

# Hearts and Minds

## THE HERTBEATS NEWSLETTER



St Albans and District Cardiac Support Group  
Established 1997

Affiliated to the British Heart Foundation and Arrhythmia Alliance  
[hertbeatscsg@hotmail.com](mailto:hertbeatscsg@hotmail.com)



Upton House

**OCTOBER/NOVEMBER 2015**

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## FORTHCOMING EVENTS

20 <sup>th</sup> October	<b>David Gibson</b> A talk by the Deputy Police Commissioner
17 <sup>th</sup> November	<b>Robert Barltrop</b> A talk on diamonds and their history
9 <sup>th</sup> December	<b>Christmas Party</b>
	<b>Booked Meetings 2016</b>
19 <sup>th</sup> January	<b>Dr Richard Harrington</b> Flying in the Face of Change The Rothamsted Insect Survey
16 <sup>th</sup> February	<b>Dr John Versey</b> The Spy who is Buried in Harpenden The Dreyfus Affair and the consequences
15 <sup>th</sup> March	<b>Doctors' Evening</b>

All Tuesday meetings (unless otherwise stated) will be held in the Hall of St Mary Marshalswick, Sherwood Avenue at **8 p.m.** Hall available from 7.45 p.m.

HERTBEATS is a Cardiac Support Group formed in 1997 to provide practical advice, information and help to cardiac patients and their families within the St. Albans, Harpenden, Welwyn Garden City and Hatfield areas. It is also an informal social group that arranges for both patients and ex-patients, trips at home and abroad, regular friendly gatherings with interesting speakers and the opportunity to meet new and old friends. Whilst not offering formal medical advice, Hertbeats members often learn much about their ailments and the practical means of coping with these by talking to other members who have had similar experiences.

## EDITORIAL

Do you find yourself reaching for the dictionary more often nowadays? Words seem to take on new meanings, or else are mis-used, and they also become "fashionable". I remember in my university days that "paradigm" was seen very rarely and for special emphasis, in a way. Nowadays it is seen daily in the newspapers; it means simply "an example".

The other problem is incorrect spelling. In these days of spell-checkers, we get smacked on the wrist if our spelling is incorrect. Yet I see poor spelling regularly in the newspapers. And there is a school of thought that says that it's not important. So, do we switch our spell-checkers off?

I enjoy good, well-written English, and try to stick to the grammatical structures that I was taught at school; it is second nature. Is English grammar still part of the core curriculum? I hope so, otherwise how can we expect people to write correct English any more. The spell-checker may help, but it can also lead you astray since it may not have the intelligence to understand whether you mean "complimentary" or "complementary", "their" or "there" etc., etc.

So, we should all improve our mindfulness when writing. This means, literally, taking care and being attentive and observant – this attitude should underpin our use of English. But beware: I find that there is a new meaning of "mindfulness". Apparently, it is a fashionable form of meditation. A psychologist at the University of California, San Diego, has studied the effects of this and his results highlight an unintended consequence of mindfulness meditation (spending time concentrating solely on "breathing and suspending judgment and criticism") and that is that memories may be *less* accurate – which does not chime well with taking care. I shall have to go and buy the latest dictionary now.

*Alan*

## NEWS FROM THE CHAIR

We are now well and truly into autumn and memories of summer holidays are fading. However, there are compensations and for some of us one of these is the Rugby World Cup, now in full swing. The price of tickets for England's key games is prohibitive, so I am contenting myself with watching Ireland (current 6 Nations champions) in two games and the favourites, the New Zealand All Blacks, in one. I am not sure I would want to face the latter on the rugby field when they do a Haka before every game.

With regret, Audrey Taylor has had to resign from your Hertbeats Committee for personal reasons. We thank Audrey for her contributions which will continue with other Hertbeats activities. If anyone would like to join the Committee, please let me know. However, we do now have our new secretary, Roger Miller. With his unending Enthusiasm and Energy, and his third 'E' being Efficiency, Roger has thrown himself into his new role which incorporates his previous one as membership secretary. We are grateful to Roger for taking on this absolutely necessary role for all of our members.

