

**25** years  
Service to cardiac re-hab  
on the Isle of Wight

Isle of Wight Heart Care Club

# TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 67 May 2016



## COMING EVENTS

April 2016 – Onwards

**Saturday 21st May**

**Coach Trip**

**£20 per person**

**Hampton Court Palace**

**Heart Care Club AGM**

**Thursday 16th June 2016**

**starting at 3.30 PM**

**Riverside Centre**

**Newport**

**Saturday 9th July**

**Newchurch Male Choir Concert,**

**St Johns Church, Newport**

**30th September**

**Variety Show**

**Riverside Centre, Newport.**

**22nd October**

**Race Night**

**Wotton Community Centre.**

**Friday 9th December**

**Christmas Lunch**

**Channel View Hotel**

**Shanklin**

**Posters will be displayed at**

**Fitness Class venues nearer the time**

## VIEW FROM THE 25TH ANNIVERSARY

25th Anniversary, Sunday February 7th 2016.

It was absolutely lovely to see so many Heart Care Club members at the Anniversary Buffet, around 250!

There were current members and also a few former members. Dr de Belder and Maria Harris also attended, a lot of our members remember them as the first people they saw when attending the Riverside Centre.

Dave and Pauline Johnston came over from Bognor Regis to meet up with a lot of friends. "Big Dave" was always a very popular member and arranged some great trips when he was on the Social Committee.

We were sorry that one of our early members, Bud Lewis, couldn't be there as he had been admitted into CCU. His family, however, attended to represent him.

We bought red heart balloons and silver latex ones too, to represent the HCC and the 25th Anniversary and helium gas to inflate them. We bought red serviettes and sprinkles in red and silver to decorate the tables.

However, when Gary and I joined Harry (our Chairman) at the venue at 9.15 all was not well! The white tablecloths were in the wash and there weren't enough tables and chairs! There followed a period of panic and then we all got going to find as many tables and chairs as possible. We were soon joined by Barb, always there to help, followed by Stuart Bunyan.

Stella and John Page arrived, David, our Treasurer, arrived bringing Pat Hough and Colin Chum and Joy Caws got there too. Brian and Lyn Humphrey soon arrived. We all got "stuck in" and covered the tables in white paper, inflated the balloons, decorated the tables and put photos up all around the walls.

Karen Pitman brought the Anniversary cake she had made, it looked, and we later found out, tasted lovely. Thank you Karen. We asked Alan Davison to cut the cake as he has been with the Club the longest, 24 years! The County Press photographer arrived in time to take a photo which was published the following week.

Robin and Gill Burnett welcomed all our guests at the door as they started to pour in. Stella, John, Pat, Joy, Karen and Mike were in charge of the raffle. We didn't want the Club to buy the prizes so Stella and John brought a beautiful fruit basket, Robin red wine, I brought chocolates (of course), Gary a large box of stationery, two other members also donated prizes. We made £326!

Tosin was at the venue early too. A lot of our members met him when he attended each venue to make a DVD celebrating where we've got to, after 25 years. He had some "setting up" to do.

*continued inside...*

It took longer than we had expected for everyone to get some food but eventually there was a lull. In fact some of us didn't actually have anything to eat or manage to find a seat!

Richard Knowles, our President, stood up to give a speech. It was then we realised the microphone wasn't working! Luckily Richard, being a singer, was able to project his voice.

I was very touched to receive a beautiful arrangement of flowers and a cheque with which I will buy something to remind me of the HCC.

I was not able to project my voice however, so a lot of people wondered what I was talking about! Gary and I wanted to thank the helpers who attend each class taking registration, blowing whistles and generally keeping everything going. We had some glass hearts made in red and white and presented them to Barbara Brown, Sue Sweetlove, Colin Pidgeon, Brenda Marsh, Jenny and Ray Hartnell, Joy Caws, Pat Hough, John Mills, Alan Davison, Robin Brown and Dee (Jo's Mum).

It was then time to settle down and watch the DVD. Tosin, who was commissioned by Barb, spent an awful lot of time making it. He did a fantastic job of it! He put a snatch of the dance the instructors and Jenny Cox did at the 10th Anniversary, a bit of the DVD of Steve's skydive and also inserted some of the contents of Ben's DVD which was shown at the 20th Anniversary! This means it's a proper record of the HCC.

Tosin conducted interviews with Philip Smith from the Ryde class, Janice Whittle from the Heights, Robin Brown and Alan Davison from the Fitness Factory, Bob Hodge and Max Paul from the West Wight class and me. It's very strange seeing yourself on the screen, not very comfortable. I had to ask Gary if I really look like that!

I think it's generally accepted that Bob and Max were the stars and members are still talking about them!

I'd like to thank everyone who was interviewed, it's not an experience we've had before. I have to admit I was left a bit tearful at the end of the DVD.

We feel that people who are not sure about attending a class can look at the DVD and see that it's not as intimidating as they might imagine. It's a very friendly and supporting place to be. The DVD is available to buy at the classes for £5, another way of us raising a bit money for the club

People started to drift off home and all of a sudden it was over! A roller coaster of a day, lots of emotion .

