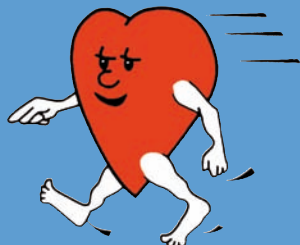


ISLE OF WIGHT HEART CARE CLUB



“ALFIE”

TICKER TAPE

Affiliated to The British Heart Foundation

April 2011
Issue No: 47

COMING EVENTS

April 2011 - Onwards

Saturday 7th May 2011

Plant bring & buy
10.30am – 1.30pm
Holyrood Hall, Newport

Saturday 14th May 2011

Concert by Newchurch Male Voice Choir
St Saviours Church, Shanklin

Saturday 4th June 2011

Strawberry Tea
2.00pm – 4.00pm
Rookley Village Club Pavilion

Thursday 16th June 2011

AGM
3.30pm
Riverside Centre, Newport

Saturday 6th August 2011

Barbecue
4.00pm – 8.00pm
Rookley Village Club Pavilion

Saturday 24th September 2011

Sir Harold Hillier Gardens
Romsey or Winchester

Saturday 15th October 2011

Race night
7.00pm – 10.30pm
Wootton Community Centre

Saturday 12th November 2011

Soup Kitchen
10.30am – 1.30pm
Holyrood Hall, Newport

Friday 16th December 2011

Christmas Lunch
12.30pm for 1.00pm
Channel View Hotel, Shanklin

Walks

‘Walk Your Way to Health’ organised by Louise Gray, offers regular walks for heart patients.

See posters in Gym venues.

If you need more information on events contact

Kim by email kchris2839@aol.com
or phone 01983 404082.

All events will be advertised by posters in classes or visit our website:

www.islandheartcareclub.org.uk

ISLE OF WIGHT HEART CARE CLUB 20TH ANNIVERSARY

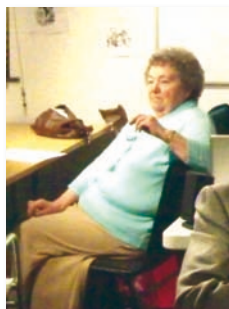
LYN'S VIEW

Diana Smith [Di] asked at a Keep Fit Association Teachers meeting, if any of us would be interested in joining her to set up an exercise class for people with heart problems. Vivienne Wallis [Viv] and I were definitely interested, although none of us really knew what we were getting into.



We joined CCU Sister Jenny Cocks and after a lot of work we were ready to go. I worked out a circuit and took my plan to Elaine Apthomas, Senior Physiotherapist, and she said it was fine – so off we went. The circuits we do today are very different!

Jenny and I had to gain a qualification, the course was called “Look After Yourself” and we completed most of it on the Island but had to spend one weekend on the mainland.



At our first session there was Jenny, Di, Viv, myself and one “patient” (Gary’s Mum)! This was 7th February 1991. Although “Bubbles” hasn’t been a member for 18 years she now goes to Diana’s class.

One of our members here, Alan Davison, joined us in 1992 and is still with us!

Dr Matthew de Belder and Maria Harris from CCU soon joined us and we affiliated to the BHF.

We grew very slowly, not all Doctors (we didn’t have a Cardiologist at that time) agreed to advise their patients to come to us. It was early days in Cardiac Rehab, we were pioneers.

Louise Gray joined us at the Riverside Centre [RC] and when Viv moved on, Helen Shoulder joined us.

However we did grow, so I decided to start a class at the Fitness Factory [FF] so members could “move on” – the first class was held on Thursday 25th February 1993. I also started a class at the Heights. We then felt we needed an evening class so I started one on a Friday night at the Fitness Factory on 4th April 1997.

Viv started another class at the FF on Wednesday 7th October 1998 which I took over in July 2001 as Viv left to take on a full time job. Another class

continued inside...

was needed so a Monday was added in September 1999. A second Thursday class was added in January 2003, a second Monday class in February 2005 and a third class both Mondays and Thursdays last January.

There are now two classes at the Heights and two at West Wight[WW].

To manage the classes, friends and members have stepped forward to help. Barbara was my first helper and she still helps at the 3 Thursday FF classes and stands in for Sandy on a Monday when she goes on one of her many holidays. Sandy and Barbara are friends who I roped in! Colin and Wendy help at the Heights, Jenny and Ray are essential at WW, Joy takes the register on a Wednesday at the FF and John times the circuit. John also comes down to the RC and helps with the Phase IV class since Helen left while Robin Brown and Alan Davison help in the Phase III class. I couldn't manage without them.

Unfortunately Jenny passed away in June 2002, without her there would be no Heart Care Club, we were all devastated.

Around 10 years ago I had to extend my qualifications and took the British Association of Cardiac Rehab Phase IV Instructor Exam which I have to revalidate by sitting an exam every 3 years. Two years later Steve Milton who, as I'm sure you all know, owns the FF, gained the qualification allowing the classes to continue when I'm on holiday. In fact Steve takes the Wednesday class every other week and is just part of the team.

