

# Hearts and Minds

THE HERTBEATS NEWSLETTER

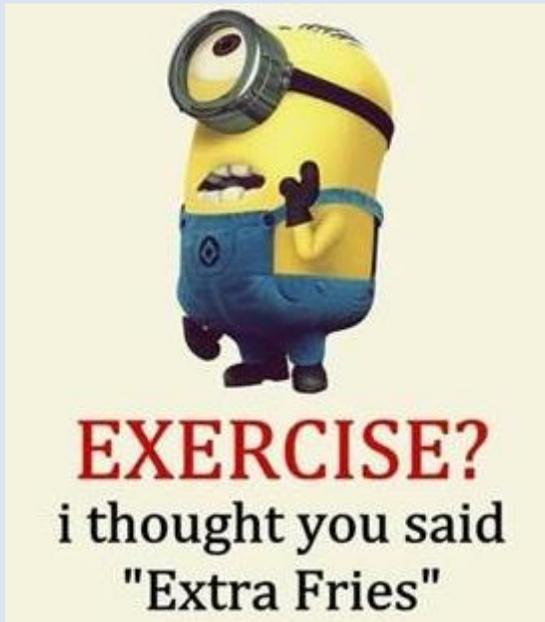


St Albans and District Cardiac Support Group  
Established 1997

Affiliated to the British Heart Foundation and Arrhythmia Alliance

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



**OCTOBER/NOVEMBER 2016**

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## FORTHCOMING EVENTS

18 <sup>th</sup> October	<b>Mrs. P Farley</b> Welcome to your woods Woodland Trust
25 <sup>th</sup> October	<b>Golf Society Autumn Meeting</b> Little Hay Golf Club, Bovingdon (Details under Golf Society (page xxx))
15 <sup>th</sup> November	<b>Christopher Stokes</b> Police Community Support Officer
14 <sup>th</sup> December	<b>Christmas Evening</b> Buffet Supper and Entertainment We will be entertained by The St Albans Theatre Company (Formerly St Albans Operatic Society)

## Booked Meetings 2017

17 <sup>th</sup> January	<b>Sqd Ldr Graham Laurie MVO RAF (Ret'd)</b> A talk on the Royal Flight
21 <sup>st</sup> February	<b>NHS Matters</b>
21 <sup>st</sup> March	<b>Doctors' Evening</b>

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

Does anyone watch "Trust me I'm a Doctor"? It has been running on the BBC for some time and I dip into it quite often. It presents information on health-related issues and most-importantly, is unbiased in reporting the results – no commercial influence, as far as I am aware.

So, from my point of view, the most reliable information comes from their experiments – and the details of these are clearly presented during the programme with well-presented results of what worked and what did not. Highly relevant and informative studies have included exercise regimes, gluten-free diets, eyesight-improving supplements etc. I encourage you to watch the programme or visit [www.bbc.co.uk/trustme](http://www.bbc.co.uk/trustme) where you can review the subjects that have been presented in the past.

It often debunks some common preconceptions which may lead you to question other recommendations, often printed on commercial packaging. I recall some shampoos asking you to wash, then rinse your hair – then repeat the process!

More-recently (Aug 2016) there was a US report saying that flossing your teeth does little good. So the US has dropped the recommendation admitting that there is no scientific evidence to show that it works. Current NHS guidelines will be reviewed in January!

So, throw away your dental floss ----- but now buy packs of colourful interdental brushes! You can't win.

The bottom line is keep an open and questioning mind. And if you read "scientifically-proven" on a product specification take it with a pinch of salt, or ask the supplier to provide the scientific report.

*Alan*

## NEWS FROM THE CHAIR

This is the last edition of 'Hearts and Minds' being edited by Dr Alan Brittain. He has been our Newsletter editor for 10 years, which means that he has produced about 60 editions. In many ways this is perhaps the most important 'job' in Hertbeats because every member receives a copy every two months. Some members do not wish to, or, for reasons such as health cannot, participate in other Hertbeats' activities, but are members essentially to receive the Newsletter. Elsewhere in this edition you will find a sincere 'thank you' to Alan from Dr John Versey on behalf of us all.

Fortunately Dr John Coad has come forward to take over the editorship. It's the old adage of asking an already busy person if you want something done well. Nearly all members will know that John previously was our Secretary for many years, but has now volunteered to take on this new responsibility. Do please send him your contributions for 'Hearts and Minds'. John's first edition will be that of next December/January.