As I've said before, I'm very proud to have been at the beginning of cardiac rehabilitation on the Island and even more proud to still be here working in a job I love.

*Lyn Smith*



## HEART CARE CLUB 25TH ANNIVERSARY PHOTOS



## A VIEW FROM THE CHAIR

Spring is upon us, I noticed the wild life. Ducks have eggs, birds are beginning to nest, let's all hope for a good summer.

2016 started well with the 25th anniversary of the Heart Care Cub, it was nice to see it well supported and to see old friends.

The social committee have a good programme of events once again this year so please support them.

On the 30th September this year we will put on another Variety Show, again at the Riverside Centre Newport, to boost the funds for Ticker Tape.

I expect most of you will have some sort of holiday this year, please take time to take a few photos and maybe write a short story about it, then forward to Gary Smith, we are always interested in what you have been up to.

For all you vegetable garden people, now is the time to start clearing and preparing your plot. If like me you start in the greenhouse broad beans, peas, spring onions are all doing well.

Living on the island we get quite a few visitors, family and friends and this year is no exception, we seem to have someone every month.

Finally I would like to wish you all a good and healthy 2016,

I look forward to seeing some of you at some event or other, have a good year.

*Harry Lawrence (chairman HCC)*

## A great one Liner



## NOTES FROM THE EDITOR

Welcome to the latest edition of Ticker Tape, as you have already seen the 25th anniversary was a great success, so here is to the next 25.

Included in this issue I have found an article on CQ10, if you are on statins this is a must take supplement, which can be purchased from chemists or health food shops. I have been taking CQ10 for many years, without any side effects.

If you are unsure, please seek advice, ask your Doctor or more importantly a pharmacist. Check the Internet, every specialist I have spoken to, tells me that if nothing else take CQ10. I take 200mg a day of the best quality pills. So, please take time to read the article and make your own mind up.

Please don't forget to come to the Club's AGM on 16th. June, which is held every year at the Riverside Centre. It usually starts at 15.30 and lasts for about 30 to 45 minutes. We discuss all aspects of the club, including the Social committee and we hear from the Treasurer, who gives us an update on the financial side.

Near the end of the meeting we elect members to stand on the committee, including the Chairman, Secretary and Treasurer. This year Janet Weston the club's secretary is retiring, so we will need to re-elect a new one. So if you would like to volunteer, please fill in a nomination form and hand it in to one of the committee members.

In February, the Club lost one of its longest serving members, Gerry Hobbs, who passed away aged 94. Gerry had been a member of the club for many years and used to attend the classes at the Heights, in Sandown. A few years ago we serialised his book about his time during World War II when he was captured and held prisoner in Germany.

As a 20-year-old wireless operator in the Air force, he was shot down, during a daytime sortie over France in the 2nd World War. He had his 21st Birthday whilst in captivity. You can still read all about Gerry, by going onto the club's website. The first part was produced in April 2013. Just go to the Ticker Tape page and download the issues. Our thoughts are with Gerry's family at this time.

Please, enjoy this issue and do not forget, if you have some news to share, stories to tell, please let me know. I am always on the look out for interesting news.

I may even have a few jokes to share, like these.

I never wanted to believe my Dad stole from his job as a road worker - but when I got home all the signs were there....

Police reported a robbery from the local Apple store today, they are appealing for I-Witnesses.

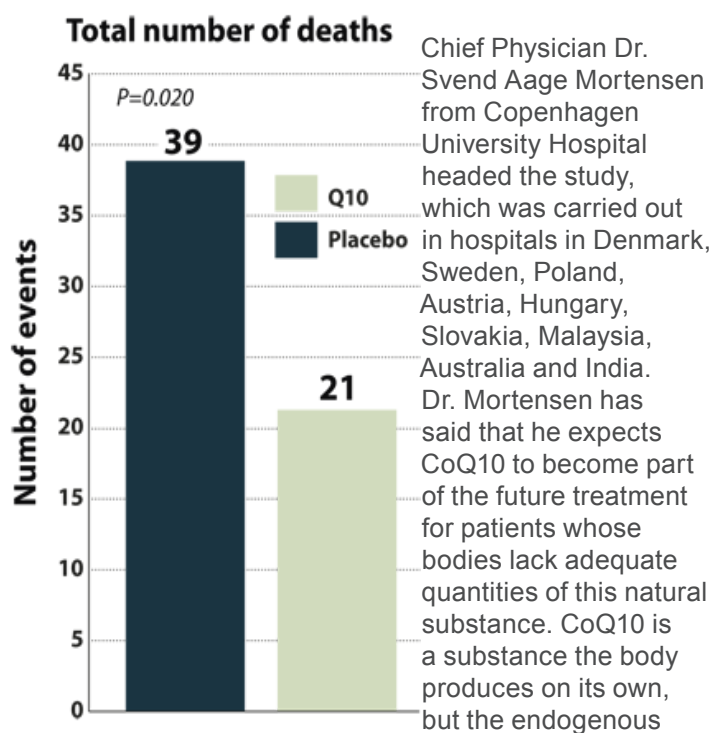
I saw a large diving bird complaining about a curry earlier. I think it was a korma rant. [Gary Smith](#)

## COQ10 CLINICAL TRIAL PUBLISHED IN CARDIOLOGY JOURNAL

### Ground-breaking Results from Treatment with CoQ10 Give New Hope for Heart Patients

Ground-breaking clinical trial result from treatment with CoQ10 gives new hope for heart patients. The CoQ10 treatment group shows 43% reduced complications and deaths as compared to the placebo group.

