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Sister honoured for saving brother's life

By **CHAD PAWSON**, Ottawa Sun

Suzy Ayach thought it was funny when she had to learn CPR as a Grade 9 student at Nepean High School. She thought the mannequins were weird and wasn't sure if she'd ever have to use the life-saving technique. Years later though, the recent high school grad put those skills into action, saving her little brother Nour's life as he was choking on a piece of steak during dinner.

"We were eating and his face just turned blue," said Ayach. "I quickly got him up and gave him the Heimlich manoeuvre and he spat out this huge piece of meat."

The family gave Nour, 11, water and called Ontario Telehealth to make sure he would recover.

For her efforts, Ayach received a CPR Rescuer Award yesterday from the Advanced Coronary Treatment Foundation of Canada (ACT), which is responsible for having CPR included in every school curriculum in Ottawa.

"We are very excited about this story and how young people are able to save lives," said Sandra Clarke, executive director of ACT. "Through this program young people gain confidence in how to react in life-threatening emergencies."

Ayach was recognized with her award at a Kiwanis Club of Ottawa luncheon as the club helped ACT develop the CPR initiative by donating mannequins and money.

While Ayach was grateful for the award, she maintains that being able to save her brother's life is more dear to her heart. "My brother is my responsibility," she said. "I wouldn't be here if he wasn't."