



Photo by Annie Duncan

Lincoln Drake signs to his mother Tina Sedore the word eat after being tucked in with his pillow, blanket and stuffed llama. The Drake/Sedore family spends their Family Day together at their home playing and watching television.

Family battles cancer together

By Annie Duncan

"We've been fighting for six years now," says Tina Sedore, mother of seven-year-old Lincoln Drake.

At just 13 months old, shortly after his first birthday, Lincoln was diagnosed with an astrocytoma brain tumour. Since his diagnosis, Lincoln has undergone 10 surgeries and three years of chemotherapy.

According to the Mayo Clinic, an astrocytoma is a type of cancer that is found in the brain or spinal cord. Depending on the location of the tumour, symptoms can vary. Astrocytomas that occur in the brain can cause seizures, headaches, and nausea, whereas if found in the spinal cord, they can cause weakness and disability in the affected area.

"It was very hard to believe," says Se-

dore. "We just took it day by day."

Lincoln's doctors noticed the plates in his skull were not developing properly and that his head appeared larger than it should for his age. After finding mass amounts of fluid in his brain in an MRI, Lincoln went for his first surgery, spending the following three months in Sick Kids as well as weekly following surgery for chemotherapy. Jamie Drake, Lincoln's dad, would commute from Sick Kids and Belleville almost daily during his stay.

After Lincoln's diagnosis, Sedore lost her job as a PSW and the family fell into financial hardships, struggling with their living situation, their vehicle and travel expenses.

"It's been stressful getting the funding to go back and forth to Toronto," explains Sedore.

A shunt, which is a small tube that drains fluid from the brain, was placed in Lincoln's head to prevent build-up of cerebrospinal fluid in his brain. Lincoln is currently unable to eat solid food and is fed through a nasogastric (NG) tube which is inserted through the nose into the stomach. NG tubes are typically temporary, only left in for four to six weeks and then replaced with a permanent feeding tube. But because of his shunt, with a permanent option Lincoln would be at higher risk for infection and has been on the NG tube for six years now.

Due to his tumor, Lincoln struggles with speech, and has been taught to communicate through sign language. Before this fall, Lincoln was home-schooled but his parents decided he was ready to attend in-person schooling this past September. His school provides

speech therapists to work with him and he has started to say the word 'mom', among other noises. He also works with educational assistants who are proficient in sign language to communicate with him. Unfortunately, due to a surgery in November, Lincoln was taken out to recover and is now returning to continue his schooling.

Sedore explains that Lincoln's doctors are shocked by everything he has been able to accomplish. "No one really knows what he is capable of and what he is going to be able to do one day," she says.

On top of caring for Lincoln and raising her other three children, Sedore is struggling with health issues of her own. Back in July, she went in for heart surgery and a mass was found in her stomach. She is scheduled for a second surgery on February 24 of this year for a

total hysterectomy.

A total hysterectomy involves the removal of the uterus, the cervix and sometimes includes one or both ovaries and fallopian tubes, according to Mayo Clinic.

Sedore says the weeks leading up to her surgery have been very busy between her blood and iron transfusions, all of Lincoln's appointments, and just every day-to-day activities.

Sadly, just before Christmas, the family found out that Lincoln's tumour is growing again and will have another MRI in March to determine if he needs treatment again.

Sedore describes family as being together, through the good and the bad.

If you would like to help support Lincoln's fight, you can follow his [Facebook page](#) or donate to his [GoFundMe page](#).

Demonstrations continue in Peterborough

By Luke Best

On Saturday, as the nation's capital was working on clearing the streets of protesters, the city of Peterborough was witnessing a demonstration of its own.

The Peterborough Freedom Rally Convoy took place on Feb. 19. The rally was organized primarily by Sebastian Kogucinski via a Facebook group with over 450 members. The group rallied together with trucks, tractors, big rigs and pedestrian cars to 'slow roll' through the city.

Originally planned to begin on Dobbin Road near Fleming College's back parking lot, Kogucinski decided to move it to Whittington Drive after Fleming College's Twitter account statement:

"Fleming is aware of a plan to organize a convoy of protesters on our property this weekend. We have not been asked for permission & permission will not be granted. For the safety of our students, including those living on campus, we ask organizers to find an alternate location," the college tweeted.

The convoy began at 11 a.m. and proceeded through Peterborough's streets. Police were aware of the protest and had officers closely monitoring the group. In a statement made Saturday after the event, they thanked the community for their patience while officers monitored the convoy and that there were no traffic infractions. However, there was a conflict between a counter protester and a person in convoy.



