



Photo by Calder Sidley

Student volunteers (from left) Madison Peddle, Emilie Coutts and Kelly Schirmers watch a Hastings Prince Edward Public Health employee extract the Pfizer COVID-19 vaccine into a syringe. Student volunteers have played a large roll in helping the clinic within Loyalist College operate smoothly.

Vaccines rolling out at Loyalist

By Calder Sidley

Two weeks shy of a full year since COVID-19 mostly closed the doors of Loyalist College, it has opened them again to become the only post-secondary school running a vaccine clinic in the province so far.

The COVID-19 vaccination clinic at Loyalist's gymnasium has now been running for a week and a half, with an estimated goal of giving 1,000 people a day their first shots.

The clinic opened Monday, March 1,

after Loyalist partnered with Hastings Prince Edward Public Health to provide a clinic space for the first phase of vaccinations in the region, focusing on priority essential health care workers, residents over 80 and long-term care staff.

With the first day being a successful trial run of 130 patients, that number would more than double to 400 patients on the second day. As bottlenecks and system bugs were found and fixed, the number of daily patients was expected to increase over the week to try to reach a goal of 1,000 vaccines per day, or one vaccine every three minutes.

To keep up with the number of patients, the college has designed a five-stage system with the guidance of HPEPH. Patients enter through the main entrance also used by students. Patients are screened with the same questions that Loyalist students are asked when entering, and then, they are diverted to a registration desk or to the socially distanced waiting line. After registration, the patients are guided to a seat in line with the station where they will be soon vaccinated. There are currently five stations, and there are plans to increase this to a total of 10.

Once vaccinated, patients will be

brought to "the observation area", a well-lit windowed dining hall filled with the aromas of the cafeteria attached to the exit. In the observation room, patients can watch TV as they are observed by student paramedics for any signs of a negative reaction, but so far, there has been none.

A patient can expect to be at the clinic for 30-45 minutes, depending on site traffic and the observation period.

The many moving parts of this operation individually can be complex, but the overall idea is simple. Loyalist handles the logistics/staffing/parking/site flow and building maintenance, so HPE Public

Health can focus on the vaccine.

The conversation about using Loyalist as a clinic began between the college and the health unit in mid-February and was originally planned to start at the end of April/ beginning of May, because of supply chain issues for the vaccines, although correspondence between the two has been happening for a while. All health and safety measures for Loyalist have gone through Public Health since the beginning of the pandemic, with bi-weekly correspondence to keep each other up to date.

...See Vaccines, page 2



Photo by Chris Donovan

World Press nominee

FLINT, Michigan, USA (27/02/20) - Jaguars player D'Angelo Mays plays with a basketball in his bedroom at home. The Flint Jaguars basketball team in Flint, Michigan, USA, embodies efforts to nurture stability, encourage mutual support and strengthen community spirit in a city struggling to survive. This image is part of the project Those Who Stay Will Be Champions for which Loyalist College Photojournalism graduate Chris Donovan has been nominated in two separate categories, Photo Story of the Year and Sports, at the prestigious World Press Photo Contest. The nominations were announced Wednesday.

Photojournalism graduate receives prestigious nominations

By Daniel Geleyn

Chris Donovan, a 2017 graduate of the Loyalist College Photojournalism program, has been nominated in two separate categories by the prestigious World Press Photo Contest.

Donovan's work was selected in two categories, Photo Story of the Year and Sports Stories, for a project he started working on as a student at Loyalist, Those Who Stay will be Champions, about the Flint Jaguars basketball team in Flint, Michigan. The nominations were announced Wednesday.

"When I first arrived in Flint at the beginning of 2016, I was a naive student set on documenting the injustice of a water crisis that continues to this day," says Donovan. "I quickly realized that my portrayal of Flint was one-dimensional and just fed the popular narrative about Flint as a place in crisis. There's no question that people in Flint have overcome some systemic injustices that can't be ignored, but this city is not a crisis. Although as I fell in love with Flint and its people, I knew I wasn't ready to leave. I also knew that I couldn't continue to tell the same tired story over and over again, so I decided to focus my lens on something positive. Flint produces an exceptional number of professional basketball players for its size and it maintains an incredible culture of basketball excellence.

