



UPDATE

The Quarterly Newsletter of the
MANX STROKE FOUNDATION
Winter 2015

HAPPY NEW YEAR

Another year over and a new one just begun! Welcome to the first Update for 2015. Included in this edition is the programme for the next six months packed with some really good entertainment.

REVIEW OF MEETINGS

We welcomed Alan Franklin on October 9th and were rewarded with an interesting talk on the World War 2 internment camps in the Isle of Man. On October 23rd we held our Halloween Supper at Corrin Court and everyone got into the spirit of the evening.

On November 13th Pat Skillicorn came along to talk about the Great War and how it affected people of the Isle of Man. The next meeting on November 27th starred the Regal Singers who delighted us with their singing.

Our final meeting of the year on December 11th was our Christmas meal at the Mount Murray Golf Club. The food was excellent, Pete Gardner serenaded us with Christmas music and Santa didn't forget us! A good night was had by all.

For a full account of each meeting visit our website :

www.manxstrokefoundation.org

COMING MEETINGS

January 8th Bring along a tasty treat to share at our Faith Supper. Irene and Sandie will feedback on the Stroke Club Conference they attended on our behalf last September. (No pun intended!)

- January 22nd** Jack Kaighin will entertain us with his vintage slides of the Isle of Man.
- February 12th** A trip to the Gaiety Theatre to see 'Sister Act'. Tickets available at club nights or phone Maureen on 824361.
- February 26th** The talented Alexander Slater (grand daughter of Colin and June Brooks) will treat us to a singing concert.
- March 12th** Pat Wiles is coming to tell us about the 'Developing Orphans Charity' with which she is involved.
- March 26th** A return visit of the Lhon Vane Choir.

DONATIONS

Donations continue to roll in:

- £1,010 was received from the staff and customers of the Cat with No Tail who took part in the Katie Edge Web Cam walk.
- The Peel Charity shop donated £2,000.
- Fortress Management Services held a dress down day which raised £576.50.
- P M Manley Charitable Trust gave us £250.
- The Southern Young Farmers Club hold an annual Mhella and donated the £1,250 raised last year to the Manx Stroke Foundation.
- The Abbey Church, Ballasalla, held a 'Way out West Concert' on 14th November and the foundation benefited by £350.
- £700 was donated by the Ladies section of the IOM Lion's Club.
- The Manx Kart Club donated £350 raised at their race meetings.
- In December the Salaried Dental Services collected £143 instead of sending Christmas cards and donated this to the Foundation.

ACTION ON STROKE MONTH - MAY 2015

It may seem a bit early to mention the Action on Stroke Month but time does fly and we will be there before we know it! Each year the aim is to get people talking about stroke and to be aware of the signs and symptoms of stroke and how to prevent stroke.

One way of preventing stroke is to be aware of Atrial Fibrillation (AF) which is the most common type of irregular heartbeat and it is more common as we get older. Recognising and receiving proper treatment for AF is important as strokes due to AF are often more severe but, importantly, are avoidable.

We also need to make people aware that the Manx Stroke Foundation is here providing social and financial support. Keep your eyes and ears open to what is happening here on the Isle of Man and tell people about us.

RECIPE FOR HEALTHY EATING

One way to prevent a stroke is to eat healthily - a diet high in fibre and low in fat, salt and processed food. But it is hard to do without the old favourites so here is a recipe for healthy fish and chips with tartare sauce:

Ingredients: (to serve two people)

450g potatoes, peeled and cut into chips;	2 white fish fillets
1 tbsp olive oil;	Grated zest and juice of 1 lemon
Small handful of parsley leaves, chopped;	1 tbsp capers, chopped
2 heaped tbsp 0% Greek yogurt;	lemon wedge to serve

Method: 1) Heat oven to 200C/fan 180C/gas 6. Toss chips in oil and spread evenly over a baking sheet. Bake for 40 mins until brown and crisp. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice and bake for 12 -15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.

2) Meanwhile mix together the capers, yogurt, remaining parsley and lemon juice and season if you wish.

Lift fish onto the plates, add the chips and serve with the yogurt mix.

WORDS OF WISDOM

Money will not make you happy, and happy will not make you money.

Groucho Marx

If you can keep your head when all about you are losing theirs, it's just possible you haven't grasped the situation.

Jean Kerr (writer)

Nobody really cares if you are miserable, so you might as well be happy.

Cynthia Nelms (writer)

A FEW BLOND JOKES TO FINISH

A blond man shouts frantically into the phone, "My wife is pregnant and her contractions are only two minutes apart!"

"Is this her first child?" asks the Doctor."

"No!" he shouts, "this is her husband!"

A blond man is in the bathroom and his wife shouts: "Did you find the shampoo?"

He answers, "Yes, but I'm not sure what to do... it's for dry hair, and I've just wet mine."

A blond man spies a letter lying on his doormat.

It says on the envelope "DO NOT BEND".

He spends the next 2 hours trying to figure out how to pick it up.

An Italian tourist asks a blond man: "Why do scuba divers always fall backwards off their boats?" To which the blonde man replies: "If they fell forward, they'd still be in the boat."

Two blond men find three grenades, and they decide to take them to a police station.

One asked: "What if one explodes before we get there?"

The other says: "We'll lie and say we only found two."

Contact Details:

If you have any queries or concerns or just want to include something in the Update please feel free to contact the Chair of Secretary.

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