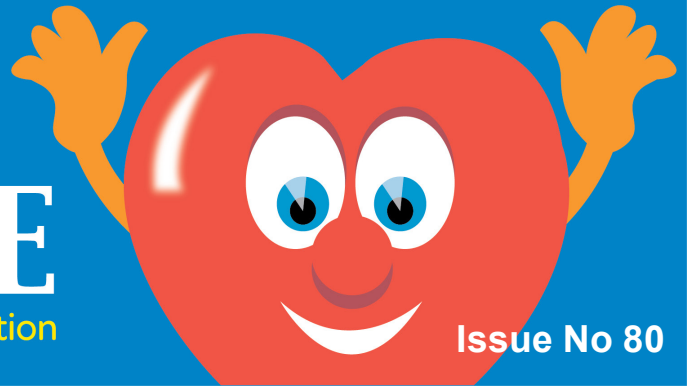


2020

Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation



Issue No 80

COMING EVENTS

January 2020– Onwards

Annual General Meeting

June - July 2020

Race Night

October

Christmas Lunch

December

Lakeside Hotel

Wootton

All dates to be confirmed.

HIDDEN TALENTS

Back in 1973 I applied for my first full time job. It was advertised in the County Press under a Box No. I turned up not knowing what the job was about, but as a young person starting out in life, what did I have to lose.

I turned up for my interview, and was given a typewriter to look at. The manager said, can you tell me how this works, and how do the keys make the typewriter print. Well I had never seen a typewriter before, so I had a quick look and told him what I could see. I got the Job. I didn't realise that being able to see how mechanics work didn't apply to everyone.

This company then set about training me to repair machines and sent me off to Leicester to be trained by the Imperial Typewriter Company. This also lead onto Adding Machines, Duplicators, Dictation Machines and Photo-Copiers. This was my profession and I sent out to offices all over the Island to keep the businesses working and the typist happy.

What could go wrong, everyone sent letters and typed up reports. Typing pools were busy. The paperless office that we were all promised had not arrived. Then Computers and the internet arrived, my job disappeared within a couple of years. I put my tools away and only ever got them out for the next years once or twice.

But things are changing again, there is a resurgence in typewriter use. People are starting to use them again, not just to play with, but write novels and letters. They like the feel and the noise these machine make. There are plenty of machines out there, stored away in the attic or garage and they need the machine to be usable again.

The only problem is spare parts are very hard to get. But with a bit of luck most of the typewriters can be made to work again. Usually just a clean and service sorts them out.

I have been collecting portable typewriters for many years and now have a few stored away. The biggest problem with them is after being in storage all the oil that has been used goes very sticky and the type bars all seize up.

The internet is a great source of knowledge and there are many owners around the world who are looking to fix their machines. I have been helping them out and advising them on the best ways to get their machines working again.

This has been a a bit difficult sometimes because when you repair a machine, you really need to be in front the typewriter to be able to feel and see what the problem is and the best way to make a good repair.

If you have watched the Repair Shop on TV you start to realise, that bringing things back to live is turning into great viewing. So if you have a hidden talent, please let me know. There are customers who could use your skills.

Gary Smith (Typewriter Nerd)



EAT TO BEAT DIABETES

Most of us want to lose weight to feel confident, fit and — in our heart of hearts — to look great.

But fast, effective weight loss will also have a massive impact on many other aspects of your health, too.

The 8-Week Blood Sugar Diet — a simple 800-calorie-a-day eating plan based on the Mediterranean diet — was originally devised to combat diabetes.

But the health benefits of this diet go far beyond that.

Carrying excess fat can be disastrously unhealthy, as I know to my cost.

When I was told, in 2012, that I had type 2 diabetes — which is commonly caused by eating too much and moving too little — I was shocked.

Not just because I didn't have any of the typical symptoms of thirstiness, fatigue or blurred vision, but because I wasn't particularly overweight.

Yes, I was carrying a few extra pounds but the main problem was that I had far too much fat around my abdomen which was infiltrating my internal organs, impairing their ability to work effectively.

I was also suffering from a condition called 'insulin resistance' where the cells in my body were no longer responding properly to the hormone, insulin.

