

23 MAR 2011



Maine Heart News

Heart Support Australia – Castlemaine Branch
PO Box 121, Castlemaine, VIC 3450
Issue March 2011

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Next Meeting Monday 21st March 2011 at 2.00 PM

Where West End Hall ,View St Castlemaine

For all Committee Members

In case you have forgotten that you are on the committee these members are as follows Don Noble ,Evan Waters ,Frank Beard , Betty Renn , Dot Pollard Dot Blanchard and Rob McNabb.

There will be a committee meeting at the Hall commencing at 1.00 PM (one Hour) prior to the general meeting on Monday 21 st pplease try and be there thank you.

Transport

Those members requiring transport, please telephone either Rob McNabb on 54705580 or Don Noble 54706159 and they will endeavour to arrange for someone to pick you up.

Birthday Wishes

This month of January ,we have the following person with a Birthday to celebrate is your Secretary/ Editor Evan Waters Congratulations to you from your peers enjoy your special day.

Our Members in Hospital & At Home on the Sick List .

Please at this moment could you all take time to visit if possible those of our members who have been and still are in hospital , or the ones at home that are still on the sick list . I know they would appreciate a quick visit to cheer them up ,especially at this time of the year .So if you can please do .

Raffle

Raffle for this month if all members can bring the usual grocery item to put towards the prizes this will be appreciated by all .Remember we have two draws and for two dollars you get 3 tickets , this will help in the finances and will be used at some stage through the year to subsidize a trip or an outing of some sort .

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Guest Speaker

The speaker for this month is someone that some of you will know . He is The Captain of the Campbells Creek C.F.A. He is going to be talking about Fire Safety within the home .This is a subject we all should be up to scratch with and we will all probably find that we will all fail miserably at the end of the day. A lot of it is common sense and as you all know common sense is at time taken for granted ,and that's what will let us down .So do come and listen to Malcolm as I know he will be of interest to us all .He has been there done that and he isn't Captain without been through it all within the C.F.A .The training they do is extensive and through .They go down to Fiskville for some real fire training and have some rigorous times down there .

Presidents Report

The meeting on 21 st February was saddened by the resignation of Founding Member and former President Alex All;en .Alex has over the years held most offices within H.S.A and been an active and energetic member for which we are all grateful for his effort and time he has put in for which we thank you Alex.

After accepting his resignation with regret .Alex was then invited to the floor ,where he gave a very good talk on his time in the Air Force ,being based in Malaya and then later on at Woomera ,in South Australia where they had to establish all the facilities for all the other personnel that were to eventually follow them ,once it became a Rocket range .This was an interesting area to hear about from someone who knew what the general history was of the area .

One good thing that occurred was being able to congratulate Margaret Porigneaux on attaining her 74th birthday 18th February .Which she took it in the fun way that it was presented so that everyone could share in the good news...Well that is all for this month and I hope that everyone keeps healthy and happy till we meet again on March 21st

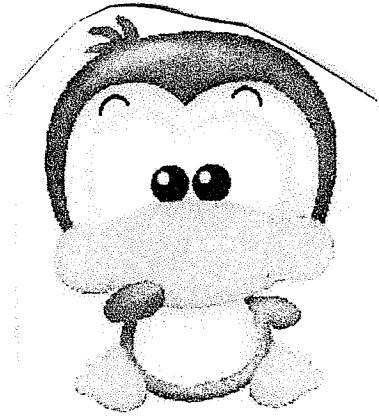
your President ,

Don Noble

April meeting Evan is going to have a short Talk and photo shoot of his and Mary's trip into BRUNEI .after having a bit more time in Malaysia and Singapore seeing they enjoyed last years trip they wanted to see what the Sultanate of Brunei had to offer as they had heard about the two different forms of wealth ,the absolute RICH and then the poor that live in a city on stilts along the river banks . you will be amazed at the village and the capital city of Bandar Seri Begawan.

Christmas Dinner is booked for the 22nd November keep this date free

SOMETHING TO SMILE



Mistakes on a resume

These are from actual resumes:

"Personal: I'm married with 9 children. I don't require prescription drugs."

"I am extremely loyal to my present firm, so please don't let them know of my immediate availability."

"Qualifications: I am a man filled with passion and integrity, and I can act on short notice. I'm a class act and do not come cheap."

"I intentionally omitted my salary history. I've made money and lost money. I've been rich and I've been poor. I prefer being rich."

"Note: Please don't misconstrue my 14 jobs as 'job-hopping'. I have never quit a job."

"Number of dependents: 40."

"Marital Status: Often. Children: Various."

RESUME BLOOPERS

"Here are my qualifications for you to overlook."

REASONS FOR LEAVING THE LAST JOB:

"Responsibility makes me nervous."

