



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 77

2019

COMING EVENTS

January 2019 – Onwards

HCC AGM

Isle of Wight College
3.00pm Friday 21st June
includes afternoon ~Tea
£5.00 per person

Race Night

Wootton Community Centre
October date to be confirmed

HCC Christmas Lunch December

Venue and date to be confirmed

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

www.islandheartcareclub.co.uk

CONTENTS

Front	Christmas Lunch 2019
Page 2	Lyn's Report Chinese Whispers
Page 3	West Wight Row-a-thon
Page 4	Race Night New College Class
Page 5	Thoughts from the prison exercise yard
Page 6	My RNLI experience
Page 7	What is Takotsubo syndrome
Page 8	Tony Gregory
Page 9	Wight Wood Turners
Page 10	Mosquitoes, turkey and all the trimmings
Page 11	Signs of the Times Christmas Draw winners
Page 12	Murphy's Law

ISLE OF WIGHT HEART CARE CLUB - CHRISTMAS LUNCH 2018

I am reminded of my army days, "never volunteer". I should not have been surprised, after having volunteered to arrange the table layout for last year's Christmas Lunch, to be landed with organising the whole event.

David Lankshear did a splendid job for several years. He provided good information making the system easy to follow. If it's not broken don't fix it so, apart from a bit of tweaking, everything worked as normal.

I found the hotel management easy to communicate with. The menu to me, this year, was more appealing. Managing to get the menu and meal choice onto one sheet of A4 paper made life simpler and easier for printing.

Not everyone was clear with which class they attended. This made it difficult to sort everyone with the seating arrangement. Fortunately, emails to Lyn sorted the problem.

Designing & making the place setting for each person attending was fun. In most cases I allocated them a place close to those they wished to sit with.

Allocating seating positions is the hardest part of the job. Not everyone can sit with the same person. Most of my time is spent checking meal selection against the original choice each time it is entered on a spread sheet or the place settings.

I would like to thank those who assisted me with setting the table places on the day.



A total of 122 were booked to attend however, sadly, a few were unable to make it for various reasons.

I am grateful to Gary Smith for being the M/C during the event. I have never been one for public speaking, preferring to stay in the background. Secretly, I think he enjoys it. There was an absence of jokes this year until he realised that his meal selection read as D.I.K.



Gary thanked everyone involved and requested Reverend Canon Graham Fuller to say grace.

I'm pleased the day went very smoothly, enjoyed I believe by everyone. The hotel staff worked hard and everyone seemed to get their meals served together. Gary thanked the head waitress, presenting them with a gratuity.

The raffle again was a great success and made a profit of £1660. It's not until one gets involved, that you really understand how much effort is given by so few. The whole event is arranged by Stella and John Page & Pat Hough. They spend hours separating then folding each raffle stub; this being an immense task in itself! In selling the tickets, Jack Hammerton does a sterling job along with Angela & Brian Bond.

In order for these events to take place, it takes a great amount of effort from a small number of people. It does require fresh thoughts and new people to continue to enjoy the social events. If you enjoy attending these events, the greatest compliment you could give, is by giving a bit of your time in assisting. It would be nice for those who have been doing it for several years to enjoy a respite; allowing others to continue their good work!

I look forward to seeing you again this year.

Paul Shilling

HELP WANTED

I know I've said this before but I'm going to say it again!

We've two members stepping down from the Social Committee so it's not really able to operate. Pat Hough is willing to run a coach trip if anyone comes up with a good idea.

Paul Shilling, at the Heights, made a huge difference to the running of the Christmas Dinner and one of his fellow members is looking at venues for this year. Paul's willing to do the same this year and I'm sure he'll have help from his class members.

At the moment we've no-one to run the raffle, anyone interested?

Gary and I would be very happy if someone else ran Race Night, we've not booked one yet this year.

Do you fancy running a quiz evening, or have you any other ideas?

You may have noticed there are no Upcoming Events on the front page.....because there aren't any!

If you don't want to join a committee, which I totally understand, but would like run a single event, or help at one, please let me know.

Lyn Smith

CHINESE WHISPERS

"I heard a rumour that Cadbury is bringing out an oriental chocolate bar. Could be a Chinese Wispa."

Meaning- Inaccurately transmitted gossip. 'Chinese whispers' refers to a sequence of repetitions of a story, each one differing slightly from the original, so that the final telling bears only a scant resemblance to the original.

**I tried to dump my girlfriend via
chinese whispers...**

Ended Up Engaged.

WEST WIGHT ROWATHON

In the last newsletter I wrote about the Rowathon and had no idea how it would go.

It was brilliant!

