



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation
ISSUE NO. 75

2018

COMING EVENTS

May 2018 – Onwards

HCC AGM

Riverside Centre

Thursday 28th. June

Starting at 15.30

Variety Show

Saturday 30th June

Riverside Centre Newport

Starting at 18.30

Race Night

Wooton Community Centre

Saturday 13th October

Starting at 19.00

All events will be advertised by posters in classes or visit our website:

www.islandheartcareclub.co.uk

CONTENTS

Front Page	GDPR Changes
Page 2	A View from the Chair
	A bit from Lyn
Page 3	My Favorit Things
Page 4	What does GDPR mean?
Page 5	Betty Dhillon
Page 6	Supporting winning teams
Page 7	Hot weather and your heart
Page 8	The healing power of Cats
Page 9	The healing power of Cats.
Page 10	Quiz Night Report
Page 11	Trip Advisor Reviews
Page 12	AGM Notice



HOW WILL THE GDPR AFFECT MEMBERSHIP ORGANISATIONS IN THE UK & BEYOND?

You're probably aware by now that a huge change to the UK's Data Protection Laws will be implemented on the 25th of May 2018 in the form of the General Data Protection Regulation (GDPR). This change will affect the way all B2C and B2B marketers are allowed to store, process and use data and membership associations will be no different. It's therefore vital to be in the know and prepared for when the time comes.

With this in mind the Heart Care Club, has to look at all of the data that we collect from you, the members. In this issue you will find membership forms for the year 2018/2019.

Please ensure that you sign and return these forms to Lyn Smith as soon as possible, we must have your permission to hold any information about any of our members.

The Club only holds information that is important to running the club, being able to contact the members, with Names , Addresses, Telephone numbers and email address. We may also have next of Kin and their contact details, in case of an emergency. Plus we will hold on behalf of the NHS medical details.

We will not pass on any of your information to any third party, all data is safely stored under lock and key or on a computer which is pasword protected.

You have the right to view any of the informtion that we hold about yourselves and you also have the right for that data to be deleted. But without the information you cannot be a member of the club, as we need this for emergency and safety reasons. Any data that is no longer required will be deleted or destroyed in a secure way.

For more details about GDPR, please go to the Government web site.

<https://ico.org.uk/for-organisations/guide-to-the-general-data-protection->

A VIEW FROM THE CHAIR

Welcome to the May edition of Ticker Tape, also a big welcome to the new members who have joined the group this year.

Numbers seem to have improved in the classes which is encouraging.

This year myself and the committee who look after the HCC, are looking for at least two extra committee members, who hopefully would help by taking some minor position.

The social committee also are looking for new members to help with fund raising and to help with events during the year.

This year on Saturday the 30th June at the Riverside Centre Newport, we are once again holding a Variety Show.

Being on a Saturday evening I would like to think more people would come, we are printing 250 programmes, I ask every member to come along and bring a friend. A good evening will be had by all.

The social committee have other events planed {see the Diary}.

On Thursday 28th June is the HCC. AGM If any members wishing to stand for any position please let Gary Smith know.

I hope you all have a good summer.

Harry Lawrence{chairman HCC}

NEWS FROM YOUR COMMITTEE

At our last Committee meeting, we discussed the future of the club. Several ideas were discussed, which will be developed over the next 12 months.

We have the AGM on Thursday 28th June at The Riverside Centre in Newport, starting at 15.30.

Please attend if you can, we have had the same committe members for several years now, some fresh bood would be goods. Every position on the committee is available as re-election is not guaranteed.

Our Treasurer David Lankshear is happy to spend one more year, so we are actively looking for a new money person to take over. If you are interested, please contact or talk to any of the committee members.

Don't forget to fill in your membership forms.

Gary Smith Secretary

A BIT FROM LYN

Well, as I've said before, we need members to get involved.

Happily I can say that this has started to happen!

Sue Young and her husband have volunteered to run a quiz on May 12th. This may have happened by the time you get your Ticker Tape.

I booked Wootton Community Centre and put a deposit down. We are now unable to take food into the Centre, this has implications for Race Night as well.

Stella agreed to run a raffle for me and I've been trying to recruit teams. I'm optimistic about the response but I'm writing this towards the end of April so don't have an accurate idea of numbers.

I'm sure we'll all have a good time.

Another good response has come for the Christmas Dinner. One of the Heights members has agreed to do the seating plan etc for the Dinner. This is not a particularly easy job and I'm really pleased he's volunteered.

