



A Healthy Life for a
Healthy Heart

HEART SUPPORT-AUSTRALIA

KNOX BRANCH NEWSLETTER



Vol. 12 Issue 5

June 2011

PRESIDENT'S MESSAGE

Hi all,

I hope you all enjoyed the wood turning demo. Many thanks to Jim Railton for his help in both setting up and turning. What you saw was only a very small sample of the possible turnings that can be done.

I also hope you enjoyed the trip to Gumbuya Park, everyone I have spoken to seemed to have had a good days outing.

Joan has some more good trips in the pipeline so be sure to come along and enjoy yourself.

We were very sorry to hear of the passing of Bob Vance, an active member of the exercise group. Our thoughts go out to his family.

Best wishes to Jim Creed and June Raw, who are both in re-hab at the moment, and it was good to see Charlie back amongst us again. All the very best to all sickies, we hope you are on the mend soon.

Regards,

NICK.



MEETING DATES 2011

General meetings: Day time meetings are held on the last **Tuesday** of each month at **1.30 p.m.**

Venue: Court House Venue, corner Station and Spring Streets, Ferntree Gully. Everyone is welcome, so come along and join in the fellowship. Bring along a small plate of your favourites to share for afternoon tea (low fat of course) - tea/coffee provided.

*June 28th July 26th August 30th
September 27th October 25th
November 29th*

NOTE - No meeting in December

**PLEASE PUT THESE DATES IN YOUR
DIARY.**

VALE BOB VANCE

Roden Vance, known to us as Bob, passed away on the 30th of May 2011. Bob had been a member of the Exercise Group since its formation.

Bob would have celebrated his 85th birthday on the 9th of June.

Our condolences to his family.

JOAN'S SOCIAL NOTES

Hi Everybody,

Our walk in the park at Birdsland during Heart Week was held on a very cold day and we were unfortunately down on numbers this year, nevertheless those of us who took part had an enjoyable morning. We walked right around the big lake but noticed that there were no ducks on the water but plenty on the shore, maybe it was too cold for them - ha ha!

We drew our Heart Week Raffle following morning tea and the winners were :-

1st Prize	-	Joyce Pennington
2nd	-	David Presland
3rd	-	Elaine Hatfield
4th	-	Joanne Needham
5th	-	June Payne
6th	-	Susan Birch

We raised \$457.00 with our Raffle, thank you to all who purchased tickets.

Our trip to Gumbuya Park was fantastic, that's the Park not the weather, it was a cold day. On arrival we had morning tea, there was a huge open fire burning and it made me think of what it was like when we had fires at home when I was young. Following morning tea we walked around the various aviaries and saw a variety of birds, kangaroos and wallabies. Some of our members played a round of Mini Golf before we all enjoyed a delicious lunch. Following lunch most of us went on a tractor and trailer ride around the Park which covers 430 acres, we were packed in like sardines but it was a lot of fun. Some of the more energetic enjoyed another round of Mini Golf before boarding the bus for the trip home. It is well worth a visit and would be a lovely place for children in the warmer weather.

Sorry that we had so many sickies that could not join us, maybe we will go again another day.

That's my lot,

JOAN.

BRANCH CONTACTS

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*Knox Branch gratefully
acknowledges the support of
the following organizations
and people in our activities:*

