



Isle of Wight Heart Care Club

# TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 72

2017

## COMING EVENTS

October 2017 – Onwards

Christmas Lunch

Channel View Hotel

Shanklin

Friday 15th December 2017

12.30 for 13.00

Includes the Grand Christmas Draw

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

[www.islandheartcareclub.co.uk](http://www.islandheartcareclub.co.uk)

## THE WAY AHEAD - OUR WAY AHEAD

It's very important to plan for our 'way ahead'. I feel it's necessary to form a FUND RAISING GROUP and I'll explain why.

Our costs, for example, don't remain the same. As has been said before, we don't raise enough money in class fees to pay for the Instructors and venues. This is despite the fact that we raised class fees this year.

We have received a suggestion from one of our West Wight members that members pay a yearly amount, so the club has the money whether the member is in class or not. I'm looking into that, it would be voluntary and the cost dependant on how many classes the member attends weekly. I think it's a good idea, the committee is considering it.

We are a self funding group, as we aren't a charity( we have looked into this and it's not a possibility for us) we don't qualify for some forms of funding so it's up to us to sort ourselves out. Our Club has been running successfully for over 26 years and I would hope it will continue for many more years.

For instance, the cost of using the Fitness Factory has increased by £4 a class from October 1st, that's £32 a week, £128 a month. We weren't breaking even each month before the increase. Some classes are financially balanced and this does help with the ones that aren't but at the end of each month there is a deficit.

We shouldn't use any money we have been gifted to balance the above, that wasn't what it was given for. (Two of our members have left us some money in their wills and several have made us beneficiaries at their funerals).

Things change all the time , we need to be ready for this. Steve has stated that he will be retiring in two and a half to four and a half years and the Fitness Factory sold, probably to make way for housing. We need to be ready for that change in particular as we run 8 classes there.

I'm already looking at other venues, so the transition will, hopefully, be smooth.

We have a small Social Committee and they are doing a great job, they're planning the Christmas Dinner at the moment. There are not many of them as some members retired and no one came forward to join at the AGM.

I repeat, we need a FUND RAISING COMMITTEE. Gary and I, helped as always by Barb and the social committee, are putting on the Race Night which always generates a good profit. By the time you receive this it will have taken place!!

Gary and I need more help as we sometimes feel it's too much, running the classes, producing ticker tape etc etc etc! We need to work together to keep our club functioning and make it ready to re-act to any future changes.

## PLEASE JOIN US AND HELP PROPEL THE CLUB FORWARD

*Lyn Smith*

## A NOTE FROM THE EDITOR

As you can tell, this issue of Ticker Tape is different from previous editions. Because we had to get the Christmas Lunch booking forms and Grand Draw Tickets out I have had to make this edition smaller. But that doesn't mean that the content is any less important.

Lyn has written the introduction, The Way Ahead was penned by two past members of the Executive Committee Robin Brown and Alan Davison. The document is a guide for the committee to follow to ensure the club runs smoothly without forgetting to look to the future. We will be looking at all aspects of the club at our future meetings.

Lyn is the only person who has been with the club ever since it started in 1982.

We must look to the future, Lyn will not be at the helm forever and when she retires the club will need to look for at least one, if not several replacements to cover her workload. I'm not sure we will find anyone who has the same dedication to the club and desire to make the Heart Care Club the institution it is today.

I'm sure that each and every one of you has benefited from attending the club's exercise classes and social functions. Do you know that we have to make up about £0.71 per member every time they attend a session. So, if we have 10 members in a class we need to raise £7.10 to cover the costs of putting one class on, including room hire and instructor fees etc.

This is why having a strong Committee is very important. We have to raise funds all year round to ensure that we can hold the exercise sessions, we do not get any help from any outside sources like the NHS. It is totally self funding, we are not a charity.

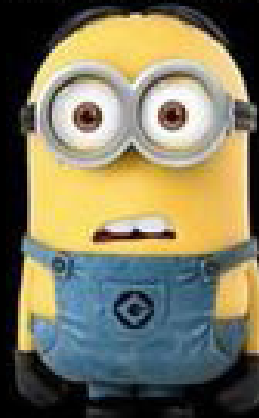
Inside this issue you will find Raffle tickets and forms for the Christmas Lunch at the Channel View Hotel in Shanklin. Please do your very best to sell the tickets and attend the Lunch this year. Places are limited so please book your lunch as soon as possible.

As you can see from the front cover there are no more Social events arranged for next year, this is due to the fact that the Social Committee is very small and poor attendance at past events.

We are looking to recruit new members to the club. We will be contacting Doctor's surgeries with posters and information about the club's exercise programme. The more members that attend a class, the less we have to raise to cover any shortfall. So if you know of anyone who would benefit from attending classes or maybe you are one of the lapsed members that no longer attend and would like to get fit again, please contact Lyn on 296091.

*Gary Smith Editor*

Behind every angry  
woman stands a man



who has absolutely no  
idea what he did wrong



## EMBRACE WHAT YOU CAN DO

MOTORCYCLING has been a passion of mine, since I was 15 Yrs old some 40 years ago. I have been lucky enough to own a certain German make for over 30 years, regularly riding to France, Spain, Italy I even went to India.

Some may know that I served as a Paramedic, here in the Island for my career, even enjoying many years as a Motorcycle paramedic – I looked forward every day going to work !