Stella, again, will be in charge of the raffle. This is a pretty time consuming job too.

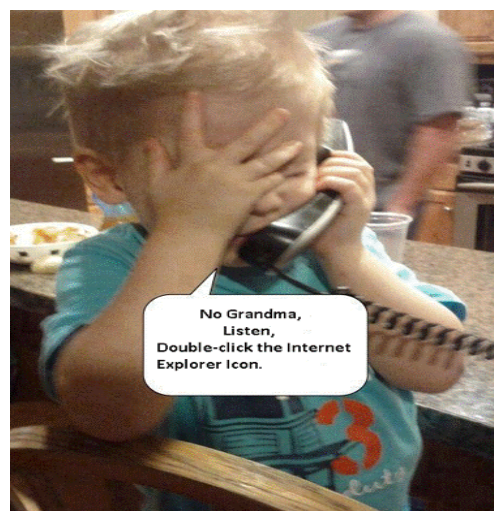
We do have one problem though, the Hotel is up for sale! We're hoping the sale doesn't go through until next year!

I have had quite a few members volunteering to help, but not wanting to be on a committee. This is fine, I need to keep a note of who would like to help with what!

If anyone fancies running a coach trip we could assess the members' interest. We haven't run one for a while as interest declined but we haven't run a quiz for a while and the interest is still there.

Thank you very much to the members who have responded, I really appreciate it. It's feeling far more positive.

Lyn Smith



MY FAVORITE THINGS

We all have our favourites in life, depending on what we are doing at the time. Whether it be music, places, food or holidays and I can always mention our favourite exercise class.

All of our tastes are different, one of my choices would be Joan Armatrading who I have seen live on stage many times. I saw her live on the Island in Shanklin a couple of years ago. She is touring again this year after releasing yet another album. Joan is 67 years old now, in a recording career spanning 40 years, she has released 18 studio albums, as well as several live albums and compilations.



A singer, song writer, guitarist, musician who can perform solo or with her band. She has written hit songs like, Me, Myself I, Willow, Drop the Pilot etc. I'm not sure what makes people like Joan carry on, but she must get a real buzz from playing live. Touring all the time must be very draining. But as with everything in life she will not be able to go on forever, but her recording will.

Music is a big part of my life, with varied tastes, including Mozart, who died aged at only 35 years old in 1791. They still do not know exactly what killed him as he was buried in a Pauper's grave, soon after his death. He was a prolific composer and musician who could write music for orchestra in his head, for all of the sections and write them down without hearing them being played. They know this from looking at his original music scores, which were error free, with very few changes.

Mozart toured Europe, playing piano and violin from a very early age, where he would perform in front of the Kings, Queens and Rulers of the day. Traveling around Europe in the mid 18th century was very different then, taking weeks to get to different cities. He married and had six children, most of them died as infants, only two survived to adulthood.

He wrote 41 symphonies, the last of which was called Jupiter. They do not think he ever heard this being performed live in his lifetime. I was lucky enough to hear this performed in 2006 in Vienna. With Sir Simon Rattle conducting the Vienna State Orchestra as part of the 250 anniversary of Mozart's birth. If you have never listened to this piece of music, I would recommend it, especially if you have the chance to hear it played live. The final movement brings together five different themes (Tunes) which are played throughout the piece. These five themes are played together all at the same time, in perfect harmony (counterpoint). What is so sad that he may never heard it, only in his head, amazing.

Did Mozart really transcribe Allegri's Miserere aged 14?

This is an incredible story of how Mozart came to copy down Allegri's Miserere, note for note, after hearing it just once in 1770.

But the piece was once closely guarded, only ever sung during the days of Easter within in the hallowed confines of St. Peter's Rome – and never published for performance anywhere else.

But having listened to it just once, Mozart wrote down the whole piece including all of the parts, they say he went back again a few days later to compare his version with the original.

No one is entirely sure this is true, but who knows. But a great storyline.



While we were in Vienna, we also heard his Requiem performed live in Stephansdom Cathedral. The concert finished at 12.55 in the morning, on the 5th December, which marked the time that he died in 1791. There are some events in your life that you never

forget, these are some of mine.

Now, going back to our favourites, including yours. As you can see good things do not last for ever. So we have to make the most of what we are given. Use it or lose it.

If you get the chance to do something different, go somewhere, listen to a concert. Do it!

