



HEART SUPPORT AUSTRALIA
CABOOLTURE & DISTRICT BRANCH
PO Box 977, Morayfield, Qld., 4506

NEWSLETTER

Vol. 6 No.1 JANUARY 2011

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From the President's Desk

Welcome to the new year 2011, and best wishes for an enjoyable, safe and healthy year ahead. The year 2011 should be a very productive one for our Branch, with the continuation of our defibrillator project, plus the volunteer program and involvement with community activities.

During December 2010, the *Gift Wrapping Fund Raiser* was very successful, raising \$783.86. Gift wrapping was busy and fun. *Many thanks to:* John Cook, Bill, Mary-Lou, Jennie, Robert, Joyce, Joan, Pat and her sister Ann, Cecil, and my cousin John, for their work and support on the gift wrapping stall; and thanks to the Zonta Club of Caboolture for allocating two days thus giving us the opportunity to raise funds, and for arranging extra volunteers to assist us.

The *presentation of the first defibrillator* from the Gaming Community Benefits Fund was made to Allan Lloyd, Business Manager, *Caboolture Historical Village* on 8 December, 10 am. Joining me in the presentation were Carryn Sullivan, Member for Pumicestone, and Andrew Powell, Member for Glass House, and representatives from St John's Ambulance. Branch members present were Cecil, Heather, and John. Thanks go to John Cook who arranged publicity for this event, reported in the Caboolture News 15 Dec.

Christmas celebrations included a visit to the *Sunshine Coast HS-A Branch Christmas Luncheon* on 1 December (attended by Gilbert Nielson, Cecil Nielson, Joan Mergard, John Cook, Heather Grebert, and Myrna Hook), and the *Volunteers Christmas Afternoon Tea* 8 December.

The Branch's *Christmas Party* on 11 December was a great occasion with friends from the Brisbane Branch and Ipswich West Moreton Branch joining us. The interaction among members and visitors was again prominent, people participated in the puzzles, and (thanks to all the generous donations) everyone received a door prize! Many thanks to Jennie Fooks for organising the get-together, Cecil Nielson for the activities, Joan Mergard, Jennie Fooks, Gilbert Nielson and Cecil Nielson for making the Christmas cards, Pat Dunchouk for the gift scrolls, and to all those members and visitors who donated door prizes

Shirley Crane, a local member who has been teaching in WA, is back in town, however, only for a short time, as she will be going to Katherine (NT) to take up a teaching position for 2011. Shirley would like to make contact with members before she leaves, so a *'get-together' lunch* is being organised *Thursday 13 January* at the restaurant, Spinnaker Seafood Market, (Caboolture side of Bribe Bridge) at 12 noon. An opportunity for a Branch social event, if you wish to come, please ring me 5499 1907 by Tuesday 11 January.

The Branch's first *General Meeting* for 2011 will be on *Saturday 12 February* at Compton Village, 10 am for 10.30 am. The Guest Speaker will be Terry McDougall, from Spiritus, who will be telling us about a program which will be introduced in March – a Self Management Course for anyone with a chronic condition such as a heart condition, or diabetes, etc.

Looking forward to working with you this year, Cheers, Gilbert.

Thought for the Day: *'Ah, being young is beautiful, but being old is comfortable.'* (Anon)

Important Dates for December

Thursday 20 January

Saturday 5 February

Saturday 12 February

Volunteers Visiting, Caboolture Hospital
Committee Meeting, Nielson's place
General Meeting, Comptons Village
(10 am Cuppa, 10.30 Meeting)

BIRTHDAYS

Happy Birthday

Shirley Crane.....31 January

HEALTHY HINTS

Nectarines

Nectarines are stone fruit related to peaches, cherries and plums. At their best in January and February, select fragrant firm fruit with smooth glossy skin. White and yellow fleshed varieties are available, both are a good source of Vitamin C, potassium and dietary fibre. Yellow flesh varieties also supply beta carotene (Vitamin A). Enjoy them on their own as a healthy summer snack.

Nuts

Studies have shown that eating a handful of nuts most days can reduce the risk of heart disease by 30-50 per cent. This can be attributed to the healthy mono and polyunsaturated fats, fibre, plant sterols, arginine and antioxidant vitamins and minerals (Vitamin E, magnesium, copper, manganese) that nuts contain.

Nuts have also a wide variety of nutritional benefits for those living with diabetes.

SO – eat natural or roasted unsalted nuts, and use nuts in cooking for that great crunchy texture.

LET'S COOK

Quick Nectarine Tart

Roll a thawed 375g block of puff pastry to a 20x34cm rectangle.

Trim 2cm from each side and layer the 2cm strips over the edges of the pastry.

Then place onto a greased tray before brushing with 2 tablespoons of jam.

Top with 5 firm, but ripe, sliced nectarines.

Spray with oil, bake at 180 degrees C, for 30 minutes.

Brush with Heinz Summer Fruits Gel (110g) while warm. Serve squares with ice cream.

(A Chicken Nectarine Salad can be found in the December Newsletter 2009.)

Crunchy Nut Chicken

4 x 125g flattened skinless chicken breasts

2 cups corn flakes

1/3 cup finely chopped macadamia nuts

1/2 level teaspoon chicken stock powder

1 egg white

1/4 cup skim milk

Preheat oven 180 degrees fan forced. Place corn flakes in plastic bag and crush with rolling pin.

Add nuts and stock powder into bag and shake, then tip onto a flat plate. Using a fork, beat egg white and milk. Dip flattened breasts in egg mixture, then coat each side of chicken with crumbs.

Place on baking tray coated with cooking spray, spray over top of chicken, bake 25-30 minutes or until cooked and coating is golden brown.

Keeping Healthy

New Year Resolutions? Checklist for 2011

Are you getting your daily dose of Vitamin X (Exercise)? See August Newsletter 2010.

Are you checking food labels for low sodium, sugar and fat content?

Are you eating more of the superfoods? See September Newsletter 2010.

Are you watching your serving sizes? See December Newsletter 2010.

Are you keeping a check on your DAILY allowances of fat, salt, sugars?

See December Newsletter 2010.

Air Pollutants

Did you know that air pollution can be a risk factor for heart disease? In recent studies, certain pollutants are thought to have an inflammatory effect on the inner linings of arteries, which can trigger *atherosclerosis*, and also cause inflammation of the lungs.

Busy traffic is a source of high pollution in a community. So are smog, dust, smoke, factory outflows, etc.

BUT, did you know that in your *own home and surrounds*, air quality can be effected by three harmful pollutants? They are:

Benzene – a common solvent found in inks, oils, paints, plastic and rubber

Formaldehyde – from insulation, paper products, cleaning agents

Trichloroethylene – a carcinogen that attacks the liver – found in inks, paints, varnishes and adhesives.

What can you do to improve air quality in your home?

GO GREEN. Get some house plants which act as air filters. The 5 plants most effective for combating the effects of the 3 pollutants above, are:

Gerbera, English Ivy, Lady Palm, Dracaena, and Peace Lily.

(Source: pp 205-207, Reader's Digest '30 Minutes a Day to a Healthy Heart')

Heart Health Support Service News from Cecil Nielson

Every year the Caboolture Hospital shows its appreciation for the many volunteers involved in the day to day hospital life. Our HS-A volunteers are part of this group and were invited to a Caboolture Hospital Christmas Afternoon Tea. So on 8 December 2010, four of the volunteer team attended (Gilbert, Cecil, Joan and John) and had an enjoyable afternoon, meeting other volunteers (St John's, Chaplains, Canteen Volunteers, etc.). Gilbert was presented with a Certificate of Appreciation to HS-A, from the Caboolture Hospital.

Visits to Ward 3A commence this year on Thursday afternoon 20 January, 3.00-5.00 pm. Dates for February are Monday 7 February and Thursday 17 February. **We still need volunteers**, as we would like to work towards weekly visits. Can you spare a couple of hours a fortnight? If you are interested in becoming a volunteer, contact me, 5499 4021 and we can work out possible times for your training.

ALL PRESENT VOLUNTEERS: Don't forget. We will be joining the Sunshine Coast Branch in Nambour for a one-day refresher course **early in March**. A refresher course is required by National HS-A. I will let you know the date as soon as we obtain more information.

PUZZLE

Word Jumble

This puzzle is based on **Ships and Boats**.