We took over the cafe. Gary and I wheeled two bikes in and the staff moved two rowers for us. We positioned ourselves near the door to catch any of the other users of the Centre.



The Centre allowed us to bring cakes in to sell, they didn't produce so many to sell themselves. Wow, did we have some cakes! We have some fantastic bakers, in fact the cafe have asked for some of the recipes!

Barb came out to the event to supervise the raffle, which also went amazingly well. We put a bucket for donations by the rowing machines too, we didn't want to miss anything.

All but two of the rowers were from the two West Wight classes. The two from other classes, Gary and I made up the two teams. We used the bikes for the warm up and then transferred to the rowers. We used the whole two hours we would normally use for class and I was astonished at how well it went.

As I said in the previous newsletter, none of the West Wight members use a bike or a rower so neither myself or the members knew how, or if, they would cope. The age range was from 53 years up to 86 years! Quite a range.

Richard, who captured the attention of the County Press, was joined by his two sons, who also rowed.

Everyone unconnected with us was amazed and inspired by us. We showed you can exercise at any age and don't have to be 100% fit. Clare, the Manager, and a lot of the other people commented on the lovely atmosphere we created too. There was a real buzz in the cafe.

At our last class before Christmas we all sat down to food, mainly brought in by the members, the amazing bakers, and sang along with Max and his banjo. We also chose this occasion to present our cheque to the Centre. £2600!! Fantastic!!



Clare tells us that the Centre hope to start work on the gym extension this year, very good news for us. We really feel part of the Centre and can take pride in our part of the fund raising.



Lyn Smith

THE PENCIL

Carol was not the best student in Catholic School. Usually she slept through class.

One day her teacher, a Nun, called on her while she was sleeping in class. 'Tell me Carol, who created the universe?'

When Carol didn't stir, little Johnny, who was her friend sitting behind her, took his pencil and jabbed her in the rear. 'God Almighty!' shouted Carol.

The Nun said, 'Very good' and continued teaching her class. A little later the Nun asked Carol, 'Who is our Lord and Savior?'

But Carol didn't stir from her slumber. Once again, Johnny came to her rescue and stuck her in the butt. 'Jesus Christ!!!' shouted Carol.

The Nun once again said, 'Very good,' and Carol fell back asleep. The Nun asked her a third question. 'What did Eve say to Adam after she had her twenty-third child?'

Again, Johnny came to the rescue. This time Carol jumped up and shouted, 'If you stick that damn thing in me one more time, I'll break it in half!'

The nun fainted.

RACE NIGHT 2018

Once again Race Night, held at Wootton Community Hall, was a great success and for many of us, myself included, a profitable evening!

Lyn had worked tirelessly promoting and encouraging class members at each venue to 'buy' a horse for the 8 races to be run on the night, and of course, there were prizes for the owner of the winning horse of each race - a bottle of wine or a box of chocolates. Gary too, as always, had been kept busy printing the programmes and posters.

The food brought in by everyone for the American Supper was amazing! Stella and Maureen arranged the groaning tables with a large display of savoury and sweet things to choose from. All very healthy, of course!



Keith Lane our compare for the evening did a stellar job. With encouragement from Gary and Lyn who were doing the tote, there was a great deal of banter and good humour in the room.

For those who had never been to a race night event, Keith did an introduction and then we were off. Long queues formed for those waiting to place a bet, with lots of shouting for the numbered horses to go faster once the race began. Many smiling faces from the winners at the end of each race. Sometimes the winnings were generous and sometimes not, depending on the number of bets placed on the winning horse.

It was amazing how quickly the evening passed and how enjoyable it was too, especially knowing £662.72 had been raised for the Club funds. Excellent.

Perhaps, if you were unable to be with us this year, you would support us next year, when I'm sure you would have a happy, enjoyable evening in good company.

Barbara Brown



ISLE OF WIGHT COLLEGE CLASS

Back in the summer several members were asked by Lyn if we would be willing to try out a new venue for our heart keep fit workout, we were going back to college.

It's late September a Monday morning and we've just parked up in the car park at the college ready for an hour of flexize. The welcome committee consists of Lyn, Gary and Steve the college gym trainer.

Our little troupe has increased in numbers over the last few weeks, we're now up to 16 and Lyn is hopeful that in total there will be twenty of us, the increase has been gradual and necessary. The initial twelve have found their feet and are becoming quite adept in the circuit and also of mastering the beasts, (that is the equipment) they



are there to challenge your ability and I think mentality, we all know that 2 follows 1 and 3 then follows 2 but I hear those little whispers saying where the hell am I next.

