

THE NEWSLETTER FOR CARDIAC FRIENDS



Autumn 2018 Chairman's Report



Hello everybody

Welcome to the Autumn Newsletter. I have to say the weather has been very confusing and it is difficult to say what the season is but I am sure you have all noticed the falling leaves! I trust you all have enjoyed the wonderful warm summer and have been able to take advantage of getting some sun. Even holidays in England this year have resulted in the average person getting a tan or having to cover up to stop sun burn.

During the summer the Committee have still met on a regular basis to plan for the Autumn Social that took place on the 29th of September. This event was a great success and I have to thank the numerous people who helped to set up and clear up on the evening. It all seemed to go very smoothly. For the first time I felt not required and was able to come around to tables, chat to those who came and catch up with those I see infrequently. My only role was, as usual, to make announcements and welcome everybody. I would like to thank all members of the Committee and their other halves for such commitment to the evening. My special thanks must go to Barry Brown for his wonderful Quiz, for Ruth who ran the raffle which raised £109 and to Janet and Graham who provided us with a lovely ploughman's supper. We are all very grateful to Janet as she had surgery on her ear only a few days before but still managed to shop and prepare the food including making some lovely Pavlovas. Agostino DiSalvio once again lent us his shuffle board and created some competitiveness within the ranks. It was fun and perhaps a few more people would like to have a go in the future.

There have been a few people during the summer who have had various health issues to cope with and I do hope they are all on the mend. One of these was Derek Dolling who spent six weeks in Welwyn in a rehab centre after experiencing a nasty fall. It was nice to see Derek at the Social and although he can no longer drive, we look forward to seeing him at other events. Another of our casualties was Maggi Bullen who managed to have a fight with a concrete stair and broke her foot. I know many of you know the Bullen's and Maggi who is so caring to so many of you. I am pleased to announce that she is gradually returning to her normal cheeky self and hope she takes more water with it next time! Only joking Maggi. Ruth Howard also was in the wars after falling and breaking her knee. Both these ladies are very fit and active so have found the confinement difficult over the summer.

As this is my penultimate letter as Chairman I do want to mention the amazing work that the various group leaders put in to running their groups. The last Sunday walk, around the Tower of London was attended by sixty-one people. It was an amazing day and the weather was fabulous, quite rare for the lateness in the year. As usual the organisation by the Tinsdales and the Browns was second to none. The day went pretty smoothly and the food at the Sir John Oldcastle was served hot and as quickly as possible to such a large group. Fred Marion has continued to run some lovely walks over the summer months and numbers attending have been very good. Maggi has continued with her Monday walks which remain popular, the exercise class is just about surviving, and the swimming continues. The Art group is still there and hopefully will continue in the future although more support is needed. Ian's quiz nights are fun and challenging so try to get to them and speaking of fun how about the line Dancing. Janet would love to see you. Then there is Heart Song run by Katie and John

Burden. This is very well attended and is certainly enjoyable and brain challenging as well as being a very healthy activity. We are also lucky to have Adam who arranged some very interesting day trips as well as some fabulous Theatre visits. Petanque took a blow this year as the pub where we hold our competitions could not do the food for the group this year, so June and Ginger had to cancel after only two sessions. Here is hoping next year will be better. More people are always welcome to join any of these groups. This is what makes Cardiac Friends so special and it is the friendships that have blossomed over the years and the activity to help all of you, that have made all the work put in worthwhile.

The last event this year will be the Christmas Party on the 1st of December. As in the previous two years the party is being held at the Woodside Hall in Hitchin. Please come along and join in the fun. I look forward to seeing as many of you as possible. Please also start to put your mind to the fact a new Chairman is required from May. I have loved this role but my life has changed considerably over the past two years and I would like to stand down. I will not be leaving Cardiac Friends just not be in the hot seat. For those of you who will not be at the Christmas Party I wish you all a Happy Christmas. How sad is that!!!