The Committee has co-opted Gareth Huxtable as a new member of the Committee.

Unfortunately we have had a nil response to our request for members who drive to give lifts to meetings of those who would like to attend, but now do not drive. Could we try this 'in reverse' please? If you are in need of a lift to meetings, or indeed to other activities such as the joining coach point, eg Marshalswick, for a Hertbeats trip, please let either Roger Miller (Secretary), or me, know and with luck we may be able to ask another 'driving' member living near to pick you up and return you to home. This also

applies of course to our Christmas event on 14 December and Hertbeats' 20<sup>th</sup> anniversary celebration next summer. Roger and my contact details are on the back page.

The new 'Patient Identity Cards', organised and obtained by Brian Gibson, are included with this Newsletter. Please carry yours. I certainly know that my old rather 'tatty' card is overdue for replacement!

In September John Blandford and I attended a local *Your Care, Your Future* meeting updating us on progress with reconfiguration of the West Herts hospitals and what they will provide. One of the key decisions likely to be made is whether Watford is developed as the main and acute treatment hospital, or whether it is possible to provide a completely new hospital on a green field site.

Michael Utteridge joined John and me at the AGM of our CCG (or to give it its full title, the Herts Valleys Clinical Commissioning Group). John has provided an article in this Newsletter about this important meeting

Brian Gibson has been instrumental in ensuring that we are represented at the Harpenden Senior Forum Day on 20 October. Some members of the Committee will be there, but I am sure Brian would welcome other helpers. If you are able to assist, if just for a short time, please contact Brian Gibson (contact details on back page).

Don't forget to keep in touch with our website at [www.hertbeats.org.uk](http://www.hertbeats.org.uk)

*Brian Y*

## OUR EDITOR

This is the last issue of Hearts and Minds which Alan Brittain will be editing. He has decided that after ten years of unstinting industry he wishes to retire from the bi-monthly task. It is a task - I know, I edited some issues after Ewart Winchester's untimely passing. But then, at Batchwood one day, during one of Antonella's exercise classes, I was chatting to Alan and asked, more in hope than anything, whether he would take over the editorship. Somewhat, to my surprise, but grateful thanks, he said he would. I was very struck by his immediate response, but that is Alan.

Alan has set a standard which has been carried out with precision and exactness, plus a good dose of funnies which are much appreciated. Issues have appeared always on time and our printer makes sure I receive the box of booklets well before publication day. All due to Alan and his perfection. This is probably due to his scientific background! Alan also has a busy life away from editing. He is a French horn player in orchestras and groups, he travels to France a lot and is involved in music there, too. Only last week he told me he had been one of a quartet of horn players demonstrating their skills and introducing music to a more than difficult class in Harpenden. So, Alan, we will miss you very much.

However, I can announce we will have a worthy replacement. A long term Member of Hertbeats and well-known for his work for the group. John Coad will take over the editorship from the Dec/Jan issue onwards.

I will say no more to spare blushes all round and there will be, no doubt, some tangible reward for Alan from us all for all the hours he has put into the task every two months. Thank you, Alan and also thank you John for taking on the mantle.

*John Versey*

## SECRETARY REPORT

**Current Membership.** As at 14<sup>th</sup> September 2016, Hertbeats membership has recovered somewhat and now stands at 352. We have gained 11 new members since 1 July.

**New Members.** Since the last newsletter David Rowe, Paul & Trish Kirikal, June Street. Mary Webster, Martin Elliott, Raibeart MacDougall, Elaine O'Brien, Corinne Utteridge, Keith Abbott and Jim Geraghty have joined Hertbeats – Welcome aboard.

**Cardiopulmonary Resuscitation (CPR) Training.** The last CPR course in the current batch of 3 arranged by Jean Sharpe is on **7<sup>th</sup> October**. If this course is well attended, and there is sufficient interest, further courses will be arranged by Jean. Don't forget that the courses are available to partners or carers even if not Hertbeats members although priority will be given to Hertbeats.

**Session THREE      7<sup>th</sup> October      14:00 – 16:00 hrs**

This 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 the course, please complete the CPR Training request slip which was included with the last Newsletter. OR, a Training Request form can be found under "Helpful Notices and Posters" on our web site OR Jean or I can email one to you (our contact details are on the back page.) Once again, many thanks to Jean for organising these courses.

