

JUNE 2011

STRONGHEART



HEART SUPPORT— AUSTRALIA

Co Patrons—Dr Kevin Alford , Rob Oakeshott MP



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PRESIDENT'S Ramblings

Hi all

Hasn't it been cold lately and we have not got into Winter yet. Speaking of Winter, this coming Sunday is the big chance for the Camden Haven to show off what it has to offer by way of a Special Market, complete with **HOT RODS, Rock-Roll Music and Dancers**. We have been asked by the market operators to bring along our BP machines and our **LOVELY** cakes etc. So if you can come this Sunday 5th, June. I would love to hear from you.

We still need Cakes, Biscuits etc as this month we will have 2 Markets , Our regular one is on the 19th, so we will need your support for both of them. If you can only come to one ,that's OK.

A big congratulations to these members who took part in a First Aid Course and passed, Mike & Cath Storrier, Carol Davis, Ernie Cook, Malcolm Scott, Anne Blake, Bob Edwards . A big Thank you to Steve Towle for running the course and putting up with us.

On Friday the 15th May , a group of 6

of our members met at town beach for a trip to RICARDO'S tomato Farm, it was a great day out and those that went want more of these type of social outings.

We have a SPECIAL Guest Speaker this Month and his Name is Neville Clarke (Rotary). So come along and hear what he has to tell us. Neville has had Heart Surgery and has gone back to work.

I have 2 names of members who want to do the HHSS training and this will be happening late June or Early July so give me your name at our meeting Please

FROM NATIONAL HSA OFFICE.....

Dear Branch Members,

In order to have a wider state representation on our Board of Directors we are calling for nominations from our branches :

NOMINATIONS ARE OPEN FOR A STATE DIRECTOR FOR THE NATIONAL BOARD OF DIRECTORS NOMINATIONS CLOSE 5.00PM, 10 JUNE, 2011. NO LATE NOMINATION WILL BE CONSIDERED

Don't forget that if you can't make Monday night meetings there is the Monday day time meeting at the end of the Month.

See you at the meeting.

Rob Edwards



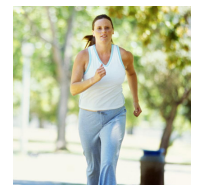
OUT AND ABOUT *with Des*

Hello Fun Walkers' - Last month there was very little activity, with a visit to Riccardo's and our regular walks in Port Macquarie and Lake Cathie. Vic Love reported he had 9 members on the walk from Shelley Beach, and he noted that this particular walk is very good for the Whale Watching period so we will keep this in mind for the next 3 months or more. Currently we are not doing the walk along Koolangbung Creek, Port Macquarie due to problems with the bats.

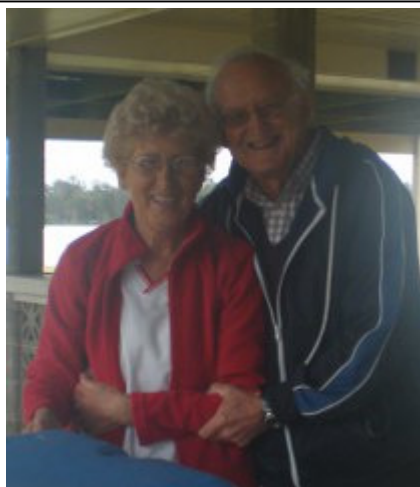
We are well down on numbers for these outings and we must do more to encourage members and guests to participate in these vital social gatherings. There was practically no response for our proposed visit to Billabong Park at our last meeting, However, this activity will be brought to your attention at the next meeting. A suggestion was made that we conduct a visit to Hannam Vale which is 45 minutes from Port Macquarie. An article appeared in the Port Paper News extolling

the virtues of this little village. We can book a small bus or pool our cars. Think it over and put your name down if you are interested at the next meeting.

For the June Walks, Vic will confirm the Port Macquarie walk meeting at Town Beach , to be either Doctor's Walk, or along the breakwall depending on weather. We will meet at town beach car park as usual.



MY HEART ATTACK STORY—JANET LANGDON



At 49 years of age on the 17th June 1989, after playing competition tennis, I rushed home to put a meal in the oven, as we were having visitors for tea. After showering I experienced a crushing pain in my chest and my left arm was going numb, I started to feel faint, the pain was really bad and did not let up. As we lived close to Monash Hospital in Melbourne, my husband Bob and son Brad rushed me straight to emergency. By this time I thought I was going to be sick, the nurse sat me in a wheelchair and arranged straight away for me to be seen by Doctors. My blood pressure was very low. It took 8 hours of attention with clot busting drugs to get me stabilised. After 8 days in Intensive care I was transferred to a general ward for another 7 days.

After 16 years of reasonable health, still being able to enjoy life, playing social tennis, walking well, and dancing, I started having trouble in 2005 with bad fibulation and shortness of breath, I couldn't walk very far and had trouble lying down in bed at night, I had to prop myself up with pillows to half sit up to sleep. After seeing Dr Alford in Port Macquarie, and having an ultrasound, he discovered I had an enlarged heart and was suffering heart failure. I am on medication to control these problems, and have regular checkups. Although my physical activities have been curtailed I still enjoy easy walks, dancing, and a little golf.

