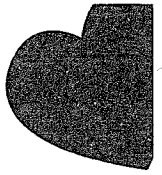




12 MAY 2011



Maine Heart News

Heart Support Australia – Castlemaine Branch
PO Box 121, Castlemaine, VIC 3450
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Secretary: Evan Waters 54706016

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Next Meeting Monday 16th MAY 2011 at 2.00 PM

Where West End Hall ,View St Castlemaine

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 May ,we have the following with a Birthday to celebrate Grahame Gartside, Mal Button ,Rob MxcNabb , and Peggy Page
Congratulations to you from H.S.A.

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 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. Dot Pollard and Vergie McShannag called and had a visit with Iris O'Keefe recently and Iris was glad to see them but is going to have to give H.S.A away due to further failing health ,so Iris we wish all the best for the future we will be thinking of you and may some members still keep on with the visits.

Raffle

Raffle for this month, 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 .Some of this extra will go towards our Mystery trip later in the year.

Guest Speaker

The speaker for this month is someone that some of you will know We tried to get him last year but unfortunately he was away touring at the time. . To speak to us is Mr Ken McKimmie from Chewton who will be showing photos ,and talking on Chewton then and now ,looking at the area 100

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years apart. Ken has spent many years piecing this together and is at present trying to put it into book form , He is well versed in the Chewton area and he hopes his talk and photos will allow you to see how progress goes through the ages .So come along and listen to what Ken has to say and show you as I know you will find some interest in what he has to say .

Presidents Report

Here we are again hoping that this finds you all fairly well. Last Wednesday my wife and I joined in the Heart week Walk in the Botanical Gardens ,along with other members of our group ,which we thoroughly enjoyed ,both the walk and the nutritious lunch which was well worth the cost and I think it was also enjoyed by everyone who was there.It was good to catch up with other people who enjoy the company of others and get some exercise at the same time ,we are hoping to see you all at our next meeting on the 16th May at our usual venue

from your President ,
Don Noble

Heart Week Walk

This was held on May 4th at the gardens as usual with over 100 people walking this year ,which was a great success .I was able to give out 46 DVD,s that head Office had kindly donated for that purpose . We have to carry the freight cost but it means that I have a few to give away during Seniors week later in the year .Inside each one Evan put a flyer with a little about H.S.A and included His. and President Dons phone number ,for those wishing to find out more so we will see what comes of it but our name is out there. A big thankyou to Paul in Canberra for organising this .

Mystery Trip

This will be on later in the year ,Dot Pollard is going to organise it and she is at the moment checking a few ideas out while she is on a trip herself. It will be a bus of around 20 people which will include a lunch somewhere ,so time will tell on this but August or October seem to be good months .I will keep you all posted .

Subscriptions for 2011/2012

These are becoming due over the next month . This year a slight increase up to \$13.00 Full Member and \$6.50 Associate Member Betty Renn will take this money and issue you a receipt whenever you wish to part with it .The increase was decided on at last years Annual General Meeting ,so this is an increase of \$2.00 and \$1.00 which takes effect as of July 01 ,this is when the new year starts . So hopefully this amount will stay stable for a few years as did the last increase.

June Newsletter ,if anyone will require something included in the June newsletter I will need to have it by the end of May , as I will be getting the newsletter put together early seeing I will be in New Zealand for the early part of June ,we have a family gathering that I am organising to go to .We

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apologise if it seems we are never home ,but blame the cheap airfares .

Matters from April Meeting

A letter has been sent to the West End Hall Committee requesting a ramp and hand rail be installed at the main entrance as stated in the motion that was unanimously carried at this meeting .Also to Castlemaine health with an update on their mailing list for contact with H.S.A..

Emails

Are now getting better for contact to head office in Canberra so if anyone wishes to pass anything onto head office contact Evan and he will email it this will save you postage and a lot of time and frustration .Our email address is at the top of this newsletter ,which means you can contact me at any time by email as it will show up on my screen as soon as it arrives

Castlemaine Health Cardiac Group Report

This group is a steady 12 to 20 member group and Evan is meeting and talking H.S.A and what they can get from it on a regular cycle . Antoinette one of the Hospital Physio's is now in charge and runs a pretty good program with next visit on May 25th .WE have 15 to 20 minute space to talk and names are taken for a newsletter post out with this being posted out for three months without any obligation or pressure to join at the end of 3 months a note is included that if they want this to continue to phone Evan to talk about joining. This system over time has proved to get quite a few new members ,so while it works we will keep doing it . We do have some members because of this, stay as members but only get to meetings once in a while .But they are happy that have means of contact whenever they need to talk or confide in someone.

Name Tags Etc

I have ordered Name Tags for those of you who required one ,I hope that they won't take to long to arrive ,also I have now got a supply of H.S.A pens ,the executive type we give our Guest Speakers if anyone would like to own one they can buy one from Evan .

