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LAST WEEKS SPEAKER

Billy Jones, of McNeily EMS and the team of Rich and Diane Jones + brother of our current President gave a very important and informative talk last week on CPR methods. Maybe you can save a live too. Specializing on Hands Only CPR. Quite informative and might be something the club could do as a project to get 30% or more certified, just saying, says someone who may need help someday.

www.mcneillyems.com
 978-278-3008

BIG GAME FUN!!

ALL squares are picked and we'll send a pdf of where your name is. Payouts will be after 1st qtr, 2nd qtr, 3rd qtr and FINAL score in the event we go to overtime. Stay tuned and munch down on wings. Even if your name doesn't win we can all agree to despise the Eagles.

FOLLOW US TO THE MOON

FEATURING **HOWL 2GO**
 BY HOWL AT THE MOON.

SAVE THE DATE of April 28th for a great night of dancing mayhem and some howling at the moon! You have been warned, soon an avalanche of emails, letters and mules promoting the event will descend on your brains. Wear a helmet and get ready to make some dough for the club... and have fun too!

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QR Love
 Pay for meals, fines, happy dollars basically anything you want Rotary related.

Coming Up

- February 9**
 Dr Kenann McKenzie-Defranza
 Lorinda Visnick
 Information talks
- February 16**
 John Thompson -
 Employees against domestic violence
- February 23**
 Bob Murphy, Sue Gogonian re-information talks
- March 2**
 Dianne Palter Gil re-information talk.

BEVERLY ROTARY CLUB SPROCKET NEWSLETTER

Feb 9, 2023 "Just don't screw it up" Issue 30

To seek out new life, new civilizations is what I want to do for Valentine's Day

Jonesy, would you be my Valentine, whatever that is? And no I don't smile.

JONESATAR
 NOTHING TO DO WITH ROTARY BUT MAKES A NICE COVER

MICHAEL C. JONES, the only thing you'll be seeking is an ice pack for the fat lip I'm going to give you! Who is this NAVI tart anyway???

Maybe if we bribe the kids we can role play living on another planet dressed in blue/green tights, I'm game. Love you my Valentine. BTW Moiph, deadman!



Nino presenting President Mike with an original painting, plus a few sage words to boot!



So big we made the brothers smackdown have to go vertically. Topics such as tallest, prettiest, fairest skin, over under on size 38 belts and many more. Love both sets of brothers ya know.

Last week at Rotary Feb 2, 2023

Meeting was called to order by President Mike Jones promptly at 12:15. Pledge of Allegiance was led by Larry Herman. Patriotic song: Led by Dianne. Invocation: Thad. "Happy Birthday" was sung for: Marshall

The following were guests of the Beverly Rotary club:

Walt introduced his Guest (Donald "Nino" Lombardi) Beverly's own most famous artist who wants to make a presentation to the club. Nino in his presentation memorialized his wife of 50 plus years, who is 'still in his heart after all these years'. He noted that "life is beautiful"; He went on and offered a free painting to any Rotarian who swings by his studio.

Announcements and Presentations:

Brian M. let Rotarians know that the 'squares' for the Big game is sold out and the payout scheme will come in as 1st, 2nd, 3rd and final score and he thank all who had paid then asked folks who haven't paid up to do so.

Leslie said that though she is hearing that most people had forgotten about the GBCC networking event. Tonight from 5pm to 7pm 25+ professionals and 20+ kids will be fed, appetizers and even a sundae bar. She explained that this is an annual event to mentor students to really think about their career choices, career paths and also they are looking for internships. If any of the professionals here can't offer internships, they probably would know another business that could match with them.

Mike Harrington: said that the fundraising committee will have a meeting right after the meeting, highlighting that all will get a letter in the mail very soon describing how some of the committee's work including auction off items, buy tickets etc.

Sergeant-at-Arms Thad Siemasko Happy Dollars \$\$\$

Dianne: (1) Mrs. Lombardi was her kids Cove elementary school teacher, And they were the proud owners of original 'Nino Lombardi' painting. He gave Them that painting when Joe had an open

heart surgery and they kept walking By Nino's house; The painting currently adorns her living room. (2) She visited her 'you know who' on his 27th Birthday in CT last weekend and he spent 3 hours with them.

Marshall : "This is just an alternative to Leslie's thing on how to make the best of your career opportunities; Tonight also at Salernos, This is how not to do it, You will see an Architect tending Bars"

Thad: "I have an admission to make- I have fallen in love with a young lady on the west coast. I like to introduce, Winona Siemasko Maes, she came in at 6lbs 2oz, a week and half old" my 4th grandchild. \$\$\$\$\$\$\$\$\$\$

Thad then paid all the fines, except for those who jumped ahead. In other words anyone can volunteer otherwise Thad got it all covered.

