

SAN REMO BRANCH

July 2011

As members are aware , at our last meeting we celebrated HAS's 25th birthday At our lunch,we had invited guests in the person of our national director Brian and his wife Dianne , together with Pres. Roy of ~~WONTHAMCA~~ Unfortunately a few of our members were not present,but 19 attending was a good response. Our member Joan Woodley is celebrating 30 years since she had her by-pass surgery,well done Joan. Pres Jim and Doris will be away for 4 weeks immediately after the July meeting. Like wise Treas Jim and Sue will be up north for several months.

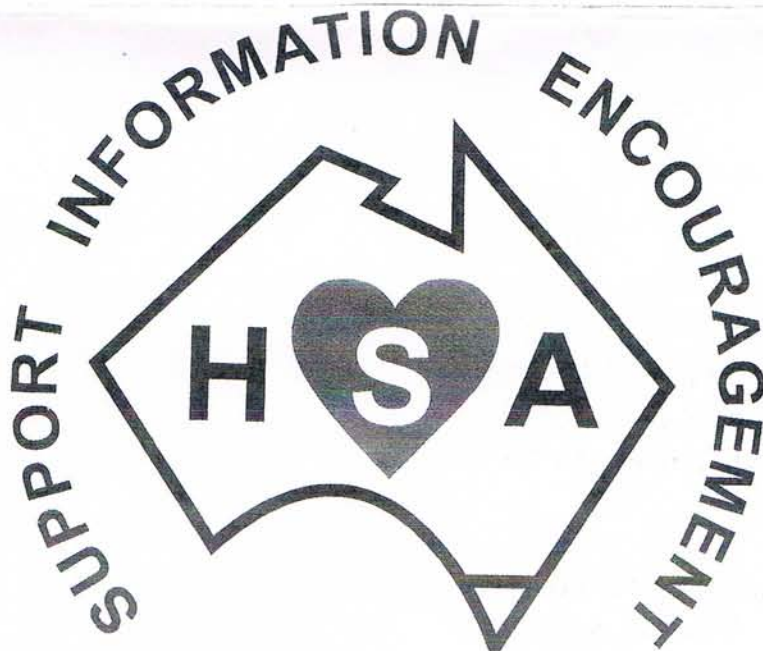
Well done to Sue and Jim for the table decorations at the birthday party.

As we head towards the annual meeting Pres Jim would like to thank Sec Gerald for his loyal work,Treas Jim for his book keeping , to Doris for supplying wine for our guest speakers ,and above all the members for their constant attendance.

Our next meeting, the Annual General meeting, will be held at BCCHS meeting room, where the guest speaker will be the CEO of BCCHS M/S Melissa Van Rennes. All positions will become vacant , however the existing office bearers are willing to be elected.

A reminder that annual fees are due, \$13 for members , and \$6.50 for associates.

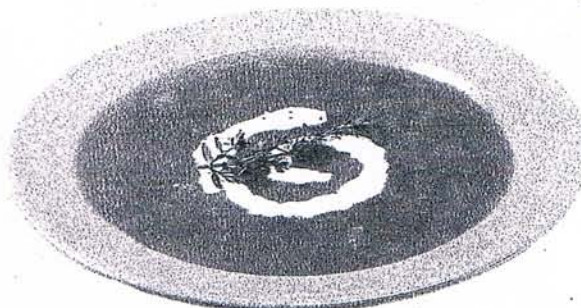
Bill and Marion will provide afternoon tea. Just a reminder , that Nov 2011 is our 13 th birthday



FRESH TOMATO & THYME SOUP

SERVES 4

- 2 cloves garlic, crushed
- 3 onions, chopped
- 1 carrot, diced
- 2 celery stalks, sliced
- 4 ripe tomatoes, diced
- 2 1/2 cups water
- 1/4 cup Australian Natural or Low Fat Yogurt
- 1 teaspoon cornflour
- 1/4 cup finely chopped fresh thyme



Cook garlic and onion in a small amount of water in a large saucepan until softened. Add carrot, celery, tomato and water, cover and simmer for 30-35 minutes or until vegetables are tender. Remove from heat and stir through combined yogurt, cornflour and thyme. Reheat without boiling. Serve with crusty bread.



Brian

Jane



A man approached a very beautiful woman in a large supermarket and told her he had lost his wife in the store. "So, can I please talk to you for a few minutes?" he asked. The woman was puzzled and asked the man why. "Because every time I talk to a woman who looks as good as you do, my wife appears out of nowhere!!"

Your health checks might include:

- ✓ Physical exam by your GP every year including blood pressure checks, height and weight measurements.
- ✓ Regular cholesterol test (for cardiovascular disease) at least every five years or at your GPs advice.
- ✓ ECG (heart trace) every three to five years as recommended by your GP.
- ✓ Test for diabetes (fasting blood sugar) every three years.
- ✓ Screening for bowel cancer every two years including colonoscopy every three to four years as recommended by your GP.
- ✓ Prostate checks annually, to test for prostate cancer as recommended by your GP.
- ✓ Skin exam annually as part of the physical exam (screening for skin cancer).
- ✓ Bone density test as recommended by your GP.
- ✓ Eye vision test annually.
- ✓ Dental exam and cleaning every year.
- ✓ Immunisation review every ten years.

When to wash your hands?

According the Victorian Government's Better Health Channel, you should wash your hands:

- Before preparing food.
- Before eating.
- After handling raw or cooked food.
- After going to the toilet or changing a nappy.
- After smoking.
- After using a tissue, handkerchief or blowing your nose.
- After coughing or sneezing into your hands.
- After touching rubbish or working in the garden.
- After handling animals.
- After attending to sick children or other family members.