

THE STANDARD

March 15, 2019

President:
Jim Coyle

Editor:
Joe Klassen

Reporter:
Eve Robertson

FOUR WAY TEST

In all things we think, say or do

1. Is it the TRUTH ?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

In the beginning:

Past President Jim Sawers had the gavel this morning. He asked Peter Harding to lead us in O Canada. We (including your scribe) struggled as usual with the gender neutral wording " True patriot love in all of us command" (something about old dogs and new tricks.....).



Bill Skinner introduced our guests

Laura Mew, friend of Janet Blahun (Co workers at Canadian Western Bank)

Debra Armstrong, Executive Director at South West Communities Resource Centre

President Jim appointed Harold Aitkenhead to be plate shiner. Breakfast was interrupted early, there were no Happy Bucks or Minutes and no Sheriff (phewff) as the club wanted to give as much time as possible to Ginny's presentation about CPR.

Sunshine report from Doug Hood

Birthdays

Lorne Kelly

Ryan Mitchell (spouse of Kathy Le)

Lynn McKeown (spouse of charter member & honorary member, David Mc Keown)

Rotary anniversary

Peter Leigh 4 years

Doug's bit o' sunshine told of a recent terrifying flight Peter H had in a Boeing Max 8. Pilot came on the intercom talking about the weather when suddenly he broke off and screamed OMG!!Silence.....then he



Our meeting.

came back “ladies & gentlemen, sorry about that, but the flight attendant spilt coffee on me. You should see the front of my pants!” Peter H, “ you should see the back of mine!!”

50/50 was handled by Ginny. \$790 in the pot. Stan Christmas had the winning ticket but the joker eluded him.

Debra Armstrong took the floor to talk about the SouthWest Communities Resource Centre and receive a cheque to support the Centre’s work. The SWCRC is in the Oakridge Shopping Centre on Southland Dr SW. Their clients are families on the poverty line or receiving social assistance. Their mission is to provide programs and services to strengthen capacity, inspire positive change and enrich the lives of southwest community members. Examples of these programs are parenting classes, tutoring and mentorship of youth, computer classes, counselling, classes for immigrants . SWCRC helped >3700 people last year. RCCHP funded a projector that will be used in parenting workshops.

Ginny Murphy was next up to give us a Cardiopulmonary Resuscitation (CPR) refresher. Ginny has been involved with the science of health for some time. She studied Biology at university, later worked for a pharmaceutical company and now teaches CPR to medical professionals. When you think of “service above self”, the ultimate “service” is to try to save someone’s life. Overall, the odds of surviving a cardiac arrest are almost 2 to 3 times times greater if someone performs CPR right away. When CPR is combined with an Automated External Defibrillator (AED) and used within the first few minutes of a cardiac arrest, survival rates can increase by as much as 75 percent. Without CPR and defibrillation, fewer than 12 per cent of people who have a cardiac arrest outside of a hospital survive.

The difference between Cardiac Arrest and Heart Attack.

A **heart attack** is when blood flow to the **heart** is blocked, and sudden **cardiac arrest** is when the **heart** stops beating unexpectedly.

A **heart attack** is a “circulation” problem and sudden **cardiac arrest** is an “electrical” problem.

Symptoms of a heart attack may be immediate and intense. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with sudden cardiac arrest, the heart usually does not stop beating during a heart attack.

Ginny is well aware that giving CPR and using an AED are daunting. Her goal today was to make the process less intimidating. The keys to successful CPR are knowledge, courage (to step up) and engagement (of any people nearby).

<https://secure.heart-safe.ca/map.cfm> is a map produced by Alberta Health Services which shows the location of 234 registered AEDs in Calgary as of March 2019.

Ginny taught us compression-only CPR.

The Canadian Heart and Stroke Foundation

recognizes that compression-only CPR is an acceptable alternative for those who are unable or untrained to perform full CPR.

If someone collapses with no pulse, call 911, yourself /order bystander. Unlock any doors for en-



Our meeting.

trance of paramedics

Quickly haul person onto firm surface. Using heel of hand push hard & fast in centre of chest (just above where ribs come together) at least 100 – 120 times/minute. (To the beat of Bee-Gees' "Stayin' Alive").

Order bystander to get AED. AED's contain audio with clear step by step instructions as to how to apply the pads and give shock (if required) that will eliminate an abnormal heart rhythm that was preventing heart from pumping blood to the body.

Continue compressions until medical help arrives. This is a fairly tiring procedure. Shout for assistance and ask someone to take over if you're too tired to continue. Do your best - the victim's life depends on it.

Helping baby is the same process. Place fingers on lower part of baby's breastbone. Pressing with 2 fingers.

Takeaways : the person is dead, don't worry about damage as you haul them onto a firm surface or breaking ribs with the force of your compressions. Practice on pillows at home , teach your family compression skills and encourage them to take full CPR course (compressions + rescue breaths). Ginny had brought AEDs and mannequins for us to practice on and we were all surprised at how much effort compressions took, reinforcing the need to where possible build a 'team' of people to help with the emergency to ensure someone is available to takeover. (Compressions are easier to do on the floor than a higher surface.)

CPR + rescue breaths is still the gold standard in help

Chest compressions pump the heart, circulating oxygen already in the person's body. This makes compression-only CPR suitable for a person who suddenly collapses. It is a potentially lifesaving option that can be used by people not trained in conventional CPR, or those who are unsure of their ability to give the combination of chest compressions and mouth-to-mouth breathing required for conventional CPR.

CPR + rescue breaths should be used if possible when the oxygen in the person's body has likely been used up, such as with a drowning incident or when a respiratory emergency like choking or asthma may have caused the cardiac arrest.

Check out <https://www.heartandstroke.ca/>

for info about CPR, healthy eating, current research, women and heart disease (women's heart attack can have different symptoms than men).....and lots more.

Once we had finished practicing our compression skills on the mannequins we went home resolving to practice and learn more about CPR for the sake of those around us.

Rotary

BE THE
INSPIRATION

Position	Assigned Member
📅 March 22, 2019	
Greeter	Peerani, Din
Door sales	Paul, Raju
50/50	Powell, Jamie
Grace and Sunshine report	Pyle, Jeanette
Introduce Speaker	Radermacher, John
Thank speaker	Robertson, Eve
Standard reporter	Rowe, Mark
📅 March 29, 2019	
Greeter	Field, David
Door Sales	Ruptash, Peter
50 50 Sales	Sawers, Jim
Grace Sunshine Report	Semeschuk, Brian
Introduce Speaker	Skinner, Bill
Thank Speaker	Sonntag, Roger
Standard Reporter	Sumner, Art
📅 April 5, 2019	
Greeter	Tillotson, Dennis
Door Sales	Tyminski, Sheila
50 50 Sales	Wellicome, Brad
Grace and Sunshine report	Wood, Ted
Introduce Speaker	Zuk, Walter
Thank Speaker	Aitkenhead, Harold
Standard Reporter	Bedard, Joan

**THE ROTARY CLUB OF CALGARY
HERITAGE PARK**

**P.O. BOX 30261
CHINOOK RPO**

**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

March 22	Classification talks; Janet Blahun, David Field
March 29	Lori Williams– Election 2019
April 19	No meeting—Good Friday
May 3	Paul Harris Awards Presentation
May 17	No meeting—Youth Services meeting on May 16
May 23	President's Social
May 24	No Morning meeting

