

MAGAZINE

Summer 2021

Poole Heart Support Group

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From Our President
Geoffrey Walker Retires
PHSG AGM On-Line



POOLE HEART SUPPORT GROUP MAGAZINE

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**If you know a member who is ill, please tell us by contacting almoner
Sandra Llewellyn on 01202 605455**

Please send magazine articles and photos to:

Editor, 10 Hill View Road, Ferndown, Dorset BH22 9QY or by e-mail to; editor@ Tel. 01202 855001

Magazines are published in the Summer and at Christmas.

Print Deadlines are 10th June, and 10th November

Committee Meetings are normally first Wednesdays on Zoom:

5th August, 7th October, 2nd December as required.

COVER PICTURE: Cactus Flower - Heliocerus Speciosus (Mexico) © 2021 Keith Matthews

Chairman's Letter

Well, here we are with summer on us at last. I thought it would never arrive! I was getting fed up with kitting up for a bike ride in cycling longs, full gloves and a woolly hat as late as the third week of May. A good half-hour spent when I should have just been able to get up and go. Talking about 'get up and go' ... no, on second thoughts, better not go there.

By the time you get this we should be fully up and running (yet again) on our live exercise programme, so check with the list on page 28 and book yourself on with a trainer if you have not already done so. We have been running three sessions a week on-line since January and these sessions have been amazingly successful. It was good to see how each class developed its own camaraderie in exactly the same way as a live class does. Plenty of chatter and gossip before and after. There is nothing ad-hoc about being on-line, everybody is booked on with the trainer and the action is monitored throughout. I have had a few occasions to telephone a participant where they have disappeared off screen. All false alarms I'm pleased to say, usually because they have gone to answer the phone or the doorbell. There is a move to continue one of these Zoom sessions each week from now on, and we are looking into this. In the meantime let's get you all back fit and healthy and exercising.

We must hold an AGM as we have reset our membership year and like so many other clubs during this crisis we have not held one for 18 months. This will be on July 14th at 19:00. We must hold this using Zoom again I'm afraid, for although live meetings will be permitted soon the remaining problem of actually booking a hall and maintaining social distancing remains. So, the video age is upon us. We certainly do not want to disenfranchise anybody who cannot access the meeting on-line; accordingly you are invited to submit anything you might want to have raised at the AGM by contacting me directly beforehand. I will make sure that it is raised and discussed.

Derek Pope will be standing down as Membership Secretary, but his 'understudy' Nigel Rowe has already picked up the reins. Lynne Armstrong will be taking over as PHSG Clothing Sales and be seeking election. I would like to encourage any of you to join our little committee! Do think about stepping up and helping.



PHSG - NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Poole Heart Support Group will be held on Wednesday 14th July at 19:00 using Zoom Video Conferencing.

Meeting ID: 853 3855 3972

Passcode: Will be issued later on eNews.

If you want to ask anything about the AGM please contact the Chairman.

This could include asking about the Committee posts, the Financial report, or to obtain the meeting Passcode. Or if you would like to stand for the committee or to have anything included on the Agenda.



From the President

What a year it's been – a cliché I know and said so many times now. In the very early part of the pandemic apart from being apprehensive it was a novelty to see clear roads, breathe clean air and spend quality time with my family. However, this rapidly wore away as we were faced with the brutal carnage left by this dreadful disease as case upon case flooded Poole Hospital. My role as a Cardiologist rapidly morphed into one of Covid doctor first and Cardiologist second as I, like many of my colleagues, supported several other wards to face the onslaught.

One year on, like many of you I suspect, I have lost friends and family members to this terrible disease and my world has been forever changed. Among the pain

was witnessing my wife's father die at home as there were simply no more hospital beds for him to go to in the Philippines. This was followed only two weeks later by her mother's passing, also from Covid. This has left me more grateful than I have ever been for the wonder that is the NHS. It is truly a superb institution that had the capability to rapidly adapt to the challenge faced such that even surgeons were helping to treat Covid cases. It excelled again when it came to vaccination programme, and continues to amaze me. One of the clear losers in the on-going legacy of Covid is the effects on mental health and other aspects of society. We have seen a rapid rise in the number of patients presenting with mental health illness, alcohol addiction and drug addiction. Whilst my immediate family has remained strong, others including children have suffered immeasurably and the impact on education will be enduring.

We face a monumental challenge dealing with the immediate and longer-term health consequences of these events. Despite this I feel blessed that at least I am lucky enough to still have a job, whereas so many have lost so much more.

Dr Christopher Boos

Consultant Cardiologist, President Poole Heart Support Group.

Poole Hospital NHS Trust

Visiting Professor, Carnegie Research Institute, Leeds Beckett University

Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

Albert Einstein

You can be young without money, but you can't be old without it.

Tennessee Williams

Geoffrey's News From Poole

Dear Friends,

What can I start with; so much has happened in the last 18 months it hard to know where to begin?

Perhaps the most important is that I have decided to take early retirement from the Hospital and leave on the 31st July. It was a long and hard decision, partly due to the fact that the new structure meant that I would have to re-apply for my job and even if I got it I could have been moved to another area and have to work in Bournemouth and Christchurch. As you know my heart is in cardiology and medicine and Poole Hospital. So I will leave and look to the next phase of my career and am excited about that. I will continue with my elected role to the RCN on National Council and support nurses and health care workers throughout the UK.



I have been at Poole for 31 years and it's been a delight and honour to work with the wonderful staff, and care for the many patients over the years. I will have a heavy heart as I say goodbye in July but the time is right.

The pandemic is hopefully coming to its conclusion and that was another reason why I stayed, I wanted to be there until the end. It's been a tough time for all and we have faced so much in the last 16 months, but hopefully life will be soon be back to a semblance of normality. I don't think any of us could have predicted what lay ahead for us at the beginning of 2020. I hope that you have all had your vaccinations and I believe that is what has made the major change. It was so bad at the beginning of the year and thankfully as we move forward things are better. It is sad to think so many people have lost their lives and families devastated and we must spare a moment to think of them.

As I reflect back I first started working in cardiology on the coronary care unit at the West Cumberland Hospital in Cumbria in 1988, and have been in the NHS 36 years. There have been many changes over that period and I feel we have so much more to offer our patients now that we did not have then. If the pandemic has taught us one thing, it's that people matter and not materials. Make time for friends and family always and keep safe. Thank you for all your support over the years , this may be my last article and so I wanted to let you know its been an honour to keep in touch with you all, my first article was in 2003.

The International Year of the nurse has been extended to cover 2021 too and it has never been a higher profile to be a nurse and be proud of all we do whether in the public, private or care sectors as a whole. Once again thank you dear friends.

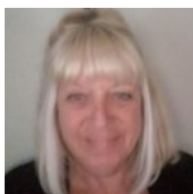
Please keep safe and farewell.

Best wishes.

Geoffrey Walker OBE JP MA RGN PgDip DipEd FAETC.

