



ACTON SENIORS' RECREATION CENTRE

BY JULIE CONROY

Where did the summer go? It's hard to believe that the children are back in school already. I hope everyone had a wonderful summer and a great break, enjoying good health, renewing old friendships and acquaintances.

My daughter Theresa and her husband Kevin visited Ontario for a few short weeks, and granddaughter Kate stayed an extra week, so I had the pleasure of taking her out and about visiting places she remembered from when she lived here a few years ago.

Many of the programs and activities that took a break for the summer have restarted including the fitness classes, which cost \$4.00 per class, and hiking club.

The birthday tea to celebrate all birthdays in August and September will be held on Tuesday Sept 11 at 2 p.m.

The first social dinner will be on Thursday, Sept. 13 at 6 p.m. and will feature everyone's favourite, Swiss Chalet chicken.

On Tuesday, Sept. 18 we will be cohosting the Seniors Information Showcase with Links2care, and the Georgetown Seniors Centre. Representatives from many organizations will be here to give you information on seniors services including travel, physio, clinics, housing, medication, fitness, health/wellness and much more.

Acton Seniors Centre is also hosting their Open

House that day to showcase all the Centre has to offer you or your family members over the age of 55.

The first fall euchre in the evening will be on Wednesday, Sept. 19 at 7 p.m.

Thinking fall, there is a great fall colour cruise of the Kawarthas and lunch at the Viamede Resort on Oct. 12. Pop in to the Centre on Monday or Friday mornings and see what other trips are planned. You don't have to be a member to enjoy the trips planned by the travel committee.

If you signed up for the Gals on the Go train trip you do need to pay before Sept. 15. There is still room for more people if you are interested.

Halton to get funds for new defibrillators

Halton Region is one of 50 communities to benefit from a \$3 million grant from the Ministry of Health to purchase eight life saving defibrillators. The grant was also complemented by a \$1 million gift from the Frank Cowan Foundation to the Heart and Stoke Restart, a Heart Restart a Life campaign.

Known as AEDs, the new defibrillators are the result of an application by Emergency Medical Services to the Heart and Stroke Foundation of Ontario for AEDs funds and training in May of this year. The applications were reviewed and communities allocated funds based on local needs, response times, cardiac survival rates and readiness to support a Public Access Defibrillator (PAD) program.

The AEDs will be installed over the next few months, in high traffic public sites,

selected in conjunction with Halton Region EMS. In the first year, training and equipment will be provided. Eight to 10 trained personnel will be available at each AED location to assist someone who is having a cardiac arrest.

"I was personally touched when we launched this program with the Heart and Stroke Foundation of Ontario because I heard stories from families who had loved ones saved because of an AED," said Health Promotion Minister Jim Watson. "Sadly, I also heard stories of people who lost a loved one because there wasn't an AED on site. Now, we are taking steps to ensure this doesn't happen to any more Ontario families."

According to the Heart and Stroke Foundation, in Ontario alone, approximately 6,500 cardiac arrests occur each year. The odds of survival for an out-of-hospital cardiac

arrest are approximately five per cent. With each passing minute, the probability of survival declines by seven-to-10 percent.

"Because the odds are almost four times greater if someone performs CPR immediately, and when combined with early defibrillation, AEDs can increase survival rates to 50 per cent or more if delivered in the first few minutes," says Jim King, Director, Halton Region EMS.

For further information on the AED program contact the Halton Heart and Stroke office.



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Thefts, fires highlight week

HIT AND RUN: On August 31 between 1 and 1:25 p.m. on Mill Street, East a vehicle parked outside a residence was hit. There is minimal damage to the vehicle, under \$1,000 and there is no description of the suspect vehicle.

VEHICLE THEFT: A dirt bike for sale on Regional Road 25 was stolen between 10 p.m. on August 31 and 7 a.m. September 1. The yellow 2004 Suzuki RM2 is valued at \$3,500.

ATTEMPTED THEFT: An attempt to steal a 1998 GMC Sierra on August 18. Damage to the steering column is estimated at \$300.

B&E: On September 2, a garage attached to a home on Acton Blvd was entered. A wallet, I.D. and cash was taken. There are no suspects.

Six alarms

Acton fire fighters responded to a large rubbish fire at 12229, Regional Road 25 at 1:26 p.m. on Tuesday, Aug. 28 where the owner of the property was burning an old house trailer. The owner was advised to obtain a burn permit before burning in the future.

Firefighters also responded to a burn complaint at 157 Kingham Road the same day at 7:45 p.m. where the fire was extinguished.

Police/Fire Report

On Wednesday Aug. 29 Acton crews responded to fire alarm activation at 38 Commerce Crescent where a faulty smoke detector was found in the building.

A fire alarm activation at 27 Southwinds Drive, where it was found that the home owner was grinding a concrete floor generating a large amount of dust setting off an alarm, was attended by Acton firefighters at 11:23 a.m. on Saturday, Sept. 1.

The next day at 12:16 a.m. firefighters responded to an

unknown fire at 10331 Sixth Line, south of 15 Side Road, Nassagaweya. Fire crews from Acton and Milton arrived to find an abandoned house on the Dufferin Quarries property fully involved. Milton Fire Department is investigating the incident.

At 2:45 p.m. on Tuesday Sept. 4, Police and Fire Services were called to a reported house fire on Matthew Court. Upon arrival, emergency crews discovered it was a 10x10 storage shed that was engulfed in flames. The fire was brought under control before it could spread to nearby residences. Source of the fire is suspected to be electrical. Damage was estimated at \$5000



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