

## Victims of Taliban suicide attack return to CFB Trenton Wednesday

By Solana Cain

The bodies of two Canadian men killed in a Taliban terrorist attack in Kabul returned home in a military aircraft at CFB Trenton on Wednesday night. Two caskets draped with Canadian flags were carried off CC-177 Globemaster and transferred into separate hearses as a small group of family and friends watched.

Peter McSheffrey, 49, and Martin Glazer, 43, were killed by a Taliban suicide bomber and two gunmen who opened fire inside a popular Lebanese restaurant, La Taverna du Liban, in downtown Kabul last Friday.

Employees of Samson & Associates, a management consulting firm out of Gatineau, Que., the men were in Kabul performing audits of two Canadian aid projects for the Department of Foreign Affairs, according to a statement released by the company.

Both families released statements a couple days after the attack, expressing their sadness and asking for privacy from the media.

McSheffrey, an Ottawa area resident, is survived by a wife and two children.

Glazer, a Gatineau resident, was unmarried but had a partner and tightly knit family.

In all, 21 people were killed in the assault, 13 foreigners including the International Monetary Fund's top representative in Afghanistan and three United Nations staff as reported by Reuters. It is being called the deadliest direct attack against foreign civilians in Afghanistan since the start of the war in 2001.

Foreign Affairs Minister John Baird issued a statement following the attack condemning the Taliban. "Acts of brutal terror cannot be allowed to go unpunished."

In a written statement, the Glazer family said Martin made "frequent business trips to the region" and that he took pride in his work "contributing to Canada's efforts to bring about peace and security in Afghanistan."



Photo by James Wood

**Watched by friends and family, the body of Canadian Peter McSheffrey is carried down the ramp of a CC-177 Globemaster on the tarmac of CFB Trenton. McSheffrey was one of two Canadian auditors killed in a Taliban attack on a restaurant in Kabul, Afghanistan, while working in the country.**

McSheffrey's family said Peter loved to travel and, "what makes this particularly difficult for the family is that Peter was a victim of senseless violence against inno-

cent people."

The Taliban took responsibility for the attack one day later, saying it was in retaliation for Afghan lives lost after a coalition

airstrike in a village north of Kabul.

Samson & Associates extended condolences to both families, calling the incident "tragic" and "devastating" on their

website.

"These individuals were much more than just colleagues, they were dear friends," the statement said.

## Course brings attention to mental health issues

*Two-day training course helps with education on dealing with issues*

By Dayna Lefebvre

This week, Mental Health First Aid Canada is hosting a two-day, 14-hour training course to educate individuals on dealing with mental illness.

The paid course – which is focused on adults who interact with youth – is hosted by Darlene Maracle, whose background is in social work. It takes place at 223 Pinnacle St. today and Friday.

According to the Canadian Mental Health Association, 20 per cent of Canadians will experience a mental illness in

their lifetime. Canada also has the third highest youth suicide rate out of any industrialized country. Suicide accounts for 24 per cent of all deaths from ages 15-24.

The MHFA course teaches individuals to recognize the signs and symptoms of various mental illnesses, such as depression, anxiety, eating disorders and self-harm. The goal is to be able to provide initial help and guide the individual to a professional. Removing the stigma associated with mental illness and allowing it to be talked about is another major focus.

"I ask someone to give me a definition of health; they forget about the brain part," explained Maracle.

"It's how well we function in day-to-day life. We don't say someone is 'suffering

from.' I don't know if you are suffering. People function with it. People cope with it. There is such a stigma."

One of the aims of the course is to preserve life when an individual is at risk of putting themselves and others in danger. It also teaches people to provide comfort, hope and recovery to a person in need, and to listen free of judgment.

MHFA started in 2001 in Australia and has since branched out to over 18 countries. As well as Belleville, there are upcoming courses across Canada.

"People don't tell their friends. They feel like they are going to be judged – and oftentimes, they are," Maracle said. "We look for the signs and symptoms."

Signs of a mental illness include things you can physically see about a person –

changes in weight, dishevelled appearance and cuts or injuries are a few. Symptoms of a mental illness include things that you cannot see – loss of appetite, social withdrawal or a lack of interest in previously enjoyed activities.

Although the MHFA course teaches people how to deal with mental illness, Maracle is clear that this course is not aiming to turn people into therapists.

"You're not going to be trained to be a therapist or a counsellor, anymore than if you take first aid, you're not a doctor."

Maracle said the most important thing someone can do is reach out and ask.

"Most of the time, we ask people how they're doing but we don't even listen.

That's one of the greatest skills I want people to get," she said. "Ask questions. Be direct – as hard as it is to ask someone if they are thinking of taking their life. Try to instill some positive hope. Be patient and have lots of empathy."

"There is help. There is hope. People live with, people function with and people overcome (mental illness). This can be a time in someone's life. It doesn't need to be a life sentence."

Anyone interested in attending a MHFA course can contact Maracle at [darlenemhfa@gmail.com](mailto:darlenemhfa@gmail.com).

Anyone who needs support or someone to talk to is urged to call Open Line, Open Mind at 310-OPEN or Kids Help Phone at 1-800-668-6868. Both services are free and offer 24-hour support.

## Public welcome to weekend ice fishing derby

By Guillaume Nolet

Merland Park Cottages from Picton is hosting its fifth annual ice fishing derby on the shore of Picton Bay this weekend with open public events on Saturday.

Saturday's on-ice games will be open to the public for a \$20 registration fee per participant. All proceeds will be going to the Picton Kiwanis Club Terrific Kids initiative.

The public events start with a barbecue lunch hosted by the Kiwanis Club on Saturday. The individual on-ice games will follow starting at 1 p.m.

This year's games will include the famous Shirt Off-Fish On competition as well as two new games; Minnow to Win it and Pitch & Release.

Prizes include a gas auger, golf clubs, trolling motor, fishing and goose charters, accommodation packages, etc.

For more information on the event, go to [www.merlandpark.com](http://www.merlandpark.com) or call 613-476-6894.

For a insider look at the sport of ice fishing, make sure to watch this short feature that showcases Joe Pickstock and Dusty Craven braving -30 C weather, on the Bay of Quinte near Napanee, shot earlier this week.

<http://www.qnetnews.ca/?p=33575>



Photo by Hannah Yoon

**Joe Pickstock sits in his fishing hut as he prepares for a morning of ice fishing on Hay Bay near Napanee on Tuesday. Pickstock is the owner of PB&J Charters where he provides guided walleye or salmon fishing trips on the Bay of Quinte and Lake Ontario.**

## Getting help to quit smoking

By Samantha Hobbs

Quitting smoking is a difficult task, but some extra incentives may help.

This week is National Non-Smoking Week in Canada, which has taken place for over 30 years. It was established by the Canadian Council for Tobacco Control (CCTC) in 1977.

Some of the goals of the organization are to educate people about the dangers of smoking, to help people who smoke to quit smoking and to help make Canada smoke-free.

This year's campaign is entitled Leave The Pack Behind, which is geared to help Canadians quit smoking.

Loyalist College is participating in the campaign for a second year. Nurse Lauren Deans is in charge of distributing the packages to students who want to participate. It includes Nicorette gum and information with helpful tips and resources.

"The packages are free to all students and 35-40 students have participated since it started," said Deans.

The nurse added she hopes it will help increase the number of students successfully quitting.

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