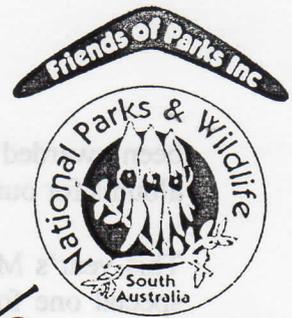




Friends
of
Belair National Park
Volunteers working for Conservation
Established 1985



Best Newsletter 1996 - Friends Group of the year 1998

SEPTEMBER 2004

PRESIDENT'S REPORT

With the wet winter I have been forced indoors and find myself with time for more reading and reflecting. While it is reassuring to know that the reservoirs are full (or near full) and the prospects for forthcoming seasons are good, I looked forward to getting outside to make the most of the sunny periods. The recent change in weather has allowed us to walk in the Park and the wattles in flower remind us that spring is here. The Golden Wattle (*Acacia pycnantha*) is Australia's National Emblem and some of you may have memories of celebrating "Wattle Day" from schooldays. (For the record, the first Wattle Day was celebrated on 1 September 1910 in Sydney, Adelaide and Melbourne).

Friends of Belair have been particularly active during July. We launched our Significant Tree Project at our July meeting and details of this project are included in this newsletter. Our display screen highlighting the Significant Tree Project was on view at the Blackwood Library for two weeks. Shirley Alford and Mary Cole have attended a Trees For Life Seed Collecting workshop at Belair. Their new skills will be an asset to future projects planned. Many of you will have encountered the traffic restrictions near Karka Pavilion and the Pines Oval. These are worksites for the Stage 1 Upgrade of Facilities in Belair and access is restricted. The Karka Historic Precinct and the Pines Bush Picnic Precinct are taking shape and will be available to visitors later this year. Concept plans for the Stage 2 upgrade at the Government Farm and Dianella (ex Soccer Ground) precincts are well advanced. Four members of Friends of Belair and representation from Friends of Old Government House attended a briefing meeting at the Information Centre late in July.

Our group is working with the Threatened Plant Action Group (TPAG) and the Native Orchid Society of S.A. (NOSSA) in an Envirofund Project, "Restoration of Grassy Woodland Ecosystem and Habitat of *Pterostylis cucullata*". Annie Bond, Project Officer for TPAG, spoke at our August meeting. An estimated 11 000 - 16 000 of this orchid, the leafy greenhood, are found in Belair National Park, and another very small population near Lobethal are the main sites in South Australia. Those on recent Tuesday walks visited the major Belair site about a month ago, but there were few in flower then. Annie told us that two new small populations of these orchids have been discovered in Belair during the past year. The next working bee for this Project will be on October 16. Meet outside the Belair Information Centre at 9.30 am.

We have been successful in our Australian Government - Department of Community Services - Volunteer Small Equipment Grants 2004 (Round 2) application. We have

been awarded over \$550 to purchase a digital camera, case, battery pack and photo albums for our group. This will have many uses and will be a valuable asset.

This year's Mid North Friends Forum in the Clare Valley 22-24 October will be a special one for Friends of Belair. We have been selected as Friends Group of the Decade 1994-2004. Knowledge of our success can be shared among members of our group now and we will be presented with this award during the Forum. The award is recognition for the way Friends of Belair has grown, developed and diversified over the decade 1994-2004. We can all be very proud of this achievement.

Ron Tamblyn
President

SIGNIFICANT TREE PROJECT LAUNCH

The Project was launched at our July 3 meeting and included special guests Dr Laurie Haegi, Regional Conservator Adelaide Region, DEH, Dene Cordes, Manager Community Liaison Unit, Phil McNamara, Natural Heritage Manager, National Trust of SA, Dr Barbara Randell, consultant botanist, Brenton Spencer, Manager State Flora Belair and Rex Howard, whose wife Lyndal was one of our project team.

Those attending were given an outline of the project and we include comments from Ron and Jill in this newsletter:

Belair National Park contains many outstanding examples of Australian and exotic trees and up until now there has been little information about them. There have been small inventories of these trees in the past - one prepared in 1936 and another in 1953. Many of you will have seen some of the rusted plaques nailed to trees, giving the species, common name, native habitat and dimensions. Only a handful of these signs remain from 1946, the nearest being on one of the three Araucarias just to the east of the Volunteer Centre. The 1989 and 2003 Park Management Plans contain lists of general vegetation. All of these previous records were very sketchy in detail.

