

Kilfred Boder

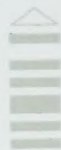
Queen's University

The Isabel

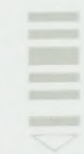
2008-2015

QUEEN'S UNIVERSITY ARCHIVES	
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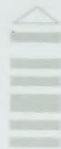










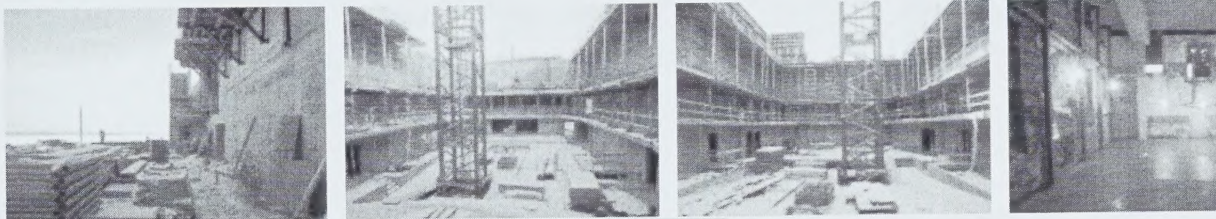


Queen's Quarterly

February 14, 2013 7:48 AM

To: Isabel Bader

FW: Photos of IBCPA site - Feb 5 (Tuesday)



Lobby

*Looking towards
CMAA Hall Siding*

*Looking
towards Concert
stage*

*Media
Shed*

Good Morning Alfred & Isabel,

Here are the latest shots of the site!

Boris

Queen's Quarterly

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From: Tim Fort

Sent: February-05-13 6:30 PM

To: Barbara Paquette; Alan Harrison; Boris Castel; Brian McCurdy; Diane Reid; Gordon Smith; Donna Janiec; Katherine O'Brien

Subject: Photos of IBCPA site - Feb 5 (Tuesday)

Hi Folks,

Here are some shots from today's site tour!

Tim

Tim Fort, Professor, Department of Drama,
Queen's University, Kingston, ON
613-533-6000 x74331





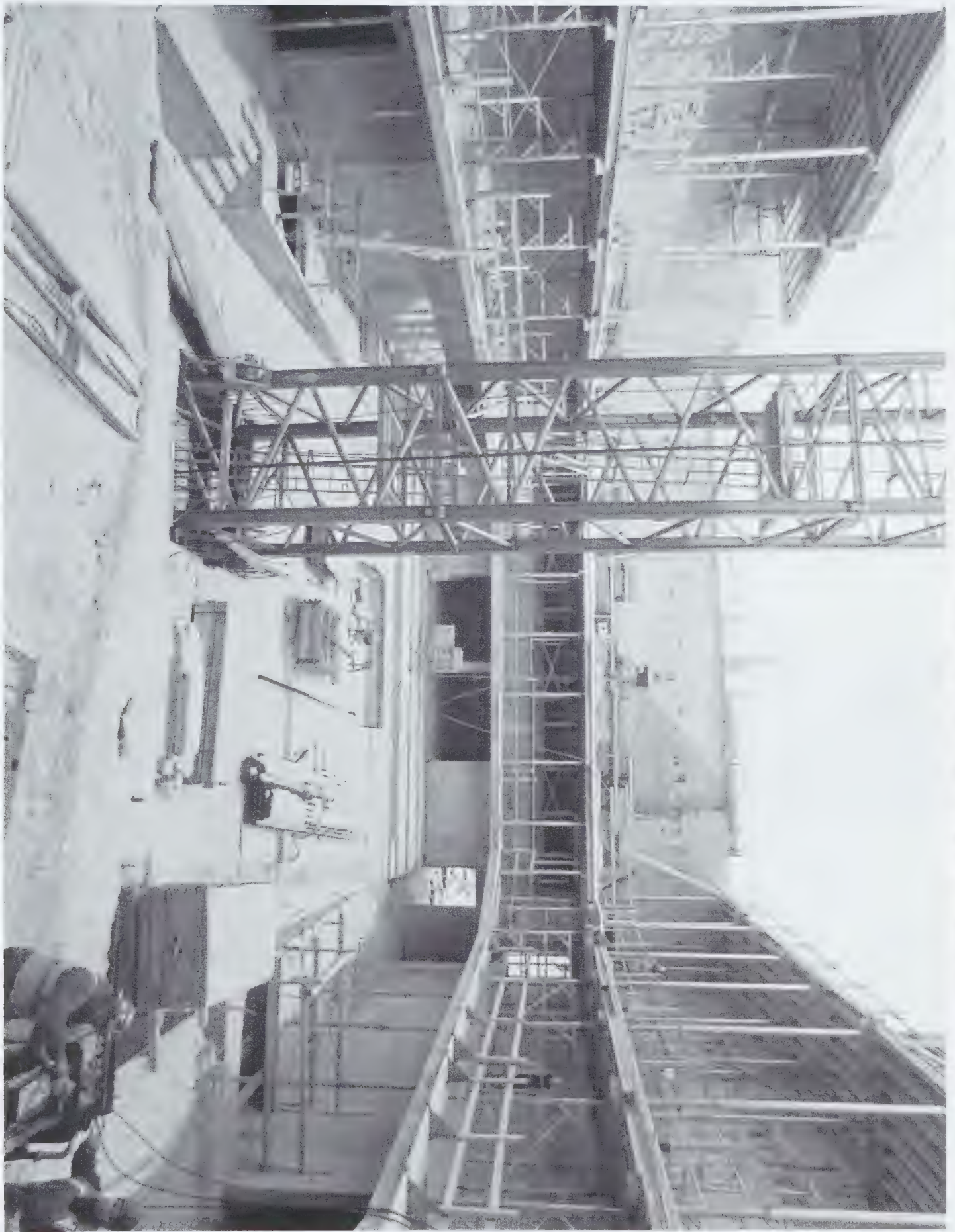
1875



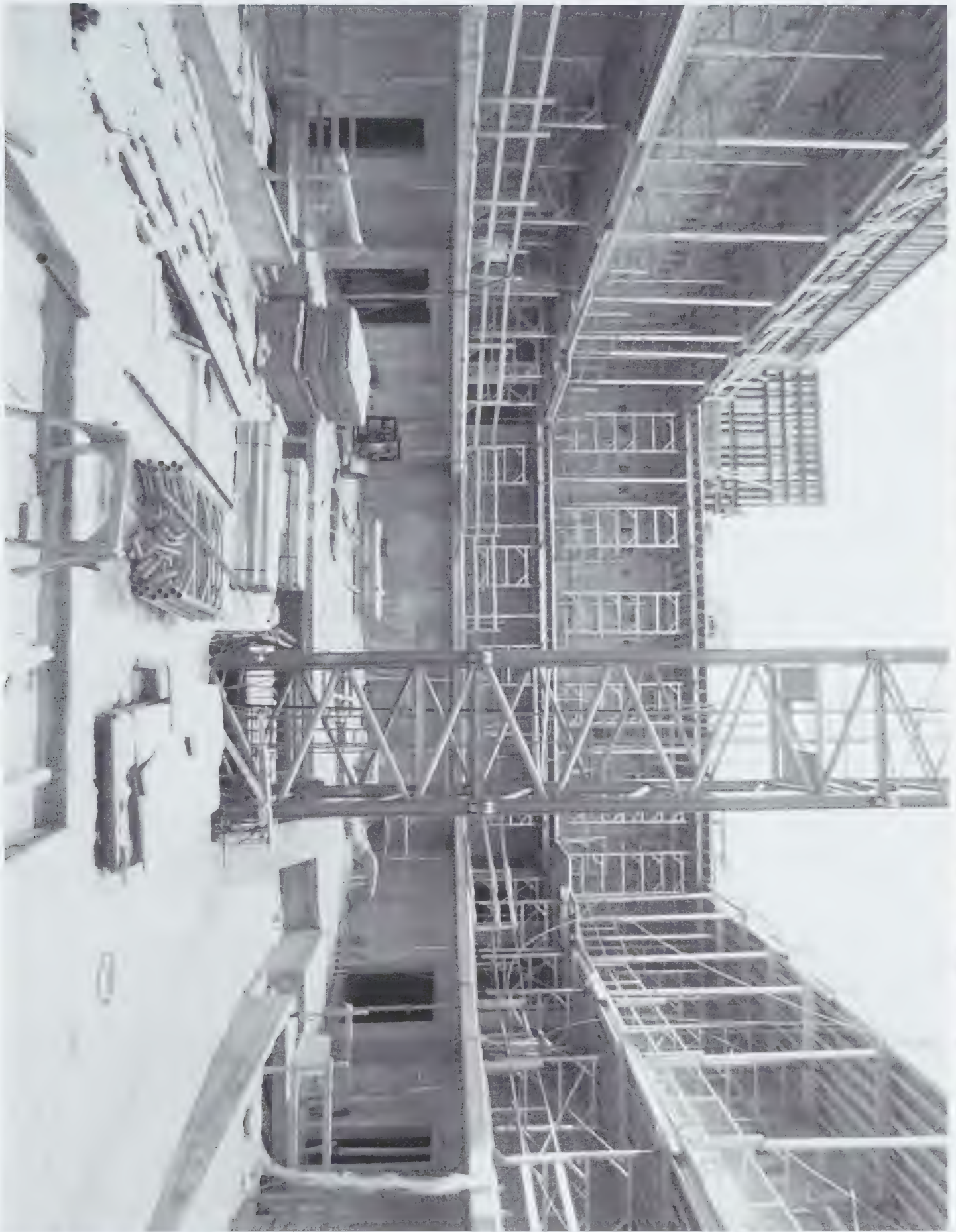














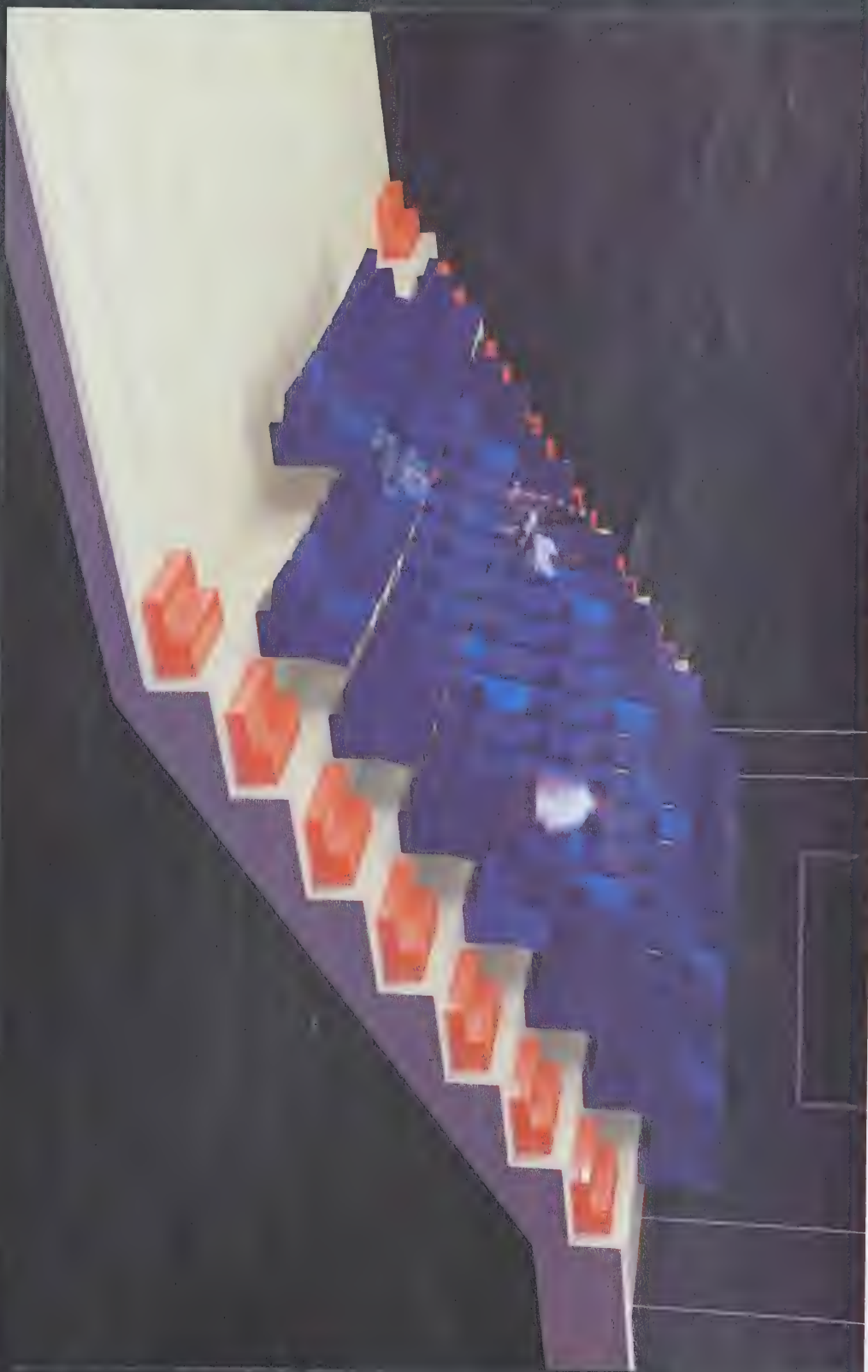








SCREENING ROOM



SNØHETTA
GROUP PRESENTATION OF THE SEAT
KARL BADER CENTRE FOR THE PERFORMING ARTS

11



STUDIO THEATRE

ISABEL BADER CENTRE FOR THE PERFORMING ARTS

SNOHETTA

GROUP ASSOCIATION OF THEATRE



Lunch Menu Week 2

Monte Cristo Sandwich

Ham, turkey and swiss on Challah bread, dipped in French toast batter and fried, served with maple syrup

Corned Beef Reuben

Corned beef, sauerkraut, swiss, 1000 island dressing on grilled rye

Cordon Blue Chicken Salad

Ham, Chicken, blue cheese and Dijon dressing with choice of bread

Tuna Melt

With American Cheese on your choice of bread

Grilled Ham and Cheese

available with tomato upon request

Club or Junior Club Sandwich

turkey, ham, bacon, lettuce, tomato and mayo on your choice of toast

Hamburger or Cheeseburger

fried and raw onion available upon request

Chicken Caesar Salad or Chef Salad

All meals are served with a pickle and your choice of french fries, fresh fruit, cottage cheese, yogurt or chips.





Summerhill
1839
Built by the Archdeacon
George Okill Stuart

Kingston, Ontario Canada



SUMMERHILL 1839

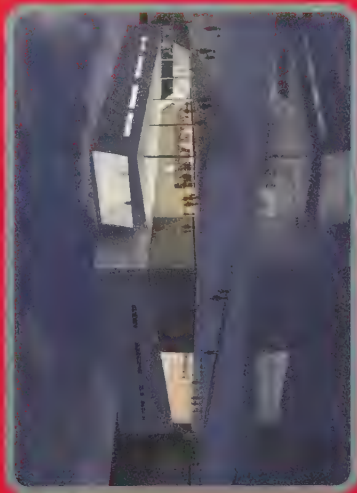
March 3/01

Dear Alfred and Isabel:

A brief note to say that I hope
the "Grand Opening" of the Isabel Bader
Theatre is as special for you as your gift
was for Victoria University! You are
very special and wonderful people.

Sincerely

Bill



"Thirty years ago, I graduated from Queen's with a Bachelor in performance on the French Horn. I performed my graduation recital at Chalmers United Church because I wanted the sound to be superb for my final solo opportunity at Queen's. At that time, there was no venue at Queen's that had excellent acoustics – for players, let alone audience members. So the new Isabel Bader Centre for the Performing Arts will give Queen's music students what they've lacked for so long – the opportunity to experience high-quality sound while they perform. This is incredibly important for students who aspire to play at the highest levels and shows the University's commitment to quality performance space as essential, not just to musical education, but to the people of Kingston and audiences from everywhere."

— Lois Falls, MAJus '79
Toronto Symphony Orchestra

"Queen's needs, and deserves, a home for the arts. I am enormously impressed with the multi-disciplinary concept, bringing together Drama, Music, Art and Film within a beautiful new structure on the lakeshore. 31 years ago I was inspired to make my first film at Queen's. I sought help from drama, music and arts students and faculty. This new venue will house all these people all under one majestic roof with theatres, sound mix facilities and a production studio accessible to everyone. Simply brilliant!"

— Peter Raymond, BA '72
Award-Winning Filmmaker and TV Producer

Queen's University will soon break ground on a stunning, new performing arts centre, thanks to infrastructure funding from the federal government, the province of Ontario, the City of Kingston and a generous donation from benefactors Drs. Alfred and Isabel Bader.

The Isabel Bader Centre for the Performing Arts will be unique to the region and will help meet the cultural needs of Queen's, Kingston and southeastern Ontario. It will provide an acoustically superior, medium sized concert hall, as well as a studio theatre, an art gallery and a film screening room for local and visiting arts enthusiasts.

We invite you to play a role.

Canada



Ontario



09-204 Queen's Marketing and Communications



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Queen's
UNIVERSITY

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Bob Silverman

Chair of the Building Committee

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On the shore of Lake Ontario, at one of Kingston and Ontario's oldest heritage sites, a world of imagination is taking root. Together, Queen's University and the City of Kingston are realizing a bold vision of an arts campus where community and student performance, education, creativity and training blend to give rise to an inspirational cultural presence.



KEY FEATURES

The project includes approximately 80,000 square feet to house the following:

- 500-seat Concert Hall which will include a drop down screen for film presentations
- Sound studios and recording facilities for local and national recording opportunities
- Large public lobby with café on the waterfront will act as an extension for students and community
- Climate controlled Art Gallery, which will be accessible to the public
- 100 seat studio theatre, offering maximum configuration flexibility for student and community use
- 90-seat Film Screening room
- Rehearsal hall for multi-purpose use
- Teaching and performance space for classes for the School of Music and the Departments of Drama, Film and Media, and Art as well as operating space for the Queen's Performing Arts Office.

FOR MORE INFORMATION VISIT www.queensu.ca/badecentre



A decorative graphic consisting of three curved lines in dark blue, red, and yellow, sweeping across the lower half of the page.

INITIATIVE CAMPAIGN





ALFRED AND ISABEL BADER: *What Next?*





Dear Alfred and Isabel,

Some two months ago, one hundred people gathered for dinner to celebrate the opening of "*the Isabel*" with you and your families in the Karen Hitchcock Rehearsal Room. They sat in pin-drop silence as you both made your way to the podium to speak.

Hearing from a couple whose storied lives and benevolence to our beloved university are legend could not fail to be riveting. You made it awe-inspiring.

Alfred, you have spoken often of your love for Queen's, and of your gratitude to Registrar Jean Royce, whose enlightened kindness made you welcome, and to the many others who helped you along the way.

You have spent a lifetime giving tangible expression to your gratitude.

Many of the gifts you bestowed on Queen's have enabled the university to claim important "firsts":

...a castle in England that shifted our perspective from eastern Ontario and Canada to Europe, at a time when internationalization and global thinking were still early concepts for Canadian universities.

...a breathtaking Centre for the performing arts – itself a work of art mere feet from the shores of one of the Great Lakes – that will transform artistic study, creation, and exhibition.

...a magnificent collection of Dutch and Flemish Baroque art that illuminates the world and ourselves, and brings international repute to Queen's and Canada.

...faculty positions animated by gifted scholars who enrich the academic pursuit of the university and the renowned Queen's student experience.

...an array of scholarships and bursaries that ensure that deserving individuals join and contribute to the Queen's family.

And yet, incredibly, you stood before us and asked, "What next?"

Your question is almost precisely the one I asked myself as I set about creating a vision for Queen's when I was appointed principal. I cast it as "Where next?"

I believe that our questions have the same answer and that – with your help – Queen's has an opportunity to do something transformative and unprecedented.

When you left the internment camp and, at the suggestion of Martin Wolff, enrolled as a student in 1941, you made Queen's your place of learning, a crucible of struggle, change, growth.

Seven decades later, your Freedom of Opportunity Award, dedicated in memory of Principal Wallace, plucked Susan Solomon from a refugee camp in Kenya and opened a door for her to begin a new life.

I believe that in that catalytic and redemptive experience, offered to two young people, one from Europe and the other from Africa, lies the answer to both our questions.

You know my passion for the humanities. Your gifts bear witness to yours. We share a conviction that the humanities matter and must be sustained.

I am asking you to contemplate creating an institute that would embody our shared commitment to the pursuit of human and social inquiry for the betterment of the world.

With your help, Queen's can become a university that attracts top minds from around the globe to grapple with, and help solve, the foremost questions of our times, the most intractable we can imagine:

How can we tackle ideas that would bring peace to the most divisive conflicts in our world?



How can we bring together people of all faiths in fellowship and discovery to end religious persecution?

What can we do to bring hope to people living in the despair of unending poverty?

What can we do to create a place for cultural differences without resorting to fundamentalism, separatism, and violence?

With your help, Queen's can create a globally connected community of powerful thinkers who thrive in multidisciplinary settings, outside the constraints imposed by traditional university structures.

With your help, Queen's can welcome brilliant scholars whose commitment to learning is exceeded only by their dedication to teaching and mentoring the next generation.

And finally, with your help, Queen's can open our doors to more Susan Solomons and Alfred Baders – promising and able young people from around the world, who are living in dire circumstances and for whom education at Queen's is a beacon of hope.

We can create the Alfred Bader Institute for Advanced Study.

The Institute would be the first of its kind in Canada. Inspired by respected and prestigious counterparts, the Alfred Bader Institute would be a place where the world's leading researchers from the humanities and social sciences could approach complex problems that transcend borders, both of disciplines and of countries.

In our quest to define the focus for an institute for advanced studies, we have been inspired by a number of exemplars, including one at the University of Chicago. The Neubauer Collegium for Culture and Society *"supports collaborative research in the humanities and social sciences that transcends any single individual, discipline, or methodology. [It] serves as a global destination for Visiting Fellows who come to engage with their peers at the University of Chicago; and it seeks to involve a broad public in humanistic research and discovery through creative programming"*¹.

Apart from the Neubauer Collegium, I had the privilege of attending the Institute for Advanced Study in Princeton, NJ, where I was a member in 1996-97. I spent the most productive and stimulating period of my entire professorial career, supported in my research and surrounded by highly intelligent fellow scholars, often in other disciplines than my own, whom, because they worked in very different fields, I would never have encountered in the ordinary course of an academic career.

¹ Neubauer Collegium for Culture and Society website: neubauercollegium.uchicago.edu/about_us

The Institute for Advanced Study, as you will know, was founded from a major endowment in 1930, and has become a world-class facility whose faculty have included Albert Einstein, Robert Oppenheimer, and many distinguished historians and art historians. It also served as a home for refugee academics from Nazi Europe, Einstein among them.

This sort of institute – entirely lacking in Canada – embodies, for me, a captivating and integrative vision, one that speaks to Queen's steadfast mission of excellence in teaching, research, and service.

Imagine a place that would serve as a critical hub for bridging disciplines and institutional boundaries. A place where Stephanie Dickey, Andrew Evans, Victor Snieckus, and Gauvin Bailey could confer at length with individuals like Roald Hoffmann on the similarities between chemistry, poetry, and painting.

Imagine David de Witt, Sebastian Schütze, and Volker Manuth returning from Europe to discuss with the next Bader Curator and your recently-funded post-doctoral fellow in Jewish Studies the links between art, Rembrandt, the Bible.

Last month, Stephanie Dickey moderated a symposium for the exhibition *Rembrandt's Circle: Making History*, which featured professors from the University of Michigan, Boston University, and the University of Pennsylvania. *How much richer could such experiences be in a setting designed expressly to enable novel collaborations?*



Experiential programs would enable Queen's to influence a whole new generation of exceptional leaders for Canada and the world, who would bring a truly inclusive approach to their work.

Comprehensive internships, work study programs, and opportunities to work side-by-side with creative scholars, artists and humanists would give students uniquely integrated learning contexts in which to acquire the skills and knowledge that would lead them to diverse career possibilities in cultural, artistic, and entrepreneurial fields.

Queen's has a solid foundation upon which to build the Bader Institute for Advanced Study.

Although we are not yet where we aspire to be, a variety of interdisciplinary and collaborative activities are underway that lay a path to follow:

The Bader Collection is the subject of multidisciplinary exploration, from art and art history to occupational therapy and engineering.

The highly successful Muslim-Jewish dialogue courses serve as building blocks on which to develop other critical juxtapositions of cross-disciplinary experience in the classroom, as well as in lab and research activity.

The Koerner Visiting Artist Program, which brings an outstanding young visual artist to the university for a residency each year to interact with students and faculty, is a prototype on which to develop new programs that bridge the arts and humanities.

Of singular importance is the role that the Bader International Study Centre would play in support of this initiative, and how the Bader Institute would position the BISC on the international stage.

The Bader International Study Centre already provides an opportunity for undergraduate students at Queen's to develop their research skills under the guidance of faculty researchers, through the Undergraduate Student Summer Research Fellowships.

The advent of an Institute for Advanced Study would transform the BISC into a springboard for the recruitment of talented international students, post-doctoral fellows, and scholars.

Through the BISC, Queen's would extend its outreach through offers of scholarship to bright, yet disadvantaged, students.

The BISC would also serve an important "second stage" function. After serving their terms as Bader Scholars at the Institute, scholars could reunite at the BISC for further work on their problems, ideally several times over their careers.

Alfred and Isabel, with your gift of Herstmonceux Castle some twenty years ago, we took our first tentative steps onto the global stage. Now, our international interests extend to Fudan University in Shanghai (and many other globally renowned institutions) with whom we share academic exchanges, interdisciplinary research, and cross-cultural courses such as those offered by our Department of Languages, Literatures, and Cultures.

Queen's technology is the focus of a research partnership with Imperial College London, whose goal is to develop an "intelligent" surgical knife.

Queen's International Centre for the Advancement of Community Based Rehabilitation, led by Dr. Malcolm Peat whose work you have supported, helps improve the quality of life for vulnerable populations in more than 15 countries, including those in conflict, post-conflict, and democratic transition.

In short, Queen's is increasingly making its presence felt around the world.

The Alfred Bader Institute for Advanced Study would invite the very best in the world to come to Queen's.

In a beautiful lakeside setting close to *the Isabel*, it would offer matchless potential for exploring the world's biggest questions in the intersection between humanities scholarship and the expressive arts.

Five years ago at about this time, I delivered my installation address, titled *Wisdom, Knowledge, and Imagination*. In it, I asserted that today's problems are remarkably undisciplined and unruly. They are old, like poverty, injustice, and intolerance. And they are new, like the imperative to develop clean energy that does not endanger our planet.

I said that solving such problems would call for imagination, a capacity for vision and foresight, and above all, *a will to transcend limits and boundaries*.

Your gifts have been rooted in imagination. They have been essential in bringing us to our current tipping point, where the arts disciplines are poised to take their rightful place as catalyst for global engagement.

And so I respectfully invite you to help answer your question and mine: "What next?" and "Where next?" through the creation of the the Alfred Bader Institute for Advanced Study.

A vision of this scope will call for substantial resources, greater than any single gift you have given to Queen's. My hope is that this is a vision that we might share and develop together.

Yours sincerely,



Daniel Woolf
Principal and Vice-Chancellor





Queen's
UNIVERSITY

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INITIATIVE CAMPAIGN

queensu.ca/initiative



PERSONAL AND CONFIDENTIAL

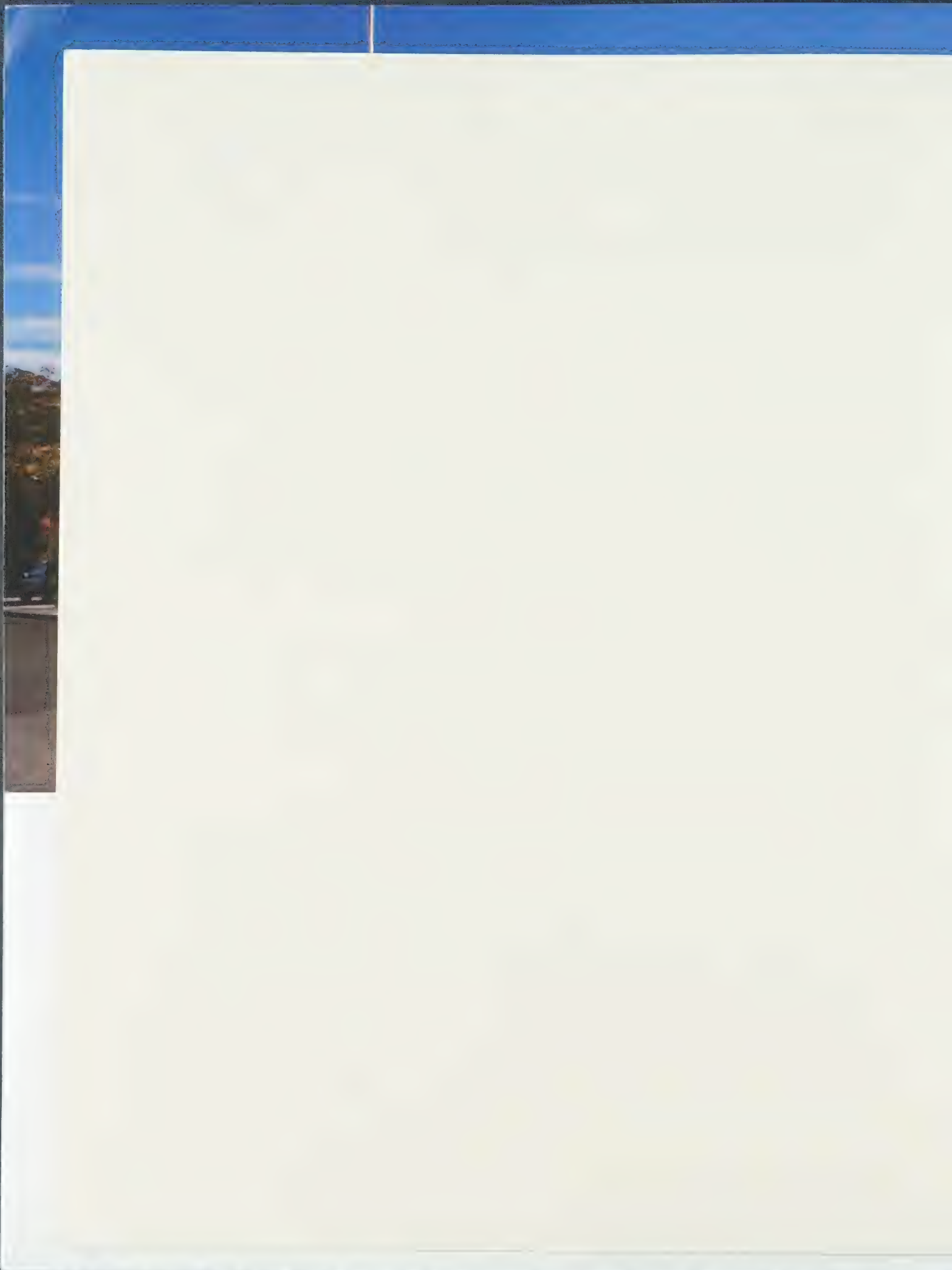
December 9 2014

Dear Alfred and Isabel,

With the completion of *the Isabel*, the newest Queen's property nestled on the shore of Lake Ontario has become not only strikingly beautiful, but also elegantly functional. Already, it is transforming the way we think about teaching, learning, and the arts.

There is no doubt whatsoever that, when the next volume of the history of Queen's is written, *the Isabel* will have become synonymous with the bold aspirations of our university and the Bader legacy.

In fact, history will show that *the Isabel* is the product of two extraordinary love stories. The first is the story of Alfred's love for his alma mater and the extraordinary gratitude he has demonstrated in so many ways. Second, is the love you have shared together. *The Isabel* is the culmination of those stories.



And yet, as iconic a tribute as it is, I believe that there is more to do in order to realize its full promise.

It would bring your university great joy if the names of *both Isabel Bader and Alfred Bader* were celebrated *together* on the exquisite waterfront canvas that you have created.

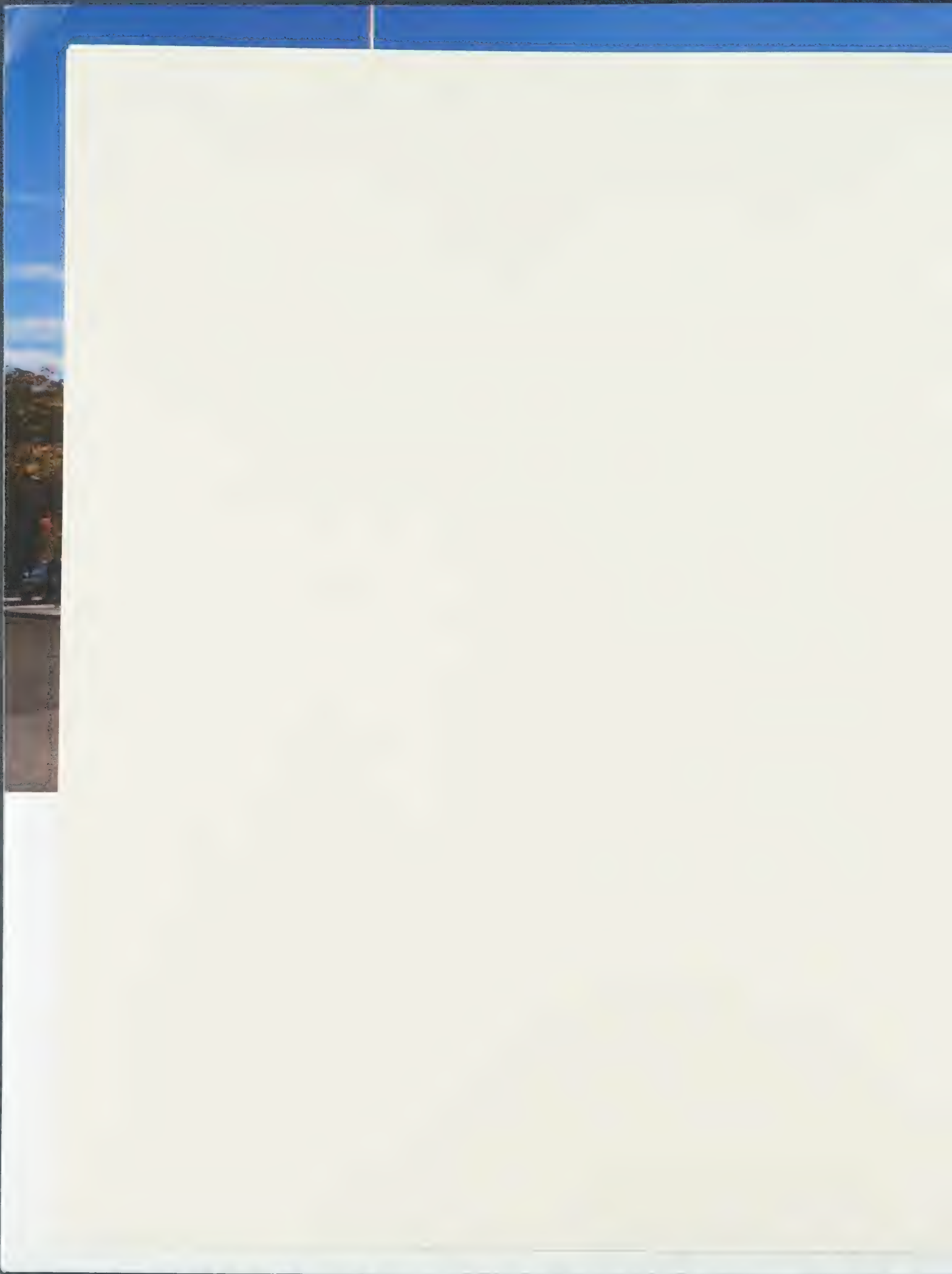
I attach, for your consideration, my reply to your bold challenge: "What next?"

I hope it serves as a useful starting point for further discussion.

Sincerely,

A handwritten signature in cursive script that reads "Daniel".

Daniel Woolf
Principal and Vice-Chancellor





THE ALFRED BADER INSTITUTE FOR ADVANCED STUDY





GIFT REQUEST \$100 MILLION

\$30 million	Purchase and preserve the remaining waterfront property and the three buildings located on it *
\$60 million	Create and preserve the Institute
\$10 million	Director's Office (\$350,000/yr) **
\$ 7 million	Faculty Research Projects Fund (\$245,000/yr)
\$20 million	Visiting Faculty Scholars Fund (\$700,000/yr)
\$ 3 million	Undergraduate Student Fellowship Program (\$105,000/yr)
\$20 million	Visiting Post-Doctoral Researchers and Graduate Student Assistantships Fund (\$700,000/yr)
\$10 million	Revitalize and preserve the BISC as key link to Institute

* heritage implications

** based on a payout rate of 3.5% from the proposed endowment



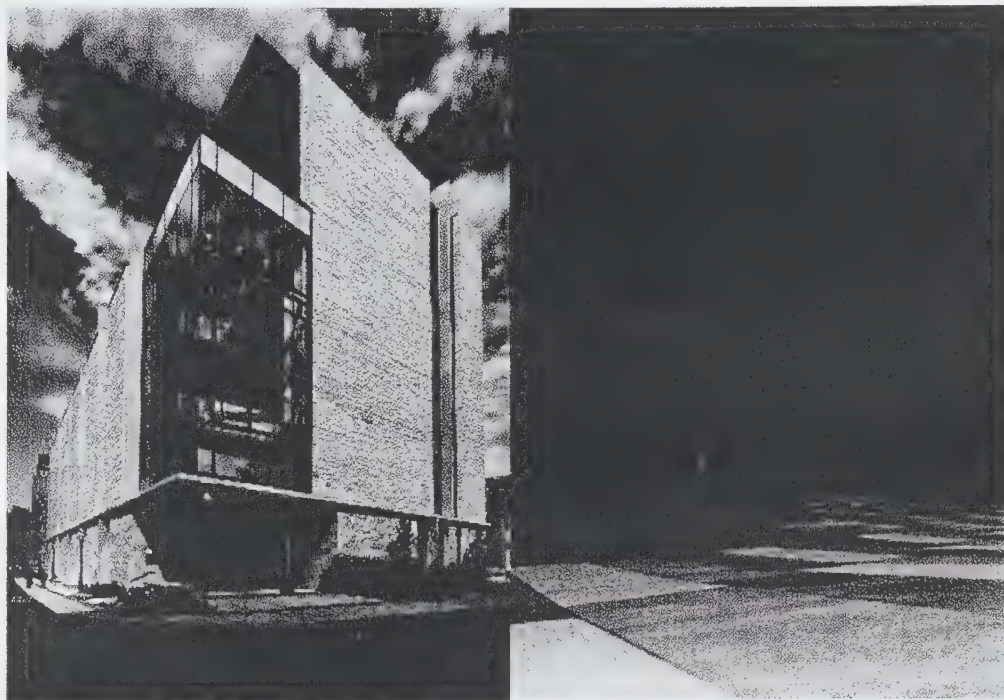




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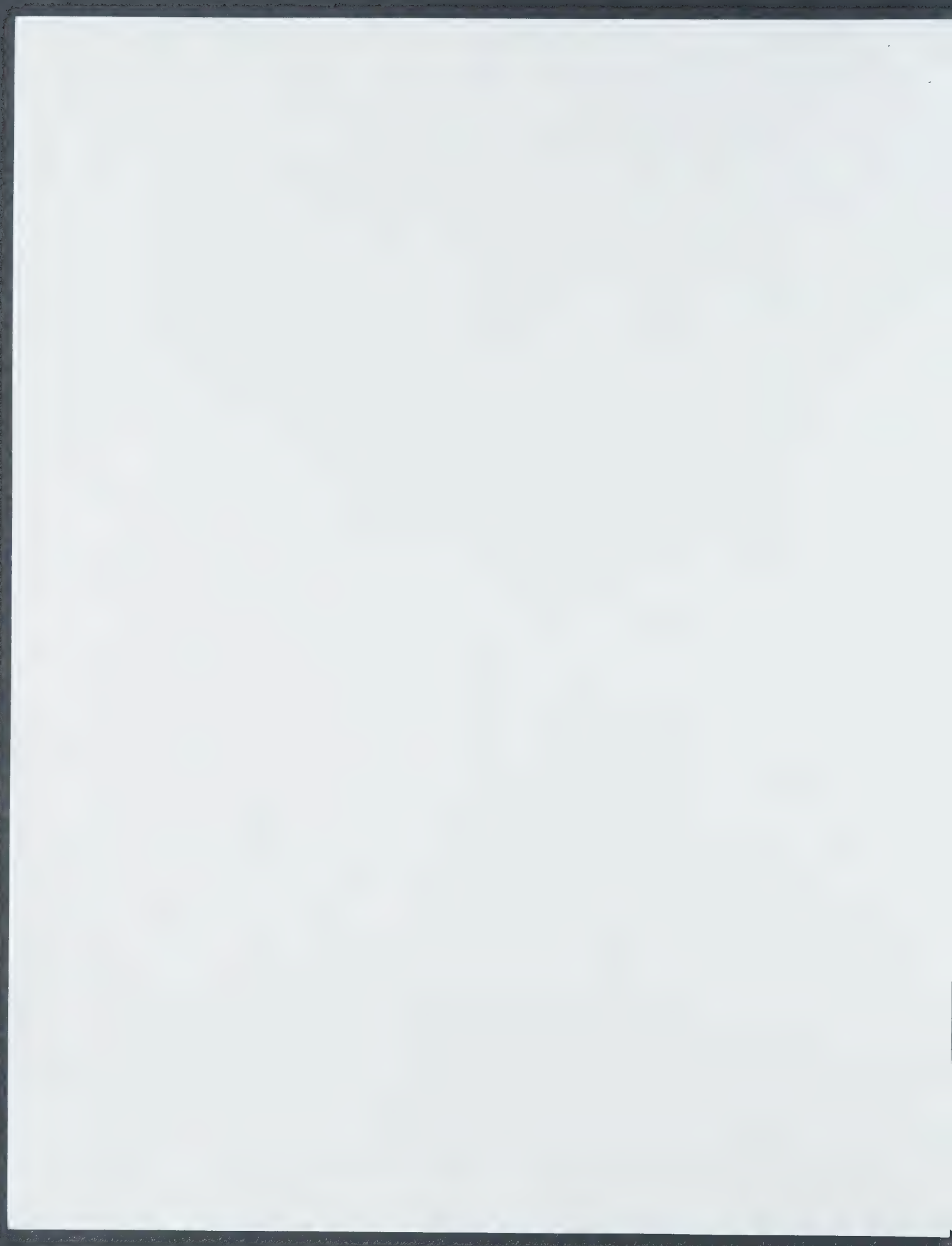


Queen's University has recently won awards for two of its buildings – the School of Medicine Building, left, and the newly-opened Isabel Bader Centre for the Performing Arts. (Photos by University Communications/Suzu Lamont)

Queen's University has one of the most beautiful campuses around, but it's not only because of the classic limestone buildings.

Queen's recently received awards for two of its new buildings – the School of Medicine Building picked up an Award of Merit in the City of Kingston's Livable City Design Awards while the Isabel Bader Centre for the Performing Arts was recognized by the Frontenac Heritage Foundation at the 2014 Heritage Conservation Awards.

The Livable City Design Award highlighted the way the School of Medicine Building creates an "effective transition between the Sydenham Heritage Conservation District and the university campus." The jury also pointed to the preservation of two heritage buildings on Barrie Street that were incorporated into the new structure.



Designed by Diamond Schmitt Architects in Toronto and in concert with local architects Shoalts and Zaback Architects, it was built by local construction firm M. Sullivan and Son Limited and opened in fall 2011.

The beauty of the building is in the details, points out Yvonne Holland, Director of Campus Planning for Queen's.

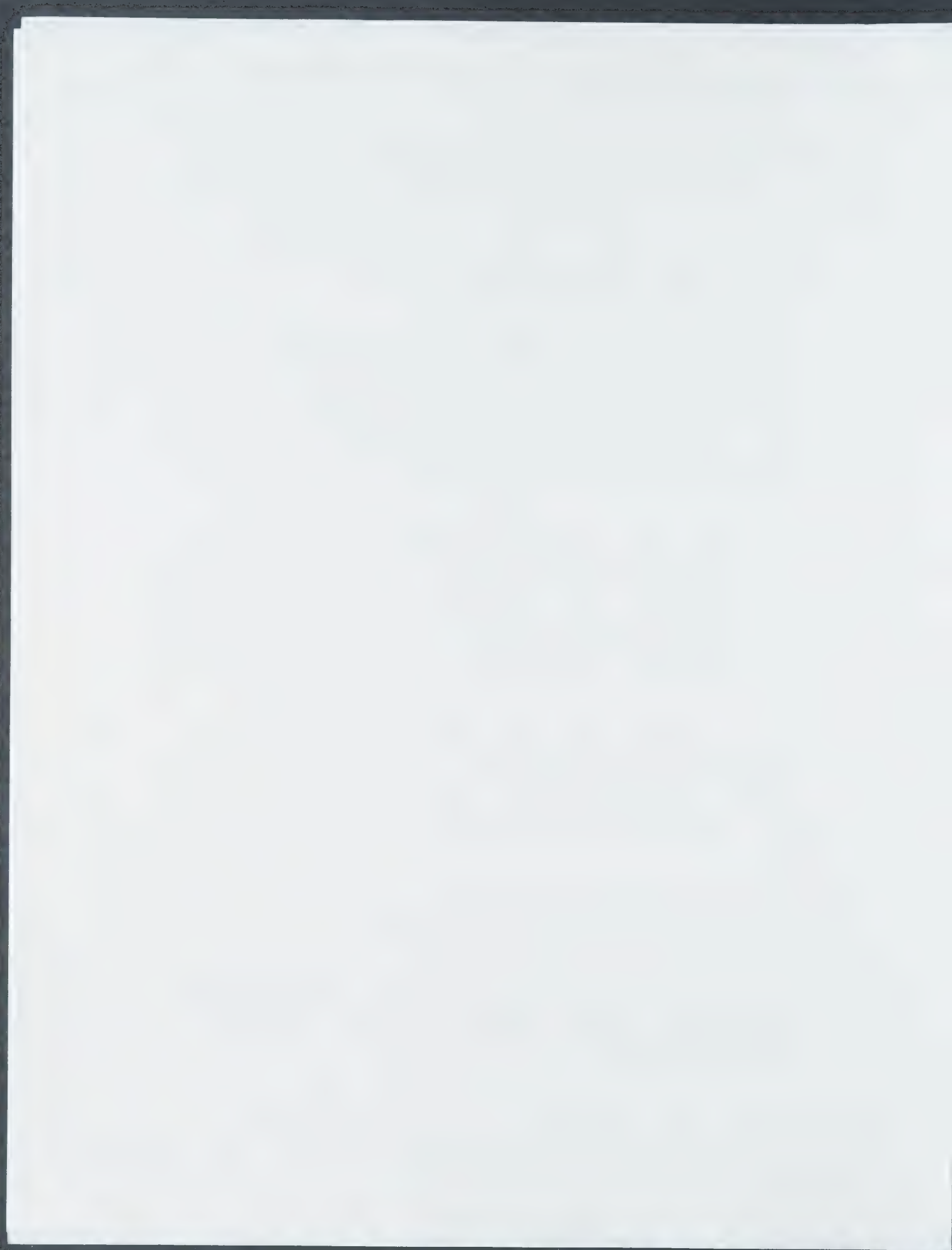
"The architects designed an accessibility elevator that they installed in between the old and the new," she says. "You can't even see it from the street but it's wonderfully designed. A lot of the historic features were restored and reconstructed to match the original appearance. It really is a fabulous state-of-the-art, 21st century facility that also respects the fact that it is in a deeply-historic area of our city."

Ms. Holland says that while the design of the building respects the historic nature of the area it also provides a high-tech and contemporary facility for students, faculty and researchers. She also points out that the use of natural lighting creates an open feel and at night, with plenty of activity going on, the building lights up the whole corner, particularly in winter. The end product is something to be proud of, she says.

"I think from a project management perspective, nothing short of a Herculean effort was exercised here to make this happen," she says. "This is not a conventional facility. This is a medical facility with labs and new teaching spaces, respecting the pedagogy that has changed of late."

To the southwest, along Front Street, is the university's newest addition – the Isabel Bader Centre for the Performing Arts.

A visual splendour designed by internationally-renowned architecture firm Snohetta, the Isabel also combines cutting-edge design with the preservation of heritage.



The award citation points to the conserving of limestone walls and multi-pane windows at the former Morton's Brewery site.

"(Heritage) is a key element for us and for the city in which we are situated," Ms. Holland says. "We have 88 historic facilities here, which is more per capita than anywhere else, so we absolutely respect that as part of the fabric of our city."

Ms. Holland explains that the recently-completed Campus Master Plan took close to two years to complete and that these two buildings, and the awards they have now garnered, are a validation of the process.

"Hundreds of people were involved including the city and other key community stakeholders, so it wasn't just an inward-looking process, it was very much an outward-looking process she says. "Both of these facilities support the plan. I just think they're magnificent."

Tags: [student learning experience](#)

Related Stories

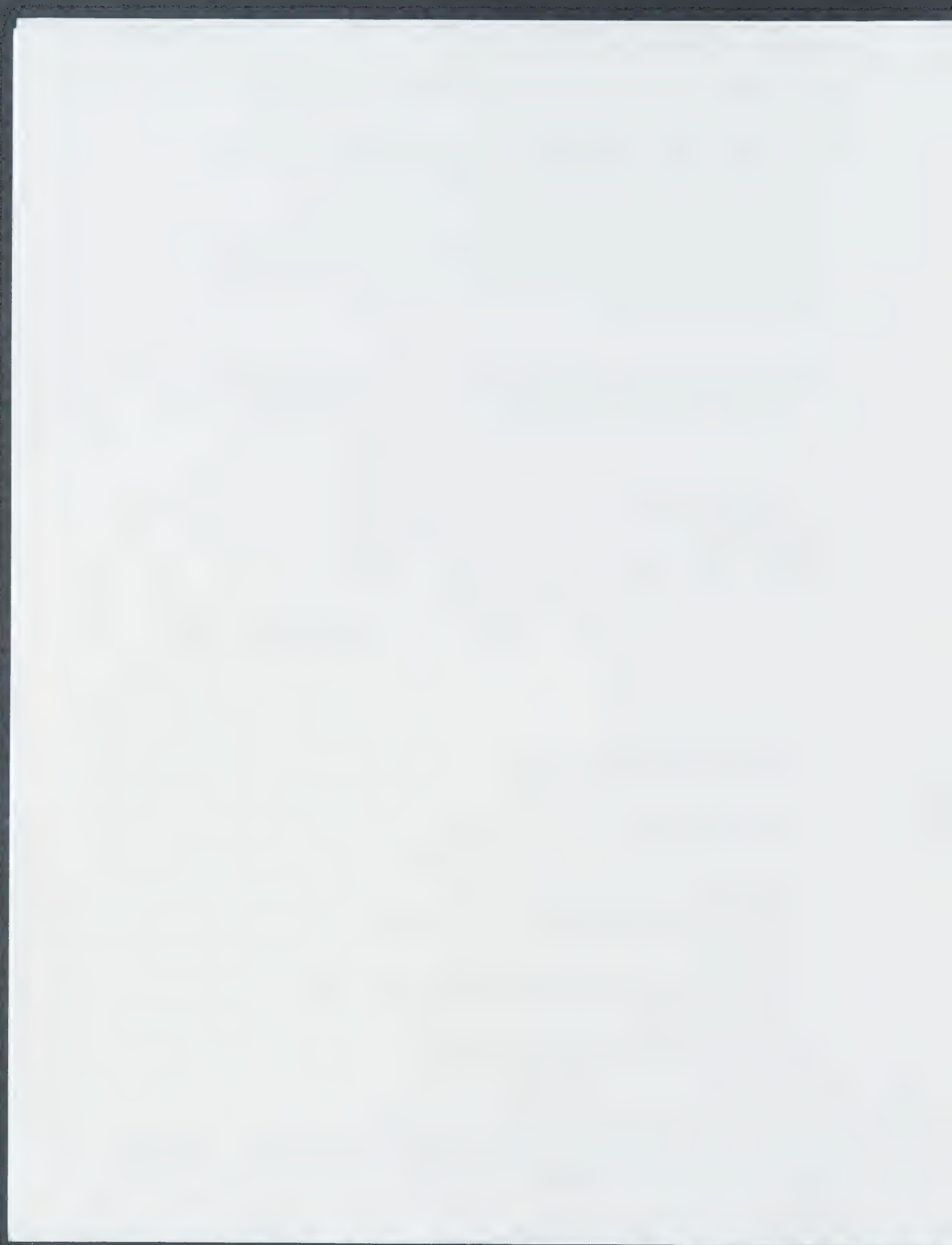
[World-renowned architects make their mark at Queen's](#)
2014-09-17

[Raising community, holiday spirit through sing-a-long](#)
2014-12-01

[Staff and students prepare for orientation week](#)
2014-08-29

[Gift helps build connections, passion with natural world](#)
2014-11-07

[Bringing world-class acoustics to the Isabel](#)
2014-08-11



Q&A

Norse Gods Now Have His Number

► Craig Dykers, a principal, with Kjetil Thorsen, in the Norwegian and American architectural firm Snohetta, was born in Germany and has lived 33 of his 53 years abroad. His father, an Army corporal, and his mother, an English seamstress, met in London after World War II. Having earned his architecture degree at the University of Texas, Mr. Dykers received international acclaim after winning the \$350 million commission for the Library of Alexandria in Egypt when he was only 28. Snohetta was founded in Oslo in 1989 and now encompasses landscape design, interior design and a branding and marketing wing.

Snohetta projects include the National September 11 Memorial Museum Pavilion at the World Trade Center site, a remake of Times Square into a pedestrian-friendly zone, the Norwegian National Ballet and Opera House in Oslo and, most recently, Norway's currency.

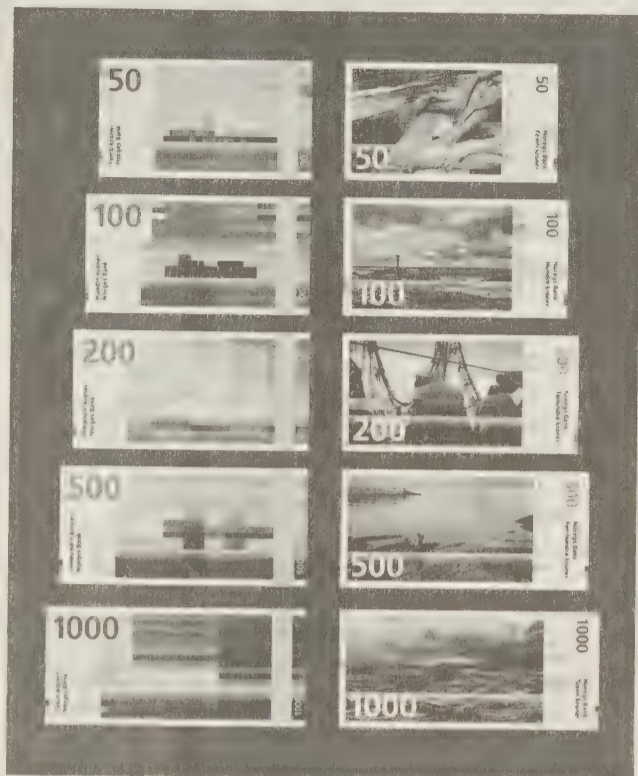
Mr. Dykers and his wife, Elaine Molinar, an architect who heads Snohetta's New York office, live in Brooklyn, but he spoke to a reporter from Italy, where he is on a two-month residency at the American Academy in Rome. (This interview has been edited and condensed.)

Q. So let's start with the name Snohetta, which sounds as if it has something to do with snow.

A. Snohetta is a mountain in central Norway that holds the palace of Valhalla in Norse mythology. It's not the tallest mountain in Norway, but it's very beautiful.

Is it true that winning the competition for the library in Alexandria came about even before there was a Snohetta?

We were a bunch of designers in Norway and the United States, all 30 or under. When we came together, we didn't think that we would win. We had very little money and rented a small apartment in a Los Angeles building for the elderly. They liked having young people around; we opened jam jars for them. Fourteen hundred people registered for the competition, and 500 were eligible to be judged. We turned in our entry in the fall of 1989, and then we all went back to our ordinary lives. I was in the shower in my apartment in Culver City, Calif., when the phone rang. I was in such shock, I walked outside my apartment. Onto the lawn. Naked. Yelling, "We won!"



Craig Dykers is a principal of Snohetta, which has designed the back, far left, of Norwegian kroner bills and the Calgary Public Library, below right. Snohetta designed the Library of Alexandria in Egypt, below left.



PAL LAUKLI (DYKERS); SNOHETTA (CURRENCY); JAVIER WILSON (LIBRARY OF ALEXANDRIA); MIR AND SNOHETTA (CALGARY PUBLIC LIBRARY)

You certainly started with a splash, but even now you take on modest projects.

We've done little things all over the world, but people are nervous about asking us to do small jobs. We've done some private houses. We've even made a dolls' house for children. We've done a beehive for the top of buildings.

Snohetta recently designed one face of the Norwegian kroner bills to be introduced in 2017. Do the pixilated graphics have a special meaning?

There is a Norwegian word "hilding," about the boundary between horizon and sky. The colors and variations of the bills were inspired by the interesting things that happen when sky meets sea. When you place all the bills side by side, they also create an interesting pattern, like a mosaic. In our work, we often try to take reality by surprise.

What thinking allowed Snohetta to win the Times Square competition?

Times Square was so crowded, and dangerous, with cars close to the sidewalk. There were very few areas of comfort, and old, redundant pieces of infrastructure, stuff everywhere. Some people thought, "Times Square, you have to have a lot of lights." We saw the

opposite: no lights. There's enough energy there already. We wanted to change the pace. The blocks are almost done, and I hope people will soon return there, or at least be happier when they are there.

You have a way with melting pots.

I know a little Chinese, Norwegian, Spanish, German and tiny amounts of Arabic. Being in Rome, I've been trying to learn Italian. I fell in love with the Chinese language when I went to China 15 to 20 years ago. It's so beautiful. Speaking Chinese is harder, but I was recently in China and I wrote poems in Chinese for my hosts, who gave me very good marks.

Tell us about your home.

We used to live in Manhattan, and we made a conscious choice to move to Brooklyn. We are in an old warehouse on the waterfront in Dumbo. It's a fantastic feeling as an architect to watch so many tons of steel float by. But architects are always shocked when they come into our home, because we have so many tchotchkes, a lot of tiny things we've collected.

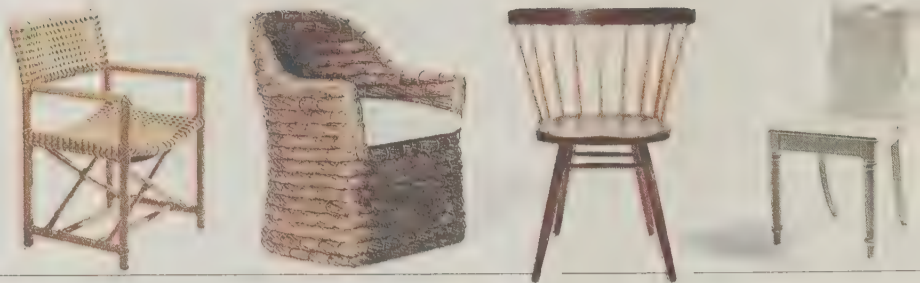
Some people define tchotchkes as things a burglar wouldn't steal.

Yes, they are eccentric and sentimental, of no monetary value.

LINDA LEE

There's nothing wrong with the odd dining chair.

BY RIMA SUQI



DOMESTIC LIFE | DESIGN | GARDENING | D.I.Y.

Home

The New York Times

Kissing Your Socks Goodbye

Marie Kondo, Japan's queen of tidy, reminds you to thank your stuff before tossing it.

By PENELOPE GREEN

By her own account, Marie Kondo was an unusual child, poring over lifestyle magazines to glean organizing techniques and then stealthily practicing them at home and school, confounding her family and bemusing her teachers.

As she writes in "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing," which comes out this month in the United States and is already a best seller in her native Japan and in Europe, she habitually sneaked into her siblings' rooms to throw away their unused toys and clothes and ducked out of recess to organize her classroom's bookshelves and mop closet, grumbling about poor storage methodologies and pining for an S-hook.

Now 30, Ms. Kondo is a celebrity of sorts at home, the subject of a TV movie, with a



Marie Kondo, shown in a client's closet, is a celebrity in Japan for her organizing method.

three-month waiting list for her decluttering services — until recently, that is, because she has stopped taking clients to focus on training others in her methods. Last Friday, I brought her book home to practice them.

What better moment to drill down and ponder the fretful contents of one's sock drawer? Global and national news was careering from the merely hysterical to the nonsensical (the Ebola cruise ship incident was just peaking). Closer to home, other anxieties beckoned. But in my apartment on Second Avenue, the world was no larger than my closet, and I was talking to my



Dear Habel,
Here is the list
of performances.

Judith

Schedule of Performances

See page 20 for subscription information

Sunday September 21, 2014 - 2:30 pm
Afiara Quartet with Maxim Bernard
the ensembles

Tuesday November 4, 2014 - 7:30 pm
New Orford String Quartet
the ensembles

Wednesday November 19, 2014 - 7:30 pm
Salzburg Marionette Theatre with Orion Weiss
subscriber bonus

November 21 - December 7, 2014
(preview performance November 20)
Tues to Sat 8:00 pm Sat and Sun 2:30 pm
Theatre Kingston: Venus in Fur
subscriber bonus

Tuesday November 25, 2014 - 7:30 pm
Jakob Koranyi - Cello with piano
the soloists

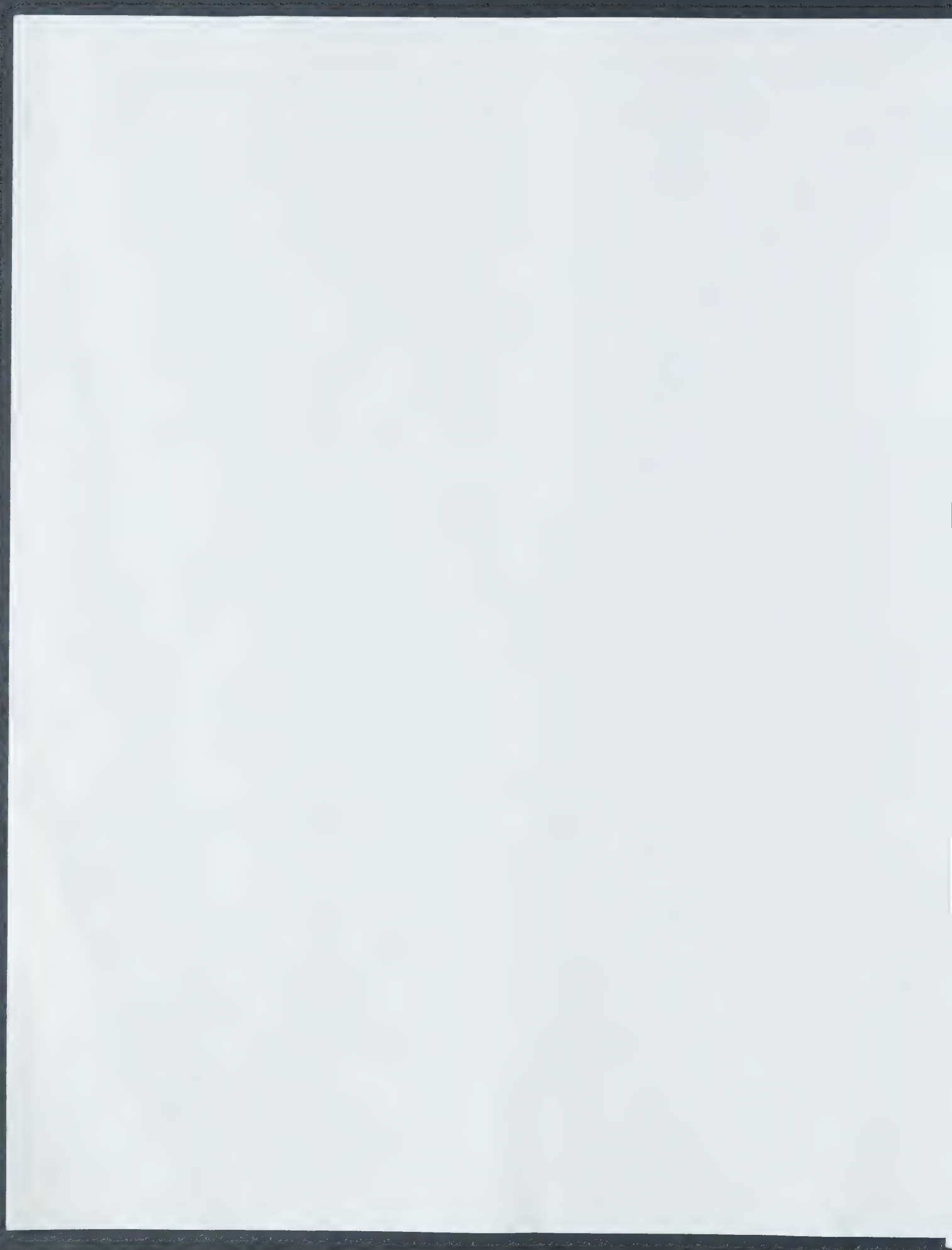
Saturday November 29, 2014 - 7:30 pm
Zukerman Chamber Players
the ensembles

Wednesday January 14, 2015 - 7:30 pm
Cédric Thiberghien - Piano
the soloists

Saturday February 7, 2015 - 7:30 pm
Sarah Chang - Violin with piano
the soloists

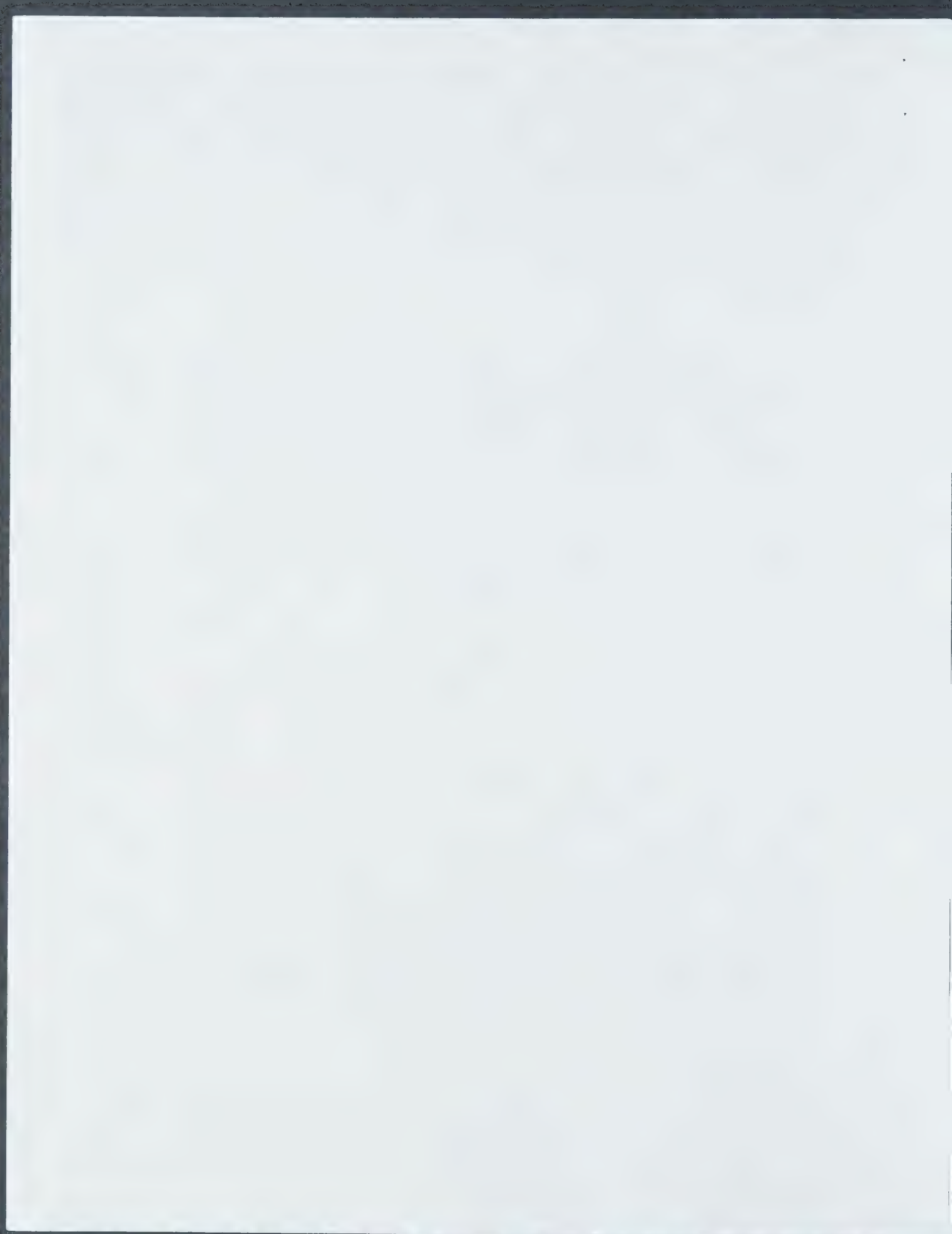
Sunday March 8, 2015 - 2:30 pm
Les Violons du Roy Canada with
Marc-André Hamelin
the ensembles

Friday March 20, 2015 - 7:30 pm
Jeanine de Bique - Soprano with piano
the soloists



ISABEL BADER CENTRE FOR THE PERFORMING ARTS





ISABEL BADER CENTRE FOR THE PERFORMING ARTS

OUR VISION

The dream for the Isabel Bader Centre for the Performing Arts is to be a nationally and internationally acclaimed centre of excellence for performances and learning. This Centre has not only transformed Kingston's waterfront with its bold and contemporary style, but also promises to energize and enhance arts learning, skill building, production and presentation in our community. As an exceptional centre of artistic excellence, the beautiful setting and the superb acoustics enable an intimate and unparalleled exchange between artists and audiences.