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Photo by Daniel Geleyn

George and Darlene Conboy, at the George & Darlene Conboy & family Maple Syrup Farm, are preparing the evaporator, which reduces the maple sap into sweet syrup. George and his cousin Mel are the two maple syrup producers in the small central Frontenac village of Sharbot Lake. Both of them have between 1500 and 2,000 taps per year. The Conboy family has been making maple syrup in Sharbot Lake for 145 years.

Maple syrup a sweet tradition

By Daniel Geleyn

The Conboy name in the small central Frontenac village of Sharbot Lake has long been associated with maple syrup and that tradition continues with the new spring flow of sweet juices.

It was 1876 when Oso Township granted J. Conboy, great-grandfather of George and Mel Conboy, the parcel of land where George currently lives with his wife Darlene, just north of Sharbot Lake. The farm has been passed down the generations for the last 145 years.

"Now I have four sons and seven grandchildren, with one more in the oven, so that is six generations now," says George Conboy.

In December 2020, a large maple tree on George's farm that had recently died because of tent caterpillars was cut down. By counting the rings on the cross-section, it is estimated that the tree was about 200 years old. The cross-section also shows the multiple taps done on the tree over the years, with the oldest tap being done when the tree was about 50 years old, or

around 1876 when the Conboy family first arrived there.

George also raises beef on his farm but the maple syrup keeps him busy.

"The maple syrup is seasonal but it is year-round to some extent too because you're cutting wood and working in the bush. Our sales are year-round, we have people coming here almost every day," he says.

Less than a kilometre away, Mel and Joyce Conboy run the Oso Sweet Maple Farm, along with the help of their son Clayton.

"My grandfather bought this place in 1926 for my father. He actually bought a farm for each of his sons," says Mel.

"While our name 'Oso Sweet Maple Farm' is relatively new, our family has been producing maple syrup on our farm for three generations," says Joyce. "Each generation learned from the one before, and so syrup season has been part of our lives from the very beginning."

Mel and Joyce's son Clayton is a full-time firefighter in Ottawa but he likes helping his dad in the spring as

'The maple syrup is seasonal but it is year-round to some extent too because you're cutting wood and working in the bush. Our sales are year-round, we have people coming here almost every day.'

George Conboy

something they can do together. He plans on taking over the farm at some point.

"Like all businesses, we have been impacted by the pandemic with a reduction in tourism sales and bulk sales. We have appreciated our loyal customers who have continued to support us through curbside pick-up throughout the year," says Joyce.

George and Darlene have been living and working on their farm for over 40 years and they, along with their four sons, are also looking forward to another syrup season.

They feel the same way about the pandemic. Their favourite weekend of the season is the Maple Weekend, normally the first weekend in April, when they host visitors at their farm to visit the facilities and enjoy many maple syrup products from their farm and other local vendors.

"It's too bad it's cancelled again this year, (but) it's for the best I think," says a resigned George.

"Taking part in Maple Weekend over the years has given us the opportunity to showcase our farm and provide tours and information to the many guests who attended. COVID-19 has made it impossible to offer this event for the past two years but we hope for its return once the pandemic is under control," says Joyce at the Oso Sweet Maple Farm.

Despite the negative impact of the pandemic, it is clear that producing maple syrup is a family tradition that will

continue to thrive in the Conboy family. "We love working in nature, creating the first taste of spring and looking forward to visits and interaction with customers and community members. There is a feeling of accomplishment and camaraderie, knowing that our contribution adds to the success of this community," says Joyce.

"Everyone in the family has a role to play in our syrup operation. With the help of technology, the grace of nature, and lots of hard work, we are excited to enter into this coming season, and look forward to providing an excellent quality product for our customers," she adds.

"Two of our sons are right beside us here and the other two are a little farther away, but they all help during the season so we are not worried about the next generation," says George.

Their grandkids love helping at the farm as well, especially as their role now is to be the official tasters.

"It's like the first taste of spring, says Mel Conboy. "It gets in your blood a little bit. When you do it that long, you get to look forward to it."

Vaccines...

Continued from Page 1

With some of the vaccine supply chain issues suddenly resolved, the staff stepped away from their regular jobs to work on getting the clinic set up and running in a matter of days. The Pfizer vaccines being used were originally stored in Kingston because of their delicate nature and special requirements. Quinte Health Care was able to upgrade to have a second refrigerator to meet the requirements to store the vaccines and can now keep them closer to the clinic, instead of staff having to travel to Kingston and back every day to get them. This greatly improves the area's ability to remain supplied with the vaccine.

