



Heart Support Australia

Braveheart

Newsletter of the Sutherland Shire Branch

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

MAY / JUNE 2011

Presidents Report

Welcome to the May /June edition of Braveheart News.

With the end of daylight saving and also shorter daylight hours fast approaching, together with the prospect of much cooler weather, members will have to be more organised to take advantage of the daylight hours available to get out and keep their exercise programs active. Although it sometimes appears harder to get going in winter, it is just a matter of getting out there and doing it. Easy isn't it. It is important that we stay motivated.

Our Guest Speaker at our March General Meeting was Patrick Dodd who presented an entertaining overview of his adventures and tour of Vietnam. A very fascinating and diverse country. Many comments were passed as to how good the presentation was and I am sure it was enjoyed by those present. Many thanks to Patrick.

Our Guest Speaker for our May meeting will be none other than our Patron Dr Shiva Roy who will interrupt his very busy schedule to talk to us and maybe surprise us a little. Shiva is always entertaining and it will be well worth you coming along to the meeting to hear him.

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.

Discussion also took place at the March Meeting regarding the HSA National Office initiative re the Cardiac Café concept and also the invitation to the National AGM and 25th Birthday celebrations at Port Macquarie in October. Members decided not to support either of these events and National Office has been advised of this decision.

Annual Membership renewal fees are due and payable by 1st July. Renewal form is enclosed with this Newsletter. Please complete and sign 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?

Saturday 26th March 2011 :- The Sutherland Hospital Fete

The Sutherland Hospital Fete was held in the Hospital grounds and from all reports was an excellent fundraising effort. Colleen Loder advised :- "The fete was excellent and was probably a record income. I must admit the support from the members - hospital etc was terrific. \$572.00 in five hours was a great outcome. Colleen"

Tuesday 5th April 2011 :- Port Hacking Cruise

Although the day was a bit dull and overcast with a little rain, ten members enjoyed the company of the 'Swiss Australian Group' who entertained everybody aboard as we cruised the waters of Port Hacking while taking in the sights of our own backyard. All in all, a great day out, unfortunately two members missed the boat.

What's in the pipeline?

Wednesday 4th May 2011 :- Heart Week Lunch -- REMINDER --

If you've put your name down and paid your dough, it's off to the Heart Week Lunch you can go. Taren Point Bowling Club – Commencing 12 Noon – Have a great day
Colleen has organised a Special Guest Speaker to entertain you with his experiences.

Wednesday 18th May 2011 :- General Meeting (NOTE : this is the 3rd 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 and possibly a new treatment plan.

Wednesday 27th July 2011 :- General Meeting followed by AGM (This is the 4th Wednesday in July)

Nominations for Executive Positions may be submitted now or at the AGM.

See You Soon

Alan Stevens

In Appreciation ... a Thank You from Paul Moore

"My family and I are very grateful to all of you for your comforting words of condolence on the recent death of my dear wife, Jean.

Your sympathy and support are greatly appreciated.

It meant a great deal to us.

It is at times like this we learn how much friendship really means."

Paul Moore and Family.

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

HEART SUPPORT AUSTRALIA
SUTHERLAND SHIRE BRANCH



****** Reminder ******

Heart Week Luncheon

Wednesday 4th May 2011

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

Commence 12 noon – Lunch served 12.30 pm

Naureen Morris 9542 2097

**Heart Support Australia – Sutherland Shire Branch
Prize for best dressed Red Lady / Gent**



**Did You
Remember
to
Return Your
Raffle Books ??**

MAY GENERAL MEETING

10.00 am -- Wednesday 18th May 2011 – Education Centre – Level 2 The Sutherland Hospital

Guest Speaker will be our Patron Dr Shiva Roy who may give us an insight into how to treat our complaints with an alternative “medicine.”

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 JULY General Meeting & AGM will be held on Wed. 27th July 2011 – note this is the FOURTH Wednesday 10.00 am -- Education Centre – Level 2 The Sutherland Hospital

Notice of 2011 Annual General Meeting

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 10.00am.

