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

NEWSLETTER OCTOBER 2019

President: Dr Vin Patel
Chairman: Roger Reynolds ......01329 289002
Vice Chairman: Ian Macdonald.01329 236506
Secretary: John Willis ..........01329 310187
Speakers: Joy Macdonald .......01329 236506
Almoner: Wendy Hawkins ......01489 581969
Treasurer: Ann Rudland ..........01329 282809
Website: Peter Stoddard ..........01329 312484
Committee: Jean Reynolds

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

GYM HOURS
Monday to 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 with approval of ability to exercise. Induction at the gym will be carried out by Donna, by appointment - 01329 232321.

CHAIRMAN welcomed 40 attendees to the meeting. Nice to see Margaret Vincent, also Valerie & John Jack.

APOLOGIES
Georgie & Ray Diaper, Dee Stray, Hilda Kellar, Maureen Stevens, Joy & Ian Macdonald, Peter Stoddard, Terry Ware, Dave Holmes, Sue Cordell and Jane Hurley.

HEALTH / DEATH
It is with regret I have to announce the passing of Joanne Briggs (Joan) on 27/09 at QA, a long term member of the group with husband Melville (Mel). Our thoughts are with Mel and his family.
Funeral - 11th October 1pm at Portchester Crematorium.

INCOME
Door …. £41 Raffle …. £65
£45 has been donated from last month’s box to Langford Vincent’s Charity.

TINSEL & TURKEY 6th December
Reminder of pick-up times for those booked on coach
12.00 - Red Lion, Portchester
12.05 - BHF Furniture, Fareham West Street
12.15 - Fareham College

BHF BIG BAG APPEAL
Full Bags can now be returned to Dawn at any meeting. BHF receive £15 every filled bag

When is a pub not a pub?
Where are the salt and vinegar crisps? Why are these peanuts green? Olives are things you take off a pizza before you eat it.
SEPTEMBER WALK
A beautiful sunny day saw only 5 members joining Roger. The turnout was poor considering a nice flat route was planned. We need an organiser for OCTOBER, if you fancy it ring 01329 310187.

WE ARE STILL LOOKING FOR WALK ORGANISERS FOR MONTHS OF 2019
Please step forward, even if it is only one month. I now hold a description for all the different walks over the last 5 years, making the job so much easier. John 01329 310187

SKITTLES
TUESDAY 22 OCTOBER at CROFTON P.H. Hillhead. 11.30 am start.
£11 per head for a bit of fun and a good lunch.
MENU CHOICES
Fish & Chips/Steak & Ale Pie/Chicken Qtrs/Chilli/Ham Salad/Cheese Salad/Vegetable Lasagne
BOOK/ORDER via John on 01329 310187 Now.

Another great presentation by Dave Allport.

NELSON & THE BATTLE OF TRAFALGAR

Horatio Nelson was a British naval officer who fought in the Napoleonic wars. He was born in Norfolk, England in 1758 and died in 1805.

Nelson was one of 11 children and joined the navy at age 12, becoming a captain when he was 20 years old. He was made vice admiral and was very successful in this role.
Nelson was well-travelled; he fought in battles in the Caribbean, Denmark and Egypt. He also sailed close to the North Pole and may have chased a polar bear on the voyage.
Despite being a great sailor, Horatio Nelson suffered from seasickness all his life. He also lost an arm and an eye during his career, and almost lost his other eye.
Horatio Nelson often disobeyed instructions. On one occasion, he ignored orders to withdraw, used his bad eye to look through the telescope and claimed he couldn’t see the signal to withdraw.
One of Nelson’s greatest victories was at the Battle of the Nile in 1798. He tricked the French ships by sailing between the fleet and the shore and attacking them.
Horatio Nelson was killed at the Battle of Trafalgar in 1805. He was shot by a French sniper and must have been easy to recognize as he wore his full uniform and all his medals.
In England, dozens of pubs are named after Nelson, as well as streets in several cities. One of London’s most famous monuments, Nelson’s Column in Trafalgar Square, commemorates his life and achievements.
Nelson’s Column in Trafalgar Square was built in 1840 and is 52 metres tall. The bronze panels around the base are from captured French guns and depict Nelson’s most famous battles.
Nelson’s flagship, the HMS Victory, is today docked at the naval dockyard in Portsmouth in the world’s oldest dry dock. About 350,000 people visit the Victory every year.

