



# *Heart Support Australia*

## *Braveheart*

### *Newsletter of the Sutherland Shire Branch*

Hon Patron Dr Shiva Roy MBBS. FRACP. FCSANZ. DDU

**JANUARY / FEBRUARY 2011**

#### Presidents Report

Welcome to the January / February edition of Braveheart News.

Hello and Welcome to a brand new year. May 2011 be your 'best of health' year. Happy New Year to all. NOW is the time for you to be out and about and enjoying the bright sunny days and exercising in the fresh air.

Members are reminded that there will be some Branch Management Committee vacancies come July 2011, these vacancies WILL NEED to be filled at the AGM in July, and to comply with the Constitution the Branch must have a functioning Branch Management Committee.

A revised and updated version of the Branch Information Brochure, Lemon coloured and dated January 2011, has been produced and will replace ALL previous issues of the light and dark blue information sheets. If you distribute the Information Brochure please ensure you have the latest version. Included in the new brochure are details of new exercise options for Rehab Gym graduates and HSA members - if they so desire. The choice is yours, there is really no reason to miss out as there is a wide choice of options available.

Following an enquiry to HSA National Office, we can inform you that there will be an increase in Membership Fees from 1<sup>st</sup> July 2011. New Fees will be – Members \$13.00 pa. Associates \$6.50 pa

Members to advise Treasurer/Membership Paul Moore if they are in need of a Branch Membership Name card.

#### **2011 Branch General Meeting Dates.**

**\*\* For your attention :- Please read very important information included within this Newsletter.**

For the information of Members, at the November Branch Meeting, President Alan Stevens sought Member's approval by ratification, of the following Branch Management Committee decisions.

1. To suspend advertising of the Last Friday of the Month Luncheon at Cronulla RSL as a function.

**Result - Ratified and supported by Members.**

2. To nominate Wendy Mullooly & Donna Coffey to HSA Head Office for Honorary Membership for the current membership year and to continue the Honorary Membership of our Patron Dr Shiva Roy.

**Result - Ratified and supported by Members.**

3. To cease the practice of giving complimentary attendance at Branch functions (except for our Patron)

**Result – Was not ratified, refused and not supported by members.**

Also the following motion was moved by John Loder.

The motion reads "that 5 complimentary meals be awarded as named for the future.

Namely Wendy Fyfe, Donna Coffey, Wendy Mullooly, Alison Parker, & Lorraine Falecki."

Seconded by Jack Lyons. The Motion was put, and carried by a majority.

#### **What have we been up to?**

**Wednesday 1<sup>st</sup> December:** - A miserable wet Sydney day, but despite this, thirty members and friends enjoyed a conducted Tour of Sydney Town Hall, followed by lunch at the Catholic Club in nearby Castlereagh St. Feedback indicates that the tour was most interesting and was a wonderful insight into one of Sydney's gems.

**Wednesday 8<sup>th</sup> December:** - Christmas Luncheon at Taren Point Bowling Club. One hundred Members, Visitors and Guests enjoyed another of Naureen's superbly organised functions. Well done Naureen. Awards made at the Luncheon included the presentation of the Phil Decker Award to Liz Elworthy by Joan Decker and the presentation of a very well deserved HSA National Office Meritorious Award Certificate to none other than a very surprised recipient Patricia Cask. Congratulations.

## What's in the pipeline?

### **Wednesday 19<sup>th</sup> January 2011 :- General Meeting**

General Meeting **10.00 am** at the **Education Centre – Level 2 The Sutherland Hospital.**

Guest Speaker will be Frank Dobosi from HSA National Office who will give a short presentation on a Medical Topic, and then an overview of Head Office structure and its vision for the future

---

### **Tuesday 1<sup>st</sup> February 2011:- Manly 16ft Skiff Sailing Club**

If enough interest is shown, we plan a trip to Manly for a Buy Your Own Lunch at the 16ft Skiff Sailing Club. Always an enjoyable choice of meals and in such a beautiful location.

A short stroll from the wharf to the Club should sharpen up the appetites a little or maybe even a longer stroll after lunch to see the Tasman Sea from Manly Beach. (or maybe, even buy an Ice Cream, yum)

I know we have done it before, but when we have a Harbour like ours, we should enjoy it to full advantage.

