



Photo by Heather Waldron

Loyalist Lancers women's volleyball players Chiara Van der Zalm (5), Taylor Baker (4) and their team celebrate a victorious 3-2 win. For more photos, see page 4.

# Lancers volleyball teams take wins during final home games

By Heather Waldron

Both Lancers' Men and Women volleyball teams ended their home seasons on a high note.

The game ended with a rousing ovation as the women's team secured a 3-2 win and the men's team emerging with a 3-1 win.

The Lancers sports teams played four games last weekend, all of which were against George Brown. The Lancers won three of those four games. The basketball teams played in Toronto.

Back at Loyalist, the gym was filled with excitement with the crowd cheering on their favourite teams.

Despite losing the first two sets 18-25 and 14-25, the women's team

fought hard to come back on top, taking the final set 15-13.

"Our women's team got the upset. George Brown is ranked significantly higher than we were so for our women's team to go in and beat them was huge. It's one of the best games I've seen them play all year," said Loyalist athletic co-ordinator Amy Hoskins.

Sierra Scott and Alyssa Diemert, who are the team's top point-getters, dominated the game from the middle. Diemert made 14 kills, three aces and one block for 18 points and Scott made eight kills, two aces and two blocks for 12 points.

Hoskins says that it is unusual in women's volleyball to have a team that is so middle dominant and that they played outstandingly. She

**Our coaches put in a ton of hours. They're wonderful humans and they're good leaders."**

Athletic co-ordinator Amy Hoskins

added that outside hitter Chiara Van der Zalm also played well with 12 points. The Lancers women's team is in seventh position, which should put them in a playoff position depending on the outcome of their final away games. Women's volleyball coach Ryan Stoness said the team had been struggling through the season but managed to bounce back

after some hard losses.

"This is a win against the top-seeded team that kind of pushed us into potential playoff contention, which is really exciting. It was awesome that the athletes were able to pull up their socks and take the next three games against a really good team."

Next up, the men's team started and ended strong, taking the first and final sets 25-18.

Outside hitter Owen Kemp led the game with nine kills, two aces and three blocks for 14 points while setter Pedro Casellatto took the court with 10 kills, one ace and two blocks for 13.

"I would say it was an amazing atmosphere and, although we might have dropped a set to them. We still kept our energy up. It was a lot to see

out of the guys and I was very proud of all of us, especially on our last home game," said middle hitter Angus Row.

With both teams emerging victorious, the crowd erupted into cheers and applause. The players from both teams celebrated and congratulated each other on their hard-fought matches. Although the men's team will not be making it to playoffs this year, they remained proud of their effort on the court.

Asked about the coaches' performance this past year, Hoskins praised their hard work. "Coaching in the OCAA is tough. It's a part-time job with full-time requirements. Our coaches put in a ton of hours. They're wonderful humans and they're good leaders."

# Chilly blast brings homeless to shelter

Warming centre now open until March 31

By Nav Rahi

A blast of Arctic air late last week in the Quinte region, with frigid temperatures around -30° C and windchills into the -40° C range, meant dangerous conditions for the area's homeless population.

The City of Belleville has opened its overnight warming centre from 8 p.m. to 8 a.m. until March 31 at the corner of Dundas Street East and South John Street. "Individuals are encouraged to utilize public facilities through daytime hours to keep warm," the City of Belleville posted on its Twitter feed.

"My last two days were rather cold," said Maxwell Gower, who said he has been homeless for the last two years.

"I've had good days and bad days. The last two days were windy, and yesterday was -34°. It was very cold," said Gower last Saturday. "People have been donating blankets, boots, extra toques, so I'm very fortunate everyone has been able to bundle up to wear those layers. It hasn't been that terrible," he added.

Gower said he has struggled with addiction. He added he was in the army 14 years as a vehicle technician. He worked in Cornwall, Ont., went through a divorce, was diagnosed



Photo by Nav Rahi

(From left) Ashley Whitesidi and Maxwell Gower waiting outside for security guards to let them inside the warming centre during the cold snap last week.

with PTSD and bipolar disorder, and was medically released and honourably discharged from the army. But when he landed in Belleville, he said he didn't feel an identity, so he went through an identity crisis.

Unfortunately, he said he went down the wrong road and got hooked on fentanyl. It started with crack cocaine, and it graduated to fentanyl quickly.

For the last two years, Gower said he has been homeless because he said family members can't house him because of his overdosing addiction.

"My goal right now is to try to get off the street within the next two months. That's my hope that I can save up some disability, from Veterans Affairs, use that towards a room, or become roommates with maybe four safe people. Make it a house. Or just go to rehab for the next three to six months. Logan Lindsay is the supervisor at the Belleville, Trenton and Bancroft warming centres.

