

# 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](mailto:secretary@hertbeats.org.uk)  
[Website: www.hertbeats.org.uk](http://www.hertbeats.org.uk)



Winter in Rothamsted Park

**DECEMBER 2016/JANUARY 2017**

## FORTHCOMING ATTRACTIONS

- 14<sup>th</sup> December      **Christmas Evening**  
Buffet Supper & Entertainment  
We will be entertained by "The Jolly Jazzers".  
[Fully booked – see note on page 5]
- 17<sup>th</sup> January      **Sqn Ldr Graham Laurie MVO RAF (Ret'd)**  
A talk on the Royal Flight
- 21<sup>st</sup> February      **Juliet Rodgers**  
Associate Director Communications and Engagement  
Herts Valleys Clinical Commissioning Group  
A talk on NHS matters locally  
[See comment on Page 12]
- 21<sup>st</sup> March      **"Meet the Doctors"**  
Once again, our Vice Presidents, the consultant cardiologists  
from the West Herts Hospitals group, will be on hand to  
answer your questions and present the latest developments in  
cardiology.
- 18<sup>th</sup> April      **St Albans Organ Museum**  
Instead of an evening at St Mary's, there is a possibility  
that we may be able to organise a tour, with entertainment,  
of the Organ Museum.
- 16<sup>th</sup> May      **AGM**
- 20<sup>th</sup> June      **Strawberry Evening**  
With Entertainment

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.

PUBLISHED BY HERTBEATS, 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.

Opinions expressed in *Hearts and Minds* are those of the authors and not necessarily those of the Editor nor of Hertbeats

## EDITORIAL

When, a month or so ago, my colleague and friend John Versey rang to ask if I would like to take over the editing of *Herts and Minds*, I had two immediate reactions – shock and apprehension. Shock that the estimable Alan Brittain was standing down and apprehension about whether I could make a decent fist of doing the job, given that I have zero experience in such work. Anyhow, I accepted and am looking forward to the challenge. I do not expect to make radical changes to the presentational style of the newsletter until I have got my feet firmly under the desk, although you will notice some changes. For example, I have dispensed with the Contents list as I think it unnecessary for such a slim volume – better to thumb through and pick out items of particular interest. I dare say that I shall want to make further changes in due course – let me know what you think. However, it is the content that really matters and that is for you to determine. Remember, it is **your** newsletter. Without your contributions, it is nothing, so please let me have anything you think might be of interest to fellow members and I will publish it, provided that it is not too rude or libellous!

Meanwhile, I should like to take this opportunity to wish you all an enjoyable Christmas and, most of all, a healthy 2017.

*John C*

## NEWS FROM THE CHAIR

This is the first edition of 'Hearts and Minds' edited by Dr John Coad. Having 'retired' as Secretary of Heartbeats it would have been easy for him to think that 'he had done his bit', but no, John has again come forward to become the new editor of our Newsletter. What do they say: 'if you want something done ask a busy person'?

Although not a member of our Committee, Jean Sharp attended our last meeting. Jean has organised the CPR training (and retraining) sessions for Hertbeats members. I benefited enormously from one held recently. Jean hopes to organise further sessions in spring and autumn 2017. In addition Jean has researched and collated suitable travel insurance providers for our members.

Our Life President, Brian Gibson, has reported that the British Heart Foundation is promoting CPR training within schools. We will see if Hertbeats might be involved locally.

Many of us are looking forward to Christmas 'events' and particularly our own on 14 December. Although the St Albans Theatre Company has been unable to find enough performers to entertain us at this busy time of the year, Jim Green has secured the return of the 'Jolly Jazzers' who entertained us so well at the Strawberry Evening. I am particularly pleased as otherwise Jim was threatening to regale us with 'That Doggy in the Window' and other songs from his wide repertoire!

Jim and Michael Utteridge have put a tremendous amount of time and effort into arranging our 20<sup>th</sup> anniversary celebration which will be on 8 June 2017 at Hatfield House. Michael continues to organise a wide schedule of trips. He has provided a preliminary schedule of what 2017 has in store in this Newsletter. The concession on prices for the trip to 'The Phantom of the Opera' on 9 February is a real bargain.

