial government have overlooked flaws in the new funding structure.

A request for comment from Ministry of Education officials regarding the release of emails and documents



Photo by Emily Cumming

Sherry Parkhurst of the local Al Parkhurst Transportation, is one of the plaintiffs in a legal battle against the local school boards regarding their contracts. Under a new funding structure, local bus operators must compete for new contracts every five years under a policy called "Request for Proposal (RFP)."

was not received by deadline.

Many family-owned bus operators have been in business for generations and have been servicing the same routes for decades. In the past, contracts were negotiated and renewed privately on a case-by-case basis.

"The problem is that if small businesses lose their local routes and local business, they will go bankrupt overnight. They cannot relocate easily, in the way that multi-nationals are able to," says Cameron.

According to Cameron there have

been at least 20 school bus operator businesses in Ontario that have folded since RFPs have become the dominant funding structure in 2009.

Some question why the funding structure was changed in the first place, considering the relative low

wages earned by school bus drivers to begin with.

"School bus operators are some of the lowest paid employees of all" Cameron said. "They are pursuing RFPs on the back of drivers."

"School bus drivers transport some pretty precious cargo," said Sherry Parkhurst of Al Parkhurst Transportation, a locally-owned bus operator. "They certainly don't make the same kind of money as the guy that drives the beer truck or the garbage truck."

Al Parkhurst Transportation is one of 15 plaintiffs to take the local school board consortium to court over RFPs. They are currently operating in good faith without a contract, since a provincial Judge ordered the school board consortium to negotiate out of court.

Sherry's grandfather, Alvin Parkhurst, started the business in 1957 as a means to transport his disabled son to and from school. The business started with vans and station wagons, and now safely transports thousands of students across the Quinte region.

Gord Taylor CEO of Tri-Board, one of the consortium members that independent school bus operators in Belleville have taken to court, said in an interview that their priorities were to "provide a service that is safe, reliable and within the provincially set guidelines."

Taylor said that they wait for provincial government guidance and direction on decisions of funding structure.

"Government position is crucial."

# 'Turtles' friends until the end

By Hannah Yoon

They are the only two Turtles left in Belleville, but they dutifully meet every day to drink coffee and read the paper at their local joint, the McDonald's on Belleville's Front Street.

It's been over 40 years since Don Allen, 80, and Shaun Rafferty, 77, first became friends. Both have bushy, untamed brows that dance above their twinkling eyes. They wear identical black winter hats, bearing different turtle embellishments that signify their membership to the Turtles, a club they established for divorced men back in 1971.

It all began at Sneaky Pete's, a restaurant formerly located in Belleville's Quinte Mall, where a group of divorced men in their 40s and 50s gathered every Friday to bond over their similar life situations.

"We were all either widowed, separated or divorced. All of us. And that's the reason we were cryin' on each other's shoulders," says Rafferty.

In 1973, Allen moved to Belleville with the Air Force. He first met Rafferty at Elk's Menswear. Rafferty invited Allen out to meet the guys, and the two have been friends ever since.

The men's faces light up as they reminisce about the things they did and talked about on those Friday nights at Sneaky Pete's.

"It was a bunch of fellas that got together. We were guys that liked to complain about women, drink beer and go to dance," says Rafferty.

Between 1971 and 1973, the Turtles grew to 11 members.

Originally the Turtles were called the 'Shovel Club,' because every Friday night they were 'piling it higher and deeper,' said Rafferty.

"There was so much bullshit we had to have a shovel," added Allen, laughing.

One day, Rafferty found a stack of membership cards in his house from the International Association of Turtles. He brought them into show his clubmates, and all agreed this official club would become their new namesake. From that day forward, they were known as the Turtles.

To be a Turtle, you had to be widowed, separated, or divorced and had to answer four skill-testing questions.

"What is it that a dog does on four legs and a man does on two legs?" asks Rafferty with Allen chiming in, "and a woman does on three legs? Something to do with three legs is in there."

Both Allen and Rafferty go back and forth attempting to figure out what the questions were, as Rafferty pulls out a



Photo by Hannah Yoon

**Shaun Rafferty, 77, left, and Don Allen, 80, who have been friends for 41 years, spend time at McDonald's Restaurant. They first met at Sneaky Pete's along with nine other men and became a group they called 'The Turtles.' Only three of them remain.**

bright yellow card from his wallet.

"Here we go. What is it a lady does sitting down, a man does standing up and a dog does on three legs?" He pauses before giving the answer. "Shake hands," says Rafferty, looking around for a reaction.

The Turtles spent their Friday nights drinking seven to eight beers, going out to eat and then making the Legion their final destination. In the '70s the Legion used to host dances, though the men deny they attended for the women.

"Not that we were thinking of dating them or doing anything like that, but it's like a smorgasbord; the more you look the more appetizing it becomes," teased Rafferty.

Members of the Turtles made strong vows never to get married again; but nine of the eleven ended up either married or with a long-time girlfriend.

In the beginning it was their mutual bitterness and frustration over women that drew them together. But as time went on, and they established new romantic relationships, they realized there was more to their friendship than bonding over broken hearts.

"We could just yap about how bad it'd been the first time around and how good it was now. The women appreciated us the second time around," says Rafferty.

By the early '90s, many of the men had met significant others, and the group

slowly started to disband. Some continued to go on vacations together, and host annual Canada Day, Boxing Day and New Years Eve parties.

Rafferty met his second wife, Beverley Dubber, through another Turtle's girlfriend. This helped her to feel included in the group right away. Over the years she could see the significance of having a strong group of long-term friends.

"I think it's very important because it's easy to be isolated the older you get. It's a little more difficult to get out. There's just a real bond between them," said Dubber.

Dubber looks at the Turtles as family. They were there when Rafferty was sick, when she had no vehicle to move her

daughter to Ottawa and they were people that would support her in the most needed times.

"They've been a very, very big encompassing group of friends," said Dubber.

Today, only three Turtles remain: Allen, Rafferty, and Griff Ketcheson, who lives in Arizona. All of the other members have passed away.

"Our little bunch of turtles have lasted 40 odd years now," boasted Rafferty.

"Slow and steady wins the race," chuckled Allen.

The friends will continue to meet every morning for coffee with their newspapers in hand maintaining a bond unshaken by time.



**This week's winner of our weekly Instagram contest is Joel Watson @jwat151. Keep the photos coming!**

## Leading Ladies premieres at Belleville Theatre Guild tonight

By Sarah Vissers

Heather Barker makes her directorial debut with the comedic play *Leading Ladies* premiering Thursday night at the Pinnacle Playhouse in Belleville.

