President: Dr Vin Patel
Medical Advisor Dr Vin Patel
Chairman: Roger Reynolds …..01329 289002
Vice Chairman: Bob Curtis
Treasurer: Madalaine Miller......
Secretary: John Willis ..........01329 310187
Speakers: Joy/Ian 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 ON THURSDAY 1st JUNE 2017
Chairman welcomed 61 members to the meeting + 1 prospective new member, John Foster.
How nice to see Barbara Hessey present.

APOLOGIES
Madalaine Miller & Beryl Whitehurst

INCOME
RAFFLE ……. £54
DOOR …….. £61
BOX……..£12.97
Thanks to Bob Curtis for circulating with box

WE ARE STILL LOOKING FOR WALK ORGANISERS FOR REMAINING MONTHS OF 2017
Please step forward, even if it is only one month.

MAY WALK AT UPPERCORN COPSE
A good turnout of members enjoyed a walk through the woodland, weather was good,
as was the pub lunch afterwards.

SATURDAY 24th JUNE
MEET AT 10am for 10.15am START AT CENTRAL CAR PARK IN BISHOPS WALTHAM (80p for 3 hours)
A 3 mile circular walk, visiting local nature reserves and land owned by the Woodland Trust.
There are no stiles, it is mainly flat with some undulating paths and tracks and two steep descents so sturdy footwear is required. Bring drink for halfway. Pub lunch as usual.

DIRECTIONS
Leave Fareham travelling north on the A32. At Wickham roundabout turn left and follow this road through Waltham Chase to Bishops Waltham. At Bishops Waltham roundabout turn right into the town and, almost immediately, just before the road bears round to the left, turn right and follow this road past The Barleycorn pub, then turn left into the town car park.
Any problems contact Sue on 01329 310299 or 07966 158088

HELPERS
THANKS to Wendy, Jean and helpers in providing drinks, Jean on the door, Sheila & Ernie on the raffle and all furniture shifters.

Be kind whenever possible. More often, we regret having been unkind than having been too kind.
QUIZ LUNCH
Breaking with tradition we are having a lunch time Quiz session on Thursday 13th July at 11.30am.
Fish or Chicken & Chips are being served at 1 o’clock. Friends etc. are welcome.
Why not get friends/relations to form a team of six!!!
The cost is only £7.00, names to Joy/Ian on 01329 236506

JERSEY 2018
SEE FULL PAGE INFORMATION SHEET AT REAR OF NEWSLETTER

CABARET NIGHT
Thursday August 3rd will be ‘cabaret night’, a magician, doing close-up magic will be appearing.
There will be a selection of Cheeses and Biscuits available on each table, also a bottle of wine per table
with Juices also available. It will not be expensive.

PETER THE PHOTOGRAPHER
Once again Peter Stoddard has displayed lots of lovely pictures taken at events. These are available at a small charge.

FAA MUSEUM, YEOVILTON
On TUESDAY 12th SEPTEMBER a trip to the museum by executive coach is planned.
This visit is a little different as lunch is included, at a pre-set time we would all sit together
and enjoy a 2 course lunch (Choices available nearer the time.
PRICE £40 this includes coach, entry to museum and 2 course lunch.
Names to John/Janet (Sec/Wife) on 01329 310187

JUNE SPEAKER
“WOODCARVING”
Presentation by Jess Jay

Methods and styles of wood carving include chip carving, relief carving, and Scandinavian flat-plane. Both softwoods
and hardwoods are used, principally oak, mahogany, walnut, elm, limewood, chestnut, ebony, boxwood, cedar, cypress,
olive, teak and pine.

Wood has both advantages and drawbacks as a sculpture medium. Because of its fibrous strength, it can be carved
more thinly and precisely than stone or animal bone. For large compositions, two or more pieces of wood may be
carved then joined. Hardwoods are more difficult to sculpt but possess greater lustre and endurance, while softwoods
are easier to shape, but less durable. No wood is as durable, weatherproof or insect-immune as stone, and thus is used
mainly for indoor works. Lastly, whatever wood is used, it remains an anisotropic material (its properties differ when
measured in different directions), and is strongest in the direction of the grain. Thus sculptors carve their most delicate
lines with the grain rather than against it.