Wayne Upton gained his qualification 3 years ago, taking over at the Heights when needed and Joanne Munt passed last year and has started a class in Ryde. There are now 14 classes each week on the Island.

In 2006 the NHS took over the Riverside class, which is a Phase III class and we kept a move on class there (or a Phase IV class) Matthew and Maria left, Louise had moved on and now Helen has too. I'm still here tho' and I still work in Phase III ensuring continuity.

Di retired from Cardiac rehab in 2007 and from the committee in 2008 (she had been Chairman from 1998 – 2000), it was quite a blow as we had worked together from the beginning. While I always set the exercise and bought the equipment, Di always kept the records and did the writing, making sure we kept on the straight and narrow, affiliated to the BHF etc. I'd always be ready to go off and do things while Di would tell me to hang on and check to make sure it was right. You need both sides to make things work!

Penny Mason is also in Phase III each week. Penny has been around Cardiac rehab for years and when

she assesses the members of the class at the end of their 8 weeks she encourages them to move on to us in Phase IV – as she always has done. In fact it was Penny who encouraged many of you to move on years ago.

Over the years we've had very good Social Committees and we've all enjoyed Christmas Dinners, walks, coach trips, hobby evenings, soup kitchens, music evenings, plant bring and buys, strawberry teas and race nights. Dave Johnston is here tonight and of course you all know him! He regularly came to all the classes selling raffle tickets or horses. Dave took over the Social Committee and many other jobs when he retired so we were all sad to see him go. However we're all pleased he's married Pauline and they're both very happy.

We have also done some sponsored events and in 1992 I held a sponsored event – 6 hours of Aerobics/tums and bums etc and Gary swam 80 lengths of WW pool and cycled 80 miles and tried, but failed, to do the last 1 hour class with me! We raised £2622, there are some pictures around of us handing over the cheque. Gary of course did his sponsored cycle ride last year raising over £2,000.

There are also pictures of several of us joining in the Prison Officers' Walk and of them handing over a large cheque.

In 1997 we were awarded, with the CCU, a Charter Mark – we have Ben Bentley to thank for this, he entered us for it. He and Jenny Cocks collected the award at the House of Commons. We were again awarded a Charter Mark in 2000, Robin Brown and Penny collected it this time. A lot of work went into our applications. The second time I had one of the Inspectors join in a FF class – no pressure!

One of our recent achievements is the Mentors. In January 2009 mentors started to attend the CCU talking to the patients and relieving some of their anxieties. They are marvellous. Dave, Alan, and Robin put in an amazing amount of work to get this off the ground – working with Penny. Robin and Alan are the lynchpins of the system and have given it a lot of time. I think they're wonderful. Stella and John Page, Harry Lawrence, Derek Myers, Len Gibbons, Judy Whitmore and Sandra Attree are the mentors. Robin, Alan and Harry take turns in having a phone so they can be contacted at any time.

All I can really say at the end of that is that I'm extremely proud to still be working in Cardiac Rehab and how much I enjoy each and every class. I couldn't do it without Gary's help and support as I do an awful lot of work at home. He has no choice but to help and of course he's now our Chairman.

Lyn Smith

REPORT ON HCC 20TH ANNIVERSARY CELEBRATION

More than 90 members and partners met up at Brading Roman Villa on Saturday 12th February to celebrate the Club's 20th Anniversary.



Everyone received a 'welcome' glass of either wine or fruit juice on arrival, served by Dave Trevan and myself, aided and abetted by Dave's wife, Hazel, and Pat Hough and Joy

Caws who were also handing out the Chairman's quiz sheets about artistes who have sung songs with 'heart' in the title. Gary collected completed quizzes at the end of the evening, but we are not quite sure what he is going to do with them!! Maybe the results will be announced at the Quiz night in March?! Colin Tinson was kept busy all evening taking photographs of the proceedings for the April issue of Ticker Tape. Also we are hoping for a mention in The County Press as one of their reporters turned up.

The Roman Villa Café's notice boards and windows, and the entrance foyer, had all been decorated for the evening with big photographs from a wide variety of Heart Care Club activities over the last 20 years.



Most of our regular events were represented: a variety of walks including those along Sandown and Shanklin promenades and the trek over the hill between Yarmouth and Freshwater; barbecues in Harry Mackie's garden – our original venue for this annual event – and more recently at Rookley; the 10th Anniversary Dinner at Luccombe Hall Hotel (with the famous cabaret!); the charity walk from Cowes to Newport along the cycle path; the Chairman's cycle marathon; various



exercise classes in progress and lots more. I didn't manage to get round them all: I was hoping to find a picture of my old pal Bernard Kelly in his shorts and Parkhurst Pinny cooking sausages at one of those early barbecues!! I expect he was in there somewhere!



