



Photo by Alex Lupul

He shoots, he scores!

Carson McNulty scores a goal despite the defence of Brady Drinkle on the frozen Victoria Harbour near the Bay of Quinte Yacht Club in Belleville on Sunday. For more skating photos, including the East Hill park skating rink, see page 2.

Massage therapy program coming to Loyalist in the fall

By James McAlpine

As a result of increasing demand for massage therapy, Loyalist College is getting a new three-year advanced diploma program in the profession, according to Alicia Mutton, professor of health sciences at Loyalist.

The program, starting this September,

will accept a maximum of 26 students into the program per year to maintain smaller class sizes. Modifications to the student health centre will feature new spaces for the massage therapy students to work in, and on-campus lab students will work with individuals from the community to teach students.

"The student labs are going to share

space within our existing mobility lab, which is what we use with our occupational and physiotherapy assistant program. It is really exciting because they'll get a chance to work side by side with some of these other students on combined projects," says Mutton.

But what is massage therapy and how is it different from physiotherapy programs?

"So massage therapy really focuses on manual therapies, or manual manipulations of muscles, and in terms of sort of restoring them back to full range of motion, proper function. It can help with in some ways relaxation and an increasing range of motion so it's a very hands-on program, explains Mutton.

"There will be learning, not only about

sort of manual massage therapy techniques on healthy individuals, but they'll also be taking several courses focusing on special populations, for example individuals who are pregnant, those that maybe have chronic conditions, older individuals," says Mutton.

...See Massage, page 3



Photo by Madison Ladouceur

Amanda Jarvis, owner of Double MM Cheesecakes in Belleville Ontario, loading up her father-in-law's van with different kinds of cheesecakes to be transported to Kingston.

Cheesecake wins top honours in community contest

By Madison Ladouceur

In the last fleeting weeks of 2020, the year that brought so many challenges to our lives, some fun came into the lives of some Belleville residents. The annual Community Votes Belleville 2020 started up in hopes of bringing some fun back into our lives.

Amanda Jarvis, a Loyalist College student in first year of the Protection, Security and Investigations program, found her way into the community voters' competition in a few categories. Shortly after the pandemic started, Jarvis came across someone on Facebook looking to get a cheesecake made. Jarvis, who didn't mind making cheesecakes every now and then, offered to help. Jarvis said that the woman told her that her cheesecakes were amazing.

"She told me it was the best cheesecake she's ever had. The person she made it for absolutely loved it. She said you have to start selling these, so for the heck of it I thought, 'Okay, why not?'"

Jarvis said that from the start, she has gained an extreme amount of support in her small business that she said happened 'by accident'. Because having a business was new to her, Jarvis was not fully aware of the community voting contest until a customer brought it to her attention.

"I'm totally new to having a

'The support from the community has just been outstanding. It's been phenomenal for something that started accidentally to what it is now.'

Amanda Jarvis

business, so this is all new to me. I wasn't fully aware of the community voting contest until a customer actually brought it to my attention and said they had noticed I had been nominated and to start pushing it, to get votes. So I posted it on the website; I posted it to the group, and I made it through the nomination period and was successful through the voting round. I won in each of my categories."

As we were in the middle of a pandemic, the contest was an online-based nominating and voting system. Belleville residents could nominate their favourite businesses and the top 10 businesses would move on to the voting period. After they were nominated, and the voting began, and businesses were placed into the remaining top 4, for bronze, silver, gold and platinum.

Jarvis and her Double MM Cheesecake business won silver in the "Bakery" category, Gold in the "Cakes" category, and won first place in platinum in the "Desserts" category.

Jarvis said that when she found out she had won in the three categories, she was completely shocked.

"My jaw hit the floor. I was sitting in my doctor's office because I'm pregnant, so for the heck of it, I was scrolling through the nominations and noticed that voting had taken place. And the winners had finally been posted. So when I saw that we had won in each of the categories, I could not believe it."

After finding out she had won, Jarvis immediately called her husband to share the good news. The future for Double MM Cheesecakes is looking bright after Jarvis shared her hopes for her business in the future. She said that the sky's the limit and she hopes to expand to a storefront whenever she can.

"At this point, the sky's the limit. Expanding and eventually getting our own storefront would be amazing."

Jarvis explained that the support and love from the community have been amazing. Because the people of Belleville really seem to like her cheesecakes.

