

HEART CONCERN



NEWSLETTER



No. 6

Registered Charity 701746

June 2004

Heart Concern trip to Richmond

Our members take a well earned rest on a disused railway bridge over the River Swale.

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COMMITTEE MEMBERS

Ann Williams, Chair	01524 66002
Hilda Preston, Vice Chair	
Sheila Hannigan, Treasurer	01524 720358
Christine Nightingale, Secretary	01524 67859
Lynda Wilson, Social Secretary	01524 67465
Doug Wilson, Press Officer	01524 67465
Judith Harrison	01524 751153
Lisa Downham	
Sheila Iddon	01524 64797
Dennis Nanson	01524 846454
Tom Nightingale	01524 67859
Keith Whitaker	01524 751276

Treasurers Report by Sheila Hannigan

In the 3 months from 1st January, we have received donations of £479 and I would like to thank everyone who has contributed. We have also received in Memoriam donations of £1395 and I would like to thank the relatives of Mr W Darwen, Mrs A Roe, Mrs A Mason, Mrs S Lofthouse, Mrs A Wilkinson, Mr B Wilson for remembering us at such a sad time.

The collection boxes at Asda are doing well and at the end of March £55 had already been collected, the other boxes continue to bring in a regular amount as do the pens and badges at the hospital.

NHS Direct 0845 4647

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

Emergencies

**24 hour help line ring 01524 583465 the direct line to CCU,
or dial 999 immediately,
DO NOT DELAY.**

Your Contributions Required

Articles are always required for your Newsletter, these may be hand written, email, Floppy, CD or email.

Email to:- jim@g4abe.fsnet.co.uk or

J. Ellis,
4, Hazelmount Crescent,
Warton, Carnforth
Lancs. LA5 9HS. Tel 01524 733847

Contact **Tony Parkinson** our **Web Master** on 01524 422259 with any contributions for Heart Concern Web Site

Or e-mail Tony at :- heartconcern@tiscali.co.uk our web site is
www.heartconcern.co.uk

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the tunnel. It led them away from the Castle, across the market place, in the direction of Frenchgate and beside the River Swale towards Easby. When the soldiers reached Easby Wood, half a mile from the Abbey, the drumming ceased.

A stone stands today to mark the spot and is called the "Drummer Boy Stone" by local people. (see bottom photo). The drummer boy was never seen again. Perhaps the roof had fallen in? The mystry has never been solved.

We spent a good deal of time in St. Agatha's Parish Church at Easby (see photo centre left, view through little used side gate). Our return to Richmond was via Frenchgate, then into Mary's tea room. At 4.30 we left Richmond for our return journey, it had been a great day and the weather stayed good throughout our visit.

Hilda Preston

Cardiac Rehabilitation Nurse.

Old Lancaster

About 45 members turned out to be entertained by Bill Atkinson with his slide presentation of Old Lancaster. Bill showed us slides taken from old post cards depicting Lancaster in various years and seasons of the year. It was surprising how many of the senior members could remember the details of shops, Lanes and Streets in Lancaster during and just after WW2. The presentation did bring back many memories to a great number of our members. To us new residents to the area it gave us an insight to what the area was like before we were lucky enough to settle down here. Unfortunately Bill did not have enough time to show all his slides, we hope he will be asked to return and complete his fascinating presentation.

Medical Update, by Tony Martin.

The difference in heart attack rates between Italy and Britain, often attributed to the Mediterranean diet, could be genetic. A recent report stated that a protective gene more common in Italians, means that artery narrowing plaque is less likely to break away from artery walls.

<u>Dates For Your Diary.</u>		
Date	Event/Topic	Speaker/Venue
Tuesday 1st June 2004	Cardiac Rehabilitation	Ms. Sarah Bullock
Saturday 12th June 2004	Walk	Packet Boat Pub Bolton-le-Sands
Saturday 3rd July 2004	Walk	2.00 pm George & Dragon, Wray
Tuesday 6th July 2004	Trip to Bowness-on-Windermere	See Details on page 4
Tuesday 3rd August 2004	How to drop a brick without really trying!	Mrs. Jackie Huck
Friday 6th August 2004	Collection	Booths, Lancaster
Saturday 7th August 2004	Collection	Booths, Lancaster
Saturday 14th August 2004	Collection	Booths, Carnforth
Saturday 14th August 2004	Walk	2.00 pm The Globe, Overton
Tuesday 7th September 2004	Cardiology	Dr. P.Clarkson
Saturday 11th September 2004	Walk	2.00 pm Beetham
Tuesday 5th October 2004	Adventuring	Mrs. Pat Ashcroft
Saturday 9th October	Walk	2.00 pm Leighton Moss
Wednesday 20th October 2004	Collection	Asda

Trip to Bowness-on-Windermere

A coach trip to Bowness-on-Windermere Windermere has been arranged for Tuesday 6th July.

