



# UPDATE

## Your MSF Newsletter

**Summer 2023**

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There is a change to your Update as you may notice from the heading. The Update will now be sent out twice a year, once in the summer and then again in the winter. But don't worry, there will still be a joke section!

### REVIEW OF MEETINGS

Stroke club members enjoyed a wonderful concert given by Jane Corkill, Ruth Tickle and Naomi Longhurst on 6<sup>th</sup> April. Their performance of songs from the Musicals would have matched, and probably exceeded, anything on the London stage.

The Manx Stroke Foundation held its 26<sup>th</sup> Annual General Meeting on 20<sup>th</sup> April. Dr Khuraijam presided over the meeting and gave the opening address with interesting accounts of his travels and work over the years. He informed the meeting that, after 18 years of his Presidency of the Manx Stroke Foundation, he was relinquishing his role as President. It will be a hard act to follow and all were grateful for his dedication to the Stroke Foundation.

The trustees were re-elected to their roles as follows:

Jane Bridge	Chair
Maureen Redmayne	Secretary
Robyn Redmayne	Treasurer
Michell Ferrer	
Elizabeth Forbes	
Edward Kelly	
Patricia Lambert	
Enid Potts	

On Thursday 4<sup>th</sup> May 2023 we enjoyed a wonderful afternoon tea at the Peel Golf Club. It is not the first time we have enjoyed the hospitality of Peel Golf Club and we were once again given an excellent feast. We had sandwiches, pastries, fruit and a selection of cakes – chocolate cakes, lemon drizzle, macaroons and cream scones. It was a good opportunity to catch up with all the news from our stroke club friends. A good time was had by all.

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

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

### COMING MEETINGS

- July 6<sup>th</sup>** We will find out about the Power of Laughter when Ginny Viner comes to give us a very interesting presentation.
- Aug 10<sup>th</sup>** Please note that this meeting is on the **second** Thursday of the month due to the availability of the room. Our speaker for the evening is Anthony Charnley who will tell of his experiences working abroad.
- Sept 6<sup>th</sup>** Another change to note – our Autumn outing for lunch at Peel Golf Club will be held on a **Wednesday** so that those who attend the art group on Thursday will be able to join us. Further information will be sent nearer the time.
- Oct 5<sup>th</sup>** Peter Geddes has previously given talks on waterwheels and we will certainly enjoy another presentation from him.
- Nov 2<sup>nd</sup>** We will once more welcome the Sheeayn Millish Choir who will, undoubtedly, give a wonderful evening of music
- Dec 7<sup>th</sup>** Our Christmas lunch – details will be given nearer the time.
- Jan 4<sup>th</sup> 2024** We will hold the first meeting of 2024 – to be arranged

### MANX STROKE FOUNDATION PRESIDENT

**A**s you will be aware, Dr Khuriajam has stepped down as President, but we are very pleased that Dr John Thomas has agreed to take up the role. Most of you will know Dr Thomas who has been the Consultant in Stroke for the Isle of Man for the last 17 years. With his knowledge and position, he will be a great asset to the Foundation.

### SUBSCRIPTIONS

**T**hank you to all who have paid this year's subscription but there are still a number who have yet to pay. The subscription remains at the bargain price of £5 but needs to be paid within six months of the AGM otherwise membership will cease. If you are unable to pay at the next club night, then you can send it to the membership secretary, Trish Lambert, Croft Beg, The Crofts, Castletown, IM9 1LY. If you are unsure whether or not you have paid you can contact Trish on 823386.

## DONATIONS

The Foundation is very fortunate to receive donations from companies and individuals who wish to support us. A coffee morning held at the Braaid Hall at Christmas raised £1130 for us, and this year the King Edward Bay golf club have chosen the MSF as their charity. Some individuals take part in events such as the Manx Mountain Marathon and their sponsors donate via Just Giving. We also receive donations in memory of loved ones who have died. We are grateful to all of those who support us.

## GRANTS

The donations we receive ensure that we can continue to offer grants to those affected by stroke. Recently funds have been granted for respite care, therapy aids, recliner chair, cooker plus other items. If you or someone you know, could benefit in some way, then apply to the Foundation. Application forms can be downloaded from the website or obtained from a trustee.

## BLUEBERRY CAKE RECIPE

A little bit of what you fancy does you good and a little bit of this delicious cake should do you good too!

### Ingredients:

1 teaspoon butter	400 g frozen blueberries
275 g caster sugar	335g flour (plus a spoonful for berries)
2 eggs	165ml/6fl.oz vegetable oil
2 tbsps lemon zest	65ml/2.5fl.oz lemon juice
250ml thick natural yoghurt	4 tsp baking powder

### Method:

- Preheat oven to 180C/ 200C fan/ gas 6. Grease and line an 8 inch/22 cm cake tin. Put a third of the frozen blueberries aside, sprinkle the rest with flour, set aside but do not defrost.
- In a large bowl beat the sugar and eggs until smooth, add the vegetable oil, lemon zest and juice and yoghurt. Combine the wet ingredients with the flour, baking powder and a pinch of salt using a whisk. Don't worry if a few lumps remain. Add the blueberries mixed with flour.
- Pour the cake mixture into the prepared tin. Sprinkle the remaining blueberries on top. Put the tin in the oven, reduce the temperature to 180C/160C fan/gas 4. Bake for 1 hr 10mins or until a skewer comes out clean. Remove from the oven and set aside to cool. Sprinkle the cake with icing sugar if desired.

## JOKE SECTION

When life gives you melons, you might be dyslexic.

I know they say that money talks, but all mine says is 'Goodbye.'

I can't believe I got fired from the calendar factory. All I did was take a day off.

Russian dolls are so full of themselves.

Always borrow money from a pessimist. They'll never expect it back.

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

I didn't think orthopaedic shoes would help, but I stand corrected.

What's the difference between ignorance and apathy? I don't know and I don't care.

The world champion tongue twister got arrested. I hear they're going to give him a tough sentence.

The man who invented knock-knock jokes should get a no bell prize.

I threw a boomerang a couple years ago; I now live in constant fear.

### **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)**