It was a worrying diagnosis, but I consider myself to be extremely lucky to have been spotted early. Experts now believe a third of all adults in the UK have raised blood sugar levels, putting them at an increased risk of diabetes, heart disease and even some cancers.

Many have no idea. But I was able to act quickly, lose weight (20lb in two months), and specifically shed the harmful visceral fat that was lurking in my abdomen, and as a consequence I have reversed my diabetes and put myself back on a path to good health.

The worrying truth is, even if your weight sits comfortably in the 'healthy' range on your doctor's BMI charts, if you have a diet packed with sugars and refined carbohydrates, as mine was, you are very likely to be putting your health at risk.

My BMI was 26 (below 25 is considered healthy) and my waist measured 36 inches (it is now 33).



A big part of the problem is that we eat far too many sugary carbohydrates which are easily and swiftly broken down in your gut to release sugar into your system.

Your body responds by pumping out insulin, but if you have an unhealthy diet and low activity levels (as so many people do) you can easily become insulin-resistant. And that leaves your blood sugar levels on a permanent high.

If you have raised blood sugar levels, the sugars can stick to the proteins in the walls of your blood vessels making them stiffer and less flexible. In time, this can lead to the build-up of scar tissue inside the blood vessels. This is why diabetics are at increased risk of heart disease, stroke, blindness and impotence.

Simply having raised blood sugars and insulin increases your risk of strokes, dementia, cancer and a lifetime on medication — even if you're not diabetic.

Studies show you don't have to have blood sugars in the diabetic range for damage to occur.

Raised blood sugar will also make you look older by attacking the collagen and elastin molecules in your skin, making your face saggy and wrinkled.

For some women, insulin resistance can exacerbate a condition called polycystic ovary syndrome (pcos), which can cause irregular periods and excess hair, because surplus insulin encourages the ovaries to produce more of the 'male' hormone testosterone — normally found in minimal quantities in women.

These hormone imbalances can lead to weight gain and alter how the female hormone oestrogen is metabolised, which affects the menstrual cycle — making fertility difficult.

However, losing weight can be enough to keep symptoms in check and even reverse the condition.

The 8-Week Blood Sugar Diet works so effectively and so quickly, it strips the pancreas of fat, helping it resume insulin production as normal, allowing the body's natural processes to work as they should.

Many experts believe high blood sugar could also worsen conditions such as eczema and asthma.

Although any weight loss is helpful if you are overweight, studies show reducing your body weight by 10-15 per cent is enough to shed the dangerous visceral fat, unclog your liver and pancreas and set you on the path to recovery.

For more information look up DR MICHAEL MOSLEY 8 week Blood Sugar Diet.

HAPPY NEW YEAR TO YOU ALL.

All of my classes have now left the Fitness Factory. We have three classes at the IW College on a Monday morning and two on a Thursday morning. We also have one at Gurnard Pines on a Thursday morning and one on a Friday evening.

There is one class, taken by Steve, at the Fitness Factory but this will cease at the end of April. All class members have been given information about the new classes so they can transfer, should they wish to.

We have two new rebounders at West Wight, this means we have the two 'old' ones plus a spare at the Fitness Factory to dispose of. When the Factory closes we will have two tables and fourteen plastics chairs as well as some other bits and pieces spare. Gary has a bike he's storing for us too.

These all need to go so if any of you want any of it, giving a small donation to the Club, please let me know.

As I've previously mentioned, last year was particularly busy and stressful and I'd like to thank Gary and Barb for their unstinting help. Gary has been involved in all of the paperwork and meetings that have gone on and still runs round to the College on a Thursday morning to open up and set the circuit out. Barb and I are racing back from the Gurnard Pines class which finishes at 10.00, to get everything ready to start the College class at 10.30. The workings at the roundabout have caused us more than a few problems!

Barb helps me wherever and whenever I need it. I'm sure she doesn't really want to get up early on a Thursday to negotiate the traffic, rush to Gurnard and then back to the College. She stands in for Gary at West Wight when needed and sorts many of the background 'bits' out.

Sue has stepped up too, helping out extra hours at the College to help with the transitions and helping to guide the members around the circuit.

