

# YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Back to it!

Newsletter No. 123  
Summer 2021





**Olympic torch in York 2012**



# York Coronary Support Group Trust

Registered charity no 1011149

## AGENDA for the Annual General Meeting to be held at; The Folk Hall, New Earswick, York, at 19:00hrs on Monday 2<sup>nd</sup> August 2021

1. Welcomes and apologies.
2. To approve the Minutes of the last AGM held on 3rd June 2019
3. Matters arising.
4. Chairman's report.
5. Treasurer's report.
6. Election of the committee.

(The Constitution requires a minimum of 12 Committee members including the Deed Trustees ex officio and the Hospital Liaison Officer ex officio.)

7. Appointment of an auditor.
8. Any Other Business.
9. To fix date and time of next AGM.

***All precautions in line with government guidelines  
at the time will be observed.***

# CHAIRMAN'S NOTES



Dear Members

We head into summer with some positives, the exercise classes have resumed. We want you to have had both jabs and wait three weeks after the second jab before you return. Our aim is to keep everybody safe. The nurses are also taking the temperatures of all those attending the classes.

We have not restarted the circuit training yet, hopefully that will come when all Government restrictions are ended. We also hope to introduce cashless payment, by use of a contactless machine. This will reduce cash handling, avoid carrying large amounts of money and assist in fund-raising at St Crux and at the stall located within the hospital.

The retention of Government guidelines has meant that the AGM, that was to be held on the Monday 5th July, has had to be cancelled. The new date is Monday 2nd August at 7pm. I hope to see you there. It is vitally important that members attend, you pick the committee, it's your chance to ask questions and offer suggestions. Inside this newsletter you will find the second part of my Annual Report, as well as the Treasurer's Report.

The generosity of late members and member's families, following the passing of their loved ones, towards the Charity is very moving. It shows the regard they held the Charity in and how much it meant to them. I thank them on behalf of the Charity. Again, obituaries feature in this newsletter including a piece on Mr Ray Lawrence.

The Energise group has now relocated to Poppleton Community Centre. It relieves the time pressure off the group and they can now enjoy their sessions without being rushed. Wednesday's classes at York St John have a new trainer, Claire. This allows Ray more time at his allotment.

St Crux is back in September, a fund-raising opportunity for the Charity and we will be looking for volunteers to help out as per normal, with cakes, jams and assistance at the stalls and cafe.

Ray Schofield becomes an official British Empire Medal holder when he receives it from the Lord Lieutenant of North Yorkshire in July. Congratulations to him and his family, well done.

**My best wishes to you all and stay safe.**

**Mark Carter, Chairman York Coronary Support Group Trust.**

## **Addendum to Annual Report 1st January-1st July 2021.**

This addendum continues from the previous Annual report and covers the period from January through to July 2021. The Charity continued to produce the newsletter and the holiday from annual subscriptions ended in April. We had hoped to resume classes at the same time but Government restrictions prevented that.

Classes finally resumed in May, with these provisos; returning members needed to have both vaccination jabs and the last jab had to have been three weeks previously. Temperature checks at the classes would also help ensure the safety of the members. There have been further consequences of the Covid Pandemic. On our return at Energise the initial classes were to be held outside, moving inside if weather was bad. Because the gym is a facility of the school and due to their circumstances, this hasn't been possible.

Ray contacted Poppleton Community Centre. This had previously been identified as a possible location when Burton Stone Lane was closing. The location was visited by a party from the Committee and Ray. It was agreed that it was a suitable location to replace the lunch time Energise classes. It will be a later start at 1.30pm but no pressure to finish and clear away early. The first class was held on Monday 7th of June.

We do need to look to the future, not just for current members but members to come. We need attractive locations in comfortable conditions. We are in competition with other gyms and classes, though they are not as specialised as our Charity. Because of the limitations of York St John's large hall, with no heat in winter, this is not pleasant for anybody who suffers from angina. The weight room is too cramped when full, especially these days when we need space whilst exercising. Alternative locations with sufficient space and comfortable conditions was sort. Visits to the new Community Stadium and the refurbished gym at Burnholme off Bad Bargain Lane behind the new library have been made.

