

# ChampionCountry



## Safe living starts with an ounce of prevention, rural residents learn

By Robin Downton-Poirier  
SPECIAL TO THE CHAMPION

Prevention was the theme of the Safe Living Series event by the Nassagaweya Community Consultation Committee (NCCC) last Tuesday.

The meeting, held at the Nassagaweya Community Centre in Brookville, was attended by close to 70 people who were taught how to prevent ATV accidents, fires and heart attacks.

Milton Fire Chief Larry Brassard encouraged the audience not to be "passive participants" when it comes to protecting their families from fire.

"The fire department and residents need to be partners to protect everyone from fire," he said.

"Fire protection is our responsibility as the fire department in our community but we cannot do the job alone. We need your help. You need to be an active participant when it comes to protecting your family from a fire."

Rural fires are unique in the way they're handled, added Brassard.

Due to volunteer fire stations and longer distances to travel in rural areas, response times tend to be longer than in urban areas. As well, firefighters need to bring water with them as there are no fire hydrants to rely on.

All these things make fire prevention and safety even more important for rural residents, he said. Brassard also stressed that fire route numbers need to be clearly posted at the end of residents' driveways so emergency service personnel can find them easily.

John Broderick of the Ontario Federation of All Terrain Vehicles

described the importance of wearing safety attire such as proper helmets and footwear while riding ATVs in order to prevent injuries.

He emphasized that, although they can be great fun, ATVs can be dangerous if not used responsibly.

"All ATV drivers need to wear a DOT or SNELL-approved helmet and proper riding attire," stated Broderick. "Statistics have shown that in 75 per cent of fatal ATV accidents, the people were not wearing a DOT or SNELL-approved helmet."

Blake Hurst of Halton Emergency Medical Services (EMS) gave a lively presentation on how to prevent heart attacks and the importance of the portable defibrillation units throughout public buildings such as arenas, malls, and casinos to save lives.

He stated that casinos have excellent success rates for heart attack victims due to the short response times.

"A heart attack victim's chance of survival declines 10 per cent every minute that they are not defibrillated," Hurst said. "The casinos have excellent response times (usually under two minutes) because the defibrillation units are very accessible and are easy to use."

Hurst stressed that heart attacks are

preventable if people eat right, exercise regularly, don't smoke, reduce stress, control blood pressure and limit their alcohol consumption.

Jan Mowbray, the NCCC's Safe Living Series chair, thought the presenters did a wonderful job. "The quality and calibre of the presenters was amazing. The common theme was, and is, prevention. And minutes count, especially for those of us in the rural area."

Crime Stoppers of Halton, Halton Regional Police, Milton Fire Department, Halton EMS, Woodbine Entertainment Group, The Canadian Champion and several other local organizations set up display tables around the perimeter of the room and answered questions about their products and services for residents.

The event was deemed an overall success by the NCCC. Although attendance was hoped to be higher, the presentations were enjoyed, said NCCC chair Stu Johnston. "I was a little disappointed with the overall attendance but it was obvious from the attention paid to both our display organizations and the reaction to each of our speakers that everyone enjoyed the evening. We certainly plan on continuing the Safe Living Series and thank all of those who support this program."

**4-H HONOUR:** Hornby resident Bert Stewart, representing the Halton 4-H Association, receives the Syngenta 4-H Ontario Arbor Award at the recent 4-H Ontario volunteer conference and annual meeting. The award recognizes Stewart's outstanding work with the provincial 4-H program. The local citizen was instrumental in founding two prestigious 4-H dairy events — the Scotiabank Classic and the Ontario Inter-County Provincial Dairy Judging Competition. Each recipient of the arbor award receives a personal plaque, has his name put on a specially-designed quilt that's displayed at the 4-H Ontario office and has a tree planted in his community to honour him. Currently, Stewart serves as president of the Canadian 4-H Council.

### Correction

An error appeared in a February 21 story regarding a Warton Willie logo and book.

The Warton Willie character was actually drawn by Lynn Bryer.

The Champion regrets the error and any inconvenience it may have caused.

**+** Canadian Red Cross

**CAN YOU GIVE SOMEONE A LIFT?**

Red Cross drivers help those in need get to medical appointments, adult day programs and other activities.

**VOLUNTEER DRIVERS ARE ALWAYS NEEDED**

CALL US TO LEARN HOW YOU CAN HELP.

**(905) 875-1459**

**Ford** **GENUINE PARTS & SERVICE**

**SPECIAL GOODYEAR INTEGRITY P185/65R14**

**\$89.95 INSTALLED & BALANCED + TAX**

**GALLINGER**

FORD LINCOLN  
655 MAIN STREET EAST, MILTON

Direct Parts Line  
905-875-0111

www.gallingerford.com (905) 875-FORD  
Value & Trust since 1967 3 6 7 3

**JOSHUA CREEK TRADING FURNITURE & HOME DECOR**

BAR STOOLS \$99 - \$249

**SOFA'S STARTING FROM \$798**

MADE IN CANADA

*Upscale designer decor at a price you can live with!*

**5 PIECE SOLID WOOD BEDROOM SUITES FROM \$1999**

MADE IN CANADA

1029 SPEERS ROAD, OAKVILLE (SPEERS RD. & 4TH LINE BESIDE TIM HORTON'S)  
905.842.3739 WWW.JOSHUACREEKFURNITURE.COM  
MON-WED 10-6 · THURS-FRI 10-8 · SAT 10-6 · SUN CLOSED