We will meet at **Wharf 3. Circular Quay** and catch the **11.00 am Ferry to Manly** ready for a 12 Noon Lunch.

\*\* We will need a list of Names, **by Friday 21<sup>st</sup> January**, so that we can book a Reserved table.\*\*

PLEASE call Alan or Toni STEVENS 9520 9888 or eMail [HSASutherlandShireBranch@gmail.com](mailto:HSASutherlandShireBranch@gmail.com) to put your Name and Contact number on the list. \*\* Contact number on the day: Alan 0409 911 929, Toni 0407 295 580

---

### **Wednesday 23<sup>rd</sup> March 2011 :- General Meeting (NOTE: this is the 4<sup>th</sup> Wednesday in March)**

General Meeting **10.00 am** at the **Education Centre – Level 2 The Sutherland Hospital.**

Hopefully, fully recovered from a recent bout of illness, our Guest Speaker will be Patrick Dodd (of Sydney Harbour Trust fame, remember him) presenting his Photographic Odyssey - Tour of Vietnam.

---

### **Saturday 26<sup>th</sup> March 2011 :- The Sutherland Hospital Fete**

The Sutherland Hospital Fete will be held in the Hospital grounds with all sorts of stalls and attractions.

Subject to recruiting an organiser, our Branch **may** have a Cake Stall at the Fete. If this is so, Members will be asked to cook and donate cakes and volunteer to assist on the stall throughout the day. Stay tuned. Watch out for the **March Newsletter** for further details.

---

### **Tuesday 5<sup>th</sup> April 2011:- Port Hacking Cruise**

Again, if enough interest is shown, we are looking at a 3 hour Cruise exploring the nooks and crannies (bays) of Port Hacking on Tom Thumb 111 which departs at 10.30 am from Tonkin St Wharf at Cronulla.

(only a short walk from Cronulla Station or car parking is available nearby)

The cost of this Cruise is \$20.00 pp and includes a Tea and Biscuits Morning Tea as well as the 3 hour narrated cruise. We can take some extra morning tea nibbles or even some sambos/drinks etc for lunch as we would not be returning till 1.30 pm, or if you would like a late lunch you may be able to make the Bistro at Cronulla RSL before it closes at 2.30 pm.

\*\* We will need a list of Names, **by Wednesday 23<sup>rd</sup> March**, so that we can book a seat – absolute max of 50 \*\*

\*\* Payment in advance will be necessary. No Refunds after confirmation of booking. \*\*



PLEASE call Alan or Toni STEVENS 9520 9888 or eMail [HSASutherlandShireBranch@gmail.com](mailto:HSASutherlandShireBranch@gmail.com) to put your Name and Contact number on the list. \*\* Contact number on the day : Alan 0409 911 929, Toni 0407 295 580

## **ADVANCE NOTICE**

**date to be advised - May 2011 :- HSA Sutherland Shire Branch – Heart Week Luncheon**

Members are advised that it is proposed to hold a Heart Week Luncheon although details are not available at this point in time. We are in need of an organiser. Please stay tuned for more information.

For the information of Members, at the November General Meeting, Colleen Loder advised that the equipment purchased for the Emergency Department of The Sutherland Hospital with our donation of \$10,400.00 made in June is now in use. Hopefully, we will not have a need to personally use it. Well done members.

Members are also reminded that as well as our Suggestion Box we have a Post Office Box address and an email address for the input of ideas and suggestions which may benefit the operation of the Branch.

See you soon  
Alan Stevens

**2011 Branch General Meeting Dates. Please read this important information.**

Unfortunately, at the present moment it appears that due to the fact that the Education Centre Meeting room is in big demand by the Hospital in 2011, it will not be available for several of our USUAL scheduled meeting dates on the 3<sup>rd</sup> Wednesday.

Colleen has been able to secure bookings for the room as per the following timetable. Please note that as we have to clean up and be vacated by 1.00 pm on several of these dates, members at the November Branch Meeting moved that **ALL meetings for 2011 commence at the earlier time of 10.00 am.**

The Branch Management Committee have since considered and endorsed the members vote.