There are twelve stations in all, down the room follows up the room then round the room.

We have Steve on hand to point us in the right direction, he's also very attentive in watching our every movement, he'll offer advice when required but he's full of encouragement, I think he's been taken by surprise at how dedicated we all are. Gary has been our time keeper, knows when to blow the whistle, although there are some very strange minutes, on some equipment 60 seconds seems to sssstrech.

Like every session we start with a fifteen minute warm up, for this we have a cozy anti room, our backs are to the mirrors so no vanity, just serious marching, kicks, curls and sidesteps, we're good, very good and deserve the title of Lyn's Formation Team.

It's helped enormously that each week we start at the same station and then the newer members slip easily into a vacant space.

It's now December 3rd and Gary has handed the stop watch over to Barbara, we'll all miss Gary's banter, you have been brilliant in helping Lyn get this off the ground. Welcome Barbara, we have told you how great our trial at the college is going, you'll see how cozy it is for the warm up, and you'll be amazed how hard we work, even more amazing is that we enjoy it so much we want to keep coming back.

Dorothy Telford-Bailie

THOUGHTS FROM THE PRISON EXERCISE YARD

Do you like a puzzle? Do you like to know how things work and why they do what they do?

After the gym session, when we do that bit I always call 'Lyn's Prison Yard' (you know, going round and round in circles as we cool down) I often ask myself why we had heart attacks in the first place.

You see, I spent some time discussing with doctors the question "Why me?" I had none of the main causes; never smoked, kept fit, average cholesterol, heart troubles not in the family, the list goes on and on. One doctor finally said "well, I'm afraid you were just unlucky."

Really? What on earth does that mean? To me it was simply a way of saying "we don't know why you had one, now stop asking questions...."

Since then, like all of us, I'm on a whole slew of tablets daily. But I like to know why I'm taking things and what they do, so I began looking them up to see what each did.

We have all been told we need to keep our blood cholesterol low so we should take statins to do this because they lower blood cholesterol.

But the puzzle for me was that I had never had raised cholesterol, it wasn't the cause of my heart attack - so why am I taking statins?

We're also told to avoid 'bad' fats because eating these raises your cholesterol and cholesterol furs up your arteries. But then I read something that made me think about that.

The Masai of Kenya, those warriors dressed in red who leap up and down in their dances, were studied in the 1970s by a Dr. George Mann. He found that they ate the highest cholesterol and saturated fat diet ever discovered. They drink untreated full fat milk and eat meat and fat.

But the rate of heart disease amongst the Masai was virtually zero.

Dr. Mann went on to describe the idea that diet affects the health of our hearts as "the greatest scam in the history of medicine". Strong stuff!

This set me to thinking, so I read lots more about the claimed link between diet and heart health.

Statins were making my hands uncomfortably cold, I was feeling weird (well weirder than normal) and faintly out of step with life. If my cholesterol levels were normal, I asked myself why I needed to take statins?

Some months later I had a blood test. I asked about my cholesterol results. "Quite normal" was the reply. To this day I still don't take statins.

I also found this interesting quote:

"The statistic you really want to know about statins is the following. If you have had a heart attack, or stroke, and take a statin for five years, you will increase your life expectancy by 4.2 days. Balance that against a 20 per cent chance of having side-effects, some of which are very unpleasant and long-lasting, and you can see why I'm not a fan of statins."

Dr. Malcom Kendrick "The Scotsman" 17 October 2017

Now, I do not suggest for a moment that you should do as I have done and stop taking any medication prescribed to you. Each of us is an individual with individual cases and needs and I am in no way a doctor. I also have the greatest of respect

for the medical profession and will be eternally grateful for what they have done for me.

But I do sometimes wonder whether we are given all these drugs because that is the way things are done, regardless of whether or not they are needed in each case.

Just a thought.

Wat Erdog.

(Alias)

HEART CARE CLUB AGM

We are going to try something different this year.

We have booked the Isle of Wight College Restaurant for the Club's AGM, on Friday 21st June 2019. Starting at 3.00pm.

Everyone is welcome to attend, to make it more enticing, the College will put on an Afternoon Tea, following the meeting. Price only £5.00 per person.



MY RNLI EXPERIENCE

Being a lifelong resident of Bembridge I am naturally involved with the Bembridge Lifeboat. My earliest memory is when I was about six years old, my Dad was a crewman on the Jesse Lumb. One night they got called out on a shout and it was Mum's turn to go down and make the crew a hot chocolate and some cheese sandwiches for their return. Mum belonged to the Ladies Lifeboat Guild and this is what they usually did every time the Lifeboat was called out. I can remember it was in the winter, pitch black and freezing cold.