The results of the Q-Symbio study, a large international study of heart patients, have been published in the respected Journal of the American College of Cardiology (JACC). The study results were originally presented at a major cardiology congress in Lisbon, and Q-symbio ended up being the most frequently cited study of the congress.



production declines with age.

According to Dr. Mortensen, the fact that JACC decided to publish the study is a breakthrough, as it is one of the most influential cardiology journals. Publication of the study results also shows that JACC has emphasized the exceptional results stemming from the CoQ10 treatment.

In some countries, Pharma Nord markets CoQ10 in the form of Bio-Quinone Q10, a medical drug intended for the prevention and treatment of CoQ10 deficiency. Pharma Nord's CoQ10 is also an OTC drug that is available from pharmacies and in health food stores; however, the majority of Pharma Nord's CoQ10 is sold as a dietary supplement.

## Professionals choose Bio-Quinone CoQ10

Bio-Quinone Active CoQ10 from Pharma Nord was selected for the Q-Symbio study, partly because Pharma Nord's CoQ10 is the official reference product of The International Coenzyme Q10 Association, but also because its effect has been documented in 75 human studies. The product has demonstrated good bioavailability and effect, and its production is based on safety data collected over a period of nearly 25 years. Pharma Nord's CoQ10 is dissolved in oil and has undergone a special heat treatment that enables the CoQ10 crystals to dissolve completely at body temperature. This proprietary production process produces a uniform (homogeneous) mixture unlike other products, which makes it easier for the body to absorb the CoQ10.

Ubiquinone: The Same Kind of CoQ10 that was used in the Study

CoQ10 exists in two active forms, the oxidized form (ubiquinone) and the reduced form (ubiquinol). Both forms are present in the mitochondria, the energy factories of the cells. Here, CoQ10 changes continuously between these two forms, oxidized and reduced, and this characteristic is essential for CoQ10's different responsibilities in the body.

Because, shortly after ingestion, the body will convert ubiquinol, the reduced form of CoQ10, to oxidized CoQ10 (ubiquinone), you might as well purchase and use the oxidized form, the ubiquinone form which is much more cost-effective. To date, almost all scientific research on the efficacy and safety of CoQ10 has been conducted using the active, oxidized form, ubiquinone, which is the reason why Dr. Mortensen chose to use ubiquinone for the Q-Symbio study.

It is a misconception that either one of the CoQ10 forms, ubiquinone or ubiquinol, is superior or is a more active form than the other. In fact, both forms are important, as they perform different functions in the body. The active form of CoQ10, which is produced in the liver, is the oxidized form of ubiquinone. CoQ10 from our food is also in the oxidized form. Actually, CoQ10 is absorbed as ubiquinone and then is changed to the ubiquinol form in the lymph and enters the blood in the ubiquinol form.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Pharma Nord is one of Europe's largest manufacturers of preventive dietary supplements and herbal remedies. The company develops, manufactures and markets scientifically well founded dietary supplements, herbal remedies and medical drugs based on optimal bio-availability, safety and documentation.*

## ABNORMAL HEART RHYTHMS

### A report from the BHF.

An abnormal heart rhythm means your heart is beating too fast, too slow, or with an irregular pattern.

### Setting the pace

Sometimes rhythm disorders are treated with a pacemaker – a small electrical device which is implanted in to the chest to help the heart beat regularly. When we were founded back in 1961 pacemaker technology was still in its infancy but over the past 50 years we have had a big part to play in overcoming the many technological hurdles.

### Atrial fibrillation

Atrial fibrillation (AF) is the most common abnormal heart rhythm, and increases the risk of stroke by 4 or 5 times. In atrial fibrillation the irregular heart beat can cause blood to pool and clot in the heart. If this clot escapes and is swept up into the brain it can result in a stroke. There are 235,000 strokes in the UK each year and it's estimated atrial fibrillation is the cause of a fifth of these.

Late BHF Professor Ronnie Campbell led a team that developed a technique to treat atrial fibrillation called radio-frequency ablation.

In atrial fibrillation malfunctioning electrical pathways in the heart trigger an abnormal heart rhythm. Ablation uses radio waves to destroy the faulty heart tissue that is responsible for these pathways.

Ablation is now a well-tested, routine procedure that can successfully treat some people with AF and therefore avoid strokes.