Matron for Specialist Medicine, Cardiology and Ambulatory Care

University Hospitals Dorset.



Hello from our "New Normal" Office



Proposed new road sign to avoid offence to 'stooped' pensioners.

***Well what a year it has been
Hardly a New Member to be seen
But now things are at last starting to change
And Lesley, some exercise, has been able to arrange
We've had some Chat Stops done on-line
The Speakers, have been more than fine
Not sure if we still have a Walking club
But bet they are still finishing at the pub!
I'm still working from home as you can see
But any questions, please contact me
The phone call will cost, but my answers are free!***

We surely Do!



01202 250108

Jan



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Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

SUMMER WALK SEASON 2021



Good news from the Walking Group

At last, we are now able to make plans for our 2021 Summer walking programme.

By the time you will have received this issue of the Magazine, we will have completed several walks already.

If you would like details of future walks, please contact Diane Eddy on 01202 622016, who will be pleased to give them to you.

Unfortunately, due to Covid, we have not been able to have our customary group meeting to plan the whole Summer season's walks with walk leaders. However, this is a task we hope to fulfil over the next few weeks, so for those PHSG members who are not currently on the walking group email list and would be interested in walking with us, please send an email to me to request a copy of the schedule.

trotwood.bl@btinternet.com

By the time the next magazine is printed, we should be able once again to include our schedule and some news about our early Summer walks.

Our last season of walks, I am sure members will remember only too well, concluded with what seemed like a never-ending period of rain, more rain and mud. So, walkers, clean off your boots, get your legs working again and be positive, think SUN.

Linda Thomas



Doubt is not a pleasant condition, but certainty is absurd.

Voltaire

Doubt grows with knowledge.

Goethe

An open mind, like an open mouth, should close on something.

G.K.Chesterton

It is a mistake to look too far ahead. Only one link in the chain
of destiny can be handled at a time.

Winston Churchill

Every saint has a past. Every sinner has a future

Oscar Wilde

Never keep up with the Joneses. Drag them down to your level.

Quentin Crisp



In November 2019, before the world changed forever, the football team that I support was scheduled to play a team called Atalanta in the Champions League. I had never heard of this team but Mr. Google told me that they were a team from Italy, based in Bergamo. Mr. Google also told me that due to ground redevelopments, their home ground was not up to UEFA standards and they were playing their Champions League home games at the San Siro Stadium in Milan. Now any of you who know anything about football will understand that the San Siro is one of the cathedrals of world football and this presented an opportunity to watch my team play there and probably for the last time as that stadium is due for demolition.

I asked Anita, my other half, if she fancied a City break in Milan, she said it would be nice. I then mentioned that it might include some football. It was difficult to find flights that went to and from the same airports. In fact, the only such flights that I found were from Stanstead to (bizarrely) Bergamo. Bergamo is actually classified as a Milan Airport and is closer to the centre of Milan than the main Milan Airport of Malpensa.

Flights, coach transfers and a very nice 4-star hotel in the City Centre were booked online. We left Stanstead on an early morning flight and as we go through the security, Anita is detained for toothpaste smuggling; she forgot to put the toothpaste in her clear bag. The flight and coach transfer worked seamlessly, we were allowed on an earlier coach. On arrival at Milan Central Station, we took a taxi to our Hotel which was situated in a very quiet square.

After unpacking, we sought out lunch and went to find the building that housed *The Last Supper* painting by Da Vinci as we had booked a guided tour for early the next morning. The Convent of Santa Maria delle Grazie, the home of the painting is in a not especially inspiring part of the City. Only a couple of hundred metres from our hotel was the ruin of the 2nd Century Milan Imperial Palace. After lunch, we made our way to the area known as The Duomo, where we looked at the 14th century Cathedral from the outside, the 3rd largest in the world and the 17th Century Galleria which had the first ever Prada store and looks to be a model for shopping malls around the world. We also located the world famous 18th century La Scala Opera House which was not that spectacular from the outside.

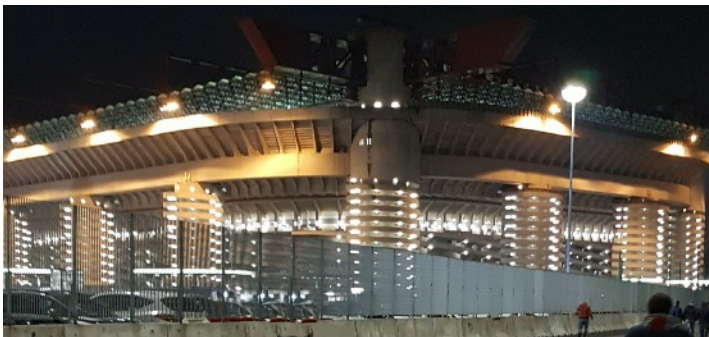
By now, dinner was calling, so we headed toward the area of Navigli, an area of canals, in part designed by Da Vinci and found an excellent restaurant where we were treated to a free drink as first time visitors plus a complimentary starter from the chef. The food, service and prices were really good, I have paid as much for a main course in *Table Table*.

After breakfast at the Hotel, we walked back to the Convent of Santa Maria delle Grazie for our guided tour. It was very informative with a history of the Convent, the adjacent church and the painting itself. The painting is in the refectory of the Convent and has deteriorated over time but, strangely, there is another huge mural on the opposite wall, of the crucifixion which appears almost

pristine. One of the main reasons for the deterioration of the Last Supper is that it is painted on the dividing wall of the refectory and the kitchens and temperature and humidity have had an effect.

After the tour, we purchased two 48 hour travel passes from a tobacconist which gave unlimited travel on trams, underground and trains from the time of first usage. We headed back to Duomo and did a self-guided tour of La Scala, helped by lots of English speaking volunteers. A very worthwhile tour seeing paintings, instruments and busts of some very famous names who have been associated with the Theatre, a piano played by Liszt and a portrait of Verdi and his pianoforte that he played, a bust of Caruso and a superb portrait of Maria Callas. Unfortunately, we couldn't gain access to the auditorium as rehearsals were taking place for the opening of the Tchaikovsky ballet *Onegin*. We managed a dimmed view through the back of one of the boxes.

After a late lunch, I made my way to the San Siro for the match, Anita settled down with her book in the hotel room. The match will be best remembered for our first choice goal keeper being substituted at half time due to an injury; the reserve keeper then being sent off for allowing himself to be kicked in the head and our substitute right back coming on in goal and making more saves than



the other two keepers combined. The match ended in a one-one draw. I expect this will appear on a Question of Sport in the future in the "What happened next" segment. I expected this to be the highlight of the trip.

The next morning we went to the 14th century Castle Sforza built by one of Milan's most influential families who also built the church of Santa Maria delle Grazie. In the afternoon, we did a tour of the Cathedral including the catacombs which contained the visible bodies of two Saints and also the ruins of a much earlier religious site that it is built on.