You only get one chance, the same with your health. make the most of the Heart Care Club. Since my visit to the CCU at St. Mary's Hospital last year. I have found my fitness levels drop off. But with the help of the club and Lyns pushing, I feel fitter once again. I have started cycling to work once again.

The Club is there to support you and your family, there is loads of experience from the instructors and other members. Please make the most of it.

Dont' forget that this is a unique opportunity for you to enjoy your life even more.

Please support the Heart Care Club, go to the classes, support the Social events, volunteer to help if you can and attend the AGM on the 28th June 2018.

Gary Smith

WHAT DOES GDPR MEAN FOR OUR CLUB

Are you ready for next year's changes? The General Data Protection Regulation (GDPR) is already in force and we are currently in a period of implementation with the deadline for compliance set for 25 May 2018. There are some key changes that will affect grassroots clubs and need to be addressed.

Does this apply to our club?

The GDPR applies to any data controllers or data processors, so if you collect any personal data in running your club (which you definitely will do if you have any members) then the GDPR will apply to you.

What are the key changes for grassroots clubs?

More communication

We will need to give people more information that you need to tell people about how and what you do with their data at the point you collect it.

ICO notifications

You no longer have to notify the ICO as a data controller – you may already not need to under the current not-for-profit organisation.

Responding to subject access requests

Subject access requests (requests for copies of personal data from individuals) will need to be responded to within one calendar month rather than the current 40 calendar day period. It is also no longer possible to charge £10 for dealing with the request.

Obligations

There will be direct obligations on data processors as well as on data controllers. This may mean that if you use any third parties to process data, for example hosting your website, then you must have a written contract in place, and these are likely to be negotiated and drafted in favour of your processors.

Fines increase significantly

Currently the highest fine the ICO can levy is £500,000. Under the GDPR they will be able to issue fines up to 20 million euros or 4% of your global annual turnover (whichever is the higher) for serious breaches. The fine could be 10 million euros or 2% of your global annual turnover (whichever is the higher) for less serious breaches.

Getting consent

Consent will be much harder to achieve. If you rely on consent from individuals to use their personal data in certain ways, for example to send marketing emails, then there are additional requirements to comply with.

Data retention

Retention policies need to be clear. You can't keep data for longer than is necessary for the purpose for which it was collected. You also need to inform people how long you will keep their personal data and you can't keep it indefinitely.

Privacy by design

If you are planning on putting in place a new system or electronic portal, then you need to consider whether the service provider you choose has adequate security to protect personal data.

Breaches

You will only have 72 hours from being aware of a breach to report it to the ICO. Under the Data Protection Act there are no obligations to report breaches.

Data transfer

One of the principles of the Data Protection Act 1998 (and the GDPR), is that you can only process data for the purpose for which it is collected. This means that if you collect a name and contact details of an individual, so that they can become a member of your club, you can't simply use that information to allow your affiliates to contact them for marketing purposes. You also need to tell people when they join your club if you are going to transfer their data, for example to an umbrella organisation.

Subject access requests

They are often contentious. Individuals only make requests if they have something to complain about. Make sure you keep a log of how and when you respond and that you apply the exemptions from disclosure carefully.

With all this in mind, the Club has had to look at all of our Data Storage and consent forms. So this year we have redesigned the membership forms which are enclosed in this issue.

We urge all members to read and sign the forms so we can carry on operation efficiently, we must stress that every care is taken in storing all data and that the club does not share any information that it holds on any of our members. If you have any queries please let me know.

Gary Smith
Hon Secretary

MEMBER PROFILE

BETTY DHILLON

Betty was born in Bromley, Kent in 1932. She attended Bromley County Grammar School and started work in the Bromley Tax office.

Betty's father and brother were both Structural Engineers and she had a desire to follow in their footsteps – an unusual career ambition for a lady at that time! She managed to obtain training from the London County Council (LCC) who sent her to the Brixton School of Building. Here she studied and obtained her ONC, HNC and City and Guilds qualifications under the auspices of the Institute of Structural Engineers. It



is thought Betty was probably the first female Structural Engineer, as when attending her first meeting at the Institute of Structural Engineers the Chairman announced 'Gentlemen, our lady member is present'.

Betty worked in the Drawing Office for several years before she left as a fully trained Structural Engineer and moved into private practice, working for a firm famous for building Jodrell Bank, Ceylon (now Sri Lanka) Waterworks, and Goonhilly amongst others.

