



# UPDATE

## The Quarterly Newsletter

*Spring 2017*

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The lighter evenings and occasional glimpse of sunshine herald the beginnings of Spring and the promise of warmer days to come. We have two flag days in May so the warmer weather will be very welcome. If you like food and music then you will love the club meetings planned for the next few months!

### REVIEW OF MEETINGS

Unfortunately our first meeting on 12<sup>th</sup> January had to be cancelled due the threat of stormy weather. However we were not disappointed on January 26<sup>th</sup> when Keith Watterson told us about his visit to Buckingham Palace illustrating it with an excellent DVD of the State Rooms.

On February 9<sup>th</sup> Howard Parkin returned to tell us all about the Hubble telescope. Roy Wilson put us through our paces on February 23<sup>rd</sup> with his chair exercises which gave us a lot of fun and proved that 'laughter is the best medicine'.

Due to an oversight by our programme planner we did not have a talk from the Manx Bat Group on March 9<sup>th</sup> as promised however Doris, Irene, Rae and Peter came to the rescue and each told us a little about themselves. It proved to be a very interesting evening and got everyone talking. On March 23<sup>rd</sup> we had a theatre outing to see 'Legally Blond' which was very uplifting.

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

[www.manxstrokefoundation.org](http://www.manxstrokefoundation.org)

### COMING MEETINGS

**April 6<sup>th</sup>** 'Musicale' choir always delight us with their performance and this evening will be no exception.

**April 20<sup>th</sup>** This is the Annual General Meeting for which you will have all the papers - **please bring them with you as there will be no copies available on the night.** There will be a faith supper after the meeting so, if you can, bring along a tasty snack to share.

**May 11<sup>th</sup>** Jane Corkill will bring along her talented pupils who will sing, play instruments and recite. They are always a delight.

**May 25<sup>th</sup>** An outing for Afternoon Tea at the Abbey Restaurant in Ballasalla.

NO MEETING ON JUNE 8<sup>th</sup> DUE TO THE RACES.

**June 22<sup>nd</sup>** A lunch at the Salmon Centre, Ballacregga Corn Mill, Laxey. Please complete the enclosed leaflets if you wish to come along to either or both the outings.

### **FLAG DAYS 2017**

**W**e held our first Flag Day of the year on Saturday March 25<sup>th</sup> at the Derby Road Shoprite, Peel. A fantastic £405 was raised. So thanks go to Irene, Sylvia, Judith, Myrtle, Clair and Maureen for giving up their time to collect. There are plenty of opportunities for you to help on our next Flag Days. On **May 6<sup>th</sup>** we will be at Shoprite in Onchan and on **May 27<sup>th</sup>** in Strand Street, Douglas. Then on **July 8<sup>th</sup>** we will be at Ramsey Shoprite. So put these dates in your diaries. The more people who come forward to help, the less time you need to spend. So if you can spare an hour or two on any of these days please let Maureen know on 824361.

### **ACTION ON STROKE MONTH**

As you are probably aware the month of May is 'Action on Stroke Month' when every effort is made to increase awareness of stroke and its treatment and prevention and publicise the FAST campaign (**F**ace; **A**rm; **S**peech; **T**ime to call the ambulance). This year the stroke team at Noble's and the Stroke Association will be putting on displays and activities so keep your eyes open and join in if you can (rumour has it there might be a 'step out for stroke' walk). The Manx Stroke Foundation is holding two flag days during the month which is a good way to raise awareness. The more that the public is aware of stroke, its treatment and prevention the less chance that stroke will remain one of the main causes of death and disability.

## A FEW HANDY TIPS

1. Make your veg last longer:
  - Keep onions in a paper bag, not plastic, punch a few holes in the bag and fold the top over.
  - Keep lettuce leaves in an airtight glass container to maintain freshness.
  - Wrap washed carrots, celery and parsnips in tin foil and put in the fridge to keep them crisp for longer.
  - Put a few apples in with your potatoes - the ethylene they give off will stop the potatoes sprouting and going soft.
2. Keep your house plants healthy:
  - Water plants with cooled water left over after boiling eggs - it will be full of nutrients
  - Aerate soil by mixing in tea leaves or coffee grounds
3. Unseal an envelope by placing it in the fridge for an hour - useful if you have forgotten to include something with your letter.
4. Put a dry towel in the tumbler with your wet washing - they will dry in half the time.
5. Put an elastic band around each end of a hanger to stop clothes falling off.
6. If butter is too hard to spread run a glass under the hot tap, dry quickly and then place over the butter - the hot air will soften it enough to spread.

## A LITTLE AMUSEMENT

The balloon family are in bed. During the night there is a thunderstorm and the baby balloon is scared so he goes to his parents' room and tries to squeeze in their bed.

It's tiny so he lets some air out of his dad but still can't get in so he lets some air out of his mum but he still can't get in.

Desperate he lets a lot of air out of himself and then fits in.

In the morning his dad is furious.

He says: 'Son you've let me down, you've let your mum down, but most of all you've let yourself down!'

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'Do you see much of your family these days?' Brian asked his friend the parachutist.

'Yes I manage to drop in on them occasionally.'

A fine is a tax for doing wrong  
A tax is a fine for doing well.

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A boy breaks a vase in his rich uncle's house. His uncle is angry and yells:  
'Look what you've done - that vase was made in the 17<sup>th</sup> Century'.  
'Oh good' says the boy with relief 'at least it wasn't new'.

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The following are all taken from packaging:

On a hair dryer: 'Do not use while sleeping'

On some frozen dinners: 'Serving suggestion: Defrost'

On a M&S bread pudding: 'Product will be hot after heating'

On Tesco's Tiramisu pudding (printed on bottom): 'Do not turn upside  
down'

On Nytol Sleep Aid: 'warning: May cause drowsiness'

On most brands of Christmas lights: 'For indoor or outdoor use only'

On Sainsbury's peanuts: 'Warning: may contain nuts'

On American Airlines packet of nuts: 'Instructions; Open packet, eat nuts'

### **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  
West Lodge, Main Road Crosby, IM4 4BH

**Secretary:** Maureen Redmayne Telephone 824361  
80 Malew Street, Castletown, IM9 1LS

**[www.manxstrokefoundation.org](http://www.manxstrokefoundation.org)**