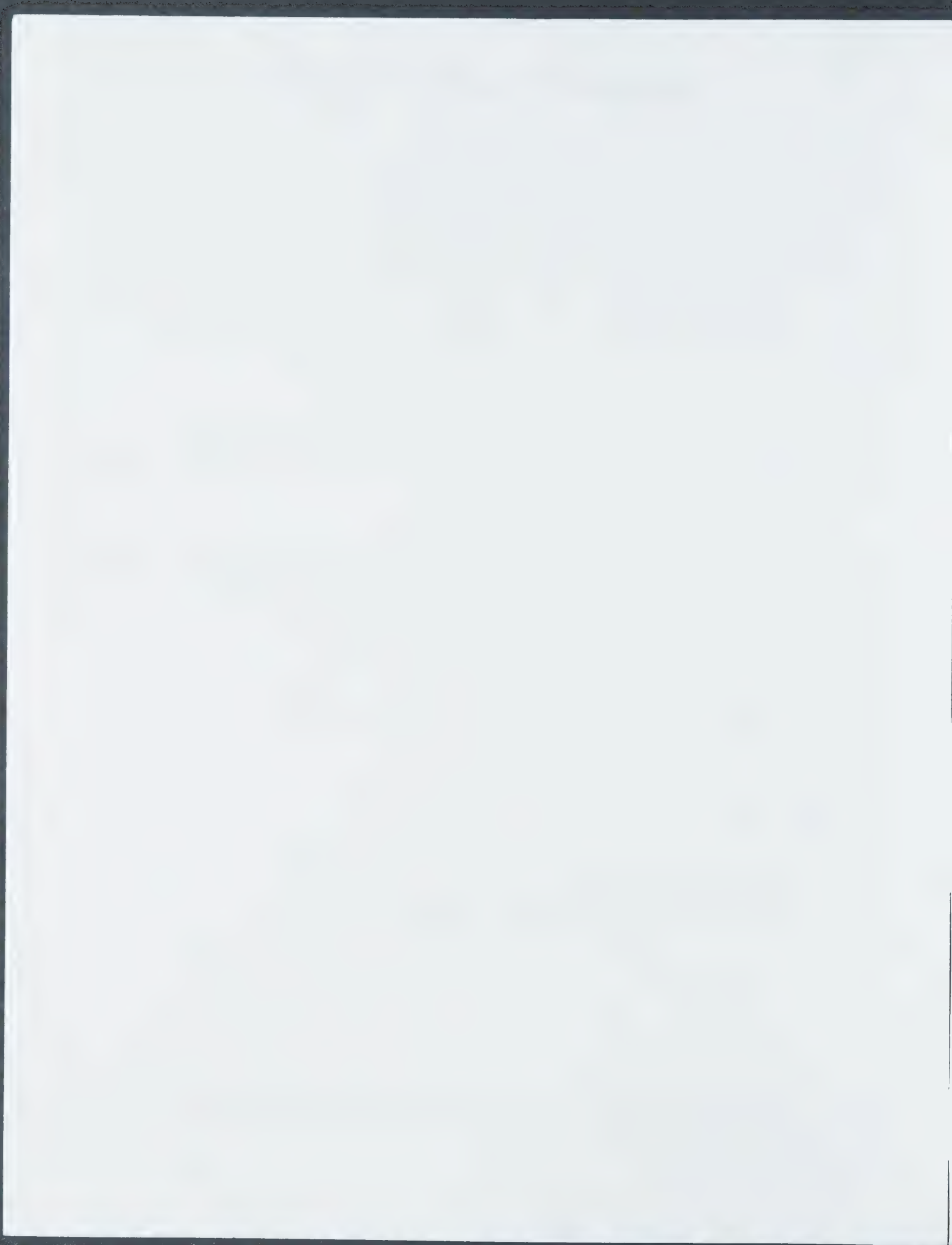
The Isabel is an arts venue, a learning centre for music, drama and film, a producer, an investor in creativity, a presenter, a public community centre, a national icon and a vibrant site of cultural expression.

At the heart of what we do is our commitment to excellence and the development of the next generation of arts enthusiasts, artists and arts leaders. In addition to presenting outstanding established and emerging artists, the Isabel is a centre of innovation for the creation and presentation of multi-disciplinary and cross-cultural artistic initiatives.

The Isabel is Queen's own house of dreams. It is transforming the way we experience the arts, and will change the course of Queen's history.

Our Responsibilities

- A presenter of excellent and diverse artistic programs
- A leader in arts learning
- An excellent manager of a world-class performing arts centre

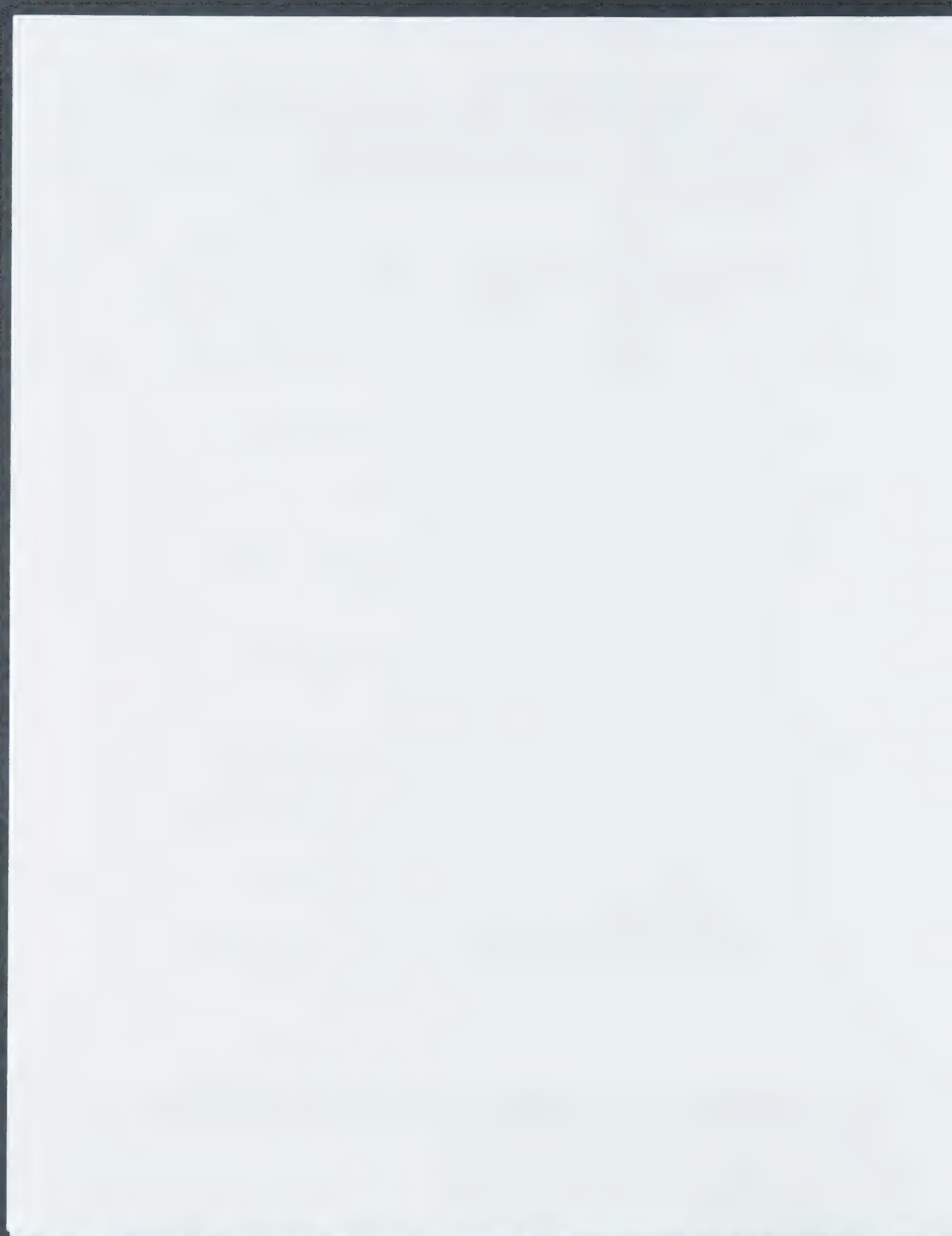


- 1. Ensure artistic excellence through the presentation of outstanding artists.**
 - a. Engage exceptional artists from Canada and around the world
 - b. Also work with other presenters in Ontario and Quebec to create affordable fees through joint booking.

- 2. Connect with our community with diverse and imaginative presentations.**
 - a. In celebration of music, drama and film being housed at the Isabel, present imaginative multi-disciplinary works on the Isabel stage.
 - b. Bring a variety of performance practices to the Isabel to create long term engagement of the audience, and inspiration for students to engage in evolving arts practices.
 - c. Collaborate and engage with the community on joint initiatives.

- 3. Foster the development and careers of emerging artists.**
 - a. Present emerging artists on the Isabel series.
 - b. Partner with Canada's Banff Centre International String Competition and the Honens International Piano Competition to present the winners on the Isabel stage to further their exposure and careers.
 - c. Partner with The Glenn Gould School at the Royal Conservatory of Music to provide opportunities for their excellent pre-professional musicians.

- 4. Develop the Isabel as a hub of multi-disciplinary national and global initiatives.**
 - a. Provide the means for artist retreats for great Canadian artists and ensembles to create new multidisciplinary programs, perform these new works on the Isabel stage, and tour them nationally and internationally with credit to Queen's role in their creation.
 - b. Work in partnership with other national and international presenters, agents and concert halls to collaborate on original initiatives.
 - c. Ensure that Isabel programming embraces global artistic traditions and artists.

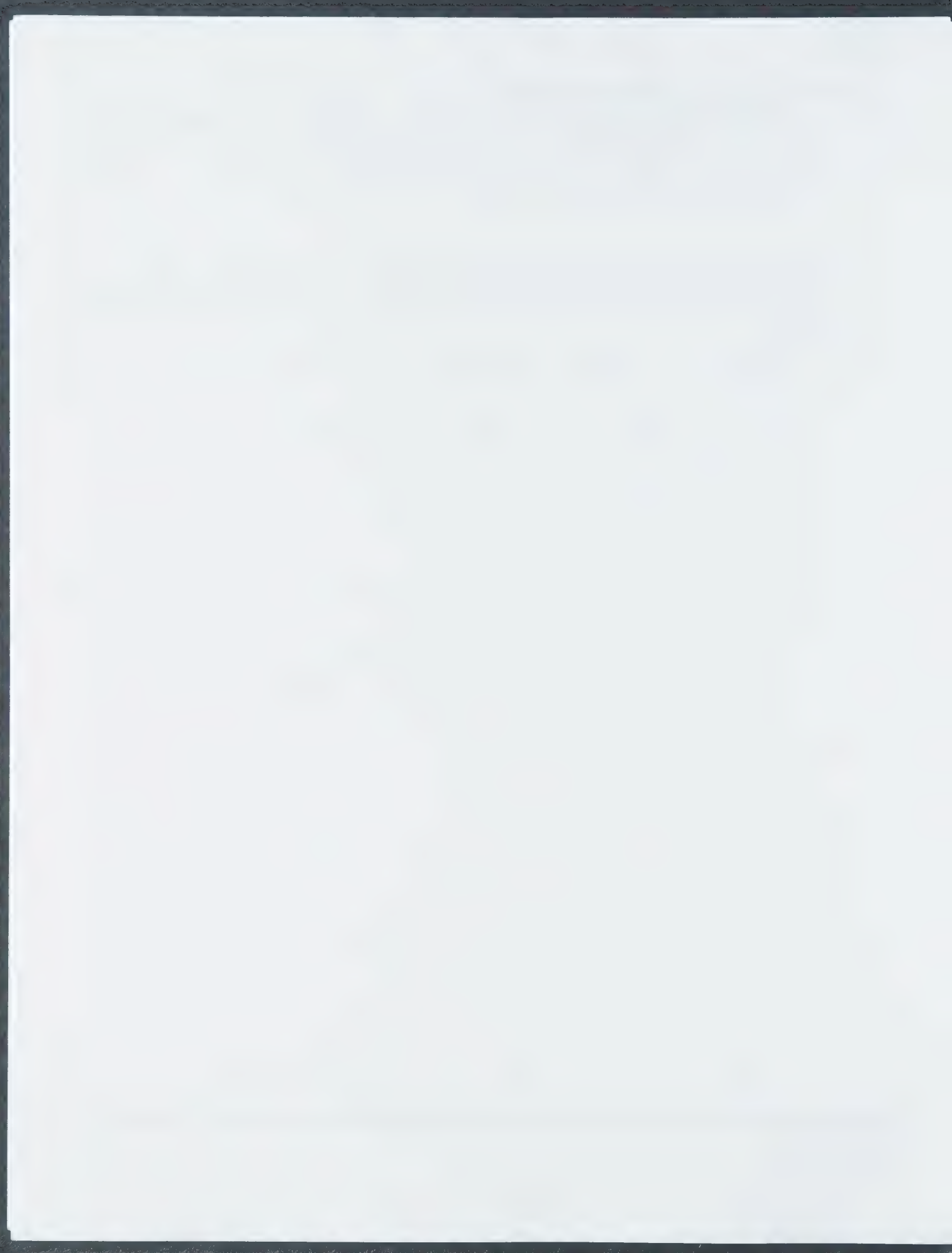


5. Develop future arts leaders for Canada.

- a. Establish an Arts Leadership Institute leading to post-graduate diploma, in collaboration with the best arts leaders in Canada.
- b. Develop internships to provide Queen's students with experience.

6. Ensure fiscal responsibility and organizational efficiency by growing our audience, philanthropic support, and hall bookings supported by well-honed venue operations practices.

- a. Develop student audience development initiatives and arts clubs to enable young people to engage with the arts on their own terms.
- b. Launch audience engagement initiatives for the Kingston community.
- c. Seek funding to support larger audience development initiatives beyond the immediate Kingston region.
- d. Grow philanthropic support to enable the vision for the Isabel to be realized in a financially responsible context.
- e. Grow hall booking marketing strategies to reduce the number of unbooked nights to create a greater contribution of earned revenues.
- f. Develop effective operations that enable a high volume of work flow to be done in an efficient manner, timely information provision and services to our internal academic and external partners, reasonable staff work flow.



2015•16 SEASON @ THE ISABEL

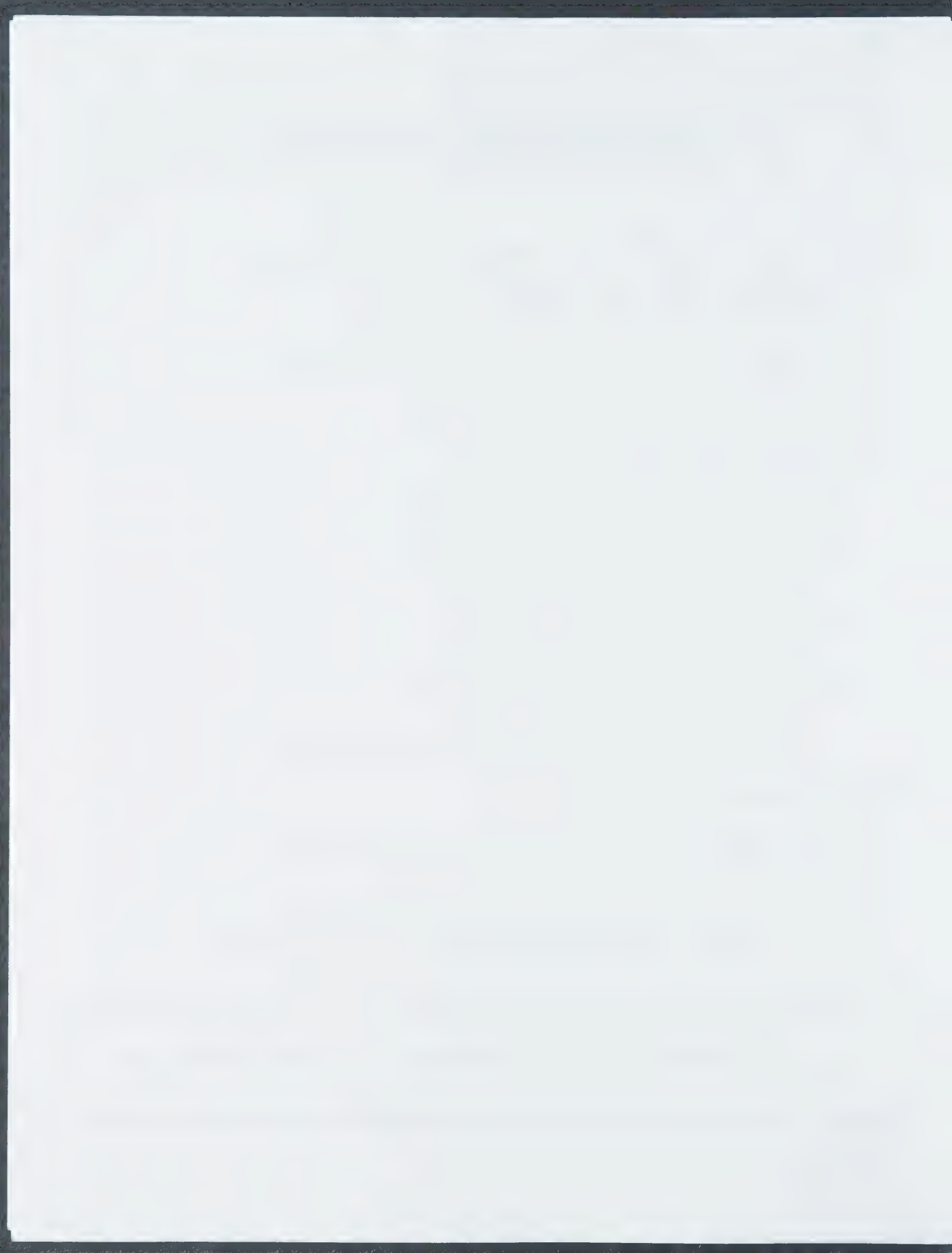
Our programming principles at the Isabel Bader Centre for the Performing Arts:

- having artistic excellence as our guide
- engaging our multi-disciplinary approach inspired by all the disciplines represented at the Isabel
- investing in new creation
- representing a diversity of world cultures and genres on our stage,
- championing the next generation of outstanding artists
- treasuring our community, and
- training the next generation of Canada's leaders.

What opportunity is here for us at the Isabel in 2015/16?

Centre of Excellence

Artistic excellence is our guide, and we are bringing in the top Canadian and international artists in 2015/16. We will celebrate the beautiful music of Bach, Beethoven, Chopin and contemporary composers such as James MacMillan with an innovative program by Soundstreams Canada's Artistic Director Lawrence Cherney who is a leading champion of new music. We will present great artists such as Emanuel Ax,



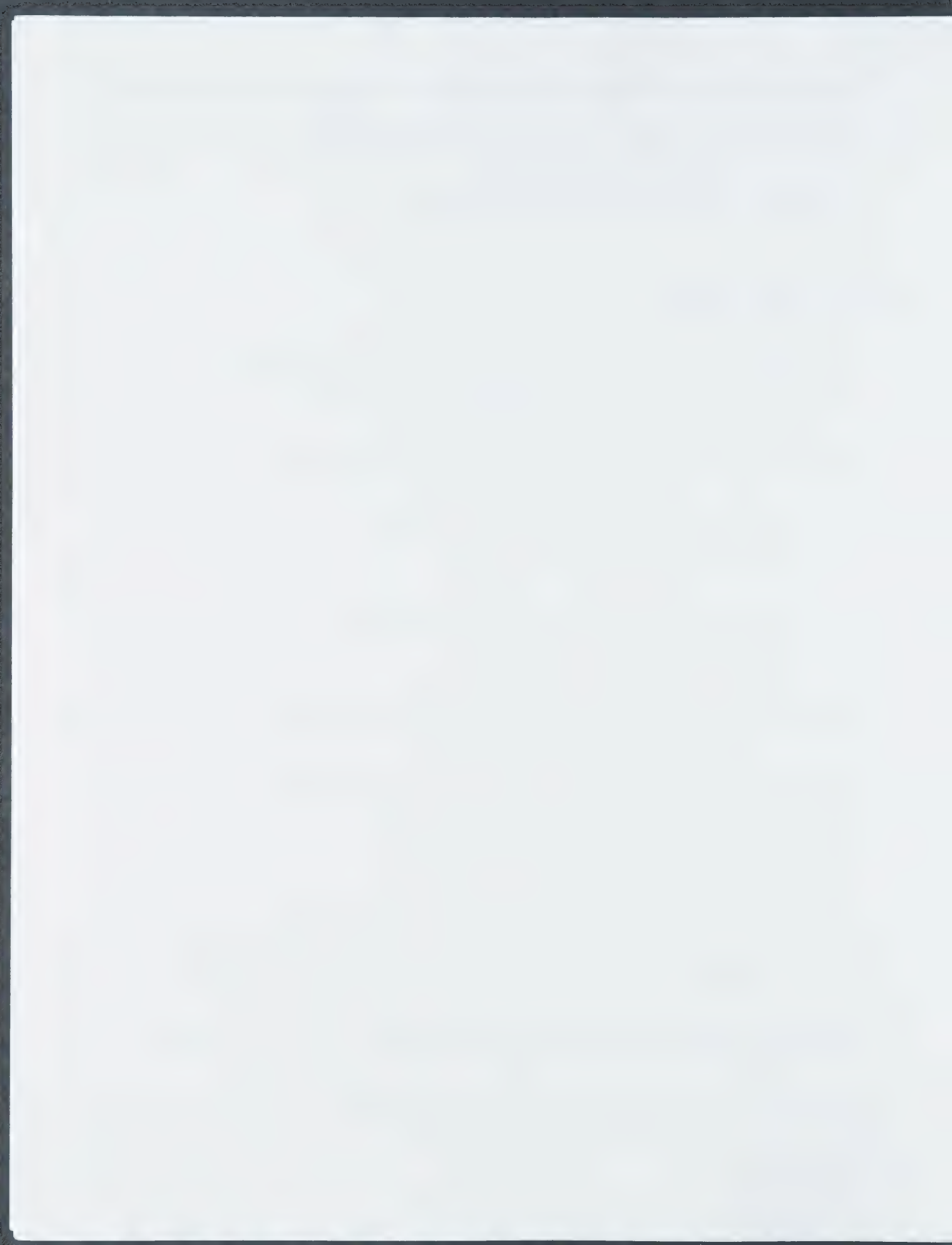
Angela Hewitt and the Gryphon Trio. Of special interest is organist, Juilliard grad and SONY Classical artist Cameron Carpenter who is taking the world by storm and smashing stereotypes with his dynamic performance practices.

Multi-disciplinary Programs

Here at the Isabel, young arts students and audiences get to be a part of a multi-disciplinary arts scene. It is **multi-disciplinary creativity** where we all learn and gain insights into different paradigms of arts creation and performances. We can feed that virtuous circle of artistic creation, and inspire and transform an entire generation with de-siloed creativity.

Next season, for example, we will be combining baroque music with the art of Vermeer and Canaletto with Tafelmusik Baroque Orchestra's multi-disciplinary *House of Dreams*. This program was created in partnership with Handel House Museum (UK), Palais Royale (France), Claudio Buziol Foundation (Italy), Bach Museum (Germany), the Hett Golden ABC (The Netherlands) and the Banff Centre (Canada).

We'll travel along the Silk Road with the music of the Italian Renaissance along with the classical music and dance of India. Toronto Consort, Canada's top renaissance and medieval specialists, will be our guide in the *Marco Polo Project*. This will be in



collaboration with the Indo-Canadian dance troupe Sampradaya Dance and the singer from Autorickshaw, chronicling the journeys of Marco Polo in the 13th century.

Centre of Creation

As a **centre of creation**, we will invest in a new Theatre Kingston play *The Convict Lover*, inspired by a wonderful Canadian novelist Marilyn Simonds and written by renowned playwright Judith Thompson. The following summer, we will invest in Tafelmusik's *Tales of Two Cities: Leipzig and Damascus* project that is also in partnership with the Aga Khan Museum and the University of Leipzig.

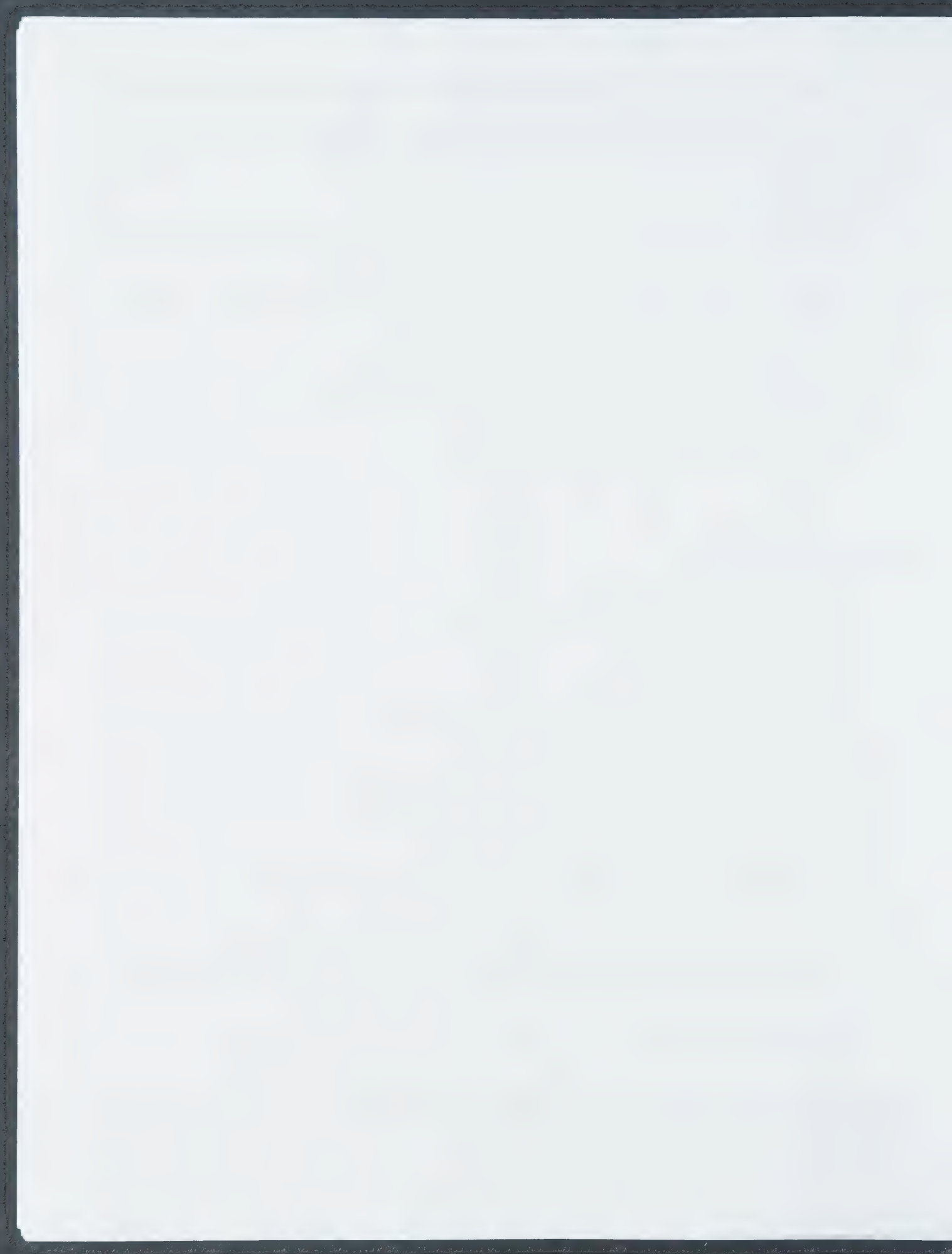
The Isabel is going Global.

We will work with Aboriginal, Chinese, and South Asian artists and those inspired by Cuban and Brazilian music.

We will feature the award-winning Aboriginal artist Ali Fontaine who is a rising star.

Virtuoso Wen Zhao, the "Jimi Hendrix" of the Chinese pipa (lute), will bring in the Chinese New Year with her China Court Trio in *The Sounds of the Forbidden City*.

Autorickshaw's *Bollywood and Beyond* comes to the Isabel followed by the joie de vivre, Brazilian band Bombolessé from Quebec. This global diversity reflects both the Canadian and international experience of our cultural mosaic, our founding peoples, and our world's civilization.



Multiple Artistic Genres

There will be a **new jazz series** with a fun theatrical spin, including Canada's leading lady of saxophone Jane Bunnett and Soulpepper's Albert Schultz in an entertaining and nostalgic evening celebrating the 100th anniversary of a man who did it his way, Frank Sinatra.

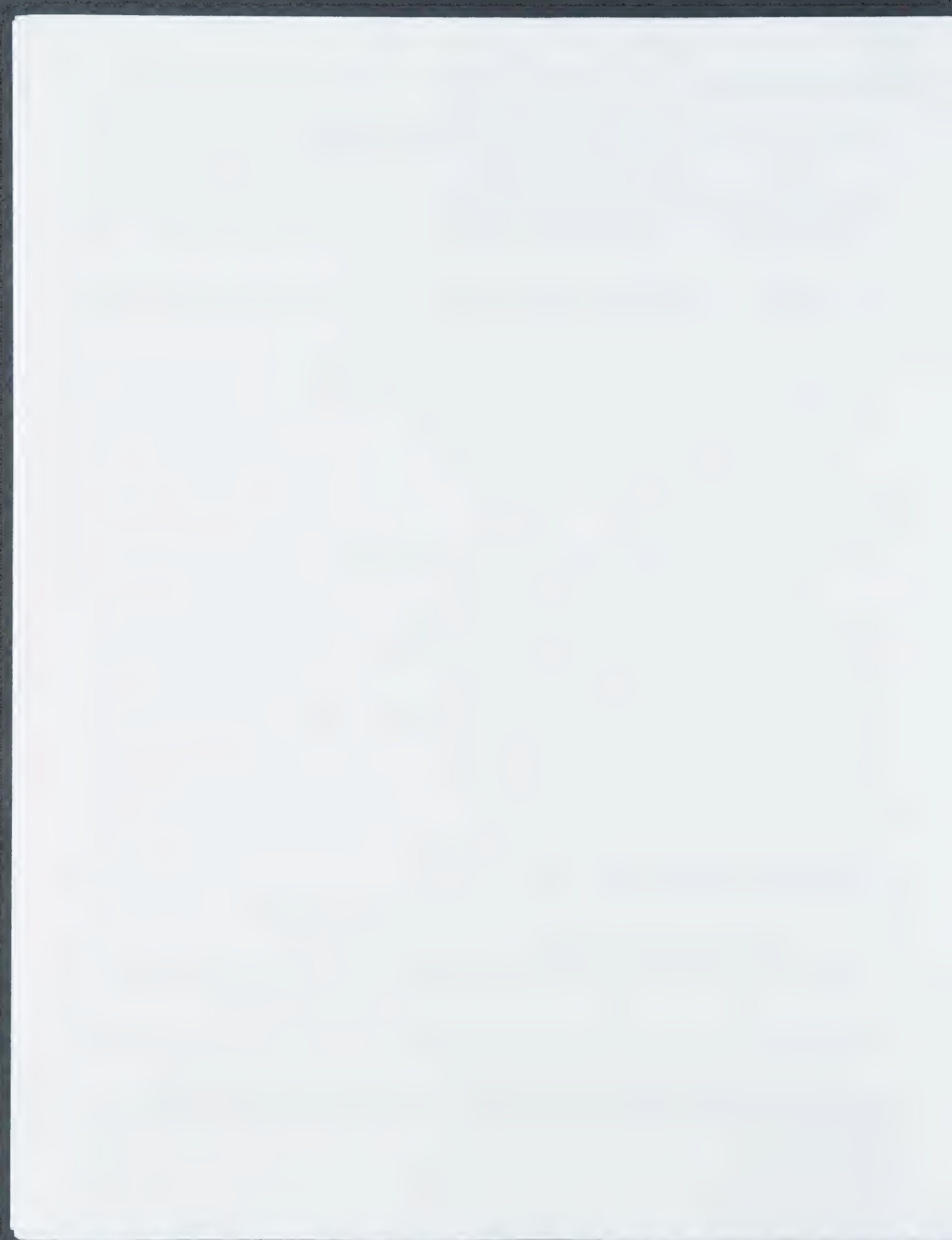
Interestingly, both Jane and Albert have their honorary doctorates from Queen's University for their contribution to Canadian culture. Also on the Jazz Series is the exuberant Lemon Bucket Orchestra, a group of young musicians who will entertain audiences of all ages.

Treasuring our Community

We'll have **community collaborations** such as the Choral Palooza with fifteen Kingston choirs who will take over the Isabel, singing in every corner of the building. We are so proud to have the Kingston Symphony and Theatre Kingston perform at the Isabel. We are also working with our new neighbour, the Tett Centre for Creativity and Learning, on creating a collaborative new arts hub for Kingston.

Championing the Next Generation of Artists

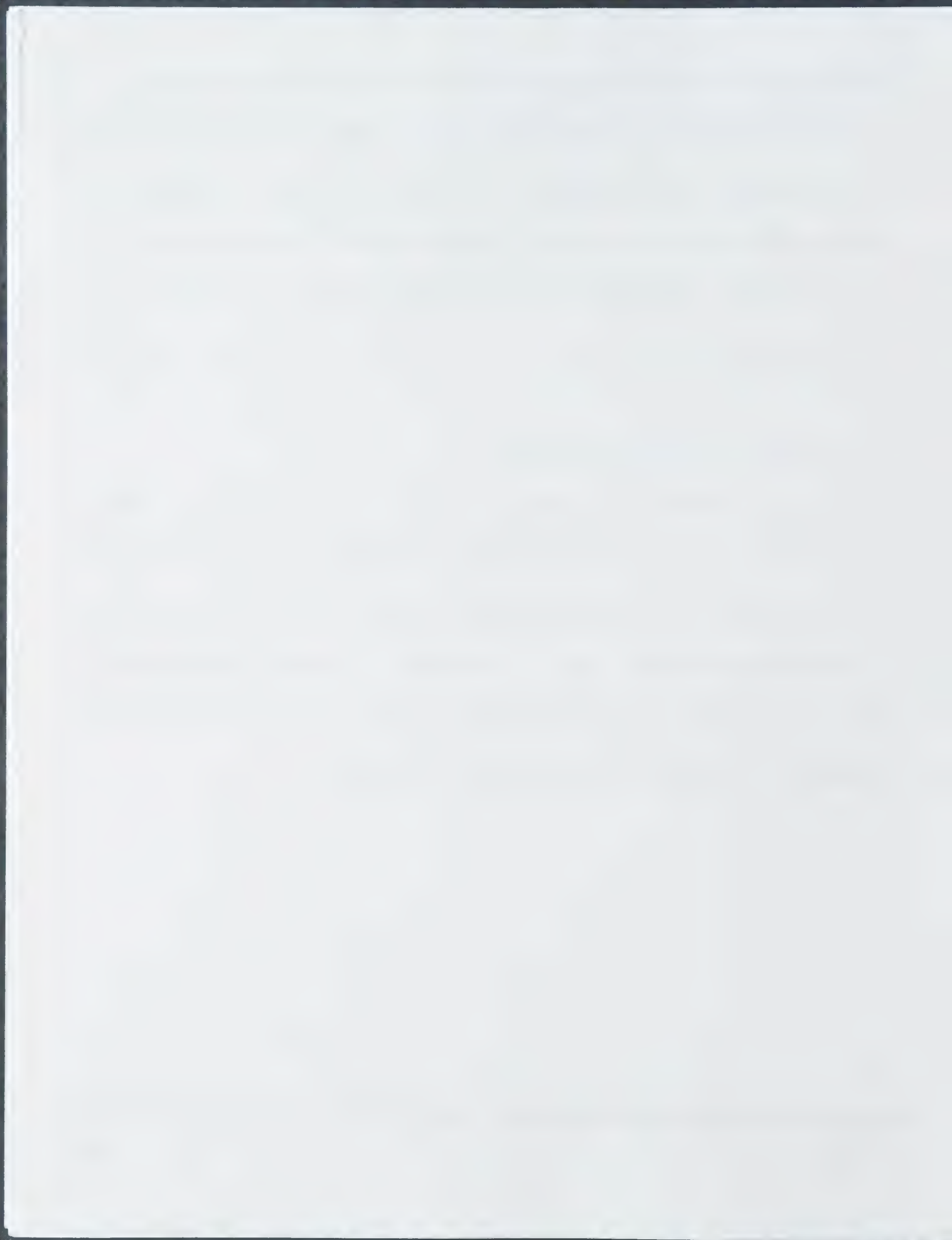
We are championing the **next generation of extraordinary artists**. We now have partnerships with the **Banff International String Quartet Competition** and the **Honens International Piano Competition** to present their winners on the Isabel stage. Past winners on the Isabel stage will include pianist Minsoo Sohn performing the Bach *Goldberg*



Variations and the Dover String Quartet performing the music of Dvorak, Berg and Beethoven. We'll be inviting the **Royal Conservatory Orchestra** conducted by Julian Kuerti to strut their stuff. The concert hall and studio theatre will be teeming with **Queen's student performances**, and the Queen's student government will be presenting pop music programs. Queen's radio CFRC, one of oldest radio stations in the world, will be our partner throughout the season.

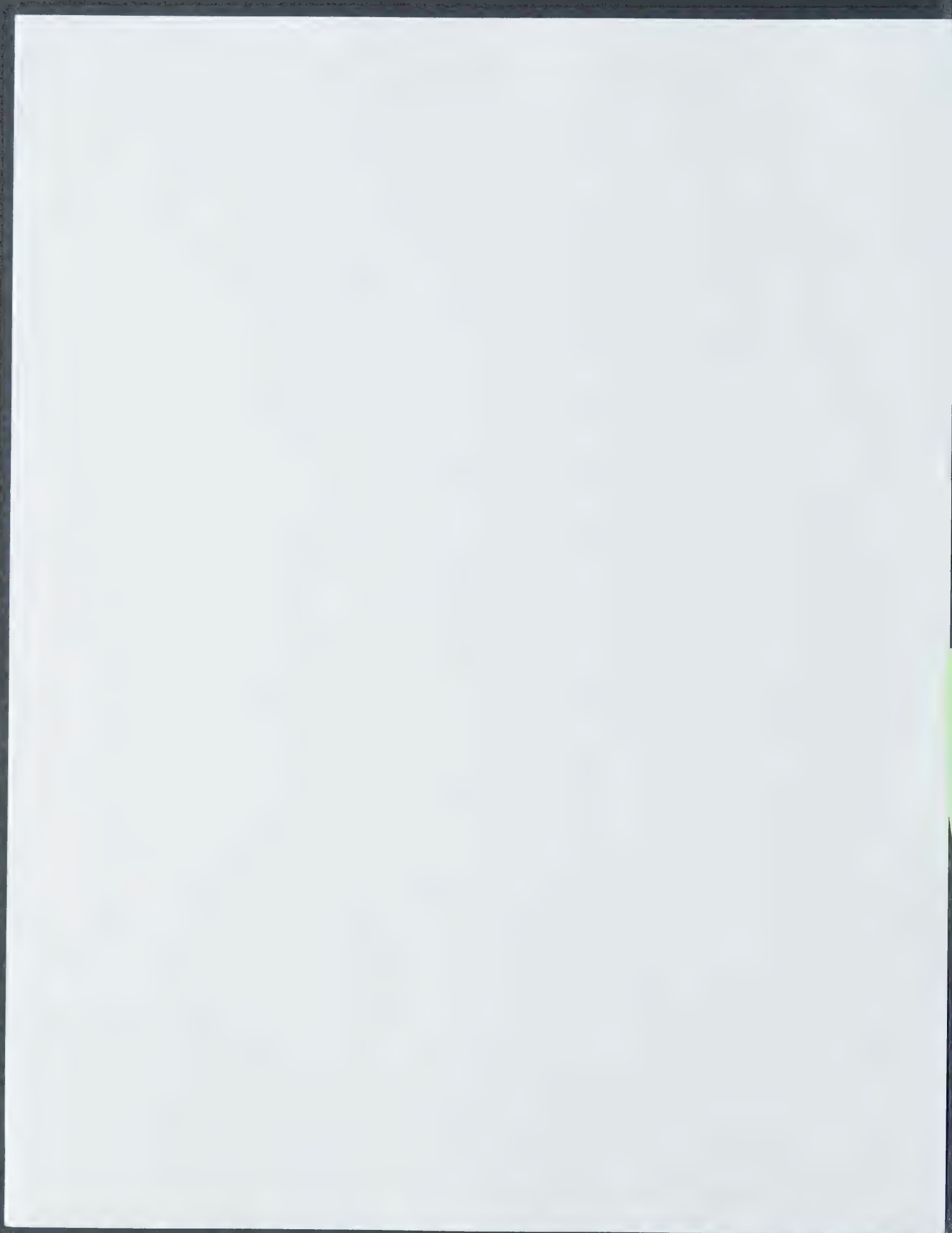
Creating the Next Generation of Arts Leaders

We are currently working on the [Queen's University Arts Leadership Institute](#), with the vision to inspire, educate and connect the next generation of Canada's leaders in the arts. This new diploma, planned for the 2016/17 academic year and beyond, will provide a post-graduate education for music, drama, film, art and other majors that is a balance of high-level business thinking and professional practice. This program will enable the graduates to create both high-impact and lasting change in the arts in Canada.





Ceiling



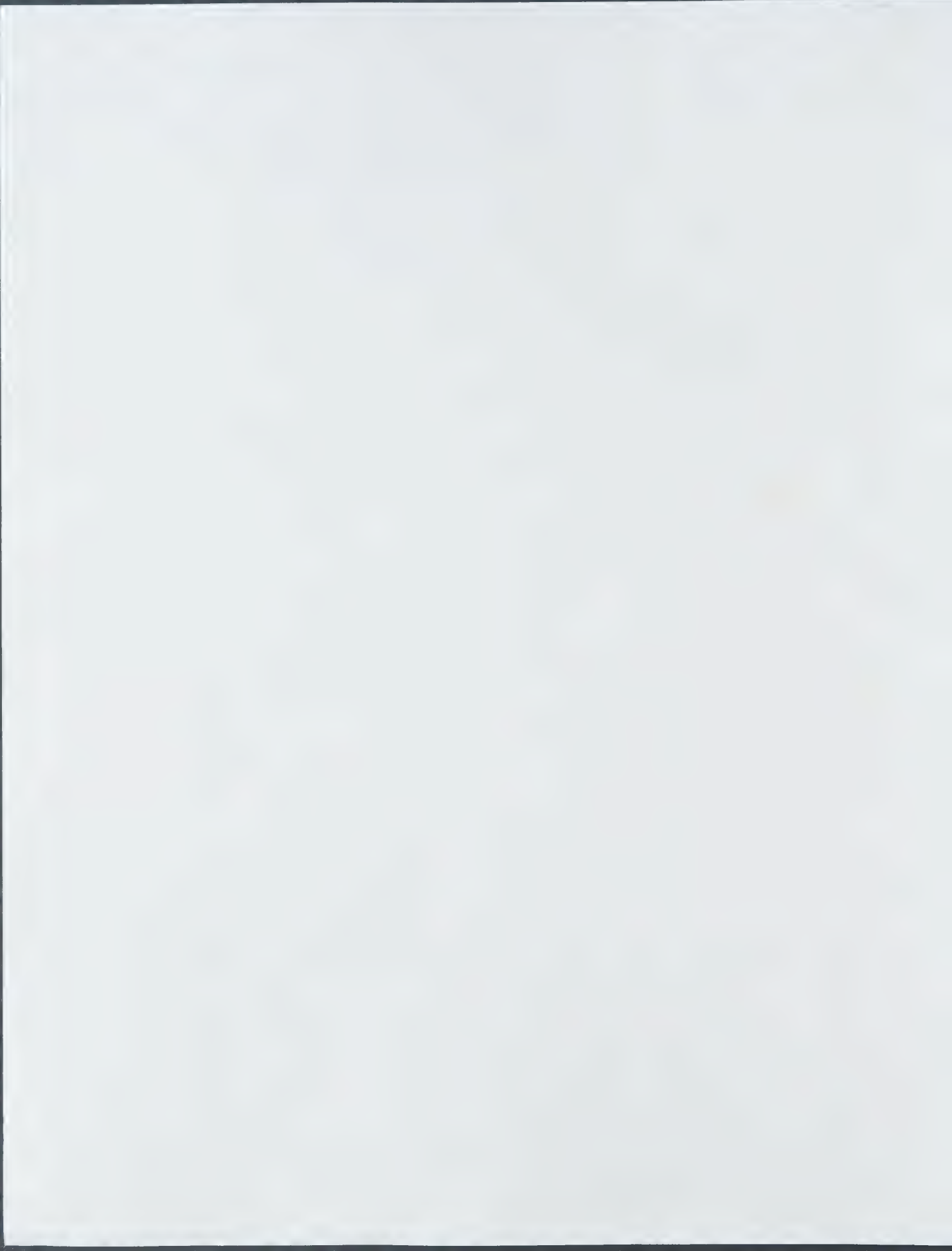




Ceiling

Stella Buck
wall
↓





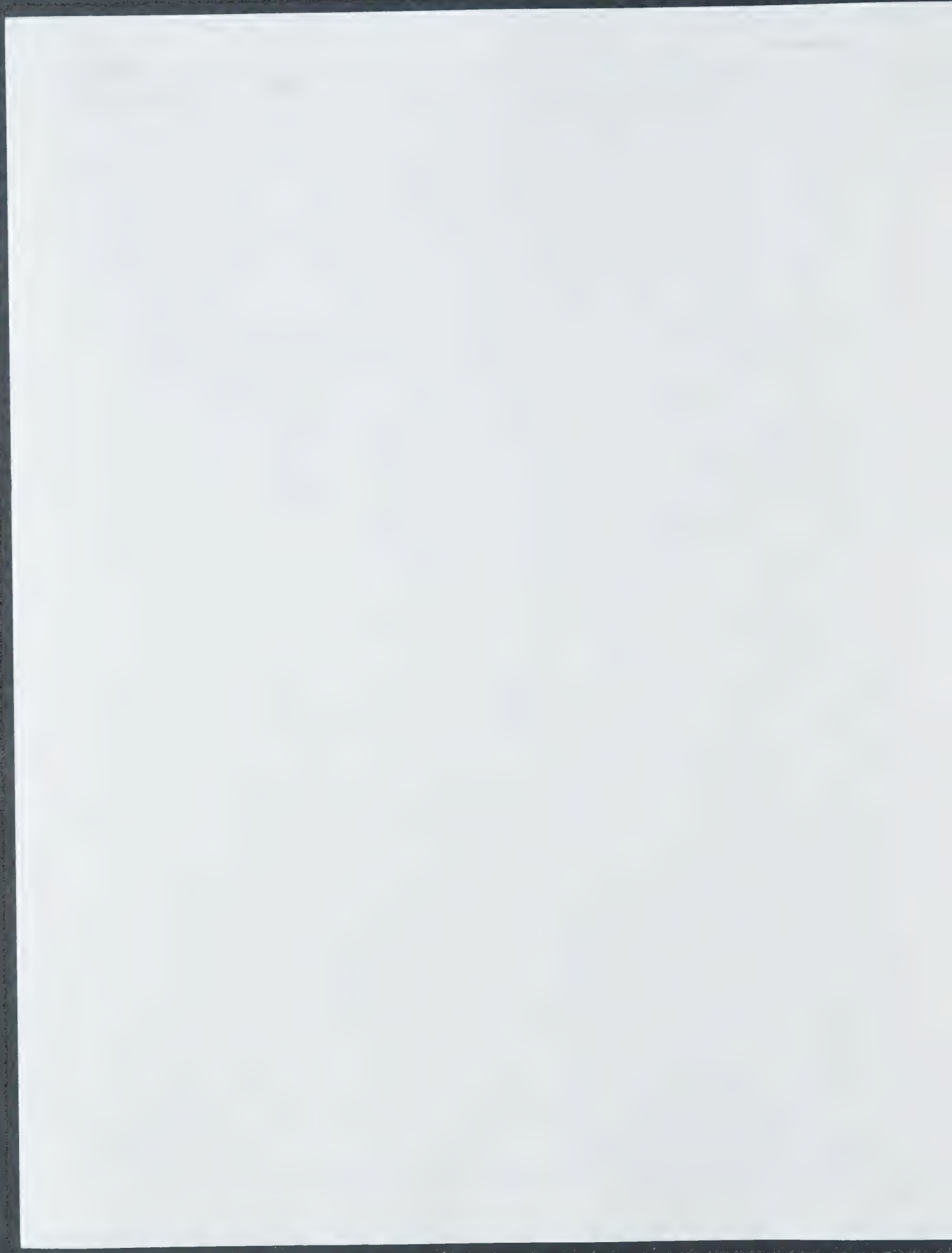


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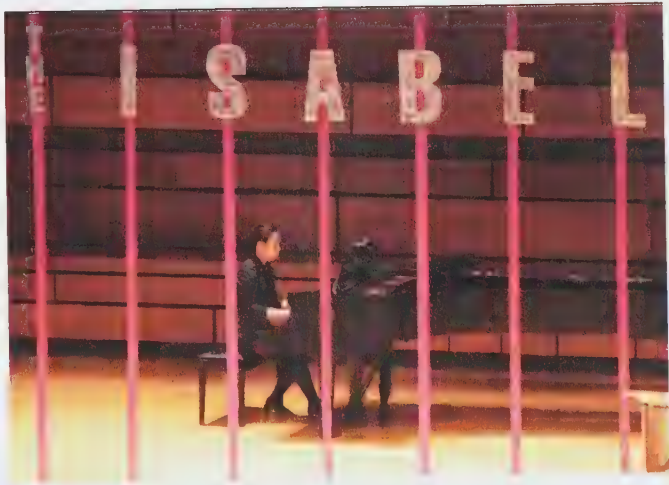


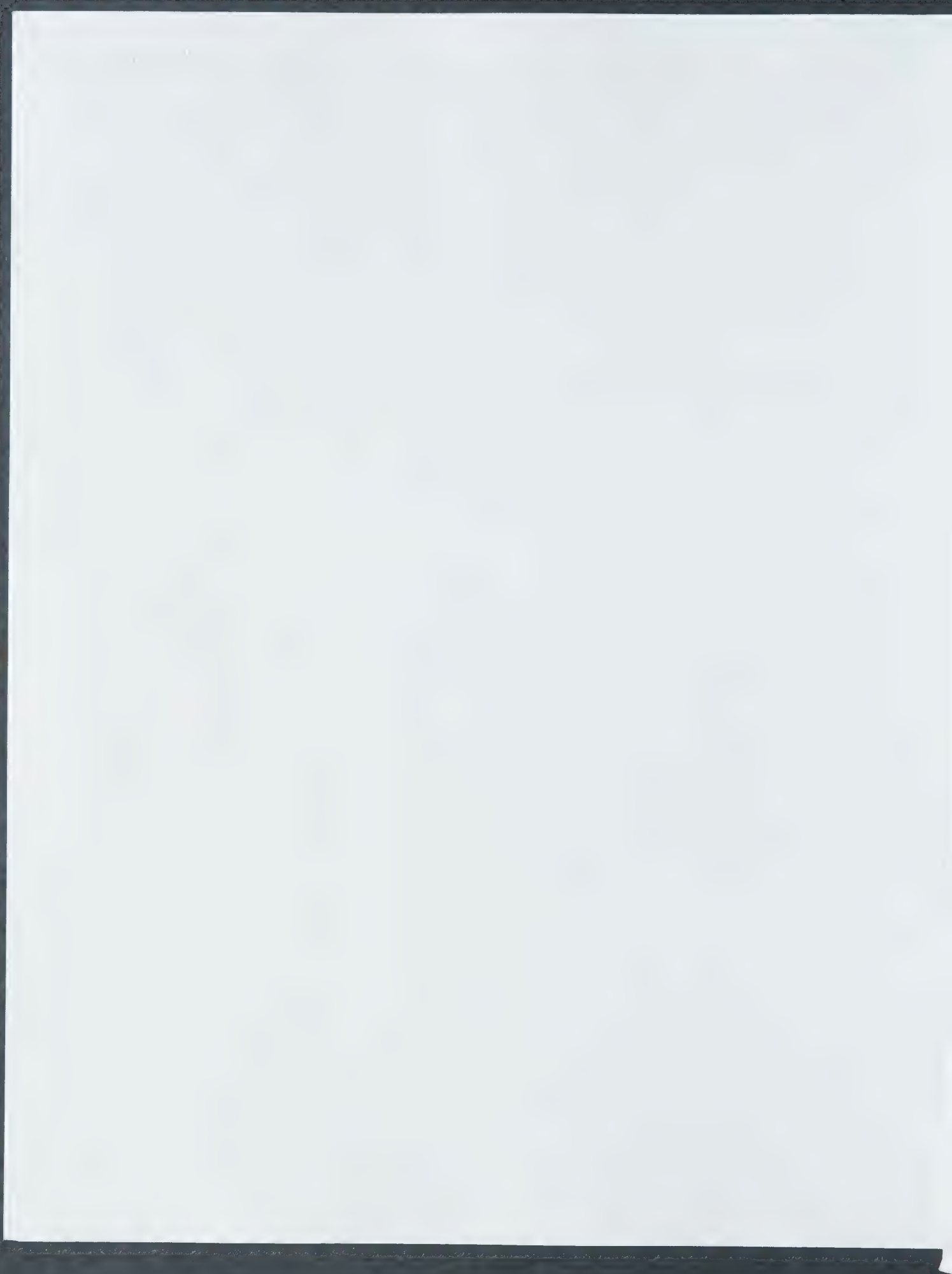






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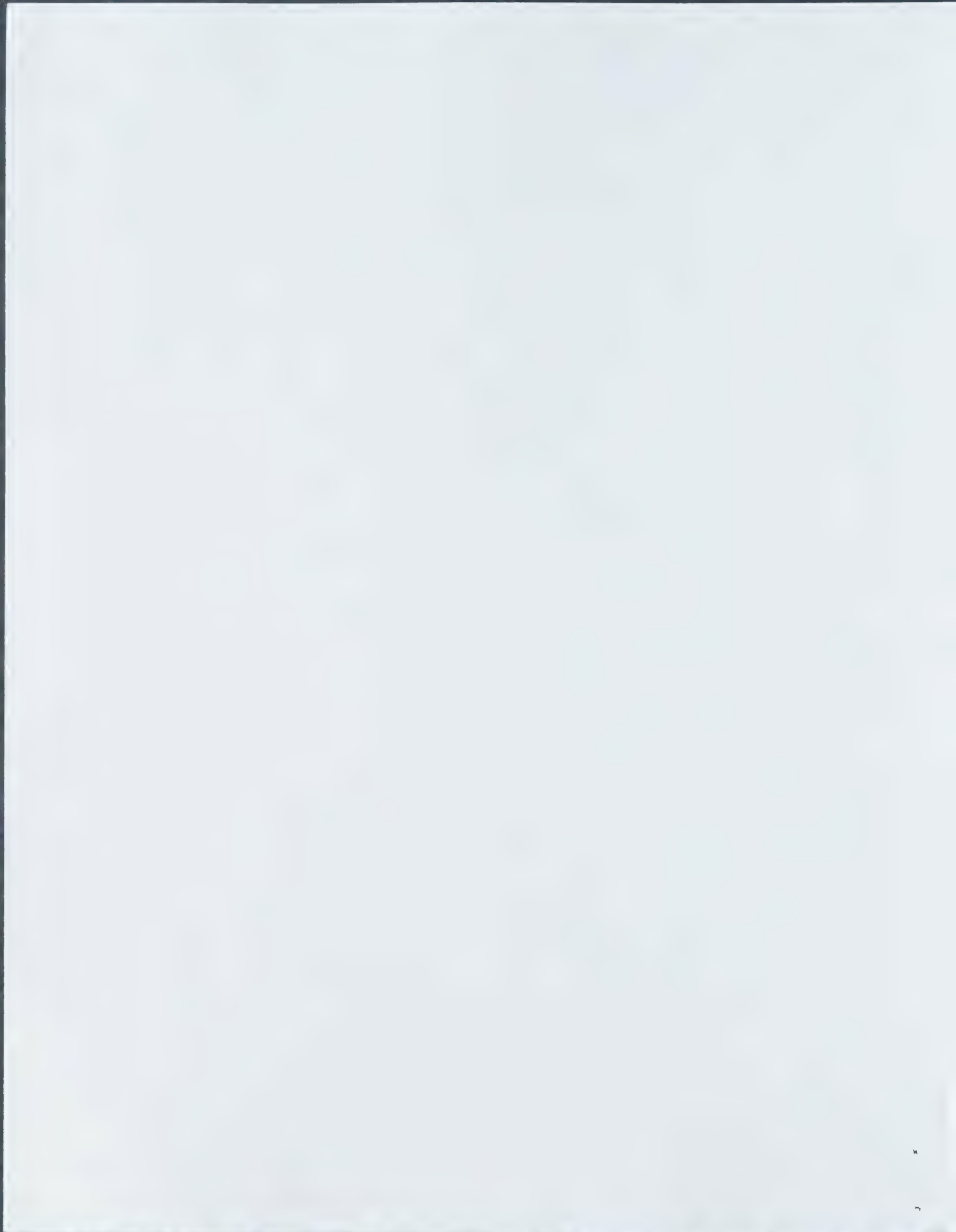




SMIHMETTVA
THE ISABEL BADER CENTER
FOR THE PERFORMING ARTS



CPDC PRESENTATION 03.04.2011



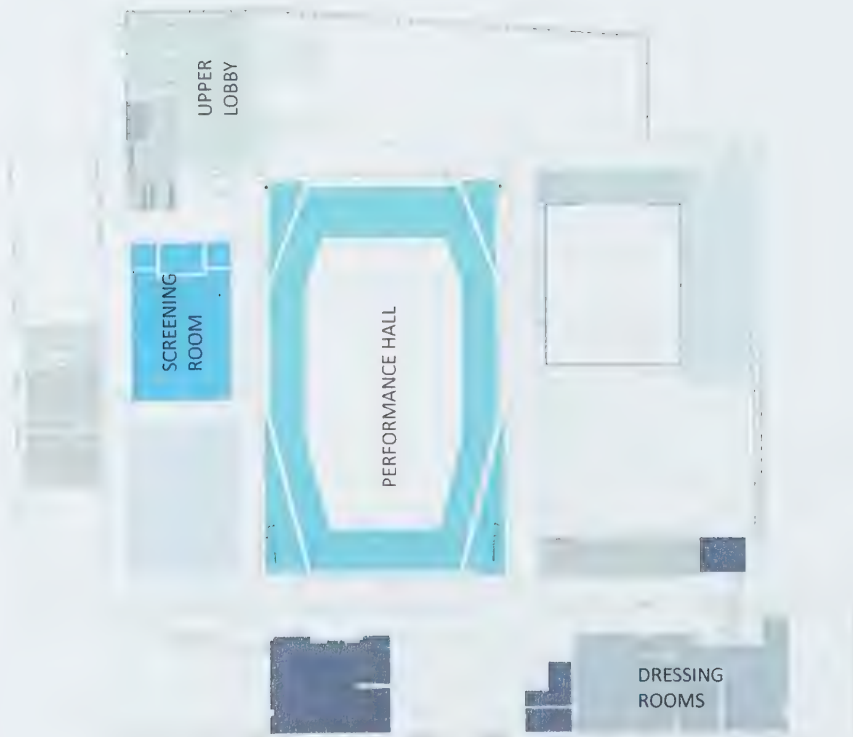


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CPDP PRESENTATION 03 04 2013
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

LEVEL 1





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ORGANISATORER OG ARBEIDSTØY
 ISRAELI BARNER CENTRE FOR THE PERFORMING ARTS

LEVEL 3

LEVEL 2





VIEW FROM LAKE – SCHEMATIC DESIGN 02/2009

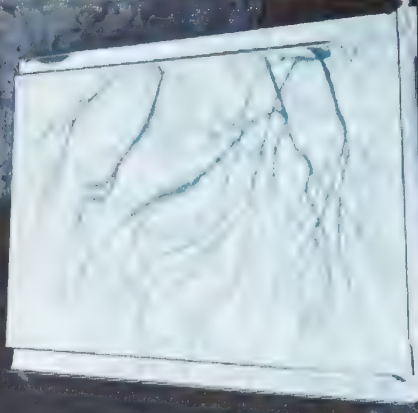
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CONCEPT PRESENTATION 02/09/2009
TABLET CENTER CENTRE FOR THE PERFORMING ARTS





STAINLESS STEEL CLADDING - DETAIL



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COOPERATION WITH
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





STAINLESS STEEL CLADDING – REFERENCE PROJECTS

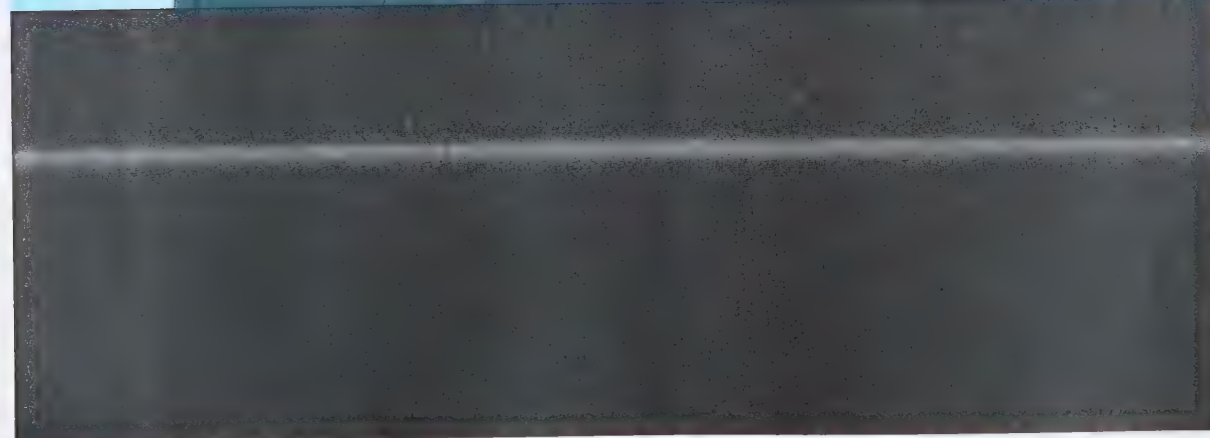
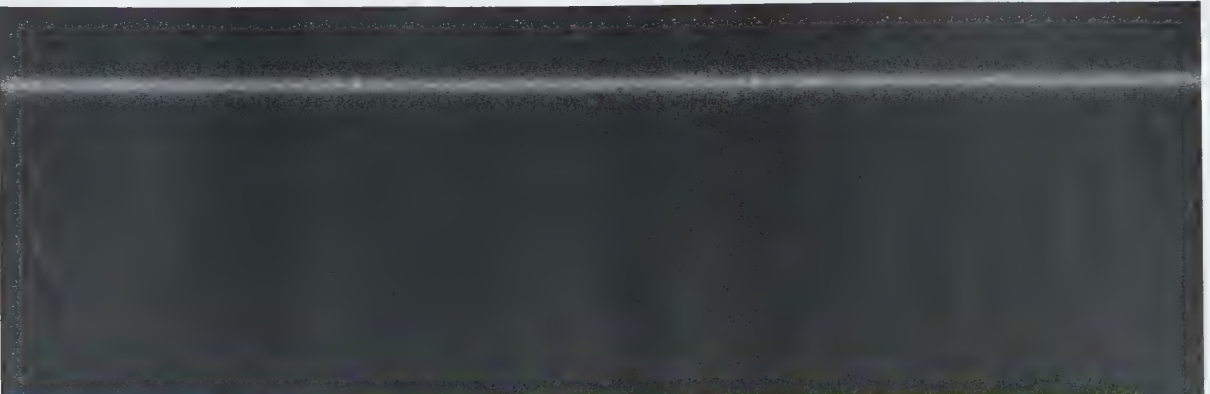
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GROUP PRESENTATION 2014-2015
MUNICIPAL BATHING CENTRE FOR THE PERFORMING ARTS

















