

Hearts and Minds

THE HERTBEATS NEWSLETTER



**St Albans and District Cardiac Support Group
Established 1997**

Affiliated to the British Heart Foundation and Arrhythmia Alliance

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



The Vyne
[See "Out & About"]

March/April 2019

FORTHCOMING ATTRACTIONS

19 th March	Doctors' Evening Our Vice Presidents the consultant cardiologists from West Herts Hospital Group will give presentations on the latest developments in cardiology and answer your questions
23 rd April [Note the 4th Tuesday]	Tony Eaton The Curious Disappearance of Glenn Miller
21st May	AGM Followed by a talk on the Lake District by our President Brian Gibson
18th June	Strawberry Evening The entertainment will be provided by a Ukulele Band
16th July	TBN
August	No Meeting
17th September	Del Stanford Team Leader Cardiac Rehabilitation

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.

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

NEWS FROM THE CHAIR

LETTER FROM EDINBURGH

Well, here we are again. I thought I could put my feet up now we've moved to Scotland, but I have been persuaded to return, at least for the time being, as editor of *Hearts and Minds*. Still, I am very grateful to John Versey for taking over while Sue and I were knee deep in the removal process itself and then settling into our new (albeit temporary) home a few miles south of Edinburgh city centre. As noted by our Chairman (below), John will still be coordinating printing and distribution of the newsletter.

A colleague has suggested that I contribute a "Letter from Edinburgh", along the lines of Alistair Cooke's famous Letter from America, but I don't think you would be interested in the minutiae of what's going on up here. However, a few comments might not be out of place.

Edinburgh is a wonderful city with lots to do – theatres, art galleries, restaurants and much more. It is also a small city, with the Pentland Hills to the south and the coastline along the Firth of Forth to the north, both just a few miles from the city centre.

On the health front, I have become well acquainted with the Royal Infirmary. I have tripped over twice, the first time dislocating a little finger, the second time fracturing a metacarpal (so-called boxer's fracture), in addition to a consultation in the cardiology department and the pacemaker clinic. It seems that I shall soon have to have my fourth ICD "box" fitted as my current one is over five years old. So far, I have found the health service here to be excellent, although waiting times appear to be as long as, if not longer than, those down south.

What do we miss? Obviously, friends and colleagues. As far as Hertbeats activities are concerned, we certainly miss Michael and Corinne's outings, and also the meals at Oaklands College, the organisation of which, I'm pleased to say, has been taken over from me by Rita Atkins.

Before signing off, I'd like to remind you that this is *your* newsletter, not mine nor the committee's. So please let me have any stories, anecdotes, photos, etc that you think might be of interest to other members.

John Coad
Editor

The first thing to report is how grateful we are to Dr John Coad for once again taking on the editorship of *Hearts and Minds* so that we can keep our Hertbeats Newsletter going. As you may know, John and Sue now live in Edinburgh, but with modern communications we can operate the Newsletter in this way. We should also thank Dr John Versey and his team of helpers who liaise with the printer, stuff the envelopes and then distribute the Newsletter, many copies being hand-delivered by volunteers (mainly Committee members).

In Britain we talk to each other endlessly about the weather. With meteorological spring starting on 1 March, let's hope we do not suffer another 'Beast from the East' as we did a year ago. However, over the last three years we also talk about Brexit, though I find I have to be careful not to offend those who hold opposite views to mine! I think we have all become frustrated with the whole process. Many of us in Hertbeats still travel to Europe, yet it is difficult, if not impossible, to get clear answers to questions, whether there is a deal or not on leaving the EU, on using our passports (and within the Schengen countries), will our European Health Insurance Cards still entitle us to treatment, do we have to remove number plates with 'EU' on them and stick on the old "GB" stickers. Perhaps more worrying for us in Hertbeats is whether we will be able to get all of our medicines, many of which are manufactured on the continent. I hope that I am worrying unduly and all will be well. We shall see.