**2011 Branch General Meeting Dates.**

10.00 am	Wednesday	19th January 2011	(Note – this is the usual third Wednesday)
10.00 am	Wednesday	23 <sup>rd</sup> March 2011	(Note – this is the <b><u>Fourth</u></b> Wednesday)
10.00 am	Wednesday	18 <sup>th</sup> May 2011	(Note – this is the usual third Wednesday)
10.00 am	Wednesday	27 <sup>th</sup> July 2011	(Note – this is the <b><u>Fourth</u></b> Wednesday) also AGM
10.00 am	Wednesday	28 <sup>th</sup> September 2011	(Note – this is the <b><u>Fourth</u></b> Wednesday)
10.00 am	Wednesday	16 <sup>th</sup> November 2011	(Note – this is the usual third Wednesday** ** in UPSTAIRS meeting room.)

Colleen is monitoring the situation and as things may change throughout the year, Members are advised to read their Newsletters for Meeting Dates and any CHANGES that may happen.

**JANUARY GENERAL MEETING**

**10.00 am -- Wednesday 19<sup>th</sup> January 2011 – Education Centre – Level 2 The Sutherland Hospital**

Guest Speaker will be Frank Dobosi from HSA National Office who will give short presentation on a Medical topic and an overview of Head Office structure and its vision for the future.

Visitors Welcome

Members are reminded to please .....

- \* Bring a small plate of healthy food
- \* Make a Gold Coin donation
- \* Wear your Name Badge
- \* Put mobiles on silent running or OFF

**Note for your Diary**

**The MARCH General Meeting will be held on Wed. 23<sup>rd</sup> March 2011 – note FOURTH Wednesday – 10.00 am -- Education Centre – Level 2 The Sutherland Hospital**

**YOUR BRANCH NEEDS YOU**

**VACANCY    General Committee – Function Co-ordinator**

Members are hereby notified that after a long stint at the helm, **Naureen Morris** has advised that due to ongoing medical problems, she is unable to continue as General Committee -- Function Co-ordinator. Naureen has done a sterling job in organising our Annual Functions being the Hospital Fete plus the Heart Week and Christmas Luncheons. Well done Naureen. Your dedication to managing these functions is to be commended. We THANK You.



**WE NEED YOU, WE NEED SOMEBODY to come forward who is willing to co-ordinate the arrangements for **The Sutherland Hospital Fete in MARCH** and also an Organiser and Committee to manage the arrangements for the **Heart Week Luncheon in MAY**, if we cannot find an organiser, then there is every possibility that these functions may not proceed.**

**Please APPLY SOON to Alan Stevens 9520 9888 or email [HSASutherlandShireBranch@gmail.com](mailto:HSASutherlandShireBranch@gmail.com)**

## CARDIAC REHABILITATION NEWS

### Sugary Drinks/Sodas

Consumption of 1 or 2 sugar sweetened beverages per day is associated with 26% increase risk of developing Type 2 diabetes and 20% risk of developing metabolic syndrome. Additional drinks also increase this risk even higher.

Smoking is associated with a 30 to 40% increased risk of developing diabetes which is equal to the same risk of drinking 3 sodas per day.

While these drinks add to weight gain and adiposity, there has also been an increase in triglycerides and a decrease in HDL levels (good cholesterol)

Diet sodas have also been associated with an increased risk of metabolic syndrome when consumed regularly. Water and unsweetened tea and coffee are healthier options. We will see soda taxes introduced in Australia to curb the consumption of sodas as is occurring in the USA.

Reference: *Diabetes Care* 2010; 33:2477-2483

HOWEVER Cardiac rehab is maintaining a positive attitude to the health benefits of RED WINE.