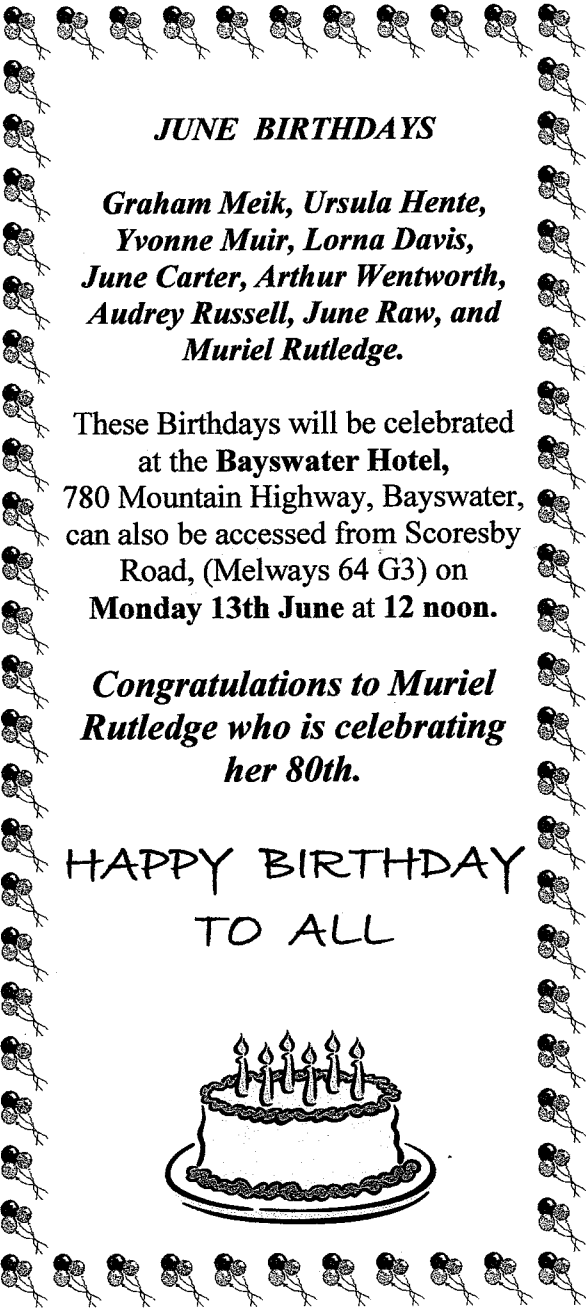
Knox Private Hospital

Knox Cardiac Rehabilitation Department

Georgie Shoebridge

**Angliss Cardiac Rehabilitation Department
Wantirna Community Health Rehabilitation**

Knox Community Health Services



JUNE BIRTHDAYS

*Graham Meik, Ursula Hente,
Yvonne Muir, Lorna Davis,
June Carter, Arthur Wentworth,
Audrey Russell, June Raw, and
Muriel Rutledge.*

These Birthdays will be celebrated
at the **Bayswater Hotel**,
780 Mountain Highway, Bayswater,
can also be accessed from Scoresby
Road, (Melways 64 G3) on
Monday 13th June at 12 noon.

*Congratulations to Muriel
Rutledge who is celebrating
her 80th.*

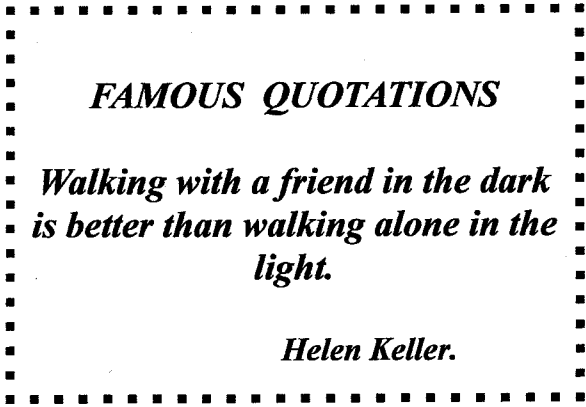
**HAPPY BIRTHDAY
TO ALL**



FAMOUS QUOTATIONS

*Walking with a friend in the dark
is better than walking alone in the
light.*

Helen Keller.



FORTHCOMING DIARY DATES

Monday 13th June - Birthday Lunch at the
Bayswater Hotel at 12 noon.

Tuesday 28th June - Knox Branch meeting
1.30 p.m.

MEMBERSHIP RENEWAL -

Due 1st July (Renewal form enclosed with
this Newsletter)



**HAPPY WANDERERS WALKING
GROUP**

Happy Wanderers meet each Tuesday at
the Tim Neville Arboretum, cnr. Dorset
Road and Francis Crescent, Ferntree
Gully, at 9.30 a.m. (Melways 73 K1).

Everyone is welcome to join this group,
just come along on a Tuesday morning.

*Don't forget to Slip, Slop, Slap. Bring
some water to avoid dehydration, and
your wet weather gear.*

*If in doubt about the weather on the day
ring either Chris Culling 9720 4978 or
Doreen Wright 9752 2536 before
9.00 am.*



NOTES FROM THE MAY MEETING

The Branch has donated \$500.00 to the Victorian Flood Relief Fund through the Red Cross. No receipt has been received to date.

We have received a letter from Brian Rawlins, Victorian Director on the National body advising -

- Heart Support Australia will celebrate its 25th birthday this year.
- The National AGM will be held in Port Macquarie NSW on 22nd and 23rd October.
- Badges to mark the occasion are being made as a fund raiser for National Office and will sell for \$2.00 each. A percentage from Branch sales will be refunded to the Branch.
- A new Constitution is currently being drawn up to be adopted at the National AGM.
- The HS-A Website is progressing.
- Nominations for Life Membership and Meritorious Service to be forwarded to the Board before 20th August.

Messages from the following members were read to the meeting -

Brian Culling thanking members for their good wishes following his birthday.

June Payne thanking members for their love, care and kindness,

and from Charlie Campion - To you all,
Because your very thoughtful,
This note is simply sent
To thank you and to let you know
How much your kindness meant.

Joan is looking into the possibility of arranging a couple of future trips - Wallaby Rise near Glenmaggie, and a trip from Williamstown by boat to the Casino.

It has been suggested that the Council Bus might be used on a Saturday to lessen the expense.

