



Newsletter #25 Autumn 2009

Defibrillator

The AVERT committee has decided that residents in the Valley should have access to a defibrillator in the event of an emergency. The committee is in the process of deciding which model would best suit our needs and has had demonstrations from two potential suppliers. The machines would cost in the region of \$4000. Since this represents a large percentage of our reserves, we will apply for a grant from a local sponsor such as the Rimutaka Licensing Trust to assist with the purchase.

The machines demonstrated seem straightforward to use with voice prompts. They have a built-in checking system so they will not give a shock to a person unless they actually need it. They are most effective if the patient is treated within 10 minutes of the incident. This raises an issue that the Committee would like comment from all members of AVERT. Where would the most suitable location be for the unit to be housed? The location requirements include ease of access, safe storage, and proximity to members. If you have any thoughts or suggestions, please forward them to a Committee member. No decisions have yet been made on where or how to site the defibrillator when we eventually get one.

Christmas BBQ and raffle results

There was an excellent attendance at the annual AVERT BBQ on December 7th. Great music from "The Dixie Licks" resounded through the Valley on a very pleasant evening. Thanks to Wanda for organising that. The BBQ team lead by Joe, Matt, Diesel and Les produced another epicurean delight to supplement our beverages. The Chainsaw Team had done a great job on a tree Andre spotted and had turned it into a great load of split wood that filled Joe's trailer. The draw took place under Police supervision, or at least Geoff was somewhere in the crowd. Pamela won the firewood so Joe got to take it home and unload it again. The BBQ and raffle netted about \$150 towards the defibrillator fund. The Christmas Tree team lead by Brenda had turned one of Barry's pine trees into a focal point near the stage with loads of decorations. We're getting better at weather forecasting so roll on the next BBQ.



Road news

The arrival of a bit more moisture and falling leaves has turned parts of the road into more exciting driving. We came across a tow truck pulling a car out of a ditch near Bluebank corner recently. There are still plenty of people who think the road is one lane. Steph wrote of her experience in the Leader recently and others report nearly been driven off the road. Drive with headlights on for your own safety – even though you might use a bit more fuel.

Safety and security

There have been a number of reports of attempted break ins and burglaries in recent months so the Committee recommends all members ensure the safety and security of buildings and equipment on their properties and be aware of strangers visiting the neighbourhood. The Police recently visited many properties, while chasing a suspected burglar, and reported that many people were leaving sheds and garages open, with possessions in full view, while they were not around.

Influenza A {H1N1} (to give it its proper name!)

As someone put it recently: "I suspect the first symptom of swine flu is panic, or talk of panic in order to introduce the politically useful word "panic"". The World Health Organisation seems to have a pragmatic approach to the situation. They've understood the science quickly, have monitored the situation closely and raised the level of response as required. They've also put out information so that people and authorities can respond appropriately.

The symptoms are similar to regular seasonal flu and most cases, outside Mexico, seem so far to have been mild. It spreads the same way as seasonal flu. The best advice seems to be that if you are young or old or suffer from an underlying medical condition and you are concerned about any symptoms you may have, make a visit to your doctor. Swine flu can only be confirmed by laboratory tests.

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Kelly Bennet - Rural Manager Phone 0800 366 466 extn 256742

FMG provide substantial support towards our insurance costs – equivalent to about 15 more membership subscriptions. Talking of which, Alan says there are still a few outstanding subs for this year so get your money to him. The next financial year starts in August.