On a more optimistic note, we have just received a fourth instalment of £1000 (for 2019) to assist our cardiac support work from the Hertfordshire Community Fund (HCF). The final £1000 will be received in a year's time and your Committee will need to consider then how to sustain the level of expenditure which we now have. Our finances are in excellent shape thanks to the care and professionalism of our Treasurer, Dave Tarrant. Some expenditure has been on publicity, eg the display boards and in connection with the extensive promotion of Hertbeats by Gareth Huxtable and Brian Gibson.

Finally, 2019 brings us a new season of trips organised yet again by Michael Utteridge with one to the theatre to see the everlasting *Mousetrap* and to the Imperial War Museum at Duxford. (I always salute the *Spitfire* at the entrance when I pass in the car!)

Finally, finally, your Committee works very hard to keep all of our activities going. We do need more help. Please let me know if you feel that you can contribute. (Contact details on back page.)

Brian York

SECRETARY REPORT

Current Membership. As at 7th February 2019 Hertbeats membership stands at 383. Invoices are being sent out this month. Please take the trouble to fill the form out fully. The committee, group leaders and fund providers all use part of the data gathered.

New Members. Since the last newsletter Bruce Smith, Ruth Read and Pauline Curtis have joined Hertbeats and James Cash has returned for an Encore – Welcome aboard.

Data Protection. Hertbeats comes under the data protection act. The new General Data Protection Regulation (GDPR) is the European convention to which the UK Government has signed up.

As secretary I took the GDPR course on 20th Feb 2018. Hertbeats has a relatively simple situation compared with many commercial enterprises.

To summarise:

1. Your data is held on an Excel spreadsheet that is protected by an encrypted password.
2. The Treasurer holds an off-site backup copy and is the only other person who knows the password.
3. The data held is to enable management of Hertbeats for: --
 - a. Listing the Membership names and addresses.
 - b. Distribution of the Hearts & Minds Newsletter.
 - c. Listing Member interest in various Hertbeats activities.
 - d. Invoicing.
 - e. From time to time group leaders need data to contact their respective group members. For this they are provided with the address, telephone numbers and email where held. These data are in the public domain such as telephone directories. No other data is passed to group leaders.
 - f. For committee discussion, or when bidding for funds, summary data is needed, such as general location of members, age range and so on. The secretary produces summary data that does not include personal information attributable to individuals.
4. On leaving Hertbeats the personal record is removed from the member table into a lapsed member table and is held for five years.
5. Renewal of membership implies agreement with the data usage above.

Roger Miller

EXERCISE CLASSES UPDATES

MAPLE UNIT – ST ALBANS CITY HOSPITAL

Currently there are just a limited number of vacancies for the exercise classes at 6.00 pm on Tuesdays and Wednesdays, and the 7.15 pm class on Thursdays. 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, 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

Classes are held in Dance Studio 2 on the 1st Floor on a Monday from 2.30 to 3.30, cost is £3.50 per session

Free parking is available for the first two hours, but you must take a ticket and display on your windscreen.

Members' attendance has held up very well - Numbers for the last 10 weeks: highest 17; lowest 11; averages at 14.

I would like to welcome back Elizabeth and James Cash, who have been members of Hertbeats for many years.

If anyone is interested in joining our happy friendly class, please contact me for a chat on 01727 852610 or email: cjh@stalbansherts.myzen.co.uk.

Christine Hill

JERSEY FARM

They do say that time flies. The Tuesday evening exercisers have now been at Jersey Farm Community Centre for six years and have put in some 284 sessions in that time. We meet every Tuesday evening at the Jersey Farm Community Centre in St Brelades Place, AL4 9RG. Plenty of free parking, by a Tesco Express and the Blackberry Jack pub. Our exercise session starts at 6pm for an hour and costs £4 per session, paid on the night. The community hall is ideal, with plenty of room. Attendance averages 14 with as many as 19 being present from time to time. The session is always cheerful and chatty and very welcoming to new members. So, if you wish to join us you would be more than welcome.

Roger Miller

OUT AND ABOUT - TRAVEL

I would like to wish everyone a Happy New Year, and Corinne and I would like to thank you for supporting our outings and I hope that this year's programme has some outings of interest to you.