The Committee has recently considered insurance for members participating in our activities and particularly for those going on trips. We are covered by the insurance at the places we visit, but the Committee thought it sensible to draw up some guidelines for those participating. (Members in the exercise classes at the hospital are fully covered by BHF insurance and those at other places by the venue insurance, eg at Westminster Lodge). The Committee has also looked at the need for a refresher course

for those of us trained to give CPR if the need arises. We would also seek more members to undertake training which takes just one evening. A volunteer to organise this through the Ambulance Service is sought. Anyone willing?

We had a most successful Hertbeats group meeting in September when Dr Carlton-Conway, Chairman of the St Albans & Harpenden Locality, Herts Valleys Clinical Commissioning Group (HVCCG), updated us on changes in the NHS and particularly those possible in our local area. As you know, having him at our meeting was arranged by John Blandford and he has supplied a report elsewhere in this Newsletter. Also he, together with our 'retired secretary, John Coad and myself attended the AGM of the HVCCG in September. We learned of 'prehab' sessions being held for those in danger or risk of a heart problem and were promised that those in them would be made aware of Hertbeats. Currently most of our new members have been through 'rehab' or are related to them, but hopefully we can now recruit 'prehabbers' as well.

We have another important speaker at our meeting on 20 October when David Lloyd, the Police Commissioner for Hertfordshire, will be addressing us.

As the shops and advertisements remind us ever earlier each year, Christmas is coming. If you wish to attend the **Hertbeats Christmas meal on Wednesday 9 December, please return the flyer enclosed with this Newsletter asap** to avoid disappointment.

Unfortunately dealing with this summer's 'A' Levels and winning back the Ashes from the Aussies has kept me away from recent Hertbeats trips and walks, but I am looking forward to our trip to the theatre in MK in November and hope to join Ed Jones, doing such a great job in organising Hertbeats' walks, asap!

*Brian Y*

## CHRISTMAS DINNER

I know it is early to start thinking about Christmas but your committee would like to invite you to Hertbeats Christmas Dinner. Again we will be holding it at Woollams Playing Fields. Last year we really had a good evening and Woollams pulled out all the stops.

Included in this edition of Hearts and Minds is the flyer for you to book your place. Make sure you put the details in your diary.

Date	<b>9<sup>th</sup> December 2015</b>
Time	7pm for 7.30pm
Venue	Woollams Playing Fields 160 Harpenden Road St Albans

Cost                      Members £22.50 Guests £27.50

*Jim Green*

## OUT AND ABOUT – TRAVEL

### HERTBEATS - TRIPS UPDATE

By the time you receive this Newsletter our trip to Upton House and Gardens will have taken place.

Our next trips are to the Milton Keynes Theatre. The first in November is to see the National Theatre production of "The Curious Incident of the Dog in the Night Time" :

unfortunately the trip is fully booked as we had to confirm ticket numbers some time ago.

On Wednesday, 6th January 2016 we are going to the Matinee performance of the Xmas Panto - "Aladdin" - starring Priscilla Presley as the Genie of the Lamp, Wayne Sleep as the Genie of the Ring and Gary Wilmot as Widow Twankey. We have seats reserved in the Stalls and the cost of the trip, including the Coach and Tickets and Driver's Gratuity, is £24 per person. **If you want to join us I must know before 25th September 2015 when we have to pay for the theatre seats.**

I will be circulating details at the end of the month of another theatre trip in 2016 to see the Matinee performance of the West End production of "Guys and Dolls" at Milton Keynes on Wednesday, 15th June 2016. Unfortunately, we have to pay for the tickets before the end of October which is the reason for the advance notice. I expect the cost of the trip to be less than £36 per person.

The programme for next year is in the planning stage and I will be able to confirm the first six months trips in the next Newsletter. If you have any ideas on places you would like to visit, or things to do, please let me know. I have received some suggestions already which are in the plan and all suggestions are gratefully received.