Jackie Quinn

Notes from the Secretary

Dear Friends,

Between ill health and family commitments, not to mention the odd holiday, your committee has been at full stretch recently.

Thank you for all your kind comments about the Autumn Social. It was wonderful that so many of you came, and a shame that some had previous commitments. We must consider the date more carefully next year. I may be the face on the door, but that's the easy job. The effort and planning that goes into the catering is incredible, and, our thanks are due to Jan Willsher for it, especially this year. She was still in pain from a procedure on the Wednesday, but she ensured that the food she had planned, bought, cooked and put together was presented perfectly and her team ensured it was all laid out on time. Thank you Jan et al.

I am taking names for the Christmas Party, and the form is at the back of the Newsletter.

We have kept the cost of these events down (or nil) by drawing on our funds. They are healthy, but as most of the money was given by members who no longer attend, is it right to do this? We would welcome your comments.

I intend to resign in May 2020, so I am looking for anyone with, ideally, secretarial experience who would be willing to take over. I'd be happy to show anyone what is involved, and welcome any help, especially in March-May. It is a straightforward job if you keep on top of it.

Best wishes for the Festive Season

Heather Cotton



Monday Morning Walkers

The Monday walking group is now a slow strolling group (because of ages, new hips, knees and heart conditions) but we usually get a good turn out for a very enjoyable stroll around the countryside. We have to stay on the level with hard paths to accommodate most of the group but we again have such fun and laughter and it is so

important to socialise and enjoy about an hour of walking. We meet every other Monday at 10.30 am. and try to keep the walks local.

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. 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. The group could do with a few more members; it is in danger of folding if more members do not come forward to join this relaxed and friendly group. Why not come along and see what goes on, and if you like it, join!
For more details; email to muriel-davis@tiscali.co.uk Tel. no: 01462 454266

Tuesday Afternoon Swimmers



The Tuesday swimming session is every other week at the Letchworth Leisure Centre meeting in the coffee shop to go into the pool just before 2 pm. If any of you hearty people would like to join us you would be most welcome as we are a very happy and friendly small group with much laughter and nattering. It was reported that this is a small group; they would really like some more Cardiac Friends to join them.

Please contact either Dave or Maggi

Wednesday Walking Group

The walks go from strength to strength, we regularly get an upper 20's turnout. I try to reintroduce walks from some years ago and where possible new walks. That is not always easy as some of our favourite pubs have closed making it difficult to find a venue to enjoy lunch after all our efforts.

Ian Druce took us on a walk over the Wimpole Estate, and Cyril walked us around Walkern both were walks we had not done for several years.

At the present I am looking forward to our walk/Ramble in Aid of 'Children In Need'. This will be our 3rd year. It will be on Wednesday 26th October from the 'Plume of Feathers Ickleford.

Also preparations are in hand for our Festive Walk and Lunch which will be on Wednesday 5th December and as usual at the 'Rising Sun' Hall's Green.



The Rising Sun - Halls Green



Wimpole Estate Walkabout

Exercise Group

I unfortunately must report that it is not looking hopeful that we can keep running as an independent group. My hopes had been raised when two new members joined us for a taster session, but they did explain they had a very busy life including regular breaks in their camper van. They enjoyed the class and had hoped to join us in October but that has not happened, so we are running on numbers that are not sustainable in the long term. We will continue until Christmas as we are but if there is no change in the situation, we will become an open group and pay directly to Stevenage Leisure using the same format as we do, now, by paying six weeks in advance. I am very disappointed by this decision, but the lifestyle of our members means this group is not for them.



A very sad Jackie



Heartsong

The last HeartSong session was on 28th September and we were pleased to have 2 new members. It was quite a lively session. We sang two rounds, one quite complicated called appropriately Autumn Mists plus London's Burning. This one doesn't sound very challenging but when 18 people are split into four groups singing 'against' each other it's not so easy particularly if you add some actions! Well let's face it, in 1666 there were no organised fire brigades or mobile phones so you've got to shout, point in the right direction and get people to throw buckets of water on the blaze...In calmer fashion we had a classical moment and sang In Praise of Trees to a tune from Vivaldi's Four Seasons before going nautical with a polite and respectable version of Blow the Man Down and finished with an encore of London's Burning. We could have a few more volunteer firemen/officers now.