The Friends could see the value of assembling a detailed public record of the trees in the Park and the seeds for the Friends of Belair Significant Tree Project were sown in 2000 when we applied for a State Government Centenary of Federation Grant in 2000. Some of the project aims were:

- To increase community awareness of significant trees and their historical value in Belair National Park.
- To make detailed information of the Park trees more readily available for education, Park management and research purposes.
- To ensure future management decisions and actions about significant trees could be undertaken with the full knowledge of their value to the community.

Although we were unsuccessful in the Centenary of Federation Grant the enthusiasm for the Significant Tree Project continued with a small group of dedicated volunteers

commencing the project late in 2000. Funding in excess of \$4000 has been obtained to maintain the Project, provided through Friends grants, a Community Liaison Botany Grant, an Office For Volunteers Small Equipment Grant and Friends of Belair National Park.

There have been two teams involved in the Project. I want to talk about the field team and the work in collating and presenting this information. The field team consisted of Dr Ralph Foster (field botanist and consultant), Jenny Skinner (photographer), Pam Tamblyn (recorder), Ron Tamblyn and Jim Trueman (both GPS and measurement recorders) and others who assisted us from time to time. I am sure the field team now knows the Park very intimately. For each tree surveyed its location eg for STR 37/25, the Grocer's tree - by the footbridge over Minno Creek near the Volunteer Centre, with latitude and longitude taken by GPS, measurement (girth, height and spread) and field observations were recorded. Photographs were taken then and in many cases Jenny has taken more at different times of the year to include flowers, fruit, and the seasonal changes of deciduous trees. Each week Pam wrote up the field notes and further investigations were done to identify the species and discover its history. Trees were identified in most cases in the field, but the team collected specimens of the trees for the Project herbarium and identification. Through the Botanist Grant, Dr Barbara Randell has assisted us with the identification of some of the problem trees.

There are 54 trees (or groups of trees) on the Significant Tree Register and some are currently on the National Trust of South Australia Significant Tree Register. Information on our Register will be submitted to the National Trust of SA.

Members of the group have spent many additional hours compiling and preparing the five volumes and herbarium of the Significant Tree Register. Jenny has produced several albums of photographs, as well as photos for each Register entry. Ralph and I have produced location maps of all the entries. Pam and I delved into other historical research, including locating at State Records one of the primary sources for the Project, *The National Park Planting Record* covering the years 1892 - 1912 in detail, with major plantings thereafter until the 1960s. We now have a photocopy of this document as part of our Project and it is on view today. Pam did the final compilation of the Significant Tree Register.

Those involved have put well over 5000 hours into the project. We all feel the satisfaction of completing a worthwhile project. We have fond memories of wet days and dripping undergrowth when Pam's pencil refused to write on the wet paper, giving us the excuse to finish early; the kookaburras which followed us around, swooping on the mice and lizards we disturbed; the bird watching and, yes, the poetry; the tales of botanists, special trees and the learning of new things. Jim and I have memories of a particular lone oak near the Cherry Plantation which involved jumping over a deep section of Minno Creek, cutting a long path through the blackberries to measure the girth of the tree, only to discover a bee hive in the trunk. I can assure you we were quick carrying out that part of the operation.

Where do we go from here? The Register will be scanned and copies printed to be held by Friends of Belair, the Belair Park Office and one made available to the National Trust of SA. We are planning to put all of the Register information on CD.

The original Significant Tree Project planned early in 2000 has expanded to other areas. In all we have surveyed over 1300 trees. The Register contains 54 trees (or groups of trees), but this does not mean that all of the other trees are insignificant. Of the remaining trees assessed, a considerable number have merit and will form a Noteworthy Tree List, to document and safeguard these trees also. We have now done much of the groundwork for this secondary project. Special tree plantings have indicated some of the early historic sites in the Park; the original Curator's cottage on the Gold Escort Ground, arbour sites long gone and early tracks. This is leading us to another project - on Historic Sites and Structures in the Park. The group is collecting for a Friends herbarium of grasses in Belair. You can see that the Significant Tree Project has gone well beyond just the 54 entries.