Photo by Luke Best

Onlookers line up in front of Peterborough's city hall on Saturday, in support of a 'slow roll' that went through the city and surrounding areas in support of the protests across the province.

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Photo by Ron Lavoie

Frank Hannan entertains guests at the Winter Magic installation in Benson Park in Picton. Winter Magic is a Department of Illumination effort and includes a collaborative ice sculpture, local songs and stories accessed by smart phone via QR codes, and the participatory "Gratitudes" installation. Participants are invited to reflect on what they are grateful for in these challenging times, and their expressions of gratitude are painted on acorns posted around the park. Winter Magic runs until March 15.

Picton comes alive for Winter Magic

By Ron Lavoie

Light spreads.

When Prince Edward County native Susanne Larner saw a lantern festival in Vancouver, she was enchanted and eager to bring a similar event to Picton. Eventually, Larner met artist and arts organizer Krista Dalby. Dalby was enthusiastic about Larner's idea.

"I had experienced a lantern festival in Toronto, the Kensington Market Festival of Light, which happens every winter solstice."

The two teamed up and organized what has become an annual event in Picton. With the Firelight Lantern Festival, though, Larner and Dalby were just getting started.

It's Saturday of Family Day weekend, and a small crowd is milling about Benson Park in Picton. They've come to participate in "Winter Magic," the Department of Illumination's latest event-installation.

Some attendees are laying blocks of coloured ice they have made at home. It's a collaborative sculpture in the park. Others are reading and admiring notes of gratitude painted on wooden acorns. Still others are pointing their phones at QR codes to link them to commissioned songs or Indigenous stories. There's hot chocolate on the porch, and a puppet show is coming up.

The Department of Illumination was founded in 2013, and after six successful years of running the Firelight Lantern Festival, the Department expanded, offering a new event called Ice Box. Ice Box was created to bring some life to the dead of winter, and was planned for Februarys in Macaulay Heritage Park in Picton. In 2019, The Department of Illumination was also incorporated as a not-for-profit organization.

Ice Box was held in 2019 and again in February, 2020, just as SARS-CoV-2 reached Canada. In 2021, "Ice Box

'We get to re-build a lot of what's been lost in a new way. I love it.'

Councillor Kate MacNaughton

From Home" was held virtually. Participants from the community picked up kits for projects to work on at home. In keeping with the lockdowns occurring in early 2021, the theme for Ice Box '21 was "staying home." Using their kits, participants could build tiny furniture for their homes and do other home-based activities. Think about it: families, isolated at home, all around Picton, doing a collective craft activity!

This year, Ice Box was cancelled. The Department hopes to have a successful return of Ice Box to Macaulay Heritage Park in 2023.

The virtual Ice Box of 2021 is an

example of the Department's sensitivity to what's going on in Picton – and its ability to adapt. The pandemic changed the nature of the events they organized – and the way they put them on. With the pandemic (and frequent restrictions on public gatherings) the Department pivoted from being events-based to installation-based. According to Associate Artist Nell Casson, this also changed their approach to themes. "Usually we would pick a theme that we thought the community would respond to, so something like, 'fire and ice' or 'outer space.'"

With the pandemic limiting the ability of people to get together for this kind of event, the Department started basing themes more on feelings: "things like this last project, which is about gratitude." During a global pandemic, the Department invites us to think about what we have to be grateful for. Casson notes that they also pick themes which resonate

with our recent situation in other ways. "The lantern festival this year was themed around the idea of 'vacationland.' And it seems kind of goofy and fun, but really, it's about the idea that we live in 'vacationland' here in Prince Edward County, but no was able to go on a vacation for two years!"

Prince Edward County Councillor Kate MacNaughton is a believer in the opportunities that the Department offers to, "build art together and build community. We get to re-build a lot of what's been lost in a new way. I love it."

Larner has since moved to Oxford Mills, Ont., where, earlier this year, she started another lantern festival, "Twilux." The light continues to spread.

Meanwhile, back at Benson Park, the puppet show is starting.

For more on the event, click on the link:

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

Protesters...

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"A 33-year-old Peterborough man who was a counter protester was arrested and charged with intimidation. And a 34-year-old Peterborough man with the convoy was arrested and charged with assault," according to a media release update by the police.

A group of supporters gathered in front of Peterborough's city hall to cheer on the vehicles.

"It was pretty incredible to roll into downtown to see that many people standing there waiting for everybody to roll in," said Kogucinski.

Kogucinski said the idea for the slow roll movement originally came from the beginning of the lockdowns. People couldn't have celebrations in their own homes and instead had parades or convoys drive past to celebrate.