"We had probably about 40 to 50 clients averaged on Thursday and Friday night with all their belongings and everything else," he said. "Most of the clients are good with us. We don't have any issues most of the time. The majority of them are grateful just to stay out of the cold," he added.

There was some relief from the cold later last Saturday, as the temperature increased to a high of 4° C and then a low of -3C on Sunday.



Photo by Hunter Middleton

The Fairchild family (from left) Jess, Levi and Matt, take a quick break on the seating next to the Brimley Park outdoor skating rink located in the east end of Belleville. For Matt and Levi, this was one of the first times skating on an outdoor rink. Jess expressed her gratitude to the volunteers that maintained the rink for everyone to use due to the shortage of outdoors rinks people can use due to the fluctuating weather. "So I'm thankful to the people that live around here that's taken care of this one because otherwise, we wouldn't have one at all."

# Outdoor rinks a Canadian tradition

By Hunter Middleton

With the fluctuating weather in the Quinte area, many residents are struggling to participate in the Canadian winter tradition of skating on outdoor rinks.

While the tradition of skating on outdoor ponds and rinks dates back to at least the 1800s, the activity has yet to lose its appeal to many Canadians.

The city maintains two main skating areas within the Belleville area, Victoria Park and Zwick's Centennial Park West. There are also two community run outdoor rinks in Brimley Park and Exhibition Park, also known as the Belleville fairgrounds. Although mother nature has been indecisive about the weather in Belleville, the residents have persevered and set up the rinks in hopes of getting a few days of skating this winter. The City of Belleville, however,

wasn't so lucky, as the ice conditions have been unsafe for their outdoor spaces due to the unreliable weather so far this year.

City representative Joe Reid, who handles the maintenance of the city-operated outdoor skating, commented on the condition of the Belleville Harbour and the outlook for the rest of the winter. "We need 10 inches of good ice before we can take equipment on the ice. There was only seven inches of good ice, three inches of white poor ice and four inches of slush, and then snow on top. We did try our walk-behind snow blowers down there to try to clear the ice in the areas that we light up at night with not much luck. The slush that is under the snow is insulated and will not freeze.

It is looking like ice skating this year is in jeopardy."

Lucky for the residents of Belleville, the smaller

community rinks have a smaller amount of water to keep frozen and provide an alternative option.

One family in the area was able to get some skating in at Brimley Park after the extreme cold weather.

The Fairchild family spent most of last Sunday afternoon on the small community rink. For father Matt and child Levi, it was time spent learning how to skate and putting in hours of practice. For mother Jess, it was continuing and sharing the positive memories of skating somewhere other than an indoor skating rink.

When asked about the pull to the rink, Jess responded, "I also grew up going to outdoor ones, so it's just a little bit nostalgic trying to find an outdoor area somewhere. This one ticked all the boxes."

Like the Fairchild family, residents of Belleville flock to the outdoor rinks to interact with other

members of their community. While the Belleville community, like many other communities, is still recovering from the effects of the pandemic, this was one of the few outdoor activities that remained safe for people to enjoy.

Even though the weather keeps Belleville low on outdoor skating areas, the surrounding areas may have some rinks ready to go. Thanks to a government grant received by Prince Edward County, Rossmore and Consecan received two outdoor rink kits, located at Rossmore Park and Consecan Park. The community of Batawa also has its rinks open, with two rinks dedicated to skating only and the other two rinks dedicated to those who want to play hockey. These rinks are maintained by the volunteers of the Batawa Lions Club.

To find out more, click on this link: <https://vimeo.com/796858437>

# Say OutLoud promotes inclusion and diversity

*Eric Hargreaves brings acceptance for teens to be themselves*

By Hunter Middleton

"I mean, I did try to save the world for a while."

After a full interview about his life, and what he has built with the Say OutLoud group and Belleville Pride, this quote from Eric Hargreaves hits a chord deep inside.

As a gay man and a passionate community builder, Hargreaves has devoted much of his life to issues of inclusion and diversity. Say OutLoud is a volunteer youth group for teens and young adults who identify within the LGBTQ+ community. They also partner with Belleville Pride to celebrate diversity within the Bay of Quinte area.

At 71 years old, Hargreaves still has the energy of a teenager. With a warm, bubbly personality mixed with his relaxed nature, many consider him perfect for running the Say OutLoud group. With a bright, inviting smile, pulling you into his welcoming and accepting personality, no wonder Hargreaves has built a strong accepting space for young teens to be themselves.

