

# 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)



Happy Birthday Hertbeats

## August/September 2017

## FORTHCOMING ATTRACTIONS

- 1st August **Special NHS Meeting**  
See "News from the Chair"
- 19<sup>th</sup> September **Jim Crompton**  
A talk on Osteopathy
- 17<sup>th</sup> October **Di Stevens**  
A talk on "Remap"
- 21<sup>st</sup> November **Police Sergeant Martin Proctor (Rtd)**  
**With Labrador Dylan**  
The Work of an Explosives Search Dog
- No Meeting in December**
- 16<sup>th</sup> January **Ralph Evershed**  
Family Business
- 20<sup>th</sup> February **Hedley Jenkins**  
Climate Change

All Tuesday meetings (unless otherwise stated) will be held in the Hall of St Mary Marshalswick, Sherwood Avenue at **8.00** (Hall available from 7.45).

### COVER PICTURE

The birthday cake, before being avidly consumed by members and guests at the Hertbeats 20<sup>th</sup> anniversary lunch held at Hatfield House on 8<sup>th</sup> June.

[Photo by Michael Utteridge]

**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 a variety of outings, exercise classes, regular friendly gatherings with interesting speakers and the opportunity to meet new and old friends. Hertbeats does not offer formal medical advice, but members often learn much about their ailments, and the practical means of coping with them, by talking to other members who have had similar experiences.

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

As promised in the last issue of *Hearts and Minds*, this issue contains our chairman's "state of the nation" speech to the AGM back in May. To many of you, this might seem like old hat, but newer members might not be aware of all of the great variety of activities undertaken by our members for our members.

Also in this issue is a brief account of the splendid 20<sup>th</sup> anniversary celebration held in June. I would like to express my personal thanks to Jim & Doris Green, Michael & Corinne Utteridge and everyone else who contributed towards organising this memorable event.



Above are two photos showing, on the left, Chairman Brian York and Life President Brian Gibson cutting the cake and, on the right, Brian G recalls moments in the history of Hertbeats from its inception in 1997 to the present day.

**John Coad**  
Editor

## NEWS FROM THE CHAIR

**T**here will be an extra meeting this year on **TUESDAY 1<sup>st</sup> AUGUST (8.00 pm)** in our usual venue, St Mary's Church Hall. I am hoping that you receive this Newsletter early as a reminder, but you should have been informed by email or other means. Sometime after the June/July Newsletter was published, we were asked by Herts Valleys Clinical Commissioning Group (CCG) to hold a meeting so that we could all give our views on how money was spent on the NHS locally – the CCG holds the purse strings. Please try to attend if you can.

We continue to keep Hertbeats in touch with local NHS developments. John Blandford plays a crucial role. In addition, Gareth Huxtable, Brian Gibson and I gave a brief presentation at a CCG event for community groups at Woollams on 12 June. I met a lady there from the Cinnamon Trust, which is a charity for elderly and terminally ill people and **their pets**. She has agreed to be one of our speakers in 2018. Gareth and Brian G also publicised Hertbeats with the cardiologists at an event held at Watford Hospital on 28<sup>th</sup> June.

August is the last month of summer, but I must mention what happened in June, the first month. The 20<sup>th</sup> anniversary celebration of the founding of Hertbeats at the lunch held at Hatfield House, attended by over 100 members, was a great success. Many of us later toured the House. The only disappointment was the weather, which prevented full appreciation of the gardens. Thanks must go to Jim and Doris Green, and to Michael and Corinne Utteridge for all the organisational work they put into this.

Jim and Doris, together with Jill Higgs, Brian and Ann Gibson – and others – were also responsible for our traditional Strawberry Evening, where we were once again entertained by the Jolly Jazzers. Thanks to your generosity, £195 was raised for the St Francis Hospice.

For those who enjoy good dining, John Coad organises attendance at lunches and dinners provided in the catering students' "Stables Restaurant" at Oaklands College. The food is magnificent as is the price, eg £10 for pensioners for a three-course lunch. Some of us go once a month, or when convenient. If you would like to join in these convivial Hertbeats occasions, please contact John (details on the back page).

Hertbeats provides seven **exercise classes** each week. Currently those at the **Maple Unit** (in the hospital) **at 6.00 pm on Tuesdays and Wednesdays need more members**. These are really fun (as well as exercise) sessions. They cater, not only for post-cardiac rehab people, but also any members of Hertbeats who want exercise. **Please look after your heart**. Any family member or friend without heart problems is also welcome. The only requirements are to join Hertbeats (if not already a member) and have an appropriate level of health following cardiac rehab, or by supplying a note from your GP. Our classes cater for anyone from the ages of 40/50 plus to 90 plus. For details of all classes please see 'Exercise Classes Update' later in this Newsletter.

