

MARCH 2011

STRONGHEART



HEART SUPPORT— AUSTRALIA

Co Patrons—Dr Kevin Alford , Rob Oakeshott MP



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PRESIDENT'S Ramblings

Hi,

Well its nearly the end of February already! This year has started out with a Bang, What with a Boat cruise and walks, Hospital visits , Volunteers Morning tea at the Hospital. TV and Media reports already and the year has just started.

Just to round off some of the events from last year, In November we supplied Max Heslehurst and Jannie Denyer with "laptops" to make their work easier, (the laptops will remain the property of our branch, as they are on loan to them)

I would like to thank all the helpers that rallied at the Christmas dinner breakup as I was stuck in Hospital having tests {heart is OK}.

We had a very good roll up for the Port Venture Cruise on the 9th Feb [just 2 days after our first meeting]

There is a DVD of the cruise available from Max, with all money's going to the Cath. Lab {see Max for more details}

unteers Morning Tea at the Hospital on the 25th Feb. with a report on Prime 7 that night and there will be a follow up in the Port Express this week {WEDNESDAY} It proves that while we struggle to fill the days on the Hospital roster we are noticed in our white shirts around the Hospital and only good reports are given to the Hospital CO. The Patients really appreciate our visits.

Thanks to all who attended the Feb. Markets. It was good to see so many of our branch there.

If you received Peter Besseling's "Standing Tall" there also was a photo in this publication.

This coming meeting will only have a short report of what's happening and then our guest will have the rest of the night to talk to us . This will be every second month a Guest speaker will have most of the night to tell their story.

This Month is also a sad one as Dr Peter Kark (Cardiologist) is retiring and we will miss him. Our Branch wishes him all the best in his retirement.

See you at the meeting.

Rob Edwards



PRESENTATION OF LAPTOP

We had a good roll up for the Vol-

OUT AND ABOUT with Des

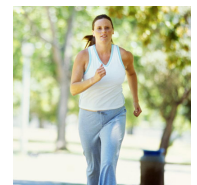
Hello Fun Walkers'.....Our most recent walks were well attended, with 14 people coming along to the Doctors Walk in Port Macquarie, and we thank Carol for her delicious morning tea snack. (Lyn has the recipe). The Lake Cathie walk was also well attended with 12 people coming along for a brisk walk from the Lake. It was good to see some new faces at these walks. We are also planning a trip to Ricardo's Farm—sometime soon so we can maybe pick some strawberries and tomatoes. Hopefully in the next two months, before the cold weather starts. It will be a Car Pooling trip to keep costs down. For the month of March, the Port Macquarie Walk, we will be meeting at the Fisher-man's Co-op for a walk along the Breakwall (Walk

#2) at 8:30 am on 4th March and for Lake Cathie we will be meeting at Jonathan Dixon Reserve for a walk along the ocean/lake (Walk #2) at **9:30** am on 18th March. THIS walk will be followed with a barbeque lunch. **GOLD COIN DONATION**

We are looking forward to having a really enjoyable time together on our walks and future outings.

We are always looking for new ideas for our outings so please if there is something you would really like to see included in our activities please

let us know. *Des.*



CARDIAC CAFE`

What is *CARDIAC CAFE`*?

This program is the initiative of the Central Sydney Branch of Heart Support Australia.

The aim of it is to draw the attention of the public to the importance of regular checking of their blood pressure the "silent killer" and precursor to Coronary Heart Disease. To talk about the important job Heart Support Australia members are doing in their community and invite people to join this important and exciting group of volunteers. The importance of Home Health Care is to maintain good health by taking their medication regularly, preventing or delaying the occurrence of serious illness.

This program is in line with the Australian Government Department of Health and Ageing policy that says: "The Australian Government will take full policy and funding responsibility for aged care services. This will allow the Government to build a nationally consistent aged care system, covering the full spectrum of services from basic care at home through high level residential care".