Wendy Mullooly

### 2011 HAPPY BIRTHDAY WISHES TO

Jan 5<sup>th</sup> Pam Tourle, 7<sup>th</sup> Toni Stevens, 11<sup>th</sup> Angela Elasi, 21<sup>st</sup> Beverley Williams, 25<sup>th</sup> Graham Curtis,  
25<sup>th</sup> Max Rolls, 26<sup>th</sup> Jim Lambert, 30<sup>th</sup> Jenny Sharp  
Feb 1<sup>st</sup> Betty Allan, 8<sup>th</sup> Max Thompson, 14<sup>th</sup> Patricia Rajagopal, 20<sup>th</sup> Margaret Anderson, 21<sup>st</sup> Jill Humphrey,  
26<sup>th</sup> Jenny Maclean, 27<sup>th</sup> June Davis, 28<sup>th</sup> Roland Robinson,

Many thanks to **Lorraine & Graham Bebbington** for assisting with the printing of this newsletter.

Big thanks must go to the “**Alley Break Cafe**” Cronulla for their continuous support of HSA Sutherland Shire Branch. The Service is great, and the Coffee is terrific. See you there sometime.

### “Caring for Members” Person

**Richie Newnham** has volunteered to be the contact persons to members needing care. Do you know of any member, who needs assistance, please ring **Richie 9524 6555**

### CHRISTMAS LUNCHEON REPORT

Our Christmas Luncheon at Taren Point Bowling Club, Wednesday 8<sup>th</sup> December 2010 was a great success. Thank you to all who attended. Sorry that some of our friends could not attend, due to illness. I do hope you all had an enjoyable day and thank you to all our helpers it was greatly appreciated.

Our compliments to the Chef for a wonderful luncheon, which was enjoyed by all. The service by the staff was generous and impeccable.

I do hope you all had a Happy Christmas and that 2011 is a good year for you all.

Now for health reasons, I will have to stand down from the Coordinator position, and I am hoping someone will take over. It is not a hard job. So please someone put your hand up and volunteer.

Thank you. Regards **Naureen Morris**

Disclaimer –

This newsletter is issued by HSA Sutherland Shire Branch. Matters herein are for member’s information only. HSA accepts no responsibility for statements contained in any advertisements, editorials or column.

## RAFFLE REPORT

The Christmas Raffle is now over and the results are rather encouraging. The total income for the Christmas raffle was \$1329.00, and the Day Raffle was \$226.00, totalling **\$1555.00** to add to our funds to purchase more equipment for The Sutherland Hospital. The main raffle was drawn by Lorraine Falecki from Cardiac Rehab, and the winners were:

1 <sup>st</sup>	Peter Diamond	Ticket No Black E67
2 <sup>nd</sup>	John Loder	Ticket No Black A3
3 <sup>rd</sup>	George Flanagan	Ticket No Green C27

The Day raffle was well supported and many thanks must go to June Johnston for organising this. There were several happy members and guests who won a great prize in this raffle at the luncheon.

Many thanks must also go to all those who bought tickets in both raffles – members, friends, Heartmoves classes and others – for without you we could not have achieved this result.

Thanks must also go to the many people who donated goods for the hampers and to Wendy Curtis for supplying the second prize of a really lovely homemade Christmas cake.

Our next raffle will be the Heart Week Raffle, and this will be the sixth year that I have been Coordinator.

I feel that it is time to step aside and would ask that members give consideration to taking over this job.

It is not hard – just takes a little time, and I would be only too happy to assist if necessary. We need someone with fresh ideas and a new take on things. Surely someone can emerge from our ranks, maybe someone younger and with more energy. We certainly have enough members, so come on and give us all a hand.

*Liz Elworthy* Raffle Coordinator

### Why you should HONK if you love the LORD

The other day I went to a local Christian bookstore and saw a ‘HONK IF YOU LOVE THE LORD’ bumper sticker. I was feeling particularly chirpy because I had come from a wonderful prayer meeting so I bought the sticker and put it on my bumper, Boy, I’m so glad I did. What a wonderful uplifting experience followed. I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is, and I didn’t notice that the light had changed.

It is a good thing that somebody else loves the Lord, because if he had not honked I’d never have noticed. I found that lots of people love the Lord. Why, while I was sitting there the guy behind me started honking like crazy and then leaned out of the window and screamed. “For the love of God, GO woman, GO! GO! GO!” What an exuberant cheerleader! Everyone started honking! I just leaned out of my window and waved and smiled at all these loving people. I even honked my horn a few times to share in the love.