Further on the exercise front, I am pleased to say that, after representations from exercisers, both Hertbeats members and others, 1Life, which operates Batchwood and other leisure centres on behalf of St Albans District Council, has agreed to maintain not only the Hertbeats classes, but also those taken by Antonella McMillin. A full list can be seen under "Exercise Classes Updates" later in this Newsletter.

I have some concern about 1Life. Hertbeats publicises their exercise classes, those taken by Antonella and others, but this is not reciprocated by 1Life in not giving publicity to Hertbeats exercise classes in information put out for their "Exercise Referral Scheme" aimed at those with cardiac and other

medical conditions. Hertbeats encourages all, especially those with cardiac conditions, to exercise as appropriate, whether in our own exercise classes (seven each week), or wherever is convenient to them. 1Life please publicise Hertbeats exercise classes as we publicise yours!

**Brian York**

## SECRETARY REPORT

**Current Membership:** As at 12<sup>th</sup> July 2017, Hertbeats membership stands at 346. The drop in membership is typical at this time of year. Not everyone wishes to renew their membership for a variety of reasons. On the other hand we have gained 51 new members since the 1<sup>st</sup> April 2016.

**Membership Renewals:** Thank all of you who took the trouble to complete the renewal invoice slip, particularly with your date of birth. Only 13 people declined to list their DoB which surprised me. The second surprise was the discovery that our average age is 77 years and 4 months. This proves perhaps that there is life after 30/40/50?

**New Members:** Since the last newsletter Sheikh Abdul, Gwenda Harvey, Amber Collins, Leonard Courts and Martin Duffell have joined Hertbeats – Welcome aboard.

**Member email Addresses – A Plea from the Secretary:** Given the age range of our members it is very creditable that some 85% of our members are contactable by email. However this leaves 52 members who cannot be reached this way. Hearts and Minds is our primary method for keeping members informed of our activities and this bi-monthly newsletter has served us well. However, during the past year I have been asked more often to email the membership because of a short notice event or change. For those members without email can I ask you to provide the email address of a relative or friend who would be prepared to pass the occasional email message on to you.

**Roger Miller**

## CARDIOPULMONARY RESUSCITATION (CPR) TRAINING

There were not many takers for the final CPR course in the last series and these were beset by cancellations as life took priority as it does from time to time. Thus that course was cancelled. Jean Sharpe will set up a further course towards the Autumn.

**Roger Miller**

## HERTBEATS WALKING GROUP



The 7<sup>th</sup> June saw the intrepid Hertbeats walkers in autochat following the indefatigable Ed Jones from the Crooked Chimney round a trail we have followed before. The only difficult part was crossing the main road with all the traffic; it was like playing "Froggy" but with real cars. (Ask the grandchildren to explain Froggy.) The autochat went a bit quiet as we worked our way up a big

heavily rooted bank two and a quarter miles in. Then on through the quiet woods, round the "Broadwater" lake and back to the Crooked Chimney. Once again a pleasant three and a half mile route through the lanes and woods of Hertfordshire.

We had another lovely 3 mile walk on 5<sup>th</sup> July, the day after my return from holiday. Perhaps not the best preparation. We set off from the "Riverside Car Park" down the left turn just past the Moor Mill pub. A lovely chatty walk on country paths. We had the additional luxury of crossing the motorway to see loads of cars and lorries rushing off to who knows where before returning to the quiet paths with only the noisy birds to contend with. Everyone kept up with the steady pace and seemed to thoroughly enjoy the outing.



The next walks proposed are as follows:  
**3 mile walks (Wed 10.30am)**  
9<sup>th</sup> August

**5 mile walks (Thurs, 10am)**  
20<sup>th</sup> July  
24<sup>th</sup> August

These dates could be subject to change, especially if the weather is bad or it's too muddy. 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. I hope to see as many of you as possible so please put these dates in your diaries.

**Ed Jones** [[01727 850165-07745 295691-etnajones@gmail.com](mailto:01727_850165-07745_295691-etnajones@gmail.com)]

## EXERCISE CLASSES – UPDATES

### MAPLE UNIT

Currently we need to fill the vacancies for classes at 6.00pm on Tuesdays and Wednesdays in the Maple Unit. Please see my plea for more exercisers in "News from the Chair" (earlier in this Newsletter). 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 / instructor: Elaine, Sarah, Catherine, Debbie or Eleanor.

### ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes.

The Hertbeats classes at Westminster Lodge on Mondays at 2.30pm and at the Harpenden Leisure Centre on Wednesdays at 1.00 pm.

Antonella's other classes include:

#### Group classes

Batchwood	Tuesday 11.30 am
London Colney	Wednesday 11.00 am
Harpenden	Wednesday 1.00 pm

#### Gym classes

Harpenden	Monday 12.20 to 13.50 and Friday 12.30 to 14.00
-----------	---

*Brian York*

### WESTMINSTER LODGE

Monday 2.30 to 3.30, £3.40 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 8 weeks to 3<sup>rd</sup> July, 2017. (1 Bank Holiday no class). Highest 13, lowest 6, averaged at 11.

Numbers attending have been slightly down due to extreme heat!

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

*Christine Hill*

### JERSEY FARM

The hot weather, the Strawberry Evening and the onset of the holiday season have all contributed to a smaller attendance in recent weeks, although on the upside some members with long term injuries have been able to rejoin and one or two new members have also joined us. 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 Jersey Farm Community Centre 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 (and some of our members occasionally do). If you are interested and want to find out more, give me a ring, the number's on the back page.

*Tony Day*

## HERTFORDSHIRE HEALTH WALKS

The present brochure from Hertfordshire Health Walks outlines the free, regular and volunteer-led walks offered across Hertfordshire up to the end of August 2017. Co-ordinated by HCC's Countryside Management Service, over 60 walks take place each week. The shortest walks are 20-30minutes [A] on flat and even ground. Longer walks take up to 90 minutes [C]. Health Walks are an ideal way of taking exercise. The brochure notes they are suitable for all ages and abilities; they are local, short and free. Other points are that they are social – you meet people – and all walks are led by trained volunteers. The brochures are available from Doctors' surgeries as well as Information Points at St Albans District Council and Harpenden Town Council offices. Online information is at the website [hertfordshire.gov.uk/healthwalks](http://hertfordshire.gov.uk/healthwalks), or telephone 01992 588433. If you are a twitterer try: [twitter.com/hertshealthwalk](https://twitter.com/hertshealthwalk). Here are some of the walks listed in our immediate area:

**Redbourn:** Meet at Cricket Club car park, Redbourn AL3 7DB: Every Tuesday at 10.30am. These are noted as First Steps - an easy walk, 20-30 minutes [A]. A gentle pace, no stiles, with regular stopping places.

**Highfield Park:** Charters Health Club car park, Hill End Lane [Opposite Spar]. AL4 0DB: Walks twice a week: Every Monday 9.30am, or every Tuesday at 1.30pm: About 60 minutes [B]. Local transport and refreshments available.

**Hatching Green:** Redbourn Lane, Harpenden AL5 2JP: Parking on side road: Every Thursday at 10.30am. About 90 minutes with slopes [C]. Local transport with refreshments nearby.

**Nomansland Common and Heartwood Forest:** Meet at Ferrers Lane car park, near Wheathampstead, nearest postcode is AL4 8EJ. Every Thursday at 10.30am. Moderate plus: over an hour, with inclines and stiles. [C+]

**Greenwood Park:** Meet at Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW. Every Friday at 2pm: About 60 minutes [B].

If it is your first walk get a reference number from the website or turn up 10 minutes early to see the group leader. Good shoes or boots are needed, plus wet-weather clothing, in case. It is recommended that one carries a bottle of water

## St Albans: "Let's Walk" Tour Guide Walks

There is a wide range of guided walks around St Albans. Each starts from either the Clock Tower or the Verulamium Museum and costs £5 for adults and £2 for children between the ages of 5 and 15. An extra £2 is charged for entry to the Roman Theatre. Payment is made to the guide. Each walk lasts for approximately 90 minutes.

Here are some for the next two months:

**Sat Aug 12: 2.30p.m:** A Roman City Revealed: The brochure promises revelations about the lurid past of Roman Britain's third city, revolting Celts and a fire to rival the Great Fire of London - plus the architectural wonders of the time. Meet at the Museum.

**Sun Aug 20: 11am:** Historic St Albans: The tour covers well known and lesser known sites of the city - hear about revolting peasants, martyrs, heretics, monasteries and monks.