Ron

THE HERBARIUM

We have been compiling a herbarium of trees since December 2000 and now have enough specimens to fill the stationery cupboard bought for them, but have also overflowed into one of the others. We have not only leaves, but buds, flowers, fruits and bark. As some of these are only available for a few weeks or even days a year, we are still filling in the gaps.

The purpose of the herbarium was to enable identification of significant trees in the park. However, we were not experienced in making one, so we sought advice from the State Herbarium of South Australia where the staff showed us their specimens and methods. They were most helpful, as was also Dr Barbara Randell who later spent a couple of sessions in the Volunteer Centre with Dr Ralph Foster identifying our specimens. Ralph and Jenny Skinner were experienced in preparing specimens and helped us greatly. It was suggested we collect for the State Herbarium at the same time, which we have done. We were lucky to be offered two boxes of stickers as obsolete stationery, and these were used to label the specimens in the field at the time of collection, with the date, initials of collector, and the tree's unique number. This number is made up of the Vegetation Management Unit number and a number for that tree in that area. This numbering system is different from other herbariums which just number the specimens, but we needed to relate perhaps multiple specimens to the individual trees, and it works for us.

The collected leaves and flowers needed to be pressed flat and dried as quickly as possible, which we did between thick sheets of newspaper. After some weeks these were then glued on to light card and labelled with their number and date, and when identified, with their botanical name and common name, then slipped into a plastic sleeve. This has resulted in some very "pretty pictures" and is rewarding to do. A sheet from the triplicate field notebooks was attached to the specimen. The dried specimens are fragile and kept flat in archive boxes. We found that the lids from boxes of photocopy paper held the mounted specimens and fitted inside the archive boxes like drawers to stop them sliding around. This has all been trial and error.

The State Herbarium have large chest freezers to freeze their specimens for 48 hours once a year to kill any bugs, and we were delighted to find that the fridge in the

Volunteer Centre has a freezer that exactly holds four archive boxes. Our specimens are frozen for a week (between working bees) and it takes six months to do them all.

The Friends involved in this project are Judith O'Hara, Lorna McIntyre, Jenny Skinner, Ralph Foster, Jill Salvi and the late Lyndal Howard.

Jill

HOW OBSERVANT ARE YOU?

Count the "F's" in the following text:

FINISHED FILES ARE THE RESULT OF YEARS
OF SCIENTIFIC STUDY COMBINED WITH THE
EXPERIENCE OF YEARS.

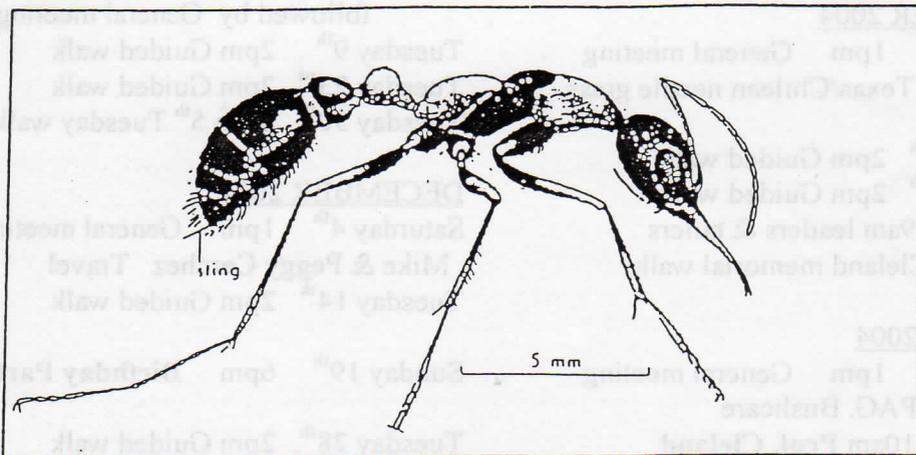
Answer later in this newsletter.

From Sturt Neighbourhood Watch newsletter April 2004

HOPPER ANTS

Having noticed hopper ants while working in Belair and seeing how aggressive they are, I want to pass on this information found in a brochure from the Adelaide Hills Council.