"They insisted that all employees get to work by 8:45 every morning. Couldn't work under those conditions."

REASONS FOR LEAVING MY LAST JOB:

"Was met with a string of broken promises and lies, as well as cockroaches."

"I was working for my mom until she decided to move."

"The company made me a scapegoat - just like my three previous employers."

Dr Fell

*I do not love thee, Dr Fell,
The reason why I cannot tell;
But this I know, and know full well,
I do not love thee, Dr Fell.*

Dr John Fell (1625–86) was born near Abingdon in Berkshire. At the age of eleven he entered Christ Church College, Oxford. In 1647 he was ordained, and later became dean of Christ Church.

As dean he governed the college strictly, restoring its buildings and reforming its discipline. In 1670 he expelled Thomas Brown, an unruly student. But he was kind hearted, and immediately relented, saying that he would remit the sentence if Brown could give him an impromptu translation of Martial's 32nd epigram: *Non amo te, Sabidi, nec possum dicere quare; hoc tantum possum dicere, non amo te* – I do not like thee, Sabidius, but I cannot say why; I only know I do not like thee.

Thomas Brown straightway made his facetious translation, shown above. Fortunately Dr Fell had a sense of humour. He kept his word and remitted the sentence of expulsion.

Six years after this incident, Dr Fell was made Bishop of Oxford without having to give up his deanery. He had been made dean of Christ Church and royal chaplain at the Restoration in reward for having served in the Royalist army and maintaining Anglican services at Oxford throughout Cromwell's commonwealth.

This same Dr Fell was interested in typography and is also remembered for his generosity in presenting the University Press with his huge collection of type which contained punches and matrices of various founts, including Arabic, Syriac, Coptic and the famous 'Fell' Roman.

Dr Jekyll

Many characters in fiction are modelled on a reality, and the man upon whom Robert Louis Stevenson based his character of Dr Jekyll was William Brodie, a respected Scottish businessman.

Brodie, who was born in Edinburgh about 1741, was the son of a rich cabinet-maker. As a city councillor and deacon, or leader, of the mason's guild he was held in high esteem. But he had a secret life which nobody knew about. By day Deacon Brodie, as he was called, was a respected businessman and a doer of good works, but by night he was a gambler and a thief.

His life of crime began at the age of twenty-seven when he robbed a bank of £800. For eighteen years he continued to burgle without being found out. But, like most thieves, he was eventually to make a mistake. In 1786 he teamed up with three petty thieves and together they planned to raid the headquarters of the Scottish Customs and Excise. Their plan went wrong and they were surprised by a customs official. Brodie got away and fled to Amsterdam, intending to make his way to America. But unfortunately for him, one of the others, John Brown, turned King's evidence to save himself from being transported for other crimes he had committed in England.

Police caught up with Brodie in Amsterdam the night before he was to leave for America. He was extradited and sent for trial in Edinburgh. There was no chance for him. Police had found a burglar's black suit, false keys and guns. He was sentenced to death and hanged on 1 October 1788.

In *The Strange Case of Dr Jekyll and Mr Hyde* Robert Louis Stevenson shows that evil can be in every man and that often it can override the goodness in him, as it did in the case of the good Deacon Brodie.

More From My Mystery Files

Three Against the Sea

From the time of its completion in December 1899 on Eilean Mor, a rocky island some eighty miles west of the Scottish coast, the lighthouse seemed cursed. In its first year of operation, three keepers died, a fourth fell to his death from the lantern gallery, and several went mad. Then, on December 15, 1900, the light went out.

The lighthouse was operated by a crew of four, with three men on duty and one ashore. On December 20, Joseph Moore, the off-duty lighthouse keeper, was due to return to Eilean Mor from the nearby Hebrides to relieve one of his three colleagues, but bad weather prevented his arrival until December 26. As the supply boat approached the lighthouse, the place was eerily calm. No keepers came to greet the boat, no flag was flying, and the empty provision boxes had not been set out on the landing. Moore went ashore and mounted the steep stairs cut into the cliff on which the lighthouse stood.

