President: Dr Vin Patel
Medical Advisor Dr Vin Patel.
Chairman: Roger Reynolds ……01329 289002
Treasurer: Madalaine Miller
Secretary: John Willis ……… 01329 310187
Speakers: Ian/Joy Macdonald .. 01329 236506
Almoner: Wendy Hawkins ……01489 581969
Website: Peter Stoddard ……..01329 312484

FAREHAM CARDIAC SUPPORT GROUP
FOUNDED IN 1988 BY DR HUGH CARLING MBE

NEWSLETTER MARCH 2015

RULES FOR GYM USERS
# Ensure gate is secured properly after entry.
# Tick the register on arrival
# Cross tick on your way out of the gym
# Wear trainers
# Make cheques payable to :-
FAREHAM CARDIAC SUPPORT GROUP

GYM HOURS
Monday, Wednesday & Friday 8 am to 12 noon.
Any existing member (non-gym user) who wishes to use the gym MUST get a letter from their GP, to include synopsis of condition, medications and approval of ability to exercise for Dr.Vin Patel.

MEETING HELD AT WALLINGTON VILLAGE HALL ON THURSDAY MARCH 5th

WELCOME
Chairman welcomed 67 members to the meeting. 1 new member Andrea Rossini.

CONDOLENCES
Sadly Mike Kellar passed away on 13th February, our sympathies are with Hilda at this time.

APOLOGIES
Mary & Dr Vin Patel, Lilian Redman, Barbara Hessey, Maureen Stevens & Stephanie White

INCOME
DOOR …….. £69 RAFFLE ……… £61 DONATION BOX ………£20.97
Thankyou to Ian Macdonald for circulating with the box.

FEBRUARY WALK
Once again the weather was kind to our 19 loyal walkers who turned out on a great day. We met at the Travellers Joy near Southbourne. We passed through the delightful village of Prinsted and took our drinks break on the benches on the seawall. Due to heavy mud we had to cut the distance. However the sun came out over a deep blue Chichester harbour. At the conclusion of the walk we were made welcome at the Travellers Joy for lunch.

MARCH WALK
Warsash and Holly Hill. Meet Passage Lane car park, adjacent to Rising Sun pub in Shore Road, at 10am sharp on SATURDAY 21st MARCH. A 3 mile walk along Hamble river and turning inland through Holly Hill. Sturdy footwear is essential. The terrain is undulating, bring a drink for halfway stop. Lunch will be available at the Rising Sun pub at the end of walk.

DIRECTIONS FROM FAREHAM
Take old A27 west through Park Gate and Sarisbury Green. Turn left at Church/Cricket pitch, at bottom turn right to roundabout. 3rd exit into Passage Lane and on to car park.
Any queries ring Colin or Eileen on 02392 521271 or 07969241135.

You can count yourself elderly when you sink your teeth into a juicy steak and they stay there.
‘DESSERT ISLAND DISCS’ presented by Ruth Warren. A nostalgic musical evening, each disc held a memory for Ruth and she related the story before each piece. Raised in the Welsh valleys her first choice was of course ‘Bread of Heaven’ by a Welsh male voice choir. Next was ‘Old Man River’ by Paul Robeson, he visited the valleys to encourage the freedom unions would bring in the mines. ‘Nessun Dorma’ by Russell Watson, because of his fight against brain cancer, her dad fought through many ailments. A piece of Organ Music, “Bach’s Toccata and Fugue”, Ruth put it in because she plays and enjoys organ music. ‘Ruler of the Queens Navy’ from HMS Pinafore was next it certainly got our feet tapping, Ruth particularly likes the verse about politicians. Romance next, ‘When I Fall in Love’ by Nat King Cole, everyone needs a bit of romance. Lastly a song in Welsh, “Myfánwy”, a bit of indulgence to end with, I think most of us sat there with glazed eyes. It was thoroughly enjoyed by everyone judging by the applause. Picture shows Roger thanking Ruth.