Betty specialised in reinforced concrete, and treasures the day that her brother, an experienced engineer, actually asked her for advice about erecting steel electric pylons in concrete bases. Over the years she worked for a number of small firms but then was appointed Assistant to the District Surveyor for Southwark by the LCC which involved her in the inspection of projects within the Borough. Her first job was to inspect the steel work on the 14th floor of a block of flats which entailed climbing scaffolding to the 13th floor and then scaling the framework to the top floor. The men at the top were totally surprised to find that she was a woman!

In 1958 Betty married an Indian Sikh and they holidayed in India, Malaysia and Spain many times together. They also camped in Italy for the Rome Olympics. Betty then took 8 years out of work to raise her two children, a son and daughter. By then they had moved to Basildon New Town for her husband's work. On her return to work, Essex County Council retrained Betty to teach Mathematics. She did this for a number of years, eventually becoming Head of Mathematics in several schools.

Her leisure time interests included folk dancing, where she was an American Square Dance demonstrator, and Hockey where she played for the Kent 2nd team. Whilst in the LCC Betty competed as a 100 and 200yd sprinter, winning cups and awards. Betty was heavily involved with the Business and Professional Women's Association, becoming President for Basildon Branch. Since retiring to the Island, she now enjoys history, being a member of the local branch of the Historical Association, the local Family History Society, and friends of Carisbrooke Castle Museum.

If you ask Betty what her most recent highlight was, she will tell you that for her 70th birthday her children organised a large party for neighbours and friends at a hotel in Totland, and then presented her with a gift of a trip on the Lord Nelson tall ship, a Jubilee Sailing Trust vessel. The Lord Nelson was one of 8 tall ships that travelled to the Dutch and Belgian coast. Betty was hauled up the mast in a wheelchair because she wasn't allowed to climb due to her Diabetes. She so enjoyed the trip that she booked to do it again, this time to Jersey, the following year.

Betty has an indomitable spirit which has taken her down an uncommon career path for a lady in the 1950's, but one she has thoroughly embraced and enjoyed.

Robin Burnett our roving reporter

What can I say about Betty

Betty comes to the Riverside Centre class, and has been coming for 10 years. She is very energetic and the other members are in awe of her performance. She rarely misses a week.

She attends our Christmas Dinner and sits with Gary and I. She's always got something interesting to say.

Betty has obviously had a very interesting life!

Unfortunately, recently she been unwell and I hope that when Ticker Tape comes out she'll be back in the usual routine, we're missing her.

Lyn Smith

TOMMY COOPER

Phone answering machine message - '...If you want to buy marijuana, press the hash key...'

I went to buy some camouflage trousers the other day - but I couldn't find any.

My friend drowned in a bowl of muesli. A strong currant pulled him in.

I went to a seafood disco last week and pulled a muscle.

SUPPORTING WINNING SPORTS TEAMS BOOSTS HEART ATTACK RISK, STUDY FINDS.

Dedicated sports fans have long known that passionately supporting their team through thick and thin can come at a cost.

But few would have predicted that doing so could cause them a heart attack - particularly when their team wins.

That, however, is the principal insight of new research which established a link between a club's sporting victory and increased heart attack risk among its fans.

The risk was found to be particularly strong among men under 55-years-old, however women fans appeared not to be affected.

Scientists have long been aware of an association between major sports events and unhealthy behavioural changes such as drinking alcohol and eating fatty foods.

For the new study, however, they set out to look for evidence that supporting a team may directly trigger a medical emergency.

Montreal Canadiens is the oldest continuous professional ice hockey team in the world and renowned for the passion of its fans.

Researchers at the Montreal Heart Institute analysed admissions data for patients presenting with ST-elevation myocardial infarction (STEMI) - a serious type of heart attack - the day after the Montreal Canadiens played.

They found that in men under 55 years of age, a home victory was associated with a 40 per cent increase in STEMI admissions.

The association between losing games and hospital admissions was found to be not statistically significant and researchers were not able to explain why it was the successful matches which seemed more likely to prompt heart attacks.

They noted, however, that other studies had shown that strong emotional responses may influence heart attack susceptibility, suggesting that watching a victory may be more emotionally significant for a supporter than a defeat.



The fact that women appeared not to be medically affected by the result of the game was particularly striking as previous research has shown they are more susceptible than men to mental stress-induced myocardial ischemia, which can lead to a heart attack.

"The fact that game outcomes are likely unknown to the spectator until the end implies that emotional triggers at the end and/or after the match might impose a greater risk for vulnerable populations," the research team wrote in the Canadian Journal of Cardiology.

