

WAGGA & DISTRICT HEART SUPPORT GROUP

Quarterly newsletter

March 2011



Christmas party

A smaller number attended our Christmas party last December than other years at The Australian Rules Club, but all that were there really enjoyed the meal of roast beef or roast turkey and sweets of plum pudding or fruit salad. Leon and Marj Bramich donated a framed painting as a lucky door prize. A big thank you to the Bramich's for their generosity.

Raffle

The raffle which was to begin in February has been put off until September/ October, due to many other fund raising events for flood victims of QLD, VIC and NSW. The raffle will still be the same of petrol being the 1st, 2nd and 3rd prizes. In the next newsletter I will give you the exact dates of when selling of tickets will begin.



Meetings

Just a reminder that our meetings are bi-monthly this year, still starting at 7pm in meeting room at The Australian Rules Club.

Dates

April 20-2011

June 15-2011

August 17-2011

October 19-2011 AGM

Members are meeting in the dining room at 6pm every month, the 3rd Wednesday of the month for a meal and get together, at The Rules Club.



Morning tea
at De-Lish



Morning
tea at
co-op
coffee
shop

Rehab Nurses

Alex Simpson our Cardiac Care nurse at Calvary Hospital commenced maternity leave on 18th March. We wish her and bub good health and eagerly await news of the new arrival. Whilst Alex is on leave we have a lovely Irish girl, Margaret Murphy taking over as Cardiac Care Nurse at Calvary Hospital. We hope she enjoys her time in her new role. Joanne from WWBH Cardiac Care is trying to organise coming to our luncheons about 2nd monthly just to keep everyone up to date on such things as "Heart week", and feedback from us.

Social Events

Friday 18th March 2011- Morning tea, Le- Brooks Cafe (near back door) Australian Arcade at 10am.

Thursday 24th March 2011-Lunch, Salt & Peppa- Dobney Ave.at 12md.

Friday 22nd April 2011-GOOD FRIDAY-No morning tea.

Thursday 28th April 2011-Lunch, Sportsmans Hotel-kincaid St-12md.

Friday 20th May 2011-Bella-Rinnies-Civic Centre-10am.

Thursday 26th May 2011-Thomas Blamey Hotel-Lake Albert-12md.

Friday 17th June 2011-M.I.Cafe-Turvey Tops-10am

Thursday 23rd June 2011-RSL Club Chinese-Dobbs St-12md.

Friday 15th July 2011-Relish-Norman St-10am.

Thursday 28th July 2011-Palm and Pawn Hotel- North Wagga Wagga-12md.

Friday 19th August 2011-Cafe Mojo- Blake St-10am.

Thursday 25th August 2011-Koorungal hotel-Koorungal-12md.



Recipe

Anzac Biscuits (healthier version)

1 cup rolled oats
½ cup plain flour
¼ cup plain wholemeal flour
½ cup brown sugar
½ cup coconut
2 tablespoons golden syrup
½ cup canola or rice oil
1 teaspoon baking powder
2 tablespoons water

Method

Step 1. Preheat oven to 180c and line baking tray with baking paper. Combine oats, flours, coconut and sugar in a bowl.

Step 2. Combine golden syrup, oil, & water in bowl & microwave 25-30 secs. Whisk in baking soda until combined.

Step 3. Add syrup mixture to dry ingredients mix well. Drop teaspoonful onto baking tray leaving space. Flatten with finger or fork.

Step 4. Bake for 10-15 minutes until golden.

Cool on wire rack.

