

Hearts and Minds

The Hertbeats Newsletter

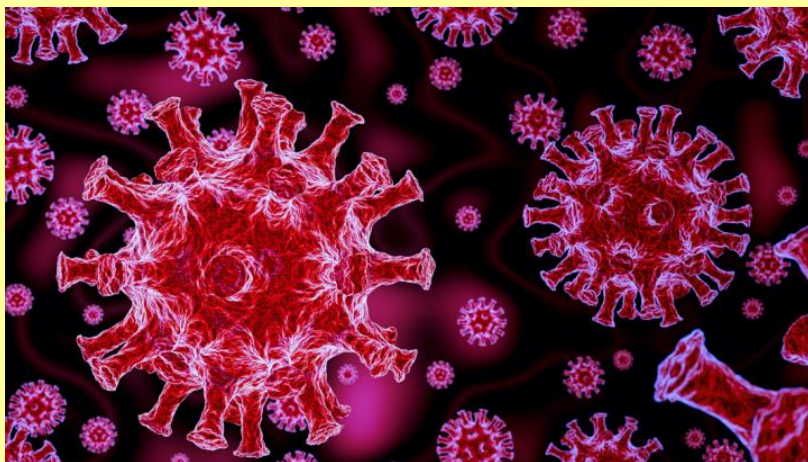
**St Albans and District Cardiac Support Group
Established 1997**



**Affiliated to the British Heart Foundation
and Arrhythmia Alliance**

secretary@hertbeats.org.uk

Website: www.hertbeats.org.uk



Coronavirus COVID-19

April /May 2020

Exercise Classes and Activities

Activities. Phone or email the named contact for details

Day	Time	Venue
Monday	12:20-13:50	Harpenden Sports Centre
	14:30-15:30	Westminster Lodge, St Albans
	17:45-18:45	Maple Unit, St Albans City Hospital
Tuesday	11:30-12:30	Batchwood Sports Centre, St Albans
	18:00-19:00	Jersey Farm Community Centre, St Albans
	18:00-19:00	Maple Unit, St Albans City Hospital
Wednesday	11:00-12:15	Cotlandswick Leisure Centre, London Colney
	13:00-14:00	Harpenden Sports Centre
	18:00-19:00	Maple Unit, St Albans City Hospital
Thursday	18:00-19:00	Maple Unit, St Albans City Hospital
	19:15-20:15	Maple Unit, St Albans City Hospital
Friday	12:30-14:00	Harpenden Sports Centre

Venue	Contact	Telephone	Email
Harpenden Sports Centre	Antonella McMillin	01582 715615	antonellamcm@aol.com
Westminster Lodge	Christine Hill	01727 852610	cjh@stalbansherts.myzen.co.uk
Jersey Farm Cmnty. Centre	Roger Miller	01727 766278	secretary@hertbeats.org.uk
Maple Unit, City Hospital	Graham Imber	01727 834907	exercise@hertbeats.org.uk
Batchwood Sports Centre	Antonella McMillin	01582 715615	antonellamcm@aol.com
Cotlandswick Leisure Centre	Antonella McMillin	01582 715615	antonellamcm@aol.com

Walking and Golf

Walking Group	Ed Jones	07745 295691	walks@hertbeats.org.uk
Golf Society	Vernon Clough	01582 713080	golf@hertbeats.org.uk

Coronavirus postpones Hertbeats Events

All Hertbeats events have been either cancelled or postponed until further notice because of Coronavirus COVID-19.



To stop the virus spreading we must do "Social distancing", the 6 foot rule. That's why our activities cannot take place.

Exercise Groups: All classes are suspended. The affected classes are: The Maple Unit, Jersey Farm Community Centre, Westminster Lodge, Harpenden Sports Centre, Batchwood Sports Centre and Cotlandswick Leisure Centre.

Walking Group: Postponed until further notice but maps will be posted on the Hertbeats website to allow individuals to repeat earlier walks on their own.

Golf Society: Next meeting is postponed, it will resume activities when possible.