*Roger Miller  
Secretary*

## HERTBEATS CHRISTMAS EVENING EVENT 14<sup>TH</sup> DECEMBER 2016

Included with this issue of Hearts and Minds is a flyer which invites you to the Hertbeats Christmas event. It will be held at the St Mary's Hall Marshalswick.

All details are on the flyer. We would recommend that you reserve your place quickly as there is a limit to the number of people the hall will hold.

So please come and join us and enjoy a buffet supper and entertainment from the St Albans Musical Theatre Company.

## EXERCISE GROUPS

### EXERCISE CLASSES UPDATES

#### MAPLE UNIT

**At the moment we are finding it quite difficult to find physiotherapists to cover all of our classes in the Maple Hospital gym. Tuesday was a particular problem, but fortunately one physio has come to our rescue. However, if anyone has contact with any 'physio' who may be able to help, please get in touch with me asap.** (Contact details on the back page).

Currently there are vacancies for most classes: 6.00pm on Tuesdays and Thursdays and also the 7.15 pm Thursday class. 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@stalbansherts.demon.co.uk](mailto:cjh@stalbansherts.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 full list of Antonella's other 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 a friendly class based at Jersey Farm Community Hall at St Brelades Place, AL4 9RG. The class lasts an hour and starts at 6.00 p.m. each Tuesday evening. Jacquie who takes the class is an experienced leader who always leads the class with a smile and a laugh. Numbers range from between 8 to 16 exercisers, with plenty of room for more. The exercises consist of slight aerobic movement to music, followed by a light weight work out. Anyone interested should contact me on 01727858396, and we can arrange spectating at a class.

*Dave.*

## HERTBEATS WALKS

Hertbeats is very fortunate to have its own walking group organised exclusively by its members. The group fulfils many of the objectives of Hertbeats by being an informal



and friendly social group. Regular walks give the opportunity to meet new and old friends. On the walks Hertbeats members often break up into small groups and get to know each other well. Many have had similar cardiac experiences and it can be very helpful, especially for new members, to talk to fellow patients and to share problems in a friendly, informal and confidential way and get fit at the same time.

**Some of the Hertbeats Walking Group Regulars, from left to right - Betty Roberts, John Hill, Ed Jones, Roger Miller, Brian Quinn, Ugo Sogaro. Ed Jones plans the walks and guides the Hertbeats members on every walk.**

*Photo by Steve Gledhill*

The organiser of the walks is Ed Jones. He researches each walk in advance and does a trial run, often with his wife, to test suitability. Favourite walks are repeated but most walks are new. Details are on the website, see 'Hertbeats Walking Group' in the 'Activities' menu. Regular participants are sent an e-mail or are contacted by phone with details of forthcoming walks.

There are two walks a month, except for December. The three mile walk (1½ hours) is on a Wednesday morning at 10:30am. The five mile walk (2 hours) is on a Thursday morning a fortnight later at 10:00am.

The fellowship of fellow cardiac patients extends beyond the actual walk, walkers sometimes visit a pub afterwards and have a drink or lunch and get to know each other even better.

Walks have started from many different places including Wheathampstead, Redbourn, Harpenden, London Colney and Bricket Wood. Sometimes in the summer the walks are further afield.

Forthcoming dates for the rest of the year are October 5th (3 mile), October 20th (5 mile) November 9th (3 mile) November 24<sup>th</sup> (5 mile) with none in December.

All Hertbeats members are very welcome to join in, perhaps on the three mile walk initially. Contact Ed Jones on 01727 850165 or 07745 295691 or e-mail etnajones@gmail.com. You won't regret it!

*Steve Gledhill*

## 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](http://www.hertfordshirehealthwalks.org) Don't forget to wear suitable shoes and carrying a bottle of water is also recommended.

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: [Note: some have changed days from the last notification.]

**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 Thursday 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 Tuesday, 10.30am. Category [2-3]. 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: [facebook.com/hertfordshirehealthwalks](https://facebook.com/hertfordshirehealthwalks) and Twitter: [twitter.com/hertshealthwalk](https://twitter.com/hertshealthwalk)

*JV*

## EXERCISE OF THE SENSES

The International Organ Festival Society has a series of monthly organ recitals which are free to attend with a retiring collection. The next one is: Saturday October 22 in St Peter's Church, St Albans at 5.30pm and given by Martin Sturm of Germany. He is a well-known recitalists and it is a lovely walk to the venue after parking or using your bus pass!