The Carving Process

Wood carving tools include the following: a special carving knife used to cut and pare the wood; a gouge with a curved
cutting edge used for making hollows and curves; a specialist gouge called a veiner, with a U-shaped edge; a straight-
edge chisel used for lines; as well as various mallets and hammers. Serious woodcarvers accumulate boxes of tools, of
which they will have their favourites.

The sculptor starts by choosing a block of wood appropriate to the shape and scale of his intended design. Employing
gouges of various sizes, he then reduces the wood to an approximate shape, which he refines with a variety of tools
like veiners and v-tools. When the detailed work is complete, the sculptor smoothes the surfaces with implements like
rasps and rifflers, and with different grains of sandpaper. Lastly, to enhance and preserve the sculpture, he stains it with
walnut or linseed oil, and then coats it in varnish, resin or wax. Wood carving is one of the oldest arts of humankind.
Wooden spears from the Middle Paleolithic, such as the Clacton Spear, show that people have engaged in utilitarian
woodwork for millennia. Indeed the roots of the craft go so far back that, at least where timber is present, the use of
wood exists as a universal in human culture as both a means to create or enhance tools and as a medium for artistry.

One can judge the real character of a man by the way he treats those who can do nothing for him.
The North American Indian carves his wooden fish-hook or his pipe stem just as the Polynesian works patterns on his paddles, while the native of Loango Bay distorts his spoon with a design of perhaps figures standing up in full relief carrying a hammock. Wood carving is also present in architecture.

Figure-work seems to have been universal. To carve a figure in wood may be not only more difficult but also less satisfactory than sculpting with marble, owing to the tendency of wood to crack, to be damaged by insects, or to suffer from changes in the atmosphere. The texture of the material, too, often proves challenging to the expression of features, especially in the classic type of youthful face. On the other hand, magnificent examples exist of the more rugged features of age: the beetling brows, the furrows and lines neutralizing the defects of the grain of the wood. In ancient work the surface may not have been of such consequence, for figures as a rule being painted for protection.

Jess also had several of his own beautiful carvings on display, pictures of which are on our Facebook page. Being a member of the group means that Jess is accessible for help or advice, perhaps it is something you have fancied trying or you need encouragement to continue doing it. Give me a call and I will make connection. 01329 310187.

F.C.S.G. FACEBOOK PAGE
Our facebook page is private only members can access it and comment on it.
To register, just contact Peter Stoddard on 01329 312484 or email peterstod@gmail.com
All Peter's wonderful pictures feature there, including carvings from meeting.

NEXT MEETING
THURSDAY 6th July
‘Osteoarthritis in Knees’
Mr A. Gossey.

I will probably have this year’s handmade C-------s cards on display at next meeting.
I know it’s still only June

A health scare can remind you what’s important about life, and encourage you to think more carefully about how you want to live in the future.
NORFOLK HOTEL, ST. HELIER

SATURDAY 2\textsuperscript{nd} JUNE 2018 – 7 DAYS (6 Nights)
£499 (Single Supplement £60)

Price Includes :-

- Return Executive Coach Travel to the Port of Poole
- Return Sailing from Poole to Jersey with Condor Ferries
- Meet greet on arrival at Jersey Port
- Return transfer from Jersey Port
- 6 night’s accommodation
- Full English breakfast and table d’hote dinner daily
- One Full Day Island Coastal Tour
- Service of local representative

Note. Table D’hote – Mixed choice menu.

I and the committee need you all to get behind us on this lovely holiday, the company will certainly be good. The target is 35 members and/or friends.

COACH COMPANY – DUNWOOD TRAVEL

CONTACT JOHN (01329 310187) FOR MORE INFO.

or any

COMMITTEE MEMBER to BOOK