It was lovely to see some familiar faces (I was going to say 'old' faces but discretion is the better part of valour!). Amongst them were past chairpersons, exercise teachers (Vivienne was there)

and longstanding members – including the first ever member: the anecdote about her walking, on her own, into the first Heart Care Club exercise class to find that she was well outnumbered by exercise teachers raising its usual laugh. Also present was Honorary Vice-President Ben Bentley, who had been smuggled out of St Mary's Hospital by his son, Howard, especially for the occasion!! Our President, Richard Knowles, and his wife and Dr. Matthew De Belder and his wife joined us, as did some of the NHS staff from the Riverside. Dave Johnson and his wife made the journey from Sussex to attend, and Steve Milton, who owns The Fitness Factory in Newport and takes some of the classes held there, also came along with his wife. Members from most exercise venues were represented among those present, and we were particularly delighted to welcome a good contingent from Freshwater who had made the long trek over to Brading on a cold February night.



Chairman Gary Smith opened the proceedings by welcoming everyone and explaining what was planned for the evening.



Next on the Agenda was the buffet supper. Adam Watson and his staff at the Roman Villa had prepared a lovely buffet for us, which included both meat and vegetarian dishes and salads, followed by a good

choice of cakes and cheesecakes. Alcoholic and soft drinks, as well as tea and coffee, were available to buy from the bar, which did a roaring trade. As there was only limited space available we decided to direct people up to the buffet table by table to keep the queue manageable. Social Committee members Pat Hough and Joy Caws did a wonderful job of marshalling the troops and keeping order and I am pleased to say (as the three of us were the last to go up!) there was plenty of lovely food on offer right to the end.



Towards the end of the buffet the Chairman showed a DVD of some of the Club's early activities put together by Ben Bentley's son Howard from Ben's archive collection, the whole film

being set to songs with 'heart' in the title.

Which takes me neatly on to the next event of the evening: the President's Challenge. At the Christmas Lunch in December 2009 our President, Richard Knowles, set a Challenge to see who could come up with the most songs with the word 'Heart' in the title – a prize was on offer. Originally the winner was to be announced, and the prize awarded, at the Christmas Lunch in December 2010, however, this was deferred until the 20th Anniversary Celebration. There were eight entries altogether and the President, very generously, awarded prizes to all entrants. The very deserving winning entry comprised over 200 titles.

Lyn Smith then gave a resume of the major events in Club history from the early days when the idea was first raised, through the various changes in organisation, the gaining of the Charter Mark (twice!) to the more recent incorporation of the early stages of rehabilitation into the NHS and the very close working relationship the Club now has with them. We have come a very long way in 20 years and should be proud of our role as pioneers in cardiac rehabilitation.

Ben Bentley entertained us with some of his memories from the very early days of the Club.



As the final official part of the evening Chairman Gary Smith made presentations to longstanding officers of the Club, including our Mentors who do so much to guide and reassure new members immediately following their heart 'event'. The presentations were in the form of glass hearts, which Gary had commissioned specially for the occasion. Flowers were also presented to Lyn, Diana and Vivienne.



All agreed that the evening had been a fitting tribute to our first 20 years and we are now looking forward to our quarter of a century celebration in 5 year's time.

*Jean Brindley
Social Committee*

Diana and Philip Smith write:

Dear Gary, Lyn and the Committee,

"Congratulations to you all for putting on such a wonderful evening. We can both appreciate how much thought, time and effort went in to arranging everything.

Venue was different and a spur on to revisit.

Food was a real surprise after expecting a 'finger buffet' and, yes, we did eat it with knife, fork and spoon rather than fingers!

We were so delighted to see Ben there having been prescribed evening release to attend, and what a great job Howard did in putting together the DVD...and all those memories of the past 20 years. Many nostalgic pangs and reminders of the many who have passed through the Heart Care Club doors. Happy times and how delighted and proud Jenny would have been to see everything still going strong after 20 years.

On a personal note a huge thank you for the beautiful flowers and piece of Isle of Wight Glass, so unexpected, so overwhelming and so appreciated.

Thank you again from us both, we enjoyed every minute.

With best wishes for a continued successful future."

Jenny and Ray Hartnell write:

Dear Gary and team,

"Thank you for a wonderful 20th Anniversary evening.

My new Heart will be treasured."

Joy writes:

Dear Gary,

"Just to say thank you for the beautiful glass heart you presented to me at the 20th Anniversary Evening.

It was a very welcome surprise and something I will certainly treasure.

Regards."

Dr Matthew de Belder writes:

Dear Gary,

“Thank you so, so very much for organising and hosting the fantastic celebration for the Heart Care Club’s 20th Anniversary.