"The support from the community has just been outstanding. It's been phenomenal for something that started accidentally to what it is now."



Kids around East Hill park are enjoying the ice put in place in early January to be able to skate as an after-school, outdoor activity. Parents and other members of the community are also taking advantage of the community-made ice rink.
Photo by Madison Ladouceur

Community comes together to get everyone outdoors

By Madison Ladouceur

Kids in their snow gear skate around the East Hill Park outdoor rink as the snow comes down on the first cold day of February.

A new skating rink in Belleville has proven to be popular among Belleville residents. In early January, the ice rink was constructed by a few people in the community, but the idea of the ice rink has been planned since early September.

The socially distanced outdoor rink started out with River Barnwell-McCoy, a Belleville resident, who had the idea for the ice rink after seeing other places in Belleville making ice rinks for

people in the community. Barnwell-McCoy said that after living in the East Hill area for so long, he noticed that other places around Belleville were setting up skate rinks. When he looked at the East Hill Park, he thought it was a great place for a rink.

"I've lived in the East Hill area my whole life and I noticed other outdoor rinks popping up around the city where I had never seen them before. I just noticed that the park near my house looked like a great spot for a rink."

Barnwell-McCoy said he thought of the idea and tried to make it a reality for his community by making a Facebook page in September to try and get volunteers to help him with the project,

and luckily enough, he found others in the community who loved his idea.

"I guess, my idea that I decided I wanted to see if it was possible, and then I just asked around and we made a Facebook group to get a bunch of volunteers. But other than some city inspections, it is a totally community-run, community-funded rink."

After searching on the Facebook page, Barnwell-McCoy found the rest of his new East Hill Park Rink committee, Payton Smith, Chad Lambert, Kristen McCoy and a few volunteers who help keep an eye on the ice.

With the outside rink becoming known by the East Hill community, people wanted to lend a hand as much

as they could. Neighbours and people around the park agreed to keep an eye on the rink whenever there were no members of the committee there maintaining it after going through a bumpy first skate. After the first time opening the rink, the ice cracked because of the pressure of the skaters and the rink being so new.

Barnwell-McCoy said that they were hoping the outdoor rink would be an outdoor activity everyone could enjoy especially in these rough times.

"We were really hoping for a great outdoor activity for kids and adults and families to do around the city especially during COVID, since everything is kind of closed down. Outdoor

skating is one of those things everyone can enjoy and can do fairly safely."

The Belleville Fire Hall helped out Barnwell-McCoy and the other committee members of the outdoor rink by bringing their trucks and flooding the ice for them. Barnwell-McCoy said they have been out numerous times since starting the rink.

Despite the ups and downs since opening up, everyone who is a part of the committee is very happy with how the community has reacted to the new East Hill outdoor rink.

This outdoor ice rink has shown how much a community can come together for something that everyone can enjoy.



People play hockey on the frozen Victoria Harbour near the Bay of Quinte Yacht Club.
Photo by Alex Lupul



A hockey game is pictured at Victoria Park as temperatures dropped Saturday. A number of skating rinks are set up each winter in the inner harbour.
Photo by Ron Lavoie



Heather Dawson realized her dream of owning a fabric store at the end of February 2020 and then the pandemic hit, but she managed to turn things around by supporting the community. Thousands of dollars worth of material were donated for people to make masks.
Photo by Daniel Geleyn

Business gives back to the community

By Daniel Geleyn

Heather Dawson, who opened a fabric store in Kingston at the end of February 2020 just before the pandemic hit, has managed to turn things around as well as supporting the community.

Dawson became the co-owner of Stitch by Stitch on Feb. 29, a fabric store in the west end of the city, which also sells and maintains sewing machines. But two weeks later, everything was shut down due to the COVID-19 pandemic.

"I just kept coming to work every day, while nobody else came to work," she says.

Not giving up on her dream, Dawson managed to put her business online and trained her staff and customers on the new ways of shopping and working. It proved to be an onerous task but it is now paying off. Her customers have become used to the new ways and they are keen to work on sewing projects while being isolated at home.

But the main catalyst for the transformation was the initiative by Dawson to donate about \$30,000 worth of inventory to her customers to make masks for the health care staff in the city. This allowed

Stitch by Stitch to clear out old inventory while helping the community. The store would collect all the masks made by the customers and the hospital staff were able to pick them up.