In conclusion it has been a testing time for the Charity and I think this will continue. It appears we have suffered a drop in membership. The Cardiac Rehabilitation Unit at York Teaching Hospital NHS Foundation Trust is currently very limited in the services it can offer, which affects our ability to recruit new members. We are considering ways to overcome these problems. Once restrictions have ended, we hope to resume the monthly Monday evening social events. St Crux will return in September to aid the finances of the Charity. A new trainer, Claire, will be taking over the Wednesday classes at York St John.

**Mark Carter, Chairman York Coronary Support Group Trust.**

# Editor's ramblings.



Hello Everyone,

Well, we are not out of the covid woods yet, but there is at least a path. Most of us will have been double jabbed by now so that's a better position to be in than previous times. We were given some testing kits recently and while looking for a sell by date I noticed that they were made in.....you guessed it... China. The good news is of course that exercise classes are back, albeit it in a different format. (see front ). I hope you have all been using the DVDs.

Winston Churchill found bricklaying therapeutic, I find washing the dishes does it for me, that's a good thing considering our dishwasher seems to only work when it feels like it. I also like to reduce my carbon footprint. I must find out what that means. Imagine my unbridled excitement when I discovered that you can grow your own dish washing sponge. Although my fingers are anything but green, I sent away for some seeds. After about 10 failures I managed to get one seed to grow. It's called a Luffa (pictured) and is currently growing in the greenhouse although at the moment it is nothing like the picture.



[Nationaltrust.org.uk/mag/kitchen-sponge](http://Nationaltrust.org.uk/mag/kitchen-sponge). I will report back.

I am getting a bit bored with the endless TV coverage of the pandemic, particularly going over the same ground days on end. It was a bit of a relief when that container ship got stuck in the Suez Canal with yet more 'stuff' from China no doubt, at last some different news. We have recently come back from London where we celebrated a belated Christmas with Daughter and Grandchildren, handing out presents, woolly hats, gloves and socks in readiness for summer. It was good to see them after such a time but on returning to York we received a £65 penalty notice for stopping in one of those yellow boxes. No wonder there's more money in the south than the north.



During lockdown I managed a couple of autobiographies, one being that of Jack Warner (Dixon of Dock Green). He writes about his film and TV work of course and mentions, amongst others, an actress he worked with called Hazel Court (pictured).

## Editor's ramblings conbtinued.....

The name seemed familiar but I couldn't think why. Had she sent me fan mail years ago? Did she want to date me in the past? I had to find out. My research told me she played in horror films of the 1950s and 60s moving to Hollywood playing alongside, Boris Karloff, Vincent Price and Peter Lorrie. Her many film credits include *The Curse of Frankenstein*, *Devil Girl from Mars*, and *The Masque of the Red Death*. I was still puzzled, then one morning whilst out and about I notice a road sign and realised that York City Council had honoured her by naming their recycling centre after her. How touching.

This issue has a bit of an Olympic theme. The games are due to take place in Japan, even with plenty of opposition due to the potential spread of covid. We are certainly in strange unprecedented times. Never before have I considered going to Wales for a haircut, or for reasons I won't go into, had to use my credit card to pay 40p to access toilets next to Bootham Bar. I was desperate so had to spend 40 pennies, ....on credit! Why has Harrogate got at least 3 free toilets and York none?



In recent months I have had two occasions when anxiety levels went sky high. The first came when I had to move a bird box to do some plumbing work. Unfortunately, it had been taken over by wasps. This resulted in stings around the ears and arms. Having been stung in the past I didn't think much of it. Then dizziness started, sweating and erratic vision took over. A call to 111 resulted in an ambulance taking me to A & E. Don't underestimate wasps.

The second and most anxious occasion came when in Harrogate and wanting to get to Knaresboro and back. This was my first time on local public transport for over a year. Early on in the lockdowns I had decided to take advice and stay off public transport and so hadn't used the bus pass. I stepped on the bus put my pass on the reader. It didn't work, tried again, didn't work again. The driver looks at it and tells me it's expired. I had to pay £4.40. Traumatic doesn't cover it. Apparently, your council (or other agency) should automatically arrange renewal. In my case it seems that I had been overlooked in January, probably as a result of the disruption caused by covid. Similarly in October last year my driving license expired at the age of 70 and again I was not informed, there was a extension of 6 months permitted to cater for the pandemic. So, check your bus passes and driving licenses and make sure you are up to date. Expired bus passes and driving licenses will no longer be accepted by Ray as an excuse not to get down to the revived exercise classes.

