



Photo by Andrew Lahodinsky

Members of the second Canadian Armed Forces medical contingent board a plane at CFB Trenton today. The personnel are headed to the United Kingdom for training before they are deployed to Kerry Town, Sierra Leone in an effort to help contain the spread of Ebola.

Medical personnel heads to Sierra Leone

Armed forces members to help in the fight against Ebola following training in UK

By Andrew Lahodinsky

The Canadian Armed Forces sent out

its second contingent of medical personnel Thursday morning from CFB Trenton to help in the fight against Ebola in Sierra Leone.

The armed forces members will conduct training in the United Kingdom before their deployment in Kerry Town, Sierra Leone, south of the capital city of Freetown.

About 40 staff members are work-

ing alongside the U.K. military at the Kerry Town Treatment Unit to help contain the spread of the deadly Ebola virus, treating local and international health care workers who have been exposed to the disease.

Operation SIRONA was announced on Nov. 27 of last year as part of a larger international joint task force dedicated to fighting Ebola in affected

countries. The task force is in place until the control of the treatment facility is transferred to non-governmental organizations.

The Canadian government has committed over \$56 million to support health care as well as other humanitarian aid. Supplies such as protective equipment and doses of an experimental vaccine have been flown in to the affected areas.

The past year has seen the deadliest outbreak of Ebola since the disease was first discovered in 1976.

According to the Centers for Disease Control and Prevention, there have been over 22,000 cases resulting in approximately 9,000 deaths.

Sierra Leone has been one of the hardest hit countries in West Africa, with an estimated 10,518 infected.

Marmora SnoFest organizers remain hopeful

By Maggie Naylor

Considering the lack of snow, people might be wondering how Marmora will be continuing with SnoFest this weekend.

The organizers say they are optimistic and that the trails look good, but the final call won't come until

later today. Shane Cox, who has been training his dogs since September, will be eagerly awaiting the news.

"We were out yesterday afternoon. There's not a lot of snow," says Cox. "But once the groomer goes through, they might be able to do something. They're not giving up."

The dog races are in question be-

cause of this but there are still plenty of other events. An opening ceremony starts it off on Friday at 6:30 p.m. and the talent show follows at 6:45 p.m. at the Sacred Heart of Jesus Church Hall.

On Saturday, there is no shortage of events. There are luncheons, food markets, chainsaw carvers, a hockey

tournament, circus stage acts, a dance party, and even a baseball tournament, all located around the Marmora fairgrounds.

The plan is, at the same time, having dog sled races going from 9 a.m. to 3:30 p.m. on Saturday then ending the weekend with sled dog rides on Sunday.

Dealing with mental health issues

By Gabrielle Smith

Mental health issues have been a part of Karen Dack's life for as long as she can remember, from her first suicide attempt at 14 years old to the triple-diagnosis of depression, anxiety disorder and borderline personality disorder she currently copes with.

Intense mood swings and emotions that are often debilitating, including days when she cannot physically will herself to get out of bed, are just part of Dack's day-to-day life.

"I feel things like 200 percent where somebody might feel it 50 percent," she explained. "I can go from being in a rage, really really angry at one point, and curled up in the fetal position crying the next."

The 51-year-old Belleville native is unable to work or volunteer consistently because of her disorders, despite a strong desire to. Dack has a compassionate heart and love of people which quickly becomes clear when you speak to her. However, she reports feeling discarded, abused and ignored by many people in her life and by society as a whole.

She says she resents popular pseudo-motivational sayings, such as being told to "Get her act together" or "Pick up her bootstraps."

"I can't even find my boots, let alone pick up my boot straps."

The implication that Dack could manage her disorders if only she were trying harder is hurtful, and ignorant of the medical reality of mental health issues.

Unfortunately, Dack's experience is far from uncommon. In fact, a large number of people with mental health issues report experiences of misunderstanding and judgement from loved ones, workplaces and society in general. Many report feeling like their mental health isolates them from people, and that they don't feel they can openly talk about it.

Bell wants to change that. Let's Talk is an annual initiative on the part of Bell Canada to reduce the stigma of mental illness and to raise money for mental health initiatives in Canada. On Wednesday, for every text and phone call made by Bell customers, every #LetsTalk tweet, and share of the campaign's Facebook photo, Bell donated five cents to mental health initiatives in Canada.

...See Let's Talk, page 2

People wanting to look after people

Inn from the Cold provides food, fellowship and warmth

By Amanda Cheung

Inn from the Cold started 'many, many years ago.'

"I don't even know how long it's been," says Sue Catherwood, who helps co-ordinate the program. "It went through at least two people that ran it before I got on board... since 2006 or 2007."

Inn from the Cold operates during the coldest time of the winter, offering food, fellowship and warmth to whomever wants it.

In 2014, over 4,000 meals were served.

Each night, the volunteers cook for 120 people and 80-110 plates are served.

This year, the program goes from "Jan. 18 to Feb. 28, everyday, seven days a week, you go all day," says Catherwood. "There are three shifts of people. You make soup, salad, dinner and dessert and the rest of the year, every Friday, we hand out frozen meals."

TGIF, a year-long program provides free meals every Friday. Any leftover food from Inn from the Cold gets packed up, frozen and handed out.

Elizabeth Ewashkiw, a long-time volunteer says "it's satisfying because you get to interact with those who come in."

These programs began as part of Bridge Street United Church's food ministry and people wanting to look after other people.

Ewashkiw, as well as being a volunteer, runs another initiative called



Photo by Amanda Cheung

(From left) Elizabeth Ewashkiw, Bob Bates and Kathy Nisbet, volunteers with Inn from The Cold, serve chicken stew with mashed potatoes and coleslaw at Bridge Street United Church Monday night. Inn From the Cold offers free meals and warmth to whomever wants it every night from now until Feb. 28.

Knitters United.

People who want to knit, like to knit or learning to knit, get together the second and fourth Wednesday of each month to knit items that are then donated to different organizations and programs, including Inn from the Cold.

"The yarn is donated, the labour

is donated and then the product is donated," says Ewashkiw.

The group gets together to make mittens, hats and neckwarmers.

"They knit up a storm," exclaimed Ewashkiw, referring to members of Knitters United.

In 2014, they donated over 1,000

products and since their inception in 2008, they've donated over 4,000.

"It's such a win-win situation," Ewashkiw said. "We donate our products and we've become good friends over the years. It's become a support group for each other too, not just for knitting."