If you are not receiving emails with details of the trips and wish to be added to the emailing list please contact me.

**Michael Utteridge**  
**Email: [michael.utteridge@btinternet.com](mailto:michael.utteridge@btinternet.com)**  
**Tel: 01582.460880**

### ORIGAMI HEARTS

As a group, we have recently become involved with Waitrose on their Community partners scheme. A friend of Brian Gibson is one of the partners at the St Albans branch, Patrick Ng; he is particularly supportive and has made a number of Origami hearts.



On a recent visit by the group to Buckingham Palace each member was given one of these hearts and suitable photo opportunities were taken.

It is hoped that this community involvement can be used to promote the work of Hertbeats in future publicity.

*Hertbeats members displaying the origami hearts in the Buckingham Palace Gardens.*

**Brian G**

### TRAVEL INSURANCE FOR STATIN USERS

There have been articles in the press recently regarding the insurance premiums paid by statin takers. They often use unhelpful and ambiguous statements such as "Millions of people with high cholesterol controlled by medication face inflated travel insurance premiums that are totally disproportionate to their health risk." The fact is that the statins control by reducing cholesterol to normal levels - they are *not* "high". Meanwhile those people who don't bother with GP's check-ups pay normal premiums, even though they may have high levels of cholesterol, albeit undiagnosed.

The British Insurance Brokers' Association say that the premiums should not be higher for people who are controlling their cholesterol. So, it is worth shopping around. The BHF has a list of insurers sympathetic to those with heart and related conditions at [bhf.org.uk](http://bhf.org.uk).

### TRAVELLING WITH A HEART CONDITION by ADAM UNDERHILL

With modern medicines and techniques it is now no longer as difficult as it once was to travel with a heart condition. Your GP or heart specialist will be able to advise on whether you are fit to travel by sea or air; most Health specialists will advise planning a trip at least 4 to 6 weeks in advance.

**Things to Consider when Booking your Trip.** You need to think about how to make it as easy and convenient as possible. You may want to avoid any destinations that are hilly unless you have fully recovered. Similarly you may also want to avoid destinations with altitudes over 2,000 metres as the lower levels of oxygen may cause breathlessness or angina. You may also want to avoid countries that experience extremes of temperature as these can put added strain on your heart.

**Medication** - Remember to take enough medication to last the duration of your trip, plus a few extra days, just in case. You might like to keep an up-to-date list of your medication, including any generic names, in a purse or wallet just in case you lose any of them. If you have a pacemaker or implantable cardioverter-defibrillator (ICD) then remember to take your device identification card with you. You will need to tell security staff that you have a pacemaker as it could potentially set off any metal detector alarms. Ask to be hand-searched by staff with a hand-held metal detector remembering that the metal detector should not be placed directly over your pacemaker or ICD.

If you have a history of heart disease you may also have an increased risk of Deep Vein Thrombosis (DVT), so you may like to research some exercises to lessen the chances of having a DVT. Note that glyceryl trinitrate (GTN) sprays are safe to use on a plane.

Current security restrictions state that you cannot carry gels, liquids or creams, including medication, that exceed 100ml. In certain circumstances it is possible to carry a higher volume if it is essential, you have a letter from your doctor or a prescription and the airline and airport has agreed in advance.

**Travel Insurance** - It is always wise to carry a European Health Insurance Card (EHIC) with you when travelling in Europe as this will entitle you to the same costs of medical treatment that a local would receive (bear in mind this may well not be free as in the UK). And remember that an EHIC will not cover the cost of emergency medical repatriation if it is needed; for this you will need travel insurance.

There are several travel insurance policies that are aimed specifically at people with medical conditions of which Able2Travel is one. Remember to read the medical

declaration on the policy carefully to see if you need to screen your medical condition as omitting something is likely to mean that your cover is invalid.

Obviously if you are travelling further afield than Europe you will almost certainly need some form of travel insurance to cover any emergency medical expenses that may be incurred and these can be very substantial indeed, particularly in the USA, with medical bills for tens of thousands of pounds now common even for just a few days in hospital.

