

THE NEWSLETTER FOR CARDIAC FRIENDS



2019 Chairman's Report

This will be my first input to the newsletter as chairman, so I feel I must commence by saying a massive thank you to Jackie Quinn who has held the reins and guided Cardiac Friends over the past five or six years and it is my belief that if I were to continue in the same manner as she, then I will feel justifiably satisfied with myself.

I attended the last 2 committee meetings as a sort of understudy to see how things were done, before I finally made up my mind to offer myself as a replacement, but the dynamism and willingness of that committee reassured me that should they continue as **my** committee and **your** executives and organisers, I would have little to worry about.

So here I am as your new chairman - but who am I? A little potted history perhaps.

I was born a long, long time ago in a little town in West Cornwall called Camborne (then world famous for its mining machinery) and this is where I grew up and attended school until joining the Royal Air Force at age 17. I trained as an apprentice for 3 years at No 1 Radio School, Royal Air Force Locking as an electronic technician and have spent virtually my whole career in the area of ground-based navigation aids, radars and communications equipment. It would be simpler to tell you of the places I **didn't** go in the world rather than those where I **was** sent.

I retired at the age of 55 after completing 37 years 9 months and a few days (not that I was counting!) and spent a few months at home working on our garden before coming to the conclusion that I had more to offer so went for a job at the Priory School in Hitchin as their site manager.

As a team of four we were employed as in-house contractors in redecorating and updating the infrastructure of the school; an 8-year programme of great job satisfaction, and achievement that was appreciated by teacher and student alike.

On the days of the Wednesday walks Ruth often waxed lyrical about the lovely walk they had done that day and the lovely meal that was enjoyed afterwards. I thought to myself then, that it would be a nice thing to join when I finally had the chance.

That chance finally materialized in November 2011 when I retired for the second time, joined Cardiac Friends, and became a regular Wednesday walker thereafter. By then I had also experienced a few Sunday walks which I also thoroughly enjoyed.

So here I am, a few years later, having made many good friends along the way and collected a wealth of pleasant memories. Why wouldn't I wish to contribute in keeping this wonderful group going?

It will my intention to visit each of the Cardiac Friends activity groups on an informal and irregular basis, just to see how things are, how your group operates, and just to show my face!

I have created an E-mail where any of you can contact me directly, rather than using my own personal account, so if anyone has any issues, suggestions, comments, complaints etc., please feel free to contact me. The address is included.

My only request which I urge you all to consider is the planned retirement of Heather Cotton as our secretary, a job she has performed with credit for a considerable time. Heather has declared she will stand down at the next AGM, so we need someone who is willing to undertake her role. So the next time you look in the mirror while you're having a shave (gents) or sorting out your make-up (ladies) ask the person you see there, "Could you be the Cardiac Friends Secretary?"

If you wish to discuss it further or have questions you wish answered, please get in touch.

Barry Brown cardiacfriends.chair@outlook.com

Notes from the Secretary

I'd like to start by acknowledging the tremendous debt the Group, the Exercise class and I personally owe to our retiring Chairman, Jackie Quinn. She has put much thought, effort and time into running Cardiac Friends. Thank you, Jackie.

Thank you to everyone who has renewed their subscription. The list of members is due to close shortly, and the next Newsletter will go out to those on the new list.

I would like to welcome our new Chairman, Barry Brown, Barry the younger who is well-known to all London Walkers.

Throughout the group, there is a gentle shifting of duties. I intend this to be my last year, and am actively looking for my successor. If there is anyone with basic clerical, e-mail, Word and Excel skills who is interested, I am happy to show you what is involved. It is not hard but you do need to keep on top of it in the spring months - as my garden can testify!

I'd like to welcome these new members: Faye Hemington, Mr and Mrs Hawkins, Barrie and Carol Lucken, Tracey Neal and Vivien White. We hope you are enjoying this wonderful Group.

Finally, another Autumn Social has been arranged, Saturday 5th October 2019. See the last page of the newsletter. [Heather Cotton](#)



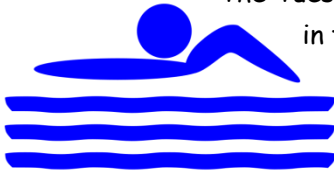
Monday Morning Walkers

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.

Magi and Dave Bullen

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.

Magi and Dave Bullen

Wednesday Walking Group

The group continues to prosper; I have introduced a couple of new walks in the past 12 months. We continue to enjoy mainly dry weather on our Wednesday walks.

We enjoyed our annual Christmas walk around Weston and Hall's Green and followed it with an excellent lunch for 36 at 'The Rising Sun'.

Our 'short' walkers, who are unable to complete the full walk, still do their own thing led by John Watts and Colin Miles. I believe they have become adept at researching nearby Garden centres and places where they can get a coffee break. It means they are still with us for lunch and a chat. I must also thank Cyril and Ian Druce for leading walks in my absence. Though I understand that unless a 'great drought' is forecast the group are unlikely to be led by Ian in the near future! Remember don't shoot the messenger; it really wasn't Ian's fault! Another member who likes to lead a walk occasionally is Kingsley Day, sadly that has not been possible this year due to his wife and his own health. We hope he will have better fortune in the future.

John Matthews who walked with us occasionally, contracted Alzheimer's and went into care some months ago. Sadly he died in March, such a gentle friendly man.

Finally I must thank Mike Morley, Ian Druce and Peter Dawes (and their carers) for their company when we are doing the preliminary walks and of course all our members for their support on the walks. Below; l-r wet and dry!



