



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 69

2017

COMING EVENTS

January 2017 – Onwards

Sunday 19th March

Rowathon

Sponsored Event

Fitness Factory

Newport

Everyone Welcome

Isle of Wight Heart Care Club

Annual General Meeting

Riverside Centre

Newport

June 2017

Date to be confirmed

Race Night

Saturday 14th October 2017

Wootton Community Centre

Doors Open 7.00pm

Christmas Lunch

Channel View Hotel

Shanklin

Friday 15th December 2017

12.30 for 13.00

VIEW FROM THE CHAIR

First let me wish you all a happy and healthy 2017.

2016 passed by quickly, ending in a sad note with the passing of good friends.

During the past year the social committee arranged many events some of them not so well supported so please remember these events are for you the members.

The variety show was a big success but once again a few more attending would have been nice.

David and his team, the social committee, again organised a good Christmas dinner, (thank you David).

2017 should be another busy year, in March the Rowathon always a good event, also during the year other events are being organised by the social committee.

I hope that 2017 should be another busy year for us all, take care and keep well.

Harry Lawrence (Chairman HCC)



PHOTOS BY FIONA BANNISTER

NOTES FROM THE EDITOR

When I start writing my editor's report for Ticker Tape, I usually have a theme or an idea. But alas this time my mind is blank. So let's see what happens.

Last year was the club's 25th anniversary, what a great achievement to reach a quarter century. Looking forward to 2017, we have a few events already planned, including the Row-a-thon in March, please read Lyn's report opposite.

As per usual the Club needs your support, this year is no different. Your Social Committee is changing, many of the members have been serving the club for many years, including Pat Hough and Joy Caws, they have been organising all the Coach Trips, but this June they are both retiring. I think all of the members that have been on any of the trips will join me in thanking them.

They are not the only ones leaving, David Lankshear, the chairman of the Social Committee is also retiring. David is also the club Treasurer, so he feels that it time for some new blood. So if you want to give up some of your free time to help, please volunteer now.

The social committee, have decided to cancel this year's Quiz Night and the Coach Trip in Newbury, due to the lack of support for previous events. Hopefully, we can still put on some Social events later this year.

We still have Race Night in October and the Christmas Lunch in December.

Inside this issue we have an article written by Fiona Bannister, Fiona works at St Mary's Hospital in the Physiotherapy department. She also attends the Thursday class at the Riverside Centre looking after the Phase 3 class with Lyn and Stuart. There are three of her photos on the front page.

What do you think of the new front page layout, we changed it last year for the anniversary, so it needed an upgrade for 2017. What do you think?

I hope you enjoy this issue, it would be great to have any feedback from the members. Don't forget the AGM in June, it would be nice to see a better attendance this year.

Gary Smith



ROWATHON 2017, SUNDAY MARCH 19TH

It's time for our bi-annual Rowathon.

This will be the third time we've made the effort to boost our funds by our own efforts.

If you haven't been involved before, let me explain.

I 'find' volunteers who get sponsored to row on one of the two rowing machines at the Fitness Factory, for the length of time that suits them.

We can't allow anyone to stay on a machine too long as, of course, we want as many members with sponsor money to have a go. The money is key!

The two machines are in use from 10.00 until 16.00 and we usually set a target of the total distance we want to row.

Each member 'warms up' on one of the air bikes for 10-15 minutes and then takes their place on the rower, they then 'cool down' and stretch in the adjacent studio. Steve and I make sure they stay within their training zone, it's not a competition!

Barbara Brown, who helps me at the Fitness Factory in Newport, usually records each persons 'distance' rowed, allowing us to have a running total, and of course each member likes to know how far they rowed.

My two granddaughters rowed last time, with sponsorship from friends and family, they didn't want to stop!

Stella Page and Karen Pitman will be behind the 'bar' with teas, coffees, cakes, sandwiches and biscuits etc to purchase and Stuart Bunyan will again be in charge of the raffle. The aim is to raise as much money as possible.

If you don't take part please come and cheer the rowers on, it creates a brilliant atmosphere. I know we all thoroughly enjoyed it last time.

It's very important to raise funds, and not at all easy. We are not a charity and don't receive any money from anywhere else, so we need to 'get off our butts' and do it ourselves.

Our classes are fairly well established but we need to think to the future.

One day the Fitness Factory will close and when this happens we need to be in a good financial position. I will be looking at all possibilities so although we will need to change, we won't have to stop!

Please support the Rowathon, all the money is for the Heart Care Club now, and in the future. If you don't feel able to row then please sponsor one of the members who is taking part.

Don't forget the date, SUNDAY MARCH 19th, see you there.

Lyn Smith

Left Photo from the last Rowathon

HEALTH INSURANCE

The health declarations that insurance companies ask for are often very detailed, particularly about your past and present health conditions and medications.

It's really important to declare all your past and present health conditions. If you leave out important information this could result in any claim made being refused.

It is a good idea to talk to your GP before purchasing an insurance policy as they will be able to help you answer the medical questions.

What if I can't find travel insurance?

The British Insurance Brokers' Association (BIBA) may be able to help if you are finding it difficult to get travel insurance.

Will a European Health Insurance Card (EHIC) cover my heart condition?

The EHIC can entitle UK citizens to free or reduced-cost medical treatment in many European countries. This can include treatment for problems caused by pre-existing heart conditions.

While it is important to have a European Health Insurance Card (EHIC) when you're travelling in most European countries, it doesn't replace travel insurance so it's important to have both.

You can apply for an EHIC online on the NHS Choices website or through the Post Office. For a full list of the countries covered by an EHIC and more general information, contact the Department of Health.

You can also access oxygen supply services while you're abroad through the EHIC. You will need to contact the Department of Health's Customer Service Centre on 020 7210 4850 to pre-book these treatments before going on holiday.

What if I want to go abroad for medical treatment or surgery?

An S2 form (previously called the E112) may give you the option of undergoing medical or surgical treatment in other EU countries. You can find more information on this from the Department of Health.

Getting life insurance

Most people with a pre-existing heart condition will be able to purchase life insurance, although the cost may be more expensive. You should shop around to get the best value life insurance.

Continued

What if I have a complaint?

If you have any complaints or think you have been treated unfairly as a result of a policy claim, the Financial Ombudsman Service is there to help you.

We want your feedback

We welcome your feedback about insurance. You can contact us online or write to us:

British Heart Foundation

Heart Helpline

Greater London House

180 Hampstead Road

London

NW1 7AW



AIR AMBULANCE UPDATE

Red Funnel have chosen the Hampshire and Isle of Wight Air Ambulance as their Charity for 2017.

Members of Red Funnel's employee business exchange had the difficult job of shortlisting three charities from over 25 applications which were then put forward to the public vote.

Hampshire and Isle of Wight Air Ambulance, Daisy Chains Isle of Wight and The Rainbow Trust were all shortlisted. With over 2,300 votes cast, Hampshire and Isle of Wight Air Ambulance was the winner with The Rainbow Trust just 66 votes behind.

Shirley Anderson, HR director at Red Funnel, said: "We received a record number of worthy applications to be our charity of the year and shortlisting just 3 proved a difficult task for our Business Exchange. The public vote proved to be extremely close and we are delighted to announce the Hampshire and Isle of Wight Air Ambulance won the contest. We very much look forward to supporting this tremendously important life-saving service over the next 12 months."



WE ARE LUCKY TO LIVE ON SUCH A BEAUTIFUL ISLAND.

And with all the stresses of everyday life, my chosen method of relaxation is to visit the countryside with my camera.

It is so rewarding to sit in peacefully in woodland areas, listening to the sounds of nature around you.

We spend so much time looking at screens and living our lives via social media sites that we forget to look up and notice the real world around us, and the smallest things are often missed.



I remember on one occasion, I was alone, camera in hand, when approached by a man walking his dog. He seemed puzzled to find me sitting by myself, and asked if I was alright. When I told him that I was enjoying the wildlife, he looked around briefly and rolled his eyes, chuckling "Nothing to see here, love."