This was truly a celebratory moment, a fitting occasion for what has been a great achievement, from the first inception, to the establishment of a clinical base, to the personal involvement and hard work of your committee to the award of Charter Marks that our local NHS has been only too proud to share, and to the continuation of what has been a pioneering service in providing cardiac rehabilitation for the Island’s population. The provision of exercise classes, not to mention the social and psychological support given to our cardiac patients, has been truly remarkable, and I think that both you and Lyn must take credit for keeping the Club in such fine form.

Thank you too, especially, for the wonderful glass heart from Island Glass, a superb memento of this anniversary. I was astonished and have to say that it was exceptionally kind and generous of you to include me in your tribute. I am immensely proud to have served the Heart Care Club.

I wish you, Lyn, your committee and all your members a healthy and successful future.”

A Thank You from the Son of the Hon Vice President!

It was a delight and pleasure to be invited to the 20th Anniversary of the Heart Care Club. Primarily my role was to bring my Dad – Ben Bentley – along from hospital to be part of the celebrations. He loved the whole occasion and particularly seeing you all again. It was just the tonic he needed. On the following Wednesday he moved to The Gouldings for two weeks, en-route back to his home.



To follow up his singing on the evening, I would like to add our congratulations to the Heart Care Club on reaching its 20th year. In particular, we’d like to thank and pay tribute to those who started it and those who have supported it in every capacity since, both as members and particularly those who provide their expertise, knowledge, skills and commitment to making the whole thing a success and a much needed reality.

I know that Dad is so proud of being part of the Heart Care Club. It is, without doubt, the reason why he is still enjoying life today.

Thank You Heart Care Club and those who organised the Anniversary.

Howard Bentley

HEART CARE CLUB PRESIDENT’S CHALLENGE 2010/11

About a year ago I’d asked for your longest list of songs with the words “heart” or “hearts” in the title.

We had a total of eight entrants who submitted lists short and long, ancient and modern, some handwritten, others that looked like the share price pages in the Financial Times.

I suspect the Internet has been a great help to the people who entered lists in perfectly alphabetical order!

Others have been very creative – looking beyond popular songs and listing hymns or classical arias.

This gave a spread of songs ranging from the Black Eyed Peas “Don’t Phunk With My Heart” and David Bowie’s “The Heart’s Filthy Lesson” to the Band of the Royal Marines “Hearts of Oak” and “Thy Rebuke Hath Broken His Heart” from Handel’s Messiah.

To ensure fair play I was very strict and excluded any songs where “heart” was part of a longer word (for example “sweetheart” or “heartache”). I also excluded repeats, where the same song had been recorded by a different artist (except in the rare case where two completely different songs shared the same title). So when I read out the winners at the 20th Anniversary evening at Brading Roman Villa, the sizes of the lists had been adjusted to reflect this.

It was actually very difficult to judge as there were some entries that clearly made use of technology, others where it was hard to tell, and some that obviously used “good old fashioned memory”.

However, the competition was for the longest list – not judging how it was arrived at, but as everyone had clearly worked very hard on their lists, I decided to award a prize to every contestant. Two entrants insisted they were only playing for fun – but I felt deserved a prize as well.

With 136 songs – and the most accurate list (no duplications and no disqualified songs) – Jean Brindley from our Social Committee.

And with 151 songs – our Chairman – Gary Smith.

Out of the 6 actual competition entrants (who obviously spent considerable amounts of time thinking,

remembering, surfing the Internet or pestering friends and relatives), here are the results:

In 6th place – with a beautifully handwritten list of 19 songs that my Grandparents would have instantly recognised – Ben Bentley.

In 5th place – with the list that perhaps crossed the most genres of music – Mrs D O'Dell (64).

In 4th place – with one of the most enjoyable lists to read – Mr D Woodhouse (94).

In 3rd place – with the longest handwritten list – Mrs J Streeter – (157).

In 2nd place – with the list that included the highest number of hymns – Michael Camps (184).

In 1st place – with an amazing 285 songs – Brian Lett.

Well done Brian – and thank you to everyone who took part in this year's Challenge. I'll be setting another one shortly – so look out in Tickertape.

*Best wishes
Richard Knowles*

THE CHRISTMAS LUNCH 2010

What a splendid lunch!
The Social Committee did excel
This has been the best of the bunch
As the comments in favour will tell

The venue chosen was superb
A friendly club atmosphere
We mingled and chatted, and settled down
Anticipating the coming fare

The food was so good and presented on time
The staff were efficient and friendly
The company was good, the mix just fine
The conversation flowed gently.

The after-lunch speeches were not too long
And of a humorous nature
The presentations well deserved, and prizes won
In the raffle, of a very high stature

A really nice day, so thanks Heart Care Club
For all the arrangements sublime
We understand next year's event is already booked
At the same venue too, how divine!

A member

A few responses from the Christmas Lunch last December...

A most enjoyable lunch was the verdict of the day. There was a great atmosphere throughout the hall with good food and service topping the menu. It was good to see the "whole" of the Island represented. Lunch was followed by short, informative and amusing speeches by both President and Chairman. Thank you to all those involved with the work behind the scenes.

