



# UPDATE

## The Quarterly Newsletter

**Winter 2017**

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*A Happy and Healthy New Year is wished to everyone.*

### **Muriel Watterson**

It is with great sadness that we have heard of the passing of Muriel Watterson, a long time member of the Foundation who always enjoyed the company at our club meetings. Our condolences go out to her family and friends.

### **REVIEW OF MEETINGS**

The first October meeting on the 13<sup>th</sup> saw a return of the Lon Vane Ladies choir who gave a wonderful programme of old favourites and new arrangements. This was followed on 27<sup>th</sup> October with our Halloween Supper - shepherd's pie and, for dessert, gateau in a very spooky Corrin Court.

We welcomed Shane Lucas and his wife Charlotte on November 10<sup>th</sup> who shared with us their daring adventures going up Mont Blanc and down the deepest cave in Europe. On November 24<sup>th</sup> John Dog Callister showed us some magnificent photographs of wild flowers in the Isle of Man, giving us the Manx and English names and telling us of the traditions associated with them.

Our final meeting of 2016 was our Christmas meal on the 8<sup>th</sup> December held at the Hawthorn Inn. This superb meal was a fitting culmination of our Stroke Club year.

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

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

### **COMING MEETINGS**

**January 12<sup>th</sup>** The first meeting of the year is now traditionally a faith supper so bring along a tasty treat to share.

**January 26<sup>th</sup>** Mr Keith Watterson will come along on to show a DVD and talk about the State rooms of Buckingham Palace.

- February 9<sup>th</sup>** Howard Parkin will be coming once again to tell us more about the wonders of space.
- February 23<sup>rd</sup>** Make sure you wear comfy clothes as Roy Wilson will be going through some chair-based exercises with us!
- March 9<sup>th</sup>** A batty evening with Nick Pinder from the Manx Bat group.
- March 23<sup>rd</sup>** Time to put on your glad rags for trip to the theatre to see 'Legally Blond *The Musical*'. Details will be sent out.

### **FLAG DAYS 2017**

Our main awareness and fund raising events are the Flag Days. This year we will be holding the Saturday collections in Peel on **25<sup>th</sup> March**, in Onchan on the **6<sup>th</sup> May** and in Ramsey on **8<sup>th</sup> July**. As well as these we will also hold one in Douglas town centre on **27<sup>th</sup> May** to coincide with Action on Stroke Month. We need as many of you as possible to come along to help on these days so put the dates in your diaries and please tell family and friends.

### **CHANGES AT THE STROKE ASSOCIATION**

We wish Paul Allinson a happy retirement from his role as Life After Stroke Coordinator where, for the last few years, he has been a fantastic support for those affected by stroke, their relatives and, not least, the Manx Stroke Foundation. However he is not disappearing from our lives as he is to remain a member of the Foundation and will be attending some of our club meetings. We are pleased that the work of the Life After Stroke Coordinators will continue in the very capable hands of Dawn and Julie. Thank you to all of you at the Stroke Association, both past and present, for all you do.

### **A FEW TIPS TO DECLUTTER YOUR LIFE**

A good way to start the New Year is to have a good sort out.

- Declutter your bank statements and guarantees: Keep bank statements for no more than a year - and shred the older ones. You'll be amazed at how much old paperwork you no longer need. Sort through your appliance guarantees and get rid of the ones which have passed their expiry dates.
- Declutter your books: You probably have a large number of books and manuals that you'll never read again - so donate these to charity shops. Or if there's a local car boot fair or jumble sale, think about setting up a stall to

make a bit of extra cash. Do you really need shelves groaning with loads of different cookery books, when you always turn to one old faithful for your favourite recipes? Once again, the charity shops will be grateful for your donation.

- Declutter your wardrobes: This is where you have to be ruthless! Many garments may need to be kept for special occasions, but everyday items you haven't worn for several years can be bagged up for charity shops. Clothes in good condition are always acceptable.
- Declutter your shoes: We all tend to hold on to too many pairs of shoes, while wearing the same few pairs alternately. It's worth spending a little time trying on your shoes to find out which ones you still like and which ones are still comfortable - and get rid of the rest.

## RECIPE INSPIRATION

This simple recipe for a ROASTED RATATOUILLE will warm you up on a cold winter day and ensure you get your 5 a day.

INGREDIENTS: To serve 4 people

2 red onions sliced into chunks;	3 courgettes sliced;
2 red, 1 yellow and 1 green peppers all sliced;	2 garlic cloves sliced
200g (7oz) cherry tomatoes;	3 tbsp olive oil;
Large pot of Greek-style natural yoghurt;	salt and pepper

METHOD:

1. preheat oven to 200°C/400°F/Gas Mark 6
2. Toss the vegetables in the olive oil and season with salt and pepper. Place in a large oven tray and roast for 20-25 minutes until they are soft and browning on the edges.
3. Transfer to a serving dish and spoon over some Greek-style natural yoghurt and chopped herbs and serve with pasta, rice or a baked potato.

## NEW YEAR AMUSEMENT

### A Romantic New Year's Day Story

A married couple had been out shopping for most of the day. Suddenly the wife realised that her husband had "disappeared". Somewhat irate she called her husband's mobile and demanded, 'Where are you?'

Husband: ‘Darling, do you remember that little jewellery shop where you saw that beautiful diamond necklace and totally fell in love with it but I didn’t have the money at that time and I said “Darling it’ll be yours one day”’

Wife, tremulously, 'Yes, I do remember that my love.'

Husband, 'Well I'm in the Pub next to that shop.'

### **A New Year's Wish**

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living.

Well, it was kind of embarrassing. As the clock struck - the bartender was almost crushed to death.

### **Lecture Tour with A Difference**

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

### **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:

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