Sadly he was in too much of a hurry to realise that just before his noisy approach, there had been a red squirrel sitting on my knee eating a hazelnut. A few inches to my left, a bank vole had been happily munching on the heart of a sunflower seed, and just above me was the sound of a great spotted woodpecker drilling onto bark.

He had missed all of it. The red squirrels are fascinating to watch, very endearing but also very shy. I spent one

summer visiting them several times a week and gradually they became comfortable with my presence (although I think the regular offering of hazelnuts helped!)

At first I scattered food in random places and watched from several metres away, but after 3 months of patience, one determined squirrel with a huge tail and tattered ear would routinely rummage in my coat pockets for nuts and sit on my knee to eat.

There seemed to be a pattern: eat one nut and then bury four. Another one, smaller but with bright red fur, preferred to sit on my foot.

(This was always a challenge for me – at dawn, sitting on the cold ground, full cup of tea in my bladder with small claws grasping my extremely ticklish feet!)

Sadly, numbers seem to be declining. Back in 2005 I would often see six or seven at a time, but now I consider myself lucky to see one or two.

I still visit the same woodland areas, and even if I'm unable to sit for long, I always leave handfuls of hazelnuts and sunflower seeds in my wake, hoping to hear the familiar 'chuck chuck' noises in the trees. So next time you are in the countryside, stop and listen for a moment.

Follow the sounds of nature and you may see something worthwhile.

Red Squirrel (*Sciurus Vulgaris*)

Length: 20cm plus tail of approx 18cm

Lifespan: approx 3 to 6 years, producing litters of 3 to 4 kittens per year

Habitat: coniferous woodland

Protected in the UK under the Wildlife and Countryside Act 1981

MEET STANLEY.

I spotted him just outside my garden after what seemed to be a failed maiden voyage out of the nest.

His parents were feeding him so I retreated and wished him well.

The next day, I found him in one of my plant pots, and noticed that his tail-feathers were a little stunted... maybe even *chewed*.

His wings were working but he had no rudder, so a few seconds off the ground resulted in several haphazard crash landings into the fuchsias.

His parents were still providing him with plenty of worms and insects, but he couldn't get the hang of flying despite lots of encouragement from Dad.

For several hours poor little Stan staggered about the garden, yawned, snoozed and scratched. Eventually he made it to the top of the fence... but then suddenly face-planted into my next door neighbour's garden, right at the front paws of Sooty the cat.

Stanley's parents immediately panicked, flapping and crying whilst hopping on and off the fence, trying to draw the cat away from their stricken offspring. Fortunately, Sooty was too surprised to react, giving Stan time to hide under the fence.



Where he became firmly wedged. Within 5 minutes, Sooty was bored and had wandered off, but Stanley's Mother called and shouted for an HOUR, very distressed at her son's predicament.

Up until this point I had resisted the urge to interfere, but eventually I felt compelled to rescue Stan, and he flew out of my hands towards his parents and all three of them disappeared beneath the bushes out of sight.

I didn't expect to see him again, but about a week later, an adolescent blackbird with a full set of very ragged bum feathers flew into my garden, still accompanied by his parents.

He was never going to win any awards for graceful flight, but I gave him 10/10 for effort and perseverance.

Nice one Stan.

Blackbird (*Turdus merula*)

Length: up to 29cm

Lifespan: Up to 2.4 years, monogamous pairing lay 3 to 5 eggs per year

Habitat: Deciduous woodland/dense undergrowth. Omnivorous.

MEET ALBERT

After sitting on the woodland path for 2 hours I was beginning to get cold and hungry.

It was late afternoon on a grey Sunday in September, and despite providing a culinary feast for the squirrels they had failed to put in an appearance.

As I started to put away my camera, the clouds parted and the trees were briefly bathed in warm sunshine..and something rustled beneath the log I was leaning on.

After several minutes trying to keep still and hold my breath, a pair of teddy bear ears came into view, followed by a pair of black boot button eyes. It was a tiny bank vole squinting in the brightness - sniffing the air and twitching his whiskers in search of the seeds I had dropped.

I immediately named him Albert.

Being only inches away from him I was certain that he would run away, but he sat in front of my camera and nibbled away for a while, then crammed as many seeds as possible into his cheeks and disappeared into a hole in the ground.

Two minutes later he came back. This time he found the squidgy raspberries intended for the squirrels and birds, and stuffed one into his mouth before heading back to his burrow.

The next time Albert appeared it was difficult not to laugh.. his paws and whiskers were stained bright red with berry juice.

He resembled either a failed bank robber or an clumsy serial killer. (I wish I had been able to capture this moment, but I couldn't hold the camera still)



Looking back, I must have watched him trundle in and out for another half an hour until the early sunset, at

which point he vanished before the owls started their nocturnal hunting.

I'm thankful that I didn't miss this short but enchanting moment; since that day I always scatter a few seeds in the undergrowth for Albert's descendants.

Bank Vole (*Myodes Glareolus*)

Length: approx 10cm

Lifespan: Up to 2 years in the wild, up to four litters of pups during summer months

Habitat: Mixed woodland, hedgerows, riverbanks. Herbivorous.

Fiona Bannister

HAVE YOU BEEN? I HAVEN'T! CHRISTMAS LUNCH 2016

As a young engineer back in 1969 working for Southern Vectis I obtained my Public Service Drivers Licence, this started my first contact with the IOW Pop Festivals, 48 years later at the age of 75 my wife has persuaded me to make the June 2017 Festival my last one.

What a change going from the mayhem of Afton and Jimi Hendrix to the highly organised events of today with the Stones and many more. Working up to 14 hours a day and night for 5 days. Some days starting at 04.30 hours and some night shifts finishing at 03.30 hours.

In latter years we have had the Boris Johnson rejects, the 150 capacity Bendi-Buses, 18 m long, what an experience driving them on the IOW roads.

When arriving at the ports we were often amazed at the amount of festival goers queuing, at Ryde one year the pier was nearly full, at East Cowes the volume of people was stopping the traffic, at West Cowes the co-op to the terminal was a mass of people, and Yarmouth well there is always an exception to the rule!

When they arrive they look a picture, brightly coloured, pushing their wheelbarrows, shopping trolleys and sack trucks with all their worldly items for 5 days, looking forward to an enjoyable time.

On arrival at the site some smiles change when the police drug dogs appear to greet them, on occasions coming on the bus to investigate.

All in all it has been a great experience with only one



nasty experience in all that time.

When the time comes for them to go home it's usually an 04.30 start on a Monday. They turn up dirty, covered in mud, tired and some with no money at all. They want to use a proper toilet, have a shower and go to sleep, and so do all the driving staff.

As I started, Have you been? I haven't!

I have driven and taken festival goers to all the festivals since 1969. To the sites, but I have never been inside to see a festival

Chris Squibb MBE

Over 110 members of the Heart Care Club attended the Christmas Lunch, at the Channel View Hotel in Shanklin on Friday 9th December 2016.

Everybody was greeted by members of the Social Committee at the door, with the aim of selling a few more grand draw tickets, at which I have to say they were very successful.

At the start of the meal the Chairman of the Social Committee, welcomed everyone to the lunch, he then asked Reverend Graham Fuller to say Grace, which he did with great thought and little humour.

With a few absentees due to sickness, everyone else enjoyed a very Hearty lunch, served with great efficiency by the staff at the hotel.



After the meal, our Chairman Harry Lawrence spoke to the assembled guests and thanked the staff of the hotel and presented the head waiter with a donation for the staff. He then thanked every member of the social committee for organising the event. A great deal of work



goes into the day, including collating all the menu requests, seating plans, table layouts and tent cards with the menu requests on. A big thank you to David Lankshear and his committee and Steve Hancock

for printing the tent cards.

Harry also thanked Lyn for all of her hard work during the year and he presented her with a bouquet of flowers.

Before the event finished the Grand Draw took place, with help from Gary who organised the draw and members of the committee who recorded the winners. On the next page are a list of all the winners.

After all the expenses were taken out the draw raised £1310.40 profit for club funds. A big thank you goes out to one member Jack Hammerton, who spent many days at Bookers Cash and Carry in Cowes, he sold £352.00 of tickets on his own. We need more members like Jack for next year's draw and volunteers.

Gary Smith

Draw Winners List 2016

Prize Number	Ticket Number	Winner	Prize	Donated By
	2874	Samuel Biggs	£500	Heart Care Club
	1796	Alan Hopkins	£200	Heart Care Club
	3222	Dave Vodden	£50	Heart Care Club
1	1088	Gary Hall	Toy Dog	Karen & Mike Pitman
2	3492	Geoff Harper	Falcon Puzzle	Stephen Hancock
3	1274	Pauline Hobbs	Bridge Puzzle	Stephen Hancock
4	2338	Barry Cass	Christmas Hamper	Social Committee
5	638	Barbara Brown	Christmas Flower	Social Committee
6	1053	C. Gillied	Photo Frame	Kathy & Sam Pugh
7	686	Jean Spokes	M & S Voucher	Social Committee
8	1544	Irene Hann	Roses Chocolates	Stella Page
9	1275	Stella Page	Gordons Gin	Club Member
10	2219	Dave Trevan	Bottle Bordeaux	Club Member
11	2241	Patti Urry	Pinot Grigio	Club Member
12	2938	Gillian Burnett	Vina Eguia Wine	Club Member
13	2252	Hazel Tinson	Loreal & Hankies	Karen & Mike Pitman
14	2883	Jean Carver	Regal Vase	Club Member
15	1038	Archie	Family Circle Biscuits	Wootton Spar Shop
16	1674	Fran James	Heroes Chocs.	Morrisons
17	52	Semone Cairns	Heroes Chocs.	Morrisons

HOW NOT TO DIE

DR MICHAEL GREGER

Whole-food, plant-based nutrition: pretty self-explanatory, right? But aren't some green-light foods better than others? For example, you can apparently live extended periods eating practically nothing but potatoes. That would, by definition, be a whole-food, plant-based diet — but not a very healthy one. All plant foods are not created equal.

The more I've researched over the years, the more I've come to realize that healthy foods are not necessary interchangeable. Some foods and food groups have special nutrients not found in abundance elsewhere. For example, sulforaphane, the amazing liver-enzyme detox-boosting compound is derived nearly exclusively from cruciferous vegetables. You could eat tons of other kinds of greens and vegetables on a given day and get no appreciable sulforaphane if you didn't eat something cruciferous.

It's the same with flaxseeds and the anticancer lignan compounds. Flax may average 100 times more lignans than other foods. And mushrooms aren't even plants at all; they belong to an entirely different biological classification and may contain nutrients (like ergothioneine) not made anywhere in the plant kingdom. So technically, maybe I should be referring to a whole-food, plant- and fungus-based diet, but that just sounds kind of gross.

So as the list of foods I tried to fit into my daily diet grew, I decided to make a checklist, Dr. Greger's Daily Dozen. Here are six of them:

1. Beans

By beans, I mean legumes, which comprise all the different kinds of beans, including soybeans, split peas, chickpeas, and lentils. While eating a bowl of pea soup or dipping carrots into hummus may not seem like eating beans, it is. You should try to get three servings a day. A serving is defined as a quarter cup of hummus or bean dip; a half cup of cooked beans, split peas, lentils, tofu, or tempeh; or a full cup of fresh peas or sprouted lentils. Though peanuts are technically legumes, nutritionally, I've grouped them into the Nuts category.

2. Berries

A serving of berries is a half cup of fresh or frozen, or a quarter cup of dried. While biologically speaking, avocados, bananas, and even watermelons are technically berries, I'm using the colloquial term for any small edible fruit, which is why I include kumquats and grapes (and raisins) in this category, as well as fruits that are typically thought of as berries but aren't technically, such as blackberries, cherries, mulberries, raspberries, and strawberries.

