

Take Heart

(Derby)

A social support group for heart patients, their families and carers.

www.takeheartderby.co.uk



Newsletter February, 2011.

Monthly meeting. Our Valentine's quiz, held on Monday February 14th was attended by 23 members, some of whom indulged in a bit of head-scratching when searching their brains for the answers. We worked in groups of four and the winners (by only one point) were Joyce Cocking, Marilyn Thompson, and Jean and Geoff Sykes.



Next month (Monday March 14th) our meeting will be a Food Tasting and Demonstration by Tim Swift of Wiltshire Farm Foods. So come along, and bring your doggy bag with you!

Recruitment. Michael was delighted to tell us that after all our recruitment efforts we now have a hundred members! Keep up the good work and spread the word.



Walks. David tells us that the walks are going well. The next one will be on Sunday March 13th. This it will be a walk of 3.75 miles around Calke Abbey. Meet at the car park in Ticknall village at 9.30 am, ready to start the walk at 10 am. There is a wealth of good pubs in Ticknall, so post walk refreshments will be readily available. Come and join us, bring family - friends - children - dogs - anyone who enjoys a not too strenuous walk with good company in pleasant surroundings. If you would like more information about the walks David Rowe (01332 767368) or Noel Clough (01332 727541) will be pleased to help you.

The swimming baths are open again - with increased prices! £2.15 (or £1.70 for those with a "passport to swim"). Well someone has to pay for the repairs, don't they?

Subscriptions. April asks me to thank all those people who have sent stamps along with their subscription, they have been very gratefully received. She also asks me to thank Paul and Brenda Riley for their "extra" donation, which again has been very gratefully received. Donations have been coming in well, but if yours has slipped your mind, please send it to April (£5) at 80 Penzance Road,

Alvaston. DE24 ONJ. Even with a hundred members we probably only receive about £300 because where there are couples, who also pay £5 for two, but our outgoings are far higher than this. We have been asking people who come to our monthly meetings to contribute £1.50 each towards the cost of refreshments, hire of the room and the fee of the speaker. If **you** have any good ideas for fund-raising please do let us know. Michael and Trisha, with help from a few other members, have held two book sales at the Royal Derby Hospital and have raised in excess of £500 -but these are very hard work and cannot be held too often.

Spring Lunch. Yes - Spring really is supposed to be coming soon! This year we are holding our Spring Lunch on Tuesday April 5th at the Stuart Hotel in London Road (opposite to the old DRI).

This will be a rather special lunch to which we have invited Dr Michael Millar-Craig, our president for the past 25 years. Sadly Dr Millar-Craig has decided that the time has come for him to retire, so our thanks and best wishes will be going to him. A booking form with all details has been attached to this letter. If you would like to come, please fill it in and return it to Joyce at your earliest. We have tried very hard to keep it simple and keep the cost down - restaurant meals, like everything else are becoming very expensive.

Congratulations are due to Paul Riley, Lynne Butler and Donna Knowles who have celebrated their birthdays in February and Peter Fowler and Joyce Taylor whose birthdays are in March. March brings a plethora of wedding anniversaries - Jean and Barry Birkin, Barbara and Peter Polhill, Jean and Vic Percival, Josie and Peter Fowler and Michael and Trisha Flude. We send all of these people our very best wishes and hope they have a very happy day. It is interesting to note that four of these couples have been married for more than 50 years - well done!

We are very sorry to have to tell you that **Wendy Glenday** - one of our most loyal members is seriously ill in the Royal Hospital. We do send our very best wishes to Wendy and Doug, her husband. As we all know the carer suffers as much as the patient. Wendy and Doug have been members of Take Heart for 10 years. They are both in our thoughts at this very difficult time. Many of you will remember **Gordon Gaskin**, who again, until his illness was a very loyal member of Take Heart and for many years served on the committee and was responsible for finding our speakers. As his health has deteriorated further, it has been necessary for him to go into a Care Home. His address is Holly Tree Lodge Care Home, 2 Thornhill Road, off Trowels Lane, Derby. I am sure he would be delighted to hear from any of you who remember him.

A common denominator for unrest. -- we have heard a lot about unrest in the Middle-East recently. Suspiciously, one of our members, Marilyn Thompson, has visited each of these countries recently. It makes you wonder doesn't it?

On her holiday last April she had to make a swift exit from Heraklion where Greek riot police with shields and batons were raging in the city. She was told the troubles were in connection with the economy. When visiting at Tunisia in November, there was little sign of the revolution which followed only a week later. The capital city of Tunis was packed with tourists enjoying the sunshine, not rebels. January brought a trip to Egypt. There were rumours of troubles during the second week of the holiday but little did Marilyn and Neil realise that only days after returning, the Foreign Office were advising against all but essential travel to Luxor. Their week on the Nile, the longest river in Africa, travelling to and from Luxor, combined the opportunity to visit many important historical sites, including the Valley of the Kings and the Aswan Dam, a mighty engineering project designed to harness the Nile. However, a second week was spent in the Red Sea resort of Hurghada, leaving Luxor and travelling by coach in a convoy across the desert for over five hours each way, a journey they would not wish to repeat. So, in case you are wondering, Marilyn's next holiday plans involve Easter in the Cotswolds. It looks to be the place to avoid. Let's hope that political unrest has not reached their unspoilt villages --- yet!

