

IT'S NEVER BEEN MORE IMPORTANT TO DONATE BLOOD THAN RIGHT NOW

Most Canadians enjoy taking vacations during the summer months and who can blame them? After enduring the cold and snow of the wintertime the warmth of summer brings a welcome respite.

While this is good for residents fleeing the city for cottages, trailers, beaches and parts unknown it's not as welcome for organizations that rely on people being at home. Food banks suffer during the summer months because of the lack of donations. So too does Canadian Blood Services (CBS) which relies on donations of another sort - your blood.

This month CBS issued an urgent plea for blood donations leading up to the Labour Day Weekend. More than 22,000 donors are needed across Canada to help ensure the national blood inventory can meet patient needs for the remainder of the summer.

"While Canadians enjoy summer pastimes leading up to and during the last long weekend of the season, we're urging them to add blood donation to their plans," says Rick Prinzen, Canadian Blood Services' chief supply chain officer and vice-president of donor relations.

Hospitals across Halton Region rely on blood to help patients undergoing surgeries and other procedures. When there isn't enough blood on hand those surgeries cannot happen and in many cases they are life-saving procedures.

Giving blood is a life-saving habit that will make a real difference in a stranger's life. - Rick Prinzen, Canadian Blood Services

When people are brought to the ER or are admitted for surgeries it's a stressful time for them and their families. Doctors and nurses need blood to treat patients just as much, if not more, than they need the proper medical equipment. Blood gives life.

Donors of all blood types are encouraged to make donations, particularly donors with type O blood. O-negative blood is always in demand by hospitals because it is the only type compatible with all other blood types. In an emergency, when seconds count and there is no time to check blood type, patients receive O-negative blood.

"Giving blood is a life-saving habit that will make a real difference in a stranger's life," says Prinzen. "New donors are fundamental to meeting Canada's blood needs over the longer term. If every donor brings a friend to donate, or encourages others to give life, they can have a tremendous impact on the supply system."

We've all heard the catch phrase, blood, it's in you to give. Now more than ever it's time to heed those words.

Visit blood.ca, download the GiveBlood app or call 888-236-6283 (1-888-2-DONATE) to find a nearby donation site. Walk-in appointments are also available at all locations.

TO LEARN HOW TO SUBMIT YOUR OWN CONTENT VISIT THEIFP.CA



PERSEID METEOR SHOWER EVENT SETS RECORD

PUBLIC INTEREST IN ASTRONOMY IS GROWING, WRITES MARIO CARR



MARIO CARR
Column

Interest in local astronomy is growing.

On Aug. 11, a staggering 919 people converged at Binbrook Conservation Area to take part in the Hamilton Amateur Astronomers Perseids Meteor Shower event.

Skies were clear all day and it seemed like a perfect night to watch meteors. However, just as the park gates opened, clouds rolled in, proving that astronomy can be a frustrating hobby.

Halfway through the evening, some clouds thinned, and you could hear the "oohs" and "aahs"

as delighted visitors watched meteors streak across the summer sky. Those who attended also had a chance to look through telescopes at various heavenly bodies, including the rings of Saturn and Mars.

If you haven't seen Mars through a telescope yet, take a look. It's still bright red in the southeastern evening sky, but not for very long.

Here are September stargazing events, which are listed in the Hamilton Amateur Astronomers calendar.

Sept. 8: The crescent moon is above Regulus and Mercury low in the dawn sky.

Sept. 12: The crescent moon is above Venus at sunset.

Sept. 13: The crescent moon is above Jupiter during evening twilight.

Sept. 14: Hamilton Amateur Astronomers meet-

ing, 7:30-9:30 p.m., Hamilton Spectator, 44 Frid St. Free admission, door prizes and everybody welcome. An optional food bank donation of non-perishable goods will be collected.

Sept. 19: The moon is near Mars in the evening sky.

Sept. 21: Venus is at its brightest.

Sept. 22: Autumn officially begins with the Equinox at 9:54 p.m.

Sept. 24: This year's Harvest Moon rises at sunset.

For more information, see the Hamilton Amateur Astronomers website (amateurastronomy.org) or call 905-627-4323. The club offers a basic astronomy course for members.

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