3. Cruciferous vegetables

Common cruciferous vegetables include broccoli, cabbage, collards, and kale. I recommend at least one serving a day (typically a half cup) and at least two additional servings of greens a day, cruciferous or otherwise.

4. Nuts

Everyone should try to incorporate 1 tablespoon of ground flaxseeds into his or her daily diet, in addition to a serving of nuts or other seeds. A quarter cup of nuts is considered a serving, or 2 tablespoons of nut or seed butters, including peanut butter. (Chestnuts and coconuts don't nutritionally count as nuts.)

5. Spices

I also recommend ¼ teaspoon a day of the spice turmeric, along with any other (salt-free) herbs and spices you may enjoy.

6. Whole grains

A serving of whole grains can be considered a half cup of hot cereal such as oatmeal, cooked grain such as rice (including the "pseudograins" amaranth, buckwheat, and quinoa), cooked pasta, or corn kernels; a cup of ready-to-eat (cold) cereal; one tortilla or slice of bread; half a bagel or English muffin; or 3 cups of popped popcorn.

How to Make the Checklist Work for You

I used the checklist initially as a tool to get me into a routine. Whenever I was sitting down to a meal, I would ask myself, Could I add greens to this? Could I add beans to that? (I always have an open can of beans in the fridge.) Can I sprinkle on some flax or pumpkin seeds, or maybe some dried fruit? The checklist just got me into the habit of thinking, How can I make this meal even healthier?

I also found the checklist helped with grocery shopping. Although I always keep bags of frozen berries and greens in the freezer, if I'm at the store and want to buy fresh produce for the week, it helps me figure out how much kale or blueberries I need.

The checklist also helps me picture what a meal might look like. Glancing at my plate, I can imagine one quarter of it filled with grains, one quarter with legumes, and a half plate filled with vegetables, along with maybe a side salad and fruit for dessert. I prefer one-bowl meals, in which everything's mixed together, but the checklist still helps me to visualize. Instead of a big bowl of spaghetti with some veggies and lentils on top, I think of a big bowl of vegetables with some pasta and lentils mixed in. Instead of a big plate of brown rice with some stir-fried vegetables on top, I picture a meal that's mostly veggies — and, oh, look! There's some rice and beans in there too.

Continued

But there's no need to be obsessive about the list. On hectic travel days when I've burned through my snacks and I'm trying to piece together some semblance of a healthy meal at the airport food court, sometimes I'm lucky if I even hit a quarter of my goals. If you eat poorly on one day, just try to eat better the next. My hope is that the checklist will serve you as a helpful reminder to try to eat a variety of the healthiest foods every day.

by Dr. Michael Greger

from his book How not to Die.

IT WAS TO BE A TYPICAL MONDAY SESSION

Early in December - an hour of chat and banter interspersed with the inevitable interruption of obligatory activity. But wait! Who was this attractive young lady in our midst, and what did she want?

Her dress code was that of a University student - a woolly hat - hair of various colours, a pelmet of a skirt, and accurately slashed leggings, plus assorted cameras, with mobile! She was here to take photos for her assignment - people in motion and action. (She had already been warned coming here was a bad choice)

Time for pulse taking - already many were higher than normal, and the atmosphere had positively changed.



If photos of 'action' were to be taken, then body image needed changing - shoulders back, tummies in, and chests out, had to become the norm. As the 'activity' started, the realisation dawned that facial expressions were also critical for a good image.

Some elected to show that 'activity' was enjoyable - a sheer delight, others decided that it was best to be keen, and reach the 'pain' barrier, then lastly a group who 'found this too easy, and wait and see what could be achieved when pumping iron'

The group dynamic had changed - the 'warm up' became almost 'dance troupe crisp' with signs of cooperative collaboration, some of the 'out of sync hers' realising that the music beat and the actions were related, not just a background noise. Similarly the 'left for righters' realising that the majority kept a mirror image of Lyn. Still a lot



more practise before attending a keep-fit rally

And so to the circuit activities where idle chat and leisurely stroll could not be accepted - it would be a quick pace or even a jog between stations. Even Barbara's whistle was harsher and louder than a sergeant major's bark.

