

# WAGGA & DISTRICT HEART SUPPORT GROUP

## Quarterly newsletter

JUNE 2011

### Heart week

Heart week was held from 1<sup>st</sup> May till 8<sup>th</sup> May and in Wagga Wagga it was celebrated by a BBQ at the Botanical gardens organised by Jacqui Maidment and Joanne Leonard our Cardiac Care nurses at WWBH .About 25 people turned up for a great day enjoying chicken kebabs and sausages with salads and sweets which the ladies provided, "all healthy". By the look of the photos they certainly enjoyed themselves playing "big Kids".



**HEARTY FUN:** (above) (from left) Cardiac nurses Jacqui Maidment and Jo Leonard give 'Zipper Club' member, Barry Jones, a push on the flying fox as fellow members, Anthony Boerboom (left) and John Davies watch at the Wagga Heart Support Group barbecue at the Botanic Gardens.  
Picture: Les Smith



**BBQ BUDDIES:** (below) (from left) Barry and Sonia Williams, Preston Grady, Ron Meyers and Allan Hausler enjoy an afternoon out at the Wagga Heart Support Group barbecue.  
Picture: Les Smith



**HELPING HAND:** (bottom) President of the Wagga District Heart Support Branch, John Yates, receives information from nurse unit manager Jenny Rava about the use of a defibrillator unit.  
Picture: Michael Frogley

### Donation

The Wagga & District Heart Support Branch donated \$4,000.00 to the Renal Dialysis Unit to buy a Defibrillator compatible to the ambulances and ICU. John Yates our president presented the cheque to Jenny Rava the nursing unit manager on Thursday 26-5-2011.

## Congratulations!!

A beautiful baby boy arrived in April for Alex and David. Alex being our Cardiac Care Nurse at Calvary Hospital.



## Meeting Dates for 2011.

June 15-2011

August 17-2011

October 19-2011 AGM

Meetings commence at 7PM at the Australian Rules Club .

## Social Events

Friday 17<sup>th</sup> June 2011- Morning Tea- M.I. Cafe-Turvey Tops @ 10am.

Thursday 23<sup>rd</sup> June 2011-Lunch-RSL Club Chinese-Dobbs St. @ 12md.

Friday 15<sup>th</sup> July 2011-Morning Tea-Relish-Norman St. @ 10am.

Thursday 28<sup>th</sup> July 2011-Lunch-Palm & Pawn Hotel-North Wagga Wagga @12md.

Friday 19<sup>th</sup> August 2011-Morning Tea-Cafe Mojo-Blake St. @ 10am.

Thursday 25<sup>th</sup> August 2011-Lunch-Koorinal Hotel-Koorinal @ 12md.

Friday 23<sup>rd</sup> September 2011-Morning Tea-Rose Cafe-Huthwaite Centre @ 10am.

Thursday 29<sup>th</sup> September 2011-Lunch-Uranquinty Bakehouse-Best St. @ 12md.

## Recipe

### Fruit Slice Rita Cameron's

2 cups SR flour

1cup sugar

1 cup coconut

1 pkt. Mixed fruit (375gr pkt) cut up a bit

6ozs margarine

3 tablespoons honey

Melt margarine & honey together-Mix into dry ingredients-Press into lamington tin & cook in moderate oven 15-20 minutes

Ice with lemon icing-the longer it's kept the moister it

becomes.

