

## QVSS' AGM and 60<sup>th</sup> Birthday



QVSS' AGM and 60<sup>th</sup> Birthday took place at the end of September and was a huge success. Many parents, caregivers, friends and family members joined us for the special event. We had over 60 guests attend the evening which included tours of the agency, snacks, drinks, cake, speeches and presentations from staff and board members; all before the annual general meeting at 6 p.m.

The QVSS choir performed for everyone halfway through, singing four beautiful songs. The choir performance was Kristen Detlor's favorite part of the evening and is a year-long member.



## **Belleville Election 2018**

On October 22, 2018, Belleville residents went to the voting polls and elected a new mayor; Mr. Mitch Panciuk, who won with 5,238 votes, defeating the reigning mayor, Taso Christopher, who had 3,688 votes.



(Pictured above is Mitch Panciuk with the elected councillors, Pat Culhane, Ryan Williams, Bill Sandison, Chris Malette, Garnet Thompson, Kelly McCaw, Sean Kelly and Paul Carr).

Mitch was interviewed by The Intelligencer after the swearing in on Monday December 3, 2018. Here are some of the things he mentioned that he wishes to focus on in the very near future in Belleville.

“I want to get down to work with the Belleville Ag Society to look at relocating the Quinte Ex to a more appropriate place, so we can unlock the economic potential of the site,” he said. “Housing is the number one issue that our residents are facing, so we have convened a special meeting of council which will be the first ever Belleville Housing Summit early in the new year. I’m hoping to have it in February, but it may have to be in the first part of March. We’re not going to be stopping infrastructure investment, we need to continue, but we also have to look at some quality of life issues that will help to make things better,” he said.

# Belleville Santa Claus Parade 2018



No one can say that a good Santa Claus parade will undoubtedly put you in the Christmas spirit. It is enjoyable for kids, both young and old. Everyone enjoys the magical lights, amazing floats, musical bands and, of course, Santa Claus.

This year's parade took place on Sunday, November 18<sup>th</sup>, 2018 and started at 4:30 pm. The lining up of floats began at approximately 2:00 p.m. around the track of the Belleville Fairgrounds which is located at the corner of Bridge Street West & Sidney Street. Walkers & riders needed to arrive by 4:00 p.m. to get into the lineup too.

After leaving the Fairgrounds property, floats exited on to Sidney Street, turning east along Bridge Street, straight to Front Street, turned left and headed north on Front and North Front Streets.

Food donations for Gleaners Food Bank, Letters for Santa and items for the Firefighter's Toy Drive were in abundance and gratefully accepted.





## **Belleville Wins “Project Play 2018”**



On October 28, 2018, TSN announced that Belleville, ON was the Grand Prize winner of the “KRAFT HEINZ PROJECT PLAY 2018”. The announcement was made live on TSN that evening and will see the Challenger Baseball League receive \$250,000 to build the Field of Ability following a week of online voting from October 13-19.

The Field of Ability will be home to Belleville's Challenger Baseball League, which provides an opportunity for children and youth with cognitive and/or physical disabilities to play baseball. The grand prize money will go toward building an accessible baseball field, fostering a greater sense of inclusiveness and community.

The three runner-up finalists for the “KRAFT HEINZ PROJECT PLAY 2018” were St. Peter Elementary Playground (Penbrooke Meadows, AB), Shaunavon High School Football field (Shaunavon, SK), and The Skatepark Collective (Antigonish, NS). They will each receive \$25,000 to help restore their nominated place to play.



(photo at Empire Theatre where audience members watched the announcement of Belleville’s win)



(Belleville officers receiving cheque)

## The CMA's 2018



The CMA's were hosted again this year by Carrie Underwood and Brad Paisley for the 11<sup>th</sup> time in a row. It was the 52<sup>nd</sup> annual edition and was held in Nashville, Tennessee.

Keith Urban won "Entertainer of the Year 2018". Chris Stapleton won "Male Vocalist of the Year", "Song of the Year 2018" and "Single of the Year 2018".

Carrie Underwood won "Female Vocalist 2018".

The show ran for three hours and Bill said he "loved every minute of it". "Luke Bryan is my all-time favorite artist and I loved his performance that night of "What Makes You Country" Bill said.

"I look forward to this night all year to see my favorites perform. Can't wait for next year already!"

YEEHAW !!!!

By Bill and Kristen

## Cold and Flu Season

1. Every time you shake someone's hand, wash yours!!! But don't stop there. Wash them as much as possible throughout your day! Running lots of water over your hands will dilute any germs and send them down the drain. Better yet, don't shake hands at all! At QVSS, we are encouraging everyone to simply wave "hello" instead of making any unnecessary physical contact.
2. Keep your hands off  
Touching your mouth, nose and your eyes may hurt you. Those are the most common places for germs to get in.
3. Go to bed! Getting enough sleep on a normal basis is hard enough so try to remember that you need more z's when you're feeling under the weather. When you're tired, your body isn't fighting as hard. Try getting 8 to 10 hours a night if possible.
4. Get your shot
5. Build up your immunity with healthy foods.  
You may think it's hard to eat healthy on a regular basis but eating plenty of fresh fruits and vegetables supports your immune system. Doing this is a lot easier than fighting off the flu!
6. Work out! Get those sweats on and exercise. Working out regularly enhances immune function.
7. Stay away! Keep your distance from people displaying symptoms like sneezing and coughing. While that strategy may seem obvious, it applies to more than just strangers and colleagues. Stay away from sick friends and family when possible.
8. Sanitize yourself. Keep sanitizing gel or alcohol-based hand wipes on you at all times. But read the label before you buy. Some wipes are not alcohol-based and won't be as effective.
9. You want me to sneeze where? It may sound strange, but when you have to cough and sneeze, do so into the crook of your elbow, not into your hands. Since your hands are a common source of germs, doing that will prevent them from spreading.
- 10 Drink, drink, drink Dehydration can easily occur (especially if you are running a fever or vomiting). If you're unable to keep fluids down, contact your physician.



