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# HEARTBEAT

NEWSLETTER

HEART SUPPORT-AUSTRALIA

FEB - MAR 2011

ABN 34 008 629 221

## Editor's Note:

Welcome to a new year and I hope everyone is up and running again. Maybe I shouldn't say 'running' as they tell us to slow down as we get older. I can't imagine Dusty slowing down anyway. It will be interesting to see what's in store, especially with the weather like it is but I do hope we have some nice surprises.

I'm really sorry I couldn't make it to the Christmas breakup in December. I heard you had a good time.

From now on we will get to know each other a bit better as I'm including Member Profiles. It won't be your biography, just a very small summary of your life. My favourite books are biographies because I like to know what makes people tick.

For our meeting in March we will have a guest speaker and in April, a visit to the Nambour Croquet Club.

All the best for 2011, and remember: *'Mistakes are part of the dues one pays for a full life.'* Sophia Loren

Till next time,  
 Esther.

## HOW TO STRENGTHEN YOUR LOWER BACK

Low back pain is an extremely common problem. One simple hint which improves low back pain is a particular exercise which strengthens the major brace of the back known as the erector spinae. The erector spinae is a paired set of muscles that runs from the back of your neck down to your backside. It is that thick cord either side of the spine you can feel, especially around your lower back.

Unfortunately our modern living is not geared to maintain the strength in these muscles and my advice to you would be twice a day in the morning and evening to lie flat

on your stomach with your arms stretched above your head and lift up your legs and arms for a few seconds, and then repeat this around ten times over thirty to forty seconds. Numerous people with muscular, chest and back pain have had significant improvement with this exercise.

Dr Ross Walker

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## BIRTHDAYS



15<sup>th</sup> March Barbara Humphreys

31<sup>st</sup> March Mary Jenkins

We hope your day is extra special, with lots of love and happiness.

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## HIDDEN TREASURE

4 eggs, separated  
 3 large carrots, grated  
 2 fresh onions, chopped  
 2 spring onions, chopped  
 2 mushrooms, thinly sliced  
 2 tbsp fresh chives, chopped  
 2 tbsp fresh parsley, chopped  
 ½ teas dried dill

125 grated cheddar cheese  
 ½ cup sr flour  
 ½ cup vegetable oil  
 salt and pepper to taste  
 chilli/garlic flakes

Pre-heat oven to 180°C/160°C fan-forced. Combine all ingredients except eggs. Stir in the egg yolks. Beat the egg whites separately until stiff, then fold into the vegetable mixture. Spoon into a greased 20 cm cake ring and smooth the surface. Sprinkle lightly with the flakes. Bake 30-35 mins until browned.

To serve, place a small jug or glass in the centre of the cooked ring, and fill with either sauce, gravy, mayonnaise or small grape tomatoes. Smells good!

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## PARKING PERMITS FOR PEOPLE WITH DISABILITIES

A disability parking permit allows a person with a mobility disability to use designated parking bays located close to the entrances of shopping centres, hospitals and other public places. Parking concessions are dependent on permit type.

In Queensland there are two types of permit:

Australian disability Parking Permits

Queensland red permits\*

\*Note: No new red permits will be issued in Queensland after 31<sup>st</sup> March 2011. Existing red permits are still valid for their duration. See Department of Transport and Main Roads website for more information. Permits are issued subject to you meeting certain criteria such as your level of mobility impairment, and whether your disability is permanent or temporary.

Queensland red permits are available for individuals. You must be a Queensland resident over 3 years of age and have a functional mobility severely impaired as a result of permanent or temporary loss of the use of one or both legs, or have a physical condition that is detrimentally affected by walking 100 metres.

Australian Disability Parking Permits are available for individuals and for organizations that transport people with mobility disabilities. Eligibility requirements are different for each.

For individuals, all of the following must apply. You must:

- Be a Queensland resident over 3 years of age
- Have total dependence on a wheelchair or a large mobility device\* (e.g. a walking frame).
- Need a wide parking bay to exit and enter your vehicle.

\*Note: A 'large mobility device' does not include splints, crutches, walking sticks or shopping trolleys.

For organizations, you must be involved in transporting people who would be *individually* eligible for a permit.

You can apply for a permit through your medical practitioner, the Department of Transport and Main Roads, or online.

Your local council should be able to tell you where disability parking spaces are located in your local area as well as any particular parking privileges or concessions that apply. To find a council's contact details, search the local government directory.

Although the Australian Disability Parking permit provides a consistent permit across Australia, each Australian state and territory administers its own scheme. This means parking privileges or concessions may vary from state to state.

If you plan to use your permit outside of Queensland, you can contact the relevant state or territory authority for details about their disability parking privileges or concessions. Interstate contact details are listed under 'useful links' on the Australian Government's website. Each state and territory uses the international symbol for access.

