

25 MAR 2011



HEART SUPPORT – AUSTRALIA

Albury / Wodonga Branch

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MARCH-APRIL 2011 NEWSLETTER

BIRTHDAY GREETINGS

FEBRUARY - BELATED Rose Pepper 22nd

APRIL – Vic Mower 21st

Edy Parr 20th

MARCH - Margaret Crouch 16th

MAY - Ken Every 5th

Ros Nicholls 16th

Graham Bradbury 25th

Elizabeth Bowran 25th

Please advise Rosemary if your birthday is missed as our records are incomplete by phoning 0357287274 or email alburywodonga@heartnet.org.au.

SOCIAL EVENTS

Our luncheon at the Commercial Golf Resort on 27th February was enjoyed by 13 members. It was great to have such a good attendance and the meal and venue was enjoyed by all. We were all kept amused by the dedicated golfers playing in the constant rain. We also noted the extensive use of golf carts so not a lot of exercising was happening. It was pleasing to have Betty Twohig join us and see her mobile and independent again after breaking both ankles before Christmas.

Our next outing will be May 15th commencing at 12 noon at Farmers Inn Hotel Urana Rd Burrumbuttock. This will be followed by a tour of Wiramina Environment Centre at Burrumbuttock at approximately 2pm. Entry is by gold coin donation. Please RSVP to Rosemary on either (03) 5728 7274, 1300 725 755 or email ken.every@bigpond.com by Tuesday 10th May.

MEMBERSHIP

We have 37 current members. If you have not renewed your membership, please do so. Membership costs are: \$11 full membership and \$5.50 associate membership.

HEART HEALTH SUPPORT SERVICE

Heart Health Support Service is a service designed to complement existing professional services by offering emotional support, information and encouragement to people with heart conditions and their families. Heart Health Support Service training course was conducted 19th February with 3 participants. Once assessments are forwarded to National Office their accreditation will be issued.

LOCAL HSA CONTACTS

Wayne Kim, Wodonga 0412 56 1371

Ken & Rosemary Every, Wooragee 03 5728 7274

Greg & Betty Twohig, Albury 0427 257 642

Evan & Kaye Moll, Gerogery 6026 0580

There is always the 1300 number 1300 725 755

The contacts listed above have given permission to have their names published, if you wish to be included or removed from the list please let me know.

DATES TO ADD TO YOUR DIARY

Tuesday 12th April 2011 – Movies

Tuesday 10th May 2011- Branch Committee Meeting - held at Edge FM office, Southside Terrace, Wodonga at 5pm. All members are welcome to attend.

Sunday 15th May 2011– Farmers Inn Hotel Urana Rd Burrumbuttock at 12noon.

Sunday 26th June 2011– Jindera Pioneer Museum and lunch at Jindera Hotel.

MOVIE NIGHT

The next **movie night** will be at **Albury Cinema Centre** on **Tuesday 10th April 2011**, commencing at about 6.30pm. Bring your friends, kids and grand-kids to enjoy the movies followed by a cuppa, if you want. As the programs are not released until the week before, details of the movie will only be available just prior to the movie night.

Meet outside the cinema at 6.30pm to decide which movie to see. HSA has purchased movie tickets in bulk and Ken will be selling them prior to the movies. They are \$10.50 each and we are using the sales as a minor fund raiser. These tickets can be used any time except after 5pm on Saturdays, so if you are going to the movies buy your cheaper tickets from Heart Support. These would make a great gift if you're short of ideas.

Remember **Movie nights** are the **Second Tuesday** of the **even months**.

POLE PRANCING

Pole Prancing is the name of a group of pole walkers which meet on Thursday mornings at Hovell Tree Park opposite the Albury Swimming pool car park. Pole walking is quite intense therefore a reasonable level of fitness is required. The entry level of fitness required is that you must be able to walk for at least 40 minutes nonstop. For further information contact Ken on 0428287274 or Eric 0423021810.

WEIGHTS ON WATSON

Weights on Watson is an established strength training group for older adults. Come along, participate and experience the benefits of **Strength training and gentle warm up and cool down exercises**. For further details contact Jean – 6059 1759. You will need to join the Senior Citizens Club at \$10.00 the first year and \$5.00 thereafter.

When: Mondays & Fridays at 9am.

Where: **Senior Citizens Hall**, Havelock Street, (car park entry) or behind the Wodonga library (Hovell Street).