The reason for such a strong bond between Loyalist and Hastings Prince Edward Public Health is the college's considerable services able to be offered, officials say. The college already contains its own hired security. College and health unit staff say it also has a large controllable area capable of handling the distancing guidelines with the size to fit the patients. It also has a cafeteria and lounge room area for staff and

bathrooms. Having the basics of infrastructure and most of the logistics covered by the college was exactly what the HPEPH needed, officials say.

"I just about fainted when I saw what Loyalist was willing to offer," explained Ann Louise Bailey, professional practice co-ordinator for Hastings Prince Edward Public Health.

Belleville is also in a very strategic location to serve the surrounding area, clinic organizers say. Trenton, and Tyendinaga are both easily accessible by two different highways and should lead to the clinic reaching its goal of 100 per cent of the 160,000 residents of the health unit's catchment area vaccinated, although officials say they are expecting only 70 per cent to volunteer to get it.

"It is a pleasure to work with the health unit. It is an opportunity to help move our community closer to eradicating COVID 19," says Lisa Lynn, Loyalist occupational health and safety co-ordinator.

Not only does the college have the opportunity to give back to its community, it is also providing an opportunity for students in the many health programs in the college. With most of their semester being moved to online and distance learning, the vaccination

clinic offers an exciting, hands-on learning experience. Students are able to work collaboratively with different departments, build relationships within those departments, put names to faces and add COVID-19 clinical experience to a resume. Starting in a supporting role, the student volunteers will become more involved in the vaccination process and begin earning a wage from the college and to continue working with the clinic outside of school time.

"Intersectional collaboration" is the term used for the group effort being made, explains Emilie Coutts, a RN/BSc student volunteer. Asked why she volunteered, she replied, "It is exactly what I want to be doing, and great hands-on learning experience for the future. And being at the college, it is a great opportunity that is accessible and within reach right now."

Students received an email request for volunteers on the previous Friday, and those able to attend had opening orientation on Monday morning. Volunteering to keep her skills sharp and still serve the community while waiting for the next part of her program that has been delayed, EMS student volunteer Brittani Roberts adds, "It is exciting to be a little part of history."

Donovan...

Continued from Page 1

"Flint is a place like any other where people experience the full gamut of human emotion - joy, sadness, success, loss, warmth, sorrow, etc.," Donovan added. "In the mainstream portrayal of Flint, I felt like many of these things were often missing. The Flint Jaguars are the last remaining high school basketball team in Flint - a city of under 90,000 that was once home to more than 200,000 people. There was once a fierce rivalry between four high schools in the city that drew massive crowds to local games. The crowds have been drawn further out of the city as outmigration exacerbates school funding issues in Flint.

"The talent and drive, however, are still very alive in Flint. The title of this work 'Those Who Stay Will Be Champions, comes from a quote written above the locker room of the Flint Jaguars at Flint Southwestern High. This quote is not just a reminder to the students about what they are fighting for on the court. This is a challenge issued to these young men that says, if you stay, you will be championing this community - you will be champions."

Donovan is a documentary photographer and member of Boreal Collective, currently based between Toronto and New Brunswick, Canada. Inspired by his industrial hometown, Saint John, on Canada's east coast, his work focuses on the intersection of community and industry. This area of interest has led him to work extensively in Atlantic Canada and in Flint, Michigan.

Donovan works mostly on long-term documentary projects and places importance on active engagement with the communities that he photographs.

He is currently working on three book projects.

The first, Stay Solid or Move West, is a diaristic look at Maritime culture and sense of belonging in Toronto. Those Who Stay Will Be Champions follows the Flint Jaguars high school basketball team and highlights the culture of basketball excellence in Flint, Michigan. The Cloud Factory documents his hometown of Saint John and explores issues of environmental classism in a city that relies on environmentally harmful industries for survival.

Donovan's work has been recognized by Pictures of the Year International, the Alexia Foundation, the Sony World Photography Awards, the National Newspaper Awards, the National Gallery of Canada, and the News Photographers Association of Canada, including being named Canadian Photojournalist of the Year in 2017 and 2018. His editorial clients include The New York Times, The Washington Post, The Globe and Mail, Maclean's Magazine, ESPN, and others.