**Sat Sep 2: 2.30pm:** Fishpool Street: Rags and Riches. There are 72 listed buildings along the route - not all are visited! Meet at the Museum.

**Sun Sep 15: 2.30pm:** Aristocrats, Paupers and Philanthropists: This walk concentrates on the St Peter's area. This walk is around the lesser known historic features of St Albans.

**Sun Sep 24: 2.30pm:** Medieval Lives: Life was far from easy in those times. There will be tales about the life of the people who lived here then. The pilgrims' route to the Abbey is also followed.

The full brochure is available from Information Points or the website for [stalbanstourguides.co.uk](http://stalbanstourguides.co.uk).

*John Versey*

## OUT AND ABOUT - TRAVEL

### HERBEATS 20TH ANNIVERSARY LUNCH AT HATFIELD HOUSE

Our 20th Anniversary Lunch in June proved to be a memorable occasion which also happened to be held in a suitably memorable venue where Kings and Queens had also enjoyed similar hospitality.

Surrounded by priceless tapestries and paintings, over a hundred Hertbeats Members and Guests attended our celebration. Everyone was greeted with a Pimms Cocktail and time to visit the Knot Garden before lunch was served.

After an enjoyable lunch, our Chairman and Life President made short speeches as we enjoyed the Anniversary Cake with our Coffee.

Brian G was extremely pleased to see so many of our original Members at the lunch and reflected on how Hertbeats has grown and prospered over the last 20 years and was in good shape to enjoy another 20 years.



## Future Outings

I am in the process of developing a programme of outings for 2018 and I would welcome any ideas and suggestions, particularly for places/events that you have some experience of, that I can research and build into the schedule.

There are two dates for your diary for 2018 for theatre outings to Milton Keynes. The first is **Wednesday, 21st March 2018** for the Matinee performance of "**Crazy for You**" described by John Blandford as his "favourite musical" which he has seen five times. Starring Tom Chambers (Top Hat and Strictly Come Dancing) and Charlotte Wakefield (Sound Of Music, Chitty Chitty Bang Bang), it features a fabulous score from the Gershwin brothers' songbook.

The second theatre outing is on **Wednesday, 23rd May 2018** to see the Matinee performance of the Edgar Wallace thriller "**The Case of the Frightened Lady**" which is regarded as one of his most celebrated works. When Inspector Tanner is called in to investigate a ruthless murder at Mark's Priory, the grand ancestral home of the Lebanon family, he quickly discovers that nothing is quite as it seems.

I will be circulating full details of both outings in sufficient time to meet the deadline for buying the tickets at the special rate.

*Michael Utteridge*

## IN THE GARDEN

With such unpredictable weather that we are having this year I am not sure what will happen next spring. My first daffodils usually start blooming as the year ends. This year they were almost a month late and, combined with the

dry spring when the new bulbs are developing, I do not expect good quality early flowers this season. I'll let you know in a few months.

Delphiniums have finished flowering and should be cut down. It is probable that new stems will grow and produce some more blooms. A liquid feed will help.

Roses have bloomed well and should be deadheaded regularly without taking too many leaves, which are needed to encourage more buds. A spray with a fungicide will help deter trouble as the season nears its end.

Broad leaved weeds such as dandelions need to be removed. I usually go under them with a short, sharp knife and cut through the long root.

Over the past few years, my borders have been invaded by a quick growing weed which has small red leaves and pretty little yellow flowers. It is a pest and spreads at an alarming rate. It cannot be pulled out because it has a long root. I am sorry for anyone who has this weed. If you haven't seen this, keep looking and attack it immediately. It is seen easily against dry earth as a dark patch. Go under it with a trowel and dispose of it in the bin, not on the compost heap.

Give sweet peas plenty of water and take off any seeds that you do not want to save for next year.

Now is the time to take nonflowering shoots from fuchsias and geraniums and plant them around the rim of a pot to root ready to be saved for next year's display.

In the vegetable patch, water the beans well and feed the courgettes. Tomatoes should be kept evenly damp to avoid blossom end rot and splitting.

Don't forget clean water for the birds and top up the pond.

There's no time to get the sun lounger out!

**Bill Whitehead**

## **STRAWBERRY EVENING 2017**

Our yearly Strawberry Evening event was held on the 20<sup>th</sup> June on a very hot evening. Over 60 members attended and were given strawberries and cream with a glass of Bucks Fizz.

Our thanks to Brian Gibson and Jill Higgs and the band of willing helpers who made this such a successful evening. The Jolly Jazzers entertained us again this year and, once again, they gave a superb performance, playing some wonderful music.