Another important event next year is our annual meeting with the cardiologists – on 21 March. If we want the doctors to talk on particular aspects of their work and what they do for us as patients, it is important that our questions reach them in good time. Please send questions NOW (or asap) to our Secretary, Roger Miller, or to any member of the Committee. (Details on the back page.)

We are still awaiting the outcome of the Review of West Herts Hospital Services. We are always told that no decisions have been made. However, if you will indulge me in giving a personal view, the key decision of whether to provide a new acute services hospital more central to West Herts, or continue to develop what is called the Watford Health Campus, seems obvious. The new road to the hospital car parks at the rear of Watford hospital is open and continued investment, such as it is given the strains on the NHS, is going into Watford.

Finally of course, may I wish on behalf of your Committee, all Hertbeats members and their families a very Happy Christmas and a Healthy and Prosperous New Year.

*Brian Y*

## SECRETARY REPORT

Current Membership: As at 8<sup>th</sup> November 2016, Hertbeats membership stands at 360. We have gained 19 new members since 1 July.

New Members: Since the last newsletter Isa & Patricia Al Haddad, Colin McInnes, Nigel Harvey, Vraj & Mrs E Krishnan, Stasha Martin and Maureen Flynn have joined Hertbeats – Welcome aboard.

Cardiopulmonary Resuscitation (CPR) Training: The last CPR course in the current batch was on **7<sup>th</sup> October**. This again was very well received by those attending. Even those who had been on other CPR courses stated they were surprised how much they had learned. Some thirty people have attended CPR training in 2016. Including those who attended courses in 2010, our total is now 43. However I think we need to get up to nearer 20% of our membership (73). After all we are potentially a vulnerable group. Accordingly, Jean Sharpe intends to set up further courses in the coming spring and autumn. Don't forget, partners are invited even if they are not Hertbeats. (Think about it).

Routine Blood Tests: Even prior to discovering I had angina, my GP and I agreed an annual blood test for cholesterol and so on. (My cholesterol was only 3.6 when I developed angina. So cholesterol is not the only thing to watch out for.) Subsequently, the list of tests grew to be quite a long list. My single annual check now includes some 35 tests on my blood for prostate, liver, kidneys, lymphocyte, Brain Natriuretic Peptide and so on. Some of these monitor the side effects of my medication. Yes, I can see you might think this is excessive. However, as things deteriorate over a lengthy period, noticeable symptoms often appear late in the day. I think it is useful to have an early warning in time to take corrective action, e.g. earlier this year we discovered that my sugar level had risen above the acceptable high end of the range. I stopped taking two

spoons full of sugar in my many cups of tea a day. Yesterday my blood test showed that the sugars had taken a downward turn, thus possibly heading off diabetes.

If you are concerned about the possible side effects of your medication, or the development of medical issues that do not display obvious symptoms, then you may wish to talk to your GP to see if routine blood sampling is worthwhile.

British Heart Foundation (BHF) Guides and Information Sheets: As you may be aware, the BHF has produced a great many Guides, Information Sheets and DVDs to help you improve your heart health and to provide help with living with a heart condition.

So how do you find a listing of what is available? The BHF issues a free magazine four times a year called "HEART MATTERS". On the back pages there is a list of their publications and you can place an order for the free guides by calling 0870 600 6566. To order Heart Matters you would need to call 0300 330 3311 which is the subscription line. The operator will take your address for delivery of the free magazine. On receipt, you can peruse the list of publications on the back pages and place your order by phone.

For the 84% of Hertbeats members who have internet access you can apply on-line.

Go to <https://www.bhf.org.uk/heart-health/how-we-can-help/heart-matters> to sign up for the magazine if you wish. Heart Matters can be delivered by post or read online. You can be alerted by email when each online magazine is published.

Go to <https://www.bhf.org.uk/publications> to search for and order publications. If you just want to peruse the list then leave the search window blank and click on the "Search" button and you can scroll down the many publications.