After this, we talked about going to see the ballet at La Scala if we could get tickets. The full price was in the region of €150 for the best seats, similar to top seats in the West End. We decided that we would pay that just to have the experience of being in a world famous theatre; it was more about where it was, not what it was. However, much like the West End, there are ways of getting discounted tickets and we eventually paid around €90 for centre aisle seats about half way back from the orchestra pit. As we walked into the now lit up auditorium, we were hit by this stunning theatre decorated in scarlet and gold which literally took our breath away and we became enveloped in the history of the place and the famous people who had appeared there.

The ballet was excellent, a story of unrequited love and very easy to follow, with not a tutu in sight. This was our unexpected highlight.

It might be fair to say that if you were thinking of a City Break in Italy then Milan might not be high on your list, but if you want history by the bucket load, good, inexpensive food with good service, good shopping and cheap as chips public transport with the right travel pass, then do give Milan a thought. You might end up with your own unexpected highlight.

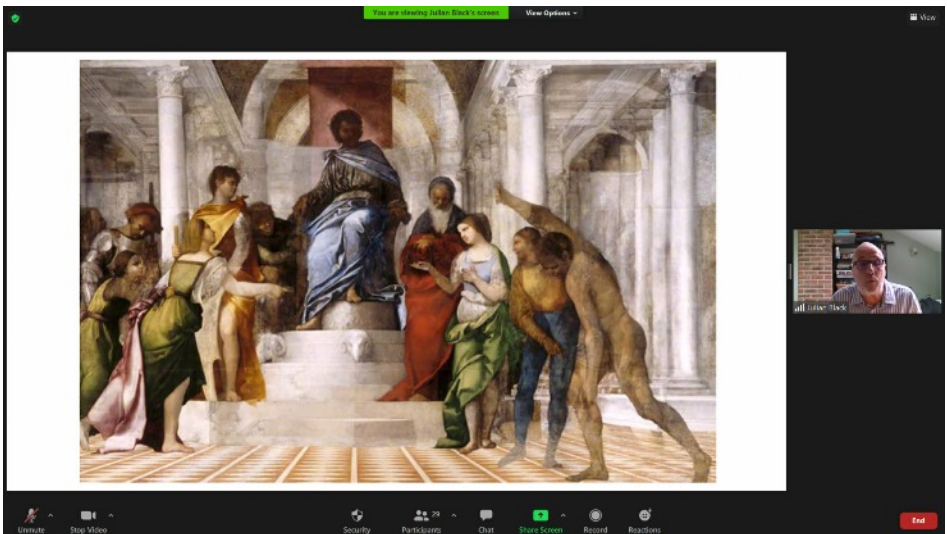
Steve



Chat Stops - by Zoom (Of course)



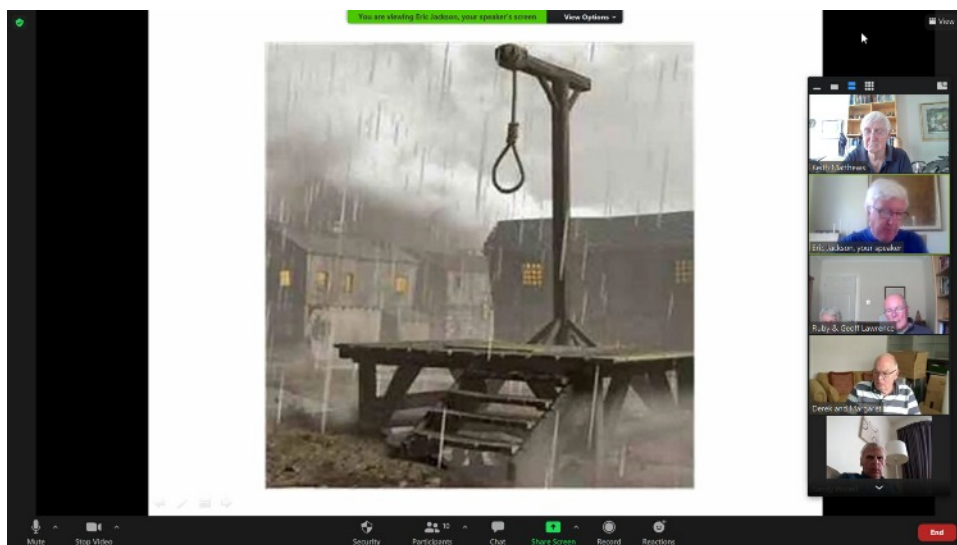
In February, Lottie Dale gave us a talk about her life as a nurse training at Barts Hospital in the Sixties.



In April, Julian Black, who is an expert curator for the National Trust, gave us a talk about the art collection at Kingston Lacy.

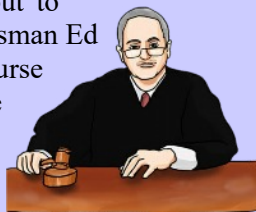


In May, Stephen Wells gave us a talk about the History of Butlins Holiday Camps, with his own involvement in booking many of the top entertainers of the day, and many who made the start of their career there.



In June, Eric Jackson gave us a talk about the history of Grave Robbing for anatomical research. Nice and gloomy but plenty of new facts.

“A virtual court hearing on Zoom was about to begin,” Miami-Dade State Attorney’s Office spokesman Ed Griffith told reporters, “involving Niurka Aguero, a nurse who is charged with third-degree grand theft in the case of State of Florida vs Niurka Aguero. It was a status hearing, a procedural appearance where prosecutors and defense attorneys update a judge. It seems that during the waiting period prior to the case being brought before the judge, Nurse Aguero was involved in some kind of medical procedure which involved a naked male receiving an injection in the buttocks, all of which was inadvertently live-streamed via Zoom to the court. Needless to say, everyone involved was surprised.



Court reporter David Ovalle tweeted that “Someone appears to be getting a butt injection while appearing in a virtual court hearing. I have always said that the Miami courthouse is the most absurd theatre in town, and entrance is free. Nothing has changed in the Zoom age.”

Texas News Today 21/4/21



Those of a certain age will remember the 12 sided brass “thruppeny bit”, but before 1947 the 3d was a small silver coin that was called a Joey.

The nickname Joey was first given to a silver Fourpence or groat. This coin, with its origins in the 16th Century was reintroduced in 1836 when the standard handsome cab fare was 4d. Cabbies, having got used to being handed a sixpence and told to keep the change, lost their tip. Joseph Hume MP had extolled the coin in a speech in Parliament and they were derided with the nickname “Joey’s” in his honour. When the groat passed out of circulation in 1855, the nickname passed to the silver threepence.



Thanks to Simon Males of Sheffield. “Answers to Correspondents” Daily Mail Jan 2021

The UK's largest family law firm received 8801 enquiries from people seeking divorce between January & March this year, up from 4505 in the same three month period last year.