It was brought to the attention of members that at the 2010 National AGM the Membership Fee for HS-A members was increased to \$13.00 per annum for Members and \$6.50 for Associate Members, to be effective from the 1st July 2011.

A request was made for a letter to be forwarded to Brian Rawlins, Victorian Director, expressing disappointment that the criteria for appointing Life Members and Meritorious Service awards was changed without notice to Branches during the process of nominations being called for and the subsequent appointments being made.

Following the meeting we were treated to a very interesting demonstration of Woodturning by Jim Railton. This was arranged for us by Nick Pringle, both Jim and Nick are members of the Forest Hill Woodturners. There was also a display table of items made by Jim and Nick for members to admire some of their handicraft.

DID YOU KNOW

The Victoria Police Force was formed in January 1853 with 875 men.

The Titanic was travelling at 22 knots (40.7 kph) when it collided with the iceberg.

The moon is one million times drier than the Gobi Desert.

Tomatoes were originally grown for decoration, not eating, as they were originally thought to be poisonous.

The first land sale in Melbourne took place in 1836.

A restaurant called the Beijing Duck in China can seat up to 9,000 diners in one sitting.

The volume of water increases by nine per cent when it freezes.

The only word in the English language containing all five vowels in reverse is sub-continental.

The world consumes almost five billion litres of petrol daily.

A sleeping person will not smell smoke, in fact it will put them into a deeper sleep.

Humour, Laughter and Radiant Health

It is no surprise that Victor Borge is credited with the quote, "Laughter is the shortest distance between two persons". His healthy style of humour offended no-one. If there were any complaints by his audience it was because he never completed playing the piece he selected for his joke. Victor Borge was a world class concert pianist before he found his true art. Victor Borge's DVDs of his concerts provide an evening of laughter and fun for all.

A sample of positive humour is found in the innocence of children and their interactions with their grandparents. The following stories help us enjoy non-toxic humour and the laughter it generates.

Teddy, age five, asked his grandma how old she was. Grandma smiled and answered "Why I am 39 and holding". Teddy thought for a moment, and then said "Grandma how old would you be if you let go?"

A little boy attending church with his grandfather watched as the ushers passed around the offering plates. When the offering plate came near his grandfather, the boy said loudly "Don't pay for me Grandpa I'm not five yet".

When my four-year-old son opened the birthday gift from his grandmother he discovered a water pistol..... He squealed with delight and headed for the nearest sink. I was not so pleased. Turning to my mother I said "I'm surprised at you - don't you remember how we drove you crazy with water pistols?" My mother smiled and replied..... "Of course I remember!"

"Oh, I sure am happy to see you" the little boy said to his maternal grandmother as she entered the room "Now daddy will do that trick he promised us". Grandmother replied "What trick is that? I want to see it too!" The boy answered "I heard him tell mummy that if you came to visit, he would climb the walls!"

MORE HUMOUR

Doctor Simon knows all there is to know about arthritis and his waiting room is always full of people who need his special treatment. One day, elderly Betty slowly struggles in, bent over and leaning heavily on her walking stick. She eventually goes into Doctor Simon's room but emerges 15 minutes later, walking almost upright and holding her head high, with a smile on her face.

Another women in the waiting room comments to Betty "It's almost a miracle ... you walk in bent in half and now you walk out erect. What a fantastic Doctor! What did he do to you?"

"It's no miracle" responds Betty "he just gave me a longer walking stick".

Thanks to Erna Lemmel for this one.

An elderly man had had hearing problems for a number of years. His family tried again and again to convince him to get a hearing aid. Finally he relented. He went quietly to a hearing centre and was fitted with a set of hearing aids that allowed him to hear 100%. A month later he went back for a routine check of the equipment. The technician said with a smile "It is working perfectly. Your family must be really pleased that you can hear again".

The old man replied "Oh, I haven't told them yet. I just sit around listening to their conversations. I've changed my will three times!"

- o O o -

Mrs. McGinty, the young mother of triplets was being congratulated by her neighbour Mrs. O'Flaherty. "Yes it's a wonderful thing indeed" says the proud Mum, "and you know the doctor says it only happens once in ten thousand times".

Mrs. O'Flaherty was astonished "Heavens above!" she said "Whenever did yer foind time to do yer housework!!"

When Paddy walked into his Club it caused a snigger among his mates at the bar. They said "Boy the joke was on you last night Paddy, you left your bedroom light on and the blind was only halfway down, you put on a great show alright with the missus".

Paddy snorted and replied "Well the jokes on you lot, I wasn't home last night!!"

Some one liners -

People who think they know everything upset those of us who do.

Please do not steal, the Australian Tax Office hates competition!

Remember the golden rule: Those that have the gold make the rules.

THOUGHT FOR THE MONTH

It is our responsibilities, not ourselves, that we should take seriously.

Disclaimer: Matters herein are for members information only. HS-A accepts no responsibility for statements contained in any editorial or columns.

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