

Hearts and Minds

THE HERTBEATS NEWSLETTER



St Albans and District Cardiac Support Group
Established 1997

Affiliated to the British Heart Foundation and Arrhythmia Alliance

secretary@hertbeats.org.uk

[Website: www.hertbeats.org.uk](http://www.hertbeats.org.uk)



Strawberry evening

AUGUST/SEPTEMBER 2016

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FORTHCOMING EVENTS

11 th August	The Golf Society Summer Meeting Stockwood Park Golf Complex, Luton Details under Golf Society (page 10)
20 th September	Steve Gledhill Prostate Cancer and Prostate Problems. What men need to know?
18 th October	Mrs. P Farley Welcome to your woods Woodland Trust
15 th November	Christopher Stokes Police Community Support Officer
14 th December	Christmas Evening Buffet Supper and Entertainment We will be entertained by The St Albans Theatre Company (Formerly St Albans Operatic Society)
Booked Meetings 2017	
17 th January	Sqd Ldr Graham Laurie MVO RAF (Ret.d) A talk on the Royal Flight

All Tuesday meetings (unless otherwise stated) will be held in the Hall of St Mary Marshalswick, Sherwood Avenue at **8 p.m.** Hall available from 7.45 p.m.

HERTBEATS is a Cardiac Support Group formed in 1997 to provide practical advice, information and help to cardiac patients and their families within the St. Albans, Harpenden, Welwyn Garden City and Hatfield areas. It is also an informal social group that arranges for both patients and ex-patients, trips at home and abroad, regular friendly gatherings with interesting speakers and the opportunity to meet new and old friends. Whilst not offering formal medical advice, Hertbeats members often learn much about their ailments and the practical means of coping with these by talking to other members who have had similar experiences.

EDITORIAL

This summer edition of the Newsletter seems rather light, so far. With 5 days to go to the deadline, there are still several key inputs expected which will fill a few more pages.

If there are some fillers required I prepare input from my "Funnies File"; much of this has been on the back-burner for some time. The last few Newsletters have ended up with only one or two pages of Funnies and I know many members enjoy the back pages. So I hope that I can find a few gems for you that you have not seen before. Often I receive emails with Funnies which are on the second or third time round; it is surprising how many people's memories are jogged when this happens.

Anyway, I wish you an enjoyable summer and don't spill too much Prosecco reading the back pages.

Alan

NEWS FROM THE CHAIR

I hesitate to begin by mentioning the weather as I did in the last Newsletter (June/July). When I wrote the notes at that time I declared how good the weather was outside and that we might look forward to a warm summer. Well the temperature has not been too bad, but I suspect, as I write just before mid-July, even gardeners might think we have had too much rain! Nevertheless I have managed to go swimming with my granddaughter in the outside pool (in Hitchin) on two occasions. There would have been a third – on the hottest day of the year at that point – but just as we arrived there was a flash of lightning and everyone had to decamp to the inside pool which became extremely crowded. I can hardly keep up with granddaughter (she is six) now, let alone with so many people in the way. Still swimming is always a good exercise. Many of us are looking forward to the trip to Windsor, organised by Michael Utteridge, in mid-August. Let's keep fingers crossed for good weather on that day.

Unfortunately Norman Heathfield has had again to give up exercising in the hospital gym in the Tuesday exercise which he organised for such a long time. We wish Norman all the best. Most of our exercise classes are thriving, but that at Westminster Lodge on a Thursday afternoon has been short of members for some time. The class has had to be continued as one open to other over-50s, rather than just Hertbeats members, but is still struggling for numbers. Please contact Christine Hill or me if you would like to join. Westminster Lodge itself put an article in the *Herts Advertiser* about this and other exercise classes it runs.

You will find on page 6 of this Newsletter some details about our Christmas Evening Event in December. As always Jim Green has been putting together a splendid programme for that evening which is designed to replace the Christmas Dinner of previous years.

As always your Committee has been busy with planning and with too many activities to mention here. However, one important development is a replacement Hertbeats Identity Card. Brian Gibson is organising this. Many of us carry the card and I know that mine is now 'tatty' and needs replacing. We are still encouraging members to come forward and join the Committee. I am pleased to say that we have another potential member apart from Steve Gledhill, a recent addition and now the Hertbeats Press Officer.