I hope you enjoy your travels wherever they take you and that these tips help you to have a safer trip.

***My thanks to Poole Heart Support Group for this article. Ed***

## **MEDICAL MATTERS & NHS NEWS**

### **YOUR CARE, YOUR FUTURE**

#### **OUR SEPTEMBER MEETING**

To a hall full of Hertbeats members, Dr Daniel Carlton-Conway gave a very interesting update on the progress of this major review of health and social care services locally, as seen from the perspective of a local practising GP. The review aims to plan for changes to be introduced over the next 5 to 10 years and it was reassuring to hear his enthusiasm for how the review is progressing

He reported some changes that have already been introduced. Communications between GPs and hospitals have improved. A new Rapid Response Unit (a team with a variety of clinical and social skills) is now able to respond quickly, going out to patients who need urgent help and treating them in their own homes and avoiding hospital admissions. Doctors can call on Community Navigators to guide patients who get confused by the need to get help from several providers. Much of cardiac diagnosis and care will soon be delivered locally and avoid patients travelling to hospitals as reported in an earlier newsletter.

The Trust Boards of all six partners involved in the review will be meeting at the end of October to decide where emergency and elective acute hospital care should be provided in future. Dr Carton-Conway reports that the most favoured option at the moment is for acute care to be provided, as at present, in renovated Watford and St Albans Hospitals with more and better diagnosis equipment provided at St Albans. But, in answer to a question, he said new-build on other sites is still a possibility.

In any case there will still be what are now called Community Hubs, based at St Albans and the Red House Harpenden, providing out-patients, diagnostics and other clinical services. Social Services may well be housed on the same sites to enable more integrated working.

In future greater emphasis and resources will be devoted to Preventive Care, for example, with middle-aged patients being pro-actively invited to attend surgeries so that they can be advised on changes in life-style before ill-health occurs. This would reduce their need for expensive clinical and social care later on – a well-being and money saving exercise.

All in all this was a very worthwhile evening with members greatly appreciating and thanking Dr Carlton-Conway for the time he spent preparing and coming along to give his talk.

***John Blandford***

[Dr Daniel Carlton-Conway of The Maltings Surgery is Chairman of the St Albans and Harpenden Locality of the Herts Valleys Clinical Commissioning Group]

## **EXERCISE GROUPS**

### **EXERCISE CLASSES UPDATES**

#### **MAPLE UNIT**

Currently there is one vacancy for the Tuesday 6.00pm class, two for the Thursday 6.00pm class and six for the Thursday 7.15pm class. It is this last class which remains an issue for gaining adequate income for the classes as a whole. Please do let me know if you would like to join it. (Contact details on the back page.) All exercisers go at their own pace supervised by an appropriately qualified physiotherapist. Both Thursday classes are taken by Eleanor Hughes, who some will know if they have passed through 'rehab' at the City hospital.

***Brian Y***

#### **WESTMINSTER LODGE EXERCISE CLASSES**

##### **Monday & Thursday 2.30 to 3.30 £3.20 per session held in Dance Studio 2**

(Note free parking for the first two hours but you must display a ticket on windscreen)

Numbers for the last 8 weeks up to 31 August, 2015. Monday class averaged at 8, highest 11 lowest 5; Thursday class averaged at 6, highest 9 lowest 4.

If any member is interested in joining our happy friendly classes please contact me for a chat on 01727 852610 or email [cjh@stalbansherts.demon.co.uk](mailto:cjh@stalbansherts.demon.co.uk).

