




Cheque being presented to Mrs. A. Williams, Chairman and Mrs. S. Hannigan, Treasurer of Heart Concern by Mr. Keith Whitaker, for £606.39 being monies collected in memory of his wife Joyce, who sadly died in June this year.



Ms. Sarah Bullock takes questions from the floor during her very informative talk on Cardiac Rehabilitation at our June meeting.

HEART CONCERN NEWSLETTER



No. 7

Registered Charity 701746

September 2004



Happy members prepare for their boat cruise on Lake Windermere.

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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

Keep Fit Classes

Why not come along and join your keep fit group at The Morecombe Collage of Further Education between 6:00pm and 7:00pm each Wednesday. The class has been especially designed for our needs, and are supervised by Hilda Preston, Cardiac Specialist Nurse and Gaye Jackson a first class Physiotherapist. We all work at a pace to suit our individual abilities...there are no budding Olympic athletes attending! At £1.50 per session it is excellent value.

Everyone is welcome.

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

Disclaimer

Material in this Newsletter is given only as information only and inclusion of any material in Heart Concern News does not imply a recommendation by Heart Concern.

Walking Section Report

I am pleased to be able to report that the weather for our walks this summer has been particularly good.

On Sunday the 12th June we met at the Packet Boat at Bolton-le-Sands walked across the playing fields, where the annual gala eas taking place, towards the delightful broad leafed trees provided much welcomed shade that particular afternoon. From the lane we wandered through pastures, passed small lakes, once quarry workings and now the habitat of much wild life, towards the bridle track to the canal at Crag Bank.

The views over the bay were magnificent and the Coniston Fells were clearly visable. Our route back to Bolton-le-Sands took us along the tow path. It was a perfect afternoon, warm, sunny, good walking conditions.

The morning of the July walk dawned very wet indeed and I did not anticipate many folks joining me in Wray in the afternoon, especially as it was ladies final day at Wimbledon, however the rain cleared and the sun shone but I will not describe the walk as I have decided to repeat it in December when I can show you more of the area and in particular the superb view of the 3 Yorkshire Peaks, it will be interesting to compare the area in December to that of July.

I thoroughly enjoy planning our walks as Wainwright used to say “it is important to have a purpose in life and not to wander aimlessly”. So please join me whenever you can.

*Hilda Preston,
Cardiac Specialist Nurse.*

<u>Dates For Your Diary.</u>		
Date	Event/topic	Speaker/Venue
Tuesday		
7th Sep 2004	Cardiology	Dr. P. Clarkson
Saturday		
11th Sep 2004	Walk	2.00 pm Beetham
Thursday		
23rd Sep 2004	Yoga Classes Commence	6pm to 7.30pm Moorside School
Tuesday		
5th Oct 2004	Adventuring	Mrs. Pat Ashcroft
Saturday		
9th Oct 2004	Coffee/cake morning	Unitarian Church
	Walk	Scotforth, 10am-noon 2.00pm Leighton Moss
Wednesday		
20th Oct 2004	Collection	Asda
Thursday		
21st Oct 2004	Collection	Asda
Tuesday		
2nd Nov 2004	Old Lancaster from your armchair	Ms. S. Ashworth.
Friday		
12th Nov 2004	Birthday Extravaganza	Ashton Memorial
Tuesday		
7th Dec 2004	Social Evening	RLI Social Club
Saturday		
11th Dec 2004	Festive Walk	Meet at George and Dragon, Wray, 1pm.
Thursday		
4th Jan 2005	T.B.A.	St. Thomas Centre Lancaster
Tuesday		
1st Feb 2005	Lancaster Male Voice Choir	St. Thomas Centre Lancaster

Healthy Recipe

Poulet Basquaise

2 tablespoons olive oil	175g/6oz smoked ham or streaky bacon, diced
4 large chicken portions	4 onions, sliced
3 garlic cloves, crushed	2 green peppers, seeded and diced
1/4 teaspoon dried marjoram	425g/14oz fresh or canned tomatoes
150-300ml/1/4-1/2 pint chicken stock	salt and ground pepper
2 tablespoons chopped fresh parsley	

1, Heat the olive oil in a saute pan or deep frying pan. Add the diced ham or bacon and saute gently, stirring occasionally until lightly browned. Remove from the pan with a slotted spoon and keep warm.

2, Add the chicken portions to the pan and cook, turning occasionally, until they are uniformly brown all over. Remove with a slotted spoon and keep warm. Add the onions and garlic to the pan and cook gently until soft and golden. Add the peppers and marjoram, cover and cook gently for 10 minutes.

3, Add the tomatoes and some stock (300ml/1/2 pint for fresh tomatoes: 150ml/1/4 pint for canned tomatoes in juice). Season with salt and pepper. Return the chicken and ham to the pan, cover and cook gently for 40 minutes, or until the chicken is cooked and tender.

4, Remove the chicken and transfer to serving dish. Boil the sauce gently to reduce it if necessary, until thick enough to coat the back of a spoon. Adjust the seasoning and pour over the chicken. Sprinkle with chopped parsley and serve.

Preparation Time: 20 minutes

Cooking Time 1 hour

Serves: 4

Bean, Carrot and Coriander Soup.

1 tin cannellini beans	8 oz carrots
1 onion	1,1/4 pts vegetable stock
black pepper	parsley to garnish
1tbsp chopped coriander (1 brunch used)	

Simmer carrots and onions in covered pan for 1,1/4 – 1,1/2 hours. Liquidise with 1/2 the beans and coriander, return to pan, add remaining beans and heat through. Garnish with parsley. Serves 4, 81 cal/serving, Fat nil, Fibre 7g.

tumn Term "Education Express" for specific details about fee rates and exemptions.

