



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

NEWSLETTER

Vol. 6 No.5 JUNE 2011

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From the President's Desk

What a great place for a meeting and a BBQ. The Caboolture Historical Village provided the ideal place for our **May Meeting**, with a comfortable conference room, suitable BBQ area and great weather. The mother's Day Raffle was drawn, and members who attended enjoyed the day. We welcomed Ron Newman, one of our newer members, who joined us for the meeting.

Heart Week 1-7 May proved to be a worthwhile involvement for our Branch, with information displays at three shopping centres, Bribie Island, Deception Bay and Morayfield. An unmanned display was also set up at Caboolture Hospital. Thanks to all the members who assisted at the displays, and sold raffle tickets! This annual involvement always provides an opportunity for our Branch to make contact with the wider community.

On Thursday 19 May, the Peninsula Fair Shopping Centre at Kippa Ring was the venue for the **presentation of our third defibrillator**. On behalf of the Branch, I presented the Automated External Defibrillator on permanent loan to Lee Anderson (Centre Manager), in the presence of Lillian van Litsenburg (Member of Parliament for Redcliffe), Tracey Carillil, (Marketing Manager for the Centre), Lynette O'Grady (St John), and other Branch members John Cook, Heather Grebert and Cecil Nielson.

Kilcoy Hospital Fete was on **Saturday 28 May**, in the hospital grounds, from 10 am–2pm. It was an ideal day – warm and sunny with clouds coming over only at the end. Cecil and I went early to set up the gazebo, table and display. Julie Murray (Community Nurse, Caboolture Hospital) joined us and conducted free blood pressure tests and blood sugar tests. Thanks to Ken and Isobel King (who live at Kilcoy) and John Cook, who helped Cecil and I on the stall. This was another opportunity for our Branch to inform the community at Kilcoy about the support we can offer to those with a cardiac condition.

The **June Meeting, Saturday 11 June**, will be back at Comptons Village, 10 am for 10.30 am. We hope to have a guest speaker will give a short talk and demonstration of CPR. 'Christmas in July' Luncheon will be soon, so please bring your menu ideas to the June Meeting so we can compile the proposed menu for this luncheon.

Don't forget **Sunday 21 August 2011, 9 am to 3 pm**, for our fundraiser **Sausage Sizzle at Bunnings** Morayfield. We will need help from members, family and friends. A roster with three 2 hour shifts will be arranged, and we would like to have at least 4 on each shift.
Cheers, Gilbert.

Thought for the Month: *I finally figured out the only reason to be alive is to enjoy it. (Rita Mae Brown)*

BIRTHDAYS

Happy Birthday to	Yvonne Ross	4 June
Happy Birthday to	Joan Mergard	12 June
Happy Birthday to	Colin Mergard	23 June
Happy Birthday to	Stephen Dunchouk	16 June

Important Dates for June

Saturday 4 June	Committee Meeting, 10 am, Nielson's Place
Monday 6 June	Volunteer Visit, Caboolture Hospital, 3 – 5 pm
Saturday 11 June	General Meeting, Comptons Village, 10 am for 10.30 am
Thursday 16 June	Volunteer Visiting Day, Caboolture Hospital, 3-5 pm

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State Member for Morayfield

HEALTHY HINTS

English Spinach

The best time for English spinach is from May to September. It is an excellent source of Vitamin C, beta carotene (Vitamin A) and folate, and is also high in dietary fibre. Choose fresh looking bright green leaves, cut off roots and thick stems and rinse well. Cook only with water that clings to the leaves after rinsing. Steam or microwave until just wilted. English spinach is ideal for stir fries, casseroles and soups.

Onions

Onions supply small quantities of vitamins and minerals plus dietary fibre. The smaller the onion, the stronger the flavour. Brown onions have a stronger flavour than white.