For 2011 it would be great to do the same with a few less steps and a little easier parking.



From: West Wight Group



Would you please thank everyone responsible for our excellent

Christmas Dinner. It is the first one we have been able to attend but it must have been one of the best – indeed we heard people saying this. The venue and meal were both superb and the whole afternoon very enjoyable. This doesn't happen without hard work on many people's part, so sincere thanks to you all. Look forward to next year. All good wishes.

Wendy and Brian Hayday



PLANT BRING AND BUY SALE

A plant bring and buy sale will be held on Saturday 7th May 10.30am to 1.30pm at Holyrood Hall, High Street, Newport.

Why not plant up a couple of extra trays and bring them along to the sale?

You never know, you might even buy and take home more than you came with. If you're not selling then come along and get all your bedding plants, plus whatever else is on offer.

For more information give Kim a ring on 404082.

CARDIAC DRUGS

Here below, as requested, is set out a list of the most common cardiac drugs that you are likely to be prescribed. There are many different types of cardiac drugs, different types and dosages suiting different people.

You will be prescribed the drugs which suit you as an individual by your doctor.

Included are explanations for:

- the main indications for the need for these drugs
- the effect they have on the body
- the most common side-effects
- the most likely contra-indications for not taking them or cautions when taking them



Beta-blockers (e.g. Bisoprolol, Metoprolol etc.)

To Treat:	Angina / High blood pressure / Abnormal heart rhythm / Heart failure / Post heart attack
Effect:	Reduces heart rate / Reduces workload & oxygen demand / Reduces arrhythmias / Relief of angina / Relief anxiety
Side-effects:	Cold hands & feet / Tiredness / Headache/dizziness / Peripheral vaso-constriction (to hands and feet) / Low BP / (less common – Sleep disturbances / Impotence)
Contra-indications / Cautions:	<u>Severe</u> asthma/breathing problems / Heart block / <u>Severe</u> heart failure / Hepatic or Renal Impairment / Low BP / Low heart-rate / Diabetes / Pregnancy / Peripheral artery disease / Do not stop suddenly → see GP

ACE-Inhibitors (e.g. Ramapril, Lisinopril etc.)

To Treat:	High blood pressure / Cardiac failure / Post heart attack
Effect:	Assists cardiac output (workload) / Relaxes blood vessels / Increases fluid excretion / Reduces blood pressure / Prevents heart failure / Reduces mortality post heart attack
Side-effects:	Low BP / Dry cough/taste changes / Headache/dizziness / Fatigue / Renal impairment
Contra-indications / Cautions:	Angioedema / Renal impairment / Haemodialysis / Pregnancy / Impaired liver function

Statins (e.g. Simvastatin, Atorvastatin etc.)

To Treat:	High cholesterol / Familial cholesterol (inherited)
Effect:	Reduces blood cholesterol / Prevents heart disease / Reduces production of cholesterol in the liver
Side-effects:	Muscle ache / Headache / Pins & needles / Rash / Abdominal pain/discomfort / Shortness of breath
Contra-indications / Cautions:	Active liver disease / Pregnancy / There is a chemical in grapefruit which increases side effects

Aspirin

To Treat:	To prevent heart attack / To reduce risk from stent thrombosis
Effect:	Prevents blood clots from forming / Thins the blood
Side-effects:	Increased risk of bleeding/bruising / Bleeding in the stomach / Gastric ulceration / Bronchospasm
Contra-indications / Cautions:	With asthma / Black stool / Excessive nose bleed

Clopidogrel

To Treat:	To prevent further heart attack / To reduce risk from stent thrombosis
Effect:	Prevents blood clots from forming / Thins the blood
Side-effects:	Increased risk of bleeding/bruising / Diarrhoea / Abdominal pain / Indigestion
Contra-indications / Cautions:	Hepatic Impairment / Renal Impairment / Pregnancy / Excessive bleeding / Black stool

If you have any worries or concerns see your GP.

This has been compiled from: Internet sources, the BHF and from the British National Formulary.

Penny Mason
Cardiac Rehabilitation nurse

EDITORIAL

Spring is on the way, but as I write this on St David's Day there is a bitterly cold wind blowing, not that I feel it indoors but I'm not tempted to do any jobs in the garden, at least not today. The daffodils in the back garden (south facing) are in full bloom, also in the front, unusually this early, our Forsythia is in bloom. I must admit it does make me feel a lot brighter.

What two splendid events the social committee have organised, the Christmas Lunch and the 20th Anniversary celebration. Both venues were superb and the food excellent and I think they deserve a pat on the back. To be fair though, Lyn and Gary put in a lot of work sorting and putting up all the photos at the Roman Villa.