Annual General Meeting: The AGM planned for May 19th meeting is postponed.

Talks: All booked talks will be postponed until normal activities return.

Strawberry Evening: This event scheduled for June 16th is cancelled.

Musical Evening: The event scheduled for November 17th is postponed.

Outings: All outings are either cancelled or postponed:

Theatre trips will resume as soon as possible, probably two trips a year. Tutankhamun exhibition has been cancelled by the organisers. It is unlikely to be rescheduled but situation is currently unclear.

It is planned to rebook these outings when things return to normal:

- Ham House near Richmond-on-Thames
- RHS Flower Show at Hampton Court
- Thames Cruise and Bekonscot Model Village
- City of Ely, Cathedral and Cromwell's House

Oaklands College: Lunches and dinner events are cancelled until further notice.

News from Chairman Brian York

As I start to write these notes the news is dominated by the Coronavirus (COVID-19) outbreak. Medical advice is being sent out repeatedly and we have asked 'our' cardiologists, who are Hertbeats Vice-presidents, whether they have any additional advice for us because reports highlight that cardiac patients are at higher risk, especially those who are older. Any such advice will be emailed to Hertbeats members and put on our website www.hertbeats.org.uk.

On a 'healthier' note Hertbeats continues to promote activities on both the health and social fronts. Graham Imber has successfully established an additional Maple Unit exercise class for when these resume. Together with many other members I enjoyed the visit to see 'The King and I' at the Milton Keynes theatre. Our thanks to Michael Utteridge and Corinne for organising yet another highly successful outing.

What alarms me is that there has been no response from our members to the SOS for an Outings Organiser to succeed Michael from the end of this year. I am sure most of us will miss the outings, including those to theatres, with what at the moment looks like their demise. What a great pity! **Volunteer please**

Hertbeats is in a healthy position financially. We have just received the final £1,000 grant (of £5,000 overall) from the Hertfordshire Community Foundation. Due to the generosity of the family of Vin Pearson, who died recently, we have been given a large donation in his memory – see story on page twelve. Due to the efforts of Brian Gibson and Gareth Huxtable we have received £383 from St Albans Waitrose and £257 from the Harpenden store. We are extremely grateful and it enables us to keep the Hertbeats subscription at a reasonable level, though the subscription rate may have to be reconsidered soon.

In order to control the finances it is essential that we have a Treasurer to replace Dave Tarrant who is stepping down after 10 years of successful husbanding of our monies. One significant task of the Treasurer is to receive the annual membership subs and that date is upon us now. Hertbeats cannot operate without a Treasurer. **Volunteer please**

Two new members (in addition to Graham Imber earlier), Elaine O'Brien (Minutes Secretary) and Trevor Gurd have been co-opted onto the Hertbeats Committee.

I am concerned that we have lost, through resignations, the experience and contributions of Gareth Huxtable, Michael Utteridge and Dr John Versey. In the case of John, to whom an appropriate presentation was made at the New Year's lunch, he has now given up his administration work for Hertbeats. This was considerable and is not easily replaced, not least in getting out the Newsletter to almost 400 members. Those who kindly volunteered 'to stuff' envelopes and/or help with non-postal delivery are having their offers of assistance taken up.

If you know of any Hertbeats member who is ill or in hospital, please inform Ann Gibson, our 'Care and Welfare' Committee member. Tel: 01727 859127.

Email: briangibson276@gmail.com

Secretary Report, Roger Miller

As at 13th March 2020 Hertbeats membership is 388 a rise of four new members. Since the last newsletter Christine Timmis, Mary Quinn, Jessie Pigott and Joyce Dixon have joined Hertbeats. You are most welcome and we hope you will find something in Hertbeats that you want to follow up and enjoy.

In case ladies might think they are underrepresented, 48.7% of the membership are ladies compared with 51.3% gentlemen. The ladies are gaining on us chaps.

From the Editor, Steve Gledhill



When I took on the task of editing this newsletter I proposed that we should investigate printing it in colour, and on better paper. Here it is!

