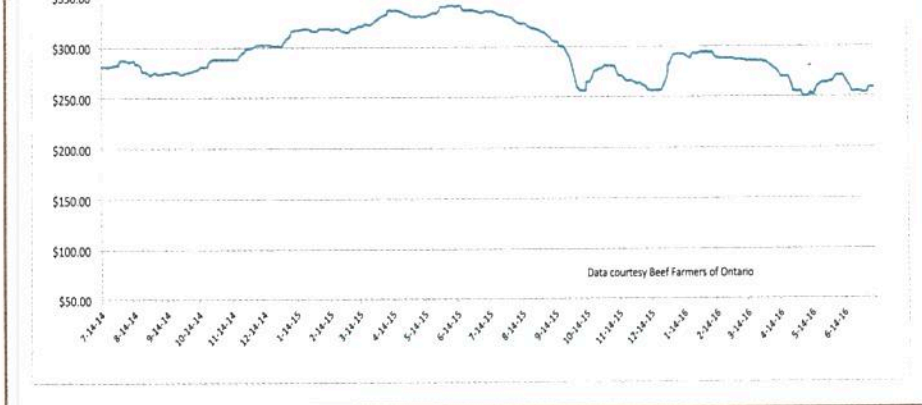
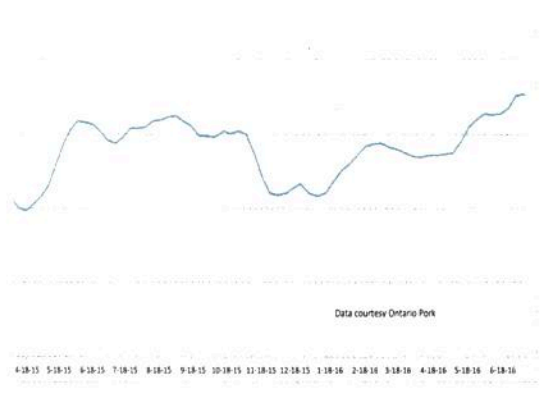




JWN COLLEGE

April 26, 2014 has become my new birthday

At the request of the editor, I would like to tell you about a significant personal event that happened to me. My regular report will return next week.

April 26 has become my new birthday. On that date in 2014, I was doing a soccer referee fitness test at the BMO Centre in London. I finished the test, and began walking back to the rest of the group.

That's the last thing I remember before waking up in the emergency department at Victoria Hospital.

When I came to, I felt physically fine, but my mind was sure confused. They told me I was VSA, which I learned meant 'vital signs absent'. I had collapsed because my heart had stopped.

I never had any symptoms that anything was wrong with my heart. I had been a regular runner for the previous four years, so couldn't believe this was happening to me.

Luckily, a school princi-

pal, who was also taking the fitness test, realized I was in difficulty, and started CPR on me immediately. He called for help and two police officers, and a young gentleman who was studying sports medicine also came to my aid.

Luckily, too, there was a defibrillator on site. This was donated to the facility by the Dave Mounsey Memorial Fund. This non-profit organization has donated 56 AED units to public buildings. Each one is in the name of a fallen police officer, firefighter, EMS worker, or military person who died in the line of duty. A very worthwhile cause to support!

Talk about being in the right place if something like this is happening to you. If I had been anywhere else, the results would likely have been so different.

If it wasn't for these four gentlemen (my new heroes) and the defibrillator being right there, I likely wouldn't be here today.

They did tests, and found my left anterior descending auricle was 90 per cent blocked, and its first tributary was 60 per cent blocked.

Because the blockage was near the start of the auricle, I needed double bypass surgery, which was done at University Hospital by Dr. Novick (another new hero of mine) on May 1, five days after my incident.

I was off work for six weeks, and worked diligently at getting to a full recovery. I was refereeing soccer again by August, and I still enjoy doing this to this day. Nothing wrong with getting paid to get some exercise!

This experience taught me something very important, and I would like to pass this on to my readers. Defibrillators do save lives. However, if something like what happened to me on that fateful day strikes you, the first thing you need is someone around that knows CPR.

I know everyone's lives are busy, and we don't often



BY FRANK BACKX
Hensall District Co-op

think about this, but I encourage each and every one of you to get your CPR training updated. It only takes a day or two, and it could be one of the most important things you can do.

The life you save can very easily be a loved one. Or it could be a total stranger, as it was in my case.

Another thing this made me realize is to not take any day for granted. I know I was very lucky, and I am so grateful for, and appreciate more, all the good things I have in my life, especially my family.

It's easy to complain, and we all encounter stress, but we have to be ever mindful and thankful for all that we have, especially in view of all that is going on in this world these days.

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Top Producer List - TOP PRODUCERS FOR THE WEEK ENDING JULY 15, 2016

Beef Sale Tuesdays & Thursdays		13 CHAR HFRS	
WILFRED SAUDER	7 XBRED STRS	DAVID GINGRICH	AVG 952 LBS @ 174.50
MOUNT FOREST	AVG 1526 LBS @ 140.30	HOLYROOD	
	TOP OF 1507 M @ 151.00	MAPLE LANE ENTERPRISES	13 CHAR STRS
		LINWOOD	AVG 1050 LBS @ 170.50