We have a new helper at Gurnard Pines! Steve Plant, who was gym manager at the IWCollege, very kindly travels in to oversee the circuits at Gurnard Pines. On a Friday evening, when I take the register and time the circuit, Steve is particularly needed. I'm extremely grateful to him - and his vast knowledge is a bonus!

We have had a few problems at one of the venues. Two purses were stolen, money was taken from a purse and last week our money 'pot', money bags and just over £100 was stolen. This has resulted in us taking more precautions, lockers being used and things left in cars instead of being brought in. You may notice Barb and Sue walking round with 'bum bags', in which your registration money is kept. We have had to put notices out too.

This is very sad. I was one of the people who started the Cardiac Rehab classes on 6th February 1991, and this is the first time we've had this sort of a problem.

To end on a happier note, this means, of course, that next year is our 30th Anniversary!!! Wow!!!

Lyn Smith

HEALTH WARNING

Erectile dysfunction and nitrate medicines

Some people take nitrate medicines (such as Glyceryl trinitrate, GTN, isosorbide mononitrate, isosorbide dinitrate or amyl nitrate) for their angina, heart disease or other reasons.

If you take nitrate medicines then there are certain medicines for erectile dysfunction that you must not use including sildenafil (Viagra), tadalafil (Cialis), avanafil (Spedra) and vardenafil (Levitra).

This is because the combination of a nitrate and erectile dysfunction medicine causes a dangerous drop in blood pressure which could result in cardiac arrest or even death.

If you take a nitrate medicine regularly or occasionally, and would like advice about erectile dysfunction, please discuss with your doctor.



SAVE THE DATE

On 6th February 2021, the Isle of Wight Heart Care Club will be 30 years old.

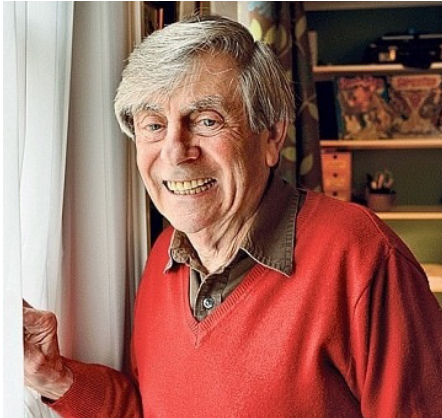
We are planning a Birthday Party to celebrate the occasion and would like to invite as many members to celebrate with us.

Luckily for us the 6th February is on a Saturday next year.

Please "Save the Date" and join us. It is such a great achievement to reach this age. Looking after Cardiac patients on the Isle of Wight and keeping you all healthy and fit. There will be so many stories to share and memories to pass on.



OUR PATRON – THE REAL MELVYN HAYES



We are delighted to welcome Melvyn Hayes as our Patron.

Many of you will know that Melvyn has been in show business for nearly 70 years in a variety of very successful roles and still continues to perform at the age of 84 years. But there is much more to him than meets the eye.....

Melvyn was born in 1935 in Wandsworth, one of four boys born to Peter and Queenie. When he was 4½, the brothers were evacuated at the beginning of WWII to Dawlish in Devon and stayed there until he was 7. His parents remained in Wandsworth where his father ran a gents' outfitters and was an Air Raid Warden. His mother sang in local working men's clubs.

He went to Sir Walter St John's Grammar School For Boys in Battersea – which incidentally is now Thomas's Battersea, attended by Prince George and Princess Charlotte. On leaving, Melvyn was offered a job with his father but 'I couldn't see myself measuring the inside leg of men's trousers for the rest of my life!' Not being particularly tall, it was suggested that Melvyn trained to be a jockey, so he worked for two weeks in a stable until he realised that he didn't like horses! He spent a while carrying printers blocks up and down Fleet Street for the News Chronicle – now defunct.

In 1950, spotting an advertisement and being the only applicant who could climb, Melvyn started in show business in London 'disappearing twice daily for £4 a week' – performing the Indian Rope Trick at the Comedy Theatre, London. From there a variety of roles ensued and in 1960 he signed a seven-year contract with Associated British Picture Corporation which resulted in parts in a number of films including three Cliff Richard movies – The Young Ones, Summer Holiday and Wonderful Life. Melvyn has vivid memories of driving a red London double-decker bus around mountainous terrain in Greece after just a half-hour's training in Summer Holiday – and having to bleach his hair!

