



HEART SUPPORT – AUSTRALIA

Albury / Wodonga Branch

A.B.N. 34 008 629 221

PO Box 12, WODONGA Vic 3689

Phone: 1300 725 755

President: Wayne Kim 0412 561 371

Secretary/Treasurer: Rosemary Every (03) 5728 7274

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JUNE 2011 NEWSLETTER

BIRTHDAY GREETINGS

JUNE- Brenda Henderson 9th
Graeme Redman 11th
Brian Hunt 11th
Adrian Nicholls 17th

JULY – Richie Crouch 23rd
Trish Miller 27th

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

WELCOME TO NEW MEMBERS

We extend a warm welcome to our newest members Brian and Nancy Hunt. We look forward to meeting you at one of our social events or walking groups.

SOCIAL EVENTS

Our next outing will be June 26th commencing at 11.30 for meal at 12 noon at Jindera Hotel Jindera Rd Jindera. This will be followed by a visit to the Jindera Pioneer Museum at 1.30pm which will give us an hour and half to look around, as closing time is 3pm. Entry fees are: Pensioner \$3, Seniors \$4 and Adults \$5. Please RSVP to Rosemary on either (03) 5728 7274, 1300 725 755 or email ken.every@bigpond.com by Thursday 23rd June.

Our outing on 15th May was enjoyed by 16 members. All enjoyed the meal at the Farmers Inn and went on for the guided tour at the Wirraminna Environmental Education Centre. Our 2 guides showed us through the 4 ha area which featured wetlands, garden walk (wildflowers, native trees and shrubs, plants used by the aboriginals) wattle walk (gums, pines, wattles, bird hide and nesting boxes) and landcare walk(native grasses, wildflower seed production and shrubby woodlands). Our guides were a wealth of knowledge and encouraged all to ask questions. This great venue also has a BBQ and picnic area, discovery centre and is wheelchair friendly. The centre is offering great education to many groups at present. We recommend a visit to the centre and you don't have to be part of a group to do this. You can do self guided tours or a guide may be available. For more information contact Sue by phoning 02 6029 3292 or Darryl 02 6029 3319.

DONATION

Our Branch has recently purchased and donated a hand held blood pressure machine for the Cardiac Rehabilitation Department of Wodonga Health Service. Over the last few years we have been able to donate to the Cardiac Rehabilitation Department of Albury and Wodonga Hospitals. This is made possible by our fund raising at our annual charity golf day.

CHARITY GOLF DAY



Howlong Country Golf Club has once again offered HSA the use of the golf club. The annual Charity Golf Day is due to be played at Howlong Golf Club on **Friday 19th August 2011**. It's an excellent fundraising event, however we need to do some prior organising – we need to seek out donations from businesses for either grade competition, nearest the pins, and raffle prizes. The grade competition prizes will be \$35 voucher / prize value for the winner and \$15 voucher / prize value for the runner-up for each of four grades. We need your support to arrange these prizes. If you are a regular customer at a business or not, could you please ask the staff for a donation for the HSA Charity Golf Day. If the request gets rejected you are no worse off, however if we get a donation it helps our cause. A letter of introduction with which you can approach businesses for a donation is attached to the newsletter.

We will also require assistance on the day to make sandwiches and generally help; if you are free on the day can you please fill out the attached sheet and return it to Rosemary at Secretary, PO Box 12, Wodonga Vic 3689 or ring her on (03) 5728 7274. We are to supply a light luncheon on the players' return to the clubhouse, which will consist of a bowl of soup, two rounds of sandwiches and a cuppa. Your attendance at the Golf Club on the Charity Golf Day would be greatly appreciated.

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

Sunday 26th June 2011 – Lunch Jindera Hotel followed by visit to Jindera Pioneer Museum.

Tuesday 12th July 2011- Branch Committee Meeting - held at Edge FM office, Southside Terrace, Wodonga at 5pm. All members are welcome to attend.

Tuesday 9th August 2011- Movies

Friday 19th August 2011- HSA Charity Golf Day

MOVIE NIGHT

The next **movie night** will be at **Albury Cinema Centre** on **Tuesday 9th August 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, and also 8am on **Tuesday** mornings at Pioneer Park Urana Road Lavington. 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

MEMBERSHIP RENEWAL

All memberships are due for renewal 1st July. In accordance with notice from HSA National Office, there has been a rise in fees.

An Ordinary membership is now \$13.00 and Associate membership is \$6.50. Part of each membership is sent to National Office each year to assist with their costs. A renewal form is attached for completion. Your membership can be mailed to HSA Albury Wodonga Branch P O Box 12 Wodonga Vic 3689.