"Basically, my idea for the convoy wasn't so much as a protest for the mandates and the vaccines and the masks. I started this convoy with the intent of thanking the truckers for what they started and what they've done, and what they've gone through. I just thought the amount of people in this town and the amount of cars I've seen with flags. I didn't see any groups posting on Facebook. I didn't see any mention of an appreciation type of convoy," he says.

"Let's do something in the Kawartha Lakes that acknowledges everybody that wants to do the same thing that they're doing in Ottawa. But at the same time, we want to do it more peacefully. What they did in Ottawa was aggressive. They all rolled in, and they completely shut their trucks down. There was no intention of that here. We didn't block anybody. We didn't block any intersection. We



Photo by Luke Best

Onlookers line up in front of Peterborough's city hall on Saturday, in support of a 'slow roll' that went through the city and surrounding areas in support of the protests in Ottawa.

didn't block any businesses, we didn't interrupt anybody, and there was no intention of that. I get what they did in Ottawa, and I understand what they were doing, but they could have probably handled it a little bit differ-

ently and still made their point. And that was the other intention of this convoy. It was to show the country and to show the province of Ontario that you can do what everybody else is done without stopping and mak-

ing a scene. You can still move out of the way. You can end it in a couple of hours, and then you move on with the rest of your Saturday."

Kogucinski said there were anywhere from 60 - 100 cars that partici-

pated in the convoy. While he deems it to be very successful, he has no intention of immediately planning another event. Kogucinski believes that they completed what the group set out to do.



Photo by Paige White

At K9 Central, Donna Maclam demonstrates a trick with her dog, Ridge, during a canine performance and injury prevention course.

Sport dogs enjoy training perks

By Paige White

Delilah's week could look something like this: cardio training on Monday, a massage on Tuesday, parkour on Wednesday, sport specific training on Thursday, along with a day of flexibility training and an active rest day. Delilah is not your average dog — she's a sport dog.

Cassandra Levy from K9 Central knows that, just like humans, dogs need specialized training and conditioning to help them achieve their best performance. Dog sports include things like dock diving, where dogs leap from a dock into the water jumping for either height, distance, or to retrieve something hanging in the air. There are also sports like agility, flyball, obedience, or protection sports, where at K9 Central

all types of dogs and their handlers come and train.

Levy has taken an interest specifically in teaching those around her injury prevention and canine conditioning after an experience with her own dog, Delilah. Delilah, like many sport dogs, was out with an injury and had to go into rehab. Unexpectedly at Levy at the time, her dog came back stronger and more competitive than ever.

She lovingly refers to her talented dog at a "fairly elephant" who has a high drive and is prone to injury because she will push herself through pain to complete the task at hand and please her handler. It wouldn't be unusual now for Delilah to get massages three nights per week.

Levy opened the course at K9 Central in Bowmanville by saying one of the pri-

mary goals of the workshop was to be able to assess your dog to make sure they can compete in their chosen sport. Factors like breed, activity levels, and anatomy landmarks are all factors that help someone decide when or if their dog is ready to compete in dog sports.

One of the baseline ways to test your dog's fitness is simpler than it may seem — a stationary stand. Levy suggests 10 seconds each for three reps. How does the dog look? Do they lean to one side? Do their feet point a particular direction? Can they hold their chest in good posture? Core strength is essential to all dog sports says Levy, and most dogs, if they aren't actively training or fit, will struggle to do this exercise.

At this workshop, there were four participants and their dogs, half of whom

were there because of prior injuries. Levy noted that it's "all about knowing your dog" and their baselines and typical behaviours. Just like human athletes, all dogs will behave differently in many situations. This could mean anything from being aware that your dog always turns to their left on the course or knowing that they may be prone to performance anxiety at competitions.

Participants worked through making their own fitness routines, all of which should strive to follow the structure of a warmup, the work, and a cool-down. There are many ways to stretch a dog during warm-up, like doing tricks such as a high-five, sitting pretty for a little longer than usual, or massages.

These warm-ups and cool downs should be applied to all the exercise

routines that participants build in their workbooks. The basic structure to strive for is not dissimilar to Delilah's: cardio, strength, flexibility, body awareness, sport specific training, and an active rest day.

Levy knew all of her participants at this particular workshop, and the records show that her training regime pays off. One golden retriever, Quinn, was named the golden retriever top Dock Dog, Iron Dog in competition both for 2019 and 2020. Cheryl Hart, a trainer at K9 Central was also there with her dog, Vision, whose is also accomplished in the sport dog world.