Ron



Hopper or Jumper Ants are aggressive relatives of the Inch Ant which can deliver a painful and potentially dangerous sting.

Each year Stirling District Hospital treats around seven patients where stings have caused severe allergic reactions. The first sting may not cause a reaction. However, with subsequent stings the reaction can increase in severity.

An allergic reaction usually occurs within 10 to 15 minutes of the sting. Symptoms include: rash, fever, feeling of anxiety, wheezing, swelling of the lips, face or throat leading to difficulty breathing.

Where there is ANY indication of allergic reaction, seek medical advice IMMEDIATELY.

Hopper Ants are about 13 to 15mm long and black in colour, with large orange-red jaws. The sting is located at the tail end of the abdomen. Nests are mound-like and found in the soil, most commonly occurring in bushy areas.

PRECAUTIONS: Prevention is better than cure, so always wear closed shoes and gardening gloves when working in the Park. Likewise, closed shoes with long socks or trousers should be worn when bushwalking.

HOLIDAY WALK

On the October holiday Monday (October 4) there will be a walk in Aldinga Scrub Conservation Park. We will meet at the Belair Park Information Centre carpark at 9am to pool cars. The walk will be about 8 km, flat with some light sandy sections. Bring your lunch. For further details phone Ron (8278 6593).

How many "F's" did you count?

There are 6!!

Read it again if you need convincing. It is unusual for anyone to count six on the first go. Three is normal, four is quite rare.

CALENDAR 2004

SEPTEMBER 2004

Saturday 4th 1pm General meeting
Chris Obst Texas/Chilean needle grass

Tuesday 14th 2pm Guided walk
Tuesday 28th 2pm Guided walk
Sunday 25th 9am leaders & tailers
.....try out Cleland memorial walk.

OCTOBER 2004

Saturday 2nd 1pm General meeting
Tim Jury TPAG. Bushcare
Sunday 10th 10am **Prof. Cleland**
memorial walk in Belair NP.
Tuesday 12th 2pm Guided walk

Friday, Saturday, Sunday, 22, 23, 24
2004 Mid-North Friends Forum
"Grassy Spaces – Historic Places"
Clare Valley

Tuesday 26th 2pm Guided walk

NOVEMBER 2004

Saturday 6th 12.30pm **Barbecue**
followed by General meeting
Tuesday 9th 2pm Guided walk
Tuesday 23rd 2pm Guided walk
Tuesday 30th 2pm 5th Tuesday walk

DECEMBER 2004

Saturday 4th 1pm General meeting
Mike & Peggy Cerchez Travel
Tuesday 14th 2pm Guided walk

Sunday 19th 6pm **Birthday Party**

Tuesday 28th 2pm Guided walk

JANUARY 2005

No general meeting

FEBRUARY 2005

Saturday 6th 1pm AGM

*Our eyes are always the same size from birth, but our nose and ears never stop growing. SCARY!!!

THE SIGNIFICANT TREE PROJECT WAS LAUNCHED AT THE JULY MEETING OF THE FRIENDS OF BELAIR NATIONAL PARK.



THE MEMBERS OF THE FIELD GROUP ARE PAM TAMBLYN, RON TAMBLYN (CONVENOR), JENNY SKINNER, RALPH FOSTER AND JIM TRUEMAN.



THE MEMBERS OF THE HERBARIUM GROUP ARE JENNY SKINNER, JILL SALVI, LORNA McINTYRE, RALPH FOSTER AND JUDITH O'HARA.

THE ROYAL WATER LILY

by Ralph Foster

In 1837 when the British Empire was setting its bounds ever wider still and wider The Royal Geographical Society sent two young German brothers Robert & Richard Schomburgk on a joint British-Prussian expedition to fix the boundaries of British Guiana in South America

On the 1st January 1837 whilst navigating the Berbice River they discovered a giant water lily with floating leaves 5-6' across and beautiful pink flowers over 1' in diameter. Robert Schomburgk sent specimens and seeds to Kew, with the request that the plant be named *Nymphaea victoria* after the new young Queen.

