



Ticker Talk

Volume 11, Issue 4

May 2011

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

FROM the PRESIDENT

In spite of no official MMC "Heart Walk" around the hospital, our group still had a walk through the hospital. We missed the usual night lecture which has been such a good feature for members and the public, but this was not to be.

Winter has well and truly set in and our next meeting is a perfect indoor activity in comfort. We will see the movie "The King's Speech", which is a film of great inspiration for us all. If determination was good enough for a king to improve his life style then it is a good example to us to follow.

Many of us seem to live from one doctor's appointment to the next, but if it keeps us going then it is for a good cause. For those who have ongoing medical issues or have had surgery, we wish you all well. Our Branch can be proud of the support that has been available to members over the years.

Albert Phillips
President - Monash Branch

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COMING DIARY DATES:

- May 26th Film Afternoon.
- June 9th C'tee. Meeting.
- June 23rd Let's Celebrate!

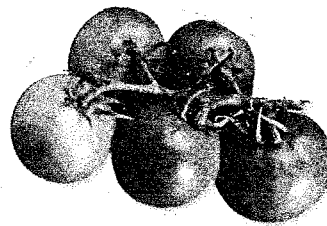
... COMING ACTIVITIES ...

26/5/2011 - Film Afternoon: "The King's Speech".
(see page 3 for details)

23/6/2011 - Special Branch Celebration.
(details in June 'Ticker Talk')

BE SURE TO BOOK THESE DATES IN YOUR DIARY NOW!
... ALL MEMBERS & FRIENDS WELCOME ...

Are you nutrition savvy?



'Are you nutrition savvy?' ANSWERS

11 How many serves of vegetables should you eat every day?

- a) 2
- b) 3
- c) 4
- d) 5

12 As a general guide Australian adults should aim for a daily fibre intake of:

- a) 15 grams
- b) 20 grams
- c) 25 grams
- d) 30 grams

13 All the foods I eat should be low in fat:

- a) True
- b) False

14 Eating sugar causes diabetes:

- a) True
- b) False

15 Most of the salt in your diet comes from:

- a) Salt we add at the table or in cooking
- b) Salt that is added during food processing and preparation
- c) Salt (sodium) that occurs naturally in foods

16 Frozen or canned fruit and vegetables are as nutritious as fresh:

- a) True
- b) False

17 How many serves of dairy foods should you eat every day?

- a) 1
- b) 2
- c) 3
- d) 4

d) You should aim to eat at least 5 serves of vegetables every day. A serve is considered to be half a cup cooked or 1 cup raw. Vegetables are packed with fibre, vitamins and minerals (including lots of antioxidants) and these are also low in kilojoules making them a great choice when trying to lose weight. Remember to choose from a variety of vegetables to make sure you get all the benefits of these super foods.

d) As a general guide Australian adults should include around 30 grams of fibre every day. This should come from both soluble and insoluble sources of fibre. Good sources of fibre include fruit and vegetables (leave the skin on where possible), wholegrain breads and cereals, pulses and lentils. If you are increasing your fibre intake don't forget to up your water intake too!

b) False. While a high fat diet may lead to weight gain not all the foods you eat have to be low in fat. It is more important to eat a diet low in saturated fat as it is these fats that can increase your risk of heart disease. To eat less saturated fat you should eat lean meat and skinless chicken, use reduced or low fat dairy foods, limit processed and takeaway foods and limit your use of cream and butter. Small amounts of healthy fats such as poly and monounsaturated oils and spreads, unsalted nuts and seeds and avocado can be included as part of a healthy diet.

b) False. Eating sugar does not cause diabetes. Diabetes occurs when the body's pancreas does not produce enough insulin to regulate blood glucose levels or when the insulin produced is not working properly. If you eat a diet high in fat and sugar, this can lead to weight gain which increases your risk of developing type 2 diabetes.

b) Over 75% of the salt in your diet comes from processed foods. Breads, canned foods, sauces, breakfast cereals, in fact most foods that are processed or pre-packed will contain salt. To lower your salt intake, base most of your meals and snacks on fresh produce which is naturally low in salt and look for products in the supermarket that are 'salt reduced' or have 'no added salt'. When preparing meals at home, use herbs and spices to flavour food and skip the salt.

a) True. Frozen and canned fruit and vegetables are often picked and processed almost immediately after being harvested. This allows them to retain all their nutrition and make them as fresh if not fresher than some fresh produce (as factors such as light, storage and travelling time can affect the nutritive value of fresh).

c) As a general guide you should aim to have three serves of dairy foods every day. Dairy foods are the best source of calcium (important for strong teeth and bones and for reducing the risk of osteoporosis). A serve of dairy is 1 cup of milk, 2 slices of cheese or a 200g tub of yoghurt. As dairy foods are high in saturated fat go for reduced or low fat varieties. Other sources of calcium include calcium fortified soy drinks, low fat custards and ice creams and salmon with bones.