### Ongoing research

BHF professor Barbara Casadei from the University of Oxford is one of the UK's leading experts in the complex processes behind AF. Professor Barbara Casadei

One of Professor Casadei's exciting research projects is looking at a possible link between AF and inflammation. Inflammation is a normal part of the body's response to infection and injury, but is also linked to other diseases, particularly coronary heart disease (CHD), the major cause of heart attacks.

Another strand of her work will investigate whether nitric oxide, an important signalling molecule, is involved in the development of AF.

We already know that endurance athletes are more prone to several types of arrhythmia. We're funding Professor

Mark Boyett and his team at the University of Manchester who are carrying out research to find out why.

They are looking at how exercise causes changes in the genes that are turned on or off in heart cells, and how these changes affect the heart's electrical activity.

This research may reveal the direct cause of abnormal heart rhythm in endurance athletes and if there are ways of preventing these rhythm disturbances.

### A potentially fatal faulty gene

A research team that we fund from The University of Manchester, led by BHF Professor David Eisner, has found that when someone has a particular faulty gene, a calcium channel in the heart can stay open for too long, making it leaky. This causes a rare but potentially fatal heart rhythm disorder called CPVT (catecholaminergic polymorphic ventricular tachycardia). Someone can be completely unaware that they have this condition until exercise kicks off the dormant arrhythmia, causing a fatal cardiac arrest.

Clinicians in the team are now working with the families of those who have died from sudden arrhythmic death syndrome (SADS) to determine if they are also at risk. As the gene is inherited, the team want to know if everyone with the faulty gene develops an arrhythmia or if there are other genes involved.

### Support heart research

This research was only possible through generous donations from the public, but there is still lots of work to do in the fight for every heartbeat. The BHF spend around £100 million every year on research.

Professor Barbara Casadei combines her role as a heart doctor at the John Radcliffe Hospital in Oxford with pioneering work to improve our understanding of atrial fibrillation (AF).

Her work could lead to new treatments for people affected by this condition, which greatly increases the risk of heart attacks and strokes.

### Understanding atrial fibrillation

Atrial fibrillation or AF affects more than 950,000 people in the UK. It's the most common arrhythmia - irregular heartbeat - which occurs when electrical impulses fire off from different places in the top chambers of the heart in a disorganised way. It's a particularly common problem in patients who have had heart surgery, such as coronary artery bypass surgery to reduce chest pain. Between 35 and 50 per cent of patients develop AF shortly after heart surgery.

Professor Casadei has become one of the UK's leading experts in the complex processes behind AF.

## A MAINLAND EVACUATION

Some time ago, I was loaned an interesting Southern Railway 35 page Special Notice. It was marked SECRET and was undated (Fig. 1). It gave details of plans to evacuate what it called 'refugees' (although 'evacuees' might have been a better term) from Portsmouth, Gosport

SECRET

SOUTHERN RAILWAY

SPECIAL NOTICE  
EVACUATION No. 2. W

LONDON WEST AND SOUTHERN DIVISIONS.

SPECIAL TRAIN ARRANGEMENTS  
IN CONNECTION WITH

EVACUATION OF PORTSMOUTH,  
GOSPORT AND SOUTHAMPTON.

Fig. 1

0/13094.

H. E. O. WHEELER,  
Superintendent of Operation.

and Southampton and distribute them over a large area of Hampshire, Dorset, Wiltshire and the Isle of Wight. A total of 126,914 'refugees' were to be moved by train and ship over a 2 day period. They comprised school children, adult helpers and hospital patients. The evacuation took place on Friday 1st and Saturday 2nd of September, 1939.

'Refugees' travelling to the Island embarked from Clarence Pier, Southsea and sailed to Ryde Pier Head where they continued their journey by train. All 'refugees' had to be in possession of a ticket but no destination was printed on them. Also, all trains had to have their destination boards removed and 'refugees' were not to be told their destination. Fig. 2 shows a specimen ticket.

On the Cowes Line, no ordinary passengers were to be carried from Ryde to Newport. They had to go to Sandown, take another train to Newport and then a third train back from Newport to Ryde. So, if anybody wanted to get to Ashy, it might have been quicker to take a Ventnor Line train to St. Johns Road Station and walk the 2½ miles to Ashy! 4 trains were booked to terminate at Newport, 7 to continue to Cowes (although 'refugees' were only carried as far as Newport on 2 of them) and 3 trains continued to Freshwater.

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SOUTHERN RAILWAY. SPECIAL TICKET

NOT TRANSFERABLE

Available for One Person on Day of Issue Only  
from

Southampton (TERMINUS or CENTRAL) Station  
SOUTHERN RAILWAY  
to Destination Station

The strict condition of the issue of this Ticket is that the holder shall comply with all instructions given by Officials.

Issued subject to bye-laws, regulations and conditions of the Railway Company.

Fig. 2

The numbers travelling to the Island were considerably less than predicted. On the first day, only the first ship left full. The rest were half empty and the total number of 'refugees' carried was 4,040. On the second day, only 1,070 travelled; less than a quarter of the number expected.

