

# KING OF HEARTS

## The Committee

**Dr. Andrew Deaner President**

**Honorary Members**

Trish & George Scott

Henry Phillips Chairman

0208 500 7095

[maureen\\_henry2003@yahoo.co.uk](mailto:maureen_henry2003@yahoo.co.uk)

Durham Holbourns Secretary

0208 554 6779

[durhamholb18@hotmail.co.uk](mailto:durhamholb18@hotmail.co.uk)

Karen Hughes Events Organiser

0708 749495

Peter Knight/Henry Phillips Treasurer

0208 478 8464

Peter Knight Membership

[peter.knightsite@ntlworld.com](mailto:peter.knightsite@ntlworld.com)

Janet Knight

0208 478 8464

Evelyn Wilson

01708 557910

[evelyn.123@btinternet.com](mailto:evelyn.123@btinternet.com)

June Sheen

0208 595 6120

Stephen Granditer

0208 590 3605

Sylvia Daly

0208 599 3188

Molly Ghosh

0208 597 2308

Meetings are held at  
**Fullwell Cross Library**

On the second Wednesday

In every month

At 7:30pm

## COMING SOON

September 12<sup>th</sup> Surprise Speaker.

October 10<sup>th</sup> Cheese & Wine

Evening.

## Newsletter

September 2018

Cardiac Support

September 2018

Dear Members and Friends

Welcome to my September newsletter, Our August meeting proved to be a success thanks to a very interesting talk given by Stuart Wright a pain management nurse he had a good way of illustrating his talk with the aid of screen images, and all those present were treated to some important information relating to their own bodies, well done Stuart thank you. I was pleased how well the committee pulled together to make sure that the meeting went well thank you guys, but we did miss Karen.

After having asked our members for help to enable Durham to produce a completed newsletter I am sure from the response we had at the August meeting I feel sure that he will get some useful stories in the near future.

I would like thank Silvia Banner for taking on the task of making the tea and coffee and for clearing up at the end of the meeting many thanks dear friend. I would like to remind the group that I shall be absent at the September meeting because my dear daughters have decided that me and my wife who has been poorly for many weeks must make the effort and take a holiday, so I am sure that in my absence the September meeting will be a success thanks to the group committee.

Our dear Evelyn could not make the August meeting as she is still not well enough to attend our gatherings so once more on behalf of us all please get well.

Please have a good meeting in September, and I look forward in seeing you all at the October meeting I send you all my best wishes and as always god bless.

Regards

Henry Phillips Chairman

H.F.Phillips. Telephone 020 8500 7095; E-Mail: [maureen\\_henry2003@yahoo.co.uk](mailto:maureen_henry2003@yahoo.co.uk); Mobile: 07885 140642

Web Site: [www.kingofheartsuk.org](http://www.kingofheartsuk.org)

## Recipe for Love.

### The best wedding cake.

4lbs of love  
1lb butter youth  
1lb of good looks  
2lbs of sweet temper  
1lb blindness of faults  
2lb of self-forgetfulness  
1lb of wit  
1lb of good humour  
2 tablespoons of sweet argument  
1 pint of rippling laughter  
1 wine glass of common sense  
1oz of modesty

Put the love, good looks and sweet temper into a well-furnished house. Beat the butter of youth to a cream and mix well together with the blindness of faults. Stir the pounded wit and good humour into sweet argument, then add rippling laughter and common sense. Work the whole together until everything is well mixed, and bake gently forever.

### First Time.

After enjoying good health for seventy-six years, Arnold was admitted to hospital for the first time. Familiarizing himself with his new surroundings, he began playing with the bell cord which had been connected to his bed.

What's this for? He asked his son. The bell replied his son.

Arnold proceeded to pull it three times.

I cannot hear it ringing, he said.

No explained his son patiently, it doesn't ring. It switches on the light in the hall for the nurse.

Huh! Grumbled Arnold. I don't think much of that. If the nurse wants a light on in the hall, she can damn well switch it on herself.

### Distinctive Hat.

Sir Benjamin Collins Brodie, the eminent nineteenth-century British surgeon, was dedicated to his work and regarded social events as an unwelcome interruption. One evening, against his better judgment, he was persuaded to attend a fashionable party but, having shown his face for half an hour or so, decided to head for the men's room before making an early exit. He emerged wearing his hat and walked passed a number of guests who were just arriving.

He couldn't help noticing that they were sniggering at him, but he thought nothing more of it, attributing it to an excess of high spirits. Then, in the hall, he was accosted by the host.

My dear Brodie, he said, glancing at the surgeon's head, is that a normal part of your attire?

When Brodie removed his headgear, he realized that, instead of collecting his hat from the men's room, he had absent-mindedly picked up the toilet seat cover.

### Fatal Misunderstanding.

A woman visited the doctor's office to get some medication for her elderly husband. The doctor said, I want him to take two of these pills every Monday, Tuesday and Wednesday and then skip the remaining days of the week.

Three weeks later, the woman returned to inform the doctor that her husband had died of a heart attack.

I'm so sorry to hear that, said the doctor, I just do not understand it.

Your husband had no history of heart trouble. I hope was not a side effect of the medication.

Oh, no` said the wife. The pills were fine. It was the skipping that killed him.