Earlier work for the BBC included playing the Artful Dodger in Oliver Twist, and in the mid-1960's a thousand performances in London's West End in Spring and Port Wine.

A lucky break for Melvyn came in 1970 when he was given the part of Bombardier 'Gloria' Beaumont in the extremely successful TV series It Ain't Half Hot Mum which ran from 1974 until 1981 – 56 episodes. He is saddened that the BBC are not willing to repeat the series, as they have with many other comedies of that era. They consider it politically incorrect in today's climate. Apart from losing his repeat fees, Melvyn had hoped it would be shown as a tribute to his close friend Windsor Davies, also in the show, who passed away a few months ago. Melvyn and Windsor also appeared together in a number of other productions including summer season at Shanklin Theatre and a 15-week pantomime season at the London Palladium.



Melvyn has made more than fifty films which include The Curse of Frankenstein, Operation Amsterdam, Crooks In Cloisters, Santa Claus – the Movie, No Trees In The Street, The Flesh and the Fiends, Carry On England and many more. Numerous West End appearances, UK and overseas tours, summer seasons and over 500 television roles in East Enders, Quatermass II, The Silver Sword, Billy Bunter, The Thin Blue Line, Drop The Dead Donkey, Benidorm and Countdown amongst others. Many of his old films are being given another showing on the television channel Talking Pictures.

He is equally at home in cabaret and as an after-dinner speaker and a familiar voice in TV and radio commercials. He has provided voices for a number of cartoon series both in this country and for Walt Disney and Hanna Barbera in Hollywood.

In January 1981 Melvyn was the subject of This Is Your Life hosted by Eamonn Andrews and has been chosen to appear in many Royal Variety Shows.

The list of his other shows is endless - from pantomimes, documentaries, sketch shows, Old Time Variety Shows, Pointless Celebrities, and Five Celebrities Go Motorhoming. More recently he has been working on a film entitled Between Weathers in Scotland playing a priest – he grew a beard to make his appearance more 'priestly'!

Melvyn is also a past King Rat for The Grand Order of Water Rats – which is an exclusive British entertainment industry fraternity and charitable organisation, based in London. This charitable fund represents an unselfish giving to those less fortunate than themselves, providing a stream of support for nationally recognised charities, whilst embracing benevolence of their members, their families and their show business colleagues.

As if this was not a lifetime of public achievement in show business, Melvyn has a private side which he says has been more rewarding than his 'daytime job'.

He has 6 children – five daughters and a son. His daughter Lily from his third marriage is currently taking a Masters Degree to become a barrister.

Whilst filming in the far east, Melvyn witnessed the deprivation that many children suffered and saw some terrible things. On returning home, he said to his wife Jayne that he wanted to talk to her, but she cut him off and told him she wished to foster children – which was precisely what he wanted to say to her. From opposite sides of the world they had reached the same conclusion.

They both attended classes to find out what was involved, and found that others who attended these classes were listing their high expectations of the type of children they wished to foster. Facing reality, they soon went, leaving Melvyn and Jayne as the only ones left. Since then, and for more than 20 years, they have fostered well over 50 children. Melvyn says that different children have different expectations of their foster carers, but that they've never given up on any child and that he has never regretted getting involved. He has suggested that it may also hark back to his becoming an evacuee with his brothers during the war, when apparently not everyone was kind.

Melvyn and Jayne moved to the Island about twelve years ago and now live in Ryde. They previously lived in Cambridgeshire but felt the Island would be a safer place to foster children.

His foster children all call him 'Dad', and he has become the legal guardian to three – two boys and a girl – the very first children they fostered. The two boys are still on the Island - Josh works for Hovertravel in Ryde and Jordan for the Mountbatten Hospice. Melvyn became an ambassador for Barnardo's and supports the campaign to recruit desperately needed foster carers.

He is currently writing his autobiography – it's taken him 35 years to write it so far - and he's only up to 1970!