"And then the masks started coming back in and we realized we had done something pretty incredible," says Dawson.

After those initial donations, her customers kept buying more fabric so she was able to turn her business around.

"Now we are as vibrant as we've ever been," she says.

The store is now a mixture of online and brick and mortar. When permitted by the health guidelines, the store would be open to customers by appointment only. This would give the customers dedicated attention by the staff which proved to be a positive experience.

In addition, Dawson also hosts regular live online sessions with her clients to show and discuss new products as they arrive. She also conducts one-on-one online consultation with her clients to allow them to virtually shop more interactively.

For a video look at this story, click on this link:

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



Photo by Daniel Geleyn

Lionhearts volunteers at the warming centre at Stages in Kingston get ready to welcome members of the community.

Lionhearts Inc. responds to call

By Daniel Geleyn

Lionhearts Inc. was started in 2014 to improve the lives of marginalized people in Kingston, but the organization has seen a significant expansion because of the pandemic.

The initial focus of Lionhearts Inc. when it was founded by Travis Blackmore in 2014 was on food rescue. Food that would normally be thrown out by businesses was collected by volunteers daily and distributed to a number of food security organizations in Kingston. Food that was not fit for human consumption would be provided to local farms as feed to avoid any waste.

In 2017, Lionhearts Inc. expanded its services to Ottawa. In 2019 alone, Lionhearts distributed over \$2.4 million worth of food into the community, by providing what they collected to food security organizations, with the

help of many volunteers.

But when the COVID-19 pandemic hit, many of the organizations served by Lionhearts closed their doors, not because the need was no longer there, but because either the facilities had to close to meet government guidelines or simply because their volunteers, many of them older, stopped coming, fearing they would get infected themselves.

"Lionhearts did not provide meals before COVID but in March we saw the need so we started providing that service," says Monika Cook, a Lionhearts volunteer and the community liaison.

By November, Lionhearts had served over 150,000 meals from an outdoor park in the city of Kingston.

With the colder weather settling in, Lionhearts was able to secure Stages, a night club in downtown Kingston which had been forced to shut its doors because of the pandemic, to

'Because of COVID, we can no longer use St. Andrew's Church. We're glad Lionhearts has picked up the job so I'm helping here. We built this relationship now.'

Marilyn McLean

deliver their nightly meals starting in November.

"We have an arrangement to be here at Stages for six months and then we will re-evaluate what the need is then," says Liam Thomas, another long-time Lionhearts volunteer. The owners of Stages are providing the facility at no cost and the City

of Kingston provided funding to pay for the utilities.

The colder weather also highlighted the need for a warming centre for the homeless in Kingston. The City of Kingston has a new Integrated Care Hub with limited capacity and a new warming centre opened on Jan. 20 closer to downtown.

However, another warming centre which was operating at St. Andrew's Church by the Kingston Street Mission was forced to close because of COVID, the need for social distancing, and the lack of volunteers. And once more, Lionhearts saw the need, rallied more volunteers, and opened a warming centre at Stages, initially for three evenings a week.

"Because of COVID, we can no longer use St. Andrew's Church. We're glad Lionhearts has picked up the job so I'm helping here. We built this relationship now," says Marilyn McLean,

the executive director for Kingston Street Mission and now also a Lionhearts volunteer.

Many of the volunteers for the Kingston Street Mission were older or had young kids and were worried about COVID. So new volunteers are now stepping up.

Keri Oosterhof has lived in Kingston since 2006 and she was happy to help.

"I follow Lionhearts and support them financially so when I saw the advert, I thought 'I could do that,'" she says.

Mary Frink has been working with the Kingston Street Mission for the last seven years so the transition to Lionhearts was easy.

"I always believed that there are times in life when you are a taker; you have to take because you have small kids or whatever. But now is the time in my life when I can give, so this is what I like to do," she says.

Massage...

Continued from Page 1

"They're going to work on relieving pain, and proper range of motion. They tend to be a more hands-on manipulation of the actual muscles versus phys-

iotherapy which can sometimes be more exercise-based, so where a physiotherapist may have you engage in exercises to help restore movement or sort of reduce pain, massage therapists and their treatments are more hands-on or manual adjustments and manual therapies."

There are only a small number of massage therapy programs in Ontario, and

the one coming to Loyalist is the only one in our region. Mutton says that the college has already had a lot of response from local registered massage therapists, given the high demand for this sort of therapy in our region - which creates a lot of opportunity for not just jobs post-graduation, but also placements which can be done locally.

