

HEART CONCERN

NEWSLETTER

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Why not visit our website: www.heartconcern.co.uk
or e-mail us at heartconcern@tiscali.co.uk

Merry Christmas to all

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The Annual General Meeting

Will be held at St Thomas' Centre, Marton Street, Lancaster on

Wednesday, 24th March 2004 at 7.30 pm.

Everybody welcome. Heart Concern is yours come along and have your say

Money Matters Treasurer's Report

I would like to thank everyone who helped to collect at Sainsbury, Carnforth in September. We raised £187.88. I would also like to thank people who have sent donations when a relative has passed away, this has amounted to £324.48 in the past 3 months. Also to Allan & Nora Walton, who have raised £40 with their slide shows, which we all have enjoyed I'm sure at some time in the past.



I would also like to thank Arnside Art Group, who have sent us a cheque for £158.61, and Christine Nunn who with some of her friends have raised £121.97 at Charity events, also various people, who have contributed, many of which wish to remain anonymous.

Also Mr & Mrs Brooke who decided to have cheques written for Heart Concern instead of presents on their wedding anniversary and raised £550.00.

Notice Board



Coffee Morning

Mrs. Olive Goodhead, of 12 Prestbury Drive, Westgate will be holding a Coffee Morning at her home on

Saturday, 6th December 2003 – 10.00 am – 1.00 pm.

There will be various stalls, including Cakes; Jam/Marmalade; Pickles; Bottle Tombola; Refreshments; Bring-and-Buy.

The entry fee will include refreshments

6th January 2004

Mr. Paul Dunstan, Dietician
at the RLI will talk about his work

Feb. 10th HOTPOT SUPPER AND QUIZ

PRICE £3.25 MEMBERS

£3.75 NON-MEMBERS

to be held at the R.L.I. Social club
7.30 PM

3rd February

Elaine Charlton will give a talk on
Williamson's Park

2nd March

Mrs. Anne Scargill will give a talk
on Faulty Towers
(the pitfalls of running a hotel)

Walking by Hilda Preston, Cardiac Rehabilitation Nurse

Our final walk of this summer's programme took place on Saturday, 13th September.

Once again the sun shone but we did not experience the high temperatures that were with us throughout August.

We met in Milnthorpe Square, the site of the very busy and popular Friday market. From there we walked over the cricket field to the Bela River which we crossed to enter Dallam Park, a vast expanse of parkland, and the home of a splendid herd of deer.

We were fortunate enough to see these magnificent animals, especially the very proud looking stags with their wonderful antlers.

It was interesting to note the way the deer had eaten all the foliage from the lower branches of the trees.

From the park we ascended through the woods to Cockshot Lane, which lead us to a wonderful viewpoint overlooking the estuary towards the Lakeland Fells.

We then descended steeply to Sandside to complete our walk along the dis-used railway track, once used as an over-night halt for the Royal train. It is said that the late Queen Mother enjoyed the view from there.

We re-entered Dallam Park and re-traced our footsteps for drinks at the Cross Keys Inn.

Our Yuletide walk will take place at 1 pm on Saturday, 13th December, meeting at the Silverdale Hotel.

Do solar storms affect a pacemaker?

Solar storms come into contact with the Earth's magnetic field due to a release of radiation from the sun.

This also brings on super-fast clouds of charged particles.

Both the storm's and Earth's magnetic orientation were southward, thereby making the Earth's magnetic field more vulnerable to the storm's particles and radiation.

This can affect satellites, telecommunication and electrical power systems, these solar storms **do not pose a threat to pacemakers**. Individuals with pacemakers do need to avoid strong electrical fields on the ground.

These include (but are not limited to) amusement park rides and attractions, power plants, junkyards that use large magnets, stereo speakers (when held close to the pacemaker) or poorly shielded car engines. Patients should also never work on car engines when they are running. Hand-held or walk-through metal detectors may temporarily interfere with the function of the pacemaker. While reports of problems are rare, the U.S. Food and Drug Administration recommends that individuals with pacemakers avoid leaning against or lingering near security gates or entrances. Cellular phones should be worn on the opposite side of the body (and used with the opposite ear) to where the pacemaker was implanted. Patients with pacemakers should not have an MRI.

Reflections

As we grow older we realize the value of true friends I saw a poem recently that summed this up:

The Value of a Good Friend:

It's comforting when trouble comes

To share it with a friend,

To talk it over bit by bit With someone who will spend -

A while with you, until you see

More clearly what to do and strength and courage for the task

Are somehow given you.