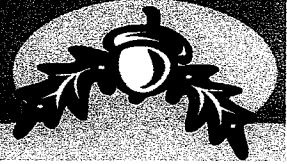
Old Recipe Books

I have a number of old recipe books first put out as a fund raiser for Castlemaine H.S.A some years ago there is 20 pages of recipes and the odd joke , if anyone would like one they can get one from Evan for the sum of \$2.50 per copy ,money will go towards the mystery trip later in the year.

Castlemaine Health

On the 11th May the C.E.O is having an afternoon tea for members of community groups. I shall attend and see what's happening within the hospital. About transport etc ,as well as any other things he has to offer.

This Month's Funnies



A tough looking group of bikers were riding when they saw a girl

About to jump off a bridge so they stopped.

The leader, a big burly man, gets off his bike and says, "What Are you doing?"

"I'm going to commit suicide," she says.

While he did not want to appear insensitive, he didn't want to

Miss an opportunity he asked "Well, before you jump, why don't you give Me a Kiss?"

So, she does and it was a long, deep lingering kiss.

After she's finished, the biker says, "Wow! That was the best

Kiss I have ever had. That's a real talent you are wasting. You could be

Famous

Why are you committing suicide?"

"My parents don't like me dressing up like a girl....."

"We're getting really positive feedback from parents right around the country, they're actually the silent majority in all of this."

Southland Times

The atmosphere in Wellington was electric, Mr Laker said. "The town's chock-full of AC/DC fans ..."
Southland Times

Explaining the inspiration for her garment, Marshall said she had been repeatedly drawn to the "amazing patterns of jellyfish" and the way they flowed in the sea when looking for something for an end-of-the-year collection.

PRESS

The tracks have been restored (using Community Service workers to replace sleepers) ...

Weekend Herald

by MP Louise Upston

Education is my top priority and I was delighted to attend several Senior Prize giving's around the Taupo electorate this month.

CAMBRIDGE NEWS

6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.

"What's it about?" he asked.

"I don't know," she replied. "I can't read."

7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colors yourself!"

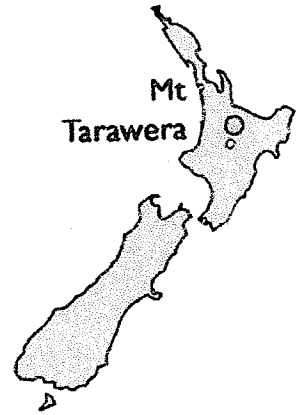
8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

New Zealand Disasters

Volcanoes: Mt Tarawera

10 June 1886, Mount Tarawera, Central North Island

What happened?



- One of the most popular tourist attractions in New Zealand was the Pink and White Terraces, which lay at the foot of Mount Tarawera, in the heart of the volcanic plateau of the North Island.
 - Visiting tourists stayed at the Rotomahana Hotel in the village of Te Wairoa. From there they were carried by boats across Lake Tarawera to Te Ariki village, and after walking to Lake Rotomahana, they were paddled in canoes to the foot of the terraces.
 - On 1 June 1886, a party of tourists claimed to have seen a Māori war canoe appear out of the mists on Lake Tarawera. It was being paddled by Māori in traditional dress, and disappeared when only half a mile from the tourist boat.
 - A tohunga or Māori priest in Te Wairoa claimed that it was a waka wairua, or spirit canoe, and that it was an omen of a great calamity, which would strike the land.
 - On 10 June, early in the morning, people were wakened by violent shaking of the ground. Outside the sky was lit up by lightning flashes
 - Eyewitnesses later reported that Mount Tarawera had split open, and that a huge column of fire could be seen shooting up into the air and forming a black cloud of smoke and ash.
 - Molten rocks were flung out of the volcano, landing in the lake with a hiss.
 - Just before 2:00 am the sky darkened again. A rain of rocky ash and mud fell from the huge black cloud. People watching took refuge in the houses and whares of Te Wairoa.
 - The ground kept shaking, and a hail of ash and hot mud struck the village. Some houses, with their inhabitants still inside, were buried. Other houses were left empty as their owners fled the village.
 - One of the two buildings to survive the eruption was the whare of a Māori guide, Sophia. More than 60 people sheltered there during the night. The other building was the runanga or meeting house.
 - At the Rotomahana Hotel, the inhabitants had to first leave one room when the roof collapsed under the hail of ash, rocks and mud, and then the entire hotel. One guest died when the hotel veranda collapsed but others made it to safety in the guide's whare.
 - The schoolteacher and five of his family were buried under tons of mud and ash. Others in the house managed to escape and sheltered for the rest of the night in a chicken house.
 - About 6:00 am the flood of ash and mud from the sky eased, but it remained dark for another two hours.
-
- When survivors came out of the shelter, they found that the village of Te Wairoa had been buried under a sea of mud.
 - As they were making their way to Rotorua 16 kilometres away, they were met by a rescue party. The male survivors turned back with this party to Te Wairoa, while the women and children kept on to Rotorua.
 - For some days the rescuers dug through the mud and ash. The schoolteacher's wife was found alive, and the tohunga who had predicted the disaster was also dug out alive, but he died soon afterwards.
 - A rescue party also headed across the lake to check the other settlements. They found the villages of Te Ariki and Moura both buried completely under the volcanic mud. Lake Rotomahana had disappeared, leaving a valley of craters, steaming holes and pools of hot mud.
 - The Pink and White Terraces had been completely destroyed, broken or buried under tons of lava. The surrounding hills were covered in ash and mud.
 - There were no survivors in the two buried villages of Te Ariki and Moura.