John Blandford continues to update us on potential or proposed NHS changes in our area (essentially West Hertfordshire). It is important that members give their own views when consultation about changes takes place.

Roger Miller continues to develop our website. Please keep up-to-date by visiting it regularly, which you can do more frequently than reading the two-monthly Newsletter, though the colour version of *Hearts and Minds* is also worth seeing online.

Brian Y

SECRETARY REPORT

Current Membership. As at 13th July 2016, Hertbeats membership stands at 333

New Members. Since the last newsletter May Huxtable, Margaret & Tony Garner, Ian Lauder, Peter Almond, Andrew Gabbutt and John Barton have joined Hertbeats – Welcome aboard.

Membership Renewals. At this time every year some members prefer not to renew their membership. Since 1 April we have lost 39 members. Some of whom have died, whilst others have moved out of area. For some Hertbeats has served its purpose and they have chosen to move on. The committee have tried each year to find out why members choose to leave and have called lapsed members to see why Hertbeats no longer suits them. Some have problems getting to meetings and taking advantage of what Hertbeats has to offer. The majority prefer not to give a reason. On the other hand 16 new members have joined Hertbeats since 1st January of whom 11 have started since 1st April 2016 with a further two have sent for application forms.

Cardiopulmonary Resuscitation (CPR) Training. As you will all know by now, the two CPR courses laid on by Jean Sharpe were well attended. I think it is safe to say that everyone was impressed by the thoroughness of the training. We were all made more aware of how desperately urgent it is to provide CPR where someone has stopped breathing. Even those of us who had been on CPR courses before learned something new as well as being "refreshed". The courses are available to partners or carers even if not Hertbeats members although priority will be given to Hertbeats. If the following courses are well attended further courses will be arranged.

Jean Sharpe has now arranged three further CPR courses.

Session ONE	10 th August	14:00 – 16:00 hrs	OR
Session TWO	1 st September	14:00 – 16:00 hrs	
Session THREE	7 th October	14:00 – 16:00 hrs	

These will take place at St Albans Community Fire Station. (The given address of 153 London Road seems to be misleading. However as you come out of Drakes Drive turn left onto London Road and the fire station is on the left in about 176 yards and is well sign posted.) If you and/or your partner wish to join a course, please complete the enclosed CPR Training request slip. A Training Request form can also be found under "Helpful Notices and Posters" on our web site. Many thanks to Jean for organising these courses.

Lifts to Monthly Meetings. In the last newsletter I asked if anyone who regularly attended our meetings would be prepared to offer lifts to other members. I regret to say that no one has responded. It should be noted that some of those who can no longer drive are now unable to get to the pickup points for the monthly trips and are therefore progressively isolated. If you are prepared to give someone a lift then PLEASE let me know.

A Hertbeats Regular Coffee Morning. From comments made by some of our members we have been looking into the possibility of setting up a day time coffee morning. The venue, the day of the week and the frequency (monthly? or fortnightly?) still have to be agreed. However we have made progress and are exploring a particular venue that will not seek a charge for the room use, so we think that the only charge would be to cover the cost of the coffee/tea. I will be very grateful if any members who might be interested in a regular coffee morning and have an opinion on how often per month would be viable would contact me.

Hertbeats Website. As you may recall the new web site now needs to be publicised to GP practices. We hope to be able add Hertbeats as a support or self-help resource on local Practice web sites and place a link back to www.hertbeats.org.uk. This has been more difficult than one would expect. None-the-less two practice managers have now added Hertbeats to their sites together with the link to our website and one has forwarded that link to 14 other practices in the St. Albans district. Dare I say "Progress!!"

Telephone and Other Scams

The police indicate that these forms of attempted theft are on the rise. If you are not a member of OWL I have reproduced this advice for your benefit. The police message from OWL reads as follows:---

"To help you to recognise and tackle fraud (sometimes known as "scams"), Hertfordshire Constabulary's Crime Reduction and Community Safety Department produces a regular update. This update publishes common and emerging frauds that have affected local residents, together with tips to help you stay safe. Our June 2016 on-line edition contains information about: Tax demands from callers claiming to be HMRC; Theft of mail from homes; Top Ten Tips to avoid becoming a cyber crime victim; Job Fraud; Paypal alert.

