



UPDATE

The Quarterly Newsletter

Summer 2021

After a hiccup at the start of this year we finally got back on track, as far as the stroke club is concerned, when we re-started our club programme on 27th May. Let us hope it will continue through the year. Sadly, we have recently said goodbye to two of our members.

JUNE CHILCOTT

June was one of our first members back in 1997 along with Terry who passed away some years ago. She was a great support to Terry in all the years he was our treasurer. The committee will remember the lovely cakes she produced at the committee meetings held at her house. She passed away after a long illness and our condolences go out to her son and family.

ROBERT HARVEY

Bob was a regular member of the stroke club and enjoyed all the presentations. He was a gentle, kind man and was missed when illness prevented him attending the club nights. Our thoughts and condolences go out to his family.

REVIEW OF MEETINGS

On 27th May we welcomed Juan Corrin who, as Magician of Mann, gave us a spectacular performance of magic. Just what we needed! We held our Annual General Meeting on 10th June, Dr Khuraijam gave the opening address and then, after the usual business, the thirty-three members who attended voted to adopt the new Manx Stroke Foundation Constitution.

Dave Collister gave us an illustrated talk about the Castletown Brewery on 24th June with slides showing the brewing process, section by section. A nostalgic event for all the Castletown members.

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

www.manxstrokefoundation.org

COMING MEETINGS

- July 8th** Pat Wiles from DO! Developing Orphans will come to let us know how the orphans in Uganda are progressing.
- July 22nd** We are fortunate that Mike Kewley has agreed to tell us about Mindfulness. Something especially useful after a difficult year.
- Aug. 12th** Captain Peter Corrin will tell us his experiences as a seafarer.
- Aug. 26th** We will welcome back Zoe Cannell, the Manx Bard, to give another performance of poetry and prose.
- Sept 9th** A daytime outing for afternoon tea at Peel Golf Club. Please complete the form enclosed with this Update if you wish to attend.
- Sept 30th** After having his previous talk cancelled because of Covid, we can now welcome Howard Parkin with his talk on Mars which was topical earlier this year.

STROKE ART GROUP

The Stroke Art Group weekly sessions are starting again on Thursday 1st July. There will be reduced numbers each session and members will be informed when they are due to attend. Any queries please contact Liz on 673855.

SUBSCRIPTIONS

It was agreed at the AGM that subscriptions would remain at £5 per annum. Payment is due from the AGM each year which is usually held in April. Thank you to all of you who paid so promptly. If you have not yet paid then please send your subscription to Trish Lambert, membership secretary, at Croft Beg, The Crofts, Castletown, IM9 1LY or see her at a club meeting. If, however, you would like to pay by bank transfer then contact Maureen on 824361 for bank details.

CHANGE TO THE FLAG DAY COLLECTIONS

There has been a change to the flag day collections given to you in the last Update. Unfortunately, because of the pandemic, Shoprite has cancelled all collections in their stores until the Autumn. So, this year we will only be able to hold one collection **on Saturday 2nd October 2021** at Shoprite, Bridson Street, Port Erin. Some of you have already kindly agreed to make your way there to help but more volunteers are very welcome.

KEEPING IN TOUCH

To improve the way we keep in touch with our membership the committee is considering the available options such as email.

We would like to canvas your opinions, as there are occasions when it is necessary to get in touch quickly, for instance when there is a change in arrangements for a Club Night!

Assuming you have email please reply with your opinion and suggestions to: admin@manxstrokefoundation.org

Please also let us know if you are happy to receive this sort of notification by email.

RECENT DONATIONS

We are fortunate that the Manx public and companies are so generous to us. Amongst the recent donations were: £70 from Noble's Hospital staff canteen, £6000 from the Brackengarth Trust, £377.80 from an exit collection at the Gaiety Theatre, and £885 from donations in lieu of flowers in memory of deceased friends. We are so grateful to all who donate and help us to continue supporting those affected by stroke.

KEEP A LITTLE BIT OF SUMMER

Have you noticed how lovely the flowers are this summer? They really do lift your spirits. Perhaps you would like to keep a bit of the summer by drying flowers to enjoy during the winter. It is easy to do. Choose flowers that are robust like roses or long lasting like lavender. Flowers with high water content such as lilies are not suitable for drying. Pick them just before they are in full bloom for best results.

- 1) Remove excess foliage from below the flower head.
- 2) Cut stems to the desired length but no shorter than 6 inches.
- 3) Make small bunches of the same flower type – no more than 6 or 7 flowers.
- 4) Tie the bunches with string and attach them to a hanger or pole and leave to dry in a cool dark place such as a cupboard or attic.
- 5) Check regularly after the first week – petals will rustle and become rigid when ready.
- 6) Spray with hairspray once dry and removed from the hangers. Avoid leaving them in direct sunlight.
- 7) Enjoy your little bit of summer!

JOKE SECTION

My wife and kids are threatening to walk out of the house because of my addiction to horse racing.....And they're off!

What do you call a ghost chicken?
A poultry-geist.

My wife complains I don't buy her flowers. To be honest, I didn't know she sold flowers.

A pessimist sees a dark tunnel.
An optimist sees light at the end of the tunnel.
A realist sees a freight train.
The train driver sees three idiots standing on the track.

I was sitting in a bar one day and two really large women came in, talking in an interesting accent.
So I said, "Cool accent, are you two ladies from Ireland?"
One of them snarled at me, "It's Wales, dumb!"
So I corrected myself, "Oh, right, so are you two whales from Ireland?"
That's about as much as I remember.

I was happily watching the Bermuda Philharmonic Orchestra when the man playing the triangle just disappeared.

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

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