Yes, trouble seems less hard to bear

If someone will your burden share.

Keep looking around, does anyone need you to share their burden?

That's all till the next time, please remember:

Don't be afraid to smile

On life's uncertain way,

It may be the only sunbeam

In someone's dreary day.

Don't be afraid to smile

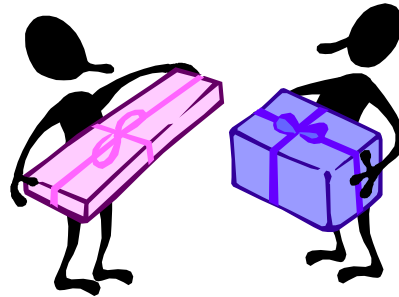
On life's uneven track.

One little smile from you

And many are smiling back.

Take care and enjoy yourselves, you have all deserved it.

Love to all



GETTING RID OF A HABIT.

HABIT is hard to conquer.

Remove the first letter, and it doesn't change a bit.

Remove the second and you still have a bit left.

Remove the third, and the whole of it remains.

But now remove the fourth, and you have conquered the habit.

Which goes to prove that if you want to get rid of a habit,
you must dispose of it altogether you can't do it in bits!

One of our members recently retired and finding himself at a loose end decided to re-arrange the contents of the kitchen shelves.

His wife was asked if she had said anything to him, or tried to stop him. "Oh no" she said,

"I just waited till he finished then went into the tool shed and rearranged all his tools and bits and pieces!"

Healthy Recipe

Not So Healthy Recipe

Whisky Christmas Cake

What a magnificent Christmas I had last time round.

I came across one of the most delicious Christmas cakes I've ever tasted.

I will make one whilst writing out your instructions just to make sure I do not miss anything out.

You require:-

1 cup of butter
1 cup sugar
4 large eggs
1 cup dried fruit
1 teaspoon of baking powder
1 teaspoon of salt
Lemon juice
1 cup of brown sugar
Nuts
1 or 2 quarts of Whisky



(I've got one Irish and one Scotch just to keep the balance right)

METHOD

Before you start, try a wee dram of whisky just to sample the quality as this is important.

Select a large mixing bowl, mixing cup and all the other paraphernalia.

Try another wee dram again as it must be just right. To be sure the whisky is of the highest quality, pour one level cup into a glass and drink it as fast as you can. - repeat if necessary.

With an electric mixer, neat one cup of butter in a large fluffy bowl. Add one teaspoon of thugar and beat again. Meanwhile, make sure the shisky hasn't gone off. Cry another tup and open the second quart if necessary.

Add two arge leggs, two cups of fried druit and beat 'til high. If druit gets stuck in beaters just pry it loose with a drewscriver. Check the whisky again for its tonscisticity.

Next, sift free cups of salt or anything - it really doesn't matter. Sample the whisky again. Sift half a pint of lemon juice. Fold in chopped butter and strained nuts. Add one babblespoon of brown suger or whatever you can find and mix well.

Now grease the oven and turn the cake tin to 200 gredees and let simmer for four hours I think. Now pour the hole mess into the coven and ake. Check what's left of the whisky and bo to ged 'til its done.

Melly Xtmash toooo uu awwl. Jim Ellis.

My wife was watching David Beckham on TV. "What a hunk !"she said. I quickly replied "Take away his good looks, muscular body, lovely hair, and his money and what have you got?" "You!" she replied

HOW TO KEEP YOUR HEART HEALTHY AND HAPPY BY WALKING YOUR WAY TO FITNESS

Welcome to a healthy heart and a more energetic you - the easy way! Your heart is the powerhouse of the body, it pushes oxygen and nutrient rich blood to every cell that needs it. The heart is basically a muscle - but it's the most important muscle you've got, and it needs exercise, so that it can pump more blood with each beat and save you energy. exercise doesn't have to mean exhausting runs, buying fancy equipment or joining an expensive health club. Walking gives your heart the workout it needs. All you need to do is build brisk walking into your daily routine.

Did you know?

Simply walking for 30 minutes, at least five times a week, without overexerting yourself, can make you healthier. It doesn't have to be in one session, break it down into two or three 10-15 minute sessions. What walking will do for you Brisk walking is an ideal way to reduce the risk of coronary heart disease. It can also reduce your risk of stroke, diabetes, osteoporosis and obesity and gives you more energy to do the things you enjoy in life.