I did a few years helping in the Lifeboat shop, selling souvenirs when my children were in primary school. When I started working longer hours I had to give it up but joined again about fifteen years ago, when I used to help in the shop.



When I lost my husband, Eric, and later retired, I became more involved, helping the Educational Team. We held coffee mornings and catered for open days and any big events we had. I started helping Shirley Hill with the weekly raffle which is held at Warner's Coast Hotel. In 2013 Shirley decided she would like to give this up and I was asked if I would like to run it. I very quickly said yes.

My main job is to provide eight prizes each week, keep account of how much I spend and more importantly, how much we take. I have some lovely volunteers who help me. When I go shopping for prizes we roughly get 96 different ones. I must tell you of one funny thing that happened.

My friend Sandra and I had bought a whole car full of prizes, then decided we would go to B&Q for some storage boxes. Having purchased 10 big boxes we got back to the car and quickly realised it would have been better to have done it the other way round! Out came all of the prizes, on the ground, in the car park. We put the storage boxes in and then had to pack all the prizes back in. After this we just had to have a burger and hot chocolate to help us get over our laughing!

In the last five years I have raised approximately £78,000 for the Lifeboat. I have only missed two weeks and that was when I had my heart attack and was in the Coronary Care Unit of St Mary's.



In May this year we had our AGM and I was gobsmacked to be awarded an Excellence in Volunteering Award. This was presented to me on behalf of Mr Paul Boisser, Chief Executive of the RNLI.

In August I received an invitation to the Guildhall London, from Mr Stuart Popham, RNLI Chairman, for the RNLI Excellence in Volunteering Dinner on November 2nd.

What an amazing experience, all toggged up in high heels and a dress. We thoroughly enjoyed it and I was so pleased I had my partner, Ron, with me. I did have a few quiet moments to thank Mum and Dad for starting my journey with the Bembridge Lifeboat.

Pam Young



A LITTLE MIRACLE

The pope is handing out miracles to sick children in Liverpool. Little Johnny walks on stage and asks "Can you help with my hearing?"

The pope says "Yes" & puts his hands on Johnny's ears, then prays, removes his hands and says "How is your hearing now"

Johnny says "I don't know, its not 'til next wednesday"

WHAT IS TAKOTSUBO SYNDROME?

It's sometimes called broken heart syndrome, and it's still a little-known condition. Senior Cardiac Nurse Emily Reeve learns more from Dr Dana Dawson, Reader in Cardiovascular Medicine at the University of Aberdeen.

Takotsubo syndrome is a sudden and acute form of heart failure. Symptoms can be similar to a heart attack. It is also known as takotsubo cardiomyopathy, broken heart syndrome, acute stress induced cardiomyopathy, and apical ballooning. The heart muscle becomes suddenly weakened or 'stunned' and the left ventricle, one of the heart's chambers, changes shape. This affects the heart's ability to pump blood.

It's difficult to put a figure on how many people are affected, because it's only been widely recognised in the last few years. It's thought of as being rare, though our data suggests it could represent six to seven per cent of all presumed heart attacks admitted through a cardiology department. Most people recover, but a small minority of cases (about four per cent) die in hospital.

The condition was first identified in Japan in 1990. The term 'takotsubo' is taken from the Japanese name for an octopus pot, which has a unique shape that the left ventricle comes to resemble.

What are the symptoms?

Initial symptoms of takotsubo syndrome are similar to those of a heart attack – chest pain, breathlessness or collapse. Call 999 immediately if you or someone you're with experiences these symptoms.

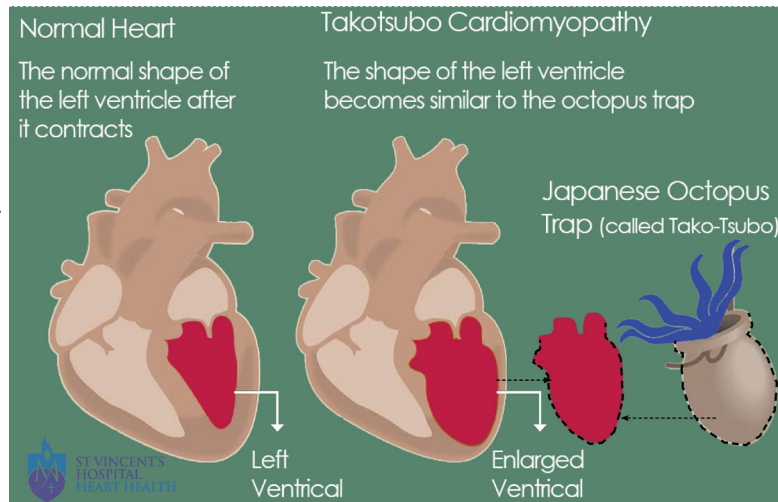
What causes it?