With star-crossed lovers, miscommunication, scams, a play within a play, and a tango number, Barker has tackled a big one for her first play with the help of first time stage manager, Bill Dahl.

Presented by the Belleville Theatre Guild, Barker, who has acted in past productions such as *Bed Time Stories* and *Play it Again Sam*, enjoys community theatre because "everybody's equal, everybody's the same level, everybody just wants to build something together."

"It's a really beautiful thing to see it happen and people get excited," she said, backstage after the show's well-received preview Tuesday night.

Except for reading the play by Ken Ludwig, Barker has not seen any performances of the romantic comedy before. She did not want anything to influence her directorial decisions, and she has managed to put her own twist on a celebrated play.

"It is a really well-written farce, the first time I read it I laughed out loud just reading the script," says Barker. "It's got all the good basics of a comedy. It has all of those fundamentals of things that make me giggle."

Authentic 1950s roller blades with wooden wheels were brought in for Majja Thompson, who plays the role of Audrey,

to wear. Thompson can't skate, which works for her character, but she is certainly better on roller skates than the auto parts that were mistakenly sent to the Guild at first.

The set of this production is a unique design by Dahl. It is fairly complicated and took a lot of practice for the actors and stagehands to learn how to transition.

Although lighthearted, the play is not completely without genuine emotion.

"That classic gender role of the manlyman taking over the woman, that I had a lot of trouble with at first and then started to put into the perspective that, okay, first of all, the play is set in 1952. So it is a commentary on the time," said Barker.

"It's not making light or having fun with it, it's almost drawing it to the surface that

makes it easy to watch, easy to discuss," she continued.

When it came to casting, Barker recalls that there were many good choices and a great turnout for the auditions.

"Community theatre is notorious for not having men come out. The first night was all men, it was amazing! The second night we had a mix," said Barker. "We had a lot of great talent that came out."

The sense of community that theatre creates is what Barker loves about her job.

"You have this connection over a passion of creating art," she said.

"Whether you're director or mopping the floor before show starts, there's that camaraderie there, we built it together."

*Leading Ladies* runs until Feb. 22.

# Witnessing change in Ukraine

By Sarah Vissers

A graduate of the Loyalist College photojournalism program is reporting from the frontlines of a revolution.

Marta Iwanek, via Skype interview, said she was working as a sound assistant on a film in Ukraine when protests broke out in November. She went to Kyiv that same month to cover the conflict and has been there ever since.

Being of Ukrainian descent herself and having family in the western part of Ukraine, Iwanek has personal ties to the conflict.

"It was an important time for this country and I just felt like I couldn't leave."

After President Viktor Yanukovich backed out of a trade deal with the European Union in November of 2013, people flooded the streets of Kyiv in protest. Thousands of protesters have taken up residence in the Maidan, also known as Independence Square. Protesters say they are fighting for their human rights and freedoms, which they say is valued by the European Union. Some also say that if deals with Russia are made, it will be like going back to the Soviet Union era.

On Nov. 30, last year the Berkut Special Police broke up 200 peaceful protesters. On Dec. 1, hundreds of thousands of people marched in response.

"It felt like the start of something and it wasn't just about European integration anymore, it was about human dignity and the want of people here in Ukraine for respect and for laws to actually be laws and for there to be no corruption and that's how this protest started to evolve."

The evolution of this conflict has been violent at times, but also orderly. Military-style tents are set up, with bunk beds and even kitchens inside. The Maidan is becoming like a city within a city. Everyone volunteers in some way or another,



Photo by Marta Iwanek

**Berkut Special Police attempt to clear a barricade protecting Independence Square in Kyiv, Ukraine on Dec. 11, 2013.**

from making food in the kitchen to taking shifts at the barricades, allowing their peers to rest.

"When you hear revolution, you think chaos, marauding gangs and what not," says Iwanek. "The people here, if they catch someone stealing, then they make that person give the stuff back and then publicly shame them. There's so much order here."

As images coming out of Ukraine show violence and disorder, but there is a camaraderie among the protesters that is keeping the movement alive and well, even if it dwindles at times. Iwanek thinks the holiday season may have been the reason, but fear may be a factor as well.

After the death of Yuriy Verbytsky and the beating and torture of Dmytro Bula-

tov—who was abducted from a state hospital—these fears are a real possibility for protesters.

"A lot of people are disappearing. A lot of people are scared to go to regular hospitals for fear of being taken by police."

Considering it is what Bulatov claims happened to him, the fear is not paranoia, but an actual possibility. According to

Iwanek, there have been five makeshift hospitals set up in the Maidan to provide an alternative to state-run hospitals.

"A problem here is everyone agrees the government is corrupt, that it's bad, but there is no vision for the future and a big part of that is because there is no real leader of this movement. You need a vision for the future to have real change happen and right now, it's without that and that's concerning."

It is uncertain yet how much will change in Ukraine in regard to its government, but things are certainly happening on the ground level.

"All these interesting society groups are coming out of the Maidan. People are coming here. Like there's like a library and a student centre, people meeting and talking. That's kind of helping grow this grassroots awareness. So that's really important."

Loyalist College student, Tetiana Volobueiva was born and raised in Ukraine and moved to Canada in 2006. Her father currently resides in downtown Kyiv and is greatly affected by the conflict there. She encourages him not to leave the house too often, to avoid the violence that is occurring in the streets.

"It's very ugly right now, but it's about time to express that it's not the right people controlling this huge European country."

Although Volobueiva is not optimistic about the outcome of this revolution, it doesn't mean she isn't concerned about what's going on in her homeland.

"Of course I love my country and I miss my country a lot, but I just don't see where it will get better," says Volobueiva, "and I don't want to live in a place where I can't feel secure or my future is very uncertain."

Volobueiva can make a better living in Canada than in Ukraine, and she gives what she can to her father and sometimes her friends back home.

## On the street

Samantha Quinn asked people at Loyalist College the following question:

### How do you feel about entering the workforce?



**Kayla Short, first-year registered practical nursing,** "I feel very confident because I am enjoying what I'm doing. Going to clinical twice a week at Trent Valley Lodge helps me prepare."



**Janet Ogilvie, first-year registered practical nursing,** "I feel confident and excited to enter the working world. This program teaches us everything we need to know so we can leave here doing it to the best of our abilities."