As you have already noticed this issue is a little different. Gone is Gary's View from The Chair, and in its place is Lyn's View. The first part of the magazine is dedicated to our 20th anniversary with as many photos as I could get in. Sorry about the quality of the photos but they were all taken using available light not flash. There are also a couple of articles on the Christmas lunch. After these bits there is not too much room left, so some of the regular items are held over to the next issue.

You will see from Forthcoming Events that the club has a full calendar. A coach trip is organised for September and there is a flyer and booking slip enclosed with this issue.

I've just had an email from the Chairman. Those that attended the 20th anniversary 'do' will remember a Chairman's Challenge sheet was handed out. I did not see one myself but I believe it was to find singers for particular heart songs. His email names not one but two winners – namely Dave Johnson and Paul Murch. Congratulations to them both! [But, did you know, that they are both good friends, and they were sitting next to each other at the 'do' and also, I am informed, the one question they both got wrong, they both had the same wrong answer!] Well, 'nuff said. Gary said he will find a suitable prize to be presented at a future social event. Carbon paper springs to mind – save on pencils.

Gary has the copy of Ben's DVD that was shown at the 20th Anniversary, if any member wants a copy Gary can run one off. Give him a ring.

That's about enough from me apart from saying don't forget the AGM on Thursday 16th June 3.30pm at the Riverside Centre Newport. See you there.

Colin Tinson
Ed

Newchurch Male Voice Choir have kindly offered to perform a concert in aid of the Isle of Wight Heart Care Club. The performance will be held at St Saviours Church on the Cliff, Queens Road, Shanklin on Saturday 14th May and will start at 7.30pm. There is no ticket charge but there will a retiring collection.

I believe Tea and Coffee will be available.

Our esteemed President Richard Knowles, and member Colin Pigeon are members of the Choir. Come along and support the event!

SOME TIPS ON RAISING PLANTS FROM SEED



With the gardening season very much upon us, here is some general background and tips for successful seed sowing, with the focus mainly on seed-raising under protection. Also, with our plant sale coming up on 7th May,

it's not too late to raise some seedlings for that event!

All flowering plants produce seeds at some time in their life cycles, it is the most natural way of plant reproduction. A seed is simply an embryo plant consisting of a root, shoot and often a food supply.

The smallest seeds gardeners regularly deal with are plants like the fibrous rooted **Begonia**, a common bedding and container plant, the seeds of which are dust like in size. The biggest seed as far as I am aware is the famous double coconut (Coco de Mer) from the Seychelles, where an individual seed would need a container the size of tea chest in order to germinate!

Germination is the term used to describe the first stage of growth of a plant. In order to germinate you need to provide your seed with a number of conditions:
Suitable temperature, Water, Oxygen, Absence or presence of light.

Gardeners ensure that a suitable temperature is achieved by growing seeds in a propagator which can be as simple as a plastic box with a clear cover and a thermostatically controlled heating element. This provides "**bottom heat**", essential for germination. Each species of plant has a **minimum** and **maximum** temperature below or above which it will not germinate. The **optimum** temperature for germination is usually stated on the seed packet.

Water is provided by having a suitable compost which contains moisture retaining materials such as peat, perlite or coir, as well as some sort of material like grit or coarse sand to provide drainage – it is essential the seed compost does not become waterlogged. The grit also allows the compost to be well aerated, all seeds need oxygen for successful germination.

Light. Some seeds react to light and need light for germination such as **Primulas**, so always read the instructions on the seed packet. Such seed would not normally be covered or have a very thin covering of compost.

OUTDOORS

Many types of vegetables and flowers can be sown outside in a prepared seed bed. The key word here is to achieve a good **tilth**, when the soil is crumbly and broken down finely with a rake. A combination of digging, forking and raking at the appropriate time is essential to getting a good tilth. Sowing in the spring as the soil is heating up ensures suitable germination temperatures.

Seed drills can be taken out with a draw hoe, pointed stick, back of a rake, or in the case of flat bottomed drills used for peas, a spade.

SEED SOWING IN CONTAINERS

This is one of the best ways of raising plants from seed as you have complete control over the process. If you do not have a propagator, you can use a window sill in the kitchen to do this, but investing in a small propagator would be a very good move.

CONTAINERS

Plastic trays, either half or full size, depending on how much seed you want to raise are commonly used. Into these you can put unit containers to divide the tray into individual cells, ideal for the larger types of seed and avoiding the need for early pricking out. Containers should be sound and clean to avoid disease problems.

COMPOST

Loamless universal seed and potting compost are mainly used these days, although the old loam based composts (John Innes) are still available. The loamless compost contains just the right amount of nutrients to get the plants started.

SEED

It is great fun to collect your own seed from your garden or from friends, but remember that it is only true species that will come true from seed. Most garden varieties or cultivars have to be reproduced by vegetative methods such as division or cuttings.

