



# *Heart Support Australia*

## *Braveheart*

### *Newsletter of the Sutherland Shire Branch*

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

**JULY / AUGUST 2011**

#### Presidents Report

Welcome to the July / August edition of Braveheart News.

We are now into the cold grip of winter, with less daylight hours and longer nights. Never fear, the warm days of summer are really only just around the corner.

As I will not be standing for re-election to the Branch Management Committee, this newsletter will be my last Presidents Report. I do hope that you have found some of my contributions interesting and informative.

Dr Shiva Roy was our Guest Speaker at our May General Meeting, and as usual those in attendance enjoyed his presentation of his newly developed interest in wine making, complete with a tasting of his first bottling of his "Blood Brothers" Pinot Noir. Dr Roy's presentations are always interesting and we thank him for making time available to come along and to bring us up to date with the latest medical advances and his own personal experiences.

Members may be aware that Secretary Elizabeth has not been at all well during recent times and after a stay in Sutherland Hospital she was transferred to St George Hospital to undergo more involved tests and examinations.

Elizabeth sends her sincere thanks to all who have contacted or visited her and given their support and love, together with their best wishes for a speedy recovery. She said that this support has helped her pull through this difficult time and given her the willpower to fight on to a full recovery.

Members have been advised that the 2011 AGM will be held following the completion of the July General Meeting. Nominations for Branch Management Committee positions have been called for and to guarantee the future of HSA Sutherland Shire Branch we will need to have members come forward to take on vacant positions.

Members at the March General Meeting made a decision that we do not need a Guest Speaker for our July General Meeting / AGM due to uncertainty of length of the meetings and the need to vacate by 1.00 pm.

HSA Annual Membership renewal fees were due and payable by 1<sup>st</sup> July. Please complete and sign your renewal form then forward with payment of \$13.00 / \$6.50 to Treasurer Paul Moore

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

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

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

##### **Wednesday 4<sup>th</sup> May 2011 :- Heart Week Lunch**

It was reported that 71 guests attended the Heart Week Lunch at Taren Point Bowling Club and the general consensus was that it was an enjoyable function.

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#### **What's in the pipeline?**

##### **Wednesday 27<sup>th</sup> July 2011 :- General Meeting (NOTE : this is the 4th Wednesday in July)**

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

**The 2011 AGM** will be held following the completion of the General meeting. Nominations for Executive Positions may be submitted now or at the AGM.

See You Soon  
Alan Stevens

**2011 Branch General Meeting Dates. For Your Information and Reference.**

Please Note :: ALL meetings for 2011 commence at the earlier time of 10.00 am.

2011 Branch General Meeting Dates.

10.00 am	Wednesday	27 <sup>th</sup> July 2011	(Note – this is the <u>Fourth</u> Wednesday) also AGM
10.00 am	Wednesday	28 <sup>th</sup> September 2011	(Note – this is the <u>Fourth</u> Wednesday)
10.00 am	Wednesday	16 <sup>th</sup> November 2011	(Note – this is the usual <u>Third</u> 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

**A Great Big Thank You to Alley Break Café for their continued support of Heart Support and ongoing donations for Sutherland Hospital.**

The Friday Walkers really enjoy the hospitality and coffee at Alley Break as well as all the attention and great service they receive.

**Thank You**

**Your support is needed**

***Fashion Parade***

***When - 1.30 pm Saturday 27<sup>th</sup> August 2011***

***Where - In the Atrium - The Sutherland Hospital***

***Entry Fee - \$15.00 pp***

*including afternoon tea and lucky door prizes*

***Ladies and Mens fashions will be modelled  
also stalls with Jewellery, Plants, Cosmetics and Gifts***

***Money raised will be used to purchase equipment  
for the Cardiac Rehab Gymnasium***

***Bookings to Colleen Loder 9520 3208***

***or***

***Naureen Morris 9542 2097***

***Wendy Fyfe and Wendy Mullooly would like our group  
to support this fund raising function***

## **JULY GENERAL MEETING**

**10.00 am -- Wednesday 27<sup>th</sup> July 2011 – Education Centre – Level 2 The Sutherland Hospital**

Please note :: As the General Meeting will be followed by the 2011 AGM, and as per members decision taken at the March General Meeting, there will no Guest Speaker at this meeting.