He is currently working toward an MFA in Documentary Media from Ryerson University and previously studied Photojournalism at Loyalist College and Fine Arts at Mount Allison University.

The World Press Photo Contest recognizes the best visual journalism of the last year, rewarding images and stories in eight categories.

Donovan was among 4,315 photographers from 130 countries have entered 74,470 images. This is an increase from 2020, when 4,282 photographers from 125 countries entered 73,996 images.

Rodrigo Orrantia, curator and 2021 Photo Contest jury member, said about this year's entries: "I think what stood out the most was the variety of approaches to visual storytelling. Photographers in general, but specifically photojournalists and press photographers, are discovering new ways of telling stories visually. Some entries stood out because their visual language was really sophisticated, which is a very exciting change from the classic press photography tradition."



Adam Voith serves in the Canadian Armed Forces as an engineering officer but he helps his brother Craig whenever he can with the family sheep farming business.

Sheep farming is a family affair

Story and Photos by Daniel Geleyn

Brothers Craig and Adam Voith, both in their 20's, are following in their parents' footsteps while diversifying by running a successful sheep farming operation called Sugar Hill Rideaus, in Battersea, South Frontenac.

"We bought the farm in 2012 when I was 17," says Craig Voith, who is the main caretaker for the sheep farm.

"It was a horse boarding stable when we bought it but we changed it to sheep farming. We didn't want to be horse boarding people, it's not as fun as this," he adds.

Adam, the older brother, had already joined the military when they bought the farm. He is still serving in the army and helps on a part-time basis when his career in the military allows.

"We have between 250 and 300 sheep

at the moment," says Adam Voith. "The whole flock of adults are female and we have three rams."

Their parents, Mike and Janet Voith, have been running their own farm, Sugar Hill Farm, since 2002, where they produce black Angus beef as well as some pork and maple syrup. So the boys grew up on a farm and developing the new sheep farming operation was a natural development for them. Mike and Janet provide help to their sons but it is obvious that Craig is now well in charge and loving it.

"We started with one breed of sheep called the Dorper," says Janet. "It's a hair sheep so you don't have to pay to shear them."

But they quickly realized that since their main goal was to produce meat, the Dorper was not the best-suited breed as it only produces one or two lambs a year. After some research, they found the Ride-

au Arcott breed was more appropriate. The Rideau Arcott was produced from a breeding program that was created in 1966 by Agriculture Canada's Animal Research Centre in Ottawa. This breed has strong maternal traits and they typically produce twins or triplets.

"The Dorper sheep only gave 1.2 to 1.3 lambs per year. But with the Rideau Arcott, we get more like two and a half lambs per year per sheep," says Craig Voith.

The inconvenience with the Rideau Arcott sheep is that they have to be sheared once a year.

"We have to hire someone to shear them," says Adam Voith. "It would take us much longer to do it ourselves. The professionals can shear all our sheep in one day. It would take us weeks to do that," he adds.

"We sell the wool to the co-op in Carleton Place but we don't get a lot for it.

It just helps recoup some of the cost of shearing them," says Adam.

Their operation is going well enough that they are slowly expanding with the help of some automation like a recently acquired Total Mixed Rations (TMR) machine, essentially a big blender, that facilitates the preparation of the feed for their flock.

There has been an increased demand for their lamb in the last few years, especially by new Canadians which appreciate this type of meat.

But like everyone else, they have also been affected by the pandemic this past year.

"Restaurants are no longer buying our lamb," says Janet Voith. "They cannot commit at this time."

The other impact of the pandemic is the unreliability of the abattoirs. When

there are COVID-19 outbreaks at abattoirs, they are often closed which means that the abattoirs which remain open get that much busier.

"We have to book so much more in advance now at the abattoirs," says Janet.

As a small producer, much of their product is sold directly to consumers, thereby avoiding the middle man.

"We sell by half a lamb or a whole lamb," says Janet Voith. "We don't sell smaller cuts because we don't want to become a store with staff, freezers and inventory," she adds.

It becomes obvious while walking around the farm that these young men are loving what they do and they are rightly proud of what they have done so far. But that is not stopping them from exploring how they can improve their current operation.