Fred Maryon

Exercise Group

The exercise class is still running well. We have between eleven and thirteen members with the odd time with less when people are away. At the moment Emma, our instructor, is away on sick leave so we have Kate in her place. They have a different style but we still work hard!

It would be better if we could have a few more members and apart from the exercise we have a good chat and a laugh.

We meet every Thursday at Letchworth leisure centre at 2.00pm. Contact Jackie on: 01462 631058 for more details. [Jackie Quinn](#)

Heartsong



Our most recent session was on March 29th. There was a bit of an Easter and Spring theme for this session. The songs included a song called 'Laughing' which was a round (each little group starting the song at a different time) about, well....laughing. It's quite surprising how much fun you can have whilst singing a song about....laughing (lyrics - 'Laughing, laughing, laughing, laughing, comes the spring time over the fields, over the fields comes the spring time'). Other songs included 'There is so much Magnificence' which will be performed at this years Sing for Water as part of the Thames Festival in mid-September; 'Thousands or More', a traditional folk song collected by the Copper family of Sussex and lastly 'Imaweni' an Easter song from Malawi. Luckily there were only a couple of words to sing which basically mean, 'Rejoice!' As you know it's traditional for African songs to be sung with some swaying movements - which we did. So singing AND dancing. What more could you want?

Our next sessions are on **July 26th, September 27th and November 29th**. All sessions are 2-4pm at **Holwell Village Hall (3 miles north of Hitchin)** and are led by my daughter Katie Rose. Costs are covered by a donation of £5.00. If you would like to try it out then contact me, John Burden, on 01462 712187 or email to: burdjohn@hotmail.com.

John Burden

Line Dancing



Our group is still having fun and enjoying our line dancing sessions with Mary our excellent instructor.

At the beginning of April we had a new lady join us increasing our number to 15 members. We also warmly welcomed back Cheryl who after some time away has returned and is now dancing with us again.

We have had an average of 10 attending each session since February which is

great news, but with summer holidays fast approaching we know that this number will drop over this period of time. Financially our kitty is still ok and will be able to cover any shortfall towards the cost of these sessions, but we would really like to invite more members to join us.

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

The London walks are as popular as ever with both walks so far this year filling the coach.

In April we revisited the site of the Great Exhibition around the Royal Albert Hall.

In May it was modern architecture in the city - enjoyable and very informative and expect the



unexpected!

The almost finished Lancet building having a window replaced many floors up!



A memorial to Prince Albert - the instigator of

'The Great Exhibition'

The remaining walks for this year involve:

A trip to Woolwich Arsenal on 23rd June entitled "Maritime, Midfielders and Munitions." A visit to the Columbia Road market and Shoreditch on 14th July. On 1st September we have a walk entitled Lousy Limehouse. And on Sunday 6th October we will be taking an early look at the story of the Gunpowder Plot and Guy Fawkes, around Whitehall and Westminster.

If you have an interest in our capital city, and would wish for a pleasant day out amongst friends, why not join us. Cost is a modest £20 each including the use of headphones plus the cost of your discounted meal, which you pay for when you board the coach.

We travel by Taylors Coaches from Hitchin, Letchworth and Stevenage on Sunday mornings starting at 9.00 a.m. We have a coffee and toilet stop for half an hour or so before the walk and our pre-ordered lunch is at "Sir John Oldcastle" a Wetherspoon pub just opposite Farringdon Station.

Wetherspoon's menu is extensive and accommodates all tastes and dietary requirements and many meals come with a free drink of your choice.

If you are at all interested, please contact one of the London Walks group for further details.

Email to: cardiacfriendswalks@outlook.com

The London Walks Team

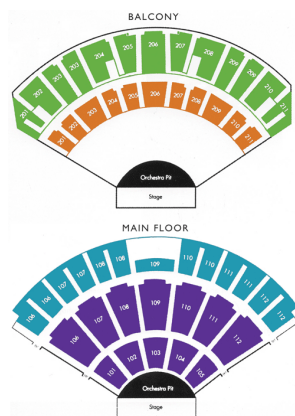
Places of Interest

We had no trips earlier in the year but now we have two trips within the next few weeks. Reminds me of waiting for buses.

The first of these trips takes place later this month and I cannot wait. I may be wrong but this may be a 'world record' or at least a 'Cardiac Friends record'. ALL PLACES HAVE BEEN TAKEN! We have fifty seven (of which 36 are Cardiac Friends Members) that will be going to Peter Beales Roses in Norfolk on Thursday 27th June. I am sure it will be an enjoyable and memorable day.

The second trip takes place a few weeks later. We are off to Norwich on Wednesday 10th July. Thirty six have booked (of which 26 are Cardiac Friends Members). To make the trip financially viable I have had to book a smaller coach (38 - seater) with Richard Taylor Coaches. In Norwich we will be let loose to do whatever we wish. There are still a couple of places available for this trip.

Adam Kuzminski



Theatre Group

We have not had a theatre trip since January 2019. However I will be arranging a further theatre trip to take place later this year.

Adam Kuzminski

Quiz Nights

TUESDAY, 18th June, 2019, at St John and St Hugh's Church Hall, Mobbsbury Way, Stevenage SG2 0HL. 7.00pm prompt. Mr Norman Webster will be our Quizmaster. Entrance £2 per contestant, (includes tea/coffee and cake at the break).

Ian Sanders

[08/06/2019](#)