

THE NEWSLETTER FOR CARDIAC FRIENDS



Winter 2017

Letter from the Chairman

Hi everyone

Autumn is on us again and the leaves are rapidly turning into an array of wonderful colours and then falling in to my garden to be raked up. Oh dear more work! What a strange summer we have had and I hope not too many of you had your holidays washed out. Autumn coming on us also reminds us that we have the cold weather to look forward to but when you are a member of Cardiac friends the winter soon passes with the warmth of getting together in friendship.

I would like to thank all our group leaders. I am not always able to attend all our walks, quizzes, Petanque, Heart song, Line Dancing, London walks, Swimming sessions, Places of interest outings, Theatre trips and I have to admit to not attending the painting group meetings at all but what I can say is how much I personally enjoy all that I do. I appreciate the work that goes into the planning and running of all these activities and the warmth and kindness of the leaders. I always feel welcome at everything I go to and now know most all of attending members. It is the dedication of these people that makes Cardiac Friends very special. I would especially like to thank the four who arrange the London Walks who had to battle with Chambers Coaches this summer. I know they were very upset by what happened although it was entirely out of their control. I also know that those who were affected by the problems took it in their stride and just wanted to send hate mail to Chambers!! In my opinion Ruth, Barry, Gaynor and Barry handled it all with great professionalism. Adam was also a victim of the same company and had the stress of the problems caused on the trip to the Arboretum. However our trip to Chartwell went very smoothly as did our theatre outing and we all had a lovely day. Well done Adam for taking on these trips.

As usual in these letters I have the sad task to mention members who have passed away. Malcolm Varley, better known to his friends as Mac was one of Cardiac Friends early members. He was one of the original members of the Wednesday Walking group and later I knew him better on the Monday Walks. He also attended the London Walks with his much beloved wife Isabel. There were a good number of Cardiac Friends members at his funeral to say goodbye to a friend. The other final goodbye is to Charles Haynes who was an active member of the painting group and I am sure he will be missed.

On a happier note the Committee have arranged a **Social Evening on Saturday October 21st**. I did mention at the AGM that it might be a good idea to have an additional social event as the AGM is business only and this was received well by those attending. I hope to see as many of you as possible for some light hearted chatter, a light supper, hopefully a little entertainment, the obligatory raffle and some fun and games. The venue is easy to find and there is plenty of parking. Come along and meet old friends and new. I hope to see as many of you as possible on the night.

Well this is all for now and as this is the last Newsletter before Christmas I hope to see many of you at the Christmas lunches and the Christmas Party in December.

Jackie Quinn

Notes from the Secretary

Dear Friends

If you have received this newsletter, it is proof that you have renewed your subscription.

Thank you and welcome back, friends. We have been joined since the AGM by Judith Bryant, Robert and Mary Carmen, Chris and Margaret Clarke, Anthony and Maureen Denniss and Judy-Emma Lancaster and I know they are joining in already.

Thank you for telling me if you are unable to come to the Social Evening. There are still places if you would like to come. If you live in SG1, Ian and Jackie Sanders and Brian Turner have offered lifts and Brian may be able to help someone in SG2. Shirley Williams is coming in from Ickleford if you are on her route. If you do want to come, please phone me or e-mail as it is getting very late otherwise.

I am now taking numbers for the Christmas Party (form at the end of the Newsletter), so if you want to bring those forms to the Social I will gather them there. See you then.

Kind Regards

Heather Cotton

Art Group



This group meets on a Tuesday morning 10-12 am, in Christchurch on Bedford Road, Hitchin. The pay as you go charge is £3.00 per session. They could do with a few more members to join this relaxed and friendly group. Why not come along and see what goes on, and if you like it, join! Different art media are used- it is a self-help group, and the new group leader Mrs Muriel Davis is hoping to develop the group further.

Places of Interest

Another enjoyable and wonderful trip. Our second 'places of interest' trip in 2017 was to **Chartwell** in Kent. Chartwell was the family home of Sir Winston Churchill for over 40 years and where he lived until shortly before his death in 1965. It is now owned by the National Trust.

A total of 34 (of which 20 were CF Members) set off on Thursday 21st September. Weather conditions were warm, dry but overcast. The coach trip lasted about 2 hours and we arrived in Chartwell at about 11.20am. House entry times had been arranged for 12.40 and 12.50pm so the first hour and a half was taken up by visiting the cafe or stretching our legs with a walk around the well maintained gardens.

Chartwell was more of a large family home than a mansion. Visiting all the rooms was extremely interesting with a very large amount of historical exhibits including paintings by Sir Winston Churchill. However you were permanently very aware that this was a family home.

After lunch in the restaurant/cafe we were free to visit Sir Winston Churchill's studio where many of his paintings can be seen. There was still plenty of time to visit the beautiful terraced gardens which contained the lakes Sir Winston created, and Lady Churchill's Rose Garden. The views from the estate were truly wonderful.