"This hypothesis is further supported by the notion that significant increases in STEMI hospital admissions occurred one day after a game in our study, while no difference in admission rates were observed on match days."

Previous studies have suggested that unhealthy behavioural changes including increased alcohol consumption, heavy and fatty meals, smoking, drug use, or sleep deprivation may have additive effects on the link between sporting events and increased cardiovascular risk in spectators.

Heart and circulatory diseases remain the biggest cause of death in the UK, claiming 160,000 lives each year and accounting for 16 per cent of male and 10 per cent of female deaths under 65, and more than a quarter of all UK deaths.

There are approximately 188,000 hospital visits each year due to heart attacks, roughly equivalent to one every three minutes, and an estimated 915,000 people are living in the UK having survived a heart attack.

While the new Canadian research is the first of its kind to establish an ongoing association between sports results and the health of its fans, scientists have noticed effects following major one-off matches in the past.

When the Dutch football team was knocked out of the 1996 European championship following a penalty shoot out against France, for example, there was a 50 per cent increase in deaths of Dutch men from heart attacks and strokes on the day of the match.

Scientists at the University Medical Centre in Utrecht blamed stress, combined with high alcohol intake, overeating and excessive smoking during the game.

The Canadian researchers said: "While hockey and other sports will continue to be a source of fun and excitement for people in Canada and around the world, it is important to consider how these events can influence spectator health." Especially if you are a Southampton Fan!!!!

Daily Telegraph May 2018

HOT WEATHER AND YOUR HEART

Summer is definitely here, and while many of us have been longing for the hot weather, it's still important to look after yourself in the heat.

How does hot weather affect my heart?

When the weather is hot you sweat to cool down, but this means that you lose more fluid than usual from your body. This can drop your blood pressure and make your heart beat faster. This is not a problem for most people as long as they drink plenty of fluids, like water or other sugar-free drinks to keep from getting dehydrated.

However, if you have a heart problem, extreme heat may place an extra burden on your heart and circulation, so it's particularly important to stay cool and look after yourself.

What can I do to keep cool?

- Keep hydrated by drinking plenty of water or other sugar-free drinks (Though if you've been told to restrict your fluid intake for medical reasons you should speak to your GP)
- Avoid drinking too many alcoholic or caffeinated drinks. Caffeine-based drinks can cause you to lose more fluid from your body.
- Eat cold foods, particularly salads and fruit with a high water content.
- Make sure your home is cool when you're staying indoors.
- Wear light, loose-fitting cotton clothes.
- Stay out of the heat in the hottest part of the day between 11am and 3pm.
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat
- Avoid extreme physical exertion.

Angina

If you have coronary heart disease, you may find you start to experience angina or your angina worsens during hot weather, because hot weather increases the workload on your heart and the demand for oxygen, especially when you are more active.

Heart failure

It's particularly important to stay cool if you have heart failure - where your heart doesn't pump as well as it should. If you've been told to restrict your fluid intake, speak to your GP about other ways to keep cool during summer. If you take water tablets and start to feel dizzy or light headed let your doctor know. Your dose can then be reduced or stopped for a little while, if needed, until you feel better.

Heat stroke

Losing too much body fluid can increase your internal body temperature, which could be life-threatening if left untreated.

Symptoms of heat stroke include sweating, cold clammy skin, dizziness, fainting, muscle cramps, heat rash, oedema (swelling) in the ankles, shallow or fast breathing, nausea and vomiting.

If you suspect that you or someone else has heat stroke, get medical attention immediately.

Who is most at risk?

Elderly people and very young children have more difficulty in regulating their temperature and so can be more at risk from extreme temperatures. In hot weather, check on your friends and relatives regularly to make sure they are cool and comfortable.

*Taken from the BHF website
www.bhf.org.uk*

TO BREXIT OR NOT

"Won't you join our Common Market?" said the spider to the fly, "It really is a winner and the cost is not too high, I know De Gaulle said "Non", but he hadn't got a clue,

We want you in, my friends, for we have plans for you. You'll pay a little more than we do just for now, As Herr Kohl said, and I agree, we need a new milch cow,

It's just a continental term, believe me, mon ami, Like 'Vive la France' or 'Mad Anglais' or even 'EEC'.

As to the rules, don't worry friend, there's really but a few, You'll find that we ignore them - but they all apply to you.

Give and share between us, that's what it's all about, You do all the giving, and we all share it out. It's very British, is it not, to help a friend in need?

