



# *Heart Support Australia*

## *Braveheart*

### *Newsletter of the Sutherland Shire Branch*

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

**MARCH / APRIL 2011**

#### Presidents Report

Welcome to the March / April edition of Braveheart News.

Members were saddened to hear of the passing of member Jean Moore, wife of our Treasurer Paul, on Wednesday 16<sup>th</sup> February. Jean's funeral at Woronora on Wednesday 23<sup>rd</sup> February was well attended by a large gathering of family and friends as well as many Heart Support members to bid their farewells. At Peace.

The good news from the January General Meeting was that member Norman Bennett volunteered to accept the position of General Committee Co-ordinator, recently vacated by Naureen Morris. Naureen has offered to help ease Norm into this position and will be assisting him by taking Names and Money for the Heart Week Lunch. Our thanks to Naureen for her past role and also our thanks to Norm for taking up the challenge. If you can assist Norm in any way, give him a call (preferably in the evenings) on 9524 5591.

Our Guest Speaker at our January General Meeting was HSA National President, Mr Frank Dobosi. Frank spoke of the role of our National Office and some of the challenges it was facing as well as its vision for the future. One of the initiatives Frank spoke about was for Branches to establish the "Cardiac Café" concept, whereby members, equipped with a Heart Blood Pressure Machine, set up a table at well attended locations and offer to test and take Blood Pressure readings for members of the public. Any member interested in being involved in this process is invited to please contact a member of the Executive for more information. An invitation was extended to all members to attend the National AGM and HSA 25<sup>th</sup> Birthday celebrations at Port Macquarie over the weekend of Saturday 22<sup>nd</sup> - Sunday 23<sup>rd</sup> October 2011. Interested ? Let us know.

Frank was present when Dr Michael Golding – Director Emergency Services at TSH visited to express his gratitude and thanks for the donation of funds in June 2010 to buy equipment for Emergency Services. Frank was impressed at the magnitude of our contribution and congratulated our Branch on its effort.

There was a suggestion made at the meeting that we may like to donate funds for the purchase and installation of a fixed Water Cooler in the Cardiac Rehab Gym area. There are many things to be considered before any commitment can be made but the general idea was not well accepted by members and to say the least the suggestion received a "cool" reception. Held over for more discussion at a later date.

Copies of our new "Lemon" coloured information Brochure, dated January 2011, were distributed to members present, it seemed to be well accepted as not many were left behind on the seats.

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

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

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

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

A group of 27 members and friends ventured forth on a very hot day and made their way to Manly by train and ferry. After a short walk to the Skiff Club, we were able to relax in comfortable surroundings where we enjoyed a nice meal in the company of friends. Following lunch, some energetic members took the walk to Manly Promenade to discover a very rough surf and a closed beach. We then made our way, via the ice cream shop, to the ferry to commence our journey home. A most enjoyable day out enjoyed by all. Thanks to all for coming.

## What's in the pipeline?

### 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.**

Guest Speaker will be Patrick Dodd (of Sydney Harbour Trust fame, remember him) presenting his own personal "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.

Our Branch will have a Cake Stall at the Fete. Members are asked to cook and donate cakes and to volunteer to assist on the stall throughout the day. For details contact **Colleen Loder 9520 3208**

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

Although response has been slow, we have booked for a small group to go on a 3 hour "Tom Thumb Cruise" of Port Hacking which departs promptly at 10.30 am from Tonkin St Wharf at Cronulla. We still have some vacancies.

(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 cruise. We suggest you take some extra morning tea nibbles or even some sambos/drinks etc for lunch as we will 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.

\*\* Any late starters ?? Another group will be sharing the ferry with us and there are limited vacancies.

We need to know by Wednesday 23<sup>rd</sup> March if you are interested -- first in, best dressed -- \*\*

\*\* 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**

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

See details in Newsletter –

A Heart Week Lunch has been organised for 12 Noon - Wednesday 4<sup>th</sup> May at Taren Point Bowling Club.

Naureen will be assisting by taking Names and Payment by Wednesday 20<sup>th</sup> April at the latest.

Due to the short notice – **THIS is the FIRST and FINAL notice before payment is due. Act NOW.**

### Wednesday 18<sup>th</sup> May 2011 :- General Meeting (NOTE : this is the 3<sup>rd</sup> Wednesday in May)

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

Guest Speaker will be our Patron Dr Shiva Roy, who I am sure will entertain and bring us up to date on the latest medical advances.

### Wednesday 27<sup>th</sup> July 2011 :- General Meeting followed by AGM (This is the 4<sup>th</sup> Wednesday in July)

This is an advance notice of the forthcoming AGM. Formal notice will be in the next newsletter

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	23 <sup>rd</sup> March 2011	(Note – this is the <b>Fourth</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>Fourth</b> Wednesday) also AGM
10.00 am	Wednesday	28 <sup>th</sup> September 2011	(Note – this is the <b>Fourth</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.