Stay Safe and Stay fit.

Jeff Lane [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)

01904 414476

## Exercise time with Ray



So, as the roadmaps, traffic lights, and quarantine restrictions continue to change, who knows what the future holds. Everyone will have their own views on how the government is handling the virus, and whichever way you look at it there are pluses and minuses on both sides of the argument.

It goes without saying that the last 16 months have been very difficult for everyone, especially those who live alone. Many people have become isolated and have not seen friends or relatives for some time. This has brought about not only health and fitness issues but also those of mental health. Although many of you have tried to exercise at home, I am sure you will agree that it has not been to the same intensity or enjoyment as it was prior to lockdown. We all tend to work harder when exercising with friends in organised sessions.

One thing we do know with certainty is that the fitter you are the more likely you are to recover from ailments and diseases. Being physically active is for everyone, regardless of your age, ability or personal circumstances. The trouble is if we spend most of our time at home there's a risk of us becoming less active, and with it health problems. It's important to stay active, sit less, and move more for your physical, mental health, and wellbeing.



Classes have now resumed and many of you have restarted. Although they are run slightly different to adhere to government guidelines, they are never-the-less to the same intensity as the circuit classes. I am sure everyone who has returned will have noticed an almost immediate improvement in both their physical health and well being. For those of you who are still undecided ask yourself this.

### Why do we exercise?

It might seem a silly question but have you ever wondered why we exercise. I know for many of you it has been because you have had a heart problem, but do you ever ask yourselves what the benefits are, and if it is all worthwhile, especially if you don't enjoy it.

Obviously I believe the benefits significantly outnumber the negative aspects such as not enjoying it, or preferring to do other things with your time. Here are a few reasons to do it.

- Number one has to be that it not only reduces your risk of heart disease or further heart problems, but also other diseases
- Exercise also helps to control your weight.

## **Exercise time with Ray continued.....**

- As we get older our muscle strength and bone health start to decline, so it's important we all do strength and balance exercises. Our programmes combine both.
- It can enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression
- It lowers the risk of falls to which we are more prone as we get older
- Improves our cognitive function (memory, attention, decision making, perception of things)
- Helps your body manage blood sugar and insulin levels

Like most things in life you have to put something in to get something out, and exercise is no different. The less you do the more unfit you become, and that becomes the less you can do. It is an ever decreasing circle. Of course it can be reversed and built back up again, if you are prepared to put in a little effort.

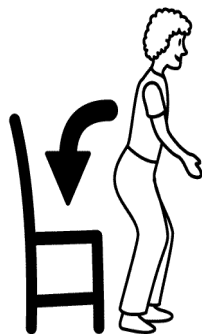
### **I think I am too old to exercise**

Many people use this as an excuse whatever age they are. The truth is you are never too old to exercise.

There is always something you can do, and just think back to the classes. How many people do you know who are much older than you and still taking an active part. We have quite a few who are well into their 90's and the majority have had a history of heart problems, but solved it by a positive and active outlook on their lives.

### **I can exercise at home by myself just as well**

You may want to believe that, but I am sorry, unless you have tremendous will power research has shown we work harder when we exercise together. We may start out with good intentions but before long start making excuses. "It's not a nice day I will do it tomorrow" or "I will just do 10 minutes now and an hour later" Of course you never do, and if you are honest with yourself you know I am right. Just keep a diary and look back on it in a few weeks time and you will see that I am right. Even the most positive, self motivated of us find it hard to train alone. Take it from someone who knows!



## **Exercise time with Ray continued.....**

### **Social side of exercise**

Do not underestimate the social side of the organised classes. Many friendships have been formed over the years and severely missed over this difficult period. True friendships last forever and you will be surprised how quickly they will be renewed. Someone remarked recently that it is as if we have only been away for a week or



two, and she is right it does feel like that. It is good to be back with each other again.

### **How do we motivate ourselves to get back into it?**

It is not difficult, just turn up for one of the classes. Nobody is going to tell you off, on the contrary we will be delighted to see you. Just ask yourself what have you missed most over the last 16 months and if you are honest it is probably the camaraderie of fellow members and like minded friends. They probably have had the same concerns as you about returning.