LET'S COOK

Quiche Florentine

6 sheets filo pastry	1 tablespoon of chopped fresh dill
1 bunch English spinach	6 eggs
1 cup skim milk	¾ cup low fat cheddar, grated
2 tablespoons cornflour	

Preheat oven to 180 degrees C (160 degrees C fan forced).
Lightly grease 25cm quiche dish, and spray a sheet of filo with canola oil.
Lay this sheet across the dish, pressing in to the base.
Spray another filo sheet and lay across the dish in an opposite direction.
Repeat with remaining sheets and tuck in the edges.
Blanch spinach in boiling water; drain and allow to cool.
Combine skim milk and cornflour, add dill, lightly beaten eggs and spinach.
Season and pour into pastry, sprinkle with cheese. Bake for 30 minutes or till set.

Cannelloni Bean and Chive Soup

2 onions, diced	3 x 400g white beans, drained
20 g butter (or low fat margarine)	5 cups reduced salt vegetable stock
2 teaspoons fresh thyme leaves	

Saute diced onions in butter (or low fat margarine) until soft.
Add fresh thyme, white beans and vegetable stock. Simmer for 10 minutes. Season to taste.
Puree, stir through ¼ cup chopped chives.

Energy 380kj Fat 4.8g (3.3g sat) Salt 809mg

KEEPING HEALTHY

Did you know?

Cereals that are toasted or crunchy usually contain a large amount of added saturated fat.

Plain pasta is not high in kilojoules but sauces may increase the energy and fat content.
Most vegetarian tomato based sauces are low in fat.

If you like something sweet, look for cakes and muffins that contain less than 5g of fat, less than 400mg of sodium and more than 3g of fibre per 100g.

Look for salt reduced cheese, and fat reduced cheese with less than 15g of fat per 100g.

Frozen vegetables can provide as many nutrients as fresh vegetables as they are frozen and packed very quickly after picking. They are an excellent alternative when fresh vegetables are out of season.

Salmon, sardines, tuna and mackerel are all good sources of omega 3 fats which are good for your heart.

Some creamy soups can have up to four times the fat of other tinned soups.

About Our Members

Steve and Pat Dunchouk are back from their trip to Malta. Neville and Yvonne are overseas, and Robert is travelling to UK. Jennie will also be away in June and hopes that the Iceland volcanic ash will clear from the northern hemisphere for her cruise to Iceland. Cecil is also travelling to Darwin for 2 weeks. To all travellers, keep safe and healthy and we look forward to your return.

Joy has had a successful operation for her pacemaker. She is now at home and we hope, Joy, you are enjoying feeling much better. To other members who have not been quite well recently, we hope you, too, are feeling heaps better. Don't forget, keep in touch with HS-A members near you, and let's keep supporting each other.

Heart Health Support Service News from Cecil Nielson

Our Volunteer Visits to Caboolture Hospital in June will be the **first Monday (6 June), and the third Thursday (16 June), 3-5 pm**. As I will be away for 2 weeks in Darwin (5-19 June), and Jennie will be away, we will miss out on these dates. Gilbert and I have been undertaking the visits regularly but we do need other volunteers for June dates.

Other News

The Mother's Day Raffle was very successful, raising \$ 696.65. Many many thanks to all members for their donations and for ticket selling, and to the various communities for their support. The winners were: Pamper Hamper 1, Green F24, I Patterson (Caboolture); Pamper Hamper 2, Orange F35, A Jones (Bribie Island); Relaxing Prize, Green E68, J.DeClosey (Caboolture); Hav' a Cuppa Prize, Yellow D97, K. Graham (Caboolture). All prizes were delivered.

Kilcoy Hospital Fete

We would have loved to have seen some of our members visit the Fete to look around and call in to our stall, and maybe chat a while. It was a lovely day and those of us who went really enjoyed our time there. As well as a variety of stalls, activities at the Fete included a Fire Safety Display, Dancing by the Kilcoy Primary and Secondary students, an Auction of a variety of goods, and a Fashion Parade. We came home with worthwhile goodies –quality honey(cheaper than supermarkets), delicious cakes and home-made pickles!

