



# Attitude

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

Well," she said, "I think I'll braid my hair today?" So she did, and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head

"Hmm," she said, "I think I'll part my hair down the middle today". So she did, and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

"Well," she said, "today I'm going to wear my hair in a pony tail." So she did, and she had a fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YEA!" she exclaimed, "I don't have to fix my hair today!"

## Attitude is everything!

Live simply,  
Love generously,  
Care deeply,  
Speak kindly.....

Leave the rest to God  
Life isn't about waiting for the storm to pass.....  
It's about learning to dance in the rain.

## DEADLINE FOR NEXT ISSUE

**Sunday 17 May 2009**

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**Publication date  
Sunday 31 May 2009**



## STROKE IDENTIFICATION

### STROKE:

Remember the 1<sup>st</sup> three letters....**STR**

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognised, diagnosed, and then getting the patient medically cared for within 3 hours, which can be tough.

### RECOGNISING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognise the symptoms of a stroke. Now doctors say a bystander can recognise a stroke by asking three simple questions:

**S** Ask the individual to **SMILE**.

**T** Ask the person to **TALK** and speak a simple sentence coherently.  
(eg. It is sunny today)

**R** Ask him or her to **RAISE** both arms.

If he or she has trouble with **ANY ONE** of these tasks, call emergency services immediately and describe the symptoms.

### New Sign of a Stroke

**\* Stick out Your Tongue \***

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

## EASTER in other languages

**Paschi** in Russian  
**Pasqua** in Italian  
**Pâques** in French  
**Pascuas** in Spanish  
**Påske** in Danish