At almost every class someone returns, and of course is welcomed. We also have some new members which is great. They will become part of our circle and hopefully will be with us for many years.

### **Time to come back!**

If anyone has any concerns please feel free to contact me anytime.

Email: [r.schofield@ntlworld.com](mailto:r.schofield@ntlworld.com)

Mobile number 07703 199207

In the meantime just remember to:-

“Keep Your Feet Moving”

**Ray**



## Improve your fitness



Exercise sessions for YCSGT members;

**Current times and venues for classes are as follows:-**

**At York St John's University Sports Complex, Haxby Road,  
New Earswick YO31 8FY**

**Monday and Friday**

9.15am – 10.15am and 10.30am -11.30am.

**At the Poppleton Community Centre, Main Street, Nether  
Poppleton, YO26 6JT**

**Monday and Friday 1.30pm – 2.30pm**

**At Energise, Cornlands Road, York YO24 3DX**

**Monday evening 6.00pm – 7.00pm**

-----  
The cost is £3 per person per session, which are held under the supervision of qualified instructors and a nurse attends all daytime sessions.

Please note: New members should contact Tony (01904 490582) for further information and availability before attending first session.

# Exercises in Water



Aqua Aerobic and swimming sessions are held at:

**Roko Health Club, Stirling Road, Clifton Moor, York  
YO30 4TU**

**Friday mornings, 10.15 to 11.15**

**Note There will be no classes between 26<sup>th</sup> July and 27<sup>th</sup> August,  
restarting on 10<sup>th</sup> September.**

*The cost is £3.00 per person per session.*

Sessions consist of 30 minutes of simple exercises in water with optional 15 minute sessions of Free'n Easy swimming before and after the exercises. You do not need to be able to swim to join in these classes. Sessions are conducted by a qualified instructor.

Under current restrictions there may be a limit to class numbers.

For further information contact;

**Swimming Organiser: Anne Weir on 01904 794973  
or Jenny Cookson on 01347 833260**

-----

# Walking update



**Like going for a walk?  
Don't mind going with the YCSGT?  
Give us your ideas then.**

We are looking at re-introducing organised walks;  
Would you be interested?

If you are, please get in touch, we are looking for ideas and help on  
local short walks, slow pace 3 to 4 miles perhaps?

- Tell us your favourite walk locally.
- What would be your choice of distance, 3?, 4?, 5? miles.
- What day of the week would you prefer to go walking?
- What time would you envisage starting off?  
Mornings /afternoons /early /later
- Would you be prepared to lead ONE?
- Have you a favourite watering hole that could be en-route?
- Would you like a bit of local history thrown in?

**Contact Des on [desmahon@live.co.uk](mailto:desmahon@live.co.uk)  
or Jeff on [jtl1950@hotmail.com](mailto:jtl1950@hotmail.com)**

## About the York Coronary Support Group Trust

The information below gives detail of our normal activities for potential new members. We will return to 'normal' as soon as we are able.

**Meetings:** We meet on the first Monday in each month at 7.30pm (except bank holidays, when we meet on the second Monday). The meetings may be illustrated talks or entertainments and once a year we invite members of York Hospital's Cardiac Unit to tell us about developments in heart surgery and health matters and to answer member's questions. There is a tea break and the evening is rounded off by a raffle. They start at 7:30pm and friends and family are welcome. Meetings are held at;

**The Folk Hall, Hawthorne Terrace,  
New Earswick, York YO32 4AQ**

### **Exercises:**

The group organises exercises in water or in a gymnasium for members, their friends and relations. A referral note from hospital, GP or qualified nurse will be required at the first session.

### **Fund-raising:**

We have a team of volunteers to lead our fund-raising efforts but new helpers and new ideas are always welcome. Funds are used to support our exercise groups and we contribute funds towards new equipment, publications and resources for the Cardiac Unit at York Hospital.

