



Newsletter May 2011

BASS COAST
Regional Health

HEART SUPPORT AUSTRALIA WONTHAGGI & DISTRICT BRANCH

CORRESPONDENCE TO: SECRETARY, WONTHAGGI & DISTRICT HEART SUPPORT GROUP
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MEETINGS FROM 1-30PM TO 4-00PM, THIRD FRIDAY EACH MONTH
WONTHAGGI & DISTRICT HOSPITAL COMMUNITY REHABILITATION CENTRE

From all appearances, we seem to have adapted well to the new seating arrangements arising from our move into the larger room at the Rehab Centre. With members in a semicircle arrangement, communication both ways seems to more effective than the previous arrangement with the long table setup.

Twenty members, with three apologies for non-attendance at the April meeting, once again an encouraging show of support from members.

Members enjoyed the outing to Mirboo North, where we had the opportunity to enjoy a an outing, a meal, lots of socialising and some town exploring.

Secretary Laurie advised that HSA Australia has increased membership fees from \$11.00 Member and \$5.50 Associate member to \$13.00/\$6.50, for the next financial year. Fees have not changed for over 10 years and it is a move to meet increasing costs.

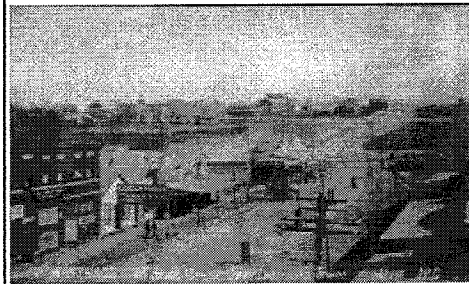
Sam Gatto, local historian, researcher and past teacher, was the guest speaker for the April meeting. Sam spoke on the early history of Wonthaggi. Much of his information arose from his research in preparation to his writing a book on the history of the Wonthaggi Hospital, "Accepting The Challenge"

His research questioned the commonly held belief that the Wonthaggi State Coal Mine was started as the result of a coal strike in NSW. In fact the Victorian Government, mindful for some years of its dependance on the all important supply of black coal from NSW, had decided some time previously to initially explore for and make definite plans to mine black coal at Wonthaggi. However conservative elements in the government were opposed to a state owned business competing with private enterprises and consequently many obstructions had to be overcome before work could commence. The strike in the NSW coal mines was the trigger for the project to proceed, with considerable preparations having been made before hand

Next Meeting: Friday 20th May

Barbara Hallett - Shiatsu Practitioner
Derived Health Benefits

(Cont) Even so, the strength of the opposition, was such that the eventual town was quite different to the "Model Town" originally planned. Sam mentioned two major factors that influenced the State Coal Mine and Wonthaggi. One being the control in the mine being vested with the Railways Commissioners and the second being the government renegeing on the promise to provide Wonthaggi will all the infrastructure. In



lieu, the Borough of Wonthaggi was created, with very limited resources to progress the creation of Wonthaggi township.

Sam's book costs \$32.00 and is available at the Railway Station Museum (or through Sec. Laurie)

President Roy was most praiseworthy of Sam's presentation and complemented him on his maintaining the un-divided interest of the members.

May Meeting: Barbara Hallett will talk on Shiatsu and how the application of pressure on nerve points can relieve many aches and pains. Also, it is planned that a celebratory birthday cake will be provided for the May meeting in recognition of the 10th year since the recommencement of this branch.

Future Planned Activities

June 17th Old Time Movie House Venus Bay

July 15th Annual General meeting

Another Blonde Story A blonde was on one side of the river and she wanted to get to the other side, but did not know how. Then she saw another blonde on the other side of the river, so she called out "How do I get on the other side.

"The other blonde looked puzzled as she looked to the left and the right and then said; "You ARE on the other side"

Heart Support Australia celebrates 25 successful years of providing heart support to patients nationwide

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Heart Week

This year the Heart Foundation Theme is:

“Go Red For Women”

Cardiovascular diseases are a major threat to the health of Australian women

- More than one in three women who died in 2006 did so as a result of a cardiovascular disease.
- Many of these deaths were premature, with cardiovascular disease responsible for more than one-quarter of premature deaths in women. In particular, coronary heart disease and stroke were the two leading causes of life lost to premature death for Australian women in 2003.
- About two million Australian women (one in five) have cardiovascular disease. About 226,000 of these women have coronary heart disease, 168,000 have had a stroke and 176,000 have heart failure.
- Coronary heart disease and stroke are in the 10 top causes of poor health and disability among Australian women.

Implications for the Australian health system

- Cardiovascular disease is a real burden to the health system, ranking second in terms of health expenditure on women—\$2,682.8 million was spent treating cardiovascular disease in women in Australia in 2004-05.
- Cardiovascular disease is responsible for a significant proportion of general practitioners' workload. In 20% of general practice visits by women, at least one cardiovascular disease problem was treated. And about 200,000 admissions to hospital (5% of the total) for women related to cardiovascular disease in 2006-07.
- 36.5 million prescriptions for cardiovascular medicines were dispensed for women through the Pharmaceutical Benefits Scheme and Repatriation Pharmaceutical Benefits Scheme in 2007-08. This accounted for 52% of the total Pharmaceutical Benefits Scheme and Repatriation Pharmaceutical Benefits Scheme prescriptions filled for cardiovascular medicines.