



Ticker Talk

Volume 11, Issue 3

April 2011

Heart Support-Australia, Monash Branch, P.O. Box 5030, Clayton, 3168

... *Easter blessings to all* ...

and do remember to take care and keep safe on our roads.

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FROM the PRESIDENT

We trust you all have a happy and relaxing Easter and take time to think about what Easter means. The first week in May is 'Heart Week' but - unfortunately - Monash Medical will not be holding their annual "Walk Around the Hospital". The up-side is that, at our April 28th meeting, those who are willing and able will do our own walk at the Hospital complex. This will be followed by a belated Easter event including Afternoon Tea. We will also discuss with members about June and beyond.

A great strength our Monash Branch has always had has been the close relationship with the hospital staff and especially CRC Clayton. Their encouragement for our group's well-being has been most encouraging.

As ex-patients, we all may have different needs but it is most important to remember the risk factors that put most of us into hospital in the first place. We drop our guard and eat what we like, and become couch potatoes at our own peril. Both Beau and I have spoken to patients who have been back into hospital for the second time for cardiac surgery. I am sure you agree that once is enough. Take care!

Albert Phillips
President - Monash Branch

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COMING DIARY DATES:

- April 28th 'Easter' Activity.
- May 26th Film Afternoon.
- June 23rd Let's Celebrate!

... COMING ACTIVITIES ...

28/4/2011 - 'Easter' Social Activity Afternoon.
(see page 3 for details)

26/5/2011 - 'In-house' Film Afternoon.

BE SURE TO BOOK THESE DATES IN YOUR DIARY NOW!

... ALL MEMBERS & FRIENDS WELCOME ...

HEALTH BITES

Asparagus



Asparagus is rich in the B vitamin folate which fights heart disease. Folate controls the amount of homocysteine (an amino acid) in the blood stream. When folate levels drop, homocysteine levels rise, causing damage to the arteries. Asparagus also contains vitamin E which has been found to be good for heart health.

found that those who consumed the most vitamin E had the least risk of heart disease. The women who got their vitamin E naturally-solely from food-had less risk than women who were taking vitamin E supplements. Cherries also contain a compound called quercetin which helps block the damage caused by free radicals.

Figs



Figs were used as sweeteners by the Assyrians as far back as 3000 B.C. They were also Cleopatra's favourite fruit. Figs are an excellent source of dietary fibre. One study has found that men who added just 10 g of fibre a day to their diets dropped their risk of heart disease by almost 30 per cent. Fibre and fibre rich foods such as figs may also have a positive effect on weight management.

Figs are also a good source of potassium, a mineral that's crucial for controlling blood pressure. Since many people not only do not eat enough fruits and vegetables but also consume high amounts of sodium as salt, they may be deficient in potassium. Low intake of potassium-rich food especially when coupled with a high intake of sodium can lead to hypertension (high blood pressure).

Garlic



The healing potential of garlic has been recognised for thousands of years. Garlic contains many sulfur compounds which help smooth blood flow by preventing platelets from sticking together and clotting. Garlic is also good for the heart because it lowers the levels of cholesterol and blood fats called triglycerides in the blood stream. Scientific studies suggest that eating one-half to one clove of garlic daily could reduce blood cholesterol levels by about 9 per cent.

Cherries



Cherries contain vitamins A, C and E. Cherries are a good source of vitamin E in particular. One study of post-menopausal women

Peanuts



Peanuts are very popular and have also been shown to have heart health benefits. They are a very good source of monounsaturated fats which are emphasized in the heart-healthy Mediterranean diet. In one study involving 22 subjects a high monounsaturated diet that emphasised peanuts and peanut butter decreased cardiovascular risk by an estimated 21%.

Peanuts also contain resveratrol, the compound in red wine associated with reduced heart disease. Peanuts are also good sources of vitamin E, niacin, folate and magnesium which have been shown to promote heart health. The Nurses' Health Study that involved over 86000 women found that frequent nut consumption is related to a reduced risk of coronary heart disease. Subjects in clinical trials with peanuts experienced weight loss or maintenance, not weight gain.

Prunes



Prunes are an excellent source of some of the anti-oxidants that are valuable for good health. Anti-oxidants are a first line defence against "free radicals". These are

normally handled by the body, but we may benefit from a greater intake of anti-oxidants, especially as we grow older. Prunes are also a great source of potassium and iron, and a good source of dietary fibre, which keeps the intestine functioning. Like most fruits, prunes have no fat, so for a good treat, that's as good for you as it is tasty, have a handful of pitted prunes.

Apples



Apples provide insoluble fibre, some vitamin C and potassium. They are also a good source of the antioxidant quercetin. Quercetin is a flavonoid which helps protect against cardiovascular disease.

Apricots



Apricots are beneficial for heart health. Apricots contain beta-carotene and lycopene which protect the bad (LDL) cholesterol from oxidising and damaging artery walls.

Apricots also contain fibre which can help you lose weight, control high blood sugar, and lower cholesterol levels. When you are eating apricots for fibre, however, be sure to eat the skin, which contains a substantial amount of the fruit's fibre.

*Members and friends
are invited to share in an all-weather*

'Easter' Social Activity Afternoon

Thursday ... 28/4/2011 ... 1.30 p.m.

- Fregon Hall, Fregon Rd., Clayton -

*. A walk . Treasure Hunt . Programme discussion
. BYO shared Afternoon Tea.*

..... ALL WELCOME!

Exercise the easy way!

Exercise Block

Instructions

1. Carefully place block on floor
2. Walk around the block twice
3. Sit down and relax

If anyone asks if you have exercised today, tell them you have walked around the block TWICE!

