KING OF HEARTS

Newsletter

November 2023 Cardiac Support Group

The Committee

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Karen Hughes

Committee

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

COMING SOON
November 8th Resuscitation

Dear Members and Friends November 2023

Welcome to my November newsletter and as always I hope my letter finds you well. At our October meeting our dear friend Alan Banner was to give the group one of his many quizzes unfortunately Alan had been in hospital with a chest infection and was now recovering at home. However another dear friend of the group Peter Knight came to the rescue with his own quiz which was also meant to stretch your mind. Peter on behalf of the committee and our members I would like to thank you for help.

Dear friends I am sorry to say that my November newsletter will be shorter than usual as my precious wife is currently in Whips X hospital with a serious heart and blood problem so as you can imagine my mind is currently elsewhere.

At our November meeting Karen informed the group that she has arranged with her friend to give us our annual resuscitation review it would be helpful if we could help a friend or member of the public in time of need.

The committee has decided that a mini get together would be appropriate at our December meeting so that we can discuss any future events of the group in 2024, we shall have our usual festive snacks.

Our group secretary Durham hopes to be at our next meeting after recovering from his recent health problems and has advised me that for some time now we have not produced a December newsletter so I will wish all the members of the King of Hearts a Very Christmas and a safe and healthy New Year.

I was pleased to see our dear friend Karen at the October meeting and my thanks go to her Angela, Peter, Janet, Silvia, and Eric who helped to make the October meeting a success, Angela we are still enjoying the refreshments you provide

Last but not least I would like to thank all those members who attended our October meeting where we were introduced to another new member which helped to make it a success.

As usual I wish you all well and I look forward seeing you all at our November 8th meeting.

Best wishes and stay safe
Henry Phillips Chairman

21st Century Shopping

How I long for the bygone days when shopping was a simple chore,

Now I am in a constant haze from endless choice in every store.

I walk for miles along the aisles in search of powder for the wash, what happened to the ones we knew, Tide, Rinso, Oxydol and Omo? Oh! Joy There's Persil I know it well,

What kind to choose. How can I tell?

The prices are a mystery just buy one and get one free! I always think it would be nice if they would simply half the price and only this and only that, on items that are far from cheap. They treat us like a flock of sheep.

But that which drives me quit insane, is when I seek for things in vain.

To only find again, once more they've gone and rearranged the store.

Are the choc bars getting smaller or is it just Me.?

Are shortbread fingers thinner? It surly cannot be me.

A bag of crisps, just half a potato? Perhaps it's just me.

Are tempers getting shorter? I hope it's not me.

Everything seems to be shrinking, but I know that isn't me.

A Few More Unusual Facts.

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.

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

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

University of Alaska spans four time zones.

The tooth is the only part of the human body that cannot heal itself.

Strawberries are the only fruits whose seeds grow on the outside.

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

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

As usual we will not be sending a Newsletter out in December.

So from all your committee may I wish you all A Very Happy Christmas and a Healthy New Year

And also a Happy Chanukah.

Hope to see you all next Year.