KING OF HEARTS

Newsletter

August 2023 Cardiac Support Group

The Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at1.30pm.

COMING SOON
Sept 13th Police

Dear Members and Friends August 2023

Welcome to my August newsletter and as usual I hope my letter finds you all well. At our July meeting we were taken around the City of London Cemetery and Crematorium by a good friend of the group Gary Lewis who has researched the history of this special East End establishment. Many famous names were mentioned in his very interesting talk. All the names mentioned in his talk are too numerous for me to include in my short report.

I would like to thank Alan Banner who was ready to assist Gary with the amplification system should he require during his talk but as usual Gary was able to extend his voice without artificial aid.
Durham was not able to attend our July meeting as he is still undergoing treatment at King Georges Hospital, on your behalf I have wished him well and a speedy return to good health.

I would also like to thank our secretary Peter Knight and Silvia for their help in organising the raffle well done to you both.
Also I would like thank Angela, Alan, Peter, Silvia who helped to make the July meeting a success and Janet we missed you again and look forward seeing you at the August meeting. I would like to mention a happy event that on August 6th my dear wife Maureen and I have been married for 63 years which I regard as amazing. I hope to see Janet and Durham at our August meeting.

As usual I look forward seeing you all at our August 9th meeting.
Best wishes and stay safe

Henry Phillips Chairman

The good wife's guide

Have dinner ready. Plan ahead, even the night before, to have a delicious meal ready, on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospect of a good meal (especially his favourite dish) is part of a warm welcome needed.

Prepare yourself. Take 15 minutes to rest so you'll be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work weary people.

Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it.

Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives.

Gather up school books, toys, paper etc. and then run a dishcloth over the tables.

Over the cooler months of the year you should prepare and light a fire for him to unwind by. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too. After all, catering is for his comfort will provide you with immense personal satisfaction.

Prepare the children. Take a few moments to wash the children's hands and face (if they are small) comb their hair and, if necessary, change their cloths. They are little treasures and he would like to see them playing the part. Minimise all noise. At the time of his arrival, eliminate all noise of the washer, drier or vacuum. Try to encourage the children to be quiet.

Listen to him. You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first remember, his topic of conversation are more important than yours.

Make the evening his. Never complain if he comes home late, or goes out to dinner, or other places of entertainment without you. Instead, try to understand his world strain and pleasure and his very real need to be home to relax.

Don't complain if he is late home for dinner or even if he stays out all night.

Don't ask him questions about his actions or question his judgment. Remember that he is the master of the house. A good wife always knows her place.

Thanks to Peter for sending me this article. from a housekeeping Monthly of May 1955