What an opportunity for Heart Support Australia to let people know what we are doing in our communities! Make HS-A better know. At the same time hand out membership application forms to get badly needed NEW MEMBERS TO REVITALISE OUR AGEING MEMBERSHIP. While we are doing all this improve our chances to receive more funding from the Department of Health and Ageing to extend HS-A activities.

For more information ring Martine Heales in Head Office (02 6249 8877) or Graham Barter (02 9807 2256) at the Central Sydney Branch.

Note from Secretary:

We have indicated to Martine that our branch is keen to set up some of these Cardiac Cafe`s in our region, so if any of our members are keen to take part in this outreach for our branch please let us know as soon as possible. - Lyn Edwards.

↪ ...Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

↪ ...When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flash-lights.."



From the Secretary's Desk: *Welcome to some new members: Geoffrey Litchfield & Muriel Gartland, Candy Johnson and Rhonda Gibson. I have received some recipes for our next cook book but need lots more, so I'm hoping to see some more come in at our next meeting. Lyn....*



A YUMMY MORNING TEA SNACK—FROM CAROL D.

This recipe was made with a Green's Packet mix—Moist Date Cake.

Just Follow the recipe and with the dry ingredients add the following:

1 handful of dates & walnuts chopped up and 2 teaspoons of instant coffee. When you add the liquid ingredients you can use 1/2 milk and 1/2 water and perhaps add a little extra water too if mixture looks a bit dry . Cook for 40 minutes.

Have a try of this cake out at our meeting on 7th March...

Thanks Carol.

GRAB & GO MUFFINS:

Ingredients: 2 cups Plain Wholemeal Flour (or White Plain Flour); 1 cup Sugar
 2 tspn ground cinnamon 2 tsp bi-carb soda 1 1/2 cups shredded carrot
 1 1/2 cups chopped apple 3/4 cup shredded coconut 1/2 cup chopped nuts
 3 large eggs, beaten 1 cup unsweetened applesauce (homemade if at all possible)
 1 tsp vanilla extract.

Method: Preheat oven to 175 degrees Celsius. Combine flour, bi-carb soda and cinnamon. In a separate bowl combine carrots, apples, coconut and nuts. Stir in applesauce, eggs and vanilla. Add dry ingredients and stir until just combined. Line a 12 cup muffin tray with muffin papers. Fill muffin papers 3/4 full. Bake for 18-20 minutes. Serve warm or cold.



Did I read that sign right?

In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

Spotted in a safari park:

ELEPHANTS PLEASE STAY IN YOUR CAR

On a repair shop door:

WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)

We all need a good laugh, keep on smiling.

She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the tissue good-bye!" I will probably never put lipstick on again without thinking about kissing the tissue good-bye....



HHSS... Report. During the month of February I have reports of approx 35 patients seen and of these about 16 went to Prince of Wales Hospital in Sydney.

It was nice to receive a donation from Kevin Katten a patient I saw during the month. His wife came to the markets and gave us a \$100 donation for the Cath Lab and also Rhonda from Dahlsford Village also gave \$100 and joined up with our Branch.

It was nice to be recognised by the hospital on Friday 25th, for the effort we are putting in with our visitations, lets keep the good work going.

Max Heselhurst—HHSS Manager.

HEART MOVES

GENTLE EXERCISES FOR SENIORS:

TUESDAY: MOVING TO HEALTH—4/4 MERRIGAL RD. PORT MACQUARIE—11.00am - **Joan**

Wednesday: WAUCHOPE—5 Star Fitness : 11 am — **Bridget**

FRIDAY: WAUCHOPE SENIORS, 9 am.—**Dean Cook**—0409 467 465

WAUCHOPE—5 Star Fitness—11 am : **Bridget.**

PHYXyou— Life Express—Krystle Tate—ring: 0418 620 582

TUESDAY: PORT MACQUARIE—5 STAR FITNESS - 11:30am—12:30 pm **Bridgette.**

MONDAY & THURSDAY 'S— LAKE CATHIE COMMUNITY HALL —9.15am - **Kirsten**—6585 4767

EVENTS COMING UP In 2011

Next meeting will be on Monday night , 7th March , 7-pm.