Following publication of the outings programme for 2019, I am pleased to provide the full details of the forthcoming outings to "Kinky Boots" at Milton Keynes, the Imperial War Museum at Duxford and the Bombay Sapphire Distillery and The Wyne (a National Trust property), the last two both in Hampshire.



**"Kinky Boots"
at the Milton
Keynes Theatre
- Wednesday,
30th October
2019**



Inspired by true events, this joyous story of Brit grit to high-heeled hit was transformed into a hit Broadway musical. Charlie Price is struggling to live up to his father's expectations and continue the family business of Price & Son. With the shoe factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new

stilettos. *Kinky Boots* takes you from the factory floor to the glamorous catwalks of Milan.

With songs by pop icon Cyndi Lauper, direction and choreography by two-time Tony® Award-winner Jerry Mitchell (*Legally Blonde*, *Hairspray*), *Kinky Boots* was the 2016 Winner of the Olivier Award and every major Best Musical Award.

The cost of the outing is £40 per person which includes a seat in the Stalls for the Matinee performance, the Coach and Driver's Gratuity. Please note that we have to pay for your Theatre Tickets by the middle of March 2019 and Booking Forms must be returned to me no later than 15th March 2019.

I am sorry that we have to commit so early to the purchase of the theatre tickets, but this is the norm in order to obtain both good seats as well as the Group Discount. In this instance we have been able to secure seats in the Stalls for the Matinee performance at a reasonable price for West End shows as musicals tend to be relatively more expensive.

Provisional pick-up times are 11.00 a.m. from The Ridgeway, Marshalswick and 11.15 a.m. from the Three Hammers at Chiswell Green.

Imperial War Museum Duxford - Wednesday, 14th April 2019

The Imperial War Museum Duxford is Britain's largest aviation museum housing the museum's large exhibits, including nearly 200 military and civil aircraft, military vehicles, artillery and minor naval vessels in seven main exhibition buildings. The site accommodates several British Army regimental museums.

Originally operated by the Royal Flying Corps during the First World War Duxford played a prominent role during the Battle of Britain and was later used by United States Army Air Forces fighter units in support of the daylight bombing of Germany. The site also features several purpose-built exhibition buildings, such as the Stirling Prize-winning American Air Museum, designed by Sir Norman Foster.



The cost of the Outing is £26 per person and covers the Coach, Driver's Gratuity and Admission to the IWM Duxford. Provisional pick-up times will be 10.00 a.m. from Chiswell Green and 10.15 a.m. from The Ridgeway, Marshalswick.

Bombay Sapphire Distillery and The Vyne - Thursday, 23rd May 2019



The Bombay Sapphire Distillery at Laverstoke Mill has a proud history having been noted in the Domesday Book with its distilling heritage beginning in 1761 when the Dakin family purchased a site for distilling gin followed by the purchase of a still which was adapted to separate the exotic botanicals from the neutral grain spirit. These were captured in the vapour - an artisanal distillation

process now known as Vapour Infusion - still faithfully used by Bombay Sapphire today.

Following a sampling of the finished product we travel to The Vyne for Lunch.

The Vyne (see cover photo) is a National Trust property built for Lord Sandys, Henry VIII's Lord Chamberlain. The property was owned by the Chute family from the mid-eighteenth century until it was bequeathed to the National Trust in 1956. The house has many notable features and has recently been the subject of a multi-million-pound renovation.

The cost of the outing is £27 per person for National Trust members and £37 for non-NT members which includes the Coach, Driver's Gratuity, Admission to the Distillery, a Self-Discovery experience, a guided tour of the Still House and a complimentary drink and admission to The Vyne. Provisional pick-up times will be 08.30 from The Ridgeway, Marshalswick and 08.45 from the Three Hammers, Chiswell Green.

If you are interested in any of these outings and you are not on the emailing list, please let me know. My contact details are on the back cover of Hearts and Minds and our website.