***Christine Hill***

#### **ANTONELLA McMILLIN'S EXERCISE CLASSES**

All members are welcome at Antonella's classes  
The full list of Antonella's classes is:

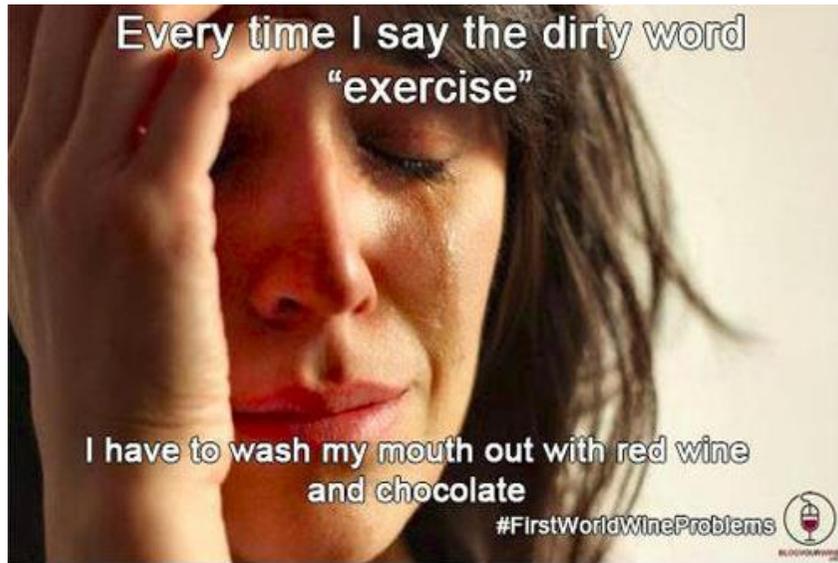
##### **Group classes:**

Batchwood 11.30am  
London Conley Wednesday 11 am  
Harpenden Wednesday 1pm

##### **Gym classes:**

Harpenden Monday 12.20 to 13.50 + Friday 12.30 to 14.00  
Westminster Lodge Thursday 10.30 to 12.00

***Brian Y***



**HERTFORDSHIRE HEALTH WALKS – OCTOBER/NOVEMBER 2015**

The brochure is available at doctors’ surgeries and the Information Points at St Albans Town Hall and Harpenden Town Hall. Some days have changed from previous months!

These are graded walks and are led by experienced volunteers who are trained in leading and in basic first aid. Grade 2 is an easy/moderate walk: 45 minutes, about 2 miles; Grade 3: moderate walk, about 1 hour (3 miles), faster walk and possible stiles; Grade 4: like 3 but up to 90 minutes. Suitable footwear and waterproofs, plus water, are advisable. Each of the ones listed here, except for the last, are near where refreshments are available after the walk!

If this is your first walk, either go online and fill in the form there, or turn up 10 minutes early and give your details to the leader. [www.hertfordshirehealthwalks.org](http://www.hertfordshirehealthwalks.org) This site also gives details of all the health walks across the county.

Highfield Park, St Albans: Charters Health Club car park, Hill End Lane, opposite Spar: a) Mondays 9.30am: b) Tuesdays 1.30pm: Grade 2/3.

Hatching Green, Redbourn Lane, Harpenden: White Horse: park on side road: Tuesdays 10.30am: Grade 3/4.

Wheathampstead: Meet at the public car park behind The Bull, East Lane: Thursdays 10.30am: Grade 3/4.

Heartwood Forest: Car park, High Street, Sandridge, AL3 6JB: Sunday 10.30am: Oct 18: Grade 4.

Verulamium Park: Meet outside the Westminster Lodge Leisure Centre, Holywell Hill: Wednesdays 7pm: Grade 3.

Greenwood Park: Meet outside Greenwood Park Community Centre, Tippendell Lane, Chiswell Green: Fridays, 2.00pm: Grade 2/3.

**JV**

**HERTBEATS WALKING GROUP**

Dear Walkers,

Having been given additional names of 'interested walkers' by Roger Miller, Hertbeat Secretary, I'm writing to you all to advertise future walks!

For those of you who have not walked with us before, I started the walking trips last September and have a loyal group of walkers who join me each time whatever the weather !! I am only too happy to have as many of you as possible to join us on our walks.