### **Communications:**

The quarterly Newsletter, for which the editor welcomes articles for consideration including; news items, quizzes and anything that could be of interest to our readers, is sent free to members. Past issues can be found on our website; [www.ycsqt.org.uk](http://www.ycsqt.org.uk)

### **Subscriptions:**

The current subscription is £6 for a single member or £8 for couples. This is payable when joining and thereafter in March each year. If you wish to join, please complete an application form and return to the Membership Secretary. Forms, if not in this publication, are available from the Membership Secretary. Details also on the website. Alternatively for direct bank transfer refer to details on the form.

# HOOKS REMOVALS

... We go a long way to please...

- Quality Removals, Deliveries, Storage and House Clearances.
- Full Packing Service or Boxes Supplied. Free Estimates.
- A Family run business offering a personal service second to none.
- Local and Long Distance Removals
- Single Items



**10% Discount**

For  
Senior Citizens and  
York Coronary Support  
Group Members

'Oakwell'  
40 The Village, Wigginton,  
York. YO32 2PJ

Phone: 01904 762609

Mobile: 07855257810

Email:

[john@hooksremovals.co.uk](mailto:john@hooksremovals.co.uk)

Website:

[www.hooksremovals.co.uk](http://www.hooksremovals.co.uk)

For all Auto repairs and servicing;

## Garage Services

Clutches, Exhausts, Engine Tuning,  
Electrical Problems, Welding

4x4, Fleet and Company Cars welcome.

A fast and efficient service at a  
reasonable rate.



31 Raylor Centre, James Street, York YO10 3DW.  
Telephone 01904 431101

# YCSGT New Membership/Renewal Form

I/we wish to apply/renew for Single/Joint Membership (delete as necessary)

**PLEASE COMPLETE IN BLOCK CAPITALS**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

E:mail: \_\_\_\_\_

Subscriptions are £6.00 for individuals, £8.00 for couples and are renewable on 1<sup>st</sup> March each year.

**NB: New members intending to use future exercise classes should provide a referral note from a hospital, GP or qualified Nurse at their first session.**

Please make cheques payable to: York Coronary Support Group Trust and send, with this form, or a copy, to:

Jenny Cookson, 16 Church Close, Tollerton, York, YO61 1QS, any queries please call 01347 833260, or e-mail [jenny\\_cookson@yahoo.com](mailto:jenny_cookson@yahoo.com)

**OR you can pay by BACS (bank transfer) if you are able. Transfer to; YORK CORONARY SUPPORT GROUP TRUST REG CHARITY No 101114. Account no. 94153304 sort code 09-01-51 (Santander). Please remember to use your membership number and surname as a reference.**

## **General Data Protection Regulation (2018) Privacy Notice:**

Please note that the personal information you supply us will only be used to send you information/newsletters from YCSGT. If you agree to being contacted in this way, please tick the relevant boxes:-

Post: ☐ E:mail: ☐ Phone: ☐ SMS: ☐

We will never share your information with any third parties.

Any queries please contact Jenny Cookson – details above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ .

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Membership renewals.

Membership renewals were due in March after a six month 'furlough'. If you didn't renew then there is a membership renewal form in this issue. You can use this form (or a copy) to renew or by making a bank transfer using the group's account number and sort code as detailed on the form.

It is however important that your membership number and surname is used as a reference to show it has come from you. Your membership number was on the front cover of the last issue of the newsletter posted to you. Any problems please get in touch.

We hope you will continue to support the YCSGT so that we can continue to help those experiencing cardiac events now and in the future.

## Dates for the Diary



### Monday 2<sup>nd</sup> August:

AGM Folk Hall, New Earswick 19:00hrs

### Wednesday 15<sup>th</sup> September:

Fundraising at St Crux, (Bottom of Shambles) Pavement, York.

**St Crux** is one of our most productive fundraising events, it is now more important than ever. If you want to donate we need paperback books (no hardbacks thanks), bric-a-brac, DVDs CDs, jams chutneys and home made cakes. Cakes can be dropped off at St Crux on the morning. Please make sure they are in airtight containers and with names attached if you want containers returned. **For information regarding donations or volunteering please contact Nick, Jackie, Anne or Jenny (see committee page 23).** As usual help will be required to set up awnings and tables Setting up usually starts at 08:30am, selling at 10am, packing away and finishing around 4pm.

**Or just come to buy something and have tea and cake.**

At the time of going to press we are unable to give any further firm dates for any events or meetings. It is expected that the next newsletter will be around October/November when we hope news regarding a restart of more activities can be announced. Meantime you can check the website.



