

EDITORIAL

with Frances Learment

Have a heart

Almost four in ten Canadians will develop some form of heart disease or stroke and with an aging population, it's even more critical to recognize the causes of these diseases, leading hopefully to earlier diagnosis and better treatments.

One of the ways to prevent a heart attack or stroke is through research by the Canadian Heart and Stroke Foundation which also touts health promotion and advocacy efforts.

Generous donors lead the funding of heart and stroke research in Canada – last year contributing \$51-million to hundreds of hospital and university based research teams who depend on our support.

Thanks to research and new treatments, odds of survival from heart attack today are much better than they were just a generation ago. Last year's Heart and Stroke campaign advised people to "Make Death Wait." This year, the message is to "Make Health Last" by adopting a heart-healthy lifestyle.

All this month, dedicated volunteers will canvass door-to-door to raise money for critical heart and stroke research. If you can, give generously.



PAST PAGES

TEN YEARS AGO

• Acton Councillor Rick Bonnette questioned if the Town was "over insured" after a hockey dad complained how much premiums would cost him for the required \$2-million insurance coverage to rent the leisure pad at the area for his kids to play shinny.

• It was announced that three over-worked and much appreciated Acton physicians – Drs. George McWilliam, David Vanderbent, and Nather Alshakarji – will be honoured at the upcoming first Halton Physician Appreciation Week.

FIVE YEARS AGO

• Acton comedian, Jeff McEnery, has been selected to appear in an upcoming Comedy Network special of the 2007 Canadian Comedy Awards premiering Saturday, March 1. Jeff was chosen from 60 nominees to be featured in *Best of the Fest*.

• Dr. David Vanderbent announced his retirement from the Acton Medical Centre. Known as "Dr. Van," visits to him often lasted 30-minutes and focused on his patient's personal lives.



HOMELESS SPOOF: Despite bad weather, the opening weekend of Georgetown Little Theatre's production of *Frozen Dreams* was well received by rapt audiences at the Acton Town Hall Centre. The cast includes, from left: Shayne Coffin, Cheryl Thurston, Kathy Sanford, Rob Pearce, Bart Penwarden and Aaron Sawczak. – Frances Learment photo

Neighbourly vigilance

That was quite a snowfall last week. I still can't believe how quickly we got so much snow and how it kept falling and falling. It felt like it would never stop.

Friday morning we woke up to find the Dude long on the road with his snow plow business. Little J asked me where we were going and I told her absolutely no where. We would stay at home, have fun and watch the snow come down. Before we knew it, you couldn't see our driveway or even the path which the Dude plowed when he left just hours before. For two days he plowed. By supper time on Saturday night he finally returned to stay. However, before he made the last plow of this storm up our driveway to park his truck for a much needed break he took a few moments to plow our neighbour to the north of us.

Although we have lived here for almost four years I have never met her. We just refer to her as the older lady next door. I do see her almost daily going for the mail or taking a taxi into town, or in the summer cutting her grass. Last winter I saw her hand shovel her very long country driveway. The Dude plows it when he can and when he does, she always gives him a wave from



By **Angela Tyler**

her window to say thanks. On Saturday though, the older lady next door wasn't at the window and her cats were on her front step. Something wasn't right.

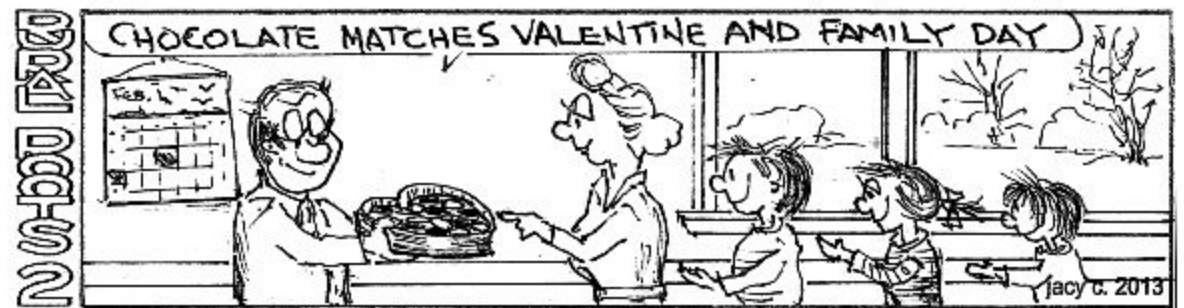
The Dude came into our house and while he was being attacked by the kids happy to tell him about their adventure playing in the snow he was asking me to look up a phone number for a guy he knows that is a friend of the older lady next door. He explained to her friend how the lady wasn't at the window and something just didn't look or feel right. The friend promised to look in on her. Not long after the phone call, the friend was at our door instructing us to call the police and an ambulance. 9-1-1 was needed immediately as the older lady next door was lying on her floor and unable to communicate. The two went back to the neighbours to wait for help. The older lady next door was taken to hospital immediately. We have been told that she did have a stroke and is recovering.

Why I share this story is not to

make my husband, or her friend heroes. What is important that with inclement weather, snow storms or extreme heat, we need to watch out for our neighbours whether we know them or not. If something isn't looking the way it should, or if some routine is off – newspapers or mail that isn't picked up – we have a moral duty to watch out for our neighbours, especially neighbours that are seniors. If you're out shovelling your sidewalk, why not help them out? Being a good neighbour doesn't take a lot, it feels good helping out and it is always appreciated.

The other thing we learned was from the ambulance attendants. When the Dude plowed our driveway, he accidentally made our rural house number a lot less visible. The ambulance drivers firmly reminded him that our rural number needs to be visible in case of any emergency. If you live in the country, please make sure your green house number is visible. The emergency might not be for you. It could be a car accident that needs to be reported.

And finally, hats off to the ambulance attendants and Halton Regional Police that responded so quickly on Saturday night...thanks.



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