The idea was to make it something which members would be proud of. After much searching we found a printer who will produce each copy for just 40p, twice the price of the black and white one.

Our treasurer reassures us that Hertbeats has sufficient reserves to pay the increase of £1.20 per member per annum. I hope that you like it. Longer term we will investigate updating the design and layout.

Pages two and three now clearly show activities and other events. The back cover page list of club officers has been simplified and photographs of the Principal Committee Members are included.

Please let me know if you have any suggestions for future issues or wish to submit an article. Tel: 07785 381912 Email: editor@hertbeats.org.uk

Coronavirus, Hertbeats and 'Buddying'

Brian York offers this suggestion:

I think the Americans call it 'buddying'. Basically it's keeping an eye out for each other and helping others where possible. Hertbeats is a **SUPPORT GROUP** and most of us are elderly with heart issues and therefore may need support in the current situation.

I suggest that each of us forms a small 'buddy group' of Hertbeats members who live close to us and/or whom we know. The idea is to keep in touch mainly by 'phone (and possibly email) just to make sure that our friends in Hertbeats are OK. Setting up a WhatsApp group could also be very useful.

If you agree with this, please take the initiative and contact just a few members to stay in touch with. You may 'belong' to more than one 'buddy group'.

There may be some members who are quite happy with support from family or neighbours so see no need for this. That's fine.

Please pass on this message if you can to those Hertbeats members who do not have access to email and our website. If you need to find a member's telephone number or email address, please contact me:

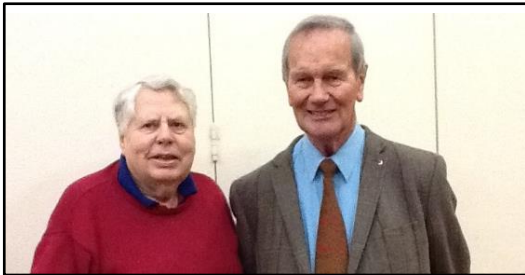
Tel: 01727 854072 Email: chairman@hertbeats.org.uk

It's beginning to feel like wartime, but my memories of the 1940s are a bit dim! It's a pity I've lost my Mum's ration book! Hitler didn't get us so let's make sure this invisible enemy doesn't do either.

Report on February 18th 2020 Talk

John Willan was known as the man with the white gloves and was the first Camelot 'Draw Master', a position he held for eight years. John comes from Cumbria and was a tutor at Oaklands College for 32 years teaching horticulture and management, one of his students was Alan Titchmarsh.

He was headhunted by the BBC in 1994, he said he knew nothing about the lottery business and was told that nobody else did either. John, with other members of Camelot, were sent to other countries to see how they managed their lotteries. They were not very impressed with some of them.



*Hertbeats Chairman
Brian York with John
Willan the first
Camelot 'Draw
Master'.*

Everything had to be right and meticulous plans were made. The balls were specially made to be exactly the same weight. The machines, whose names were Guinevere, Lancelot and later Merlin, had to be locked away by the police for security at night. In one theatre the stage sloped and material had to be rapidly found to level up the machines.

John said that people probably thought he only had to work two lottery evenings a week but with all the preparation needed especially in the early days moving round the country he was working a 50 hour week. At one show there was trouble with a machine so the lottery was delayed for two hours.

John worked with many television stars including Noel Edmonds, the first National Lottery presenter, Anthea Turner, Eammon Holmes, Carol Smillie and Brian Conley. Ken Dodd gave him a tickling stick.

To mark his retirement from the National Lottery his colleagues organised a presentation. What better for a horticulturist than to have a rose named after you? Alan Titchmarsh, his old student, presented it to him at the Chelsea Flower Show – a bright pink hybrid tea rose called "John Willan".

Outings Report, Michael Utteridge

We had a successful visit to the Milton Keynes Theatre to see the recent highly acclaimed West End production of “The King and I”. It was a great production with a strong cast, choreography and costumes all supported by a full orchestra. On the coach home we had some “Whistling a happy tune” to pass the time!