Member Profiles

At the May Meeting, our President, Gilbert Nielson, again called on members to contribute to a Branch project to commemorate the 25th Anniversary of National Heart Support – Australia, and the 8th Anniversary of the re-formed HS-A Caboolture & District Branch. The project will include a brief history of the Branch (the early Branch in the 90's and the re-formed Branch since 2003), together with member profiles. Gilbert invited members to **participate in interviews or write their own brief profiles** about their life, and experiences with their heart conditions, or from carers, their involvement as carers. Member profiles for Alan and Joan Bottle, and Alex and Glenys Wildman have already been included in earlier newsletters.

PUZZLE

Using the letter pairs below, place them one pair per square to form complete words reading across and down. Some letters have already been placed as clues to start you off. Use the space below as a working space.

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Laughter – the Best Medicine!

Best of the Bunch

We are including some good jokes from much earlier Newsletters. Hope you enjoy them again.

*'Why are you asking for a divorce?' the judge enquired.
'Because all my husband wants to do is make love,' the woman replied.
'Most women would be pleased about that!' the judge said.
'They are,' the woman shot back, 'that's why I want a divorce.'*

When a member of parliament died, an eager candidate rang to put himself forward as a successor. 'Sorry to hear about the death of Tom Morgan,' he said. 'Is there any chance of my taking his place?'
'Sure,' replied the national agent, 'if the undertaker has no objection.'

A man hears a bumping sound, looks over his shoulder and sees a coffin bouncing down the road towards him. Frightened, he runs all the way home, opens his front door and locks it behind him. BUT...the coffin smashes through the door. The man rushes upstairs to the bathroom and locks himself in, but the coffin breaks the door down and tumbles towards him. Reaching out for something to fend it off, the man finds some cough mixture, and as a last resort, throws the bottle at it. Only then does the coffin stop.

Up in heaven, the pastor was shown his eternal reward. To his disappointment, he was only given a small shack. Down the street, he saw a taxi driver being shown into a lovely estate with gardens and a pool.
'I don't understand it,' the pastor moaned. 'I dedicated my whole life to serving God, and this is all I get, yet the cabbie is awarded a mansion?' 'It's quite simple,' St Peter explained. 'Our system is based on performance. When you preached, people slept. When he drove, people prayed.'

*'What sound does a dog make?' my friend, who is a teacher, asked her prep class. 'Woof woof,' came the reply. 'And a cat?' 'Meow,' said the children. 'And what sound does a mouse make?' asked the teacher.
'Click' chorused the class.*

Seen on the door of a Post Office:
PULL. If that doesn't work, PUSH. If that doesn't work, we're closed. Come again.

Seen on the door of a repair shop:
We can fix anything. (Please knock on the door – bell doesn't work.)

One day, while at the doctor's surgery, the receptionist called me to the desk to update my personal file. Before I had a chance to tell her all the information she had was correct, she asked, 'Has your date of birth changed?'

Seen on a plumber's truck: *You don't have to sleep with that drip tonight.'*

On a billboard for a safe company: *If your stuff is stolen, it's not our vault.'*

Seen when passing a church: *Get in touch with God by knee mail.*

Notice outside a church: *God loves all sorts. Graffiti underneath: Except the coconut ones.*

Sign over a display panel at a timber yard: *Knotty but nice.*

*Two green beans were crossing the motorway when one of them is hit by an enormous truck. His friend scrapes him up and rushes him to hospital. After hours of surgery, the doctor says, 'I've got good news and bad news.' The healthy green bean says, 'OK. Give me the good news first.' 'He's going to live.'
'So what's the bad news?' 'The bad news is, he'll be a vegetable for the rest of his life.'*

Now the Latest

The Silent Treatment: A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him up at 5.00 am for an early morning business flight. Not wanting to be the first to break the silence (and LOSE) he wrote on a piece of paper, 'Please wake me at 5.00 am'. He left it where he knew his wife would find it. The next morning, the man woke up only to discover it was 9 am and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him when he noticed a piece of paper beside the bed. The paper said, 'It is 5.00 am. Wake up.'
Could it be that men are not equipped for these kinds of contests?