You've done it twice in two World Wars, a fact we must concede, So climb aboard the Market Train, don't sit there on the side,

Your continental cousins want to take you for a ride".



THE HEALING POWER OF CATS.

Yes, it's true. I am a crazy cat lady.

And I believe that owning a pet, especially a cat, can help lower stress.

Search the internet and you will find several web sites claiming that a purring cat can provide a range of health benefits, from reducing stress to healing bones! :

'When a cat purrs, it creates vibrations that range between 20 to 140 Hz. These vibrations are considered therapeutic for many illnesses, and purring has been linked to lowering stress, decreasing symptoms of dyspnoea, and lessening the chances of having a heart attack.'

'Owning a cat can help and reduce your risk of high blood pressure. In a recent study conducted by the State University of New York, it was established that while the drug Lisinopril helps lower blood pressure, cat ownership does too.'

'Everyone knows that stress is your body's way of responding to any kind of demand or threat. When you feel overwhelmed, your nervous system responds by releasing an overflow of stress hormones, including adrenaline and cortisol. By petting a purring cat, you can lower stress and calm your nerves. Feline purr vibrations are also especially helpful in reducing anxious behaviour in patients with Alzheimer's.'

Whether you believe these claims or not, there is something incredibly soothing about enjoying a cup of tea whilst stroking a lapful of warm, purring cat.

So when I heard about London's first Cat Cafe, I decided to book a table and invite a friend who was missing the company of her beloved (but sadly deceased) feline.

Lady Dinah's Cat Emporium is in Bethnal Green.

Nestled among the usual plethora of coffee shops, Lady Dinah's glass-fronted building is easily missed, until you notice the judgmental black and white cat sitting on a cushion in the window, and another draped languidly across a high shelf. Catnip mice, a cardboard box and small toys that wobble atop springs are scattered on the floor.

The cafe is small and cosy, arranged over two floors where the cats are given free rein to roam as they please. It is a place for quiet relaxation in their company, so visitor numbers are limited. On entering, all patrons must wash their hands and are given the list of house rules, including:

No children under 12

Cats must not be picked up or disturbed whilst they are washing/eating

No flash photography

Anyone not following these rules will be

asked to leave!



Mama Mue



Wookie

The cafe provides a variety of food; from tea and cake to paninis, salads and soups, and after ordering, you are free to look around, ask questions, or simply sit back and watch the cats.

At the time of my visit, there were about 15 resident felines, (all rescue cats) with very distinct personalities.

The matriarch of the family and the oldest cat is Mama Mue, a gentle calico who prefers to be patted on the bottom rather than tickled behind the ears. She was adopted along with her offspring Donnie and Biscuit. The latter enjoys chasing string, but sometimes misses out because she has very good manners and always waits her turn.



Petra

Downstairs, I met Victor, a very small, but gentle cat with the softest fur and a slight overbite. Upside down on a dining chair, he was wide awake and purring happily as his belly was tickled. No matter how old Victor gets, he still looks like a kitten.

And then there's Lizzie, a black and white diva who needs to be the centre of attention at all times. She loves to run in the exercise wheel, but unless constantly showered with praise and encouragement, she will lose all motivation and wander off in a huff.

Petra is described as 'The Queen' by the cafe staff. Her Ladyship is a picture of long-haired floofyness with white feet and a neck ruffle.

The cat carer's description of this fine feline is very apt:

'Everything must be done on Petra's terms, as she doesn't take any nonsense and if she is displeased, the last you'll see are her fluffy pantaloons sauntering off into the distance!'

But the star of Lady Dinah's, adored by many via social media, is a fluffy, rotund Garfield-esque tabby called Wookiee.

Unapologetically lazy, he eats the same amount of food as the other cats, but weighs nearly 8kgs.



Lizzie

"In ancient times, cats were worshipped as Gods; they have not forgotten this."

-Terry Pratchett



Victor

Often seen with his face in a food bowl, he is happy to chill out with humans but doesn't like a lot of fussing, and when tired of company he will lumber away and arrange his big boned frame over a miniature chaise longue that is far too small to accommodate his magnificent girth.

"Time spent with cats is never wasted."

Sigmund Freud

A Cat Emporium isn't *just* for crazy cat ladies.

During my visit I met a young couple who were unable to have pets as they lived in a rented flat.

A gentleman in his 60's told me that he was a regular visitor, as he lived alone with no family nearby. The friendliness of the staff and company of the cats helped alleviate his loneliness.