Melvyn had a triple by-pass operation about 6 years ago and now attends the Heart Care Club class in Garfield Road, Ryde. He exercises by walking, eats healthily and perhaps sets an example for us all!

Melvyn can tell you plenty of amusing anecdotes about his life in show business and his time as a foster parent. There is a very human 'side' to Melvyn, no airs or graces - he is a genuinely respected thespian, a Barnardo's ambassador, a 'Dad' to more than 50 children, and a person whose heart is undeniably in the right place!

Robin Burnett



FYT BUS

YOUR LOCAL INDEPENDENT MINIBUS SERVICE

SERVING THE WEST WIGHT COMMUNITY

THE HOSPITAL RUN

Do you know that FYTbus runs a service, from Totland, Freshwater, Yarmouth and West Wight generally, direct to St Mary's Hospital on Tuesdays and Thursdays each week? The hospital is co-operating by trying to ensure that appointments are made on these days if possible.

As a recent user/customer of this service I have been asked to give an opinion on the experience I had. It started with a phone call to the FYTbus office 752917 where a helpful lady took down the details and promised a phone call back to confirm arrangements.

I received a follow-up call confirming time and place of pick-up, (my front door), the name of the driver, and where in the hospital I needed to be dropped off.

The minibus arrived as agreed, arriving at the hospital with plenty of time to book in for my appointment. The driver was friendly and concerned that he was setting me down at the closest entrance to the Department I required.



Some hours later when my appointment was over I returned to where I was dropped off and the minibus plus driver were waiting. You

are given the driver's mobile number and he has yours so contact can be maintained at all times. My Department staff were very helpful if your phone skills are not the best.

Whilst the hospital authorities are promoting of this service I found my Department was unaware of it.

The return journey was spent having a good chat putting the world to rights then, hey presto! – back to my front door. All this for only £6. No worries about driving, getting lifts, parking, and all the other problems of getting to and from St Mary's. It is hoped that if there is demand partners of patients can be dropped off at B&Q if wanted.

I recommend this service to all those who wish to have trouble-free access to St Mary's.

Clive Fleury

OSBORNE GOLF CLUB DONATION

About a year ago, I was invited by Jane Wilson The Ladies Captain of Osborne Club, to present them with an information board about the Heart Care Club.

Jane said she had chosen the Club as her beneficiary for the fund raising for the next year. I brought along a display



stand and information about the club, which they could use throughout 2019.

She told me that she had had a cardiac problem and knew

that other members of the Golf Club also had links with us.



Over the year they raised over £800.00 by different means including a sponsored weight loss, when Jane managed to lose a stone.

The male members of the club got in on the act and also raised some money donating a further £200.00.

Earlier this month Jane invited back to the club to take some photos, I was very impressed with their Club House and the position of the course right next to Osborne House. When I arrived I found all of the golfers unable to play golf because of the damp weather but managed to get some nice photos.

Thanks to Jane and all the members for their donation, I told her some more about the club and she said that she



would like to carry on supporting us.

Gary Smith

WHY YOUR WAIST SIZE MATTERS

Measuring your waist can help reduce your risk of heart and circulatory diseases, as Professor Naveed Sattar tells Senior Cardiac Nurse Emily McGrath.

Why does your waist measurement matter?

Waist circumference is a good measure of fat around your middle. This type of fat builds up around your organs, and is linked to high blood fat levels, high blood pressure and diabetes. A larger waist usually also means there is excess fat inside your organs. When this happens in your liver, for example, it pumps out too much fat and sugar into the blood, increasing your risk of coronary heart disease and diabetes.

What should your waist measurement be?

For men, a waist circumference below 94cm (37in) is 'low risk', 94–102cm (37-40in) is 'high risk' and more than 102cm (40in) is 'very high'. For women, below 80cm (31.5in) is low risk, 80–88cm (31.5-34.6in) is high risk and more than 88cm (34.6in) is very high. These are the guidelines for people of white European, black African, Middle Eastern and mixed origin.

For men of African Caribbean, South Asian, Chinese and Japanese origin, a waist circumference below 90cm (35.4in) is low risk, and more than that is 'very high risk' (there isn't a 'high risk' category). For women from these groups, below 80cm (31.5in) is low risk, and anything above is very high risk.