We departed Chartwell at 4.30pm. Some of us were a little tired after our 5 hour visit but all of us agreed that it was a fantastic and well worth day out.

The first drop of rain was felt as we boarded the coach at 4.30pm. It stopped raining at 6.30pm shortly before we arrived home. Everything worked out perfectly.

Adam Kuzminski



Chartwell House



Churchill's Studio

Theatre Group

There have been no theatre trips since our visit to see 'an American in Paris' in May this year.

I am aiming to plan for another theatre trip early in Spring 2018.

Adam Kuzminski

Line Dancing



Line Dancing

I would like to take this opportunity to say a BIG thank you to everyone in the group for your valued help and support, especially when I am away on holiday, making sure that the line dancing sessions go ahead without any problems it is very much appreciated.

At the beginning of September we had 2 new ladies join us which has now boosted our numbers up to 15 which is good news. As time is marching on and 2018 is fast approaching I have already booked Willian Village Hall for our line dancing sessions for next year. Mary, our excellent instructor, has added the dates in her diary so we are all sorted and can look forward to another year of having fun and benefiting from some good exercise.

We are a friendly group for all abilities and meet fortnightly for 2 hours on Saturdays (10am - 12 midday) at the cost of £6 per person which includes tea/coffee & cake.

Our last sessions for this year are 14 October, 11 November & 9 December. So why not come along and join us!!

Please contact me if you would like further information:

Janet Savage:



Exercise Group

As you know I run this group. We are experiencing some problems with numbers who regularly attend and all is looking a little shaky. Please consider coming along. This class offers the chance to keep your body flexible and give your heart a bit of a work out as well as having a chance to socialise and enjoy yourself. We really need a few more members who are free on a Thursday afternoon and can be regular attendees. At the present time we are seeing some of our members less and less. We are obliged to pay for

the room and an instructor so we require a regular payment from the class members to pay our six weekly bills. Some of our group pay their six week dues but we only see them twice in that time. This was our agreement but it is getting difficult to ask for the payments. It costs less to each person if the attendance is higher.

Jackie Quinn

Monday Morning Walkers

The Monday morning walkers group is a very happy, friendly group who always enjoy a level walk for about an hour and after this we enjoy a coffee and even more socialising. We tend to keep the walks fairly local which most members welcome. We have a few new members who are really enjoying this group and cannot wait to know where the next walk will be. If anyone would like to join us please contact either Maggi or Dave Bullen.

Tuesday Afternoon Swimmers

The swimming group meet every other Tuesday, during term time, for much laughter and fun and none of our members are Olympic style swimmers, just Cardiac Friends who enjoy a leisurely swim (some more than others!). New members will be extremely welcome as we have a very small group and any new members will be most welcome.

Maggi & Dave Bullen

London Walks.

London walks Wow! Another 6 varied walks with wonderful support from Cardiac Friends members which makes the work involved all worthwhile. And a special thanks to Kim for all her knowledge and stories and anecdotes. Our first two walks involved sex (Soho) and violence (Gruesome London). What contrasts! Wonderful weather enabled us to have an amazing walk in Kensington Gardens - a pity about the traffic jams after. Then it was our Lambeth walk which ended in a joyful song. Walk 5 was "The Boltions" and we were so surprised no one put an offer on any of the properties. We finished on the Regent's Canal. This enabled some of our old regulars to join us again. And so to 2018! If you are very nice, we will be organising six more walks. Any suggestions, any areas or themes that you would like to revisit, please let us know. We will be meeting up with Kim in early January and will send you a list of the dates for your diary, when we have decided on a programme. These dates will also go on the Cardiac Friends Website.

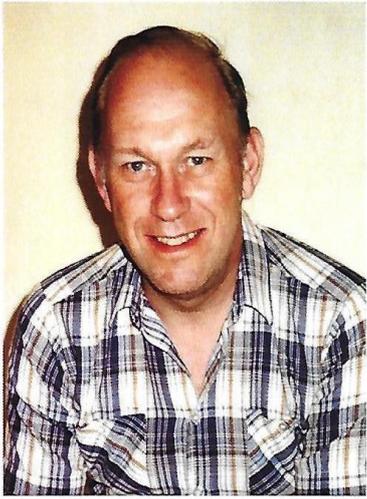
As a matter of interest, Adam our treasurer has recorded that 85 Cardiac Friends attended one or more of the London Walks.

The London Walks Team

For further details: e-mail: cardiacfriendswalks@outlook.com



Wednesday
Walking Group



Sadly I have to record the loss of another stalwart in **Malcolm Varley**. As all the walkers will know he had suffered a stroke at the end of 2016, this left him able to talk but unable to receive any speech.