How many died?

153 estimated (15 at Te Wairoa)

Other events and outcomes

- Before the eruption Mt Tarawera consisted of three peaks. The first peak to erupt was the Wahanga peak, furthest to the north, at about 1:30 am. This was followed by the middle and highest peak, Ruawahia, and then the most southern, Tarawera.
- The roar of the eruption was heard hundreds of kilometres away, even as far as Christchurch and Auckland.
- It was estimated that more than 2 billion cubic yards of ash were scattered over an area of more than 6000 square miles. The surrounding Tikitapu bush was reduced to skeletal remains by the ash. Other areas of forest were flattened by the blasts as if by a mighty wind.
- Lake Rotomahana gradually refilled the crater blasted apart by the eruption, and grew to four times its original length, with a water level 30 metres higher than before.
- Mt Tarawera still stands on part of the series of fault lines, which forms the Pacific "ring of fire". Today there are 10 craters along the line of the rift that split Tarawera.
- The village of Wairoa has been excavated to show where people lived and died. The area is ringed in poplar trees that have grown from the fence posts buried in the eruption.
- The craters of Mt Tarawera at Rotomahana and Waimangu are still active today.

Pink and White Terraces



The terraces were formed as water containing silica flowed from the boiling geysers at the top down the hillside. The water cooled and crystallised into the terraces and pools, forming giant staircases or waterfalls.

Te Tarata, the White Terraces, fell 30 metres from a geyser that produced the white silica of the terraces.

The water in the pools was a clear blue.

These terraces spread out and down for about 240 metres.

Aircraft Accident: Lockheed Electra ZK-AGK Kaka

23 October, 1948, Mount Ruapehu

What happened?

- ZK-AGK Kaka left Palmerston North Airport on a return flight to Hamilton. Conditions were windy, with thick cloud and rain. The most direct route between Palmerston North and Hamilton led over the three volcanoes in the middle of the North Island, but the usual route veered to pass over Wanganui instead.
- At 1:38 pm the aircraft passed over Wanganui in heavy cloud and rain. It was due to arrive at Hamilton an hour later, but did not contact Hamilton when expected.
- Different reports of a plane in trouble came in but it was uncertain just where the plane was likely to be. Ground and air searches were carried out in different places for several days without finding a trace of the missing plane.
- A group of deerstalkers reported hearing a plane near Mount Ruapehu on the day ZK-AGK went missing. A search on the mountain found wreckage near the summit. A recovery party finally reached the crash site one week after the accident, but it was confirmed that all on board the plane would have died instantly



How many died?

13 (11 passengers and 2 crew)

Other events and outcomes

- A commission of enquiry found that the lack of navigation beacons through the central North Island meant that once off-course, the pilot had to rely on the plane's instruments and was unable to check his position on the ground because of thick cloud. The pilot had flown off course in the first place because he had made a mistake in allowing for a strong westerly (sideways)

A woman's place



WOMEN WHO KNOW THEIR PLACE

Barbara Walters, of 20/20, did a story on gender roles in Kabul , Afghanistan , several years before the Afghan conflict.

She noted that women customarily walked five paces behind their husbands.

She recently returned to Kabul and observed that women still walk behind their husbands. Despite the overthrow of the oppressive Taliban regime, the women now seem happy to maintain the old custom.

Ms Walters approached one of the Afghani women and asked, 'Why do you now seem happy with an old custom that you once tried so desperately to change?'

The woman looked Ms Walters straight in the eyes, and without hesitation said, "Land mines."

Moral of the story is (no matter what language you speak or where you go):

BEHIND EVERY MAN, THERE'S A SMART WOMAN

Will and Guy can inform you that a town's entire police force has resigned in Hungary after winning more than £10 GBP million [\$16.4million USD] in a lottery.

The 15-strong squad policing Budaörs, a town in Pest county, Budapest metropolitan area, Hungary, scooped the jackpot with their ticket and all quit on the spot.

Another True Funny Police Story

A bank robber in Virginia Beach Virginia, USA got a nasty surprise when a dye pack designed to mark stolen money exploded in his trousers.

The robber apparently stuffed the loot down the front of his pants as he was running out the door.

A police spokesman informed us, 'He was seen hopping and jumping around with an explosion taking place inside his pants.'

Police have the man's charred trousers safely in custody.