Why does your ethnic origin make a difference?

African Caribbean, South Asian, Chinese and Japanese people tend to carry more fat and less muscle at the same weight as a white European. And the risk of diabetes and heart and circulatory diseases starts to increase at a lower weight gain than for Europeans.

Is this the best way to understand whether you are overweight?

A tape measure around an apple it's good because it's easy to understand. Doctors are more likely to use body mass index (BMI), a measure of weight relative to your height – use our BMI calculator. Waist measurement is better for people who carry a lot of muscle and less fat, like bodybuilders, boxers and rugby players. If you want to eat more healthily and lose weight, it's best to measure how much weight you lose or put on. Losing weight will help your waist measurement too.

About your waist measurement

Your shape can also affect your health. Extra weight around your middle increases the risk of developing heart and circulatory diseases, and conditions such as Type 2 diabetes. A larger waist measurement can mean too much visceral fat. This is the fat stored around internal organs like your liver and pancreas.



Visceral fat produces toxins that affect the way your body works. It makes it harder for your body to use a hormone called insulin, which controls your blood glucose (sugar) levels. This can lead to Type 2 diabetes. Too much glucose in your bloodstream can damage your arteries and increase your risk of heart and circulatory diseases.

Work out if you're at increased risk by measuring your waist. Watch the animation below to find out how – all you'll need is a tape measure.

Go to the web address below for an online check.

https://extras.bhf.org.uk/patientinfo/waist-measurement_v1.0/app/

To measure your waist: find the bottom of your ribs and the top of your hips. wrap a tape measure around your waist, midway between these points.



Taken from BHF

ANNUAL CHRISTMAS LUNCH 2019

Over the years the Heart Care Club annual Christmas lunch has been held at various venues, the first was at the college in Newport, that was over twenty years ago. I have only been a member now for just over three years, so the only venue I have known has been 'The Channel View' at Shanklin. A traditional hotel, it has served us well. This years event has been a renaissance, an ultra modern hotel, 'The Lakeside Park Hotel & Spa' is a 4star resort, set in attractive landscape gardens next to a 20 acre tidal lake, complete with a variety of wildfowl nesting on the bank side



As usual the timing for the event is 12.30 for a 1.00pm start to the festivities. I feel sure that when guests arrived they would have noticed the ample parking. No problems here, plenty of space for all of us. The dining room and bar are up to date. We arrived in plenty of time, into the bar for drinks, very helpful and courteous barman. The prices for drinks were not out of this world, they were certainly commensurate with our surroundings. The main bar and dining area floor was split level with large panoramic windows giving a unique view over the very chilly looking water.

Our Christmas lunch was held in the 'Kingfisher Suite' seating for 120 guests, which was the right number for us. The dining room was a pleasure to see. Another room with great views out on to the lake, all very peaceful. The tables were well presented, being in the round, it gave everyone a chance to have conversations across the table, so no one could be ignored. It made for great chat and a good deal of laughter. The size of the dining room with twelve large tables meant that left little room. Though the waiting staff managed to squeeze through with out too much trouble.



The lunch started with 'grace' by our long time member Canon Graham. The table service was excellent, the staff were friendly and helpful. Our waiter could do not enough, even offered to fetch an extra strong coffee for Dorothy. The meal was good for such a large gathering. For us the vegetables were cooked just right 'Il dente' though I understand from comments later that some would have preferred their vegetables just cooked a little more. On the whole I do believe this venue will prove to be a favourite for our members.

Gary doing his usual sterling chat as warm up man, had a little competition as master of ceremonies. Our new and I believe our first 'Patron' of the heart care club was Melvyn Hayes. Melvyn we all know from his television and his film work. Those of a certain age will remember the films we



watched at our local cinema in the 1960s Summer Holiday, The Young Ones, and many more films.

The lunch finished with the annual Christmas Raffle, This has always proven very popular. For the size of our club the first prize is a substantial one. There were plenty of

smaller prizes, maybe too many.

As always the lunch came to an end. We all enjoyed ourselves. Good to catch up with fellow members that perhaps we hadn't seen in a long time. The club has seen many changes over this last year, mainly due to the impending closure of the Fitness Factory. Thanks to the dedication by Lyn and Gary, new venues have

been found. Some new start times have been introduced meaning that some of us have changed our times as well. Members that we once met on a weekly basis, we now miss. New friends made, old ones not forgotten.

