

Reminder Notice -- 2010 Annual General Meeting
of
Heart Support Australia Sutherland Shire Branch

will be held on **Wednesday 21st July 2010**,
at the Education Centre Level 2 Sutherland Hospital 430 Kingsway, Caringbah
following the completion of the General Meeting which commences at 10.30am.

Ordinary Business

1. Receive and adopt the Minutes of the 2009 AGM.
2. President's Report
3. Treasurer's Financial Report
4. Election of Office Bearers for 2010-2011

All positions will be declared vacant and be available for election.
Nominations to Secretary Elizabeth Szychter asap

Members are asked to bring a plate. Visitors welcome. Gold coin donation.

SOCIAL OUTING – LUNCH AT BUNDEENA RSL - TUESDAY 13TH JULY 2010

We have planned a Ferry Trip from Cronulla Wharf, leaving **10.30am**, (\$2.85 concession each way) to Bundeena RSL for **12.30pm** Lunch. Meals reasonably priced from **\$9.60**. Return ferries leave on the hour. i.e. **2pm** or **3pm**.

The uphill walk from the Ferry to the Club is a slight pinch, but with plenty of time, we should make it easily. Come along and join us, meet us at the wharf. Sure to be a great day. Our last outing was a hoot. Everyone had a good time.

Del Workman – Social Activities Coordinator

HEART WEEK LUNCHEON REPORT

I do hope you all enjoyed our successful Heart Week Luncheon 5th May 2010 which was held at “The Point” Bowling Club Taren Point, and agree the venue was perfect. Thank you for your support.

Our compliments to the chef for a fantastic meal which was enjoyed by all, and to all the staff for their generous and impeccable service. Special thanks to Kathryn Toner, Functions & Events Coordinator, who put it all together for us, and also helped me.

As I have said before, we have many helpers and to all I say **Thank you** for without them, we would not have these functions.

I have confirmed a booking for our **Christmas Luncheon** at the same Club to be held **Wednesday 8th Dec 2010** so mark your calendars. Final particulars will be printed in **Sep/Oct** and **Nov/Dec** Newsletters.

Closing date for bookings and monies is **Wednesday 10th November 2010**

Thank you **Naureen Morris**

SUTHERLAND TO SURF

Cardiac Rehab are getting a group together to participate in the Sutherland to Surf. Entry forms can be obtained at the Cardiac Rehab gym or you can register online at www.sutherland2surf.com.au (closes Thursday 22nd July, 2010).

We will be meeting at 8am on the Sutherland Shire Council steps on Eton Street, Sutherland, and celebrating afterwards, on the top of the hill above the finishing line (Mitchell Rd, Cronulla) with a lunch provided by Sutherland Hospital.

We would like to be identified as a group and raise awareness of Cardiac Rehab so we will be wearing white cotton T-Shirts with ‘*I survived Cardiac Rehab*’ on the front. Printed T-shirts will cost \$22.00 (incl. GST) or you can provide Cardiac Rehab with your own plain cotton white T-Shirt and we will get it printed for you for \$12.00 (incl. GST).

We are asking for volunteers to help serve the lunch to the group. Please let us know if you can assist with this by **Friday 23 July, 2010**.

Please phone Cardiac Rehab on **9540 7309** if you would like to participate or assist on the day.

Membership Renewal for 2010 – 2011

Annual fees for Ordinary Membership (\$11.00) and Associate Membership (\$5.50)
Were due and payable by 1st July.
Have you paid your subscription yet ?

RAFFLE REPORT

The raffle for Heart Week 2010 is now over. We raised \$1255.00 from this raffle, plus \$282.00 from the Heart Week Luncheon Day Raffle. A total of **\$1537.00** a tidy sum to add to our funds to purchase Cardiac equipment for our Hospital. The winners of the Heart Week Raffle were

1st Prize Rosemary Lehto
2nd Prize Dave Nary
3rd Prize Robyn Kenny

The winners of the Day Raffle were

1st Prize Elaine Dwyer
2nd Prize Judy Lloyd
3rd Prize Laurel Seymour
4th Prize Pat Souter
5th Prize Janet Sawyer
6th Prize Royealeen Batho

Many thanks to all those who bought and/or sold tickets to achieve this result, and again a big thank you to the Heathcote Heartmoves class for their continued efforts. At the time of writing, negotiations are well under way to purchase equipment for the Hospital. It's great to see our savings morph into medical equipment which assists both patients and the Hospital. Again, thank you all.

Liz Elworthy

“Caring for Members” Person

Richie Newnham has volunteered to be the contact persons to members needing care. Do you know of any member, who needs assistance, please ring **Richie 9524 6555**

Many thanks as usual to *Lorraine & Graham Bebbington* for the printing of this Newsletter

CARDIAC REHABILITATION REPORT

- Huge congratulations to **Alison Parker** for attaining the status of Clinical Nurse Specialist.
- **Go Nuts**

Nut consumption has been shown to lower heart disease risk.

The consumption of nuts improves blood cholesterol levels lowering total cholesterol and LDL (bad) cholesterol levels. The cholesterol lowering effects of nuts are dose related and more pronounced in people with higher cholesterol levels and a lower body mass index. These nuts included almonds, hazelnuts, pecans, pistachios, walnuts and macadamias. A study recently released by Dr Joan Sabate suggests 4 servings of nuts a week is required to significantly reduce the risk of Heart Disease. No significant effects were observed on HDL (good) cholesterol or triglyceride levels. The effects of nuts was the same for women as for men and across different age groups regardless of the type of nuts consumed.

Warning – *Nut consumption may lead to weight gain.*

Cheers **Wendy**

Our thoughts are with Allen Tollis and family on the recent loss of his mother.

CONTACT NUMBERS FOR THE EXECUTIVE

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