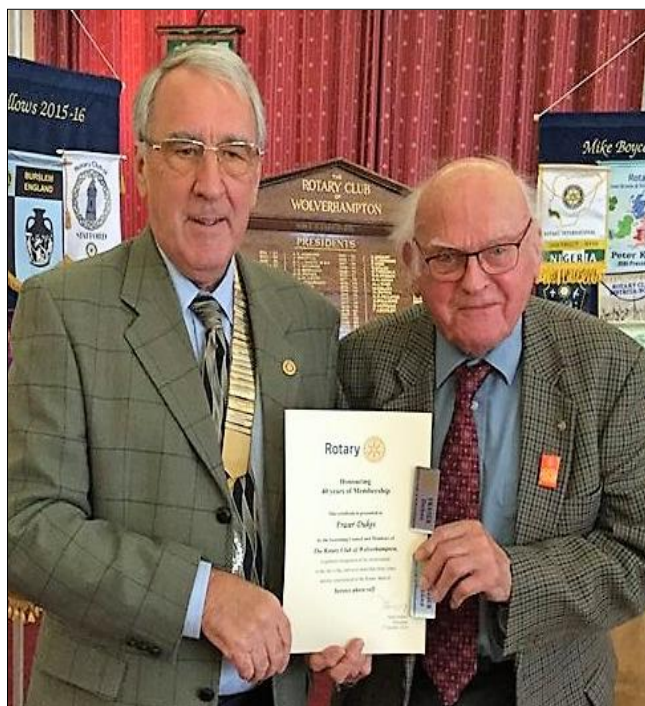


## How to survive a heart attack when alone.

(Fraser Dukes received the following and thought it might usefully appear in Hub.)

Please pause for 2 minutes and read this: 1. Let's say it's 7.25pm and you're going home (alone of course) after an unusually hard day on the job. 2. You're really tired, upset and frustrated. 3 Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home. 4. Unfortunately you don't know if you'll be able to make it that far. 5. You have been trained in CPR, but the guy who taught the course did not tell you how to perform it on yourself. 6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE? Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. 7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again. 8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. 9. Tell as many other people as possible about this. It could save their lives!! 10. A cardiologist says If everyone who gets this mail kindly sends it to 10 people, you can bet that we'll save at least one life. 11. Rather than sending jokes, please... contribute by forwarding this mail which can save a person's life. 12. If this message comes around you... more than once... please don't get irritated... You should instead, be happy that you have many friends who care about you & keep reminding you how to deal with a heart attack.



## 40 Year Service Awards

It has been evident for some time that our club, along with most others, only seemed to have one method of recognition of service, namely the PHF. Even this had some perceived restrictions as to qualification, usually by high office. We thought that there ought to be a recognition of service based on the number of years given by a member to the club and Rotary.

So we set about creating such an award. We felt that we had to start somewhere and 40 years seemed to us to be a good point. After all that is over half the average life span of a British male. A long time during which the club has seen great change which has been witnessed by this group.

So it is my pleasure and honour to present this award, of a certificate and a club name badge which signifies the status of the award, which I hope will be worn with pride and be seen by all

other members as fair recognition of faithful service to the club, Wolverhampton and Rotary.

So I asked Jerry Hobbs 42 years, Peter Williams 44 years, Shu Behari 45, John Baker 47, John Wootton 48, Rod Jones 48 and Fraser Dukes 52 to come forward and receive their awards. On behalf of all the members I would like to congratulate you all and thank you for your selfless contributions over these many years. **President Paul**

## **Youth and Community Services report by chair Brian Bailey on 2<sup>nd</sup> October 2018**

First Brian outlined the terms of reference for the committee as approved by GC: (a) Youth Services – to enable young people to fulfil their needs, raise their aspirations and help them achieve their goals whilst recognising and understanding different needs. (b) Community Services – to represent the Club within the community, supporting the needy and disadvantaged. (c) Trust monies are being dispersed so all financial assistance approved must be shown to be made responsibly and with appropriate due diligence.

The main points in applying the terms of reference are: (a) Grants will only be made to help local people. (b) They will support those in greatest need whether financially, social or capacity to manage their lives. (c) Individuals or organisations can be supported. (d) Grants can be for buying equipment or meeting an organisations costs or attending event. (e) Support will not be given to an organisation or individual with substantial unused funds or ability to fund the request themselves.(f) Support will not be given to national charities unless it can be seen to being expended locally.

Examples of funding were given which had been highlighted in recent Hub reports. The Chair then outlined some of the challenges and issues: (a) The capacity of the Club to undertake some activities reflecting a reduction in Club members and an aging profile. (b) The lack of community projects reflecting cut backs in their public funding and priority for funding into their general operating funds rather than for a specific project or activity. (c) The movement to more funds going to youth.(d) Significant emphasis on promoting excellence in young people.(e)The need to avoid making grants that go to an organisations general funding (this type of support is better dealt with through the Clubs large fund raising initiatives. (f) Support concentrating in a small number of organisations.

During a question and answer session the indication from the members' present was that they continued to support the terms of reference and how they were being interpreted. The trend was towards more expenditure on youth and young people. There was a strong commitment to promoting excellence in young people. And a continued eligibility requirement for a local connection to an individual or organisation to qualify for support. And a requirement for funding not to be used as a general contribution to an organisations running costs unless the origination is small. Club members were invited to submit any ideas or funding opportunities to Y&CS.