Say OutLoud started as a group for dropouts, people with limited skills, or people suffering from mental health issues. With no sign-in to track who came to the group each week, it allowed for easier access for everyone. The diversity within the group grew from mostly gays, lesbians and bisexuals and then over the years, it morphed into a mixture with trans individuals becoming more involved in the group.

Thirty years is a long time. Some people could call that time equivalent to having a career, so Say OutLoud became a career of sorts for Hargreaves. The group was built out of the need for education and safe space so that teens could express themselves and explore the journey of gender and sexuality. After a youth engagement day at a sexual assault centre in Belleville, many young people spoke up on how they needed a space where they could learn and explore in a safe environment. So, the executive director of the centre at the time, Kim Clark,

reached out to a Metropolitan Community Church where Hargreaves was working at the time. The church had an outreach to the Christian LGBTQ+ community and beyond. From there, a group of teachers, counsellors, and young people got together and brainstormed what was needed and they came up with a youth group.

It was almost like a sixth sense when walking into the church where a recent Say OutLoud group meeting was being held. Hargreaves was the first to come to introduce himself, asking for a name, age and preferred pronoun. His childlike excitement to have someone new to the group for the meeting was contagious. Being able to attend one of the Say OutLoud groups allowed for new perspectives to be seen, from a variety of backgrounds, genders, and sexualities.

Looking around the room, each person looked at peace, as if they were finally allowed to stop looking over their shoulder and relax while enjoying the company of others. The members settled in, signalling the start of the meeting. Check-in, as they called it, allowed for the introduction of each person, their name, age, and preferred pronoun, to start, and then one thing that happened either that week or just something on their mind. One by one, everyone got a turn. The attention Hargreaves gave each person was amazing, ensuring that the person felt heard and offering advice when, or if needed, on the issue, celebrating the good and bringing a positive to the bad.

When asked about what keeps him involved after all this time Hargreaves responded with how he responds to others when they ask him the same question.

"Eric you're getting older. How come you're still doing the group? .... This is how I really feel every week I see something that just sparks me, and lightens my spirit somehow. Sometimes I see one of the really shy people connecting with somebody else, I just feel that, wow, if we weren't here, that wouldn't have happened."

You wouldn't be able to miss the pride in his voice as Hargreaves described how the group played a role in his self-journey. He continued with how he was grateful to have created a space, so that no matter what, the struggle that one may have, they will always have a place to connect with another person.



Photo by Hunter Middleton

Eric Hargreaves has been a part of Say OutLoud since the beginning of the group and has been regularly involved for nearly 30 years. Many in the community consider Eric a staple and an important part of the Quinte area community due to his high involvement with the group and other events. The group was one of the first groups in the Quinte area to allow support to those who identify as LGBTQIA+, and they also partner with Belleville Pride on events throughout the year.

# Cat lover rescues kitty missing since 2018

*Passionate advocate for feline friends helps strays and abandoned*

By Heather Waldron

Sarah Colbeck, a passionate local advocate for cat rescue, was out setting live traps in Belleville when she found a cat named Blackey Bear, who had been gone since 2018.

Colbeck had always been fond of cats, but it was not until she lost her own feline companion, Whisper, that she became committed to rescuing and fostering cats in need. When Whisper ran away on Sept. 25, Colbeck searched for him high and low. Four months later, Colbeck says that she regularly receives tips and photos of black cats that resemble Whisper, and she holds on to hope that she will one day find him with the help of the Belleville community.

"I felt like my journey in life changed after I lost him and I met so many amazing people and now I want to push for better services for cats here," says Colbeck.

When Colbeck found Blackey Bear, she took him under her wing for three weeks. She says that he was fierce and would bite her every day, but eventually, with patience and persistence, he let her pet him and brush him. She discovered that he was a teddy bear underneath it all. Colbeck could sense that the cat had belonged to someone but may have been lost for a long time.

On Jan. 30, Colbeck says she felt compelled to search through over 700 photos on Belleville's Lost Cat Network Facebook page when she came across a posting of a similar black fluffy cat with a white scar above his left eye. Although the post was made in 2018, she decided to take a chance and find the owner of said cat. She was able to track down the owner, Miranda, who had been searching for her pet for five years. They both agreed that the similar-

ties were too strong to ignore. That same night, Miranda visited Colbeck and knew almost immediately that it was her cat.

"I witnessed the most beautiful miracle I have ever seen in my life. It was the most beautiful moment, and I was so overjoyed that I took the chance to look," says Colbeck.

The community was shocked that Blackey Bear made his way to Belleville from Ameliasburg in Prince Edward County over those five years.