The evacuation was not as well organised as the Special Notice had hoped! There were chaotic scenes at Ryde Pier Head with reports of school parties and even families being separated from each other. What an ordeal for young children!

### ISLE OF WIGHT ARRANGEMENTS.

FROM	TO	NUMBER OF REFUGEES.	
		FIRST DAY.	SECOND DAY.
	Ryde . . . . .	3,242	3,753
	Bembridge . . . . .	400	330
	Brading . . . . .	223	—
	Sandown . . . . .	988	988
	Shanklin . . . . .	1,000	1,181
	Wroxall . . . . .	200	200
	Ventnor . . . . .	1,334	1,024
Southsea (Clarence Pier) . . . . .	Nevelurch . . . . .	214	—
	Haven Street . . . . .	150	—
	Wootton . . . . .	—	400
	Newport . . . . .	1,830	1,767
	Cowes . . . . .	1,150	1,150
	Calbourne . . . . .	101	—
	Ningwood . . . . .	164	—
	Yarmouth . . . . .	144	—
	Freshwater . . . . .	860	1,007
		Total . . . . .	12,000

Fig. 3

Fig. 3 shows the number of 'refugees' to be transferred to various Island towns and villages. 12 sailings to Ryde were made on each of the 2 days and, on the Island, 11 special trains were provided on the Ventnor Line for the first day and 10 on the second day. 3 trains were to run to Sandown, 2 to Shanklin, 1 to Wroxall and 4 to Ventnor with the 11th train on day one only running as far as Brading to connect with the Bembridge Branch. Surely there cannot have been any other occasions when passenger trains terminated at Wroxall and Brading!

On the mainland, the 'refugees' were distributed to an area roughly bounded by Poole in the west, Semley in the north-west and Salisbury, Winchester and Basingstoke in the north. Entraining stations were Portsmouth & Southsea (low level), Gosport, Southampton Central and Southampton Terminus. A combination of retimed and rerouted regular services supplemented by special trains was used. On the regular services, ordinary passengers were not allowed on the 'refugee' trains but troops and seamen were permitted to use them.

The latest sophisticated crowd-control equipment was available as the Special Notice stated that "Entraining stations will be supplied with megaphones if required".

Some of the destinations were unusual choices. Cowes, with its shipyards and aircraft factories, Ventnor with its radar, Eastleigh Railway Works and Poole Harbour would all seem to be likely targets for air attack, and not the safest place for 'refugees'!

Thanks to Mr. Tim Cooper for the loan of the Special Notice. and John Mackett for writing the article.

## GUESS WHO I AM?

Born in 1956 in Bettsworth Road, Ryde. I lived in Fishborne in a house at Cothey Butts. My Father worked for Mr.Cleaver's Farm in Binstead.

We moved to Newnham Lane, Binstead to another tied cottage, part of the Cleaver Farm Estate. My earliest memory of that time was a neighbour Mr. Lyon who called me the Sheriff of Cothey Butts, due to my rather natty cowboy outfit.

Whilst living in Binstead, in 1963, we were snowed in for many days, with drifts as high as the hedges, so we had to walk to school over the fields. I also remember builders finding un-exploded bomb in Newnham Road and the Army Bomb Disposal Unit, attending the scene.

We then moved to Wroxall for a few years, before returning to Haylands, attending Swanmore Junior School and Ryde Secondary Modern.

While still at School I worked at the Galleon Restaurant in Union Street, Ryde. My main job was washing up etc. but after a few years I started cooking and preparing meals. I remember the actor Deryck Guyler coming in for a meal one day, I think he had Steak!

In 1973, I applied for a job through a PO.BOX number at the County Press and turned up for the interview, after working in the restaurant at a lunch time shift. I turned up with long hair, a bit smelly from the kitchen, not really knowing what I was letting myself in for.

The company was Vectis Office Equipment in Warwick Street, Ryde. The position was for a typewriter engineer. in their busy service department. I got the job and started my career in the Office Equipment world.

After a brief spell there, I went away for a short time to find my fortune in Scotland. This was not a very wise move, so after a few months I returned to work as a typewriter engineer at Vectis Office Equipment again. They must of liked me, to take me back.

Then in 1978, I found a new job at a competitor in Cowes called Medina Office Supplies, I was given the position of Service Manager looking after three other engineers. One of our biggest customers was British Hovercraft Corporation. We had to make sure all of their machines in the typing pools were regularly serviced and cleaned.

In 1982, I left and set up my own business, working with one of the other engineers. We started our company as a service department, repairing all sorts of office equipment and vending machines. We are still going strong after 34 years in business.

I was a keen sportsman, playing Badminton, Squash and Volleyball. I am also learning to play the piano.

No prizes for guessing who I am.

## THE NOT SO ROYAL VARIETY SHOW

Date

Friday 30th September 2016

Venue

Riverside Centre - Newport

Time

Doors open at 6.45 pm.