*Come and enjoy a free afternoon
at the pictures and enjoy the film*

... "THE KING'S SPEECH" ...

on

Thursday 26/5/2011 1.30 p.m.

at

Fregon Hall, Fregon Road, Clayton.

. Free parking in Fregon Hall carpark.

. Please bring a plate of Afternoon Tea to share.

. Enquiries to Albert Phillips - 9885 7128.

ALL MEMBERS AND FRIENDS WELCOME!

DID YOU KNOW

Japanese people consume an average of nine litres of soy sauce each year.

An ear of corn never has an odd number of rows.

Cats squeeze their eyes shut when they are happy.

The Great Pyramids were once snow white because they were encased in bright limestone which has worn off over the years.



Love in a Butcher's Shop



When your "axle" is a draggin'
And your tyres are wearin' thin,
Then the years aren't something
That you welcome with a grin.
And I'm speaking from experience
Although it's sad but true,
Father Time and Mother Nature
Sure can make it tough for you.
I'll admit I'm getting mildewed
And my carburettor's busted,
My chassis' cracked and dented,
And my spark plugs are all rusted.
But what's the use of griping
Because you've stripped your gears,
You can't expect to feel like twenty
When you're seventy seven years!
John Bolger.

A message from the Editors

We apologize to our members for the lateness of this issue of "Ticker Talk". The reason is that Beau has recently had major surgery and is still slowly recovering at home. With the extra personal commitments involved along with other ongoing health issues, our time for 'outside' activities has been greatly curtailed.

Elaine and Beau Cutting.

Dear Sweet

I am in an awful as to
how I can re my love for you, dear.

I feel as as anything when you are near me.

My fails me.

I know I haven't a to stand on, but I am up to my
..... in love.

This may sound like a lot of to you, but, believe me,
it is no

I have no desire to matters as I feel our
happiness is at

Perspiration is from my brow, my whirls,
and with a pain in the vicinity of my I plead my cause.

So, my , be mine for ever and thy daily fare will be
.....

Again I beseech thee, turn no cold , I am no globe
..... and would gird my to the wood and
save thy

Yours ever,

[All the missing words can be found in the butcher's shop].
(see page 4 for missing words)

Potato, lamb and spinach pizza



Suitable to microwave
Suitable to freeze

How to store

Store in freezer
(under -18°C)

Nutritional Analysis

Good source of
calcium, folate, iron

Preparation time:

5 minutes

Cooking time:

25 minutes

Serves: 4

Ingredients:

- 1 x 30 cm fresh pizza base
- 150 g tomato paste
- 2 cloves garlic, crushed
- 1 teaspoon dried oregano
- 1/2 onion, thinly sliced
- 1/2 cup basil leaves, shredded, with extra leaves for serving
- 3 desiree potatoes, sliced very thinly
- 100 g baby spinach leaves
- 200 g reduced fat mozzarella cheese, grated
- 2 lamb loin fillets
- 2 tablespoons balsamic vinegar



Method:

1. Preheat oven to 200°C.
2. Line a baking tray with baking paper.
3. Combine tomato paste, garlic and oregano in small saucepan and warm over a gentle heat.
4. Remove from heat and set aside.
5. Place pizza base onto baking tray and spread evenly with tomato paste mixture and top with potato slices, onion, spinach, basil and mozzarella and season to taste.
6. Bake for 20 minutes, until base is crispy and the cheese is golden.
7. While the pizza is cooking, season the lamb and cook under a hot grill for 3-5 minutes each side (or longer if you wish).
8. Slice into 1cm thick slices and place on pizza. Drizzle with balsamic vinegar and top with extra basil leaves.

Notes: Serve this dish with tossed green salad.

Recipe courtesy of www.goforyourlife.vic.gov.au

MISSING WORDS for 'LOVE IN A BUTCHER'S SHOP': heart, pickle, veal, wrapped, tongue, leg, neck, tripe, bull, mince, joint, steak, dripping, head, brain, dear, choice, shoulder, trotter, loins, chop, bacon, Butch.

Nobody

If nobody smiled and nobody cared
and nobody helped us along,
If every moment looked after itself
and good always went to the strong...
If nobody cared just a little about you
and nobody cared about me,
And we all stood alone in the journey of life,
what a dreary old world this would be.
Life is sweet, because of friends we have made
and the things which in common we share
We want to live on, not because of ourselves
but because of the people who care.
It is doing and giving for somebody else
on which life's splendour depends ...
The joy of this world, when you sum it all up,
is our journey with family and friends.

Adapted from poem by Lade Thomas Conlee

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

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