



Photo by Felix Chagon

Peter Chavan and Yuliana Kabanova sing the Ukrainian national anthem during last Sunday's "Stand With Ukraine" rally on Parliament Hill in Ottawa, Ont. The couple from Dnipro, Ukraine moved to Canada a few years ago for career opportunities. Since the beginning of the Russian invasion Ukraine, they have been trying to help as much as is possible. Sharing accurate information about the war, financial donations and donations of goods are ways that Peter and Yuliana help out their fellow Ukrainians. For more photos on rallies across Canadian cities, see pages 4-5.

Couple stands strong for Ukraine

By Felix Chagnon

The *Stand with Ukraine* rally took place on Parliament Hill Sunday afternoon in Ottawa, Ont. Among the hundreds of supporters present, a married couple from Dnipro, Ukraine added their voices to the crowd as they chanted in solidarity with the Ukrainian community, which has been under attack from Russian troops.

Peter Chavan, a 33-year-old veterinarian assistant, moved to Canada in 2017

for career opportunities. His wife Yuliana Kabanova, a 27-years-old constructional designer, arrived the following year.

"Every morning, we wake up hoping that our country is still standing and that our relatives and the citizens of Ukraine are safe," said Kabanova, explaining how things have changed for the couple in the past weeks.

"It is a lot of stress and a lot of pressure, but we are trying to help the Ukrainians in Ukraine as much as it is

possible from here."

Since 2014, tensions have been high between Russia and Ukraine, but 15 days ago, the conflict reached new heights. On Feb. 24, Russian troops launched a full-scale invasion of Ukraine, putting millions of civilians in danger.

Even though they are over 7,400 kilometres away from Ukraine, Chavan and Kabanova are not able to sit idly by as their country is under siege, finding numerous ways to help their fellow

Ukrainians.

"Having Ukrainian banking facilitates the way for us to help financially," said Kabanova. "We have donated to the groups of individuals who are volunteering to supply food to the Ukrainian military and individuals who are trying to save the children."

Chavan and Kabanova have also supported by sharing valuable information through social media or direct contact with individuals trying to seek refuge in

neighbouring countries.

As of Sunday, March 6, the city of Dnipro has remained free of war, which brings a slight relief to the couple. Life for their families and friends has continued as they go to work and conduct their daily routines. Still, they live in fear of the war reaching them, said Chavan, explaining that all they can do is provide emotional support during these challenging times.

...See *Ukraine*, page 4-5

Hockey connects special needs players

By Sabah Rahman

As soon as you walk through the doors of the Don Mills Civitan Arena, you are greeted by enthusiastic greetings. I am greeted by a very busy Susan Hudson, manager of the Donaldson's Diamonds hockey program, who is welcoming people as the rink receives the next round of players on the ice. Like any other hockey arena, it is noisy inside, so Hudson ushers me to a quieter area away from the entrance.

The program's website notes that by 2019 the Diamonds had more than 50 players ranging from ages 13 to 50 plus, with various special needs, 10 coaches and three levels of participation for the players. The players have participated in over 30 tournaments from Kitchener to Ottawa to Pittsburgh, PA, since the late 1990's.

The three levels of the team – junior, intermediate, and senior – have less to do with hockey skills per se, explains Hudson. The junior team may receive players at registration who can barely skate, are mostly non-verbal, have shorter attention span, and may have more difficulty understanding the rules of the game.

The players have varying strengths, Hudson explained. Her own son Daniel Sandercott, 29, who is in the intermediate team, attended college. "But [if you tried] to chat with Daniel, you are not going to get a conversation out of him, especially because he does not know you."

Hudson recalled a memory in 1998 when she was out buying hockey equipment with her son after she found out about the Diamonds hockey program. At the time, Sandercott was five and not talking at all. However, during the shop-



Photo by Sabah Rahman

Coach Robert Perkins helps his son, Robert Karim-Perkins, 32, with his skates inside the change room during the team's weekend practice. Karim-Perkins and coach Perkins have been with the Donaldson's Diamonds Hockey since the team's 1997-98 season.

ping trip, Sandercott, kept repeating the word "Gatorade." Hudson eventually figured out that her son associated the popular sports drink brand with the hockey sport.