There are usually two walks a month - a 3 mile walk, at a gentle pace on a Wednesday in the first half of the month which leaves at 10.30am, and a 5 mile walk, at a slightly faster pace on a Thursday in the second half of the month which leaves at 10am.

**Here are dates of future walks for your diary:**

**October:**

3 mile walk Wednesday 7th October  
5 mile walk Thursday 22nd October

**November**

3 mile walk Wednesday 11th November  
5 mile walk Thursday 26th November

I haven't held walks in December because it gets too busy before Christmas. So next walks will be in January. Dates will follow later in the year.

If anyone is interested in joining us please contact me and I can give you further details

Tel: 01727 850165  
Mob: 07745 295691  
email: [etnajones@gmail.com](mailto:etnajones@gmail.com)

Before each walk I will contact you via email, with the details of where we are meeting. If members do not have email then the details are usually passed to them by other members. If you want to join me then just reply via whatever method suits you best - email, phone, text etc.

I look forward to you joining us on future walks.

**Ed Jones**

**GOLF REPORT**



**GOLF SOCIETY - SPRING, SUMMER & AUTUMN MEETINGS**

We had some 22 golfers enjoy a bright and pleasantly warm day that started our golf season at Stockwood Park Golf Centre, on Wednesday 20 May. Only 5 points separated six teams with Val Clough, Jean Futchter & Vernon Clough narrowly winning.

Our Summer meeting, organised by Heart to Herts, was held at Little Hay Golf Centre near Bovington on Wednesday 5 August. A successful day was won by our own Norman Mitchell’s team.

Our Autumn meeting will be held back at Stockwood Park on Tuesday 6 October. We look forward to a relaxed and enjoyable conclusion to our season.

On a sad note, as some of you know, we lost Vince Rajah during the summer.

Anybody who would like find out more about our golf section please contact Vernon Clough on 01582 713080 or at [vclough@ntlworld.com](mailto:vclough@ntlworld.com).

**Vernon**

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I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

**Unfortunately – JOHN (V)  
Aka JIM (V)**

## **MEMBERSHIP SECRETARY REPORT**

Current Membership. As at 13<sup>th</sup> August 2015 Hertbeats membership stands at 350.

New Members. Since the last newsletter Patricia Stanley, Mike Norris and Edward Green have joined Hertbeats – Welcome aboard.

### Email Contact - ARE MEMBERS WHO DO NOT HAVE EMAIL MISSING OUT?

The answer is "No!" The committee is adamant that "Hearts & Minds" is the best means of ensuring that members are kept up to date with news, group events and so on. As much as anything this is because it is prepared to be sent out to 100% of the membership at the same time.

However, in the last year I have been asked to send out funeral details, change of venue or meeting reminders by Email on more occasions. With more smart phones and tablets appearing so message receipt reliability is far better. Email does have the advantage of speed and of course there is no postage to pay. However, 18% of our members do not have Email. On top of which we are experimenting with an electronic version of Hearts & Minds to be sent out after the paper version has been posted. The electronic version will offer an alternative in full colour and can be read on-screen or printed off. On devices such as a tablet you can read Hearts & Minds or show others wherever you are. (Except the swimming pool perhaps.) It should not be forgotten that members can magnify the print size on screen if needed.

I would urge those members without Email to ask a neighbour, friend or grandchild if they would mind receiving emails for you. (If the Email comes from me the first word in the subject line is "Hertbeats – "so they are easy to identify.)

**Roger Miller  
Secretary**

## **YOUR GARDEN**

### **GARDENING REPORT**

It may be the end of September but there are still many days left to enjoy the flowers of summer. Most plants are setting seed so if you want more flowers, remove the dead heads and seed pods. Collect some seed to start next year's display. Easy ones to collect and grow are sweet peas, marigolds, pansies and single dahlias. Store them in paper bags or envelopes – not in plastic bags. Keep in a cool place.