The placements taking place over the three-year program will be more than 700 hours. Once completed, along with their final exams, students will be able to undertake an examination from the College of Registered Massage Therapists of Ontario (the CMTO). Upon completion, they will be a Registered Massage Therapist and able to start

working in the field.

There's also a lot of crossover courses with other health fields so there is a possibility to move on to other education opportunities as well, such as community health science degree programs, although most who enroll in these programs will move directly into their practice.

At the Mission Thrift Store, Susan Deighton, stands by the garage area of the store where they do curbside pickups.

Photo by Olivia Ashopenace



Thrift store stays connected with community

By Olivia Ashopenace

During the most recent lockdown in Ontario, the government has implemented restrictions, including closing all non-essential businesses and organizations.

Some have adapting to the closure by doing curbside pickup and deliveries, while others have closed their doors completely. But there are still other places that are persevering and staying connected to their communities, including the Mission Thrift Store.

"The store is no longer open. So, we have now had to do online curbside pickup, which has been a learning experience for myself and the store manager. Most of us are seniors here, so you know, technology, we're not exactly up to par. But we're there now," said Susan Deighton.

The Mission Thrift Store first opened its doors January 2014.

With the current lockdown in effect, the store does curbside pickup by the garage, located at the side of the building. They advise people picking up their orders to ring the buzzer and wear a face mask.

Susan Deighton stands in the garage area of the thrift store with her face mask on. She is an employee of the Mission Thrift Store.

"So, it has forced us and it's been a good thing because that is the way of the future, and we know that younger folks love to shop that way," Deighton said. The thrift

store connects with people and advertises their goods on Facebook.

"Even though we're a thrift store, we're still finding ways to sell our goods because our mission is to raise money to give to Bible League Canada, or in joint ministry with them, our head office. They plan churches, train ministers and pastors, and adult literacy, that kind of thing, all over the world," Deighton said.

The Mission Thrift Store is a volunteer-driven, non-denominational Christian organization which has more than 50 other stores just like it across Canada.

"That's important as to raise money and to support that good cause. We are a Christian non-denominational organization, so that is our mission. We only put out good quality clothing at really good prices and we want to support the local community," Deighton said.

The pandemic has changed the way people connect to one another. Communicating socially has changed. Some connect to one another virtually. Some people miss the way things used to be before the pandemic came a long, when people were able to talk face to face. There are people who are adapting to the restrictions, hoping for the best and persevering.

"We miss seeing everybody, and god willing we'll be back in business and the doors will be open soon. So, that's our hope and we're moving towards that, but (in the) meantime, we're persevering with this and things are starting to look up for us which we're very happy about."



Photo by Alex Lupul

Flaming workshop

Prince Edward County firefighters respond to a call 1398 County Road 15 in the hamlet of Northport in Prince Edward County. A pole barn serving as a workshop caught on fire, but a nearby structure housing livestock was not damaged.

Charities continue their work despite pandemic restrictions

By Olivia Ashopenace

During the pandemic, the Alzheimer Society in Belleville, like many other organizations, has adapted and to restrictions by going virtual and keeping connected with one another and people needing help online.

The Alzheimer Society has been around for over 30 years. They are one of 29 Alzheimer Societies in Ontario. Before the lockdown, the Alzheimer Society provided support in person individually and education as well as group settings across their area.

"We are providing services to clients remotely, by phone, e-mail and Zoom where appropriate. Technology has allowed us to

continue our supports and services," said Angela Meraw, operations and program manager.

In this time of trials and tribulations brought on by the COVID pandemic, the Alzheimer Society is persevering and reaching out to people in need of their support. Also, they provide resources and education online for anyone interested in learning about Alzheimer's.

"We offer free in-person/Zoom individual and group awareness and education. Our website www.alzheimer.ca/hpe has lots of great information," Meraw said.

Due to COVID-19 restrictions, the way of fundraising has changed for the Alzheimer

Society. The organization now does its fundraising virtually.

"Because only 40 per cent of our budget is funded through the government, the society depends on fundraising events and donations to provide programs and services across Hastings County, Prince Edward County and Brighton. We held our first virtual IG Wealth Management Walk for Alzheimer's on May 31, 2020. Jan. 31 was the Bancroft IG Wealth Management Virtual Walk For Alzheimer's.