"They can do so much, but it is just harder for them," explained Hudson. Hudson explained that after working as a teacher in the school system with children who have special needs, she knows people, even within that supportive network, who undermine the abilities of

those with special needs all the time.

"It frustrates me how [people with special needs] are not understood," added Hudson.

Dan O'Neil, whose daughter Kathleen is in the intermediate team, talked about the importance of challenging the players without overwhelming them, so they can participate in activities neurotypical individuals get to enjoy without questions.

O'Neil's daughter owns her own dog-

walking business, and he beamed with fatherly pride when Hudson, who is in earshot, chimes in, "Kathleen is one of our best hockey players, she is just a natural."

Hudson explained that in the program, there is special accommodation in comparison to a traditional hockey game. There are no offside or icing calls, the teams do not switch ends after a period because it may confuse some of the players, and it is strictly non-contact.

One tradition of the program has been a lot of the dads of the young players becoming coaches themselves. I met with coach Robert Perkins, who is part of the junior team.

Perkins' son was born prematurely to him and wife Zarina Karim, and Perkins remembered how different the attitudes were around children with Down syndrome at the time.

...See *Team*, page 3

Group addresses needs of disadvantaged

Gravenhurst Against Poverty dedicated to assist community members

By Christie Leja

Gravenhurst Against Poverty is a group of volunteers dedicated to assisting their community members in need and filling gaps in social service assistance in the Muskoka town of Gravenhurst, Ont..

Gravenhurst Against Poverty (GAP) grew out of a presentation to the Gravenhurst Ministerial Committee regarding poverty in the larger Gravenhurst region and the need for a community-wide response.

GAP was founded in 2017 when talks regarding unmet needs in Gravenhurst escalated into grassroots community gatherings. The initial step was to employ a researcher to do a needs assessment throughout the community, with the District of Muskoka offering a grant of \$40,000 to kickstart the program.

As a result, a steering committee was formed in January 2018 to begin working on the community's stated needs. Food insecurity, housing, medical access, transportation, and mental health care were among them. The initial initiative of the non-profit was a supplementary food program, which took the shape of a communal meal.

World-renowned for its picturesque landscapes and \$500 million tourism industry, the District of Muskoka comprises six area municipalities and two Indigenous communities. Most of its year-round population median total income is three per cent lower than rest of Ontario, coming out to \$45,531 per the 2016 census. With the cost of living at an all-time high, and the tourism industry hit hard over the pandemic, many residents of Gravenhurst are struggling to keep up.

"I've coined the phrase 'Muskoka poverty with a view.' People just come and see how wonderful the rocks and trees and lakes are, but underneath is all that poverty that's hidden," said GAP chairperson Bonnie Dart.

The mission of Gravenhurst Against Poverty is to be an inclusive, collaborative, community-based organization that assists individuals in need in the Greater Gravenhurst Area by identifying challenges and resources and offering prompt solutions. GAP's purpose is to help disadvantaged children and youth's social inclusion and well-being.

In their 2021 impact report, GAP's growth surged over the pandemic in 2020. It grew from two communal din-



Photo by Christie Leja

Walkers for Gravenhurst Against Poverty, Coldest Night of the Year fundraiser, walk the 5-km trail through town. The 4th annual walk helped raise over \$175,000 for GAP with 411 walkers participating. Proceeds will help serve people experiencing hurt, hunger and homelessness in the Gravenhurst area.

ners per week feeding 60-80 individuals to home delivery and pick-up service. This most recent program model has continued to expand, now supporting 650 people from 260 homes in Gravenhurst, Ryde and Kilworthy.

It became evident that a future needs assessment would give more up-to-date information, allowing GAP to better understand the degree of the challenges that community members were experiencing.

Many of the residents are also facing transportation challenges, according to the 2020 assessment. GAP has been able to give gas cards via their On the Move project, allowing those in need to

ask for rides and offer to assist with gas bills or put gas in their cars. It also established a no-cost in-town taxi service with the help of a Muskoka Community Foundation grant to aid with necessities such as groceries, medical appointments, work and laundry. In addition, GAP is working on establishing a volunteer ride program.

"I am always very conscious of the volunteers and that they are the engine that keeps us going," Dart said.