I hope you will bear with me as I would like to take this opportunity to pay tribute to him.

We both worked at BAe but never actually in the same area. We got together at the fitness centre, I think sometime in the 1990's. Eventually by mutual agreement we decided to maintain our fitness by walking rather than by using the machines in the centre!

In 2000 I suffered a minor TIA, I remember that for several months when walking I tended to drift to the right, this amused Mac and he always accused me of having been on the beer and trying to trip him up!

Some while later he joined 'Cardiac Friends', he told me that they were forming a walking group, so we both joined. That first walk was in 2002, in addition Mac Peter

Conchie and I were walking regularly three times a week on walks devised by Mac or I; as we always seem to suggest to the group where we could walk next time, I eventually got to lead the group.

I treasured his friendship and the companionship he gave me. He was a lovely chap I don't remember him ever putting anybody down. If I ever made a critical remark about somebody he was always quick to point out their good points.

Following his heart attack in January 2016, I encouraged him to come with us on the group walks although he was unable to do the full walk, initially I found him a shorter version from the same pub we walked from, Peter, he and some of the others walked with him, it kept us together and we always had our lunch and chat to look forward to at the end. I also took him on the Monday walks, brilliantly run by Maggi catering for the less able.

I have missed him since his stroke, but tried to keep him up to speed with all that his friends had been up to. In conclusion I owe him a great deal, writing this has made me realise how much. He brought me back in contact with so many friends from BAe. In addition he introduced me to 'Cardiac Friends' which has brought me so many more new friends over the past 15 years, leading the walking group has become a great part of my life. Probably without his friendship I would have been at home most of the time vegetating, and quietly fading away.

As for the group it still prospers, I am so pleased to be able to lead the members, we are looking forward to our Christmas Lunch in December.

Fred Maryon

Heartsong



We meet on average only every 2 months and our most recent session was on Friday 6th October at our usual meeting place, Holwell Village Hall off the A600 a few miles north of Hitchin. My daughter Katie Rose comes up from South London to lead the group and she makes it great fun. Last time we had our best turn out - 16 people (see group photo below, minus two who had to leave early).

After loosening up physically and vocally we sang a variety of songs including 'Ole Le Loila', a

Finnish Reindeer Song or 'Yoik' which is very useful if you have to call a reindeer particularly at Christmas time.

Luckily 'ole le loila' were the only words. We sang it in three parts with some clapping included. No reindeer turned up although a muntjac was spotted running away from the village (well they are from S E Asia). Better luck next time.

We then sang two Elizabethan chants, 'Rose Red' and 'Ah Poor Bird'. They are songs that you can sing together at the same time like 'It's a Long Way to Tipperary' and 'Pack up Your Troubles' so that's what we did by splitting the group into two. We felt that the words of 'Rose Red' needed some updating. It goes 'Rose, Rose, Rose Red, will I ever see thee wed? I will marry as thy will, sire, as thy will.' It seems that the anonymous Elizabethan lyricist was unaware of the feminist movement so we put him right and changed the second line to, 'I will marry as I will, sire, as I will.'

The other songs we sang were 'Sing, Sing, Sing' a jazz standard made famous by Benny Goodman and the moving South African song, 'Think of Me, Forget Me Not'

The next session is on Friday 1st December, 2-4pm at Holwell Village Hall, Pirton Road, Holwell, SG5 3SS.

Have you visited the **Cardiac Friends website** ? The website has been a success in keeping members informed of the group's activities and upcoming events. It also has a page waiting for members to contribute anything of interest that they would like to share with fellow members. It could be an unusual or amusing holiday or work experience, a poem, anecdote or photos. Maybe you have an interesting or unusual hobby or pastime. Tell us about it.

Please forward any contributions to the website editor.

Pete Howard (Website Editor) at: peterbhoward@ntlworld.com



Finally, as mentioned in the Chairman's letter, there will be an Autumn Social Evening on Saturday 21st October, at St Michael's Road Community Centre, St Michael's Road, Hitchin, SG4 0QA. 7pm to 9.30pm. £3 per head (on the door). Raffle, entertainment. Ploughman's supper and gateaux. Welcoming drink, then bring your own. At present we have 65 members attending,

We have had an offer of a lift from SG17, and 2 people have offered lifts from SG1.

From the Newsletter Editor

I must say that the Heartsong Group do look a very happy bunch!

I do hope you have found the newsletter informative, and I look forward to receiving your contributions in the future. If you feel you have something of interest to add to the newsletter, please do send it to me. Also, if you change your email address please let the Secretary have your new address and if you are unable to **open attachments**, then you can have a printed copy, by letting either the secretary or myself know. Due to the cost of postage and printing, and the time it takes to run off printed copies, it is preferable to use email.

Ruth Brown

You are invited to the

CARDIAC FRIENDS Christmas Party