A personal connection with one of our Outings

In response to the recent emailing of the details of our outing to the Imperial War Museum at Duxford, I was contacted by Ryland Clendon regarding his father, who had been trained at Hendon in 1917 to be a Pilot in the Royal Flying Corps. The photograph is of Ryland's father taken at that time.



The RFC was merged with the Royal Naval Air Service to form the Royal Air Force on 1st April 1918. At the start of WW1 the RFC had five squadrons and by 1919 the new RAF had grown to 150 squadrons.

Unfortunately, Ryland's father was injured when his plane caught fire during his night-landing trials and crashed. After a lengthy spell in hospital, he was transferred to the machine Gun Corps, training soldiers, until he was demobbed in 1919. I think that the Machine Gun Corps was based at Belton House, which Hertbeats visited a couple of years ago, thus making it a double connection with our outings.

Michael Utteridge

Lift Required – Can You Help?

Two former members wish to re-join Hertbeats, and they want to be able to attend Tuesday meetings. They live opposite Harpenden Common and do not drive. There is no bus service from Harpenden to Marshalswick and so they would appreciate a lift if it can be arranged. They say that they could get the 321 bus to the Ancient Briton and be picked up there if need be. The contact telephone number is **01582 765942**. Can you help please?

JOY GURD

Towards the end of last year, I was saddened to hear of the passing of Joy Gurd. Those of you who have regularly been on outings or attended Hertbeats Christmas dinners will, I'm sure, have met Joy and her husband Trevor.

I first met Joy quite a long time ago when she was the secretary to my boss, the head of overseas division at the Building Research Establishment at Garston. She was always cheerful and very helpful, even when things weren't going particularly well, which was quite often. Later, I encountered Joy again, this time as a fellow councillor, she in St Stephen (Bricket Wood), I in Harpenden. Lastly, of course, there was Hertbeats. I can't claim to have known much about Joy's private life, but the one thing that stands out in all three guises in which I had the pleasure of knowing her was the cheerfulness to which I referred earlier.

Our deepest sympathy goes out to Trevor and family.

John Coad

IN THE GARDEN

A couple of months ago, I forecast that the flowering of the spring bulbs would be delayed because of the long dry period in the summer. My daffodils showed yellow as the year turned, just a couple of days later than normal, much to my surprise. If you have bulbs that are still not in the ground, put them in now, don't waste them. They should still give a show.

Trim last year's flower twigs from the main stems of the climbing roses and tie the stems into their supports, bending the ends over rather than cutting them off.

There is still time to thin out perennials. If the group is too large remove it, revitalise the ground and replant using cuttings from the outside. Discard the older portion.

The early flowering shrubs will soon be showing. When they have finished, prune the bush to the desired shape and give it a feed.

The lawn would benefit from raking to remove dead growth and moss, letting air around any new growth and allowing it to flourish.

Do not rush to put seeds in the ground. A delay for better weather conditions will pay.

Whatever you do, I wish you success.

Bill Whitehead

Congratulations

You may have read in the *Herts Advertiser* (January 10) that two our members, Sue and Ryland Clendon recently celebrated 65 years of happy marriage (sapphire anniversary, apparently). Both are in their late eighties and they have raised six children – there must be a message in there!

I came to know Sue and Ryland through attendance at Woollams' dinner & quiz nights and latterly at "The Stables" lunches and dinners. I enjoyed their company very much, not least many provocative discussions with Ryland. I'm sure you will join me in congratulating Sue and Ryland and wishing them many more years of happy marriage.

John Coad

The New St Albans Museum & Gallery

Back in November last year, former mayor of St Albans, Cllr Annie Brewster, gave a talk to members on the transformation of the old St Albans town hall into a state-of-the-art museum and gallery. She explained what a mammoth job it was to convert this 1830s Georgian Grade 11-listed building, which was badly in need of extensive repair, into something that the city could be proud of. The overall cost of the project was £7.75 million.

What will you see when you visit is that the history of St Albans is given prominence. However, there is a restaurant and so you can have a cuppa in the old court before going down to see the police cells.

The building will be used for exhibitions, weddings, talks and many other activities.

