



# UPDATE

## The Quarterly Newsletter

### Summer 2020

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Welcome to the summer edition of Update which has a rather different look this time. With the restrictions caused by the Covid-19 pandemic we have been unable to continue with our planned stroke club programme so there is no review of meetings in this Update. However, you can look back at previous meetings on our website:

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

Thankfully, all the speakers and entertainers have agreed to join us when meetings are up and running again. So, plenty to look forward to in 2021!

### ANNUAL GENERAL MEETING 2020

The restrictions caused by the Covid-19 pandemic led to the 2020 Annual General Meeting being held by postal vote. On 11<sup>th</sup> May 2020 ninety-five voting papers were sent out to members (for return by 1<sup>st</sup> June 2020) along with the accounts for the year ending 31<sup>st</sup> January 2020, the Chairman's report, and the minutes of the 2019 AGM. Forty-eight responses were received, and all items were approved. Jane Bridge remains as chair and Les Quayle as vice-chair, Ewa Kubisty as treasurer, Maureen Redmayne as secretary and Trish Lambert as membership secretary. David Mammen and Sylvia Willis were reappointed as committee members. We welcome three new nominations - these being: Michell Ferrer, who many of you will know from her work with the Stroke Association; Enid Potts, retired Social worker; Magdalena Czarnecka who works in education and is very keen to work with us on the committee. Just prior to the AGM Paul and Margaret Allison and Bob Kubisty resigned from the committee. We are saddened to lose them and all the support they have given over the years. Paul and Margaret are moving away to a new life near family in the UK and Bob has heavy work commitments but will remain as a loyal member. We wish them all well.

## **SUBSCRIPTIONS**

Thank you to all of you who sent your subscriptions in with your voting paper. You should find your receipt in with this Update. Subscriptions remain at £5 per year and are now due. If you have not yet sent yours in then you can send them to the secretary, Maureen Redmayne, 80 Malew Street, Castletown, IM9 1LS.

## **GOODBYE TO PAUL AND MARGARET**



This motley crew met up with Paul and Margaret at Bradda Glen to wish them bon voyage. We also had the opportunity to meet two of our new committee members, Enid Potts and Michelle Ferrer.

## **WE'LL MEET AGAIN**

To misquote Vera Lynn, we'll meet again but we don't know when. Restrictions are gradually lifting but we need to make sure that when we restart our club meetings and art group that we can do it safely for all concerned. One suggestion is an afternoon outing in a month or two (depending on conditions at the time). If you would like to meet up for afternoon tea, and feel safe doing so, please let us know. Contact Maureen on 824361 or 411330.

## **FLAG DAYS 2020 CANCELLED**

The planned flag days for 2020 have had to be cancelled due to the coronavirus. Thank you to all of you who offered to help, hopefully you will be able to help next year. We have been given similar dates for 2021 as follows:

Saturday 10<sup>th</sup> July 2021 at Shoprite, Derby Road, Peel

Saturday 21<sup>st</sup> August 2021 at Shoprite, Victoria Road, Douglas

Saturday 2<sup>nd</sup> October 2021 at Shoprite, Bridson Street, Port Erin

You will be reminded nearer the time.

## SCANNER APPEAL

The Foundation has donated £20,000 to the appeal for two new scanners. The scanners arrived on the Island just before the borders closed. They are now in situ and work is ongoing for the furnishings. The scanners are working but not yet to full capacity as training is taking place. Once fully operational the stroke service will benefit greatly from the enhanced imaging. There will be a plaque placed in the hospital foyer to mark the Foundation's contribution to the appeal.

## THE MANX SOLIDARITY FUND

The Manx Solidarity Fund has been set up with the aim to deliver much-needed funds and support to individuals on the island who need it most due to the Covid-19 Pandemic. If you know of any individuals in need of food, clothing & shelter, support for emotional distress or medical equipment as a direct result of Covid 19 then please tell them about this charity. Their website address is:

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

## A SIMPLE BUT TASTY RECIPE

Try this one-pot, nourishing dish to brighten your lock-down days.

Ingredients:

1 tbsp honey	1 tbsp wholegrain mustard
2 garlic gloves, crushed	zest and juice of one lemon
4 chicken thighs	1 tbsp olive
300g new potatoes (small one left whole and bigger halved)	
100g spinach	100g frozen peas

Method:

1. Heat the oven to 200C/180C fan/gas 6. In a small bowl mix together the honey. Mustard, garlic and the lemon zest and juice. Pour the marinade over the chicken thighs and season.
2. Put the chicken (and marinade) on a large baking dish and dot the new potatoes in between them. Drizzle the oil over the potatoes and sprinkle with sea salt. Roast in the oven for 35 minutes until the chicken skin caramelises and the potatoes are cooked.
3. Add the spinach and peas to the dish. Return to the oven for a few minutes until the spinach has wilted and the peas hot and covered in the mustard sauce.

## TIME FOR A SMILE

A man rang up B&Q and asked, "How big is the queue?" He was told "As big as the 'B'".

The Flat Earth Society are reporting that the 6ft social distancing measures are pushing some of its members over the edge.

I told my wife she had to embrace her mistakes. She gave me a hug.

What's the difference between a new husband and a new dog? After a year, the dog is still excited to see you.

Love may be blind, but marriage is a real eye-opener.

Astronomers were tired of watching the moon go round the earth for twenty-four hours, so they called it a day.

A weasel walked into a bar. The bar-tender said "I've never served a weasel before. What can I get you?"  
"Pop" goes the weasel.

I heard a great joke about amnesia, but I forgot it.

Why did the scientist install a knocker on his door? He wanted to win the Nobel prize!

What do you call a boomerang that doesn't come back? A stick.

### 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:

<b>Chair:</b>	Jane Bridge	Telephone 853676
	West Lodge, Main Road Crosby, IM4 4BH	
<b>Secretary:</b>	Maureen Redmayne	Telephone 824361
	80 Malew Street, Castletown, IM9 1LS	

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