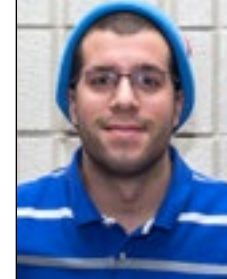
**Kristen Runions, second-year developmental service worker,** "Being almost finished my program, it is very nerve-racking...you never know what it's going to be like or what to expect until you're out there."



**Kelly Forbes, second-year developmental service worker,** "I am very excited for the opportunities that are waiting for me out there. This program sets you up with everything you will need."



**Chantal Cormier, second-year protection services,** "I'm scared to be graduated; I don't feel ready. I am only 19. I can't prepare myself for what's out there for us in the real world."



**Craig Eamon, second-year protection services,** "Having a placement for one month every semester has really helped with the hands-on experience, especially if you go into the same sort of field once you graduate."

## Editorial

# Rise in minimum wage still not enough

For the first time in four years minimum wage has increased by a paltry three quarters. This brings the lowest permitted wage an employer can pay an employee by law in Ontario to \$11 an hour effective June 1st. Premier Wynne, who made the announcement last Thursday, promises annual increases tied to the rate of inflation, but is \$11 enough?

It's not enough when over one million people in the GTA visited food banks last year, and 250,000 of those people had someone in their household bringing home a paycheque.

It's not enough when landlords in Ontario can lawfully increase rent by 0.8% this year and the average rent for a one-bedroom apartment in the province is near \$900, and over \$1,000 in Toronto.

It's not enough when the line up of people currently on the waiting list for subsidized housing in Toronto now starts at the foot of Yonge Street and stretches 225 km north to Parry Sound.

It's not enough when over 40 per cent of Canadians in their 20s still live with their parents.

It's not enough when university tuition is rising to record levels in Canada, expecting to reach over \$7,000 by 2016-17, with students in Ontario paying the most.

According to the Canadian Union of Public Employees, a full-time, full-year employee in Ontario makes 21 per cent below the poverty line. Unfreezing the minimum wage should be about pulling these people up over the poverty line, not a ploy to garner more votes in the upcoming by-elections.

Anti-poverty activists and organizations in support of living wages who called for an immediate jump to \$14 an hour were told it's too much for businesses.

Critics say raising the wage any higher will lead to reduced hours for shift workers and layoffs.

Canada is a wealthy country, so if you are one of the lucky ones who have

secured a full-time job you should be able to pay rent, put food on the table and put money in the bank.

With the cost of living going up every year, it's appalling that the minimum wage rate has been frozen since 2010 and when finally increased isn't enough to make a substantial change in people's lives.

The minimum wage should reflect the real cost of living in the province, and be increased each year according to that. The challenges of those affected by poverty, low-income earners and students should be addressed more seriously.

The fact is people cannot live on \$11 an hour.

Follow our 'Living On Minimum Wage' series found on page 3 and continuing every Thursday.

Solana Cain

# Photographers deserve respect

Send us your pictures and your stories; we want to steal them from you. But what the media industry is really saying is: We are short of staff, we are swamped and we will accept anything. We are desperate.

Recently, a Canadian newspaper asked readers to submit photos of the ice storm that hit Toronto last December, with the hope of publishing a special book to showcase the winter weather devastation and try to tell the full story.

Not only are the people submitting their photos without being compensated (except for a free copy of the book if their photo is selected), but they will probably give away all rights to their photos.

This whole idea hurts the media industry because it reinforces the notion that these days, everybody can wear the photographer or the journalist's hat.

The newspaper industry is at a turning point, with more and more staff being let go, and sadly, being replaced with smart phone photo takers, Twitter feeds, and Sunday morning bloggers.

This should alert us that if we want to keep the same standard of journalism, we need to keep employing and paying those who are trained in the journalism field.

One might say that news should not all be about revolution, war, typhoons and issues happening a thousand kilometres away, it should be about community, local events and ordinary people stories, so that's why we ask for the public's help. Well, I think we all agree on that.

There is nothing wrong with asking people for their comments or having them write about something they want to share or an issue they want answers about.

At the end of the day, journalism should be about storytelling, raising issues, enlightening people and reporting facts, all in an effort to get a better understanding of what surrounds us.

But to ask the public to submit photographs or stories for free, and to later have them published in the form of book for others to profit, that is totally misleading and sending the wrong message.

The fear is that we won't need journalists or reporters for a well-written story or a great photograph. We will agree with anything, as long as it's out on time and we can get it at no cost.

What about sources, facts, truth, rigorous analysis and experts' opinions? Not only does it hurt the news media industry and trained professionals who are trying to make a living in that industry, but it also desensitizes us to lower quality news and lowers our requirements of trusted news sources.

People are slowly becoming accustomed to lower-quality photos and lower-quality writing.

Would we accept a dentist changing the timing belt on a car, just because he is a sports car lover?

So why would we ask anybody to submit photos so we can publish them and not have the decency to pay for them? A great photo is a great photo regardless of who took it, with which purpose or with what type of camera.

But if it is a storytelling photo, a publishable photo, its creator should be paid to save the integrity of our standards.

Guillaume Nolet



## Opinion

# Story of Ukraine a complicated one

By Mitchell Ward

Drama grabs attention, and can quickly pull you into the confusion of complicated situations, before you can get the whole picture.

The current images out of Kyiv, the capital of the Ukraine, are certainly attention grabbing. Independence Square resembles a snowy battlefield from the dark ages, with armoured men rushing at each other with shields and clubs, as black smoke blocks out the sky, and stones and fireworks arc through the air.

In their position as a minority ruling party, the ministers of the Party of Regions were building a plan to enact an association deal with the European Union. Most Ukrainians were in favour of this. However, leaders of the EU stated that the government would need to solve human rights and political issues in the country before they would ratify the association agreement.

The deal fell through, and the official opposition is holding the ruling party accountable for not working hard enough to meet the EU requirements, and is calling for the resignation of the government and new elections.

The political bickering in parliament, the

failure of the EU deal, and years of alleged corruption and political imprisonment has translated into protests and marches in the streets of Kyiv and other major cities. Armoured police officers soon met the crowds with water cannons, tear gas, and rubber bullets.

Most of the protesters are deeply patriotic, have an allegiance to a specific political party, and see the government response to their actions as deeply offensive. They are resisting, and have dug in. In Independence Square, people have built barricades with sandbags full of ice and snow, and teams break up paving stones and construct Molotov cocktails to hurl at the police lines. This is what makes up the majority of images that flood online news galleries.

