



GOOD GOLF- GREAT CAUSE: Heritage preservation and restoration projects, like the Acton Town Hall Centre, benefit from money raised at the annual Mayor's Heritage Golf Tournament, held last Thursday at Blue Springs. The regular foursome of Matt Mahoney (left), Jim D'Orazio, Mayor Rick Bonnette, also shown at right, and Steve Mahoney, were all smiles on the first tee. The tourney raised \$25,000 for the Heritage Foundation of Halton Hills. — Frances Niblock photo



Training will save more cardiac victims

With one of the best public access to defibrillators (PAD) programs in North American, Halton officials know the next step to save more lives is to have more citizens trained to use a defibrillators and to provide CPR – cardio pulmonary resuscitation – to victims of cardiac arrest.

After teaching Halton Hills councillors how to use the heart-shocking device and offer CPR, Blake Hurst, Halton's Emergency Services co-ordinator detailed just how many lives could be saved if more of the public were trained to provide the emergency care before a paramedic arrives on scene.

"Halton-wide we had 363 cases of VSA – vital signs absent – last year, and 31 people suffering cardiac arrest outside a hospital were saved, compared to the seven who survived in 2005," Hurst said last Tuesday, adding its not just numbers – its human lives. "We went from less than four per cent surviving to over 13 per cent – that's a huge increase in the percentage of survivors."

When defibrillation is used in conjunction with CPR – cardiopulmonary resuscitation – which is mouth-to-mouth resuscitation and chest compressions, survival rates also increase. CPR can keep a person alive until more advanced procedures, such as defibrillation – an electric shock to the heart – can treat the cardiac arrest.

An Ontario study looked at 10,000 cardiac arrests and found that CPR initiated by a bystander more than doubled the chance of survival.

"Bystander CPR – any CPR initiated by a citizen until emergency help arrives – improves survival rates by at least 30 per cent. If you have to wait for an ambulance or firefighter to treat you, your survival rate goes way down," Hurst said on Friday, adding the basic life-saving skills can be taught in a couple of hours.

Hurst said all communities in North America are

looking at ways to encourage more people to take the CPR and defibrillator training. "The hardware doesn't work without the people. It all starts with a call to 911. I often ask people if they'd rather work in a building with four defibrillators and 10 people trained to use them, or do you want to work in a building that has one defibrillator and 100 people trained to use it."

In one 16-week period between May and September last year, public access defibrillators were used seven times, and six of the patients are still alive.

Acton Physiotherapy Centre
10 Eastern Ave, Unit 103 Acton ON

Located in the new
Urgent Medical Care Centre

For details call
519-853-1800
or email actonphysio@yahoo.ca

Women To Women Business Networking Group
MONTHLY MEETING
June 6th, 2011 from 9:15am - 10:30am

Jabberwock Guesthouse
12700 Fifth Line
Rockwood, ON

Light Refreshments
Door Prizes

For further information contact:
Heather Langley 519-853-1023 or Linda Olson 519-853-2086

Halton REGION The Regional Municipality of Halton
www.halton.ca


2011 Rain Barrel SALES \$42 each (cash only)

Halton Region will be hosting four rain barrel sales events to promote wise outdoor water use. Halton residents can purchase a rain barrel for \$42, cash only, at any of the remaining truckload sales. Diverting water from a downspout into a rain barrel allows you to capture rain water and store it for future use to water gardens, shrubs and potted plants.

Date	Location
Saturday, May 7, 2011 8:00 a.m. to 12:00 p.m. ✓	Mapleview Mall, 900 Maple Avenue, Burlington (lower parking lot)
Saturday, May 14, 2011 8:00 a.m. to 12:00 p.m. ✓	Oakville Place Mall, 240 Leighland Avenue, Oakville (lower parking lot)
Saturday, May 28, 2011 8:00 a.m. to 12:00 p.m. ✓	Milton GO Station Parking Lot 780 Main Street East (Main & Thompson), Milton
Saturday, June 4, 2011 8:00 a.m. to 12:00 p.m.	Robert C. Austin Operations Centre, 11620 Trafalgar Road, Georgetown

- Limit of one per purchase, per household
- Must provide proof of Halton Region residency (i.e. Driver's License)
- 208 litre (55 gallon) capacity
- Minor assembly required

For more information visit
www.halton.ca/waterconservation

 Making Halton a better place to live, work and retire
Gary Carr, Regional Chair

Please let us know as soon as possible if you will have an accessibility or accommodation need at a Halton Region hosted event or meeting.
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