



HEART SUPPORT – AUSTRALIA

Albury / Wodonga Branch

A.B.N. 34 008 629 221

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MAY 2011 NEWSLETTER

BIRTHDAY GREETINGS

MAY - Ken Every 5th
Elizabeth Bowran 25th

JUNE – Brenda Henderson 9th
Graeme Redman 11th
Adrian Nicholls 17th

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

CONDOLENCE

Our branch extends condolences to the family of Val Fitzsimmons who recently passed away. Val has been a HSA member for over 20 years.

SOCIAL EVENTS

Our next outing will be May 15th commencing at 12 noon at Farmers Inn Hotel Urana Rd Burrumbuttock. This will be followed by a guided 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.
Seven members enjoyed our April movie night.

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 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

Tuesday 14th.June 2011- Movies

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 14th June 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 Hovel Tree Park opposite the Albury Swimming pool car park at 9am. 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.

CHARITY GOLF DAY

The Howlong Golf Club has confirmed that our charity golf day will be held on **FRIDAY 19th AUGUST 2011**.

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.

HEALTHY HEART

LAUGH YOUR HEART HEALTHY

Want an instant heart boost? Studies show that laughing and listening to music help lower blood pressure and reduce stress. That's good reason to lift your spirits with some instant mood-boosters. So why not enjoy: a comedy movie marathon; soaking in a bath; walking at sunset; playing charades or meeting a friend for a coffee.

THE FIRE WITHIN

Did you know that inflammation inside your body is linked to heart disease, cancer and diabetes? It occurs due to unhealthy lifestyle factors such as eating the wrong foods, smoking, drinking too much alcohol and gaining weight. In the heart, inflammation can weaken plaques inside blood vessels, causing sudden rupture and blockage of the arteries, leading to a heart attack. Adopting a healthy lifestyle can reduce inflammation, as can a diet high in fruit and vegetables, due to the positive effects of antioxidants. Lowering intake of the following foods, which promote inflammatory chemicals, can also turn down some of the harmful effects:

SALT: A high salt diet may cause your body to produce more histamines -the same natural chemicals that cause hay fever, which in turn, increase inflammatory and allergic reactions.

TIP: Avoid canned foods, buy salt reduced sauces and spreads, and flavour meals with herbs and spices instead of salt.

SUGAR: Sweet stuff kick starts an inflammatory process called glycation, where molecules glue themselves to areas inside your body like your organs and the collagen in your skin.

TIP: Cut sugar from tea and coffee, avoid sugar laden soft drinks, cakes or lollies, and eat fruit to curb a sweet craving.

UNHEALTHY FATS: These include:

Saturated fats: These mostly come from animal sources, such as meat and dairy products.

Trans fats: Avoid these completely. They raise bad cholesterol, lower good cholesterol and appear to damage the cells lining blood vessels, according to the Mayo Clinic in the USA.

TIP: Minimise intake of foods like butter, red meat and coconut curries. Avoid food which contains "hydrogenated" trans fats and steer clear of take-away like doughnuts and fries, which often use trans fats.

REFINED CARBOHYDRATES: Highly processed foods, such as white bread, biscuits and snack foods cause a rise in insulin levels, which increases internal inflammation.

TIP: Choose the wholemeal version of foods like bread and pasta, and home bake with wholegrain flours.

BROWNEED FOODS: Caramelising meats or char-grilling on the BBQ produces chemicals that when eaten, increase the release of inflammatory chemicals in the body.

TIP: minimise this by cooking vegetables and meat in fluid or marinating meat before cooking on the BBQ.

FOODS TO FIGHT INFLAMMATION: Cherries, Turmeric, Deep-sea fish, Trout, White Tea and Ginger.

HEART-FRIENDLY EXERCISE

As little as 80 minutes of aerobic or resistance exercise per week not only reduces weight gain but helps prevent visceral fat, the dangerous weight gain deep in the abdomen, according to a study in the USA. So give your heart a helping hand with some regular:-

***THAI CHI:** Studies show cardiovascular function can be improved while enjoying balletic movement sequences such as "wave hands like clouds" and grasping bird's tail".

***WALKING:** Simply walking for 30 minutes most days of the week will halve your risk of heart attack, even if you make no other lifestyle changes.

***WEIGHT TRAINING:** Can lead to decrease in bad cholesterol, according to USA research. It also creates lean muscle, which burns more fat.

*YOGA: Can help reduce anxiety, blood pressure and unhealthy cholesterol levels. Research shows this helps to reduce progression of plaque in the arteries.

*TENNIS: Tennis is a game people often play into their 60's and beyond, so it helps motivate regular exercise for life.

Source: The Australian Women's Health Diary 2011 with reference from National Heart Foundation.

All for now,
HELP EACH OTHER AND OTHERS

Ken

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

THE QUEEN'S RIDDLE

Julia Gillard met with the Queen in England. She asked her, "Your Majesty, how do you run such an efficient government? Are there any tips you can give to me?"

"Well," said the Queen, "the most important thing is to surround yourself with intelligent people."

Julia frowned, and then asked, "But how do I know the people around me are really intelligent?"

The Queen took a sip of tea. "Oh, that's easy; you just ask them to answer an intelligent riddle."

The Queen pushed a button on her intercom. "Please send David Cameron in here, would you?"

David Cameron walked into the room and said, "Yes, Your Majesty?"

The Queen smiled and said, "Answer me this please, David, your mother and father have a child. It is not your brother and it is not your sister. Who is it?"

Without pausing for a moment, David Cameron answered, "That would be me."

"Yes! Very good," said the Queen.

Julia went back home to Australia and asked Wayne Swan, her Deputy Prime Minister the same question.

"Wayne, answer this for me. Your mother and your father have a child. It's not your brother and it's not your sister. Who is it?"

"I'm not sure," said Wayne. "Let me get back to you on that one." He went to his advisors and asked every one, but none could give him an answer.

Finally, he ended up in the men's room and recognized Tony Abbott's shoes in the next stall.

Wayne asked, "Tony, can you answer this for me? Your mother and Father have a child and it's not your brother or your sister. Who is it?"

Tony yelled back, "That's easy, it's me!"

Wayne smiled, and said, "Thanks!" Then, he went back to speak with Julia.

"Say, I did some research and I have the answer to that riddle. It's Tony Abbott"

Julia got up, stomped over to Swan, and angrily yelled into his face, "No, You idiot! It's the English Prime Minister, David Cameron!"

AND THAT, MY FRIENDS, IS PRECISELY WHAT'S GOING ON WITH OUR FEDERAL GOVERNMENT IN CANBERRA.