Among the opposition parties is one named Svoboda, or Freedom party. Of all the parties in parliament, they are the farthest to the right. They claim that they have no association with fascism or other undesirable politics. But their platform is contradictory. They appear obsessed with building a country for ethnic Ukrainians. Everyone wants a home, but building one that is exclusive to immigrants, foreign languages and products is unrealistic

and backwards.

More worrying though, is that hiding among their ranks are supporters who associate with fascist ideologies. The party doesn't acknowledge this, but they are obviously attractive to hardcore, likely fascist, nationalists.

In photos posted online, there are many clues to the existence of fascists fighting among the other protesters. In one photo, a man was attempting to hang a white nationalist flag in an occupied government building, unhindered. In others, several men had spray-painted neo-Nazi codes onto makeshift shields.

These people make up a mere fraction of the rest of the protesters, but they feel safe enough to display their allegiance in public.

Fascism should have died along with the dictators of the past decades, but unfortunately it is a very hard ideology to destroy. It breeds in conflict, and can be hidden by clever politik speak, and accepted by people who feel a firm handed solution is needed for uncertainty.

If the people and the politicians of Ukraine wish to move their country forward, these dangerous individuals should never be given a chance to get a foot in the door.

# TV show Bachelor a swirl of shallow values

By Julia Karpiuk

Week by week, audiences get comfortable witnessing bachelor Juan Pablo fail to give out a rose to girls who just weren't right for him. The hit reality show, *The Bachelor*, is probably the most direct version of broadcasting the quest for love.

For those of you who aren't familiar with the show, it revolves around one man - the bachelor - who is on a quest for a soul mate. This journey is embarked on through a 12-week elimination process and accompanied by 27 girls handpicked exclusively by the producers of the show.

This season features Pablo, the handsome former soccer player and father. These women are determined to win Pablo's heart but really, what North America is watching is a manifestation of

shallow values. Most women on the show rarely get a chance to experience real alone time with him until the later rounds of the show. In the meantime they just focus on the obvious features that Pablo has to offer.

Perhaps the more concerning indication is that these women don't care for traditional courtship. The Bachelor is a testament to a generation of women who are so willing to get hitched they are blindsided to the flaws of the situation. They are willing to watch the man they hope to marry engage with several other females in hopes that they shine through enough to win the grand prize of marriage. Is this a group of hopeless romantics or just women lacking self-respect. On the other hand, has anyone ever considered the pressure on *The Bachelor*?

"I hope Juan Pablo wouldn't be interested in someone who is trying to steal the show," was a comment made by a contestant in a recent episode. Being the centre of so much attention and the potential of developing a real connection with someone who could be a keeper just doesn't seem realistic.

The network has put Pablo on a pedestal and is hoping for the best. A recipe for disaster? Very likely. Out of all 17 seasons of bachelor productions, only two couples got married and are still together.

Watching the show, I genuinely believe that at the core, these women are there to find love. And by broadcasting this search, the hopeless optimism of these individuals is being abused for our entertainment value.

# 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.

# INFOCUS

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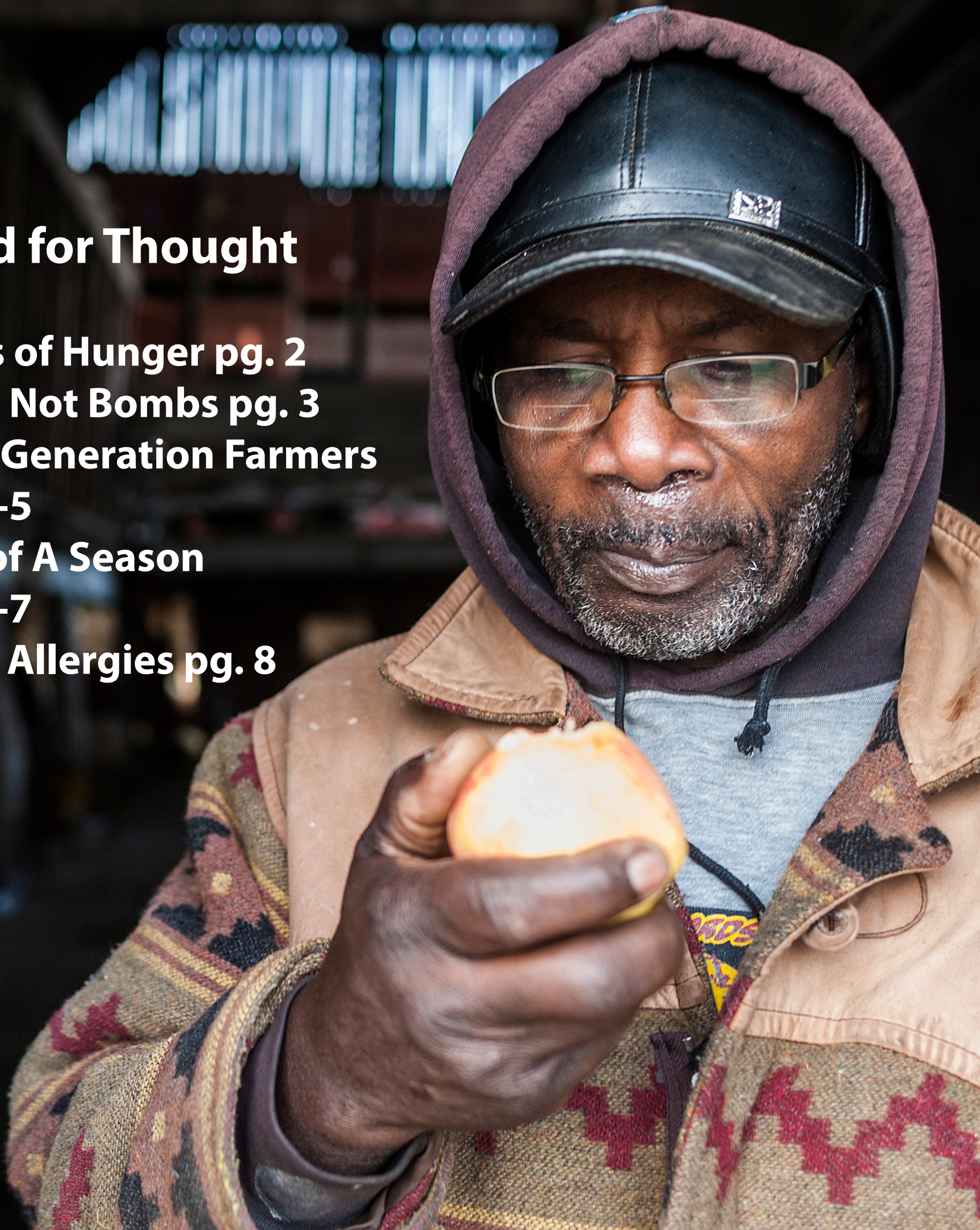
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Myaha Tripp waits for her mother to come out of Bridge Street United Church in downtown Belleville with her frozen meals. Meals are given out from the foyer of the church every Friday, as part of the food aid programs that the church runs throughout the year.

