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CPR SAVES LIVES

In the news recently we heard the story of a Dublin Bus driver who suffered a cardiac arrest while driving. His life was saved by a passenger who gave him CPR. Cardio Pulmonary Resuscitation or CPR for short involves a series of steps that are simple to do but are vital in saving a person's life.

When a person stops breathing someone trained in CPR will perform steps which involve sending for the Emergency Services, giving clear instructions to the location, the type of emergency involved, starting a series of 30 chest compressions on the patient followed by giving the person two mouth breaths and continuing with more compressions and mouth breaths until the ambulance arrives. The responder will also send for a defibrillator and will have training in using this on the patient.

Every year in Ireland more than 5,000 people of all ages suffer a cardiac arrest, many of these happen in the home. For every 1 minute that the person is unconscious their chance of survival reduces by 10%. If CPR is not given within 10 minutes then chances of recovery are almost zero. An automated external defibrillator, also known as an AED, is a device that when attached to the patient will give electric shocks to the patient's heart to get it beating. Defibrillators can be found in every community in Ireland.

CPR, defibrillator or

First Response training as it is known, is widely available and everyone is encouraged to complete a course. The



course will also show how to help a person who is choking. Although the steps involved are not difficult it is important to be shown the correct way of carrying them out. It is important to remember we might someday be in a situation where we are the only person available who can provide assistance when a person stops breathing. Anyone providing this help is protected by the "Good Samaritan Law". This is a law that legally protects anyone giving assistance to another person who is ill or injured even

if they do not recover. To watch a training video on CPR and to check out training courses available in your area visit the Irish Heart Foundation <https://irishheart.ie>

Clocks no longer to change

Last year the EU commission conducted a survey online across Europe asking people about their opinion on changing the clocks back and forward. 84% said they no longer wanted the clocks to change. So, from March 2021 due to a new EU policy, we will no longer have to change our clocks back or forward an hour.

On the last Sunday of March each year the clocks have been brought forward an hour for Summer time and on the last Sunday in October put back an hour for Winter time. This was done so that in summer we would have more daylight in the evenings and in winter more daylight in the morning. The idea was to use as much daylight as possible thus saving on electricity and fuel. However, in winter it really was no advantage as evenings became very long with darkness beginning as early as 4pm. Day Light Saving Time or DST as it was known was first introduced in Ireland and Britain in 1916.

EuroMillions winners

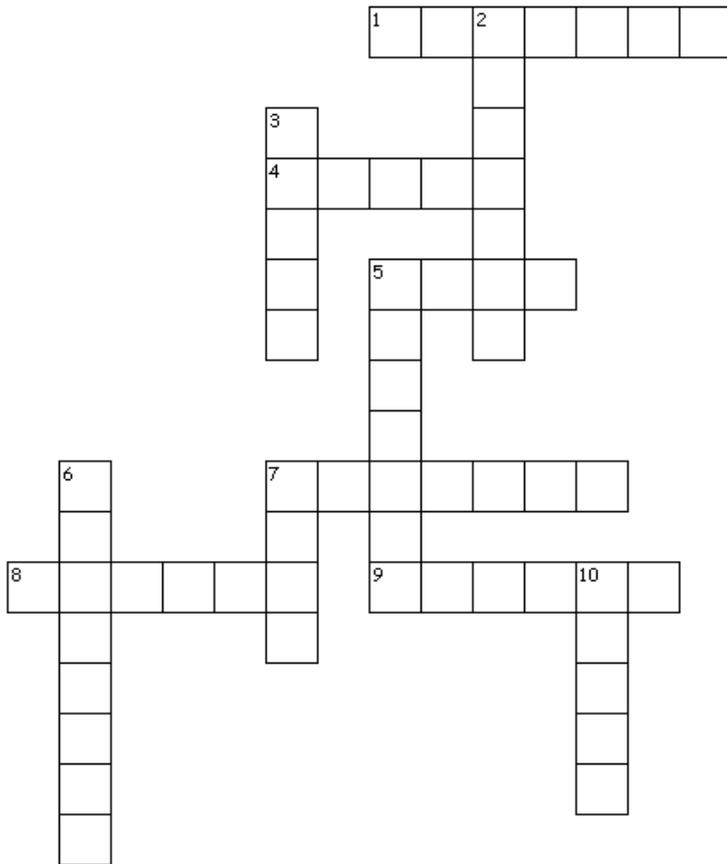
The largest ever EuroMillions win in Ireland worth €175.4 million was recently won in north Dublin by a family syndicate. The family who are mostly retired, have been playing the EuroMillions once a week for several years. The winning ticket was an €11 quick pick. They plan to share their winnings with children, grandchildren and other family and friends.

There have been some other large wins in Ireland among them a €130 million win in Co. Down before Christmas and in 2005 €115 million was won by a Co. Limerick woman.

More homophones: words sounding the same, but with a different spelling and meaning.

allowed/ aloud	board/ bored	higher/ hire	place/ plaice	threw/ through
bare/ bear	desert/ dessert	knew/ new	real/ reel	vain/ vein
beach/ beech	grate/ great	leak/ leek	son/ sun	wood/ would
berry / bury	heal /heel /he'll	pain / pane	tail / tale	road / rode

Crossword for St Patrick's Day



Across

- Surname of famous Irish/American President , John F (7)
- This Irish sport has the only international team made up of players from the north and south of Ireland (5)
- Largest county in Ireland (4)
- Longest river in Ireland (7)
- One of these is held in every city in the world on St Patricks day (6)
- Green, white and _____ Colours of the Irish Flag (6)

Down

- The biggest St Patricks Day parade in the world takes place here every year (7)
- _____ Park Irish national sports stadium (5)
- The river in this US city is turned green on St Patricks Day (7)
- A bowl of this is given to the US President on Patricks Day (8)
- Irish _____, a traditional Irish dinner (4)
- Everything turns this colour on St Patricks Day (5)

Choose the correct word for each

- I like to eat ice cream for _____.
The Sahara is a big _____.
- I _____ her years ago.
I need a _____ pair of shoes.
- I have a bad _____ in my head.
He put in a new _____ of glass.
- I hope my cut will _____ soon.
The _____ of my foot is sore.
- There is a _____ in the water pipe.
A _____ is a vegetable.
- _____ is a type of fish.
I know a good _____ to hide.
- She _____ the ball at me.
I will walk _____ the fields.
- I need to _____ out a car on holidays.
Ten is a _____ number than five.
- Put the poster up on the notice _____.
I 'm _____, I have nothing to do.
- Smoking is not _____.
Read the text _____ to me.
- That's _____ news!
I like to _____ cheese on my toast.
- On the beach I walk on my _____ feet.
A _____ is an animal.
- A straw _____ is red.
My dog likes to _____ things.
- She loves herself and is so _____.
The nurse had to get blood from my _____.