*JV*

## GOLF SOCIETY



### HERTBEATS GOLF SOCIETY

The Golf Society **Summer Meeting**, held in conjunction with the Hemel Hempstead cardiac support group **Heart to Herts**, was at Stockwood Park Golf Complex, Luton on Thursday 11th August.

We were pleased to have a warm, dry day, ideal for golf. The competition was in teams of three and four with four teams finishing within three points of each other. The winning team was Sue Softly, Val Clough & Vernon Clough.

A hole-in-one secured the nearest the pin award for

Vernon Clough. Drinks all round!

All enjoyed the day which was concluded with a convivial meal and prizes for the top three teams.

Our **Autumn Meeting** is at Little Hay Golf club, near Bovington, on **Tuesday 25th October**. The day will be organised by Heart to Herts, details of which will be made known before the end of September

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](mailto:vclough@ntlworld.com)

*Vernon*

## MEDICAL MATTERS & NHS NEWS

### HERTS VALLEYS CLINICAL COMMISSIONING GROUP

Three Hertbeats Committee members took part recently in a well-organised and attended Annual General Meeting of the Herts Valleys Clinical Commissioning Group held at Rothamstead Business Centre.

A major concern for the group is to reduce the number of referrals to our local acute hospitals including Watford Hospital which is having difficulty in meeting increasing demand for its services. Diverting more resources to preventive medicine and providing more services locally and even directly in peoples' homes are measures the CCG is taking to achieve this. These will be likely to save money in the long run and at the same time improve patients' experience. Conditions for which new treatment pathways are envisaged or already underway include Cardiac Care, Diabetes, Stroke, Dermatology, Ophthalmology and ENT.

On the preventive front, a prehab cardiac service was mentioned. The idea is that patients with a family history of heart problems, or life-styles likely to cause these would be identified and offered advice and exercise sessions similar to that given at rehab classes. Our Chairman Brian York asked a question about these and said Hertbeats was keen to be involved. Michael Utteridge also asked to what extent GPs have freedom in deciding the services they provide. At the moment GPs are answerable to NHS England but in future the CCG may take some of the responsibility for them.

We have also been involved in some of the many consultation sessions the clinical commissioning group is holding about the future of Watford and St Albans Hospitals both of which have been described as being not fit for purpose. Complete rebuilds or major renovations on their present sites are options as is building a new hospital on a green-field site. 17 such sites have been identified and assessed by consultants for the cost, the likelihood of getting planning consent, closeness to services such as sewerage and electricity, travel times for all West Herts patients, car parking and public transport. At present a site in Kings Langley close to Junction 20 on the M25 is the most favoured but this is not half-way between St Albans and Hemel Hempstead as many would have hoped.

At a recent meeting, the St Albans Council's Health and Well-being Partnership voted in favour of building a new acute and emergency services hospital with St Albans Hospital continuing to provide planned surgery.

*John Blandford*

### THE NEW CONCORDIA GP DIRECT ACCESS ECHOCARDIOGRAM AND AMBULATORY ECG SERVICE

Following the well-attended and interesting talk given by Kevin Dennett (a member of Concordia) to Hertbeats members in July, and with additional information provided by the Clinical Commissioning Group, it is possible to provide more details of this service than appeared in a previous issue.

Concordia (a private company with experience of providing a range of Out-Patient services including ambulatory cardiac services across the country) has based its local service in the The Hertfordshire Clinic, Art School Yard, The Maltings, St Albans AL1 3YS. It also uses rooms on the ground floor in The Maltings NHS surgery nearby. Other Concordia clinics where patients can be treated are situated in Hemel Hempstead, Potters Bar, Watford and Borehamwood

GPs can now refer patients requiring an echocardiogram scan or 24 hour ECG monitoring to Concordia instead of local hospitals. Under its contract the patient will be contacted within 5 working days of acceptance of the referral to the service and will then be offered an appointment within 5 working days. A cardiac consultant employed by Concordia reviews the scan and sends the results together with a suggested onward treatment plan to the GP. GPs are able to look at the scan if they wish.