# Faces of Hunger:

## Food Security in Prince Edward County

Photos and Story by James Wood

When someone first arrives in the city of Belleville, it looks like any other part of southern Ontario. A belt of farms surround the city. During harvest time you can see combines collecting from fields along Moira Street and Wallbridge-Loyalist Road

The city's farmers market takes place in front of City Hall four times a week, with farmers from around the region displaying fresh produce and meat.

With all this food on display, you wouldn't think that 10 percent of the local population can't afford to eat properly.

To understand food security, you must know what it means. Food security is having steady and stable access to healthy food. Food insecurity is the lack of steady access, which can lead to poor health.

With that in mind, it is shocking to learn that Hastings and Prince Edward counties have the highest rate of food insecurity.

"The root causes of food insecurity really go back to the resources available to the families" said Dr. Ian Sutherland, one of three co-coordinators of Inn From the Cold, a meal program that delivers substantial food aid to the community.

"To be more specific, the amount of money they have," said Sutherland.

Low income families will often spend the money they have on living costs such as rent and bills, before buying food.

A study done in 2011 by the Prince Edward and Hastings Health Unit found that basic living expenses came before quality food choices. The study found the cost to feed a family of four was \$178 a week, or \$770 a month. A family of four with two average incomes spends about 16 percent of its income on food.

Sylvianne Baraly eats in the gym of the Bridge Street United Church, during the free dinner put on by Inn From the Cold, a food aid group based out of the building. Baraly regularly uses food services around Belleville, and enjoys coming to Inn From the Cold for the friendly atmosphere and good food.



A family of four with only one source of income needs to spend about 29 per cent of their income on food. A family of four receiving money from Ontario Works, the provincial social assistance program, however, needs to spend about 38 per cent of their income on food to maintain a basic nutritious diet.

Food prices have risen by more than 30 percent since 2000, making living situations for lower income families and individuals more difficult.

What does this all come back to?

"Monetary reasons for one," said Steve Fralick, who uses the many meal services at Bridge Street United Church. Fralick, 56, is a resident of Belleville and lives in supported housing. He has a monthly income of 850 dollars a month, with 500 of that amount going straight towards the rent for his apartment in downtown Belleville. He shares rent with a roommate, whom he rarely sees, and the rest of his income is used to buy groceries, alcohol, and cigarettes.

Fralick tries to avoid relying on food aid. "I try not to use them too much but some months are tighter than others."

There are four cupboards in his kitchen. Two are for communal items, two are for food, one for each roommate. Fralick's cupboard is sparse, with soups, spreads and canned goods taking up most of the space.

"That's what I'm supposed to live off for the month,"

Fralick said he borrows from his friends when he is low on food, but gets caught owing them, and has to worry about paying them off next month when he receives his next cheques. "It's a vicious cycle."



Brenda Ross receives her meal from volunteers at Bridge Street United Church, given out as part of the food aid program run from the church.



John Serson watches as a volunteer picks up a frozen meal. Serson regularly uses food aid services in Belleville to keep him and his mother fed and healthy.



Ken McClarence leans in close to examine the frozen meals being offered at Bridge Street United Church. McClarence and his roommate will often use food aid services in Belleville, as they cannot afford to buy groceries on a regular basis.



Emily Sanderson, a worker at Vickis Veggies in Milford, Ont., hands over a bag of carrots to Christine Renaud. Renaud collects the 'seconds', vegetables considered unfit to sell due to imperfections, on a routine basis. She collects the vegetables to make soup for her Food Not Bombs chapter in Picton, Ont.

# SOUP NOT BOMBS

Photos and Story by Mitch Ward.



In 2013 the Children and Youth Services Network released a report highlighting that Prince Edward County and Hastings County in Ontario, Canada consistently had the highest level or second highest level of food insecurity in the province.

Food insecurity is defined by Health Canada as "the inability to acquire or consume an adequate diet of quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do."

For Christine Renaud, who lives in Milford, Ont., and works at the library in Picton, Ont., that statistic was disturbing, and it was surprising. How, in a county like Prince Edward, a county with hundreds of farmers' fields and sprawling pastures with cows and sheep, can there be any sort of food insecurity at all?

There are multiple answers to that question, but for Renaud, she simply wanted to do something to help, so in the summer of 2013, Renaud founded a chapter of Food Not Bombs for Prince Edward County.

Renaud had first seen a Food Not Bombs group in action in Toronto, where she lived for several years with her family, at protests and occupations in the city. So when Renaud wanted to try to fight the food insecurity issue in Picton, she decided that a Picton chapter of Food Not Bombs was in order.

"I got involved in Food Not Bombs because I wanted to do something that was direct action and I also happened to be a vegan cook, so that seemed like a natural fit for me."

Food Not Bombs is not much of an organization. That's the point of it. As an organization, there is no formal leadership, no titles given to anyone, and no top to bottom structure. That was how the founders of the group wanted it when they started in Cambridge, Mass. in 1980. Everyone involved is a volunteer, and groups evolve over time. With that structure, anyone can start a chapter who wanted to.

Food Not Bombs, as an organization, is simply a collection of independent chapters of volunteers in cities all over the world, who collect food donations and work to reclaim food that would otherwise be wasted, in order to produce vegan meals to feed to any person who needs healthy food. In most cities the groups focus on feeding the homeless and the poor, but anyone is welcome to eat.

Renaud founded the Picton chapter in August of 2013. In the recent cold months, she has been able to move the group indoors, serving food in the basement of the Picton library.

The main issue concerning the group however is a lack of available volunteers.

"The group here has a fairly decent number of people, but they're not super committed. They're great people, it's just they have a lot of things going on. There aren't enough young people engaged, that's one of the real problems."

Renaud has found a handful of local food producers who have agreed to donate leftover food to the Food Not Bombs cause. The group, despite a volunteer shortage, continues to consistently put on a Free Soup Fridays at the library.



Clockwise from bottom:

Christine Renaud (centre) works in her dining room in Milford, Ont., preparing vegetables with two of her grown children, Kevin (far left), and Sarah (left), and their partners, Justin Tanner (right) and Summer (far right). The people who prepare the food are different almost every week, as the Picton chapter is low on committed volunteers, which is frustrating for Renaud.

