

Issue 65 October 2004

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Patrons Karyn Paluzzano MP and Assoc. Prof. Drew Fitzpatrick

Life Members: Ted Baker and John Kelaher

**Contacts**

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**If you need transport to any of our meetings or activities, please ring one of the contact numbers at the top of the newsletter.**

**Walking Program** at Jamison Park, Jamison Road, Penrith. Held every Monday, Wednesday and Friday at **5.00pm** Meet just inside Jamison Road entrance, on the right. This is well attended now and non-members are also welcome. Lasts for 30 minutes. Will once again revert to **6.30pm**. At the start of **daylight saving time**.

**Springwood Strollers Walking Group** are inviting new members to their Friday morning walk around the Springwood Hospital Walking Track 9.30am every week. For more information contact John Mulley on 47846595.

**SECRETARIES REPORT**

Another successful application for a grant (Clubs NSW \$2600) will go a long way towards offsetting administration costs for quite some time, and make Eric a very happy treasurer.

On the sick list Syd Lockwood and Petre Adams. Our thoughts go out to Judy and Margaret in these trying times. Hopefully both Syd and Petre will soon be back on board and continue to improve.

As you will notice, the only change at the Annual Meeting and Election of Officers was, Petre Adams standing down due to his illness, with John Windle stepping in to help. Welcome back John, your expertise will be appreciated.

You're hard earned fund raising has come to fruition with the purchase of 3 blood pressure machines with cuffs for rehab. A visual display unit for the Healthy Heart information program, an exercise bike dedicated to assessments in the rehab program, a laminator and guillotine for the office (a total of approximately \$4000 worth) with another \$3000 set aside to refurbish the kitchen in the new Cardiac Intervention Unit. **Regards, Dave.**

**PRESIDENTS NOTES**

I would like to thank all the committee and members who have worked extremely hard during the past year in our many areas of cardiac support, some examples as follows: Rehabilitation, Surveys, Pathways, Workshops, Fundraising, Hospital Meetings, Committee Meetings and the Walking Program, just to name a few.

In a new area of assistance, the executive will be making a presentation to the Diabetic Unit of Nepean Hospital to assist them in the setting up a support group of a similar type to ours.

The executive of Nepean Hospital were unsuccessful in their approach to the Health Department for funds to extend the small area allocated to the rehabilitation gymnasium located within the Cardiac Intervention Area on level 5, so the executive of our group is preparing a document to lobby for a grant directly with the State Government on behalf of the Hospital and us.

From a Community viewpoint if any member belonging to a community group, that could benefit by, or would just like a guest speaker to make a presentation about the Cardiac Group, and the work it is involved in, please contact Dave Carter.

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WOW Displays – James Cassells  
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As this is the last newsletter for the year, may I take this opportunity to wish everyone a *happy and healthy festive season*, and wish you all the very best for the New Year. **Fred**

### **KORN KORNER.**

*Kieran and Paddy* are camping in the desert; they have set up their tent and are asleep. Some hours later, Keiran wakes up his friend. "Paddy, look up the sky and tell me what you see". Paddy replies, "I see millions of stars". "What does that tell you?" asks Keiran.

Paddy ponders for a minute and replies, "astronomically speaking, it tells me that there are millions of galaxies playing host to billions of stars and planets. Astrologically, it tells me that Saturn is in Leo. Time wise it tells me it appears to be approximately 3.15am. Theologically, it is evident the Lord is all powerful and as small insignificant beings, we pale in His presence. Meteorologically, we are in for a clear and beautiful day with a light easterly breeze in the morning. What does it tell you Keiran?"

Keiran is silent for a moment, looking at Paddy in amazement, then says: "Paddy you idjit it tells me that someone has stolen our tent".

### **SOCIAL EVENTS**

**Xmas in July (YULETIDE)** was a great success, John Kelaher and his crew once again making a profitable night. **The Nepean Belle** morning tea cruise was held on 27<sup>th</sup> September and thanks to Lori was a raging success with 140 on board. Thanks Lori and your dedicated helpers. A special thanks to John and Helen Wakeling for their continued and appreciated support. (John and Helen have been supporting our group for 10 years)

**The Annual Dinner** will be held on Friday 29<sup>th</sup> October at the Leonay Sporting Club, arrive 6pm for 6.30pm dinner. Those of you who have attended this venue will agree it is a beautiful room to have our dinner. Dinner will be followed by our usual **Fun Auction**, so bring any new or old, not wanted items (spouses not allowed) Cost of evening for two-course meal with tea/coffee is \$25 per head. Bar facilities available. Bookings are essential through Dave, Fred, Ernie or any committee member. **Get in quick to avoid disappointment**

### **FUTURE OUTINGS**

The next BYO unofficial **Get Together of Friends** at Tench Reserve Penrith will be held on 21<sup>st</sup> October and 18<sup>th</sup> November 2004. All welcome.

**John and Carol Kelaher** have once more made their beautiful home available for our end of year celebration and BBQ. Venue 5 Marlock Street Orchard Hills, 27<sup>th</sup> November, time 6pm. BYO salads, drinks and a small (\$5 value) non gender gift per family. RSVP Dave or Fred by 20<sup>th</sup> November to assist in the catering. (This is a non fund raising event).

**The Xmas raffle** is due to start on the 25<sup>th</sup> of October and drawn at the ticket seller's thank you BBQ Nepean River, on 15<sup>th</sup> December. Books of tickets are available from Ernie 47301188 if you would rather sell them without sitting in a shopping centre. Great prizes are on offer again this year with a dolls house made by Lenny Carter (No relation to Dave) fitted and furbished by Micaela, Bev, Ernie and Dave, an electric scooter donated by Jim Cassells of WOW Displays and 2 dolls kindly donated by Prof. Jane Gordon. We are in a great position when we can rely on sponsors like these, thanks for your continued support.

**Fred, Ernie and Ted, fund raising committee.**

**A warm welcome to new members**, Allan Waters, Don Marshall and Phil Gotzmann.

**From Bonnie.** Those who jump of a bridge in Paris are in Seine.

A mans home is his castle... in a manor of speaking.

The definition of a will? It's a dead giveaway.

Blame Bonnie !!!

A chicken crossing the road is Poultry in motion.

When two egotists meet, it's an I for an I.

**The next General Meeting** will be held **3<sup>rd</sup> November 2004** in the Nurses Education Building starting at **7.30pm**.

**The next Committee Meeting** will be held **2.00pm, 27<sup>th</sup> October 2004**, 54 Warwick St Penrith.