



ONTARIO LACROSSE CHAMPS: Acton's Bradley Kri (left) and Jordan Dance, and their Orangeville Northman Jr. Lacrosse Club, advance to the nationals in Whitby beginning August 18 after downing the Six Nations Jr. A Lacrosse Team for the Ontario Championship title on Sunday. Both players are former members of the Halton Hills Bulldogs Jr. B Lacrosse Team. — Submitted photo

Prospect Park Old Beach is safe to swim

The Halton Region Health Department monitors the water quality at public beaches throughout Halton. For the most recent information, the Health Department recommends that residents visit Halton Region's website halton.ca/beaches before visiting Halton beaches.

Beach water monitoring on August 6 revealed the following beaches are safe for swimming:

- Burlington – Beachway Park
- Halton Hills - Prospect Park Old Beach
- Milton - Kelso Conservation Area

The following beaches are unsafe for swimming:

- Oakville – Coronation Park East, Coronation Park West, Bronte Park Beach

Residents can also call Halton Region to find out which beaches

have been posted as safe or unsafe for swimming due to poor water quality. Beach water quality information is available 24 hours a day by dialing 311 or calling toll free 1-866-442-5866. During regular business hours ask for beach information, and after regular business hours press two for health information. TTY service at 905-827-9983 is available 8:30 a.m. to 4:30 p.m.

CPR and defibrillator videos available

Halton Region Emergency Medical Services has posted four emergency response videos on www.halton.ca/ems. These videos are a guide for those interested in learning CPR and the use of an Automated External Defibrillator (AED). They also review the importance of accessing 911 and having a plan for EMS arrival to ensure every second is saved. They are not intended to replace formal teaching and certification.

"These videos are important for enhancing

EMS public education, which is part of the Citizens' Priorities Action Plan. Knowing CPR and how to use an AED are some of the most important skills a person can have," said Regional Chair Gary Carr. "This is a great example of the many lifesaving services Halton Region EMS provides which helps make Halton Region a great place to live, work, raise a family and retire."

"A person's chance of surviving cardiac arrest without CPR typically

decreases 7 percent to 10 percent with every minute that passes," stated Dr. Bob Nosal, Halton Region Medical Officer of Health. "The best chance of surviving a cardiac arrest occurs when proper CPR is performed, an AED applied and 9-1-1 is called immediately."

The four videos include:

- **Quality chest compressions**
- An overview of quality chest compressions for adults, giving chest compressions at the center of the chest between

the nipples, pushing hard and fast down two inches at the rate of 100 compressions per minute.

AED (Automated External Defibrillator)

This video provides an overview of how to use an AED, devices which can help a patient in cardiac arrest. Once activated, the AED provides clear audio instructions that guide the user through the steps. Early use of an AED is an important step in improving a patient's chance of survival.

- **Calling 911**
- Calling 911 and preparing for EMS arrival are important steps. This

video looks at how to ensure EMS dispatchers get the most important information quickly and how to use a strategy called "Meet and Greet" to reduce the time it takes for Paramedics to reach the patient.

Early Recognition & Early Treatment

Halton residents have access to the best available treatment for heart attacks and strokes. The key to achieving good outcomes for these conditions is early recognition and early treatment. Call 911 when the signs and symptoms shown in this video are seen. EMS will

transport the patient to the hospital that is best suited for each situation.

If someone is unresponsive and you suspect they have had a cardiac arrest, immediately dial 911. All municipal buildings such as libraries, community centres and arenas in Halton Region have AEDs. Have a bystander bring the AED and follow its automated voice instructions.

For more information on CPR, AEDs or Halton Region Emergency Medical Services, dial 311, or toll free 1-866-442-5866. In emergency situations, always dial 911.

I'm gonna be a Fireman someday.

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ACTON SOBEYS FAMILY FUN NIGHT

Friday August 17
4:00 pm - 8:00 pm
Sobeys parking lot

Free Hot Dog BBQ
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Enter to win great prizes
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Hope to see you there!