Don't forget the website for up to date information, past newsletters and more.

**[www.ycsgt.org.uk](http://www.ycsgt.org.uk)**

## Treasurer's Report April 2020/2021

This report is written as we are coming to the end of our third, and hopefully last, lockdown. We have had a full year without exercise classes, monthly meetings, or fundraising events. Since that time we have had very little income – apart from very generous funeral donations and the wonderful bike ride by Ian. Our expenses included a donation of £200 to Acaster Malbis towards a defibrillator, the production of 2 exercise dvd's, Newsletters and paying a proportion of wages to our trainers/nurses.

Two dvd's were produced to keep our members moving – with St John's and Energise and Roko all closed to us for the whole of the year this was the only way we could offer our members some exercise – apart from a few weeks when a few members were able to take advantage of the weather at The Homestead – what a wonderful suggestion from the much missed Mr Lawrence (aka "old Ray")

It is the Treasurer's recommendation to the Committee that we reduce the total budget for this coming year with some adjustment to the sections to that of £5100. Budgets for 2021/2022 have provisionally been set as follows

Exercise Programmes £ 1000

Administration £ 200

Newsletter/publications £ 1500

Affiliation Fees £ 50

Monthly Meetings £ 750

Exercise Equipment £ 100

YDH Cardiac Rehabilitation £ 1000

Social Events £ 500

Total £ 5100

There is still a ring fenced sum of £2,000 as agreed by the Committee in 2019/20 for new mobile Heart Monitors for YDH. This is increased by the £1225.38 in memory of Bernie McKevitt which he instructed should help provide more of the monitors he used whilst in Coronary Care. We also ring fence £7900 to cover activities - keep fit classes and wages, swimming classes and wages, monthly meeting hall hire and speaker fees. This covers the group for a three month period should the unexpected happen and we have no income. (Which of course has happened and is reflected in this year's figures!!)

## **Treasurers report continued.....**

The monies in the bank accounts and in hand at 31st March 2021 amount to £27132.77 compared to a total of £34369.78 at 31st March 2020.

As our income/expenditure is under the £10,000 threshold set by the Charity Commission there is no requirement to have our accounts audited as the information required by the Commission is minimal – just our total income and expenditure for the year.

The committee continues to state that one of the main purposes of the Trust is the help in rehabilitation and maintenance of good health in persons with heart related conditions. On these grounds monetary support will continue to maintain the Keep Fit classes at York St John's, GLL (Energise), the Swimming group at Roko Health Club with necessary training and certification courses for their leaders.

**Jenny Cookson**

**Treasurer**

**York Coronary Support Group Trust**

## **AmazonSmile.**

AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. AmazonSmile is available at [smile.amazon.co.uk](https://smile.amazon.co.uk) on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. For full details see page 20 of the Spring (122) issue of the newsletter, or view it on the YCSGT website.

## **York and District Diabetic Club**

**In normal circumstances;** Meetings are held at 7.30pm on first Wednesday of each month  
(except for January and August)  
at Tesco Supermarket, Tadcaster Rd (upper floor).

The subjects at meetings vary between social, medical and general interest. Tea and biscuits are provided and newcomers will be made most welcome.

The Hullah Family welcomes you to  
**Tancred Farm Shop.**

Whixley, York YO26 8BA  
01423 330764 [www.tancredfarmshop.co.uk](http://www.tancredfarmshop.co.uk)  
Open Mon-Sat 8am -6pm  
Sun & Bank Holidays 10am-4pm.



(Find us between Green Hammerton & Boroughbridge on the B6265)

We stock a range of meats from our own livestock.



Pork pies & sausage rolls are made on site.  
We offer over 20 types of cheese & have fresh fruit & vegetables.

Our coffee shop can, (restrictions permitting) supply you with tea or coffee & cake, snacks, or a full breakfast.