The 'taking the waters' break turned into a quick slurp and back to 'action'.

Lyn and Steve, mouths open wide, in disbelief. Were they seeing poetry in motion. Not believing what they were seeing, and wishing every class and session could be like this. (In your dreams) Visually effective and running like clockwork - never.

Time to relax, and a good excuse to show exhaustion and fatigue to the extreme - no need to act today.

Results? Well! It is rumoured that the photo shot of the day goes to Arnie pumping iron on the apparatus, and as such, that image will be blown up to A2 and exhibited at the Uni Exhibition in June 17.

It is further rumoured that Arnie is to launch a new career as a mature male model.

For myself, it's the first time I've achieved a decent heart rate during activity!

Mike Rose, the Uni student's grandfather!

MILES FROST FUND

We have an exciting new opportunity for people with an inherited heart condition to help us improve services and provide support. If you have an inherited heart condition we'd very much like you to get involved. If you know anyone who would be interested in this role please do pass this along.

Inherited heart conditions can affect people of any age and it is possible to develop a heart condition due to a faulty gene without presenting any of the symptoms of the condition. Therefore BHF is trying to do more work to ensure these patients are getting the support they need. For example, the Miles Frost Fund will help ensure that genetic testing for immediate family members of those affected by inherited hypertrophic cardiomyopathy is available nationwide. This will mean more people are diagnosed with and treated for the potentially life-threatening condition.

To ensure we are able to represent the wider patient voice in the Miles Frost Fund, as well as other BHF projects related to inherited heart conditions, we are setting up a new patient reference group. The group will be involved in a range of activities including linking up with local sites who have been funded to provide services through the Miles Frost Fund.

If you have an inherited heart condition and would like to get involved have a look at the role description and send a brief summary (max 500 words), to heartvoices@bhf.org.uk by 3 February 2017, stating why you would like to get involved in this project and what you think you can bring to the role.

If you have any questions please email heartvoices@bhf.org.uk or call 0207 554 0426.

About the Miles Frost Fund

The Miles Frost Fund aims to raise £1.5 million to help make genetic testing available to all families affected by the deadly heart condition hypertrophic cardiomyopathy. Miles Frost died suddenly of hypertrophic cardiomyopathy (HCM) in July 2015. Young, fit and in the prime of his life, Miles was just 31.

Miles' death devastated his family and friends. And it was made all the more painful when they were told Miles probably inherited the condition from his father, Sir David Frost.

Clinical and genetic tests are available to identify those at risk of HCM, but Miles was never tested.

In Miles' memory, the Frost family have set up the Miles Frost Fund to raise money for the BHF to stop more people going through the pain of losing a loved one to deadly heart conditions like HCM.

The Fund will help ensure that genetic testing for immediate family members of those affected by HCM is available nationwide. This will mean more people are diagnosed with the deadly condition so it can be treated before it's too late.

A TRUE STORY

The passenger steamer SS Warrimoo was quietly knifing its way through the waters of the mid-Pacific on its way from Vancouver to Australia. The navigator had just finished working out a star fix & brought the master, Captain John Phillips, the result. The Warrimoo's position was LAT 0° 31' N and LON 179° 30' W. The date was 31 December 1899. "Know what this means?" First Mate Payton broke in, "We're only a few miles from the intersection of the Equator and the International Date Line."

Captain Phillips was prankish enough to take full advantage of the opportunity for achieving the navigational freak of a lifetime. He called his navigators to the bridge to check & double check the ships position. He changed course slightly so as to bear directly on his mark. Then he adjusted the engine speed.

The calm weather & clear night worked in his favour. At midnight the SS Warrimoo lay on the Equator at exactly the point where it crossed the International Date Line! The consequences of this bizarre position were many:

The forward part (bow) of the ship was in the Southern Hemisphere & the middle of summer. The rear (stern) was in the Northern Hemisphere & in the middle of winter. The date in the aft part of the ship was 31 December 1899. Forward it was 1 January 1900. This ship was therefore not only in two different days, two different months, two different years, two different seasons but in two different centuries - all at the same time.