## MARCH GENERAL MEETING

**10.00 am -- Wednesday 23<sup>rd</sup> March 2011 – Education Centre – Level 2 The Sutherland Hospital**

Guest Speaker will be Patrick Dodd who will present an interesting story of his recent trip to Vietnam and his own personal "Photographic Odyssey - Tour of Vietnam."

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 MAY General Meeting will be held on Wed. 18<sup>th</sup> May 2011 – note usual THIRD Wednesday – 10.00 am -- Education Centre – Level 2 The Sutherland Hospital**

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

Our Hospital Fete is on Saturday 26<sup>th</sup> March 2011. As usual, we are having a Cake Stall which has been so successful in previous years. Thank you to the ladies who have already volunteered again.

Anyone that has forgotten, please we need you.

We shall have a roster to help with the sales. All donations of cakes and help would be greatly appreciated to make it a great success. Should you need for cakes to be picked up from your home, please advise :-

**Colleen Loder 9520 3208** for General Committee Co-ordinator

## HEART SUPPORT AUSTRALIA SUTHERLAND SHIRE BRANCH

**First and Final notice  
before payment date.  
Book NOW**

Invite you to our

### Heart Week Luncheon

To be held

Wednesday 4<sup>th</sup> May 2011

**At the Taren Point Bowling Club  
203 Holt Road – Taren Point**

Commence 12 noon – Lunch served 12.30 pm  
\$20.00 per head – 2 Course Meal

**Booking to Naureen Morris 9542 2097  
23/29 Corella Road. Kirrawee 2232**

**\*\*\* Payment to be received no later than 20<sup>th</sup> April 2011 \*\*\***



**Cheques made payable to  
Heart Support Australia – Sutherland Shire Branch**

**Prize for best dressed Red Lady / Gent**



## **RAFFLE REPORT**

Time flies so quickly – the Hospital fete is fast approaching and there's only about 5 weeks after that to Heart Week and of course our Luncheon to celebrate. So, as is our tradition, we are enclosing a book of 10 raffle tickets (at \$1.00 each) to each member family with the March/April Newsletter. Members who receive their Newsletter by Email will receive their raffle book under separate cover.

We would ask that all books (whether sold or unsold) be returned no later than 28<sup>th</sup> April in time for the draw at the Heart Week Luncheon on 4<sup>th</sup> May. We do hope that you can support this fundraiser to help the Hospital which has been so helpful to so many of us in our hour of need.

It is so satisfying to give just a little bit back. So come on, help us help the Hospital, and of course, more books are available on request – just phone me on 9520 0227

Liz Elworthy and Bev Williams – Raffle Coordinators

## **2011 HAPPY BIRTHDAY WISHES TO**

March 1<sup>st</sup> Paula Dobson, 1<sup>st</sup> Molly Tollis, 9<sup>th</sup> June Pinkstone, 14<sup>th</sup> Wendy Mullooly, 16<sup>th</sup> Laurence Seymour, 18<sup>th</sup> Ken Norton, 18<sup>th</sup> Laurie Weeden, 18<sup>th</sup> Del Workman, 19<sup>th</sup> Elizabeth Elworthy, 24<sup>th</sup> Alan Stevens, 26<sup>th</sup> Elizabeth Schlebinger, 27<sup>th</sup> Lance Urquhart, 28<sup>th</sup> Phillip Lever, 29<sup>th</sup> Clare Burgess  
April 4<sup>th</sup> Ted Cahill, 4<sup>th</sup> Carole Nightingale, 4<sup>th</sup> Elsie Moore, 7<sup>th</sup> William Davis, 9<sup>th</sup> Val Flanagan, 18<sup>th</sup> Lavinia Russell, 30<sup>th</sup> Jack Slattery

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 person for members needing care. Do you know of any member, who needs assistance, please ring **Richie 9524 6555**

## **REPORT FROM COOPER STREET PARK MONDAY WALKERS**

We are happy to say a regular walker at Cooper St has recently joined H.S.A. Dot Witchard – a big welcome to you Dot. Also many thank to Graham & Wendy Curtis for a most welcome cuppa at the conclusion of our walk.  
Pat Cask

## **FAST – NON DRUG REMEDY FOR FLU**

Before onset of flu, and while experiencing pre-flu symptoms like headache, runny nose and sneezing,

- Drink 2 to 3 cups of Hot Water. Wait for 3 to 5 minutes, then
- Drink a cup of Hot Coffee
- Urinate in 20 to 30 minutes,

Surprisingly after that, all flu symptoms will disappear.

Coffee is a diuretic; it removes water from the body and in the process, flushes out all the virus trapped inside the body.

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.

**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**

<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  
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