**You can normally see us at the York Farmers Market on the first Friday in the month.**



General Plumbing Repairs



Heating Installation and Repairs



Burst Pipe Repairs



Boiler Replacement and Servicing

**RECEIVE 10% OFF BOILER SERVICES WITH THIS ADVERT**

*Ideal Max Boilers Accredited and can offer up to a 12 year warranty on new boilers*



07784 527160



[stkplumbheating@btinternet.com](mailto:stkplumbheating@btinternet.com)



# Quiz Page



Here are some clues to Olympic venues;

1. Judy Garland wanted to meet you there.
2. Famous marbles originated here.
3. The place burned during the American Civil War.
4. Did Kenny Ball spend midnight here?
5. Gregory Peck & Audrey Hepburn holidayed here.
6. ----- Rose broadcast propaganda in WW2.
7. Freddie Mercury sang about this place.
8. Fred and Ginger flew down to here.
9. Ralph McTell sang about the streets.
10. Helen of Troy's boyfriend.

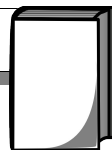


Next can you untangle these anagrams. They are all Olympic Sports categories.

- A. FITINGTHGWIEL
- B. CLESITHAT
- C. DAMTINGBON
- D. TRAINSQUEE
- E. DONKEAWOT
- F. NAIGILS
- G. SLEATNITBEN
- H. TREADINGBAOKS
- I. SCATYSMING
- J. RAYHERC



## Inside front cover story.



On its way to London in 2012 the Olympic torch travelled through York. It had begun its UK journey at Land End on May 19<sup>th</sup>, reached York on June 19<sup>th</sup> and London on July 27<sup>th</sup> after being carried by 8,000 torch bearers over 70 days travelling for 12 hours on most days.

The route was designed to take it to within one hours travel for 95% of the population. Even the Outer Hebrides, Northern Ireland and the Channel Islands witnessed the progress. The flame for 2012 was lit, as is more recent tradition, in Olympia in Greece by way of mirrors attracting the sun's rays. It then travelled across Greece put on an Airbus flight to the UK and landed in Cornwall ready for the relay. The flame was kept alight during the flight using four 'Davy' lamps in a secure cradle in the front row seats.

On its arrival in London it was used to light the cauldron which was made up of 204 separate petals, each to be lit and representing one for each competing nation. The cauldron was manufactured in Harrogate by a Tockwith based company.

In ancient Greece at the original games a flame was lit and kept burning during the games in Olympia. The games were resurrected in 1896 to be held every four years. In 1928 in Amsterdam the tradition of having a flame present at the games was reintroduced. In 1932 in Los Angeles this was repeated.

However, in 1936 for the games in Berlin the idea of lighting the flame in Greece and taking it over land and sea to the games was introduced. Although there were protests against the Nazi government during its journey through eastern Europe the initial lighting in Greece and method of travel to its destination remained until 2008 when the games were held in Beijing. During the flame's journey to China, it attracted a worrying number of protests against China's human rights record. From

thereon it was decided that future journeys for the flame would be across Greece and then directly to the host country's territory. In 1956 a student hoaxer tricked police and the mayor of Melbourne into believing he was the torch bearer with a chair leg and some burning underpants.



# York Coronary Support Group Trust

Registered Charity No: 1011149

Patron: Professor Sir Roger Boyle CBE

President: Dr M Pye FRCP

Honorary Vice President: Ron Cornish

## Who's Who

### Officers:

Chairman	Mark Carter	( <a href="mailto:mark-carter1@live.co.uk">mark-carter1@live.co.uk</a> )
Vice Chairman	Des Mahon	07748 824761
Secretary	Peter Leishman	( <a href="mailto:peterleishman57@aol.com">peterleishman57@aol.com</a> )
Treasurer	Jenny Cookson	01347 833260

### Committee:

Fund Raising Officer	Nick Longster	( <a href="mailto:nkmhj@aol.com">nkmhj@aol.com</a> )
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeivitt	07875 129352
Publicity Officer	Vacant	
Keep Fit Organiser	Tony Fletcher	01904 490582
Swimming	Anne Weir	01904 794973
Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeivitt	07875 129352
Newsletter Editor	Jeff Lane	01904 414476
& distribution.		( <a href="mailto:jtl1950@hotmail.com">jtl1950@hotmail.com</a> )

### Trustees:

Tony Fletcher	01904 490582
Anne Weir	01904 794973
Des Mahon	07748 824761
Peter Leishman	( <a href="mailto:peterleishman57@aol.com">peterleishman57@aol.com</a> )
Jenny Cookson	01347 833260

## New Members are always welcome.

Membership entitles you to this quarterly newsletter, and in normal circumstances, monthly talks, presentations and subsidised access to exercise, and swimming sessions.