It is not too late to take geranium cuttings; they root easily in a damp, gritty compost or even garden soil. Take 3" cuttings without flowers; slice them off just below a leaf-joint, remove all but four or five leaves and plant several to a pot. Keep in a frost-free place and allow the mixture to become almost dry. A wet soil will encourage them to rot. Some people save the mother plant by cutting away most of the foliage, wrapping it in newspaper and over-wintering it in a frost-free place. In spring, plant once more.

There are still a couple of weeks to re-seed bare patches in the lawn. Look over the lawn and remove broad-leaved weeds or you will find bare patches later in autumn.

There is a lot of cleaning up at this time of the year but you can take time to do it. While cutting down perennials divide the large clumps and replant where required. The plants will settle in during winter and will grow earlier than plants divided next spring.

The advice in books about rose pruning is to reduce the plant height in autumn to prevent plant rocking in high winds and then complete pruning in March. I am not happy cutting away new growth in spring so I prune only once – in autumn. I cut the plants down to six or so inches in autumn when there is no frost about and do not touch them again. Prune by making a sloping cut just above a bud or leaf joint. I am always pleased with my rose display.

Patio containers need replanting when summer flowering is over. I plant up with autumn/winter-flowering pansies which I am now growing in pots ready for planting when I consider the summer display is over. I purchase the pansies as plug plants and pot them on. I don't purchase the small plugs – my tree trunk fingers are too big – but I buy the next size – about 20p each. It is much cheaper and more convenient than buying fully-fledged plants from the nursery. If you do buy from the nursery or market, purchase plants in flower or in bud so that you can enjoy a display before Christmas.

It is time to plant "treated" hyacinth bulbs for indoor display around the New Year. Another good buy now are the small cyclamens. They make a nice display on the kitchen window sill.

Finally, my annual warning. You are now one year older; the large shrubs should be cut down to a size that you can manage next year. Perhaps look a few years ahead and remove shrubs now while you can still do it.

**Bill**

## **RECOMMENDED TRADERS**

### **LIST OF RECOMMENDED TRADERS**

This is a list of the current categories of recommended traders and we still need additional names of traders willing to be put on our Hertbeats list. Please keep us up-to-date when you use a Trader and call us if you need information from the list.

- Buildings - roofing, construction/refurbishment/property services, house alarms, double glazing driveways/paths
- TV Aerials
- Fencing/gates/shed roofs
- Gardening
- Painting/decorating
- Plumbing

- Electrician
- Upholstery/carpet cleaning
- Car mechanic
- Computer repairs & assistance.

There is also a useful website of recommended traders at [www.checkatrade.com](http://www.checkatrade.com) and another at [www.which.co.uk/Trusted-Traders](http://www.which.co.uk/Trusted-Traders) which is run by Which? and supplies trustworthy local traders online who have been individually assessed.

**Maureen Negus 01727 850539**

## REFLECTIONS

### OTHER REFLECTIONS

#### A PROPHECY

I have just read "Empire: How Britain Made the Modern World" by Niall Ferguson and the following excerpt I found very intriguing!

In the last decade of the Victorian era, an obscure public schoolboy made a prophecy about the British Empire's fate in the coming century:

*I can see vast changes coming over a now peaceful world; great upheavals, terrible struggles, wars such as one cannot imagine; and I tell you London will be in great danger - London will be attacked and I shall be very prominent in the defence of London...I see further ahead than you do. I see into the future. The country will be subjected somehow to a tremendous invasion... but I tell you I shall be in command of the defences of London and I shall save London and the Empire from disaster.*

Winston Churchill was just seventeen, in 1892, when he spoke those words to a fellow Harrovian, Murland Evans.

He certainly was a man of destiny.

**Gordon Negus**

#### TRIVIA FACTS

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have 'the rule of thumb'.

Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'....and thus, the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.

Coca-Cola was originally green.

It is impossible to lick your elbow

The cost of raising a medium-size dog to the age of eleven: £ 10,120.00

The first novel ever written on a typewriter - Tom Sawyer

Each king in a deck of playing cards represents a great king from history:

Spades - King David  
Hearts - Charlemagne  
Clubs - Alexander, the Great  
Diamonds - Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987, 654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Q. If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?

