



# UPDATE

## The Quarterly Newsletter

### Summer 2019

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The motorbikes have gone for now and the walkers have done their bit in the Parish Walk. The tennis rackets are out as we get into the swing of Wimbledon. The Manx Flags will be flying for our National Week and Tynwald day. There is a lot going on around us but also at our Stroke Club – exercises, dancers, choirs, hedgehogs and beetles. So, don't miss out come along and join the fun!

#### REVIEW OF MEETINGS

Our President, Dr Khuraijam, presided over our Annual General Meeting on 11<sup>th</sup> April which was well attended with over forty members. On April 25<sup>th</sup> we had an outing to the Pavilion, Port St Mary for afternoon tea.

On May 9<sup>th</sup> we enjoyed an illustrated talk by Stella Derbyshire and Rosemary Cooil about their tour of Ecuador and the Galapagos Island. Then, on 23<sup>rd</sup> May, we welcomed back Jane Corkill and Paul Costain, accompanied by Marilyn Kissack, who performed a wonderful selection of songs.

Another musical evening was enjoyed on 13<sup>th</sup> June with the Regal Singers and on June 27<sup>th</sup> we were given a fabulous insight into life at the Wildlife Park by Kathleen Graham.

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

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

#### COMING MEETINGS

- July 11<sup>th</sup>** A group of young dancers, the Onchan Entertainers, will be performing for us.
- July 25<sup>th</sup>** Roy Wilson will be back to put us through our paces with his armchair exercises.
- August 8<sup>th</sup>** Marjorie Kelly will lead us for a Beetle Drive, giving us the opportunity for a bit of fun and the chance of winning prizes!
- August 29<sup>th</sup>** Find out about hedgehogs from this presentation by Sandy Moore from the Hedgehog Conservation Trust.
- September 12<sup>th</sup>** We are going South to Bradda Glen for Afternoon Tea.
- September 26<sup>th</sup>** A musical evening with the Lon Vane choir.

## **SUBSCRIPTIONS FOR 2019**

At the AGM it was agreed that subscriptions would remain at £5, so they are still a bargain! **Subscriptions are now due for this year.** If you paid your subs at the AGM, or subsequently, you will find your receipt enclosed with this Update. If you do not have a receipt, then you probably need to pay up! Please send them to Trish Lambert, our membership secretary, Croft Beg, The Crofts, Castletown, IM9 1LY. Any queries please contact Trish on 823386.

## **DO YOU NEED TO MAKE A WILL OR POWER OF ATTORNEY?**

The importance of having a Will and Enduring Power of Attorney was spelt out to us by Marc Furness when he spoke at our club night on 28<sup>th</sup> February. He, very kindly, donated two vouchers for us to use to raise funds. One voucher is for the drawing up of a Will and the other for the preparation of an Enduring Power of Attorney, to be done by Callin Wild Advocates and both free of charge. We have decided to hold a silent auction. If you wish to partake put your name and address in an envelope with a donation, seal it and on the front write either 'Will' or 'Power of Attorney' (they will be drawn separately). The auction will take place at our Stroke Club on 8<sup>th</sup> August so make sure you get your envelopes in on time. Give them to a committee member at a club night or send them to Maureen Redmayne, 80 Malew Street, Castletown, IM9 1LS.

## **FLAG DAYS 2019**

Our second Flag Day of the year took place at Shoprite, Victoria Road, Douglas on Saturday 15<sup>th</sup> June. Thank you to all our collectors: Paul, Margaret, Sylvia, Judith, Les, Mary, Maureen, Paula, Trish and James. We raised £374.52 on the day and the total so far this year is £729.52. Well done, everyone.

We have two more days planned for Saturday 27<sup>th</sup> July at Ramsey and Saturday 17<sup>th</sup> August at Port Erin. We will need volunteers so please let Maureen know (824361/411330) if you can help.

## **WURLITZER CONCERT**

**Wednesday 17<sup>th</sup> July 2019 at 1pm**

Margaret Cubbon will be playing the Wurlitzer organ in the Villa Arcade on Wednesday 17<sup>th</sup> July. Margaret's lunch time concerts are not to be missed for she gives a rousing performance with a range of favourite tunes – old and new. Once again, all proceeds from a collection will be donated to the Manx Stroke Foundation so come along to enjoy wonderful entertainment and support your Foundation.

## **THE PARISH WALK**

Well done to all of those who took part in the Parish Walk and raised funds for their chosen charities. However, our very own Ed Kelly must stand out from all of them! This is the second time he has entered the Parish despite having had a stroke at the age of 21 which has left him with a significant left-sided weakness. This year he has trained for months to achieve his fantastic result. As well as training he has spent a lot of time getting his story in the press and even on television in order to raise funds for the Manx Stroke Foundation through sponsorship but also to inspire people to be more active. Thank you to Ed from all of us for we, of the Manx Stroke Foundation, are the ones who benefit from his efforts.

## **GET ACTIVE!**

You don't have to do the Parish Walk but you can follow Ed's example by getting more active. You too can 'Step out for Stroke' as Michelle from the Stroke Association is organising a walk in Mooragh Park starting at 1 pm on Wednesday 17<sup>th</sup> July. There are also regular Walk and Talk sessions around the Island. On July 25<sup>th</sup> Roy Wilson is coming along to show us some armchair exercises and there are sessions around the island you can join. So, if you feel walking is not for you then these exercises might be just up your street. Why not give these activities a try and get fit while having fun and enjoying good company.

## **SUMMER RECIPE**

This simple recipe for CREAMY COLESLAW is not only easy and delicious but it is a good way to make sure we eat our vegetables! Have it with salad, pies, quiches – whatever you fancy.

Ingredients:

½ white cabbage, shredded

2 carrots, grated

2 tablespoons sultanas

3 tablespoons mayonnaise

1 tablespoon wholegrain mustard

Method:

Put the cabbage, carrots, spring onions and sultanas in a large bowl and stir to combine.

Mix the mayonnaise with the mustard in another small bowl and drizzle over the vegetables. Fold everything to coat in the creamy sauce then season.

## JOKE SECTION

A duck walks into a post office and asks the man behind the counter: 'Do you have any corn?' The man answers politely: 'No, we don't have any corn here.' The next day, the duck enters again and asks: 'Do you have any corn?' Annoyed, the man answers: 'No! We don't have any corn.' This goes on for a couple of days until finally, when the duck asks, 'Do you have any corn?', the man gets so upset he yells: 'NO! For the last time we don't have any corn, and if you ask again, I'll nail your beak to the counter!' The next day, the duck returns and asks: 'Do you have any nails?' The man answers: 'No.' Then the duck asks: 'Do you have any corn?'

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A group of chess enthusiasts were kicked out of a hotel reception for discussing their winning games. The manager can't stand chess nuts boasting in an open foyer.

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- I'm wearing 2 watches so I can have a lot of time on my hands.
- I have just been on a once in a lifetime holiday. I tell you what, never again.
- Change is inevitable, except from a vending machine.
- Isn't it scary that doctors call what they do "practice"?
- You never really learn to swear until you learn to drive.

### 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	

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