Just like humans, dogs will see the benefits of injury prevention and conditioning that will give them a competitive edge for competitions to come.

Loyalist seeks to connect with military to provide tailorable programs for them

By Kayla Isomura

Loyalist College has taken the first move in becoming a military-connected campus, says school staff.

Last Friday, the school completed a survey to identify the needs of current students with connections to the military.

Survey results will be used to develop "an inclusive, collaborative and tailorable" academic support and student services framework for military-connected students, said Paul D. Smith, director of career services and work-integrated learning at Loyalist College.

"If you take that objective, what we're trying to do is make the campus welcoming for people who've got military connections," he said. "The survey is sort of a census, trying to identify who we have already with us who might qualify as such."

As the Belleville campus is in close proximity to CFB Trenton, Smith said Loyalist is a natural option for those at the airbase seeking additional education.

This umbrella of "military-connected" also includes reservists, veterans, immediate family members of serving members or veterans, national defence employees and foreign military veterans.

"There's a number of categories of people who might fall into the definition of military-connected," said Smith. "What we have identified is that for a lot of people with a military background, they come to post-secondary education with some circumstances, which a student who is not coming from that background would not have, and also some opportunities."

"We see that this is a population of potential students or [current] students that we can work with to help make their experience in post-sec-



Photo by Kayla Isomura

Paul D. Smith, director of career services and work-integrated learning at Loyalist College, sits inside the Parrott Centre Library. Smith is one of the faculty members involved in a proposed military-connected campus initiative at the school.

ondary education more successful."

Darryl Cathcart, consultant and researcher behind the initiative, said he spent nearly 26 years in the Canadian Army and after leaving in 2017, he returned to graduate school where he developed the military-connected campus framework.

For him, he said it was an opportunity to focus on a population of underserved and underrepresented adult learners often experiencing a cultural shift.

"Whether they're a child of a serving member and that child had to

'We see that this is a population of potential students or [current] students that we can work with to help make their experience in post-secondary education more successful.'

Paul D. Smith

move across the country multiple times or their parent is away on extended training or operations, or whether it's a veteran, understanding that culture and how that culture impacts soldiers, sailors and aviators in a post-secondary environment is important," he said.

While Cathcart said he is working with a number of schools to become military-connected campuses, the most public has been working with Fanshawe College in London, Ont., over the last three years.

In 2020, the school announced the

initiative in partnership with the Canadian Armed Forces.

As Canada's first military-connected campus, the school said the initiative provides students, Canadian Armed Force members and veterans "with career opportunities and additional supports for transition to civilian life."

Working with Fanshawe, Cathcart said the school has had success in academics. For example, they developed military-specific micro-credentials available to all students.

As Loyalist remains in the beginning stages of the initiative, he said specific areas of focus have yet to be determined.

However, he said there are some parallels between Fanshawe and Loyalist that will be part of the final initiative, including community outreach, student advocacy, academic support and social support.

Cathcart said academic support could be through policies or the development of tailored programs, while social support could include general well-being, counsellors and employer referrals.

"We want to identify the student population and ensure that the student voice informs the development of the military-connected college at Loyalist," he said.

More than 80 students with military connections filled out the survey, said Cathcart, with nearly 53 per cent identifying as immediate family members of Canadian Armed Forces service members or veterans and 27 per cent identifying as veterans.

While the school has yet to announce a timeline for the initiative to be complete, Cathcart said he anticipates the school to identify as a military-connected campus as early as September.



Photo by Kayla Isomura

TJ Okamura, 31, stands by a memorial wall honouring Japanese Americans incarcerated during the Second World War (often referred to as World War II in the United States), or who have served in the military, located outside the Nisei Veteran's Committee Memorial Hall on Feb. 3. Okamura's paternal grandfather served with the 442nd Regimental Combat Team during World War II and his maternal grandfather was a draftee in the Korean War. Today, Okamura serves as a reservist in the U.S. Army and is enlisted in the Reserve Officers' Training Corps (ROTC) while completing a Master's degree in international studies at the University of Washington.

Feb. 19 marks Day of Remembrance

(Editor's note) While in Seattle, Wash., over the winter break, Kayla Isomura captured some of the stories going on in the United States. Today, Isomura looks at the 80th anniversary of the Day of Remembrance.)

By Kayla Isomura

This month, Japanese Americans are recognizing the 80th anniversary of the presidential Executive Order (E.O.) 9066.

Referred to as the Day of Remembrance, Feb. 19 marks the date which authorized the incarceration of over 110,000 people of Japanese descent in the United States during the Second World War (often referred to as World War II in the United States).