10 great local acts  
plus special guests

Come along and join in the fun  
Tickets on sale at the end  
of August from  
all classes

Tickets

£5.00 per person

All money raised goes  
to the  
Isle of Wight  
Heart Care Club

## I AM GLAD I DID NOT KNOW.....

I am sure that everyone has, at some time in their life, been told something they wish they had not known. One such instance in my younger days stays firmly in my memory.

Working for an Island manufacturing company, I was appointed Company Secretary, a position that required details of my name and address to be registered with Companies House. The market for the company's products was particularly buoyant at that time and opportunities for additional manufacturing facilities were needed. Labour availability on the Island was limited and it was identified that there were attractive grants for companies willing to set up in Northern Ireland. A new factory and better employment opportunities were on offer and the move seemed right in order to meet the rising order book.

Within a few months the new facility was up and running close to the town of Newry in the southern part of Northern Ireland close to the border, and, for the first year or so, production and profitability showed great promise. As the new business was set up as a subsidiary company to the Island operation, I was appointed Company Secretary for this facility also.

Whilst Newry is in a beautiful part of Northern Ireland, it was not isolated from the troubles that were ongoing with the IRA particularly during the early 1970s. My several visits there were unsettled by bomb scares, numerous army patrols and details of no-go areas which all had a sobering affect and unfortunately somewhat diluted the warm welcome of the local residents.

From a business viewpoint however, everything was going well until two, seeming unrelated, incidents occurred. An armed robbery, which appeared to have the hallmark of an inside job, took place and although not obviously politically motivated, created a rather tense and uneasy environment within the factory with personal threats made to a number of company employees. It was then discovered that a neighbouring unit next door had IRA sympathies and when our workforce went on strike for an improved employment package, it was apparent that the next door company were extremely supportive, and indeed may have initiated the action, joining and bolstering our striking workers outside the factory. The result was that the police had to be called in to keep order, there was a shooting (as far as I am aware non-fatal) and the situation deteriorated to the point that the operation was suspended and subsequently closed. I was fortunately not there when these incidents happened, but the Island Company received a number of telephone threats and a fire was started to the rear of the Island premises - although this was never definitely attributed to the IRA.

Some 15 years later, I was shown a copy of an IRA newspaper which was published at the time. Whilst I cannot quote exactly, the headline read along the lines of 'Should this company be allowed to continue trading?' Above the headline were the names and home addresses of the Directors and Company Secretary of our company – which obviously included mine. The inference from the article was that these individuals were targets.

Though not related to the article, I left the company sometime afterwards, moved house and fortunately heard nothing further about the situation. However, I am just grateful that I did not know I was on an IRA hit list at the time or I may have had my heart attack some years earlier. On the other hand, I wish I had not known at all!

Anon

## YOU ARE NEVER TOO LATE TO GET MARRIED

Ada and Jack aged 89 and 92 are excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a chemist shop and Jack suggests they go in.

Jack addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

"We're about to get married. Do you sell heart medication?"

"Of course we do."

"How about medicine for circulation?"

Pharmacist: "All kinds"

"Medicine for rheumatism?"

Pharmacist: "Definitely."

"How about suppositories?"

Pharmacist: "Yes"

"Medicine for memory problems, arthritis, and Alzheimer's?"

Pharmacist: "Yes, a large variety. The works."

"What about vitamins, sleeping pills, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

"Everything for heartburn and indigestion?"

Pharmacist: "We do..."

"You sell wheelchairs and walkers and walking sticks?"

Pharmacist: "All speeds and sizes."

"Adult incontinence pants?"

"Pharmacist: "Yes."

"Then we'd like to use this store for our wedding presents list..."



## BERNARD TAYLOR BENZIE'S OF COWES

Bernard Taylor who attends the Monday morning class at the Fitness Factory, worked for Benzie's of Cowes for 56 years.

Bernard was recently reunited with a Silver Cross which he made in the 1960's, for St Mary's Church in Carisbrooke. He was assured that the cross was still being regularly during church services.

During his long service at the famous Cowes Jewellers, Bernard made many pieces using gold and silver. Many of the the brooches and badges were made for the Yacht Clubs in Cowes. They were made from 9ct Gold which were enamelled to produce the flags.

He once made an A to Z bracelet using flags for letters. This would have sold for around £250.00 but would be worth around £2,000 today.

He started work in 1950 as an apprentice to Mr Benzie, he was taught to make the beautiful pieces you can see here. He once made a piece for the Duke of Edinburgh.

Even after he officially retired, he would still be called back to work a few days a week to help out.

Bernard also likes magic. He was once a member of two magic clubs on the island. He once performed for Lord Louis Mountbatten at a hotel in Sandown. He was presented with a magic wand with silver ends made by Bernard.

His first job after leaving school was at Benzie's being paid £2.00 per week, to clean the shop and polish the brass plate outside the shop.

On of his last jobs was to make the chain of office for the then Mayor of Cowes, Councillor John Leigh.

Bernard was also asked to make scale models of yachts and boats, he once helped to make some of the pieces for a Gypsy Moth replica.