Takotsubo syndrome usually occurs in people who have experienced intense emotional or physical stress. But in some cases there is no identifiable trigger. Exactly what causes it is currently a scientific mystery. Researchers are trying to understand the interaction between the heart muscle and emotional signals in the brain. One theory is that exposure to an emotionally traumatic event causes a surge of adrenaline at levels that are harmful to the heart.

We don't have a definitive answer yet though.

How is takotsubo syndrome diagnosed?

Initially, patients will have an electrocardiogram (ECG) and blood tests. These will appear to show that they had a heart attack. But when doctors examine the heart arteries, there will be no evidence of blockage as there would be after a heart attack. Instead, doctors will see that the heart muscle is not working properly, and the bottom left chamber of the heart (the left ventricle) is larger than normal. The cardiologist should then ask the patient about any recent event that may have triggered the acute attack.



This can be anything perceived as intensely emotional or physically traumatic to that individual.

How is it treated?

There is no medicine known to help in the acute phase of takotsubo syndrome, or to prevent a second episode. Because heart attacks must be treated quickly to reduce damage to the heart,

takotsubo syndrome is often treated as a heart attack at first. As this condition is newly recognised, we need to understand the mechanisms behind it to better treat it.

Are there long-lasting effects?

Fatigue, chest pains and lack of energy are the most common continuing symptoms

Most people with takotsubo start a spontaneous process of recovery, within hours or days, but it can take longer for the heart muscle to improve. However, our research at Aberdeen University has shown that not all patients achieve complete recovery. Fatigue, chest pains and lack of energy are the most common continuing symptoms. We are now conducting studies to look at the long-term outcomes for these patients.

If you experience takotsubo, what's the chance of it happening again?

About 10–15 per cent of people who have had a takotsubo episode will have another episode, and possibly more than one. In those who do have further episodes, the trigger can be different each time.

Research from the British Heart Foundation

TONY GREGORY

Very few people could claim to have been a Tugboat Captain and an RAF Flight Lieutenant! Tony Gregory is one of the few.

Born in Rosherville, Kent, very close to Tilbury Docks, in 1946, Tony grew up watching ships being towed up and down the Thames, in and around the wharves and docks. This developed his fascination and ultimate ambition of working on a tug. On leaving school in 1961, he identified that you needed a family member already on a tug to get a job, and so Tony had to take a year's employment working in a paper bag factory. He regularly inquired at the tug office without success.



Being a member of the CIU Club he was introduced to the captain of a Pilot Cutter which resulted in him being offered employment with the Trinity House Pilotage Service, where he worked for two years. With the help of the same Cutter Captain, Tony was eventually given the job of Boy/Cook on board the steam tug 'Challenge' in 1963. Tony could not cook at that time but managed the various tasks his position demanded. The tugs had no washing or toilet facilities and the bedding was a palliasse – a pad filled with hay.

Over time Tony progressed and achieved promotion to Junior Deckhand and then Junior Fireman and subsequently Deckhand – having elected to stay on deck rather than in the engine room.

In those days, tugs were heavily engaged in towing ships in and out of London Docks, and Shell tankers in Essex.

Tony married Kath in 1969 and they celebrate their Golden Anniversary this year. They have two sons.

Whilst working on the 'Sun XXIV' in 1973 Tony was involved in a major incident in the Channel when the 'Cap San Antonio' sent a 'Mayday' signal after catching fire. The cargo ship risked explosion with inflammable chemicals and fuel oil on board. A routine towing job from Southampton became three days of drama, and the tug rescued crewmen and brought firemen alongside, as well as saving those who were overboard. The tug then towed the stricken vessel toward Dover and were later assisted by other tugs and lifeboats. They then returned to the burning ship to help in fighting the flames with the firemen, which took two days to bring under control. Unfortunately, six people on the cargo ship lost their lives.

In addition to towing, his tug was also involved in going to the aid of sinking ships, using salvage pumps, and spraying oil slicks.

In 1980 Tony was promoted to Mate and with the reducing traffic on the Thames, was involved in more sea work

which included the moving of two heavy cranes and several barges around the coast.