Download Associated Documents

The document referred to in this message can be found on the link below. If you are reading this on-line just Click to download and open a file which use the popular PDF format. [Fraud Prevention Update June 2016](#) (257 KB)

I have copied the document to the Hertbeats website in the "Helpful Notices and Posters" section.

Further crime prevention updates of all sorts can be found on the Hertfordshire Police website at: www.herts.police.uk/ProtectYourMoney
(http://www.herts.police.uk/advice/crime_prevention/crime_prevention/protect_your_money.aspx)

I will not normally be publishing this sort of material. However in this case the threat seems to be rising on the one hand and on the other hand the document and crime prevention information are extremely comprehensive and I thought worth drawing to your attention.

For those with no internet connection I am prepared to print off and post the two page document should you wish to give me your name and address. Phew!!

*Roger Miller
Secretary*

CHRISTMAS EVENING EVENT 14TH DECEMBER 2016

I know that many of you will have heard we have cancelled our Christmas Dinner because numbers were falling and prices were rising. After due consideration the committee have decided that we should have some Christmas activity.

We will now hold a Christmas Evening in St Mary's Church Hall Marshalswick which we hope you will support. Listed below are the details.

Date	Wednesday 14 th December 2016.
Venue	St Mary's Church Hall, Marshalswick.
Time	8pm 'til 10pm.
Food	Buffet Supper with a glass of bubbly.
Entertainment	St Albans Musical Theatre Company.
Cost	£5 Member. (Members can invite 1 friend cost £5)

Invitations' will be sent out in the Oct/Nov magazine. We know that sometimes members are unable to attend because of transport problems. If transport is required the invitation will carry the name of a committee member who will try to arrange transport for you.

James Green

MINUTES OF THE ANNUAL GENERAL MEETING

**held on May 17th 2016
at St Mary's Church Hall, Marshalswick, St Albans**

1. **Apologies for Absence:** Roger Miller, Gill and Geoffrey Priseman, Dr John Coad & Dr Sue Coad, Sheila Parminter, Val and John Wood, Audrey Taylor.
2. **Minutes of the 2015 Annual General Meeting:** Accepted with no comments.
3. **Chairman's Report:** This was presented by Brian York [President] and will be published in the August/September 2016 Newsletter.
4. **Treasurer's Report:** Dave Tarrant [Treasurer] presented summaries of the Main, Exercise and Deposit Accounts with the total bank/cash book balances. Budget forecasts to 31/03/17 for the Main and Exercise Accounts were also tabled. Acceptance of the Accounts and Forecasts was proposed by Christine Hill and seconded by Michael Utteridge: Accepted, nem con.
5. **Election of Officers and Committee:**
The list of Officers and Committee, with Proposers and Seconders, was presented and all named were accepted nem con.
The list will be shown on the back page of Newsletters as usual together with co-opted Members and Exercise Group leaders.
6. **Appointment of Hon Auditor:** Mr Steven Lindsay was proposed and seconded. Accepted, nem.con

7. Any Other Business:

1. The question of provision of transport for Members unable to attend meetings was raised and volunteers were asked to contact the Secretary. A note in the Newsletter would also ask for volunteers.
2. Brian Gibson noted that at least one Member would be reaching the age of 90 soon and some recognition of this should be made. It was noted that others were also approaching that age. It was agreed that this matter would be considered by the Committee.

The Meeting ended at 8.40pm and was followed by a presentation by Michael Utteridge on the trip to Chartwell and Emmetts Gardens [May 14th] and on future trips arranged, e.g. Eltham Palace, Windsor Castle and Waddesdon Manor. Three Members then recounted reminiscences of their earlier years.

*John Versey
Minutes Secretary*

EXERCISE GROUPS

EXERCISE CLASSES UPDATES

MAPLE UNIT

Currently there are vacancies for the Tuesday 6.00pm class and the Thursday 6.00pm and 7.15 pm classes. Please do let me know if you would like to join a Maple Unit class whether you have recently completed 'rehab', or would like to start exercising anyway. If the latter you will need a note from your GP confirming basic fitness to exercise. (Contact details on the back page.) All exercisers go at their own pace supervised by an appropriately qualified physiotherapist. Both Thursday classes are taken by Eleanor Hughes, who some will know if they have passed through 'rehab' at the City hospital.