WALKING GROUP

The Hertbeats walking group, which meets twice a month, is an excellent way to exercise. There are added bonuses – making new friends, discovering new areas around St Albans and having the opportunity to meet for a chat at lunchtime after the walk, often in a convivial pub.

Walkers are still surprised that after three or four years very rarely are any walks repeated. There was a very pleasant surprise on the 2nd January; the ground was wet and slippery, so the route was within St Albans. Starting in St Michael's village, we headed in the direction of Westminster Lodge, crossed Holywell Hill and came across a large well – see photograph of the walkers by the well. This is the “Holy Well”, which has its origin when Alban was beheaded. His head reputedly rolled down the hill and a spring burst forth at the site of its resting place.

The second surprise was the delightful River Ver Trail leading to the Watercress Nature Reserve, a tranquil and picturesque rural area in the heart of the city, see the photograph. Well worth a longer visit.



New walkers are always welcomed. You don't have to be super fit – just keen to join in. Give it a try! For information and to book a place, contact the organiser, Ed Jones, mobile 07745 295691; email etnajones@gmail.com.

Dates for the Wednesday 3-mile and 5-mile walks up to April 2019 are shown; start time is 10.00.

3-mile walks

6th March

3rd April

5-mile walks

20th March

17th April

Steve Gledhill

GOLF SOCIETY

The Golf Society is presently in hibernation and awaiting the Spring to re-emerge. We expect our first meeting to be in May at Stockwood Park Golf Centre. Watch this space!

We are in need of new players! – of any standard. If you are at all interested in our informal golf group, please contact Vernon Clough on 01582 713080 or at vclough@ntlworld.com

Vernon Clough

Recipe – Piccalilli

1 Cauliflower	1 Cucumber
2 Courgettes	150g Green Beans
12 Small Onions or Quartered Shallots	50g Mustard Powder
25g Turmeric	2 tbs Cornflour
100g Sugar	250ml Distilled Vinegar
250ml White Wine Vinegar	Pinch Chilli Flakes
100g Table Salt	

Cut the cauliflower into small florets and the rest of the vegetables into small dice. Put in a non-metallic bowl and pour over the salt and stir. Cover and leave overnight. This will remove excess water. The next day rinse off the salt and drain well. Place in a large saucepan with the sugar, vinegars and chilli flakes, if liked. Bring to the boil and simmer for 20 minutes, Meanwhile mix the mustard powder, turmeric, cornflour and a little water to form a paste, then stir into the cooked vegetables and cook for a further 2 minutes until fairly thick. Pour into clean jars and put on lids. This should make about six pound jars and will keep in a cupboard, unopened, for at least a year.

This pickle is delicious with cold meats and cheese and half a jar will give you 1 of your 5 a day!!!

Frances Tarrant

“FOOD FOR HEALTH” EVENT

Where? **WAITROSE ST ALBANS AL3 4JZ**

When? **MONDAY 4TH MARCH AT 12.00**

This event is called “FOOD FOR HEALTH – WHY BE CONFUSED?
There will be a presentation by Waitrose, with food samples and a tour of the supermarket, followed by a Question & Answer session with Dr Michael Cannell.

There will be only a few places available, so if you are interested in attending, sending in a question or just want more details:

Contact Gareth Huxtable by Email: grhuxtable@globalnet.co.uk.

Words of Wisdom from those who play

Kevin Keegan is an honest person, he wears his heart on his chest. [Alan Briggs]

The pendulum has swung full circle. [Bryan Hamilton]

Gary Neville was captain, and now Ryan Giggs has taken on the mantelpiece. [Rio Ferdinand]

He’s got two good feet, left and right... [Ronnie Goodlass]

With apologies to Fred Astaire and Ginger Rogers, will it be Wolves or West Brom singing in the rain tonight? [Ian Winter]

OFFICERS & COMMITTEE MEMBERS

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Please send contributions for the next issue to johnrcoad@gmail.com by **15th April**
– preferably as **Word** or **Excel** attachments rather than embedded in emails.