I would also like to thank the members for their generosity in raising £195 for the Jolly Jazzers' charity, which is the St Francis Hospice in Berkhamsted. I have received a letter from the charity to say how grateful they were for this donation. I am sure a good time was had by all.

**James Green**

## **HERTBEATS AGM (16<sup>th</sup> May 2017) – Chairman's Report**

This has been our 20<sup>th</sup> year and we look forward to celebrating that at our lunch at Hatfield House on 8 June. We have asked our Life President and a founding member, Brian Gibson, to preside and no doubt reflect on what Hertbeats has achieved and memorable moments since 1997.

Hertbeats has had a successful 20<sup>th</sup> year. **Membership** remains around 370/380 if all re-join. It would be good if we could reach 400 with all the publicity work being done by Brian Gibson and Gareth Huxtable, much of it behind the scenes, and by Roger Miller's indefatigable work as Secretary. Many of our new members come via Cardiac Rehab – thanks to Dave Tarrant for the talks he gives there.

**The membership sub at £7.50 p.a.** is pretty good value. Our thanks to Dave Tarrant, who keeps our finances in such healthy order. He will give his report shortly. Everyone receives the bi-monthly Newsletter and is welcome to attend our monthly meetings. For the calendar year 2016 we were awarded £1K from the Community Fund for Hertfordshire (the first £1K of that sum every year for 5 years). In January this year we received the £1K for 2017. This funding helps us to subsidise some activities such as the Hatfield House celebratory lunch, Strawberry evening, Christmas/New Year events and provision of CPR training. Some speakers (normally by donation to a charity of their choice) and the evening at the Organ Theatre have to be paid for. This evening we have witnessed a charitable grant of £300 to Hertbeats from the masons.

Of course other activities also have to be paid for:

**Exercise Classes** – currently 4 each week in the hospital and 3 elsewhere. We do have a problem with 1Life/Council about exercise classes, but the Hertbeats' classes at Westminster Lodge and Harpenden will continue. Thanks must go to all who continue to organise these classes for Hertbeats and our competent instructors/physios.

**Trips and Visits** – these have been tremendously successful during the year and often oversubscribed. Many have enjoyed the theatre trips and the varied visits. That to Westminster Abbey and Lambeth Palace will be remembered as not only a great day out, but for the hour and half stuck on the coach outside the Houses of Parliament whilst taxi drivers blocked the Westminster roads in protest against 'uber'. Even Jim Green with his diplomatic skills failed to negotiate a solution between the taxi drivers and the police, though he tried tirelessly and fortunately the taxi drivers eventually relented before Jim asked ACAS to intervene! All of these trips were arranged by Michael Utteridge who continues to organise these outings. They involve a tremendous amount of work both before and on the days of the trips. Our thanks go to him and his wife, Corinne.

I'm getting to the stage, which is normal in the chairman's annual report, to what is always a central theme – thanking those who make Hertbeats' many activities actually happen. If I do not mention you by name – my apologies.

Together with Michael, Jim has been responsible for the arrangements for the Hatfield House lunch and visit. As usual Jim has worked tirelessly to arrange very successful and varied topics and speakers for monthly meetings. They included talks on the Woodland Trust, Police CSOs, and – through the good offices of Roger Miller – on the Royal Flight. The evening spent at the Organ Theatre in April was enjoyed by all present and the Committee would welcome any ideas for similar future local evening outings. We continued to hold a successful 'Strawberry evening' in June with music provided by the 'Jolly Jazzers', and organisation by Jim, Jill Higgs and Brian Gibson. The Jazzers also played at our Christmas event. Your Committee has decided that a similar event, probably to be held at a new venue, should be in New Year 2018 due to the period just before Christmas being so busy.

Some meetings, with the help of John Blandford, have been on health matters: Concordia (currently experiencing problems), prostate cancer, the work of the CCG (though they did not mention the announcement of the proposed closure of 39 community beds at the City Hospital made the following morning). Our annual meeting with the cardiologists, Dr Keenan and Dr Moore, was regarded as the most successful for some years. Our monthly meetings also depend on those, led by Iris May, who provide the refreshments, and Ron Brown who oversees use of St Mary's Church Hall

In 2015 John Coad stood down as our long-serving secretary. He quite rightly expected a long rest. However, being John, when Alan Brittain retired as editor of our Newsletter, **Hearts and Minds**, John stepped into the breach and took over. Our gratitude to him. One of the main jobs, apart from putting the Newsletter's content together is preparing the envelopes, often with flyers to be inserted, and ensuring all members have the Newsletter delivered either by post, or hand delivered by members of the Committee. This involves not only a great deal of time, but accuracy and care. Though John Versey is helped by others, such as Jim and Dave, it is an enormous task every two months. It happens behind the scenes and is not quite as obvious as John and Jim sorting technical equipment for our group meetings, which they do equally as well.