Travel Insurance As stated on the back page of Hearts & Minds, Jean Sharpe is our collator of travel insurance companies. Clearly if anyone has a good or bad experience with any insurance company, Jean would like to hear about it. Those members who have approached Jean have been very complimentary of the listing she provides.

**Roger Miller**  
Secretary

## CHRISTMAS EVENING

I am sure that we are all looking forward to our Christmas Evening on 14th December. Remember it is a Wednesday and not a Tuesday. You should have received your tickets with this edition of *Hearts and Minds*.

At the time of publication we were oversubscribed for the evening. We are very sorry if some people will not be able to join us.

The entertainment has been changed but we are very fortunate that the "Jolly Jazzers" have agreed to perform for us at very short notice. You will remember them as they entertained us at our Strawberry Evening event earlier in the year.

SO LETS ALL HAVE A SWINGING TIME.

**James Green**

## EXERCISE CLASSES – UPDATES

### MAPLE UNIT

Currently there are vacancies for all classes: 6.00pm on Tuesdays, Wednesdays 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, Elaine, Sarah, Catherine and for the Thursday classes by Eleanor, who some will know if they have passed through 'rehab' at the City hospital.

**Brian Y**

### MAPLE UNIT HERTBEATS EXERCISE CLASSES MEMBERSHIP RULES

- 1 Must be fully paid-up members of Hertbeats.
- 2 Evidence must be provided confirming your fitness to exercise, e.g. your discharge note from Cardiac Re-hab or a doctor's note.
- 3 You are required to sign a Hertbeats Disclaimer Form. As a support group Hertbeats is unable to accept responsibility for your medical condition.
- 4 A 'medical condition/medicines taken' form must also be completed. The physiotherapist in charge of each class will determine whether to allow any member to exercise especially at his or her first attendance, or following illness or injury.
- 5 Potential members may attend for two initial exercise sessions, on a trial basis without payment, before deciding whether to join a class permanently.
- 6 Maximum number of 12 members is permitted in each class.
- 7 Fees are payable in advance for each 13 week period and payments will only be returned because of a member's sickness or injury beyond the first three missed sessions.

### ADDENDA

All exercise classes are undertaken by qualified instructors as approved by Hertbeats.

Each class has an agreed representative to provide a link with the Hertbeats Committee.

### WESTMINSTER LODGE

Monday 2.30 - 3.30 @ £3.30 per session held in Dance Studio 2.

(Note free parking for the first 2 hours but you must display a ticket on windscreen)

Unfortunately due to an administrative error my report which appeared in the Oct/Nov 2016 Newsletter was a repeat of what appear in the Aug/Sept issue. Below is the correct report.

Numbers for the last 8 weeks up to 1st September, 2016 were:

Monday class averaged at 10, highest 14 lowest 8.  
Thursday class averaged at 8, highest 10 lowest 7.  
(The number of 10 was our last class on 1st September)

You will notice from the heading above that only Monday class is mentioned. Unfortunately, and with a lot of sadness and disappointment, Thursday Class was closed by Westminster Lodge, 1st September being our last class, due to consistently low numbers.

Following the advert that Westminster Lodge put into Herts. Advertiser on 23rd June, 2016 and the change of name from Hertbeats to ForeverFit in April the class did get 6 new enthusiastic members who are all very sad that it has closed.

The Thursday class has been running since around 2001, firstly at Batchwood till it burnt down, then old Westminster Lodge and then transferred to New Westminster Lodge.

In 2001 the class had 24 members. When we transferred to Westminster Lodge from a morning to an afternoon class we lost a lot of attendees, and the class has been struggling ever since for numbers.

Numbers for the last 7 weeks to 24th October, 2016 were:

Monday class averaged at 12, highest 15 lowest 9.  
Four attendees from Thursday class are now coming on Monday.