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CONCEPT PRESENTATION 02.04.2011
KJELLER CENTER FOR THE PERFORMING ARTS

ENTRANCE – SCHEMATIC DESIGN 02/2009





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GROUP PRESENTATION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

ENTRANCE – 02/2011





VIEW FROM LAKE – SCHEMATIC DESIGN 02/2009

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2009 PRESENTATION BY ARCHITECTS
HANI MAJER CURRIE FOR THE PERFORMING ARTS

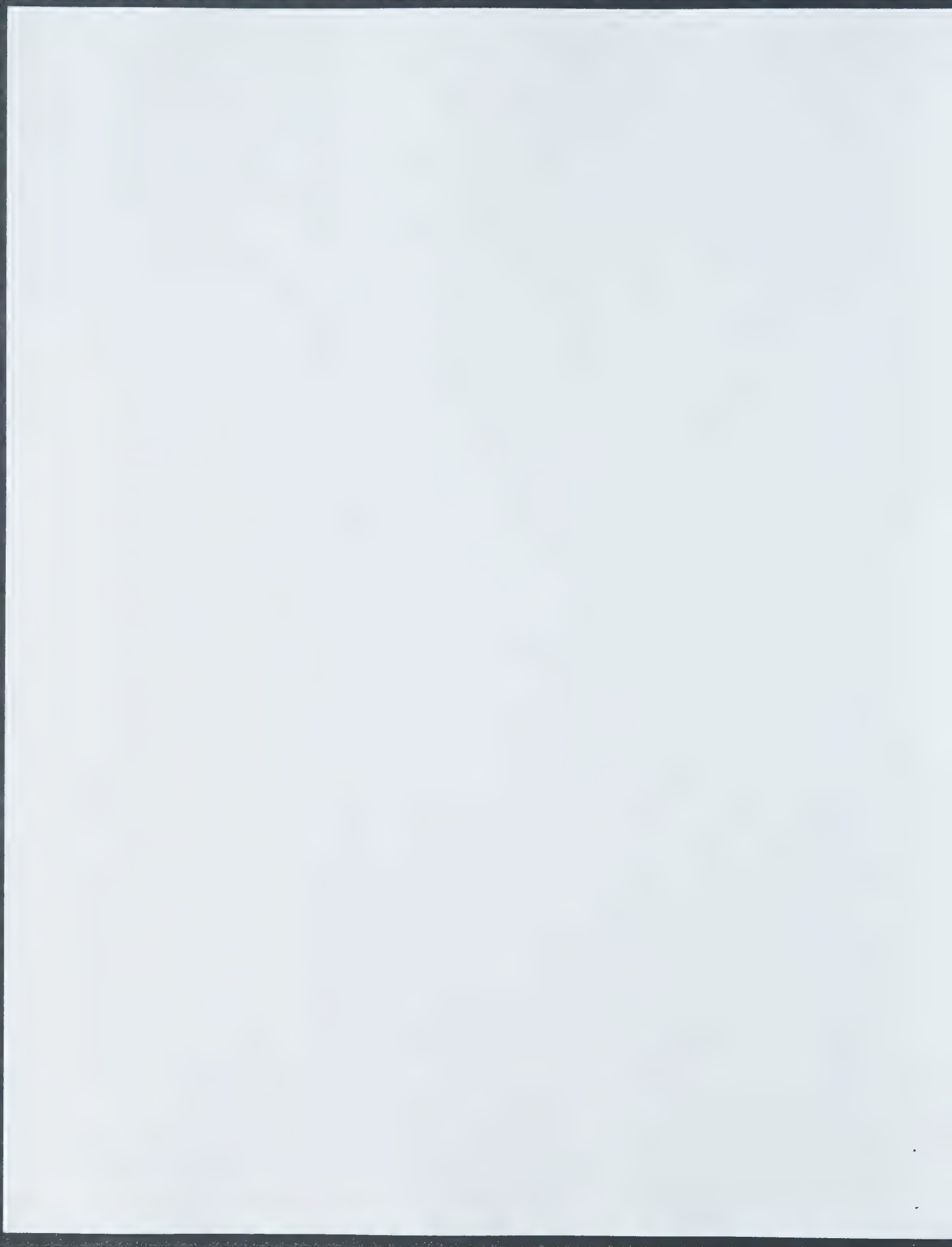


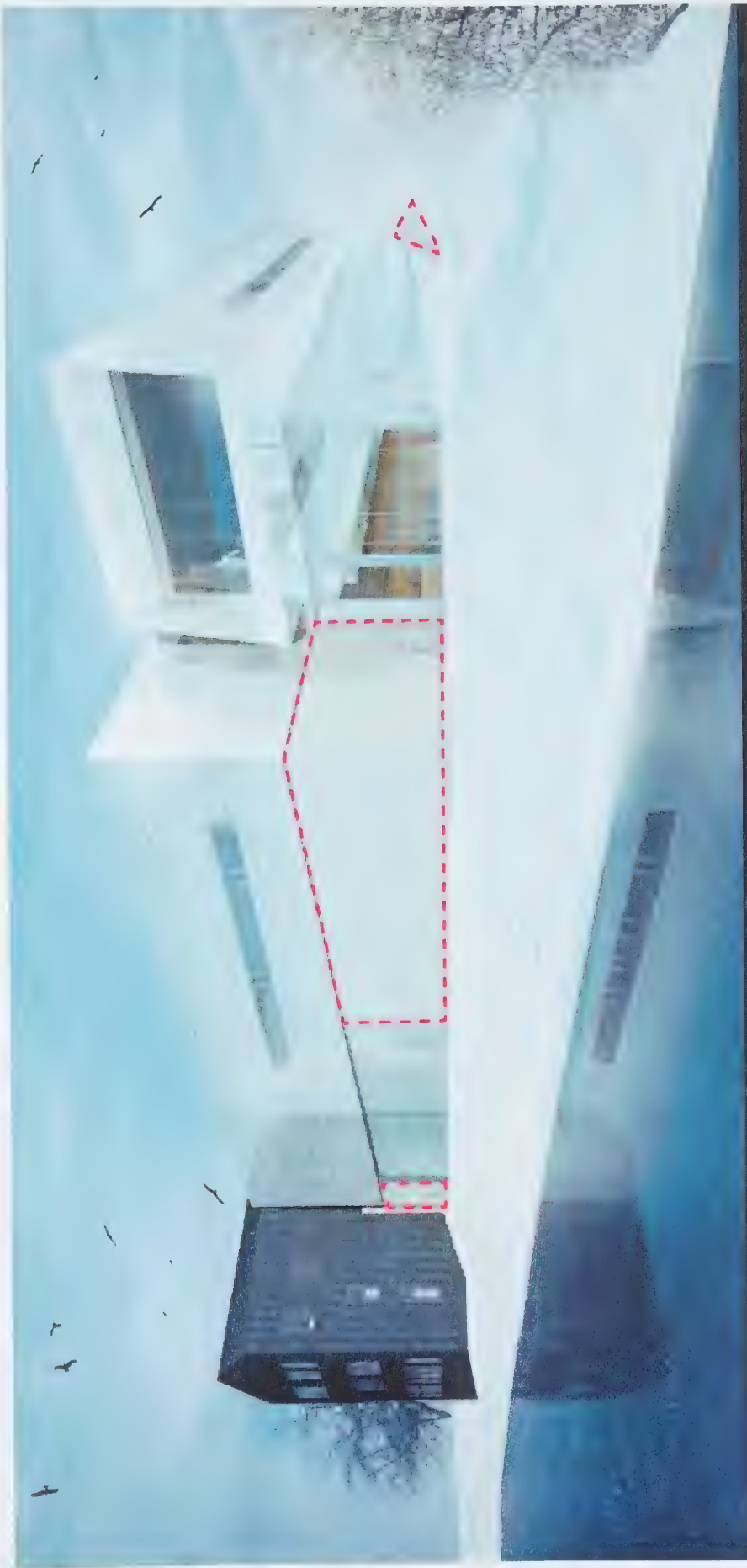


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CONCEPT PRESENTATION 03 04 2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

VIEW FROM LAKE – 02/2011





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CORPORATION
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

KINGSTON LIMESTONE CLADDING



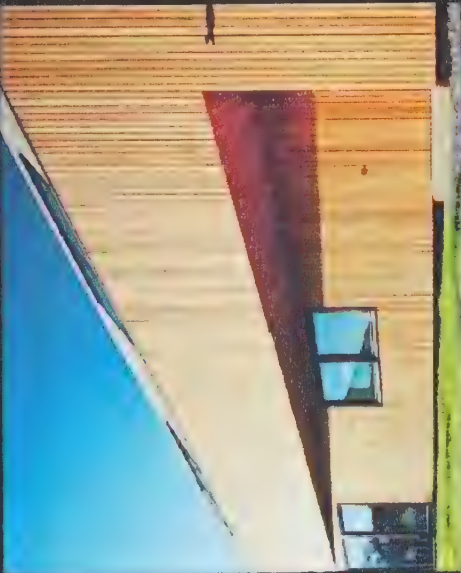
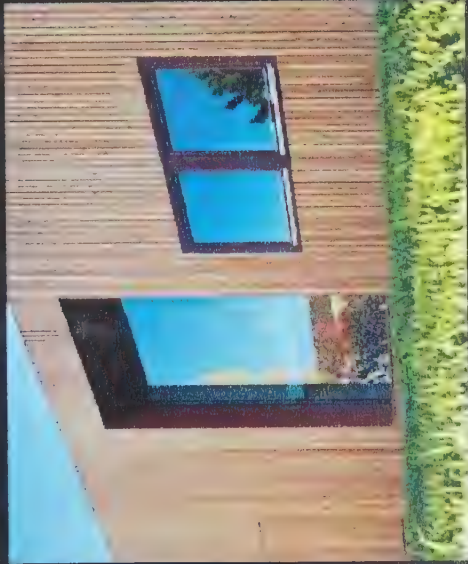


KINGSTON LIMESTONE

SNØHETTA

OPPE PRESENTATION 04 04 2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS



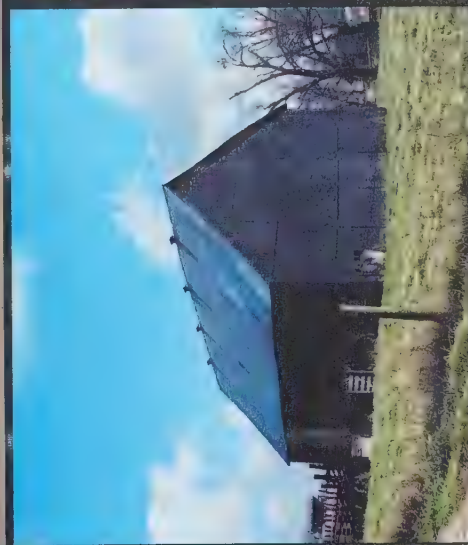


ZINC ROOF AND CEDAR SIDING— PREVIOUS DESIGN

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CCPP PRESENTATION BY DA JØLL
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

DARK WOOD SIDING





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2009 PRESENTATION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

STELLA BUCK BUILDING— SCHEMATIC DESIGN 02/2009





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GROUP PRESENTATION FOR THE PERFORMING ARTS
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

STAINED WESTERN RED CEDAR





VIEW FROM LAKE – SCHEMATIC DESIGN 02/2009

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GROUP PRESENTATION BY 2012
ISABEL BADER CENTRE FOR THE PERFORMING ARTS



VIEW FROM LAKE AT NIGHT -- 02/2011

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CDP PRESENTATION 04 2011
KAREL BACHA CENTER FOR THE PERFORMING ARTS







OSLO OPERA: LOOBY + CEILING

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2008 PRESENTATION OF AWARD
ISABEL BADER CENTRE FOR THE PERFORMING ARTS



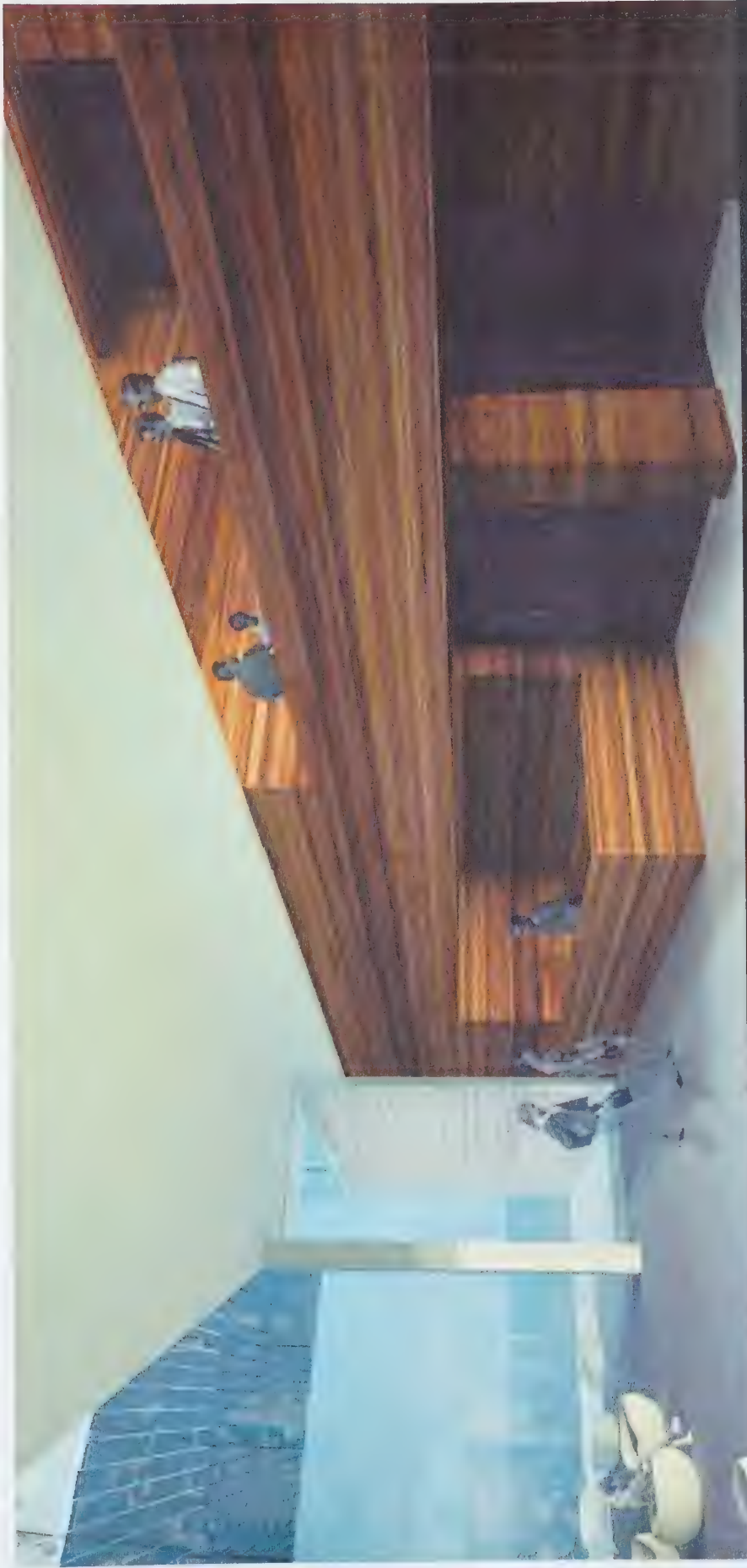


VIEW FROM UPPER LOBBY — 02/2011

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COOP PRESENTATION 02/14/2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





MAIN LOBBY, CAFÉ — 02/2011

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ISABEL BAUER CENTRE FOR THE PERFORMING ARTS





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CONCEPT AND ARCHITECTURE
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

MAIN LOBBY SPACE – 02/2011





A_PERFORMANCE HALL

B_SCREENING ROOM

C_ART GALLERY

D_STUDIO THEATRE

E_REHEARSAL ROOM

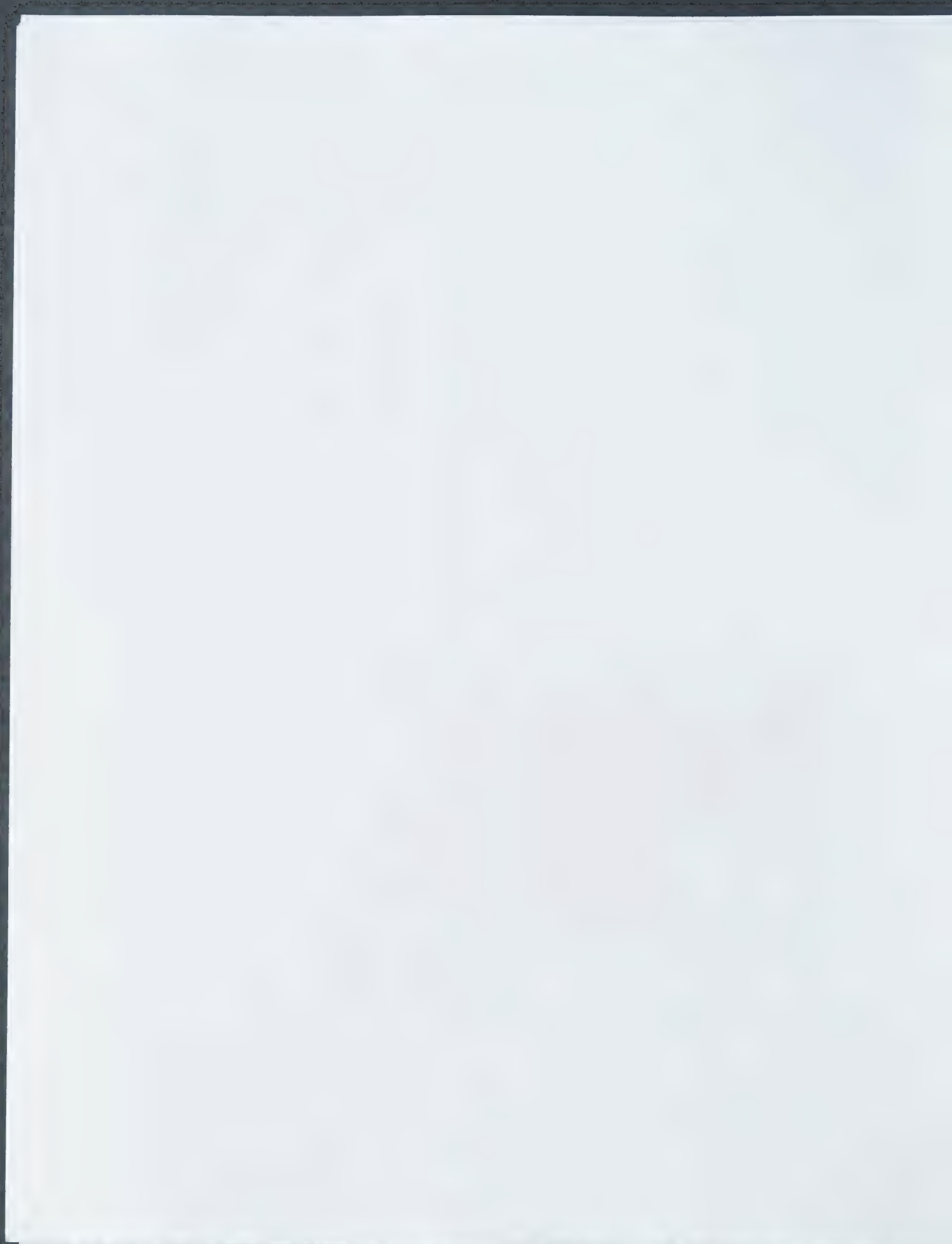
F_GREEN ROOM

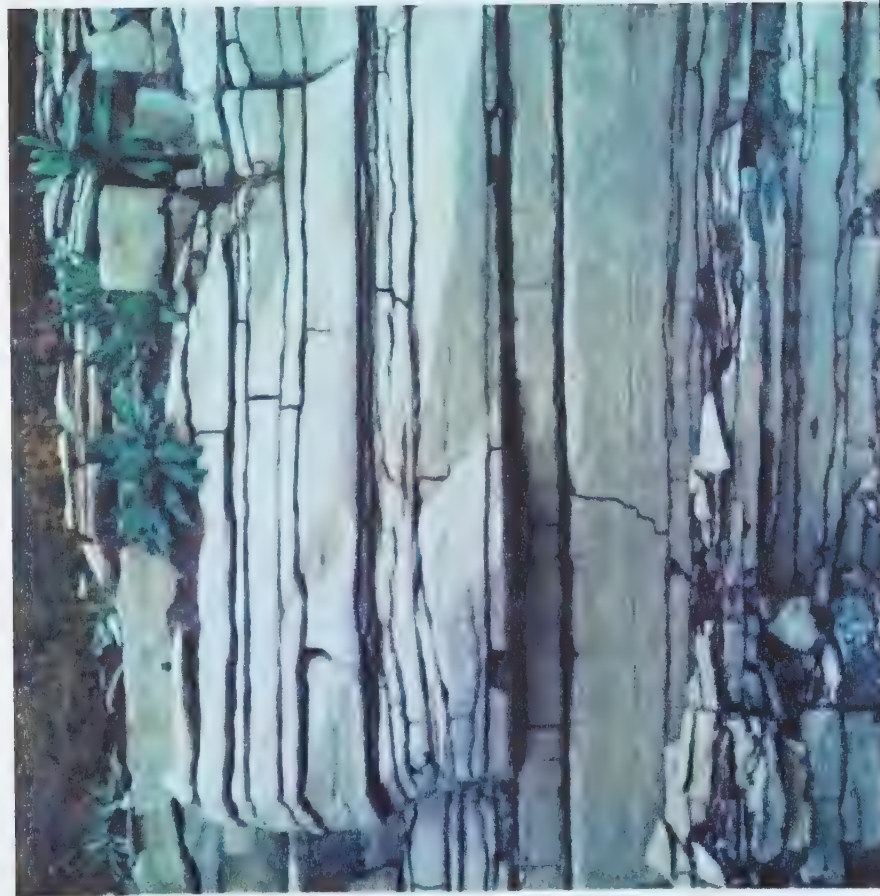
MAIN VENUES

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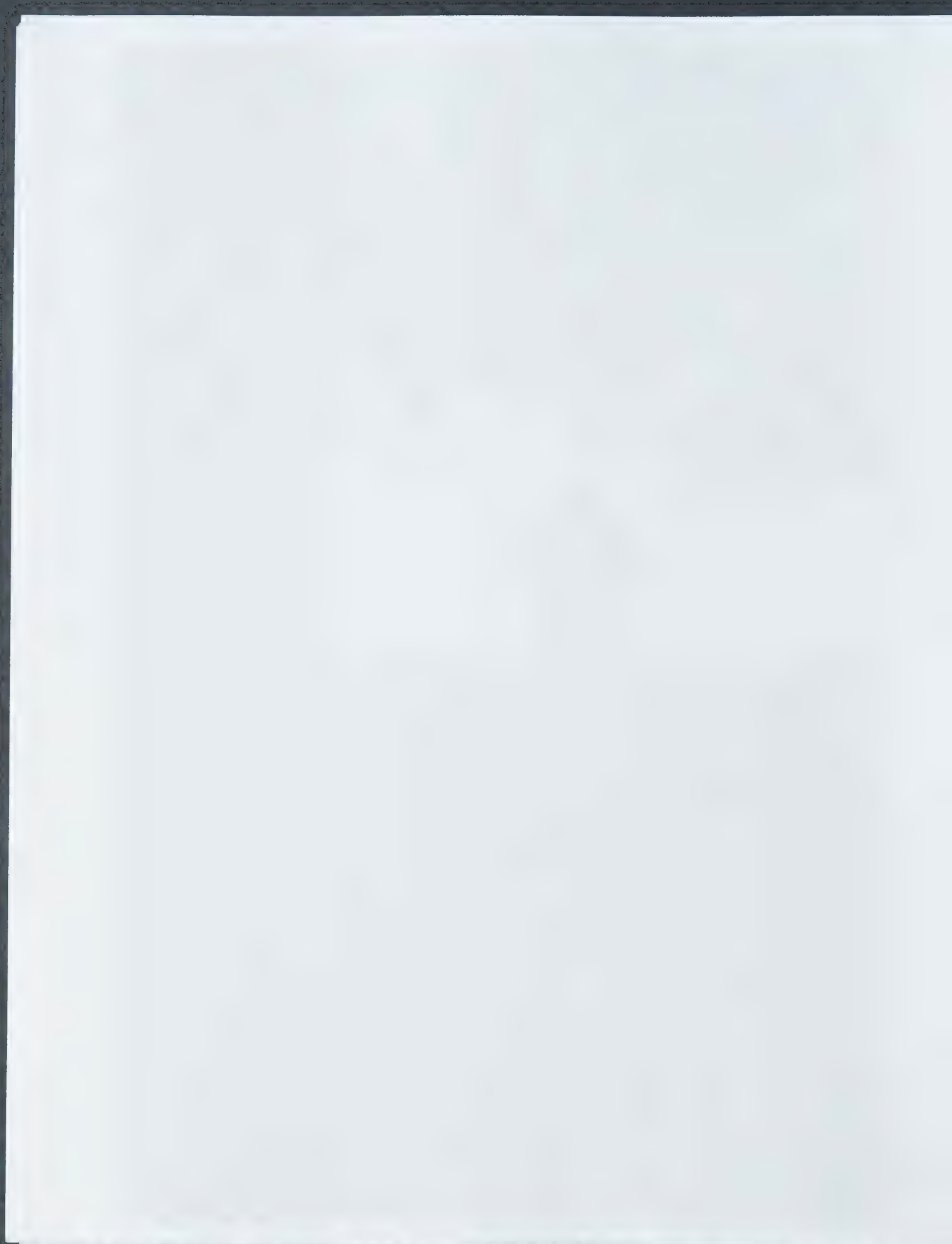




INSPIRATION

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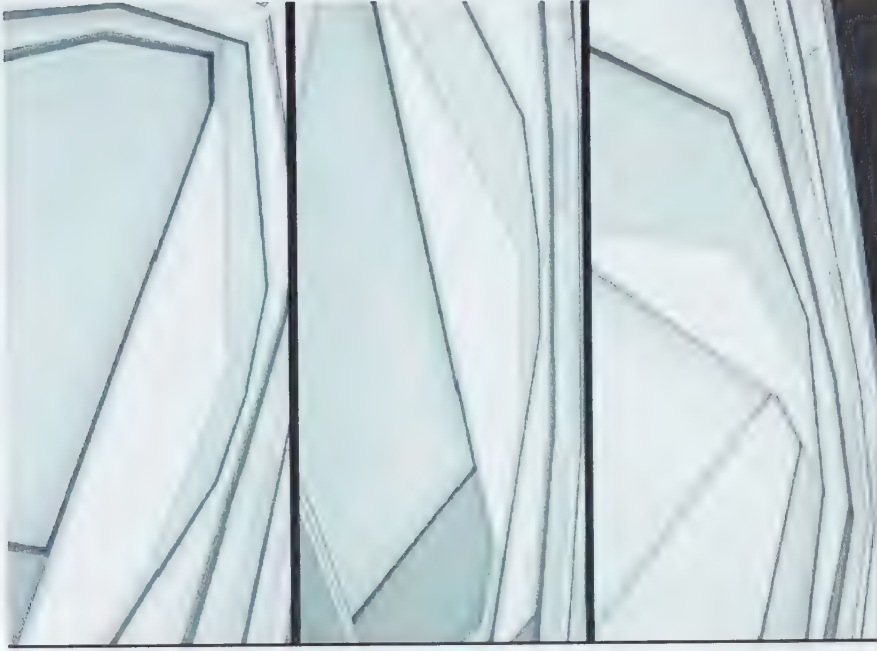


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— CONCEPT PRESENTATION — 10.04.2013
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

PERFORMANCE HALL





CEILING

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COOP RESSVIKTION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





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COOP PRESENTATION 04.04.2011
ISABEL RASCHER CENTRE FOR THE PERFORMING ARTS





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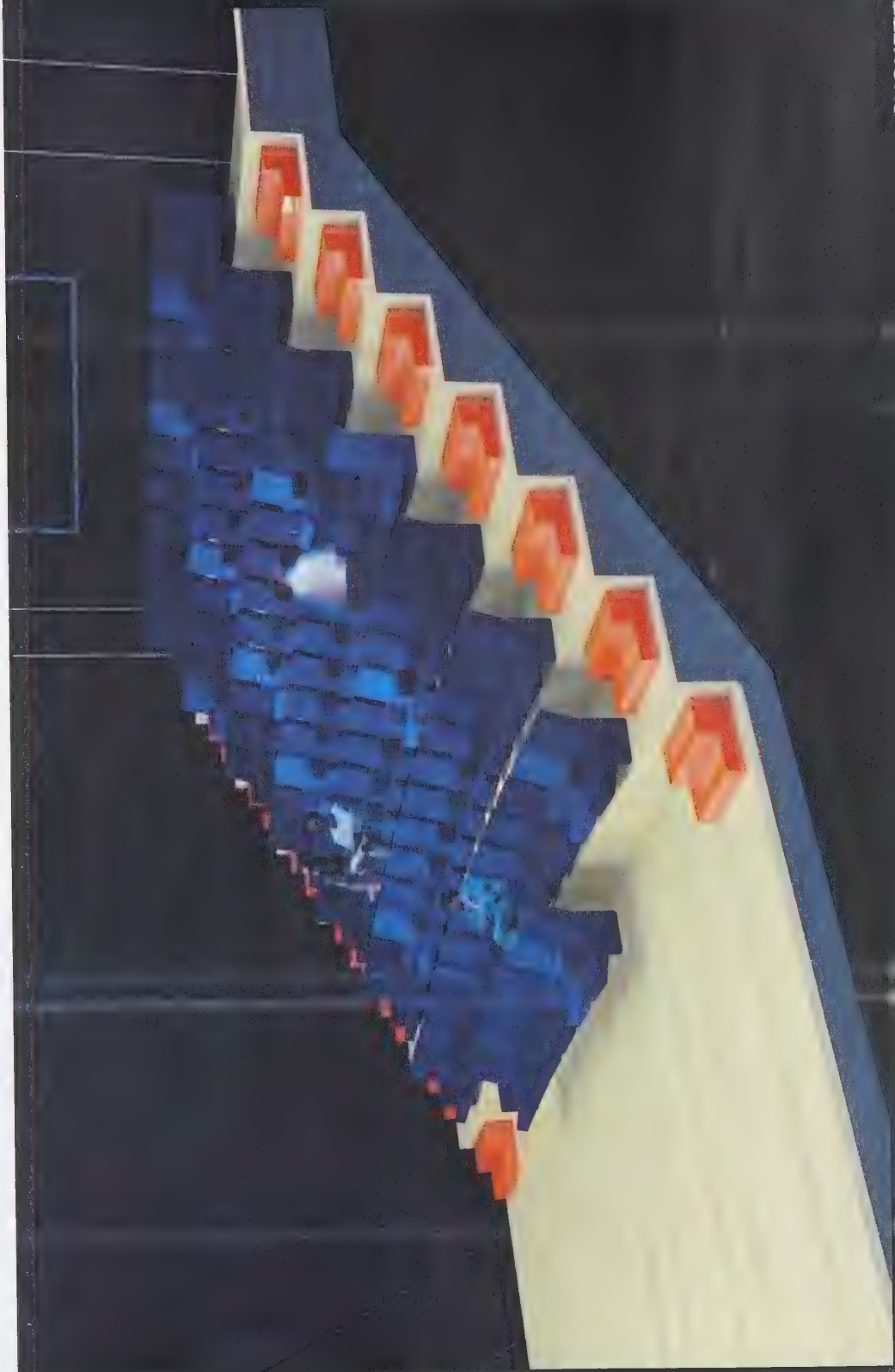
CDPP PERSUASION 05.04.2011

ISABEL BADER CENTRE FOR THE PERFORMING ARTS



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GROUP PRESENTATION 00 04 4011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS



SCREENING ROOM





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3000 PRESENTATION 03 04 2013
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

ART GALLERY





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COOP PRESENTATION 09.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

STUDIO THEATRE





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CONCEPT PRESENTATION © 2014 SNØHETTA
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

REHEARSAL ROOM





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STOR PRESENTATION OG ROLL
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

GREEN ROOM



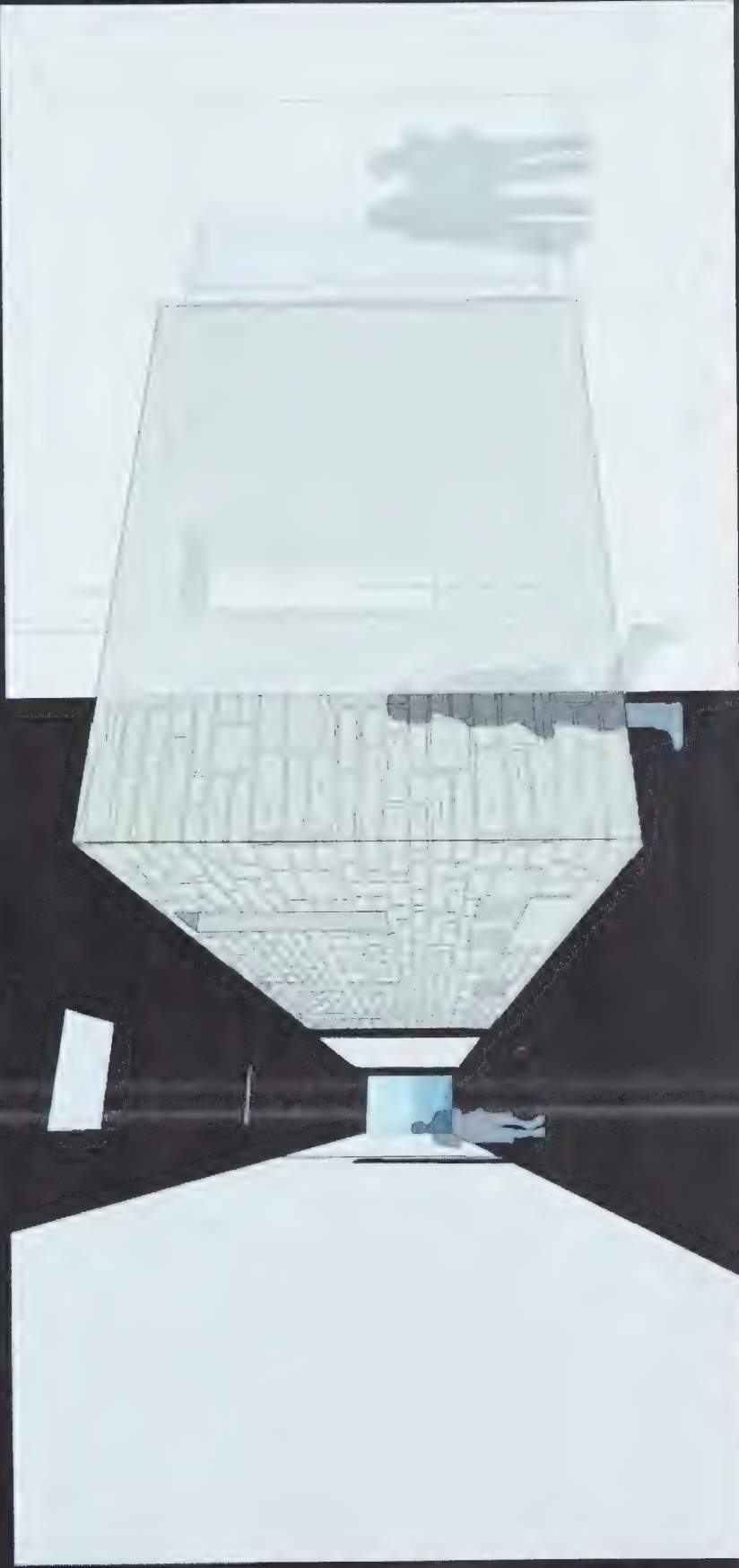


B.O.H. CORRIDOR

SNØHETTA

CONCEPTED BY SNØHETTA
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

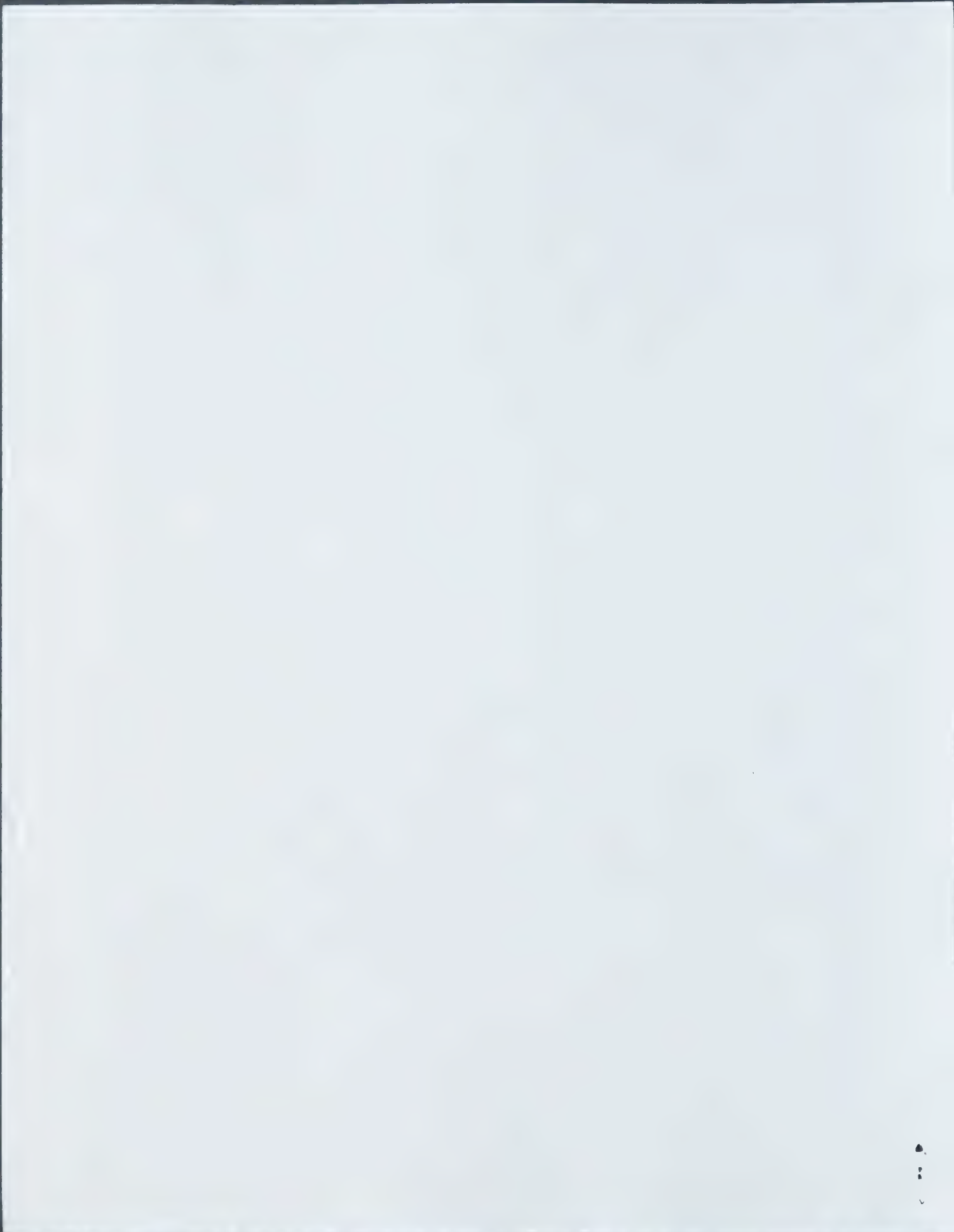




SNØHETTA

POP PRESENTATION 03.04.2013
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

STELLA BUCK: CORRIDOR & DESIGN LAB







THE ISABEL BADER CENTER
FOR THE PERFORMING ARTS



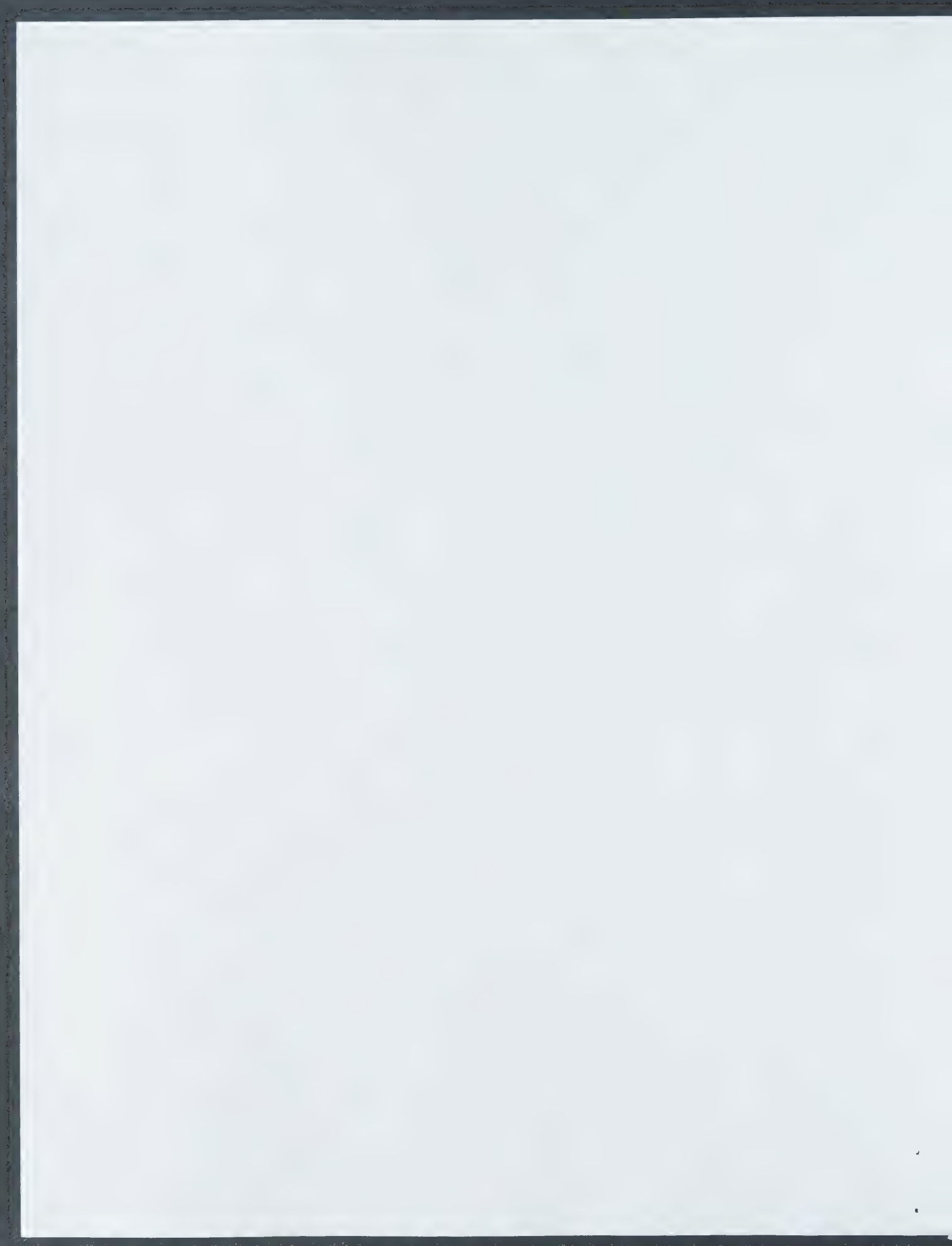
CPDC PRESENTATION 03.04.2011



THE ISABEL BADER CENTER
FOR THE PERFORMING ARTS



CPDC PRESENTATION 03.04.2011





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GROUP PRESENTATION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

LEVEL 1





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ISABEL BÄDER CENTRE FOR THE PERFORMING ARTS

LEVEL 3

LEVEL 2



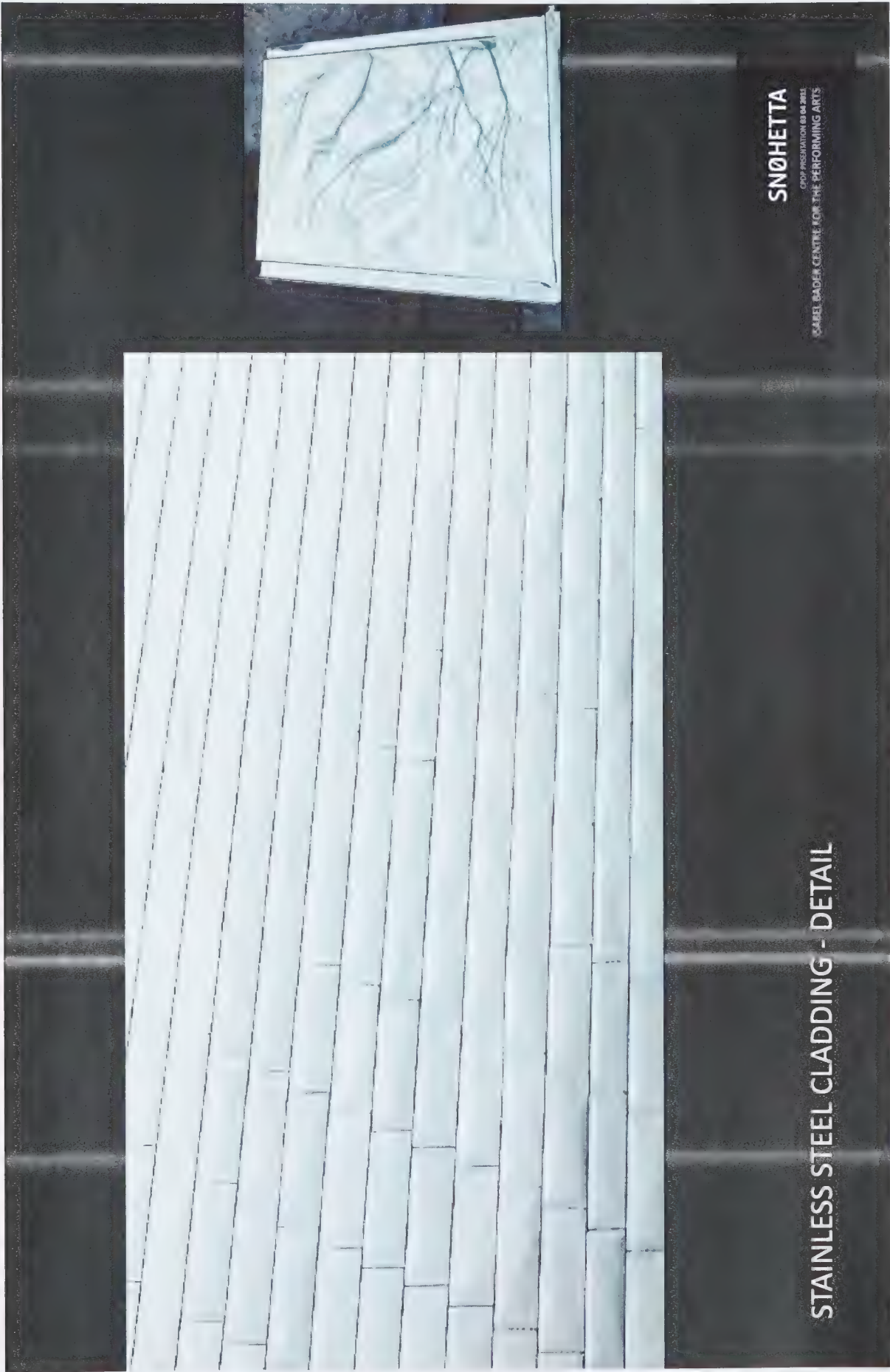


VIEW FROM LAKE – SCHEMATIC DESIGN 02/2009

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CRIP PRESENTATION 04 2011
ISABEL BARBER CENTRE FOR THE PERFORMING ARTS





STAINLESS STEEL CLADDING - DETAIL



SNØHETTA

GROUP PRESENTATION 04 04 2011
CAROL BAUER CENTRE FOR THE PERFORMING ARTS



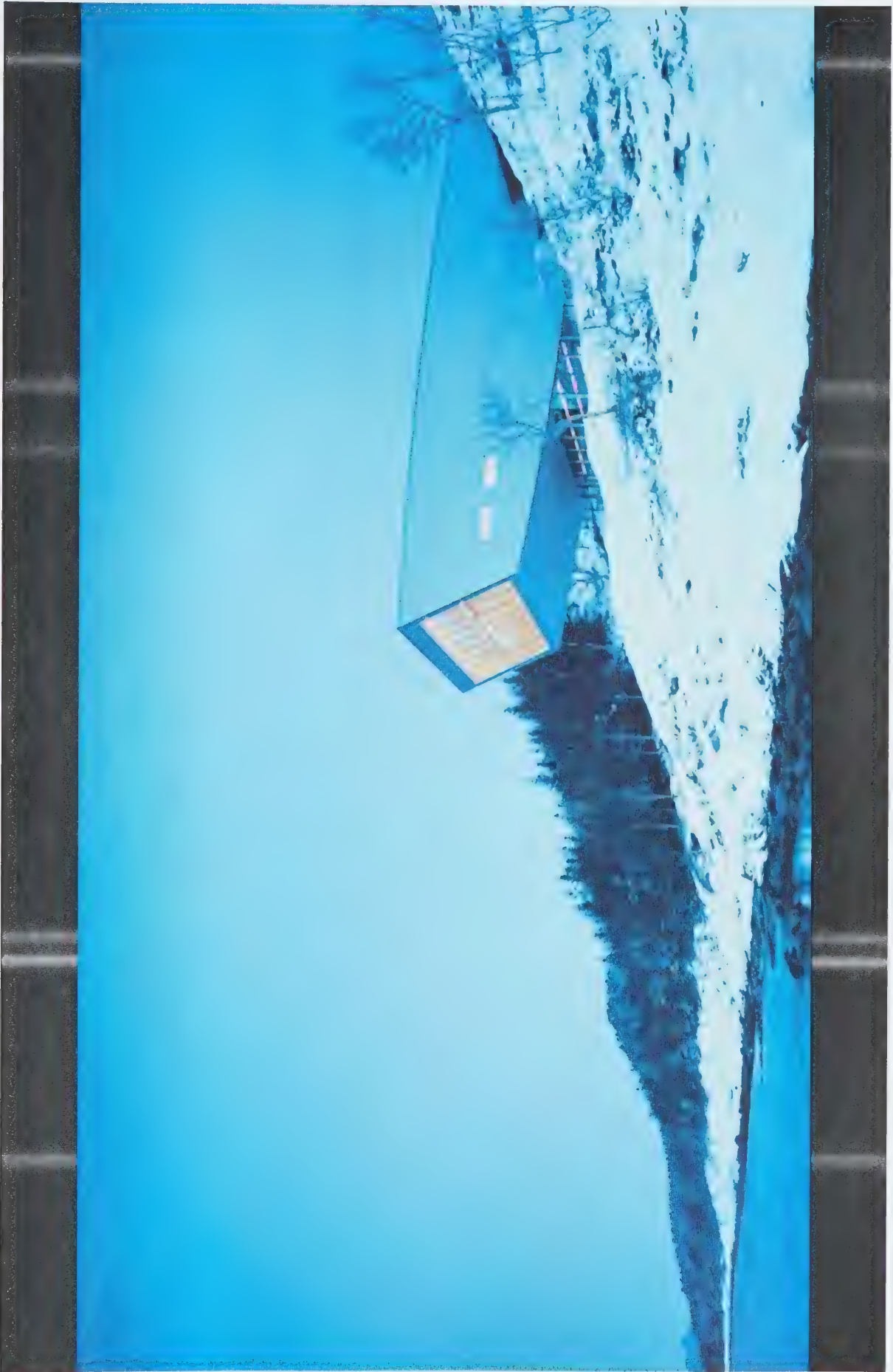


STAINLESS STEEL CLADDING – REFERENCE PROJECTS

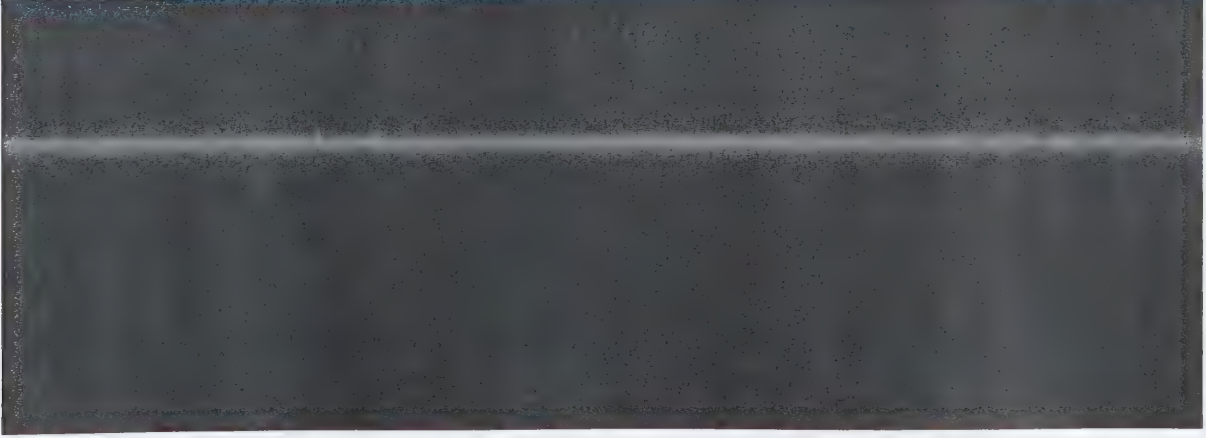
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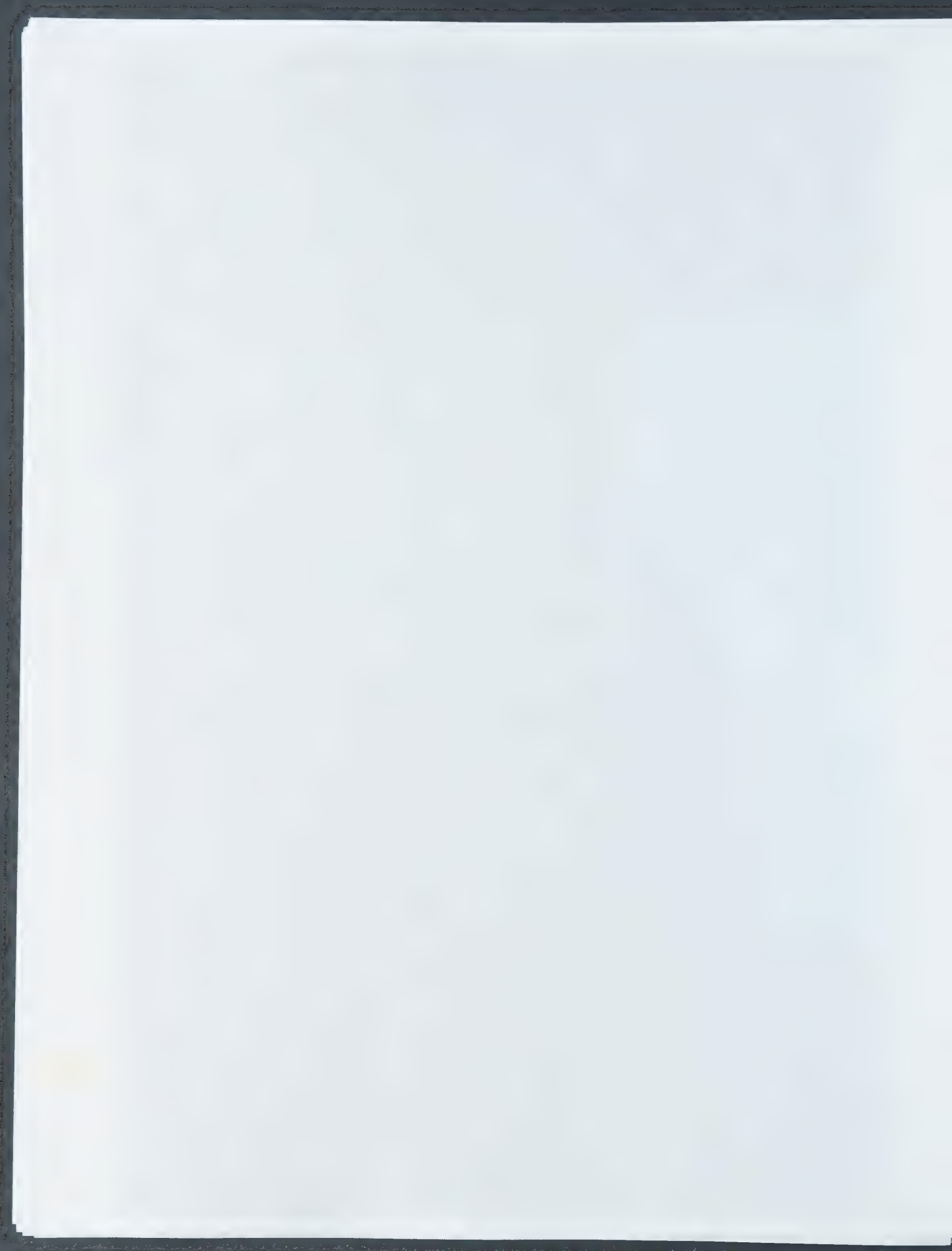
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SIBEL BADER CENTRE FOR THE PERFORMING ARTS

















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ISABEL SAUER CENTRE FOR THE PERFORMING ARTS

ENTRANCE – SCHEMATIC DESIGN 02/2009





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POP PRESENTATION 03 04 2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

ENTRANCE – 02/2011





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CRIP PRESENTATION 03 04 2011
CAROL BAUER CENTRE FOR THE PERFORMING ARTS

VIEW FROM LAKE – SCHEMATIC DESIGN 02/2009

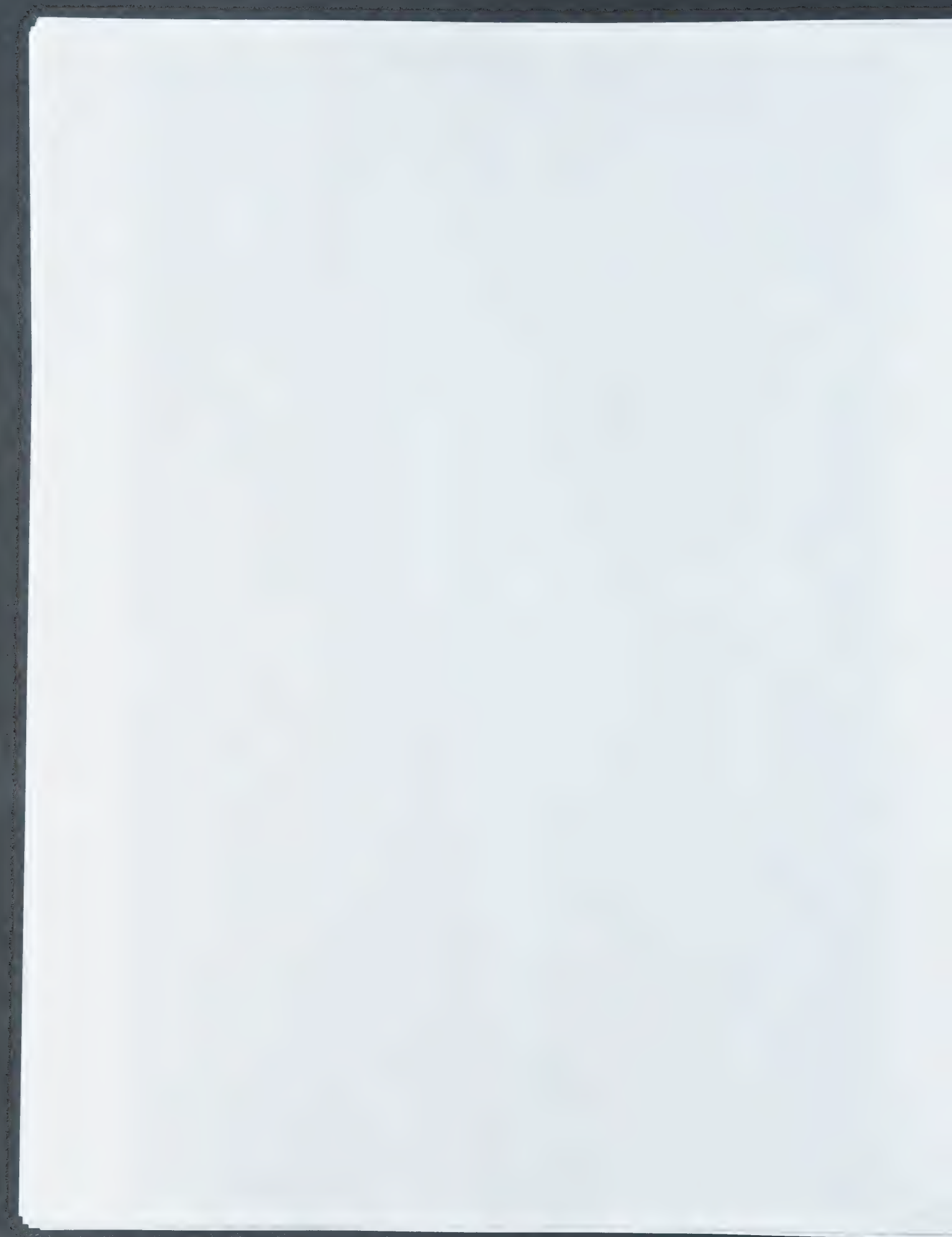


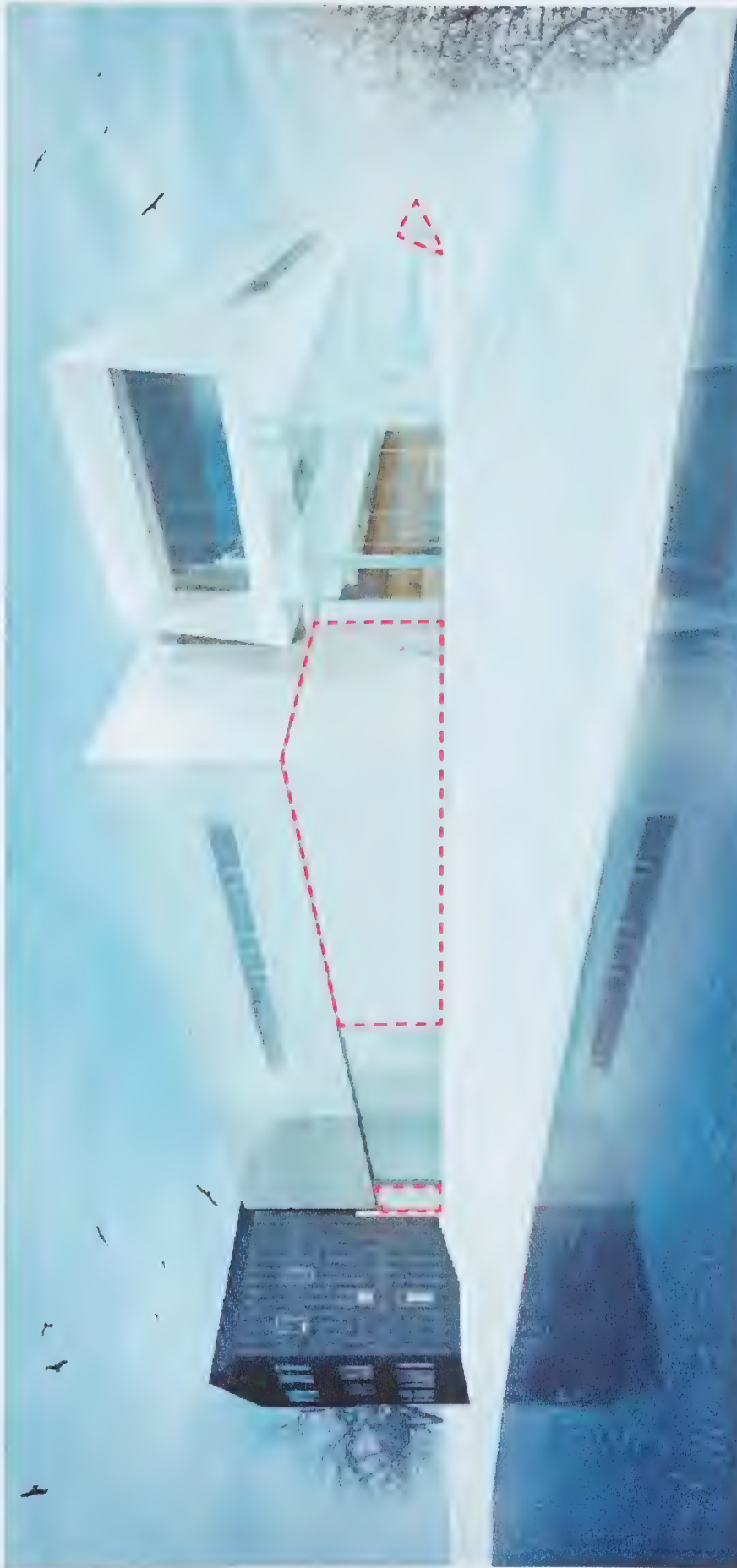


VIEW FROM LAKE — 02/2011

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GROUP PRESENTATION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





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INSPIRATION FOR ART
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

