KING OF HEARTS

Newsletter

October 2026 Cardiac Support Group

The Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at 2.pm.

COMING SOON
October14th Mr Hobson Talk on Agatha Christy.

Dear Members and Friends October 2026

Welcome to my October newsletter which I hope finds you all well, and we are still enjoying our Indian summer long may the warm weather last. At our September meeting I was so pleased to see our dear friends Alan and Angela Banner who due to ill health have been unable to attend our meetings for several months, seeing them both after such a long absence was indeed most welcome to you both. Our September speaker turned out to be a very interesting ex taxi driver by the name of Alan Jacob's who amazed the group with stories of who had enter his taxi during his working career. The number of celebrities who Alan had met during a lifetime as a London taxi driver are too numerous for me to record in my newsletter, I would however imagine that a telephone call to him would not go amiss should anyone be interested in his past life as a cabby. This part of my newsletter fills me with much sadness as on the 18th September 2026 our dear friend Durham our secretary had to say farewell to his dear wife Silva who for many months has not been well. Durham I am sorry that I was not present to be with you and your family on Sunday but my family and I were thinking of you all. Our October meeting should be interesting as we have a gentleman by the name of Mr Nick Dobson who will give us a talk on the life and time of Agatha Christie the Queen of Crime which I hope you will find interesting. I would just like to add that we have the pleasure of meeting another dear friend Angela at the November meeting who will take us through some seated exerciseI am sorry to say that at the time of my September newsletter going to Durham I was not able to tell the group who will be giving us a medical talk, I am sure that Karen has this in hand for our meeting. I would like to thank all the committee members especially Sylvia and Richard for making and serving the liquid refreshments. I am looking forward seeing you all at our October 14th 2026 meeting, and may I wish you all the very best stay well and safe.

The Old Days

We who were born before 1940 must have been a healthy bunch when you think of the way in which the world has changed.

We were before radar, credit cards, laser beams and ball point pens, before dishwashers, Tumble driers, air conditioners and before men walked on the moon.

We were born before day centres, disposable nappies. We never heard of FM radios, tape decks, artificial hearts or word processors. Time sharing meant being together, and a chip was A piece of wood or a fried potato.

In our day, cigarette smoking was fashionable, coke we kept in the coalhouse, `a gay person` Was the life and soul of a party?

But we have survived.

Sayings of the Months.

Before 1949 `Making out` referred to haw you did in your exam's 'Stud` was something that fastened a collar, and going all the way meant staying on a Double decker bus to the depot. In our day, cigarette smoking was fashionable, grass was mown, and coke was kept in the coal shed. A joint was a piece of meat you had on a Sunday, and a pot was something you cooked in. Rock music was Grandmother`s lullaby, and a gay person was the life and soul of the party.

Some Unusual Facts.

The roar that we hear when we place seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
Bananas cannot reproduce its self. It can only be propagated by the hand of man
.Airports at higher altitudes requires a longer airstrip due to lower air density.
The 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`.

Finally. If anyone has anything articles for the Newsletter please send them to me, my email address durhamholb18@hotmail.co.uk.Thank you