Cost: \$2 donation

SUGGESTION BOX

Any member / person receiving our newsletters please feel free to pass any information / ideas you may have onto the committee (jokes, recipes, new ideas, future social events etc). We welcome your input.

CARDIAC REHABILITATION WALKING PROGRAM (BACK ON TRACK)

The walking program is on every **Thursday** morning commencing at **8am** for approximately one hour, followed by refreshments if required, at the **Albury Sports Stadium in North Street, Albury**. Everyone is welcome to attend the program, all we ask is that, if you have not recently completed the six rehabilitation program at the Albury Base Hospital and been given the ok from Cardiac Rehabilitation, then a GPs referral is required as when starting any new exercise. The cost of the walking program for the walkers to **\$3.00**, the same price it costs HSA per walker, however new walkers can come and try for two weeks free.

DON'T FORGET A LIFT IS AVAILABLE FOR MEETINGS AND SOCIAL EVENTS

I am going to supply a free pick up service for members and guests to attend meetings and functions of HSA. To use this service you must ring me on 03 5728 7274 at least the day before to arrange a lift. If you ring during the day, there is an answering machine on. This will enable me to organise the most appropriate route.

All for now,
HELP EACH OTHER AND OTHERS

Ken

'Don't let what you cannot do interfere with what you can do'

SALMON AND CREAMED CORN PATTIES

Ingredients- 3 POTATOES (400G) peeled and chopped
100g DRY RICE VERMICELLI
420g CAN RED SALMON no salt added
2 EGG WHITES lightly beaten
130g CAN CREAMED CORN
4 SPRING ONIONS sliced
1 RED CAPSICUM finely chopped
2 CUPS FRESH BREADCRUMBS
2 TBLSPNS FRESH DILL chopped
1-2 TBLSPNS LEMON JUICE
OLIVE OIL COOKING SPRAY

Method- 1 Cook potatoes, drain, return to pot and cook over low heat till dry. Mash till smooth.
2 Place vermicelli in large bowl and cover with boiling water. Leave 10 minutes or till soft.
Drain, cut into small pieces with kitchen scissors.

3 Combine all ingredients and mix well. Divide mix into 8 and shape into flat patties. Place on tray lined with baking paper and refrigerate for 30 minutes till firm. Preheat oven to 200 c degrees.

4 Spray non stick pan with oil. Heat till hot. Add patties, brown on both sides. Transfer to oven and cook 10-15 minutes till heated through. Serve with salad or vegies, makes 8.

Reference: Heart Foundation Deliciously Healthy Cookbook.

**A young son asked,
'Is it true Dad, that in some parts of Africa a man doesn't
know his wife until he marries her?'
Dad replied, 'That happens in every country, son.'**

A blind man wanders into an all girls biker bar by mistake. He finds his way to a bar stool and orders some coffee. After sitting there for a while, he yells to the waiter, "Hey, you wanna hear a blonde joke?" The bar immediately falls absolutely silent. In a very deep, husky voice, the woman next to him says, "Before you tell that joke, sir, I think it is only fair given that you are blind -- that you should know five things:

- 1. The bartender is a blonde girl with a baseball bat.**
- 2. The bouncer is a blonde girl.**
- 3. I'm a 6 foot tall, 175 lb. blonde woman with a black belt in karate.**
- 4. The woman sitting next to me is blonde and a professional weight lifter.**
- 5. The lady to your right is blonde and a professional wrestler.**

**Now, think about it seriously, Mister. Do you still wanna tell that joke?" The blind man thinks for a second, shakes his head, and mutters,
"No, not if I'm gonna have to explain it five times..."**

THEN AND NOW

You used to say
"I hope my kids GET married".
Now "I hope they STAY married".

You miss the days when everything worked with just an "ON" and "OFF" switch...

When Google, ipod, email, modem... were unheard of, and a mouse was something that made you climb onto a table.

You used to use more than 4 letter words..."what" ..."when"....???

You forget names...but it's OK because other people forgot they even knew you.

When people say you look "great"...they add "for your age".

Your kids are becoming you...and you don't like them....but your grandchildren are perfect!

When you needed the discount, you paid full price. Now you get discounts on everything... movies hotels flights but you're too tired to use them.

Courtesy- We're All Heart – HSA South Gippsland