



CLUB SHOWS ITS HEART IS IN THE RIGHT PLACE! continued...

The club was proud to have assisted our city with such a worthwhile charity effort. By the time you read this article, it was hoped the city would have 20 available. The first allocated went to the Hamilton Workingmen's Club; University Recreation Centre, Knighton Rd; Centreplace, Victoria St; Hamilton Cosmopolitan Club; Sky City, Victoria St; Waterworld, Garnett Ave, Te Rapa; LMW Insurance, Tristram St; Fire Centre Trucks, Central, Anglesea St; Fire Service Trucks, Pukete, Vickery St; Fire Service Trucks, Chartwell, Crosby Rd; ISIS Fertility Clinic,

Waikato Hospital; Vercoe Rd Clinic, Vercoe Rd.

As manager Richard Shrubbsall said: "We hope we never have to use it, but it is good to have one for our members, guests and visitors. If we save one life the whole effort will be very well worthwhile."

The format of the charity week is continually being assessed. Because of the amount of goods to be sold, the Sunday auctions, held between rounds of the indoor bowls, go into the early evening and test the patience of the eager buyers. It's also a 'huge' day for organisers and their durability must be admired. One suggestion from a member received by the year book committee is for the first stages of the auction to be held on the Friday and Saturday evenings and that the bowls qualifying for Waikato players be held during the week with invited visitors from outside the Waikato centre area qualifying for a certain number of places on Sunday morning. Suggestions received in writing will be considered by the incoming charity committee in conjunction with the indoor bowlers who no doubt will have some updated ideas of their own.

A Man's Job – the Outdoor Barbecue

It's the only type of cooking a 'real' man will do. When a man volunteers to do such cooking, the following chain of events is put into motion –

1: The woman goes to the store. **2:** The woman fixes the salad, vegetables and dessert. **3:** The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and takes it to the man, who is lounging beside the grill. **4:** The man places the meat on the grill. **5:** The woman goes inside to set the table and check the vegetables. **6:** The woman comes outside to tell the man that the meat is burning. **7:** The man takes the meat off the grill and hands it to the woman. **8:** The woman prepares the plates and brings them to the table. **9:** After eating, the woman clears the table and does the dishes. **10:** The man asks the woman how she enjoyed 'her night off'. And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women!

- special thanks to C.C.

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\$30,000 REASONS TO BE HAPPY

St John Midland health services manager Kim Osborne was high in her praise of our club.

Interviewed by the Waikato Times only days before our club president, Brian Simpson, handed representatives of St John a cheque for \$30,000, Kim said the project to place defibrillators throughout Hamilton was one of a kind in New Zealand.

"There had never been anything done on the scale planned for Hamilton and we thank the Workingmen's Club for their drive in ensuring the exercise was a success. We hope to eventually have 10 machines installed throughout the city so that if someone has a cardiac arrest there is a defibrillator close by that can save their life."

The St John brochure says if a person near you goes into sudden cardiac arrest, dialling 111 and performing CPR is not enough to ensure they survive. Every minute that ticks by reduces their chances of living. You need a St John defibrillator. It can strike anyone, anytime, anywhere. Sudden cardiac arrest kills thousands worldwide every year. It is caused by a malfunction of the heart known as ventricular fibrillation. It can strike anyone of either gender, all ages and occupations, regardless of weight or level of fitness. The most effective treatment is to apply a short, powerful electrical shock to the heart, allowing the heart to regain its natural rhythm. Until now, the defibrillators have been difficult to use and required highly specialised training. Not anymore. The St John defibrillator is fully portable, safe, effective and easy to use and will significantly improve the victim's chances of survival. If you have responsibility for a safe workplace, shopping centre, tourism site or public area, it would be a good idea if you asked your staff to do a St John first aid course and endeavoured to get a defibrillator on site. They have been specially designed for use by those with little training. The defibrillator tells the user exactly what to do. It is safe to use even though it may use an electric shock to help the patient survive. The electrodes are pre-connected and the user simply follows the diagrams to apply them to the patient. In automatic mode, the machine does most of the work itself. If the person is not breathing or conscious, simply push the release button to open the lid of the defibrillator and activate it. An automated recording will talk you through checking the patient for life, placing the

electrodes and operating the machine. Pull the handle to access the electrode pads and stick them to the victim's chest. The defibrillator will analyse the victim's heart rhythm. If a shock is required, you will be told to push the flashing red button.

To find out more about purchasing a St John defibrillator and to arrange a demonstration by a St John representative, phone toll free on 0800 FIRST AID (0800 34778 248).

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