

# Knowing and using water smart rules can save a life or two

Drowning is the third leading cause of accidental death in Ontario. Approximately 50 per cent of these aquatic fatalities will occur in June, July and August.

We live our lives based on the assumption that "it can never happen to me". The parents and families of drowning and non-fatal catastrophic injury victims will tell you the same thing. Being aware of and applying water smart rules will help you and your family avoid the tragedy of a needless death

or injury. Review the list below and evaluate how you and your family rates.

- When you are on or near water wear a Personal Flotation Device (PFD). This is particularly true of young toddlers and children up to five years of age. Remember a PFD does not replace adult supervision!

- Drink responsibly! The emerging pattern in drowning statistics shows alcohol is a factor.

- Supervise children! Young children need constant supervision whenever they are near the water. If you have a backyard pool, secure it. Protect your family and friends.

- Learn prevention/self-rescue. Contact your local aquatic facility and invest in some basic water safety training.

- Cold water kills. Even if you are an excellent swimmer, cold water causes hypothermia which will cause death.

- Always swim with a buddy
- Learn lifesaving skills.

Accidents will happen. Train yourself in basic water rescue and first aid skills. Know what to do in an emergency.

If you want information on further training opportunities or a question, please contact your local Aquatic Co-ordinator at your local pool.

## Goodwood artist at gallery

An exhibition of watercolors by Goodwood artist Helen McKenna can be seen at the Link Gallery from June 21 to July 4.

Inspired by the beautiful Uxbridge countryside, McKenna is a dedicated on location painter.

In 1989 she resigned from her nursing career to concentrate on her love of watercolor painting and has since displayed her work in many solo and juried shows.

In 1990 she received the Anthes Universal Limited purchase award, at the Canadian Society of Painters in Watercolor annual juried show.

She is a member of the Markham Group of Artists, the East Central Ontario Art Association and Visual Arts Ontario.

The title of the exhibition is Favorite Locations.

The Link Gallery is located in the Civic Garden Centre, 777 Lawrence Ave. E. (in Edwards Gardens), Don Mills

McKenna will be at the gallery on Wednesday, June 23 from 7 to 9 p.m.

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