While Canada faced a similar history with the approval of Order-in-Council P.C. 1486 on Feb. 24, 1942, Day of Remembrance events are held annually in cities across the United States.

"It's a day to remember not just the signing of E.O. 9066, but all the sacrifices that . . . my grandfather [and] grandmother suffered," said TJ Okamura, a fourth-generation Japanese and Chinese American living in Seattle, Wash. "Also, the prejudice and discrimination my great grandfather faced when he came to the United States for the first time and then reflecting how those sacrifices put me in the position I am in now."

Each year, Okamura said he marks the date in his calendar, noting that his grandfather was sent to the Minidoka Relocation Center in Idaho, while his grandmother was sent to the Topaz Relocation Center in California.



Submitted Photo

George Okamura, TJ Okamura's paternal grandfather.

During the war, people of Japanese descent living on the west coast were held in a variety of incarceration sites across the country, according to Densho, a non-profit organization in Seattle documenting the history of the incarceration.

Minidoka and Topaz were two of 10 "specially constructed, longer-term" camps, which "included barbed-wire fences, guard towers and armed guards."

At the end of the war, in 1945, all but one of the camps closed, sending those incarcerated back to where they came from. "Other than references, my grandmother still hasn't really talked about what happened in the camps," said Okamura. "I



Submitted Photo

David Chinn, TJ Okamura's maternal grandfather.

don't know in detail anything about when they left their home in California or what the trip was like to the assembly centre, which was a race track, or the train ride there or the friends she made or what she did while in the camp.

"I actually learned a little bit more about it through historical records probably than I have from her."

He said he feels it was a similar experience with his grandfather, who also served in the 442nd Regimental Combat Team and 100th Infantry Battalion at the time.

While his grandfather died when he was three years old, Okamura said he

grew up hearing "silly stories" about him through his dad.

"When there was artillery fire, he would hide underneath the jeep or when he was getting shot at and shooting back at the Germans, he would close his eyes," said Okamura.

However, serving with the 442nd, Okamura said he recognizes the challenges his grandfather would have overcome during the war, in addition to facing incarceration.

The 442nd was an all-Nisei, or second-generation Japanese American, combat unit, formed at the end of 1942.

According to Densho, the 442nd was formed by the War Department to "counter Japanese propaganda about the government's discriminatory treatment of Japanese Americans."

Approximately 1,250 volunteers were recruited from incarceration camps, while nearly 10,000 volunteers came from Hawaii where there was no mass incarceration.

"They proved they could fight just as hard if not harder than other American units," said Okamura. "Living up to their motto of 'Go for Broke' they earned the nickname 'Purple Heart Battalion' for the 9,000 plus Purple Hearts awarded to them."

"Their sacrifice proved their loyalty as American citizens."

After the war, the 442nd became the "most decorated unit for its size and length of service," according to Densho, receiving over 18,000 individual decorations and suffering over 9,000 casualties.

Their courage helped revoke anti-Asian legislation and was "instrumental

in passing the 1988 Civil Liberties Act," reported Densho.

It's this history that encouraged Okamura to enlist in the U.S. Army in 2018, he said, adding that his maternal grandfather served as a draftee in the Korean War, possibly as a clerk with the 42nd mobile army surgical hospital, as well.

Currently, a reservist with the Reserve Officers' Training Corp (ROTC), Okamura said enlisting in the military has further allowed him to complete a master's degree in international studies at the University of Washington over the last two years.

Prior to the ROTC, he served as a geospatial intelligence imagery analyst with the 373rd Expeditionary Military Intelligence Battalion.

"I've learned a lot," said Okamura. "I have made a lot of good friends in the unit I'm in and I am super appreciative of the people that are in it."

Following the completion of his studies this year, Okamura said he is excited to return to his unit as a second lieutenant.

"I'm also pretty excited because the army has recently gone back to a uniform that's similar to the pinks and greens that both of [my grandparents] wore during their time of service so I'm excited to wear the same uniform that they did," he said.

Overall, Okamura said it's "an honour" to be in the same branch that both family members served in.

"Rather than pride in serving in the military, it's pride that they, as Asian Americans, despite prejudice and the times that they were living in, they still decided to do something that they felt served a higher purpose," he said.

Family Day Fun with the Wellington Dukes

By Saddman Zaman

The Wellington Dukes participated in an event organized by the Boathouse restaurant on Family Day.

Kelly Martin, director of sales and marketing for the Wellington Dukes sports and entertainment and total sports integrated media, organized the event.