(Left and Above) Craig Voith is shown working with some of the family's sheep. Craig bought his farm with his parents and his brother when he was 17 in 2012. Now he is the main caretaker of Sugar Hill Rideaus where he raises sheep. His brother and parents still help when they can but he is the only full-time caretaker.

Virtual DocFest another sign of the pandemic times

By Olivia Ashopenace

Belleville's DocFest will look a little different for its 10th anniversary this month – everything will be virtual.

The documentary film festival, which started March 5 and runs until March 14, is usually held in downtown Belleville, but this year because of the pandemic, all the films will be shown online.

"This is our 10th annual, very exciting. And each year it's gotten bigger and better. We've been able to add more films, and just do more Q&As with film makers. So, the up take from

the community has been fantastic. It's just wonderful," said Holly Dewar, the DocFest committee chairperson. She is one of 10 people organizing the film festival.

The Docfest Committee did their research when preparing the film festival to go virtual.

"Oh, so it's been so interesting... it's a great committee and we really were looking at what we were going to do. We started seeing other film festivals that were going virtual and we thought that would be pretty great if we were able to do that but knew it was going to be very different and very new for us."

"We started really doing research and talking to other film festivals that were starting to move to virtual," said Dewar. "We had to go into a broadcast platform and we went with Eventive."

The Eventive is a technology platform designed to deliver the film screen experience virtually, which is being used by many festivals, arthouses and distributors.

"I'm glad that we did because it's been a very good service. You do a lot of the work yourself on the back end for setting things up, but it has good support and just really accessible.

"I'm so pleased with how everything

looks. We just launched last night with our kickoff and we are hearing wonderful feedback from our viewers who are really enjoying the films and enjoying the experience," she added.

Dewar talked about the reason why the committee has decided to hold the DocFest virtually.

"I think for us one of the things about that decision was, we know that the festival is part of what people look forward to, particularly at this time of year. We just really felt like we didn't want to let people down and then especially this year with COVID that people would really be needing and would really enjoy having the fes-

tival to attend," Dewar said.

The DocFest has adapted and gone virtual to bring the people together online during the pandemic. It has also made their schedule of watching these films different from last year, which was held over a weekend. It is now being held over 10 days with 50 films to be screened.

The purpose of the festival is to connect people and the community.

"I'm hoping that it really brightens people's days," she added.

"I'm sure there are going to be a lot of Zoom calls afterwards where people are discussing the films."



Photo by Daniel Geleyn

Ned Dickens, a Kingston playwright, is going through some of the acting details with social distancing in place for the *City of Wine* plays he wrote to theatre enthusiasts Margi McKay and Suzanne Garrett. *City of Wine* is a series of seven plays Dickens wrote over a period of 15 years, based on the story of the ancient Greek city of Thebes. The principle character of this thing is a city. It takes a city to play a city, » says Dickens. There are over 200 theatre enthusiasts currently working on this series of plays with the hope to possibly make them a reality in Kingston after the pandemic.

Plays become a community builder

By Daniel Geleyn

With no live theatre during the pandemic, Ned Dickens, a playwright from Kingston, is keeping the creative juices flowing for a large group of theatre enthusiasts by bringing to life a series of seven plays called *City of Wine*, which he wrote over a 15-year period.

"The principle character of this thing is a city. It takes a city to play a city," says Dickens.

City of Wine started when Dickens was commissioned to write a new version of *Oedipus*, a king of the ancient Greek city of Thebes. He then wrote the prequel *Jocasta* and the sequel *Creon* which then became the trilogy of *City of Wine*.

"For a while, *City of Wine* was this trilogy which was very big, incredibly huge," says Dickens. "As we tried to do it, we found the solution was to go bigger rather than go smaller."

Dickens wrote another four plays which covered different generations in the same ancient Greek city of Thebes. All these plays required many actors and this was way too large for most theatre companies which struggle to do plays with more than a few actors.

But for professional theatre schools

across Canada, they normally have the opposite problem as they try to find plays that can involve all their students.

"We got every professional theatre school in the country involved as they were studying them. The seven schools, from Newfoundland to Vancouver, each chose one of the plays. We did a bunch of workshops with them and brought all 155 students to Toronto for their graduating class performance," says Dickens.

All the students shared the cost of travel between them to make it affordable for all. In addition, to give a boost to the students' careers in theatre, they were all billeted with prominent Canadian actors.