KINGSTON LIMESTONE CLADDING



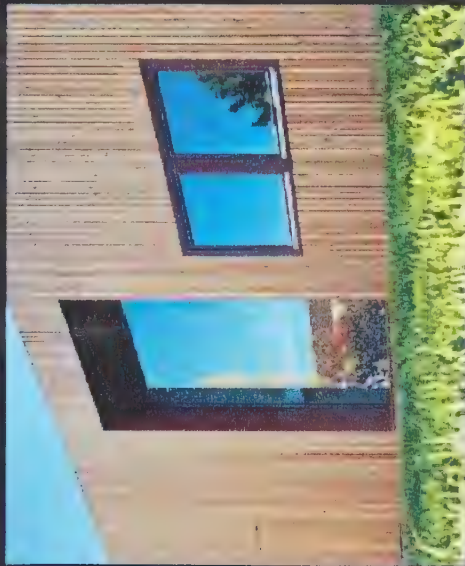


KINGSTON LIMESTONE

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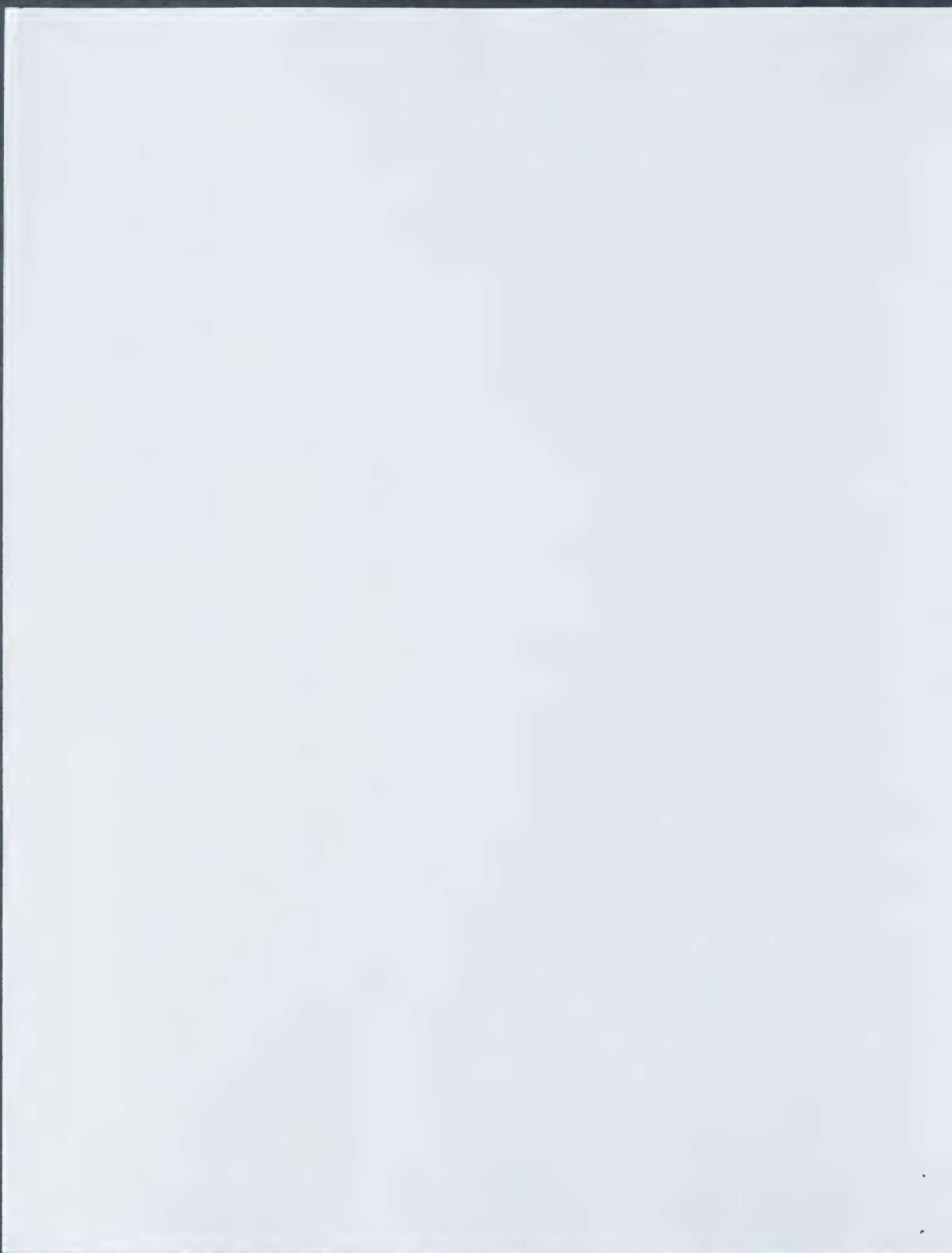




ZINC ROOF AND CEDAR SIDING— PREVIOUS DESIGN

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CONCEPT PRESENTATION © 2014
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





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— 3DPP PRESENTATION 03 04 2011 —
ISABEL BADER, CENTRE FOR THE PERFORMING ARTS

DARK WOOD SIDING

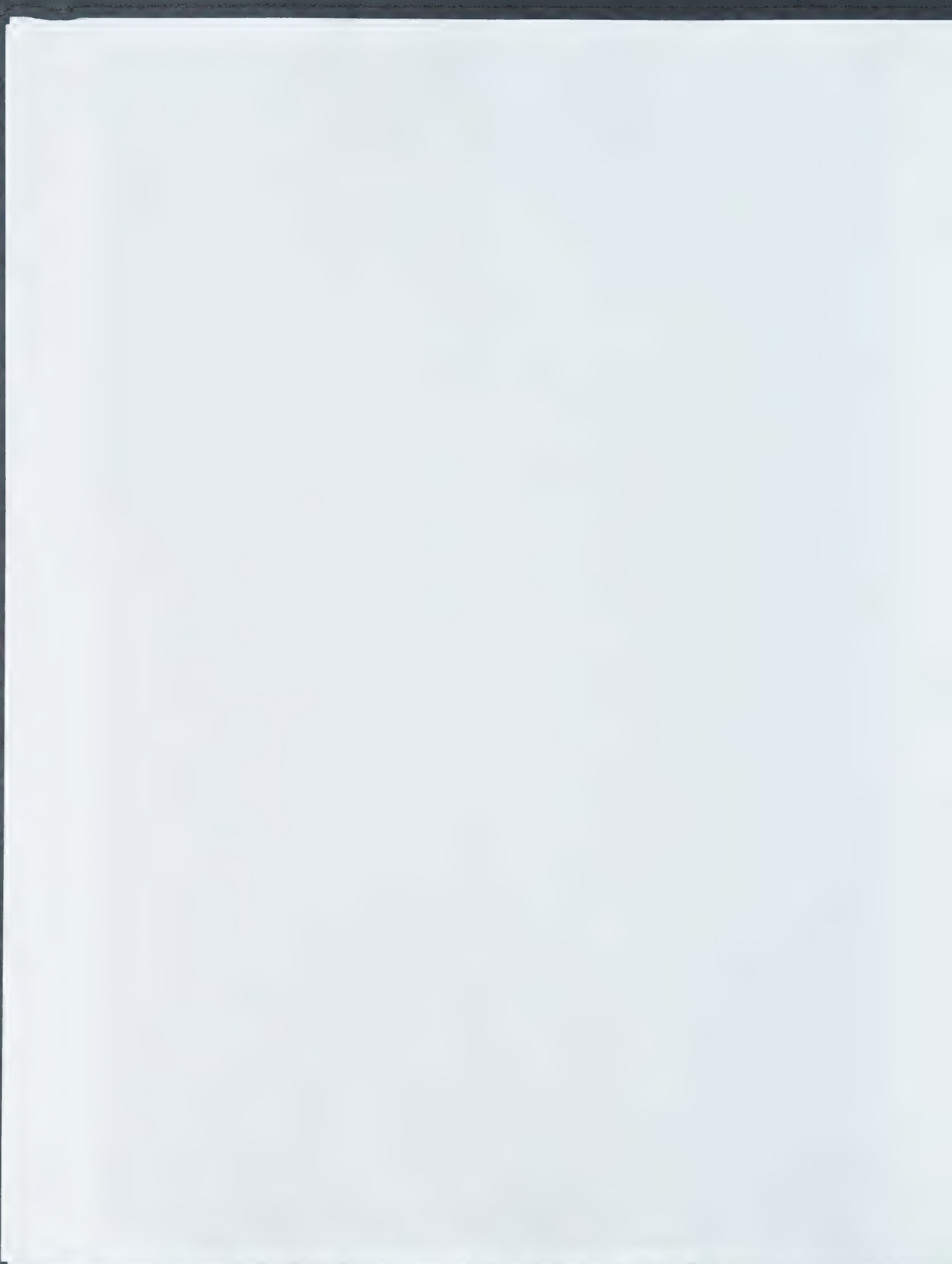




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STELLA BUCK BUILDING—SCHEMATIC DESIGN 02/2009

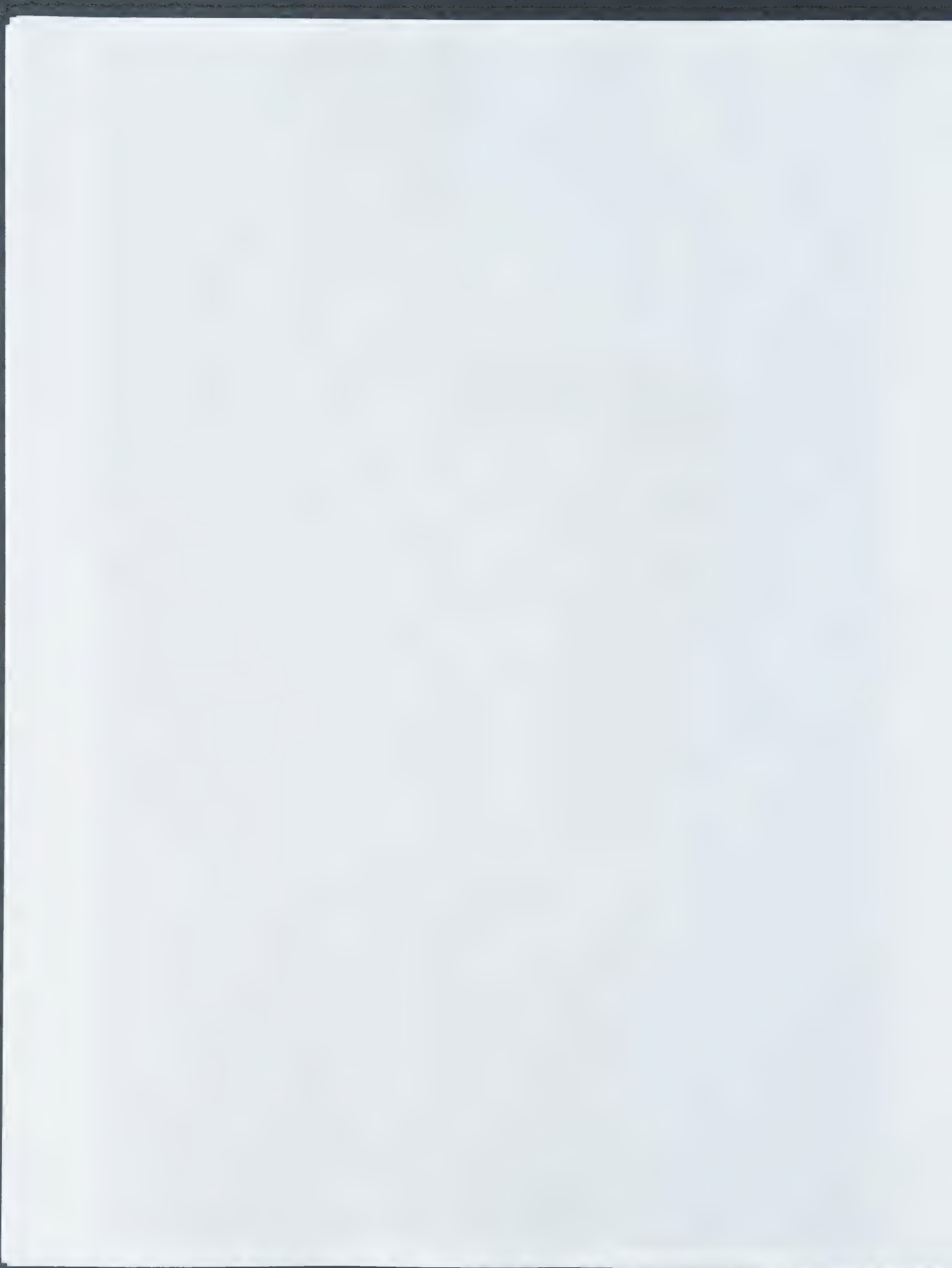




SNØHETTA

GROUP PRESENTATION 03 04 2021
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

STAINED WESTERN RED CEDAR





VIEW FROM LAKE – SCHEMATIC DESIGN 02/2009

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CPDP PRESENTATION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





VIEW FROM LAKE AT NIGHT — 02/2011

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GROUP PRESENTATION 03.04.2011
ISABEL BADEL CENTRE FOR THE PERFORMING ARTS





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GROUP PRESENTATION 03 MAY 2011
ISABEL BÄCKER CENTRE FOR THE PERFORMING ARTS

OSLO OPERA: LOOBY + CEILING



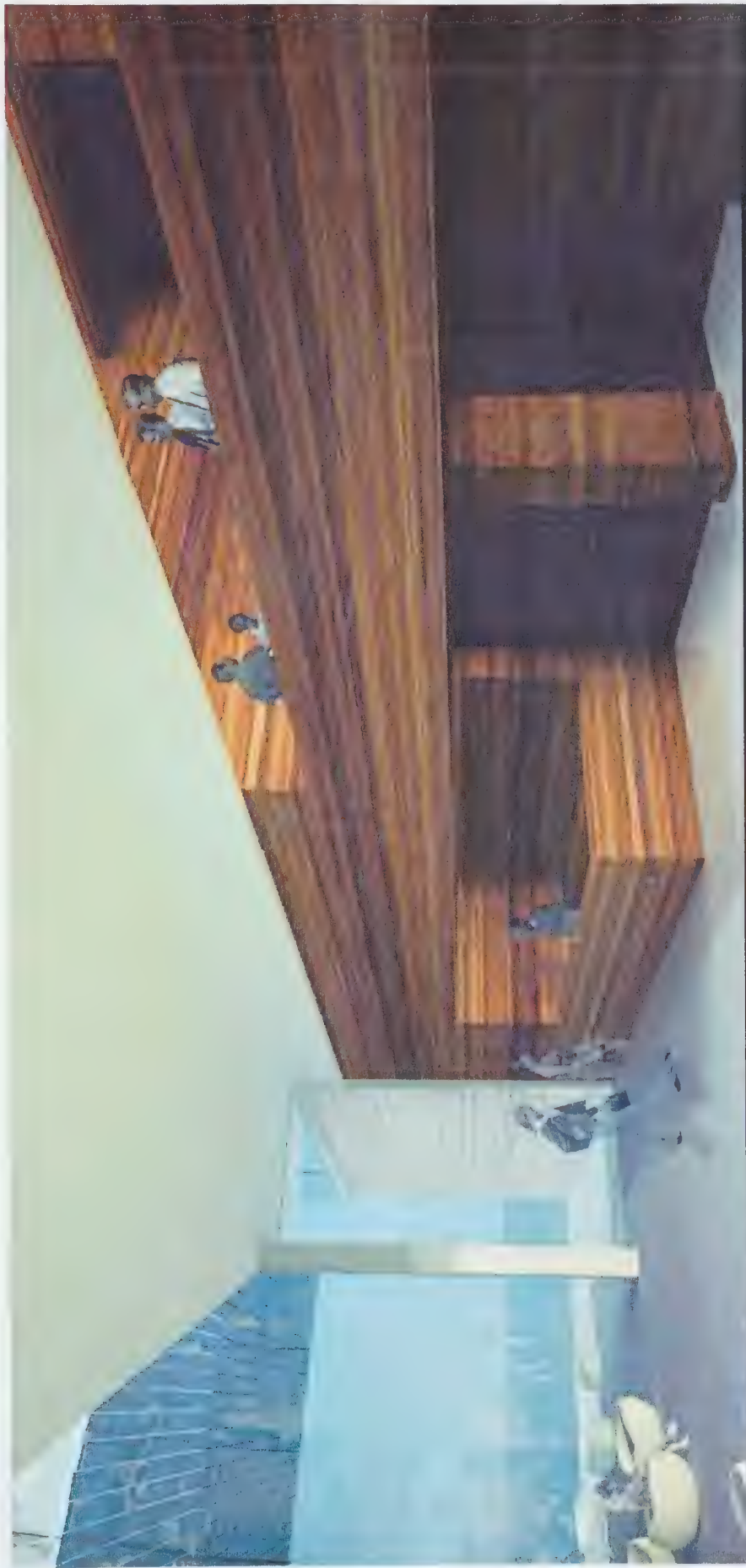


VIEW FROM UPPER LOBBY – 02/2011

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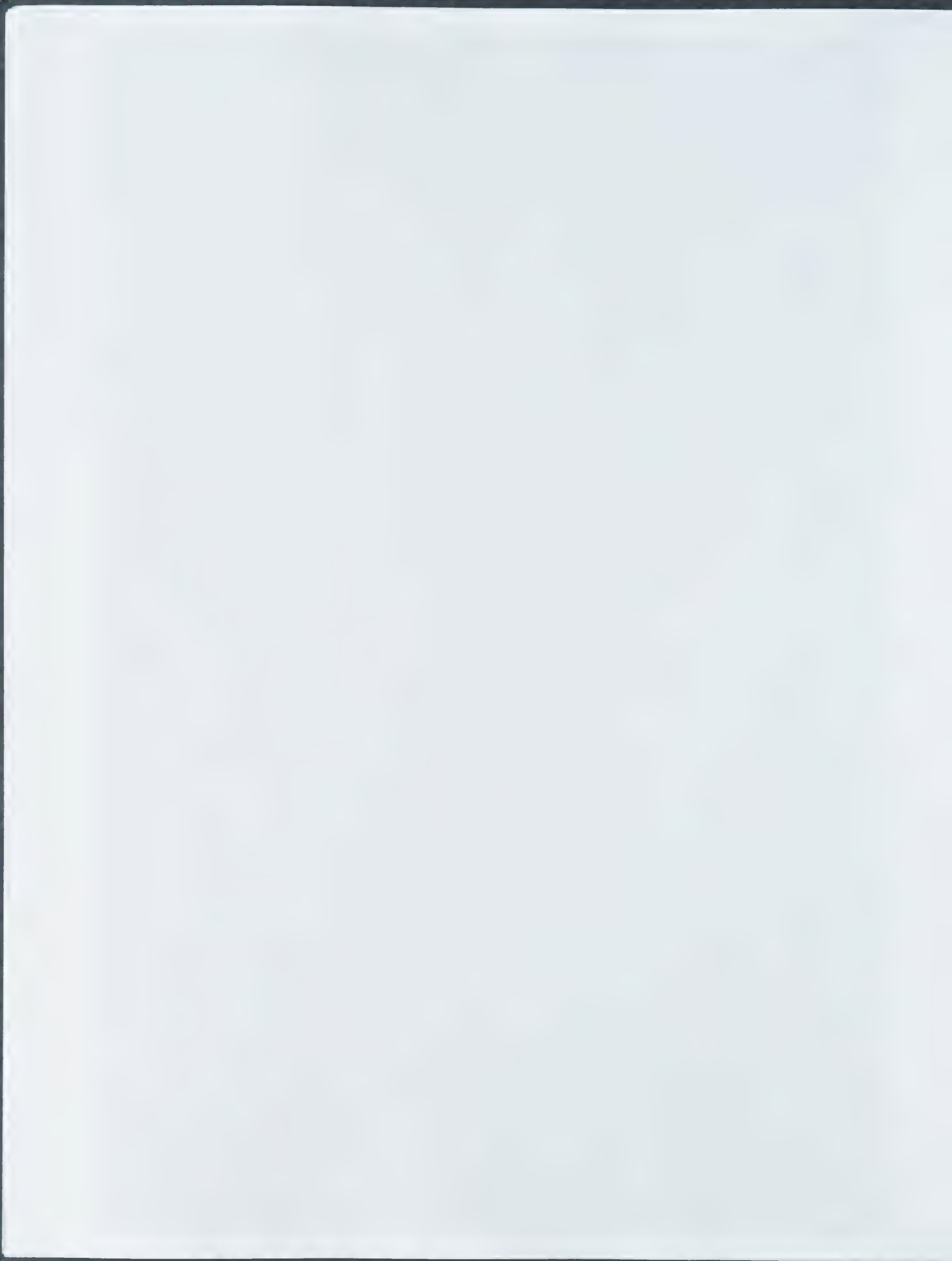




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PROJ. PRESENTATION 01.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

MAIN LOBBY, CAFÉ – 02/2011





MAIN LOBBY SPACE -- 02/2011

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© 2011 PRESENTATION 03 04 1011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





A_PERFORMANCE HALL

B_SCREENING ROOM

C_ART GALLERY

D_STUDIO THEATRE

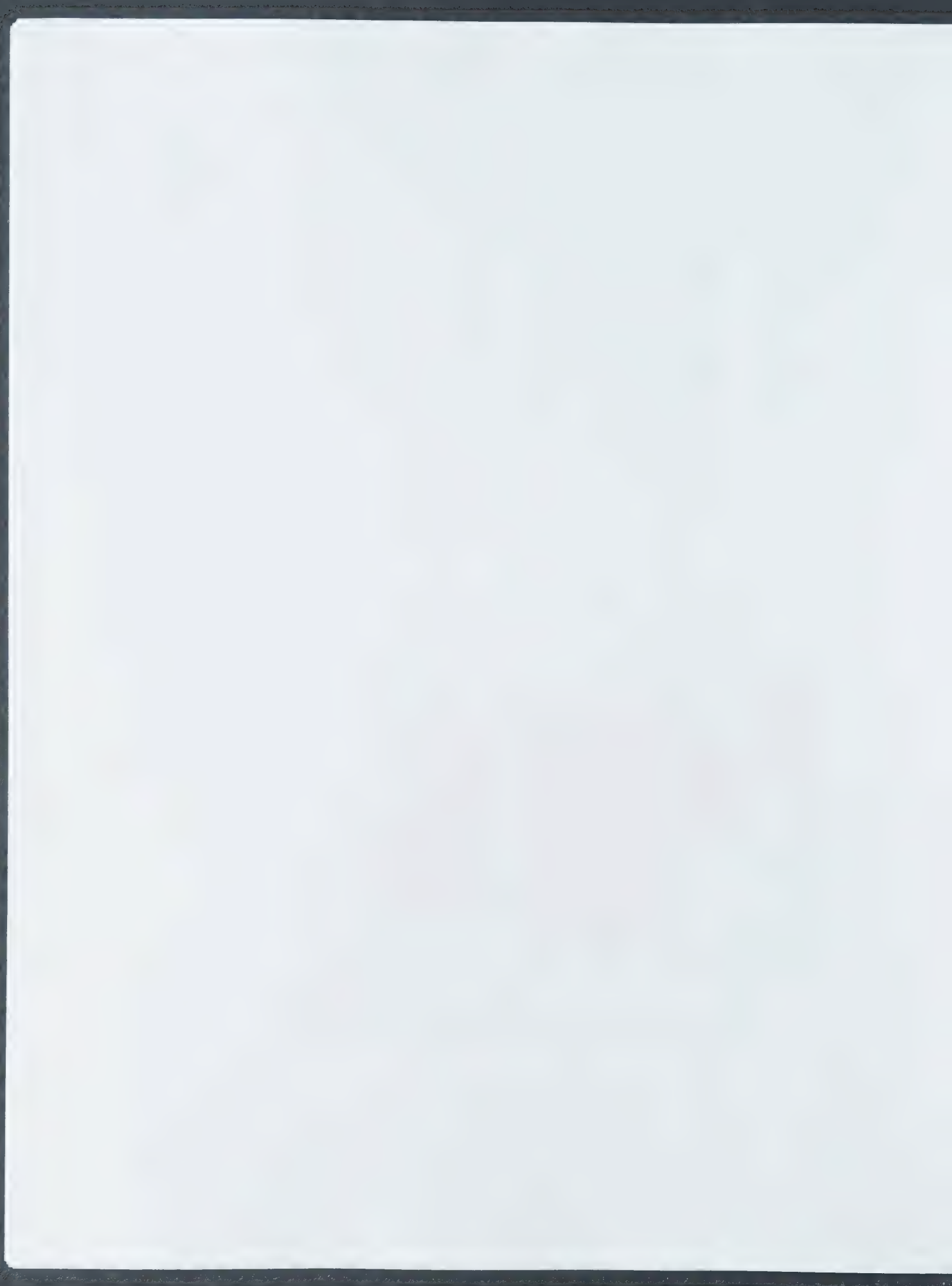
E_REHEARSAL ROOM

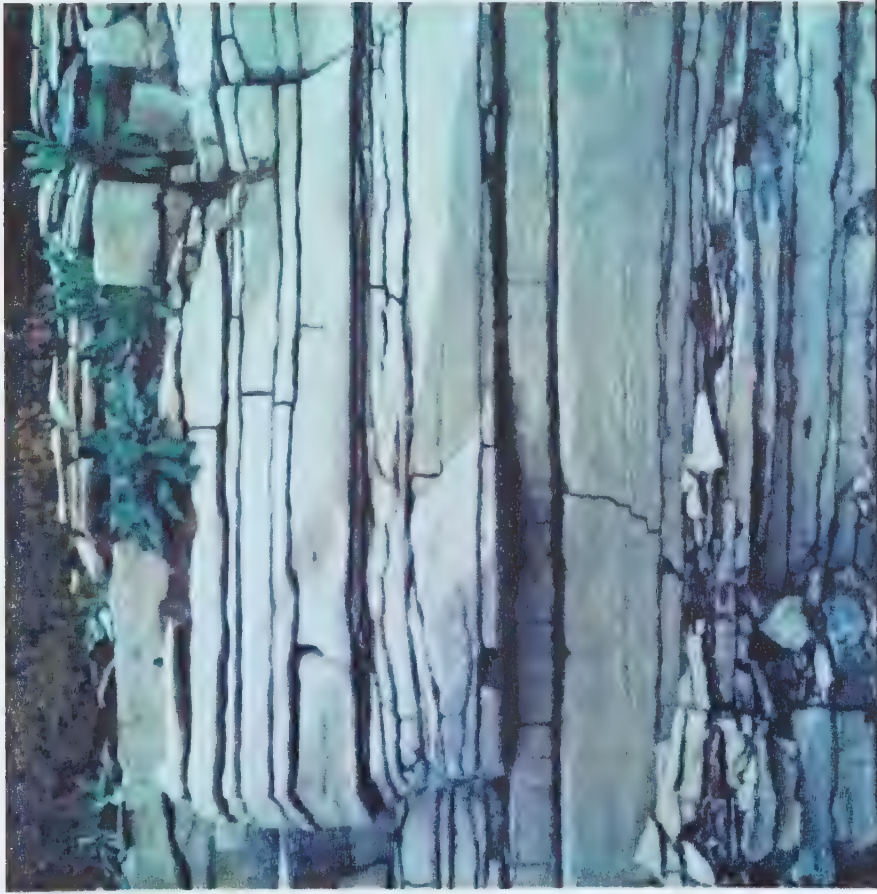
F_GREEN ROOM

MAIN VENUES

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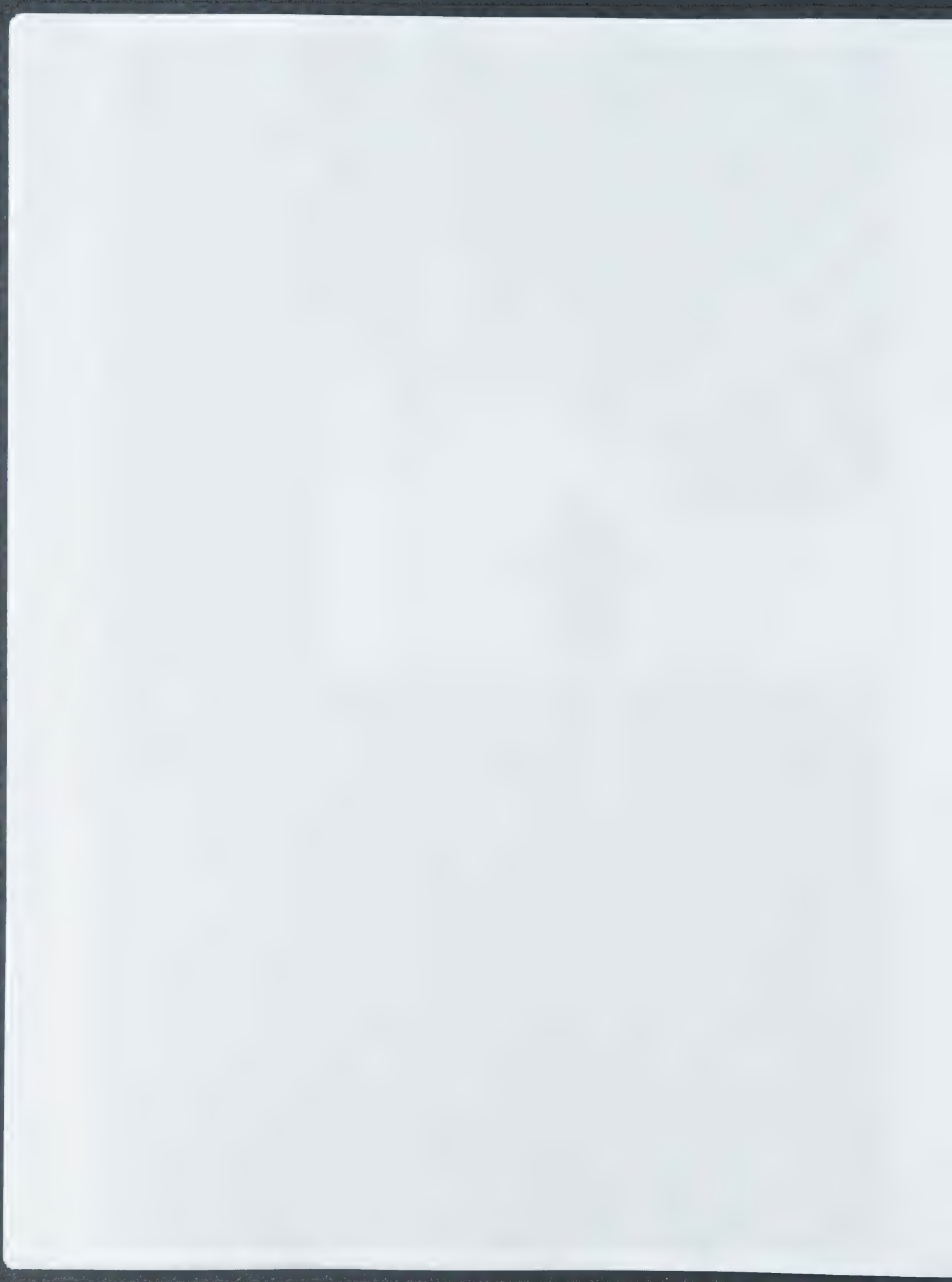




INSPIRATION

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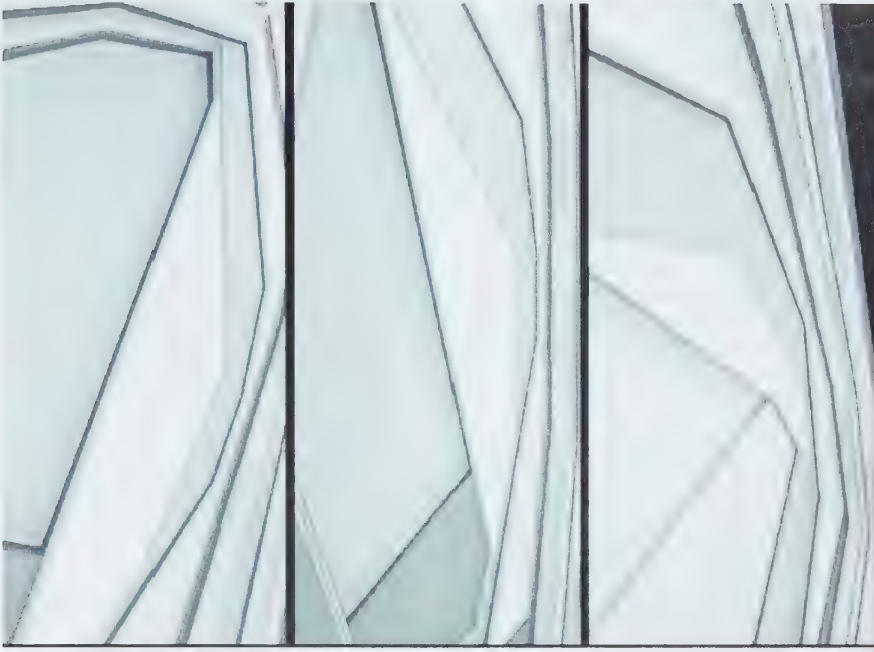


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ISABEL BADER CENTRE FOR THE PERFORMING ARTS

PERFORMANCE HALL

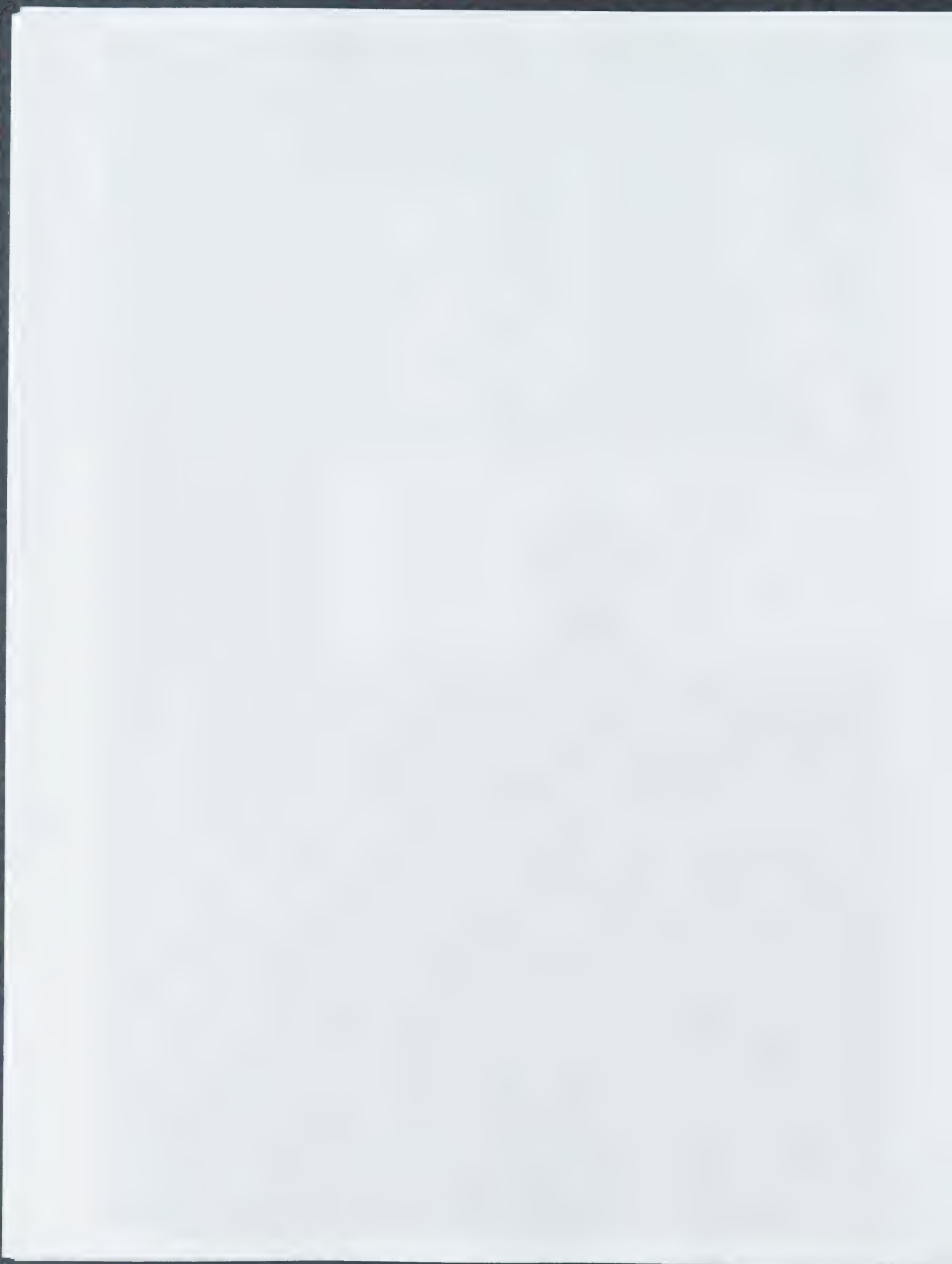


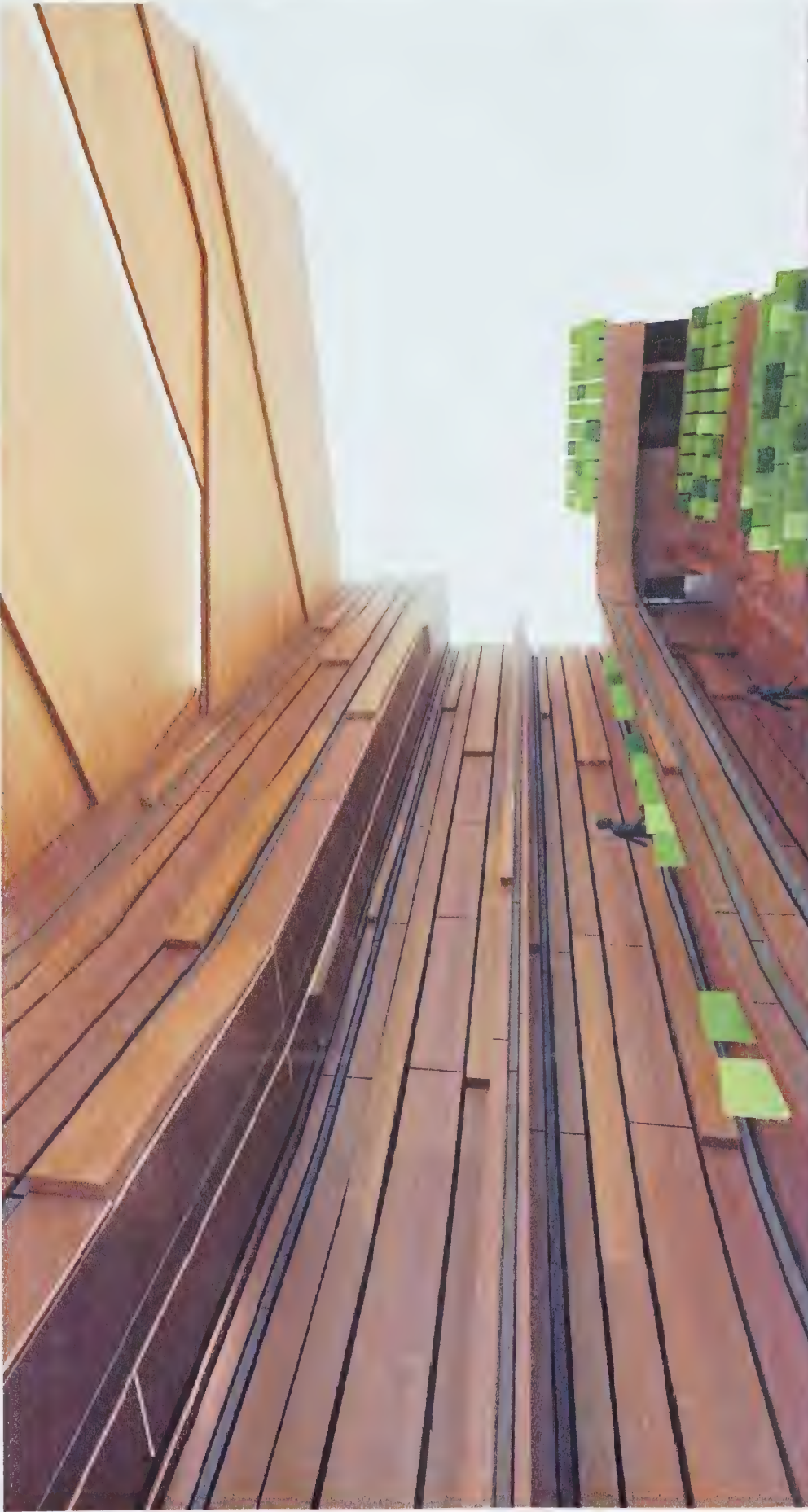


CEILING

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ISABEL RADDER CENTRE FOR THE PERFORMING ARTS



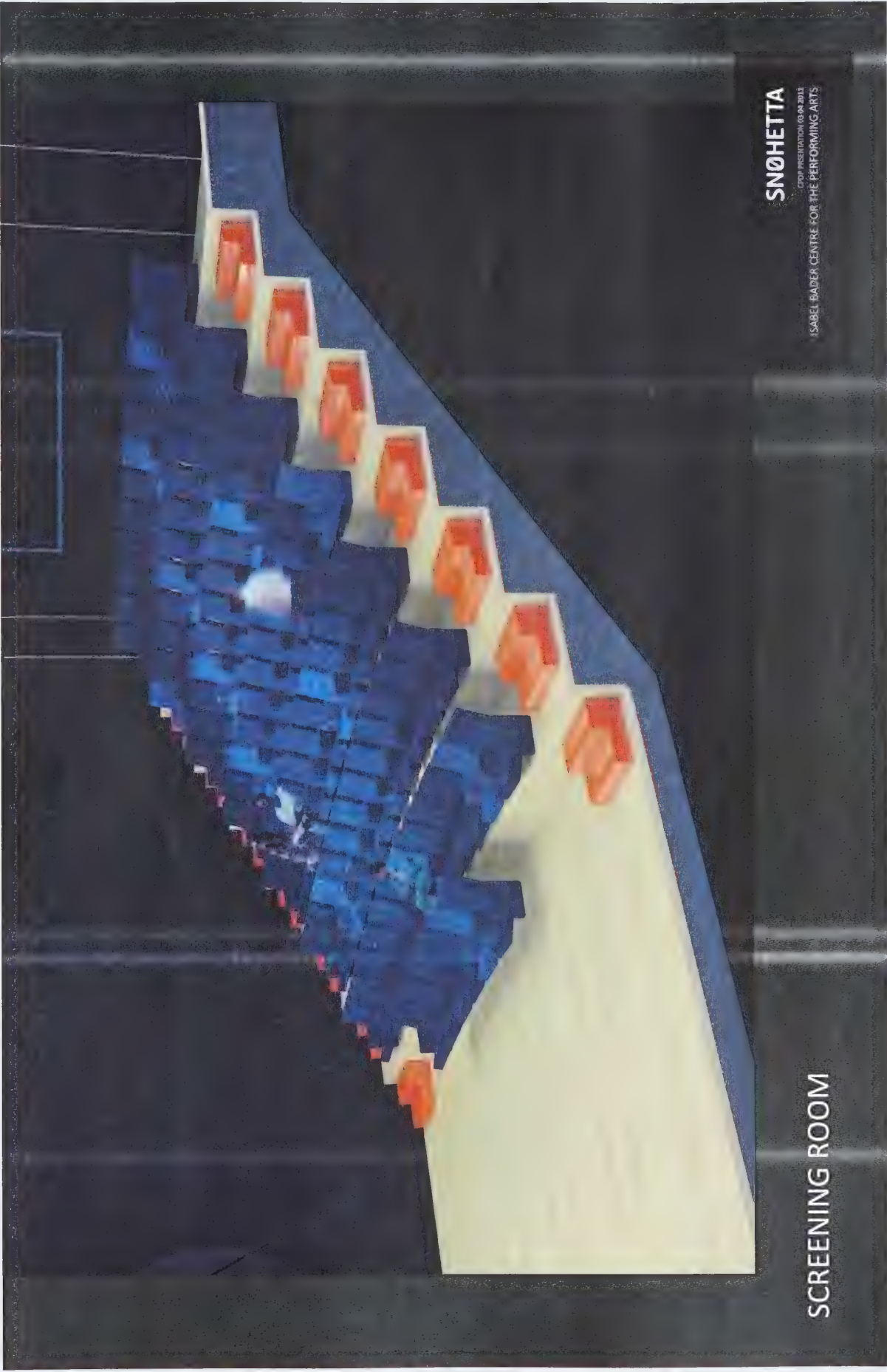


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COOP PRESENTATION 03 04 2011

ISABEL BADER CENTRE FOR THE PERFORMING ARTS





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CONCEPT PRESENTATION 03.04.2011
ISABEL BARBER CENTRE FOR THE PERFORMING ARTS

SCREENING ROOM

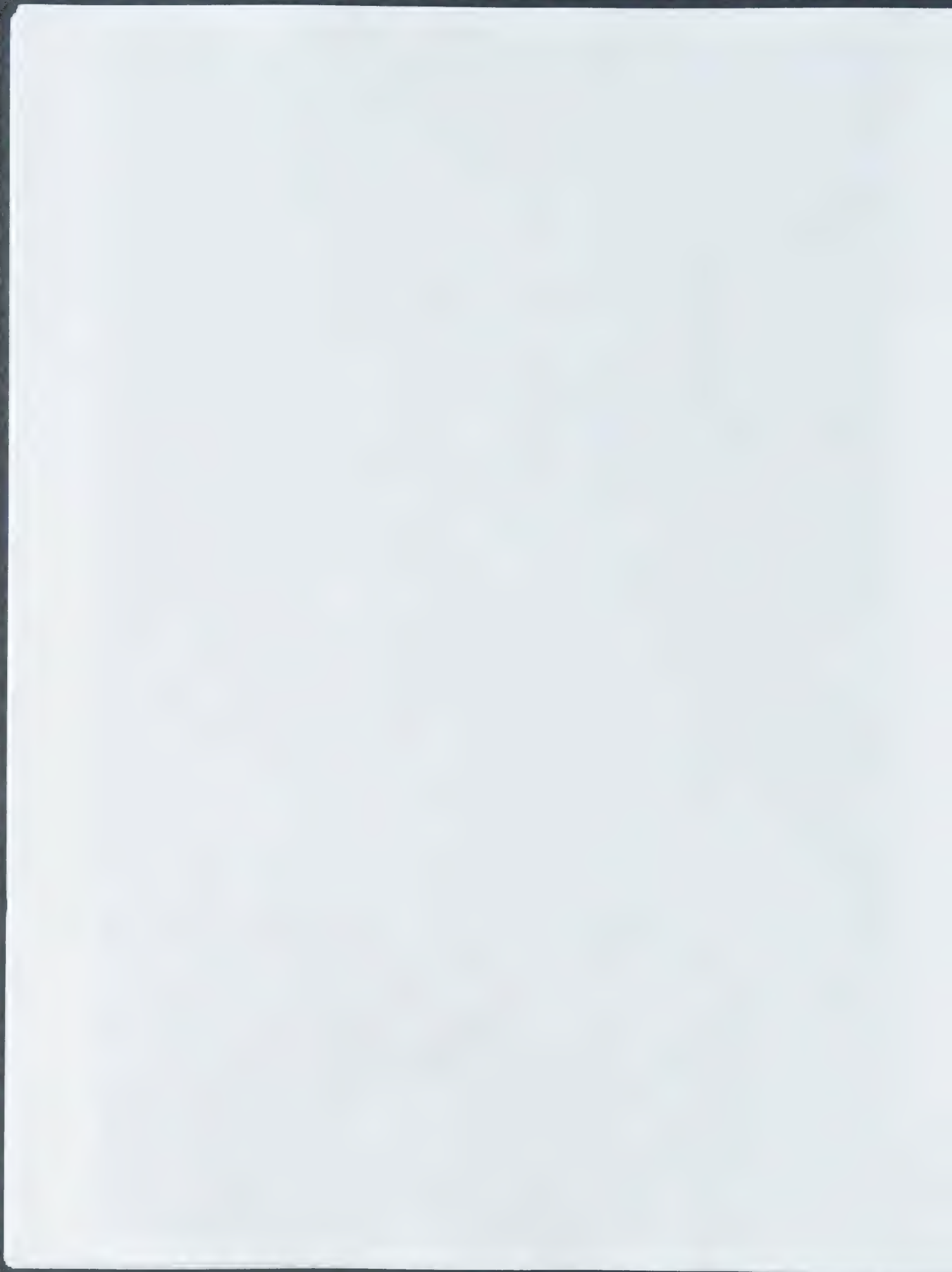




SNØHETTA

CONCEPT PRESENTATION 08 04 2022
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

ART GALLERY





SNØHETTA

— CIVIL PRESENTATION 01.04.2011 —
ISABEL BAUER CENTRE FOR THE PERFORMING ARTS

STUDIO THEATRE





SNØHETTA

CDP PRESENTATION 03/09/2014
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

REHEARSAL ROOM





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CDP PRESENTATION 03.04.2013
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

GREEN ROOM



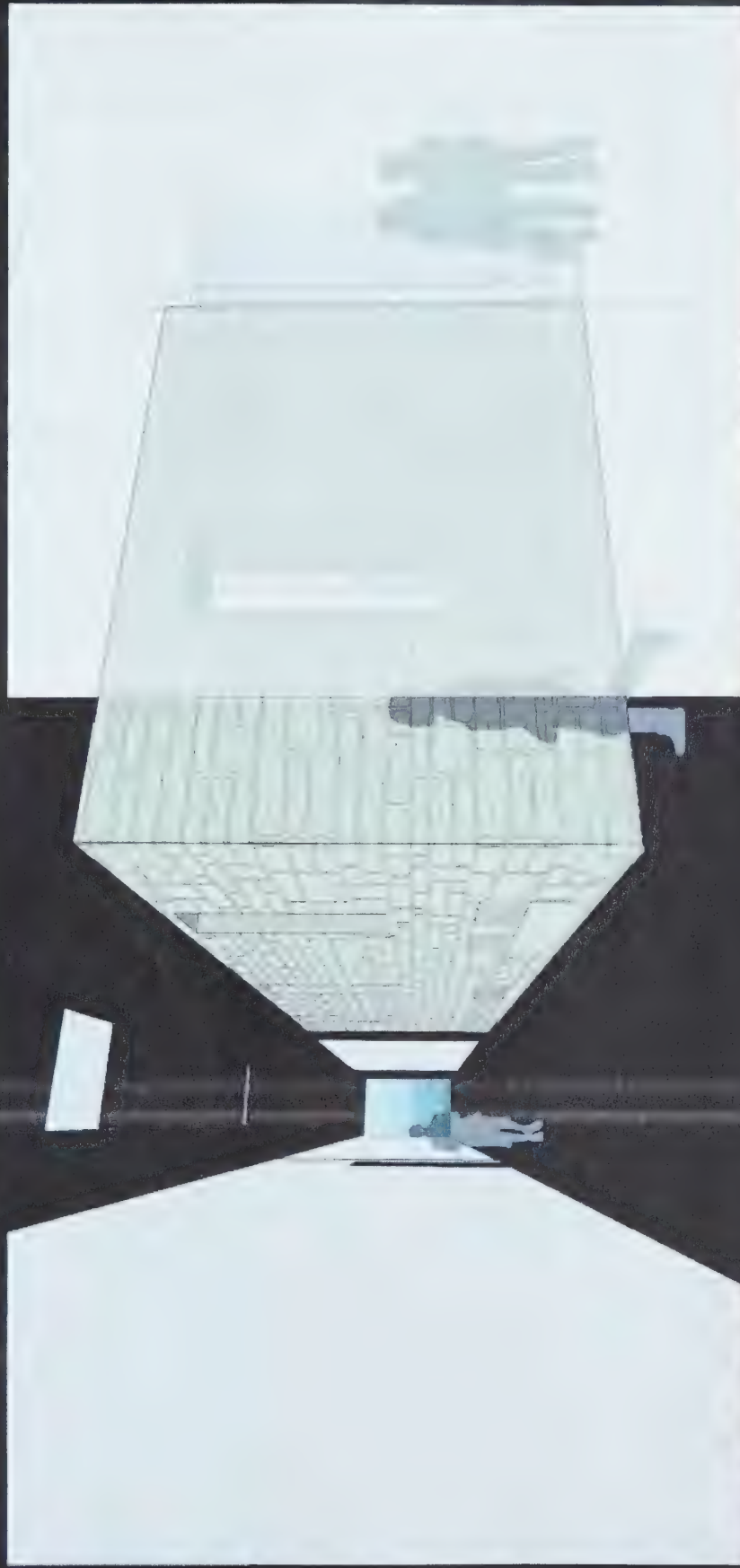


B.O.H. CORRIDOR

SNØHETTA

COOP PRESENTATION 18.04.2021
ISABEL BADER CENTRE FOR THE PERFORMING ARTS





SNØHETTA

POP PRESENTATION 03.04.2011
ISABEL BADER CENTRE FOR THE PERFORMING ARTS

STELLA BUCK: CORRIDOR & DESIGN LAB





EMMENTHA
THE ISABEL BADER CENTER
FOR THE PERFORMING ARTS



CPDC PRESENTATION 03.04.2011





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of honours bestowed by
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BRITISH EMBASSY, WASHINGTON
the first of May 1998

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MRS MIRIAM NASSER
MRS SUNITA SUBARAN



THEATRE

Martin Guerre marries drama and music

Rotunda Theatre features the combined school's inaugural production

VISHMAYAA JEYAMOORTHY
Copy Editor

Queen's new School of Drama and Music put on its first major production — *The House of Martin Guerre* — with great success.

"There seemed to be a good reason to celebrate our new collaboration, which has turned us into the School of Drama and Music... [it] seemed logical to bring drama and music together," Professor Tim Fort said. Fort directed the play.

The School of Music and Department of Drama officially merged on July 1, 2015.

The play, based on a true story from the 16th century, featured a 19-person cast and a crew of over 80 people.

It follows the story of Martin Guerre and his wife Bertrande, after he deserts her and appears to return eight years later.

Though the play is called *Martin Guerre*, it's true focus is Bertrande, played by Maddy Schaefer Scovil, ArtSci '16.

Scovil's performance was excellent, as was her voice. The musical, composed by Leslie Arden, tells the entire story through song, which allowed Scovil and the rest of the cast to showcase their vocal talent.

At times, amateur musicals value singing talents over acting talent to the detriment of the show. Although there were a few moments that fell flat, the cast as a whole was well-rounded. The first-year actors in the production were particularly noteworthy.

"In this cast we have a bunch of first years, and seeing them transition into the university as well as the Queen's Drama

Department is so special to me," Stage Manager Amelia Alie, ArtSci '16, said.

"You see them come into the space a little reserved, but by the end of the production you see their true personality, you see them grow so much and you see them so much more comfortable in the theatre environment at Queen's, and it's one of the most amazing things to watch."

The play's crew must also be given credit. The play, designed primarily by director Tim Fort, used detailed lighting designs to create a variety of spaces out of a simple set. Fort, however, gives credit to his crew.

"I design a basic framework ... and all my production people finish it off because they're better at it than I am," he said.

Fort said opportunities for a

director and crew to collaborate on a project are unusual — creative teams often hand over a design for a crew to build — but it's clear it worked well in *The House of Martin Guerre*. The show had a few technical difficulties, but the props, costume, lighting and sound crews played individual and important roles in creating a great finished product.

As for the nature of the show? It appears no one can agree on how to classify it, except say it's an intriguing piece that leaves audiences thinking.

"It's an incredibly powerful piece," Alie said. "I think it's one of those pieces that makes you think back on the story and how it actually happened in real life."

The House of Martin Guerre runs from Nov. 5 to 15 in The Rotunda Theatre.



Maddy Scovil as Bertrande onstage during *The House of Martin Guerre*.

SUPPLIED BY TIM FORT

STUDENT ARTIST PROFILE

Short stories with life-saving characters

Student writer Dana Mitchell gravitates back to writing in good times and bad

RAMNA SAFEER
Arts Editor

"At that time in my life, I was just really fed up with living, with being alive," she said. "I was going

named Hendrick and a girl named Allegra, who make an unlikely trio of friends.

"They 'find themselves', I guess, but in ways they themselves never imagined," she said.

Ned Vizzini, author of the coming-of-age novel *It's Kind of a Funny Story*, is one of Mitchell's major influences. *It's Kind of a Funny Story* focuses on a teenage boy sent to a

psychiatric hospital for his clinical depression and suicidal tendencies.

Mitchell said Vizzini inspired her

to ground her characters in reality.

"It seemed so real to me — his teenage character who explored so many different emotions that I really hung onto," she said.

"He wasn't a typical teenager with the angst and the anger. He was real and believable and I hope my characters can be like that too."



Student writer Dana Mitchell.

PHOTO BY KENDRA PIERROZ

A dramatic reading of Roald Hoffman's *Something That Belongs to You* at the Isabel Bader Centre for Performing Arts.

PHOTO BY STEPHANIE NIJHUIS

THEATRE

Holocaust memorial performance hits hard

Roald Hoffman's tribute at the Isabel Bader strikes universal themes

VICTORIA GIBSON
Assistant News Editor

In January 1943, a five-year-old boy destined to win a Nobel Prize hid quietly in an attic above a Polish schoolhouse.

Seventy-two years later, Nobel Laureate Roald Hoffman is speaking out about the horrors of the Holocaust through theatre.

On Monday, *Something That Belongs to You*, Hoffman's fictionalized memoir, was performed as a dramatic reading with musical accompaniment at the Isabel Bader Centre for the Performing Arts.

Several campus groups, including the School of Drama and Music, the Department of Jewish Studies, Queen's Hillel and the Harry and Sylvia Rosen Memorial Symposium, organized the performance.

The date — November 9 — holds great significance. The day marks the 77th anniversary of Kristallnacht, also called "The Night of Broken Glass", when approximately 30,000 Jewish men were arrested and sent to concentration camps. Many did

not return.

The performance takes on a somber tone, delving into themes of hatred, forgiveness and the strength of family ties. It explores the lasting repercussions of war on the mind as it moves between memories of a mother, Frieda, and her child in the attic in 1943 and events in the 1990s.

Hoffman's characters grapple with the moral conscience of the Holocaust. In a talk back session after the performance — an informal question and answer session — Hoffman said God leaves only one thing undecided for individuals: the ability to choose between good and evil.

"That is the choice that remains for every human being to make. It's not an easy choice in these difficult times," he said.

Each actor offered nuanced and comprehensive performances of Hoffman's work. None conveyed as much sincerity as Carolyn Hetherington, however, who played the elder Frieda.

Hetherington's character was based on Hoffman's real mother, for whom he chose to include pieces written by Frédéric Chopin.

The composer's pieces were played intermittently throughout the scenes.

After hiding him in an attic for almost a year and a half, his mother always had something to keep her son happy, Hoffman said.

"There were endless games my mother came up with. They were the same games, some of them, that you'd play with your children," he said with a smile. "There was hangman, and battleship."

"I love what you can do with a little bit of music. You can go back 40 years."

— Roald Hoffman,
playwright and
Nobel Laureate

Although Hoffman has since dedicated a large portion of his life to theoretical chemistry, for which he was awarded the 1981 Nobel Prize, he spoke about his lifelong love for the arts.

"I fell in love with theatre

maybe before I did with science. I didn't decide to be a chemist until three quarters of my way through a PhD in chemistry," he said.

During Hoffman's time as an undergraduate at Columbia University, he said he'd only just realized he didn't wish to be a doctor — as his parents wanted — when he discovered theatre.

"As I was working my way through that, and taking pre-med courses, the world was opening up to me in the arts and in literature."

He said the first play that moved him was Garcia Lorca's *Blood Wedding*, which he attended in his first year.

Some of Hoffman's other dramatic works tackle scientific themes, which combine his two

worlds. The play *Should've*, for example, addresses the social responsibility of scientists and artists.

To Hoffman, theatre presents an opportunity for "incredible magic".

"I love what you can do with a little bit of music. You can go back 40 years. Or the lights can go down, and the actors throw a scarf around their neck, and you're there with them."

Tears sprung to Hoffman's eyes after the show's talk-back session, as he thanked director Craig Walker and the rest of the cast.

"It was beautifully done. Thank you all for the effort and all the emotion. It makes me cry again, which is just testimony to how well [you] did it."



AMERICAN CHEMICAL SOCIETY

1155 SIXTEENTH STREET, N.W.

WASHINGTON, D.C. 20036

(202) 872-4534

Madeleine Jacobs

Executive Director & Chief Executive Officer

October 26, 2010

Dr. Alfred Bader
924 East Juneau, Suite 622
Milwaukee, WI 53202

Dear Alfred:

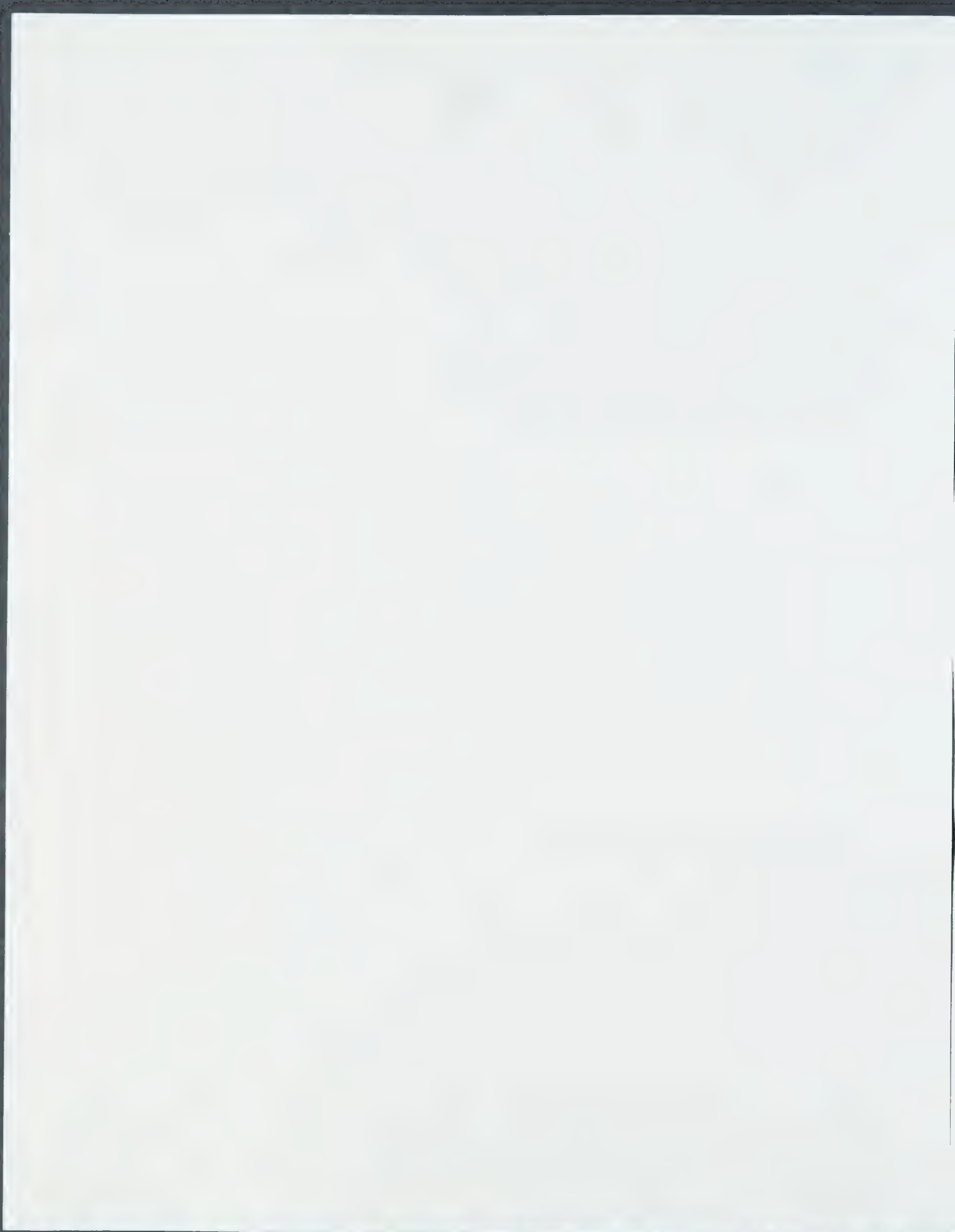
I was so delighted to learn that you are back in Wisconsin and feeling much better. We have all been worried about you and are definitely glad to see that you are back to your feisty self.

I also wanted to sincerely thank you and extend my deep gratitude for the gift you sent of \$100,000 for Project SEED. Your and Isabel's generosity continues to impact the lives of dozens of inspiring chemists.

I hope to visit you soon in Wisconsin when you're feeling up to it.

Warm regards,

Madeleine Jacobs



Alfred Bader Fine Arts

From: Judith Brown [judith.brown@queensu.ca]
Sent: Wednesday, November 03, 2010 2:34 PM
To: 'Alfred Bader Fine Arts'
Subject: Isabel's request for the Principal of Queen's home phone number

Hello, Ann,

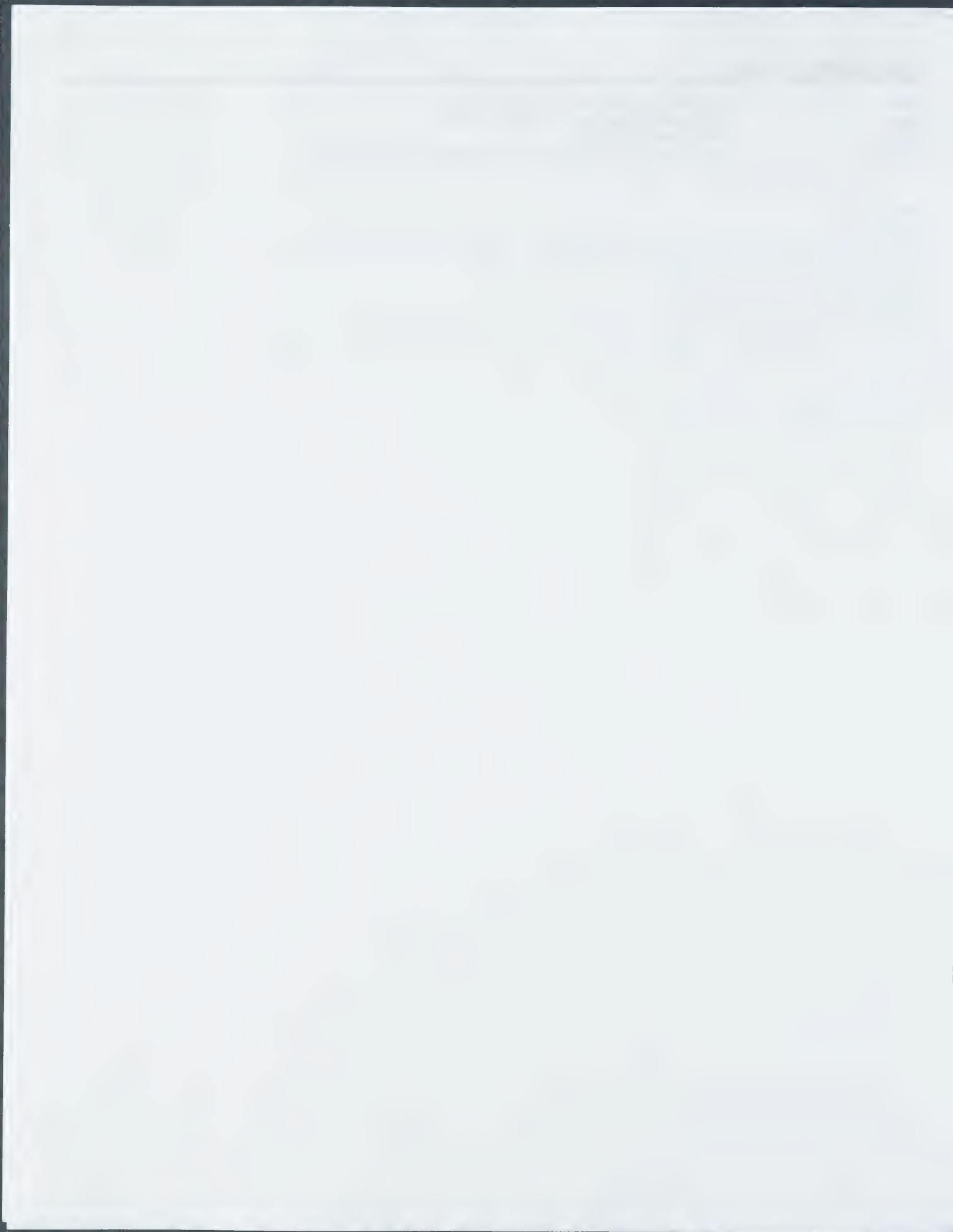
When Isabel and I spoke on her birthday, she requested the Principal's home phone number.

He has provided it here, with pleasure.