One of those wonderful many volunteers that keep GAP running is Patty Ferrari. Ferrari joined GAP in May 2021, first assisting with the Garden and Food Programs. The Garden Pro-

gram included spring preparation of raised garden beds in multiple locations across town. Volunteers plant the seeds, water and weed the gardens, harvest in the summer and autumn, and deliver the vegetables to GAP's food program. By September of 2021, Ferrari was asked to help out in the office with general administrative duties and has been there ever since.

"Food insecurity is a huge issue in our community, and the numbers of individuals and families that are experiencing it continues to grow. I am humbled every day to volunteer with this organization and to be part of the Gravenhurst Against Poverty 'family' and the valuable

support that it provides to our community," Ferrari said.

In 2022, Gravenhurst Against Poverty has not only forged forward with exciting new initiatives, more outreach, and increased community support, but it has done so in the midst of an unparalleled worldwide pandemic. GAP has risen to those obstacles and adapted to continue serving the community, a point made recently by their most successful fundraiser to date, their fourth annual Coldest Night of the Year Walk that helped raise over \$175,000 for GAP. For more insight on the event, click on the link:

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

Empowering women through support

By Christie Leja

The Women's Institute celebrates 125 years of actively working for family, home, community, and country with the goal to empower women as leaders in their communities through education and advocacy.

The first Women's Institute branch was organized on Feb. 19, 1897, in Stoney Creek, by founder Adelaide Hunter Hoodless, to educate other women and encourage domestic science and household management, after she tragically lost her firstborn due to the consumption of unpasteurized milk.

Hoodless appeared at an agricultural conference in Guelph as an advocate for women's education when she met Erland Lee, a member of the Farmer's Institute, a men-only organization. Hoodless proposed that rural women would benefit from a similar group. More than 100 women came to the Lee home on Feb. 19th, 1897 to hear Hoodless speak.

That meeting laid the groundwork for the inception of the Federated Women's Institutes of Ontario (FWIO) which happened in 1919. Since then, it has served as a unified voice for its members. The primary focus of FWIO has extended to include personal growth opportunities, government lobbying, and health and community wellness projects through education and support programs.

Today, FWIO has approximately 2,600 Members in 220 branches across Ontario. One of those branches is the Chapman Branch, located just south of Tweed Ontario, and has been running for 72 years.

"I think it's helpful to empower women as leaders in their communities and to help the young people who are coming in," said secretary of the branch, Cecilia Maines.

Maines became a member in 1980 while transitioning from working in Belleville to assisting her husband on their farm. At the time, the majority of her neighbours were members, and she wanted to be a part of a structured organization that was helping her community, while also learning from the remarkable women who were a part of it.

During her time with the WI, she continues to learn a great deal. Maines has served at the branch level as well as a district director, where she would attend district meetings and report back to her branch members on new information.

Maines also served as a chair for the Trent Valley region and on the FWIO provincial board from 2003 to 2006, where she and three other women would hold workshops for branch members on

the roles of being a president, secretary, or treasurer within the organization.

The ROSE (Reaching Ontario Sharing Education) Program, the WI's most well-known project, encourages branches to assist, raise awareness and enhance the skill sets of both WI members and others in their communities. As a result of their involvement in ROSE sessions, thousands of people gain information on a variety of social, health, domestic, and environmental issues each year.

"A lot of people think all we do is chat and drink tea and that's just not the case," Maines added.

Twenty-six-year-old Mara Benjamin, the full-time curator of the Erland Lee Museum, the home in which the first-ever WI meeting was held, agrees wholeheartedly with Maines.

"It's so amazing to have your little tight-knit community that you know so well, but now you are part of a global movement. It's really incredible," Benjamin added.

Benjamin has a unique story when it comes to her own history with the WI. Her great-grandmother was an English immigrant that joined the WI quite young. Her entire family knew about it and her grandmother was actually the groundskeeper of the museum all of her childhood. Benjamin even recalls helping out with the gardening of the grounds at age three or four.

As a child, Benjamin had a difficult time establishing a strong relationship with her great-grandmother because of the amount of moving her family did. She opted to volunteer at the museum while she was in university because she recalled her grandmother working as a groundskeeper there and thought it would be a wonderful place to get introduced to work at a museum.