The price is:-

£5 for members

£6 for none members.

The coach will depart Lancaster Bus Station at 6pm.

Bare Lane at 6:15pm

Carnforth at 6:30pm

The return journey will depart Bowness at 9:15pm

Please contact Lynda Wilson on 01524 67465 or at the next Heart Concern meeting on 1st June. Book early to avoid disappointment.

Coffee Morning

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

31st July 2004 - 10.00 am - 1.00 pm. There will be various stalls, including Cakes; Jam/Marmalade; Pickles; Bottle Tombola; Refreshments; Bring-and-Buy; Bric-a-Brac;

The entry fee of 50 pence will include tea/coffee and biscuits.

If anyone would like to make any contributions please contact our Secretary, Lynda on 01524 67465 or at either the June or July Heart Concern meeting.

All proceeds will be donated to Heart Concern.

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 15th June, 2004.

garrison, now a town in itself, has ties socially and economically with the town.

There are many tea shops, pubs and take away establishments scattered through the town, places to sit and rest are plentiful, as are places of interest.

Places to visit include:-

The Richmondshire Museum

Richmond Castle

River Swale Water Falls

The Green Howards Museum

Greyfriars Tower

Georgian Theatre

Friary Tower and Gardens (see photo top right).

The lanes leading from the south and west of the square are steep but those from the north and east are relatively flat. Do explore the town from the square and beyond.

The Richmond drummer Boy Walk.

The market place is the starting point for this three mile (5km) walk down Millgate (see Photo top left), past the Swale Falls to Easby Abbey. The return route follows the old railway track to cross the river Swale And Past St. Mary's Church.

See walking group photo on front cover.

The Drummer Boy Legend.

The legend maintains that at the end of the 18th century some soldiers discovered an opening to a tunnel under the keep of the Castle. As they were too large to crawl into it themselves, they selected one of the smallest regimental drummer boys to be lowered through a narrow crevice into a vault. He was told to continue along the passage beating his drum as he went. Guided by the sound of drumming the soldiers were able to follow his course above the ground, and so plot the route.

The sound of the drum was heard clearly as he proceeded down

Walking Section Report

Our Summer Programme of walks began on Easter Sunday, the weather during the previous week had been very wet so conditions under foot were quite muddy, especially through the blue bell woods.

Dry conditions prevailed when we met at the Crook of Lune Car Park, from which we walked along the banks of the Lune towards the Victorian aqueduct. On a previous trip we enjoyed mulled wine and mince pies on a glorious, cold, frosty day, on this occasion, being Easter, we broke the rules and ate chocolate mini-eggs. From the bridge we crossed the fields towards the cycle track then back to the car park. We welcomed Jo and Keith Lamb who joined us for the first time.

We rounded off the afternoon with light refreshments at the Greyhound pub in Halton.

Trip to Richmond.

Saturday May 8th 2004 dawned very wet indeed for our coach trip to Richmond, North Yorkshire. We broke our journey with a coffee stop at Rheghed Discovery Centre near Penrith where we had a chance to look at various shops displaying locally produced goods. The weather gradually improved as we travelled to Richmond. Quite remarkable were the many groups of cowslips on the banks of the A66. We arrived in Richmond in time for lunch which the walkers enjoyed by the Swale Falls, (see photo centre right), whilst others went off to explore the town.

Richmond is a town unlike others, a place unique, rich in relics of the past. The castle dramatically poised on a cliff high above the Swale is the dominating feature but hardly less impressive is the large cobbled market place with the ancient church of St. Trinity. Although the market place is the hub of the town it is well worth visiting the areas beyond, easily reached by many narrow streets and wynds. Richmond, with a population of around 7,000, has long been associated with the military. Nearby Catterick camp, formally a

Healthy Recipe

Chargrilled Pork with Mixed Peppers.

Tender pork is marinated in a delicious spicy marinade then grilled, adding a delicious flavour and colour to this risotto. (Serves 4).

350g/12oz piece lean pork fillet, halved lengthways
2 tbs dark soy sauce
2 tbs red wine
1 tbs clear honey
1 tbs dark brown sugar
2 garlic cloves crushed
1/2 tsp ground cinnamon
1 tsp sesame oil

For the Risotto.