Thank you for making sure that Isabel receives this – she is aware that I'm sending it to you ☺

Best, Judith

His home number is 613-766-7439.



Alfred Bader Fine Arts

From: Mary Bet Dobson [M_Dobson@acs.org]
Sent: Monday, November 01, 2010 9:06 AM
To: Alfred Bader, Alfred Bader
Subject: BIRTHDAY GREETINGS TO ISABEL

Dear Alfred,

I left a message on your home phone but wanted to be sure that my wishes are conveyed to Isabel!

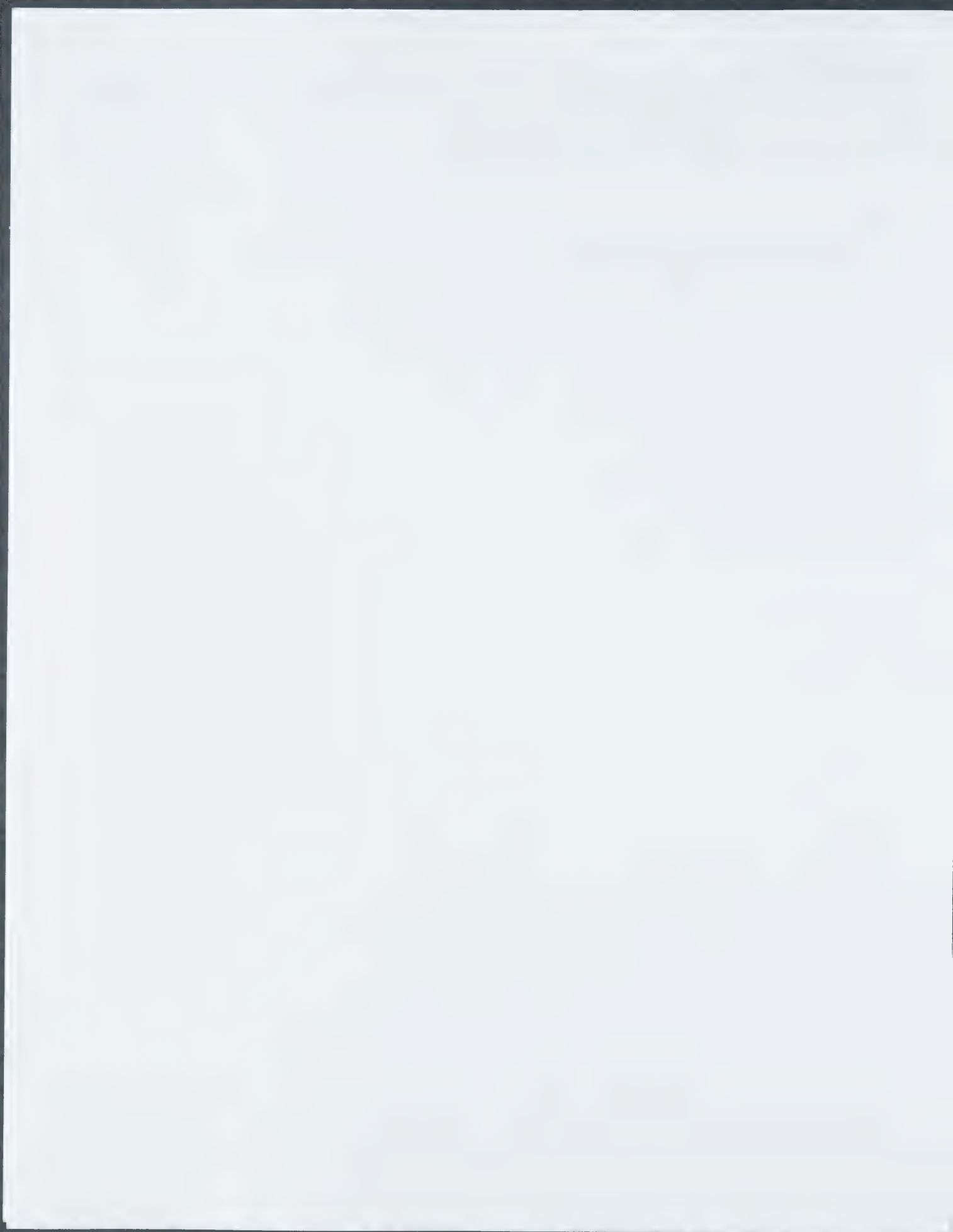
I hope she (and you) have a wonderful celebration

All best wishes,

Mary Bet

Mary Bet Dobson
Assistant Director | Development
American Chemical Society
11 Dupont Circle, NW | Washington, DC 20036
Tel: 202-872-4094 | 800-227-5558, ext. 4094
Fax: 202-872-4604 | www.acs.org/giving

ACS
American Chemical Society



Alfred Bader Fine Arts

From: david bevan [d_bevan@bisc.queensu.ac.uk]
Sent: Monday, November 01, 2010 9:47 AM
To: Alfred Bader Fine Arts
Subject: Happy Birthday and picture?

Dear Ann,

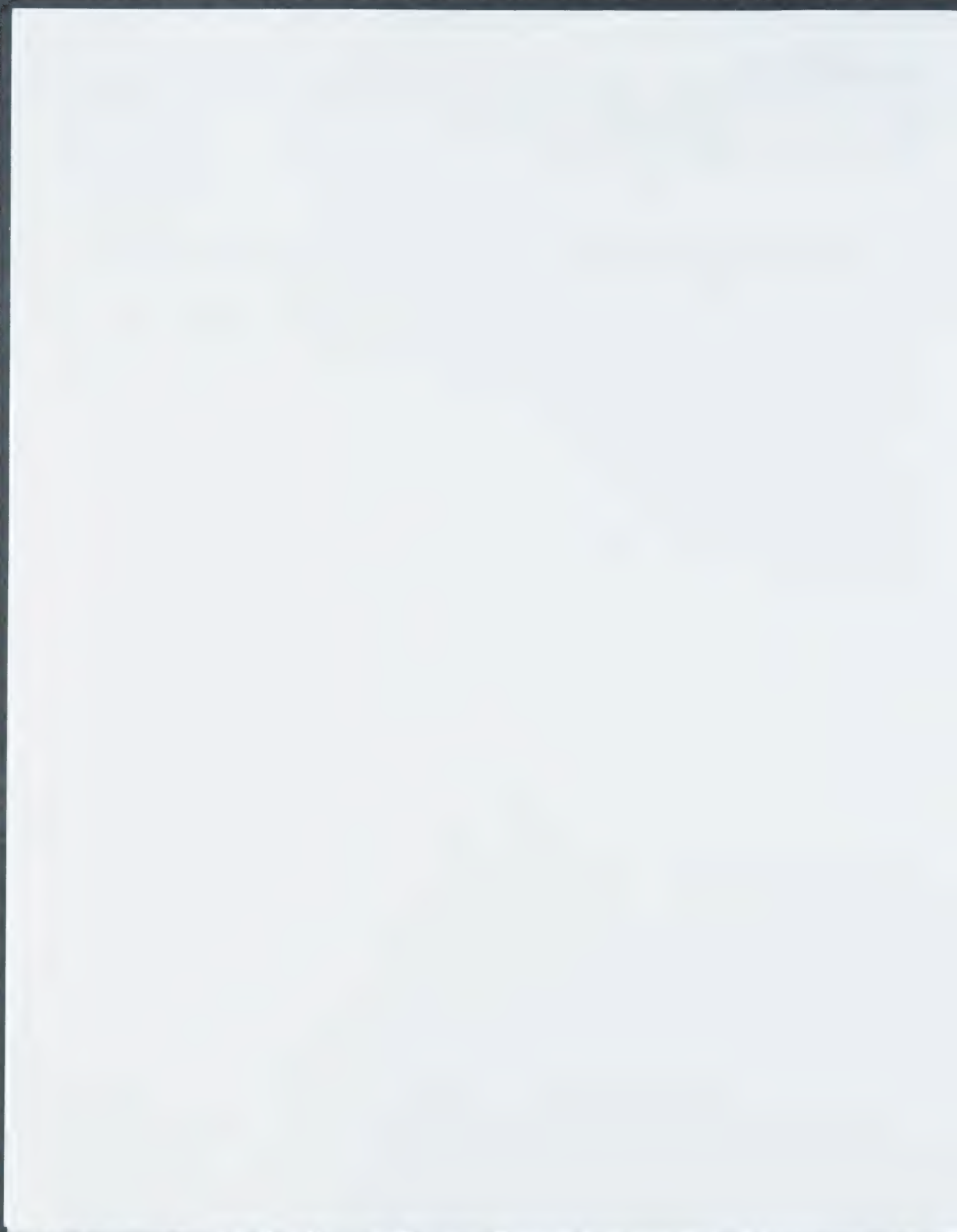
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Also, would they (you?) be able to send me an electronic image of a picture of the two of them that I could use in Verily Anderson's book on the "Castellans of Herstmonceux", which I am currently preparing for publication?

Many thanks,

David Bevan

Dr David Bevan, Executive Director
Bader International Study Centre
Queen's University (Canada) in the UK
Herstmonceux Castle
Hailsham, East Sussex, UK BN27 1RN
(Tel: 44 (0)1323 834444)
(Fax: 44 (0)1323 834499)



Alfred Bader Fine Arts

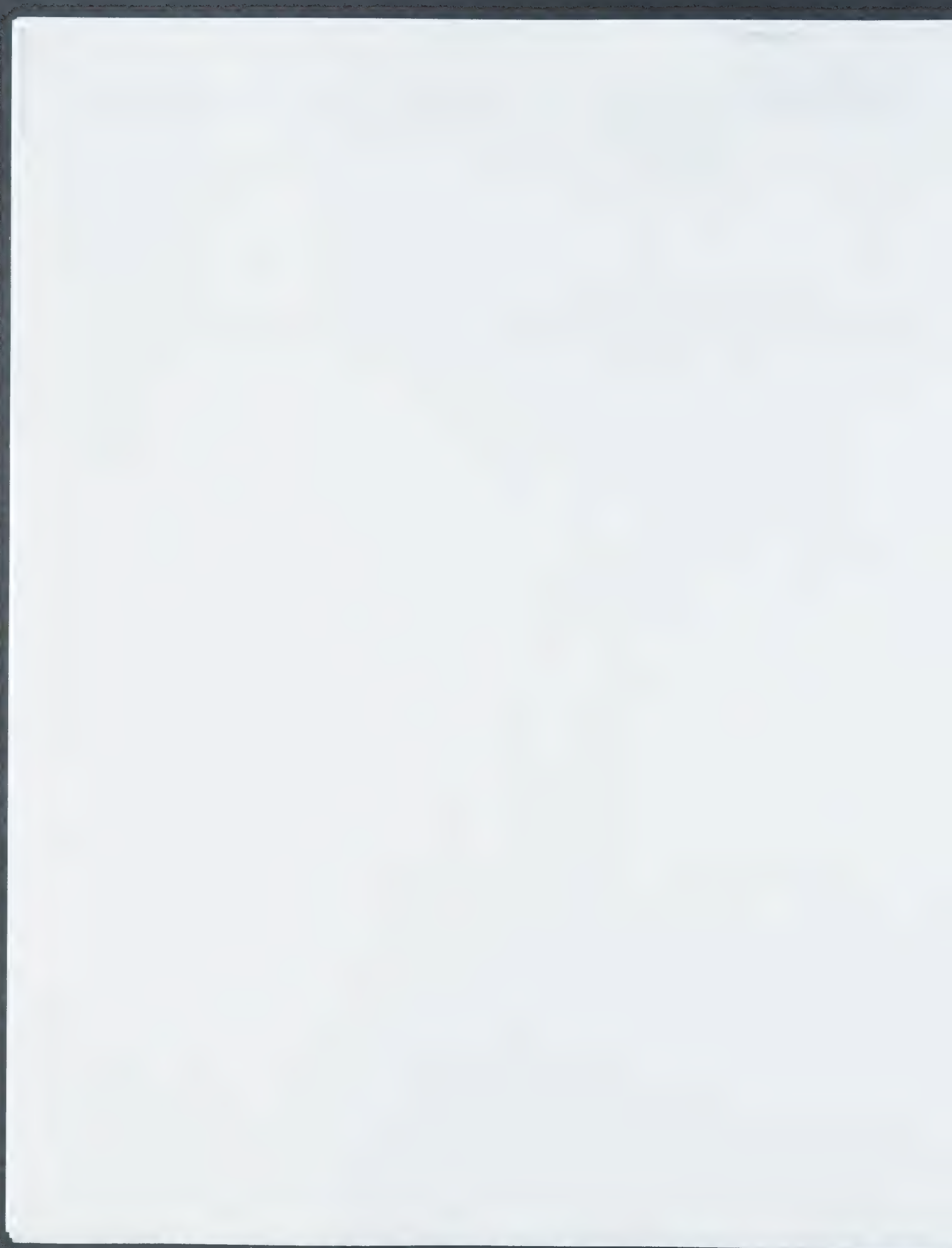
From: Andrey Esaulenko [Andrey_Esaulenko@alsichrom.com]
Sent: Monday, November 01, 2010 4:21 AM
To: Alfred Bader Fine Arts
Subject: Happy Birthday to you, Isabel!

Importance: High

Dear Isabel

We wish you sound health and to be firm, steady and persistent in such difficult situation
I know you as one of the most remarkable persons I ever met in my life
Your couple gives a very good pattern for all of us! The pattern of real LOVE, mutual support and tenderness
No doubts that you and Alfred will overcome the disaster

With Love from Andy and Tatiana



Alfred Bader Fine Arts

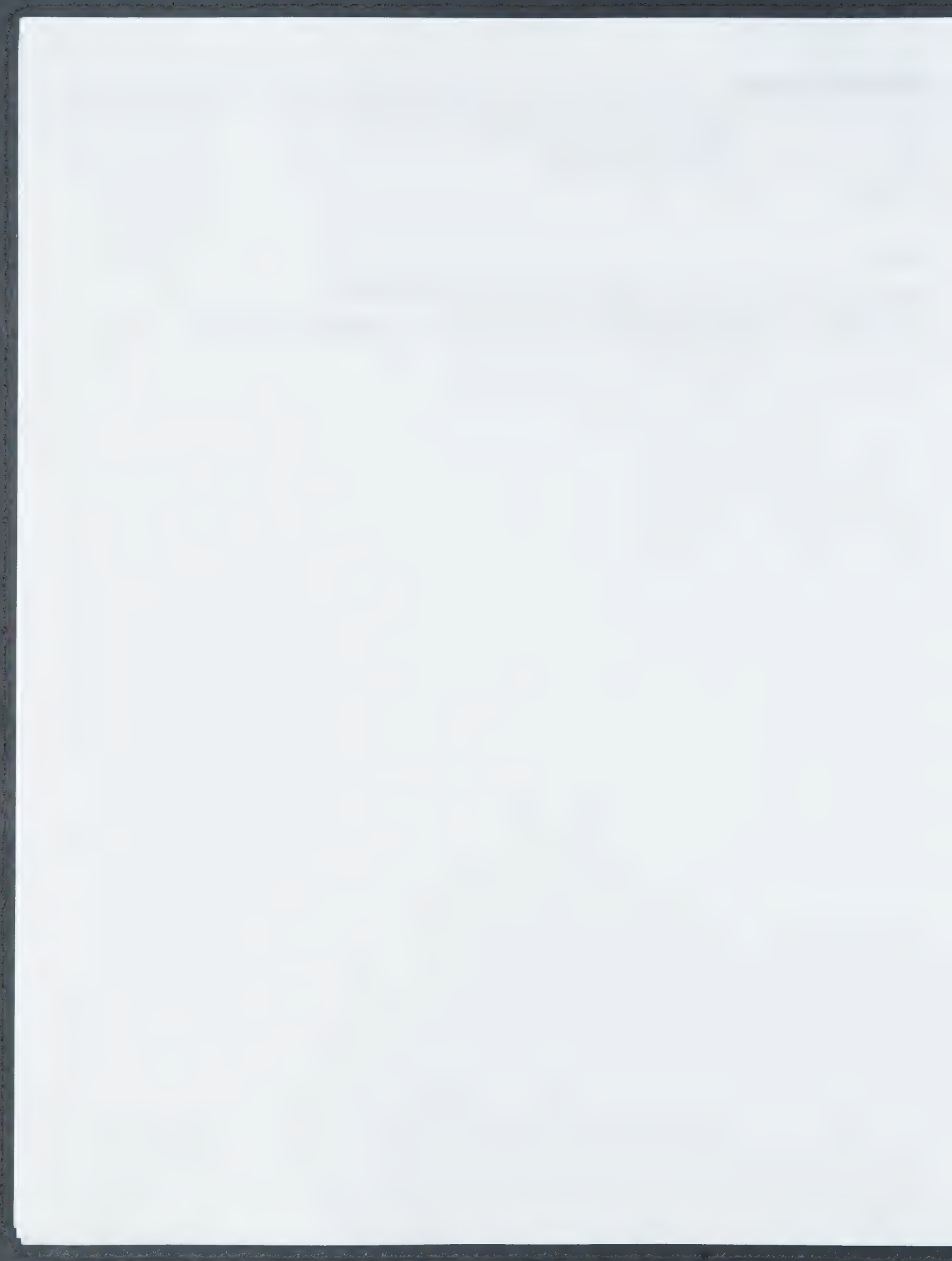
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To: Alfred Bader Fine Arts
Subject: Happy Birthday and picture?

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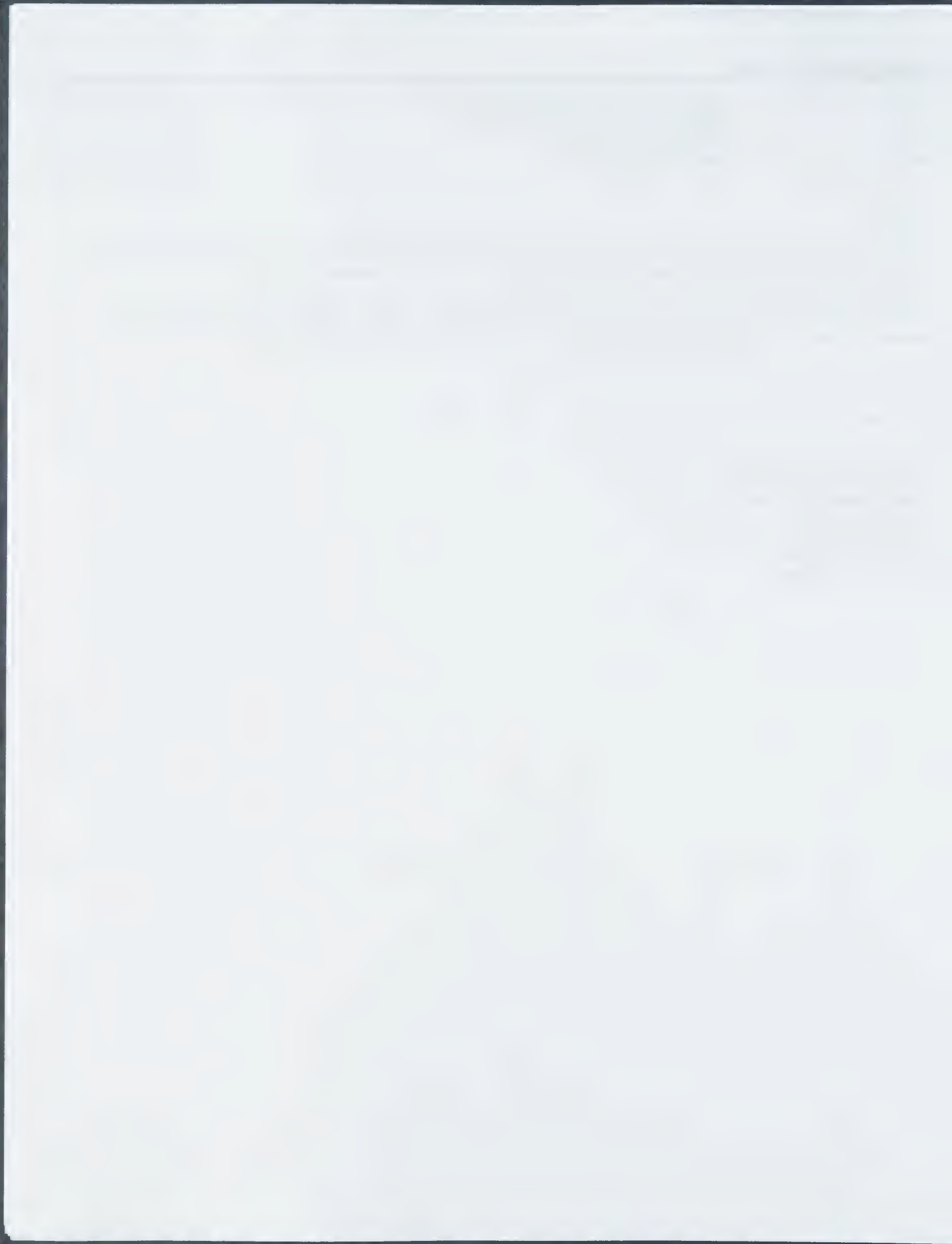
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David Bevan

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Queen's University (Canada) in the UK
Herstmonceux Castle
Hailsham, East Sussex, UK BN27 1RN
(Tel: 44 (0)1323 834444)
(Fax: 44 (0)1323 834499)



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To: Alfred Bader; Alfred Bader
Subject: BIRTHDAY GREETINGS TO ISABEL

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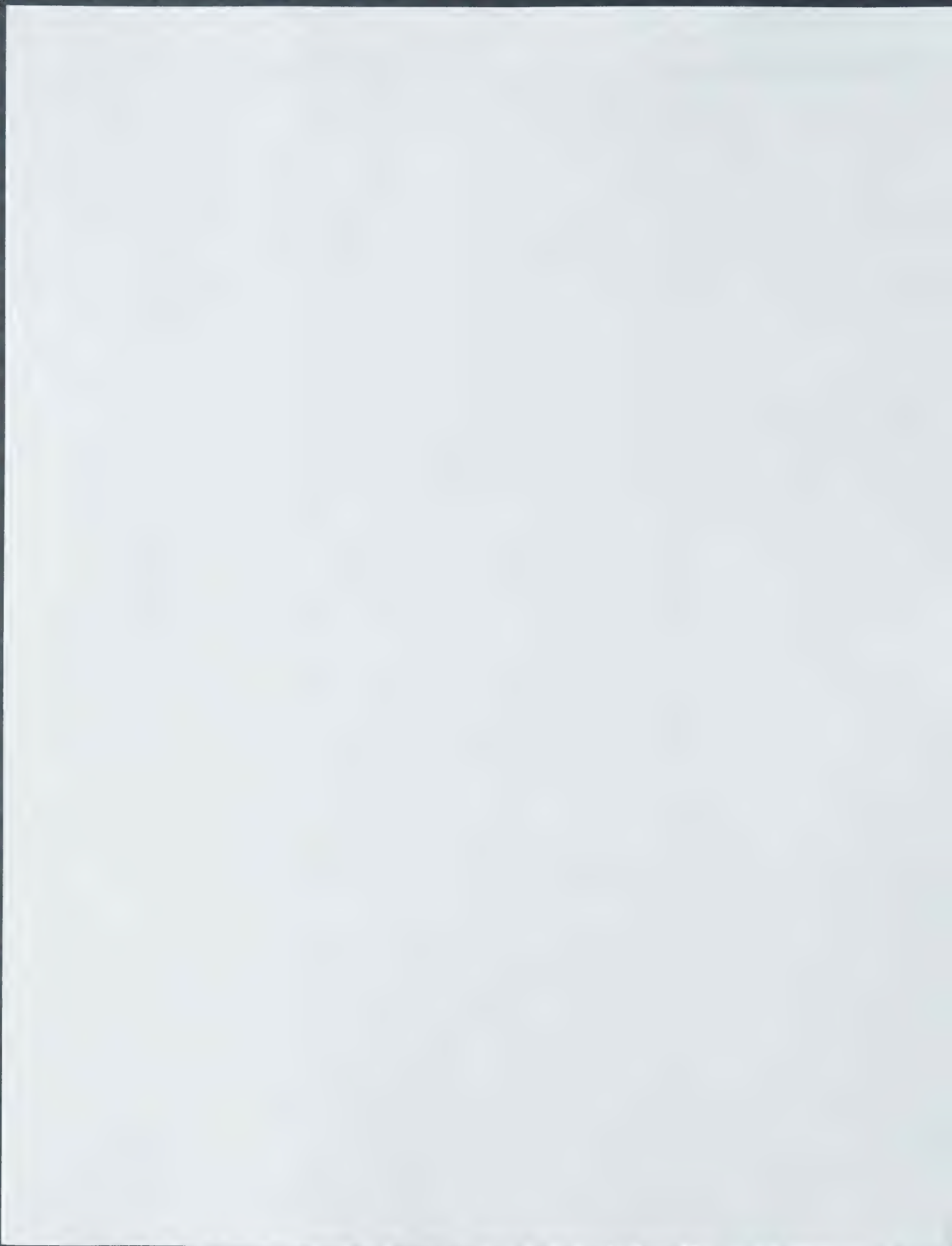
All best wishes,

Mary Bet

Mary Bet Dobson

Assistant Director | Development
American Chemical Society
1155 16th St., NW | Washington | DC 20036
202-872-4094 | 800-227-5558, ext. 4094
fax 202-872-4604|www.acs.org/giving

ACS Chemistry for Life
American Chemical Society





REMBRANDT HARMENSZ VAN RIJN (1606-1669)

Paulus im Gefängnis (1631)

Staatgalerie Stuttgart

238 ½ Sydenham Street
Kingston, Ontario
K7K 3M5 Canada

October 25, 2010

Dr. and Mrs. A. Bader
Alfred Bader Fine Arts Foundation
Astor Hotel, Suite 622
924 East Juneau Street
Milwaukee, Wisconsin
53202 U. S. A.

Dear Dr. and Mrs. Bader,

I would like to take the opportunity to thank you again for funding the Bader Fellowship in Art History of which I was honored to be a recipient in the school year of 2009-2010. Since my last letter and report, I have left Italy for France, Germany and Austria, proceeding with my research for my doctoral dissertation Francesco Salviati *ritrattista*: Experiments in Cinquecento Portraiture.

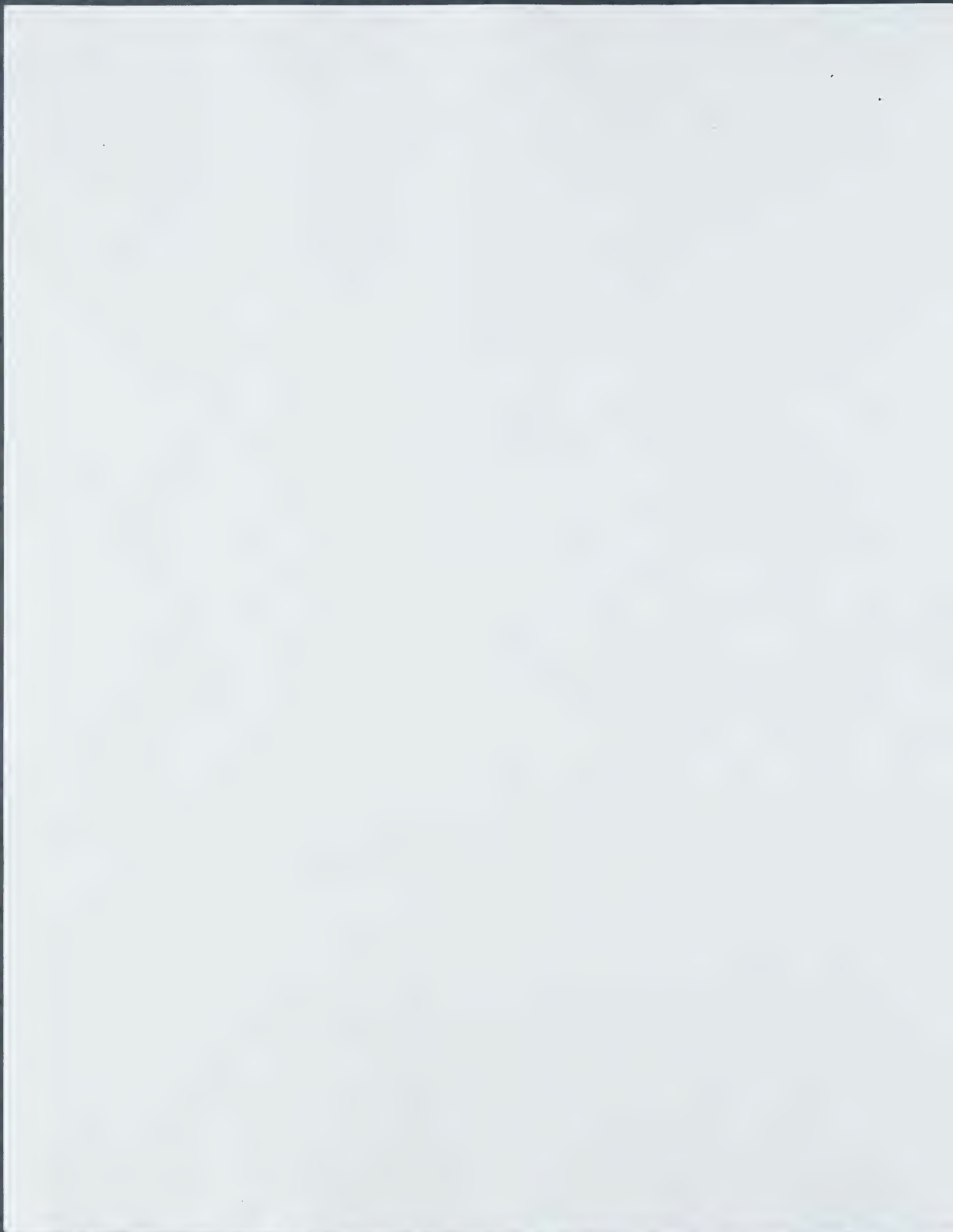
In the course of conducting research, I had the privilege of working in the département des Arts graphiques at the musée du Louvre in Paris and the Kunsthistorisches Museum in Vienna, as well as many galleries and museums in France and Germany. The privilege to study the invaluable collection of Salviati's drawings at the Louvre has provided me with a comprehensive overview of the artist's style and its development over time. Spending a month in Vienna had given me the opportunity to examine a number of important portraits by Salviati.

Having concluded my research in Europe, I returned to Canada and am currently writing the first chapters of my thesis. If all goes well, I plan to graduate in April 2011. The opportunity to travel and to conduct research abroad is crucial to the successful completion of my study at Queen's University. Your generous support is constantly appreciated.

With best regards,



Jenny Xiaoyin Huang



Bader Fellowship Report
Submitted by Jenny Xiaoyin Huang
Supervisor: Dr. David McTavish
Fall 2010

Since my last letter and report in February, I have attended the annual meeting of the Renaissance Society of America in Venice, where I met and exchanged ideas with other scholars of the field. After a brief break in Canada, I proceeded with my research in Paris and Vienna, while making shorter trips to Madrid, Berlin, and Montpellier. My sojourn in Europe has provided access to a number of world-famous museums and galleries, such as the Musée du Louvre in Paris, the Kunsthistorisches Museum in Vienna, and the Prado Museum in Madrid.

Spending a month in Paris has allowed frequent visits to the Louvre, where many important Renaissance portraits are on display. At the museum, I also had the opportunity to examine, in person, the *Doubting Thomas* altarpiece by Salviati, a benchmark in the artist's stylistic development. Moreover, I had the privilege to study many of Salviati's drawings at the département des arts graphiques. A better knowledge of the artist's graphic work would help me to solve the problems of chronology and attribution regarding his portraits. While in the city, I met and discussed my work with Madame Catherine Monbeig Goguel, who shared my interest in Francesco Salviati and had published and organized conferences on the subject. She generously informed me of her recent research in the field and directed my attention to a number of possible additions to Cecchino's oeuvre in France and beyond.

The *Portrait of a Lute Player* at the Musée Jacquemart-André was another important work associated with Salviati that I had the opportunity to see in Paris. The painting's authorship remains a matter of scholarly debate. It is currently attributed to Cecchino at the museum. However, upon close inspection on the painting, I found the association unconvincing. Moreover, from Paris, I made an excursion to Château d'Anet in the Eure et Loir region to examine a portrait on marble that has been recently attributed to Salviati. Previously given to Primaticcio, the work is generally believed to be a likeness of Diane de Poitiers, the mistress of Henri II. First-hand observation of the portrait ascertained Cecchino's authorship; it is the only surviving likeness by the artist

from his French period (1556-1557). Leaving Paris, I stopped briefly in Montpellier to see another portrait on stone attributed to Salviati at the Musée Fabre. Viewing the painting personally allowed me to gather useful information about its physical condition for the catalogue that I was accumulating.

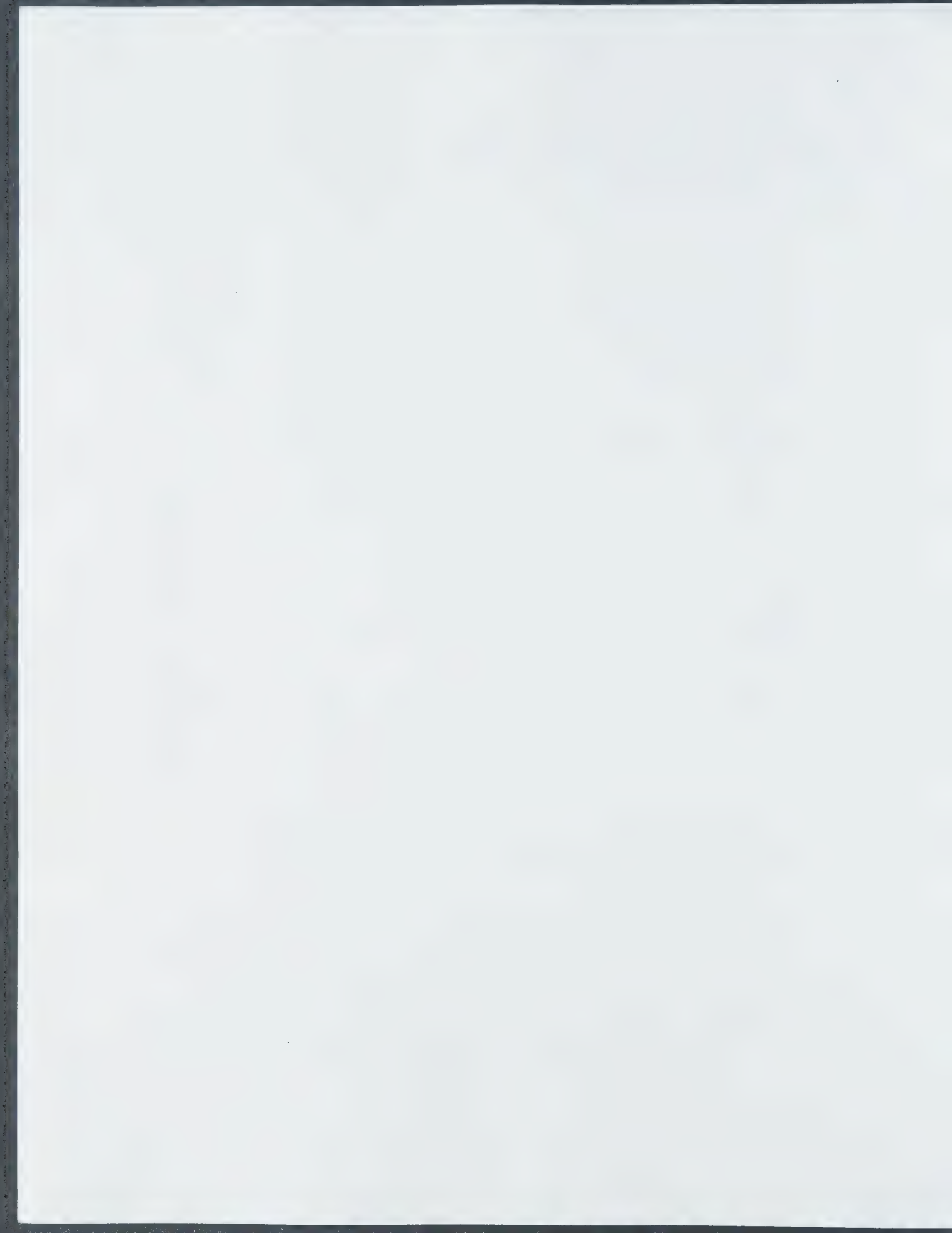
Vienna:

After a week in Madrid, where I visited the Prado Museum and the Thyssen-Bornemisza Collection, I arrived in Vienna. A temporary base in the capital city of Austria allowed frequent visits to the Kunsthistorisches Museum, where four portraits associated with Salviati are kept. The *Portrait of a Man of the Santacroce Family* is one of the most authentic likenesses by Cecchino; there is little debate on its authorship. Scholars, however, are divided in opinion about its date. Some believe that it was painted in the early 1540s, shortly after Salviati's Venetian sojourn, while others insist that it is from the artist's post-Florentine period. Viewing the painting in person aided me to relate it stylistically to other works by the artist and to determine upon its approximate date. Displayed next to this work, the *Portrait of Cardinal Rodolfo Pio da Carpi* is also of interest. Previously attributed to Sebastiano del Piombo, the portrait is now generally accepted as an autograph by Cecchino. These two painted likenesses share remarkable stylistic similarities and must have been executed in the same period. Furthermore, the remarkable collection of Renaissance portraits on display in the Kunsthistorisches Museum, including masterpieces by Giorgione, Parmigianino, Titian, Lorenzo Lotto, and Raphael, also enriched my understanding in the field and helped me to place my subject in a broader historical and artistic context.

During my stay in Vienna, I also gained access to another masterpiece by Salviati. The *Portrait of a Youth with a Deer* in the Liechtenstein Collection is a rare example of the artist's outputs in the genre from his post-Florentine years. Still in its original frame, the painting is in excellent condition. Viewing the portrait in person allowed me to fully appreciate Salviati's mastery in capturing the tactile qualities of various fabrics.

Funding through the Bader Fellowship has enabled me to pursue the research necessary for my thesis in Europe and offered many opportunities for purposeful travel. Having concluded my year-long sojourn in August, I returned to Canada, and am

currently producing a catalogue of related portraits, as well as composing the first chapters of my dissertation.





STOLEN ART

OFFICIAL PUBLICATION OF THE LOS ANGELES POLICE DEPARTMENT

CITY OF LOS ANGELES
CHIEF OF POLICE



Theft of Fine Art Matthew Taylor



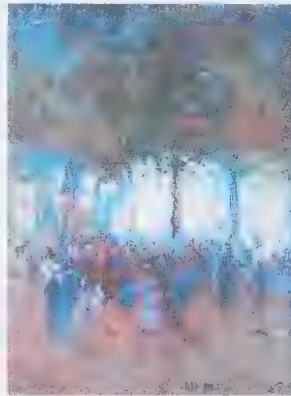
Art theft suspect **Matthew Taylor**, who also uses the name Matthew Taylor Nelson, was arrested for grand theft and receiving stolen property in connection with a \$236,000 Granville Redmond painting that was stolen from L.A. Fine Art Gallery in 2006. Taylor sold the painting to another art gallery in Beverly Hills.

Taylor posed as an independent art dealer visiting art galleries to obtain consignments of art to sell. After gaining the trust of a gallery owner, Taylor secreted paintings out of the gallery during business hours without the owner's knowledge.

Media coverage led to the recovery of two additional stolen artworks in L.A. and the sighting of a third in Florida. The three paintings disappeared from the same art gallery between 2004 and 2006 at times coinciding with visits by Taylor.

The third painting by artist Lucien Frank was spotted in the possession of Taylor in 2008 in Vero Beach, Florida. The current location of the \$20,000 painting is unknown.

Detectives would like to speak to anyone who has seen the Frank painting or anyone who has been victimized by Matthew Taylor. LAPD's Art Theft Detail can be contacted at (213) 485-2524 or by e-mail at: artcop@lapd.lacity.org









Alfred Bader Fine Arts

From: LAPD ARTCOP [ARTCOP@lapd.lacity.org]
Sent: Tuesday, November 02, 2010 4:59 PM
To: ann@alfredbader.com
Subject: Police Investigation - Rembrandt

Hi Ann,

Here are links to a painting that this same guy sold as an original Rembrandt.

When you have a chance, please have someone take a look at these photos and let me know what you think:

http://lapd.smugmug.com/Cases/Leeds/10339684_VYtnp#721753113_ivk3z-XL-LB

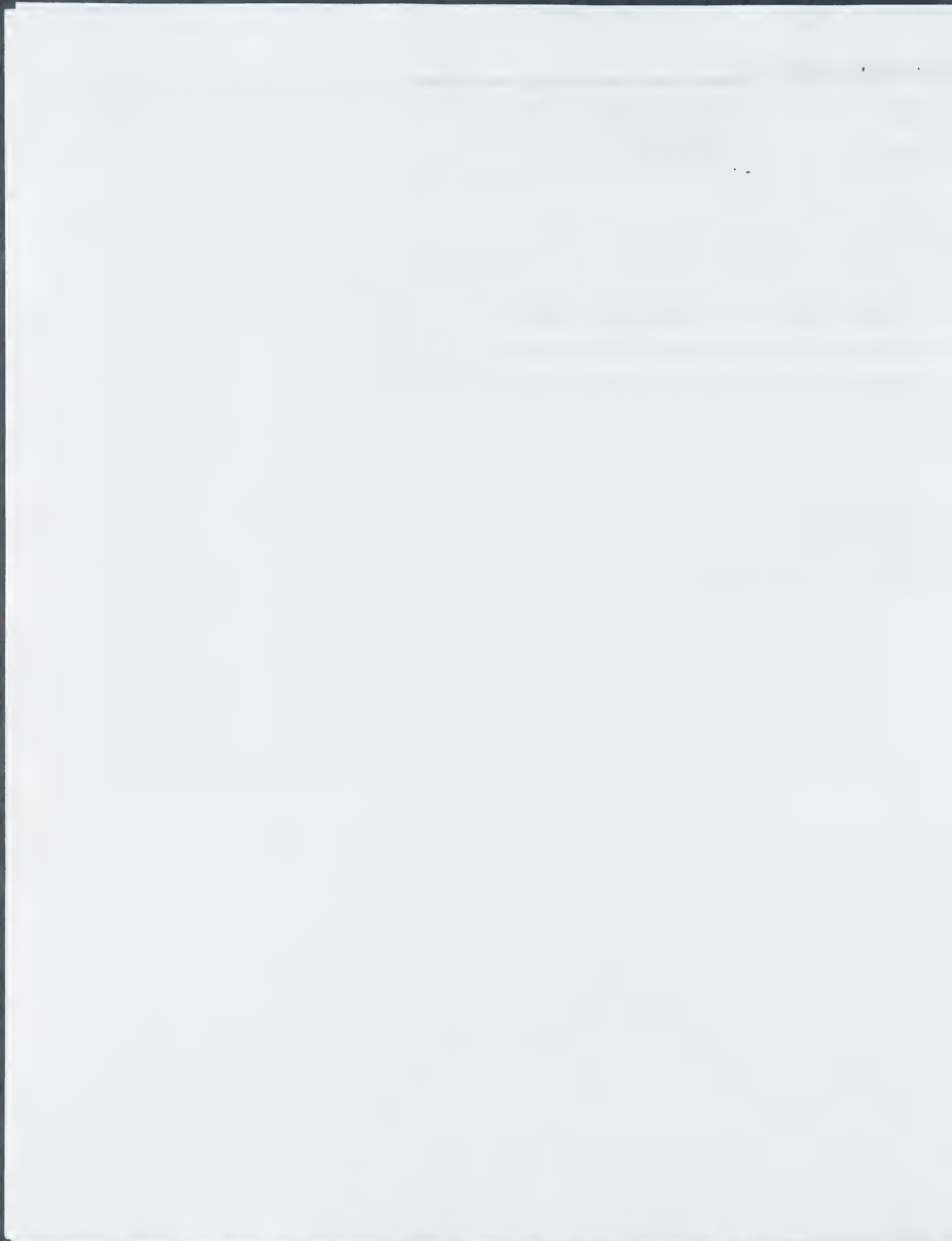
http://lapd.smugmug.com/Cases/Leeds/10339684_VYtnp#715180456_orm9a-XL-LB

http://lapd.smugmug.com/Cases/Leeds/10339684_VYtnp#721753476_wbf9f-X2-LB

Thanks -

Don

Detective Don Hrycyk
LAPD Art Theft Detail
(213) 486-6954
http://www.lapdonline.org/art_theft



Agnes Etherington ART CENTRE



26 July 2006

Dr Isabel Bader
2961 N. Shepard Ave.
Milwaukee WI 53211
USA

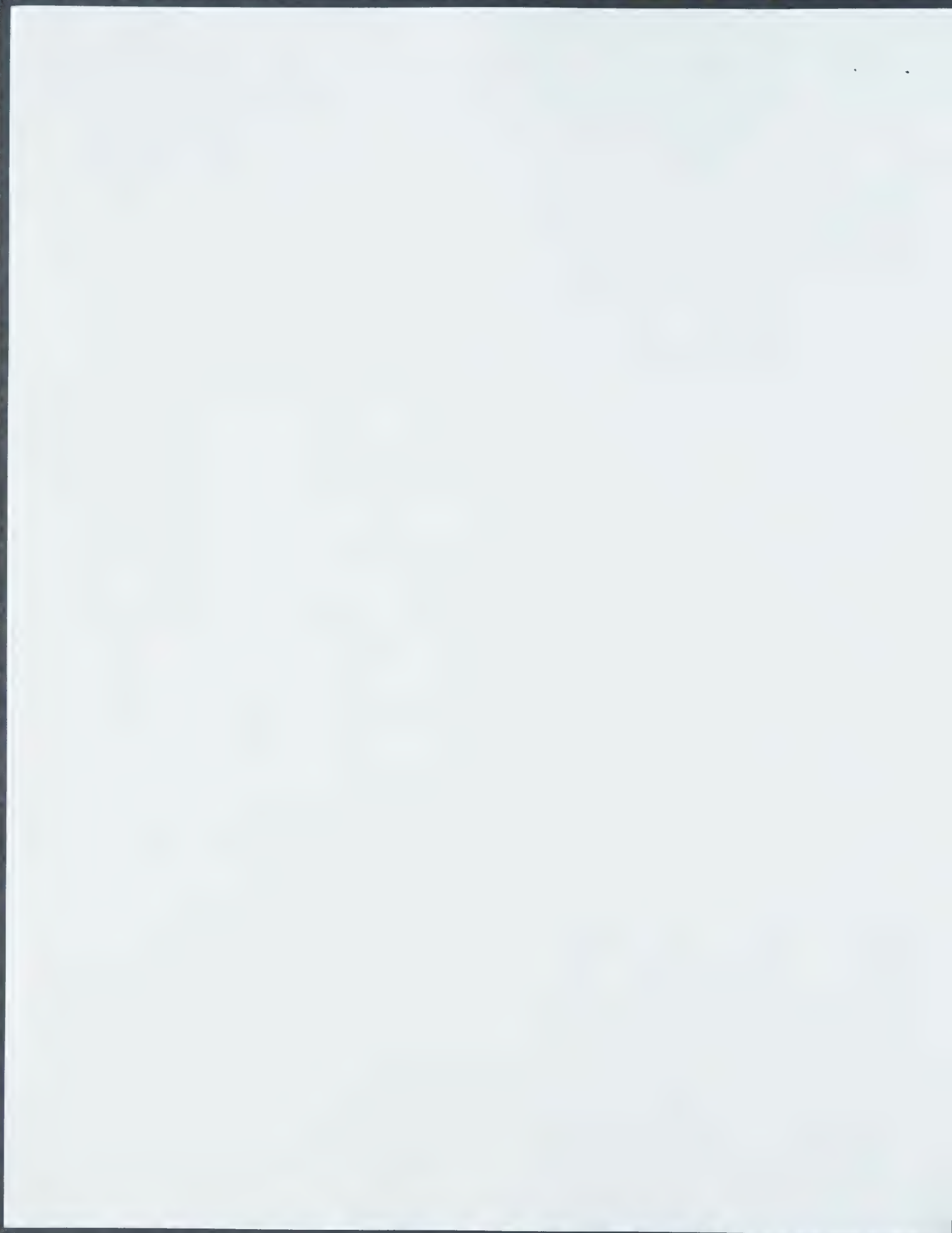
Dear Isabel,

Dorothy Farr and I thought you would be interested in receiving news of the progress of the Collection of Canadian Dress exhibition that you have generously supported.

The exhibition is scheduled during our 2007 50th anniversary year, from 22 July 2007 to 6 April 2008. As I mentioned when you and Alfred were here in May, we have engaged an excellent Canadian costume specialist, Elaine MacKay, who has spent the past several months conducting an in-depth review of our collection to identify the exhibition's theme and contents. Entitled *The Shape of Kingston*, the exhibition will include about 25 dresses from the early 19th to the mid-20th century, as well as undergarments, accessories and children's clothes, and will trace the evolution of the feminine silhouette as a window onto the social history of Kingston as represented by these garments (as you know, a distinguishing feature of our collection is the excellent proveniential information we have on the garments, allowing us to situate them not only by date, but in terms of social and cultural events). In addition, the exhibition will be the basis for our 2007-2008 elementary school program, which brings around 3000 children to the Art Centre annually for special classes and studio learning.

Elaine's research on the selected garments is now well underway, and as of this month we have begun preparing the works for display (which, as you know, often requires light conservation treatment). Each prepared garment will be temporarily mounted on its mannequin for catalogue photography. During this same period, Elaine will write her entries and the essay for the catalogue.

By the time of your next visit to Queen's we will have interesting things to show you! In the meantime, be assured that we are proceeding on time and



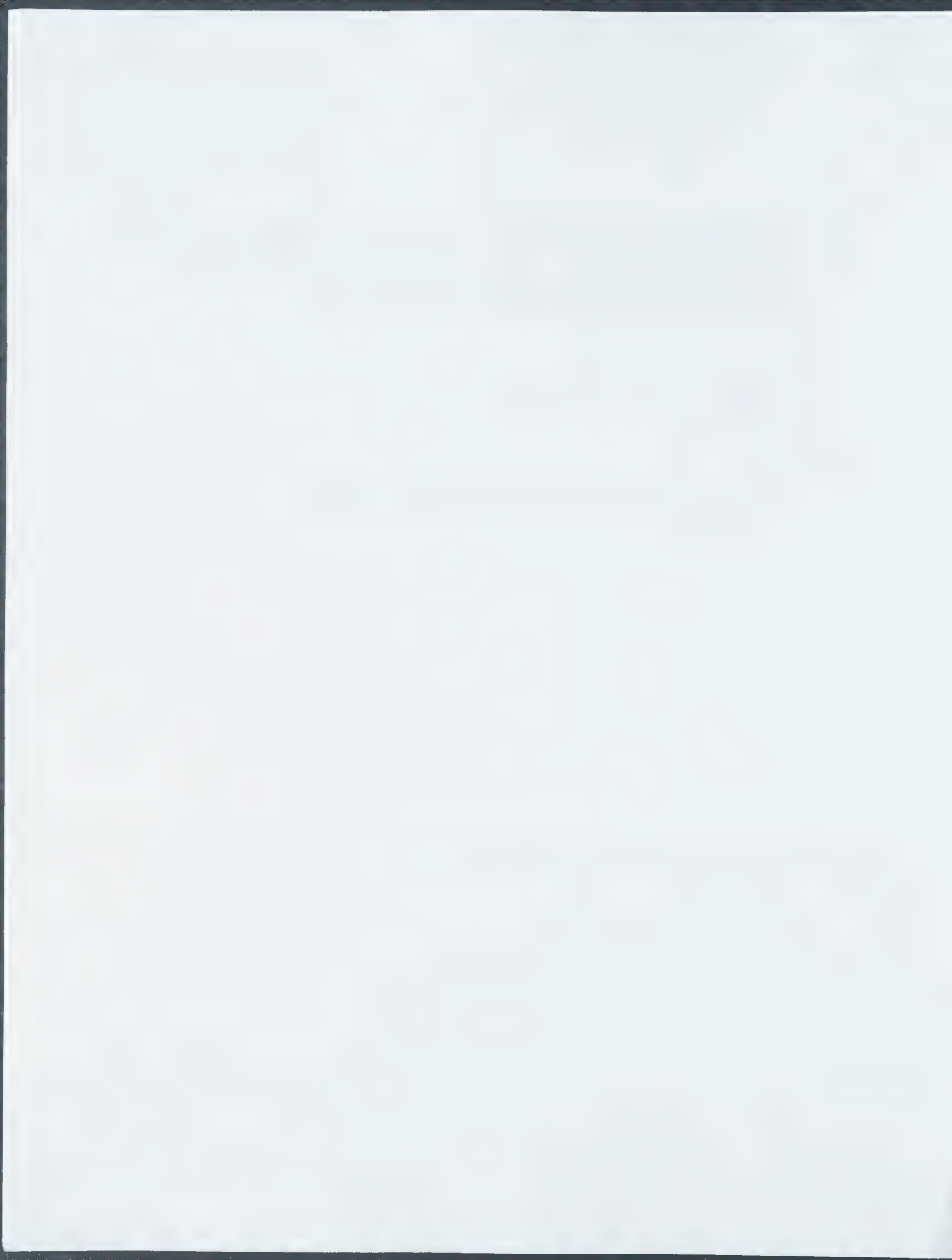
within budget on this important project, a highlight of our anniversary year. I am, as always, grateful for the interest and support you have shown our Collection of Canadian Dress; thanks to you, we will be able to give this outstanding collection the public profile it so richly deserves.

Sincerely,



Janet M. Brooke
Director

c.c.: Dorothy Farr, Associate Director and Curator of Historical Art



March 5, 2010

Dr Isabel Bader
2961 N Shepard Ave
Milwaukee, WI 53211-3435



SCHOOL OF MUSIC

Harrison-LeCaine Hall
39 Bader Lane
Kingston, ON, Canada K7L 3N6
Tel 613 533-2066
Fax 613 533-6808
music@queensu.ca
www.queensu.ca/music

Dear Dr Bader:

I am writing to express my sincere thanks for your recent donation to the School of Music, connected with our Night-In-Vienna fundraising event. Your generosity is greatly appreciated by students and faculty members and will help maintain the excellence of the music program at Queen's University.

As you are probably aware, music programs are amongst the most expensive departments to operate at any university. Specialized requirements, such as individual applied lessons or large ensemble and choral performances, constitute important yet very costly aspects of our program. Queen's University does its best to provide appropriate funding to the School of Music, but I would like to assure you that the additional support we receive from individuals like you will help us continue to offer our students a high quality program.

In the current year, thanks to funding from external sources, we were able to present the School of Music's Faculty Recital Series and the Queen's Piano Festival, now in its seventh year. These provide tremendous learning opportunities for our students, not to mention great enrichment for the University and Kingston communities.

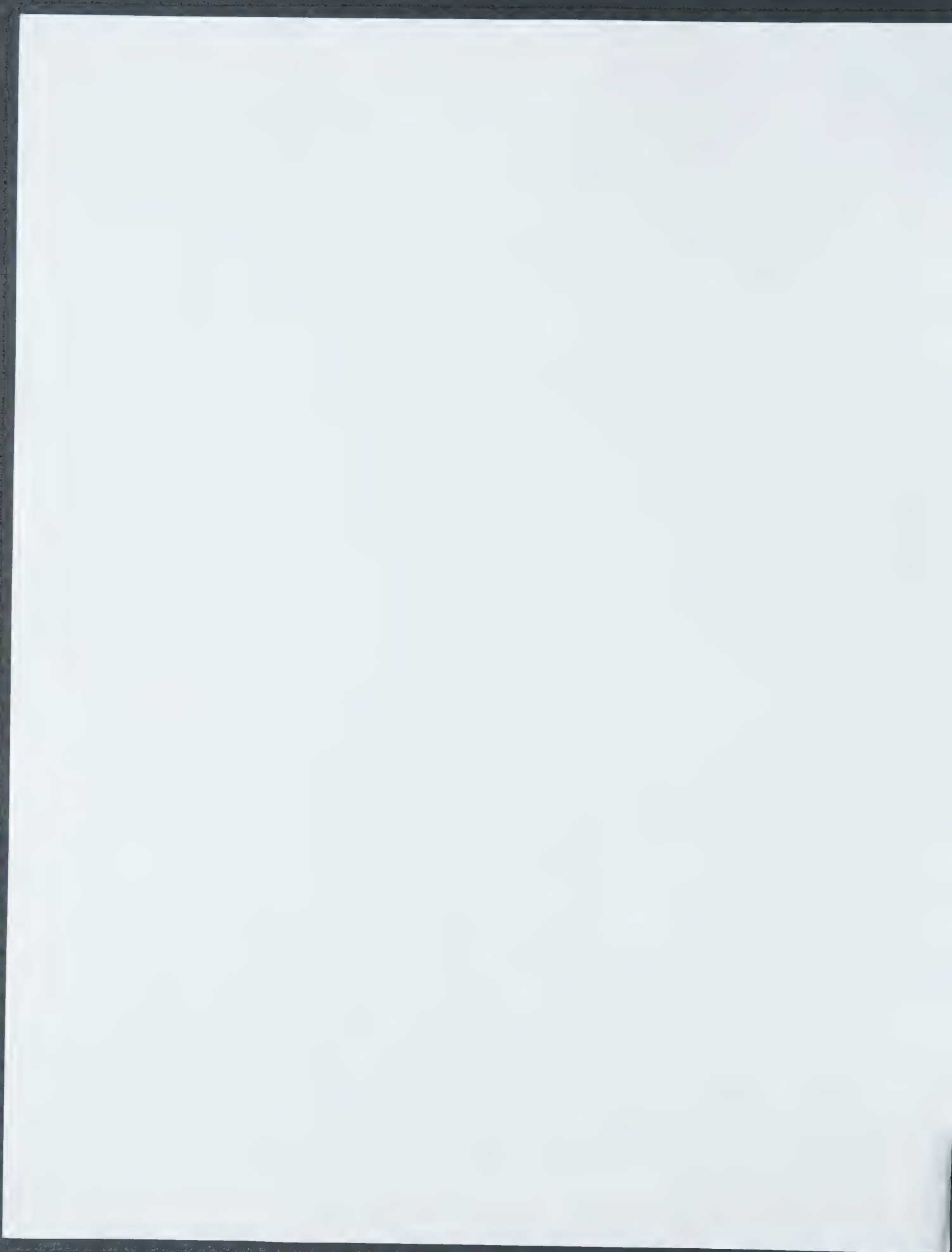
The long-awaited Queen's University Performing Arts Centre on the waterfront, the first phase of a future Fine Arts Campus, continues to move forward. We look forward to this new performance and teaching facility.

Once again, please accept my thanks for your support. Your comments and suggestions are always welcome, so do not hesitate to call or send me an e-mail.

Best regards,

Ireneus Zuk
Professor and Acting Director
zuki@queensu.ca

*We are very grateful for your
contribution which will help
greatly next year — Ireneus Zuk*





institutions, museums, etc. —
anywhere textile conservators
might be' — in Canada, the US,
the UK, and continental Europe,
and we are "broadcasting" an
electronic version via the internet.
Already we've received inquiries,
and I'm looking forward to seeing
someone really interesting come
along! This program will really
"boost" all conservation work on
the costumes, and I know Kyraia
in Art Conservation is delighted
to know her students will benefit
from the Fellow's expertise.

I hear from Judith that you
and Alfred are coming for a visit
in late April. I look forward to
seeing you both then.

My best wishes,
Janet





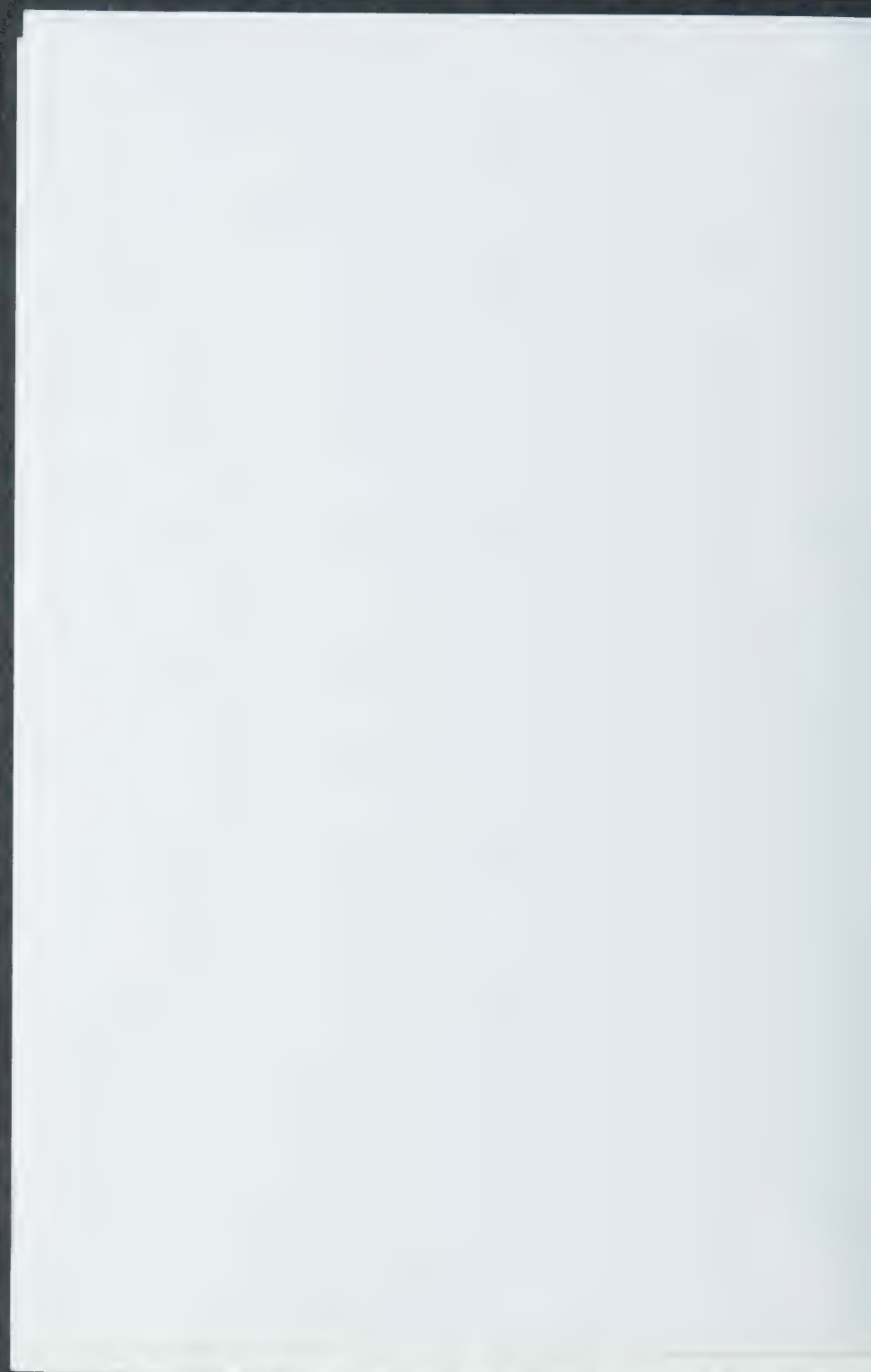




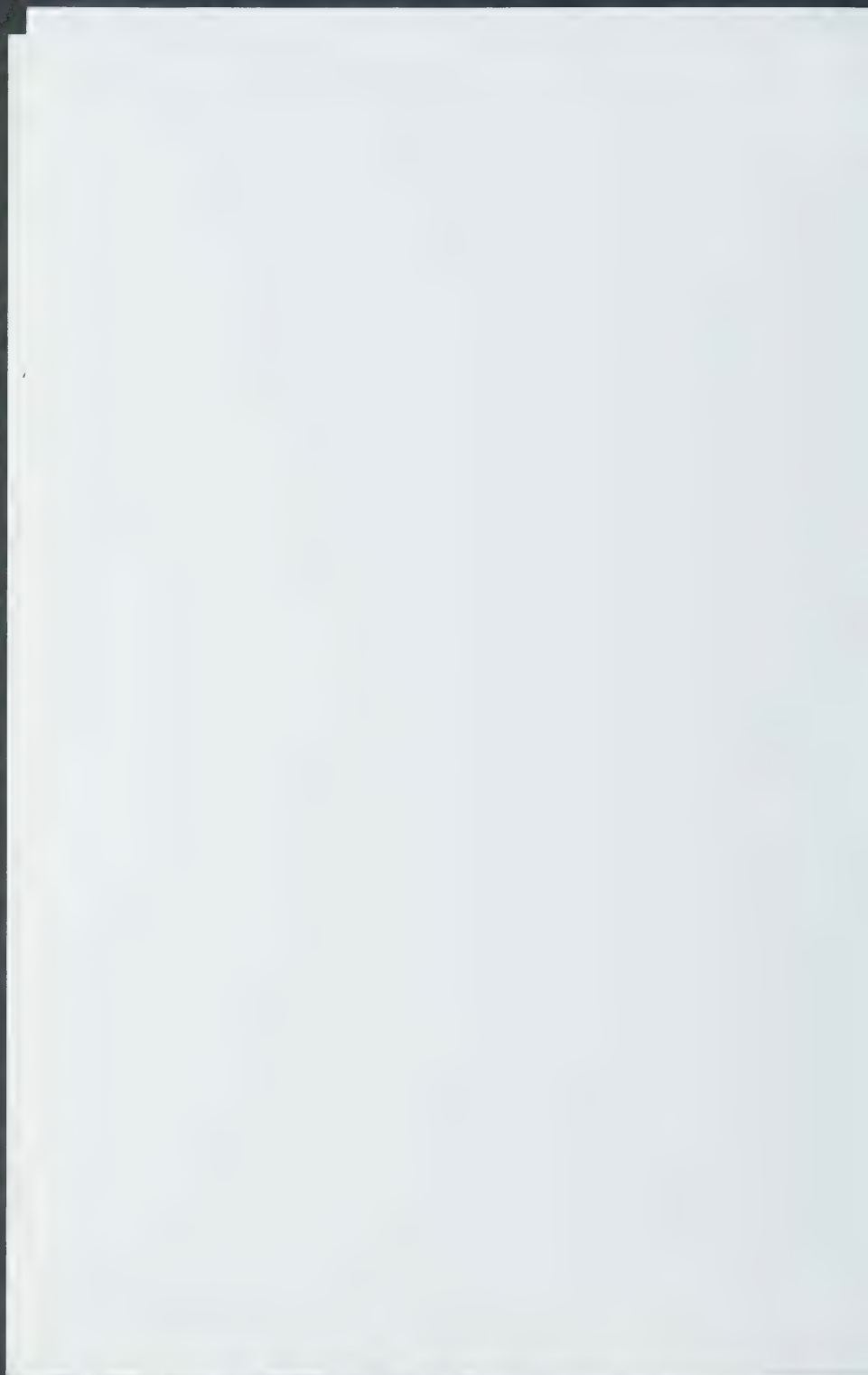


















Friday, 19 March 2010

Dear Isabel,

With apologies for the delay,
enclosed are several copies of
the "Isabel Rose" photos you asked
for. We're having a very early
Spring here (in Milwaukee too,
perhaps), so already I have
found myself hovering nervously
over the plant, searching for signs
of life! After such a spectacular
show then past two summers,
anything less than amazing will
be a disappointment! I hope
the photos suitably impress
your friends!