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 SEPTEMBER General Meeting is scheduled to be held at 10.00 am on Wed. 28<sup>th</sup> September 2011 – note this is the FOURTH Wednesday -- Education Centre – Level 2 The Sutherland Hospital**

## **Notice of 2011 Annual General Meeting**

A reminder Notice is hereby given that the 2011 Annual General Meeting of Members of

### **Heart Support Australia Sutherland Shire Branch**

will be held on Wednesday 27th July 2011,

at the Education Centre Lv2 Sutherland Hospital 430 The Kingsway, Caringbah following the completion of the General Meeting which commences at 10.00 am.

### **Ordinary Business**

1. Receive and adopt the Minutes of the 2010 AGM.
2. President's Report
3. Treasurer's Financial Report
4. Election of Office Bearers for 2011-2012

All Executive positions will be declared vacant and are available for election. Now is your chance to nominate for your position of choice – nominations to Secretary Elizabeth Szychter asap. Don't delay, you may miss out.

## **Membership Renewal for 2011 – 2012**

Members are advised that HSA Annual Subscription fees are now due. Annual fees for Ordinary Membership (\$13.00) and Associate Membership (\$6.50) are due and payable by 1<sup>st</sup> July.

Please complete Renewal notice (previously posted out) and forward with fees to the Treasurer asap.

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.

Colleen Loder has advised of the passing of Foundation Member Tony Barsoum and has submitted the following in memoriam ::

**VALE – Anthony (Tony) Barsoum – Passed away 12<sup>th</sup> June, 2011 aged 78 years**

Tony was an active foundation member of our branch, holding the position of first Treasurer and first Cronulla walk coordinator, assisting with the Cardiac Rehab Gym each week, selling raffle tickets at the old Sutherland Hospital and fetes and a gifted host who opened his fifth floor beach front unit to all the Friday walkers for morning tea until the numbers became so large that we then went to the Alley Break. He continued his friendship with some of us after moving to another area. He was a genuine friend, a dignified gentleman who always loved to laugh and who had a caring heart. In the last conversation that I had with Tony some weeks back he said that “he was so fortunate to have been an early member, having so much fun with our activities and the friendships that came from it, we had the best of Heart Support”.

Tony passed away in hospital, dying in his sleep after many years of illness. R.I.P.

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**Please Note : Walking groups have moved to Winter Timetable – Mon & Fri 09.00 am – Wed 08.30 am**

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**Raffle Report**

The Heart Week Raffle is now done and dusted and many thanks must go to all those members and friends who supported this fundraiser. The raffle was drawn by Alison Parker from Cardiac Rehab and the winners were :-

1 <sup>st</sup> Prize	Ticket No	Blue	A72	Bob Bell
2 <sup>nd</sup> Prize	Ticket No	Black	A48	Laurel Seymour
3 <sup>rd</sup> Prize	Ticket No	Black	F56	Trevor Williams

The Day Raffle at the Heart Week Luncheon was also well supported. This raffle was drawn by Donna Coffey from Heartmoves and the first three of twelve prize winners were :-

1 <sup>st</sup> prize	Ticket no	Red	A77	Pauline Hogg
2 <sup>nd</sup> Prize	Ticket No	Red	A51	Betty Stevens
3 <sup>rd</sup> Prize	Ticket No	Red	A82	Marie Clarke

The prizes for both raffles were great and many thanks must go to Colleen, June, Bev and Jan from Heartmoves for their most generous donations. And, for those who were wondering, the “Mystery Prize” in the Day Raffle was an Eco Convection Oven.

Sales from the main raffle amounted to \$1198.00 and the day Raffle \$245.00 giving a combined total of \$1443.00. Again, many thanks to all those who supported us, thus adding to our funds to help Cardiac services at the Hospital.

