



UPDATE

The Quarterly Newsletter

Autumn 2016

The evenings are beginning to draw in and the cold weather is on its way but don't despair there is plenty to look forward to in our Stroke Club calendar. We can warm ourselves with a lovely Halloween supper and the conviviality of our Christmas celebration.

REVIEW OF MEETINGS

We were delighted to welcome the Regal Singers on July 14th with their varied and superb programme of songs. They never fail to give us a good evening's entertainment. Then on July 28th Juliette Thomson gave a wonderfully illustrated talk on the Flower Festival.

Keyboards R Us gave us a fun-filled evening on August 11th with their unique, musical performance. Our second August meeting had to be postponed to September 1st but it was well worth the wait as Captain Stephen Carter regaled us with his many amusing nautical tales.

Alexandra Slater returned to the Stroke Club on September 8th not only to awe us with her wonderful voice but also to dance with her partner Owen Doyle. A very talented and professional pair who should go far. On September 19th Adrian Cowin gave us an enlightening talk on the weather systems around the Island and a better understanding of weather forecasting.

For full details and photos of the club nights please visit our website:

www.manxstrokefoundation.org

COMING MEETINGS

- October 13th** A musical evening with the Lon Vane Choir.
- October 27th** Details of the Halloween Supper are enclosed with this Update. Please return your slip if you wish to partake.
- November 10th** Shane Lucas will tell us about his treks up the highest mountain in Europe and down the deepest cave.
- November 24th** John dog Collister will entertain us with his rush work.
- December 8th** Our Christmas meal will be at the Hawthorn Inn. Details will be sent out nearer the time.

FLAG DAYS 2016

We covered a total of five venues over two days for our Flag Day collections this year. On May 14th our faithful collectors braved the cold on Strand Street and collected £295 and on August 20th a total of £832.72 was collected at Peel, Castletown, Ramsey and Onchan Shoprite or Iceland stores. Our thanks go out to the few who give up their time year after year to help out on these important fund raising and awareness raising events. We are also grateful to the generosity of the Manx public.

SUBSCRIPTIONS

The annual subscription remains at the bargain price of £5. If you are unsure whether or not you have paid this year please contact Irene on 878852. Letters will shortly be going out to remind those who have not paid.

WURLITZER CONCERT

Each year a series of Wurlitzer Organ recitals take place in the Villa Marina Arcade. Margaret Cubbon takes part and gives all donations received to the Manx Stroke Foundation. On September 7th this year a number of our members and many visitors attended and enjoyed a wonderful hour of old and new tunes expertly played by Margaret. If you were not there you missed a treat. We are very grateful to Margaret for the concert and the £165 which was donated to the Foundation.

RECENT DONATIONS

The above donations and the many more listed below enable the Manx Stroke Foundation to continue to support those affected by stroke.

- In November 2015, £21,709 was left to us in a legacy from Miss Holgate
- Father Christmas visited St Thomas' School and £40 was raised. He also visited Milntown Trust and Onchan School where donations of £25 and £100, respectively, were received
- £380 was given by Cains Advocates, Douglas
- Zurich International donated £3,000
- Mrs Parry designed calenders and gave the proceeds of £495 to the MSF
- The Yorkshire Society (Isle of Man) donated £500
- St John's Church Lenten Lunch collection raised £300
- Peel Charity Shop donated £2,000
- Dress down days at the Income Tax Division raised £285
- The Gaiety Theatre exit collection raised £360

- We received £700 from the Jumble Sale held at the British Legion in May
- £225 was donated from the proceeds of the Manx Craft Fair on 14th May
- Savina and her Pole Dancing team raised £40
- Noble Staff Canteen donated £56
- Mike Vipond's Golf Day raised £840
- Tia Wright donated £26 but over the years since she was a little girl she has raised over £2000 for us.
- Many donations have been received from members and friends (some on a regular basis): Gillian Horsey, Mr and Mrs Higgins, Mr and Mrs Abbott, Jackie Ward, Mr and Mrs Hamilton, Mr and Mrs Corden, Mr and Mrs Maurice Mole, Mrs Jean Renshaw, Pat Jones, the Denver family.
- In the last six months we have received £1330.40 from donations in lieu of flowers.

All the money we receive, apart from the £10,000 we donate to the Stroke Association Research Projects, stays on the Island to benefit those affected by stroke. Grants are available but are limited to £1000 per person per year. Since the beginning of this year we have provided £4239 in assistance for stroke survivors which has included stair lifts, ramps, motor attachment for a wheelchair, household items, suitable seating and over-bed table. We also provide taxis to bring members to the stroke club and outings and this has amounted to £3280. Funds are also available to the various health professions and we have supported various training events. Should you wish to apply for a grant or know of someone who may need some assistance then application forms can be obtained from the secretary (Maureen 824361) or any member of the committee.

HEALTHY EATING

We all know that we can reduce our risk of stroke by healthy eating - especially by reducing salt and sugar. This recipe for FISH PIE is low in fat, saturates, sugars and salt so ticks all the boxes!

Ingredients:

700g potatoes, peeled and diced

4 fillets of haddock (or any kind of white fish or salmon)

425ml semi-skimmed milk

25g low fat spread

25g flour

25g reduced -fat hard cheese

320g broccoli (to serve)

Method:

1. Pre-heat oven to 200C/gas mark 6. Boil potatoes for until soft then drain and mash with a little milk.
2. To make the sauce mix the milk, low-fat spread and flour in a pan and warm over medium heat. Stir continuously until sauce starts to bubble and thicken.
3. Pour the sauce over chunks of fish in an ovenproof dish then top with the mashed potato and sprinkle with grated cheese.
4. Bake in the oven for 30 minutes until top is golden brown. Serve with broccoli (or veg of choice).

A LITTLE LAUGHTER TO FINISH

A pensioner drove his brand new Mercedes at 100 mph when, looking in the rear view mirror, he saw a police car behind. He floored it to 140, 150 and then 155 when suddenly he thought "I am too old for this nonsense." So he pulled over and waited for the police car to catch up. The officer walked over to him, looked at his watch and said:

"Sir my shift finishes in ten minutes, today is Friday and I am going away for the weekend with my family. If you can give me a good reason that I haven't heard before why you were speeding then I will let you go."

The man looked seriously at the police officer and replied:

"Years ago my wife ran off with a police man. I thought you were bringing her back!"

The cop left saying: "Have a good day, Sir!"

Robinson Crusoe always rested at weekends. He had all his work done by Friday!

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 or Secretary:

Chair:	Jane Bridge	Telephone 853676
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Secretary:	Maureen Redmayne	Telephone 824361
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