The Boathouse is a huge sponsor of the Wellington Dukes. A family skate was planned out on the harbour, but the ice was not in good condition and too unsafe for skating.

Martin quickly switched over and made it a road hockey game.

"We had lots of kids showing up for free autographed posters and the barbecue."

Martin planned the event to support families who have had to deal with being at home for so long.

She thought it would be nice to have an outdoor event which included everyone.

"What better way than family day to have it?"

It gives the players a chance to be involved with the community and it gives kids a chance to meet the hockey players, Martin

added. "There's been a lot of kids who are at the age of 12 who might not be vaccinated," said Martin. These children have not been able to play hockey or any kind of sports. The organizer thought it would be nice to give them something to do, to come out and play a little bit hockey.

Martin said they are going to organize this event every year.

The Wellington Dukes do a lot of community events. They have a charity night at the Dukes games. This Friday, the Trenton Golden Hawks are coming, and they have a fundraiser for the Air Force City Pipe Band, said Martin. The organization has also raised money for Prince Edward County Hospital Foundation and a lot of other local charities.

In the first year of the COVID-19 lockdown, players were unable to be noticed by scouts to earn a scholarship. Martin said up until that time, "We have a huge success rate of doing so."

Therefore, COVID-19 definitely is a big challenge for recruiting young hockey players. Martin said it will be good to be back and hopefully fans will be back in the stands to cheer the Dukes on.



Photo by Saddman Zaman

Players with the Wellington Dukes play road hockey with a young fan as they enjoy Family Day.



Photo by Luke Best

Musical magic

In an unassuming apartment in Peterborough, there is a guitar lover's heaven. Martin Bell is a guitar tech who runs repairs out of the side room in his home. He's been working on his own equipment for 25 years and studied at Leads College of Music in the United Kingdom, before returning to Peterborough where he has set up shop for the past nine years. He never knows what will come through the door, but is excited to take on the challenge. Having worked with acts such as Billy Talent, The Strumbellas, I Mother Earth and many more, he's made a name for himself, all through word of mouth. Click on the link to hear more: <https://vimeo.com/loyalistphotoj/martinbell>

Playing it safe on the ice

By Annie Duncan

With the weather in the Quinte area being so polar, from bitter cold temperatures and mass snowfalls to temperatures in the positives and rain, how safe is it to be out on open ice?

Last time the thickness of the ice was checked, it was deemed safe for residents to continue going on to the open water, but fire prevention officer at the Belleville Fire and Emergency Services says, "Don't treat any ice as safe ice, and basically always be ready to go through the ice."

Christopher explains that the thickness of the ice can vary depending on location. In certain spots, the ice

could be thick enough but not even 30-40 feet away be thin enough to fall through.

"We want to encourage everyone going on the ice, especially with the warmer weather, to wear a personal flotation device," says Christopher.

In the event of falling through the ice, Christopher explains that there are roughly 10 minutes of muscle movement in the cold water before you lose that ability to swim. A flotation device could extend that time to up to an hour for emergency services to rescue you.

"If you go through the ice without a flotation device, you basically have no chance," warns Christopher.

He encourages anyone who witnesses someone, or a pet, fall through the ice to not attempt to save them and instead call emergency services immediately.

The Belleville Fire and Emergency Services are trained to the highest level of water/ice rescue, completing all the theoretical courses, pool training course, and practical training. They use the fast-moving water of the Moira River in the early spring to perform their practical training.

The department would like to remind residents that permanent ice huts must be removed from the ice before March 1 or people may face fines.



Photo by Annie Duncan

Kyle Christopher, a fire prevention officer with the Belleville Fire and Emergency Services, stands in front of the department's water rescue boat.

Musician shares experience with others

By Ethan Cairns

In 1996, with influence from friends that shared a passion for hip-hop in the graffiti community, Nicholas Bambrough is first began his journey in a career in the entertainment industry.

Bambrough first started with his music recording by himself with a tape recorder.

"I would record on cassette tape, just hold it in front of me then I would loop it with a beat that I got off the radio. I did that for like 10 years, and nobody really took it seriously."

Bambrough is a local artist/producer and with his experience in the music industry, he is consultant for other artists. He grew up in Belleville and in Grade 10, decided to drop out of school and pursue a career in music.

"Once you're out of school, and you start to earn enough to be able to live on your own, you don't want to go back to your parents' place," said Bambrough.

"So I chose that route, but I actually ended up touring for years, instead of working."

Bambrough graduated with a diploma in advertising and marketing communications from Loyalist College that helped to further his career.