MEMBER PROFILE:SHIRLEY CZISLOWSKI

Shirley was born in Brisbane. She had a happy childhood and one of her favourite hobbies was being in the Peters Ice Cream, Peter's Pals Club where she enjoyed singing. She sang the lead role in 'The Willow Pattern Plate' stage production, and in many operettas. She also learnt the piano. Her main hobbies now are tennis, croquet, floral art, the garden club and her church, as well as being our president.

Shirley met her future husband in a dark room in the Xray department at Royal Brisbane Hospital where he was a radiographer and she, a nurse. Their courting days consisted of window shopping and finishing off with a chocolate paddle pop as their big treat. They have been married now for a lo-o-ng time.

Shirley doesn't like cooking much. She prefers to 'eat to live', not 'live to eat'. While watching tennis on TV she indulges in liquorice or nuts, preferably coated in chocolate.

Sunflowers are her favourite flower because when you are travelling and you see a lone plant, it impacts the view with it's golden yellow. It is a very useful plant too, because it feeds humans and birds, and keeps on bringing new life.

Shirley and her husband have two daughters, three grandsons and one granddaughter who give them much joy. They are all blessed with good health for which she thanks God.

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SMILE AWHILE

It was a stifling hot day and Mr Ryan fainted in the middle of a busy intersection. Traffic quickly piled up in all directions, and a well-dressed woman rushed to help him. When she knelt down to loosen his collar a man emerged from the crowd, pushed her aside and said, 'It's all right, honey. I've had a course in first aid.'

The woman stood up and watched as he took the ill man's pulse and prepared to administer CPR. At this point she tapped him on the shoulder and said, 'When you get to the part about calling a doctor, I'm already here.'

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An artist asked the gallery owner if there had been any real interest in his paintings which had been on display for the previous few weeks. 'I have good news and bad news,' the owner replied. 'The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death. When I told him it would, he bought all seventeen of your paintings.'

'That's wonderful, absolutely marvellous,' the artist exclaimed. 'What's the bad news?'  
'The buyer was your doctor.'

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A woman decided she wanted a divorce and consulted a solicitor.

'Have you any grounds?'

'Yes, about four acres.'

'Do you have a grudge?'

'No, but we have a lovely carport.'

'Does he beat you up?'

No. I'm up first every morning.'

'Then why do you want a divorce?'

'Because he can't carry on an intelligent conversation.'

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## GOAT'S MILK ICECREAM



*"SPOT ON" says Harold Hopper*

Harold Hopper's herd of eighty dairy milk goats are one of the eye-catching features of the Sunshine Coast Hinterland. Not that Harold keeps them for their looks. Goat's milk is now eagerly sought by those who are lactose intolerant, and Harold's goat's milk is now being turned into a new range of Colin James ice creams. Harold is the head of the Hopper family which runs the successful Maleny Dairies. At 76 Harold is content to let the rest of the family run the business while he tends his herd of goats. He still milks them every afternoon, and the milk and yoghurt contribute to the Maleny Dairies product range. But it's the ice cream that puts a smile on Harold's face.

"Col Cunningham made us some goat's milk ice cream for our Christmas party one year and it was fabulous! Absolutely spot on. It had the wow factor, and everyone said it was the best ice cream they had ever tasted. It had a texture and flavour that was superb, extra smooth." Colin James ice cream is about to go into top gear with the opening of his new production plant in Lawyer Street, Maleny.

"Goats are great to work with," says Harold. "They are intelligent and easy to handle, and they convert fodder to milk more efficiently than other dairy animals. They produce their own body weight in milk every ten days."

The Maleny Dairies success story emerged out of a declining dairy industry in the late '90s on the Sunshine Coast. Their Guernsey herd and busy milk processing plant now deliver 15 milk based products around the Sunshine Coast. Every single product has won gold, silver or bronze awards many times in the Brisbane Ekka and Sydney Royal Easter Shows. Farm and dairy tours are also part of the business mix.

The Hoppers are always full of ideas and the farm tours will be complemented with a restaurant and product shop later in 2011. As for Harold, he is waiting for Col Cunningham's next experiment in goat's milk ice cream, because he gets the first tub!

*Hinterland Times*

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### Mission Statement

*Our mission statement is to provide:-*

- A free volunteer lay counsellor service;*
- A free visiting service for heart patients who may be hospitalised or housebound;*
- Support for families;*
- Support information and encouragement to assist people with a heart condition to adopt and maintain a positive lifestyle;*
- Provide assistance with rehabilitation programs within the hospital and in the community.*

For further information about our Group you may write to:

HEART SUPPORT-AUSTRALIA  
SUNSHINE COAST BRANCH  
19 SUMMIT STREET  
FLAXTON Q. 4560.

Contributions for Heartbeat to be sent to:  
ESTHER FABOK  
1/29 BLACKALL TERRACE  
NAMBOUR Q. 4560.

Meetings are held in the Independent Living Club Clubhouse, Sundale Garden Village, Doolan Street, Nambour, on the 1<sup>st</sup> Wednesday of each month from 1-3 pm. Disclaimer: The information contained herein has been obtained from reliable sources but may not necessarily be endorsed by HS-A.