This was 2008-2009, but unfortunately, the appetite and conditions to continue performing the series of plays were not there and *City of Wine* has since languished.

Just before the pandemic, Dickens was working on another play called *Icara*. This was planned to take place in a theatre in Kingston when COVID-19 hit. By September 2020, they were able to make the play happen at a smaller venue and within public health guidelines.

"Suddenly I found myself with a little theatre company who were really keen and

they wanted to do more," says Dickens. "I said, well, you want to do some plays, I've got lots of those."

Dickens started thinking about doing *City of Wine* as a way to keep theatre enthusiasts active and interested while they were required to isolate, not knowing where this would lead.

"The damn thing itself is a machine for community building," he says. "You put 30 people in a room and you work yourself through them and you read and talk about them and you've got a little society at the end."

Dickens still has no idea if *City of Wine* will ever get produced in Kingston but he and the many participants are enjoying the process nonetheless.

"We may find ourselves, maybe as early as late summer or early fall, when theatre becomes a possibility again. Celebration may even be in order, and some rebuilding of community may be in order and a project like this that's already ready and under way may be possible," says Dickens.

For now, they have a group of about 200 theatre enthusiasts who are working their way through the plays. Plays get read one at a time every two weeks by amateurs and professionals alike but all with no compen-

sation.

"I've been involved in amateur theatre in Kingston since I was 12," says Margi McKay, a programmer for the public library system in Kingston. "I plan programs for people using the library. I do something different every week so I'm performing all the time in that sense."

McKay is a trained singer and has three adult children, Theatre is her hobby, although one that normally takes much of her time.

"One of the people involved is Jim Garrard whom I met in 1970 when he led a workshop with the Domino youth theatre that I participated in when I was in high school," says McKay. "He has had a successful career but I had not encountered him since then."

Siobhán McMahon, a third-year media and performance production student at Queen's University, is also involved with this project.

"I got involved with Ned through my audition for *Icara*," says McMahon. "It helps me with my artistic and professional development for sure. Right now I don't have any performance opportunity so getting involved with *City of Wine* has allowed me to tap into characters again. Ned's plays are so

well written, so fantastic, his characters are wonderful to delve into."

This project has been a blessing for many in Kingston during this pandemic. The size of *City of Wine* makes it possible for so many amateurs and professionals to get involved.

"I thought this was a good way to get back into theatre in a safe way right now," says Suzanne Garrett, another amateur theatre enthusiast from Kingston.

Garrett took a bit of theatre in the 90's at Queen's University but did not get back into it until 2017 with Domino Theatre and Kings Town Players.

"I had decided before COVID that I was not going to do any more theatre but now that I'm back in, I have so much fun and it's very interesting. I've learned so much about history and the gods," says Garrett.

Dickens certainly seems to be fulfilling a need for theatre enthusiasts in Kingston and even beyond. There are now other groups developing outside of the community that are aiming to do what is being done in Kingston with *City of Wine*.

"If I can keep *City of Wine* in my life, I will for as long as possible. I'm really inspired by this project and I love working with Ned," says McMahon.

Health care workers can't wait until life in nursing homes return to "normal"

By Bradley Edgley

Since the beginning of the pandemic, staff and residents at Dover Cliffs long-term care home in Port Dover, Ont., have dealt with major changes and health concerns. With restrictions on exercise, socialization, and family visitation, many residents have compared their current situation to 'jail.'

The staff at Dover Cliffs, has worked tirelessly to keep residents safe and healthy, but say they are desperately seeking a return to normal.

Felicity Rawcliffe has been a PSW at Dover Cliffs since 2016, and she assists residents with daily care. However, the pandemic has provided communication challenges,

"Everybody is wearing a mask. It's a little bit more difficult with the residents that can't really speak or, can't really hear and they like to look at our lips."

Several residents at the home are hearing impaired, but the required N95 masks worn by the staff, make lip reading impossible. Rawcliffe said the biggest relief for residents would be visiting with their families again.

"Living life so they don't feel like they're trapped or, feel like they're in jail, which some of them say."

Ashley Preston, also a PSW at Dover Cliffs, said the newly required protective equipment is also restricting for the staff.