But botanical investigations showed that the lily was not a *Nymphaea* at all, but a new, unknown genus, so the name was changed to *Victoria regia*

Kew distributed seeds to the Duke of Northumberland at Syon House, and the Duke of Devonshire at Chatsworth, and the race was on to see who could get it to flower first. Wilfred Blunt, surveyor of the present Queen's pictures wrote "the contest between the Dukes turned into a race as exciting in its day as that of Scott and Amundsen's to the South Pole or the Americans' and Russians' to the moon"

On 2nd Nov 1839 when the Duke of Devonshire was in Ireland, he received a letter from Joseph Paxton his head gardener saying "Victoria has flowered"-he meant the plant, not the Queen. The Duke dashed home, picked the flower, rushed it to London and presented it to the Queen after whom it had been named.

Kew's specimen did not come into bloom until the following summer, when it caused a sensation-tens of thousands traveled to Kew to see it, and in 1844 Robert Schomburgk was knighted and became Sir Robert. Unfortunately it was revealed that the plant been discovered previously, not once but several times by European botanists, and not only that, but that it had been named, written up and published in 1832, 5 years before the Schomburgk's set eyes on it. It was called *Eurale amazonica*.

How embarrassing! This was a terrible shock to the patriotic British sentiment, but fortunately when the flowers were re-examined, they were proved not to be a *Eurale* after all, but an undescribed genus which was promptly named *Victoria*. Relief all round. However, according to the rules of botanical nomenclature. its specific name had to be *amazonica*, so the royal lily was renamed *Victoria amazonica*. Moral outrage followed, because traditionally the Amazons were a tribe of fierce warlike women, who each chopped one of their breasts off (usually the right one) so it would not get in the way of their bow string during archery practice. There were no men allowed in the tribe, so when they wanted more soldiers they sent out a raiding party to capture some bloke for a night of two of dalliance, after which they killed the poor chap and any boys who happened to be born.

Popular sentiment was outraged-you could not call Queen Victoria's lily after persons like that. The director of Kew, Sir William Hooker gravely pronounced that the name was "totally unsuited to be in connection with the name of Her Most Gracious Majesty and must be therefore forthwith rejected". And so it was, and the giant water lily was changed back to *Victoria regia*. But only in the British Empire, and only while the queen lived. When she died it reverted to *Victoria amazonica* as you can see from the species list of the Adelaide Botanical Garden.

If you go to see *Victoria amazonica* in the Adelaide gardens, you will find it in a set of greenhouses known as the 'Schomburgk range'. How come? After their work in British Guiana was finished, Richard Schomburgk returned to Germany, where as the result of religious persecution, he decided to settle in British Guiana with a group of other refugees. But when the boat taking them to British Guiana got there, there was such a fierce storm that they were unable to land, so they all stayed on the ship, that happened to be going to South Australia, and instead of settling in British Guiana, Richard Schomburgk ended up near Gawler where he grew grapes and later became the second director of the Adelaide Botanic Garden.

Excursion up the Barima and Cuyuni Rivers, in British Guiana, in 1841. By the Chevalier R. H. SCHOMBURGK, | Communicated by the Colonial Office.

En The Journal of the Royal Geographical Society of London. Vol. XII, págs. 178-196. 1842.

Schomburgk, Sir Robert Hermann, 1804–65, English traveler and explorer, b. Germany. Under the direction of the Royal Geographical Society he went on a trip of botanical and geographical exploration to British Guiana (now Guyana) in 1835. For the British government he later (1841–43) surveyed that colony, outlining the Schomburgk line, a boundary that played a prominent part in subsequent border disputes with Venezuela. Knighted in 1844, Schomburgk was appointed British consul at Santo Domingo (1848) and at Bangkok (1857). He wrote books on British Guiana and Barbados and edited (1848) Walter Raleigh's journal of his second voyage to Guiana.

A map of British Guiana showing its boundaries, prepared by the German Robert Hermann Schomburgk, was published in 1840 and this marked the beginning of the border dispute with Venezuela, which is still unresolved.

Richard S. Trained as a gardener in Germany, he joined his brother Robert on a joint British/Prussian scientific expedition to British Guyana in 1844. He emigrated to South Australia in 1849, settling with other family members near Gawler. Schomburgk's brother Richard had been commissioned by the Prussian government to accompany Robert to collect flora and fauna specimens in the Guiana forests for the Royal Museum and the Botanical Gardens in Berlin. Richard contracted yellow fever upon arriving in British Guiana but survived. He, along with the commissioned artist for the expedition W.L. Walton, were sent back to England.