As usual Roger Miller has done an enormous amount during the year as our **Secretary** and he continues to be in charge of the Hertbeats website. Please do visit it regularly. The colour version of the Newsletter can be seen there.

#### **Other Hertbeats activities** continued in 2016-17:

**Golf** – continued to thrive under the leadership of Vernon Clough

**Walks** – both of 3 miles and 5 miles continued to thrive - organised by Ed Jones. Our thanks to Roger for stepping in as leader when Ed was in the Antipodes.

**NHS** – John Blandford reports on developments at each Committee meeting. This is a crucial time given the 'never-ending' re-organisation of the West Herts hospitals. John provides our main input partly through the St Albans Patient Liaison Group.

Ann Gibson has continued to look after '**Care and Welfare**' for our members who became ill or bereaved.

So your Committee members work tirelessly on behalf of all members. I'm still amazed at the amount of work they do. Jean Sharp has continued to organise CPR training for members and can give you advice, after her research, on travel insurance. She, Ann Gibson and June Gibbs are the only ladies on the Committee. Female volunteers please!

Finally we have welcomed onto the Committee Gareth Huxtable who has provided energy and thoroughness in working together with me at health and exercise class meetings. However, above all he has worked with our **Life-President, Brian Gibson**, on publicity for Hertbeats, for example giving a presentation at the Elms Surgery in Harpenden. Brian G of course has continued giving his energy and time to Hertbeats, as he has done from 1997. He is determined to get knowledge of Hertbeats into our hospitals and surgeries. He is working closely with the St Albans CVS. If you have a Hertbeats 'light pen', and wonder who arranged and got all these – just one of his many initiatives – Brian Gibson of course.

We look forward to another successful year taking us into 2018.

*Brian York*

#### **A Presentation by the Provincial Grand Lodge of Hertfordshire**



Life President Brian Gibson receives a cheque for £300 from Gareth Huxtable on behalf of the Provincial Grand Lodge of Hertfordshire. This was in celebration of the 300 year anniversary of the Grand Lodge of England. The award was one of thirty presented to local charities in Hertfordshire.

## OFFICERS & COMMITTEE MEMBERS – 2016/2017

### Some Pearls of Wisdom

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall'.

*Eleanor Roosevelt*

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.

*George Burns*

Santa Claus has the right idea. Visit people only once a year.

*Victor Borge*

Be careful about reading health books. You may die of a misprint.

*Mark Twain*

I have never hated a man enough to give his diamonds back.

*Zsa Zsa Gabor*

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.

*Alex Levine*

Money can't buy you happiness. But it does bring you a more pleasant form of misery.

*Spike Milligan*

Until I was thirteen, I thought my name was **SHUT UP**.

*Joe Namath*

I don't feel old. I don't feel anything until noon. Then it's time for my nap.

*Bob Hope*

I never drink water because of the disgusting things that fish do in it.

*W C Fields*

Don't worry about avoiding temptation. As you grow older, it will avoid you.

*Winston Churchill*

Maybe it's true that life begins at fifty. But everything else starts to wear out, fall out, or spread out.

*Phyllis Diller*

### 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 Gareth Huxtable <a href="mailto:publicity@hertbeats.org.uk">publicity@hertbeats.org.uk</a>	01727 859127 01582 768004
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
TRAVEL INSURANCE COLLATOR	Jean Sharpe	01727 838193
NHS LIAISON	John Blandford (Co-opted)	01727 859913
AND...	June Gibbs	01582 763526

### EXERCISE CO-ORDINATORS

MAPLE UNIT	Brian York	01727 854072
WESTMINSTER LODGE	Christine Hill	01727 852610
HARPENDEN & BATCHWOOD	Antonella McMillin	01582 715615
JERSEY FARM	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 07745 295691
RECOMMENDED TRADERS	Maureen Negus	01727 850539
NEWSLETTER EDITOR	Dr John Coad 30 Tuffnells Way Harpenden AL5 3HQ <a href="mailto:iohnrcoad@gmail.com">iohnrcoad@gmail.com</a>	01582 764826

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