KING OF HEARTS

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month
At 7:30pm

COMING SOON
October 11th Suprise speaker.

Newsletter

October 2017 Cardiac Support

October 2017

Dear Members and Friends

I am sad to say that most of this newsletter will be about my son in law who lost his brave battle against liver cancer on the 4th September and he was passed to the great world above with dignity and empathy on Friday 22nd September, after the Greek Church ceremony he was laid to rest in Forest Park Crematorium and Cemetery.

The whole day was organised perfectly and in the hands of our local family undertakers Harold Wood Funeral Services of 45 New North Road Hainault IG6 2UE our minds were put at by ease on this very sad day and less hard to bear. We can't thank Carol Coyote Lawrence and her staff enough for your caring, and considerate approach, from the day that we informed you that Joe had passed away until the day of his funeral. This is a huge thank you from Dawn, Emily, and the rest of his family and friends of which there was many on the day. I would also like to thank all the members of our group who have sent me messages of condolence, once more on behalf of us all thank you all.

I would now like to thank all those who made our last meeting a success in my absence; I am pleased to have you all as my friends God bless you all.

Well dear friends I look forward to our October 11th meeting, sincere best wishes to you all.

Regards

Safety in Numbers.

A little girl was sitting on her Grandfathers lap when she asked him Granddad, why do you need three pairs of glasses? `
`Well` Granddad explained, I have one pair for long distance, another pair for reading and a third pair to look for the other two.

Stop me if you`ve heard it.

A comedian landed an afternoon booking at a retirement home. He found it hard to work up much enthusiasm for the gig so when his first joke went down really well with the elderly audience, he told the same joke over and over again twenty times in total.
At the end, an old man came up to him and said, I don't know how you remember them all.

Unusual Facts.

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times.

Gold is the only metal that dose not rust, even if it is buried in the ground for thousand of years.

Your tongue is the only muscle in your body is attached at only one end.

If you stop getting thirsty, you need to drink more water.

When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the Civil War to deliver letters and newspapers.

The song Auld Lang Syne is sung at the stroke of midnight in almost every English speaking country in the world to bring in the New Year.

Drinking water after eating reduces the acid in your mouth by 61 percent.

Peanut oil is used for cooking in submarines because it doesn't smoke unless its heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things, live in the ocean.

The banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower density.

The University of Alaska spans four zones.
The tooth is the only part of the human body that cannot heal itself.
In ancient Greece tossing an apple to a girl was a traditional proposal of marriage catching it meant she accepted.

Warner Communications paid $28 million for the copyright to the song `Happy Birthday`.

Intelligent people have more zinc and copper in their hair.

A comet`s tail always points away from the sun.

The Swine Flu vaccine in 1976 caused more death and illness than the disease it was invented to prevent.

Caffeine increases the power of aspirin and other painkillers; that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armour raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see the stares; even in the middle of the day.

When a person dies, hearing is the last sense to go. The first sense lost is sight.

In ancient times strangers shook hands to show that they were unarmed.

Strawberries are the only fruit whose seeds grow on the outside.
Avocados have the highest calories of any fruit at 67calories pr hundred grams.

The moon moves about two inches away from the earth each year. The earth gets 100 tons heavier every day due to falling dust.

Due to earth's gravity it is impossible for mountains to be higher than 15,000 metres.