KING OF HEARTS

Newsletter

November 2025 Cardiac Support Group

The Committee

Dr. Andrew Deaner President
Honorary Members
Trish & George Scott

Karen Hughes

Henry Phillips Chairman
0208 500 7095
maureen_henry2003@yahoo.co.uk

Durham Holbourns Secretary
0208 554 6779
Karen Hughes Assistant Secretary

Peter Knight/Henry Phillips Treasurer
0208 478 8464

Janet Knight
0208 478 8464

June Sheen
0208 595 6120

Sylvia Daly
0208 599 3188

Molly Ghosh
0208 597 2308

Eric Simmons
0208 500 7724

Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month
At 2 pm
COMING SOON
November 12th Talk on Cardiac Medicines
December 10th Christmas Afternoon Tea.

Dear Members and Friends November 2025

Welcome to my November newsletter and I hope that you are all well. It would appear that our summer bright days have passed and that we need our wet weather clothing, we should all be pleased that we have enjoyed a nice summer.

I would like to thank Angela, Alan and Karen for sharing with me and my family our sad day on 17th October when we said farewell to my dear wife Maureen, also I wish all of the group members who sent sincere condolences a big thank you on this sad event.

At the October meeting we had the pleasure of meeting a gentleman who during his working life was a member of the movie acting guild. Jack Mathews who gave the talk has been in many television series as an extra also in films such as The Pirates of the Caribbean to name but one major film, I for one try and spot this gentleman on television not an easy task well done Jack we hope to see you sometime in the future.

I would like to thank all those who made the October run smoothly and I look forward seeing you all at our November 12th meeting, best wishes and stay well and safe.

Henry Phillips Chairman

A few Memories.

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

When children had manners and were never rude.
When it was never the practice to say anything crude.
We worked hard for most hours of the day.
We helped each other 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.

Interesting Thoughts.

The sentence "The quick brown fox jumps over the lazy dog"
Uses every letter of the alphabet.
The words "electronic mail "might sound new but it was introduced 38 years ago.
Queen Elizabeth 2nd sent her first email in 1976.
The names of all the continents end with the same letter.
There are no letters assigned to the numbers 1 and10 on a phone pad These numbers remain un assigned because they are so called "flag "numbers, kept for special purposes such as emergency or operator services.

I will not be sending out a Newsletter in December.
May I wish you all a Very Happy Christmas and a Healthy New Year.
And to all our Jewish Friends I wish you all A Happy Chanukah.