Fines and Auction:

Andrew: Nice car, very clever- Groundhog Day! Thad sees a lot of his work but no credits? Thad went on to disclose is key customer habits:

Maureen came in and drank all the Tequila!

Bob comes in and order a Negroni! Thad reminded Yaffa how they use to go to BU's hockey game (Season Tix holders) What do they say when the National Anthem is being played? "RISE AND REMOVE YOUR HATS! Yaffa ha his hat on during pledge of allegiance.

Yaffa: But I am not at the hockey game. (Great point) Thad commended Dr. Jamie for her diligence in her role as the Sergeant Committee chair- She is very communicative and keeps the committee up-to-date.

Paul Guanci has a short hand Jersey going: He said that its cold outside.

Larry blew past Thad at the light by the wrong lane. Almiris offers 4.5% money market account at her Bank, but Thad bounced a deposit check.

Matt Blanchard went and sat at Thad's seat unknowingly.

Late Comers:

Walt Hartford, Adam Winn, Andrew DeFranza and Johnson Obeke.

Thad suggested a fashion smackdown: The Jonesys- Thad : Fairest Skin? Jones Brothers. Tallest?? Shortest??

Speaker:

Mike Jones (President) introduced his brother Billy Jones, a Beverly fire Fighter, EMT, EMS educator; saying that after the recent incident of Damar Hamlin receiving CPR twice in an NFL game, he was inspired to invite Billy to refresh our minds on the proper techniques of CPR. Billy Jones introduced himself as a Mike's Favorite Brother and Rich's favorite son! A Beverly Firefighter, a McNeilly EMS CPR Instructor He wants to give an overview of CPR and reminded the Club of a Lunch and Learn coming up at GBCC on February 15th. Billy named some limitations to attempting CPR on a person presenting with cardiac arrest, which include, age, medical conditions etc. He countered the myth that performing CPR could get one sued, saying that the good Samaritan Law protects anyone who performs CPR during and for a lifesaving emergency. The Idea of performing CPR could be likened to the act of pumping water from say a flooded basement and while doing the compressions, there comes a point when a cadence to the rhythm is felt and one is tempted to sing a tune that rhymes with the routine. Keeping the chest compression at about 100 to 120 compressions per minute. Billy also pointed out that the very first thing to consider when we are faced with a situation that warrants CPR for someone who is presenting with cardiac arrest is to check for alertness; followed by not getting into a panic and delegating to call 911 to a specific person, and another to get the Automated External Defibrillator (AED or DEFIB). While performing CPR one should utilize the division of labor to decrease fatigue, giving 2 inch deep and straight compressions. Billy said that he has a motivational goal to get every student in the Beverly public school system trained in CPR. Then he asked the club to guess the city with the best witness cardiac survival rates amongst, Boston Miami and Seattle. He said it was Seattle due to the prevalence of larger tech companies offering CPR as part of their workforce training. Walt K. asked Billy for a clarification about where to place a hand for compression to which he responded by demonstrating with a mannequin, stress to position the hand slightly lower

from the breast bone. He also responded to a question about mouth-to-mouth resuscitation, saying that during CPR the subject absorbs 21% from the air while the mouth-to-mouth only delivers much less than 15%, hence it has been determined irrelevant. Billy said that proper CPR is achieved while doing the compression on a flat surface. Walt K. asked whether the Athlete who had a cardiac episode a few weeks ago had CPR administered on the field. Billy explained the technicality of doing CPR while transporting a person in an ambulance, highlighting that during Transportation, it's a little more difficult since the mobility of the ambulance is a limiting factor as well. In some cases a "lucas" device is deployed to continue the chest compressions mechanically. Billy said that the best position for a person for CPR is the 'Manchester' sniff position, where the nose is pointing upwards. Billy likened CPR to professional sports: "You do not stop until the whistle goes" On infant CPR, Billy demonstrated the proper infant CPR technique with a smaller mannequin. The quicker CPR is started on a person the more likely the rescue. Billy finally answered a question of what the average response time for Ambulance arrival in emergency situations, considering all other odds: 7 Minutes!

Raffle drawing:

Billy picked Yaffa's Blue ticket Yaffa did not pick winner.

Respectfully Submitted, Johnson Obeke

HOLY SMOKES JOHNSON , thanks for such thorough notes to fill in non attendees who weren't there. We had to make font and leading smaller PLUS tighten tracking to make it all fit.

And we like tossing around graphic design terms and phrases, makes us all warm and fuzzy inside.

MCJ

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