I'm also enclosing several
copies announcing our wonderful
Isabel Rader Research Fellowship
in Textile Conservation, created
thanks to your generous support.
It has been sent out to about 50

Sampler

Maker: Kingston Heirloom Quilters, Kingston, Ontario

appliquéd quilt 1982

quilting: triple vertical pattern (border)

cotton, polyester

256.5 x 213.4 cm (Q84-5)

Gift of Kingston Heirloom Quilters 1984

Each of the traditionally designed twenty blocks was planned around the use of green and red fabric and sewn by the person who signed it. The patterns are appliquéd and each block uniquely quilted. The tulip swag and sawtooth borders serve to unify the overall effect. The quilt won 'Best of Show' at the Kingston Exhibition in 1982.



from *The Heritage Quilt Collection* of the Agnes Etherington Art Centre
University Avenue at Queen's Crescent
Queen's University, Kingston, Ontario K7L 3N6
Tel 613 545-2190 Fax 613 545-6765



SPECIAL SUPPLEMENT EXERCISE: A program that works

Whether you're 9 or 90, abundant evidence shows exercise can enhance your health and well-being. Sedentary pastimes, such as watching TV, surfing the Internet, or playing computer and video games, have replaced more active pursuits. Millions of Americans simply aren't moving enough to meet the minimum threshold for good health—that is, burning at least 700-1,000 calories a week through physical pursuits.

Physical activity can help you avoid a host of serious ailments.

The benefits of exercise may sound too good to be true, but decades of solid science confirm that exercise improves health and can extend your life. Adding as little as half an hour of moderately intense physical activity to your day can help you avoid a host of serious ailments, including heart disease, diabetes, depression, and several types of cancer, in particular breast and colon cancers. Regular exercise can help you sleep better, reduce stress, control your weight, brighten your mood, sharpen your mental functioning, and improve your sex life.

A well-rounded exercise program has four components: aerobic activity, strength training, flexibility, and balance exercises. Each benefits your body in a different way.

Aerobic exercise is the centerpiece of any fitness program. Nearly all of the research regarding the disease-fighting benefits of exercise revolves around cardio-

vascular activity, which includes walking, jogging, swimming, and cycling. Experts recommend working out at moderate intensity when you perform aerobic exercise. This level of activity is safe for almost everyone and provides the desired health benefits.

Additional health benefits may flow from increased intensity.

Strength or resistance training, such as elastic-band workouts and the use of weight machines or free weights, are important for building muscle and protecting bone. Bones lose calcium and weaken with age, but strength training can help slow or sometimes even reverse this trend. Not only can strength training make you look and feel better, but it can also result in better performance of everyday activities, such as climbing stairs and carrying bundles.

Stronger muscles also mean better mobility and balance, and thus a lower risk of falling and injuring yourself. In addition, more lean body mass aids in weight control because each pound of muscle burns more calories than its equivalent in fat.

Stretching or flexibility training is the third prong of a balanced exercise program. Muscles tend to shorten and weaken with age. Shorter, stiffer muscle fibers make you vulnerable to injuries, back pain, and stress. But regularly performing exercises that isolate and stretch the elastic fibers surrounding your muscles and tendons can counteract this process. And

continued on back

For the table of contents of the Special Health Report **Exercise: A Program You Can Live With** and to order a copy, please see back.

Over a period of months, a person who begins strength training can increase his or her strength by 30% -100%



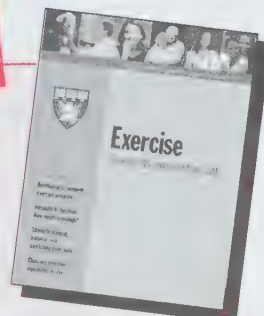
Reprinted from *Exercise: A Program You Can Live With* – A Special Health Report from Harvard Medical School. Copyright © 2007 by the President and Fellows of Harvard College. All rights reserved.

stretching improves your posture and balance.

Balance tends to erode over time and regularly performing balance exercises is one of the best ways to protect against falls that lead to temporary or permanent disability. Balance exercises take only a few minutes and often fit easily into the warm-up portion of a workout. Many strength-training exercises also serve as balance exercises. Or balance-enhancing movements may simply be woven into other forms of exercise, such as tai chi, yoga, and Pilates.

Exercise: A Program You Can Live With is a newly revised Special Health Report from Harvard Medical School. This report describes specific types of exercise and explains the complementary roles of structured exercise and daily activity. It will also help guide you through starting and maintaining an exercise program that suits your abilities and lifestyle. You'll find advice on being a savvy consumer when it comes to fitness products and equipment, as well as useful tools and tips designed to help make exercise work for you.

2007 Edition



Exercise: A Program You Can Live With

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For more on the benefits of exercise...

Please send me _____ copies of *Exercise: A Program You Can Live With*, the Special Health Report from Harvard Medical School. My check for ~~\$24~~ each, payable to Harvard Health Publications, is enclosed. \$16 (SR89000) ISBN1WL

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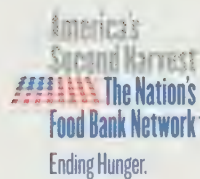
Prepared Especially For:

Ms. Isabel L. Bader





FEEDING
AMERICA



**FEEDING
AMERICA**

December 1, 2010

Ms. Isabel L. Bader
2961 N Shepard Ave.
Milwaukee WI 53211-3435

Dear Ms. Bader,

One in six Americans doesn't know where their next meal is coming from. Many of them are mothers with little children. And a growing number of households with elderly are having difficulty making ends meet. Winter will bring even greater hardship on these already struggling families. Food banks, food pantries, soup kitchens and the shelters they turn to for help will be overrun.

My heart tells me that there will be far more need this winter than there is food available to share . . .

That's why I'm writing you today. I'm asking you to partner with us to meet this urgent need head on. Only through the commitment of caring and generous friends like you can we provide the volume of groceries needed to reach our nation's most vulnerable — mothers with little children and seniors on limited incomes — during the cold, hard winter months ahead.

As you think about how much you can share, please know that a generous group of friends have offered Feeding America a Matching Gift of \$100,000. This is an incredible opportunity for us. Just think —

Every thousand dollars you give will be matched, DOUBLED, to provide double the groceries to those in need.

The deadline is New Year's Eve. By that day, we must have raised \$100,000 from friends like you to receive the full Matching Gift. I must tell you, receiving this Matching Gift is critical to our ability to help seniors and desperate parents put food on their tables in the months ahead. Frightened mothers like Dianna . . .

Dianna has a steady job but still struggles to make ends meet in her small town in northern New Mexico. Each day she does everything she can to make sure her children are fed. Especially during the winter months when the temperature can drop below freezing.

Food is her biggest worry, because prices at her local grocery store aren't always affordable. But the 90 mile drive to Albuquerque, where reasonably-priced food is available, costs her too much in gasoline. Money spent on gasoline, heat and other necessities means she has less to spend on food.

(next page, please)



Times are just as scary for our nation's elderly who struggle daily with fixed incomes. For them, the juggle is constant. "Do I buy food or medicine?" "Pay the rent or run the heater?"

It's very expensive to heat a home in the northern part of the country during the winter months. Imagine if your January heating bill ate up almost half of your income for that month! That's how it was for Shirley who lives in New Jersey . . .

When her husband of 53 years passed away, Shirley was faced with the ugly truth that she could not make ends meet. At the age of 73, she would have to choose between buying groceries or gas . . . between paying for auto insurance or keeping the heat on. Unexpected medical bills pushed her further into despair.

The gift you make today will help stock the same food banks and food pantries that helped Dianna feed her hungry children and provided Shirley with groceries she could not afford to buy.

And because of the \$100,000 Matching Gift, your gift will work twice as hard for struggling mothers with little children . . . and reach twice as many frightened senior citizens.

Don't miss this opportunity to provide good food and hope for those who need help the most this holiday season and during the cold, hard winter months ahead. Make a generous year-end gift to help provide the volume of food needed to reach our nation's most vulnerable — mothers with little children and seniors.

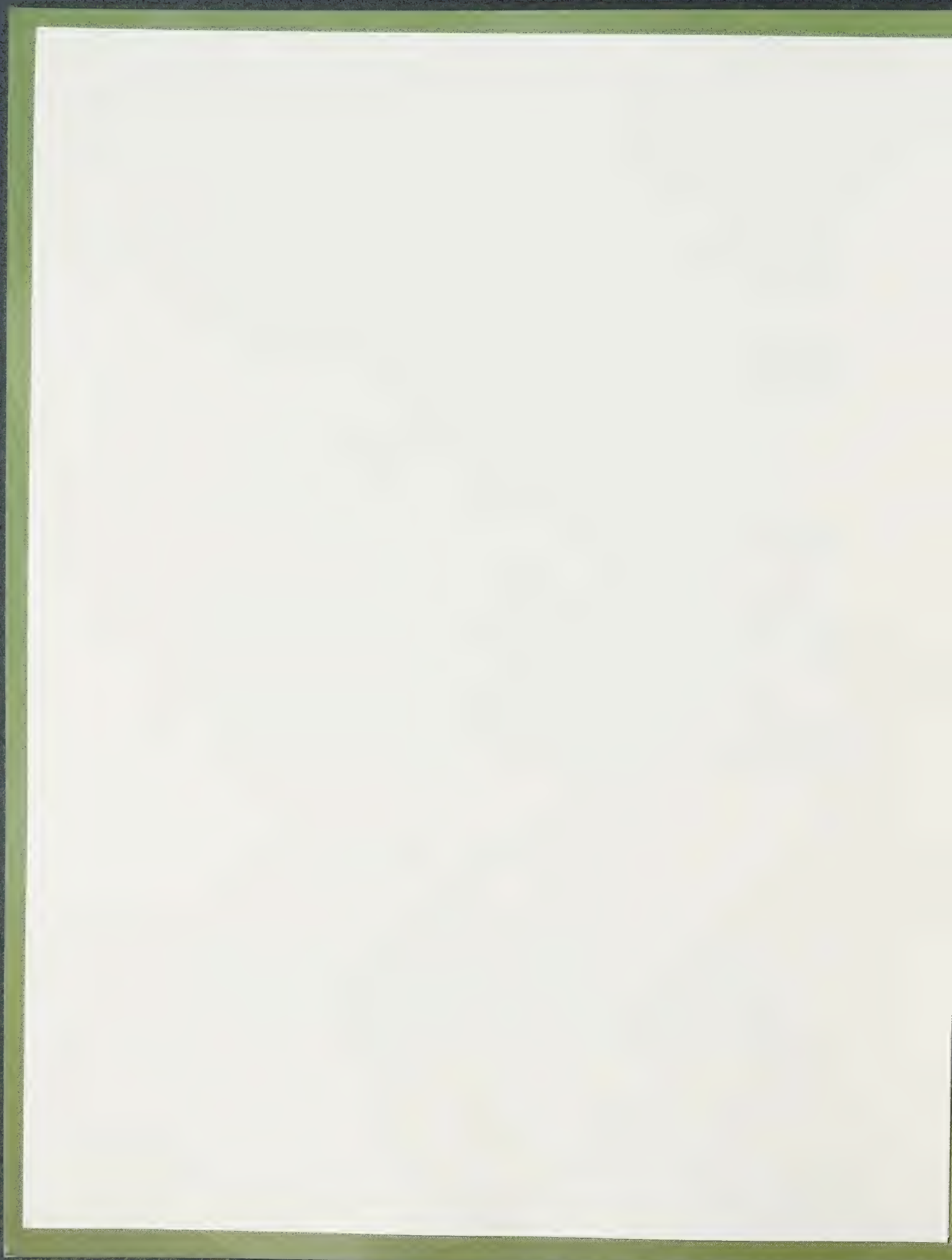
Thank you for being a critical partner in Feeding America's life-changing work this winter. And know that mothers like Dianna and seniors like Shirley thank you from the bottom of their hearts for your vital support. May your holidays be filled with joy, knowing you have personally made a difference in the lives of so many.

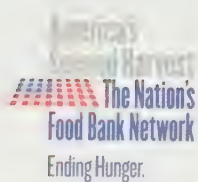
Sincerely,

Vicki Escarra

Vicki Escarra
President and CEO

P.S. Ms. Bader, please help us reach at-risk mothers and children and suffering seniors this holiday season and throughout the coming winter. Your generous year-end gift may be tax deductible as allowed by law. Remember, your gift will help secure the \$100,000 Matching Gift and DOUBLE the number of groceries we can provide in Wisconsin and across the U.S. Thank you so much.





FEEDING AMERICA

Ms. Bader,

Please partner with Feeding America to help reach our nation's most vulnerable people with the groceries they need this winter. For many mothers with little ones, as well as for the elderly, this holiday may be the coldest and hungriest they have ever faced.

Take advantage of the \$100,000 Matching Gift opportunity to double your gift, making it go twice as far and provide twice as much food to hungry families. Every thousand dollars you give will be matched, **DOUBLED**.

Your **\$1,000** gift will double to **\$2,000** to provide good food to frightened mothers with little ones to feed.

Your **\$2,000** gift will double to **\$4,000** to deliver necessary groceries to scared seniors who just cannot afford to buy food.

Your **\$5,000** gift will double to **\$10,000** for life-changing groceries for our nation's most vulnerable families.



You can donate securely online at www.supportfeedingamerica.org/matchmygift

Personal Reply

You can count on my support to help mothers and children and the elderly get the groceries they need this holiday and through the hard winter months ahead. My special year-end gift is enclosed:

\$ _____ Please double my gift to help as much as possible.

Ms. Isabel L. Bader
2961 N Shepard Ave.
Milwaukee WI 53211-3435

004016556 Z10C1AC03



35 E. Wacker Drive, Suite 2000
Chicago, IL 60601
www.supportfeedingamerica.org/matchmygift

Thank you! Please make your check payable to Feeding America and return this form with your gift in the enclosed envelope to Feeding America, Donation Processing Center, P.O. Box 96749, Washington, DC 20090-6749. Or donate securely online at www.supportfeedingamerica.org/matchmygift. Contributions to Feeding America may be tax-deductible to the fullest extent of the law. If you have any questions, call us at 1-800-771-2303.

Help For American Families – NOW



You can help hungry families, little children and suffering seniors get the groceries they need this winter with your special gift today . . . *And your gifts can't come a minute too soon for hurting hearts like Rachel Lynn's.*

Three years ago she was driving with her 9-year-old daughter, Ragen, when they were blindsided by another car. Ragen escaped with only minor injuries, but her mother was rushed to the hospital. Over 10 months, she had major surgery after major surgery on her back and arm.

Then things got really bad. The bills came due, and the income she lost as a restaurant worker forced the family to seek help putting food on the table — food they found through a local church food pantry where Rachel Lynn once volunteered.

The groceries they needed were there when they needed them — all thanks to friends like you who partner with Feeding America. **Please make a special gift today to take full advantage of our \$100,000 Matching Gift opportunity and watch your gift DOUBLE to provide twice as many groceries to hungry families.**

**FEEDING
AMERICA**

15 E. Wacker Drive, Suite 3000
Chicago, IL 60601

www.feedingamerica.org

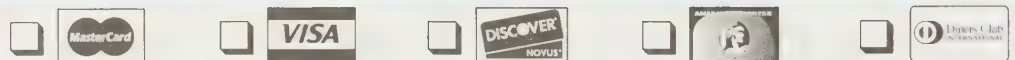
15 E. Wacker Drive, Suite 3000 • Chicago, IL 60601 • www.supportfeedingamerica.org/matchmygift

For every dollar donated, Feeding America secures and distributes 9 pounds of food and grocery products such as cereal, soup, fruit, bath soap and diapers. According to the USDA, an average meal is 1.3 pounds of food. Donations made through this offer represent a gift to Feeding America's entire mission. We use your gifts where they can do the most good by pooling them with gifts of others to help solve the hunger crisis in America.

Therefore, gifts of less than \$10,000 cannot be designated to specific programs or locations unless otherwise stated.



I want to give using my credit card



CARD NUMBER _____

EXPIRATION DATE _____

SIGNATURE (REQUIRED) _____

Charge my credit card for a one-time gift of \$ _____
AMOUNT

Charge my credit card for a monthly gift of \$ _____
Z10C1224 AMOUNT

I have enclosed my company's matching gift form, thereby increasing my support.

My email address: _____

By providing this address, I authorize Feeding America to contact me with information and opportunities to help end hunger in our country.

USA FIRST-CLASS



Ms. Isabel L. Bader
2961 N Shepard Ave.
Milwaukee WI 53211-3435

Z10C1A000

Feeding America
DONATION PROCESSING CENTER
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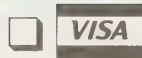
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Queen's goes to war



Members of the Fifth Field Company Engineers pose for a photo at Valcartier, Que., where they set up the first mobilization camp for the First World War. 100th anniversary of the start of the war.

QUEEN'S UNIVERSITY ARCHIVES

BY ANDREW STOKES, COMMUNICATIONS OFFICER

William Falconer Battersby had been out of Queen's a scant four years when he enlisted to go overseas and fight in the Great War. A member of the class of 1910, Battersby earned a Sciences degree before moving to northern Ontario to work as superintendent at the Big Dome Mine.

When the war broke out, Battersby wasted no time in enlisting. Qualifying as a lieutenant, Battersby was deployed to the Borden Motor Machine Gun Battery (Armored) on Jan. 16, 1915.

Awarded the Military Cross in 1916, Battersby sent a letter home to his mother saying, "I would have liked to have seen all the others remembered as they deserved." Later promoted to the rank of major, Battersby was killed by a piece of shrapnel on March 25, 1918 and now lies buried at the Vimy Memorial in France.

Battersby was one of 189 Queen's men who fought and died in the First World War, which started a century ago on July 28.

Beyond the deaths, the war also made itself felt on campus. Students not knitting bandages were

encouraged to drill and train. Buildings were put to use for the war effort with Grant and Kingston Halls used as military hospitals, Nicol Hall acted as a barracks, and the attic of Theological Hall was used for rifle practice.

A group of student and staff volunteers assembled as the Fifth Field Company Engineers and performed military training and drills on campus starting in 1910. With the outbreak of war, the unit was sent to Valcartier, Que., where it created a mobilization camp for 30,000.

Administration also responded to the outbreak of war, with Principal Daniel Gordon being especially enthusiastic. He made a personal appeal to students to train and drill so as to be fit for service, and each year he sent Christmas cards to active Queen's soldiers.

"The First World War quickly became a technological conflict," says Allan English, a professor of Canadian military history. "Artillery and map-making were essential, so people with engineering skills were in high demand. Many Queen's men were going over as officers, so while our total numbers were relatively small, they were in a lot of key positions."

The university's contribution wasn't limited to

combat, as under the guidance of professor and surgeon Frederick Etherington the No. 5 General Hospital was established. This all-Queen's medical unit became a teaching hospital, training nursing students while operating in England, Egypt and France. Treating thousands of wounded across various theatres of war, the hospital had a tremendous record of care.

The dire casualties of the war were felt on campus as well.

"One in four Canadian families had experienced a direct loss either in wounding or death; the country's losses were twice what they were in the Second World War," says Dr. English. "It left a lot of people wondering what the conflict was all about."

At Queen's, like with the rest of Canada, a narrative emerged that honoured the service of individuals rather than the achievements of combat.

"Many Queen's men who served on the front returned to campus. The popular way of thinking about the First World War was that it was a major sacrifice, but one that was worthwhile. People fought and died for a cause that wasn't well understood, so what really came to be celebrated was the nobility and valour of those who bravely faced danger."

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'Theatrical conscience' of The Isabel

Today the *Gazette* presents the first in a series of articles featuring some of the people and firms behind the planning, design and construction of the Isabel Bader Centre for Performing Arts. Subsequent articles will be published in the August and September editions of the *Gazette*.



The concert hall of the Isabel Bader Centre for Performing Arts awaits the grand opening set for September.

BY ANDREW CARROLL, GAZETTE EDITOR

It's a jewel along the shores of Lake Ontario, and David H. Rosenberg knows it.

As the Isabel Bader Centre for Performing Arts nears completion, the vision of what the facility can be is taking full form. While work continues inside, The Isabel's exterior offers a breathtaking glimpse of the near future.

When Mr. Rosenberg, theatre consultant and managing principal of Theatre Projects, speaks about The Isabel, his excitement is clear.

"I'm very excited about it. Of all the projects I have worked on, it is one of my favourite sites," Mr. Rosenberg says. "You can't ask for a better site than on the shore of Lake Ontario."

But his excitement isn't strictly about the location of the project; it's also about its potential for education and performance. He also sees The Isabel as a catalyst for the arts community at Queen's as well as Kingston.

That's a view that is based on a decades-long connection with the area. While Theatre Projects is based in Connecticut, Mr. Rosenberg and his family have been coming to the Kingston area for around 25 years. He feels the timing for such an education and performing arts facility is just right.

"Having a new building like this is like waking up in the morning and stretching. For the university, it's going to be like 'Wow, we can actually stretch here. We can reach our arms out and actually do something we weren't able to do previously,'" he says. "It's not unusual for a building like this to open and to have the arts community come rushing in and say 'let's find all sorts of ways to use this.'"

Rosenberg and his team have been involved in the project from the beginning stages. As he explains, theatre consultants are one side of the design triangle, along with architects, Snohetta and N45, and the acoustician, Joe Solway, of ARUP.

"There is a creative tension between theatre consultant, acoustician and architect that ultimately makes for a better end product for the university" he says. "With these three disciplines striving to get the best outcome possible, it pushes each of us to think outside the box and find innovative solutions."

As for the role of a theatre consultant, Mr. Rosenberg explains they act as the conduit between those who work in the performance world and those who work in the construction world. The staff of Theatre Projects all come from theatre backgrounds and work with architects, engineers and clients to ensure all the performance requirements end up in the final design.

"We think of ourselves as the theatrical conscience of the project, constantly maintaining diligence over the functionality of the end product so that the building works the day it opens," he says.

In the case of The Isabel, Mr. Rosenberg says Queen's knew they wanted a concert hall and that the School of Music, the Department of Drama, the Department of Film and Media, and the Visual Art – Bachelor of Fine Art Program were coming together to create much-needed space. Theatre Projects then took those requirements and turned that information into a vision, determining things such as how big the lobby would be and the size of the bar, the number of dressing rooms, restrooms and the layout for the performing spaces.

"We know what typically goes [into a concert hall] and we can say, based on seat count, here is what you require, then we actually get into shaping the room with the knowledge of what they want – seats, types of productions, etc. – and then provide the architects a sketch of what is needed," Mr. Rosenberg says.

"We're giving them the basis of a starting point so that it works from a sightline standpoint, from a theatrical, rigging and lighting standpoint and that it is as functional as it possibly could be and that it meets the goals of what the end-user is trying to accomplish."

Performance hall seats awaiting donor names

BY ANDREW CARROLL, GAZETTE EDITOR

The Isabel Bader Centre for Performing Arts is nearing completion but there remains work to be done.

Part of that is fundraising for the world-class facility and education centre.

Those interested in the future of The Isabel – whether area residents, affiliated with Queen's or just a lover of the arts – have the opportunity to offer their support.

With a donation of \$2,000 to

the Isabel Bader Centre for the Performing Arts State-of-the-Art Expendable Fund, a donor will be able to "name" one of the 566 seats in the stunning performance hall.

A plaque will be attached to the arm of a chair and the donor will be able to fill out a nameplate – after themselves, their family, or perhaps in honour of a loved one. Each plate will have space for up to 75 characters.

And it will be a lasting honour. "It's for the useful lifespan of the seat, so we're projecting that to

be at least 25 years. The nameplate will be on the seat for as long as that seat is there," says Lisa Sykes, Development Officer for the Faculty of Arts and Sciences.

The State-of-the-Art Expendable Fund will ensure that the Isabel has the highest quality equipment and technology for learning, presentations and performances, Ms. Sykes says.

The Isabel Bader Centre for Performing Arts is located along the shore of Lake Ontario, on King Street West, east of Sir John A. Macdonald Boulevard. It's

construction is aimed at providing Queen's and Kingston with a state-of-the-art facility for community and student performance, education, creativity and training. The centre will be home to the Department of Film and Media, and provide teaching, performance, and exhibition spaces for the School of Music, the Department of Drama, and the Bachelor of Fine Art Program.

If you are interested in becoming a permanent part of the performance hall, contact Lisa at ext.75646 or lisa.sykes@queensu.ca.

the gazette

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**QUEEN'S UNIVERSITY
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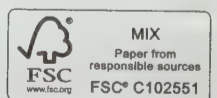
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Queen's UNIVERSITY

UNIVERSITY COMMUNICATIONS/GREG BLACK

Leech excited to be stepping into 'huge shoes'

BY MEREDITH DAULT, SENIOR COMMUNICATIONS OFFICER

He has managed billions in assets for the Ontario Teachers' Pension Plan, trained as a soldier, written an award-winning book, and trekked to the Arctic Circle. Now Jim Leech (MBA'73) is ready for his next challenge: serving as Queen's University's 14th chancellor.

It's a role Mr. Leech, who stepped into his new position on July 1, admits is as daunting as it is exciting, especially when he considers his 13 predecessors.

"Collectively, there are some huge shoes to fill," he laughs. "From former prime ministers and governor generals, to the governors of banks. It's an impressive list."

But Mr. Leech, 67, says he is very keen to get going. He is most looking forward to connecting with students, both formally and informally.

"I remember when Roland Michener was chancellor (from 1974-1980) and he used to go jogging early in the morning with students. That was his way to connect and to hear about what was going on," he says. "I'm looking to do things in that vein."

With 46 years in business under his belt, Mr. Leech knows he has a lot to share with the Queen's community. On Jan. 1, he retired as president and CEO of the Ontario Teachers' Pension Plan where he was responsible for managing over \$140 billion in assets, representing the pensions of more than 300,000 working and retired teachers, a role he held from 2007.

Prior to that, Mr. Leech served as president and CEO of Unicorp Canada Corporation, one of the country's first public merchant banks, and Union Energy Inc., an energy and pipeline company. He currently serves as the chair of the Toronto General and Western Hospital Foundation, and on the board of the MasterCard Foundation, which advances youth education and financial inclusion for the



Jim Leech (MBA'73), the former president and CEO of the Ontario Teachers' Pension Plan, started his term as the university's 14th chancellor on July 1.

UNIVERSITY COMMUNICATIONS/GREG BLAIR

poorest in sub-Saharan Africa.

Mr. Leech, who is based in Toronto, earned his undergraduate degree at Royal Military College of Canada in Kingston, and currently serves as the honorary colonel of the 32nd Signal Regiment, Canadian Armed Forces. In April, he participated in a seven-day ski expedition to the North Magnetic Pole, organized by True Patriot Love which

supports members of the Canadian military and their families. This well-publicized trek raised funds and awareness to support veterans suffering from post-traumatic stress disorder.

"That experience combined a lot of things for me – my love for adventure trekking and travel and my passion for Canadian soldiers who have served their country," he says. "I was also probably trying

to prove something to myself about not being old!"

He returned from the expedition to an announcement that his recent book, *The Third Rail: Confronting Our Pension Failures*, which he co-wrote with Jacquie McNish, had won the National Business Book Award.

Mr. Leech hopes the Queen's community – students, staff and faculty alike – won't hesitate to

take advantage of his broad experience and expertise.

"My challenge to the community is to use me," Mr. Leech says emphatically. "I have lots to share – from technical expertise in pensions and pension reform, to experiences in various jobs, huge international exposure and all kinds of adventure trekking. I look forward to being of service to Queen's."

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Send us your letters

The Gazette welcomes letters to the editor as a forum for discussing campus issues. Please submit letters to the editor andrew.carroll@queensu.ca

The views expressed are those of the correspondents and do not necessarily reflect the views of the Gazette or Queen's University. The editor reserves the right to edit or reject any letter, or abridge letters exceeding 300 words in length. Letters may not be published because of space constraints.

Demand for Queen's programs outpaces Ontario university trend

The number of students choosing Queen's University is outpacing the provincial trend, reflecting strong demand for Queen's undergraduate education and quality programs.

According to data recently released by the Ontario University Application Centre, the number of confirmations – students who have accepted Queen's offer of admission – is up 11 per cent for the 2014 academic year. That compares to an overall decline of 1.3 per cent across Ontario universities. Queen's continues to have one of Canada's highest entering averages at 88.4 per cent.

"Top students choose Queen's not only because of its world-class academic programs, but also because we offer a welcoming community where faculty and staff do everything they can to ensure our students succeed," says Daniel Woolf, Principal and Vice-Chancellor. "Thanks are due to our recruitment staff, faculty and alumni who talked to prospective students about our outstanding living and learning environment and the benefits of a Queen's education."

Queen's is highly regarded for its student learning experience, performing very well in the National Survey of Student Engagement's (NSSE) key benchmarks, including enriching educational experience and level of academic challenge. Eighty-six per cent of senior-year Queen's students surveyed by NSSE report their entire educational experience as "excellent" or "good," which puts Queen's among the top institutions in Ontario.

"Queen's offers a unique value proposition to prospective students," says Alan Harrison, Provost and Vice-Principal (Academic). "We have all of the benefits of a mid-sized, residential university focused on an exceptional undergraduate education, within the context of a research-intensive institution where innovation happens on a daily basis."

The growing interest in Queen's extends beyond Canada's borders, with international students expected to make up 6.3 per cent of the 2014 incoming class

GAZETTE STAFF

Increased cloud use on the horizon



Bo Wandschneider, Chief Information Officer (CIO) and Associate Vice-Principal (Information Technology Services), talks about the benefits and risks of working in the cloud.

UNIVERSITY COMMUNICATIONS/GREG BLACK

With Queen's considering moving to Office 365, Bo Wandschneider, Chief Information Officer (CIO) and Associate Vice-Principal (Information Technology Services), has been speaking with people across campus about Microsoft's cloud computing suite. He recently spoke with Craig Leroux, Senior Communications Officer, about the benefits and risks of working in the cloud.

Craig Leroux: *First of all, what is "the cloud?"*

Bo Wandschneider: Generally, "the cloud" refers to software or data hosted offsite, accessible via the Internet. Queen's already uses cloud-based services, such as the governance portal that manages our Board and Senate documents and the Desire2Learn learning management system.

CL: *How is Office 365 different from the regular Office?*

BW: Office 365 is Microsoft's cloud-based collaborative suite. It offers the email and calendaring we already use, but more robust and with more storage for each user. Applications like Word and Excel are available online and on mobile devices, in addition to on your computer. There are a variety of other collaborative features, such as OneDrive and SharePoint for file management and sharing.

CL: *Why are you considering Office 365 for Queen's?*

BW: Office 365 will enhance the ability for faculty, staff and students to collaborate with each other and we simply don't have the resources in-house to offer the same level of functionality. We need to focus our limited resources on the areas where we can add the most value to the academic mission of the university.

CL: *Aren't undergraduate students already using Office 365?*

BW: Undergraduates moved to Office 365 last year and we've had great feedback. Graduate students have now asked to be moved to the cloud as well, and we'll be doing that by the fall. The next logical step is our faculty and staff, and that's a conversation I'm having with people across the university.

CL: *What about privacy and security? Does the cloud put those things at risk?*

BW: ITServices takes privacy and security very seriously. There are always risks in anything we do and we need to understand those risks. It is interesting that there are more risks in our current practices than

there are in moving to the cloud, and we should really be focused on changing these practices. I think that's something that's not well known. For example, the Educational Advisory Board recently released a report saying that there are far more security breaches and risks of data loss in higher education than there are with the cloud providers. We simply aren't resourced to provide the same rigorous security that the cloud providers do.

CL: *Don't we risk losing ownership of our data in the cloud?*

BW: Whenever we consider cloud computing, we ensure that privacy is embedded in it. These environments are very secure, but you have to do your homework. When we move people's information to the cloud we don't relinquish ownership of that information or our accountability for protecting that information. We do our due diligence and ensure our contracts are clear about things like retaining ownership, preventing data mining and prohibiting advertising. That's part of the reason we want to negotiate strong contractual agreements at the enterprise level.

If you sign up individually for cloud services like Dropbox, you agree to their terms. You might put institutional information on there and, if something ever happens, there is no recourse for the university because we aren't involved in the agreement.

CL: *When do you want to make the move to Office 365?*

BW: I've been talking to individuals and various groups across campus to answer questions and help inform people. I also want to get a sense of what people are thinking and make sure we are not missing anything. I'd like to see us make the move in the fall or winter term. We would start with email and calendaring, but the real benefits will come later as we eventually bring the other collaborative tools online. We'll leave an option to opt out if there are individuals who wish to do so, but our experience from other institutions and with our students is that very few people take that option.

Questions about the cloud? Email cioavp@queensu.ca or visit queensu.ca/cio/initiatives/CollaborationTools.

Legacy of trailblazing professor lives on in bursary

BY ALEC ROSS

Not many people know this, but a direct connection exists between a certain asteroid, a crater on Venus and Queen's University. That connection is Allie Vibert Douglas, one of the world's first female astrophysicists and Queen's Dean of Women for 20 years.

Dr. Douglas died in 1988 at the age of 93. A year later, to acknowledge her many contributions to science and Queen's, the Canadian Federation of University Women (CFUW) Kingston Club established a scholarship in her name. Since then, through a variety of activities the club's membership has worked steadily to raise funds for an endowment.

That persistence came to fruition on May 14, when at their annual dinner the club members presented the hard-earned cheque that finally pushed them past their \$50,000 target.

The endowment will support the CFUW Kingston Club Allie Vibert Douglas Award, which was created in memory of Dr. Douglas and Caroline Mitchell, an outstanding Kingston businesswoman who was one Ontario's top amateur golfers and a longtime member of the CFUW Kingston Club. Ms. Mitchell died in 1978.

The original Vibert Douglas scholarship and a bursary honoring Ms. Mitchell existed as separate awards given out by the Office of the University Registrar (Student Awards) until July 2011, when they



Jeanna Faul, Office of Advancement, and Teresa Alm, Associate University Registrar, accept a cheque for \$50,000 from Marilyn Wilson and Danna Dobson, representatives of the Canadian Federation of University Women (CFUW) Kingston Club.

SUPPLIED PHOTO

were combined in a single award.

Marilyn Wilson, chair of the scholarship trust for the Kingston club, says creating the endowment was a practical decision. The club's 50-odd members had been supporting the two awards through their own fundraising efforts, but as many club members were getting older, Ms. Wilson says, "We felt we should make a permanent mark and have a permanent endowment."

Born in Montreal in 1894 and orphaned while young, Allie Vibert and her brother George were raised by their maternal grandmother, whose surname, Douglas, Allie would later adopt. When George enlisted in the army in 1914 the family moved to England. During the First

World War, she served as a statistician at the British War Office, and for her work she was named a Member of the British Empire – at age 23. She spent her university years at McGill and Cambridge, where she studied under the renowned astronomer Sir Arthur Eddington. After the war she returned to McGill, earned her PhD in 1926 and taught at the university for 13 years. She accepted a position as Queen's Dean of Women in 1939 and remained in the post until 1959, acting as a strong advocate and role model for acceptance of women in professional courses. After her retirement she taught astronomy for six more years in the physics department.

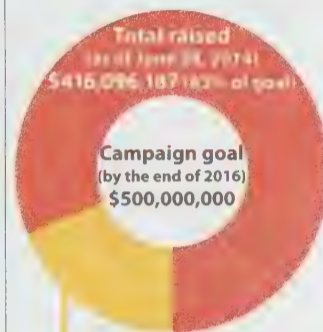
In 1947 Dr. Douglas was elected

president of the International Federation of University Women, the first and only Canadian to occupy the post. She was elected president of the Royal Astronomical Society of Canada that same year – becoming its first female president – and helped to establish the society's Kingston chapter.

The International Astronomical Union named an asteroid and a Venusian crater after Dr. Douglas in 1988.

The CFUW Kingston Club Allie Vibert Douglas Award is given to a Bachelor of Science student who demonstrates both financial need and academic achievement. First preference is given to students in third or fourth year of a physics program, and second preference is given to female students.

INITIATIVE CAMPAIGN UPDATE



Faculty of Health Sciences raised \$42,831,663 (as of June 28, 2014) Goal is \$50,000,000

Each edition of the *Gazette* will update progress on the overall Initiative Campaign goal and focus on one priority area of support. The goal of the campaign is to raise \$500 million by 2016. For this edition, we focus on fundraising progress for the Faculty of Health Sciences. Its highlighted priorities include chairs across the faculty, endowed scholarships, facilities and research.

Pitching in on campus and beyond

BY ANDREW CARROLL, GAZETTE EDITOR

Advancement Enhancement Day at Queen's keeps getting bigger – and better.

Originally planned as a day to get the Office of Advancement staff more familiar with the campus and each other, the one-day event is in its second year of also reaching out to help the university and the community beyond.

The "giving back" aspect of the day started last year when Advancement staff helped out Kingston Interval House, a local shelter for women and their children trying to escape situations of abuse, creating 200 welcome bags for those turning to the shelter.

This year they added a second giving back session – Pitch-In Queen's, a university-centred version of Pitch-In Kingston, where volunteers pick up litter around campus.

"We knew there was so much

demand for giving back to the community last year with Kingston Interval House that we wanted to repeat the success of that and also expand our offerings because there was so much interest that we couldn't meet it last year," says Jodi Snowdon, Director of Annual Giving and Advancement Enhancement Day co-chair. "The whole idea is to be out of your cubicle and enjoying the campus. We knew there was an interest in the Kingston Pitch-in Day with some of our staff and we wanted to replicate it so we can give something back right here on our own campus."

Ms. Snowdon added that the discovery and exploration aspect of the day is important as the Advancement department is responsible for mobilizing support among alumni, friends and benefactors for the Initiative Campaign. To do so, they need to know the campus personally.

"It's a nice chance to get away

from our desks and see some of the great things happening at Queen's. It's really easy to take for granted where we work and all the amazing things that happen here," she says. "So it's really great to get out and see some of these places and it only helps with our interaction with alumni and donors that we can talk about some of these great places, these corners of campus, that we wouldn't otherwise have any access to or get to experience."

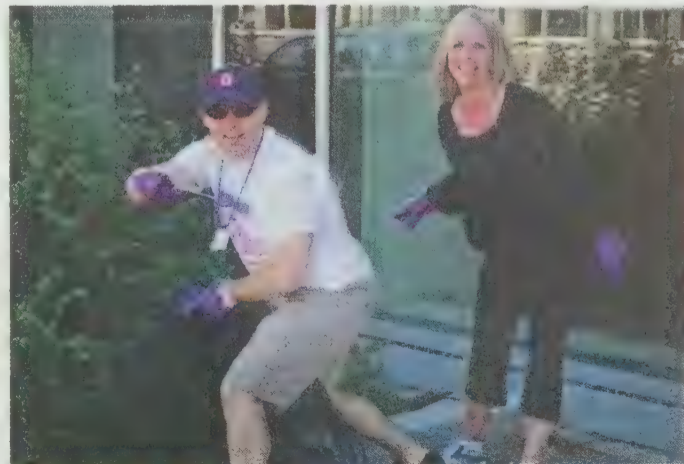
For Marnie Girard, administrative assistant in Annual Giving, and an Advancement Enhancement Day committee member, the community outreach aspect is of vital importance. She said that while Kingston Interval House gets provincial funding there is no substitution for the extra hands providing much-needed support.

"It's become really important to me to look at supporting them, and it's work hours that they just don't have and we can offer an

hour of our time and we can do something really meaningful," she says.

This year, all Advancement staff donated items for Kingston Interval House and 25 members

packed the items with Kingston Interval House Resource Manager, Joanne Franke, on hand to speak about the impact it will have. More than 100 staff took part in Advancement Enhancement Day.



Ben Seewald and Michelle Knapp-Hermer helped pick up garbage around campus as part of the Pitch-In Queen's portion of Advancement Enhancement Day.

UNIVERSITY COMMUNICATIONS

from the editor

A century later, war effort must be remembered

BY ANDREW CARROLL,
GAZETTE EDITOR

Their faces remain clear, captured in photographs, black and white, shades of grey, unchanged over the past 100 years.

Men and women, primarily in the height of their youth, Queen's students and graduates, faculty and staff. They stand, ordered in ranks or posed for a portrait dressed in military uniforms, with an eye to Europe and the war.

All too many of them never came back. Many more returned but were never the same.

This July 28 marks the 100th anniversary of the start of the First World War. A century since death and destruction was wrought upon humankind on an industrial scale. The war is something that should never be forgotten but is becoming easier to omit from memory. There are no veterans left to remind us.

Yet it is our duty, particularly here at Queen's, to continue to remember.

Canada joined the battle alongside England and the men and women of Queen's stepped forward in numbers when the call for support went out. It would be a pivotal moment in the history of the university.

Whole units were raised. The engineers of the Fifth Field Com-

pany would be some of the first Canadian military members mobilized, setting up a massive camp in Valcartier, Que. The No. 5 Stationary Hospital was largely made up of members of the Faculty of Medicine and graduates. Nurses would join them, putting their lives on the line as well. Several units of artillery were created. Graduates signed up wherever they found themselves throughout the war.

The cost was high. Queen's would lose 189 men connected with the university. They remain though. Their memories are preserved through Queen's Archives. Their names are on a plaque in the Memorial Room on the first floor of the John Deutsch University Centre, which was built in honour of the members of the Queen's community who fought and died.

On the Queen's Archives website one can view many of the photos of the lost. One can read the records of when and where they enlisted, when and where they died.

They are men like Harold Vernon Nethercott, a strikingly handsome young man from Clear Creek, Ont. He was an extramural student when he joined the Canadian army on Jan. 20, 1916.

He died a little over a year later at Vimy Ridge.

There is Robert Andrew Kane

of Westport, a student in the School of Mining who was part of the first contingent of the Queen's Engineers. He was killed on Dec. 12, 1915, in Flanders, Belgium.

And then there is Thomas Arthur Methers of Moose Jaw, Sask., a pilot with the Royal Flying Corps who had been studying medicine before signing up. He would be shot down on June 5, 1917, his death confirmed by the enemy pilot.

There are many others. Each has a tale to tell.

The war effort at Queen's wasn't only on the battlefield as training continued on campus, from future soldiers and engineers to doctors and nurses. Volunteers did what they could to help out. Barracks and shooting ranges were set up.

War should never be glorified. However, it should always be remembered. The lives interrupted for years, the devastation, the loss and pain.

Fortunately, there are details preserved in the archives and readily available through the website archives.queensu.ca. Take some time and view the files that are there. If you have never been to the Memorial Room, take some time this year and pay a visit.

Touch the names of those who lost their lives and let them know that they are remembered.

Andrew Carroll is the editor of the Gazette and can be reached at 613-533-6459 ext. 36459 or via email at andrew.carroll@queensu.ca.

lives lived

Remembering Bill Newcomb

Bill Newcomb, compassionate mentor and lover of wood, born in Manchester, Conn. in 1943; died on Thursday, June 5 in Battersea.

BY CHRISTOPHER MOYES

Professor William (Bill) Newcomb was born Feb. 2, 1943. He grew up in New Haven, Conn., the son of a postal carrier, which instilled a life-long passion for stamps. Growing up in a home surrounded by gardens, Bill became an ardent plant naturalist.

While at Queen's, he resided in nearby Battersea, a location that allowed him to fulfil his love of wood. He maintained a woodlot, cut his own trees, and prepared lumber for construction projects. When the new BioSciences Complex was built, Bill collected the trees that had been felled in construction, and milled the flooring that is in place in the biology conference room. A plaque commemorating his contributions to the room specifically and the department in general will be installed in his honour.

He began his academic life at the University of Connecticut (BA Zoology 1965, M.Sc. Botany 1969) then completed his PhD at the University of Saskatchewan (1972). After post-doctoral work at the University of Saskatchewan and Harvard University, he moved to the University of Guelph where he spent three years as a research associate and lecturer. He joined Queen's in 1978 as an assistant professor.

Bill spent the next 35 years in the Department of Biology, working on the developmental processes that control microspore embryogenesis, an important breeding strategy in agriculture, the role of plant hormones and other metabolites in the development of nitrogen fixing root nodules. Throughout his career, he contributed his expertise in electron microscopy to collaborations with colleagues in the department and beyond.

Within the department, Bill revealed a remarkable passion for mentoring undergraduate students. He served for many years as an undergraduate chair, academic advisor and member of the Board of Studies. He was particularly kind to students who faced unusual academic and personal circumstances, working with them to find ways to deal with their challenges. He left behind a collection of the many letters of gratitude that he had received over his years as an advisor.

Bill passed away June 8 in his home, leaving no immediate family.

His friends and colleagues held a celebration of his life and contributions June 20 at the University Club.

Professor Christopher Moyes is the head of the Department of Biology at Queen's. He was a colleague with Newcomb since 1995.



William (Bill) Newcomb

flashback



Members of the Queen's University team pose for a photo after winning the Inter-University Service Rifle Challenge Trophy in 1918. Back, from left: Lt.Col. P.G.C. Campbell, Cadet A.P.C. Clark, Lt. D.T. Burke, Cadet W.C. Kitto, Cadet E.H. Wright and Maj. W. Swaine, the team's coach. Front: Cpl. G.G. McLeod, Lt. J.A. Huggins, Capt. J.A. MacBurney and Cadet A.O. Monk. With the First World War continuing to rage on in Europe, military training was a key part of life at Queen's for many of its students and faculty. This year marks the 100th anniversary of the start of the First World War.

QUEEN'S UNIVERSITY ARCHIVES

Lives Lived is a space to share your memories of a Queen's community member who recently died. Email your submissions to andrew.carroll@queensu.ca

Baroque expert elected to Institut de France

BY ANDREW CARROLL,
GAZETTE EDITOR

For Gauvin Bailey (Art History) the excitement surrounding his recent election to the Institut de France is two-fold.

First, is the recognition that he has been appointed to one of the oldest and most learned institutions in the world. Second, is that he finally will be able to see the Baroque grandeur locked behind the Institut's main doors.

Dr. Bailey, the Alfred and Isabel Bader Chair in Southern Baroque Art, was elected last month as a "Correspondant-Étranger" (foreign correspondent) of the Académie des Inscriptions et Belles-lettres of the Institut de France, one of the most-respected and oldest learned institutions in the world having been founded by King Louis XIV in 1663. The Académie is one of five within the Institut and is devoted to the humanities. One of the others is the famous Académie Française, guardian of the French language.

Only Institut members are allowed to enter the building's inner domed sanctuary, a former chapel in what is now called the Palais de l'Institut which was made into the Institut's main meeting hall when Napoleon handed the building over to them in 1805. It's an exclusive honour, and particularly meaningful for someone whose focus of study is Baroque art and architecture.

"One of the fun things for me is the building the Institut is in is one of Paris's most important Baroque buildings and has one of the oldest domes in the city. It's designed by Louis Le Vau, who also designed Versailles," Dr. Bailey says. "It is right across from the Louvre and is a famous landmark, but the public can't visit it. There is this great big, domed central section that I've especially wanted to see the inside of. For me, that's going to be a real thrill. It might not sound like much, but then I am naturally a huge fan of the Baroque."

The magnitude of the election is not lost on Dr. Bailey. The Institut de France only maintains 50 French and 50 foreign correspondents at any one time, putting him in rare company. Dr. Bailey is one of only six North American foreign correspondents.

"This is a huge and unexpected honour for me, particularly at this time in my career when I am working increasingly on French art and culture and its dissemination throughout the Americas," Dr. Bailey says. "The Institut de France itself dates from the period I am working on and some of the architects and writers I have studied were members in their day."

Primarily, during his academic career Dr. Bailey has focused on the migration of Baroque art and architecture to the New World through the Spanish and Portuguese empires. More recently



Gauvin Bailey (Art History) has been elected to the Institut de France as a foreign correspondent.

he is taking a closer look at the influence through the French empire, an area of study that has not received anything like the same kind of attention.

"I think it's crazy to leave it out. The French Atlantic Empire was massive and interacted with the Spanish and Portuguese empires on many levels, through trade, missionary activities, and art and architecture" he says. "A lot of the approaches they took to the indigenous people and their patterns

of colonization were similar yet the field of Latin American studies which is burgeoning, a giant field, completely ignores the French empire. Except for regional studies on Quebec or Louisiana there is no such thing as French Atlantic Empire studies as a field in art and architecture."

Dr. Bailey's first book to look at the French impact on the Americas, *The Spiritual Rococo: Décor and Divinity from the Salons of Paris to the Missions of Patagonia* (Ashgate

Press, 2014) will be released in September. It will be his seventh book published to date. His next book, funded by a SSHRC Insight Development Grant awarded last month, will look more directly at the French Empire's place in the arts and architecture of the Americas.

Dr. Bailey was named to the Royal Society of Canada, one of seven Queen's professors to receive the honour in 2013. He took up his current position at Queen's in 2011.

A helping hand for Haiti

BY ANDREW CARROLL, GAZETTE EDITOR

It has been seven years since Tammy Babcock Aristilde first traveled to Haiti, hoping to improve the plight of the residents of Cite Soleil.

While change in the country may not be evident on the surface, the efforts of Helping Haiti, the charitable organization the security supervisor at Queen's leads, has resulted in some definite signs of progress. Lives have been saved.

As she prepares for another 10-day trip, leading a small group to the impoverished district in the capital Port-au-Prince, Ms. Babcock Aristilde says that one of the key elements to the effort has been bringing together rival gang members and teaching them first-aid.

The young men have been learning how to treat gunshot and stab wounds and have used the new skills to the benefit of their communities. One of the students has even saved the lives of two other members.

However, more important is that the rival gang members have formed bonds as they work through the First-Aid for Peace course.

"What's encouraging is that in one group of 10 we had two (gang) leaders. They were enemies when they started the course, but were able to find friendship in the time they spent together learning the life-saving skills of the FAFP program," Ms. Babcock Aristilde says.

A small step, perhaps, but a step toward peace nonetheless.

The program also improved the participants' repu-

tations within their communities. No longer are they mere gang members, to be viewed only as a threat. These men are becoming role models for the younger generations.

"Many members of the team have used these skills to have a life. Having this knowledge puts them at a whole different level capacity and influence in the community," Ms. Babcock Aristilde says.

"By working with these young men we are hoping to provide programming which will not only benefit them, but support the young men to inspire the young community to work together."

The program currently includes 14 members and one has been trained to become an instructor within the community. The plan is to train instructors in neighbouring areas, expanding the program's reach.

Ms. Babcock Aristilde and her group travel to Haiti twice a year – each January and July. This time she will be instructing young women rape self-defense, something she taught at Queen's for nearly 10 years, while fellow director Aaron Sousa will teach their children on first-aid and hygiene.

Also making the trip is Queen's student Amanda Oeggerli (Artsci'15), who will be assisting with the self-defense and first-aid programs as well as keeping track of records as Helping Haiti distributes water and helps sufferers of chikungunya, a debilitating mosquito-borne virus that results in fever and severe arthritic pain that is currently running rampant through Cite Soleil.

"They explain it like it feels like your bones are



Tammy Babcock Aristilde has been traveling to Haiti for seven years to help those in need in Cite Soleil.

breaking and that pain lasts for a week and a half to two weeks," Ms. Babcock Aristilde says. "Some people will continue to have that pain up to two years depending on how your system reacts to it."

There will also be a focus on electrical safety as Cite Soleil residents often jury-rig their own connections to electricity sources, sometimes with dire consequences. There are burns, homes lost and even deaths from electrocution.

The instructor will be shown a site and while he can't really change what they do he can provide safety knowledge as well as some equipment that could save lives. There will also be some first-aid instruction in treating burns.

The organization also has a branch at the university and Queen's Helping Haiti, which was recently formed, has already helped support three young people with their small businesses.

Ambassadors Forum promotes international dialogue

BY ANDREW STOKES,
COMMUNICATIONS OFFICER

Diplomats from around the Asia-Pacific region gathered at Queen's on June 24 for the annual Ambassador's Forum.

The event, organized by Hok-Lin Leung, former director of Queen's School of Urban and Regional Planning, brings together the ambassadors to promote international dialogue, co-operation and action.

"The Ambassadors Forum was started as a non-official space for diplomats to meet one another and listen to informed Canadians," says Dr. Leung. "The forum is unique in the world, and it's great for Queen's. It gives us a chance to internationalize right here on campus."

After lunch at Summerhill, the diplomats listened to a presentation by Don Raymond, former chief investment strategist of the Canada Pension Plan Investment Board and a member of the Queen's Board of Trustees. Mr. Raymond talked about international investment strategies for global investors.

Since the Ambassadors Forum was established in 2003, Queen's has welcomed representatives from countries such as Japan, South Korea, Australia and Myanmar to listen to presentations by Canadian academics, politicians and labour union leaders. Previous presentations have covered topics such as Canada-U.S. relations, the Canadian identity, and the process of a federal election.

"It's important that these officials get a neutral venue to interact with each other," says Dr. Leung. "There's a lot of potential to build international relationships."



Principal Daniel Woolf exchanges business cards with Ambassador Radnaabazar Altangerel of Mongolia during the Ambassadors' Forum hosted at Queen's on June 24.

International exchanges vital: U.S. consul general

Jim Dickmeyer, the Consul General of the United States responsible for Ontario, recently visited Kingston. Mr. Dickmeyer has served in six countries during his 29 years of diplomatic service. He most recently taught national defense studies as a faculty member at the National Defense University in Washington, D.C. During his two-day visit, he met with Principal Daniel Woolf, toured Innovation Park and visited the Royal Military College of Canada. He discussed his visit and the importance of academic exchanges between Canada and the U.S. with Senior Communications Officer Mark Kerr.



MK: What is the purpose of your visit to Queen's and Innovation Park?

JD: I have been in my position for two years, and I hadn't visited Kingston yet. I wanted to come to here and visit Queen's and the Royal Military College.

When we were planning the trip, we saw some material on Innovation Park and thought, 'we definitely have to go there.' There is so much going on between the United States and Canada in this area of scientific inquiry and then movement into commercialization. This is just a wonderful visit for us.

MK: What has stood out during your visit to Queen's?

JD: At Innovation Park, I was struck by the research going on in laboratories. I am fascinated by the amazing pace of innovation and how quickly (the researchers) expect to have commercial products that are going to change our lives. I have

been to other innovation parks in Ontario and the U.S. and this kind of work fascinates me. Watching scientists at work in a creative environment that allows them access to other tools they need to eventually commercialize these products is always interesting.

I have a number of friends who have attended Queen's. Through them, I have developed an admiration for the university and the fact that it's a little bit smaller (than other Ontario universities) and maintains a community feel. They have also told me about how many opportunities there are for leadership experiences outside the classroom at Queen's. Queen's is also attractive being situated in this just very beautiful city.

One of the things I talked about with Principal Woolf was trying to increase the number of students who are interested in coming up to Queen's from the U.S. I think it would be a great opportunity for people from my country to come to such a great university.

MK: Why are academic exchanges important?

JD: When we talk about academic exchanges, I often think at the faculty level, which is hugely important and goes on a lot. The even more important exchanges that I want to work on and increase are at the student level. When you study in another country for a semester or a year, you get a different view of life. Your vision is expanded. We think of ourselves – between the U.S. and Canada – with so many similarities, but we are distinct cultures with distinct histories and traditions. A U.S. student coming up to Canada can learn so much about how to understand a different culture, how to listen and absorb more. The Fulbright Program is very vibrant, but given the numbers we would really like to see, it can't address all of that. So we have to figure out different ways to do that.

The interview was condensed and edited for clarity.

U.S. Consul General Jim Dickmeyer visits Medzone International Inc. laboratory located at Innovation Park. Senior technician Dylan Simpson (centre) and microbiologist Paolo Uy explain one of their experiments to Mr. Dickmeyer.

eventscalendar

Events

Thursday, July 10 – Saturday, July 12, 9:30 am–4 pm Summer Orientation to Academics and Resources

The SOAR program aims to help ease the transition of our incoming first-year students and their families. Participants will have an opportunity to learn about academic expectations, resources, learning strategies, and common student transition issues. Register online at queensu.ca/studentexperience/soar. Contact qsoar@queensu.ca or 613-533-2539 with any questions.

Thursday, July 10, 17, 24, 31, 12:15–1 pm Free Art Centre Lunch Tour

Join a lunchtime tour at the Agnes Etherington Art Centre for the exhibition *Artful Dressing: The Fashion of Agnes Etherington* and in the tasteful furnishings of her home, Etherington House. New interpretive panels highlighting key objects in four rooms of this elegant historic house offer visitors an enriched experience of this much-admired setting. Will be held each Thursday throughout July and August.

Saturday, July 12, 9–10:30 pm Observatory Open House

The Queen's Observatory hosts a monthly open house and tour all year round. Registration not required; just show up and join the fun! In July the speaker will be Nathalie Ouelette, the observatory coordinator. Open house runs from 9–10:30 pm at Ellis Hall on every second Saturday of each month.

Thursday, July 17 – Saturday, July 19, 9:30 am–4 pm Summer Orientation to Academics and Resources

The SOAR program aims to help ease the transition of our incoming first-year students and their families. Participants will have an opportunity to learn about academic expectations, resources, learning strategies, and common student transition issues. Register online at queensu.ca/studentexperience/soar. Contact qsoar@queensu.ca or 613-533-2539 with any questions.

Monday, July 21, 9:30 am–4 pm Summer Orientation to Academics and Resources

The SOAR program aims to help ease the transition of our incoming first-year students and their families. Participants will have an opportunity to learn about academic expectations, resources, learning strategies, and common student transition issues. Register online at queensu.ca/studentexperience/soar. Contact qsoar@queensu.ca or 613-533-2539 with any questions.

Saturday, July 26 – Sunday, July 27 Functional Anatomy Boot-Camp

Join the Functional Anatomy Boot-Camp practical and hands-on, two-day event for future and current health care professionals. This event has been designed to offer participants a primer for their academic program or to act as a refresher for current practitioners. For more information and registration details, please visit: www.rehab.queensu.ca/general.php?id_mnu=25. Questions can be directed to: Erika.beresford-kroeger@queensu.ca Cost: \$350 for Queen's students.

Thursday, Aug. 7 – Friday, Aug. 8 Patient Safety

Queen's University and CPSI present the Patient Safety Education Program (PSEP), to be held at the Biosciences Complex. For information go to patientsafetyinstitute.ca. Registration is now open at nursing.queensu.ca/psep2014.php. Contact briana.broderick@queensu.ca or laura.manis@queensu.ca for more details.

Tuesday Sept. 2, 9 am–noon Graduate Orientation

At the start of each academic year, the School of Graduate Studies (SGS) along with the Office of Student Affairs and the Society of Graduate & Professional Students, host a Welcome and Resource Fair. This September is no exception and departments on campus as well as Kingston community groups will be there to showcase the resources available to you as a graduate student.

Teaching Development Day Wednesday, Sept. 3

Every September, the Centre for Teaching & Learning (CTL) offers a free day-long conference as an opportunity for anyone who teaches at Queen's to meet and learn about new and interesting developments in teaching and learning. A featured guest keynote speaker and various members of the Queen's community will focus on key aspects of the roles and responsibilities within teaching. This opportunity to get together in a focused environment can provide one step towards encouraging effective teaching practices, encouraging further professional development, and enhancing education at Queen's.

Have an event you would like the Queen's community to know about? Contact Gazette editor Andrew Carroll at andrew.carroll@queensu.ca and get your event noticed.

PhD Oral Thesis Examinations

The following is a list of PhD candidates and the details of their thesis which they will be defending. Members of the regular staff at the university may attend PhD oral thesis examinations.

Wednesday, July 23

Adam Patrick Heenan, Psychology, 'Effects of Anxiety on Perceptual Biases for Ambiguous Biological Motion Stimuli'. Supervisor: N.F. Troje, 228 Humphrey Hall, 12 pm

Wednesday, July 23

Farhad Imani, Electrical and Computer Engineering, 'Ultrasound-Based Tissue Typing Using RF Time Series: Feasibility Studies and New Applications'. Supervisors: P. Mousavi, P. Abolmaesumi, 302 Walter Light Hall, 9:30 am

Wednesday, July 30

Sinan Bulut, Physics, Engineering Physics and Astronomy, 'Charge Density Waves and Electronic Ne-

maticity in the Three Band Model of Cuprate Superconductors'. Supervisors: W. Atkinson, R.J. Gooding, 201 Stirling Hall, 11 am

Thursday, July 31

Zhiyuan Hu, Electrical and Computer Engineering, 'Topology, Control and Design of LLC Resonant Converters'. Supervisors: Y.-F. Liu, P.C. Sen, 302 Walter Light Hall, 1:30 pm

Thursday, July 31

Shu Zhang, Electrical and Computer Engineering, 'Control of a Nonlinear Mach-Zehnder Interferometer for Optical Regeneration Using Digital Signal Processing'. Supervisor: J.C. Cartledge, 302 Walter Light Hall, 10 am

5 things about Queen's and the First World War

The 100th anniversary of the start of the First World War falls on July 28 and at Queen's there is a bevy of history connected to the "War to end all wars." Here's a quick look at some of that history!

1

While Richardson Stadium and the John Deutsch University Centre have well-known connections to the First World War, there many other buildings named after those with First World War service, including: Etherington Hall; Bracken Health Sciences Library; Ellis Hall; Clark Hall; Jackson Hall; Stirling Hall; and Stauffer Library.

2

A total of 189 staff, students, alumni and faculty at Queen's died in service during the First World War. A plaque with the names of the war dead is kept in the Memorial Room on the first floor of the John Deutsch University Centre.

3

There were eight military units that were associated with Queen's including: 5th Field Company and 6th Field Company (engineers); Canadian Universities unit (38th Battalion); 46th Queen's Battery and the reinforcement units the 50th Queen's Battery and 72nd Queen's Battery; No. 5 Stationary Hospital and No. 7 General Hospital (6 of the 10 doctors were members of Queen's Faculty of Medicine and many of the other staff were from Queen's); and the Queen's University Highlanders (253rd Battalion).

4

Fifth Field Company Lane is named after the Fifth Field Company Engineers of the Canadian military, and was the first Canadian engineering company to be deployed to England in 1914. The unit has the distinction of being the only purely university company in the Canadian Army during the First World War.

5

Kingston Hall and Grant Hall served as a military hospital during the First World War, while the attic of Nicol Hall was used as an army barracks. Ontario Hall was used as a dining room for the Fifth Field Company of the Canadian Engineers from 1916–1918.

Principal Daniel Woolf helps serve in Grant Hall during the Queen's Summer BBQ.



Faculty and staff were able to eat at a number of tables set up in Grant Hall.

Summer BBQ

The annual Queen's Summer BBQ was held Wednesday, June 25, and proved to be an excellent opportunity for faculty and staff to get outside and reconnect with their colleagues.

Hosted by Principal Daniel Woolf, senior staff helped serve the food in Grant Hall. Fortunately the rain let up in time for the luncheon, allowing people to sit outside and enjoy the eats.

Non-perishable food items were also collected for the Partners in Mission Food Bank.

The event was sponsored by Queen's Hospitality Services and the Principal's Office.



Staff and faculty chat and eat as they sit under the trees near Grant Hall.



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Appointments

Kathy O'Brien to head international portfolio

Alan Harrison, Provost and Vice-Principal (Academic), has appointed Kathy O'Brien as Associate Vice-Principal, International, effective June 1.

Ms. O'Brien came to Queen's in 2003 and for the past six years has served as executive director of the Office of the Provost. Over the past six months she assumed the additional responsibility of leading the international portfolio on an interim basis.

"Kathy has done an outstanding job leading the international portfolio through a period of transition and I am delighted that she has accepted this appointment," says Provost Harrison. "An important part of her role over the coming months will be wide consultation with the Queen's community as she refines goals and benchmarks in all areas of our international strategy."

John Witjes appointed Associate Vice-Principal, Facilities

Caroline Davis, Vice-Principal (Finance and Administration), has announced the appointment of John Witjes to the position of Associate Vice-Principal, Facilities, effective Sept. 1. Donna Janiec will continue in the role of Acting Associate Vice-Principal, Facilities, until September to assist with the transition.

Mr. Witjes (Sci'86), a professional engineer, worked in the private sector before joining Queen's as an assistant manager in Physical Plant

Services in 1991. He was promoted to Director, Engineering in 2003 where he led a team of engineers in support of new construction and facilities maintenance, and assumed responsibility for the operation of the Central Heating Plant and the co-generation facility.

Michael Fraser heads up new University Relations portfolio

Principal Daniel Woolf has announced the establishment of University Relations, a new portfolio encompassing University Communications, Marketing, and Government and Institutional Relations.

The creation of the portfolio formalizes a restructuring earlier this year that saw its three units report to Chief Communications Officer Michael Fraser, who is now Vice-Principal (University Relations) as the new unit came into effect on July 1. The restructuring will provide an opportunity to realize efficiencies between the three units and will not require any additional staffing.

"This reorganization is in line with practices at other Canadian universities and allows for increased coordination within the new University Relations portfolio, which has a key role to play in advancing Queen's mission and reputation," says Principal Woolf. "Since arriving at Queen's in May 2013, Michael has worked to raise the bar for the university's communications programs and has provided invaluable counsel to the senior leadership and others across the university. I am delighted that Queen's will continue

to benefit from his expertise in the vice-principal role."

Tom Harris reappointed Vice-Principal (Advancement)

Principal Daniel Woolf announced on June 16 the reappointment of Tom Harris as Vice-Principal (Advancement) for a second five-year term, from Jan. 1, 2015 to Dec. 31, 2019.

"Under Vice-Principal Harris's leadership, Queen's has taken important steps to keep its thousands of alumni engaged, and the university is on track to meet the ambitious half-billion-dollar goal of its Initiative Campaign," says Principal Woolf. "I am extremely pleased that Vice-Principal Harris has agreed to take on another term at the helm of Advancement and continue this important work."

Under Dr. Harris's tenure as vice-principal, Queen's successfully launched its Initiative Campaign, which has so far raised more than \$415 million. In 2013-14 alone, Queen's raised \$71.3 million, an all-time annual fundraising record for the university.

Nominations

Honorary degree nomination period now open

Information and nomination forms for 2015 honorary degrees is now available on the University Secretariat website or by contacting the University Secretariat at 613-533-6095. Deadline for submissions is Friday, Aug. 8.

humanresources

Job postings

Details regarding job postings – internal and external – can be found at queensu.ca/humanresources/jobs. Applications for posted positions are accepted by email only to working@queensu.ca before midnight on the closing date of the competition.

Internal

POSTING DATE: 26-Jun-2014

COMPETITION: 2014-181

JOB TITLE: Associate Director/Practice Manager

DEPARTMENT: Regional Assessment Resource Centre

HOURS PER WEEK: 35

APPOINTMENT TERMS: Continuing Appointment

CLOSING DATE: 10-Jul-2014

Please note that all internal candidates will be given first consideration for this position.

POSTING DATE: 25-Jun-2014

COMPETITION: 2014-179

JOB TITLE: Undergraduate Assistant (USW Local 2010)

DEPARTMENT: English

HIRING SALARY: \$39,199 (Salary Grade 5)

HOURS PER WEEK: 35

APPOINTMENT TERMS: Continuing Appointment

CLOSING DATE: 10-Jul-2014

Please note that all internal candidates will be given first consideration for this position.

