

When Doing Something is a Matter of Life or Death



Louise Davies, Mercia Moorer, Chair of the Mercia Activities Committee, First Aider, Volunteer and still managing to work full-time was - in a previous life - a nurse. So maybe she was a bit better prepared than most for what was not your average day in the Office. In mid-air, en route to Dusseldorf and about to accept her little tray of refreshments, there was an increase in activity around her and an announcement asking for a Doctor, Nurse or First Aider to make themselves known to the air crew. Five rows behind a middle-aged German man, travelling with his wife, had suddenly changed from feeling ill to becoming very poorly indeed. Louise's hand shot in the air and she was up on her feet and moving back to offer help. Thinking back afterwards, she's amazed at how calm she was and how the check list of things she needed to do was already running through her head. He was completely unresponsive (she checked with his wife that he spoke English), he wasn't breathing, he was grey, he was sweating profusely... Getting him on the floor wasn't possible, so she put his chair back as far as possible and delivered several forceful hits to his chest, checking for a pulse inbetween times. Within a minute he came round a bit, was sick, was talking in a rambling and confused manner and he had a very slow and faint pulse in his neck. Louise knew he was far from out of danger and said to the crew that they needed to get the plane down as quickly as possible and that an ambulance and paramedics needed to be waiting for them because the man had had a heart attack and could have another at any moment. The crew talked to the cockpit (who said they could get the plane into Dusseldorf in the next 15 minutes) and brought Louise all the First Aid equipment they had on board. The first blood pressure machine didn't work but Louise could use the old fashioned back-up and stethoscope and got his reading of 72/40 - dangerously slow and thready. There was little else of use in the equipment, so she knew it was going to be a matter of keeping him going with chest compressions till the paramedics arrived with the necessary support and treatment. He was moved to the front area where there was a little more room and Louise continued her compressions, talking to his wife and finding out more details that could be of help in his later treatment. The plane made its emergency descent, the ambulance was waiting, there were suddenly uniformed medics beside Louise, taking over from her so she was finally able to stop and rest. The aftermath of the story was hugely rewarding - yes he'd had a heart attack, he'd had stents fitted and was now at home recovering. She had indeed saved his life. Whilst it's great to know one of 'ours' has been able to do something so magnificent, this Newsletter piece is written mainly to highlight Louise's own reaction to the emergency. She knew she needed to be clear about what to do, she knew if she panicked or turned her face away there'd be no one else to help him, she knew she needed to keep calm. She believes a core reason for her being able to respond in the way she did was because she's kept up with her First Aid and CPR through the Marina's regular sessions. The repetition, the routines, the revising have all had their part to play. And, too, the knowledge that almost because it was an emergency her brain swung into a different gear, cleared unnecessary clutter and concentrated solely on the immediate event.

And it's not just her extra training and nursing background that makes the difference. I, too, have done the Marina's CPR sessions and, over the last three years, two Canal & Rivert Trust First Aid courses as part of a volunteer role. But that's it; I have no medical background and am hopeless at dealing with accidents. Eighteen months ago, my plumber was draining a cold water tank for me and sucked on the end of the hose to start the water flow. Something happened and he was suddenly upright in front of me unable to breathe and rigid with panic. Instead of, as I would have expected, descending into panic myself, I went completely calm, working out my options in a split second - phone far too far away, no chance of anyone hearing us (we were at the top of the house and no one else was home), etc. etc. I bent him over, delivered a number of sharp blows, pulled him upright and did a version of a Heimlich. Before too long he sucked in a huge breath and was alright. I know I wouldn't have reacted in this way if I hadn't been to these sessions and had been shown how to plan and think. So - please - if you see a CPR or First Aid session you can get to, then go. If it then leaves you able to do something rather than nothing and able to make a positive difference to another person's life, that's a wonderful gift you may be able to give someone someday. Especially for us boaters who are often in the middle of nowhere!

NATURE SOCIETY
Making a real difference

THE NATURE SOCIETY are planning for two events this year, both Wildlife Weekends, spanning two days. May 6th/7th and Aug 12th/13th. Help will always be appreciated either to help on the day or with donations for raffles and stall. Like last year we would love to have a children's storytelling area so are asking for anyone who would like to write us a short story about anything nature/wildlife related. Poems would also be very good to have. Creative heads on everyone, please. **THE COTTAGE GARDEN** is now all tidied up, weeded and three new plants put in. As it is only just over seven months' old it is thriving. Obviously, the bees think so to, while we were busy working a lovely Buff-tailed Queen came to feed on the pulmonaria. The two mason bee nests now have some cocoons in the release chambers as do the other four around the site. Just keep your eyes open for the males to emerge and bombard the nest box waiting for the females. REMEMBER, THESE MASON BEES ARE VERY GENTLE AND THE BOYS DO NOT HAVE STINGS ANYWAY.