If any member is interested in joining our happy friendly class please contact me for a chat on 01727 852610 or on my NEW EMAIL - [cjh@stalbansherts.myzen.co.uk](mailto:cjh@stalbansherts.myzen.co.uk)

**Christine Hill**

## **ANTONELLA McMILLIN'S 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 11.30 – need more members to attend!

London Colney – Wednesday 11.00

Harpenden – Wednesday 1.00

### **Gym classes:**

Harpenden – Monday 12.20 to 1.50 + Friday 12.30 to 2.00

Westminster Lodge – Thursday 10.30 to 12.00

## **JERSEY FARM**

If the BBC are still searching for an Unsung Hero they could do worse than give us exercisers at the Jersey Farm Community Centre a look. There they will find Roger Miller, who for more than five years has been the Hertbeats membership secretary and more recently the general secretary as well, and who (again for the last five years) has looked after the admin and finances of the JFCC group. They will also find James Green who for several years has been organising the Hertbeats monthly meeting and arranging the guest speakers. And they will also find Dave Tarrant.

When I joined the group seven years ago we were based at Batchwood Leisure Centre. All we had to do was turn up and pay as Batchwood provided the premises, the equipment and the instructor, but all through our time there Dave was our liaison advising us by urgent email or phone if our Tuesday 6pm class had to be cancelled or rearranged. In August 2011, as you may recall, all hell broke loose one night and the building burned to the ground, leaving us without a gym or equipment, no place to go. Within hours Roger had found us temporary accommodation at a local junior school and with Dave set about buying weights and rubber mats, and we were back in business. Since then, for more than five years, Dave has looked after the logistics of running the class every week; opening up, setting out and later storing the equipment, closing up and finding us better facilities until we fetched up three years ago at our current home at the JFCC. For most of us, we still only turn up and pay, but that's only been possible because of Dave's efforts and commitment over some 250 weeks, most of them consecutive. A few weeks ago Dave called time on his role in the group and passed the baton on. The JFCC exercisers owe Dave a huge amount of appreciation, and I'm happy on their behalf to record it here.

Thanks, mate.

Class attendance has picked up recently now that holidays are over and a few injuries have healed. For those of you who are currently not part of our group but are thinking of joining us for some exercise and fun, we meet for an hour at 6pm on Tuesdays at the JFCC in St Brelades Place AL4 9RG where we are loosely controlled by Jacquie, a very experienced instructor who's been with us for many years. We undertake a variety of exercises, mainly aerobic and waving weights around. The hall we use is very large and we have plenty of room for more members. Each session costs £4 on the night, there's free off-road parking, and we're only twenty yards from Tesco and the pub should you want to make a night of it. If you are interested and want to find out more, give me a ring, the number's on the back page.

**Tony**

## **HERTBEATS WALKING GROUP**

The Hertbeats Walking Group is organised by Ed Jones, a Hertbeats member, specifically for members. It is a friendly and informal group suitable for the average walker so that anyone can join in even if they normally just go for a stroll. There are no extreme hills and, as far as possible, it is usually on fairly level ground.

Walks start from a variety of different locations to discover new parts of the local countryside. Some walks are occasionally repeated. Recently the walks have included Ellenbrook Fields (formerly Hatfield Aerodrome), Ayot St Lawrence and Lamer Wood north of Wheathampstead.

The first walk of the month is on a Wednesday, it is three miles long and starts at 10:30am. It takes about 1½ hrs so it is suitable for those members who may want to walk at a slower pace. The second walk is two weeks later and is five miles. It is on a Thursday and starts at 10:00am. This is intended for those members who want to walk at a faster pace over varied terrain and takes about 1¾ hours.

You may want to start out on the three-mile walk and gradually feel confident enough to try the five-mile walk. Some members now come along to both walks!

If you wish to be included on the mailing list giving notice of future walks please advise Ed Jones on email [etnajones@gmail.com](mailto:etnajones@gmail.com) or phone 01727 850165.

Walks for the first quarter of 2017 are shown.

#### **Three mile walks (Wednesdays)**

**10:30am**

January 11<sup>th</sup>

February 15<sup>th</sup>.

March 15<sup>th</sup>

April 5<sup>th</sup>

#### **Five mile walks (Thursdays)**

**10:00am**

January 26<sup>th</sup>

No five mile walk this February

March 23<sup>rd</sup>

April 20<sup>th</sup>.