Research staff postings

POSTING DATE: 24-Jun-2014

COMPETITION: 2014-R020

JOB TITLE: Research Assistant

DEPARTMENT: Psychology

HIRING SALARY: \$39,199 (Salary Grade 5)

HOURS PER WEEK: 35

APPOINTMENT TERMS: One Year Appointment

CLOSING DATE: 15-Sep-2014

Apply To: Please submit a cover letter with resume and two references to;

Jordan Poppenk –

Department of Psychology

jpoppenk@queensu.ca

Position will remain posted until filled. Consideration of applications will commence July 2, 2014

Successful candidates

Congratulations to the following individuals who were the successful candidates in recent job competitions.

JOB TITLE: Learner Wellness Centre Assistant

DEPARTMENT: Undergraduate Medical Education, School of Medicine

COMPETITION: 2014-065

SUCCESSFUL CANDIDATE: Victoria Atchison

JOB TITLE: Educational Coordinator

DEPARTMENT: Continuing Professional Development Office, Faculty of Health Sciences

COMPETITION: 2014-R013

SUCCESSFUL CANDIDATE: Lindsay Cameron

JOB TITLE: Research Accounting Officer

DEPARTMENT: Financial Services

COMPETITION: 2014-082

SUCCESSFUL CANDIDATE: Young-Tae Kim

books

New releases: Copyright, Surveillance and Ecological Sustainability



Transparent Lives: Surveillance in Canada, by The New Transparency Project, edited by Colin J. Bennett, Kevin D. Haggerty, David Lyon, and Valerie Steeves

The work of a multidisciplinary research team, *Transparent Lives* explains why and how surveillance is expanding – mostly unchecked – into every facet of our lives. The New

Transparency Project, based at the Surveillance Studies Centre at Queen's University, takes a look at the major ways in which both government and private sector organizations gather, monitor, analyze, and share information about ordinary citizens, the volume identifies nine key trends in the processing of personal data that together raise urgent questions of privacy and social justice. Intended not only to inform but to make a difference, *Transparent Lives* is aimed at a broad audience, including legislators and policymakers, journalists, civil liberties groups, educators, and, above all, the reading public.

While most members of the public are familiar with surveillance cameras and airport security, most are unaware of the extent to which the potential for

surveillance is now embedded in virtually every aspect of our lives. This book, published by AU Press, looks at where such information goes and who makes use of it, and for what purpose.

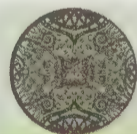


Canadian Copyright: A Citizen's Guide, Second Edition, by Laura J. Murray (English and Cultural Studies) and Samuel E. Trosow

Laura Murray, with Samuel E. Trosow, completely update their work in this revised edition of *Canadian Copyright*, which parses the Copyright Act and explains current Canadian

copyright law to ordinary Canadians in accessible language, using recent examples and legal cases.

In the digital age, when practically everything is downloadable with the click of a button, copyright has become an increasingly important issue, and questions abound. If you're an artist, consumer, or teacher, copyright is likely a part of your everyday life and *Canadian Copyright*, published by Between the Lines, can provide the answers you might be looking for.



Religion and Ecological Sustainability in China, edited by James Miller (Chinese Studies and Religious Studies) with Dan Smyer Yu, Peter van der Veer

Dr. Miller's research has focused mainly on traditional Chinese views of nature and environment and *Religion and Ecological Sustainability in China* sheds light on the social

imagination of nature and environment in contemporary China. The book, published by Routledge, demonstrates how the urgent debate on how to create an ecologically sustainable future for the world's most-populous country is shaped by the complex engagement with religious traditions, competing visions of modernity and globalization, and by engagement with minority nationalities.

The book develops a comprehensive understanding of contemporary China that goes beyond the tradition/modernity dichotomy, and illuminates the diversity of narratives and worldviews that inform contemporary Chinese understandings of and engagements with nature and environment.

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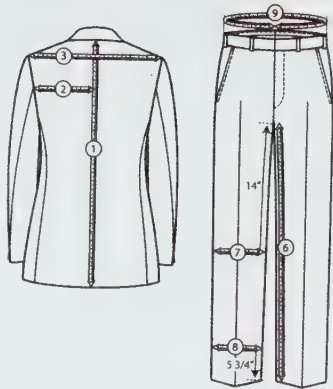
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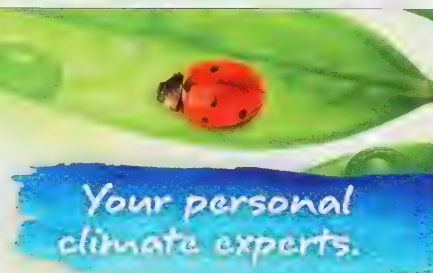
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The Classic Appeal of the Downtown Barbershop

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MORE TO THE STORY

Please let me begin by saying that I really enjoyed reading your July/August issue of *Kingston Life*. Although I found Patricia Henderson's article "More Than A Good Haircut" to be very interesting, I am wondering why it did not include the biggest and most nostalgic downtown barbershop in Kingston: Generations Barbershop. Generations is on the corner of Queen and Barrie streets, in a beautiful, big old limestone building. It has the traditional barber pole outside, while the inside is full of antiques, including several vintage barber chairs, an antique sink, autographed memorabilia from prized boxers, musicians and athletes, as well as old-fashioned pictures and price lists that include the cost of having your teeth pulled and having leeches used, which barbers used to do as part of their job. Christos Senis is the owner and has been a barber himself for over 12 years. He comes from a long line of barbers who originated from Greece. Christos's father, Taso Senis, owned the well-known Atlas barbershop, which was on the corner of Brock and King. Christos chose the theme of an antique barbershop for his own place. The limestone walls and the hardwood floors, complete with a fireplace, all add to the old-fashioned, cosy appeal. If you get the opportunity to enter his barbershop you will see what I am talking about: once you cross the threshold, you feel like you have been transported back in time.

Lisa Senis, *Kingston*

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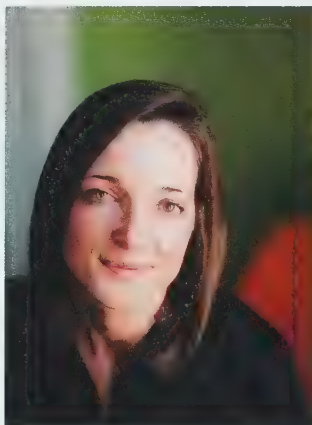
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EDITOR'S LETTER



EVERY ISSUE OF KINGSTON LIFE comes to life through a series of carefully managed deadlines, each counting down the months, weeks and days until the magazine needs to be completed and sent off to the printer. The series begins with discussing the first seeds of story ideas months in advance and ends with thoroughly reviewing the final proofs just before we give it our final approval and the presses start rolling.

As an editor, I have learned that even the firmest of deadlines need a little flexibility. This is especially true when determining each issue's cover image. While selecting photos to accompany the stories inside of the magazine is a process we have down pat, finding an image that works as a cover can be a little more difficult. The challenge is finding an image that is

eye-catching, represents the theme of the story in a nutshell, and has open space for our masthead and cover lines. Despite the weeks and months spent preparing each issue, cover inspiration rarely seems to strike until our final deadlines are looming. Evidently, nothing is more inspiring than an empty page with the clock furiously ticking.

For this issue, it wasn't until our last week of deadlines that we finally decided on a concept to portray the ideas of community and creativity behind the new "arts cluster" in development on Kingston's waterfront, as detailed by Patricia Henderson in feature story "Creative Acres" (pg. 24). With days to go, we called on photographer Scott Adamson with a very foggy description of what we had in mind. Without hesitation, he was in, shuffling his schedule to accommodate the shoot. We knew we needed a dancer, so I asked Ebon Gage, artistic director of Kingston School of Dance, if he knew anyone who would be a good fit — and available at the last minute. He did and, in the type of coincidence I'm convinced only happens in Kingston, his first suggestion was Jaimie Henderson, the daughter of the writer of the story.

I am continually impressed with the talent and commitment of the writers and photographers who contribute to *Kingston Life*. Many have been part of the magazine since it was founded over 10 years ago and their commitment to producing quality material is what makes this magazine thrive. A few days after that first call, Scott, Jaimie and Patricia found themselves on the roof of a parking garage in downtown Kingston at sunrise. One of the best lessons I've learned at *Kingston Life* is that despite any delay or last-minute challenge, somehow, miraculously, things always fall into place. And then a bird flies into the corner of the photo frame at the perfect moment and completes the shot.

Jane Deacon
jane.deacon@sunmedia.ca



Lindy Mechefske is a freelance writer and photographer, and associate editor of the *Queen's Alumni Review*. Her recent work has appeared in the *Ottawa Citizen*, *Montreal Gazette*, *Vancouver Sun*, *Kingston Whig-Standard*, *Kingston Life Interiors* and the *Queen's Feminist Review*. She is author of *A Taste of Wintergreen* and is currently working on a book entitled *Trans-Journeys: travels along the gender continuum*.



Over the years, longtime *Kingston Life* contributor Alec Ross has written extensively about the city's environmental, renewable energy, higher education and health-care sectors. He says he took particular pleasure in writing this issue's profile of Kingston Community Health Centres. "Not everyone knows about KCHC, but its staff and volunteers do some of the most important work in the city," says Alec. "I was constantly impressed by their genuine dedication to making a positive difference in the lives of the families, seniors and immigrants they serve."



Kingston native Therese Greenwood has twice been short-listed for the Arthur Ellis Award, Canada's top mystery writing prize. In 2012, two of her mystery stories were published by *Ellery Queen Mystery Magazine* and she won the CBC's Flash Fiction mystery writing contest. In this issue, Therese spoke with native Kingstonian and Polaris Prize founder Steve Jordan on the birth of Canada's national music award. She now lives in Wood Buffalo, Alberta, and tweets at twitter.com/wolfislander.



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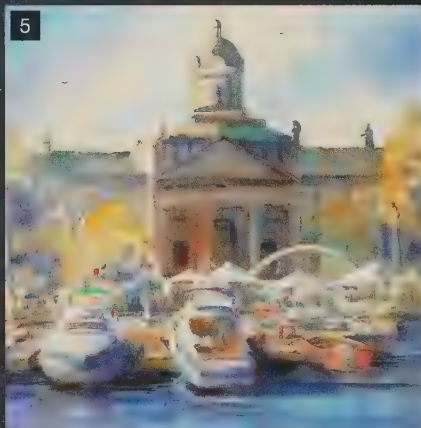
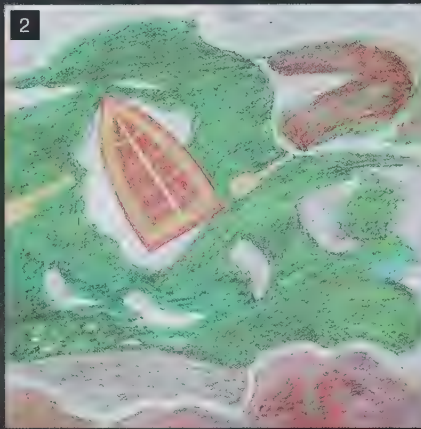
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VIEWPOINT

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PERSONALITY

The Power of Imagination

How Richard Ward's creative engineering created a local business with international demand BY PATRICIA HENDERSON

Growing up in a family of engineers, with a brother who built go-karts and hovercrafts, it is no surprise that Richard Ward loved to build things as a child.

"There certainly was a fair bit of science immersion at my house," says Ward, who today is the owner and president of Pure Ingenuity, a custom equipment design and fabrication group. "My father, older brother, uncles and grandfather are engineers. I liked building models of planes, zeppelins and even steam engines. But I also liked to sell things so I had a paper route and started

a gardening business. By the time I was at university I knew I wanted to run my own business. I just wasn't sure how to get into it. Eventually I went into mechanical engineering because I wanted to build things I could see."

In the mid-'80s, Ward and his wife caught the travel bug and made their way through Australia, New Zealand and Southeast Asia. When they returned to Kingston nine months later, Ward joined the metal-fabricating company E.K. Purdy Ltd. It turned out to be a perfect fit, and 26 years later,

Ward is still there.

"The company really chose me," he says. "It takes a lot of sweat and toil to get a business off the ground and they had been in business for 15 years when I joined them. I got involved after it was up and running, and learned the business from Ken and Caroline, the original owners. The infrastructure was already in place so I could concentrate on growing the business and getting new customers. My job really started as a combination of engineering and sales."

Ward bought out his partners when they

retired, and in 2006 the company name was changed to Pure Ingenuity. "We wanted to emphasize that we were now engineering solution providers and not just metal fabricators. We had added more engineers into the business to work with the skilled trades so they could all feed off each other. The engineers get practical input from the people who are actually going to build the equipment. In fact, the thing that distinguishes us is our ability to solve manufacturing challenges, then design and build the solutions. With people designing and building in the same company, you get a more appropriate design that is easier to build. The end result is better."

Today 40 per cent of Pure Ingenuity's sales are exported to China, Mexico, the U.S. and the U.K. With a reputation for accurate, precision fabrication, Ward's company is especially in demand with food, pharmaceutical and chemical companies that have exacting standards of purity and quality. The firm has done many architectural stainless-steel projects, from the railing work in the new Queen's School of Medicine building to local restaurant designs. The zinc bar in Le Chien Noir is theirs, as is the aluminum torch sculpture on the pier at Portsmouth Olympic Harbour. One of their most exciting projects has just been shipped out: a mobile, aluminum rotating platform for the Sudbury Neutrino Observatory located two kilometres underground.

One would think that someone who can build anything would be handy to have around the house. Not quite the case. "My wife says that nothing gets done around our place," Ward admits. "Instead, I love to sail and have a windsurfer, ice boat and sailboat. I do build parts for my trimaran [sailboat] though."

For Ward, it is still the people around him who make the difference. "Ultimately, the best part is the people I work with and the customers I have. We develop a strong relationship with our customers and they know they can rely on us. I like the sales process because it's about building those relationships. I still like to do some deliveries."

These days Ward is busy with a five-year expansion plan for Pure Ingenuity and loves the work as much today as he did when he started almost three decades ago. "We are selling designed, complete turnkey machinery and are world competitive in our niche. Business is such a creative pursuit, and when something you conceive and build all comes together, and works really well, it is very satisfying. I still enjoy testing things before they get shipped out and seeing them work for the very first time. It is pretty amazing."

www.pureingenuity.com ❧

Navigating the Gender Divide

Michelle Hamelin's brave journey as a transgender employee of Kingston Pen

BY LINDY MECHEFSKE

A few months ago Michelle Hamelin was in the women's section of a major department store with a large selection of clothing in her arms when she had a full-on panic attack.

Everywhere she looked she saw men, women and children. "I flipped out," she says. "I thought to myself, I am none of these things. I'm a freak, I don't belong anywhere."

Her heart pounding, she dropped the clothing and fled the store.

Michelle Hamelin, age 49, is on one of the bravest and most emotional journeys, the trip across the gender divide. She is still in the early stages of gender transition and had just started taking the female hormone estrogen shortly before that panic attack sent her running.

"I felt somewhere between male and female," she says. "I was bouncing around between days at work as Michael Hamelin and nights as Michelle." She was not yet officially out as transgender except to a few very close friends, some select work colleagues and her parents.

Michelle Hamelin is an institutional supply officer at Kingston Penitentiary. She started working there in 2010 when she was still Michael Hamelin. Prior to joining the federal prison service, Hamelin, a rough, tough, burly guy with a big heart, had spent close to three decades in the Canadian military as a member of the elite Royal Canadian Regiment. "I was trained to kill, to jump out of helicopters and off towers, and to handle weapons," she says.

If it seems like Hamelin has a penchant for working in testosterone-fuelled environments, that might be because for most of his life Hamelin worked so hard at being a man. "I've known for as long as I can remember that I was different, that I was female on the inside and that perhaps other men didn't feel the same way," she says. "But I was determined to defeat it."

Hamelin would hang out in bars with the guys. "I'd announce that I was a lesbian and everyone thought it was hilarious — me this big tough hombre, calling myself a lesbian. It was a huge joke and always brought the house down," she says. "I chased skirts out of bars with the best of them."

On the inside though, Michael Hamelin was starting to crack. When his first marriage broke down and his ex-wife returned to Germany with their two children, Hamelin was suicidal. He blamed himself for the demise of his marriage.

Just after his family left Canada, Michael Hamelin sat in a parking lot with a loaded gun for an entire night. In the morning he checked himself into hospital. He knew he needed help. He had no idea where to turn and he still had trouble explaining himself and admitting his feelings out loud. "It's all I knew. I thought I was a cross-dresser. I didn't understand yet what being transgender was all about," she says. That was 1993.

Eventually in 2007, Michael Hamelin was diagnosed with gender dysphoria, the condition where the known or felt gender does not match physical gender. At that time, he went on estrogen briefly. Around the same time, he met another woman and they got married. His second wife was aware of his condition but shortly after their marriage she told him that it wasn't going to work if Michael persisted in taking hormones. He quit. Once again he tried to tough it out as a man. It didn't work and the marriage broke down in 2011.



In February 2012, Hamelin started taking hormones again. This time it was different. "I could not continue the charade. I was no longer comfortable being a man," she says. "I'd come to terms with gender dysphoria and I couldn't keep living a lie."

Gender transition does not come easily, quickly or cheaply. It's a process that takes time, money and courage. The emotional process is as challenging as the physical transition. Coming out as transgender to friends, family and co-workers can be daunting. Transphobia is rampant. Most transgender individuals feel they have no choice. The suicide attempt rate in the trans population is amongst the highest of any known group. Yet despite all this, the regret rate of those transitioning is less than one per cent.

Michelle came out officially and very publicly on July 14, in a story published in the *Ottawa Citizen*. The first week after the article appeared she felt as though she'd come out of the closet and gone straight into the basement. Prison management thought Michelle should continue coming to work as Michael until her legal name change came through.

Though she felt sick about continuing the charade of being a male even though she had announced her transition publicly, she complied. A week later, after some discussions on both sides, management agreed to waive their requirement for Michelle to continue on as Michael and on July 24, Michelle came out again — this time coming to work dressed as a female for the first time.

"There was no precedent for this at Kings-



(top) Michelle Hamelin today, styling courtesy Lisa Selen

(top right) Hamelin outside Kingston Pen July 2012

(above right) Michael Hamelin with daughter Nadia, 1999

(above) Michael Hamelin receives a medal from North Atlantic Treaty Organization (NATO). mid-00s

ton Penitentiary," says Michelle. "As far as I know, I'm the first out male-to-female transgender staff person in the federal corrections service. There was a learning curve for all of us."

Coming out has been a predominantly positive process, thanks in no small part to her own attitude but also due to a surprising amount of support from colleagues, friends, and even inmates at Kingston Pen. "With each passing week it gets easier," says Michelle. "Soon I will no longer be a curiosity."

Still, there are awkward moments. People stare. She's learning as she goes and telling her story with a view to helping others that might be transgender and to educating everyone she can about what being transgender means.

"I can have some fun with this too," she says. "I need to help people so they don't trip over the sidewalk and hurt themselves while gawking at me." She asks people that are staring if they have questions and tells them that she would be happy to provide answers and that she too, might have questions if she were in their shoes.

"There will be an adjustment," says Michelle Hamelin. "There's no rule book for how to come out transgender. That's why I wanted my story to be public — it's about education. We're all learning. It takes time. It takes honesty. It takes acceptance." kl



More to the Story

The seemingly unstoppable growth of Kingston WritersFest

BY HARVEY SCHACHTER

If you think attracting prominent authors to Kingston for a writers festival would be extremely difficult given the many competing events in larger cities, you're wrong. If you think those authors present organizers with a long list of requests for exquisite wines and other special touches in their hospitality suite, you're wrong. If you think a writers' festival in Kingston is doomed to attract a handful of people, you're wrong. If you think there wouldn't be sufficient fundraising capacity for such a festival in Kingston, given its small business economy, you're wrong.

Merilyn Simonds, Jan Walter and a group of other intrepid volunteers will host their fourth Kingston WritersFest this month. They have demolished a long list of myths and created a festival that essentially draws the authors of its choice to large audiences of enthusiastic and engaged Kingstontians.

But those myths seemed right four years ago when Simonds — a local author known for her splendid novel *The Holding* and best-selling work *The Convict Lover* — decided to attend the previous incarnation of Kingston WritersFest, held at the Kingston Public Library. She had attended many such events as a speaker and had strong feelings about what makes a good festival, but running one was definitely not on her to-do list.

At the time, however, she was disturbed that the novel she had spent five years writing couldn't get published. She worried it had taken her so long to write a book that she had lost touch with readers during that interval, making publishers wary about whether people would gravitate to her next book. She realized she wanted to help bring readers and writers together, to build bonds as the publishing industry seemed

to be imploding.

The festival, then attracting about 50 people, seemed worth supporting, and she volunteered to help the organizers by writing a grant proposal to secure more funding. But organizers, after three years running the festival, were tired — a situation Simonds is even more sympathetic with now after running a festival for three years herself — and intended to shut down. They declined her offer when she met with them, accompanied by Jan Walter, a well-known publisher who had moved recently to the city. Determined that Kingston not lose this opportunity for authors and readers to come together, Simonds and Walter asked if they could use the name to organize a festival on their own, knowing that when seeking grants it's essential to have a record of a few years of operations. One of the existing organizers, Barb Love, who

works for the library, agreed to work with them, and they corralled a group of eight others who would join them on this seemingly quixotic task.

Merilyn Simonds, Jan Walter and a group of other intrepid volunteers will host their fourth Kingston WritersFest this September. They have demolished a long list of myths and created a festival that essentially draws the authors of its choice to large audiences of enthusiastic and engaged Kingstontians.

But they had some advantages. Walter knew publishers and could gain access to authors, while Simonds knew the directors of other festivals and could call on them for advice. Walter was very knowledgeable on non-fiction, and Simonds on fiction. And Simonds had what turned out to be useful insight on what makes the best festivals tick.

It started with venue. All major festivals have a single venue and stick with it. Simonds wanted something that showed off Kingston at its best, which ideally meant somewhere on the waterfront. The library was problematic because it was closed at times the festival might need it, and there was no place for lunch for the audience. The festival settled on the Holiday Inn. Years earlier Printed Passages, an independent bookstore, had run a luminous series of author readings at the hotel and Simonds felt somewhere lurking in the residual memory of many Kingston readers were warm feelings towards such sessions at that locale.

Audience engagement was also vital, so 25 minutes at the end of every session is given to questions and answers. As it happens, Simonds attended an international festival of authors last year and when the moderator asked for questions, dead silence followed. "I never experienced that in Kingston. Hands fly up here and people are reading excerpts from the book. Our audiences are so engaged. It would be unthinkable not to have questions," she says.

From its inception, the festival has been consumed with reaching out to educational institutions. Queen's and St. Lawrence students can get in for free. The festival worked with schools to have class field



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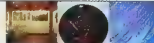
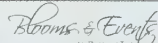
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trips to the event and started a high school writing contest. A new program initiated this year will take authors into elementary schools the day before and day after the festival, and when Queen's University decided to hold a Common Reading Program, in which all incoming frosh read the same book in order to build connection with each other, the university turned to the festival to help with the effort. A writers studio is also being launched with special two-hour classes, featuring local author Stephen Heighton on writing character, playwright Judith Thompson on writing monologue and Kelley Armstrong on writing fantasy, with one session for high school students and one for adults.

From their first year, the festival organizers have found themselves essentially able to get the authors they choose, thanks initially to Walter's connections and now to the sparkling reviews they receive from attending authors. The authors are used to a solitary existence and don't have many demands. "Wranglers" make sure the authors have everything they need to be comfortable. For Nobel Prize winner J. M. Coetzee and his wife, Dorothy, both cyclists, the festival arranged for them to be fitted for bikes at one of the festival sponsors, Frontenac Cycle, so they could tour Wolfe Island and ride up Bath Road. The couple were so appreciative they bought some banana bread at the downtown market and brought it to owner Graeme Healey.

The festival currently operates on a budget of over \$200,000, this year obtaining 28 of the 29 grants it applied for, with Simonds still waiting at time of interview to hear from one. But it also has attracted a number of local sponsors, who become Medicis, pay for the cost of an author to attend, and in return get tickets to the event and a chance to meet the author. Quarry Pharmacy, for example, sponsors an author from a different genre every year. So far, Simonds has yet to be turned down by anybody she has approached to be a patron.

The first year under Simonds' guidance the festival drew 3,000 people, while last year it was 4,200, as the program keeps expanding. Simonds, who holds the title of artistic director, has gone well beyond her own expectations in terms of the festival's impact, thanks in part to the 40 hours a week she gives it year-round, for free. But now she is intending to institutionalize the event, so that by next year's festival it will have a paid general manager and artistic director. Then she can return to writing books — assured there will be an audience in Kingston.

Kingston WritersFest will take place Sept. 26-30. For more information, visit www.kingstonwritersfest.ca. kl

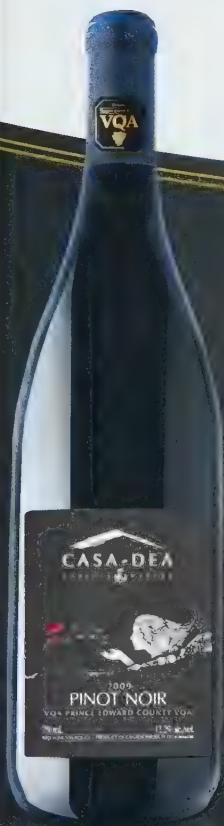
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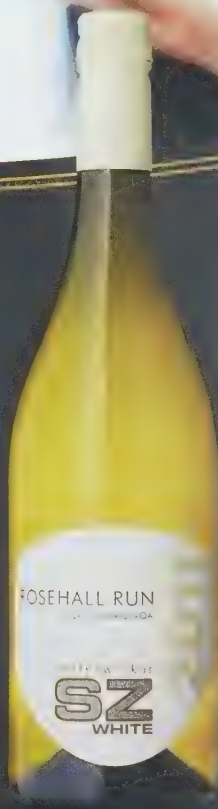
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The Wind at Our Backs

Notes from a Long Haul, Two-Wheeled Journey

BY LAWRENCE SCANLAN

The confusion was understandable. I would tell people I was cycling to Newfoundland and what they heard was this: I was going to fly to “The Rock,” noodle around there on a rented bicycle, then fly home. No, I said. I’m bicycling to Newfoundland — from Kingston.

Oh, they said. When I bought socks at Runners’ Choice and told the owner of my plans, she smiled and said that crossing the country by bicycle was on her bucket list. A triathlete who works at Chez Piggy (we often encounter each other on morning dog walks on Mack Street) offered me two of his cycling jerseys. I’m 63 years old and what I was getting was a lot of way-to-go-Gramps encouragement. Rose DeShaw was dispensing lemonade outside the Kingston Community Credit Union on Market Street and when I told her of my adventure, she said, “Good for you, honey.”

The trip’s genesis lay with an old friend, Michael Cooke, who had cycled in 2007 from Vancouver to Toronto with his 21-one-year-old daughter, Liz. She wrote artfully about their trip in a blog entitled “Me, the pa and 5,000 km of open road.” Michael, now 65, had a notion of completing the coast-to-coast trip but Liz was unavailable — so I put up my hand.

I cycle most days spring through fall, but my 1972 Bottecchia 10-speed is for errands and the odd day trip. Now it was being asked to get me in shape for a trek.

The literature on preparing for “touring” (long-distance cycling) prescribes hills, hills and more hills — “and finish every hill,” one book sternly warned. The first time I rode up the hill at Fort Henry my legs and lungs were burning by the top. Starting early in March (that mildest month of the winter that wasn’t), I gradually lengthened my rides. One bold day I rode to Gananoque and back but I had not properly hydrated and I crawled home with my tail between my legs. Lesson learned. Drink water before, on and after long rides, with granola bars as fuel. When my training time was limited, I would do hills only and by mid-June I was comfortable climbing seven Fort Henry hills in a row.

Training rides taught me how blessed we

are in this city. A ferry takes you to Wolfe Island where cyclists are offered a gorgeous, virtually car-free 54-kilometre ride to the eastern-most point and back. Howe Island offers another quiet lake-view road. Finally, the jewel: the Kick and Push Trail (accessed off Sydenham Road below the 401) takes a mostly shaded route all the way to Sydenham village and Frontenac Park.

“I’m so glad you got me into this,” I remember saying to Michael on one such trip. The marshland views, the smell of fresh-cut hay, the adrenalin from sharp descents: the cyclist experiences sensually what the driver is denied.

Michael and I did one last training run in mid-June — with saddlebags loaded. Was he testing me? I did keep up but I also got separated from him near Peterborough. I paused outside a village corner store and when I looked up he was nowhere to be seen. He went southwest and I went west, and while we did hook up at our destination, I had tacked on 30 kilometres on a 32-degree day. I wondered: a harbinger of

what’s to come? Still, we did 260 kilometres in two days. I didn’t look very pretty at the end of it, but I managed.

June 25. After a weekend of Fenway franks and late nights in Boston, I arrive back in Kingston on the train Monday morning. The annual Scanlan brothers baseball trip is not the ideal springboard to a month of cycling, and the lads agree: Senior’s nuts.

We depart from my house mid-morning, with balloons and a bon voyage sign on the lawn and half a dozen neighbours gathered. I have not even left the property when the tie on a sloppily attached front pannier becomes ensnared in my spokes and snaps — requiring a quick fix. Inauspicious start.

I am riding a brand new all-Canadian Opus Legato. These touring bikes are Canadian-designed and “most” (their website claims) are assembled in Montreal. The wry wit at T.I. Cycle in Gananoque where I bought the bike said something about all that Chinese lettering on the box it came in and pronounced the bike “about as Cana-



michael cooke photo by lawrence scanlan

dian as won ton soup.”

Still, I love the bike. I have bought bright-red Arkel panniers (“hand-made in Montreal”) at Cyclepath so I look the part of all-Canadian cyclist as we head for Quebec and La Route Verte. The Green Road (ranked by *National Geographic* among the top 10 cycling routes in the world) hugs, in part, the north shore of the St. Lawrence River and snakes through lovely villages on the historic Chemin du Roi (the Path of the King).

I now wear mountain-bike shoes that click onto the pedal. This means greater efficiency since both the down-stroke and the up-stroke are counted. The trick is to remember that your shoes are fixed to the pedal, and that exiting requires a quick twisting-out motion. I thought I had it mastered until I came to a full stop at the Wolfe Island ferry docks after a training ride with Michael and, in slow motion before a sizable crowd, toppled onto the asphalt with the grace of a felled tree. I will not do that again.

July 21. After shipping our bikes home and flying from St. John's to Halifax to Montreal, with a train from there, we are warmly welcomed home. Liz is there at the train station, plus Juliet (Michael's wife), Ulrike (my wife) and our Senegalese friends — the younger ones holding aloft small bouquets of white carnations and handcrafted signs of congratulation. Sweet.

From start to finish, Michael and I cycled 2,425 kilometres — ending at a bar on Water Street in St. John's called Scanlan's. The longest day was a 175-kilometre ride on the north shore of the St. Lawrence River but for me the most gruelling day was a 150-kilometre marathon of Murphy's Law wrong turns coming into Montreal on Day Two. The shortest day was a mere 25 kilometres, with 110 kilometres the average. We each carried 45 pounds of gear — clothes, tents, sleeping bags, air mattresses, plus cooking, repair and medical kits. As for strokes of the pedal, my own count exceeded 500,000. It took us 25 days to reach Newfoundland — and eight hours to return.

The great challenges of long-distance cycling are hills, heat and wind, which can combine to punishing effect. With each passing day the level of cardiac fitness increases but so does fatigue as the odometer clicks on (which may explain why we slept 12 hours on the ferry from North Sydney to Argentina). Thankfully, bikes and bodies held up nicely.

What made the trip so magical, in part, was all the luck. The west wind usually offered a helpful push. The weather — but for monsoon rain in Quebec City — was mostly benign. We often got lost but were never separated, and we made every im-



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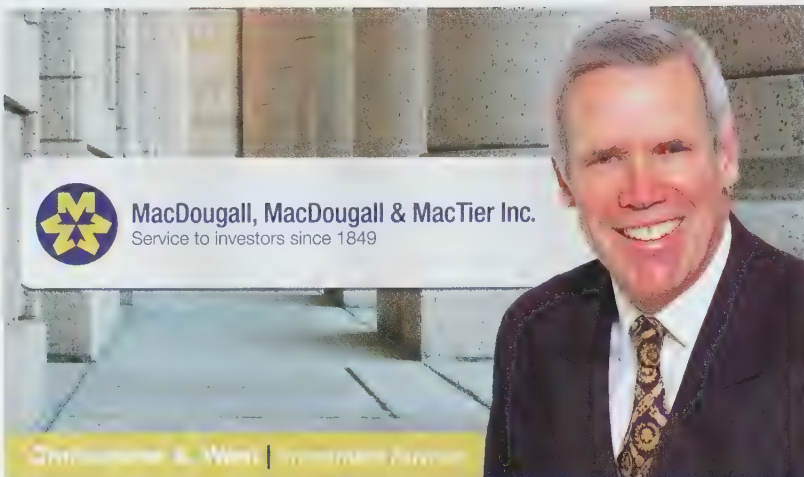
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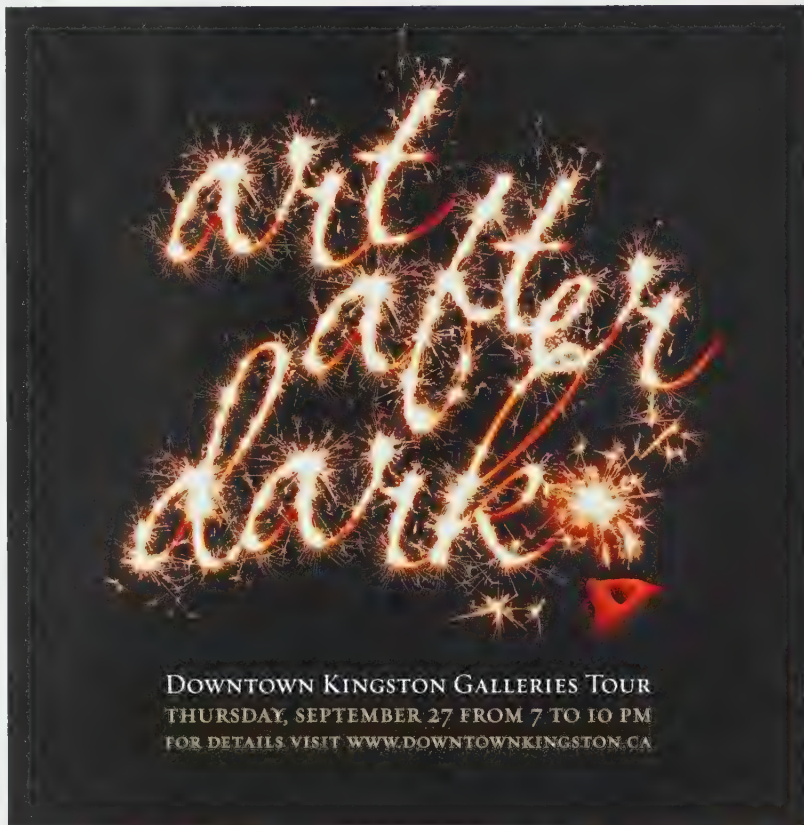
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posed deadline. To our great delight, we often rode while flanked by water: the St. Lawrence, Canaan and Saint John rivers, lakes and ponds, the spellbinding sea. And the song of the white-throated sparrow seemed to follow and guide us from the forest sidelines.

What lifted the trip into yet another realm, though, was not the luck or even the compelling landscape — viewed at bike speed on back roads, or what American writer William Least Heat-Moon once called Blue Highways. No, it was the people. We camped six nights, found B&Bs for three, and otherwise bunked with friends or folks just met. The warmth and hospitality of people known to Michael or me were perhaps to be expected, but extraordinary nonetheless. Being welcomed into houses in six provinces afforded special insight into the unique character of each.

We were gobsmacked, though, by the kindness of strangers. Was it that Michael and I are pensioners and therefore less threatening? Was it about travellers triggering some primordial instinct to aid? Was it cyclists sheltering members of the cycling tribe? Was it my lime-green cycling shirt and all my anti-sunburn paraphernalia — French Foreign Legion-style head, neck and ear protection, solar stockings on arms and legs, white sunblock plastered across my face — that lent me a comic air? (“Nice getup,” said a woman in a market in Bristol, New Brunswick.) Maybe, by turns, it was all of the above.

I had thought the journey would present foremost a physical challenge, and there were times when our fibre (and our bums) were sore tested, but there was no whimpering and all manner of laughter. One tiny example: On a blue highway near Stellarton, Nova Scotia, we encountered a father and his eight-year-old son biking to the store. I learned that the two live in Kingston, New Brunswick — a fact the boy cheerfully relayed after I told him I come from Kingston, Ontario, and had recently passed through Kingston, Prince Edward Island. Seeing the boy eyeing my attire, I asked him, “Do you have a question for me?” He thought for a bit. “Are you going to the Olympics?” I laughed out loud. “The geezer Olympics,” Michael responded.

We were embraced like kin by such solid, such trusting, such compassionate folks — young and old — on our journey. I came back lifted, encouraged, heartened and inspired by the Canadian hinterland and its people. Changed somehow.

Michael knows a Spanish proverb: *No basta leer; tiene que ir y ver*. (“It’s not enough to read; you have to go and see.”) My advice: go and see from the saddle of a long-distance bicycle. **kl**

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The exciting development of Kingston's new centre for creativity, culture and community

by Patricia Henderson

The development of an "arts cluster" on the waterfront is generating a buzz around town. The buildings at 370 King St. W. are being reborn as part of a dream to create a unique destination that brings together artists, students and the community on one of the oldest heritage sites on Lake Ontario. By 2014, this prime location will be the first of its kind in the region, home to the Tett Centre for Creativity and Learning, a revitalized community hub for arts organizations, and Queen's University's Isabel Bader Centre for the Performing Arts, a new state-of-the-art educational and performance facility.

For the last few decades, the site has been home to the beloved J.K. Tett Centre, Stella Buck Building and Domino Theatre, but the location's historic legacy dates back to 1831, when Thomas Molson, son of John Molson of the famous beer dynasty, operated a brewery there. Nine years later, longtime employee James Morton bought it from him and established the grand Kingston Brewery and Distillery, a fine example of 19th-century industrial architecture. The former chair of the original Tett Centre Tenant Association, Dorothy Young, researched the Morton Brewery and discovered there were once three industrial buildings on the site: the brewery, distillery and stables. An 1844 *British Whig* article says, "This most exten-

sive establishment, the largest on the continent of America, [has] 32 immense fermentation tanks of 3,000 gallons each and the brewery is capable of producing 100 barrels of beer weekly." This was at a time when the population of Kingston was approximately 5,000 and there were 136 taverns.

Young notes that by 1918 the site was used as a military hospital, and by 1924 the buildings were converted again to house the Eastern Ontario Army Headquarters. Nearly 50 years later, in 1971, the City of Kingston acquired the lower portion of the site and converted the original brewery to accommodate low-cost rental space for not-for-profit and cultural groups. The J. K. Tett Creativity Complex to the east was named after John K. Tett, a former director of recreation for the City of Kingston who first initiated the creative use of the site. For a time, the Tercentenary Lodge group home also occupied a lakefront addition to the Tett before it was turned into offices. The western building was named after local social worker Stella Buck, and the former stables became home to Domino Theatre. For decades this site was a hub of culture and community, housing Theatre 5, the Limestone Kennel Club, the Girl Guides, the Kingston Symphony's annual book sale and a number of dynamic tenants.

But as time took its toll, the Tett began to show its age. "The Tett had been previously



images are architects' renderings
(top) Isabel Bader Centre for the Performing Arts and the Tett Centre for Creativity and Learning (bottom) Bader Centre corridor





assessed, several years ago, as a priority heritage building from a City study of its heritage properties," says Brian McCurdy, cultural director for the City of Kingston. "It was found to be in poor condition and didn't meet accessibility standards."

Seven years ago, the City began initial work on the Tett Centre revitalization and hired Artscape Inc., a Toronto firm that develops and manages arts clusters or multi-tenant art centres, to develop a feasibility study of the site. "Artscape advised us to sell part of the waterfront property to Queen's and so lessen the burden on the City," says McCurdy. "This would provide the perfect opportunity to retain and restore the remaining Tett building for artists and the community. It was the ideal scenario because the City of Kingston is always dealing with the dichotomy of having many great old buildings but finding them hard to maintain and rent out. This renovation is a very creative reuse of a historic building that maintains the heritage component while breathing new life back into it."

In 2006, Queen's University purchased the Stella Buck Building and Domino Theatre "stables" for the location of its new performing arts centre. Shortly after that, the remaining City-owned building, now called the Tett Centre for Creativity and Learning, incorporated as a non-profit organization. A representative from each of the eight existing tenant organizations, along with four community members and two ex officio members (Brian McCurdy of the City of

Kingston and Gordon Smith of Queen's University) became the Board of Directors for the new Tett Centre. (Although the City of Kingston still owns the Tett, the board is a tenant and will be responsible for managing it once renovations are complete.)

"Early on, we all went together to visit and study different arts clusters in other cities," says Nadine Baker, chair of the Kingston School of Dance board. "A plan was developed to retain the unique architectural features here, so there will be a combination of old limestone with glass and steel. It will be a rich artistic base of tenants who are all very knowledgeable about what's going on with each other. The building will be alive and the community will feel just how juicy the arts are in Kingston."

The revitalization of the Tett will encourage cross-pollination and collaboration among arts groups for everything from fundraising to big shows. "The hope is that this concept will harness the different synergies of the various groups in the building so it will be greater than the sum of its parts," says McCurdy. "This is a first of its kind in the city and will definitely be accessible to Kingston residents and area visitors. All of the studios have glass walls along the corridors so the public are invited into the creative process. Hopefully this will inspire people to come and see the artists at work, and encourage them to participate and take classes. The whole complex will be an exciting transformation for Kingston."

Other artists can use the gallery or rent

studios, the rehearsal hall (with sprung floor) or the larger, licensed Malting Tower, which has a capacity of 120 people. This tower will be the biggest renovation to the building and a replica of the original malting tower at the south end, which in addition to giving the building character, will also be a revenue-generating, multi-purpose room suitable for weddings and other events.

This year, the actual physical work began on the Tett Centre for Creativity and Learning. "The final capital budget for the Tett Centre, as part of the joint City/Queen's project, is \$11.5 million, funded by a contribution from Queen's University of \$8.5 million and \$3 million from the One Time Infrastructure reserve fund," says McCurdy. Because the building was in great disrepair, the interiors have been demolished down to the floors and walls, and the City will soon contract out for the rebuild of the structure, which includes a new roof. Attention will be paid to the rehabilitation of heritage features, accessibility and structural work in accordance with the building code. Since the interior look will be "industrial chic," with exposed pipe and cement floors, tenants are responsible for any "build-up" beyond their four walls and electrical outlets, such as decorating and renovating rooms to suit their organization's specific needs.

Bill Penner, the City's interim development co-ordinator for the Tett, facilitates the whole process between Cultural Services, the tenants, project manager Rob Croth-

ers, the City's Real Estate and Construction department and architects Colbourne and Kembel. Penner has already seen many positive things transpire. "When I first met the Board of Directors of the Tett Centre, it was made up of eight very different organizations all thinking about their own needs. Just 12 months later they have transformed into a cohesive unit that thinks globally about all the possibilities. Everyone is proactive and interested."

To date, this creative hub will house Kingston School of Dance on the top floor, along with Modern Fuel Artist-Run Centre and the Malting Tower event room. The rehearsal hall will be on the second floor along with the Kingston Handloom Weavers and Spinners, Kingston Potters' Guild and the Kingston Lapidary and Mineral Club. At the end of the glass-walled hall, eight studios will be available for rent, all with a central common room. The riverfront level will house a general-purpose activity room, a community gallery, The Joe Chithalen Musical Instrument Lending Library (Joe's M.I.L.L.), offices of SALON

The City of Kingston is always dealing with the dichotomy of having many great old buildings but finding them hard to maintain and rent out. This renovation is a very creative reuse of a historic building that maintains the heritage component while breathing new life back into it.

BRIAN MCCURDY, *cultural director, City of Kingston*

Theatre Productions and Theatre Kingston, another large rentable studio and a café complete with waterfront patio.

"This will encompass a wide range of community arts organizations, fostering the development of art with training and learning for everyone from little children taking ballet to weavers in their nineties and everyone in between," says Penner. "It is a great project with the potential to be amazing."

Patty Petkovich is president of the 80-member Kingston Potters' Guild and the new co-chair of the Tett board. She has been involved in this project since 2004. The Guild has been a tenant of the original

Tett Centre since the early '70s. They, like several other longtime tenants, have been housed in temporary locations for the past two years as work on the building progresses, but will return when the building re-opens late in 2013. "Our group still considers this building our home. We can't wait to be back there. It has all changed from ordinary to spectacular and will be a landmark."

Barb Linds, chair of the Theatre Kingston board as well as past chair of the Tett, says, "There are communities this size where nothing like this is happening. It says a lot about the City of Kingston and its Cultural Plan that it is willing to put resources into this. It is incredible. Imagine offering two nights at a local B&B along with a pottery course and a dance class here during the day. This has great potential in terms of experiential tourism."

Sharing this gorgeous waterfront property with the Tett is the catalyst that started it all: the Isabel Bader Centre for the Performing Arts. It was Queen's University's desire to establish a new arts centre to serve as an

media, music, drama and art classes. It will also house Queen's Performing Arts Office, which will showcase its annual concert series in the new concert hall.

The concert hall of this breathtaking \$65-million centre, named after donors Isabel and Alfred Bader, who graciously donated \$31 million to the building, is built of various shades of wood to capture some of the magic of the gradations of Kingston's famous limestone and riverside landscape. Working within the City's heritage requirements, one of the original walls will be preserved in the middle of the new centre while another will form the west wall of the building. The former Domino Theatre will be transformed into the Art and Media Gallery. Designed by Snohetta Architects of Norway and Ottawa-based ema Architects, the centre is set to be completed by 2014. And although primarily a teaching and performance facility, it can also be rented out by visiting artists and community groups.

"Other community venues like the Grand Theatre will remain venues of choice for musicals and plays since our concert hall, without a pit or wings, will be strictly a concert hall," says Smith. "The plan is not to compete with what is in Kingston, but to enhance it." The 560-seat concert hall (with 40-seat choir loft) can be rented out to various orchestras so they can do recordings in a hall with a state-of-the-art sound studio and recording facility. A huge drop-down screen in the hall means it can be made available for speeches and conferences.

What's unique about both of these centres is the dedication to cultural crossover between the two. In fact, Gordon Smith is on the Tett Board, while Brian McCurdy sits on the Planning Committee for the Bader Centre. "The Tett has a unique use because it is not a performance space, but rather a creative space where work is created," says McCurdy. "And being next to the university's Isabel Bader Centre for the Performing Arts with its academic focus, opens possibilities of new relationships with their students and faculty. There is a lot of potential to go back and forth between the two centres."

There is no doubt that the ongoing development of a thoughtful and effective partnership between Queen's University and the City of Kingston will be of great long-term benefit to the community. As the Tett business plan predicts, "This will all be a vital platform for life-long learning, creative production, heritage celebration, community participation, and cultural and artistic expression." kl

Brighter Futures

Kingston Community Health Centres' network of lifelines and support

WRITER Alec Ross PHOTOGRAPHER Tim Forbes

It's a sunny, windy afternoon in late June, and about a hundred people are gathered in and around a giant white party tent pitched in the parking lot of the North Town Centre, a strip-mall plaza on Weller Avenue. It's a diverse crowd packing the tables under the billowing big top: young mothers with babies in strollers, well-dressed seniors, a few people in wheelchairs, T-shirted teenagers wearing baseball caps. Kingston city councillor Rick Downes, who represents the surrounding Cataraqui District, sits near the front. Ted Hsu, Kingston and the Islands' MP, shows up later.

The occasion is the 2011-2012 annual general meeting of Kingston Community Health Centres (KCHC), an organization that for the past 25 years has been quietly tending to the medical, emotional and social needs of Kingston residents, particularly those in the city's North End. The happily mixed crowd is neither a surprise nor an accident. Comprised of KCHC staff, clients, volunteers, board members and other supporters, it reflects the fact that KCHC is not a homogenous organization focused on a single service, but a diverse association of primary care, educational and social programs that share the same corporate administration and broad-based assignment to improve community health.

As Hersh Sehdev, KCHC's executive direc-

tor, noted in her speech, KCHC's programs and their employees play an important role in the lives of thousands of Kingstonians.

"What brings us together is a shared mission and a shared vision of caring, responding and building community," said Sehdev, echoing KCHC's tagline.

Today KCHC employs 150 people — including family doctors, registered nurses and nurse practitioners, social workers, occupational therapists, counsellors, a dentist, administrators and office staff — whose work is supported by over 350 volunteers and an annual budget of \$13 million, most of it from the Ontario Ministry of Health and Long-Term Care. They work out of nine sites in Kingston's "old" city, at the Napanee Area Community Health Centre and at a satellite office in Deseronto. KCHC also partners with organizations such as the Kingston, Frontenac and Lennox & Addington Health Unit, the Partners in Mis-

sion Food Bank, YMCA, the Boys and Girls Club, KEYS Job Centre (whose CEO, Michael Harris, chairs KCHC's board of directors), the United Way, Queen's University, the Limestone District School Board and others to deliver certain programs.

"When you're working on the issues we're working on — issues of marginalization, issues about people [who are] getting pushed out of society and not getting a sense of belonging — you can't work alone," says Sehdev, adding that this underlies KCHC's anniversary theme, *Together We're Better*.

It took time to build this network. KCHC began in 1988 as a single community health clinic — the North Kingston Community Health Centre (NKCHC) — based, then as now, in a strip mall at the corner of Elliott

"What brings us together is a shared mission and a shared vision of caring, responding and building community."

HERSH SEHDEV, EXECUTIVE DIRECTOR OF KCHC





Avenue and Division Street. Its \$762,000 budget supported eight staff whose focus was primary care for approximately 24,000 residents living within the area bounded by Princess Street on the south, Highway 401 to the north, Leroy Grant Drive on the west and, on the east, the Cataraqui River. This area includes what the City of Kingston officially designates as the Inner Harbour and Rideau Heights neighbourhoods. The needs here were and are obvious. While pockets of North Kingston exhibit strong community pride, statistics also show that the area has higher rates of unemployment and social assistance, single parenthood, poverty, hunger, crime and poor health than most other parts of the city. Due to difficult family conditions at home, many children there have trouble learning at school; precious few pursue a university education. Many seniors there live on a meagre pension.

North Kingston Community Health Centre quickly filled a huge hole. Because many

North Kingston residents had no family doctor, the clinic became busier and busier as more people learned of its existence. As well, as its doctors and nurses interacted with patients, it became obvious to the practitioners that the community required more than just attention from family physicians.

Thus, in 1992, the clinic added a new program, Better Beginnings for Kingston Children, in which nurses and social workers meet with pregnant women and their partners to help them through their pregnancies and prepare them for parenthood. Initially introduced as a five-year pilot project intended to track the results of early-years services on the health of babies and children in North Kingston, Better Beginnings received full-time funding in 1997. It has since become one of KCHC's best-known programs.

The philosophy underlying its work is simple: giving children between birth and age five a good start in life dramatically increases their chances of being physically and

emotionally healthier when they grow up. This involves teaching parents to become more resilient, so they can deal effectively with the challenges of raising a child.

To that end, Better Beginnings offers pregnancy counselling, prenatal and parenting groups, home-visit and smoking cessation programs (since 80 per cent of the women Better Beginnings caters to are smokers, and smoking is the top preventable cause of disease). Volunteers have always been a big part of the program: they sit on a community advisory committee, prepare meals, and help staff prepare the room for prenatal, infant and teen-parent classes. The program has become so popular that former participants, and even children of participants from the early days, are now Better Beginnings volunteers and participants themselves.

"They feel they have gotten so much from their experience with BBKC that they want to give back," says program director Janice Webb.

The next agency to join NKCHC, in

2004, was the Street Health Centre, which now is located in the below-ground level of the GoodLife fitness centre on Wellington Street. Over the years Street Health has evolved: it began as the educational arm of a local AIDS outreach program, then became a needle-exchange and methadone treatment program that gradually added primary care services. Its clients typically include the homeless, men and women with drug and alcohol addictions, and people living with HIV and hepatitis C — most of whom have trouble finding and keeping a family doctor. Many clients have trouble keeping appointments or articulating their needs, among other reasons, and are reluctant to visit emergency rooms for fear of being stigmatized. At Street Health they can be confident of respectful, non-judgmental treatment.

In 2005, North Kingston Community Health Centre's board of directors acknowledged that the scope of the organization's activities was not reflected in its moniker, so the name was duly changed to Kingston Community Health Centres. The plural "centres" was important, because further expansion was on the horizon. In July 2006, KCHC welcomed the Ontario Harm Reduction Distribution Program, which distributes supplies such as syringes and alcohol swabs to 35 needle-exchange programs — including the one at the Street Health Centre — across Ontario. The program allows the needle-exchanges to provide injection-drug users with clean, sterile equipment, which in turn helps prevent the spread of infections such as HIV and hepatitis C. Today the Harm Reduction Distribution Program remains the only KCHC program that operates at the provincial level (as opposed to solely within Kingston).

Later in 2005, Immigrant Services Kingston and Area (ISKA) joined the KCHC fold. Formerly known as Kingston and District Immigrant Services, the original organization had run into management and governance troubles. After becoming a part of KCHC, however, it gained new life and has become an essential port of call for immigrants to Kingston who need help with settling into their new home and a lead player in the City of Kingston's strategic goal of bringing new immigrants to the city. Six staff help newcomers find a place to live and a school for their kids, set them up with English-language lessons if necessary, and generally help guide them through the bureaucratic red tape associated with immigrating to a new and unfamiliar country. ISKA works closely with the Kingston Immigration Partnership, a separate KCHC program launched in 2009 to help immigrants — particularly women and youth

— to socialize, meet new friends and network. Its flagship event is the annual Kingston Multicultural Arts Festival, the third of which will take place in Confederation Park in September.

The newest member of the KCHC family is Pathways to Education, a program that focuses on North Kingston youth who are at risk of dropping out of high school. To keep them in class and boost their chances of graduating, Pathways offers weekly tutoring sessions in which community volunteers — retired teachers, Queen's students, for instance — work one-on-one with students to help them with homework. Staff also liaise with the students' teachers and parents, lead field trips to places like Queen's University, St. Lawrence

health literacy and poor relationships with health-care providers as the four main barriers to accessing health care in the region.

These are deeply complex and interrelated issues, and there are no quick fixes. But KCHC programs — which are located in or near the neighbourhoods and people they serve — offer some of Kingston's most effective responses to them.

For instance, a person's ability to manage obesity and diabetes is closely linked to his or her diet. But fresh fruit and vegetables cost more than processed food, which many cash-strapped families feel is the only affordable dietary option open to them. KCHC addresses this issue in a variety of ways. These include cooking classes and a monthly service launched in 1995 called the Good

"When you're working on the issues we're working on, you can't work alone."

HERSH SEHDEV, EXECUTIVE DIRECTOR OF KCHC

College or Kingston Frontenacs hockey games at the K-Rock Centre, and organize life-skills workshops such as cooking classes and inspirational leadership talks by role models such as marathon swimmer Vicki Keith and youth activist Craig Keilburger. To top it off, for each year of the four-year program that they complete, each Pathways student receives \$1,000 to help cover the costs of college or university. About 120 students are currently enrolled in the program.

It may seem strange that such an apparent hodgepodge of programs would dwell under the same corporate umbrella. But the grouping makes sense when you consider the job that KCHC exists to perform: to attend holistically to what those in the field call the "social determinants of health." A recent study entitled *Understanding Health Inequities and Access to Primary Care in Southeastern Ontario* noted that for many Canadians, "living conditions, food security, employment security, poverty and social exclusion continue to worsen with deleterious and direct effects on health," that "disadvantaged people use the health-care system more often, yet they still have worse health outcomes" and that "people with lower socio-economic status have more behavioural risk factors such as increased tobacco use, poor diet and reduced physical activity; increased rates of chronic disease; and worse health outcomes." The study identified poverty, geography, poor

Food Box, a carton of fresh fruit and vegetables that anyone can buy for between \$5 and \$15 — a few dollars less than they'd pay at a grocery store for the same items. Volunteers pack the boxes in the basement of Queen Elizabeth Collegiate and Vocational Institute and deliver them to different locations where the purchasers can pick up their





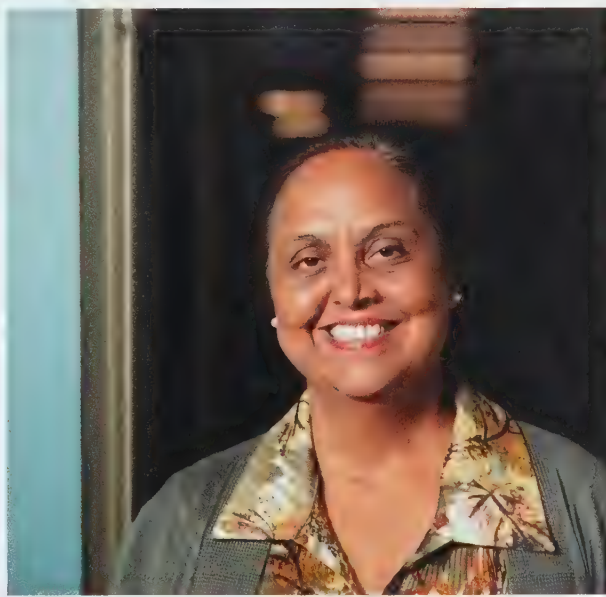
(previous page) A Better Beginnings playgroup

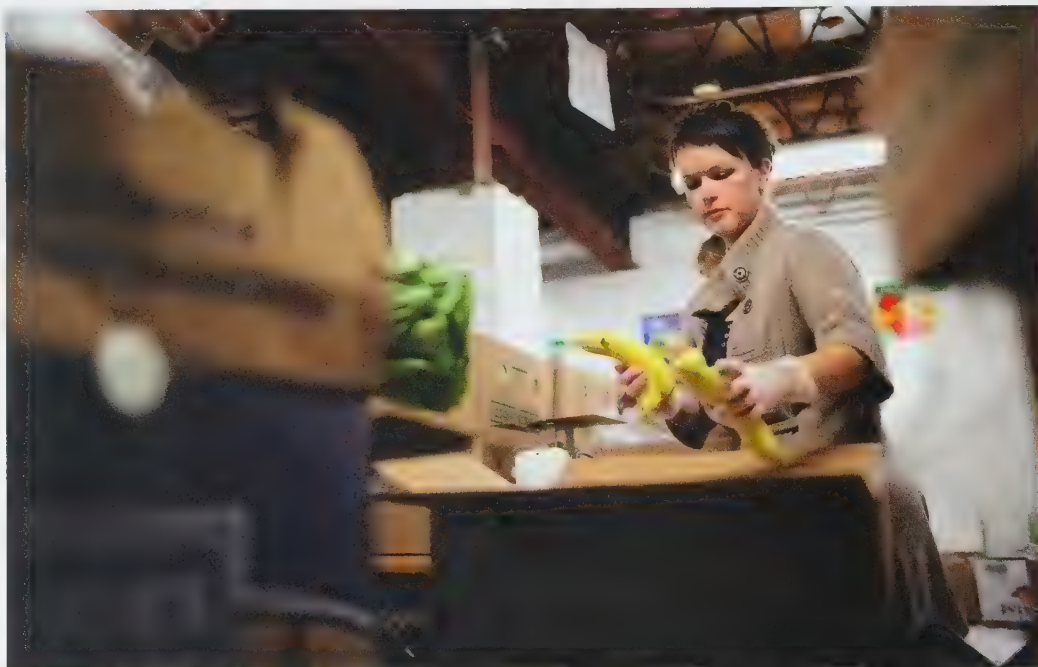
(right) Newcomers to Kingston play games and make new friends at regular youth group meetings organized by the Kingston Immigration Partnership

(below right) Hersh Sehdev, executive director of KCHC

(below) Members of KCHC's Friendship Blooms, a group of senior women who meet regularly at St. Matthew's Church to socialize

(next page) A Good Food Box volunteer





orders. Overseen by KCHC's Community Health team, the Good Food Box remains hugely popular.

"I've been connected with cooking programs at NKCHC and the Good Food Box since 1996," reported one client in response to a feedback survey earlier this year. "Learning how to cook with real food has changed my life... I am half the size I used to be. I love the fresh food that comes in the GFB, and look forward to seeing what I am going to get every month. I have more confidence in myself, my ability to cook and prepare fresh foods, and am delighted to have enough energy to keep up with my children."

Another story, recounted in KCHC's most recent annual report, involves a young mother of two children named Chantal Robinson. Chronic tooth and gum disease has left her with a mouthful of rotting teeth, which she says has prevented her from landing a job and has lowered her self-esteem.

"People look at my mouth and think I'm a bad person or something," says the articulate 27-year-old.

Earlier this year Chantal recounted her experiences in a short, emotional video that is being used by the Ontario Oral Health Alliance in a lobbying campaign to persuade the Ontario government to fund dental care for low-income adults, something that is now available only to children. Chantal's face is also the main image in a postcard

used in the same campaign.

In May, she connected with Dr. Roy Chan, a Kingston dentist who contributes one day a week of free dental care at the Elliott Avenue clinic. Chan is aware of the potentially devastating health and social consequences of poor oral health and has offered to make a set of dentures for Chantal, free of charge.

I've seen other examples of KCHC programs in action: Monthly dinners, sponsored by ISKA, which bring longtime Kingstonians together with new immigrants. A laughter-filled backyard barbecue and pool party organized by Friendship Blooms and The Penguins, groups of senior women who meet regularly to socialize or to visit elementary schools and seniors homes to do crafts with the kids or play cards with the residents. Infant play groups at Better Beginnings where babies amuse themselves with toys on padded floor mats while parents sit nearby, chatting quietly amongst themselves. I met a young woman, a former heroin addict, who thanks to the physicians and counsellors at the Street Health Centre has turned her life around; she's on a methadone program, the proud mother of a healthy baby girl and a Better Beginnings participant. In July I attended a small ceremony where 45 Pathways to Education students were presented with free laptop computers, some of the 124 Dell machines

donated by a Toronto-based organization called Sky's the Limit. The computers will help them complete homework and school assignments (and, no doubt, communicate with their Facebook friends).

The primary beneficiaries of these and scores of other KCHC activities and services are those directly involved in them, but the benefits don't end there. Earlier this year, The Commission on the Reform of Ontario's Public Services, otherwise known as the Drummond Report, noted that one per cent of Ontario's population accounts for 49 per cent of the province's hospital and home care costs. Along with children and young adults, it is this one per cent of the population, including frail, low-income seniors with complex medical needs and people living on the margins of society, that KCHC targets. In doing this KCHC benefits not only those among us who are most in need, but all of Kingston — by helping vulnerable people and immigrants feel less isolated and more connected with their community; by reducing the burden on the acute health-care system; and by helping disadvantaged kids get an education and, hopefully, breaking the cycle of poverty. KCHC helps build community health in its truest sense.

For Sehdev, the value is clear: "When you raise up the lowest strata, you raise everybody up." ❧



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Critics' Choice

How Canada's national music award got its start in Kingston

BY THERESE GREENWOOD

It's the classic music business question: Is it about music or business? Art or profit? Cultural talisman or corporate bottom line? That debate is at the heart of Canada's Polaris Prize, a national music award that, like its founder, was born in Kingston.

On the surface, the Polaris Prize seems uncontentious. Awarded to the best full-length Canadian album based on artistic merit, regardless of genre, sales or record label, the prize is chosen by an independent jury. Each year, 200 Canadian music professionals, including journalists, broadcasters and radio programmers, create a long list of finalists. That's whittled down to 10, with an 11-member jury choosing the winner. (This year's winner will be announced Sept. 24.)

Yet every year the announcement of that winner — and of the long and short lists for that matter — sparks national debate.

Does the winner deserve the boost to its profile? Do lesser-known bands need it more? Can popular performers be artists? Barrels of newspaper ink are spilled, hundreds of keyboards are pounded and the online social networking site Twitter churns with comments challenging the merit of nominees.

"We're trending No. 1 in Canada on Twitter today," Steve Jordan, who founded the prize in 2006, told the *National Post* after the long list came out in late spring. While the discussion peaks around official announcements, it continues all year and one can find the roots of this national intellectual exercise here in Kingston.

Growing up in Amherstview as Jordan Freedman, the prize founder-to-be had less interest in classes at Bayridge Secondary School than he did in learning the music business.

"I started at CKLC Radio in Kingston when I was 15," says Jordan. "They knew I was only 15 because they paid me accordingly, meaning I did it for free."

"My parents wouldn't buy me drums," he adds. "It's true. I had to find other ways to get inside music. If I wasn't playing it, radio was the obvious thing."

"I started as a tape operator and I ran something called voice tracks and that was recorded tapes of their DJs talking from midnight to 6 a.m.," recalls Jordan. "Of course there were completely inaccurate weather forecasts talking about blue skies and lots of sun when it was snowing out at 2 a.m. So I said, 'Let me go on air. I may totally suck at it, but at least I'll get the weather right.'"

He took the on-air name of Steev Jordan and stayed at the station 10 years, moving up to music director. Then he took off for Toronto, joined a record company named Kinetic Records, and moved the ee's around to become Steve Jordan.

In late '80s and early '90s, Jordan was a fixture in a Kingston music scene that saw spirited competition among radio stations, lively campus bands, thriving small venues for live music and a good distance from larger music markets. It was a healthy climate for bands trying to find both their muse and their big break.

Jordan attended hundreds of musical events. He judged battles of the bands, emceed acts, organized shows, played songs on the radio. He launched a local music contest with sponsorship from CKLC and the *Whig-Standard*, producing a compact

FEEDBACK *There's no shortage of debate as audiences on Twitter let loose on each year's nominees. Follow some of the conversation below:*



@EXCLAIMEDITOR

Dear #PolarisPrize critics: 200+ jurors are not one "hivemind." And it's okay to just say "I don't agree." No conspiracy required. #sheesh



@DEVINWILSON1988

I personally think the @PolarisPrize winner should be decided the true Canadian way — by way of a shootout.



@KIRKOFDOOM

I can't wait to see how wrong everyone thinks the @polarisprize short list is!



@GOBO

Ok finally listened to the Drake album, so blandly commercial I have no idea how it ended up on the Polaris short list.

disc, *Foundations Of Rock*, to promote the winner. He got Peter Quaipe, a former member of British Invasion band The Kinks, to design the CD cover and then he hand-delivered the disc to a Toronto record company rep. It was an apprenticeship in the promotion of emerging talent.

"It's amazing the things you learn when you don't know you're learning them until years later," says Jordan. "Suddenly you're putting on a national TV show and you think, Oh, I learned about this stuff years ago — union scale, production assistants, all of that — and now I'm applying it."