There was a driver with a surfboard on his car and he must have been disappointed in the waves, because he was yelling something about the stupid Beach. I just smiled and waved. Then I saw another guy waving in a funny way with only his middle finger stuck up in the air. I asked my teenage son what it meant. He said it was probably a Hawaiian good luck sign or something. Well, I’ve never met anyone from Hawaii, so I leaned out of my window and gave him the good luck sign back. My son burst out laughing. Why, even he was enjoying this religious experience.

A couple of people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to ask what church I attended, but at that moment I noticed that the light had changed. So, I waved and smiled at my brothers and sisters and drove on through the intersection. I noticed that mine was the only car that got through the intersection before the light changed again and I felt sought of sad that I had to leave them after all the love we had shared. So I slowed the car down, leaned out the window and gave them all a few honks and the Hawaiian good luck sign one last time as I drove away.

Praise the Lord for such wonderful people.

**CARDIAC REHABILITATION**  
**COMMUNITY BASED EXERCISE OPTIONS**

Below are various options, to suit your requirements, you may need to try more than one of these options.

**For your information**

**In an effort to improve their general health and fitness levels, members of HSA Sutherland Shire Branch regularly attend Heart Support Walking Groups as well as Community Based Exercise & Gym programmes as part of a comprehensive rehabilitation program under the guidance of accredited HeartMoves and qualified Fitness Instructors. See venue details below :-**

1. **HEART MOVES** Gym and Exercises with Donna Coffey,  
Location: Various.  
Time: Various  
Contact: Donna for details. Phone 9520 0087 Mob 0432 530 298
  
2. **HEART MOVES** YMCA Caringbah,  
Location: 5 Jacaranda Rd, Caringbah  
Time: Monday 10.30 am – 11.30 am  
Contact: YMCA. Phone 9524 1800
  
3. **SUTHERLAND LEISURE CENTRE,**  
Location: Rawson Ave, Sutherland  
Time: as programmed  
Contact: Sutherland Leisure Centre. Phone 8536 9777
  
4. **ENGADINE LEISURE CENTRE,**  
Location: Anzac Ave, Engadine  
Time: as programmed  
Contact: Engadine Leisure Centre. Phone 9548 4200
  
5. **HEART SUPPORT WALKING GROUPS**  
**Monday**  
Location: Cooper St. Reserve, Engadine  
Time: from 08.00 am Daylight Saving Time ( 09.00 am Winter )  
Contact: Pat Cask, Phone 9521 4775  
**Friday**  
Location: In front of North Cronulla Surf Club for Ocean front walk  
Time: 08.00 am Daylight Saving Time ( 09.00 am Winter )  
Contact: Richie Newnham, Phone 9524 6555
  
6. **SUTHERLAND HOSPITAL WALKING GROUP**  
**Wednesday**  
Location : Centenary Park, Karimbla Rd, Miranda  
Time: 08.00 am Daylight Saving Time ( 09.00 am Winter )  
Contact: Brendon McDougall, Exercise Physiologist  
The Sutherland Hospital, Phone 9540 7540

Updated 26 Oct 2010

---

**CONTACT NUMBERS FOR THE EXECUTIVE**

<b>President</b>	<b>Alan Stevens</b>	<b>9520 9888</b>	<b><u><a href="mailto:atstevens@bigpond.com">atstevens@bigpond.com</a></u></b>
<b>Vice President</b>	<b>Graham Curtis</b>	<b>9520 8866</b>	
<b>Treasurer</b>	<b>Paul Moore</b>	<b>9521 6780</b>	<b><u><a href="mailto:pauljean.moore@three.com.au">pauljean.moore@three.com.au</a></u></b>
<b>Secretary/Newsletter Editor</b>	<b>Elizabeth Szychter</b>	<b>9526 8995</b>	<b><u><a href="mailto:eszychter@optusnet.com.au">eszychter@optusnet.com.au</a></u></b>

Please write to us at PO Box 348 GYMEA 2227  
or Email – [HSASutherlandShireBranch@gmail.com](mailto:HSASutherlandShireBranch@gmail.com)