On her second visit to the museum, a volunteer realized Benjamin's relation to the museum and began reminiscing about her great-grandmother's involvement in the WI and the wonderful things she accomplished.

"It was just a beautiful insight into who my great-grandmother was as a person, and her dedication to her community through WI."

Since becoming the curator of the museum in February of 2020, Benjamin said the FWIO is trying to reinvigorate the organization and mark its 125th anniversary, with the hopes to foster more intergenerational information so that communities of women can hold onto lessons and the stories from those who came before them.

"The values we have had as an organization, focusing on education and com-



Submitted Photos

The Chapman branch of the Federated Women's Institutes of Ontario celebrates 72 years as part of the organization. Since starting in 1950, the branch has been strengthening its community and sharing fun and friendship. The top photo was provided by the Tweed and Area Heritage Centre, bottom photo was provided by branch member Samantha Harris from their trip to Rob & Sally Peck's "Sugar Bush Winery" in October of 2019.

munity, those are universal, they're not going anywhere. In 100 years, we are still going to need human connection, we are

still going to need to share information. A lot of our members are getting older now, and they hold this amazing generational

knowledge. As we are seeing young people going (into) WI, our seniors are able to pass on that knowledge."



Sierra Scott leads the Loyalist Lancers women's volleyball team to victory over George Brown College. Scott had seven kills, four digs and three blocks, in an impressive performance. The team moves onto the playoffs with a game against Durham.

Photos by Bradley Edgley

Denay Jones-Adams throws down a massive dunk over the Fleming Knights defence. Jones-Adams put on an all-star level performance against the Knight in the Lancers final game of the season, leading the team with 27 points. The team advances to round two of the playoffs on March 12 at 2 p.m. at Loyalist.



Big win for women's volleyball

By Bradley Edgley

The Loyalist women's volleyball team defeated the George Brown Huskies March 2, three sets to zero. This was the final game of the regulation season for the Lancers, who will look to begin their playoff journey against Durham College.

This marks the first clean-sweep victory for the Lancers this season. The Lancers won all three sets by double digit scores, taking the first 25-13, the second 25-14, and the third 25-9. They looked confident and played hard through all three sets, refusing to take the foot off the gas despite the sizable lead.

The Lancers were led on offence by first-year student Sierra Scott, who had seven kills, four digs and three blocks in an impressive performance.

"I thought the team played really well. Our energy was there, our offence and defence were there, and we fought hard," said Scott.

"I'm very proud of the team and how far we have come. I thought I performed well

and gave it my all. I played my heart out and thought I did well."

Perhaps their most impressive showing this season, Loyalist played a great team game and were helped along to victory with performances by Natalie Hetherington, who led the team in digs with six, as well as Brighton Matheson, who put up six big kills of her own.

This Lancers team is still young and consists mostly of first-year student athletes, but the continued growth of the team over the course of the season has shown itself through team chemistry. Despite some tough losses, they have consistently shown up to games ready to play and are always in the fight.

With this final home win, the Lancers now look to use that momentum to head into the playoffs.

"We have our first playoff game against Durham, and I think we need to put up a good fight," said Scott about the team's future. "I think we can do it if we use all the skills our coach taught us."

Men's basketball finishes season strong

By Bradley Edgley

March 5 marked the end of the regular season for the Loyalist men's basketball team. The Lancers went out with a bang, defeating the Fleming Knights by a score of 99-83.

Before the game began, a ceremony was held in memory of Jaden White, aka "Big O," a former member of the men's basketball team, who passed away last spring. White's family was in attendance for the game, traveling from their home in White Fish Bay, Ont. The Loyalist Lancers made a donation in honour of White's passing to provide stuffed animals to police vehicles in White's hometown, to assist in responding to calls involving children. The stuffed animals were placed at centre court by family, players and staff.

The players started the game strong, scoring 27 points in the first quarter, while only giving up 13 on the other end. With the recent return of fans to Loyalist home games, the energy in the gymnasium was high and propelled the Lancers to finish the half with a 16-point lead. During the second quarter, when the Lancers had scored 44 points, both teams paused for a moment to honour and cheer the memory of White, who wore number 44.