*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 for December are: [the January list is not yet available]

**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/hertshealthwalks](https://twitter.com/hertshealthwalks).

St.Albans District Council has guided tour walks. These start from the front of the Old Town Hall. There is a cost: £4 for adults, £2 for children (5-15 years). The tickets can be purchased from the guide on duty and walks take from 1-1.5 hours.

Wed: Dec 7: 8.00pm: Ghosts and Ghouls: Here haunted St Albans is explored where many places will be visited that are noted for strange events. Stories of the well-known phantoms of the town will be related by the guide.

Sun: Jan 1 2017: 11.00a.m.: Historic St Albans: A City revealed: Tour encompasses known and lesser known sites of the city. Hear about revolting peasants, martyrs, heretics, monasteries and monks. Includes the clock tower and parish memorials.

*John V*

### **OUT AND ABOUT - TRAVEL**

#### **2017 PROGRAMME OF OUTINGS**

The Committee has agreed the programme of outings for next year and I am delighted to be able to give you details of all the outings for the first half of the year. A few details have yet to be sorted out for the remainder of the year and I will publish the summer programme in the Newsletter in early 2017.

In planning the programme I have tried to find some new places to visit and take cognisance of the likely weather. As always, I will send out full details of each outing in plenty of time, especially where we have to pay for tickets in advance. If you are not on the emailing list and would like to receive details in future please contact me.

The first half 2017 programme is shown below:-

#### **"Phantom of the Opera" - Thursday, 9th February**

We are going to Her Majesty's Theatre in the West End to see one of the greatest musicals of recent years and is now in its thirtieth year. Unfortunately, all the tickets have been sold as we had to commit to paying for them in early November.



#### **The Guildhall in the City and St. Hallows by The Tower - Thursday, 9th March**



Our day in the City involves a guided tour of the Guildhall with the opportunity to witness the Court of Common Council followed by a break for Lunch by The Tower before a short guided tour of St. Hallows whose early worshippers played a major role in American history.

## Westminster Abbey and Lambeth Palace - Thursday, 6th April

Something of an ecclesiastical day visiting the nation's iconic church in the morning and an afternoon tour of the residence of the Archbishop of Canterbury the worldwide head of the Anglican Church.



## "Mamma Mia" - Wednesday, 10th May



A chance to let our hair down at the Milton Keynes Theatre and enjoy the timeless music of Abba and the love story set on a Greek island as three ex-lovers return to what they believe is their daughter's wedding. Flare bottom trousers are optional.

## Hertbeats 20th Anniversary Lunch at Hatfield House - Thursday, 8th June

A landmark event for Hertbeats to be celebrated in style at our nearest stately home with a history of its own. Our Lunch will be held in the Old Palace with exclusive access to the Knot Garden and the opportunity to visit the House at a special price.



I would like to take the opportunity to thank all of our Members who have joined us on this year's outings for your support and help and look forward to seeing you on next year's outings.

*Michael Utteridge*

### Access to Watford General Hospital is changing – starting Wednesday 16<sup>th</sup> November

So says a notice issued by the West Herts Hospitals Trust. A new road, "Thomas Sawyer Way", will change your driving route into the hospital.

The notice gives directions for drivers and for those travelling by public transport – rail, underground and buses. A map is also included. The notice has been posted on our website, [www.hertbeats.org.uk](http://www.hertbeats.org.uk). For those without internet access, details can be obtained by ringing **01923 244366**.

## GOLF SOCIETY



The Golf Society **Autumn Meeting**, held in conjunction with the Hemel Hempstead cardiac support group **Heart to Herts**, was at Little Hay Golf Complex, near Bovingdon on Tuesday 25 October.

We had an overcast, slightly damp, but not wet day. The competition was in teams of three and four. The winning team was a group of Norman Mitchell's guests. Norman's own team came second.

Ginny Jesson won the nearest-the-pin award.

All enjoyed the day which was concluded with an excellent meal, much banter and prizes for the top two teams.

We now go into hibernation until the Spring. So please watch this space.