Initially the relaxation class will be exclusively for Heart Concern and will continue to be so providing there is sufficient support from members. If support is insufficient for the class to remain viable then it will be opened up to the public for subsequent terms.

* a non-vocational class is one that does not offer a qualification or certification.

Judith Harrison.

Lake Windermere Cruise.

Twenty six members and friends met-up on Tuesday July 6th for a coach & cruise night. (see cover photo)

We had a lovely short cruise on Lake Windermere,

The captain told us articles of interest about the lake and its surrounds.

The night was bright and clear, so the view of the hills & fells were wonderful.

After our cruise some of us went to find a chip-shop and some to the local, we all enjoyed our evening.

Thanks for supporting the event.

Thanks for the thoughts

Edna and Tony Martin wish to thank everyone in Heart Concern for their kindness, consideration and cards received during Tony's recent illness.

(We all wish Tony a speedy recovery and look forward to seeing him at our monthly meetings).

Heart Concern - Relaxation Classes

When: Thursdays - 6.00 - 7.30 pm

Beginning: Thursday 23rd September 2004

**Where: Moorside County Primary School, Bowerham Road,
Lancaster.**

Cost: £33.00 for an 11 week term

Term dates: 23rd September - 9th December, 2004.

(NB. No class at half term holiday - Thursday 28th October 2004)

The Adult College, Lancaster will be providing relaxation classes for Heart Concern members from the start of the Autumn Term. The classes will be held in the Main Hall at Moorside School and taken by one of the College tutors who is experienced in a wide range of relaxation techniques. Any necessary equipment will be provided by the College. Car parking is available and a frequent bus service stops outside the school (University to Heysham Services No 2 and No 2a).

Enrolment

You can enrol from (but not before) **Wednesday 1st September 2004** **either** by going in to the College at the White Cross Education Centre, Quarry Road, Lancaster **or** by calling the College telephone enrolment line - **01524 581269** and using your credit card to pay.

You will need to specify that you want the course for Heart Concern members because it has not been advertised in the College's Autumn Term programme. Please note that class numbers will be limited and enrolment is only via the College. You must enrol in advance. You will **not be able** to enrol at the first class.

The usual Adult College fee exemption conditions apply, so if you are in receipt of specified benefits you may be exempt from the fee and if you are over 60 years of age and intend enrolling on another non-vocational* College class you will be able to have the second or cheaper class free. Heart Concern Committee will consider subsidising those members not exempted from fees. Please see the College's Au-

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 21st September, 2004.

Treasurers Report

Collections from 1.3.2004 till 31.7.2004 amount to £656.27

£242.34 at the Asda collection,

£273.47 from the Safeway collection,

£140.46 has been collected from various collection points around the area including the collecting tins that are on the counter at Asda.

The collection at Booths, Lancaster on the 6th and 7th August raised £429.31.

Mrs Olive Goodhead raised £114.00 at her 2nd coffee morning for Heart Concern, unfortunately she is not going to do any more, because of the lack of support by our members.

We have received In Memoriam donations of £1820.70 in this period and I would like to thank the relatives of Mr John Martin, Mr D Aspden, Mr A Swindlehurst and Mrs Joyce Whitaker for remembering us at such a sad time.

We have also received £126.81 in donations, and I would like to thank everyone who has contributed, among others Allan & Nora for the money they raise with their Slide shows and Edna & Tony for the money they raise making tea & coffee.

Sheila Hannigan

Just For Fun

The Elevator

An Amish boy and his father were visiting a shopping mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and then slide back together again.

The boy asked, "What is this, Father?"

The father (never having seen an elevator) responded,

"Son, I have never seen anything like this in my life, I don't know what it is."

While the boy and his father were watching with amazement, a large old lady in a wheel chair rolled up to the moving walls and pressed a button. The walls opened and the lady rolled between them into a small room. The walls closed and the boy and his father watched the small circular numbers above the walls light up sequentially. They continued to watch until it reached the last number and then the numbers began to light in the reverse order.

Finally the walls opened up again and a gorgeous, voluptuous 24 year old blonde woman stepped out.

The father, not taking his eyes off the young woman, said quietly to his son ...

" Go get your mother."

Moses

George W. Bush, in an airport lobby, noticed a man in a long flowing white robe with a long flowing white beard and flowing white hair. The man had a staff in one hand and some stone tablets under the other arm. George W. approached the man and inquired, "Aren't you Moses?" The man ignored George W. and stared at the ceiling. George W. positioned himself more directly in the man's view and asked again, "Aren't you Moses?"

The man continued to peruse the ceiling. George W. tugged at the man's sleeve and asked once again, "Aren't you Moses?" The man finally responded in an irritated voice, "Yes I am".

George W. asked him why he was so unfriendly and Moses replied, "The last time I spoke to a Bush I had to spend forty years in the desert."

True story.

This is the transcript of an ACTUAL radio conversation between a US naval ship with the Canadian authorities off the coast of Newfoundland in October, 1995.

Radio conversation released by the Chief of Naval Operations 10/10/95.

Americans:

Please divert your course 15 degrees North to avoid collision.

Canadians:

Recommend you divert YOUR course 15 degrees South to avoid collision.

Americans:

This is the Captain of a US Navy ship. I say again, divert YOUR course.

Canadians:

NO. I say again, you divert YOUR course.

Americans:

THIS IS THE AIRCRAFT CARRIER USS LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH, THAT IS ONE FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE TAKEN TO ENSURE THE SAFETY OF THIS SHIP.

Canadians:

This is a lighthouse. Your call.

Notice outside a second hand shop:-

WE EXCHANGE ANYTHING – BICYCLES, WASHING MACHINES ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN!