

# 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)



**Members of Hertbeats Walking Group hard at it!**

[Photo: Steve Gledhill]

**April/May/June 2018**

## FORTHCOMING ATTRACTIONS

17<sup>th</sup> April

### **Caroline Stroud Cinnamon Trust**

A national charity for the elderly, terminally ill and their pets.

15<sup>th</sup> May

### **AGM**

A talk will follow the AGM, given by Tara Mooney, Service Transition Manager, Connect Health.

19<sup>th</sup> June

### **Strawberry Evening**

Entertainment by The Jolly Jazzers.

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).

**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.

It's that time of the year again! Within this issue of *Hearts and Minds* you will find a flyer giving notice of the forthcoming AGM on 15<sup>th</sup> May. In addition to the agenda, the notice contains the usual call for nominations to serve as officers and committee members of Hertbeats. As our chairman states below, the committee is always on the lookout for new blood – and wouldn't it be exiting to have some competition and elections for places!

Some of you are already aware that my wife, Sue, and I will shortly be moving to Edinburgh. In principle, this does not preclude me from carrying on as editor, but I do feel the whoever does the job should be in personal contact with what's going on in Hertbeats. Clearly, this will be impossible from some 400 miles away. Therefore, this will be my last, or possibly penultimate, issue as editor. Although I have been doing the job for only a relatively short time, I have enjoyed it immensely. The good news is that my successor will be Gareth Huxtable, who will need no introduction to those of you who are familiar with the excellent work he has been doing on the publicity front. All the best, Gareth!

**John Coad**  
Editor

## NEWS FROM THE CHAIR

I am writing these notes as the thaw sets in following the ice and snow from the 'Beast from the East' in the previous week. A few gallant 'Hertbeaters' braved 'the Beast' to take in a theatre visit in Milton Keynes. It was not the last of the winter theatre trips organised so well by Michael Utteridge. However, we can now look forward to our spring outings with the trip to St Paul's and the Postal Museum on 18 April.

Similarly, following the annual meeting with the cardiologists in March, we can look forward to meetings on the Cinnamon Trust (the elderly and their pets), a speaker from Herts Valleys Clinical Commissioning Group at our AGM meeting and the June Strawberry evening.

Your Committee is well aware of the sound/hearing problems encountered at our meetings in St Mary's Church Hall. Jim Green, Roger Miller and John Versey have been working hard on purchasing a new efficient sound system and we will get it right in the end. Additionally, I have written to St Mary's to point out that lighting outside the Hall, especially for pedestrians near the 'speed bumps', could be improved.

The AGM takes place on 15 May. I am only too well aware of the hard work put in by current members of your Committee, three of whom I have just mentioned. I will not mention all by name, but I will add Brian Gibson, our Life-President. He, helped by Gareth Huxtable, has established excellent relations with the cardiac specialist nurses at Watford Hospital. Hertbeats' literature is given out to all patients. At St Albans Hospital, Hertbeats mugs

have been given to the phlebotomists and ECG staff. Our notices are displayed at Hemel Hempstead Hospital.

Nevertheless, we always need 'new blood' on the Committee. Do not be shy. If you would like to join the Committee, please get yourself nominated or ask a current Committee member (all listed on the back page) to do so.

In the last two Newsletters I have expressed Hertbeats' concern over the consequences for us of the privatisation of physiotherapy services by the CCG. The private company, *Connect Health*, which now provides physiotherapy for outpatients, hardly uses the Physiotherapy Maple Unit at the Hospital, but has based the physios in various gyms and some larger surgeries around West Hertfordshire. Due to this, our main problem has been that none of 'our' physios was able to get to St Albans in time to take our Tuesday evening Maple class. About eight exercisers have been deprived of their weekly exercise for many weeks. However, I am pleased to say that, after kicking up a great fuss for what the CCG had done to this class, a qualified instructor has now been found by them who can take the Tuesday class.

The Thursday Maple exercise classes are full, but we still have vacancies for the 6.00 pm classes on Tuesdays and Wednesdays.