Richard Telford-Bailie

Christmas Draw Prize List 2019

	A	B	C	D	E
1					
2	Prize	Prize	Donated By	Ticket No	Winner
3	No.				
4	1st	£500 Cheque	Heart Care Club	2368	CAROL SHILLING
5	2nd	£200 Cheque	Heart Care Club	1795	JANICE PEARCEY
6	3rd	£50 Cheque	Heart Care Club	2920	ERIC ALLWAY
7	4	Basket of Fruit	Stella & John Page	2256	CHRIS SQUIBB
8	5	Box of Biscuits	Carol Shilling	1984	KEN PARKER
9	6	Bottle of Irish Mist	Ron Moss	2682	ALAN WHEELER
10	7	Christmas Cake home made	Ron Moss	252	ENID AYLWARD
11	8	Bottle of wine	Peter Mills	2026	MR WHITE
12	9	Bottle of Port	Paul Shilling	662	GRAHAM CASEY
13	10	Bottle of Wine	Hazel Tinson	96	BARBARA BROWN
14	11	Bottle of Whiskey	David Lankshear	2901	SU GODRIDGE
15	12	Boots Voucher	Barbara Brown	531	T. M. BATEMAN
16	13	Free Service worth £120	Island Car Sales - Rookley	2629	DAVE WOODHOUSE
17	14	Crocheted Blanket	Brenda Marsh	1633	AMBER COOK
18	15	Toy Robot	Ken & Wendy Dore	645	DAVID BURN
19	16	Small box of Chocolates	Hazel Tinson	1294	RACHEL FULLER
20	17	Small box of Chocolates	Hazel Tinson	1667	JOHN MEW
21	18	Goylian Belgian Chocolates	Robin Burnett	1583	MARGARET McCORKELL
22	19	Cadbury Milk Tray Chocolates	Robin Burnett	2425	JOHN WARDER
23	20	Mounted Photo of Isle of Wight	Paul Shilling	2754	JANET
24	21	Mounted Photo of Isle of Wight	Paul Shilling	2025	MARTIN SMY
25	22	Large Retro Tin of Quality Street	Richard Telforbailie	1828	K KIRKPATRICK
26	23	Four Piece Cheese Board	Nicholas Coventry	2194	MAGGIE RIDLEY
27	24	National Garden Gift Voucher	Nicholas Coventry	782	ALAN DAVISON

FOR SALE

With all the changes that the club has made over the past few months and the closure of the Fitness Factory, the club has a few things to sell. If you are interested, please let Lyn know. A donation to club funds for any of the items will be accepted.

- Two rebounders at West Wight,
-
- Three rebounders at Fitness Factory
-
- Two tables at The Fitness Factory
-
- Fourteen grey chairs with Plastic Seats
-
- Exercise bike stored at WBS



AFTERNOON SEX

The only way to pull off a Sunday afternoon "quickie" with their 8-year-old son in the apartment was to send him out on the balcony with a Popsicle and tell him to report on all the neighbourhood activities.

"There's a car being towed from the parking lot," he shouted.

He began his commentary as his parents put their plan into operation: "An ambulance just drove by!"

"Looks like the Andersons have company," he called out. "Matt's riding a new bike!" "Looks like the Sanders are moving!"

"Jason is on his skate board!" After a few moments he announced,

"The Coopers are having sex!!" Startled, his mother and dad shot up in bed. Dad cautiously called out,

How do you know they're having sex?"

"Jimmy Cooper is standing on his balcony with a Popsicle."

If a man says he will fix it, he will. There is no need to remind him every six months.

This pretty well sums up the M.P.s of today!

An elderly farmer was in the Emergency Ward having stitches put in his hand, due to an accident with a piece of machinery.

The doctor carrying out the procedure struck up a conversation with the old man.

Eventually the topic got around to Politicians and their role as our leaders.

The old farmer said, "Well, you know, most Politicians are 'Post Tortoises'."

Not being familiar with the term, the doctor asked him, what a 'Post Tortoise' was?