- These boats were used by the Vikings to travel by sea. O G H P L N S I S
- These boats in Venice need only one oar. O D L S G N O A
- Ancient Greeks rowed these boats in battle. A L E S G L Y
- These were built in America and Europe to carry cargo around the world in the 19th century. I P E R C L P S
- This ship was used by the first pilgrims to travel to America. A F O E M Y L W R
- These were the first ships to have rudders to help them steer. U K J N S
- These are used to slow ships down. N H R A C O S
- This ship is used to carry cargo around the world. O N A N R C T I E
- These boats are used by fishermen to catch fish. A L R T W E S R
- These ships have a lighthouse on board. I H S I S L G T H P
- These American ships are invisible to radars. T A T S E L H
- Submarine crews use these to see ships on the water surface. E I C O P E P R S

Sayings

Skirt	OP/CONSTANT/LE	BITTEN SHY SHY	HOME RANGE
TALK TALK	CH/TONGUE/EEK	M/A/R/R//A/G/E	R E N N U R

Laughter – the Best Medicine!

Mother's Driver's Licence.

A mother is driving her little girl to her friend's house for a play date.

'Mummy,' the little girl asks, 'how old are you?'

'Honey, you are not supposed to ask a lady her age,' the mother replied. 'It's not polite.'

'OK' the little girl says, 'How much do you weigh?'

'Now, really,' the mother says. 'Those are personal questions and are really none of your business.'

Undaunted, the little girl asks, 'Why did you and Daddy get a divorce?'

'That's enough questions, young lady! Honestly!'

The exasperated mother walks away as the two friends begin to play.

'My Mum won't tell me anything about her,' the little girl says to her friend.

'Well,' says the friend, 'all you need to do is look at her driver's licence. It's like a report card, it has everything on it.'

Later that night the little girl says to her mother, 'I know how old you are. You are 32.'

The mother is surprised and asks, 'How did you find that out?'

'I also know that you weigh 130 pounds.'

The mother is past surprised and shocked now. 'How in Heaven's name did you find that out?'

'And,' the little girl says triumphantly, 'I know why you and Daddy got a divorce.'

'Oh really?' the mother asks. 'Why?'

'Because you got an F in sex.'

One of the many things no one tells you about aging is that it is such a nice change from being young.

Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called GOLF!

An old swaggie turned up at a shearing shed and it was painfully obvious that he hadn't washed for years. So the shearers manhandled him in to the bath and after stripping of several layers of never before removed clothing, they noticed a peculiar bulge on his back. After a few more old flannels and singlets were peeled off, they found....a schoolbag.

It's the new teacher's first morning in class and she's keen to make a good impression on the kids. So she asks a pretty little blonde girl her name. She replies, 'Apple Blossom, teacher.' Noting the teacher's surprise, she explains, 'When I was a baby, an apple blossom fell on my head and so Daddy named me Apple Blossom.' The teacher then asks the little brunette girl her name. Not to be outdone, she says 'It's Cherry Blossom,' explaining it in much the same way that as a baby she'd been sitting beneath a cherry tree. The teacher then turns to a miserable looking little bloke with a twisted nose, lop ears and snoggle teeth. 'And what's your name?' The poor little bloke says, 'Wardrobe.'

A city bloke was holidaying at a merino stud. The farmer he was staying with, said, 'It's a beautiful morning. Why not take the dogs and do a bit of shooting.' 'Great, thanks.'

At lunch, the farmer inquired, 'How was the shooting?' 'Terrific, got any more dogs?'

Paddy was very proud of himself. 'I've just finished a jigsaw puzzle, Mick. It was very very hard and it took me five days to finish it.' 'Five days for a jigsaw puzzle! How many pieces?' 'Forty.'

'Forty pieces! You're telling me that it took you five days to fit 40 pieces together?'

'That's why I'm so pleased with myself,' said Paddy. 'Look, on the box it says five to six years.'

An Irishman lost a hundred dollars on the Melbourne Cup and another hundred on the replay.

An Irishman on ANZAC Day. 'Was it you or your brother who got killed in the war?'

Early one morning, the phone rings at Dave and Mabel's in Snake Gully. 'Is that Snake Gully 127?' a voice asks. 'No, it's Snake Gully 271,' says Dave sleepily. 'Oh, sorry to disturb you. I must have the wrong number.' 'No trubs,' says Dave, 'the phone was ringing anyway.'

HAPPY NEW YEAR TO EVERYONE!