Vegetable and flower seeds have been stabilized by years of careful selection, and it may be possible to save some of these but many vegetable and flowers these days are F1 hybrids. These are produced by specialist growers every year by crossing two distinct parent plants

and when seed is saved from them they will revert back to either one or the other of the parents. F1 hybrids generally are more vigorous, uniform and have good flavours if they are an edible crop or in the case of flowers have particularly good colours and properties of disease resistance, but I repeat do not save seed from them!

Always buy good quality seed. These days, seed comes in sealed vacuum foil packs which helps to preserve their freshness.

Ok, lets move onto the nitty gritty of sowing in containers.

PREPARATION OF THE TRAY

Overfill the tray with compost.

Firm the excess compost off using a small wooden board.

Strike the compost using a firming tool (a piece of wood with a handle to enable you to grip it. How much you press down will depend on the size of seed you are about to sow).

Ensure the compost is level.

CORRECT SOWING

Seed can be either broadcast over the whole tray or in the case of larger seed such as tomatoes, space sown. With larger seeds unit containers simplify the process.

Golden rule! Always sow as evenly and thinly as possible. This makes pricking out easier but also avoids diseases such as damping off.

SEED COVERING

Always check your seed packet to find out whether or not the seed needs covering. Most seed does, and as a general rule you cover to twice the depth of the seed. A horticultural sieve is the best tool to use to cover the seed with compost. Always hold it up high so you can see how much of a covering you are putting on.

WATERING

You can either water before you sow the seeds or after, but in either case you will need a watering can with a fine sprinkler or rose.

LABELLING

Don't forget to label your trays with the name of the plant and the date of sowing. A pencil is ideal for this or waterproof marker.

POST GERMINATION

As soon as the seedlings are large enough to handle they should be **pricked out**.

This means separating them out into trays and growing them on. If they are left too long in the seed tray they will become entangled at the roots, which makes pricking out difficult.

Golden rule! Always handle the seedling by the seed leaves (known as cotyledons). If you touch the stems you will damage them, except in the case

of plants with only one seed leaf such as onions.

GROWING ON

Once the seedlings have got established they should be hardened off. This means moving them from the propagator/glasshouse/protected environment and slowly introducing them to outside temperatures. This is usually achieved by using a cold frame, and gradually increasing the amount of ventilation.

IN CONCLUSION

Do use good quality seed from a reliable source.

Use good quality composts.

Ensure your trays and materials are clean to avoid diseases such as damping off.

Read the instruction on the seed packet. Some seeds suffer from dormancy and may need to go into a fridge in order to break the dormancy. Others may have a hard seed coat and need soaking prior to germination.

Check the germination temperatures.

Sow seed as thinly as possible.

Water carefully, to avoid waterlogging and subsequent disease problems.

Depending on whether you are raising plants indoors or outdoors, watch out for damage from mice, slugs and snails and birds and indeed cats!

PARKING

Working people frequently ask retired people what they do to make their days interesting.

Well, for example, the other Day my wife and I went into town and visited a shop.

When we came out there was a cop writing out a parking ticket.

We went up to him and I said "Come on, man, how about giving a senior citizen a break?"

He ignored us and continued writing the ticket.

I called him a rude name. He glared at me and started writing another ticket for having worn-out tyres.

So my wife called him another name. He finished the second ticket and put it on the windshield with the first.

Then he started writing more tickets. This went on for about 20 minutes. The more we abused him, the more tickets he wrote.

Just then our bus arrived, and we got on it and went home.

We try to have a little fun each day now that we're retired. It's important at our age.

THE DICK RING FUND APPEAL

This fundraising group, run by June Ring, is for IW Heart and Cancer patients and is affiliated to the Friends of St Mary's. They are about to launch an appeal to purchase a TOE Probe for the Cardiac Department at St Mary's Hospital which will greatly benefit Island patients. This piece of equipment will be invaluable to the hospital as a diagnosis tool.

The TOE is a special probe used to take high quality images from the oesophagus. Doctors can diagnose conditions requiring heart surgery, including heart valve repair and replacement and repair to the main artery. It is particularly useful for patients requiring urgent treatment.

The IW Fire Service are fundraising with sponsored events like the Cent Coles Charity Challenge, cycling the 10 highest peaks of the Alps in September, and the lads from Ryde Fire Station will be carrying a ladder round the Island to tie up with Ryde Carnival. They are fundraising in memory of a colleague who died from a heart attack on a shout.

June appreciates that we need to do fundraising for ourselves, but if anyone can offer any support or help it would be greatly appreciated.

June Ring can be contacted on 01983 761610.



YOUR COMMITTEE NEEDS YOU & YOU & YOU & YOU

The executive and social committee need members urgently.

The Executive committee meets next at The Riverside Centre on

Thursday 5th May at 6.30pm and lasts for about 2hrs.

We have about 6 meetings a year. If you want to come along to see what it's all about speak to Lyn or ring Gary, his number is on the back cover.