The old farmer said, "When you're driving down a country road and you come across a fence post with a tortoise balanced on top, that's a post tortoise."

The old farmer, seeing the puzzled look on the doctor's face, continued to explain.

"You know he didn't get up there by himself, he doesn't belong up there, he doesn't know what to do while he's up there, he's elevated beyond his ability to function, and you just wonder what kind of dumb ass put him up there to begin with."

Best explanation I've heard yet !!!!!



SOCIAL EVENTS UPDATE

The club does not have a Social Committee anymore, due to retirement and not being able to fill the vacancies. The main committee has now taken on the responsibility of organising all of the social events.

In the pipeline this year, we have the AGM scheduled for June or July at the Isle of Wight College, we are also hoping to combine this with afternoon tea again in the College Restaurant.

Race night is once again pencilled in for October, but the main organiser Keith Lane who provides the races has sold his business. We are hoping to be able to book this soon.

This year's Christmas Lunch will be held at Lakeside Hotel in Wootton. Last year's Lunch was very good so we have decided to go back again.



There have been a few suggestions on a Coach Trip, the one we are pursuing is a Trip to Oxford. This can be combined with a visit to the Mini Factory.

The maximum size for one visitor group is 25 persons. The tour is planned according to the number of persons registered. Please note that the tour is held for the registered number of visitors only. Please inform our service centre in case the number of participants has changed. If the group consists of more than 25 persons, it will be split up in two groups. Tours for single visitors take place at fixed dates in mixed groups of up to 25 persons.

FILMING AND PHOTOGRAPHING.

Visitors are not allowed to take pictures or make films. Cameras and mobile phones may not be used and can be placed in lockers.

ADMISSION FEE.

Plant tours are taking place at several times a week. Small groups (up to 6 people) will be guided in a mixed tour with max 25 visitors. A mixed plant tour costs 8.00 EUR* per person.

Alternatively, you can also request a personal appointment. These exclusive tours are dedicated to groups, but also to individual visitors who do not want to be guided together with other visitors to experience the fascination of BMW all exclusive. The cost of such a tour for a maximum of 25 people are flat-rate 150.00 EUR* per tour. Exclusive guided tours are offered in German and English.

* Guided tours with the topics BMW i or Electromobility are offered for 9.50 EUR (7.00 EUR reduced) for single visitors and 180.00 EUR (150.00 EUR reduced) for exclusive groups.

DURATION AND DISTANCE.

As a rule, plant tours last for 2 to 2.5 hours and lead through different production and outside areas. The distance covered is up to 3.5 kilometers. Please bear in mind to wear weatherproof clothing (umbrellas when necessary) and comfortable, closed shoes.

VISITORS WITH HEART PACEMAKERS.

Unfortunately, visitors with heart pacemakers will NOT be able to join the tour.

Members can spend their morning at the Mini Experience or spend the whole day visiting Oxford. Depending on the day the tour will be either a morning or afternoon on a weekday.

Please let Lyn or one of the volunteers know, if you are interested. If there are sufficient members who want to go, we will contact a coach company and book tickets.

Prices above are in Euros, this information was taken from the Mini Experience web page.



My wife just stopped and said, "You weren't even listening, were you?"

**I thought to myself...
"That's a pretty strange way to start off a conversation."**

YOUR OFFICERS & COMMITTEE

Effective June 2019

President

Alan Davison

EXECUTIVE COMMITTEE

Chairman

Gary Smith

Treasurer

Alan Whitehouse

Honorary Minuting Secretary

Hazel Tinson

garysmith250@me.com

296091

Members

Lyn Smith Co-opted

296091

Barbara Brown

Robin Burnett

David Lankshear

Ron Moss

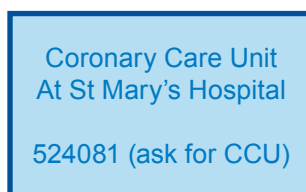
Paul Shilling

Richard Telford-Bailie

The next issue of Ticker Tape is due out in May 2020. The latest date for copy to be included in this issue is April 30th 2020



OR



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:

'They will take the worry away'

Isle of Wight **NHS**
NHS Trust