

Extremist violence hits home

Reservist killed as lone gunman goes on rampage in Ottawa

By Amanda Cheung

On Wednesday morning, Canada was shaken by two shootings in Ottawa that claimed the life of reservist Cpl. Nathan Cirillo, 24.

CBC reported that Cirillo was standing watch at the National War Memorial when he was shot.

The shooter was later identified as Michael Zehaf-Bibeau, who was shot dead shortly after in the Centre Block of the Parliament Buildings by Sergeant-at-Arms Kevin Vickers.

"It's very sad and very tragic what's happened," said Laura Konkel, a student at the University of Ottawa.

She was in the library when the school went into lockdown.

"First thing everyone did was try to find out what had happened," Konkel said. "I have friends on the Hill so I was trying to hear from them."

Meredith March, another Ottawa University student, was in the middle of writing an exam when a few phones went off.

She recalled the nervous look on her professor's face when he told them there had been a shooting and they were in a lockdown.

"I was scared at first, obviously. I didn't have my phone with me to see the actual alerts, it was just what my prof said and he was nervous. Every couple minutes, we'd hear sirens, a lot of sirens."

Spencer Van Dyk, the online editor for the university's school paper, The Fulcrum, was working at the Rideau Centre when an announcement over the speakers notified them of an emergency and the need to evacuate immediately.

"There's always construction happening and so I assumed the emergency had to do with construction and wasn't panicking," said Van Dyk. "I walked across to the Chapters, sat down and information all started pooling around there being a shooting. The staff came and said that we had about five-10 minutes to decide whether we wanted to stay or leave because there would be a lockdown. A lot of people were shaken up at Chapters."

Not only were lockdowns taking place in Ottawa, but all military bases were ordered to lockdown, including the Canadian Forces Base in Trenton.

Denyce Diakun, director of Student Success at Loyalist, estimated that between staff and students at Loyalist College, the number of people with family in the military is pretty high.

"When an event like this happens, obviously anxiety increases for everyone," said Diakun.

On Wednesday afternoon, students at Loyalist were invited to sit down and chat with somebody in regards to the events that took place in Ottawa.

"Our strict belief is any kind of traumatic experience happening, if you can keep talking about it, it will help to relieve the anxiety, so that's really what we're doing," said Diakun.



Photo by Andrew Lahodinsky

Police and RCMP cars block the National War Memorial after an early morning shooting that left two people dead, including a member of the Canadian Armed Forces in Ottawa, Ont., Tuesday. A gunman opened fire on a soldier standing at the National War Memorial around 9:50 a.m., then stormed the Parliament Buildings where he was shot and killed by the Sergeant-at-Arms Kevin Vickers.

Hospice reaches out into the community

Friends and Food new initiative being introduced throughout October

By Maggie Naylor

Hospice care is more than being there for a person in their final days.

"Hospice care isn't end of life care, it is really about being there through the whole journey of an illness and being a support," says Rachel Perchel, community relations co-ordinator for Hospice Quinte.

The organization is holding its first Friends and Food for Hospice Quinte program during the month of October.

"We've gone to several locations in Quinte West and in Belleville," says hospice's Executive Director Helen Dowdall.

Hospice spent some time at Trenton's Seasons Dufferin Retirement home this Wednesday for Friends and Food.

"It's really to start the conversation. People don't like to talk about dying," says Dowdall.

"We would like people to know when palliative care is done right, there is no pain, and they need to know that we're there to support them and that it's an option and that way they can live out their life in comfort knowing they're looked after and their family members are cared for. Quite often, the patient's main concern is the burden they are on their families, and we would like to get rid of that

feeling. "Once we get to know the patient, what their hobbies are, what they like to talk about, we match them with one of our volunteers who have gone through a 10-week training program."

"It's not sad," says Anita Canty, one of Hospice Quinte's volunteers. People say to me 'oh, it's too sad.' It isn't sad, it's helping people live. Live each day."

"When you think about others, you forget about yourself and your aches and pains," Canty added.

The volunteer has been with the same patient for nine years.

"That's what I do with my young patient. Even though she has a life-threatening illness, if she wanted to talk about dying, I would talk with her, but mainly we talked about living."

Canty has helped the young person get through high school. In return for helping her get her driver's licence, Canty says her patient taught her how to text.

You come out of it with your heart just full of love," says Canty. "It's beautiful."

The organization has many services for those enduring a terminal illness and the families affected by it. There are bereavement service programs such as the healing widow support group, one-on-one bereavement programs, and programs for kids called "Rainbows" and At the kids' program, they play games and activities that promote healing and empathy.

"We really try to make sure that we can provide support whenever it's needed," says Rachel Pearsall.



Photo by Maggie Naylor

Kitty McColm inquires about the types of nuts being sold at the fundraiser for Hospice Quinte at Seasons Dufferin Retirement Centre in Trenton on Wednesday. This is the first annual Friends and Food for Hospice Quinte.