Red for Heart Month. As you all know February is the **British Heart Foundation's** "Red for Heart" Month, a month when we're all exhorted to support them in their fund-raising activities. This year they are having a "Mending Broken Hearts" appeal. They are hoping it to raise £50 million to fund research for a regeneration programme, with early clinical trials in five years and it full trials in

10 years. A decade after that it is hoped that heart failure, caused by a heart attack, could be as easy to treat as a broken bone. All of this is becoming possible because of a little zebra fish, which has the ability to heal its own heart and scientists will be learning how we can do the same. £50 million sounds a lot of money but, just think, it is no more than a few bankers have collectively been given in bonuses this year! Do try to help - if you gave just £1 a week you could help scientists to learn how the zebra fish heals itself and how we might be able to do the same and if you Gift-aided your donation the British Heart Foundation, they could claim an extra 28p back for every pound you donate, at no cost to you. What a wonderful project!

Gardening. The weather is still not conducive to gardening, as I write it is pouring with rain and very cold. If we do get a nice dry day in the near future, a couple of hours spent spring-cleaning among the borders will do wonders for your Garden's morale. At this time of the year you can pull the dead leaves of irises and other strappy leaved plants cleanly away from clumps where fresh leaves are already beginning to sprout. Then there are the hellebores. If you haven't yet cut away last year's tattered leaves from around this season's flowers, do it now. The flowers will look very much better without a ruff of aged foliage around them. You will also cut down the risk of last year's spot disease being transferred into this year's growth. It seems to me, that the best way of gardening at the moment is to sit down with a few glossy catalogues and gardening magazines and dream about what you would like to do if you had the weather, the time, the energy and the money. Visiting a garden centre yesterday I saw that they had literally millions of primulas and primroses. I am sure that they will not be able to sell them all and I was left wondering what will happen to them when the weather does get a bit warmer and people are looking for summer bedding plants?

Medallions Dijonnaise. Pork is one of the cheaper meats to buy and the medallions are usually very lean and tender. This recipe is very tasty, serves 4, has only 250 calories and 12 grams of fat per serving.

1 tablespoon of vegetable oil.

8 lean pork loin medallions.

4 shallots, skinned and diced finely.

Half a pint of chicken stock or quarter of a pint of chicken stock and quarter of a pint dry white wine.

4 tablespoons of half-fat fromage frais.

1 tablespoon of Dijon mustard.

1 tablespoon of finely chopped parsley.

1) Heat oil in large frying pan. Add medallions and cook on each side for three to four minutes until slightly browned.

2) Stir in shallots and cook for 2 minutes.

3) Pour over stock and wine and simmer gently, uncovered, for 15 minutes.

4) Stir in fromage frais and mustard and heat for 2 minutes.

Serve on a warmed plate, sprinkle over parsley, and serve with boiled or mashed potatoes and green vegetables

Bygones. Looking back through some old copies of Take Heart minutes I find that some things have not changed. **February 1985** "There was some discussion about the Newsletter and how to encourage members to contribute articles. Committee members are to submit materials in the hope of setting the ball rolling". "Our next meeting will be a beetle drive. Cards have been made, also posters with rules and sample Beatles for each table. There will be a charge of 5p for each game. As members will be circulating it will be an opportunity to get to know one another. Name badges will be issued on entry to help this. "Mrs Booth suggested that a questionnaire concerning the structure and content of Take Heart meetings should be handed out to members. A similar one at Mansfield had proved most useful." Does anyone have some stories or anecdotes which might be of interest to others? I look forward to receiving them.

Senior moments!

1. *An old lady phoned British Airways and asked "Can you tell me how long it takes to fly from*

London to New York?" "Just a minute madam," said the operator. "Oh, that is quick," said the old lady. And she hung up.

2. An absent-minded man arrived home from work to find that someone had stolen his wallet. "How did that happen?" demanded his wife. "How come you didn't feel a hand in your pocket?" "I did do," replied the man, "but I thought it was mine."

3. An American couple were among a coach party touring England. One lunchtime, they visited Runnymede, where they saw a plaque that said, "Magna Carter signed here 1215." The wife looked at her watch and then turned to her husband and said, "Oh Norm, what a shame! I guess we've just missed it."

For your diary.

25th February (Friday) National Red For Heart Day informal lunch at 12 noon in the Monday Arm's hotel, Ashbourne Road, Derby.

March

Sunday 13th. Calke Abbey Walk, meet Ticknall, register at 9:30am to walk at 10am.

Monday 14th. Monthly Meeting with food tasting and demonstration by Tim Swift of Wiltshire Farm Foods. Friends Meeting House, St Helen's Street from 2:30pm to 4:30pm. Cost £1.50 per-person (includes refreshments).

Wednesday 23rd. at 12 noon, Senior Citizens lunch at Thyme restaurant, International Hotel, 288, Burton Road Derby DE23 6AD £6.95 for two courses £8.95 for three courses.

Tuesday 29th. Coffee morning at Derby Cathedral Coffee-shop 10:30am to 11:30am in the Sir Richard Morris (basement) lounge.

Exercise classes.

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

Fit and for U with BACR instructors, contact Matt on 01332 832224.

"Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681.

Classes are run at Draycott and Ilkeston.

Swimming.

For Take Heart (Derby) members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £2.15 or £1.70 for those with a "passport to swim"..

Contacts.

If members have a problem and would like to talk to someone in private, please telephone one of our "listening ears" Jean Percival 01332 512112, Geoff & Jean Sykes 01332 549229 or Betty Hassell 01332 518402.

Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email michael.flude@takeheartderby.co.uk

Items for the newsletter should be sent to Pat Fitton on 01332 342544, 1, Princes Drive, Littleover, Derby or email patfitton@aol.com

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael (as above).

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756