By 1988, most of their work was the movement of container ships, as these had by then made a big impact on the movement of cargo - the main route being Gravesend to Felixstowe. Tony recognised that Felixstowe was being developed as a port, and it subsequently became the premier container port in England. He moved there as Mate and in 1991 was promoted to Master. After further full-time study at Lowestoft College, Tony gained his Masters Certificate in 1997. Tony worked there until 2004, and as the size of the tug boat crews was steadily being reduced – from seven in 1963 to three in 2004, Tony took advantage of a new severance scheme and left after forty-one years afloat.

But this is only a part of Tony's life.....

When he was aged thirteen, he joined the local RAF Air Training Squadron 402 for two years to further his passionate interest in aviation. His father had been in the RAF. Fast forward twenty-one years, and not being employed every day on the tug boat, Tony had time to help one of his sons enlist as a cadet in the RAF at his old squadron. Tony also accepted an offer to become a civilian instructor, and later he was back in uniform as a warrant officer. In 1983 he accepted a commission in the RAF reserve as a Pilot Officer and subsequently became Squadron Officer and then Flying Officer. He started his own squadron in Meopham in 1987 and was offered the command of the 402 (Gravesend) Squadron in 1990 when the Commanding Officer retired. He left the RAF on reaching their retirement age of fifty-five.

Tony then joined the Squadron's Civilian Committee as Secretary and Squadron Historian for three years before retiring himself.

His eldest son, who has now retired from the RAF, became a jet pilot and Tony recalls a flight that he had in a Hawker Hunter jet. Whilst he would not have missed it for the world, it brought back memories of 'not feeling too well' at times during the rather extreme manoeuvres!

His other son is a telecommunications surveyor.

Tony and Kath used to holiday on the Isle of Wight in the 1960/70s with their parents and they moved to Brighstone in 2010. He has since involved himself in both Cowes Sailability and the National Coastwatch Institution and now enjoys reading and attending the local Probus Club meetings.

In 1996 Tony was diagnosed with Multiple Sclerosis and in 2015 suffered a stroke and a heart attack, but you will see him most weeks at the West Wight Sports Centre participating in one of Lyn's classes. There's very little that will keep Tony down.....!

Robin Burnett

WIGHT WOODTURNERS

At the West Wight Class, that takes place every week at the West Wight Sports on a Wednesday morning. We have a mix of members. Just before Christmas 2018, we had a new member turn up, who has just completed his course at the Riverside Centre.

Paul French, arrived and joined in and soon became a



lively member of the 9.00 am class. Talking to him and his wife, we found out the Paul is a member of the Wight Woodturners, who meet regularly in Newport.

He told us that the club had made a German advent carousel and that it had been displayed at the Brighstone Christmas Tree Festival.

On the original design the paddles on the top were candle powered, but because of health and safety regulations, they had to replace this with an electric motor and electronic flickering candles. The project took 9 months to complete by 11 members of the Woodturners club.

Paul presented Lyn with two pens that he had made on his lathe, he told me they were for both of us, but Lyn looks after mine for me. If you ask her nicely, she will show you them but you must return them to her immediately.

For more information go to www.wightwoodturners.org.uk

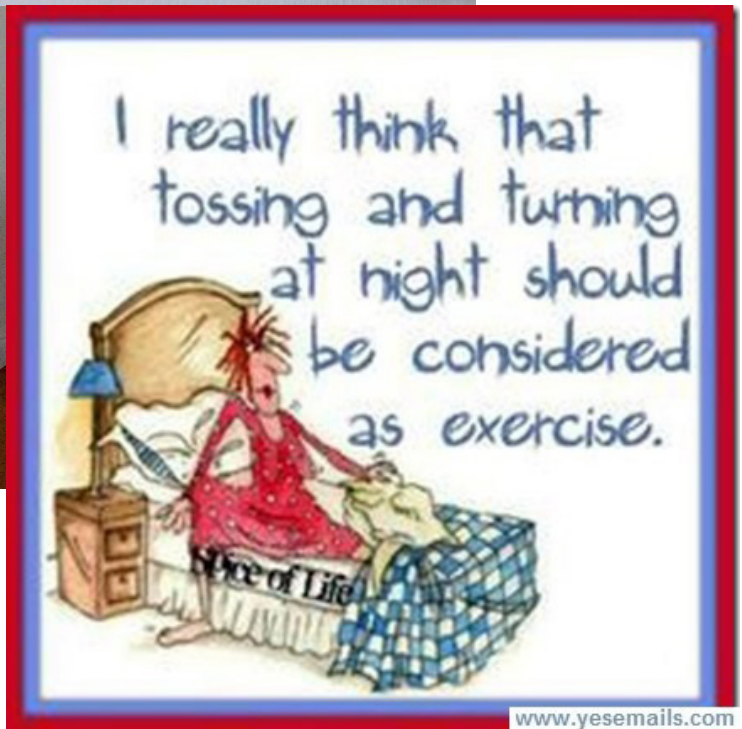


Paul French

An example of involuted wood turning by Paul French. You start with a perfect square of wood, work this on a lathe, to carve the inside. You then split the work into four exact pieces.