Harry Lawrence

HEART HELP LINE

One in three heart-attack survivors has suffered with anxiety or depression, according to a survey from the British Heart Foundation.

The research shown that heart patients who experience symptoms of depression are more likely to suffer from recurring cardiac problems.

When it comes to your heart health, we want to make sure that you have all the information and support you need.

Our Cardiac Nurses and Information Support Officers are available to answer your questions.

Whether you're looking for help with understanding your heart condition or want to know more about keeping your heart healthy, we're here to help.

Call us on 0300 330 3311 (similar cost to 01 or 02 numbers).

Phone lines are open 9am - 5pm Monday to Friday.

Or email us your questions to hearthelpline@bhf.org.uk.



WINCHESTER CHRISTMAS MARKET

SATURDAY 26th NOVEMBER

30 members and friends enjoyed a day out and as usual they were all at their allocated 'pick up' points on time.

The weather was kind although seasonally cold and dry. After boarding the 9am Ferry we left Southampton 55 minutes later and after an uneventful journey we arrived in Winchester at approximately 11.15am. Everyone then dispersed to do their 'own thing'.

The city was bustling as well as the Christmas Market which is set around the backdrop of the magnificent Cathedral. There was also a Saturday Street Market.

This all added to the feeling that Christmas isn't far off.



Some of our party went off to visit the museums and shops. There was also plenty of time to fit in lunch and even afternoon tea.

Unfortunately at 3pm there was a massive power cut plunging most of the City into darkness. The weather was beginning to get colder and we had another one and a half hours before our coach returned to pick us up. The lights came on again at 4pm but the Street Decorative Lighting didn't come back in time for any photographs (sorry!!).

Another thing I'm sorry about is the lack of support for this trip and I must thank the committee for bailing us out with the cost.

I am now bowing out of organising any further coach trips. If we don't get sufficient numbers it makes all the hard work entailed, worthless. I'm sure someone else out there would like to take the job on.

This is my swan song. Thanks to those who have supported us.

Pat Hough (Social Committee)

PS. I must add that I've enjoyed doing these trips.

A WORRYING THOUGHT.

Donald Trump goes on a fact finding visit to Israel. While he is on tour of Jerusalem he suffers a heart attack and dies.

The undertaker tells the American Diplomats accompanying him, "You can have him shipped back home for \$50,000 or you can bury him here for just \$100."

The American Diplomats go into a corner and discuss for a few minutes. They come back to the undertaker and tell them they want Donald shipped home.

The undertaker is puzzled and asks "Why would you spend \$50,000 to ship him home, when it would be wonderful to be buried here and you only spend \$100."

The American Diplomats replied, "Long ago a man died here, was buried here, and three days later he rose from the dead, we cannot take that risk."

QUIZ ANSWERS

- Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
Answer: Johnny, of course.
- There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?
Answer: Meat.
- Before Mt. Everest was discovered, what was the highest mountain in the world?
Answer: Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]
- How much dirt is there in a hole that measures two feet by three feet by four feet?
Answer: There is no dirt in a hole.
- What word in the English Language is always spelled incorrectly?
Answer: Incorrectly
- Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
Answer: Billy lives in the Southern Hemisphere.
- In California, you cannot take a picture of a man with a wooden leg. Why not?
Answer: You can't take pictures with a wooden leg. You need a camera to take pictures.
- What was the President's Name in 1975?
Answer: Same as is it now - President Trump
- If you were running a race, and you passed the person in 2nd place, what place would you be in now?
Answer: You would be in 2nd. Well, you passed the person in second place, not first.
- Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
Answer: Neither, the yolk of the egg is yellow [Duh]
- If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?
Answer: One. If he combines all of his haystacks, they all become one big one.

A QUIZ WITH A DIFFERENCE

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English Language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's Name in 1975?
9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Answers on page 11

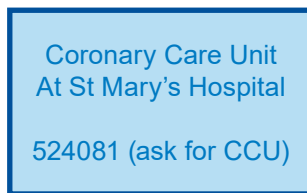
Health Questions

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'



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