Janet's husbands' experience Bob Langdon

At the time Janet had her heart attack, she was very active & healthy so I was completely ignorant & unprepared for this experience. I was in shock when I realised the seriousness of her attack & had the terrible feeling that I could lose her. Janet's 8 days in intensive care were very very worrying & I couldn't think clearly, just hoping that she would pull through. Since Janet's attack I have continually worried about her lifestyle, not wanting her to over extend herself, which could have adverse effect on her scared heart. Also the number of prescribed medications with their side effects is a continuing concern.

From the Secretary's Desk:

I have received a few questions for our new column—Ask Dr Kevin A. from Miriam & Ernie Cook. We are waiting on a reply from Dr Kevin and as soon as they come in I will include them in the next Newsletter.

Regards, Lyn.



FUNDRAISING REPORT—from Marilyn, More details about the Walk-a-thon in July to come at the next general meeting this month. There will be sponsorship cards available so if you would like to take part in this activity please let Marilyn know as soon as possible.

ernie's cooking corner.....



Ernie's Apple Fruit Cake

2 large granny smith apples-cook in microwave oven or stove top with a little water strain and save 1/4 cup of juice.

100g Margarine (use one with heart tick)

150g raw sugar

100g dried fruit

230g S/R flour

2 teaspoons baking powder and 1 teaspoon of cinnamon

Mix marg and sugar, dried fruit, flour and juice.

Line small loaf tin(21x11cm)with baking paper, spoon in mixture, bake for 55-60 min at 180 or 160 fan forced or until cooked.



A LITTLE BIT OF HUMOUR.....

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting." she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."



In a London department store: ... BARGAIN BASEMENT UPSTAIRS

In an office:

AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

Notice in a farmer's field:

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.



We all need a good laugh, keep on smiling.

HOLY HUMOUR....

"Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who

HHSS... Report. We saw during the month of May only 34 patients. Only approx 15 went to Sydney for angiograms. We have started another round of rehab with 10 patients and all of them have purchased cook books. Most seem interested in HSA so let's hope some follow through.

I had a successful visit to the Retreat Village during the month and I would like to thank Ian and Barbara Parsley for their help and also I would like to welcome them into visitation at the hospital and rehab.

Mike and I donated another Hand Peddler to rehab last week, supplied by a resident of Dahlsford Village and Janie said to thank HSA and the Village for this gift.

Regards *Max Heselhurst—HSS 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

COMMONWEALTH RESPITE & CARELINK CENTRE—MID NORTH COAST.

A One Stop Shop for Information about Health & Community Services & Respite Support for Carers.

We Support Carers needing:

Short Term Respite Emergency After Hours Respite

Residential Respite in Aged Care Facilities
Information on Respite Options.

...WE HAVE INFORMATION ABOUT:

- * Dosmetic Assistance
- Medical Services
- Respite Care and ongoing Support
- Social Support
- Case Management
- Meals
- Home Maintenance
- Nursing Care
- Home Modifications
- Counselling/Support

FREE CALL— 1800 052 222

Australian Government & United Protestant Association of NSW Ltd Activity.

FROM THE NEWSLETTER EDITOR:

Thanks to those members who have given me some recipes.

— Lyn.

FROM MEMBERSHIP & WELFARE: Welcome to new members—

Birthday greetings for JUNE—Barbara Marshall :

8th; Geoffrey Litchfield : 12th; Kirsten Harper: 14th??; Ron Duncan: 16th; Mike Roberts: 18th; Anne Blake: 19th; Nefra Clarke: 27th; We trust you enjoy your special day.

We have some members on the sick list at the moment, Eric Elms has had a knee replacement operation at Port Macquarie Private Hospital and is doing well to date (21/5/11), Gretta Duncan. If you know of any members who are sick, please let Carol or Vic know. Thanks, **Carol Davis & Vic Love.**

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 , 6th June , 7-pm.

Come along and hear Neville Clarke a well known figure from Rotary in Port and very active in Community Affairs; come along and share time together- At the Senior Citizens Centre in Munster St Port Macquarie. Followed by supper

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**Next Walks —**

**Port Macquarie on Friday : 3rd June, 9:30 am meeting at —Town Beach ( or Doctors Walk—tba.) —meet in park at the beach for the walk , followed by morning tea. Contact Vic Love for more details**

**Lake Cathie walk on Friday 17th June 9:30 am meeting at Lake Cathie foreshore , main picnic area. Contact Des Clark or Bob Edwards for more details.**

**Laurieton Walk—on Monday - 27th June at 10 am... meet in car park at LUSC for the River walk.. then Chat Time meeting at LUSC at around 10:45 am. In Sportsman Bar or Bistro Annex.**



## 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> |