Come along and hear Lorraine from the Salvation Army and her work in Africa.

At the Senior Citizens Centre in Munster St Port Macquarie.

Followed by supper

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**Next Walks —**

**Port Macquarie on Friday 4th March :**

**8:30 am meeting at —Fishermans' Co-op , followed by morning tea. Contact Vic Love for more details**

**Lake Cathie walk on Friday 18th March 9:30 am meeting at Jonathan Dickson Reserve , followed by Barb-cue Lunch. Contact Des Clark or Bob Edwards for more details. Special notice added to newsletter.**

**Laurieton Walk will be along the Breakwall / River meeting at car park opposite Sandbar Restaurant—North Haven at 10 am on Monday 28th March.**



THAT'S ODD, AUSTRALIA SHOULD BE AROUND HERE SOMEWHERE ???



View from the Front Deck of the new Port Venture II Cruise boat.

**FROM THE NEWSLETTER EDITOR:**

*I'm looking for more members Profiles for future editions of our newsletters, as well as your "Favourite Recipes- tried and true". Looking forward to receiving these items for your newsletter.*

— *Lyn.*

**FROM MEMBERSHIP & WELFARE:**

*Birthday greetings for MARCH — Graham Waterton on 19th . We trust you enjoy your special day. We have some members on the sick list at the moment, Gretta Duncan. Christine Grollmus is not well, and is recovering from a fractured leg she suffered last month. If you know of any members who are sick, please let Carol or Vic know. Thanks, Carol Davis & Vic Love .*



**Branch Contacts**

*Port Macquarie Hastings Region Branch*

|                         |                                   |                  |
|-------------------------|-----------------------------------|------------------|
| <b>PRESIDENT</b>        | <b>ROB EDWARDS</b>                | <b>65598901</b>  |
| <b>VICE PRESIDENT</b>   | <b>MIKE STORRIER</b>              | <b>5511 3112</b> |
| <b>VICE PRESIDENT</b>   | <b>VIC LOVE</b>                   | <b>6583 6268</b> |
| <b>HON SECRETARY</b>    | <b>LYN EDWARDS</b>                | <b>65598901</b>  |
| <b>TREASURER</b>        | <b>REG WILKINSON</b>              | <b>65855873</b>  |
| <b>MEMBERSHIP</b>       | <b>CAOL DAVIS</b>                 | <b>6583 9446</b> |
| <b>WELFARE</b>          | <b>CAROL DAVIS &amp; VIC LOVE</b> | <b>6583 9446</b> |
|                         |                                   | <b>6583 6268</b> |
| <b>FUNDRAISING</b>      | <b>MARILYN HESLEHURST</b>         | <b>6583 2950</b> |
| <b>CO-ORDINATORS</b>    | <b>&amp; ANNE MEISTER</b>         | <b>6584 6480</b> |
| <b>ACTIVITIES</b>       | <b>DES CLARK</b>                  | <b>65855433</b>  |
| <b>NEWSLETTER</b>       | <b>LYN EDWARDS</b>                | <b>65598901</b>  |
| <b>HHSS MANAGER</b>     | <b>MAX HESLEHURST</b>             | <b>6583 2950</b> |
| <b>PUBLIC RELATIONS</b> | <b>ANNE MEISTER</b>               | <b>6586 1704</b> |

## **MARCH 18th.**

### **Friday Walk.**

**Meet at Jonathon Dickson Reserve Lake  
Cathie. Time 9-30 am,**

**This walk will be followed by a Barb'cue  
Lunch.**

**All food will be supplied and all we ask is A  
GOLD COIN Donation for Lunch .**

**This day is for everyone even if you can't do  
the walk , so come and enjoy fellowship with  
other members or friends.**

**We will also have some games to play while  
we wait for lunch. Bring your friends and  
Neighbours.**

**For more details ,  
Contact**

**Des. 6585 5433**

**or**

**Bob. 0411 143 210**