**Brian York**

## SECRETARY REPORT

**Current Membership:** As at 9<sup>th</sup> March, Hertbeats membership stands at 374.

**New Members:** Since the last newsletter, Michael Wiseman, Malcolm Barrow, Hazel Warner, Michael Gallagher, Ron and Ginny Jesson, Vera Preston, Alan Riley, David Bathurst, Alan Rowlands, Andrea and Gerry Johnston, Valerie Scott, Anne Brockwell, David Zachariah, Eileen and Peter Kent, David and Susan Lyons, and Agnes Cloherly have joined Hertbeats – and you are all very welcome. (To save you counting that makes twenty-one new members.)

Thank those of you who gave me your dates of birth. Only 22 have left that field blank plus the 6 non-paying members because they do not get the renewal form. Of the 22, four were given an older version of the application form which did not include the date of birth request. As stated before, the committee has applied for extra funds from time to time. Each time the committee is asked about the demographic of our membership, such as age range. So it is very helpful to be able to give an accurate figure rather than an estimate. Those of us who thought that ladies might not respond were most impressed by the high number that did so. I guess there comes a point in one's life cycle where one becomes proud of one's age.

**Data Protection:** On a serious note, **I do not include ages that can be associated with names** on lists I provide for group leaders. The closest anyone else gets to age data would be the average age of the Hertbeats membership, the average age of ladies to gentlemen (not likely) and if a particular sizeable group needs to know the average age of that group.

This may be to advise an exercise, trips or walks leader of the average age to judge the probable physical limitations of the subject group. It would not therefore be a regular occurrence beyond setting up a group or recruitment of a new leader.

It is always possible that I might be out of action one day. (Such as holiday you morbid lot!!!) Thus, a backup is sensible. To that end I pass a copy of the complete membership database to the Treasurer every Tuesday or in the event of significant change. The Treasurer is the only other person to hold the complete database. The file I use and pass to the treasurer is password encrypted. I am considering whether I need to encrypt the minimalist data I send to group leaders. This only comprises, name and contact details which are in the public domain anyway, eg the set of address labels I produce for the posting of Hearts & Minds. (it might be good fun to encrypt all the labels to keep the addresses secret from the postman – Or Not.)

We will make a decision at the next committee meeting. In due course, we are now required to have a data protection statement or policy to include actions in the event of a data breach. Once this is agreed, it will be circulated with *Hearts & Minds* and issued to all new members as part of the starter pack, as well as being posted on the website.

**Hertbeats Walking Group:** The next 5-mile walk is planned for 21<sup>st</sup> March. All walks are now planned to be on a Wednesday, starting at 10:00. The proposed walks are as follows:

	<b>3-mile walks</b>	<b>5-mile walks</b>
<b>March</b>		<b>21<sup>st</sup></b>
<b>April</b>	<b>4<sup>th</sup></b>	<b>18<sup>th</sup></b>

If you want to join the walks, please contact Ed Jones, Walks Organiser:  
Tel: 01727 850165 Mob: 07745 295691 Email: [etnajones@gmail.com](mailto:etnajones@gmail.com)

**Cardiopulmonary Resuscitation (CPR) Training:** We were all aware of how desperately urgent it is to provide CPR where someone has stopped breathing. **Personally, I suspect that these courses would be particularly attractive to the partners of those with heart issues. They might be the only one available to offer assistance should CPR be required.** You do not have to be a Hertbeats member to join a course. Even if you are not strong enough to carry out CPR, the knowledge you gain may enable you to instruct someone stronger than yourself at the scene. Group leaders may also wish to come on a course.

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

### **Request for CPR Training Course Place**

I would like to attend the CPR training session at the St. Albans Community Fire Station

Session ONE 9<sup>th</sup> May 18 14:00 – 16:00 hrs [ ] **OR**  
Session TWO 18<sup>th</sup> May 18 14:00 – 16:00 hrs [ ]

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone \_\_\_\_\_

Mobile \_\_\_\_\_

Mobile in case of late changes

Email \_\_\_\_\_

Please return to: Mrs. Jean Sharpe,  
1 Birklands Park, London Road, St. Albans, AL1 1TS.  
(01727 838193 - [jeanmarys@aol.com](mailto:jeanmarys@aol.com))

**Roger Miller**

### **EXERCISE CLASSES – UPDATES**

#### **MAPLE UNIT**

Currently we still need to fill the vacancies for classes at 6.00pm on Tuesdays and Wednesdays. 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 are on the back page.) All exercisers go at their own pace, supervised by an appropriately qualified physiotherapist/instructor, Sarah, Debbie, Eleanor, Simon.

## ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes.

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

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
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**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 your windscreen)

Numbers for the last 7 weeks to 26 February 2018: highest 19!, lowest 9, averages at 14. The increased numbers are due to new members attending. I would like to welcome Clive Pritchard, Michael Gallagher, Andrea Johnson and Stephen Skuce. Also welcome back to David Zachariah and Rosemary Bramwell. Rosemary has returned to the class after the sad passing of her husband Stan on 6 October 2017 at the age of 90. They were both regular attendees at Westminster Lodge before Stan became too ill.

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). *Keep warm!*

**Christine Hill**

## JERSEY FARM

We are maintaining a high level of attendance despite the cold weather, showing that this class is extremely popular. We experienced one week where Jacquie's instructions were given in sign language due to a bout of laryngitis and lost the following week altogether for the same reason, but fortunately she has now recovered her health and voice. 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. We aim to improve and maintain your cardiovascular system

and also help with your overall body condition. 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 a few occasionally do). If you are interested and want to find out more, give me a ring, the number's on the back page. Or just turn up a few minutes early on the night.

**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 April 2018. The brochures for the first three months of 2018 will be available soon. The present brochures are available from Doctors' surgeries as well as Information Points at St Albans District Council and Harpenden Town Council offices. Online information is on 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).

The shortest walks are 20-30minutes [First Steps 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.

Here are some of the walks listed in our immediate area:

- **Highfield Park:** NEW start point: YMCA Highfield Park Centre, 59 Russell Drive, St Albans, AL4 0DB: Walks twice a week: Every Monday 9.30am, or every Tuesday at 1.30pm: About 60 minutes [B-C]. Local transport and refreshments available.
- **Rothamsted/Hatching Green:** NEW start point and weekday: Meet at the Conference Centre Car Park: Every Tuesday at 10.30am. Up to an hour: [First Steps A, and B-C]. Local transport with refreshments nearby. The Centre Restaurant is recommended.
- **Greenwood Park:** Meet at Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW. Every Friday at 2pm: About 60 minutes [B].
- **Wheathampstead:** Meet at the public car park behind The Bull, East Lane, AL4 8BL: NEW weekday: Every Thursday at 10.30am First steps plus B to C - up to one hour. Local transport and refreshments nearby

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, just in case. It is recommended that one carries a bottle of water.

**John Versey**

## Connect Health

Connect Health has agreed to send a representative to our monthly meeting which will be held in St Mary's Hall on May 15<sup>th</sup>.

This talk will follow the AGM; we anticipate the AGM will only last 30 minutes.

This will be a very important talk as Connect Health has taken over physiotherapy responsibilities within the NHS. Where this affects Hertbeats is we run a number of exercise classes in the Maple Unit at St Albans Hospital. There have been some teething problems at the hospital, with exercise classes being cancelled because physiotherapists were unable to get to the classes.

### Who is Connect Health?

Connect Health has grown from a single private clinic established in 1989 to being the largest provider of musculoskeletal (MSK) physiotherapy services in the UK, with over 150 clinical experts in MSK and occupational physiotherapy.

***Do please come along to the meeting and find out more about why and how the NHS is outsourcing services.***

***James Green***

## Observations' on my recent stay in Watford Hospital

'Observations' is an appropriate term, as all who have stayed in hospital know only too well, though the staff call them 'obs'. They take these every two hours or so. You've just got to sleep and a nurse is there 'wakey, wakey - obs' followed by the blood pressure wrap on one arm, the little clippie thing on a finger (which I think is for your pulse to make sure you're still around) and a thermometer thrust in the ear. To make sure you don't forget your own name and date of birth a band with this info is put on your wrist, but you still get asked endlessly to say who you are and on what date you arrived in the world. These questions are often followed by 'are you diabetic, have you any allergies?' My joke that I was only allergic to Brussels sprouts was rarely appreciated.