Unfortunately my untimely visit as an inpatient at Southampton General and subsequent enforced 10 day stay, post surgery, forced me to look at life and make a few changes.

BMW motorcycles are fine machines, but very heavy to move about and so I decided to buy a classic British machine, a Royal Enfield 500cc.

Owning and enjoying a smaller classic bike has opened up new opportunities, I now Pop about instead of zooming.

24th September this year saw me taking part in an International charity Event known as Distinguished Gentlemen's Ride in aid of Prostate Cancer and Mental Health in men. To qualify for acceptance, you have to be riding a classic or modern classic motorcycle and wearing.....Tweeds and Brogues.

Being International, the day is marked in 48 countries, with over 45,000 riders supporting the charity, here in England there were something like 20 cities taking part and of course the Isle of Wight.

The day turned out as a typical Indian summer, blue skies, warm winds and dry roads and along with 44 riders we assembled at Waitrose car park in E.Cowes, all on "classics" and the majority in Tweeds or Distinguished attire. We left at 10.30 proceeded to Ryde, regrouped at the canoe lake, making sure all was ok with every one. We then went through Sandown, Shanklin, Wroxall along Paradise walk and into Whitwell through to Blackgang view point car park for a comfort and beverage stop, and still the sun shined .

Then it was up the Back to Freshwater Bay, along the middle road to Carisbrooke, down through Newport town to Coppins bridge, 44 Distinguished Gents in convoy, wearing shirt and tie and in Tweeds, it must have looked odd or hopefully good; from Newport it was up Medina Way along the Forest road and ending up at Dave Death Motorcycle dealers in Carisbrooke, they are the main agent for Triumph- who were one of the main sponsors

66 miles in total, on a lovely early Autumn day, in like minded company and for a good cause.

The event takes place each year at the end of September, lets hope next year is as good weatherwise, or it it could be a case of can you look distinguished in Oilskins ?

So next time when we get frustrated with any impairments that our Cardiac histories may leave us with, just remember..... Embrace what you can do and don't dwell on the things you are no longer, able to do.

*Nicholas Coventry.*

## MODERATE EXERCISE REDUCES DEATH RISK IN ELDERLY MEN WITH HIGH BLOOD PRESSURE

*Gentle exercise*

Elderly men with high blood pressure can significantly reduce their risk of death by up to half even with moderate exercise according to new research.

The study saw 2,153 men aged 70 and over with high blood pressure undertake a standard treadmill exercise test with follow ups over an average of nine years.

The participants were split into four categories of fitness from very low to high by measuring energy expended – also known as their metabolic equivalents (METs). Researchers found the risk of death fell by 11 per cent for every MET unit increased through doing more exercise.

The least fit members of the high fitness group, exercising at 8 METs, reduced their risk of death by up to 48 per cent. For those in the low fitness category, who exercised between 4.1 and 6 METs, it fell by 18 per cent.

It confirms the importance of physical activity to our quality of life however old we are

Maureen Talbot, our Senior Cardiac Nurse, said: "Although this is a study of older men with high blood pressure, it confirms the importance of physical activity to our quality of life however old we are.

"There's lots of ways of building exercise into our everyday lives. A daily walk provides a sense of wellbeing as well as exercising the heart muscle and lowering blood pressure. If you have high blood pressure and are worried about whether you can exercise, have a chat with your GP."

*Taken from the British Heart Foundation*

*Web Site Heart Matters*

## THE ITALIAN WEDDING TEST

I was a very happy man. My wonderful girlfriend and I had been dating for over a year. So we decided to get married.

There was only one little thing bothering me. It was her beautiful younger sister, Sofia.

My prospective sister-in-law was twenty-two, wore very tight miniskirts, and generally was bra-less.

She would regularly bend down when she was near me. I always got more than a nice view.

It had to be deliberate. She never did it around anyone else.

One day she called me and asked me to come over. "To check my sister's wedding invitations" she said.

She was alone when I arrived. She whispered to me that she had feelings and desires for me. She couldn't overcome them anymore. She told me that she wanted me just once before I got married. She said "Before you commit your life to my sister".

Well, I was in total shock, and I couldn't say a word. She said, "I'm going upstairs to my bedroom" she said. "If you want one last wild fling, just come up and have me".

I was stunned and frozen in shock as I watched her go up the stairs.

I stood there for a moment...then turned and made a bee-line straight to the front door. I opened the door, and headed straight towards my car.

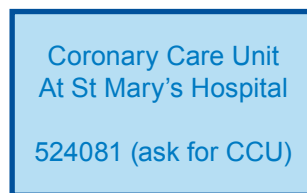
Lo and behold, my entire future family was standing outside, all clapping!

With tears in his eyes, my father-in-law hugged me. He said, "Sergio, we are very happy that you have passed our little test. We couldn't ask for a better man for our daughter. Welcome to the family my son."

And the moral of this story is: Always keep your condoms in your car.



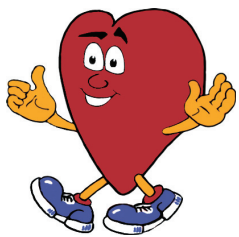
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### YOUR OFFICERS & COMMITTEE

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

Alex Brown

Stuart Bunyan

Robin Burnett

#### Social Committee

##### Chairman

Stella Page

Colin Chum

Dick Walters

The next issue of Ticker Tape is due out on 9th December 2017. The latest date for copy to be included in this issue is 2nd December 2017. 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.