Benzie's was founded by Simpson Benzie, Esq. in 1862. From the outset, Simpson Benzie maintained the "Benzie Ball" on top of the building. It was dropped at the stroke of 1200hrs. GMT and was for many years the chief time-keeper for the Royal Navy in the Eastern Solent. This ball was lost - possibly as a result of enemy action during the Second World War.

The firm was established in 1862 by the late Mr. Simpson Benzie. Through his artistic application of nautical subjects to jewellery, the founder of the business gained a world-wide reputation. He was the first to design a clock to strike the ship's bells. Since he died in 1915, his son took an active interest in the concern since 1891, to follow on similar working lines. The Royal Warrants held by the establishment are: H. M. King George V., in 1910; H. M. the Queen, 1912; H. M. King Edward, 1901; H. M. Queen Alexandra, 1901; H. M. Queen Victoria, 1885; H. R. H. the Prince of Wales, 1884; H. M. King of Greece, 1886."

Benzie's has served the cream of society for more than 130 years. At various times during this period it has proudly held no fewer than eight Royal Warrants. A Benzie clock hung on a bulkhead on the Royal Yacht, Britannia.

Benzie already crafts pennant brooches for many of the leading yacht clubs, and will gladly create bespoke items such as your own pennant or insignia, for example.

One of the top selling services to Benzie's customers is their ability to take a photograph of a

much loved yacht and replicate it in diamonds, gold and enamel.

A shop where the jewellery is hand-crafted and where the traditions of service reach back to Queen Victoria.

*Gary Smith*



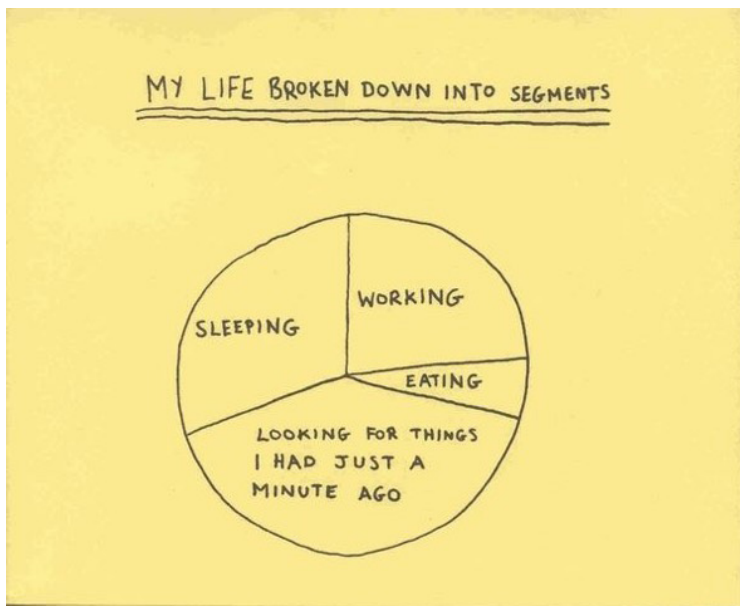
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## WHICH OF THE FOLLOWING NAMES ARE YOU FAMILIAR WITH?

1. Monica Lewinski
2. Bill Clinton
3. Hilary Clinton
4. Adolph Hitler
5. Jorge Bergoglio
6. Winnie Mandela
7. Vladimir Putin
8. Linda Lovelace
9. Saddam Hussein
10. Tiger Woods

You had trouble with No 5? See below.

You know all the criminals, murderers, politicians and cheaters, but you don't know the Pope?



Tickets are still available for the Coach Trip to Hampton Court Palace, at time of going to press.

On Saturday 21st May 2016.

Tickets are £20.00 per person plus £15.00 per person for the entry fee into the palace.

## THE BEST KEPT SECRET

Alan Hart and Ron Foster from REMAP. Remap make specialised equipment and adaptations for people with disabilities.

Ron Foster is a member of the West Wight Class and attend Lyn's exercise most Wednesdays.

But Ron is also a engineer who does voluntary work with REMAP

REMAP

REHABILITATION.  
ENGINEERING.  
MOVEMENT.  
ADVISORY.  
PANEL.

Remap has been going for fifty years

Formed in 1964 by Pat Johnson an ICI engineer whose wife had polio.

Remap has over 1,000 engineers, craftsmen, technicians throughout the country.

82 Remap Panels spread over the country.

A Remap panel consist of Engineers, Occupational and Physiotherapists, and other professionals engaged in helping people with their disabilities.

Panels meet at regular intervals to discuss projects and to review progress.

There referrals come from all Social Service departments, NHS sources, individuals and carers.

He has personally been a local volunteer for the last 38 years and have been involved in many jobs , some larger than others which hopefully improves the life of the user. His current project is a bed table for a double bed used by a lady in her 50's who suffers from bouts of illness which confined her to her bed. In effect she lives off her bed table so it has to be large enough to use for meals also using her lap-top computer and reading. In addition he has made a table mounted lectern with a top adjustable through a large angle from near horizontal for lap-top use to almost vertical for reading magazines. This is the second one he has made, the first for a lady who suffered from severe arthritis.