While Fleming seemed to have woken up offensively in

the third quarter, scoring 28 points, the Lancers were not done shooting either and put up 31 points on 60 per cent shooting from the field. The Lancers held the lead from start to finish. Building a strong lead allowed them to rest their starters in the fourth, giving the bench players some time to run. Even in the fourth quarter, when Fleming was pushing hard for a comeback, the Lancers looked comfortable in the lead and showed no signs of panic when the whistle was not going their way.

Breaking the game down by numbers, the Lancers shot better percentages from the field and beyond the arch, 47 per cent and 38 per cent versus 38 per cent and 28 per cent respectively, but it was on the defensive end and on the glass that they looked the most dominant. The Lancers out rebounded the Knights by 20 boards, and had a staggering 56 points in the paint compared to the Knights' 22. Fleming also managed to turn the ball over 15 times through four quarters, which led to 17 points off turnovers for the Lancers.

With this win, it looks like the Loyalist Lancers are all geared up for the playoffs. They were set to play St. Lawrence College on March 9, however, St. Lawrence was forced to forfeit the game, due to missing players in isolation from COVID-19. The Lancers advance to round two, and will play March 12 at 2 p.m. at Loyalist.

Team...

Continued from Page 1

Perkins, who only played shimmy and baseball growing up, became a coach in the program once his son Robert Karim-Perkins, who is now 32, joined the team at the age of seven in the 1997/98 season, one year after the program began.

Karim-Perkins is mostly non-verbal

and is in the junior team. Perkins described that with more introverted players, participating in a team sport environment can bring them out of their shells.

Hudson explained that it is irrelevant whether you are verbal or not. Commenting about some of the non-verbal players in the program, Hudson said, "They understand directions, but they just do not talk."

Hudson likes to use the term "chal-

lenged" over "disabled" in this context. Hudson said, "A machine that is disabled does not work at all," Hudson whereas she thinks the players are all adept hockey players, albeit with their unique developmental challenges.

Aline Chan's son Dustin, who is in the intermediate team, has anxiety challenges and, most recently, irritable bowel syndrome, is a sports lover and is in a community swimming program as well.

"This is like family to us. These people understand," Chan said.

Chan added that it gets tiring as a parent to constantly instruct people on how to handle their children's challenges. Chan added that she knows she is in a supportive environment, while having other parents around them who can understand their own challenges of raising children with special needs.

Hudson said a participating in a tai-

lored, special needs hockey program like this makes an enormous difference as those with special needs get to play the sport, understand its rules, socialize with other people, learn physical skills, and engage in teamwork.

The Donaldson's Diamonds hockey program based in northern Toronto is affiliated with Hockey Canada, Special Hockey International and the American Special Hockey Association.



Photo by Felix Chagnon

Tool library encourages everyone to learn

Woodworking and other manual labours are still considered by some to be male-oriented disciplines, something that the Ottawa Tool Library is hoping to change. Located on Boyd Avenue in Ottawa, the Ottawa Tool Library is a non-profit tool-lending library. Motivated by circular economy and efficiency of use, the library not only offers thousands of tools, but labour expertise and a safe workspace as well. Workshops, repair café and demo nights are often hosted by the organization. For this year's International Women's Day, the Ottawa Tool Library hosted an Intro to Women in Woodworking, a female-led workshop, with hopes of providing a safe space where women could learn the basics of woodworking and gain tool confidence. To hear more about this story, click on the link: <https://vimeo.com/loyalistphotojotl>

Canadians rally in support of Ukraine



OTTAWA, ON. - A large crowd gathers on Parliament Hill on March 7, during the "Stand with Ukraine" rally. Thousands of supporters shared prayers, chants and messages of love towards Ukraine.
Photo by Felix Chagnon



BELLEVILLE, ON. - In solidarity with the people of Ukraine, Ruby Curtis-Cowen created a mural at Mrs. Rees' Vintage Beauty Parlour.
Photo by Ron Lavioie



(Left) TORONTO, ON. - Upwards of 20,000 people gathered to march from Yonge and Dundas Square to Nathan Phillips Square to call for a stop to Russia's invasion of Ukraine.
Photo by Ethan Cairns

(Right) MONTREAL, QC. - Protesters chant "slava Ukraini" (Glory to Ukraine) on Feb. 27. Hundreds of people gathered in Montreal's city centre to denounce Russia's war.
Photo by Heather Waldron



(Above) TORONTO, ON. - A demonstrator holds a sign of an altered Time magazine cover of Russian President Vladimir Putin. Thousands gathered at Yonge and Dundas Square to march in solidarity with Ukraine.
Photo by Ethan Cairns

(Right) OTTAWA, ON. - People of all ages gathered at City Hall on Feb. 27 to support Ukraine and protest against the attacks by Russian troops. Thousands of supporters walked down Laurier Avenue from the Russian embassy to City Hall.
Photo by Felix Chagnon

Ukraine...