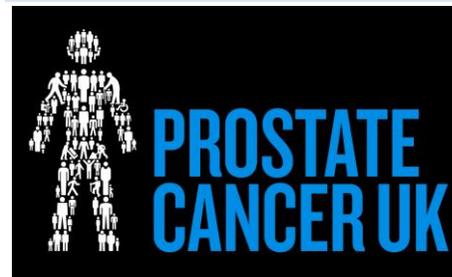
All of this is on a much shorter time-scale than that which has been available from the local hospital in the past and there is a small reduction in the cost of this service compared with that which hospitals are required to charge under a national tariff set by the NHS.

The scans can also be viewed by Watford General Hospital if the patient is referred on to Secondary Care Cardiology Services there in order that the scan is not repeated and the hospital consultant can see the results.

We will be interested to hear what patients and GPs have to say about this new service and report on this in a future issue.

*John Blandford*

### PROSTATE CANCER TALK AT THE MONTHLY MEETING IN SEPTEMBER



Steve Gledhill, a Hertbeats member, gave a talk on Prostate Cancer at our monthly meeting on 20<sup>th</sup> September. Steve is a volunteer for the "Awareness' Group" in Prostate Cancer UK (PCUK) having been successfully treated for prostate cancer himself. He has travelled widely to companies, clubs, universities and schools delivering the message.

He told us that one man in eight will get Prostate Cancer. A man dies from it on average every hour. For some the odds can be as bad as one in four. Above the age of 60 the odds are even worse.

The Awareness talks are vital because there is no national screening and often there are no symptoms before the cancer takes hold.

Steve pointed out that since most male Hertbeats members are above 60 years of age they are very vulnerable. They should see their GP or a nurse to be tested. Often this is just a simple blood test called a PSA (Prostate-Specific Antigen).

He told the meeting that he went to his GP but was told that because he had no symptoms, there was no family history and he was under 60 at the time he would not be tested. He persisted and had the test and this saved his life. Fortunately doctors are now more enlightened and you shouldn't have to fight for it – but it illustrates that only ourselves can take control of the situation and get tested. You have to ask your doctor because invariably he will not ask you.

Prostate cancer is the most common cancer in men. Over 47,000 men are diagnosed with prostate cancer every year – that's 130 men every day. Steve encourages people to get tested to avoid becoming a prostate cancer statistic themselves.



***Publication deadline for the newsletter meant that we were not able to include a photograph of Steve's talk to Hertbeats. Here is a photo taken when Steve gave a Prostate Cancer Awareness talk to the New Testament Church of God in Fleetville, St Albans."***

**Jeremy Banks Photograph, St Albans**

## **OUT AND ABOUT – TRAVEL**

### **VISITS TO ELTHAM PALACE AND THE RANGER'S HOUSE, WINDSOR CASTLE AND WADDESDON MANOR**

Since the last Newsletter we have made visits to three very different properties all benefitting from the dedication of owners who have raised them to the epitome of grandeur and style of the day.

#### **Windsor Castle**

Another hot summer's day for our visit to Windsor and the oldest and largest occupied castle in the world. Windsor Castle is a striking contrast to Buckingham Palace as the greater number of State Apartments at Windsor mainly comprised the living quarters of past monarchs, particularly Charles II whose influence can be seen in the decor and number of paintings commissioned by him from his Court painters.

One element of our modern monarchy that runs through Windsor Castle is the connection with the Knights of the Garter. All of them from the inception of the honour are listed in St. Georges Hall, lovingly restored after the fire, together with their coats of arms. The flags of the current Knights are displayed in the magnificent St. Georges Chapel.

#### **Eltham Palace and The Ranger's House**

Eltham Palace, once used as a hunting lodge by Henry VIII, fell into disrepair until the millionaires Stephen and Virginia Courtauld took on the lease in the 1930's and created a palace of Art Deco design as evidenced by the Entrance Hall in the photo overleaf... ..



However, their wealth did not stop them installing a public telephone for the use by visitors! The Tudor origins are still evident in the Grand Hall and I



took the opportunity to try on some Tudor headgear and something from WWII as Eltham Palace was commandeered by the Army during the War.



After Lunch we travelled the short distance to The Ranger's House, a Georgian mansion built c.1700, on the edge of Greenwich Park. It was commissioned by Vice Admiral Hosier who planned to spend his retirement there but he died of yellow fever in the Caribbean fighting the Spaniards. It now houses the Wernher Collection, previously housed at Luton Hoo, comprising 700 items ranging from paintings to jewellery.



