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

NEWSLETTER JUNE 2015

President: Dr Vin Patel
Medical Advisor  Dr Vin Patel
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Treasurer: Madeleine Miller
Secretary: John Willis ……..01329 310187
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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 JUNE 4th

WELCOME
Chairman welcomed 58 members to the meeting.

CONDOLENCES
May 2015 saw the loss of John Stevens and Jim Thomson, our thoughts are with the families at these sad times.

APOLOGIES
Maureen Stevens, Derek Rudland, Joan & Doug Peskett, Pamela Rondeau, Nikki & David Weatherall,
Sue Martin, Margaret Ponsford, Doreen Seldon & Vic Pink.

INCOME
DOOR …….. £58  RAFFLE …….. £46  DONATION BOX …….. £
Thankyou to David Hessey for circulating with the box.

Age is a high price to pay for maturity.
MAY WALK
15 members enjoyed a delightful walk at Shawford, a 3 mile walk took us along the Itchen and across meadows to Twyford. Lunch was taken at the local hostelry.

JUNE WALK
Our June walk will be on the 4th Saturday (as opposed to 3rd). The walk will start at 10 am sharp on Saturday 27th June. We will meet at the Kidmore Lane car park in Denmead, alongside church at centre of the village. It will be a 3 mile walk across undulating terrain, but with no steep hills. The walk takes us out to the north of the village towards Hambledon. Bring a drink for halfway stop. Regular walkers will be surprised to know that it is 6 years since we last did this walk. Lunch will be available at conclusion of walk.

DIRECTIONS
From centre of Fareham take bypass to junction 12 of M27, keep to left hand lane and proceed straight ahead, at T junction go right, follow lane until main road reached (Wickham left/Southwick right), Taking care go straight across, follow this road until you pass Horse & Jockey PH, after 300 yds turn right at Chairmakers PH, proceed to next roundabout, turn left into Denmead. Kidmore lane car park is on left at centre of the village, adjacent to the parish church.

Any questions ring Colin on 02392 521271

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

DIARY DATES

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.

BEACH TEA PARTY
Friday 17th July 2015 ……Tea & Cakes £2.00 (cover cost of beach house)
Tables & chairs will be provided, cannot promise sunshine, but bring your bikinis in case.
Names and monies to Dawn at next meeting. Directions in July newsletter.

You know you’re old when the candles cost more than your birthday cake.
THIS MONTH’S SPEAKER
Malcolm Chewter – From pantomime Cow to Old Mare

At 15 years of age Malcolm got his first opportunity to appear on the stage, it was the village panto and his leading part was the front end of a cow, why the front? Because he was able to tap dance, essential.

At 17 he left home to seek his fortune on the West End stage, with his parents blessing. His first job was at the ‘Palace Theatre’, Shaftsbury Avenue where Danny La Rue was appearing in an ‘Evening with Danny La Rue’, it was 8 shows a week and his name was called continuously, to get a drink from the barman you had to know his name.

Years of odd jobs were to follow, it was essential to be available for auditions during the day. Small parts came until he was signed up for ‘A Chorus Line’, it was about dancers auditioning and getting rejected, 17 main characters plus troupe of dancers, his performance consisted of a 7 minute dance routine, rejection, visit to ‘White Horse Pub’ and back in time for the finale. The dancers were also understudies for said 17 characters, his was ‘Bobby’, his part was to stand with arms crossed for about 2 hours and little else, on the nights he ‘stood in’ to break into a dance for the finale was excruciating as one had stood stock still for so long, but the money was quite good!

It had to happen, one night I tap danced at high speed across the stage straight off the edge into the orchestra pit, resulting in a broken cartilage. So ended a chapter of my life.

Some friends had bought a bar in Paris, perfect opportunity to use my barman skills and enjoy 12 months in Paris. I was ready to head home, only to find my parents had moved from Rutland to Portsmouth. A long love affair soon started when he visited the ‘Kings Theatre’ in Southsea. That year a dear friend, Lorraine Chase, was to appear in ‘Aladdin’ and landed him with the part of ‘Wishy Washy’ the dame.

Soon followed the threat of closure of the Kings, this led to the cudgel being taken up to fight to save it, and entry into local politics. The fight was well fought, HCC purchased the theatre securing it’s future, then sold to PCC and finally to the “Kings Theatre Trust”. Malcolm has appeared in 37 shows, his favourites ‘Titanic the Musical’ and ‘The Full Monty’. Coming soon are auditions for “Sunset Boulevard”, his fingers are crossed. Plays for other companies and directing mean a very busy life.

In 1995 Malcolm was elected Mayor of Portsmouth, the youngest ever in the UK. That year saw the D-Day celebrations, resulting in Malcolm meeting/dining with Royalty and Heads of Government. He remained in politics for another 7 years, followed by charity and stage work. Seven years ago when helping with lighting of a pantomime production the dame became ill and Malcolm stepped in, when making up he looked in the mirror and announced the arrival of Dame Dilly Trott, she has now appeared for six years.

Snippets… Malcolm directed ‘The Great Gatsby’ at The Mayflower.
Seat P28 at the Kings is always spotless after shows, even when theatre full of children.
Traditionally a theatre features two masks in its façade, 1 tragedy and 1 comedy. Portsmouth differs in so much that the Kings has a Tragedy Mask, the Palace Theatre a Comedy Mask.
‘Family Celebrant’, Malcolm is putting his stage presence to a new use, when a death occurs he visits the family and designs a service to meet their wishes, he then presents the service.
http://www.malcolmchewter.com

NEXT SPEAKER THURSDAY 2nd JULY
Dr Ugboma Ike, Consultant Geriatrician

REбедder IMPERIAL WAR MUSEUM PICK-UPS

8.30 RED LION PORTCHESTER, Portchester
8.40 BHF FURNITURE
8.45 PEAK LANE/A27
9.00 LOCKSHEATH CENTRE

YOU HAVE TO BE FIFTY-NINE TO BELIEVE A MAN IS AT HIS BEST AT SIXTY.