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The activities of Takashi Miyagawa first came to our notice in February,” a police spokesman told reporters in Osaka, “when several of his 35 girlfriends formed a victims alliance and filed a compliant. It seems he met his victims while selling products on-line and started romantic relationships with each one, always on the assumption that marriage was on the cards. He met them all in different locations, prom-

ised each of them a serious committed relationship, and told each of them that his birthday was on a different day, so he was continually receiving gifts, also money in excess of 100,000 yen (£700).”

One commentator posted “Can you imagine all that scheduling and planning to date 35 women at the same time? Isn’t it easier to get a job at that point? He’s an awful person but I envy his time management skills.”

SoraNews 24/4/21

We meet Again! How lovely to welcome the sunshine and warmer weather! With this the opportunity to meet up with friends and family after what seemed to be one of the darkest winters in memory.

So, it is time to celebrate, cook a cake (or two) put on the kettle and invite someone round for a 'safe distancing' chat. Here is a treat that everyone can enjoy, better still, it's quick to prepare, just ensure you let it cool before adding the filling.

BERRY ROULADE

Preparation time 6-8 minutes: Cooking time 10-15 minutes

Ingredients

3 medium eggs

100g caster sugar, plus extra for dusting

100g self- raising flour

200g raspberries

4 tbsp reduced - sugar raspberry jam

300g of low-fat yoghurt

Grease and line a Swiss roll tin with greased paper

Preparation

Place the eggs and sugar in a large bowl and whisk with an electric mixer for 6-8 minutes until very pale in colour and thick enough to leave a trail on the surface when the whisk beaters are lifted.

Tip the flour into a sieve and sift over the whisked mixture.

Gently fold in the flour with a metal spoon until completely incorporated in mixture.

Using the back of a spoon, crush 125g of raspberries, then gently fold them through the mixture, so that they are evenly swirled.

Pour the mixture into a prepared tin, spreading evenly into the corners

Bake for 7-8 minutes at 220C: 425F gas mark 7 until firm to the touch. Do not over bake as this will cause the cake to crack when rolled

Turn out onto sugared greaseproof paper (firstly removing the lining paper) and roll up into a swiss roll, beginning at the short end and using the greaseproof to help you until the cake is completely enclosed in the paper.

Allow to cool.

When cool, unroll the sponge and spread with the raspberry conserve, evenly and right up to the edges.

Repeat with the low-fat yoghurt, then carefully re - roll the cake, using the paper to help.

Transfer to the plate and serve with the remaining fresh raspberries.

Each portion contains: 180cal. This recipe can be used with other fruits such as sliced strawberries, blueberries or blackberries

It's Surprising What You Find

by George Llewellyn



Do you remember Joyce Grenfell?

As I grew up I had an elder sister. We watched Joyce and her imaginary "school class" skit.

The now famous aside quote to a very young lad, either picking his nose or scratching his bum ... "don't do that George "

This was to haunt me throughout my childhood.

My sister never forgot it. I thought I had out lived it.

But no, thanks to PHSG trainers, it lives on.

I've never made a secret of it but I do not like or enjoy the exercise, I go because it keeps me alive! So I need to concentrate on the trainer, given half a chance I wander off. Not physically but mentally. My normal imaginary location is Teneferre. The Lago Martinez; there is little or no shade except two old palm trees. That's where I'll be.

I get into the rhythm, then off I go! The trainer's voice fades and slips away. Only to be brought back to my senses by

"Not like that George ... **George** ... not like that"

Not only am I out of phase but the rest of the group are often on the next exercise! I'm pulled back to reality by Joyce's voice.

However there are times when we have some fun!

We occasionally exercise to "YMCA."

Picture the scene of oldies in a circle gyrating along and all trying to replicate YMCA with their arms, some successful and others spelling out rude words.

So I leave you with this thought ... PHSG sessions should make it mandatory to include YMCA.



Young man, are you listening to me?

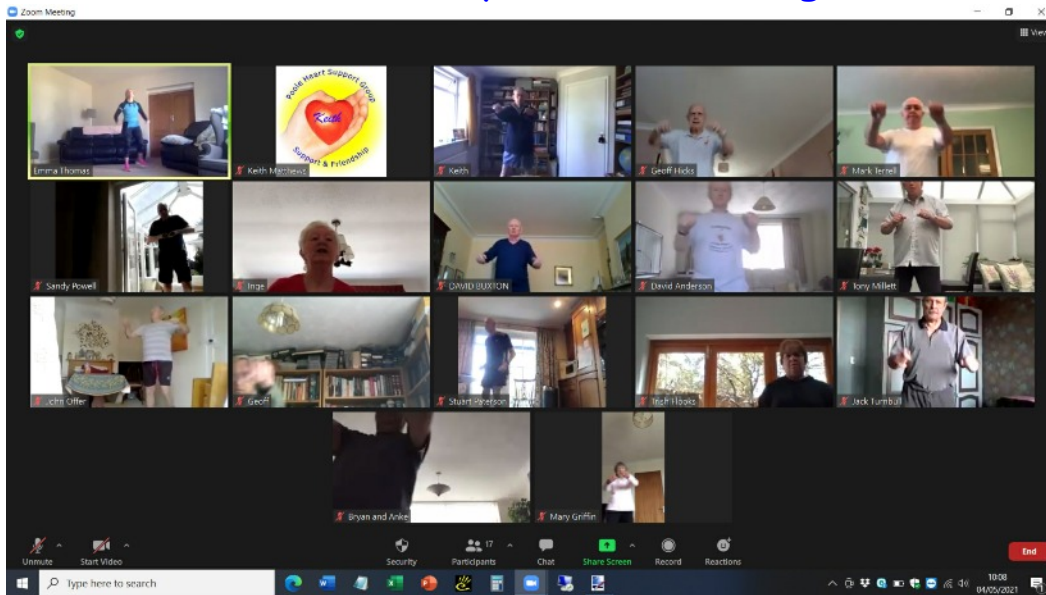
I said, young man, what do you want to be?

I said, young man, you can make real your dreams

But you got to know this one thing

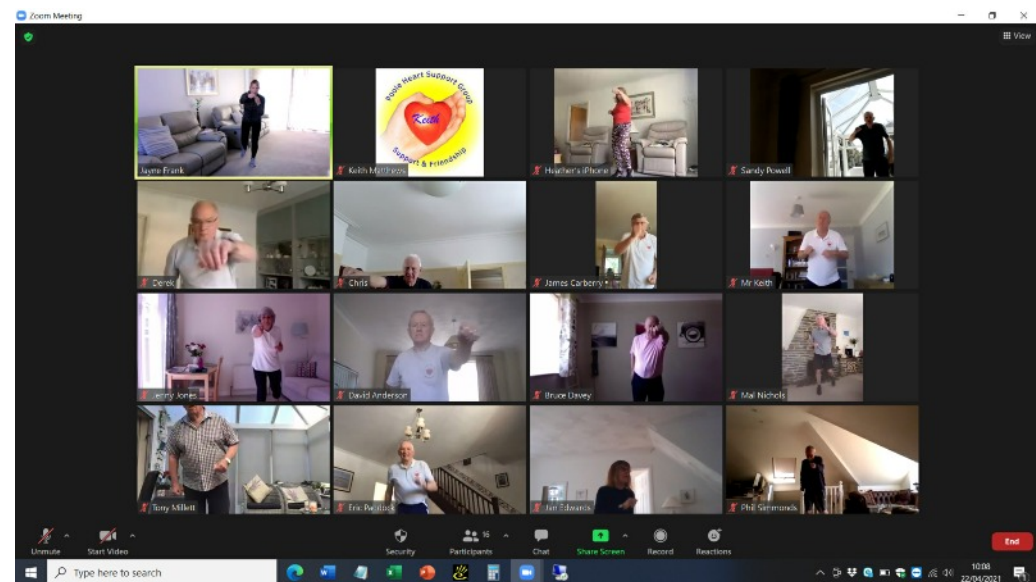
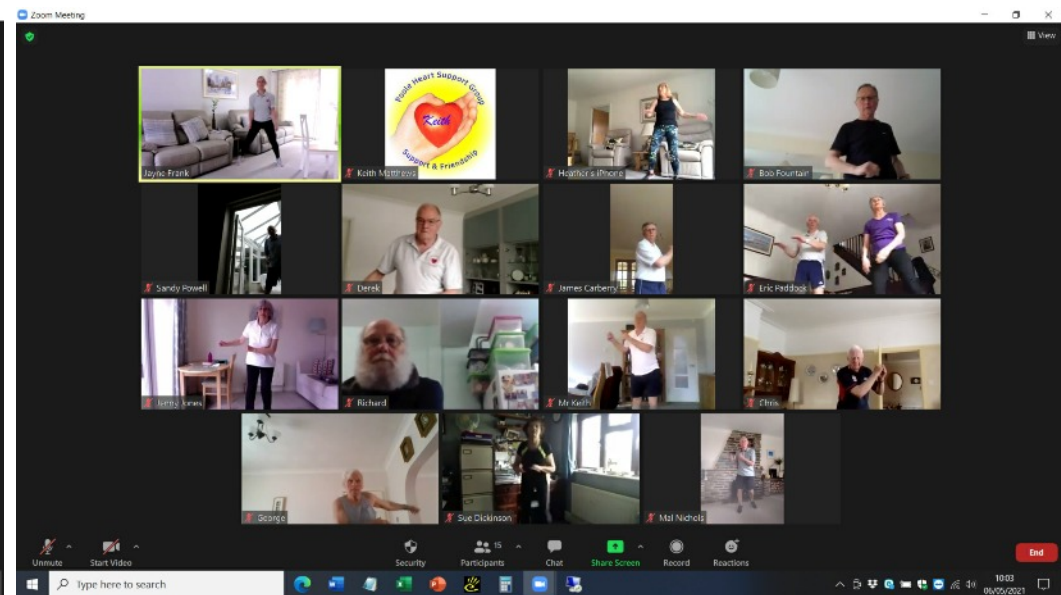
No man does it all by himself.

We have been running three Zoom ex
More than sixty classes making about 1000



Emma

Exercise sessions per week since January.
 10 individual exercises . Here is a selection.



Jayne



Meet our Members

Mark Terrell

I was born in Dublin in Ireland in January 1955. Both my parents came from Bristol but at the time were living in Ireland as my father was involved in setting up a new factory for *APV* to manufacture dairy processing machinery. I have two brothers who are 10 & 12 years older, which had distinct advantages as I was growing up! The family returned to the UK in 1960 where we lived in a flat in Sutton, Surrey before moving to Crawley just before the big freeze of 1963.

From a very early age I was always interested in things mechanical and cars in particular. So I was probably heading for a career in the motor trade until my best friend at primary school stepped out in front of a moving bus and was promptly knocked to the ground. While recovering at

home his father bought him an electronics set made by Philips and I used to play with it with him during my many 'home visits'. This sparked a whole new interest for me and resulted in my whole working life being involved with electronics, electronic systems and electronic manufacturing. I had always wanted to work in a technical sales role and so after completing my apprenticeship and gaining experience in repairing and calibration electronic test equipment I got my first break with Philips Test and Measurement, covering the South East of England.

To me one of the attractions of being in sales was that no two days were alike and a couple of examples are:-

- Standing next to a railway line in Croydon in a suit and tie wearing a high-vis vest demonstrating how the latest model of oscilloscope could be used to monitor CCTV signals but stepping back every time the lookout blew his whistle to let a train pass.
- Visiting a company in the middle of a residential area in Brighton, which was involved in the manufacture of lightning discharge systems. The cavernous factory area looked like something from a Frankenstein movie with huge metal spheres and where I had to demonstrate the equipment in the safety of the small control room.

In 1988 I started working for an American company and was quickly given the responsibility of looking after eight major UK accounts the majority of which were based in Scotland. It was during this time that I switched from a purely selling role to full account management, which was quite different but very enjoyable.

One notable occasion was being on a training course just south of Los Angeles when the Rodney King riots erupted in April 1992. The course was held in a hotel and although we heard lots of passing sirens we were oblivious as to what was going on in the outside world. The course went on into the evening and so due to the 8 hour time difference with the UK I called home late at night and my wife was very agitated and asked if I was OK because of the riots. I said 'What riots?' and put the TV on in my room only to find that all hell had broken out!

The last company I worked for before taking early retirement at the end of April 2018 was *Gill Instruments* based in Lymington. Their core business is the design and manufacture of ultrasonic anemometers. The range of applications for these wind speed and direction sensors is incredibly varied. The natural thing is to think of the weather but other examples range from large wind turbine controls, solar farms, ship dynamic positioning systems, road/rail tunnels, scientific research to autonomous mowers for golf courses!

I was responsible for sales in North America both directly and through a small network of Distributors. This involved around 6 trips to the USA and Canada per year, with each one lasting between 7 and 14 days. I thoroughly enjoyed working over there but after 11 years I decided enough was enough with the long haul flights!

Since retiring I have been a volunteer at the Wimborne Model Town and last year became a Trustee and Director of this educational charity. The highlight of which so far was being involved in the negotiations to buy the Wareham Bear Collection that had previously been on display at the Blue Pool. Arranging specialist removers was the easy part of the process but reassembling the houses and dioramas at the Model Town was a lot more challenging many due to the high number of small parts!

Whilst working out my notice at *Gill Instruments* I was admitted to Poole Hospital suffering from heart attack symptoms and spent three days there while various tests were carried out including an angiogram at Bournemouth. The good news was that I didn't require any surgical procedures and while a heart attack couldn't be totally ruled out the general consensus was that I had most likely suffered from a plaque eruption. The care and support I received at both Poole and Bournemouth Hospitals could not have been better and included being introduced to the PHSG. I didn't hesitate to sign up for the exercise classes, which I have been attending ever since. Emma does a great job and as well as the health benefits I enjoy the social side of meeting the other members even if currently that it is only via Zoom!

Mark



Please Contact:

01202 620200

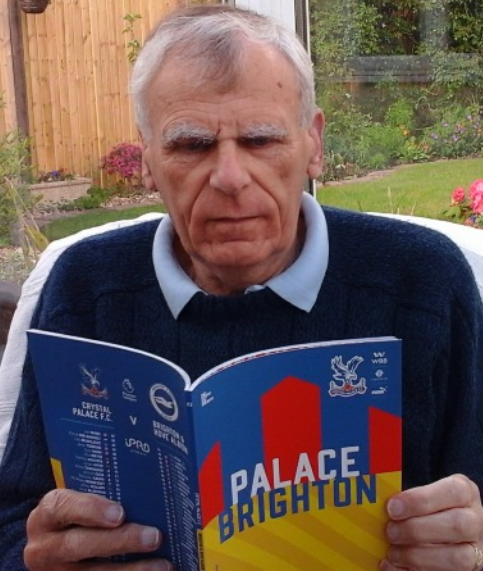
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Meet our Members

Mervin Powell (aka Sandy)



I live in Oakdale with my wife Linda, a woman who is fiercely proud of her Cornish roots (yes it did go down on the recent census !) We have two sons, Christopher, 48, and Jonathan, 45.

I fall into the Baby Boomer category having arrived on the planet in April 1948, the second child of Howard and Violet. I had a sister almost 10 years older than me. My father was gas fitter engineer who was on call for emergencies and my mother, a typical 1950s housewife. The neighbour who delivered me later told me that my mother had gone into labour after having a fit of uncontrollable laughter. We lived in a cul-de-sac off Chickerell Road in Weymouth and as I grew up, the street was our playground along with many other children of similar age. We would play football, cricket,

and ride our bikes without the worry of traffic. Holidays were normally in Croydon with my Aunt and Uncle, or a visit to Essex with my Mum's sister.

I started school in April 1953 at St Pauls Infants and in 1955 moved to Melcombe Regis boys' school. It was not long after I started there that our lives would change dramatically. I was walking home for lunch one day in September, when an ambulance rushed past me with bells ringing. It turned into our street and when I got there it was parked outside of our house. I was quickly ushered away to a neighbour's home where I was given lunch. It transpired that after I had left for school in the morning, my mother had taken her own life in the bedroom, the day before her 44th birthday.

This meant changes, as my teenage sister was working and had left home. With my father on call for emergencies, he had to get a housekeeper and this continued for 18 months, during which time, whilst visiting a mutual friend, he met a woman with a similar tragic past. They married in April 1957 and I suddenly had a new family of 3 step-brothers.

I continued my schooling at Melcombe Regis and it was during this time that I acquired my nickname. One of our teachers was an avid fan of Sandy Powell, the old time music hall comedian, and he started to call me after him. It has stuck ever since through the rest of my schooling and my career. I passed the 11+ exam and spent the next five years at Weymouth Grammar School where I'm afraid I had more of an interest in the sporting activities than the lessons. I played in the football, cricket, athletics, cross country running and basketball teams. On the football field I represented the area schools team and following one of these games, in which I had scored a hat trick, I was approached by a scout from Arsenal FC. He wanted my father to contact him, but I never heard any more so can only assume he didn't make the contact. I did however obtain some qualifications to take into my career.

My father made me write three letters seeking employment, a bank, the Fire Brigade, and the Police Force. The first two did not reply but the Police took me as a cadet, and I worked in all different departments in Headquarters and Weymouth until I became a constable in 1967. I was posted to Poole which is where I met my wife, Linda. Cornwall did not have cadets so she came to Dorset.

One of her colleagues asked if I would take Linda out, and the rest is history. We were married in late October 1971 in her local church in Callington.

The main part of my 31 year service was spent on Traffic where I took part in many driving courses and qualified as a Road Traffic Accident Investigator, applying Newton's Laws of Motion to the collisions. I also worked in Bournemouth, the force control room, Swanage and at Dorchester. In 1983 I successfully applied for Dorset Police Scholarship award, which enabled me to work in Police Forces in New York, Detroit, Chicago, Dallas and Memphis. After my research was complete Linda joined me in Memphis for a holiday taking in Washington and Niagara Falls. I ended my career as a Chief Inspector at Poole in 1998.

Since then, I haven't worked very much but did take a driving job with a local garage for a while, delivering cars across the country. Despite working shifts I was still able to play football locally for Weymouth OG, Longfleet SM, Swanage, Hamworthy and Canford Poole before taking up refereeing in 1974. Despite the fact that I had retired I continued to play cricket for the Police until my playing days were ended in an on-field collision with a team mate which resulted in a cracked rib and punctured lung. I had however qualified as an umpire and officiated in the local leagues until Covid interrupted.

Outside of work, in 1994, Linda and I began cruising in various locations around the world and it became our regular holiday for some time thereafter. Together with our son Christopher I have also done many trips to football matches around Europe, but since my heart attack in 2018 we have restricted those to Scotland. We have also been on trips watching the England cricket team, collecting programmes from each event that we attend, a collection which consists mainly of Crystal Palace editions.

In 2003 we attended the funeral of my last surviving uncle at Symondsburry. At the following wake, I did not know anyone present because I had lost contact with that side of my family, following the events of 1955. As a result, I resolved to research my Family History and have been doing it ever since. I have found relations in Australia, Canada, and the United States that I knew nothing about and am in contact with them. I have also met the Australian one.

During my teenage years I had been a member of the St John Ambulance cadets where I learnt various first aid techniques including mouth to mouth resuscitation and have used this twice, once successfully and once not. This knowledge enabled me to recognise the symptoms of my heart attack. Since my attack in the middle of that February night three years ago when I was asleep in bed, I have returned to exercise with the Heart Group and credit them with making my body work again ! The social side of it is also great and hopefully will be able to continue it for many years.



The proportion of people working from home has doubled since 2019 - but still makes up a minority of the workforce. According to the ONS, 25.9% of people had worked from home at some point in the week before its snapshot survey, up from 12.4% in 2019.

The UK government announced plans to remove its travel ban and begin reopening international travel via a traffic light system from May 17th 2021. Whilst holiday-makers across the country are relieved to hear the news and look forward to planning their next trip abroad, there has been some confusion as to which destinations UK tourists can visit, what each traffic light colour means and which rules for testing and quarantine are in place under each traffic light category.

Able2Travel Travel Insurance have broken down the traffic light system to ensure travellers can understand the system in place and gain an understanding of the obligations to be followed upon returning to the UK.

The Traffic Light System

The introduction of the Government traffic light system explains which countries are classed as safe to travel to and upon returning to the UK, clarifies the testing and quarantine implications for *inbound passengers*. The following will apply depending on whether the destination country visited is categorised as 'green', 'amber' or 'red'.