Continued from Page 1

"Sometimes, we receive messages or calls from our friends and relatives asking us to talk about our life here," added Chavan. "It brings them hope to know that there are some places in the world where people are living without war. While

I am talking to them, they forget for a slight moment the reality in which they are in." It has been a conflicting moment for Chavan and Kabanova, as they experience, on one side, the guilt of not being in Ukraine to help, and, on the other, relief of being safe and away from the war. "Of course we have moments where we feel guilty, because we are in another country, and these atrocities are happening in our own communities," said Chavan. "That being said, we need to be grateful that we are safe, and use our

situation to help in any way we can until everyone is in safety." For the past two weeks, major cities around the world have seen rallies of thousands in their streets as a support of Ukraine and protesting the actions of the Russian government. Millions worldwide have taken the initiative to help Ukrainians in any way imaginable. Some individuals are even booking Airbnb lodging they won't end up staying in to directly support Ukrainians under siege by Russian forces.



(TORONTO, ON.) - A woman stands among a throng of demonstrators in Yonge and Dundas Square holding a sign in support of Ukraine.
Photo by Annie Duncan

(Left) TORONTO, ON. - A man and woman draped in Ukrainian flags shout into megaphones to encourage the crowd of demonstrators that gathered in Yonge and Dundas Square in solidarity with Ukrainians following the attacks by the Russian military.
Photo by Annie Duncan



(Right) MONTREAL, QC. - People stand in solidarity with Ukrainians in Montreal, Quebec on Feb. 27. Several protesters gathered outside the Russian consulate to rally against the invasion of Ukraine.
Photo by Heather Waldron



#BreakTheBias theme for this year's International Women's Day



(Left) TORONTO, ON. – Lula Abdo, 32, poses for a photo at her downtown Toronto apartment. Abdo is originally from Yemen, and arrived in Canada in 2019. Abdo's document name is Ala, but she prefers to be called Lula, a name that was given to her by a close friend in Indonesia. Being a trans woman of colour, Abdo described her past life when she had to hide who she was. "You create a character that is not you." According to Abdo, her biggest challenge in her life has been being accepted for who she is. As a trans person, she talks about her personal journey of self-actualization, from her childhood to present, as she began transitioning. Sharing a glimpse into a day in her daily life, Abdo shares key events that led to her decision to get hormone therapy in Canada. To learn more about Abdo's story, click on the link: <https://vimeo.com/loyalistphotoj/lula>

Photo by Sabah Rahman



PICTON, ON. – Talitha Tolles, 29, stands in front of Wisdom of the Universe, a mural representing Métis beadwork based on an original painting by Christi Belcourt, behind St. Andrew's Presbyterian Church. As a queer, Métis artist, Tolles said she experiences the complexities of identity daily but as a Métis woman, she said she has a commitment to her family and community to uphold traditions and to pass them on to future generations. This International Women's Day, Tolles said breaking the bias means defying stereotypes. "Our world holds many forms of stereotypes and discrimination against women, but specifically Indigenous women. Every day I wake up and make the choice to defy those stereotypes," she said. "My people are up against systems set out to eliminate us, and yet we continue to survive and in many cases thrive."

Photo by Kayla Isomura



BELLEVILLE, ON. – Ruby Curtis-Cowen proudly displays a Canadian flag fringed with Pride colours in Belleville. Curtis-Cowen immigrated to Canada four years ago from London, U.K., with her husband and two sons. She does not fit the stereotype of immigrants to Canada. She is a native speaker of English and is not a visible minority. Sometimes, she hears people making anti-immigrant statements and challenges them. Often their response is something on the lines of, "I don't mean you." These interactions remind Curtis-Cowen that we still have biases regarding newcomers and that the country has a way to go on the diversity and inclusion front.