Once this is done, you turn all of the pieces inside out and glue them back together. Then work the outside on a lathe again. You finish up with this.

Simple.....



www.yesemails.com



www.yesemails.com

MOSQUITOES, TURKEY & ALL THE TRIMMINGS

Remember the Christmas lunch at the Channel View Hotel in Shanklin.....

I have been lucky enough to own a 1964 Morris Traveller for nearly 10 years, covering about 4,000 miles a year and being a practical chap, I do most of the mechanics myself. It is generally very reliable but like most things made by man and fitted with an engine – they can let you down... Usually at the most inconvenient time !

Whilst driving to the Christmas lunch, with a friend and my wife the journey took us over Brading down and we experienced - cough, cough – nothing and came to an abrupt stop. My guest and my wife looked at me and I looked skywards, muttering something like “Thank you....” Up came the bonnet, immediately suspecting a fuel issue – fuel pump ? Out of fuel ? So a quick tap on the pump- no joy, check the fuel gauge it says a quarter, but they have been known, not to be too accurate. Its now 40 minutes to the first course along with 120 other diners; time to think or its going to be disappointment all round. Being stuck on the top of Brading down- walking was not an option, so a quick call to Ashey road garage (1 mile away) secured a gallon of petrol and a cheerful member of staff. We put the fuel in- fuel gauge moved up, but still no joy with the engine (so it did have plenty of fuel in already), another tap on the fuel pump, whipped off the Carburettors float chamber, which was also full of fuel, confirming it wasn't the fuel pump.

So another decision to make, 30 minutes till the starters in Shanklin..... RAC time.

But first back to Ryde and pick up our modern car and off we'll go. The mechanic was happy to run us back home or take us to the garage and pick up a courtesy car, I could then arrange for the RAC to attend after the Lunch, bingo, all went to plan and we arrived at Shankin and enjoyed a wonderful lunch in good company.

But what happened next..... After lunch and back at the Traveller, which was looking very lonely in the fading light on the Downs. Ignition on , turn the key.... Still the same, it started but refused to run.

So it was Plan A- a call to the RAC, who arrived about 45 minutes later at about 6pm and now fully in the dark, he illuminated the engine bay and got to work narrowing down the problem, with comments like (it's good to work on a proper engine). 30 minutes later, having cleaned through all the fuel pipes and with the engine running, it was time for Plan B, he would follow me home- just in case. I travelled about 100 yards and then, cough, cough, nothing.. after Plan B, comes Plan C, this was to take it to a garage of my choice, where I could work on it in the dry, warm and with plenty of tools etc. This was done.



Next morning my wife dropped me off at Barry Prices garage in Newport, where it had been delivered. Barry is a dear friend of many years.

I set to going over all that had been done already and what else it could be – it didn't take long, in fact 15 minutes. I cleaned through the fuel lines again and removed the carburettor – it has tiny “Jets” which allow fuel to enter, mixing it with air, this I did with a blast of air. Then there, sitting in the float bowl, was a Mosquito! -yes in December. You would have thought it would have been dissolved in the petrol, but no it must have got in through the paper air filter ending up lodging itself in the said fuel jet (about the size of a darning needle head) little tinker !

Once all back together, it was vroom, vroom and back to normal, so there you are, marooned by a Mossie. I blame global warming..

Nicholas Coventry

**Just seen a sign in
TESCO saying
TURKEY £29!**
silversurfers
**That's £300 cheaper
than
THOMAS COOK**

www.silversurfers.com

SIGNS OF THE TIMES

“TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.”

In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

In a London department store:

BARGAIN BASEMENT UPSTAIRS...

In an office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.

In an office:

AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

Outside a second-hand shop:

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

Notice in health food shop window:

CLOSED DUE TO ILLNESS...

Panda Mating Fails; Veterinarian Takes Over

Miners Refuse to Work after Death

Kids Make Nutritious Snacks

Typhoon Rips Through Cemetery; Hundreds Dead

Spotted in a safari park:

ELEPHANTS, PLEASE STAY IN YOUR CAR.

Seen during a conference:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR.

Notice in a farmer's field:

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet:

IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS.

On a repair shop door:

WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK.