Brian Y

WESTMINSTER LODGE EXERCISE CLASSES

Monday & Thursday 2.30 to 3.30 £3.30 per session held in Dance Studio 2

(Note free parking for the first two hours but you must display a ticket on windscreen)

Numbers for the last 7/8 weeks up to 30th June, 2016 -

Monday class averaged at 10, highest 13 lowest 7;
Thursday class averaged at 5, highest 7 lowest 3.

Unfortunately as you can see above the Thursday class has not as yet been able to increase its numbers consistently to 8/9 that Westminster Lodge want, so I fear that the class will in the end be closed but as yet have heard nothing official from them. At the moment we have 4 regular members who have been off for weeks due to medical conditions, but hope eventually to be able to come back to the class.

If any member is interested in joining our happy friendly classes please contact me for a chat on 01727 852610 or email cjh@stalbasherts.demon.co.uk.

Christine Hill

ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes.

The Hertbeats class at Westminster Lodge on Mondays at 2.30pm is now being taken by Antonella.

The rest of Antonella's classes is:

Group classes:

Batchwood Tuesday 11.30am
London Colney Wednesday 11 am
Harpenden Wednesday 1pm

Gym classes:

Harpenden Monday 12.20 to 13.50 + Friday 12.30 to 14.00
Westminster Lodge Thursday 10.30 to 12.00

Brian Y

JERSEY FARM

Jersey Farm exercise group is going from strength to strength with 15 exercisers attending our last sessions. With room for more who wish to exercise to aerobic movement to music, followed by a light weight workout. If you would like to attend a session as a spectator please give me a ring on 01727858396"

Dave

HERTBEATS WALKS

We have now been holding Hertbeats Walks for 2 years and have a regular group of walkers for either the 3 mile walk or the 5 mile walk with some members coming along to both walks: (see photograph below).

The 3 mile walk usually takes 1.5hrs, so not too fast, and the 5 mile walk about 2 hrs, so a little faster.

If you feel you would like to join us then please contact me using one of the following:

Tel; 01727 850165 Mob: 07745 295691, Email: etnajones@gmail.com
and I will add you to the mailing list.

The proposed list of dates for the 3 mile and 5 mile walks for the period July - Dec 2016 are:

3 mile walks (Wednesdays)	5 mile walks(Thursdays)
July 13 th	July 28 th
August 3 rd	August 18 th
September 21 st	Not possible
October 5 th	October 20 th
November 9 th	November 24 th
December - usually no walks	

These dates could be subject to change but obviously I will let you know! Please contact me if you have any questions. I hope to see as many of you as possible so please put these dates in your diaries.

*Ed Jones
Hertbeats Walk Organiser*



HERTFORDSHIRE HEALTH WALKS

Copies of the current programme are available at Information Points at both St Albans Town Hall and Harpenden Town Hall as well as doctors' surgeries and Libraries.

All walks are accompanied by experienced leaders however before your first walk you should either turn up 10 minutes early to fill in a form or register online at the website - www.hertfordshirehealthwalks.org Don't forget to wear suitable shoes and carrying a bottle of water is also recommended.

STOP PRESS: If this is your first Health Walk you can claim a FREE HHW baseball cap!! There is an advert for this in the current Hertfordshire Horizons information magazine delivered to all households in Hertfordshire. Fill in the space in the advert and give to the walks leader and a cap will be sent. This can also be done by registering at the above website.

Walks are graded and are between 30 minutes to an hour and a half. For example [1] is an easy walk, 30 minutes, about 1.5 miles, gentle slopes, no stiles. [3] is a moderate walk, about 1 hour (3 miles), moderate slopes, a faster pace and possible stiles.

Some examples are: [Though there may be differences for September]

Highfield Park: Meet at Charters Health Club car park, Hill End Lane. Opposite Spar, AL4 0DB: Every Monday, 9.30am. Category [2-3]; Accessible by public transport and refreshments available nearby.