1.1/2 pts pork or vegetable stock
50g/2oz butter
1 leek, sliced
2 garlic cloves, crushed
400g/14oz arborio rice
1 red, 1 green & 1 yellow Pepper, seeded & chopped
2 tsp fennel seeds

Put the pork pieces in a shallow dish. Mix together the soy sauce, red wine, honey, brown sugar, garlic, cinnamon and sesame oil. Pour the mixture over the pork, turning to coat completely. Leave for a few minutes. Meanwhile heat the grill to medium and cook the pork for 20 minutes, turning once, brushing with the marinade until cooked through.

Meanwhile, pour the stock into a large saucepan and bring to the boil. Reduce heat to a gentle simmer. Melt the butter in a large frying pan and gently fry the leek and garlic for 2-3 minutes until the leek is softened but not brown. Stir in the rice and cook for 2-3 minutes, stirring, until well coated in butter.

Add a ladleful of stock and cook gently, stirring until the liquid has been absorbed. Continue adding a ladleful of stock until half the stock has been absorbed and the rice becomes creamy.

Continue adding the stock for 10 minutes. Add the peppers and fennel seeds, stirring well. Continue to cook, adding stock for a further 15 minutes until the risotto is thick but not sticky.

Remove the pork from the grill and slice. Stir into the rice and serve in a warm dish.

Did You Know That...

Six out of ten men and seven out of ten women in England are not active enough to benefit their health...

(Health Survey For England)

Sedentary lifestyle is one of the ten leading global causes of death and disability. More than two million deaths world wide year are attributable to physical inactivity...

(W.H.O, Move For Health, 2002)

Regular walking reduces the risk of heart disease by up to 50%...

(Department of Health)

Lack of exercise causes more illness than smoking in EU countries...

W.H.O. 2002)

Walking to school is an ideal way to reach the recommended hour a day of exercise recommended for children. More than a third of primary school children are not reaching this target...

(Department of Health)

Parents drive an average of 600 miles annually to take their children to school and back on short, easily walkable journeys. This is two thirds of the way to Lands End to John O'Groats...

A brisk one mile in 20 minutes burns around 100 calories – as much as swimming for 10 minutes, playing football for 12 minutes or doing aerobics for 16 minutes...

More walking could save £7 billion off the national health bill...

(Countryside Agency 2003)

The health benefits of regular walking far outweigh the dangers...

(Welsh Assembly Government Road Safety Strategy For Wales, 2002)

Just For Fun

Blonde and the Ventriloquist.

A young ventriloquist is touring the clubs and stops to entertain at a bar in a small town. He's going through his usual run of stupid blonde jokes, when a big blonde woman in the fourth row stands on her chair and says: "I've heard just about enough of your denigrating blonde jokes. What makes you think you can stereotype women that way? What does a person's physical attributes have to do with their worth as a human being? It's guys like you who keep women like me from being respected at work and in my community, of reaching my full potential as a person ... because you and your kind continue to perpetuate discrimination against not only blondes but women at large ... all in the name of humor."

Flustered, the ventriloquist begins to apologize, when the blonde pipes up, "You stay out of this. Mister, I'm talking to that little chap on your knee!"

Bill's Clock.

Hillary Clinton died and went to heaven. As she stood in front of St. Peter at the Pearly Gates she saw a huge wall of clocks behind him.

She asked, "What are all those clocks?"

St. Peter answered, "Those are Lie-Clocks. Everyone on Earth has a Lie Clock.

Every time you lie the hands on your clock will move."

"Oh," said Hillary, "who's clock is that?"

"That's Mother Teresa's. The hands have never moved indicating that she never told a lie."

"And Who's clock is that?"

"That's Abraham Lincoln's clock. The hands have only moved twice telling us that Abe only told 2 lies in his entire life."

"Where's Bill's clock?" Hillary asked.

"Bill's clock is in Jesus' office. He's using it as a ceiling fan."

Three male walkers on the fells came to a swollen torrent that they had to cross. It seemed impossible, so they decided to pray. The first asked to be given the strength to get across. He was given super-human strength and, with great effort, managed to swim to the other side.

The second prayed for the right tools to get over. He was given a boat and, after much paddling, he managed to cross the river.

The third prayed for suitable intelligence to be able to cross. God made him into a woman. She looked at the map, walked 100 yards up the riverbank and crossed using the bridge.