The Hertbeats Committee has decided to postpone all Outings until next year.

Our next planned Outing was to be to the Tutankhamun exhibition at the Saatchi Gallery in London on 25th March. Unfortunately we had to cancel this outing due to Coronavirus which has forced the Saatchi Gallery to close.

We hope to be able to start 2021 with a Theatre outing if something suitable can be found and to reinstate the planned visits. To give you something to look forward to when things are back to normal here are details of the three Outings which we hope to reschedule, possibly next summer.

Ham House

Ham House is a National Trust property near Richmond-upon-Thames located on the banks of the River Thames. It is claimed to be “unique in Europe as the most complete survival of 17th century fashion and power”. The house is internationally recognised for its superb collection of paintings, furniture and textiles. The open and formal restored 17th century gardens surround the house.



Ham House

Thames Cruise and Bekonscot Model Village

We will take to the Thames for a two hour River Cruise from Windsor during which we will be served a Ploughman's Lunch. Upon our return to Windsor we will travel to Bekonscot in Beaconsfield which is the oldest original model village in the world. First created in the 1920s it portrayed rural England at the time. Visited by more than 14 million people it has raised almost £5million for charity. At the end of our visit we will all enjoy a Cream Tea.



Thames Cruise and Bekonscot Model Village

City of Ely, Oliver Cromwell's House and Cathedral

We will have coffee/tea and biscuits before visiting Oliver Cromwell's House in the centre of Ely for a Guided Tour. There will be time for lunch before our guided tour of the magnificent Cathedral and its medieval buildings. The Cathedral dates from AD672 and the present building dates back to 1083. Our ticket will all include admission to the Stained Glass Museum with over 100 items of the most beautiful glass dating from the 13th century to the present day.



Ely Cathedral

Keep in touch with the Outings Email List

If you are interested in joining us on future Outings and are not already on the email list please let me know.

Michael Utteridge Tel: 07931 342808 Email: outings@hertbeats.org.uk

Hertbeats Walking Group

Dates for the walking group health walks will be given on page three in future issues. Contact details for organisers are now on the inside cover, page two. The walks start at 10:00am and are held on the first and third Wednesday of every month except in December. As advised – they are postponed until further notice.

The Hertbeats walks primarily help members to be fit but walkers benefit in many other ways including exploring new parts of Hertfordshire, enjoying the scenery, making and renewing friendships and viewing landmarks on the route.

The walk on 18th February started at London Colney and went past Salisbury Hall which is a moated manor house dating back to 1507. Famous past residents include Nell Gwyn in the 17th century and Lady Randolph Churchill who lived there from 1905. Her son, Winston Churchill visited to write speeches undisturbed. In 1930 railway engineer Nigel Gresley moved in and designed record-breaking steam engines including Mallard and the Flying Scotsman.



Salisbury Hall near London Colney has been home to many remarkable people

Geoffrey De Havilland bought Salisbury Hall in 1938 to expand his aviation business, he had designed his first aeroplane in 1909 in north London. The Gypsy Moth is a famous example of one of his designs. He also designed the DH98 Mosquito twin engine bomber and built it in secret at Salisbury Hall. It proved to be an excellent aircraft fulfilling a variety of different roles. Total Mosquito production was 7,781. The "Wooden Wonder" as it was called contributed significantly to the Second World War effort.

The De Havilland Aircraft Museum is adjacent to Salisbury Hall. The walking route went around the perimeter of the museum and it was possible to see many of the exhibits which are parked outside. Some of the more valuable and rare aircraft are in hangars, including the Mosquito prototype and a Comet.



A recent Hertbeats walk skirted the newly improved de Havilland Aircraft Museum at London Colney seen from the air

Golf Society, Vernon Clough

Unfortunately we have decided to postpone our planned Golf meeting in May until we are clear of the Coronavirus threat. Sadly this suspension could be for some long time.