NEXT MEETING SPEAKER on APRIL 2nd
‘CHRONIC HEART FAILURE’ Dr Dominic Kelly – Consultant Cardiologist - Hampshire Hospital NHS Foundation Trust

SPRING SKITTLES IS HERE
After the success of the lunchtime session and to avoid the cold, damp APRIL evenings it will be 11 AM on THURSDAY 16th APRIL at ‘The Crofton’, Hillhead Cost £9.50
Come on all you people who enjoyed it so much last time.
Booking form at Gym or by phone to John or Jan Willis 01329 310187
IT IS A COMPETITION NOW FOR THE DR CARLING MEMORIAL TROPHY – ARMCHAIR ACERS (Holders) vs GYM ALLSTARS

PLAY-UP POMPEY
On Saturday 28th February Ernie Priest was picked up by a fellow member and taken to Portsmouth’s match at Fratton Park, it is something the committee have been trying to arrange for just under a year now, we wanted to thank Ernie for his long commitment to running the raffle with his trusty helpers, Sheila and Jim. At last we managed to get some tickets, they came via THE NEWS, thanks to Dawn contacting them. He was transported by Ron Arrowsmith, thank you Ron, who sat and suffered !!!! the nil-nil draw alongside Ernie. Without people like Ernie the group would lurch along, we struggle to get a volunteer to take the charity box round, Ernie attends every meeting, at 86, he fills my heart with admiration.

THE GYM
It is a policy of the group that if your partner is unable or not inclined to visit the gym with you, then a relative or friend is acceptable as a ‘buddy’ enjoying the same terms as group members. Please always contact Dr. Vin first.

HELPERS
THANKS go to Wendy and Jan for the Tea/Coffee, Jean on the door, Nikki and David with books and jigsaws, Sheila and Jim on the raffle and all the furniture shifters (which was just about everyone).

KIT FOR THE GYM or HOLIDAY

T-Shirts ............. £7.50
Polo Shirts ........ £8.50
Hooded Tops ........ £14.75

All high quality polyester, group logo (and name can be added, optional but useful at the gym).
Contact John Willis on 01329 310187 or at the gym for colour chart and ordering. Items can be seen, I have the set, YES, including the T-shirt. (Approx. half price of M & S Casualwear)

Last night I laid back looking at the stars in the sky, and I thought to myself, ‘Where on earth is the ceiling?’
**MOTHERING SUNDAY**
Sunday 29th March there will be a Mothering Sunday Lunch at the Fareham Masonic Hall from 12 – 2pm, cost is £15.50 per person (pre-book only, cheques payable to Warsash Catering) if anyone is interested.

**CANINE PARTNERS HOLYWELL WALK**
The bluebell walk will take place on 18th April 2015 at Holywell Estate, Swanmore SO32 2QE 10am for 1030am start.

**IMPERIAL WAR MUSEUM (Free Entry)**
TUESDAY 9th JUNE Cost £14.50
This is the first announcement about this trip and I have filled half the coach already.
Departures… Portchester Red Lion 8.30 …BHF Shop 8.40 …A27/Peak Lane junction 8.45
Locks Heath Centre 9.0am
To book phone Jan/John 01329 310187

**MOTHERS DAY MENU SUNDAY 15th March £15.50**

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<tr>
<th>STARTERS</th>
<th>MAIN COURSES</th>
<th>DESSERTS</th>
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<tr>
<td>Prawn Cocktail</td>
<td>Roast Beef + Yorkshire</td>
<td>Apple Pie &amp; Custard</td>
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<tr>
<td>Melon with Parma Ham</td>
<td>Roast Pork</td>
<td>Lemon Torte</td>
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<tr>
<td>Chefs Homemade Soup</td>
<td>Roast Chicken + Trimmings</td>
<td>Selection of French/English Cheeses</td>
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All served with selection of seasonal vegetables

Tea & Coffee

A vegetarian alternative will be available on request

Choose your 3 courses, make a note and either send or deliver to THE MASONIC HALL, Queens Road, Fareham PO16 0NN

**SKITTLES MENU THURSDAY 16th April £9.50**

Fish & Chips …. Homemade Steak, Ale & Mushroom Pie … Chicken & Chips … Pork & Leek Sausage & Chips … Ham Salad
Cheddar Cheese Salad … Homemade Mushroom Carbonara topped with cheese & served with crusty bread

*The trouble with our times is that the future is not what it used to be.*