Liz Elworthy and Bev Williams  
Raffle Coordinators



*Happy Birthday to  
all our lucky members*

**HAPPY BIRTHDAY WISHES TO**

July 6<sup>th</sup> Val Beard, 10<sup>th</sup> Lesley Schuetrumph, 11<sup>th</sup> Pat Osgood, 12<sup>th</sup> Mark Sawyer, 16<sup>th</sup> Leslie Blaber, 25<sup>th</sup> Elaine Leabeater, 28<sup>th</sup> Betty Byrnes, 29<sup>th</sup> Cecilia Kramer, 30<sup>th</sup> Judy Lloyd.

August 2<sup>nd</sup> John Hammond, 2<sup>nd</sup> Fred Leabeater, 2<sup>nd</sup> Angela Schlebinger, 8<sup>th</sup> John Lombe, 9<sup>th</sup> Royealeene Batho, 10<sup>th</sup> Janet Sawyer, 12<sup>th</sup> Karl Nightingale, 12<sup>th</sup> Pierre Oudin, 16<sup>th</sup> Pat Souter, 19<sup>th</sup> Bob Baxter, 21<sup>st</sup> Val Lombe, 22<sup>nd</sup> Kaz Szychter, 29<sup>th</sup> Lyn Graham, 29<sup>th</sup> Beryl Stewart, 31<sup>st</sup> Gwen Lever.

## My Heart and Sleep Apnoea

**Everyone is familiar with the risks to the Heart: cholesterol, high blood pressure, diabetes, smoking, excess weight, lack of exercise, stress, and ... sleep apnoea!**

They all increase the risk of Heart attack, stroke (hemiplegia) or arteriopathy. Little is known about the mechanisms that link apnoea and cardiovascular affections, but it is clear that apnoea is conducive to the formation of atheroma in the vessels, ie of deposits that gradually block them. Furthermore, the drop in the oxygen content in the blood that accompanies each episode of apnoea results in a faster heart beat and a rise in blood pressure.

If several hundred episodes of apnoea occur each night, the heart has to work too hard and cannot rest. It is a known fact that 80% of patients with high blood pressure that cannot be controlled despite taking one or more medications, also suffer from apnoea. **Treating sleep apnoea can help reduce your blood pressure!**

Sufferers of sleep apnoea are often also obese, diabetic or have a high cholesterol level. **Losing weight**, even just a little, can only be beneficial! **CPAP (Continuous Positive Air Pressure) treatment will also help protect you** against excessive risk of cardiovascular disease.

( Reprinted with acknowledgement and thanks to Air Liquide Healthcare Newsletter – June 2011. )

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### Richie Newnham

reports that recently on one of those cold Wednesdays there were nineteen walkers and two dogs out in the cold and windy weather walking around Centenary Park at Miranda. Back at the office, Brendan McDougall checked out the weather on his computer and it was down to a very chilly 7.5 deg C and with an extremely low wind chill factor. Jim Lambert obviously didn't feel the chill in the air as he walked in a short sleeve shirt and shorts even though one of his dogs was wearing a coat.

Richie says that if anyone is passing the park, it is worth a ride on the flying fox, great fun but no good on weekends or holidays as it gets too crowded.

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### Wendy Mullooly

sends congratulations to Lorraine and Dave on their recent marriage as well as reporting that Wilma Norton has done so well that she went home from Hospital last week .... don't think Ken will be eating out as much now. The Rehab Gym girls send their best wishes to Secretary Elizabeth for a speedy recovery.

Cardiac Rehab is currently running a raffle with the Heart Lung team to purchase a replacement TV for the Gym Education room ... contact Wendy for tickets

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## TWO DIFFERENT DOCTORS' OFFICES

Boy, if this doesn't hit the nail on the head,  
I don't know what does!

Two patients limp into two different medical clinics with the same complaint.  
Both have trouble walking and appear to require a hip replacement.

The **FIRST** patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The **SECOND** sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for a month from then.

Why the different treatment for the two patients?

The **FIRST** is a Golden Retriever.  
The **SECOND** is a Senior Citizen.

Next time take me to a vet!



**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

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**CONTACT NUMBERS FOR THE EXECUTIVE**

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