On a more positive note we would be delighted to hear from potential new members, of any golfing standard, who would like to join our informal golf society. We are confident that we will be playing again before winter returns!

If you would like to know more about the golf society do please contact Vernon Clough Tel: 01582 713080 or email: golf@hertbeats.org.uk

Recipes, Frances Tarrant

An Easter treat. Carrot cakes.

This recipe will make 20 muffin size cakes

- 12 oz grated carrots.
- 7 ½oz soft margarine
- 10 ½oz soft brown sugar
- 3 beaten eggs
- 10 ½oz self-raising flour
- 4 teaspoons baking powder
- 4 teaspoons cinnamon
- 8 oz raisins



This is a very simple all-in-one process. Melt the margarine, easiest done in a large bowl in the microwave. Add the sugar and mix thoroughly. Stir in the carrots and eggs and then sift in the flour, baking powder and cinnamon. Finally add the raisins. Fill paper muffin cases $\frac{3}{4}$ full and place them in a bun tin. Cook for 20 minutes at 180 °C, reg 4. Cool on a wire tray.

For extra luxury, cover with buttercream, easily made by beating 3 oz soft butter with 6 oz sifted icing sugar and 1 teaspoon vanilla essence.

Vin Pearson, 25th May 1928 to 4th December 2019



Vin's full name was Idwal Vincent Pearson (Vin). His youngest daughter sent this tribute to Hertbeats. "Vin and Connie moved to Sandridge in 1983, before Vin's retirement from Kodak as a precision engineer. They immersed themselves in village life, making friendships through choir and other church related activities.

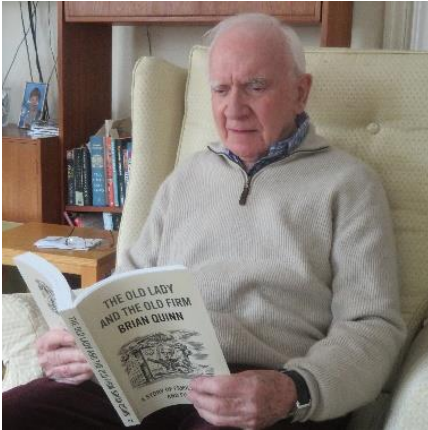
Nancy Palmer introduced the couple to Hertbeats and soon all three were learning to 'Seize the Day.'

They enjoyed all aspects of the Support Group. It is therefore a fitting tribute that £400 was raised at Vin's memorial service."

The £400 which was raised at Vin's memorial service was donated to Hertbeats to assist our activities.

Brian Quinn's Memoirs

Steve Gledhill writes about Brian Quinn's book, "The Old Lady and the Old Firm."



A bonus of going on the Hertbeats walks is that there is plenty of time to chat with fellow members. I have walked with Brian many times during the last five years and learned a lot about him. I have now learned even more from his recently published impressive 280 page book which I have recently read.

Below is a summary of a small part of this book. Brian is pictured with his book in this photograph.

Brian Quinn was born in 1936 in the Govan district of Glasgow. His father was a joiner in the shipyards. After school he went to Glasgow University and in 1959 obtained an Honours degree in economics and politics. He was later awarded a Masters degree in Economics from Manchester University. He then moved to America, accompanied by his new wife. He obtained a PhD in economics at the prestigious 'Ivy League' Cornell University.

After leaving Cornell in 1964 he stayed on in the USA and worked for the International Monetary Fund (IMF) in Washington DC for six years working on programmes to restore economic stability in African countries, with two years spent in Sierra Leone.

He decided to return to the UK in 1970 with his wife and young children where he worked for the Bank of England in many roles again as an economist, eventually rising to become Acting Deputy Governor.

Whilst at the Bank Brian was directly involved in dealing with some high profile well-publicised events. In 1991 BCCI -Bank of Credit and Commerce International – was closed down due to its criminal financial activities. Brian spent seven weeks in the witness box in the High Court when acting as the Bank's lead witness at the subsequent trial. In his book Brian quoted a common nickname used for BCCI – Bank of Crooks and Criminals International!

