



Heart Support Australia

Braveheart

Newsletter of the Sutherland Shire Branch

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

JULY/AUGUST 2010

Presidents Report

Welcome to the July - August 2010 edition of Braveheart News.

Hello to all our members and friends. I hope that you are all managing to stay well and are avoiding those bugs that seem to be more easily caught in the winter season.

The Heart Week Lunch on Wednesday 5th May at Taren Point Bowling Club, - well what can we say? Naureen and her helpers really excelled, excellent venue, excellent lunch and a good time was had by the one hundred members and friends in attendance.

June organised door prizes and raffles and a fun day was had by all. Many thanks to all the helpers.

Naureen was so impressed that she has booked the same venue for our **Christmas Party on Wednesday 8th December**, stay tuned for more details – BUT – please do not wait until the last minute to put your name down and make your payment. Numbers will be limited so remember to get in early.

Our Patron, Dr Shiva Roy was our Guest Speaker at our May General meeting. As well as telling us why we should take our “blood thinners” Dr Roy enlightened us with details of new developments in the pipeline in regard to medication and treatment methods for some of the multitude of health conditions we suffer. Dr Roy was presented with his belated “Honorary Member of HSA” Certificate as well as a small gift in appreciation of him taking time from his busy schedule and making himself available to present to us.

The May meeting was also the 11th Birthday of our Branch, unfortunately we were short on time and somewhat rushed and the occasion was almost forgotten. We must sing a belated “Happy Birthday” at our next meeting. Members are advised that at the May GM, Colleen Loder presented the “Hospital Wish List Items” list and members voted to support the Emergency Dept of The Sutherland Hospital with a donation of \$10,400.00, The Executive has approved this expenditure and the process has now started to secure these items.

As previously advised, the **Branch AGM** will be held on **21st July** following on from the General Meeting. **We need nominations**, particularly for the two currently vacant positions – **Vice President** and **Supper Steward**. There will be other positions available and the Committee would like someone to volunteer to organise our meeting **Guest Speaker** and/or some **Social** outings. Your input and assistance is required.

Last but not least, for the AGM, we need someone to act in the position of **Returning Officer** to conduct the AGM to elect and declare elected the Branch Management Committee for 2010 – 2011.

Please help, it will not be a difficult job, that is once we get a nomination for **Vice President**. Please consider.

Liz Elworthy advises that the Engadine Lions Club Raffle WILL NOT be held this year, there goes one of our money earners.

Members are advised that Membership Renewal forms and payment were due by 1st July – Have you paid yet?

What's in the pipeline?

Tuesday 13th July, Dell Workman has made a booking for a bistro lunch at the Bundeena RSL and we would like as many members as possible to turn up for a meal and social chat. More details within this newsletter

Wednesday 21st July, General Meeting and AGM. A chance for all those who missed out last year to put their hand up and offer to take on a position.

See you soon
Alan Stevens

HEART SUPPORT WALKING GROUPS

- Monday's** 9.00 am. Cooper St Reserve, Engadine. Circuit walk – very easy. We continue to have a steady number of walkers although we would welcome more to join us. A big thank you to Wendy & Graham Curtis on a wonderful cuppa at the conclusion of our walk.
For all details please ring **Liz** 9520 0227 or **Pat** 9521 4775
- Wednesday's** 9.00 am Centenary Park, Karimbla Rd Miranda, in conjunction with the Heart Lung Program at The Sutherland Hospital. An easy walk, plenty of seating. Warm up and cool down exercises. Cuppa on completion.
For details ring Mick Napoli. Exercise Physiologist – The Sutherland Hospital 9540 7540
- Friday's** 9.00 am Meet at front of North Cronulla Surf Club for Ocean front walk, only walking as far and as fast as able. Company along the way. This can either be a short or long walk depending on the walker. Drop into coffee shop for a cuppa and a talk if you wish. Contacts - **Richie** 9524 6555 or **Paul** 9521 6780

For your information

Members of **HSA Sutherland Shire Branch** regularly attend Exercise & Gym sessions as part of a comprehensive rehabilitation program under the guidance of Donna Coffey, accredited HeartMoves Instructor and Registered Fitness Instructor. See details below



Class Times Beginning Tuesday, March 1, 2010

<i>Day</i>	<i>Location</i>	<i>Type</i>	<i>Cost \$</i>	<i>Time</i>
Monday	Heathcote	Gentle	7.00	8.15 – 9.15 am
	Miranda	Gym	10.00	10.00 - 11.00 am
	Woolooware Shores	Aqua	7.00	11.15 – 12.00 pm
	Woolooware Shores	Gym	8.00	12.00 – 12.30 pm
Tuesday	Caringbah	Gentle	8.00	8.30 – 9.30 am
	Sutherland	Gentle	7.00	10.15 – 11.15 am
Wednesday	Miranda	Gym	10.00	8.00 – 9.00 am
	Miranda	Gym	10.00	9.00 – 10.00 am
	Miranda	Gym	10.00	10.00 – 11.00 am
Thursday	Heathcote	Gentle	7.00	8.15 – 9.15 am
	Miranda	Gym	10.00	10.00 – 11.00 am
Friday	Heathcote	Gentle	7.00	8.00 – 9.00 am

NOTE – Medical clearance is required before commencing any type of exercise or gym class. Ring Donna Coffey. Registered & Accredited HeartMoves instructor on (9520 0087) or (0432 530 298 Mobile)

Locations / Addresses

Heathcote Scout Hall,	Oliver St., Heathcote
Woolooware Shores,	2 Alexander Ave., Taren Point
Port Hacking Council Hall,	Gannons Rd. Caringbah
Sutherland United Services Club,	East Pde., Sutherland
Miranda Gym – Fitness Firm at Kiora Mall,	Central Ave., Miranda

Big thanks must go to the “**Alley Break Café**” Cronulla for their continuous support of HSA Sutherland Shire Branch. The service is great, and the Coffee is terrific. See you there sometime.

2010 HAPPY BIRTHDAY WISHES TO

- July** 2nd Lorraine Falecki, 6th Val Beard, 10th Lesley Schuetrumpt, 11th Pat Osgood, 25th Elaine Leabeater, 28th Betty Byrnes, 29th Jeremy Lau, 30th Judy Lloyd
- Aug** 2nd John Hammond, Fred Leabeater, Angela Schlebinger, 9th Royealene Batho, 16th Pat Souter, 19th Bob Baxter, 21st Val Lombe, 22nd Alison Parker, Kas Szychter, 28th Pierre Oudin, 29th Beryl Stewart, 31st Gwen Lever

Best wishes to **Graham Curtis** for a speedy recovery from his recent procedure in St George Hospital.