One advantage of taking warfarin (to keep my blood thin due to having an artificial valve in my heart) is that I have to stop taking it some days before an operation and inject myself with 'bridging fragmin' instead. Coming off warfarin and going back to it after the 'op' is tricky and important, so I benefit from it not being easy to have an operation postponed. The 'op' was also at the time of the government cancelling all non-urgent operations and I was classed as an urgent referral which I think meant there was a bit more capacity in the operating theatres for me and other 'urgents'.

In terms of the physical environment I've had stays in the Lister Hospital in Stevenage and that does have better buildings – and more space for patients to move around. It's difficult to forget that Watford Hospital did start as the workhouse!

When I go to football at Watford's Vicarage Road Ground next to the hospital, the Club provides a golf buggy to take us up the steep hill. That same hill has to be negotiated by visitors and out-patients attending the hospital – but there is no buggy. I sometimes wonder if it's designed to keep patient numbers down as some of them might peg out trying to climb the hill!

My stay lasted nine days. For the first five the notice above my bed said 'nil by mouth' and I was allowed only water. On days six and seven over a weekend I was allowed the 'soup diet' and had four consecutive meals of soup, jelly and ice cream. On day eight I was allowed to order from the full menu. I had never really lost my appetite and went mad for what was good hospital grub with unfortunate consequences, but I won't go further into that.

The physiotherapist for the ward was excellent though a bit of a slave driver: 'Brian, what are you doing there, up, up, up and get walking. Just brush the doctors and nurses out of the way'. We eventually devised a system by which the patient nearest to the door of the ward whistled so that we knew she was coming and we could jump, or struggle, up showing we were all exercising. That is not quite as easy when attached to a drip. Mine was mobile so it went everywhere with me. I called it 'my little friend'. I even took it to have a shower before realising that I was wearing those dreadful 'teds stockings' (to stop you getting DVT) and had to get decent again and find a nurse to take them off!

The doctors – and of course the nurses - were just excellent. Nurses work hard in very long shifts, are underpaid and there are not enough of them. From my bed, close to the ward nurses' station, I could hear the phone' calls from other wards asking if any of 'our' nurses could be spared to help out elsewhere. I had three interesting conversations with nurses from the EU. One from Poland was going to return home because the drop in the value of the pound since the Referendum had led to her earning much less when exchanged into Polish Zloty. A nurse from Romania was returning home because she did not feel as welcome in Britain since the Referendum. On the other hand, another Romanian said that she had been in Britain for so long that she considered herself British and was definitely staying despite the government being so unclear about her future status. Overall it is clear that many of these skilful 'EU nurses' are leaving and fewer are joining to work in our NHS.

Not all patients appreciate the staff, and the ward sister (not that old) had to deal with a very tricky, almost abusive, 'customer'. She calmed him down after an outrageous outburst from him. I later congratulated her and suggested, with her diplomatic skills, she should join the Brexit negotiating team!

Eventually I got home – on day 9. I was told I could go home by the docs at 8.00 am. I then spent a frustrating day waiting for a blood test, its analysis, my discharge form and medicines from the pharmacy. The last arrived at just after 7.00pm, so it was over 12 hours later from being told I could go home that I got there! Whether you are an inpatient or outpatient a major feature of hospital visits is waiting, waiting, waiting! Always take some work or a good book.

**Brian York**

## **OUT AND ABOUT - TRAVEL**

We have started our 2018 programme of Outings with a visit to the Milton Keynes Theatre to see the National Theatre production of Ibsen's "Hedda Gabler" which our Chairman has reviewed for this Newsletter.

Our next Outings are to see "Crazy for You" at Milton Keynes on 21st March followed by a visit to St. Paul's Cathedral and the Postal Museum on 18th April and another visit to Milton Keynes Theatre for "The Case of the Frightened Lady" on 23rd May. Unfortunately, all of these Outings are fully booked as, for example, we have to confirm any theatre bookings well in advance to secure the special Group booking prices of up to a 50% reduction.

