

Heart to Heart

**Newsletter of the Orange Branch of Heart Support Australia
April 2011**

Dear Heart Friends,

At our last meeting we decided we'll keep meeting at the HACC Centre (it stands for: **H**ome **A**nd **C**ommunity **C**are), on the corner of March St and Lord's Place, for about 6 months. We'll wait and see how things settle down at the new hospital. The materials from the cupboards we had in Caldwell House have been relocated in various places. These new arrangements also mean that for the foreseeable future we will not be having the combined sessions with the Healthy Life Style Group. We will have Fiona Ryan as our April guest speaker – she's a stroke nurse. Then in June we hope to get that speaker from the Ambulance Service.

Last year you'll remember we had a great outing to Molong. The suggestion for our May meeting is that we will make a trip out to Canowindra to visit the "Age of Fishes" Museum. We'll confirm it all at this month's meeting. You're assured of a great time, with a great bunch of people.

News of some members "indisposed":

Margaret W. has had some hiccups as they try to balance her medications, but she is making good use of all the available therapists to get her going again. The doctor says she has to "take life quietly". She hopes to be able to join us soon.

Cecilia D. says she's "slowing down", and suffers a lot of tiredness. However she can still drive, though walking is a bit of a difficulty, especially with arthritis problems.

Keep on encouraging each other,

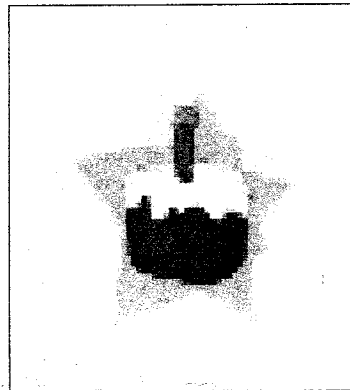
Howard

Happy Belated Birthday

to:

LYN PRITCHARD

15th Feb



You're Welcome!

**COME FOR A PUB CRAWL
FOR LUNCH**

Next one: 31st May

Location to be decided

12 noon for 12.30pm

Ramblings from the President...

As one whose schooling was undertaken through the Fifties and Sixties, I must admit to both puzzlement and disappointment to the decline of scientific understanding and interest in the community. When Sputnik was launched in October 1957 into a low Earth orbit such that we could observe its flight overhead, it galvanised Western nations to action in the whole area of science education. In NSW, a great team of scientists and teachers, led by Harry Messell, began the writing of a whole new Science Syllabus.

I remember the sense of pride, but also trepidation, when the Lucas Heights HIFAR nuclear reactor went online in 1958 and reached full power in 1960. Science lessons were the thing that kept me engaged at high school (it was certainly more inspiring than the compulsory reading of "Wuthering Heights" for this schoolboy).

Earlier generations may have been less inspired with insipid "nature study" lessons, but my experiences set me on a path that was geared towards a science career. Unfortunately, I was less committed at the time to doing more than dreaming and getting actual schoolwork done, so I ended up doing general primary teacher training. But a few years into my career, I enrolled in a Macquarie University science degree with a view to switching to high school science teaching.

Promotion within the primary system, and romance eventually intervened, so that I left the science degree unfinished and pursued a graduate diploma in reading education which cemented me within the primary school system.

However, I have never lost my enthusiasm for science. It is the system which has brought us to the point where our health management systems have reached today. We can now live longer and better thanks to the science which underpins medicine.

People seem to understand this, just as they accept the applied science in the technology we enjoy today. Yet it saddens me to see the number of people who reject the science which is warning us of the perils of climate change, the depletion of finite resources (oil, coal, water, arable land, etc.) and of overpopulation.

Despite what the radio shock-jocks say, there is no conspiracy. It's just that the evidence is pointing to unpleasant events for the future. Some may cause us problems, but these predicaments are going to present real challenges to our children and grandchildren.

Sorry, I just needed to get that off my chest. Alan Jones is bad for my blood pressure.

Jim Norman