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*

## FEBRUARY MEETING – TALK ON THE NHS

With the talk being two months away and developments in the local NHS happening frequently, the title of the talk "NHS Matters Locally" has been deliberately chosen to be vague. This will allow our speaker, Juliet Rodgers, the freedom to choose what she considered to be the ones she thinks our members would be most keen to know about.

By February a decision on what the Herts Valleys Clinical Commissioning Group proposes to happen to our local hospitals should be known. Plans for providing more services (such as ophthalmology) locally, as has already happened with cardiology, may be underway. Decisions concerning the transfer of GP contracts from NHS England to the HVCCG may well have been made, and the encouragement for GP surgeries to work in partnerships has continued, with some having surgeries in Health and Wellbeing hubs. Hopefully, we may know whether St Albans will have an Urgent Care Centre.

So Juliet will have plenty of interesting things to choose from to talk about, and there will be time to answer our members' questions.

*John Blandford*

## Remap

Have you heard of Remap? Neither had I until I attended the AGM of Harpenden Seniors Forum a short while ago and heard a fascinating talk by a representative from the Remap South Herts Panel. Before I heard the talk, I thought it must be about some sort of cartography service. But, no, it is an organisation for making equipment to help disabled people live more independent lives, with the strapline "making things possible".

Skilled volunteers design and make items of equipment specifically tailored to the need of each individual person with a disability. Often the materials and components are cheap and readily available – it is the ingenuity of design and skill of construction that can turn everyday items into useful components for devices to help disabled people achieve a better quality of life. For example, I saw a simple bar and hook device for opening and closing high windows without the need to stand on a chair or step-ladder. Another device consisted of two pegs glued together to assist people with only one free hand in hanging washing on a clothes line.

If you or a friend or relation could benefit from this type of assistance, or you would like to lend your skills as a volunteer, visit the website at [www.remapsherts.org.uk](http://www.remapsherts.org.uk) or email to [dstevens@outlook.com](mailto:dstevens@outlook.com). Alternatively phone 01442 392309 or 01442 833338.

*John C*

## PROSTATE CANCER UK



Those of you who attended Steve Gledhill's talk on prostate cancer in September will remember that Hertbeats donated £60 towards the work of Prostate Cancer UK.

We have now received a "thank you" letter from the charity, expressing appreciation and urging us to spread the word about its work through Men United at [www.prostatecanceruk.org/menunited](http://www.prostatecanceruk.org/menunited).

The photo shows Steve (on the right) receiving the cheque from Jim Green, our talks organiser.

In keeping with the current trend of knocking politics and politicians, the following quotations might make you smile or, alternatively, raise your hackles.

Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other.

~Oscar Am ringer, "the Mark Twain of American Socialism."

I offered my opponents a deal: "if they stop telling lies about me, I will stop telling the truth about them".

~Adlai Stevenson, campaign speech, 1952..

A politician is a fellow who will lay down your life for his country.

~Texas Guinan. 19th century American businessman

I have come to the conclusion that politics is too serious a matter to be left to the politicians.

~Charles de Gaulle, French general & politician

Instead of giving a politician the keys to the city, it might be better to change the locks.

~Doug Larson (English middle-distance runner who won gold medals at the 1924 Olympic Games in Paris, 1902-1981)

We hang petty thieves and appoint the bigger thieves to public office.

~Aesop, Greek slave & fable author

Those who are too smart to engage in politics are punished by being governed by those who are dumber.

~Plato, ancient Greek Philosopher

Politicians are the same all over. They promise to build a bridge even where there is no river.

~Nikita Khrushchev, Russian Soviet politician

When I was a boy I was told that anybody could become PM; I'm beginning to believe it.

~Quoted in 'Clarence Darrow for the Defense' by Irving Stone.

Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel.

~John Quinton, American actor/writer

## A CHRISTMAS PUZZLE

To while away a few minutes at Christmas time have a go at the following puzzle. The reward for the first correct solution to be received by January 4<sup>th</sup> 2017 will be a bottle of red wine. Either e-mail or mail your solution it to me: John Versey: [jversey@jversey.free-online.co.uk](mailto:jversey@jversey.free-online.co.uk): or: 41 The Deerings, Harpenden, Herts, AL5 2PF. A very Happy Christmas to all, anyway!

