



UPDATE

The Quarterly Newsletter Spring 2019

The dawning of 2019 was overshadowed by the passing of three of our members but hopefully we will be comforted by happy memories of their friendship over the years.

JOAN MAMMEN

It was a sad beginning to the New Year with the news of Joan's death on the 31st December. Joan was a long-time member of the Foundation and regularly attended and helped out at club meetings until ill health prevented. Our condolences go out to David and her family.

JULIE SMITH

We were also saddened to hear of the death of Julie on 13th January. Julie had not been able to attend the club meetings in recent years due to her ill health but many of us will remember her and our thoughts go out to Clifford and the family.

MARGARET RADCLIFFE

Margaret was a member of the Foundation for many years and a valued member of the committee and the art group. Margaret passed away in early February and we will greatly miss her. Our condolences go out to her family.

REVIEW OF MEETINGS

Our first meeting of the year on January 10th was the customary New Year supper, courtesy of M&S and Tesco. We welcomed our new treasurer Ewa Kubisty and presented Irene with a locally made and engraved wooden bowl as a thank you for her years of dedication as treasurer. On January 24th the Lon Dhoo male voice choir gave us a wonderful performance.

February 14th had us transported to the West Bank in Palestine when Rosemary Clarke told us of her three months as volunteer there. Later in the month on February 28th Marc Furness, advocate, informed us about wills and Power of Attorney. A very important and useful subject for all of us.

A very entertaining evening was enjoyed on March 14th when the Filipino group presented us with song, dance, quizzes and karaoke as well as lots of tasty snacks to have with our tea and coffee! But to top even that was Jane's calling the BINGO on March 28th – lots of fun and laughter.

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

www.manxstrokefoundation.org

COMING MEETINGS

April 11th The Annual General Meeting. Notices have been sent out which you are asked to bring with you on the night. Light refreshments will be served.

April 25th Our first outing of the year will see us at the Pavilion, Port St Mary. The details and return slip are included with this Update.

May 9th Stella Derbyshire and Rosemary Clarke will give us an illustrated talk of their travels in Ecuador.

May 23rd We welcome back Jane Corkill and Paul Costain for what promises to be a fabulous evening's entertainment.

June 13th Another musical extravaganza with one of our favourite choirs - the Regal Singers.

June 27th An insight into Life at the Wild Life Park given by Kathleen Graham. A subject which, no doubt, will interest many of us.

FLAG DAYS 2019

Our first Flag Day of the year was held on Saturday 23rd March at Peel Shoprite when £355 was collected. Thank you to Jane, James, Les, Mary, Myrtle, Clair, Marie and Maureen for giving up their time. The Manx public are always very generous and, from comments made, grateful for the service given by charities such as the Manx Stroke Foundation.

Further dates are: Saturday 15th June at Victoria Road Shoprite, Douglas
 Saturday 27th July at Bowring Road Shoprite, Ramsey
 Saturday 17th August at Shoprite, Port Erin

Please let Maureen know (824361/411330) if you can help at any one of these venues. If enough volunteer it should not take more than an hour of your time.

ED KELLY AND THE PARISH WALK

Some years ago, Ed entered the Parish Walk and raised a fantastic £14,000 for the Manx Stroke Foundation. A remarkable achievement and, you would think, a once in a lifetime deed. But not for Ed! He is once again in training with the aim of matching, if not exceeding, his previous amount and will be walking again on 22nd June. Ed had his stroke at just 21 years old and has a significant weakness on the left side, but he does not let this affect his ambitions nor deter him from doing things – like the Parish Walk. So, let us all support him! Sponsorship forms will soon be available on the website or at stroke club.

ANNUAL GENERAL MEETING

It is hoped that we will have a good attendance at the AGM. It is an opportunity for you to meet the committee especially our new treasurer, Ewa, and our President, Dr Khuraijam. You can let us know your opinions and any ideas to make the Manx Stroke Foundation even better.

STROKE CLUB CONFERENCE 2019

Do you fancy a weekend away and a chance to represent the Manx Stroke Foundation? Every year a UK Stroke Club Conference is held giving members an opportunity to meet people from other groups to share ideas and hear the latest news from the stroke community. As the Manx Stroke Foundation is affiliated to the Stroke Association, we are allotted two places each year. This year the conference will be held in Nottingham on the 4th and 5th October. Accommodation is at the venue and the Foundation will fund all travelling and accommodation costs for those who attend on our behalf. If you would like to go but are worried about mobility or communication difficulties, then a relative or friend can go with you to assist. The application forms will be sent out in July, so you have some time to think about it. In the past, members who have attended from the Island have found it not only a very worthwhile experience but also an enjoyable, social event.

A SPRINGTIME RECIPE

WILD GARLIC AND POTATO SOUP

Very soon the air will be filled with a familiar aroma as the Manx countryside is adorned with wild garlic. One of the tastiest soups your editor has had is this one made with wild garlic leaves. It is also very easy!

Ingredients:

1 oz butter

Couple of handfuls of wild garlic leaves (washed, rolled and sliced into strips)

2 medium sized potatoes

1 ½ pints chicken or vegetable stock

Salt and pepper

Method:

Melt butter in a soup pan, add garlic leaves, put on the lid and cook gently while you peel and chop the potatoes into cubes. Add the potatoes and stock. Bring to the boil and simmer for 20 minutes or until the potatoes are really soft. Add a spoonful of cream (if desired) and liquidize. Season to taste.

AND, FINALLY, SOMETHING TO SMILE ABOUT

Excerpts from a book called "Disorder in the Courtroom". They are all true!

Attorney: What gear were you in at moment of impact?

Witness: Gucci sweat pants and Reeboks.

Attorney: What is your date of birth?

Witness: July the 18th.

Attorney: What year?

Witness: Every year.

Attorney: The youngest son, the 20-year-old, how old is he?

Witness: He's 20 – much like your IQ!

Attorney: Were you present when your picture was taken?

Witness: No, I was in Borneo..... Are you having a laugh?

Attorney: Can you describe the Individual?

Witness: Yes, he was about medium height and had a beard

Attorney: Was this a male or a female?

Witness: Unless the circus was in town – I'm going with male!

I asked my Grandad: "After 65 years you still call Grandma 'Darling', 'Beautiful' and 'Honey'. How come - what's the secret?". He said: "Well I forgot her name five years ago and I'm too scared to ask her what it is!"

A letter came through the letterbox with 'DO NOT BEND' written across it. Paddy couldn't work out how to lift it up!

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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