Willow Tree Tea Rooms

Helen Deaville, who runs the Tea Rooms, is delighted with the refurbishment plans. Since she took over three years ago, the footfall has increased significantly and the Tea Rooms have performed a lot better than she had initially anticipated. Staff numbers have increased from 11 to 22 over the three years and the business has been growing year on year. There is no direct 'competition' with the Farm Shop on the Boardwalk; there are customers enough for both establishments and as the number of visitors to the Marina increases, it's right that every effort should be to accommodate their refreshment needs. Helen says she works very long hours but 99% of the time finds it all really enjoyable and, delightful customers - many of whom are regulars - add to the satisfaction of her and her hardworking team. The idea of extending the Tea Rooms has been discussed over the years and the business of the past year made it very evident that this was needed as soon as possible - an expansion of the kitchen areas needed in particular. So the 'new look' Tea Rooms will enclose the veranda area to allow for increased number of tables - one a high table with seats around and this will provide more room for both seating and serving generally. There will be a new roof and new windows. The pot wash will be moved into the end of the newly-enclosed area and the kitchen will increase in size by 40%! Helen is also delighted that, for the first time, she will have a proper storeroom! There will be new lighting and an area with a couple of small sofas to allow for a more casual seating. There will still be an outdoor seating area which will be paved so that the outside tables remain level and stable and there are no changes planned to the menu.



Congratulations!



A glorious Spring day meant Mary and Neil had sunshine all the way as they set off to get married. And they left in great style with Dave and Lynn offering their spiffy car along with their services as friends, witnesses and chauffeurs. Mary and Neil came to Mercia last year to wait for their boat to be finished

and they liked being here so much they are bringing that boat to a mooring at the Marina for a spell before they set off on their travels. Many congratulations to you both.

Thank you to Midland Chandelers for their support for the Newsletter. And did you notice that on 7th April it's**Freaky Friday !!!!!**



Water in Willington



The first entry in the 2017 Art Competition. Further details inside. Three entry levels and three categories.

Closing date is 29th April.





Mercia now hosts what we believe is the only official Met Office Weather Station based in a Marina. The Met Office has a network of around 200 automatic stations across the UK and these measure meteorological parameters such as air temperature; atmospheric pressure; rainfall; wind speed and direction, humidity; cloud height and visibility. Alongside these automatic stations there are manual stations (such as ours) which will vary in the data they collect. There are only 16 manual stations across the whole of the Midlands, so we are more than pleased that our application was accepted and we are now a four-star site and fully registered. Every day, at 0900hrs UTC (same as GMT but GMT is a time zone, whereas UTC is the time standard) one of a team of a dozen Marina volunteers visit the station to note down particular data from the previous 24 hours - the amount of sunshine, rain, minimum air temperature and grass temperature. Further equipment will be installed over the next few months. This then gets put onto the Met Office WOW site and is sent through to the central collecting system at the Met Office's Exeter HQ. If there are extremes of weather (wind, rain, snow) which have a significant impact, we are also asked to record these.

The installation of the site took place on that gloriously sunny Wednesday, the 15th of March. Stewart had prepared the site as our Regional Networks Manager, Gill, advised and she arrived with all the equipment. The volunteers set to with gusto, helping with the unloading and construction of the equipment, digging the holes, ensuring everything was in the correct place and absolutely level before the final fixing. Everything was done in an amazingly short time and, following final checks, it was off for coffee and cake and Gill's briefing and description of how the data should be collected and then entered onto the Met Office WOW website.

Since that Wednesday, we have been practising! We decided to hold off going 'live' with our data until the 27th of March - giving ourselves ten days of working together to be sure we knew what we were doing and in what order. The sunshine recorder gives us the most dramatic readout - on sunny days the daily cards are burned right through/ Saturday 25th March gave us 10hrs 20mins of sunshine though the ground temperature dropped to -1.5 that night (remember the frost on the Sunday morning?).

No, it's not a forecasting tool, but then no weather station gives a forecast. What it does do is add to the national data and the meteorologists then use the historical data and their experience to provide our forecasts. When we are fully live, we'll add the link to the Mercia Marina website so anyone can drop in and see the weather record for our patch!