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 an Annual Subscription Renewal notice is included in this newsletter.

Annual fees for Ordinary Membership (\$13.00) and Associate Membership (\$6.50) are due and payable by 1st July.

Please complete Renewal notice 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.

Raffle Report

The current raffle is progressing quite nicely with the draw at the Heart Week Luncheon fast approaching.. Many thanks to all those members and friends who have already returned their raffle books – your support is greatly appreciated. Just a quick reminder re outstanding books – could all books (whether sold or unsold) be returned before the end of April or at the Luncheon if earlier return is not practicable.

Again many thanks for your support.

Liz Elworthy and Bev Williams

Raffle Co-ordinators



*Happy 12th Birthday to
HSA Sutherland Shire Branch*

Plus of course

HAPPY BIRTHDAY WISHES TO

May 4th Bill Flaherty, 6th Margaret Booth, 8th Joseph Elasi, 9th John Souter, 10th Helen Hammond, 10th John Loder, 15th Roy Cask, 18th Ron Loxley, 18th Rosemary Mc Kill, 21st Jean Graham, 27th Judy Lofthouse.

June 1st Margaret O'Brien, 1st June Roberts, 3rd Carole Goodyer, 10th Seppo Lehto, 12th Denise Becker, 19th June Johnston, 20th Robyn Sullivan, 24th Colleen Loder, 24th Jean Stevenson, 30th Robert Bell.

Some TRIVIA tidbits submitted by Joan Decker

This year we will experience four unusual dates :- 1/1/11, 11/1/11, 1/11/11, 11/11/11.

Now figure this one out, take the number formed by the last two digits of the year you were born, add it together with the age you will be turning this year. Your answer will be 111. Check it again, it's correct.

What do these words have in common ? And no it's not that they have double letters.

1.	Banana	ANSWER : see page 6
2.	Dresser	
3.	Grammer	
4.	Potato	
5.	Revive	
6.	Uneven	
7.	Assess	

Why Not Walk

The lack of a walking partner is one of the major reasons some people don't walk regularly. If this includes you, do something about it.

- Ask someone to walk with you. Go on, don't be shy. Ask them to do it to help you, most people are willing to help when they know the need. Don't ask one person to come with you every day, maybe just one day a week. Then ask another friend to walk with you on another day. Soon you and seven of your friends are involved in a regular walking pattern.
- Walk where you know you will meet other walkers, ie walking tracks, local parks, at the beach.
- Smile, talk to them, get to know some new friends and walk with them.
- Take your iPod and listen to music or entertainment whilst you walk.
- Go to fun runs that have walking events – most of them do
Get Involved – Get Active

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

President	Alan Stevens	9520 9888	atstevens@bigpond.com
Vice President	Graham Curtis	9520 8866	
Treasurer	Paul Moore	9521 6780	pauljean.moore@three.com.au
Secretary/Newsletter Editor	Elizabeth Szychter	9526 8995	eszychter@optusnet.com.au

Please write to us at PO Box 348 GYMEA 2227
or Email – HSASutherlandShireBranch@gmail.com

TRIVIA ANSWER :: In all the words, if you take the first letter and place it at the end of the word and then spell the word backward, it will be the same word.

From a Chinese Fortune Cookie

While we try to teach our children all about life,
Our children teach us what life is all about.

Wise Quote by Ray Charles

Live every day like it's your last because one day you will be right.

Cardio Self Help

Look after your Heart. There are some things one can do to make the difference between life and death.

1. Don't smoke
 2. Be physically active. Aim for the accumulated equivalent of at least 30 minutes of brisk walking on most, if not all, days.
 3. Keep your weight normal.
 4. Eat a low fat diet – lean red meat two or three times a week only, skinless chicken, fish at least twice a week, lots of fresh fruits and vegetables, cereals and pasta. Don't forget the water. Go for variety to get the best results and prevent boredom.
 5. If you are over 40, have regular cholesterol and blood pressure checks. Do this at a younger age if anyone in your immediate family died from heart problems under the age of 60.
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Keep fit, Keep well and continue to survive.

