KING OF HEARTS

Newsletter

April 2024 Cardiac Support Group

The Committee

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Committee

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

COMING SOON
April 10th AGM
May 8th

Dear Members and Friends April 2024

Welcome to my April 2024 newsletter and as usual I wish you all the very best so stay safe and healthy. I would like to thank all the committee members who assisted in making our March meeting a great success.

I would like to thank Karen for introducing the group to a young man who gave us an excellent talk on what happened, and what caused the Titanic liner to sink in an icy situation, I put a question to the speaker regarding my great uncle Jack Phillips I was informed that he was one of two telegraph operators on board the Titanic and that he was the last operator to remain until the very last, well done uncle Jack.

I would just like to remind the group that at the April 10th meeting will shall be holding our Annual General Meeting and as this is a rather important meeting can I ask that the group members make the effort to attend.

At the March meeting a suggestion was put to the committee that the meeting times be changed to 2pm – 4pm in order that we avoid the closure of King Solomon school when there is a mega number of students surrounding the area of the library, Vision the owners of the venue have agreed on this change which will be discussed at the April meeting.

I would like to thank Angela for providing the group with refreshments well done for your continued support.

I look forward seeing you all at the April 10th meeting. Best wishes for 2024 stay safe and healthy.

Henry Phillips Chairman

MEMORIES

Oh how I wish for the days gone by,
When men would whistle as they toiled on by.
When it was safe to go for a walk at night,
When doors were left open, and people were polite.

When a man's word and a shake of hand,
Was all that was needed to make a stand?
When children had manners and never were rude,
When it was never the practice to say anything crude.

We worked hard for most hours of the day,
We helped one another and expected no pay.
There were no drugs to be had or no foul language so bad.

There was humour and pride of which to be glad.
Those days were long gone, and so with a sigh
Us` oldies must yield and kiss them goodbye.

Smoking a cigarette was fashionable.
`Grass 'was mown.
`Cole` was kept in the coal shed.
A `joint` was a piece of meat you had on a Sunday.
`Pot 'was something that you cooled in.

A Smile.

A smile is an infection
You catch it like flu,
When someone smiled at me today
I started smiling too.
I walked around the corner
And someone saw me grin.
When he smiled, I realised
I`d passed it on to him.

I thought about the smile
And realized is worth,
A single smile like mine
Could travel around the earth?

If you feel a smile begin
Don't leave it un detected,
Let's start an epidemic
And get the world infected.