Man Kills Self Before Shooting Wife and Daughter

Juvenile Court to Try Shooting Defendant

War Dims Hope for Peace

Couple Slain; Police Suspect Homicide

Red Tape Holds Up New Bridges

Man Struck By Lightning: Faces Battery Charge

New Study of Obesity Looks for Larger Test Group

Astronaut Takes Blame for Gas in Spacecraft

IOW Heart Care Club 2018 Christmas Draw Winners List

Prize No.	Ticket No.	Prize	Winner	Donated By
1st	734	£500 Cheque	Doreen O'Dell	Heart Care Club
2nd	904	£200 Cheque	D.Woodhouse	Heart Care Club
3rd	3282	£50 Cheque	Pauline Johnson	Heart Care Club
4	3161	6 Champagne Flutes	Keith	Ken Townsend
5	1354	Crochet Quilt	Angela Jetta	Edith Aylward
6	900	Bottle of Wine	D Woodhouse	Wootton Central Store
7	3017	Deep Fat Fryer	Kate	Pat Hough
8	628	Food Hamper	J. D. Chumm	Bookers
9	1939	Bottle of Port	J New	David Lankshear
10	3380	Bottle of Bacardi	Pat Reynard	Pat & Terry Blunden
11	495	Bottle of Napoleon Brandy	David Lankshear	Pat & Terry Blunden
12	1501	Celebrations Chocs.	Mike Dore	HCC Social Committee
13	2643	Basket of Fruit	Paul Jefferys	John & Stella Page
14	308	M & S Christmas Flower Basket	Connie Gordon	HCC Social Committee
15	1716	M & S Luxury Choc. Biscuits	Mike Lewin	HCC Social Committee
16	3490	Dairy Box	Sylvia Wilson	Wootton Central Store
17	2398	Two Jigsaw Puzzles	Graham Kemp	Pat Hough
18	2778	Bottle of Cyprus Ouzo	Hazel Trevan	Stuart Bunyan
19	1693	Revlon Charlie	D Whitcutt	Pat Hough
20	2267	Hand & Body Gift Set	Audrey	Hazel Trevan

MURPHYS LAW

Murphy, a furniture dealer from Dublin, decided to expand the line of furniture in his store, so he decided to go to Paris to see what he could find.

After arriving in Paris, he visited with some manufacturers and selected a line that he thought would sell well back home. To celebrate the new acquisition, he decided to visit a small bistro and have a glass of wine.

As he sat enjoying his wine, he noticed that the small place was quite crowded, and that the other chair at his table was the only vacant seat in the house.

Before long, a very beautiful young Parisian girl came to his table, asked him something in French (which Murphy could not understand), so he motioned to the vacant chair and invited her to sit down.

He tried to speak to her in English, but she did not speak his language. After a couple of minutes of trying to communicate with her, he took a napkin and drew a picture of a wine glass and showed it to her. She nodded, so he ordered a glass of wine for her.

After sitting together at the table for a while, he took another napkin, and drew a picture of a plate with food on it, and she nodded. They left the bistro and found a quiet cafe that featured a small group playing romantic music.

They ordered dinner after which he took another napkin and drew a picture of a couple dancing. She nodded, and they got up to dance. They danced until the cafe closed and the band was packing up.

Back at their table, the young lady took a napkin and drew a picture of a four-poster bed.

To this day, Murphy has no idea how she figured out he was in the furniture business.

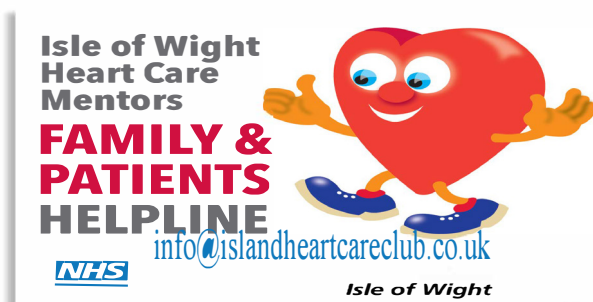
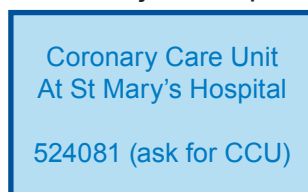
Health Questions

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



'They will take the worry away'

Isle of Wight **NHS**
NHS Trust

YOUR OFFICERS & COMMITTEE

Effective June 2017

President

Alan Davison

EXECUTIVE COMMITTEE

Chairman

Situation Vacant

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

Ron Moss

Richard Telford-Bailie

Social Committee

Chairman Situation Vacant

Colin Chum

Stella Page

Dick Walters

The next issue of Ticker Tape is due out in May 2019. The latest date for copy to be included in this issue is April 2019. 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.