"Sometimes you can't see with the shields, and sometimes it is hard to breathe through



Photo by Bradley Edgley

Ashley Preston, 22, is a personal support worker at Dover Cliffs long-term care home, Port Dover. One of the biggest changes brought on by the pandemic, Preston says, are the requirement of masks and face shields, which can restrict vision and breathing. "I'm really looking forward to being able to take these shields and masks off and being able to be close to everyone again."

the mask." The masks have created a barrier between staff and residents. Being able to get close to everyone again, is what Preston says she is looking forward to the most about the eventual end of the pandemic. Preston also stressed the impact on residents, not visiting with families.

"For almost a year and a half now, the residents have really not been able to go anywhere, other than for really special doctor's appointments."

Troy Baker is a physiotherapist assistant at Dover Cliffs long-term care home. Baker assists residents with daily exercise, but the pandemic has ended group workouts, which has had a negative effect on the residents.

"We had to do small one-to-one group exercise programs, which took a little bit more time than what we normally would, so not everyone was actually able to do too much." However, Baker said small groups are becoming acceptable, which will help with the residents' physical and mental health.

Dover Cliffs is located in Norfolk County, and since the county entered a yellow zone, from orange, on the governments colour scale for COVID-19 safe areas, some restrictions have been lifted. Residents have begun exercising in small groups again and soon there will be visits from families. The staff say they are hopeful that the socialization will do wonders for the physical and mental health of the residents.



Photo by Christie Leja

Historic landmark in ruins

The historic Tweedsmuir Hotel in Tweed was destroyed after a large fire broke out in the early hours of Wednesday morning. An investigation into the cause of the fire at the 140-year-old community institution will begin soon, with the help of the Ontario Fire Marshal's office.



(Left) During Quinte Conservation's forest therapy event participants each take several minutes to connect with their own individual tree.

(Below) Participant Judy Edwards takes a moment to enjoy the sun during Quinte Conservation's forest therapy.

Photos by Paige White

Taking a moment to enjoy what's around us

By Paige White

Unexpected. Wisdom. Dream. Sharing. Light. Shadow. Did you see what you saw?

These are some of the descriptions that participants used during the invitation to describe texture at Quinte Conservation's Forest Therapy event. On March 6, folks met at H.R. Fink Conservation Area to participate in the event held in collaboration with Rewind Wellness.

"It's not a hike. It gives participants permission to slow down and notice what's around you," said Morgan Casement before she led the group of roughly 10 into the forest. Casement is a certified forest therapy guide who guided the group through the day. The group followed her into the forest where they began the first of many invitations. The invitations included prompts such as listening to the sounds of the forest, while closing one's eyes to connect with their surroundings.

'It's not a hike. It gives participants permission to slow down and notice what's around you.'

Morgan Casement

Forest therapy is rooted in research that indicates spending extended time in forests has benefits such as increasing our immune system and reducing stress. The experience centres on being present and resisting the urge for things like species interpretation. Casement described it as an opportunity to "just be".

For the first invitation, the group gathered beside the trail to listen to sounds found in the forest, sounds like the occasional bird chirping, or the subtle wind that gently sways the branches above your head. More than those sounds, was the rare opportu-

nity to exist in communal silence.

After invitations like this, the group gathered for council. Council was a chance for participants to reflect on what they experienced during the invitations, and to share. One by one, strangers went around the circles and shared how they felt, what they heard, or sensed during the invitation.

As the group walked further into the forest, the invitations continued to evolve where in once instance participants were asked to simply wander. Each invitation was met with the same unanimous silences, the same communal exploration of how the forest could serve them through an experience of mutual reciprocity. Participants looked up, looked down, and wandered as they found ways to re-calibrate themselves to the natural rhythms of forest.

In most council meetings, participants expressed a similar sentiment: gratitude for the chance to be at outside, and joy in sharing the experience with others. Like the rest of the world,





Mikenze Ann Pearsoll, a 32-year-old yoga instructor, social media manager and financial advisor, has been working on her three businesses for over the past year. Pearsoll said that she connects to the International Women's Day of Quinte theme called 'Choose a Challenge.' "Choose a challenge to me means pick one thing that you want to accomplish and challenge it and figure out how to get it done. I think the biggest challenge that I chose to overcome, that I chose to do, was to ultimately just trust myself, and trust that what I go into, what I feel is right will work out."

