



Central Sydney Branch

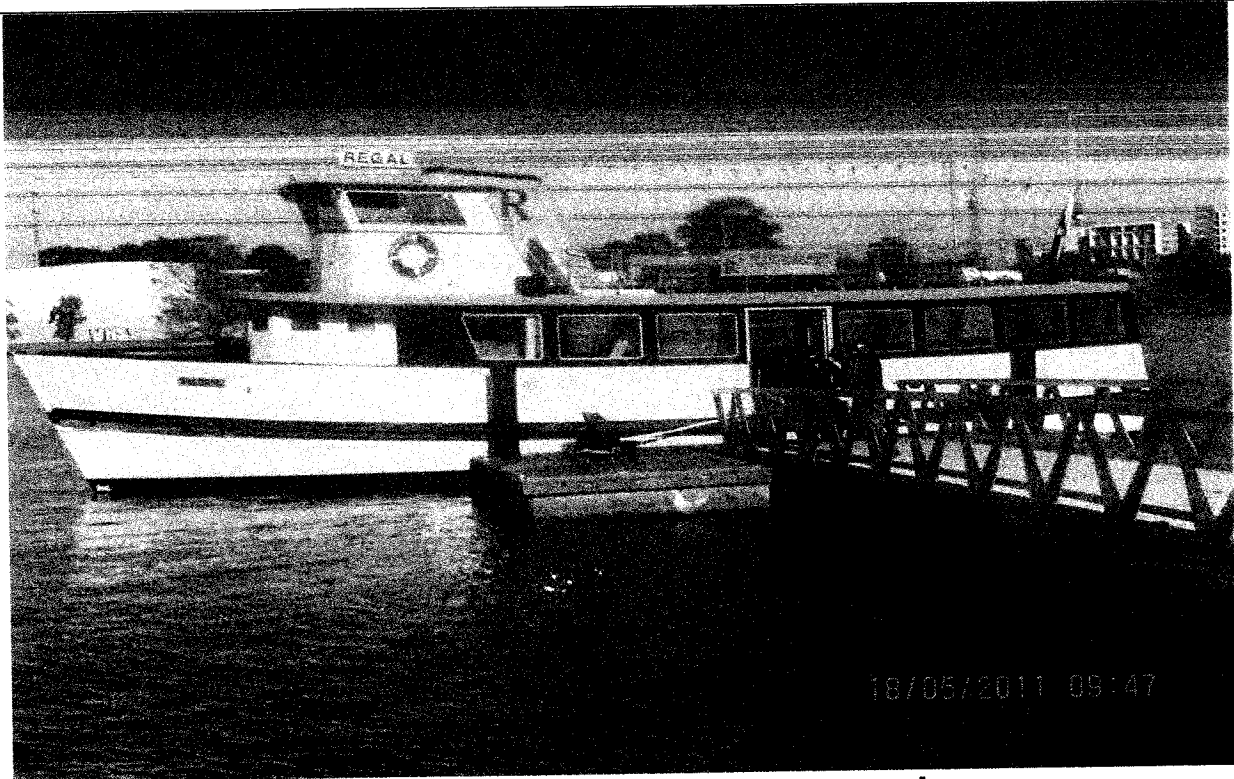
# HAPPY HEARTS

June – July 2011

03 JUN 2011

Newsletter of Heart Support Australia Central Sydney Branch  
**PATRON Professor Andrew Sindone**

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## River cruise a huge success!

It was all aboard the heritage ferry *Regal* last month for another great cruise up the Parramatta River and into the harbor to Fort Dennison, before turning round and heading back. Once again, Greg Blaxell gave a masterful commentary on the history of the buildings we cruised past, and the many small islands which have intrigued us over the years.

Lee from the Kokoda Café provided us with delicious fresh ham and salad rolls...and started work at 6am to prepare them! Many thanks, Lee!

The weather was perfect, sunny but not too hot, so that most people had a stint on the top deck to take in the scenery. The raffle of superb fruit and vegetable trays, donated by Village Fresh

Grocer, Meadowbank, and a bottle of French liqueur donated by Laurie Jackson, raised an extra \$200 for Heart Support...a great result.

Many people on leaving asked: "When's the next one?"...so we will keep you posted!



*At left are Vince and Diana Sita and Rosemary Blair, basking in the morning sunlight!*

## Christmas in July lunch...and auction!

We haven't had an auction lately, but most agree they are a lot of fun! Our last one was outdoors, on what must have been the coldest, wettest day of the year, so we are planning the next one in the RSL Club in July. Start looking for those wonderful treasures cluttering up your cupboards which can be auctioned off to someone who will love it! And the money raised will be put to good use to provide more urgently needed equipment for the cardiac ward and rehab department at Concord Hospital. More news later on this popular get-together!

### **The Hearties Trivia Group**

For the second year running, a small, but elite, group of Heart Support walkers has been taking part in the Tuesday night Trivia contest at Concord RSL Club, after enjoying dinner in the bistro. Winnings are split 50/50 - 50 percent into a lunch fund for participants, and 50 percent towards branch funds. Last year, the group donated \$549.50 towards funds, and so far this year, \$280 has been raised. The team are counted as the seniors of the competition (occasionally impolitely called "the oldies") but manage to hold their own against the uni students who predominate...except when it comes to identifying modern music..... (impolitely called "noise" by the team!) Well done, Hearties!

### **Thursday walking group trips**

The first *last-Thursday-of-the-month-trip* should have taken place last month, aiming for a ferry ride to Manly and an enjoyable day by the sea. There were talks of a strenuous walk along the promenade, while others were looking forward to the coffee shops. It was not to be, however, as gale force winds and cold temperatures put a stop to the planned day. Hopefully, next month will be better and the plan will work out. Another trip planned is to Cockatoo Island, with lunch at the café there and walks around the island. It is a fascinating place with convict origins, so well worth a visit. Talk it over at after-walk coffee! Last Thursday this month is June 30.

### **Happy Birthdays**

Greetings and good wishes for June go to Ian McKinnon on the 9<sup>th</sup> and Bobby Tan on the 28<sup>th</sup>. July seems a popular month. Happy birthday to Grace Ficarra (2<sup>nd</sup>), President Grahame Barter (3<sup>rd</sup>), Frank Dobosi (4<sup>th</sup>), Siang Tan (9<sup>th</sup>), Elaine Walker (14<sup>th</sup>), Marlene Barnes (27<sup>th</sup>), Ada Sclosa (28<sup>th</sup>) and Barrie Fitz-Henry, (31<sup>st</sup>)!

### **Sick list**

A number of members have been unwell recently: Barry Elphick has now discarded his sling, after his shoulder reconstruction, and is going well. Barrie Fitz-Henry has had a run of ill health, including a procedure in Concord Hospital last week. Looking forward to your return to the walking group soon, Barrie!

### **Notice Board**

#### **Exercises**

8.30 am every Monday at Concord RSL Club, Nirranda Street, Concord West. Stretching and gentle exercises with Mervian Dixon, accredited trainer. Cost \$4.

#### **Walking and Morning Tea at Kokoda**

Our walking sessions are at 8.30am every Thursday morning at Kokoda Track Memorial Walkway, near Concord Hospital. Meet in the car park for about one-hour of walking, followed by optional morning tea and a half-hour or so chat at the Kokoda Café. Choice of short or long walk! Gold coin donation welcomed.

**Our next meeting will be on Tuesday June 7, 2011, followed by July 5.**

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