Battle of Trafalgar, (October 21, 1805), naval engagement of the Napoleonic Wars, which established British naval supremacy for more than 100 years; it was fought west of Cape Trafalgar, Spain, between Cadiz and the Strait of Gibraltar. A fleet of 33 ships (18 French and 15 Spanish) under Admiral Pierre de Villeneuve fought a British fleet of 27 ships under Admiral Horatio Nelson.

When is a pub not a pub?
NO CHIPS – everything comes with sweet potato fries, crushed potatoes or wedges coated in marmoset oil and a daffodil foam.
At the end of September 1805, Villeneuve had received orders to leave Cadiz and land troops at Naples to support the French campaign in southern Italy. On October 19–20 his fleet slipped out of Cadiz, hoping to get into the Mediterranean Sea without giving battle. Nelson caught him off Cape Trafalgar on October 21. Villeneuve ordered his fleet to form a single line heading north, and Nelson ordered his fleet to form two squadrons and attack Villeneuve’s line from the west, at right angles. By noon the larger squadron, led by Admiral Cuthbert Collingwood in the Royal Sovereign, had engaged the rear (south) 16 ships of the French-Spanish line. At 11:50 am Nelson, in the Victory signalled his famous message: “England expects that every man will do his duty.” Then his squadron, with 12 ships, attacked the van and centre of Villeneuve’s line, which included Villeneuve in the Bucentaure. The majority of Nelson’s squadron broke through and shattered Villeneuve’s lines in the pell-mell battle. Six of the leading French and Spanish ships, under Admiral Pierre Dumanoir, were ignored in the first attack and about 3:30 pm were able to turn about to aid those behind. But Dumanoir’s weak counter attack failed and was driven off. Collingwood completed the destruction of the rear, and the battle ended about 5:00 pm. Villeneuve himself was captured, and his fleet lost 19 or 20 ships—which were surrendered to the British—and 14,000 men, of whom half were prisoners of war. Nelson was mortally wounded by a sniper, but when he died at 4:30 pm he was certain of his complete victory. About 1,500 British seamen were killed or wounded, but no British ships were lost. Trafalgar shattered forever Napoleon’s plans to invade England.

When is a pub not a pub?

**COCKTAILS** – why pay £2.50 to have a perfectly good gin tainted with papaya juice, battery acid and twigs?
F.C.S.G. SUMMER HOLIDAY 2020

The group summer holiday is from Monday 22 June to Friday 26 June at Warners Cricket St. Thomas. The cost is £425 per person which includes Coach, Excursions and 1st class company, the food is pretty special too. Please remember friends and family are most welcome. Book now with Wendy on 01489 581969. £50 deposits being collected NOW.

HELPERS
Thanks to all who help in any way during the evening, girls in the kitchen, Jean on door, Ann on raffle, Julie & Martyn with the paperbacks and all those that kindly stacked tables and chairs

CHRISTMAS LUNCH
TUESDAY 10 DECEMBER at Fareham Masonic, 12.45pm for 1.00 pm.
Soup/Prawn + Melon – Turkey/Salmon/Vegetarian – Xmas Pud/Trifle/Cheese + Biscuits – Tea/Coffee + Mince Pie
ALL FOR £19 – Make your choices and ring John 01329 310187 (Payment next 2 meetings)

DATES FOR THE DIARY
Tuesday 22 October 2019 Skittles at The Crofton 11.30 am - £11.00 pp
Tuesday 10 December 2019 Christmas 4 course Lunch at the Fareham Masonic 12.45 for 1.00 pm - £19.00 pp

NEXT MEETING THURSDAY 7 NOVEMBER 2019
SPEAKER Rob Impey – ‘Microbiology Behind Closed Doors’

When is a pub not a pub?
PUB QUIZ – Where have all the football questions gone? “Soap opera’s” is not a topic.
What is a “Kardashian”, anyway?

THESE ARE KEY SIGNS THAT YOUR LOCAL IS NOT WHAT IT USED TO BE.
BEING GRUMPY & SENIOR