Photo by Ron Lavie



OTTAWA, ON. – Owner of the paint-it-yourself ceramic studio The Mud Oven, Katie Hatley-Davidson, stands in front of the ceramic glazing station. "I take pride in the safe and free atmosphere we create here for the clients coming from all walks of life," said Hatley-Davidson. "Don't be afraid to take up space, especially in the business environment. Do what inspires you and don't be afraid to push boundaries," Hatley-Davidson shares as a piece of advice to other women for International Women's Day.

Photo by Felix Chagnon

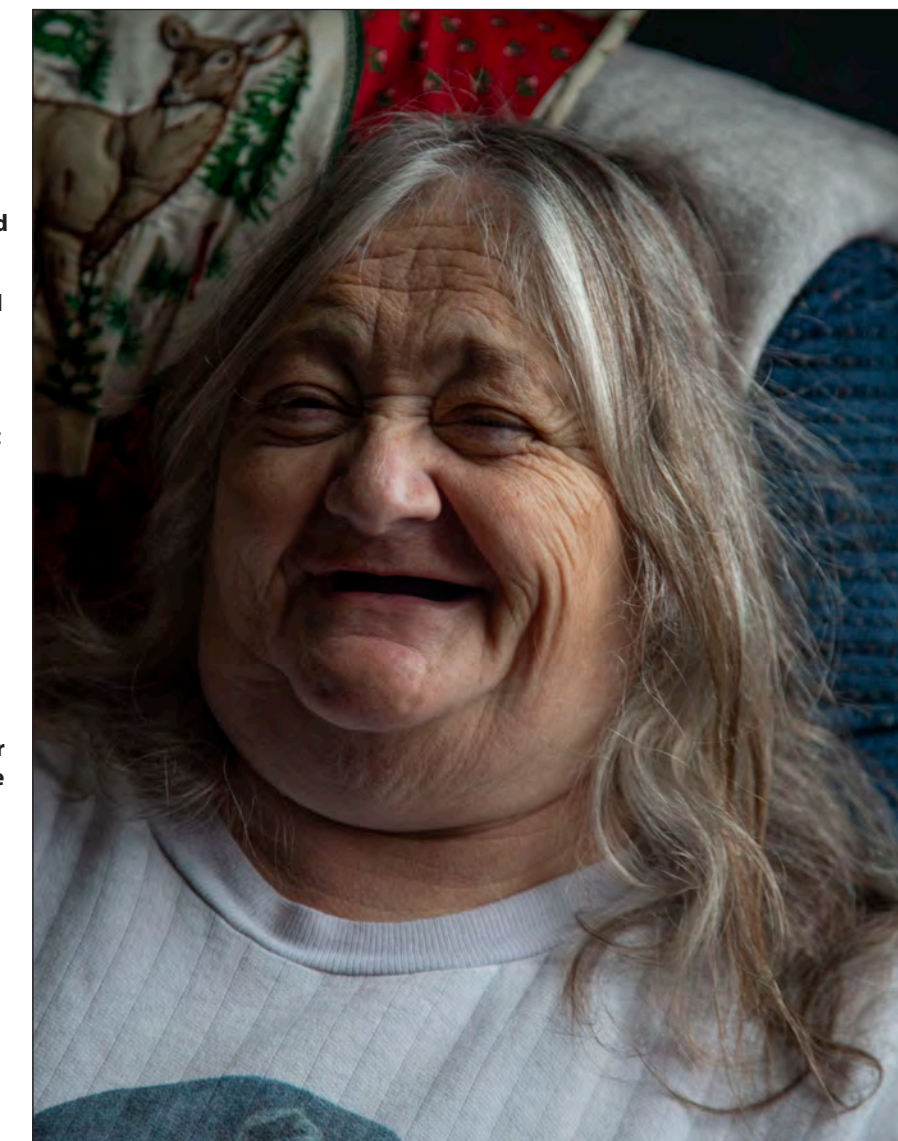


(Left) PETERBOROUGH, ON. – Sandra Young is the owner of Statement House, a vintage and consignment store in Peterborough. "I've never felt like I was living in a man's world, and since opening my business, I have not felt any stigma or challenges because I am a woman. When I worked a corporate job, it was a different story. It was definitely a boys' club," Young says.