Christine Renaud talks with Lenny Epstein in the library in downtown Picton, Ont.

Donated vegetable are prepared in Christine Renaud's dining room in Milford, Ont. Renaud collects donations on a regular basis from local farmers and other food producers.

Christine Renaud and Jennifer Warr prepare vegetables to be made into soup for the Food Not Bombs chapter in Picton, Ont. Renaud routinely uses the kitchen in the Prince Edward Learning Centre, where Warr works.







One day, Justin and Andrea Hilborn hope the revenue from their farm will be significant so Justin can quit his day job.



Once a week before going to work at her naturopathic clinic in Kingston, Andrea Hilborn loads up with fresh eggs to be delivered to her customers in the city. A naturopathic Doctor she believes a healthy lifestyle starts with a healthy dietary practices.



Twice a day, in the morning and in the evening, Justin makes sure the pigs have enough to eat. On average, a pig eats eight pounds of feed daily when it approaches finishing weight, which means it is ready to go to slaughter.

*“We came to farming because we love being outdoors, we love making things grow and we love food.”  
-Andrea Hilborn*

# New Generation of Farmers

Photos and story by Guillaume Nolet

Last summer, when Canadian giant grocery retailer Loblaw merged with the country's biggest pharmaceutical chain, Shoppers Drug Mart, many saw it as the end of competition and of choice in the Canadian food industry.

There are a growing number of Canadians who believe that buying local is better for the local economy but also a plus for the environment.

Andrea and Justin Hilborn are a great example of doing just that. Not only do they buy local, they raise and sell meat on their 80 acres of farmland, near Moscow, 30 kilometers west of Kingston, Ontario.

Both in their mid-twenties when they purchased their property, the Hilborns wanted to get away from the city and live a more sustainable and healthier lifestyle.

“We wanted to do farming because we love being outdoors, we love making things grow and we love food,” says Andrea Hilborn.

Their love of food and farming started in their teenage years when they became interested in environmental justice and sustainable food movements.

“More and more people want to know where their food comes from and look for healthier choices,” says Justin Hilborn.

According to the Business Development Bank of Canada report released last October, “half of Canadians consider the health impact of a product when making purchasing decisions and one-third are willing to pay a premium for healthy products.”

Running a mixed farm with emphasis on pasture-based farming, the Hilborns sold out of all their meat this year.

The Hilborn's farming technique means their animals live outside and are rotated to fresh pasture daily, in a way that maintains the land and allows the animals to live a more natural life.

“Our animals eat GMO-free (genetically modified organism-free) grain in addition to legumes, grasses, weeds, insects and probably small frogs out in the pasture,” says Andrea.

The BDC research also shows that 96 per cent of consumers who buy local do so to support local farmers while 93 per cent do it to create local jobs.

According to Sustain Ontario, a province-wide charitable organization that promotes healthy food and farming, “if every household in Ontario spent \$10 a week on local food, we would have an additional \$2.4 billion in our local economy at the end of the year and create 10,000 new jobs.”

In other words, the multiplier effect, the amount of local economic activity generated by the purchase of any one item, of buying local food is 2.4.

The Hilborns are tightly connected to their local economy by using a nearby meat processing facility and butcher for custom meat preparation. They also pay local farmers to help them with seasonal farm tasks.

“Our meat travels less than 5 kilometers from our land to the meat facility. Can't be any fresher than that,” says Justin Hilborn.

Studies have shown the positive impact of buying locally in the overall health of the economy.

Even if a larger amount of consumers are buying local and their behavior is having a positive impact on the economy, the average

consumers are too often disconnected from the food that ends up on their plate.

In June 2012 when The Telegraph surveyed 2,000 British adults online, more than a third of 16 - 23 year-olds, 36 per cent did not know that bacon comes from pigs and 40 per cent failed to tie milk with an image of a dairy cow.

Young farmers Andrea and Justin Hilborn are one proof that buying local is sustainable. Next year they will expand to 10 beef cows and probably double their amount of pigs. They also have plans on fixing their barn so they can accept more turkeys and chickens, which will increase their egg production and insure higher revenue around Thanksgiving time.

The Hilborns are looking forward to the day when their customer base has increased to the point where Justin can quit his day job and focus only on the farm business.

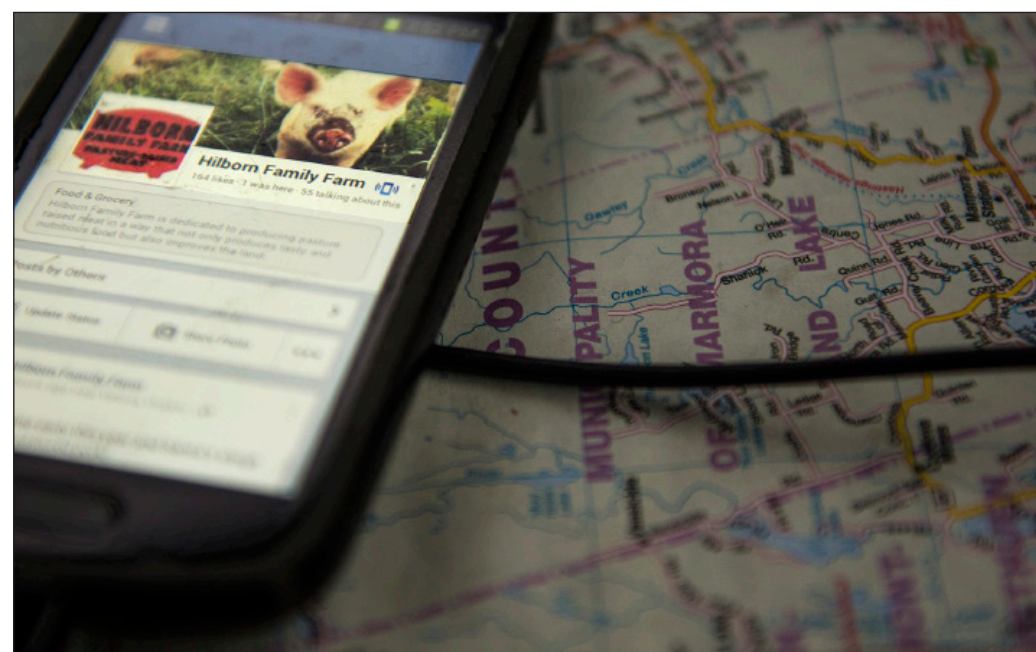
“We hope to be the number one name in grassfed beef and pastured pork in the region,” says Andrea Hilborn.



