



UPDATE

The Quarterly Newsletter

Winter 2020

Here we are at the start of a new decade! Where has the time gone! Happy New Year and Happy New Decade to everyone – Let's hope it's a good one. The programme for the next six months is enclosed with this Update and promises talks on food, flowers, litter, hedgehogs, boats and beer as well as outings to the theatre and for afternoon tea. Something for everyone.

BETTY DOW

We have sadly said goodbye to Betty Dow who has passed away. It is just over a year since David, her husband, died. Both were long time members of the Foundation and attended regularly at our club nights. Our sincere condolences go out to her son and all her family.

IRENE GARDNER

Irene passed away on December 4th to the great sadness of all of us who knew her. She was, for many years, a stalwart on the committee serving at first as secretary and then as treasurer. But more so a valued friend to all of us. Her inimitable sense of fun raised all our spirits at the club nights. We will miss her. Our condolences go out to Pete, her husband, and Charles her son. May she rest in peace.

REVIEW OF MEETINGS

On October 10th Harry Owens gave us a wonderful talk of his charity work in Burundi teaching the local people about beekeeping. This was followed on 24th October by our Halloween supper where we all enjoyed a lovely hotpot.

Donations for the Food Bank came in thick and fast on 14th November when Neil Mellon gave us an oversight of their work on the Isle of Man. At the last November meeting on the 28th we enjoyed the delightful voices of the Mycheilley choir and their guest soloist, Paul Costain. December 12th saw us all at the Hawthorn Inn for our Christmas celebration. Once again, the meal was scrumptious, and the room buzzed with conversation. The special raffle meant that many went home with some lovely prizes and raised a fantastic £209.20 for the Foundation funds.

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

www.manxstrokefoundation.org

COMING MEETINGS

- January 9th** We will have a presentation from Janette Heath of Wiltshire Farm Foods. There may be an opportunity to try some!
- January 23rd** Another chance to try your luck at BINGO.
- February 13th** Our theatre outing to the Gaiety to see 'The Sound of Music' See below for more details and how to obtain tickets.
- February 27th** Simon Smart will give us a talk on Manx flowers.
- March 12th** Sandy Moore from the Hedgehog Conservation Trust will tell us all about hedgehogs.
- March 26th** We will find out all about Beach Buddies from its founder, Bill Dale, BEM.

FLAG DAYS 2020

For many years now Shoprite has allowed us to hold our annual Flag Days in its stores around the island. Last year we raised a total of £1210.06. Let's try and beat that this year. We will be holding collections on the following days:

Saturday 11th July 2020 at Shoprite, Derby Road, Peel

Saturday 22nd August 2020 at Shoprite, Victoria Road, Douglas

Saturday 3rd October 2020 Shoprite, Bridson Street, Port Erin

You will be reminded of these collections nearer the time but if you can help on any (or all!) of these days, please let Maureen know on 824361 or 411330.

WURLITZER CONCERTS

On Wednesday 11th December, Margaret Cubbon held her third concert this year in the Villa Marina Arcade and once again supported the Manx Stroke Foundation by inviting the audience to contribute to an exit collection. On this occasion £185 was raised and over the last two years almost £700 has been donated to the Foundation. We are very grateful to Margaret for her continued support.

THE SOUND OF MUSIC Gaiety Theatre Outing on 13th February 2020

This year, Douglas Choral Union are putting on 'The Sound of Music' and we will hold our club night at the theatre. Tickets are £23 each for the Thursday night performance. Those who wish to attend should contact David Mammen on 622485 or see him at a club night to purchase your ticket. If transport is needed please let David know when purchasing your ticket.

CT SCANNERS FOR NOBLES HOSPITAL

The two CT scanners currently in service at Nobles are nearing the end of their life and need to be replaced. There is a campaign to raise £1.5 million to fund two Spectral CT Scanners which will improve patient experience. The stroke service relies heavily on CT imaging and the scanner is a vital piece of equipment in stroke care. The committee of the Manx Stroke Foundation has therefore pledged £20,000 towards these new scanners to ensure that the stroke service on the Island continues to offer first class care and treatment.

NEW YEAR RESOLUTIONS

Here are some of the most popular New Year resolutions which most of us break before the end of January! Sound familiar?

- 1 Eat healthier
- 2 Exercise more
- 3 Lose weight
- 4 Save more, spend less
- 5 Learn a new skill or try a new hobby

JOKE SECTION

One Christmas Eve, Pete and Jane were driving their Russian friend Rudolph back to his house. The weather outside was frightful. Jane asked Pete, "Do you think that's sleet or rain out there?"

"It's rain, Jane" said Pete. "I think it's sleet, Pete" said Jane.

Rudolph chimed in "it's definitely rain, Jane"

"No, I really think it's sleet, Rudolph" said Jane.

"Don't argue with the expert, Jane" said Pete.

"What do you mean, Pete? Asked Jane.

Pete replied "Rudolph the Red knows rain, dear"

One Christmas, a mother asked her young daughter if she could name two of Santa's reindeer.

"Rudolph and Olive" replied the young girl confidently.

"Rudolph and Olive?" said the mother quizzically. "Are you sure?"

"yes, Mummy, Rudolph and Olive. Like in the song"

"The song?" asked the mother. "What song?"

The girl sang "Rudolph the red nosed reindeer, had a very shiny nose. And if you ever saw it you would even say it glows. Olive the other reindeer....."

Some thoughts for New Year:

- In the New Year, may your right hand always be stretched out in friendship, but never in want.
- True friends are like angels. They are precious and rare, and false friends are like leaves, found everywhere.

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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