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NOLAN YOUNG

Every other time the cooler was removed when the family set up camp. Since it wasn't this time, CO slowly filled the van. Since CO cannot be seen, heard or smelled, no one knew that anything was wrong until morning.

"He loved camping, canoeing and everything outdoors. He did a lot of it through the First York Scouts, which he was in since Beavers. He was even making his own canoe paddle," said Yvette. "I wish to share this story in the hopes that someone will remember Nolan and avoid a similar accident."

NOLAN'S STORY

Nolan Young: December 2001 - August 2013

By Kaitlyn Clark
The Haldimand Press

The Young family has partnered with the Hawkins-Gignac Foundation to raise awareness about CO poisoning. That foundation began after John Gignac, a firefighter of 35 years, lost his niece, her husband and her two children in 2008 because of a blocked chimney vent.

The community rallied around the Young family, both to raise awareness about CO poisoning and to keep the memory of Nolan alive. Haldimand Youth Soccer, Haldimand Huskies Basketball and St. Stephen's School have all created awards in his name. The Nolan Young Memorial Golf Tournament is held every year at the Cayuga Golf Course, which raised enough money to donate 115 CO detectors this year.

St. Stephen's holds other events as well, including a memorial 5K run. The school also built a garden, which was named in Nolan's honour. Students and teachers alike submitted potential names, sharing their reasons for that name.

One student, Nathan, suggested they call it Nolan's Happy Place "because if Nolan or a family member is sad, they can go to the garden". Another student, Brook, said, "He was funny, smart, the best classmate and he had the best dimples I've ever seen. I think the garden should be named An Angel's Garden because Nolan is our angel in the sky now!"

Teacher Lyle Goulding suggested The Forever Young Garden "to recognize Nolan's life as a celebration and not a memorial". The name Nolan's Forever Young Garden was chosen.

"Nolan loved helping other people, so this is important because the Carbon Monoxide awareness helps other people," said Yvette. "That's the kind of kid he was."

Visit nolansstory.ca or endthesilence.ca for more information.

CARBON MONOXIDE AWARENESS WEEK • NOVEMBER 1-7, 2016

END the silence.



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CO POISONING PREVENTION TIPS

PREVENTION

- By law, you are required to have a CO detector near every sleeping area in your home. Check them regularly to ensure they are functioning properly.
- Any fuel burning can create CO, whether it is wood, oil, gas, propane or kerosene. Be aware of the technology you use and its hazards. Common CO producers are: furnace, water heater, fireplace, stove, barbecue and generators.
- Whenever possible, avoid operating fuel-powered machinery indoors. If you regularly burn fuels in other areas of your home or in your garage or work place, install CO detectors near those sources as well.
- Never use a generator or barbecue indoors or run a car in the garage, even if the doors and windows are open.
- Use proper respiratory equipment when working in confined spaces where CO might be a hazard.
- Maintain any fuel-powered appliances. Have heating systems inspected every year by a certified technician before you turn them on for the winter; clean your fireplace regularly; ensure no exhausts or vents are blocked.
- CO can build up in boats too. Use a CO detector; never block exhaust outlets; swim/play away from exhaust outlets.

CO POISONING

- When too much CO is in the air, your body replaces the oxygen in your red blood cells with CO.
- Symptoms of CO poisoning include: headache, dizziness, weakness, nausea, vomiting, chest pain and confusion.
- A person who is sleeping or intoxicated can die from CO poisoning without having symptoms.
- Depending on the degree and length of exposure, CO poisoning can cause: permanent brain damage; damage to your heart; or death. High concentrations of CO can kill within minutes.
- Everyone can be poisoned by CO. Infants, the elderly, heavy smokers or people with chronic heart disease, anemia or breathing problems are at a higher risk to get sick from CO. Pregnant women exposed to CO have a higher rate of miscarriage or stillbirth.
- If someone shows symptoms of CO poisoning get everyone, including pets, to fresh air and seek medical help immediately, even if your CO detector has not gone off. Stay out of your home until the source has been found and repaired.
- Releasing CO from the body is a slow process, so symptoms may not clear up immediately.

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- SEE •
- OR SMELL •

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IT INJURES...
Hundreds of Canadians are hospitalized every year from carbon monoxide poisoning, many of whom are permanently disabled.

For more information see:
www.oafc.on.ca/carbon-monoxide
www.endthesilence.ca

This ad was provided by the Nolan Young Memorial Fund

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THE HEALTH & SAFETY BENEFITS OF A CLEAN CHIMNEY

There are three main reasons to have your chimney professionally cleaned: for safety, for health, and to prevent damage to your home.

A dirty chimney is a major risk factor for a chimney fire. Over time, a tar-like substance called creosote, which is a natural by-product that develops from burning wood, will build up in the chimney. Creosote is highly flammable and, combined with the restricted airflow created by the residue buildup, can start a fire in the chimney.

The next important reason to maintain a clean chimney is to protect your health. Any time wood or other type of fuel is burned, carbon monoxide (CO) forms as a by-product. Carbon monoxide is dangerous and can even be deadly, even at minimal levels. Keeping a clean chimney helps to minimize the risk of carbon monoxide release — a very important safety factor for you and your home's inhabitants.

Finally, another major benefit of having your chimney cleaned on a regular basis is to reduce any chance of smoke damage to your home. Whether from a fireplace or wood-burning stove, smoke can be emitted inside your home due to the residue of soot in the chimney, resulting in smoke damage (dark staining) to the exterior of the wood-burning appliance, and it can even damage your walls and furniture.

HEARTHSTONE HOUSE OF FIRE & CHIMNEY SWEEPS is pleased to offer chimney sweeping services and WETT inspections throughout the Niagara Region and Haldimand, Norfolk and Brant counties.

905.772.0779 **HEARTHSTONE**
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THE HALDIMAND PRESS is proud to help bring awareness to this very important issue. Our hope is that every home and business in Haldimand County will soon have a CO detector installed. Thank you to the Young family for bringing this to our attention and for trying to prevent another tragedy from ever happening again.