"After I started touring, I came back and used the entertainment industry knowledge that I had gained and applied it to the advertising marketing course that I took at Loyalist so that I could better understand how to gain a reach and frequency for my career," said Bambrough.

"I still ran a record label. It was called Legendary Entertainment Out of Brampton, Ont. I lived in Belleville and the founder lived there, and I ran the distribution, the marketing and the graphic art design and stuff while I was in school."

Bambrough has built his business and life around the entertainment industry. He is currently using his expertise to consult for artists who are looking to make the most of their brand with management and marketing.

"What I'm good at is the paperwork, publishing the royalties, and the intellectual property side of things," Bam-



Photo by Ethan Cairns

Nic Bambrough is pictured in his new studio. A artist himself, Bambrough is also a consultant for others who are trying to make it in the industry.

brough explained. "You get the serious artists that are about to get to that level where they need to have a business side of things and they happen to contact me at that point."

Consulting isn't the only business venture that Bambrough has pursued with experience from the entertainment industry. He was also the CEO and president of Golden Ticket Coaches alongside running his management and multimedia company, which has worked or partnered with major clients like Shady

Records, Smoke's Poutinerie, Adidas and Exclaim magazine.

Between 2007 and 2015, he worked alongside three-time JUNO Award winner Moka Only and executive produced the album *Magickal Weirdness* which reached number seven on the Mountain regional billboard charts.

"It was the game changer for how others in the industry saw me as an executive producer," he said. "They really saw that I could take a project to another level."

He then went to tour across Canada and the USA as a support artist for Moka Only.

"I was already on a tour that was very much changing the direction of my career in a better way. Suddenly, I get this phone call that this album has suddenly reached a billboard," said Bambrough. "Never in my life would I ever have thought that would happen. I thought my music would maybe get me to Toronto."

Bambrough also creates music

through his artist name, Nic Bam. His latest EP is *Jerks* was released in early 2021.

"I try to ask people to listen to *Jerks*. Because *Jerks* is the actual representation of who I am," said Bambrough.

"My music stands for me, for my mental health, or, freedom of voice. The best thing we can have in life and in this world is to be able to share your ideas and opinions and so on and so forth. And then what I believe parallels with that very, very closely is mental health."

Nature gives artist inspiration

By Ethan Cairns

"I'm just so happy now. I wake up excited about what am I going to paint today," said Brenda Rudder, an artist in the Quinte West area.

Rudder is pet portrait and wildlife artist. She recently retired as a medical laboratory technologist from Quinte Health Care.

Rudder grew up in Hamilton, Ont, but moved to Belleville to be closer to her cottage where she feels at home with nature.

"My passion is wildlife and nature," said Rudder. "I grew up in Hamilton, and my dad loved fishing. So as kids he would take us fishing, and I just loved exploring all the wetlands with the ponds. I just fell in love with frogs, even to this day."

Rudder was always artistic throughout school and has continued with that passion and hobby, now turning it into a full-time profession.

"In high school, I was the teacher's pet with the art teacher so I got to do all the murals around the school and everything and I did think about art as a career," she said. "I have always done pet portraits for family and friends. Then, it was probably about 15 years ago, I started taking water-colour painting classes and people started wanting to buy my work."

Rudder creates paintings of wildlife and pets on reclaimed wood scraps from a mill.

"We stopped by a Mennonite mill and they sell all their scrap and cuts," she said. "I switched to acrylic and started painting on one. And the wood just made the most natural, beautiful canvas for wildlife art. And I have been obsessed ever since."

Rudder started selling her artwork in a gift shop up north near their cottage and when COVID-19 happened, she expanded online to Facebook and Instagram. "Now I get most of my orders from

'I always painted animals. I don't know why. I just loved animals and as a kid I had sketchbooks. I would just sit on the floor in my bedroom constantly and just sketch wildlife.'

Brenda Rudder

that. It keeps me busy now, I'm constantly painting. So now I'm happy, much better than hospital life.

"I always painted animals. I don't know why. I just loved animals and as a kid I had sketchbooks. I would just sit on the floor in my bedroom constantly and just sketch wildlife," she said. "Robert Bateman was my biggest inspiration, who is a very famous wildlife artist."

Rudder's science background has an influence on how she creates and paints. "Because I was a lab tech, I was very science orientated, very analytical," she said. "So everything I do is very realistic. What inspires me to paint is Canadian wildlife."

Rudder keeps learning more about painting and improving her skills using the internet.

"So I feel now that I'm on YouTube it's really improved my painting and taken my painting to the next level," she said.

"I used to just do portraits. But now I'm getting into landscaping and actually trying to incorporate full paintings with backgrounds. That's brand new to me."