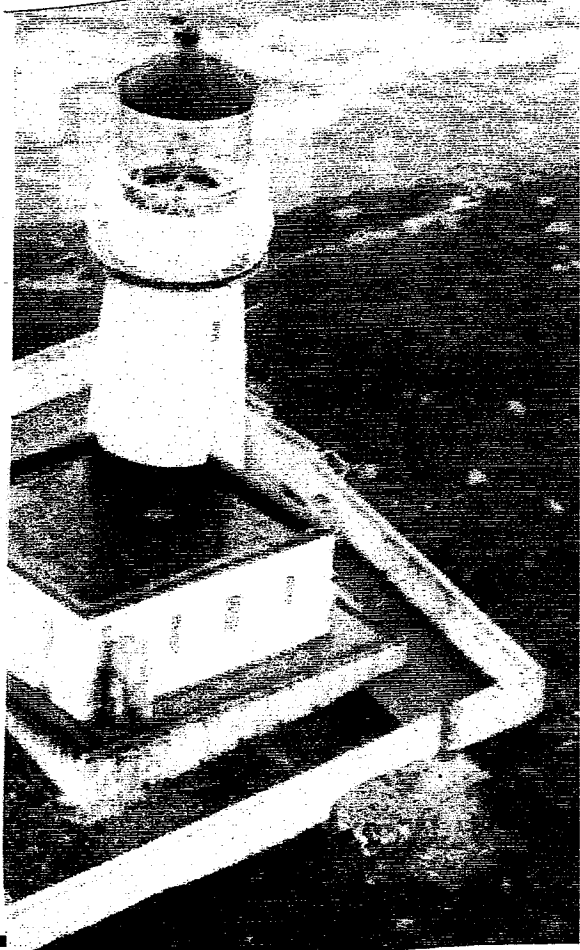
He found everything in order in the lightroom except one feature: The light's lens had been cleaned but not covered. Since the keepers would normally cover the lens soon after cleaning it, it appeared that someone had been interrupted at

his work. An untouched meal of meat, pickles, and potatoes waited on the table, and one of the dining chairs was overturned. Two oilskin coats were missing.

The island's west landing showed signs of a violent storm earlier in December. A wooden box containing ropes had been torn from its place 110 feet above sea level. Gigantic waves had twisted the iron railings on the landing and torn away turf from the cliff top itself, 200 feet above high tide. But on the drizzly day of the keepers' disappearance, the tempest had passed. "Storm ended," read the December 15 weather log, "Sea calm. God is over all." All, it seemed, but the three hapless lighthouse keepers.

Their disappearance was attributed variously to abduction by a sea monster, kidnapping by foreign agents, snatching by a giant sea-bird, and the angry intervention of a ghost said to police the island against intruders. Some believed that one of the keepers had killed his comrades before taking his own life. But the official investigation concluded that the three men must have been washed away when a monstrous wave surprised them on the landing. □

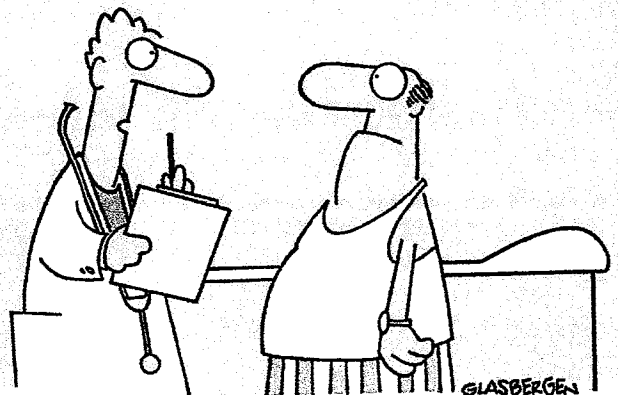
Three keepers mysteriously disappeared from this lighthouse on rocky Eilean Mor in December 1900, leaving dinner untouched on the table.



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"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Tandoori Chicken

2 x 900g/2 lb fresh chickens
3 tbsp tandoori curry paste
200g/7oz tub natural yoghurt
2 tbsp lemon juice
2 tbsp melted butter
lettuce, onion rings, tomato
and lemon for serving

1 Rinse chickens inside and out and pat dry with paper towels. Make deep gashes in the thighs and on each side of breast. Pin back the wings.
2 Mix the tandoori paste, yoghurt, lemon juice and melted butter together. Place the chickens in a stainless steel or other non-metal dish and spread the mixture all over, rubbing well

into the gashes. Cover and refrigerate for 12 or more hours. Place chickens on a roasting rack in a baking dish and spoon any remaining marinade over chickens.

3 Place in a preheated oven and cook for 1 hour. Baste with the pan juices during cooking. When cooked cover with foil and rest for 10 minutes before serving. Arrange crisp lettuce leaves on a large platter and cover with onion rings. Cut chicken into portions and place on the platter. Garnish with tomato wedges and lemon slices.

OVEN TEMPERATURE
190°C, 370°F, Gas 5

Serves 8-10
Preparation 10mins
plus marinating
Cooking 1hr plus
10mins resting
Calories 235
Fat 2.1g



To commemorate her birthday , actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:

(Sing It!) If you sing it, its especially hysterical!!!

**Botox and nose drops and needles for
knitting,
Walkers and handrails and new dental
fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.**

**Cadillacs and cataracts, hearing aids and
glasses,
Polident and Fixodent and false teeth in
glasses,
Pacemakers, golf carts and porches with
swings,
These are a few of my favorite things.**

When the pipes leak, When the bones