"The 'Shaken not Stirred Goes Unforgettable' virtual event took place Nov. 2-13, 2020 featuring virtual entertainment, and an online auction. 'Social with a purpose' is a

way for individuals to fundraise their own way," Meraw said.

The COVID-19 pandemic is not an obstacle for the Alzheimer Society because they are adapting and moving along by still providing their services and support to people virtually in their community. They understand the difficulties people are facing during the lockdown. The society is trying to keep connected to the people in the community.

"Normally an in-person event, our annual Kay Stafford Caregiver Education Day occurred virtually in November, covering topics prevalent during this pandemic. We delivered holiday activation kits, complete with treats provided by volunteers and com-

munity partners, in December to clients at their homes and held a virtual holiday sing-a-long," said Meraw.

"We are currently working on 'sending our love' kits which will be delivered to clients containing treats, activities to complete at home, information on upcoming events as well as art supplies for upcoming Zoom art events.

"We recognize that social isolation is very difficult for individuals and is something that is experienced quite often by those living with dementia and their care partners. We are always looking for ways to keep people feeling connected to our supports and services."

Arm wrestler sets goal to win another national title

By James McAlpine

"I desperately want to win another national title."

Without any air of self doubt, Joe Gould has his eyes set on a seventh Canadian arm wrestling championship.

Gould first got into arm wrestling as a child alongside his brother, renowned arm wrestler Mikel Gould.

"I started training approximately the same time he did. But I mean, he's 12 years older than me. So he was maybe around 25 when he started. That means I was around 13. I was just going to practise with him once a month kind of thing. Actually understanding the techniques and stuff, I started around 19," says Gould.

As with most sports, practice, application, and repetition leads you to understanding -- but what does it look like when you're training just your arms, hands, and wrists and how would even go about training those specifically?

"On the table is the best way to train, if you had to have one way to train now of course. I like to be training on the table with the guys sparring, if you will, sparring with the guys on the arm wrestling table. That's the best way to train," says Gould.

Traditional strength training is good too. "But if you can incorporate weight training as well into your week's worth of training, I do some grip strength training. And I for one, I believe that physical labour is really important too. And I'm lucky enough I do some physical labour, but I'm not a mechanic, I'm not a lumberjack. But those guys are very strong, the lumberjacks, the tradesmen, the farmers."

Gould's hard work eventually paid off, and led him to win numerous provincial and six national titles in his division.

"My first national championship was probably my most memorable in 2005, in Quebec. My biggest goal in the sport was always to win a national championship. And I did so with my teammates there."

Those teammates were also founders of the Belleville Armwrestling Club alongside Gould, Dave Ferguson and Jeremy Johnson, and club member Daylan Thomas.

"We started the club together, and they



File photo by James McAlpine

Six-time Canadian national champion Joe Gould trains with the Belleville Armwrestling Club at Zwicks Park in pre-lockdown times on Oct. 4, 2020.

were there at the Nationals with me when I won my first title. When I won, they all came on to the stage and kind of hugged me and we all kind of celebrated together and that was really, probably my most special win."

Gould does have one other win that he considers really special. Following his 2005 win in Quebec, he won nationals again in Moose Jaw, Sask. where his father had moved to following a separation when his mother. "My father lived his years in Moose Jaw, Sask. and for me to win and he had died by this point, moved from life, and to win in Moose Jaw, Sask. That was the most emotional moment for me," says Gould.

Human connection and the spirit of competition really is the distilled essence of any sport, and to grow the sport, you really have to

help foster those connections. Which is why clubs like the Belleville Armwrestling Club are so important, and also the reason why they're founded in the first place.

"I love the camaraderie. I love being with the fellows and training and winning and losing and getting better together and laughing and joking and having the brotherhood. That's the most special part to me," says Gould.

"The competitions I love as well, but they can be stressful, especially when you get to the top. Whatever your version of 'the top' is. For me, it was the national title match, being the national champion, getting to that level, then it almost became stressful to me. The way up was way more fun working your way from 10th best in the club to ninth best in the club to eighth; you know, 10th in the province to

ninth in the province."

Luckily for Gould, he's got the familial connection as well to keep himself grounded, in the sport and otherwise.