While he was learning about the business, he was also learning about the art, particularly from The Tragically Hip, who were evolving both a unique sound and an outsiders' approach to the music business that meant they sold records on their own terms.

"There was local influence on a few levels," says Jordan. "One of them was watching the Hip go from being a local band to a popular local band, then to a touring band and then a popular touring band. They did it all on their own terms, independently at first, and always maintained their own artistic integrity. I was both a spectator and an emcee for their shows and that has been a major influence."

It was in 2001 that Jordan, who still talks about "records," started thinking about a new national music prize. He was partly inspired by the success of the Barclaycard Mercury Prize, the United Kingdom's annual prize for best album, and Canada's Scotiabank Giller Prize, awarded to the

author of the best Canadian novel or short story collection published in English.

"The Giller Prize actually moves units of fiction in Canada," says Jordan. "I thought, maybe we can do the same with music, maybe there is a predisposition for that in this country."

An astute eye will notice the Polaris lacks a sponsor's name as part of its official handle. So far, the prize has yet to attract a naming sponsor comfortable straddling the worlds of business and art. In fact, Jordan noted, many of the hiccups when he launched the prize had to do with potential sponsors with "strange demands."

"We wanted to maintain the purity of what we were trying to do with the money," says Jordan, "so we let it slide until we could do what we wanted."

"Money has never been a motivation. Polaris is not a get-rich thing."

The original \$20,000 prize was cobbled together from a variety of sponsors. The

amount is up to \$30,000 and, while Jordan has collected a strong list of sponsors for this year's event, he spends much of his time bringing in the cash.

While money continues to be a challenge, the prestige associated with the award is golden. Do an Internet search and you'll find dozens of newspaper stories referencing the award as a mark of credibility. A band's profile jumps dramatically with a place on the short list — even the long list — with the music business, journalists and fans giving Polaris-nominated bands a second look.

"That was our objective. It started happening in the first year and that was unreal, we thought it would take longer," says Jordan. "To be a seal of quality amongst music lovers was in our list of objectives and in Canada that happened overnight. It's definitely a calling card."

For the most part, the judges have tended to highlight lesser-known bands that

"To be a seal of quality amongst music lovers was in our list of objectives and in Canada that happened overnight. It's definitely a calling card."

STEVE JORDAN



@LITTLEPENGUIN

@PolarisPrize maybe you guys aren't all about indie acts, ok, but the award should help bring recognition to emerging new artists



@BWHEELERGLOBE

Do we all agree that Sandro Perri is the most unfortunate omission from the short list?



@SARAH_HARMER

Listening on vinyl Mike O'Neill's Wild Lines shoulda made the long and short list @PolarisPrize #timeless #polaris @innervoicemike

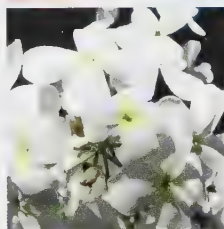
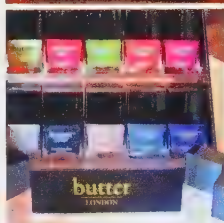
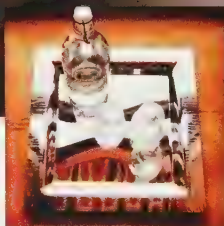


@ALISONPICK

All the talk of the @PolarisPrize shortlist omissions is making me glad I don't have a book coming out this year.

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can use the boost. Here's how the *Globe and Mail* saw it in one article: "The long list is traditionally an eclectic roster of recordings, with the esoteric tastes of the most whimsical of the 200-plus jurors clashing with the notions of the voters with more moderate preferences. Chart-placing mainstream albums and major-label LPs are rarely represented... Top-selling releases by Justin Bieber, Michael Bublé and Nickelback are no longer contenders for the prize, which is handed out annually in recognition of the album judged to be the year's very best."

This year's short list includes Edmonton-based rapper Cadence Weapon, singer-songwriter Feist and Montreal-based electronic artist Grimes. The choices are a reflection of the lively and engaged jury, chosen by invite only. "You can apply and then we decide," says Jordan. Each year 11 new people form the final jury and get six weeks to review the short list.

"We are very strict on one rule and that is that you have to listen to every record all the way through, no skipping and no shuffles," says Jordan. "Then we decide the night of the gala. We ask our jurors to come and be ready to debate each record on its merits. My favourite part is when we bring 11 people from across the country for 48 hours of deliberation. I call it Canada's shortest summer camp for music lovers."

There is no shortage of people who want to go to that camp. "Our jury takes it really seriously. I love that," says Jordan. "It gets pretty feisty. Sometimes I think, 'Hey, it's just a record, let's not come to blows over it.' But nobody is in it to get rich. They're in it because they are passionate about it."

As for the controversy over what the prize represents, Jordan sees both sides. "People project their own criteria onto what we do and that is great," he says, noting that more dialogue about Canadian music is a good thing. But he wishes the dialogue wouldn't descend into bias and cheap shots.

"We have salons where people discuss music and the prize and [the rapper] Drake was at one," says Jordan. "And somebody said to me, if Drake gets voted to win, will you veto it? Why would I veto it? That would affect our credibility. People aren't getting the point of what we are doing."

"We say we are a prize for best album of the year as determined by a bunch of critics. We never said it was an indie prize, or a developing-band prize, or most-esoteric-band prize. We never said that."

"It's about saying this stuff is amazing and not doing the usual Canadians thing of apologizing for being a success."

Go to www.polarismusicprize.ca to find out streaming and viewing details for the award gala being held in Toronto on Sept. 24. **K**

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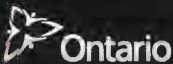
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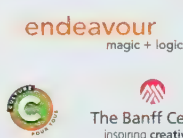
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FOOD & DRINK

FOR STARTERS | IN GOOD TASTE | WINE | RESTAURANT GUIDE

FOR STARTERS

Harvest Season

Farm to Fork Harvest Dinner series



After a tough summer — one of the hottest and driest on record, with local crops getting about one-sixth of the usual July rainfall — this fall's harvest is definitely something to celebrate. And you can share in the celebration with growers and restaurants through Kingston's second annual Farm to Fork Harvest Dinner series. Each weekly dinner will take place at one of Kingston's favourite dining spots, including Chien Noir and Olivea. The series will kick off on October 4 and continue through the month, possibly extending into November as additional restaurants sign on.

Diners will enjoy a prix-fixe menu based on food grown and raised by trusted local producers, with an emphasis on flavour, freshness and heirloom varieties. Typically three or four courses, meals will range in price from roughly \$30 to \$40, depending on the restaurant. Diners will also get the chance to share the evening with the growers themselves and learn the challenges and joys of sustaining the local food movement. "The producers just love to sit and talk to diners who are genuinely interested in their food philosophies," says Kaitlyn Byrick of Downtown Kingston!, which organizes the series.

Diners will also get insights into the ingenuity that organic farming demands — for example, the way Ed and Sandi Taylor of Honey Wagon Farms, near Picton, Hoover up potato beetles by the million every summer with a vacuum on a 200-foot cord instead of applying pesticides. This fall, the talk is also likely to focus on the impact of the summer's hot, dry weather, which appears to have cut the yields of many stalwarts, like carrots and potatoes, but favoured such hotter-climate crops as okra and squash.

BY CATHARINE LYONS-KING

For more on Farm to Fork restaurants and producers, watch for posters around town and check the Downtown Kingston! website at downtownkingston.ca.

Six local chefs share their

Every chef has their secrets: ingredients, cooking tips, culinary magic. And it turns out



Jack Francis, personal chef

Jack The Happy Chef

He's been a fixture in some of Kingston's finest restaurants — Clark's by the Bay, Le Caveau, The River Mill — but since 2007, Francis has worked as a personal chef-for-hire for Kingston-area clients.

Best cooking tip: Respect your ingredients. A true foodie gets excited about good ingredients. A creative chef knows what to do with them. When cooking meat, use the right method for the right protein: tender demands high heat and short time. A good quality piece of meat needs to relax before cutting and serving. This can just mean letting it sit for a few minutes — the cut becomes much more juicy and tender.

The food I find irresistible is: Fresh sautéed wild mushroom spaetzle cooked for seconds in boiling water, then drained and sautéed in butter until it has some colour.

Jay Legère, head chef

Days on Front

The menu at the new Days on Front stresses a casual, fresh approach using local ingredients and a “global-local” approach to dishes.

Best cooking tip: Season well. The best idea is to taste everything as you go. Salt is number one. I use kosher salt — the flavour is milder so you have more give and take, and it's easier not to over-season.

The food I find irresistible is: Charcuterie. It's always different no matter where you go. And I like to try lots of little things at the same time rather than one large meal.

For breakfast, I eat: Bacon and eggs over easy with brown toast and home fries.

Kristian Nesbitt, head chef

Fanatics Sports Lounge

Fanatics is definitely known for game nights when the Leafs and the Senators are playing on the restaurant's 42 plasma TVs. But with a family-oriented setting and a range of healthy choices, the restaurant's menu is a lot broader than your typical sports bar.

Best cooking tip: Shop local. We have a lot of farmers we get our food from, and with local ingredients there is a huge taste difference. In the summer Fanatics buys locally grown produce, and year-round the beef for burgers, meat sauces and steaks comes only from Kingston-area farms.

The food I find irresistible is: Sirloin steak. I like the fatter cuts cooked medium rare.

The last thing I cooked at home was: A very traditional meal of whole turkey, stuffed with sausage and breadcrumb stuffing, potatoes, gravy and Yorkshire puddings.

best kitchen secrets

BY JOSEPHINE MATYAS

they don't mind sharing these little bits of wisdom. We asked, they answered. Read on.



Steve Silva, restaurant chef
King Street Sizzle

Sizzle's food is modernized Mediterranean: think fresh market flair with a light influence of Portuguese (Silva's family background). He enjoys taking classic dishes and adding a modern twist.

Best cooking tip: If it's fresh, keep it fresh. If you are cooking with a fresh piece of salmon, leave it so you can taste the freshness. Don't over spice or pound it with toppings.

The food I find irresistible is: Dungeness crab is my danger point. I do it Portuguese style: remove the back of the crab and separate the claws. It goes into a pot with white wine, fresh garlic, onion, parsley, olive oil and a squeeze of lemon juice.

The last thing I cooked at home was: Stuffed sole. Rice, broccoli, breadcrumbs and Parmesan cheese with a little tomato sauce. Stuff the fish, roll it, season and then bake.

Brent McAllister, executive chef
AquaTerra Restaubistro by Clark

AquaTerra likes to take old classics, add an unexpected element and make it a little upscale. In their French cassoulet, they use local spelt kernels instead of beans and cook it in a ratatouille style with olives and capers.

Best cooking tip: Don't be afraid to try things. Play with things at home. Cooking is not really as hard as it seems. Try even the hardest of recipes.

The food I find irresistible is: Desserts. I can't keep anything around that is sweet. Chocolate, donuts and butter tarts: I have quite the sweet tooth.

The last thing I cooked at home was: I've been spending a lot of time canning. Pickles, peaches and tomato sauce using tomatoes from the market. And salsa made with tomatoes from my garden. Those flavours carry through the winter months.

Ryan Pitt, head chef
The Grizzly Grill

The Grizzly Grill menu is a showcase of Canadian ingredients — they call it contemporary Canadiana fusion. For Pitt, communication is key in the restaurant kitchen and teamwork is important.

Best cooking tip: Follow your instincts when you're cooking. Usually your first thought is one of your best and can be built upon. My first idea is usually what brings out the best dish.

The food I find irresistible is: A good curry. I like it hot. If I start sweating after two or three bites, that's good.

The last thing I cooked at home was: Meats on the grill while camping with the kids.

 Want more? Visit kingstonlife.ca to read interviews with Amanda Gould, executive chef of The Iron Duke on Wellington, and Pierre Trudel, executive chef of West Seventy6°.

photos by scott adamsen

Taste Tested

Factors that influence the wines we buy

BY CHRIS WATERS

It didn't take long after joining the staff at the Cool Climate Oenology and Viticulture Institute at Brock University before I realized that every invitation to taste wine wasn't always going to be pleasurable.

The team of scientists who are part of the institute in St. Catharines are not only training the next generation of winemakers and researchers. They are working with the wine industry to solve problems and find ways to ensure that next year's wine is better than the last.

As such, they need to study a wide array of things. Some of the tastings they organize involve wine samples that have been doctored with excessive acidity, bitterness and other compounds to help them better understand how different people perceive how things taste.

Each of us is wired to taste things differently. What seems overly sweet to one person can taste just right to another. Same goes for salty, sour and our other senses of taste. Scientists at Brock and around the world are continually working to get a better handle on things.

Sometimes the Cool Climate Oenology and Viticulture Institute sessions can be an assault on the senses, with pungent smelling

and tasting wines that no one should have to consume. Of course, other samples in the same session would be more enjoyable.

Not being privy to what the actual purpose of any of these studies was — scientists are tricky like that — one could only assume that the wine didn't taste like burning anymore because there was less of the noxious compound under review. Or perhaps, none at all.

I was reminded of this fact as I spent three days recently holed up in a hotel in Watkins Glen, New York, with a selection of sommeliers, winemakers and other expert tasters to sample a wide selection of commercially available wines.

The goal of the tasting wasn't to describe the wines using flowery language or overly technical jargon that are the stock in trade of wine professionals. Each judge was asked to score various attributes of each wine on a scale from one to six — sweetness, acidity, alcohol and other identifiable traits — to help the organizers map each sample. They are hoping to create a tool that will help consumers shop for wine.

As in the case of the tastings at Brock University, I am not fully aware of how all of the data will be used. Time will tell. But

after tasting hundreds of wines looking simply to measure their various components, I cannot help but appreciate the pleasure principle of simply looking to identify wines that are merely interesting and enjoyable.

But the other thought I couldn't shake having recently tasted a wide range of red wines that sell for less than \$20, was the fact that wine lovers are living in the best of times and the worst of times.

The bounty of well-made and affordable wines available to us is seemingly endless. We are spoiled for choice from traditional wine growing countries as well as emerging regions where vines are relatively new additions to the landscape. (The selective buying policies of our liquor stores/provincial booze monopoly notwithstanding.)

The potential selection is so good that some have gone as far to call this the Golden Age of Wine.

The downside? A lot of these international selections are too well-made, too fruity and too similar. At this recent blind tasting of 15 bargain Cabernets from around the world, I wondered if the same wine wasn't being presented multiple times. It wasn't.

There was uniformity to the lineup. Wine after wine offering abundant chocolate and



**Masi Agricola 2011
Modello Bianco
delle Venezie**

VENETO, ITALY \$10.95
A blend of grapes grown in northern Italy is used to create this fresh and enjoyable white wine. There's nothing bold or showy about this clean and simple wine, but everything is nicely balanced making it a good every day option to enjoy with or without a meal.



**Bodegas Castaño
2009 Hécula
Monastrell**

YECLA, SPAIN \$11.95
Here's a red with a spicy personality that makes the most of its rustic character. Bold peppery spice and concentrated fruit make for an earthy and gusty wine that works with grilled meat and baked pasta dishes. It will be a new listing in Ontario, in the coming month.



**Bodegas Castaño
2011 La Casona
de Castaño Old
Vines Monastrell**

YECLA, SPAIN \$8.90
La Casona tops my list of good cheap wine. It offers the best of both worlds so to speak. Fruit from old vines is used to produce this red, which is bottled with a screw cap that keeps wine safe and sound until opening. Highly recommended.

red fruit flavours without any points of difference. These were Stepford wines.

For some, my complaint is a perfect example of what anyone posting on Twitter might call a #firstworldproblem. "Oh, these tasty, affordable Cabernets are really bugging me..."

What's the point of buying Cabernet from Australia, Argentina or France if they don't reveal some local colour or personality. Shouldn't these wines have something akin to a regional accent?

One surefire way that I can suggest for finding dramatically different wines is shopping outside of the usual Cabernet, Malbec or Shiraz confines.

But, really, what's the point of buying Cabernet from Australia, Argentina or France if they don't reveal some local colour or personality. Shouldn't these wines have something akin to a regional accent?

One surefire way I can suggest for finding dramatically different wines is shopping outside of the usual Cabernet, Malbec or Shiraz confines. Some of the most exciting wines I have tasted recently — not to mention, best values — were made in Spain and Italy from relatively unsung grape varieties.

These robust, flavourful wines offer terrific personalities and a rustic edge that makes them stand out from the crowd. Adventurous wine lovers take note.

Chris Waters is the editor of Vines magazine

SAVE THE DATE

The annual TASTE community grown festival will take place September 29, 11 a.m. to 4 p.m. at Crystal Palace in Picton. Wine lovers will have the opportunity to attend seminars and tastings with a host of Prince Edward County wineries. Brew masters, local chefs and restaurateurs, producers and artisans will also be in attendance at this celebration of the region's harvest. Nine Mile, Whoa Nellie!, John Carroll and Tabby Johnson will provide live entertainment. This event is preceded by a weeklong series of events, including harvest parties, wine tours and cooking classes. For more information, visit www.tastecelebration.ca. kl



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RESTAURANT GUIDE

Welcome to *Kingston Life's* restaurant guide — a selection of noteworthy eating establishments in Kingston. Whether you're looking for traditional or eclectic, casual or elegant, international or ethnic, great food quickly or an all-evening affair, an abundance of eateries awaits. Restaurants are grouped under cuisine categories and listed in alphabetical order.

KEY TO SYMBOLS

- ♣ Vegetarian options
- ☞ Patio/outdoor dining
- 🎵 Live music/lounge/bar
- 🌙 Late-night menu after 10 p.m.
- 🚚 Takeout/catering available
- ★ Prix fixe/table d'hôte
- ♿ Wheelchair accessible

BISTRO

LE CHIEN NOIR BISTRO

Classic French bistro dishes and contemporary cuisine. Prepared using market-fresh, high-quality seasonal ingredients. Extensive wine and beer selection. Vintage cocktails. Warm, comfortable and stylish atmosphere. 69 The Brock St. Common, 613-549-5635, www.lechiennoir.com

♣ 🎵 ☞ 🌙 ★

DOX

"There are places you leave and places that never leave you . . ." is the new trademark at the Holiday Inn Kingston Waterfront. The DOX promises even more — exquisite flavours, delectable delights and genuine service in a relaxed and welcoming waterfront setting that you, your friends and family are sure to enjoy. 2 Princess St. (In the Holiday Inn) 613-549-8400

♣ 🎵 ☞ 🌙 ★

CONTINENTAL

AQUATERRA BY CLARK RESTAUBISTRO

Cosmopolitan with a panoramic view. Savour innovative, contemporary cuisine. Let professional staff guide you through a dynamic menu including a three-course prix fixe and four-course table d'hôte dining experience with optional wine pairing. Radisson Hotel Kingston Harbourfront, 1 Johnson St., 613-549-6243

♣ 🎵 ☞ 🌙 ★

CHEZ PIGGY RESTAURANT

One of life's sweetest experiences. Bursting with character, this 32-year-old culinary landmark, housed in an 1812 livery stable, offers international home cooking. 68-R Princess St., 613-549-7673

♣ 🎵 ☞ 🌙 ★

EUROPEAN

THE RIVER MILL RESTAURANT

A magical oasis of award-winning fine dining. Magnificent in a 125-year-old Woolen Mill on the shores of the Cataraqui River, with a leaning to traditional French cuisine, this is a spot where memories are made. Reservations recommended. 2 Cataraqui St., 613-549-5759, www.rivermill.ca

♣ ★

ITALIAN

ATOMICA GOURMET PIZZA & WINE BAR

Extensive menu of pasta, panini, appetizers, salads and desserts plus our 18 signature pizzas. Interesting wines, original and creative cocktails. Modern European design, furnishings imported from Italy. Takeout. Children's menu. 71 The Brock St. Common, 613-530-2118, www.atomica.ca

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FRANKIE PESTOS ITALIAN EATERY

Authentically Mediterranean, buon appetito! Fine casual dining draped in the atmosphere of little Italy. Pastas, gourmet pizzas, salads, anti-pasto and a staff committed to bringing you a memorable meal and great times. 167 Ontario St., 613-542-1071, www.frankiepestos.ca

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MEDITERRANEAN

AROMA RESTRO-WINEBAR

Exclusive in Kingston. Small plate and tapas menu with creative Mediterranean influence. Fifty-bottle selection of varietals, local and around the world. 3 and 6 oz glasses. 248 Ontario St., 613-541-0330

♣ 🎵 ★

GRECOS GRILL AND WINE BAR

Authentic Greek food. Touch a little bit of Greece when you step into Grecos and let your palate do the dancing. Kitchen open until closing. 167 Princess St., 613-542-2229

♣ ☞

KING STREET SIZZLE RESTAURANT & BAR

Fresh flavours featuring signature dishes from pasta to seafood and steak. Selection of over 40 international beers, including eight premium drafts. Extensive wine list. Private rooms with plasma TV. Dine al fresco on The Sidewalk (seasonal). Check out upcoming special events at kingstreetsizzle.com. 285 King St. E., 613-544-6226

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NORTH AMERICAN

COPPER PENNY

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Princess St. at Sydenham, 613-549-4257, www.thecopperpenny.ca

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COPPER PENNY GRILL 'N HOME

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♣ ☞ 🌙

DENNY'S

Open 24 hours. A family restaurant specializing in casual dining for breakfast, lunch or dinner. Try the outstanding breakfast slams served any time. Denny's, a great place to sit and eat. 670 Gardiners Rd., 613-634-6220; 33 Benson St., 613-547-9744, www.dennys.ca

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THE GANANOQUE INN AND SPA

This historic inn in the heart of the 1000 Islands welcomes guests with superior food and amenities. Savour fine dining or casual in two riverside restaurants. 550 Stone St. S., Gananoque, 1-800-465-3101, www.gananoqueinn.com

♣ 🎵 ☞ ★

GRIZZLY GRILL

The Grizzly offers an interesting assortment of fresh seafood, pastas, grilled meats, pizza and a variety of appetizers. Exceptional value and quality in a unique rustic atmosphere. Reservations recommended. 395 Princess St. (just below Division), 613-544-7566, www.thegrizzlygrill.ca

♣ 🎵 ☞ 🌙

JM'S RESTAURANT & LOUNGE

Scrumptious buffets and specials including Pint & Pound, chicken & rib, Maritime Fish Fry, Feast of Pasta, Kingston's best prime rib, oven-roasted ham and turkey, and weekend breakfast buffets. Private room with large-screen plasma TV. 1550 Princess St. at the Ambassador Conference Resort, 613-541-4683, jmsrestaurant.com

♣ ☞ 🌙

WEST SEVENTY6 GRILL

Kingston's hidden gem! Overlooking Lake Ontario, West Seventy6 Grill's guests are treated to beautiful, serene views all year long from the dining room and patio. Our Executive Chef has created globally inspired menus using locally farmed ingredients that evolve to reflect each season. Marriott Hotel, 7 Earl St., 613-531-7204, www.west76grill.com

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WINDMILLS

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on tap and original art all make for a relaxing, enjoyable dining experience. Serving dinner, lunch, Sat. & Sun. Brunch, weekday breakfast. 184 Princess St., 613-544-3948, www.windmills-cafe.com
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THE KINGSTON BREWING COMPANY

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THE PILOT HOUSE

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SEAFOOD

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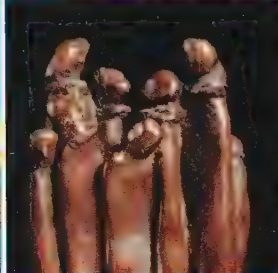
Round the Bend Gallery
Demos & Open Gallery



Pamela Carter Studio
Oil Painting Workshops



SideStreet Gallery
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LA DE DAH Sculpture Studio
Open Gallery



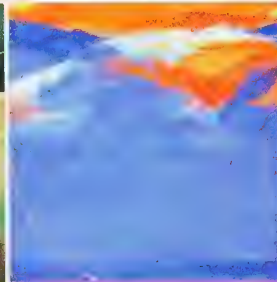
Mad Dog Gallery
Open Gallery



Beach Street Studio
Open Studio



Wellington Pottery
Demonstrations



Gallery at Sandbanks
Acrylic Painting Workshops



Suites on-the-Lake Studio
Acrylic on Paper Workshops



Bloomfield Studios
Glass & Bead Workshops, Demos



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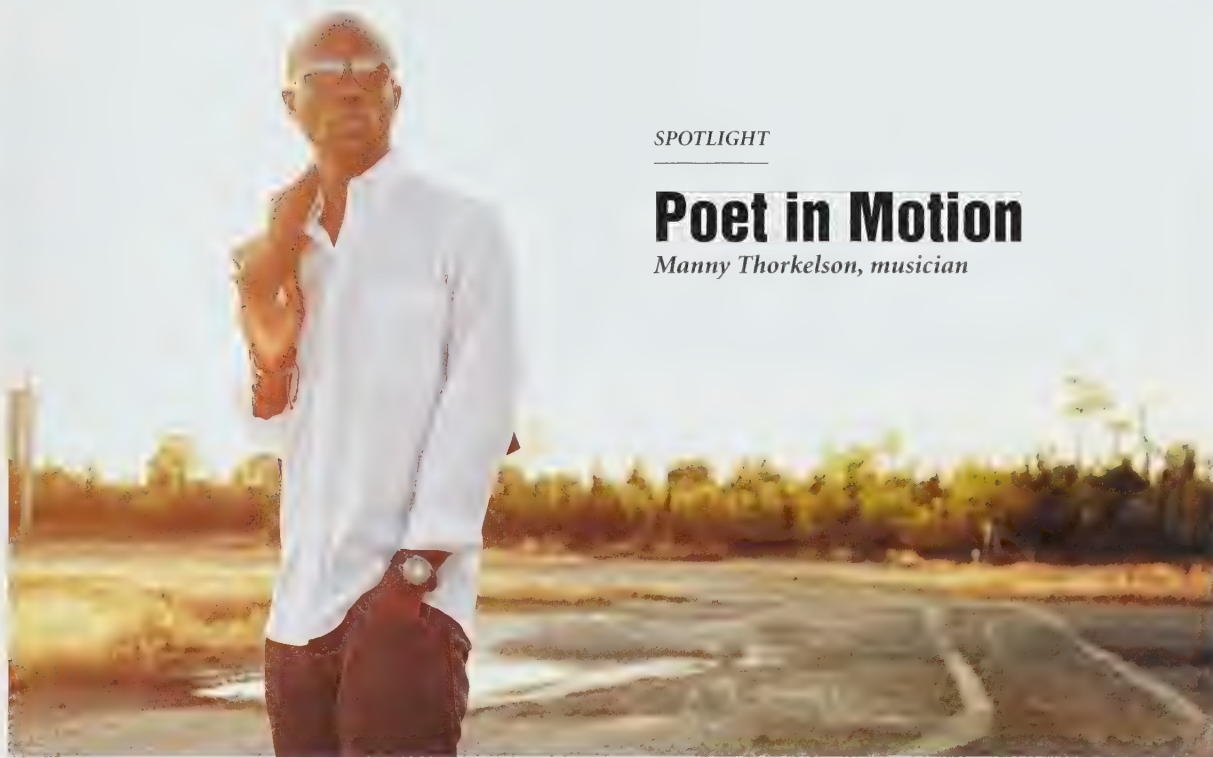
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SPOTLIGHT

Poet in Motion

Manny Thorkelson, musician

According to Manny Thorkelson, poetry is indeed the fruit of love. He started writing it when he still lived in Haiti. "Back home, you have to write poetry if you want to get the best girls," he says. Ask him if this move works as well on Kingston women and he looks bashful but admits that for the most part, it does.

Thorkelson says his family chose to leave Haiti because "it was a dangerous place to be, especially for a young male." They chose Kingston because it was quiet, even though Montreal or Ottawa, with heavier francophone populations, might have been a more obvious choice.

Maybe it was his poetry that made for an easy transition when he moved to Kingston from Haiti in his sophomore year of high school, but his prowess on the football field, his good looks and his self-confident charm couldn't have hurt.

In 2010, when an earthquake struck his homeland, he wrote a longer, more serious piece that addressed his anger and frustration with the Haitian government. While visiting his brother at Loyalist College, he met a budding producer with a dorm-room studio. "I said to him, 'Let me try and make this a song, if I can,' and it took hours. But I did it."

Before long, Thorkelson hooked up with fellow MC Alex Neptune, also from Haiti. Together they formed Haitian Sensation and became favourites of the local music scene, performing at the Skeleton Park Music Festival, the Multicultural Arts Festival and Kaleidoscope.

Now, Thorkelson is putting the finishing touches on a new record with Neptune, and other artists as well, drawing on international rhythms and sounds from reggae, dancehall, soca and hip hop. "I plan on giving it everything I've got," he says. "Every time I put my hand to something, it's because I want it to succeed." BY STEPHANIE EARP

Thorkelson is set to perform and release his next CD at the Kingston Multicultural Arts Festival, Sept. 22, Confederation Park. kingstonmulticultural.ca

DID YOU KNOW?



My Desk: Michèle Langlois BY JOSEPHINE MATYAS

If anyone has their finger on the pulse of what's happening in the city, it's Kingston native Michèle Langlois, marketing manager for Downtown Kingston!

There's a lot of behind-the-scenes meeting and planning that happens before events make it to the public stage. Before and after, Langlois is at the helm for making sure all goes smoothly, whether it's a signature event like Kingston Buskers Rendezvous or a seasonal event like FebFest.

"If you counted on your fingers you'd be well over 200 events, large and small," says Langlois. "With Music in the Park we have at least 76 concerts each season, movies every Thursday in the summer and chef demos in the market every Saturday."

Add to the list parades, music festivals and seasonal food events and it's starting to sound like a lot of balls in the air. *Kingston Life* took a look at her desk and asked how she keeps it all organized.

THE NOTEBOOK "The five-subject notebook is where I keep all my notes and keep them organized. I use seasonal categories, so in the summer I have a section for administration, Local Foods, Buskers, Limestone City Blues Festival and the Princess Street Promenade. In the fall it will be the Santa Claus Parade, retail events, administration, FebFest and local food events like the fall harvest dinners."

STACKS OF FILE FOLDERS

"I'm always pulling out files," says Langlois. "And a clean desk is not a good thing for me. The more that piles up there, the better. If there's nothing on my desk, I feel like I have nothing to do. I know where everything is — someone else might not, but I do."

DAYTIMER

"I use an old-fashioned paper daytimer," explains Langlois. "I use email and have a cell phone but have never cottoned to the calendar. It's my wallet too, so it's always with me. I'd be totally lost without it."

STICKY NOTES

"I'm a pretty big fan of hard copies, so I use sticky notes when I'm circulating material to staff with notes like: Please read this. I also use them in my notebook to mark pages and to create to-do lists."

GOOD SPORTS

Beneath the Surface BY ANITA JANSMAN

On a particularly bright fall day about 18 years ago, landowner and farmer Ron Storing was riding his four-wheeler through the property he had known all his life. He was aware that locals made regular visits through his wooded land, located north of Napanee, in search of the curiously named Hell Hole Cave.

"It occurred to me that people besides me and a few neighbours would enjoy this place as much as I have," says Storing.

Storing decided to cut a hiking trail, open up the roadway and build a small log cabin, which now serves as a visitor centre. He has since wel-



comed a steady stream of people, including school groups, families, geology enthusiasts and hikers to this small corner of Lennox and Addington. Visitors of all ages will experience a geological wonder, with fascinating land formation, breathtaking vistas and a bold descent to a prehistoric place.

Carved out over millions of years, the Hell Holes is the result of constant movement of underground water eroding the soluble limestone into a "karst terrain," characterized by barren rocky ground, caves, sinkholes, potholes and underground rivers. Its name, Hell Holes, is allegedly derived from intrepid 19th-century settlers who, when struggling to tame the rugged land, referred to the area as "one hell of a hole."

Today, the main attraction is Hell Hole Cave, a



Keeping Joe's Legacy Alive

BY CRAIG JONES

Joe's Musical Instrument Lending Library (Joe's M.I.L.L.)

Roger Eccleston beams and leans back in his chair. "I'm involuntarily prematurely semi-retired, so this is the ideal job for me: surrounded by hundreds of my favourite toys." Eccleston is the gregarious co-ordinator of the Joe Chithalen Musical Instrument Lending Library (Joe's M.I.L.L.), a lending library of over 500 musical instruments, ranging from the garden variety to the rare and exotic. The M.I.L.L., a registered charity, is located in the basement of the Robert Meek Community Youth Centre. It's the brainchild of the late iconic Kingstonian Wally High, who established it as a tribute to bassist Joe Chithalen.

"Joe would play with anybody, any time, anywhere," recalls Eccleston. "He was totally, totally into playing." For Joe, playing music in front of an audience was an honour — one that he thought should be shared with everyone. Joe's musical legacy included Weeping Tile, The Mahones, Haskell & The Cleavers, Wild Blues Yonder, Bloom, Ugh!! and JOYY. He was a musician's musician: a tireless champion of live music and selfless sharer of his skills, insights, talent and time. He died on May 1, 1999, at age 32, of an allergic reaction after ingesting peanut-tainted food while on tour with The Mahones. When Joe passed away, Wally High picked up on Joe's desire to spread the pleasure of music performance: "Give everybody the opportunity to learn to play a musical instrument" became the M.I.L.L.'s managing philosophy. "And that's what we aim for," says Eccleston. In the four years since Eccleston has been the M.I.L.L.'s co-ordinator, borrowing has risen from 18 to 23 items per month to more than 300.



Today the M.I.L.L.'s 500 instruments are in constant circulation within the Napanee to Sharbot Lake to Gananoque triangle. School music programs are heavy users. Instruments turn over constantly. "Everything that comes in goes out," says Eccleston. At any one time approximately 60 to 65 per cent of the M.I.L.L.'s instruments are in the community on loan to more than 1,300 registered borrowers. The "try before you buy" idea lets borrowers experiment for anywhere from four weeks to six months. The M.I.L.L. currently has 37 drum kits in circulation — including a kit donated by The Tragically Hip's Johnny Fay.

Most instruments are donated, though a few have been purchased because someone has asked for them. "We're a struggling charity," explains Eccleston. "We get no funding from municipal, provincial or federal governments. We have to beg for every cent to keep this place open." Homegrown Live — Kingston's one-day annual celebration of live music every May — is the major source of funding for Joe's M.I.L.L.

"Joe always said it was a privilege to stand on stage in front of an audience to play music. He felt it would be great if everybody could have the opportunity to learn to play an instrument."

The Musical Instrument Lending Library — founded in Joe's name — keeps that aspiration alive.

You can learn more about the M.I.L.L., make a donation or read about Joe himself at joesmill.wordpress.com/the-library.

large crevice in the limestone, which drops 7.5 metres and widens into a spacious dark cavern. Flashlight-toting visitors can descend to the cave via ladder. For those not inclined to go deep underground, there is much more to explore at ground level.

"People usually come to see the cave, but once they get here they're soon captivated by the trail," says Storrington.

The trail takes hikers across a natural stone bridge and into a lush landscape of white cedar growing out of a thick carpet of rare vegetation. It proceeds through a crisscrossing gorge with overhanging ledges, grottos, flowerpots and mushroom-shaped rocks.

Place names along the way serve to create



mystique and lore. Legend tells of the devil stabling his horses in Devil's Horse Stable Cave. Another legend describes a headless horseman riding through the area on moonless nights in November.

The area is a habitat to many eastern-Ontario species including deer, insects, reptiles and bears. Bird watchers regularly spot numerous species, including falcon.

Hell Holes Nature Trails, Caves and Ravines is particularly beautiful during the months of September and October when trees are aglow with red and orange, and when the temperatures are comfortable for hiking. The 3.5-kilometre trail is usually completed in about two hours.

For more information, visit www.ruralroutes.com/hellholes or call 613-388-2284. kl

my disk photo by scott adamsen, joe's musical instrument lending library photo by tim forbes

Hidden Gems

Discovering your own escapes within the city

BY IAIN REID

Dear Jake,

Greetings from Kingston.

I'm one sentence into this letter and I've already written a defective sentence. You're already in Kingston. Like me, you live here. We share a city. Unlike me, you own a home, a yard. You've lived here longer than I have, as you grew up here. You're more familiar with the streets and parks and restaurants than I am. You (undoubtedly) have more friends and varying networks in Kingston. I still feel new. You are a well-established Kingstonian.

So let me amend my opening to a more suitable: Greetings... from my apartment. I haven't seen you at the market or at the café or walking your dog for a while. In your last email you asked about my summer and how I was doing. You asked what I've been up to. You wondered, "Have you been away on vacation?"

I hope these inquiries weren't just generic email tropes because I've been meaning to reply for weeks. I have no valid excuse for the delay. Unlike most, I have not been busy or away. I've had time. I didn't go away on vacation. I've been in the city.

What have I been up to?

Typically by summer's end, people share interesting stories of road trips or camping or public pool outings. After fleeing the city, the downtown, the heat and returning, they are compelled to tell friends about the natural beauty they experienced. They want to describe all the living stuff you don't see amidst concrete, brick and limestone. I'm going to tell you about two places I've been this summer. Both are here in Kingston. Both are downtown.

Iain Reid is the author of *One Bird's Choice*. His second book, *The Truth About Luck*, will be published next year. Here, *Kingston Life* publishes a selection of his letters to friends, family and colleagues as he shares his unique point of view on life as a writer in the city of Kingston.

I've seen a lot of movies this summer. Classic Video is our best (and last) downtown video rental store. The last time I had friends visiting they were surprised we still had a video store at all in Kingston. Most are gone. Classic Video has an extraordinary collection of horror, comedy, drama, science fiction and (obviously) classic. In their basement they store a massive collection of television series, like the original *Upstairs, Downstairs*, the British drama from the '70s. Without sounding mawkish, it's satisfying to just flip through their wooden bins overflowing with cases and find something for which you weren't searching.

I'm always surprised when I meet Kingstonians who haven't been to Classic Video or the Screening Room. Have you been there? It's the small movie theatre on Princess Street, south of Bagot. It only has two screens. They serve tea in mugs and the best popcorn in town. Mostly they show the smaller budget movies that don't play at the larger theatres.

As with Classic Video, I would encourage showing up at the Screening Room with

little strategy, without knowing what you are going to see. Just go. How often do we go somewhere, either alone or with others, to do something mostly unplanned?

Within the last couple years I've been happily surprised by gems like *Moon* from the U.K. I saw *O'Horten* from Denmark and *The Kid with a Bike* from Belgium, neither of which I'd heard about before seeing. The only thing I knew walking down Princess was that soon I would be eating popcorn with melted butter, drinking fountain pop and watching something I knew nothing about, likely with actors I didn't recognize.

Sometimes I don't enjoy the films as much as others, which is both unavoidable and fine. That makes the good ones better. But none of them would have been shown in Kingston if the Screening Room wasn't here. In a city the size of Kingston, we are all extremely lucky to have it. These types of places, especially downtown, aren't just a given anymore and their worth is deep.

As I write this I'm realizing you might frequent these places once or twice a week and you're reading this thinking, Yes, clear-



illustration by tim alblas

ly, Iain, why are you telling me this? But maybe neither place attracts or entices you the way they (both) do for me. Maybe you don't care about tea in mugs, buttered popcorn or episodic British television on DVD. I don't want to bore you, for this to feel like the correspondence equivalent of showing you old family slides. It's starting to feel (frighteningly) close. Maybe you've already stopped reading.

I would encourage showing up with little strategy, without knowing what you are going to see. Just go.

I'm only going into this now because you asked how I'm doing and what I've been up to, and all of this, somehow, seems relevant and related. On my way to a late show at the Screening Room one evening, I think it was late July, I went by Market Square. I could hear music from a couple of blocks away and decided to investigate. I continued through the square to find an orchestra performing in the sunken area behind City Hall.

I didn't have a chair with me, but was happy to stand. There were a lot of elderly people, some families too. I had the impression the majority of those occupying the built-in bench seats surrounding the stage had known about the performance and had arrived early.

Those of us around the perimeter had just happened upon it. It was no less enjoyable. More people continued to arrive around me. Some didn't stay long, others lingered and took pictures. Some swayed or bobbed their heads unselfconsciously. If you were in the area of Market Square it was hard to resist pausing for a listen. It was nearing 8 p.m. but was still light. The air was heavy and hot.

I know fall is a busy time for you. But if you get the chance, we should take a stroll down to the square sometime or see a movie. We can meet at that small triangular garden that is close to both of us, only a few blocks west of where you live and three blocks east of me. I don't believe it has any veggies or herbs in it. Just some flowers, shrubs, some rocks and mulch. Do you know it? It's easy to miss. It's a small, insignificant plot that's only around until winter. Let's start there and then see what we can find. *kl*

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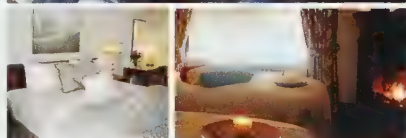


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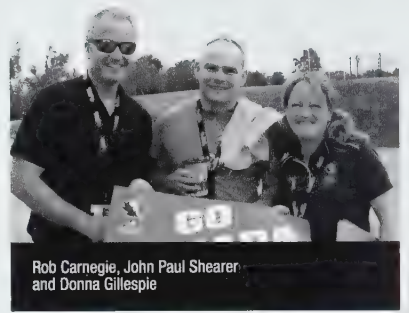


Town Crier Chris Whyman

Kingston Hosts International Men's Rugby

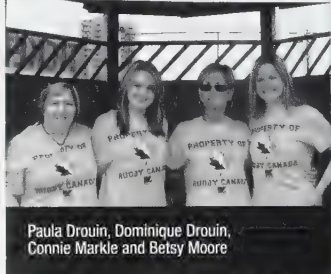
06.09.2012 | Richardson Stadium

Tourism Kingston welcomed Canada and U.S. International Rugby Players for a test match in June, the first time the city has hosted the Canadian National Senior Men's Team since 2001. Local rugby fans filled Richardson Stadium for the match, where the Canadian team prevailed against Team USA with a 28-25 win.

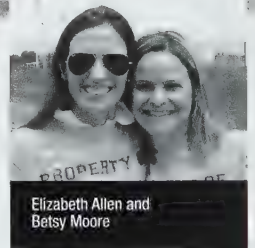


Rob Carnegie, John Paul Shearer and Donna Gillespie

TICKET PICK-UP



Paula Drouin, Dominique Drouin, Connie Markle and Betsy Moore



Elizabeth Allen and Betsy Moore

Day of Caring

06.08.2012 | various locations

Over 220 Kingstonians demonstrated the power of volunteerism during Day of Caring, an annual city-wide event hosted by United Way KFL&A. Throughout the day, teams from 31 local workplaces took on tasks, such as light construction, gardening and maintenance, to provide much-needed in-kind support to 27 local not-for-profit agencies.



DuPont Canada Team



Tiffany and Taya Williams



Corus Entertainment Team



United Way Next Gen Team

Hotel Dieu Invitational Golf Tournament

07.13.2012 | Loyalist Golf & Country Club

This year golfers tee off in support of a much-needed \$1.1-million expansion of Hotel Dieu's ophthalmology clinic, where it is expected that 75,000 patients will be treated annually by 2015. Dr. Walt Emrich started the tournament 25 years ago with Dr. Robert West to support the purchase of a CT scanner at Hotel Dieu. Sponsored by BMO Financial Group, this annual event organized by the University Hospitals Kingston Foundation continues the tradition of caring in the city.

PHOTOS BY NICOLE MURPHY AND JULIE WHITE



Mary Anne and Dr. Dale Mercer



Paul Dungey



Heidi and Ted Bergeron



Joan Carstairs and Dr. Walt Emrich



Dr. Robert West



Dr. Robert Reid, Dr. Richard Reznick and Dr. David Cook



Stan Cheer, Rob Malloy, Krista Wells Pearce and Tony Cook



Alan Cosford, Sherri McCullough, Peter Candlish and Greg Sullivan

WHAT'S HAPPENING

STAGE | ARTS & MUSEUMS | MUSIC | SPECIAL EVENTS | RECREATION



See the Royal Drummers and Dancers of Burundi, one of the world's greatest percussion ensembles, perform at the Grand Theatre, Oct. 16, kingstongrand.ca

SEPTEMBER

STAGE

GRAND THEATRE

Titanic: The Musical, Sept. 27, 7:30 p.m. On the 100th anniversary of the sinking of the original ship of dreams, be transported from the Grand Theatre into a bygone era with Windwood Theatrical's production of this Tony Award-winning musical. **218 Princess St., 613-530-2050, kingstongrand.ca**

K-ROCK CENTRE

Russell Peters, Notorious 2012 World Tour, Sept. 22. This show features all new material from this Brampton-raised comic, who has achieved incredible success from his sharp wit and amusing social commentary. **1 Tragically Hip Way, 613-650-5000, k-rockcentre.com**

1000 ISLANDS PLAYHOUSE

Henry and Alice: Into the Wild, Sept. 7-Oct. 6. A new comedy by Michele Riml about a married couple with economic challenges that tries out camping for their summer holidays, determined to make the sparks fly once more. Performances from Tuesday to Saturday, 8 p.m., with 2:30 p.m. matinees on Wednes-



Internationally renowned writer and activist Naomi Wolf is one of many authors appearing at Kingston WritersFest, Sept. 26-30, kingstonwritersfest.ca

day, Saturday, and Sunday. **Springer Theatre Local Flavours, Local Friends**, Sept. 29. Taste fall flavours, local food and special recipes, just in time to inspire food lovers for Thanksgiving. Sample food and beverages from the region's best growers and restaurateurs, with musical entertainment. Event begins at 4:30 p.m. and may be packaged with the 2:30 or 8:30 p.m. performances of the hit comedy **Henry and Alice**. **Firehall Theatre**

185 South St., Gananoque, 613-382-7020, 1000island-playhouse.com

ARTS & ACTIVISTS

AGNES ETHERINGTON ART CENTRE

Visit the Gallery Shop at AEAC and find amazing gifts created by over 40 local artisans. There are over 300 pieces of artwork to choose from at Art Rental and Sales, all created by local and regional artists. **36 University Ave. at Bader Lane, 613-533-2184, aeac.ca**

CORNERSTONE FINE CRAFTS

Ohotak Mikkigak Drawings Exhibition, Sept. 14-30. Ohotak, an elder from Nunavut, shows drawings that offer a glimpse into the development of his print imagery for the Annual Cape Dorset Print Collection. **255 Ontario St., 613-546-7967, cornerstonefinecrafts.ca**

MUSEUM OF HEALTH CARE

Culture Days free activities, Sept. 29, 10 to 11 a.m., 1 to 4 p.m. Through an examination of other integumentary systems on animals (scales, fur, feathers), foster an appreciation for the unique properties and function of human skin. This is a hands-on education program that the whole family can enjoy. **32 George St., 613-548-2419, museumofhealthcare.ca**

PEC STUDIO TOUR 2012

Take a tour through the gorgeous Prince Edward County area and visit multiple locations where the creations of incredible local artists working in a variety of mediums will take centre stage. **Sept. 21-23, 10 a.m. to 5 p.m. pecstudiotour.com**

UNION GALLERY

Glitter Island World, continues to Sept. 21. Mogelsonsky creates narrative environments from sequences, memories and anticipations. In this show, sculptural objects resembling island forms, a neon sign and picture postcards come together to create a trip to paradise. **Small Dramas and Little Nothings**, Sept. 29-Nov. 1. This collection includes works from Sophie Jodoin's "War Series," which is an assembly of sub-themes on the subject of war. Jodoin is based in Montreal and has exhibited extensively across North America **Union and Alfred streets, Stauffer Library, Queen's University, 613-533-3171, uniongallery.queensu.ca**

WINDOW ART GALLERY

Monthly exhibitions of local artists and Kingston art groups at the Kingston School of Art. The upcoming exhibition schedule is available online at ksoa.info. Support your local community gallery. **647 Princess St., 613-549-1528, ksoa.info**

GRAND THEATRE

Kathleen Edwards, Sept. 22. Edwards' folksy rock-pop edge and beautifully crafted hooks will find a way into your head and heart. Doors open at 7 p.m. **218 Princess St., 613-530-2050, kingstongrand.ca**

KINGSTON SYMPHONY ASSOCIATION

Sheng Cai, Piano, Sept. 30, 2:30 p.m. The Kingston Symphony's dramatic season opener features the brilliant 23-year-old piano virtuoso Sheng Cai performing Tchaikovsky's Piano Concerto No. 1. **Grand Theatre, 218 Princess St., kingstonsymphony.on.ca**

QUEEN'S SCHOOL OF MUSIC

Memorial Celebration for Istvan Anhalt, Sept. 23, 2:30 p.m. Celebrate the life and musical legacy of Professor Istvan Anhalt, including brief performances and reminiscences about his life and work. Reception to follow. **Wallace Hall and Grant Hall, Queen's University, 613-533-2066, queensu.ca/music**

CULTURE DAYS

Culture Days, Sept. 28-30. Events include free activities that invite the public to discover the world of artists, historians, architects, curators and designers at work in their area. **Various locations, culturedays.ca**



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FORT FRIGHT

Don't miss "Ontario's Best Haunted Experience" as historic and haunted Fort Henry is once again transformed into the terrifying Fort Fright, Sept. 21-Oct. 31. Watch as the Fort comes to life with ghostly apparitions and spooky creatures that will scare you right out of the Citadel. **Fort Henry, 1 Fort Henry Dr., forhenry.com**

GIVE THE GIFT OF LIFE WALK

Help give the gift of life, Sept. 23, 10 a.m. This walk is dedicated to increasing awareness of kidney disease and organ donation for The Kidney Foundation of Canada, raising money to help kidney patients and their families through research, advocacy and support programs. **Focus Personal Fitness, 613-542-2121, kidneywalk.ca**

"I'M NOT A BAD KID" DISCUSSION

Join the discussion at "I'm Not a Bad Kid: The challenge of integrating children with special needs into the church community," Sept. 15, 9:30 a.m. to 12 p.m. Guest speakers Laura Wright, blogger at The ODD Mom, and Rev. Barbara Robinson, rector at St. Paul's Anglican Church in Brockville, will share their experiences as mothers of children with mental health issues. **Christ Church Catarqui, 974 Sydenham Rd., dsmith@anglican.ontario.ca**

KINGSTON MULTICULTURAL ARTS FESTIVAL 2012

The 3rd annual Kingston Multicultural Arts Festival, Sept. 22, 11 a.m. to 5 p.m. The fun-filled day will include live music, a wide variety of exciting performances, interactive workshops, local art displays, children's activities, cultural presentations, delicious food and more. **Confederation Park, 613-767-8591, kingstonsmulticultural.ca**

SUNSHINE FOUNDATION DREAM FOR KIDS FUNDRAISER

The 2nd Annual Kate and Amy Lowther Memorial Golf Tournament, Sept. 22. This tournament honours the lives of its namesakes and all proceeds from this event go to support children with disabilities and life-threatening illnesses. **Colonnade Golf and Country Club, 613-542-7535**

RELIGION

THE CANADIAN HEARING SOCIETY

Fall semester of all levels of American Sign Language Classes, begins Sept. 25-27. Classes run 6 to 9 p.m. one evening per week for 10 weeks. **1300 Bath Rd., 613-544-1927, smaracle@chs.ca**

CATARAQUI REGION CONSERVATION AUTHORITY

Bike and Hike. Collect pledges then cycle or hike and raise money for the Catarqui Trail at the 2012 Bike and Hike, Sept. 22, 10 a.m. Choose from three bicycle trips or hike. **613-546-4228 ext. 221, catarquiregion.on.ca**

CORK SAIL KINGSTON

Albacore Canadian Championship, Sept. 20-23. Watch the Canadian Championships for the Albacore class as experienced sailors come to Kingston for four days of competition. **Portsmouth Olympic Harbour and Kingston Harbour, 613-545-1322, cork.org**

KINGSTON FALL FAIR

A celebration of agriculture in the city from the Kingston & District Agricultural Society, Sept. 13-16. Bring the family and enjoy exhibits, from crafts, baking, flowers and produce, to photography and 4H shows. **303 York St., 613-546-4291 ext. 1828, kingstonfair.com**

OCTOBER

STAGE

GRAND THEATRE

Bouge De Là Presents: The Studio, Oct. 21, 2:30 p.m. A paint-splattered artist's studio is the setting for a thrilling exploration by four dancers who use their bodies, objects, lighting and projections to bring art to life.

Gerry Dee: Life After Teaching, Oct. 25, 7:30 p.m. Gerry Dee has become a household name as CBC's Mr. D. A regular at the Just for Laughs comedy festival in Montreal, he's appeared on NBC's Last Comic Standing and in 2008 won the Canadian Comedy Award in the best Male Stand-Up comic category.

218 Princess St., 613-530-2050, kingstongrand.ca

THE LIBRARY CHRONICLES

The Library Chronicles, Oct. 3-20. Five of Kingston's top theatre companies will each produce/perform 30-minute commissioned plays concurrently in and across the many nooks and crannies of the library. **Kingston Frontenac Public Library, Central Branch, 130 Johnson St., kingstongrand.ca**

1000 ISLANDS PLAYHOUSE

Theatre Newfoundland Labrador's production of **Tempting Providence**, Oct. 10-27. This true story follows nurse Myra Bennett, who comes to work in an isolated community in Newfoundland in 1921. Tuesday to Saturday, 8 p.m., with 2:30 p.m. matinees on Wednesday, Saturday, and Sunday. **Springer Theatre, 185 South St., Gananoque, 613-382-7020, 1000islandsplayhouse.com**

ARTS & MUSIC

AUTUMN ART EXHIBITION AND SALE

Local artisan works, including silk screen prints, pottery, fibre art and jewelry, will be displayed and sold in a private show, Oct. 13-14, 10 a.m. to 5 p.m. **215 Victoria St., 613-389-8993, phillidahargreaves.ca**

CORNERSTONE FINE CRAFTS

Cape Dorset Annual Print Collection 2012, exhibition opens Oct. 1. The release date for the prints is October 19. Preview 30 prints from talented Inuit artists. **255 Ontario St., 613-546-7967, cornerstonefinecrafts.ca**

KINGSTON FIBRE ARTISTS

Come and see 15 members from the Kingston Fibre Artists collective present their work at **The Art of Stitch**, Oct. 24-Dec. 2. Opening Reception on Oct. 27, 2 to 4 p.m. **Windows Art Gallery, 647 Princess St., kingstonfibreartists.ca**

MUSIC

GRAND THEATRE

Joel Plaskett Emergency, Oct. 13, 7:30 p.m. A Juno Award and Polaris Prize nominee, Joel Plaskett and The Emergency's music is a jubilation of what music

should be. One of Canada's leading musical voices.

Arlo Guthrie: Here Comes the Kid, Oct. 23, 7:30 p.m. On the year of his father's 100th birthday, Arlo's new solo tour is a celebration of Woody Guthrie's contributions to the landscape of American folk music. **218 Princess St., 613-530-2050, kingstongrand.ca**

OCTOBER ORGAN FESTIVAL

An Organ Festival celebrating the completion of the St. George's Cathedral organ renovation. The organ will be re-dedicated at special service on Oct. 14, 10:30 a.m., followed by a series of four organ concerts from Oct. 14-24 with acclaimed Canadian musicians. **270 King St. East, 613-548-4617, stgeorgescathedral.ca**

WITH ONE VOICE

This event is a men's choir performance sponsored by the Ban Righ Centre in support of women's education. Enjoy an evening of choral music featuring more than 100 singers from five Kingston male choirs. Oct. 20, 7:30 p.m. **Sydenham Street United Church, 82 Sydenham St., banrighcentre.queensu.ca**

QUEEN'S SCHOOL OF MUSIC

Showchoir Concert, Oct. 12, 7:30 p.m. Just as its name suggests, this concert showcases all four of Queen's major ensembles: choral, wind, jazz ensembles and symphony orchestra. This exciting range of music gives everyone something to enjoy. **Wallace Hall and Grant Hall, Queen's University, 613-533-2066, queensu.ca/music**

SPECIAL EVENTS

BAROQUETOBERFEST

Trillio's 4th annual Baroqueoberfest, Oct. 13, 6 p.m. Music by German composers from the time of Bach, Telemann and Handel, will be played by Trillio's musicians on period instruments. A beerologist will explain the varied styles and tastes of the beer being offered, in addition to plenty of German food. **Upper Canada Academy of Performing Arts, 260 Brock St., 613-542-4826, ucperformingarts.com**

BREAST CANCER ACTION: CHESTMATES

Join the Breast Cancer Survivor Dragon Boat Team as they hold a Jubilee Tea, silent auction and art sale on Oct. 27, 1 to 4 p.m. This event will have live entertainment with Jenica Rayne and Lynn Hansen at Edith Rankin Memorial United Church. Support research and awareness about this cancer and make a difference in the lives of women. **4080 Bath Rd., bcakingston.org**

GEM STORM 2012

43rd Annual Gem and Mineral Show, Oct. 13-14, 10 a.m. to 5 p.m. Sponsored by the Kingston Lapidary and Mineral Club, the show and sale features jewelry, crystal treasures, exotic fossils, gemstone carvings, children's activities, and a jewelry workshop. **Portsmouth Olympic Harbour, 613-384-4439, mineralclub.ca**

MARTHA'S TABLE EMPTY BOWLS FUNDRAISER

Make a difference and help support this local charity, Oct. 14 with three sittings at 11:30 a.m., 12:30 p.m. and 1:30 p.m. Choose from a large selection of one-of-a-kind, hand-crafted pottery bowls to keep, savor a great selection of lunch and desserts with music ac-

companiment, and put in a bid at the silent auction. **Queen's University Club, 613-546-0320, marthastable.ca.**

QUEEN'S UNIVERSITY

Alumni Awards Gala, Oct. 13. This event is open to members of the Kingston community for a wonderful evening at Grant Hall to celebrate remarkable members of the Queen's community. queensu.ca/alumni

RECREATION

CATARAQUI REGION CONSERVATION AUTHORITY

Fall Colours Weekend, Oct. 7-8, 1 to 4 p.m. Celebrate Thanksgiving with a hike to the sugar bush to enjoy the fall colours. Regular gate fees apply. **613-546-4228 ext. 221** or visit cataraquieregion.on.ca

EASTER SEALS ONTARIO

2012 Dine Out for the Kids in support of Easter Seals Ontario, Oct. 22-28. Dine at one of the participating restaurants and a percentage of the sales will go to support local kids and youth with physical disabilities. **613-547-4126 ext. 224, easterseals.org**

FUNG LOY KOK TAOIST TAI CHI

Special Weekend Course, Oct. 19-21. This accelerated course prepares both newcomers and returning members. This aerobic, meditative exercise relaxes and strengthens body-mind for all age/fitness levels. **302 Montreal St., 613-544-4733, taoist.org/kingston**

COMING IN NOVEMBER

MAKER'S HAND

Art Show, Nov. 2-3, 10 a.m. to 6 p.m., Nov. 4, 10 a.m. to 4 p.m. Prestigious show and sale of Ontario's finest artists with works ranging from jewelry and glass sculpture to crafts, painting, photography, metal, and more. Admission is \$5 at Picton Arena Fairgrounds, Picton. themarkershand.com

CATARAQUI CONSERVATION FOUNDATION

Join the Cataraqui Conservation Foundation on Nov. 3 at 6 p.m. for Forever Green, an annual fundraising gala for conservation education. Enjoy a gourmet dinner and a chance to bid on some fabulous goods and services at our live and silent auctions. **Royal Military College Senior Staff Mess, 613-546-4228 ext. 221** or cataraquieregion.on.ca

HADASSAH AUXILIARY BAZAAR

One of Kingston's favourite traditions is fast approaching with the best bargains of the year: affordable new and used clothing for men, women and children including designer fashions, Nov. 4, 10 a.m. to 3 p.m. Search for treasures, collectibles, gifts, fun toys, baked goods, books and CDs. **Beth Israel Synagogue, 116 Centre St., 613 542-5012**

 For a complete list of September/October events, visit kingstonlife.ca

Next Time: The deadline for submissions to What's Happening for the November/December issues of *Kingston Life* is September 21. Email information to kingstonevents@sunmedia.ca.



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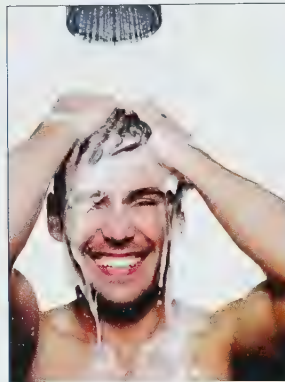
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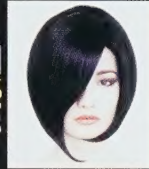
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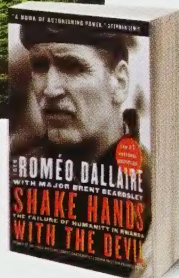


HEATHER HAYNES

Artist and Gallery Owner



(top) Robert Rauschenberg's Estate (above) Lake Opinicon (right) Shake Hands with the Devil by Roméo Dallaire



Artist in Residence

Local artist Heather Haynes is part of the eighth generation of her family living in the Kingston area. Continuing the family tradition of owning businesses in the downtown core, Heather recently opened The Heather Haynes Gallery on King Street, where art lovers can pop into the crisp new space after a stroll through Springer Market Square. Here, you'll find a collection of her work, along with jewelry by her sister, Whitney Haynes.

BY JASMINE ALMEIDA

What brought you to the city:

I was born and raised in Kingston. My grandfather, great-grandfather and great-great-grandfather owned businesses in downtown Kingston. The Whitney Hotel that used to sit on the corner of Brock and Ontario streets, Whitney's House Furnishings on Princess Street — these were family-owned businesses. I guess I am considered an old stone.

Your neighbourhood and your favourite thing about living there:

I grew up in the east end of Kingston, across the causeway. It has changed a lot over the years. The farmers' fields are being eaten up by subdivisions. It has always felt like a safe place to be. I live on Lake Opinicon in cottage country now. This is my soul place. I need as little distraction as possible.

In one sentence, describe what you do at work:

I open my heart to possibilities and let the paint flow. Basically, I play.

The one thing you couldn't do your job without:

The support of my best friend and husband, Jeff.

Upcoming event you're most looking forward to:

I always look forward to Fare For Friends, put on by The United Way. It is such an amazing event. I have been fortunate to be the feature artist for several years now. I love it.

Books currently on your nightstand:

Shake Hands with the Devil, 50 Shades of Grey and The New Earth.

Artist or piece of art has most inspired you:

Robert Rauschenberg's work reminded me that anything is possible in art. This led to me to using collage in my paintings that reflect my experiences in Africa.

Your all-time favourite film:

Miracle on 34th Street. I love old black and white films. Growing up, I would lay around for hours on Sundays and watch them.

Music you're listening to:

My friends: Jeff Montgomery (my husband), Paul Langlois, Greg Ball, Jim Tidman, Pete Murray (an Aussie soon coming to Canada) and, of course, The Hip.

Best meal you've eaten in the city:

At Chez Piggy with my friends.

Kingston's best-kept secret is:

The live music scene. Not sure if it's a secret but we sure are lucky. Also, the painting community is so big — incredible talent, world class.

Kingston needs more:

Bridges.

Your perfect Saturday in Kingston:

Market, coffee and gallery hop, dinner with friends, then watch a local band and dance. Then it's Bubba's [Pizzeria] and crash at someone's house because the drive home is too far.

Coffee or Tea:

Coffee. It's my downfall, lust, love, obsession, drug. I so want to be a clean, yoga-practising tea drinker, but coffee keeps raising her dirty little head and calling my name. ❧

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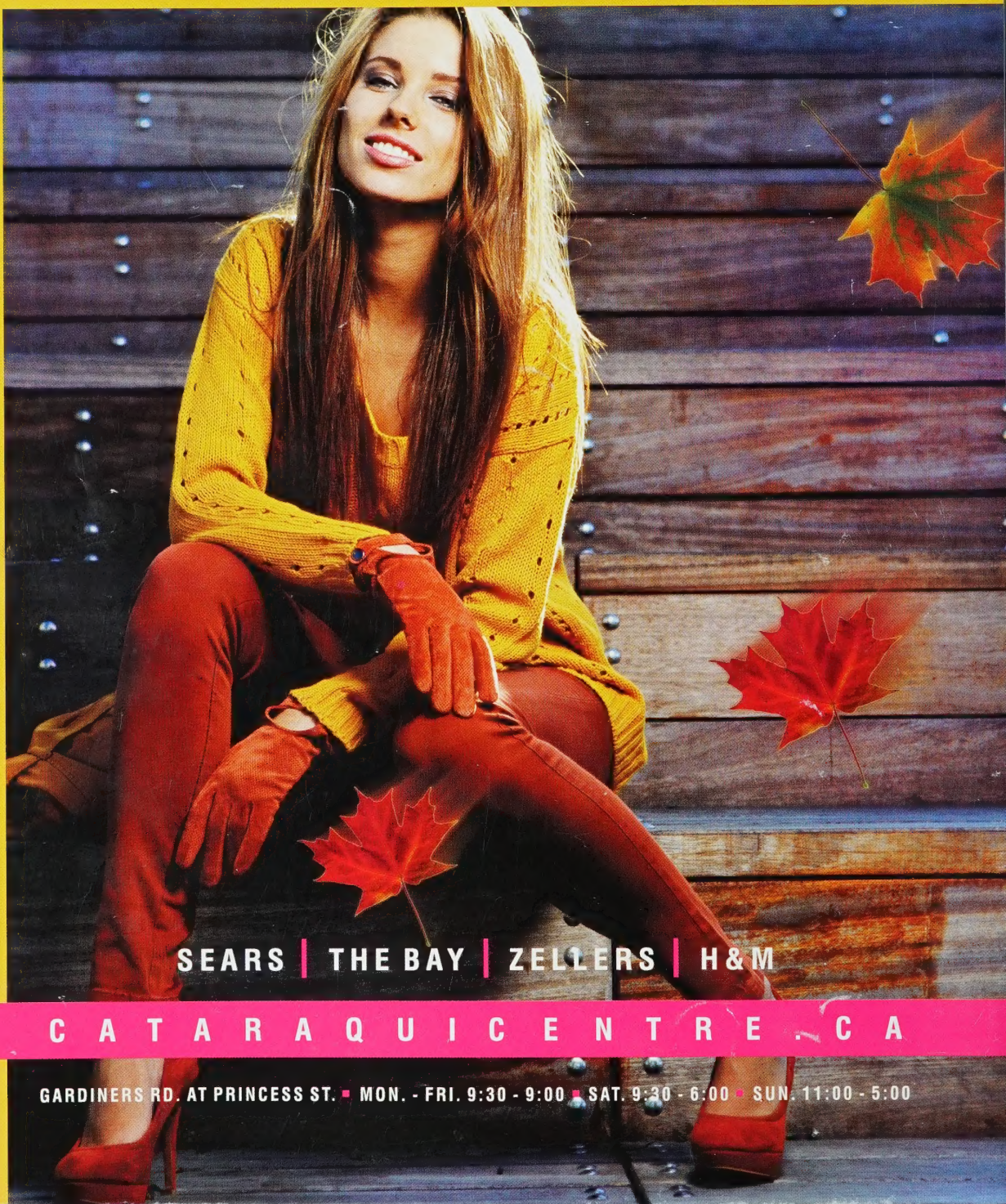
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