We are also in touch with our local primary schools - Willington and Findern because an important aspect of the Weather Observations Website is to provide a real-time tool which can be used in the classroom to explore many aspects of our weather. The Met Office and the Royal Meteorological Society have developed various resources for schools - such as making observation equipment from household items or creating a weather station using a Raspberry Pi. The

new National Curriculum for England specifies the need to study weather in geography and it must be measured as part of the science curriculum. In addition, local weather observations can be used in ICT, English, sport and other subjects. Our Weather Station is in the secure part of the Marina, so visits from schools (or any other interested individuals or groups) need to be hosted. But we're happy to do that if asked because it will give us a chance to explain the equipment and answer any questions. Contact the Office if you'd like to arrange a visit.



THE PIAZZA

Serious work is now underway on the Piazza development. But who's going to be inside it? Bionical (already with us) are expanding what is their global HQ. A very successful company, they source and supply pharmaceutical/healthcare products to clients all over the world. Then there will be a restaurant/eatery of some sort - negotiations and discussions are underway. There will be a Gallery (Art or Craft or ...) and a Hairdressers (men, women, children). And a homeware/fashion/lifestyle retail outlet focussed on the concept of "Hygge". Pronounced 'hue-guh', this Danish word is used when acknowledging a feeling or moment, whether alone or with friends, at home or out, ordinary or extraordinary as "cosy, charming or special". It manifests itself in baggy cable-



knit jumpers, deep sofas, open fires, mugs of chocolate, frosty windows, warmth and re-trenchment! There are dozens of books on Hygge - mostly published in the last few months - which will give you a lot of time to understand the concept before Mercia has its very own Hygge outlet! Can't wait!! Further details on all the new retail/service outlets as they become available.



April Events

General Information

Everyone will be made very welcome at all events. There is a £1 per person charge with the money all going to the marina's charities (the Marina Office subsidises the tea and coffee).

Events usually start at 7pm in the Willow Tree Tea Rooms but after the 23rd of April, the venue will change. Some Events will take place on The Mug Tug but you will need to check the Facebook Mercia Community page for last minute reminders and any last minute changes or arrangements (or ask someone who you know also goes).

If you have any questions or are not sure about anything, email the wonderful Mercia Activities Committee (MAC) at: merciaevents@hotmail.com



- APRIL EVENTS:**
- Watercolour Class Mondays 3, 10, 24
 - Craft Group Wednesdays 5, 11, 18
 - Music Group Tuesday 4
 - Ukelele Group Thursday 6, 13, 20
 - Photography Group Wednesday 12
 - Bingo Wednesday 19
 - Book Club Tuesday 25





THE BOARDWALK

BAR & DINING

GIN EVENT

Friday, 28 April @ 7.30 p.m.

£25.00 per person

Live music, Hot Food, Gin & Tonic of your choice and Gin Samples



Golden Windlass

Sue Reeves' nomination of Nigel Hunt was accepted for his assistance after one of her boat batteries exploded. Batteries rarely explode and we cannot be sure why this one did, but it is good practice to check the fluid level, make sure they are not overheating, and that the charger does not cause them to boil.

Easter @ Mercia

HUGE Easter Eggs are being raffled - tickets from the Marina Office, StillWaters Shop and the Willow Tree Tea Rooms. With the Eggs being donated by Thorntons, Sainsburys and Morrisons, all the money will go to the Marina Charities (Blood Bikes and Peter Le Marchant Trust).



And an **Easter Treasure Trail** for all - £1 per person with a prize for anyone able to solve the fun clues which will take you down under our 'duck' bridge, across South Field to the canal, over the white footbridge and over onto the towpath towards Willington. Sensible outdoor clothing and stout shoes are a must - this is outside the Marina and the paths may be muddy and stony.



Mercia Marina Art Competition 2017



WATER IN WILLINGTON

The subject for this year's Marina Art Competition is WATER IN WILLINGTON

Capture the essence of Willington, the vibrant canals, the expansive river Trent, the ponds and streams and all the boats.

Show the real artist in you, not what you think others want to see, and this was certainly the case with last year's winner who received the Recognising Artistic Ability prize.

Its great fun to get involved and you can be at any level! Just record what you see your way, your interpretation.

Come and view the wonderful entries in the "Willington Gallery" and vote for your favourite along with public visitors to the gallery over the festival weekend of 13th - 14th May.

Friday May 12th - All artists submitting entries are invited to a private viewing hosted by Mercia Marina.

Prizes awarded for category winners, the panel's overall winner and a special prize for 'recognising artistic ability'.

3 entry levels

- PROFESSIONALS
- AMATEURS
- JUNIORS (18 & under)

3 categories

- VISUAL ARTS - drawing, painting, sculpture, knitting & digital etc
- WORDS - poems, typography, stories, creative writing
- PHOTOGRAPHY - creative, black and white, raw untouched images

Closing Date:

All entries to Mercia Marina Reception by April 29th 2017

