

# KING OF HEARTS

## The Committee

**Dr. Andrew Deaner President**

### Honorary Members

Trish & George Scott

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Meetings are held at  
**Fullwell Cross Library**

On the second Wednesday  
In every month  
At 7:30pm

## COMING SOON

March 11<sup>th</sup> A G M &  
Resuscitation

## Newsletter

March 2020

Cardiac Support Group

Welcome to my March 2020 newsletter, it is my usual wish that all the group members and their family are all well. At our February meeting Karen introduced a new member to the group Mrs Jennie Clarke and her friend both of which were made welcome by those present. I was also pleased to introduce the son- in- law of our dear friend George Scott Mr Ted Gradosielski and his wife Jackie who presented the group with a talk on Bee Keeping (Apiary) which proved to be a success I for one was amazed at what these little insects are capable of performing, he informed us that they are of a great benefit to the community.

I was informed at our last committee meeting that our highly esteemed friend nurse Karen Hughes will be retiring from her post as senior cardiac nurse at King Georges and Queens Hospitals after being in post for many years, her retirement will take place at the end of March. Karen was pleased to say albeit she is retiring from the NHS she will be taking a bigger role within the group, and I am sure that you will all be able to wish Karen a happy retirement at our March meeting.

I also was made aware that a long standing member of our committee Stephen Granditer is no longer able to attend our meetings as currently he has a carer who is looking after him during the evening, I am not aware why he is in need of a carer so I will try to find out about his problems. I have written to Stephen wishing him well from us all.

I am pleased to report that after our AGM at the March 11<sup>th</sup> meeting we shall take part in what is now become our annual talk on how to resuscitate anyone who has collapsed and in need of help.

Just as a little piece of frivolity I am going to ask the question has anyone been proposed too in this 2020 leap year, if not keep your fingers crossed it might still happen.

As is my pleasure I would like to thank everyone who assisted in making our February meeting go with its usual friendly manner, and to further our activities we are looking into exploring having some outings etc., for which we could do with some suggestions.

I look forward to our March 11<sup>th</sup> AGM meeting and again I ask if anyone is interested in becoming a member of the committee please be reminded you can inform me at the meeting.

Please keep well, best wishes, be careful, and keep safe.

Regards  
Henry Phillips Chairman

It was entertainment night at the Mayville Senior Centre and over 100 seniors came to see the show. Claude the hypnotist was there to give a show. Everyone was very excited and could not wait to see what was going to happen, Claude said I intend to hypnotise each and every member of the audience.

The excitement was almost electric as Claude withdrew a beautiful antique pocket watch from his coat pocket. "I want you to keep your eyes on this antique watch. It is a very special watch. It's been in my family for six generations" He then began to swing the watch gently back and forth while quietly chanting "Watch the watch, watch the watch, watch the watch"

The crowd became mesmerised as the watch swayed back and forth, the light gleaming off its polished surface. Hundreds of pair of eyes followed the swaying watch-until, suddenly, it slipped from the hypnotist's fingers and fell to the floor breaking into hundred pieces. The hypnotist was so embarrassed that it took him time to clear it up and get it repaired.

"Oh, poo!" he said – and it took three days to clean the centre.....

### **To all children born in the 1930`s, 40`s, 50`s, 60`s and 70`s.**

First, we survived all born to mothers who smoked and/ or drank while they carried us. They took aspirin not drugs and did not get tested for diabetics. Then after the trauma, our bodies were covered with bright coloured lead based paints. We had no childproof lids on medicine bottles, doors or cabinets and we rode our bikes on the roads and we had no helmets, not to mention the risks we too when hitchhiking.