### A Consultation Day

It would be a busy morning at St Martha's Children's Hospital. Dr Moon had four patients on his list, all needing specific treatments and spread across the morning. However, due to an IT glitch they all received notification that their appointments were at 9 a.m. The nurse-in-charge, realising there might be difficulties, as one child specifically had to have their injection at 10 a.m., made a list as each appeared. However, her scribbled list, the blurred computer printout and all the hassle means you, as an observer for the morning, have to determine each child's full name and specific requirements.

1. The first to arrive was Kathie, followed by a lad whose surname was Albright. Both by 8.50. The child who need a plaster cast changed before being picked up and the one in a wheelchair were the last two to arrive exactly on nine o'clock.

2. The child whose surname is Watson, and isn't Christine, isn't the one who should be picked up at noon.

3. The one whose surname is Ward isn't the one in the wheelchair.

4. Justin isn't the child who will be picked up at noon.

5. Christine isn't surnamed Rook.

6. Josh, who isn't surnamed Watson, says he will be picked up at his usual time.

~ Merry Christmas ~

### Next Newsletter

The next issue of *Hearts and Minds* will be published a week or so later than usual – The Editor hopes that this will not cause too much disappointment!

## OFFICERS & COMMITTEE MEMBERS – 2016/2017

### 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 <a href="mailto:chairman@hertbeats.org.uk">chairman@hertbeats.org.uk</a>	01727 854072
TREASURER	Dave Tarrant <a href="mailto:treasurer@hertbeats.org.uk">treasurer@hertbeats.org.uk</a>	01727 858396
SECRETARY	Roger Miller <a href="mailto:secretary@hertbeats.org.uk">secretary@hertbeats.org.uk</a>	01727 766278

### COMMITTEE MEMBERS

CARE AND WELFARE	Ann Gibson	01727 859127
MONTHLY SPEAKERS	Jim Green <a href="mailto:speakers@hertbeats.org.uk">speakers@hertbeats.org.uk</a>	01727 830191
INFORMATION & PUBLICITY	Brian Gibson <a href="mailto:publicity@hertbeats.org.uk">publicity@hertbeats.org.uk</a>	01727 859127
REHAB LIAISON TALKS	Dave Tarrant	01727 858396
TRIPS AND VISITS	Michael Utteridge <a href="mailto:tripsandvisits@hertbeats.org.uk">tripsandvisits@hertbeats.org.uk</a>	07931 342808
NHS LIAISON	John Blandford (Co-opted)	01727 859913
TRAVEL INSURANCE COLLATOR	Jean Sharpe (Co-opted)	01727 838193
AND...	June Gibbs	01582 763526
	Gareth Huxtable	01582 768004

### EXERCISE CO-ORDINATORS

MAPLE UNIT	<a href="mailto:exercise@hertbeats.org.uk">exercise@hertbeats.org.uk</a>	
WESTMINSTER LODGE	Brian York	01727 854072
HARPENDEN & BATCHWOOD	Christine Hill	01727 852610
JERSEY FARM	Antonella McMillin	01582 715615
	Tony Day	01727 866751

### OTHER ACTIVITIES

GOLF SOCIETY	Vernon Clough <a href="mailto:golf@hertbeats.org.uk">golf@hertbeats.org.uk</a>	01582 713080
HERTBEATS WALKS	Ed Jones <a href="mailto:walks@hertbeats.org.uk">walks@hertbeats.org.uk</a>	01727 850165
RECOMMENDED TRADERS	Maureen Negus	01727 850539
NEWSLETTER EDITOR	Dr John Coad 30 Tuffnells Way Harpenden AL5 3HQ <a href="mailto:johnrcoad@gmail.com">johnrcoad@gmail.com</a>	01582 764826

Please send contributions for the next issue to me by **15<sup>th</sup> January at the latest** – if possible as **Word** or **Excel** attachments rather than embedded in emails. Thank you.