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

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 MAY 7th

WELCOME
Chairman welcomed 61 members to the meeting.

CONDOLENCES
Sadly Don Machon passed away in April, Don very kindly used to Audit our books for us some years ago, he was a long serving member of our group.

APOLOGIES
Maureen & John Stevens, Derek Rudland, John Priest, Pamela Rondeau, Nikki Weatherall, Pat Holland, Hester Lappage, Lilian Redman, Georgie & Ray Diaper.

INCOME
DOOR .......... £61 RAFFLE .......... £59 DONATION BOX ..........£21.23
Our thanks go to Maureen Meek and her family who have made a donation of £60 to the group.
Thank you to Dawn Saunders for circulating with the box.

APRIL WALK 2015
A walk through the Bere Forest, bluebells aplenty. 14 walked, 18 enjoyed lunch at ‘The Hunters’ Swanmore. It was a lovely day.

MAY WALK
Saturday 23rd of May, start 10.30 am sharp. Meet at Shawford just past the railway arch. A delightful walk of 3 miles along the itchen and across meadows to Twyford. Wear sturdy footwear, bring drink for halfway. Lunch available afterwards.
DIRECTIONS FROM FAREHAM
A32 to Wickham, bear left to Bishops Waltham. Straight through Bishops Waltham and on to traffic lights at Colden Common. Turn right towards Winchester and Twyford. At traffic lights in Twyford turn left and travel on down to railway arch at Shawford.

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

The one sure way for an old man to find his lost youth is to stop his pocket money.
IMPERIAL WAR MUSEUM (Free Entry)
TUESDAY 9th JUNE Cost £14.50
I have tried to keep this trip for members only but due to low response I have 12 seats left which I am now offering to friends and relations, please try hard to help me fill the coach, it’s a lovely day out and you do not have to visit the museum.

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

SPEAKER - MAY 7th
‘Life on the Royal Yacht’ by Rod Preston
At 10 years old Rod saw the Marine band perform in Bishops Waltham, his home town, he told his parents he wanted to be one of them. He learnt to play the clarinet and piano, and at aged 14 years and 18 days he presented himself at the recruiting office. They were not impressed with his piano playing and suggested he learn to play the violin, he did, and was duly signed up. Schooling continued for 3 years, followed by a year of music, on completion Rod was a musician 2nd class. He ended his career as a sergeant.

Ten years of his service life were spent on the Royal Yacht, a wonderful time except for the seasickness. It’s interesting to learn that the crew were all quartered at the bow (front) end, the stern (back) for royalty, add to this the fact royalty rarely sailed very far actually on the yacht, the theory was that she was front heavy when at sea and crashed into the waves head down causing a high level of seasickness on board. Captain of the yacht was an Admiral, he had 250 crew members and a band consisting of 30 musicians.

The bandsmen did no cleaning or watch duties, a bone of contention with the regular seamen.
Footwear was white plimsolls, teak decks and a rule of silence being the reasons, the bandsmen did have lightweight boots for marching when ashore. There was no punishment on board, you were sent home.

Band Performances
Non Royal – Entering and leaving harbour/Officers mess Saturday evening/concerts for crew occasionally/ During store ship at sea (RAS)
Royal – Dinners (On or off ship)/Beat Retreat when alongside/Investitures/Receptions (Embassies)/Church

SNIPPETS
Ships doctor was an anaesthetist, Queens doctor was a surgeon, any emergency could be dealt with.
Staff for royalty included equerries, dressers, hairdressers, footmen and more.
Baggage weight was in region of 10 ton. Extra freezers for regions where food hygiene suspect.
Clothes for every occasion imaginable, always included mourning dress for unforeseen events.

Very occasionally a Rolls Royce was carried on the yacht.
End with a smile – The band was proudly leading a huge parade in Boston, USA, a police car was leading us along the route. Suddenly it went very quiet, the police had taken a wrong turn, we had followed, the rest had gone the right way. We rejoined at the rear of the parade, the crew would not let us forget it.

SKITTLES
The skittles was successful albeit slightly down on numbers. A good time was had by all and unfortunately the trophy was won by the gym users – I don’t know what happened to my (chairman’s) team in the last round – maybe the food had been tampered with.

27th Annual Hampshire Harbours Bike Ride
Hundreds of people are expected to take part in the event on Sunday July 12th. The event which raises money for the British Heart Foundation starts from Langstone Technology Park in Havant, and goes through Fareham, Gosport and Southsea. To sign up go to bhf.org.uk/get-involved/events/bike-rides/Hampshire-harbours-bike-ride.

NEXT SPEAKER - THURSDAY 4th JUNE
Pantomime Horse to Old Dame
Malcolm Chewter – Actor and former Mayor of Portsmouth.

These days it’s easy for my doctor. Either it’s something I have to live with, or something I have to live without.