The Social committee meet a little more regularly usually during the day 11.00am to 1.00pm and it's normally at someone's house, so expect tea/ coffee and cakes. If you are interested in the social committee and want to give it a try ring Kim (Chairman) 404082 or Jean (Secretary) 520663.

VISIT TO THE SIR HAROLD HILLIER GARDENS / OR DAY OUT IN WINCHESTER



Saturday 24th September 2011

WHAT'S THERE TO SEE?

- 180 acres of beauty, inspiration and discovery!
- 42, 000 species of plants from temperate regions all over the world in a variety of themed landscapes.
- Acer Valley—The Pond—Himalayan Valley—Magnolia Avenue—Heather Garden—Hydrangea Walk—The Pinetum—Centenary Border—Gurka Memorial Garden—National Collection Glade—Ampfield Wood Valley—Jermyns House to name but a few of the features!
- The gardens have a Visitor Pavilion and refreshments are available in the Pavilion Restaurant and Jermyns House Tea Room.
- Exhibitions of art, photography, sculpture, botanical and horticultural topics are held throughout the year.
- One of Hampshire's top tourist attractions!!

For further information about the Sir Harold Hillier Gardens see their very comprehensive website: <http://www3.hants.gov.uk/hilliergardens/hilliergardens-contacthilliers.htm>

More information and a booking slip on the Flyer with this issue.

DO YOU EVER WORRY ABOUT THE NHS?

Perhaps you should, the following are sentences actually typed by secretaries in Greater Glasgow NHS.

1. The patient has no previous history of suicides.
2. Patient has left her white blood cells at another hospital.
3. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
4. She has no rigours or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status – Alive, but without permission.
10. Healthy appearing decrepit 69 year old male, mentally alert, but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in A&E, she was examined, x-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated she had been constipated most of her life until she got a divorce.
19. I saw your patient today, who is still under our care for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal liver function.
23. Skin: somewhat pale, but present.
24. The pelvic exam will be done later on the floor.
25. Large brown stool ambulating in the hall.
26. Patient has two teenage children, but no other abnormalities.
27. When she fainted, her eyes rolled around the room.
28. The patient was in his usual state of good health until his plane ran out of fuel and crashed.
29. Between you and me, we ought to be able to get this lady pregnant.
30. She slipped on the ice and apparently her legs went in separate directions in early December.
31. Patient was seen in consultation with Dr Smith, who felt we should sit on the abdomen and I agree.
32. The patient was to have a bowel resection. However, he took a job as a stock broker instead.
33. By the time he was admitted, his rapid heart had stopped, and he was feeling better.

NOTICE OF THE ANNUAL GENERAL MEETING OF THE ISLE OF WIGHT HEART CARE CLUB

At least 21 days notice is hereby given that the Annual General Meeting of the Isle of Wight Heart Care Club will be held at the Riverside Centre, Newport, Isle of Wight on Thursday 16th June 2011 at 3.30p.m.

Last year's AGM minutes and the financial statement for this AGM will be available on the day.

Should any member who is unable to attend the AGM want a copy of last year's minutes, please contact the secretary.

Health Questions

Answered by NHS Direct or your Coronary Care Unit

If you are at all worried by an ache or pain which you do not understand - professional help is at hand, just telephone:

CALL 24 HOURS ON

NHS 0845
Direct 4647

OR

Coronary Care Unit
At St Mary's Hospital

524081 (ask for CCU)

ISLE OF WIGHT HEART CARE
MENTORS

"Here to help you"

Heart Care Mentors
Family and Patient
Helpline
07531 779 337



NHS
Isle of Wight

'They will take the worry away'

NHS
Isle of Wight

YOUR OFFICERS & COMMITTEE

Effective April 2011

President

Richard Knowles

Hon. Vice President

Ben Bentley 753534

Past President

Dr Matthew De Belder

EXECUTIVE COMMITTEE

Chairman

Gary Smith 296091

Treasurer

John Proctor 867506
proctor10@btinternet.com

Honorary Secretary

Sandra Attree 291907
sandie.attree@btopenworld.com

Members

Robin Brown	882919
Alan Davison	522397
Lyn Smith	296091
Adrian Nicholas	559296
Laurie Stanbridge	874737
Jack Hammerton	826187

Guest Member

Sarah Stringer,
Health Promotion Specialist CHD
Penny Mason, CCU Liaison

Co-opted Members

Kim Christianson	404082
Social Committee Chair.	
Colin Tinson (Ticker Tape)	611673

The next issue of Ticker Tape is due out on 1st July 2011. The latest date for copy to be included in July 2011 issue is 1st June 2011. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word/Works to Colin Tinson:

Email: cjtinson@talktalk.net
Phone: 01983 611673 Mobile: 07779 658007
Address: 1 Nunwell Cottages, East Ashley Lane, Ryde, Isle of Wight, PO33 4AS or given to Lyn Smith.