If you would like to come to the next HeartSong session it is on **Friday 30th November, 2-4pm at Holwell Village Hall** off the A600 a few miles north of Hitchin. Don't worry, you don't have to be able to read music! C

John Burden

Line Dancing PRESS RELEASE!!



Dates for Line Dancing 2019 now booked and confirmed.

Come and join us - plenty of vacancies.

We were so pleased when Mary confirmed she was willing and very happy to continue being our instructor for yet another year. On behalf of everyone in the group I would like to take this opportunity to say a big 'THANK YOU' to Mary for making our sessions so enjoyable and looking forward for more great exercise in 2019.

Peter has kindly added these dates in the Line Dancing calendar on the Cardiac Friends web site. So do check them out.

We still only have 14 members as nobody new has joined us at all this year so far. I am wondering if the reason some of you are reluctant to commit to coming is because it is on a Saturday morning and worried about the cost of missing sessions. This is no problem as we only pay when we attend.

As mentioned before on many occasions, whether you are a novice or a seasoned line dancer, you will be warmly welcomed by us all.

We meet fortnightly on a Saturday morning at the Willian village hall from 10am - 12 noon at the cost of £6 per person which includes refreshments of tea/coffee and cake. **Janet Savage:**

London Walks.

Since the last newsletter the Sunday London walks have held 3 more walks, the last walk of this year taking place on 7th October.

In July we did King's Cross, a quite amazing and revealing walk around the area to the north of the station itself, and one where a once derelict area has been totally transformed into modernity. Building up-market flats inside an old gasometer was just a taster!

In September we took a look at Hyde Park Corner's memorials and Kim explained how the evolution of military monuments had changed over the past 200 years from a celebration of generals to a more sombre reflection of the sacrifice of the ordinary soldier. Quite fascinating.



We rounded up this year's walks with a stroll around the Tower of London. Palace, Citadel and place of execution for the gentry, (as opposed to the gallows at Tyburn - for the ordinary citizen). We learnt of London's importance as a major port, and saw memorials to the merchant navy. The walk ended with a long look at perhaps the most iconic landmark of them all - Tower Bridge!

If anyone wants an enjoyable day out in our capital, with the services of a first-rate London Blue Badge Guide, and a superb pre-ordered meal in the Wetherspoon pub "Sir John Oldcastle", all for a modest cost email to:

cardiacfriendswalks@outlook.com

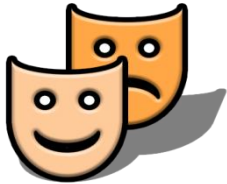
The London Walks Team

Places of Interest

Since the last Newsletter we have had another 'Places of Interest' trip. On Friday the 29th June 51 people (of which 30 were CF Members) had a wonderful trip to Stratford upon Avon. What a lovely market town with its obvious connections to William Shakespeare. The weather was excellent and a boat trip along the River Avon is just what the doctor ordered. Some preferred a stroll along the river bank (with ice cream in hand) or a walk in the town centre.

Perhaps a visit to another historic town or city is something we can include in the future.

Adam Kuzminski



Theatre Group

On Monday 21st May 44 people (of which 23 were CF Members) went to the theatre in London to see the brilliant musical '42nd Street'. It was thoroughly enjoyed by all.

I will also take this opportunity to again apologise to the Members who had booked to see 'Chicago' on Wednesday 3rd October. A total of 34 people booked (of which 23 were CF Members). Unfortunately this theatre trip had to be cancelled as the Phoenix Theatre insisted that I split up one of our Group's couples to avoid a single seat being left empty. Apparently this is the Phoenix Theatre's policy. I believe that this was a completely unreasonable and unacceptable request and the trip was therefore cancelled. All cheques that I had received were either returned or shredded.