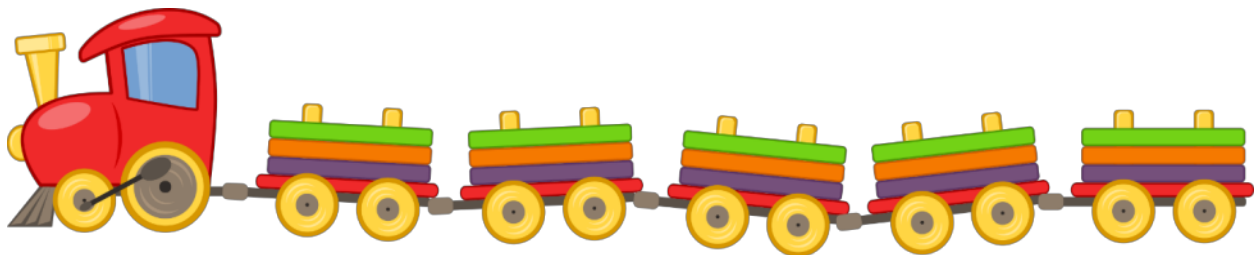
## **CP Holiday Train**



**The CP Holiday Train is made its 20th tour across Canada in support of local food banks this year. The train came to Belleville, Ontario on Thursday, November 29<sup>th</sup>, 2018 at 9:00am. Musical guests this year were Terri Clark, Sierra Noble and Kelly Prescott. People were asked to bring non-perishable food items or a monetary donation to support the local food bank, Gleaners.**

**They have two trains that run for this event. The U.S. train departed Montreal on November 25 travelling south with stops in Quebec, New York and Southern Ontario before continuing its' journey back through the U.S. and into southern Saskatchewan for its final stop in Weyburn, Saskatchewan on Dec. 16.**

**The Canadian train departed Montreal on November 27 travelling west through Ontario, Manitoba, Saskatchewan, Alberta, and British Columbia for its final show of the 2018 CP Holiday Train tour in Port Coquitlam on December 18.**



**By Kristen Detlor**

# **How to wear a Poppy**



## **Wear a Poppy to Remember**

Throughout the Remembrance period, we see Poppies worn with pride in every corner of our lives to honour our Veterans. The Royal Canadian Legion provides a Poppy Protocol to guide Canadians on appropriate and respectful wearing of the lapel Poppy. However, wearing a Poppy is a personal expression of Remembrance, and how someone chooses to wear a Poppy is always an individual choice.

## **How to Wear a Poppy**

The Poppy should be worn with respect on the left side, over the heart. The Legion's lapel Poppy is a sacred symbol of Remembrance and should not be affixed with any pin that obstructs the Poppy. Many Legion Branches provide poppy keepers, clear plastic ends that can be attached to the back of the pin so as not to obscure the Poppy yet still keep it secure. Also available through some Branches is the Legion's reusable black centre Poppy pin to affix your lapel Poppy.

## **When to Wear a Poppy**

The lapel Poppy should be worn during the Remembrance period, from the last Friday in October until November 11. The Legion encourages the wearing of Poppies at funerals of Veterans, and for any commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge. As well, it is not inappropriate to wear a Poppy during other times to commemorate Fallen Veterans and it is an individual choice to do so.

When a Poppy is removed, it should be stored appropriately, or it may be disposed of respectfully. We encourage anyone who finds a Poppy that has fallen to the ground to pick it up and brush it off so that it can be kept or disposed of respectfully.

While Poppies are always free, The Royal Canadian Legion gratefully accepts donations to the Poppy Fund, which directly supports Canada's Veterans and their families in need. Any money will help out so be sure to give this cause your support!



# **Jamaica Trip 2018**

**On November 7, 2018, twenty-four people left QVSS for Jamaica. Everyone left, on-time from QVSS at 8 a.m. sharp. It was a beautiful day for traveling!**

**We were delayed before taking off in Toronto due to a passenger situation where he was taken off the plane due to having a meltdown. We were late getting to Jamaica because of it which wasn't a big deal, however, the experience of witnessing it was scary to watch.**

**We took the first couple of days to settle in and do some resting. We did some shopping, swimming at the beach, karaoke, dancing and singing. The weather was warm and hot and only a few raining days.**

**Dave's favorite thing was playing pool with the guys. He really enjoyed the pot roast dinner and drinking rum and cokes every day. Kristen's favorite thing was swimming in the pool. She tried lobster for the first time and really enjoyed it! She had her strawberry daiquiris and Pina colada cocktails through the week which were delish!**

**It was a great trip again this year! It is so nice to go away but always happy to come home.**

# Seasonal Affective Disorder



Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, zapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

## **Symptoms**

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

# **Jock Talk**



**It's all about the hockey right now for our reporters...here is the latest updates;**

## **NHL**

Sat. Dec. 8 / 2018 Boston Bruins 6 – Toronto Maple Leafs 3

Sun. Dec. 9/2018 Montreal Canadiens 3 – Chicago Blackhawks 3

Tue. Dec. 11/2018 Toronto Maple Leafs 4 – Carolina Hurricanes 1

Tue. Dec. 11/2018 Montreal Canadiens 1 – Minnesota Wilds 7

## **AHL**

Sun. Dec. 9/2018 Belleville Senators 0 – Toronto Marlies 1