Walks also start at Highfield Park every Tuesday at 1.30pm; Category 2-3.

Wheathampstead: Meet at public car park behind The Bull, East Lane, AL4 8BL: Every Tuesday 10.30am. Category [2-3]; Accessible by public transport and refreshments available nearby.

Hatching Green: Meet on road in Redbourn Lane, AL5 2JP. Car parking in side road. Every Thursday, 10.30am. Category [3-4]. Accessible by public transport. White Horse pub nearby!

Greenwood Park: Meet outside Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW: Every Friday, 2.00pm. Category [2-3]. Accessible by public transport and refreshments available nearby.

For those up-to-date with modern technology details are also on Facebook and twitter.com/hertshealthwalk

John V

GOLF SOCIETY



The Golf Society **Summer Meeting**, held in conjunction with the Hemel Hempstead cardiac support group Heart to Herts, is on **Thursday 11th August**. The venue is the Stockwood Park Golf Complex, Luton. A note of the date has already gone out to those that have previously expressed an interest. Detailed arrangements are to follow. We expect about 20/ 25 golfers on the day.

New golfers are very welcome. If you would like to join us or find out more about our golf society please contact Vernon Clough on 01582 713080 or at vclough@ntlworld.com

Vernon

MEDICAL MATTERS & NHS NEWS

OUR ACUTE HOSPITAL – WHERE AND WHEN?

Decision time for the Board members of the Herts Valleys Clinical Commissioning Group to come to a decision on where acute emergency surgical and clinical services should be provided is still some way off.

The choice is likely to be between West Herts Hospital Trust providing these services in a renovated and partially rebuilt hospital on its site in Watford or in a completely new build hospital on a site more easily accessible by St Albans and Hemel Hempstead residents. My preference would be for a new build on a new site.

Several possible sites have been identified and are being evaluated on clinical, transport and financial grounds with the help of professional estate evaluators.

Target date for a decision to be made is now May 2017.

Meanwhile the West Herts Hospital Trust has not waited for the commissioning group to make its longer term decisions and has published a draft of its own short-term clinical strategy inviting interested parties to comment on this before the final version goes to the WHHT board meeting in September. This says how it intends to improve the services it provides during the next three years.

I have found this strategy document very encouraging especially in that it mentions maximizing the use of St Albans Hospital with more diagnostic equipment and all planned surgery being provided there, whereas at present more complex cases have to be dealt with at Watford. An intention to develop local high intensive chemotherapy and partnerships with "supercentres" for cancer services is another welcome development.

The document is a 19 page PowerPoint presentation and I will be pleased to email this as an attachment to any readers with the time and interest to read it.

John Blandford

OUT AND ABOUT – TRAVEL (see pages 13 and 15 too)

WALKING IN THE SHADOWS OF GREATNESS AND ANTS – OUR CHARTWELL HOUSE AND EMMETTS GARDEN OUTING

Our outing to Churchill's family home and the nearby Emmetts Gardens was a day full of contrast with the morning allowing us to walk in the footsteps of our greatest statesman and an opportunity to reflect in the afternoon and enjoy the tranquility of gardens created by the endeavours of another driven man.

Although Chartwell is synonymous with Churchill a house had been built on the site as early as the 16th century and Henry VIII was reputed to have stayed in the house during his courtship of Anne Boleyn who lived in the nearby Hever Castle. It was the impressive views across the Weald of Kent that persuaded Churchill to purchase the house regarded as having "no great architectural merit".



During Churchill's period in the political wilderness he was forced to put the house up for sale for financial reasons but it was withdrawn after an industrialist agreed to take over his depleted share portfolio and pay his heavy debts. After the war the house was bought by a group of Churchill's friends in return for a nominal rent and opened to the public in 1966 when it was bequeathed to the nation.



The house remains much as it was when Churchill owned it. The rooms are decorated with memorabilia, books and gifts as well as the room full of the honours, including the Nobel Prize, and medals that Churchill received. It was humbling to walk through the rooms, which were a far cry from the palatial surroundings of Blenheim where he was born, and realise the great moments in our history that had their origin in this family home.