## Waddesdon Manor

A National Trust visit to a local favourite with much to see plus the spice of the 10th Chilli Festival and an exhibition of ceramic sculptures by Kate Malone inspired by the gardens and archives of Waddesdon Manor.



The Chilli Festival stalls sold every possible variation of Chilli sauces, fresh Chillies down to packets of seeds ranging from the mild to nuclear strength. Did you know that the "heat" rating is based on how much water needs to be added to a set amount of the Chilli

before the taste is neutralised?

The ceramics on years research and practice elements of the Rothschild and *passementerie* (the decorate the textiles in the for ribbons and bows on our interested in buying any of sale with the more ornate excess of £20,000!!



display were the result of two by Kate Malone including many Collection including works on paper tassels, fringes and braids that house). We now have a posh word Christmas presents! If you are the items they are currently on examples (see photo) at prices in

*Michael Utteridge*



**Hertbeats trip to Waddesdon Manor 3 Sept 2016**

*Photo by Steve Gledhill*



## YOUR GARDEN

The damp spring and warm summer made plants grow quickly and a lot of flowers are setting seeds. To extend the flowering season remove the dead flowers. The main object of a plant is to produce seeds and if you prevent it doing so, the plant will continue to flower to meet its objective. If you want a few seeds to grow next year select a good, strong flower head, let it ripen to develop the seed pod then cut the stem and store it in a paper bag, not a plastic one.

The end of September is a good time to sow grass seed since the ground is still warm and the atmosphere damper, so what a good time to repair the hard worn patches in the lawn.

The roses are looking tired and suffering from black spot or mildew. I normally ignore advice on pruning the tops in October and completion next March. I don't like cutting away new growth in spring so I prune all my roses fully in October or November.

Reduce the soft growth on the shrubs like forsythia which flower in early spring. Give camellias a good soaking, especially if it stays dry, to encourage flower buds. Divide clumps of perennials to encourage better flowers next year. Put some general fertiliser like blood, fish and bone in the soil before replanting using shoots from the outside of the clump.

Cover the pond during leaf fall and clear the rubbish from the water. Try not to disturb frogs, newts and other life during this task. Clean and repair bird boxes and make extra ones.

Grow some spring bulbs in pots to fill in gaps that will show in the borders in February or March. Clear the back of the borders when the ground is dry and can be trodden on, otherwise use planks to spread the load.

And there is still more to be done. Enjoy.

*Bill*

## OBITUARIES AND EULOGIES

### LENORAH LUCK

Lenorah Ellen Luck (Lennie) passed away on Wednesday 13th July 2016. This followed a long illness bravely borne. Wife of John, she was a senior member of staff at St Albans Girls School until retirement.

The funeral was held at West Herts Crematorium, 2nd August 2016 followed by a service of thanksgiving at Dagnell Street Baptist Church, St Albans.

We send our condolences to John.

## REFLECTIONS

### PUBLIC INFORMATION

#### HERTBEATS LOCAL PRESS HEADLINES

I obtained some good coverage of the Strawberry evening event with my press releases and photos, covering both printed newspapers and online news. I have created

a collage of the headlines from the "Review" on-line, "Review" newsprint version, "Herts Advertiser", and "Harpentia" a Harpenden online newspaper stories. See below.



The message behind this story isn't really the Strawberry Evening, it's about the fact that Hertbeats has had some effective local publicity - and more to follow.

I have also contacted other local publications and am working on an article on the Jersey Fam exercise classes in the Sandridge "Neighbourhood News."

*Steve Gledhill*

## GENERAL REFLECTIONS

### ERUDITE COMMENTS

From the work of Steven Wright, the famous erudite scientist who once said: "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates". . . here are some of his gems:

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists -- they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 82.7% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you got to put up with the rain.
- 9 - All those who believe in psychokinesis, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.
- 11 - If everything seems to be going well, you have obviously overlooked something.
- 12 - Depression is merely anger without enthusiasm.
- 13 - Eagles may soar, but weasels don't get sucked into jet engines.
- 14 - What happens if you get scared half to death twice?
- 15 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- 16 - If at first you don't succeed, destroy all evidence that you tried.
- 17 - A conclusion is the place where you got tired of thinking.

## OFFICERS & COMMITTEE MEMBERS – 2016

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