DOUG RILEY AND RON TAMBLYN RECEIVING A GRANT
FROM MITCHAM COUNCIL MAYOR IVAN BROOKS

TRAINING AVAILABLE FREE TO YOU.

First Aid Training. Friends of Parks Inc can finance this for you, from Red Cross, St. John or Royal Lifesaving. Basic First Aid, Senior First Aid, and Senior First Aid Refresher are all available. You arrange training at a time to suit you. Contact Jill for details of how to go about it. 8278 6736.

Chemical Handling. We are trying to arrange another course at the volunteer center. These are FREE courses for throughout the Mt. Lofty Wartershed, not specifically for Friends of Parks, so your neighbours might be interested. Suitable for householders and home gardeners as well as workers in parks. If you have not yet attended a course and would like to, please leave your name with Jill, 8278 6736.

BARBECUE AT NOVEMBER MEETING.

The November general meeting is preceded by a barbecue instead of a speaker. If you have not yet come to a meeting, come along on November 6th at 12.30pm and meet your fellow workers and Friends of Belair. This is a good time to find out what the group is doing, and to share problems and solutions. Bring a salad to share, or a sweet slice, and a donation of \$2.50 for the meat.

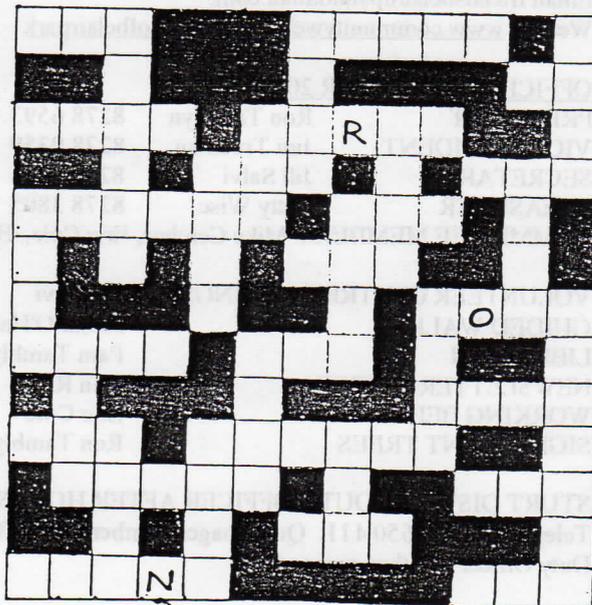
TABLE CLOTH MISSING.

Has anyone taken one of the trestle table cloths home to wash and not brought it back yet? It is long and narrow, red and green checks.

FRIENDS CROSS QUIZ

The following members all appear in the puzzle. Apologies for abbreviations used. Our president's name will help get you started.

- | | | |
|-----|------|---------|
| DI | AVIS | RYAN |
| | BARB | TONI |
| ANN | BETH | |
| BEN | BILL | BARRY |
| BET | DOUG | CAROL |
| DAY | ERIC | GLYNN |
| FAE | JILL | JENNY |
| GIL | JOAN | |
| IAN | JOHN | BRIGIT |
| JIM | MARY | JUDITH |
| KAY | MIKE | MOLLIE |
| PAM | PAUL | |
| PEG | ROSS | SHIRLEY |
| RON | RUTH | |



OLD FRIENDS MEET.

I met one of Friends of Belair Parks earliest secretaries, Lareen Newman, whilst walking in the park early one morning. She was running - but we stopped to chat and her news, which I think would interest those who appreciated her efficiency, is that she is now studying for her PhD.

Peter, her nice husband, is also studying but they are taking time off and with their three children have now gone to England to visit her father. Father is no longer well enough to travel to Australia.

She sends her regards to all at Belair as I also send mine.

Lynda Knight.

PROFESSOR CLELAND WALK.

The Professor Cleland Walk will commence from Main Oval at 10.00am on Sunday 10th October. Bring your lunch and a torch as we will be walking through Echo Tunnel.

The MAIN OVAL was constructed in 1983 at a cost of Fortyfive pounds Seven shillings and Eight pence.