I will be sending details shortly to Members on the Outings Mailing List of our June and July outings:

### **Hughenden Manor and Greys Court - 27th June 2018**

Hughenden Manor is Victorian home with a military secret. Once the home of Benjamin Disraeli, Queen Victoria's favourite Prime Minister, it was more recently a base for secret map making in WWII including the "Dam Busters Raid".

Greys Court is an intimate family home with delightful gardens in an idyllic setting. The main house is a 16th Century mansion with gardens including a series of walled gardens. The property also boasts a 14th century Great Tower and a rare Tudor donkey wheel.

### **National Stud and Heritage Centre at Newmarket - 18th July 2018**

Our visit to the centre of the "Sport of Kings (and Queens)" begins with a morning visit to the National Stud which is set in 500 acres and is a working commercial stud. We will see how the Stud works and various aspects of its operations. Following a Soup and Sandwiches Lunch we spend the afternoon in the Heritage Centre.

The Centre incorporates the National Horse Racing Museum, Trainers House and the Packard Galleries of British Sporting Art. We will also be able to meet former racehorses in the flagship home for Retraining Racehorses.

If you are not on the Mailing List please contact me and I will add you to future mailings.

Thank you for your support and I look forward to seeing you on our next Outings.

**Michael Uttridge**

## **A Trip to see Hedda Gabler at Milton Keynes Theatre**

On 28 February (which the Meteorological Office called the last day of winter), with snow falling our coach arrived only just on time, which meant waiting in the extreme cold at Marshalswick and even longer in Chiswell Green. The coach was old and poor with no heating. Michael is pursuing the matters with Barnett's Coaches.

We did arrive in Milton Keynes in good time with plenty of time for lunch. I was introduced to the delights of the *Slug and Lettuce*, a new experience for me, by Jill Higgs, Ivy Pearson and her friend Grace. The only disappointment was that the pub had no soup which we all coveted on such a cold day.

The play was of course Ibsen's masterpiece, *Hedda Gabler*, the National Theatre production with Lizzy Watts in the title role. It has been critically acclaimed. Instead of being set in its original time of the 1890s this was a modernised version and I was never sure which decade we were in (1930s?, 1950s?). It was also at times a little difficult to hear (and my hearing, I think, is still OK). This turned out to be the Hertbeats 'intellectuals trip'. However, what has been called the 'Female Hamlet' play did bring out Hedda's frustrating and boring life in her marriage, and ends in her death. (There's a touch of Chekhov?). In its original time in the late 19<sup>th</sup> century the play was a statement for more freedom in women's lives (at least for upper and middle class women). This version, in a later setting, did perhaps not bring that out quite as clearly and the plot was convoluted. Nevertheless, it was a production to make it intriguing with probably more questions than answers.

*Can I get a job as a theatre critic?*

**Brian York**

## **Computer Problems? - Computer Friendly**

In the last issue of "Hearts and Minds" there was an excellent article by Brian Gibson titled "Computer Problems? – Call the Windows Cleaner". It reflected many readers' problems with computers and he recommended Dave as someone who could help. This may not be applicable to everyone so I am suggesting an alternative to those who are struggling with any sort of computer, tablet or smartphone.

"Computer Friendly" [www.computerfriendlystalbans.org.uk](http://www.computerfriendlystalbans.org.uk) provides in their own words: "Low cost IT training in St Albans & Harpenden areas". The website states:

"Computer Friendly charity is here to help people in St Albans and Harpenden district get started on the computer and the Internet. We run low cost Beginners Courses on Windows, Apple iPad and Android Tablets to get you started, show you how to get more out of your computer or tablet and build up your confidence. Why not call into our popular Drop-In Centres?"

Contact Computer Friendly St Albans on 020 3239 1559 or email [courses@cfsta.org](mailto:courses@cfsta.org)

The centres listed below invite people to call by and see what courses are offered, to get help with a question or problem about a computer or tablet and have a go on one of their computers. No booking required, it's free and friendly. Venues and times are:

Fleetville Community Centre, Royal Road, St Albans, AL1 4LQ.

Mondays: 10:00am to 1:00pm

The Skew Bridge Pub, 59 Southdown Road, Harpenden, AL5 1PQ.

Tuesdays: 10:00am to 1:00pm.

Marshalswick Baptist Free Church, Sherwood Avenue, St Albans, AL4 9QL.