"Sometimes they work but they don't all work," she said. "Even now I'm 55 and I'm still growing and growing."



Photo by Ethan Cairns

Brenda Rudder is a wildlife and pet portrait artist who specializes in painting on scrap cuts of wood. She is recently retired and has started doing art full-time.

Church celebrates Family Day with a special children's service

By Saddman Zaman

The Pentecostals of Quinte organized a cowboy- and cowgirl-themed service for Family Day.

Stephanie Stickler, wife of the pastor and organizer of the event, said it was held on Sunday. "We just had a kid service for Family Day, and it was a cowboy-themed service."

The event started with children singing during

the service. Afterwards, there were stories which were Biblically based.

"We just tried to come up with something fun that everybody can put a hat on and easily dress up and make it fun because right now Canada is not fun," added Stickler.

The event was carried on following strict COVID-19 protocols. "Everybody had to wear masks," she said.

The focus of the event was to bring families closer through church services. The church wanted families to spend quality time with their children on Family Day.

The Pentecostals of Quinte hold services every Sunday. Their services can also be live streamed online from their website and social media such as Facebook and YouTube.

They have about 30-35 cultures worshipping to-

gether. The church has Spanish, Chinese and Korean pastors for these groups that are separate and come together in the main sanctuary.

Stickler described why she planned the special event.

"People need to laugh right now and need to have fun. Everything's so stressful right now," said Stickler.

Older adults also dressed up for the theme.

Bringing awareness to human trafficking

By Annie Duncan

United Way Hastings Prince Edward Women United is partnering with Quinte Anti-Human Trafficking Coalition in launching a month-long campaign focusing on human trafficking in the area. Beginning Feb. 15, a series of thought-provoking posters have been hung in varying locations around town to compel viewers to learn more.

In 2007, the House of Commons passed a motion condemning the trafficking of women and children for the purposes of sexual exploitation and proclaimed Feb. 22 as Human Trafficking Awareness Day. The goal of this day is to bring awareness to the severity of modern-day slavery in Canada and encourage steps to combat human trafficking.

United Way Hastings Prince Edward is known as a funder throughout the community funds 51 agencies and 93 programs in the region. Women United is an affiliate group under the umbrella of United Way and represents dozens of women leaders throughout the community.

"We are community impact experts, change makers, and are working on getting the word out to locals on the severity of human trafficking in our community," says Jodi Cooper, director of Community Impact at United Way Hastings Prince Edward.

The motivation for the campaign started in the summer of 2021 when Women United held a human trafficking summit. From there they decided they wanted to bring increased awareness that this is something happening right here in our community.

The campaign kick started with a live question and answer session hosted by Youth2Youth, a youth-led initiative, and welcomed guest speaker Sandy Watson-Moyles, executive director at Three Oaks Foundation.

"It's our mission to spark innovative thinking in our young people," says Kaitlyn Lalonde, Youth2Youth co-ordinator at United Way Hastings Prince Edward.

Typically, when someone thinks of hu-



Photo by Annie Duncan

United Way Hastings Prince Edward Women United is partnering with Quinte Anti-Human Trafficking Coalition on a campaign focusing on human trafficking in the local community and is comprised of a series of informational posters to compel viewers to learn more. The billboard displayed above can be found at the corner of North Front Street and Bell Boulevard in Belleville.

man trafficking, they think of bigger urban centres. "No one wants to think this sort of thing would be happening in our community, but it is," explains Cooper.

The Highway 401 corridor runs straight through the community and is considered a hot bed for human trafficking. It is very attractive to individuals from this industry as it runs through multiple small municipalities and larger cities, avoids police detection, and make the most profit.

"I think awareness, a community that knows the signs, and a community that comes together are the most important things that we can do to accept and recognize that it is happening here. We can make it more difficult for these individuals to come into our community," explains Cooper.

The common misconception around human trafficking is that it involves taking someone away from their home or out of country, but that is not always the

case. It can include sex trade, labour trafficking, and even individuals that remain home but have been so isolated mentally that they feel just as far away.

The campaign is trying to focus its efforts on educating young people on the signs because most initial contact happens online, but say that everyone should be aware because anyone could be at risk.

"It's not just young people. The tools and manipulation tactics they use, they

are so skilled, it really does make anyone a target," says Lalonde.

It's important to remember that in no way is the individual who finds themselves in this situation at fault, but that people in this industry are incredibly manipulative.

For more information or resources on where to find help, visit unitedwayhpe.ca. If you have suspicion of sex trafficking in the area, make sure to contact the authorities.