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.

5 WAYS TO BE MEDICINE WISE

1. Know where to find the **active ingredient** in your medicine, so you don't accidentally double dose if you use multiple medicines.
2. Keep a **medicine list** of all the medicines you take.
3. Understand the **benefits and risks** of your medicines. To find out more get a consumer medicine information (CMI) leaflet for your medicine at www.nps.org.au or from your doctor or pharmacist.
4. **Talk to your doctor and pharmacists** about all of your medicines, including prescription and over the counter medicines, herbal supplements and vitamins, as well as other options for improving your health.
5. Carefully **follow instructions** from your doctor and **read the label** on each of the medicines you take.

WHY BE MEDICINE WISE?

Being medicine wise is knowing about medicines, so you can make better decisions. All medicines have benefits and risks. Talk to your doctor or pharmacist about what is right for you.

Medicines don't just come on prescription - they include over the counter medicines from a pharmacy, supermarket or other store, as well as herbal remedies, vitamins and nutritional supplements. Medicines come in many forms, including tablets, lotions, drops and inhalers.

Find out how to be medicine wise at www.nps.org.au

All for now,
HELP EACH OTHER AND OTHERS

Ken

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

Older Than Dirt Quiz:

How many do you remember?

Count all the ones that you remember NOT the ones you were told about.

1. Cho Cho bar.
2. Drive in movie theatres.
3. Candy cigarettes.
4. Soft drink machines that dispensed glass bottles.
5. Coffee shops or milk bars with tableside juke boxes.
6. Home milk delivery in glass bottles with foil tops.
7. Party lines.
8. Newsreels before the movies.
9. Packards.
10. Blue flashbulbs.
11. Telephone numbers with 2 letters and 4 numbers.
12. Peashooters.
13. Wash tub wringers.
14. 78 RPM records.
15. Metal ice tray with levers.
16. Studbakers.
17. Cracker night (Bonfire night).
18. Using hand signals for cars without turn signals.
19. Bread delivered by horse and cart.
20. Head lights dimmer switches on the floor.
21. Ignition switches on the dashboard.
22. Heaters mounted on the inside wall.
23. Real ice boxes.
24. Pants leg clips for bicycles without chain guards.
25. Soldering irons you heat on a gas burner.

If you remembered 0-5=You're still young

If you remembered 6-10= You are getting old

If you remembered 11-15=Don't tell your age

If you remembered 16-25= You're older than dirt, but what great memories!!

A young clerk was leaving his office one evening about 6pm when he found the managing director standing in front of a shredder with a piece of paper in his hand and a puzzled look on his face.

"Listen young man, this is a very sensitive and important document and my secretary has gone home," the MD said. "Can you make this thing work?"

"Certainly", said the clerk. He turned the machine on, inserted the paper and pressed the start button.

"Excellent, excellent," said the MD as his paper disappeared inside the machine.

"I just need the one copy".

Membership Fees

Membership fees are now due for 2011-2012

Membership of Heart Support Australia is available to the following persons:

1) **Ordinary Membership: (Annual subscription \$13.00)**

A person is eligible for ordinary membership if they:

- a) Have been diagnosed with having a heart disability;
- b) Are the spouse or partner of a person with a heart condition;
- c) Are the parent/guardian of a child with a heart condition; or
- d) Are an interested who would like to become a member of HSA.

2) **Associate Membership: (Annual subscription \$6.50)**

- a) Associate members who are financial may vote on all motions and resolutions put to a meeting at branch level excepting those motions and resolutions pertaining to alterations, deletions, and additions to the Memorandums and Articles of Association.
- b) Associate members who are financial may serve as members of a branch committee but may not occupy the offices of President, Vice President, or HHSS Manager (counselling service).

***** MEMBERSHIP RENEWAL *****

SURNAME GIVEN NAME

ADDRESS PHONE (...)

..... Email address

MEMBERSHIP INCLUDES NEWSLETTER

- (\$.....) Ordinary Membership \$13.00
- (\$.....) Associate Membership \$6.50
- (\$.....) Donation (Donations over \$2.00 are tax deductible)
- (\$.....) Enclosed

Please return the completed membership renewal form and payment to:
 Heart Support – Australia
 Albury/Wodonga Branch
 PO Box 12
 Wodonga Vic 3689

I am **able / not able** to give assistance at the Charity Golf Day at Howlong on Friday 19th August from 10am until about 2pm.

Your Name: _____

Please return the completed assistance form to:
 Heart Support – Australia
 Albury/Wodonga Branch
 PO Box 12
 Wodonga Vic 3689