Thursdays: 1:30 to 4:30pm.

They do not run Apple Mac courses but one of the volunteers, Nick, at The Skew Bridge has a MacBook and can assist. You need to book an appointment with him.

You can book free "one-to-ones" which are one-hour sessions with a tutor on any topic(s) you wish. They are held at The Skew Bridge and potentially at a St Albans location too. Phone 020 3239 1559 to find the current situation and to book a session.

If you try Computer Friendly's services please let the *Hearts and Minds* editor know in order to feature readers' experiences in the next newsletter.

**Steve Gledhill**

#### **Editor's Note**

Thanks to Steve for drawing members' attention to this excellent organisation. I have attended a course on Android tablets myself and can thoroughly recommend members to make contact as noted above. However, I do not regard Computer Friendly as an alternative to Dave, but as complementary. One is concerned with tuition, the other essentially with curing problems, although Dave is always willing to pass on tips.

## **Mackerel Recipes**

There is something very satisfying about a simple grilled mackerel fillet with a fresh tomato salad but here are 2 recipes using smoked mackerel, an extremely healthy and reasonably priced food that is also delicious. Plain or peppered mackerel can be used.

### **Fish cakes**

1 pack smoked mackerel fillets

Equal weight of boiled and mashed potatoes

1 tbspc creamed horseradish

Flake the fish into the potatoes and combine thoroughly with the horseradish. No additional seasoning is necessary. Mould and shape into patty shapes and refrigerate until needed. Put a small amount of oil into a non-stick pan and fry until golden. If preferred, these can be cooked at a high temperature in the oven for 20 minutes.

### **Smoked mackerel pate**

1 pack smoked mackerel fillets

Juice 1 lemon

2 tbspc plain yoghurt

1 tbspc creamed horseradish

Remove the skin from the mackerel and combine with the other ingredients. Either pulse in a food processor till smooth or use a hand-held blender. Enjoy as a starter with good bread or toast or for a light lunch.

**Frances Tarrant**

### **Back to the 50s**

1. Which Frankie was behind the Green Door?
2. Which musical instrument did Russ Conway play?
3. What did Bill Haley and the Comets do after 'Shake'?
4. Which Jerry sang of 'Great Balls of Fire' in 1958?
5. Which Doris said 'Whatever will be will be' in 1956?
6. How many Everly brothers were there?
7. What was the first name of the vocalist Mr Twitty?
8. Where did Fats Domino find his thrill in 1956?
9. Which pink was Eddie Calvert associated with in 1955?
10. Which Adam hit the No. 1 spot with 'What do you want'?

## Where in the UK?

1. One of the three Rs
2. Possess insect
3. Carry-on Barbara
4. Inter
5. Tub of water
6. Sick crossing
7. Span compass point
8. Wise associate
9. Prime number of trees
10. Last piece of musical instrument

## Some Edinburgh Fringe One-liners

1. I'm not a fan of the new pound coin. I hate all change. (Ken Cheng).
2. have two boys 5 and 6. We're no good at naming things in our house. (Ed Byrne).
3. I'm looking for the girl next door type. I'll just have to keep moving until I find her. (Lew Fitz).
4. I've given up asking rhetorical questions. What's the point? (Alexei Sayle).
5. Combine Harvesters. And then you'll get a really big restaurant! (Mark Simmons).
6. My dad suggested I registered for a donor card. He's a man after my own heart. (Masai Graham).

## Back to the 50s – Answers

- |                    |                   |
|--------------------|-------------------|
| 1. Vaughan         | 6. Two            |
| 2. Piano           | 7. Conway         |
| 3. Rattle and Roll | 8. Blueberry Hill |
| 4. Jerry Lee Lewis | 9. Cherry         |
| 5. Day             | 10. Faith         |

## Where in the UK? – Answers

- |            |                |
|------------|----------------|
| 1. Reading | 6. Ilford      |
| 2. Havant  | 7. Bridgenorth |
| 3. Windsor | 8. Morecambe   |
| 4. Bury    | 9. Sevenoaks   |
| 5. Bath    | 10. Harpenden  |

## 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	

### OFFICERS

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