The MAIN PAVILION was erected in 1900 and cost Two hundred and Eightythree pounds. It was enlarged in 1913 to seat 400 people.

TRACKS TO TAKE.

Now that winter is over a walk in the Park is worthwhile. From behind Karka Pavilion walk up Melville Hill Track. You could find many Orchids eg, green-hood, donkey, pink-fingers and spider orchids. Other flowers will be the native primrose, bearded heath, pink-eyed Susan, milkmaids, bush-pea, bitter-pea, running postman, cone bush and sundew. Heralding spring the Blackwood Wattle, which has pale yellow pom-poms, is found in all states except W.A and N.T.

If Melville Hill is to daunting take the Melville Gully Road. Turn left onto dirt road and keep turning left. This way you will walk down the steep hill the Karka.

FRIENDS OF BELAIR NATIONAL PARK.

ABN 38 093 387 757

PO Box 2 Belair SA 5052

Email friendsbelairnp@hotmail.com.

Website www.communitywebs.org/friendsofbelairpark

OFFICE BEARERS FOR 2004

PRESIDENT	Ron Tamblyn	8278 6593.	31 Laffers Road BELAIR SA 5052
VICE PRESIDENT	Jim Trueman	8278 9359	
SECRETARY	Jill Salvi	8278 6736	4 Colton Road BLACKWOOD SA 5051
TREASURER	Betty Wise	8278 3805	

COMMITTEE MEMBERS. Mike Cerehez, Eric Cole., Brian DuBois, Barry Palmer, Gill Ross.

VOLUNTEER CENTRE BOOKINGS	Jill Salvi	8278 6736
GUIDED WALKS	Judith O'Hara	8271 1534
LIBRARIAN	Pam Tamblyn	8278 6593
NEWSLETTER EDITOR	Ann Ross	8278 8051
WORKING BEES	Eric Cole	8278 3816
SIGNIFICANT TREES	Ron Tamblyn	8278 6593

STURT DISTRICT DUTY OFFICER AFTER HOURS EMERGENCY CONTACT.

Telephone 1300 650 411. Quote pager number 465 283. Leave message.

Duty Officer will then respond.

*It's physically impossible for you to lick your elbow.

*Almost everyone who reads this will try to lick their ! elbow.

PS... So, did you try to lick your elbow????



WORK IN PROGRESS

The following are areas which are currently being worked. If you are interested in helping in any particular area please contact the member concerned.

If you are unable to attend on the days specified there are small groups working on their adopted blocks. Contact any of the members mentioned who will put you in touch with the person concerned.

VMU20 Near Old Government House. Very large boneseed, briar, etc. Meet at Information Centre 8.30 a.m. sharp TUESDAY or FRIDAY, or ring Eric 8278 3816

VMU8 Peroomba Catchment. Olive, pittosporum, etc. Meet at Unit 8 opposite Playford Lake 8.30 a.m. WEDNESDAY, FRIDAY or SUNDAY, or ring Ron 8278 6593

VMU17 Regrowth of boneseed, broom, small olive, etc. from along Workanda Creek, OR VMU20 (below Railway Dam). Cutting or removing feral weeds in preparation for planting native understory. Meet at Information Centre 8.30 a.m. sharp TUESDAY or FRIDAY, or ring Mary 8278 3816

VMU20 Work as for VMU17 above. Meet Information Centre 9 a.m. SUNDAY, or ring Jill 8278 6736

WELCOME TO NEW MEMBERS

Welcome to Josie & Rod Kirk, Rex Howard, Anne Arthurson, and Beverly Jennings. We hope you enjoy your membership with us and join in our many activities, especially the monthly meetings (first Saturday, 1 p.m.) where you can meet other "Friends".



The following are areas which are currently being worked. If you are interested in helping in any particular area please contact the member concerned.



IT COULD SAVE YOUR LIFE!!

ARTICLE FROM UK EMAIL

Who knows who can be helped?

A prominent cardiologist says if everyone who gets this mail sends it to 10 people you can bet that we'll save at least one life. Read this...It could save your life!!

Let's say it's 6.15 pm and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five k's from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

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. 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. 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. Tell as many other people as possible about this. It could save their lives!!

PLEASE SEND THIS ARTICLE TO AS MANY FRIENDS AS POSSIBLE.