YOUR GARDEN

As far as I am concerned this season is not going well but the snails and slugs have enjoyed it. This is possibly the result of no frog spawn in the pond this year. Of course a couple of hedgehogs would be useful.

The roses are in full bloom at the moment and dead-heading is a daily task. I have noticed that disease is starting earlier this year so spray with a fungicide as soon as possible to deter later in the season.

If you are thinking of obtaining more roses this year a trip to the National Rose Society's garden at Chiswell Green needs to be made by 7 August between 10 am and 4.30 pm. Alternatively visit Godley's nursery on the Redbourne Road where you can see them growing like we do, without too much TLC.

Now that the bearded irises have finished flowering the large groups should be dug up, single rhizomes broken away from the outside of the group, the leaves trimmed to about 4 to 5 inches, the longer roots reduced to 2 inches before replanting in revitalised soil. Give any surplus to friends.

It is possible to obtain a second set of flower spikes on delphiniums if the first set is cut right down and a liquid fertiliser is applied.

Continue to water and feed patio pots and baskets regularly to maintain their brightness until the frosts come along. Consider what you are going to replace them with to overwinter.

The weeds continue to grow in the lawn and effort should be made to eliminate them before cooler weather slows down the growth of the grass so that you don't have a set of small bare patches to look at in winter.

Check bird boxes. Clear out old nests and clean the box. Keep birdbaths clean and full of fresh water. Take rubbish out of the pond and prepare it and its plants for autumn.

If there's any time left enjoy it by weeding.

Happy gardening.

Bill

OBITUARIES AND EULOGIES

ALAN ROSE

It is my sad duty to advise you that Alan Rose has died. I received the following email from his wife Betty:

"I am sad to have to tell you that Alan died peacefully on Saturday 18th June having been wonderfully cared for at home in his last days by District nurses and Rennie Grove hospice at home.

He used to really enjoy Antonella's class in particular but, as his prostate cancer claimed more of his energy was unable to continue.

All good wishes

Betty Rose"

We send our condolences to Betty at this sad time.

Roger

REFLECTIONS

EMMETTS GARDEN

After the weight of history, and the shadow of a person who shaped it, we had the pleasure of a visit to Emmetts Garden overlooking the Weald and North Downs. The name "emmett" is a local word for ants and referred to the giant anthills that covered the area until the 1950s.

The land was purchased in 1890 by Frederic Lubbock, a banker and passionate plantsman, whose elder brother was a world expert on ants which may have influenced the purchase of the property. The family is the one that produced Eric Lubbock, famous for taking the Orpington constituency from the Tories for the Liberals in the 1960s. The garden was laid out in the late 19th century and contains many exotic and rare trees



and shrubs from across the world.

A walk in the rock and rose gardens, taking in the glorious views across the Weald of Kent, put us in good shape for some refreshing tea and scones. For our return journey we even managed a complete circumnavigation of the M25 without any of the usual delays!



CARPE DIEM

Stop all the clocks. Phone the Palace. Dame Judi Dench has just got a tattoo. Now aged 81, one of our most venerable national treasures has had "Carpe Diem" inked on her wrist! Flinty, her actress daughter, gave her the tattoo as a birthday present.

At a stage when most of her contemporaries would prefer a chiropodist appointment, she is to be applauded for her brio. "Carpe Diem" indeed, Dame Judi – every last one of them.

Gordon Negus

ENGINEERING UNITS

Ratio of an igloo's circumference to its diameter = Eskimo Pi

2240 pounds of Chinese Soup = Won ton

1 millionth of a mouthwash = 1 microswill

Time between slipping on a peel and smacking the pavement = 1 bananosecond

Weight an evangelist carries with God = 1 billigram

Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong

365.25 days of drinking low-calorie beer = 1 Lite year

16.5 feet in the Twilight Zone = 1 Rod Serling

Half a large intestine = 1 semicolon

1,000,000 aches = 1 megahurtz

Basic unit of laryngitis = 1 hoarsepower

Shortest distance between two jokes = a straight line

2000 mockingbirds = two kilomockingbirds

1 kilogram of falling figs = 1 Fig Newton



Why science teachers
should not be given
playground duty.

www.Facebook.com/GeezerPlanet

"GUYS AND DOLLS" FROM BOTH SIDES OF THE FOOTLIGHTS

Our visit to Milton Keynes Theatre in June took us on a fascinating morning Backstage Tour revealing all the preparation and detail involved in putting on this acclaimed production.