Coming back from the barn where he picked up fresh eggs, Justin meets up with his wife Andrea, who is texting on the porch of their house.



This year the Hilborns raised a dozen pigs to be sold to customers, 20 turkeys, 175 chickens and three beef cows.



The Hilborns rely heavily on social media to promote their farm business. Everyday they update their web content with photos and news on their experience in growing healthier food.



Pasture based farming means the animals are rotated daily on fresh pasture. Justin is moving a rolling pen he built which allows turkeys to feed on new grass everyday in a way that maintains the health of the land and allows the animals to live a more natural life.



Justin and Andrea relax after dinner in the house they built from scratch just over two years ago. Some of their furniture including their woodstove was purchased second hand. Living off the grid allows them to save hundreds of dollars each year in heat and electricity alone.

This column, clockwise from photo at right.

The workers rest in their dormitory at Wilmot Orchard.

Calendar Inniss sits under a tree during his lunch break.

Joseph Bradshaw and Calendar Inniss take a break in the barn at Wilmot Orchard during their last shift of the season.

Joseph Bradshaw directs co-worker Calendar Inniss while working their last shift of the season.

Wilmot Orchard's barn and trailer at night.



# End of a Season

## A Story of Two Pickers

Photos and story by Justin Greaves

An orchard is something we drive by day after day, giving it little thought. Maybe we enjoy the novelty of 'picking your own' apples or berries from time to time, but generally we don't stop to think about the orchards.

While driving by row upon row of trees, you might catch a glimpse of a worker on a ladder, picking fruit. Who is he? Where does he live? How does he cope with the strenuous work?

The life of a seasonal worker can be one of loneliness, desperation and isolation from family and friends. But employers like Wilmot Orchards in Bowmanville, Ont. have created a tight-knit community, making the workers feel more comfortable and at home.

Thousands of temporary foreign workers or TFW are employed every year in communities throughout Canada. Many come from other countries that participate in the Seasonal Agricultural Worker Program, SAWP.

For Joseph Hackett and Athelbert Callender, it was an ad in their local paper in Bridgetown, Barbados that led them to Wilmot Orchards.

"I'm a carpenter, but I needed more work, so I saw the ad and decided to work away from home," says Hackett, who has been working at Wilmot's for over 10 years.

Both Hackett and Callender surpass the requirements of the Canadian immigration laws with flying colours. They have more than a typical salaried labourer. Callender has his own exterior painting business in Barbados, and Hackett has been working in the trades in Barbados his whole life.

In early April, Hackett and Callender fly from Barbados to Toronto where their boss Charles Stevens, owner of Wilmot Orchards, meets them and takes them to Bowmanville. "Both Callender and Hackett really know where their heads are at. They pick a direction and do it," says Stevens.

Stevens bought the farm in 1976, and planted his first tree in 1979. Unlike most orchards, he hires the same team of men every year to work on the farm.

Both Hackett and Callender come early April every year to help prepare the farm for the upcoming season. The two were chosen because of their comradery with each other and all-round ability and knowledge of farm life.

When the summer time comes, more temporary foreign workers arrive to help with the apple and berry picking. At the peak of the picking season, Wilmot will have up to 25 workers. Some bigger orchards like Algoma in Bowmanville, have over 150 employed TFWs.

"We're a close group of guys. We live in a trailer together and get to know each other," says Callender.

In late October, the frost comes and the number of the men at Wilmot starts to dwindle. Week by week they fly home, which is all paid by Stevens. But Callender and Hackett continue, taking advantage of their eight-month eligibility.

"I do miss my family back home, but I've been coming and going from Canada for so long that I'm used to it. It's just the way it is," says Callender.

"I keep coming back because this is a good job. It's part of my life now. I have friends here, some then moved here from Barbados. It's good," says Hackett.

Hackett and Callender are a lot more than just men who pick fruit. They're hard working people who give their time and effort into their work and the community.

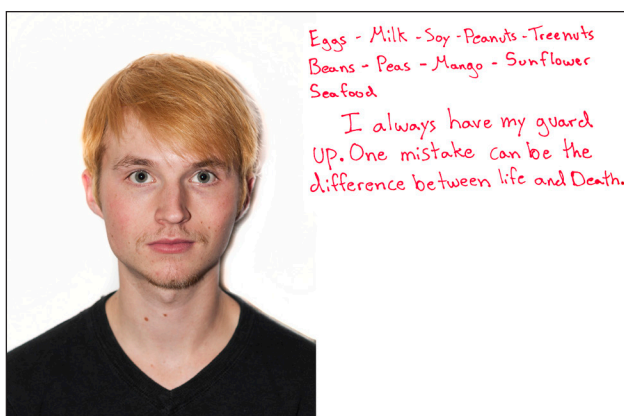
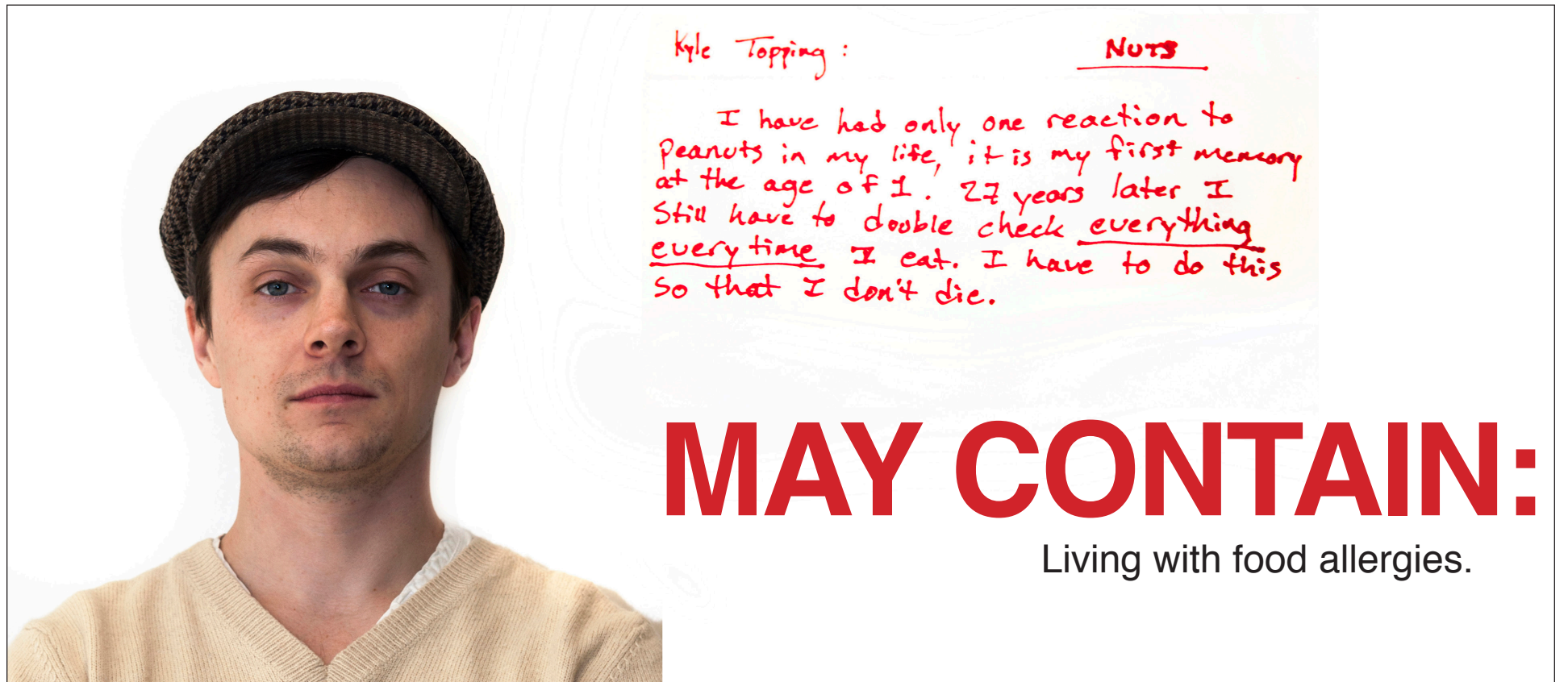
Whether it is working in rain or shine, or supporting the town of Bowmanville, they love what they do and the country of Canada.