Walking:

- Reduces blood pressure. As we get older blood pressure tends to rise which can be very risky in later life. Walking helps keep your blood pressure down.
- Studies have shown that regular walkers have improved levels of cholesterol - the fat in the blood clearly linked with heart disease -with more of the protective HDL cholesterol which is better for you.
- Tones up your muscles and strengthens your bones. Regular brisk walking also wards off osteoporosis - the unpleasant and often painful thinning of the bones experienced by many women after menopause.
- Helps to control your weight. Being overweight can lead to raised blood pressure. Physical activity is at least as important as diet in keeping trim.

Did you know?

A recent study found that men who take regular brisk walks have less than half the rate of coronary heart disease and heart attacks than those who do not. Your easy walking action plan Walking is a great way to get the exercise your heart needs.

Walk regularly, and build up to it gradually. It may take around 8 - 12 weeks to start feeling the difference, but when you do, you'll know it's worth it. Use this guide if you are not used to physical activity and need to build up gradually. Consult your doctor first if you have heart disease. Don't go walking if you have a raised temperature.

Weeks 1 and 2 - Frequency: 2 - 3 times a week

Start off with 10 - 15 minutes at your normal walking pace.

Try not to stop and admire the view too often!

Weeks 3 and 4 - Frequency: 2 - 3 times a week

Time yourself on the outward journey while walking at your normal pace for 10 minutes. On each homeward journey increase your pace slightly so that the return journey takes less than 10 minutes.

Weeks 5 and 6 - Frequency: 3 - 4 times a week

Outward journey timed at 12 minutes. Try to alternate your normal pace with some brisk walking. On the first homeward journey record your time and try to improve on that time by a few seconds, whenever you go for a walk.

Weeks 7 and 8 - Frequency: 4 - 5 times a week

Outward journey timed at 15 minutes. Prolong the periods you walk at a brisk pace. Aim to be able to walk briskly - all the way home.

Week 9 and beyond - Frequency: 5 times a week

You should now be capable of 30 minutes' continuous brisk walking.

If you can't manage 30 minutes remember that two 15 minute periods are just as beneficial. Here's how to make brisk walking part of your life.

- Don't use a lift or escalator. Walking up and down stairs is really good for the heart. Enjoy the challenge of longer walks in shorter times.
- Save the expense of driving to the shops - walk instead.
- Involve the family. Walking is good for children too, and it's a great way of exploring the countryside.

The above article is taken from a British Heart Foundation leaflet entitled: 'Put Your Heart Into Walking' and is reproduced here by kind permission of the British Heart Foundation.

Social Secretary

Saturday 22nd November saw 22 members and friends off on a Christmas shopping trip to Bolton.

Plenty of retail therapy achieved. The shops were full and plentiful.

The town hall square and surrounding buildings are very interesting, architectural wise. Lovely Christmas decorations and lights about the town. Quite festive.

Bill Gardner won the fruit hamper, raffled on the coach.

Thanks to all who have helped and supported the social side of Heart Concern in the past year.

A merry Christmas and a Peaceful and Healthy New year to you all.

Lynda

EMERGENCIES

24 HOUR HELPLINE



Ring: 583465
Direct Line To CCU
In Emergency Don't delay
Dial 999 Immediately

NHS Direct 08454647

Is the telephone service staffed by experienced nurses, ready to give confidential healthcare advice, information and reassurance 24 hours a day for the price of a local call.

A Local Women's Institute ran a competition a little while ago to find "The most useless gadget in your kitchen". It was won by the member who submitted a photograph of her husband!

“my wife has a waterproof voice—
no one can drown it out.”

COMMITTEE MEMBERS

Ann Williams, Acting Chair	01524 66002
Hilda Preston, Vice Chair	
Sheila Hannigan, Treasurer	01524 720358
Christine Nightingale, Secretary Mailing Address Line 1	01524 67859
Lynda Wilson, Social Secretary Mailing Address Line 2	01524 67465
Doug Wilson, Press Officer Mailing Address Line 3	01524 67465
Tony Parkinson, Web/Newsletter Mailing Address Line 4	01524 422259
Lisa Downham	
Sheila Iddon	01524 64797
Dennis Nanson	01524 846454
Tom Nightingale	01524 67859
Keith Whitaker	01524 751276

COMMITTEE MEETINGS

Your Committee members meet once a month, on the 3rd Tuesday in the month. If any member has anything that they would like to bring before the Committee for discussion, will they please inform any Committee member by phone/letter/e-mail/ or in person.

This is your opportunity to influence our direction.

**Next Committee meeting Tuesday
20th January**

Remember —

It isn't so much how busy you are but why you are busy.

The bee is praised. The mosquito is swatted.