Green: arrivals will need to take a pre-departure test as well as a Polymerase Chain Reaction (PCR) test on or before day 2 of their arrival back into England – but will not need to quarantine on return (unless they receive a positive result) or take any additional tests, halving the cost of tests on their return from holiday.

Amber: arrivals will need to take a pre-departure test and quarantine at home (i.e. 'Self-Isolate') for a period of 10 days. They will need to take a PCR test on day 2 and day 8 of their quarantine, with the option for Test to Release on day 5 to end self-isolation early.

Red: arrivals will be subject to restrictions currently in place for 'red list' countries which include a pre-departure test, a 10-day stay in a managed quarantine hotel, and PCR testing on day 2 and 8.

Where can I travel to?

At the time of writing, the current countries UK travellers can visit for leisure purposes are solely those under the **Green** List.

The Traffic Light system is continually monitored and reviewed every 3 weeks. **Before** booking your trip, you should consider reading the latest information on Green List approved destinations at <https://www.gov.uk/government/speeches/traffic-light-system-safe-return-to-international-travel> as destinations may get added or removed.

The UK government advises travellers **not** to travel to **Amber** or **Red** listed countries unless it is for essential purposes, such as work. So, **before** booking your trip, ensure that your intended destination is accepting UK tourists and investigate what entry requirements are needed (such as a negative Covid test result or the need to be fully vaccinated).

It is also worth noting that any Foreign Commonwealth and Development Office (FCDO) advice, such as advice against 'all travel' or 'all but essential travel', will take precedence over the traffic light system. Many of those countries on the Amber or Red list also have an FCDO travel advisory, therefore many travel insurance policies will not cover you to travel to one of these countries.

Turn to Page 24 ►

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How can Able2Travel Travel Insurance help?

In these uncertain times for travel, look after your pockets and your peace of mind with an extensive Travel Insurance solution from Able2Travel Travel Insurance. Whilst it is important not to forget that Able2Travel Travel Insurance can offer protection against the following:

- Missed Departure up to £1,000.
- Personal Baggage up to £3,000.
- Cancellation or Curtailment up to £5,000.
- Emergency Medical Expenses up to £10,000,000
- And much more...

Able2Travel can offer protection specifically relating to Covid-19:

- **Cancellation / Curtailment** – protection is in place should you receive a positive test result within 14 days of departure or if you are admitted to hospital due to testing positive to Coronavirus (Covid-19) after the purchase of your policy. There is no cover available should the FCDO advise against 'all travel' or 'all but essential' travel to your intended destination.
- **Emergency Medical Expenses** – should you unexpectedly contract Covid-19 symptoms or receive a positive test result whilst on holiday, Able2Travel can help cover your emergency medical expenses so long as the FCDO has not advised against 'all travel' or 'all but essential travel' to your intended destination.

Able2Travel Travel Insurance can cover a large number of medical conditions and we understand that no matter what your age or medical condition, your passion for travel shouldn't get left behind. You can get a pre-existing medical condition travel insurance quote by visiting www.able2travel.com/campaigns/phsg or by calling our helpful team on 01483 806 826.

This article is for information and entertainment purposes only. It does not constitute advice in any way. The information provided here is correct at the time of writing however please check the latest policy wording for the latest policy terms, conditions and exclusions.

Do you have computer problems?

We can resolve your problems for you. Are you unsure what you are doing, do you need assistance, a helping hand or training? We can assist with home PC security, internet connection problems, advice and installation of Broadband, PC networks and supply and/or installation of secure wireless networks in your house. We undertake virus, spyware and ad-ware removal and can supply or install security programs to make your PC safe. Is your old PC slow, is it worth upgrading? We provide impartial advice and can perform upgrades or help with any new PC purchase and accessory quotes. We supply new PCs, install, configure your system and can transfer your existing data. Why not give us a call!

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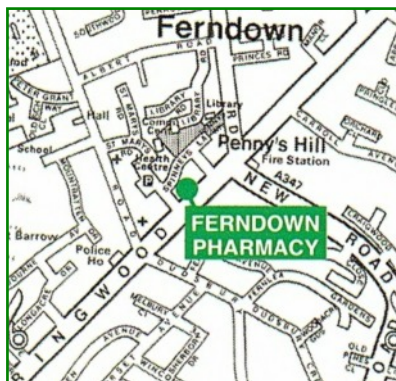
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Coronavirus Corner. Trigger Warning!

- ☺ I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it!.
- ☺ After years of wanting to thoroughly clean my house but lacking the time, during lockdown I discovered that wasn't the reason.
- ☺ I never thought the comment "I wouldn't touch them with a six-foot pole" would become a national policy, but here we are!
- ☺ How did the health experts lie? They said a mask and gloves was enough to go to the Supermarket. When I got there, everyone else had clothes on.
- ☺ Quarantine has really put a damper on comedy. For months nobody has walked into a bar.
- ☺ So many sporting events cancelled due to Covid, its been announced that the World Origami Championships will be televised live. It'll be on Paper View.
- ☺ My brother just told me about getting his Covid jab.... When it is my turn, I am going to ask them to give me my second shot first, as that has the highest efficacy rate apparently.
- ☺ A new vaccine has been released for the Indian variant, the Punjab.
- ☺ What's the best way to avoid touching your face? A glass of wine in each hand.
- ☺ Nail salons, hair salons, waxing centres and tanning places were all closed. It was getting ugly out there.
- ☺ Nobody in Antarctica contracted COVID-19. They were ice-o-lated.
- ☺ My husband purchased a World map and then gave me a dart and said, "Throw this and wherever it lands—that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.
- ☺ The safest thing for the British public is to be stopped from going to pubs, football matches and places like Spain. This has only become more true now that coronavirus has hit.
- ☺ The barista at Starbucks was wearing a face mask. I asked why are you wearing a surgical mask? She said: I'm not, it's a coughy filter.
- ☺ All countries eventually got Coronavirus. But China got it right off the bat.
- ☺ BC now stands for "Before Coronavirus" and AD is now "After Distancing"
- ☺ Prediction: There will be a minor baby boom in 9 months, and then, one day in 2033 we shall witness the rise of "The Quaranteens"
- ☺ Every disaster movie starts with the Government ignoring a scientist.

Groan Corner. Trigger Warning!