Despite the different circumstances, everyone visiting seemed to agree that the warmth and softness of a cat and the soothing rumble of a purr both calmed the nerves and uplifted the spirit.

"You cannot look at a sleeping cat and feel tense."

Jane Pauley

And so here I am, back home on the sofa.

Moses, my 19 year old OAP is curled up on my lap, and I can feel the stresses of the work day melt away. Life is good.

Especially when you share it with a cat.

"I meant," said Ipslore bitterly, "what is there in this world that truly makes living worthwhile?"

Death thought about it.

"Cats, he said eventually. Cats are nice" Terry Pratchett,

Written and Photographed by Fiona Bannister

Lady Dinah's Cat Emporium
152-154
Bethnal Green Road
London E2 6DG
<https://www.ladydinahs.com/>

IT STARTED AS A QUIZ

Saturday 12th May saw 12 and a half teams take part in a Quiz Night at Wootton Community Centre. Sue Young and her husband Peter, set the questions presented the quiz to the club.

With the doors opening at 6.30, several members arrived early to help set up the room, putting out tables and chairs. Stella and John Page sold raffle tickets taking exactly £100 in the process.

Peter set up his laptop connected to a projector so the expectant crowd could see all of the questions displayed on the wall. There were eight sets of question to answer in each group, Peter and Sue also gave out a sheet of paper with anagrams on. Each one was either a song title or something Lyn says in class. The answers to these were all worth one point each to the teams.

Each team consisted of four members and they all choose a name, our team was called "we thought we were speed dating" the other members were Lyn, Helen and Graham White.

The first set of questions was called "what comes next". After this round we were in last position with only three points.

The second round was called "Royalty" this proved even worse for us scoring only one point. This should have been Lyn's best round as she knew all the answers, but only after we were told them when we marked our sheet.

Round three was a picture round, with photos of the Isle of Wight, but they were reversed, so all the images back to front. This was a great round playing with your mind, but somehow we managed to get them all right. Round four were questions from the Citizens test, best not talk about this one.

During the interval, Sue and Peter put on a skit, which ended in a terrible joke, taking the Mickey out of three members of the audience, including Lyn, Jo Bingham and myself.

The second half started with a couple of teams scoring highly and moved away from the also rans.

Round five was called "School Reports, were we had to guess whose report contained the words shown on the screen. Round six was another picture round where we had to guess who was married to who. Round seven was titled "what happened in 1968".

We then drew the raffle, while the teams tried very hard to solve the anagrams. With plenty of prizes this gave the teams plenty of time to work out the answers. Lyn tried very hard to think what she said in class but we still didn't get all of the 23 anagrams, scoring only 10 points.

I have listed all of the anagrams for you to have a go at, the answers will be in the next edition.

At the end of the evening the prizes were handed out to the "Bumble Bees", they each received a very small bottle of Prosecco and a Heart shaped cake, baked by Sue. She made four cakes for the evening so we now had two left over. So on the spur of the moment we had a mini auction and sold them for a total of £21.00.

We also gave out booby prizes to the two teams who didn't score as many points as the rest of the others. They were given two bags, of comedy sweets as a consolation.

We raised £218.00 for club funds after all of the expenses were taken out. I would like thank everyone for turning up and missing the Eurovision Song Contest, although nobody complained about it. A huge thank you to Peter and Sue for all of the work they put in, and to Lyn for cajoling you all to attend.

We finished a creditable fourth in the end, but there were no prizes for us, not even a raffle win.

With the success of this event Lyn would like to do another one at a future date, maybe at a different venue, so you will have to get in early next time, as everyone who attended this one will want to take part again.

Gary Smith

clobber steak
charm
hello stepfather I ate cot
aid pests
slippery bats
rough twirp
loathed frog
lash rafts
ever fit client
loud pushers
hot arm yellowing
dorothea rules
bless our pedro
alias alerter
hot lather beaker
armed till
ants sit
keep sun
breathtaking gory demon
café liars
cluck sheep
a bakery hatchery
lets rip

**All of the
answers
are things
Lyn says
in class or
Song Titles**

TRIP ADVISER REVIEWS

HOLIDAY HOWLERS Planning to book a holiday? Our round-up of the worst-ever TripAdvisor holiday reviews

Us Brits may just be among the worst in the world for making stupid complaints about trips on review sites



HOT AND BOTHERED IN CENTRAL AMERICA: “You said the town was next to a volcano, but we went and there was no lava. I’m pretty sure it was just a mountain.”