A. One thousand

Q. What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?

A. All were invented by women

Q. What is the only food that doesn't spoil?

A. Honey

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase... 'Goodnight, sleep tight'

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down. It's where we get the phrase: 'mind your Ps and Qs'

Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

At least 75% of people who read this will try to lick their elbow!

#### YOU KNOW YOU ARE LIVING IN 2015 when..

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. *You e-mail the person who works at the desk next to you.*
5. Your reason for not staying in touch with friends and family is
6. that they don't have e-mail addresses

7. You pull up in your own driveway and use your mobile phone to see if anyone is home to help you carry in the groceries
8. Every commercial on television has a web site at the bottom of the screen.
10. Leaving the house without your mobile phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
11. You get up in the morning and go on line before getting your coffee.
12. You start tilting your head sideways to smile. :-)
13. You're reading this and nodding and laughing.
14. Even worse, you know exactly to whom you are going to forward
15. this message.
16. You are too busy to notice there was no 9 on this list.
17. You actually scrolled back up to check that there wasn't a 9 on this list.

#### MORE FUN WITH WORDS

- ☺ "Nurse, I'd prefer to do my own stitches." "Suture self then!" she replied.
- ☺ Due to a fall in the number of people entering the priesthood, the church has cancelled orders from a number of clothing suppliers on the grounds that they are surplus to requirements.
- ☺ I went to see Dr Hook once. It was the worst prostate exam I've ever had.
- ☺ I taught my Dog to play the trumpet on the London Underground . . . We went from Barking to Tooting in about an hour.
- ☺ Why is Peter Pan always flying? He neverlands. (This joke never grows old.)
- ☺ If one brews beer in a bucket, is it classified as a Pail Ale?
- ☺ And if the bucket was expensive, is it In Dear Pail Ale?
- ☺ What do you call a man with a plank on his head? Edward  
A man with two planks on his head? Edward Wood  
A man with three planks on his head? Edward Woodward  
With four planks on his head? I don't know, but Edward Woodward would!
- ☺ A country yokel goes for a job as a Farrier and is asked if he's ever shod a horse. "No", he says, "but I've told a lot of donkeys to clear off"
- ☺ Silence is Golden. Unless you have a toddler that is. In that case it is very, very, suspicious.
- ☺ My dog was thrown out of his poetry group. His bark ode didn't scan!
- ☺ What was wrong with your meal sir? Well, the pudding for starters!
- ☺ I told my friend that she drew her eyebrows on too high. She seemed surprised.
- ☺ I told my friend that she was overdoing the botox. She didn't look surprised.
- ☺ My pet pig has injured his snout. We are all rooting for him.
- ☺ A woman is on trial for beating her husband to death with his guitar.  
Judge "First offender?"  
"No first a Gibson, then a Fender"

**Thank you to Poole Heart Support Group**

## OFFICERS & COMMITTEE MEMBERS – 2015

### HONORARY OFFICERS

LIFE PRESIDENT	Brian Gibson	01727 859127
LIFE VICE-PRESIDENTS	Dr John Bayliss	
	Dr John Versey	01582 764852
VICE PRESIDENTS	Dr Masood Khan	
	Dr Philip Moore	
	Dr Niall Keenan	

### OFFICERS

CHAIRMAN	Brian York	01727 854072
TREASURER	Dave Tarrant	01727 858396

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INFORMATION & PUBLICITY	Brian Gibson	01727 859127
REHAB LIAISON TALKS	Dave Tarrant	01727 858396
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JERSEY FARM	Dave Tarrant <a href="mailto:tarrantdave@hotmail.com">tarrantdave@hotmail.com</a>	01727 858396

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Please send newsletter articles or letters to the address above or by email to [brittain1547@btinternet.com](mailto:brittain1547@btinternet.com). Newsletters are expected to be published in the first week of February, April, June, August, October and December. **The next deadline is midnight of 14<sup>th</sup> November 2015 for publication in the December 2015/January 2016 issue.**