Why Veterans Cover Their Medals, and Not Their Hearts

When veterans place their left hand over the left side of their chest to honour the fallen, they are not placing it over their heart – they are covering their medals.

This gesture owes its origin to the ceremony in London's Whitehall on Armistice Day, 1920, to unveil the Cenotaph. A funeral accompanying the remains of the Unknown Soldier, which had arrived from France the previous day, was to march past the Cenotaph, then to proceed to Westminster Abbey. The Regimental Sergeant Major of the Guards Regiment conducting the ceremony, decreed that all would salute the Cenotaph as they marched past by placing their hands over their medals – "No matter what honours we may have been awarded, they are nothing compared with the honour due to those who paid the supreme sacrifice," he said.

LONE PINE CEMETARY

The Lone Pine, a single tree left standing by the Turks in 1915, has become a symbol of the sacrifice made by thousands of Allied soldiers on Gallipoli. A veteran of the Gallipoli campaign, Private Thomas McDowell of the 23rd Battalion, kept a pine cone from the peninsula with him for the duration of the war, bringing it home to Australia with him in 1919.

In 1933 a seed from this cone was planted in the Shrine of Remembrance Reserve, Melbourne. The tree that grew from that seed is there still.

Anzac Day 25th April 2010.

**LEST WE
FORGET**



Our Flag

*Our flag bears the stars that blaze at night
in our southern sky of blue.
And that little old flag in the corner
is part of our heritage too.*

*It's for the English, Scots and Irish
Who were sent to the end of the earth.
The rogues and schemers, the doers and
dreamers,
Who gave modern Australia birth.*

*And you who are shouting to change it,
Who don't seem to understand.
It's the flag of our law and our language
Not the flag of a faraway land.*

*There are plenty of people who'll tell you
how, when Europe was plunged into night,
the little old flag in the corner
was their symbol of freedom and light.*

*It doesn't mean we owe allegiance
To a forgotten Imperial dream.
We've got the stars to show where we're going
And the old flag to show where we've been.*

Robin Needham

4 medium fillet steaks (100g each),
trimmed of fat

2 tablespoons Dijon mustard

1 tablespoon honey

1 large brown onion (or Spanish onion),
sliced

2 teaspoons olive oil

8 slices of sourdough bread

1 cup chopped cos lettuce (or mixed
greens)

2 medium tomatoes, sliced

1 cucumber, sliced

1 cup bean sprouts

Nutrition information - per serve:

Energy	1405kj
Fat - total	8.6g
Saturated fat	2.5g
Dietary Fibre	5.7g
Sodium	467.7mg

**Minute Steak sourdough sandwich
with caramelised onion**

Gently pound each fillet steak between two plastic sheets to a thickness of 5-7mm.

In a small bowl, stir together the mustard and honey.

Take the finely sliced brown onion and slowly cook with olive oil in a heavy pan.

Toss occasionally and continue cooking until

onions are golden to dark brown and tender. Set aside onions and in the same pan over high heat, cook the steaks to your liking (should take no more than 1min each side).

On a toasted slice of bread lay some lettuce, tomato, cucumber and sprouts, top with a steak and brush liberally with the mustard-honey mixture. Scatter over some caramelised onion and top with another slice of toasted bread. Repeat this process with the three remaining steaks.

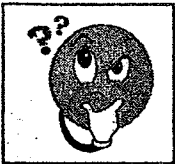
RECIPE BY ANDREW BLAKE



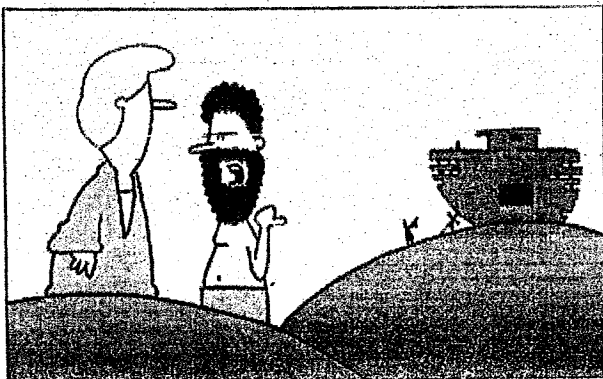
(Herald Sun 'Recipes for Life')

Food for thought!

Winter is the season when we try to keep the house as hot as it is in summer when we complain about the heat!!



- Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?
- Why is it considered necessary to nail down the lid of a coffin?



I JUST TALKED WITH THAT NOAH GUY AND HE CLAIMS THAT HE IS BUILDING THAT THING "FOR A RAINY DAY"

Contact Details - Monash Heart Support

<i>President:</i>	<i>Albert Phillips</i>	<i>9885 7128</i>
<i>Vice-President:</i>	<i>Beau Cutting</i>	<i>5996 5001</i>
<i>Secretary:</i>	<i>John Hunt</i>	<i>9578 0076</i>
<i>Treasurer:</i>	<i>Elaine Cutting</i>	<i>5996 5001</i>
<i>Committee:</i>	<i>Edgar</i>	
	<i>Amarasinghe</i>	<i>9568 3059</i>
	<i>Peter Lyons</i>	<i>9560 8634</i>
	<i>May Xavier</i>	<i>9568 7513</i>
<i>"Ticker Talk" Editors:</i>	<i>Beau & Elaine Cutting</i>	<i>5996 5001</i>
<i>Lay Counsellor Manager:</i>	<i>Beau Cutting</i>	<i>5996 5001</i>

Mailing Address: P.O. 5030, Clayton. 3168.

Monthly Activities: 4th Thursday - Fregon Hall, Fregon Road, Clayton (Melway 79 D1) unless otherwise advised.

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Some of the articles appearing in "Ticker Talk" may not necessarily be the view of Heart Support Australia.