NEW YORK’S NO ZOOTOPIA: “The animals at the zoo looked very sad and it made our children cry. Can’t they train them to smile?”

LOST IN SPAIN: “The street signs weren’t in English. I don’t understand how anyone can get around.”

NOT PLAIN SAILING: “I went on your cruise around the Med and the sea was so loud outside I couldn’t get any sleep.”

NAAN TOO PLEASED IN INDIA: “I was disgusted to find that almost every restaurant served curry and I don’t like spicy food at all.”

SIGHT-SEETHING IN KENYA: “The elephants we saw on our honeymoon were visibly aroused which made my wife upset and made me feel inadequate.”

DOUBLE TROUBLE IN FRANCE: “My boyfriend and I asked for single beds in our room and you gave us a double. Now I am pregnant.”

FEELING SECOND BREAST IN SPAIN: “Women were sunbathing topless on the beach and my husband spent all day looking at them.”

IN DEEP WATER IN ITALY: “No one told us there would be fish in the sea – the children were surprised and upset.”

TAKEN FOR A RIDE IN TURKEY: “There was no sign telling you that you shouldn’t get on the hot air balloon ride if you’re afraid of heights.”

IT GOT OUT OF SAND IN THAILAND: “The beach was so sandy that sand got into my clothes and was hard to wash off my skin.”

TIME MACHINE IN CARIBBEAN: “It took nine hours for our flight to get from the UK to Antigua but the Americans at our resort said it took them just three.”

OFF COLOUR IN MALDIVES: “The sand was much too white and not yellow like it is shown in your brochure.”



DOOM AND ROOM IN PORTUGAL: “Our one-bedroom apartment was much smaller than the two-bedroom one next door.”

TAKING THE BISCUIT IN BULGARIA: “The local store sold hardly any British food and did not stock my favourite brand of biscuits.”



LOST IN TRANSLATION EN ESPANA: “There were way too many foreigners and everyone spoke Spanish.”

KENYA TELL THE DIFFERENCE?: “We bought designer sunglasses from the market and later found out they were fake.”

GHASTLY GREECE: “We could not enjoy the tour as our guide was too ugly.”

GIVING IT LARGE IN SPAIN: “The beach had too many fat people. It was gross.”

By Graeme Culliford

NOTICE OF THE ANNUAL GENERAL MEETING OF THE ISLE OF WIGHT HEART CARE CLUB

At least 21 days notice is hereby given that the Annual General Meeting of the Isle of Wight Heart Care Club will be held at the Riverside Centre, Newport, Isle of Wight on Thursday 28th June 2018 at 3.30p.m.

Please note change of time to accommodate the Phase III programme.

AGENDA

1. Apologies for absence
2. Minutes of the last Annual General Meeting
3. Chairman's Report Harry Lawrence
4. Treasurer's Report David Lankshear
A copy of the audited accounts will be available on the day.
5. Social Committee Report David Lankshear
6. Election of Officers
7. Any other business

Tea will be served after the meeting.

Everyone is welcome to attend

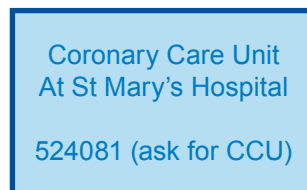
Health Questions

Answered by NHS 111 or your Coronary Care Unit

If you are at all worried by an ache or pain which you do not understand – professional help is at hand, just telephone:



OR



**Isle of Wight
Heart Care
Mentors**

**FAMILY &
PATIENTS
HELPLINE**

07531 779 337

NHS
Isle of Wight

‘They will take the worry away’

Isle of Wight NHS Trust

YOUR OFFICERS & COMMITTEE

Effective June 2017

President

Richard Knowles

EXECUTIVE COMMITTEE

Chairman

Harry Lawrence

Treasurer

David Lankshear

Treasurer.iowhcc@hotmail.co.uk

Honorary Secretary

Gary Smith

garysmith250@me.com

296091

Members

Lyn Smith

296091

Barbara Brown

Stuart Bunyan

Robin Burnett

Social Committee

Chairman Situation Vacant

Colin Chum

Stella Page

Dick Walters

The next issue of Ticker Tape is due out on the 25th August 2018. The latest date for copy to be included in this issue is 2nd August 2018. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word or PDF to Gary Smith.

Email: garysmith250@me.com

Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.