**'I felt like my journey in life changed after I lost him and I met so many amazing people and now I want to push for better services for cats here.'**

Sarah Colbeck

As Colbeck continues her mission to help stray and abandoned cats in her neighbourhood, she says she is proud to have played a role in reuniting Miranda with her beloved pet and will always be on the lookout for other animals in need. Being a part of the deaf community, Colbeck is a staunch advocate for accessibility and human rights, and she hopes to one day open a cat sanctuary that would double as a ranch for deaf children.

Colbeck wants to encourage individuals to post on the Lost Cat Network page if they lose or find a cat. She says that posting on the page makes it much easier for the community to match lost cats to their owners. Blackey Bear's story has garnered over 600 reactions on Facebook with one user commenting:

"You are doing so much good, Sarah that all that karma you're accumulating is gonna bring Whisper back to you! This is a lovely story you've shared with us."



Photo by Heather Waldron

Sarah Colbeck sits with her cats, Cuddles and Jordy. When Colbeck lost her cat Whispers in September, she reached out to the Belleville community online and received several tips from neighbours.

## Record low temperatures swept across eastern Canada

By Kenzie Friesen

People in Ontario woke up to one of the most bitter cold days seen in years this past Friday and Saturday, due to a freezing blast of Arctic air that managed to blast all the way through southern Ontario, temperatures around the province that dropped to as low as -30 °C, with wind chill into the -40 °C.

Sudden white outs and snow squalls were witnessed in Prince Edward County, with the city of Belleville reaching a low temperature of -32 °C, coming close to the coldest day in the city's recorded history which was -39 °C on February 9th, 1934.

Extreme cold warnings were issued by Environment Canada that Friday night in Belleville, the rest of Quinte West, and throughout the rest of On-

tario as frigid winds continued to swarm the province. Residents are now being encouraged to bundle up and/or stay home as much as possible due to such low temperatures being capable of causing frostbite on any exposed skin within just a matter of minutes. Hypothermia also became a great cause for concern, especially with the sudden wind chill making the cold feel more like -45 °C.

"Risks are greater for young children, older adults, people with chronic illnesses, people working or exercising outdoors, and those without shelter," said Environment Canada, who also advised people to also keep their pets indoors. "If it's too cold for you to be outside, it's too cold for your pets to be outside."

The cold warnings remained in effect for those in Quinte West, Toronto, Ottawa, Bancroft, Brockville, Sudbury, and Algonquin which lingered un-

til Sunday afternoon. These cities and more had shattered their old record temperatures on Saturday, when they had their thermometers drop down to between -33°C, and -41 °C.

The same day weather reports came out saying that morning in Algonquin Park was colder than the same morning's current temperature in the South Pole, where it reached a temperature of -36 °C, and Algonquin's reached past -41 °C.

Some places such as Nova Scotia, Quebec, and a few places in Ontario also had to endure power outages that occurred due to the freezing weather, and others had snow squall and high wind warnings. Leaving 25 000 people in Nova Scotia without power.

This quickly led to new warming centers were also opened by communities around the Province, in preparation for the blistering weather, and cit-

ies such as Toronto were able to accept almost all walk-ins in need of shelter while the weather warnings remained in effect.

The freezing temperature has also left its mark in the streets of Belleville, as they and the city sidewalks remain covered in thick layers of ice. This has caused the OPP to put out a statement reminding people to apply Winter tires to their cars, to always check weather conditions before going out, properly clean off any ice from windshields, lights, roof, and mirrors, and to even include emergency kits in cars just in case.

Weather conditions have now changed dramatically in Quinte West since Friday and Saturday, with Sunday's new temperature coming in with a high of 5°C, and a low of -5°C; complete with sunshine filling the skies instead of snow and harsh winds.

## Sale raises much needed funds for Alzheimers

By Kenzie Friesen

The community of Belleville came together at the Bay View Mall on a rainy Tuesday morning to donate books to the Alzheimer Society of Hastings-Prince Edward, during the first day of their used book sale.

Soon enough, the back of the mall was filled with rows of tables that were packed full of every genre of hard and paperback book possible, with donations continuing to pour in throughout the event. More and more cardboard boxes and milk crates overflowing with books kept arriving, bringing even more people in with them who were all eager to browse through the never-ending selection of novels.

The volunteers of the Alzheimer Society of Hastings-Prince Edward have been holding the used book sale annually in Belleville ever since 1989, only taking a few years off being due to the pandemic. The society relies heavily on fund-raising events like the book sale, as well as grants, and support through the community to be able to continue their research and support. They receive 40 per cent of their funding from the Ontario Ministry of Health.

