



UPDATE

The Quarterly Newsletter

Spring 2022

Welcome to the Spring edition of Update. After two years of stopping and starting our stroke club programme, we hope it will all be plain sailing from now on! You will note that the membership form is included with this issue and this is explained below. Please return it at or following the Annual General Meeting.

JUNE HAZEL

We were saddened to hear of the death of June Hazel on 22nd February. Some of you will remember June, but for some time she was unable to attend any club meetings. Our condolences go out to her family and friends.

REVIEW OF MEETINGS

Our first three meetings of 2022 had to be cancelled because of the pandemic. However, the meeting on 24th February was well attended and we enjoyed an illustrated talk from the Manx Whale and Dolphin Watch. The talk by Briony should help us to identify these beautiful creatures when they visit our waters.

On March 10th members were treated to an evening of poetry recitation from Zoe Cannell, who has now completed her time as Manx Bard.

Captain Peter Corrin was our speaker on 24th March and he gave us an excellent talk about the Steam Packet Company and his own career as a seaman. Lots of nostalgia as well new information.

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

www.manxstrokefoundation.org

COMING MEETINGS

April 14th: We will be given a presentation by Michael Josem from the Commonwealth War Graves Foundation.

- April 28th:** The 25th Annual General Meeting of the Manx Stroke Foundation.
- May 12th:** Afternoon Tea at Peel Golf Club. If you wish to come along then fill out the form enclosed with this Update.
- May 24th:** Christopher English will give a little insight into No 10 Downing Street when he tells us about the silver there.
- June 23rd:** A musical evening with the Sheeayn Millish Choir.

ANNUAL GENERAL MEETING

You will shortly receive the documentation for the 25th Annual General Meeting of the Foundation. Please bring this with you to the meeting as copies will not be available on the night. The meeting will be followed with light refreshments.

TREASURER'S POST

Due to work and family commitments, Ewa has had to relinquish her role as treasurer for the Manx Stroke Foundation. We are sorry to lose her as she has worked so hard for us over the last three years. We will miss her and wish her well. Members will have the opportunity to elect the next treasurer at the AGM.

MEMBERSHIP FORMS

The membership form has been updated and now includes a tick box for you to opt out of having your photo on the website or other publication. This information is needed for our records. Acknowledgement that you have read or have been read the Covid-19 notice is also included on the form. Please return the completed membership form at the Annual General Meeting or as soon as possible after this date.

SUBSCRIPTIONS

The yearly subscription is due each year from the Annual General Meeting. We would be grateful if you could include your subscription with the membership form. Our Constitution states that subscriptions should be paid within six months of the AGM otherwise membership will cease. Please try to get your subs in before October this year.

FLAG DAYS 2022

Once again, Shoprite stores are allowing us to hold our collections within their stores. We have been given three dates in three separate stores.

These are:

- **Saturday 9th July at Peel Shoprite, Derby Road**
- **Saturday 20th August at Douglas Shoprite**
- **Saturday 1st October at Port Erin Shoprite**

Please put this date in your diary, calendar or phone and support the Foundation. Volunteers will be required so if you can help at any (or all) of these dates please let Maureen know (telephone 824361 or 411330). An hour of your time would be greatly appreciated. These flag days not only raise funds but also raise awareness of the Manx Stroke Foundation.

RECIPE FOR SPRING

Try this recipe for sea bass with tomato salsa and crushed potatoes which is not only healthy but quick and easy.

Ingredients:

300g new potatoes, halved	3 tomatoes (diced)
4 spring onions, thinly sliced	15g basil, shredded
2 tbsp olive oil	2 sea bass fillets

Method:

1. Cook the potatoes in boiling water for 10 minutes, drain and roughly crush
2. Meanwhile mix together the tomatoes, spring onions and basil and set aside. Heat 1 ½ tbsp oil in a large frying pan and fry the potatoes (seasoned if desired) for 4 to 5 minutes until golden and crispy. Remove and keep warm.
3. Add the remaining oil to the frying pan and fry the sea bass skin side down for 2 -3 minutes, turn and cook for a further minute.
4. Divide the potatoes between two plates and top with the sea bass. Spoon over the tomato salsa to serve.

JOKE SECTION

I asked my doctor if the spots on my chest were measles or chicken pox. He said "I never make rash decisions"!

I went to the doctor with a hearing problem. He said "Can you describe the symptoms?" I said "Homer's a fat bloke and Marge has blue hair".

In order to make an appointment, he first had to update his operating system, download an app, get a username, choose a password, log in to a health portal, navigate to messages and write to his doctor ... by then it was too late. *R.I.P.*

I think I was born a pessimist because my blood type is B negative.

"Doctor, I can't stop singing Frank Sinatra songs" I said. The doctor replied "Well it looks like you've got crooner virus"

As a young child my mother told me I could be anything I wanted to be. It turns this is called Identity Theft.

My wife didn't speak to me for five days last week and I haven't got a clue what I did to cause it! Which is a shame because I'd like to do it again next week!

I entered the world kleptomaniac championships. I did really well – I took bronze, silver and gold.

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	

www.manxstrokefoundation.org