The theatre in Milton Keynes is one of the largest "receiving houses" outside London that accommodate large touring productions that bring everything required from scenery down to wardrobe mistresses and a myriad of props all carefully laid out like a surgeon's instruments. Costumes are repaired and laundered daily and wigs are combed and reset by a small team of hairdressers for each performance. The amount of equipment involved resembled an army on the march.



We learned that the theatre has around 70 ropes for lifting scenery; work that traditionally was carried by seamen who normally communicated at sea by whistling and that is the reason why whistling in the theatre is regarded as unlucky. Milton Keynes Theatre has a dozen trapdoors set in the stage which also has a deep basement underneath the orchestra pit containing a water tank for creating rain effects. Depending on the type of production the whole ceiling can be lowered to cover the Upper Circle, for plays where amplification is not used, or raised, as it was for our visit for large scale productions.

Having seen all the preparation our appetite was whetted for Lunch and seeing the show in the afternoon and we were not disappointed. The cast and orchestra did justice to some great songs such as "Luck be a lady" and "Sit down you're rocking the boat". We came away having enjoyed one of the greatest musicals of all time and were lucky to have seen it from both sides of the footlights.

Outing to Waddesdon Manor on Saturday, 10th September 2016

We will be making a return visit to Waddesdon Manor for one of our National Trust visits. The house is best described as a fairy-tale French Renaissance-style château in the heart of the Buckinghamshire countryside. It is home to unique collections of 18th century and contemporary art set in glorious formal gardens and rolling parkland.

The cost of the outing will be £11 for National Trust members and £24 for non-members giving admission to both the House and Gardens. Details will be sent out shortly. If you are not on the emailing list please let me know.

Michael Utteridge (michael.utteridge@btinternet.com)

OFFICERS & COMMITTEE MEMBERS – 2016

HONORARY OFFICERS

LIFE PRESIDENT	Brian Gibson	01727 859127
LIFE VICE-PRESIDENTS	Dr John Bayliss	
	Dr John Versey	01582 764852
VICE PRESIDENTS	Dr Masood Khan	
	Dr Philip Moore	
	Dr Niall Keenan	

OFFICERS

CHAIRMAN	Brian York	01727 854072
TREASURER	Dave Tarrant	01727 858396
SECRETARY	Roger Miller	01727 766278
	secretary@hertbeats.org.uk	

COMMITTEE MEMBERS

CARE AND WELFARE	Ann Gibson	01727 859127
MONTHLY SPEAKERS	Jim Green	01727 830191
INFORMATION & PUBLICITY	Brian Gibson	01727 859127
REHAB LIAISON TALKS	Dave Tarrant	01727 858396
TRIPS AND VISITS	Michael Utteridge	07931 342808
NHS LIAISON	John Blandford (Co-opted)	01727 859913
AND..	June Gibbs	01582 763526
	Roy Titchmarsh	01582 792247

EXERCISE CO-ORDINATORS

MAPLE UNIT	Brian York b.york@btinternet.com	01727 854072
WESTMINSTER LODGE	Christine Hill	01727 852610
HARPENDEN & BATCHWOOD	Antonella McMillin	01582 715615
JERSEY FARM	Dave Tarrant	01727 858396
	tarrantdave@hotmail.com	

OTHER ACTIVITIES

RECOMMENDED TRADERS	Maureen Negus	01727 850539
TRAVEL INSURANCE COLLATOR	Jean Sharpe	01727 838193
GOLF SOCIETY	Vernon Clough	01582 713080
NEWSLETTER EDITOR & PUBLISHER	Dr Alan Brittain 3 Alverton, Green Lane St Albans AL3 6HB	01727 865593

Please send newsletter articles or letters to the address above or by email to brittain1547@btinternet.com. Newsletters are expected to be published in the first week of February, April, June, August, October and December. **The next deadline is midnight of 14th Sep 2016 for publication in the October 2016/November 2016 issue.**