Hackett and Callender will return in early April to start prepwork for another season at the orchards at Wilmot.

Above: Joseph Bradshaw and Calendar take a walk down a row of apple trees.

Centre left: A group of friends from both Barbados and Canada meet up for dominos and drinks in a trailer at Algoma Orchard.

Bottom left: Calendar Inniss wears a balaclava during the final week of apple picking.



### Photos and Story by Dayna Lefebvre

Living with a food allergy, intolerance or sensitivity can be a stressful challenge, and it's a challenge that over 7% of Canadians deal with every day; and that number is rising, according to a 2012 study published by the Journal of Allergy and Clinical Immunology.

Food allergies can range from mild to severe. The worst kind of reaction is an anaphylactic reaction, which can cause swelling of the throat and, in severe cases, death. Every three minutes someone in North America is sent to the emergency room because of a food related reaction.

But the effects of food sensitivities run deeper than just the physical side of having a reaction.

Many individuals with serious food allergies must live a cautious life due to cross contamination issues. Something as simple as grabbing a coffee with friends or a romantic dinner date can become impossible, which results in social and emotional consequences.

"It's the worst on a social level, people think you're crazy," says Chrissy Poitras, 29, who is an artist and teacher with a serious alcohol allergy. "Most of the time for me when I go out, I say 'no, I don't drink,' then I have to go on the whole spiel and people press the issue. They can't let it go. I think it freaks people out."

Brandon Whaley, 22, cannot eat any dairy or cocoa because of ulcerative colitis, says it's not something he enjoys discussing in a public setting.

"Something as simple as an offer of food can make things awkward," he says. "There's just so many limitations that you have to deal with that most people don't even think of."

The trauma of having a severe, hospitalizing reaction can stay with an individual for years, shaping who they are as a person and governing how they react to the world.

"I can describe the room I was in," says Kyle Topping, 29, who is an artist and teacher. Topping has an anaphylactic allergy to nuts, and has had a reaction to peanut butter occurring when he was just one year old. "That's my first known reaction, and my first memory."

Travis Whaley, 21, has severe anaphylactic allergies including dairy, soy, beans, peas, tree nuts, peanuts, sunflower and seeds. "It's caused a lot of damage," Whaley says. "I got a lot of 'you can't have this, oh man, your life sucks, I'd just kill myself if I were you.'"

On a social level, being 'the kid with allergies' can be scarring, especially in elementary school where bullying is such an issue.

"I had to eat lunch in the library because in the classroom there were always people eating peanut butter," Topping explains. "That started a long chain of social ostracization for me. Like 'you're the kid who eats in the library with your two friends, nerd.' That sucked."

Travis Whaley recalls similar situations from his childhood.

"I desperately wanted to be normal and people to see me as normal," says Whaley. "All through public school I was the allergy kid. I purposely went to [a different high school] to start my life over again. I didn't want to be branded; I didn't want anyone to know. Because being branded by your most negative feature sucks."

"There's positive. I'm so thankful for life... but I'm also hateful," continues Whaley. "I'm a very guarded person because of it. One little mess up could be the end of my life. So, yeah, the shields are up."

Whaley has had nearly a dozen life threatening hospitalizations between his severe asthma and allergies. "I've been very susceptible to panic attacks, stress level has sky rocketed," Whaley explains. "As I got older, you almost feel like you're safe. But then the violent reaction flipped my life around."

Other than his first reaction, Topping hasn't had any. "I'm really happy about that but it's a catch 22 in the sense that I'm more nervous about it, because I don't know what anaphylactic shock is like anymore," he explains. "In my brain, sometimes I think I'm just going to maybe just explode if I eat peanuts. I have no life experience for what it would be like. That's scary."

One study suggests that children and adults with food allergies are more likely to suffer from anxiety, panic attacks and depression.

However, there is little information published about the social and psychological effects of growing up with a food allergy or intolerance.

"I talk to doctors about it and they say I'm lying," says Poitras about her alcohol allergy. "They refuse to listen to me. So I just don't bother."

The reason for the increase in food allergies is still unknown.

### Top to bottom

**Kyle Topping, 27, from Picton, has been allergic to nuts his entire life and it has had a significant impact on his personality.**

**Travis Whaley, 21, from Trenton, has had anaphylactic allergies to several things for all of his life. He spent most of his childhood and early teens in the hospital between his allergies and asthma.**

**Chrissy Poitras, 29, from Picton, has had her social life be affected by her alcohol allergy.**

**Brandon Whaley, 22, from Trenton, has ulcerative colitis which restricts his diet. He was diagnosed in his early teens.**

**Rita DeMelo, 50, has had a gluten intolerance for years.**