Barings Bank spectacularly collapsed in 1995 thanks to the fraudulent activity and forgery actions of Watford boy Nick Leeson. He gambled and lost £827 million! In 1987 a company called Blue Arrow was at the centre of another financial scandal when employees of National Westminster Bank's investment arm covered up a failed issue of £873m of new stock. The Bank played a central role in the discovery of the illegal activity of Nat West in this case.

Having spent 26 years in the Bank Brian retired in 1996 and was appointed CBE for services to Banking in 1997 in the Birthday Honours

He joined the board of Celtic shortly afterwards and became Chairman in 2000 a post he held until his retirement in 2007.

The book title "The Old Lady and the Old Firm" may need an explanation. The Old Lady refers to the 'Old Lady of Threadneedle Street' a nickname for the Bank of England for over 200 years. The Old Firm is the collective name for the two major Glasgow football clubs Celtic and Rangers.

To know more about Brian's memoir phone him on 01727 853900 or 07949 111578. Email: bqconns@aol.com

When Brian retired from the Bank of England in 1996 the Financial Times presented him with a drawing to thank him for the help that he had given them over many years. It is on the cover of his book. One football has "Blue Arrow" and the other the logo of BCCI.



Photographs from the book, clockwise from the top:

With Eddie George, governor of the Bank of England, on retiring from the Bank - 1996.

With Rod Stewart, BIG BIG Celtic Fan - 2018

With Eusebio, Benfica (Portuguese football club), "One of the Greats". -2003

In the Garden, Bill Whitehead

The number one job for the new season is to ensure that tools are ready. Spades and hoes need sharpening and this can be done easily with a file. Lawn mowers also need attention. Sharp secateurs are essential and care is important.

- The spring bulbs have flowered quite well but because of the amount of rain since Autumn the plants are short of the food they need to build up the bulbs ready for next season. Feed with a general fertiliser now.
- There is still time to complete rose pruning. Don't be afraid of cutting them down hard, you won't kill them. They also need a good feed if you want a good show.
- Have a look over the lawn area for any dents and level them off with horticultural sand. Don't use sharp sand from a builders' merchant because it probably came from the sea and contains salt which will do more harm than good.
- If you grow vegetables try getting some early produce. For instance sow runner beans a few at a time starting half a dozen or so in pots at the end of April to transplant in May. Then sow each fortnight. There is not much to lose but something to gain if the weather is kind.
- Sort the weeds out because the mild winter let them grow in quantity.

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.

The group is run by volunteers and is guided by a committee. 'Additionally there are a number of Honorary Officers. Life President is Brian Gibson and Life Vice-President Dr John Versey. Cardiac consultants Dr Masood Khan, Dr Philip Moore and Dr Joban Sehmi are Vice-Presidents with Dr John Bayliss (retired) a Life Vice-President.

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

Hertbeats Volunteers

Principal Committee Members

	Chairman	Brian York	chairman@hertbeats.org.uk	01727 854072
	Secretary	Roger Miller	secretary@hertbeats.org.uk	01727 766278
	Treasurer	Dave Tarrant	treasurer@hertbeats.org.uk	01727 858396
	Speakers	Jim Green	speakers@hertbeats.org.uk	01727 830191
	Exercise Classes	Graham Imber	exercise@hertbeats.org.uk	01727 834907

Committee Members

Care and Welfare	Ann Gibson	01727 859127
Travel Insurance	Jean Sharpe	01727 838193
Trusted Traders	Jean Sharpe	01727 838193
Committee Member	June Gibbs	01582 763526

Organisers

Information & Publicity	Gareth Huxtable	01582 768004 publicity@hertbeats.org.uk
Outings	Michael Utteridge	07931 342808 outings@hertbeats.org.uk
Website & Newsletter	Steve Gledhill	07785 381912 webmaster@hertbeats.org.uk

Please send your contributions for the next issue by 15th May 2020 to
editor@hertbeats.org.uk