"I have a foster son and he has arm wrestled over the years, but it's not really his interest. He was a four times junior provincial champion... my brother married a woman and her whole family arm wrestles. It took me years to beat my sister-in-law," says Gould. His wife of 20 years has competed at nationals as well taking silver and bronze, and together as a couple in a non-COVID world they host competitions together.

In the era of COVID, Gould has been training like mad for the day he can return to the table. "My next step is the Canadian championships, in Winnipeg, Man., in 2021. That's

what I've got my eyes on right now," says a hopeful Gould. "I desperately want to win another national title. And I'm training as hard as I possibly can to put myself into position to accomplish that."

But that's just his personal goals, for the sport he has another level of aspirations.

"As promoters, we run the Arm Fight Club series, and I can't wait to resume the Arm Fight Club series. It brings me a lot of joy. And we've got amateur level arm wrestling as well as professional level arm wrestling at those events. And I love seeing the amateurs competing against the amateurs, and I love the professional aspect. That's something I'm super looking forward to, but also the national championships, and hopefully the World Championships," says Gould. The world championship is tentatively set to be held in Orlando, Florida, but is currently postponed due to COVID.

If you've ever thought about trying arm wrestling, do it, says Gould. It's a courteous sport, with friendly competition. "There's men's and women's divisions, there's novice for brand new people, there's amateurs, there are the professional levels. There's weight classes for everyone for lightweights, middle weights, heavy weights, and super heavy weights. There's age categories at some of the bigger events 40 plus, 50 plus, and even at the World Championships, I believe there's 60-plus divisions. So, no matter who you are, no matter what stage in life you're at, there is a division for you."

"It does not matter whether you're starting in Belleville or any of the other clubs in Ontario, don't be afraid to start at the bottom, and work your way up. Put the work in, I mean, that's the fun and enjoy getting better, because you will progress," says Gould.

"It took me 10 years to win my first national title, but it's something that I wanted to accomplish. And I put the work in, I mean, that was 10 years of competition. Plus, I had been training, you know, intermittently as a boy with a club, and as well, to an extent, part of it is showing up, you know, that sounds like a given," says Gould.

"But, I mean, you've got to be able to show up; you've got to be able to go to the tournaments. I finished second, I finished third, many times before I placed first, but I kept at it, and I won."



Community comes together

Photos and Story by Daniel Geleyn



Clockwise, from top image. 1. Members of the community came together at the Robinson community garden to harvest the produce to be used by the many food security organizations in Kingston. 2. Fresh potatoes harvested in the garden. 3. Paul Elsley, a teacher by profession, is the current president of the Rotary Club of Kingston. "I run a not-for-profit organization called Isthmus and this garden provides much of the fresh food we're able to distribute to kids and their families" he says. 4. Paul Elsley at the community garden. 5. Delina Yuill has been working at the Robinson community garden for the last four years in addition to working at the Community Harvest Kingston for the last seven years. "I was homeless for a while," she says. "I'm involved in housing and food security because I was there as a homeless person."

Volunteers of all ages came together in Kingston to harvest food for those in need at this community garden in September.

Bernie Robinson, who has a farm in the west end of Kingston, has parcelled out a piece of his property for this community garden. Robinson has even hired an employee to manage the garden and liaise with the many community organizations working at the garden and those that use the produce grown at the garden.

Julie Anderson who has an interest in sustainability, is the community coordinator for the Robinson community garden. "We have six food programs that we support with this garden. Everybody here is like minded; they put their efforts towards a good cause," she says. Originally from Ottawa, Anderson has lived in many areas of the world because her dad works in the foreign service.

The many food security organizations using the food produced in this garden include the Food Sharing Project and Isthmus, which provide food for children in schools to help them focus on their school work.

Other organizations include the Salvation Army, Martha's Table, Lunch by George and Lionhearts, which provide meals for any one that needs it, often those living on the street.

The four Rotary clubs in Kingston provided many of the volunteers, but they also encouraged many other members of the community to participate.

Peter Merkley has been a Rotarian over four decades. "I'm working here for selfish reasons" he says. "It gets me out for some fresh air, but more importantly, we know that the food is going to families that need it," he adds.

Another volunteer, Jennifer Clark has been a Rotarian for 12 years and is now a member of the Kingston-Waterfront club.

"Our club meets after work and we call ourselves the sweat equity club as we like to do 'once and done' projects, so working here at the Robinson garden is a good fit for us," she says. "It gives us a feeling of instant gratification as we have something to show for our work at the end of the day," she adds.