Photo by Madison Ladouceur

For a video look at Pearsoll's journey, click on this link: <https://vimeo.com/522469267>

Celebrating female empowerment

By Madison Ladouceur

The time of year has come. March 8, 2021 marks the 108th year of women empowerment. This past Monday, women across the world have been collectively focusing on women empowerment and gender equality.

International Women's Day (IWD), is an annual, global day celebrating the social, economic, political and cultural achievements of women, raising awareness for women's equality and to encourage fundraising for female-focused charities like women's shelters, the Canadian Women's Foundation, sexual assault centres and many more.

For Quinte International Women's Day, the theme of this year's IWD is to choose to challenge and focus on motivating women in entrepreneurship in the Quinte region. The theme choose to challenge highlights the importance of testing stereotypes and to encourage change in areas where we still need it.

Mikenze Ann Pearsoll, a female business owner in Belleville, says that the reason she is proud to be a female entrepreneur is that she has control over what she does. Over the past year in particular, women have been fighting for control over everything.

"I am my own boss and I make my own rules. My hard work shows in how my business grows and I am helping people on my own terms in my own way."

The importance of supporting businesses owned by women is especially critical during COVID-19, but there has always been a need for more support.

Women of all ages know and understand the importance of standing up for gender equality as we live in a world trying to come back from a male-dominated world.

Lauryn Jemmott, second-year biotechnology student at Loyalist College, talks about what International Women's Day means to her.

"To me, International Women's Day is a celebration of women. It's a day to honour our bravery, and to celebrate our advancements in a male-dominated world. What makes me proud to be a woman most is how resilient women can be. Historically the world/society hasn't been kind to women, yet we still manage to push forward and continue to fight. It's truly something to be inspired by."

To the younger generations of females, women's equality and supporting female-owned businesses has never been more im-

portant. It is important to keep going in the fight for equality. Kamala Harris, the first female American vice-president of the United States, is a good representative of women in power.

Ever since the women's liberation movement started in the 1960s, the movement hasn't stopped. More women are coming forward with experiences of systemic barriers, and the urge to dismantle them. During this time in early 1960, women were often fighting for equality in education and employment with equal pay and higher positions, as well as the focus on birth control and to end the violence against women. These are battles that continue to be fought.

Elyse Ladouceur, a social work and indigenous studies student from Trent University, says that she is proud to be a woman in today's society.

"International Women's Day means a lot to me, especially as a daughter having been raised by a single mother and as a young woman of French Canadian as well as Indigenous heritage. To me, International Women's Day creates a time and a space in which we can recognize, bring awareness to, and most of all honour the women who broke down oppressive barriers and worked on creating a path for all of us to walk safely and more easily on our journey to equality."

I am proud to be a woman because we support others while they bloom and our strength has been incomprehensible and unimaginable since time immemorial. I am proud to come from, to have been raised by and to be a French and Indigenous woman because I come from a long line of matriarchs whose spirits I carry with me every day, and they remind me that despite the fact that they experienced cultural and legitimate genocide and that Indigenous women disproportionately face violence and intergenerational trauma, we are resilient."

Important historical figures to look at are Angela Davis, who was a crucial part of the Civil Rights movement. She is a political activist in the black power and women's rights movements. Barbara Walter was the first female co-host of a news show in the '70s. Walters paved a path for not only women in journalism but women in the workforce.

These women are only a few of many other women's rights activists who have shown the world what women, given the opportunity, can accomplish.



(Above) Paige Zancanero, a social service student at Durham College, stands beside her car where she proudly displays her Kappa Beta Gamma bumper sticker. Zancanero is the president of her sorority and is a vocal mental health and suicide prevention advocate.

Photo by Bec Gaurin



(Right) Dannielle Gallant is a busy single mother of Sawyer, two, and Emmett, three months. She spends her mornings bouncing Emmett in his chair while playing with Sawyer.

Photo by Cassandra Williamson



(Left) Candace Campbell teaches her junior kindergarten class through Google meetings in Bowmanville, Ont. Not only is Campbell a teacher of over 26 years at a local public school, but she is also a single mother of two. Having three autoimmune disorders, Campbell requested the opportunity to teach at home, enabling her to have a work-life balance and put her health and family first by teaching virtually.

Photo by Alex Bowman