



7 May 2017

IMPORTANT HEART ATTACK INFORMATION FOR THE NOVICE

I hope everyone can send this on as it is really important for everyone to know!

Let's say it's 7:25pm and you're going 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 drag out into your arm and up in to your jaw.

You are only about five km 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 to regain a normal rhythm.

In this way, heart attack victims can get help or to a hospital.



Enrolment Corner

It is time to let everyone know what will happen mid-year as the recent change to the U3A Maitland financial year takes effect.

Membership Fees

Members will remain enrolled for the calendar year in on-going courses, provided they are financial when Term 3 starts on 24th July 2017.

Members who paid \$25.00 for membership to June 30th 2017 will need to pay their annual membership fee of \$50.00 by 24th July 2017 to keep their place in any on-going courses. They will then be fully paid up until June 30th 2018 with no fees to pay in December/January as in the past.

Members who have paid up until the end of 2017, will retain their place in on-going courses but will need to pay \$25.00 in December 2017 to bring their membership up until to June 30th 2018.

Our aim is to have all membership payments fall due at June 30th next year. Currently, we have people paid up until various dates.

Enrolments:

A new Course Program for Terms 3 & 4 will be issued in mid-June 2017

There will be an Enrolment Day on Wednesday July 5th 2017

Enrolments for Terms 3 & 4 will only be accepted by mail from the date of Program issue until Enrolment Day.

After Enrolment Day enrolments will be received by email as well.

Term 3 starts 24th July 2017

As the date when fees become due approaches, reminders will be sent out through this Newsletter, and by mail for those not on the internet, If you are unsure about when your fees are due or what amount will need to be paid, please contact our Treasurer.

Any queries:

Enrolment Officer: Jill Ph:4930 3342 Email: slatter.jill@gmail.com

Course co-ordinator: Peter Ph:4933 3066 Email: pmorri@bigpond.net.au

Treasurer: Sue Ph: 0411 490 292 Email: suechapman@y7mail.com

Diary Dates

Enrolment Day	5th July 2017	CWA Hall
Annual General Meeting	1st September 2017	Maitland Rep Theatre
Members Day	20th September 2017	Venue TBA

Maitland & District Historical Society Inc.



“WHO SHAFTED LES DARCY”

Lecture by Roger Lee
East Maitland Bowling Club
7:00 pm for 7:30 pm start

\$12 per person
Tea/coffee and biscuits included
Drinks can be purchased from the bar.
RSVP by Friday 12th May 2017
to Maitland and District Historical Society
PO Box 333 Maitland NSW 2320
or
by Direct Deposit with name
CBA BSB 062807 Account 00901730
Phone 0438 623 299
Email: maitlandhistorical@gmail.com



Mistress mayhem by the author of Boeing-Boeing

Directed by Christopher Briggs

April 26 to May 13

Performance Dates/Times:

Evenings at 8pm - April 26, 28, 29; May 5, 6, 12, 13

Matinees at 2pm - April 30, May 7

Doors open 30 minutes before performances*

Bookings [Visitor Information Centre](#) Phone 49312800

Email address: info@maitlandreptheatre.org