He has also made special pedal clips for use on children's and adults tricycles where the user is not able to control their leg and ankle movements so easily and need pedal clips to strap the foot in place. Over the years he has also modified modern children's cots to allow one side to be lowered to help the mother to reach the child more easily. In many cases cots continue to be used for older children to prevent them falling out of bed due to medical conditions.

## I CAN'T REMEMBER

*Just a line to say I'm living  
that I'm not among the dead,  
Though I'm getting more forgetful  
and mixed up in my head*

*I got used to my arthritis  
to my dentures I'm resigned,  
I can manage my bifocals  
but God, I miss my mind*

*For sometimes I can't remember  
when I stand at the foot of the stairs,  
If I must go up for something  
or have I just come down from there?*

*And before the fridge so often  
my poor mind is filled with doubt,  
Have I just put food away, or  
have I come to take some out?*

*And there's a time when it is dark  
with my nightcap on my head,  
I don't know if I'm retiring, or  
just getting out of bed*

*So, if it's my turn to write you  
there's no need for getting sore,  
I may think I have written  
and don't want to be a bore*

*So, remember that I love you  
and wish that you were near,  
But now it's nearly mail time  
So I must say goodbye, dear*

*There I stand beside the mail box  
with a face so very red,  
Instead of mailing you my letter  
I opened it instead*



by Anonymouse

## HAMPSHIRE AND ISLE OF WIGHT AIR AMBULANCE

exists to bring immediate, life-saving critical care to patients when they need it most.



The Air Ambulance flies 365 days a year, both day and night, providing an efficient, prompt response to road traffic collisions, sporting accidents, collapses and many other incidents throughout Hampshire and the Isle of Wight. Our highly skilled crew of Doctors, Paramedics and Pilots can be at the scene of an incident within minutes, ready to deliver the same level of care that you would expect from a hospital emergency department. A full range of life-saving equipment is carried on board, including two state of the art ultrasound devices, a blood transfusion kit and an immediate blood analyser, helping to save valuable seconds in the vital golden hour.

It currently costs in excess of £230,000 a month to maintain our life saving service, and we receive no Government or National Lottery funding for routine operations. It is only thanks to the generosity of the communities that we serve that we are able keep the Air Ambulance flying and saving lives.

Hampshire and Isle of Wight Air Ambulance began operations on 1st July 2007 and our helicopter is based at Thruxton Aerodrome, near Andover. Our Charity office is at 4 Kings Park Road, Southampton.

To learn more about the work we do, latest news about the Charity, and stories from some of those who have been rescued by our crew, please visit the relevant pages on our website.

Jenny and Ray Harnell, recently donated £100 to the Air Ambulance on behalf of the Heart Care Club.

## QUIZ ANSWERS;

- 1.) USA, Japan, Canada & Germany
- 2.) Maps
- 3.) 18
- 4.) Kaka
- 5.) Cameroon, Chad, Sudan, Congo & Democratic Republic of Congo
- 6.) Greece
- 7.) Homeland
- 8.) Butch Cassidy and the Sundance Kid
- 9.) Chernobyl
- 10.) Rasputin

## TICKER TAPE QUIZ

- 1.) Name the 4 countries with the most McDonald's in the world.
- 2.) What would a cartographer make?
- 3.) How many players make up an Australian rules football team?
- 4.) How is football superstar Ricardo Izecson dos Santos Leite better known?
- 5.) Name 3 countries that border Central African Republic?
- 6.) Which country produces 70% of the world's olive oil?
- 7.) What TV drama does Clare Danes currently star in?
- 8.) The 2 lawbreakers Robert LeRoy Parker and Harry Longabaugh were better known as what?
- 9.) What disaster occurred on 26th April 1986?
- 10.) He was the son of a Siberian peasant and became the most influential person at the court of Tsar Nicholas II. He was widely thought to have magical powers and was assassinated in 1916. What was his name?

*Answers inside*

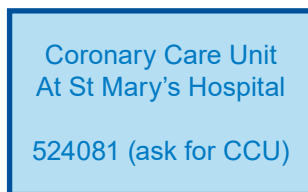
## Health Questions

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:



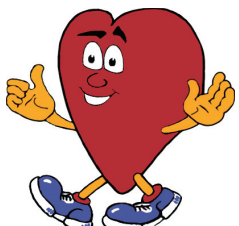
OR




**ISLE OF WIGHT HEART CARE MENTORS**

*"Here to help you"*

**Heart Care Mentors  
Family and Patient  
Helpline  
07531 779 337**



Isle of Wight   
NHS Trust

*'They will take the worry away'*

Isle of Wight   
NHS Trust

## YOUR OFFICERS & COMMITTEE

Effective July 2015

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Richard Knowles

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Harry Lawrence

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Treasurer.iowhcc@hotmail.co.uk

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janetw50@talktalk.net

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The next issue of Ticker Tape is due out on 9th July 2016. The latest date for copy to be included in this issue is 2nd July 2016. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word/Works to Gary Smith.

Email: garysmith250@me.com

Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.