On Friday 25th January another trip is being arranged to the theatre to see a play entitled 'The Play That Goes Wrong'. This play was voted the best new comedy a few years ago and comes highly recommended by those that have seen it. There are still plenty of tickets available at £43 each. The price includes the theatre ticket (stalls) and coach travel. Why not join us?

Adam Kuzminski

Our Next Cardiac Friends Quiz Night.....

..... will be on Tuesday 6th November..... on which day in the year...

1860, Abraham Lincoln was elected as the 16th President of United States

1956, Dwight D. Eisenhower was re-elected President of the United States

1984, Ronald Reagan was re-elected President of the United States

1928, Herbert Hoover was elected the 31st President of the United States

..... but enough about US,

in 1494, Suleiman the Magnificent was born

November 6 is International Day for Preventing the Exploitation of the Environment in War and Armed Conflict

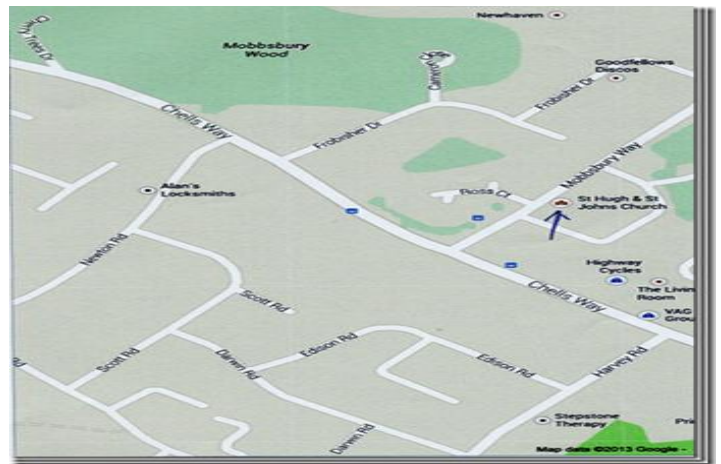
and...on Tuesday 6th November 2018 our next CARDIAC FRIENDS QUIZ NIGHT takes place...

at St John and St Hughs Church Hall

Mobbsbury Way, Stevenage SG2 0HL (see map)

7.00pm prompt. Mr Peter Howard will be in the QM chair. Entrance £2 per contestant (includes tea/coffee and cake at the break).

Our last Quiz Night attracted only 9 players, we need 12 to break even, but the more, the merrier



From the Newsletter Editor

I hope you have enjoyed this edition of the newsletter, I note that many of our groups would like new members, please do think about joining one or two, as members are necessary to keep these activities viable. Please feel free to send me items for the newsletter, anything you think may interest our friends. Also I would like to say that both Barry and I have seen 'The Play That Goes Wrong' - it is absolutely hilarious, I thoroughly recommend it!

Last but not least, Peter Howard, our website editor, is looking for an 'understudy'. If you feel you would like to learn how to put this invaluable resource together please contact him. peterbhoward@ntlworld.com

Ruth Brown

[23/10/2018](#)



You are invited to the

CARDIAC FRIENDS Christmas Party

On Saturday 1st December from 7pm to 10pm

at The **WOODSIDE Hall**, Walsworth Road Hitchin SG4 9SP

Licensed Bar - Raffle - Entertainment.



I/We will/will not be coming to the Christmas Party.

Mr/Mrs/Ms:

Number of Attendees:.....

To: Mrs Heather Cotton
31 Lawrence Ave,
Letchworth Garden City, Herts.,
SG6 2EY

(Nil replies would be appreciated, it makes possible numbers clear).

May we have your replies by **17th November**, which is our caterer's deadline to order food.

E-mail or telephone Heather (01462 621264. h64@cotton10.plus.com)