- ☺ The cooker repair man said we need to replace something he called a new 'bilbo'. Apparently it's a hob bit.
- ☺ I got my wife a nice belt and a new bag for her birthday She's just got to fit them now and that Hoover will be good as new.
- ☺ I went to the doctors today and he reckons I'm paranoid. Well he didn't actually say that, but I knew that's what he was thinking.
- ☺ Just read about a feudal uprising where a duke's son was killed by rebels. They used a trebuchet to knock him off the battlements with the only available ordnance: a peasant's decapitated head. It was the first recorded instance of a serf-face-to-heir missile.
- ☺ I took a course on seamanship and navigation from an online college. It was very difficult, I got seven "C"s.
- ☺ A priest, a Pastor and a Rabbit entered a clinic to donate blood. The nurse asks the rabbit "What's your blood type?" "I'm probably a type O" he replied
- ☺ Q: I bought some fish for dinner, but my child won't eat it. What should I swap it for? A: A cat. Cats like fish.
- ☺ When I was young I was poor. Now, after years of work, I'm no longer young.
- ☺ Car owner, complaining to mechanic: "This car needs a tuneup. I live on Hill Street, and I can only get it up to 70." Mechanic: "For a car of its age, 70 is pretty fast. Don't complain." Owner: "But I live at number 95."
- ☺ A truck loaded with thousands of copies of Roget's Thesaurus crashed yesterday losing its entire load. Witnesses were stunned, startled, aghast, taken aback, stupefied, confused, shocked, rattled, paralysed, dazed, bewildered, mixed up, surprised, awed, dumbfounded, nonplussed, flabbergasted, astounded, amazed, confounded, astonished, overwhelmed, horrified, numbed, speechless, perplexed, fazed, disconcerted, perturbed ...
- ☺ I'm hoping to start a ventriloquism course soon. I've got all the gear...
- ☺ I just had a letter from a herb & spice company, saying that I owe them £100. If I don't pay them by the end of the week, they're sending in the bay leaf.
- ☺ I met my girlfriend whilst she was working at the zoo. There she was in her uniform – straightaway I knew she was a keeper.
- ☺ They say one glass of wine in the evening is good for your health, but how many should I be having in the morning?
- ☺ I like to watch "Love Your Garden" when I have my tea and then "True Crime" before bed. I feel really confident being able to bury a body and know what to plant on top of it

PHSG Exercise Venues



Hopefully this programme will
be running smoothly by June.
ALWAYS CHECK!

All Sessions last $\frac{3}{4}$ hour

Broadstone: Hearts on Seats	with Jayne	Thursday	13:00	
Broadstone: The Junction	with Caroline	Wednesday	10:45	
	with Jayne	Thursday	09:30	10:30
Canford: School Sports	with Lesley	Monday	08:45	09:45
	with Emma	Tuesday	09:00	10:00
	with Lesley	Thursday	08:45	09:45 10:45
	with Emma	Friday	09:00	10:00
Corfe Mullen Outdoor Class	with Jayne	Friday	10:00 (Weather Permitting)	
Ferndown: St. Mary's Church Hall	with Juliet	Monday	11:00	
	with Richard	Wednesday	11:00	
United Church Hall	with Richard	Friday	10:00	
Hamworthy: Liberal Hall	with Caroline	Monday	10:00	
Lytchett Minster: Manor School	with Karyn	Tuesday	18:00	
Parkstone Lower: Tennis Club	with Paula	Tuesday	10:45	PENDING !
Parkstone Upper: United Reform Church (URC)	with Paula	Wednesday	10:45	
		Friday	10:45	
Poole: Martial Arts, Nuffield	with Caroline	Tuesday	09:30	
Swanage: Methodist Church	with Jayne T.	Tuesday	14:30	15:30
Wareham: Purbeck Sports	with Jayne T.	Wednesday	15:30	
Zoom: On line	with Emma	Wednesday	09:30	

If you are not exercising with us and would like to start please call Lesley Richards, Robin Pringle or Roger Ridout. Contact details are on the inside front cover

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Goodbye to Covid? Well I'll just call it "Happy" again!

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CHEERFUL	HAPPY	MERRY	SUMMER
CHUFFEDTOBITS	HOLIDAYS	ONCLOUDNINE	TRUMPHANT
CONTENTED	HUMMING	PLEASED	WINNER
DELIGHTED	JOLLY	PRAISING	
ECSTATIC	JOYFUL	SECONDJAB	
ELATED	LAUGHING	SINGING	

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G X M D E B A J D N O C E S P R
T N T E G W H S U N O B S R S U
N F N T N Y D Z T N X M A I Y R
U O A H I U E D T M I I N S A T
D T H G R T I E E L S G G D D W
E G P I P H N R I I I L N C I I
S N M L S T R N N N S U I I L N
A I U E E Y G G G J O F T T O N
E M I D E T A L E R B R T A H E
L M R C T I D N U O F E A T U R
P U T E E M Y P P A H E H S Q E
I H L U F E E L G J A H C C C M
E N I N D U O L C N O C B E S M
D J H S D N L U C K Y L L O J U

Our Word Searches are compiled by Derek Pope

Remain in your cell, and your cell will teach you everything. **St. Benedict**

Lockdown Blues

T'was a month before Christmas.
And all through the town.
People wore masks.
That covered their frown.

The frown had begun
Way back in the Spring.
When a global pandemic
Changed everything.

They called it corona.
But unlike the beer.
It didn't bring good times.
It didn't bring cheer.

Airplanes were grounded.
Travel was banned.
Borders were closed
Across air, sea and land.

As the world entered lockdown
To flatten the curve.
The economy halted.
And folks lost their nerve.

From March to July
We rode the first wave.
People stayed home.
They tried to behave.
When summer emerged
The lockdown was lifted.
But away from caution.
Many folks drifted.

Now it's November
And cases are spiking.
Wave two has arrived.
Much to our disliking.

It's true that this year
Has had sadness a plenty.
We'll never forget
The year 2020.

And just 'round the corner
The holiday season.
But why be merry?
Is there even one reason?

To decorate the house
And put up the tree.
Who will see it.
No one but me.

But outside my window
The snow gently falls.
And I think to myself.
Let's deck the halls!

So, I gather the ribbon.
The garland and bows.
As I play those old carols.
My happiness grows.

Christmas is not cancelled
And neither is hope.
If we lean on each other.
I know we can cope



By 13th May 2021, England's vaccine programme had saved an estimated 13,200 lives amongst the over 60's and prevented 39,700 hospitalisations.

Public Health England

WHAT TO DO IF YOU BECOME UNWELL

Medical help and advice is available if you become unwell when your GP surgery is closed. You should:

Dial **999** or go to A & E as soon as possible if you are worried about the sudden onset of new symptoms or have suffered a serious Injury or illness.

A & E departments are open 24 hours a day, 365 days a year. They are for a critical or life threatening situation, for example chest pain, suspected heart attack, severe breathing difficulties, severe loss of blood, loss of consciousness, deep wounds and suspected broken bones. They are not for minor injuries or health problems, nor an alternative to seeing your GP or for a 'second opinion' if you have already seen your GP.

You can also call **Non Emergency Care** on **111** if you are feeling unwell but not facing a life-threatening emergency and you are unsure what to do. Use **111** if you need information about finding a pharmacist, dentist or other service and cannot wait until your GP surgery opens. This service replaces the old Dorset Out of Hours Medical Service.

Go to an **NHS Walk-In Centre or Minor Injuries Unit** with a minor injury or illness. Find the nearest one by calling **111**

REMEMBER IF YOU HAVE CHEST PAIN

DIAL 999 WITHOUT DELAY



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Affiliated to the British Heart Foundation and
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