The Alzheimer Society of Hastings-Prince Edward is dedicated to providing support, education, and advocacy for people and families who are living with Alzheimer's and/or other dementias in the area. They also have a variety of programs available for those living with dementia, as well as offer different kinds of support programs for family, friends, and the community. The society strives to create a range of safe spaces for those with dementia, where they are able to come together to make new friends, be creative, and connect with people who are educated in providing helpful

**'That's the best part about this, I think, is just seeing the community come together for such an important cause.'**

Trisha Clancy

resources and care.

"It's for such a great cause, and I can't believe the incredible turn-out we've had on our first day," said the fund development co-ordinator for the Alzheimer Society of Hastings-Prince Edward Trisha Clancy, who was also volunteering to help run the event that day.

"People have been so kind with their donations, and I'm just so happy at the amazing variety of books we have here today!"

With the used book sale beginning at 8 a.m. that morning, it was halfway through the fundraiser when the volunteers realized that they had already raised over \$2,000 on their opening day.

"That's the best part about this, I think, is just seeing the community come together for such an important cause," said Clancy. "What I really love is that all of our funds stay 100 per cent local. Every cent is going directly back into the community, and unfortunately, you don't see that a lot. It's been really great to see people give to us so generously so that we can give back to them as well."

People of Belleville will still be able to come to the Bay View Mall to donate, as well as flip through the thousands of different titles at the book sale until 4:30 p.m. today.



Photo by Kenzie Friesen

Trisha Clancy stands over the hundreds of donated books brought to the Bay View Mall for the Alzheimer Society's used book sale fundraiser.



(Above) Loyalist Lancers' women's players (from left) Ally Brownlee and Sierra Scott block George Brown's outside hitter Jaque Ronquillo.

(Left) Loyalist Lancers men's players (from left) Pedro Casellatto, Noah Russell and Josh Vreugdenhil finish their season with a triumphant celebration, marking the end with a successful 3-1 win.

Photos by Heather Waldron

# March celebrates Black History Month

By Nav Rahi

Every February, people across Canada celebrate Black History Month to honour the legacy of Black people in Canada and their communities. Toronto is celebrating it with several events and programs. Events include exhibitions, festivals and documentaries.

Since Mathieu Da Costa, a French navigator and interpreter, came to Canada in the early 1600s, Black Canadians and their communities have had a significant impact on the creation of the nation's culture and identity.

The historical significance of Black people and their communities in Canada has largely gone unrecognized. According to the Government of Canada website, it is noted that numerous troops of African descent made significant sacrifices in times of war and in the War of 1812, and some Loyalists who migrated here after the American Revolution and lived in the Maritimes were individuals of African descent.

Few Canadians know that Africans were once enslaved in the territory now known as Canada or how those who opposed slavery helped build Canada's multicultural and inclusive society.

There are a few of exhibitions around Toronto where people can celebrate and learn about Black History.

One of the city's main Black History Month events is an exhibition called "Black Women in Leadership," which is on display right now and



Photo by Nav Rahi

A poster celebrating Black History Month features a Glimpse of Black Life in Victorian Toronto exhibition at Etobicoke Civic Centre Art Gallery.

runs through the end of August at 255 Spadina Rd. at the the City of Toronto Archives.

The project is a photo exhibition

featuring 40 portraits of Black women leaders captured by four Toronto-based visual artists.

This exhibition is organized by the

Black Artists' Networks in Dialogue Gallery (BAND) and Cultural Centre in collaboration with the Toronto City Archives. According to the exhibit's

organizers, it honours and showcases Black women leaders from various fields, including arts and culture, business, health and wellness, and activism. These women have pioneered change in their communities and continue to do so.

Jon Blak, Patricia Ellah, Leyla Jeyte, and Janice Reid took all the pictures at the exhibition.

The second event is the Etobicoke Civic Centre Art Gallery exhibit, "A Glimpse of Black Life in Victorian Toronto," which portrays how the Black residents enhanced Toronto city while the preconceptions were imposed upon Black individuals from the 1800s. The exhibition is on display until Feb. 23 at 339, The West Mall, Etobicoke.

The main focus of Black Families and Historical Settlements exhibition is untold stories of Black history, which includes a Toronto artist Raoul Olou's animated documentary on the history of the residents of Africville, old photographs taken from Barbara Moore's family archive, which depict her ancestors' presence in the United States of America throughout the 1900s, and a collection of Moore's artworks. Such personal libraries have been and remain crucial to the carrying and preserving the collective Black memory and history.

Loyalist College celebrated Black History Month with West African Dance and Drummers in the Shark Tank Pub on Feb. 2. Students enjoyed the traditional food with captivating beats and impressive feats.