Photo by Luke Best

(Right) Tweed, ON. – Judy Shorey sits in her recliner that looks out onto Main Street. Shorey was born and raised in Sulphide, ON. She hopes to continue to see the world change in a positive way for her only granddaughter. "She is the first in the family to graduate high school. I hope she is empowered to be the strong independent woman she is and doesn't have to live through the same struggles I had as a woman."

Photo by Christie Leja



BELLEVILLE, ON. – Kaya Pereira is a local artist and business owner, located in downtown Belleville and features the work of 30 different artists, the majority which are women from around southeast Ontario. "It wasn't very long ago that women didn't have a place in society where they were able to speak freely, or really at all," she said. "The fact that I, as a woman who is mixed is able to have a business anywhere, let alone Belleville, the town where I'm born and raised, I can't say enough about how momentous Women Day is to me."

Photo by Ethan Cairns



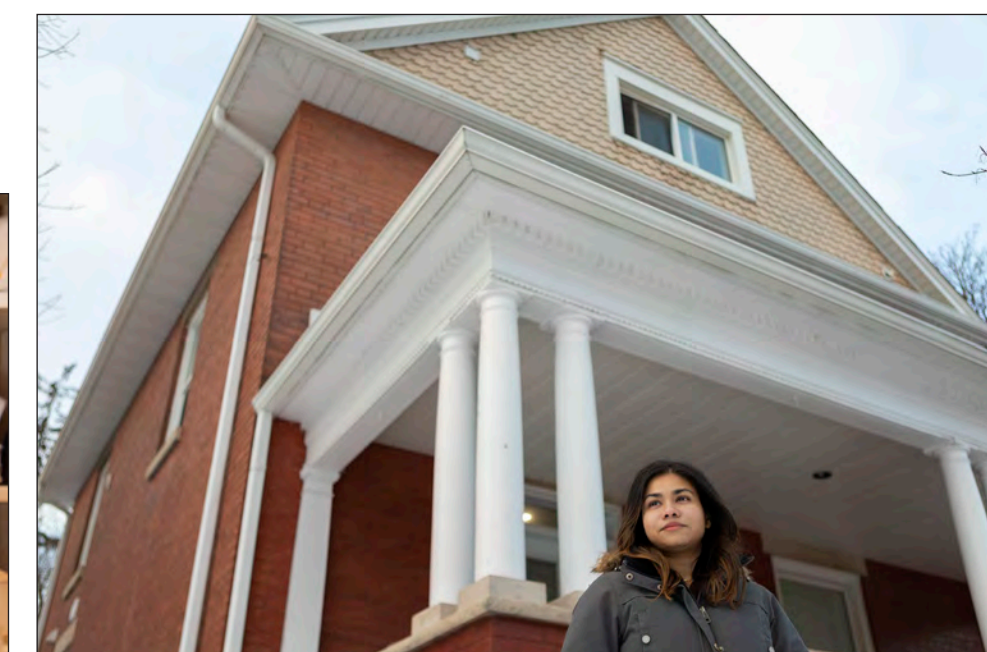
BELLEVILLE, ON. –Tanya Hill, 47, works out at CrossFit. She does crossfit to stay healthy and benefits from mental health. Her hobbies include travel, hiking and outdoor sports.

Photo by Saddam Zaman



BELLEVILLE, ON. – Julie Stoliker, owner of Miss Priss, a clothing and accessory store located in downtown Belleville, poses for a portrait. "Equality for everyone is incredibly important. I support strong women, and they support me as well."

Photo by Alex Lupul



BRAMPTON, Ont. – Nujhat Nabeela, 27 from Bangladesh, is pictured in front of her home in Brampton, her first ever real estate investment. Nabeela completed her Masters degree at University of Waterloo, and by her late 20's, is already an experienced UX Designer leading IT projects for the Ontario government. Being a homeowner was a huge step for Nabeela but she wanted to do it for her family. For Nabeela, celebrating International Women's Day is a reminder that she has the ultimate freedom to design her life in her own terms.

Photo by Sabah Rahman