In this issue we welcome new members;

Andrew Knox, Jane Greenwood, and Marianne Christophers.

## Meet the locals



### **No 7 John Sherwood**

John Sherwood was born in Selby in 1945 to a sporting family. His father played tennis and represented Britain in the Davis Cup, his brother Steve was Watford goalkeeper for 11 years during which time he played on the losing side in the 1984 FA cup final.

Anyway, back to John. After local schools John attended Loughborough College, famed for its sporting ethos. A keen athlete he joined Birchfield Harriers an athletics club in the Midlands where he would eventually specialise in hurdling.



He attended the 1964 Tokyo Olympics where he met Sheila Parkin from Sheffield, a long jumper. They married in 1967 and attended the 1968 Mexico Olympics as a married couple. In Mexico John won the bronze medal in the 400metres hurdles, the gold medal going to his team mate David Hemery. The BBC commentator David Coleman got so carried away with Hemery's victory that he blurted out; 'Who cares who's third, it doesn't matter'. It did to John Sherwood! At the same games Sheila won a silver medal in the women's long jump.

John would go on to win a silver medal at the European championships in 1969 and a Gold medal in the Commonwealth games in 1970. After this he became involved in BBC sports programmes in the 1970 and 80s. He would also spend 40 years teaching PE at secondary schools, including 37 years at one school in Sheffield, before retiring in 2006. Both John and Sheila were awarded MBEs.



In a speech addressed to the Olympic committee, intended to secure the Olympic games for London in 2012, Sebastian Coe (now Lord Coe) credited John and Sheila with encouraging him, as a youngster in Sheffield, to get involved in athletics.

## Situations Vacant: Publicity Officer

The purpose of the Publicity Officer is to promote and publicise the work of the charity in order to reach the people who would benefit from membership and/or support the charity, and communicate with existing members.

Responsibilities include:

Updating external publicity materials in a timely manner to maximise public awareness.

Communicating with the media e.g. local radio, press and TV to publicise specific events.

Publicising the work of the charity at its' fundraising events and any other relevant occasions.

Publicising events for the members of the charity in the newsletter, on the website or by personal communication as appropriate.

**Interested?** Contact Mark on [mark-carter1@live.co.uk](mailto:mark-carter1@live.co.uk) for further information.

## Situations Vacant: Group Secretary.

Have you the skills and commitment to take on an important role within the Group? It is voluntary, but with the satisfaction of being able to play a crucial part in the well being of our members present and future.

**The principal duties are;**

Booking rooms and venues for fund raising events.

Submitting yearly accounts to the Charity Commission.

Applying for gambling licences and other contact with York City Council.

Renewing yearly Insurance.

Compose any letters required on behalf of the Group.

Attend Committee Meetings every six weeks.

Keep registers to meet fire regulations.

**Interested?** Contact Mark on [mark-carter1@live.co.uk](mailto:mark-carter1@live.co.uk) for further information.

Answers to quiz. 1.St Louis, 2.Athens, 3.Atlanta, 4.Moscow, 5.Rome, 6.Tokyo, 7.Barcelona, 8. Rio (de Janerio), 9.London, 10.Paris.

A. Weightlifting. B. Athletics C. Badmington D. Equestrian E. Taekwondo. F. Sailing. G. Table Tennis. H. Skateboarding. I. Gymnastics. J. Archery.

## Obituaries

### Ray Lawrence.

As many members will know Ray was an ever present helper and participant at YCSGT exercise classes. Born in Dundee in 1943 Ray moved to York with his family when he was 2 years old. After attending Nunthorpe Grammar School, he took on work connected to agriculture, then a spell in the Territorial Army. For nearly 30 years he was employed by Moores Furniture Group, where his humour came to the fore, assisted by Kath who Ray married in 1963. They eventually moved to their own place raising four children, Steve, John, Peter and Andy. Family days out involved fish and chips, cricket, days at the races and plenty of fun. In 2011 John passed away which naturally hit Ray and Kath hard. Kath's health sadly deteriorated and so Ray devoted himself to her care until she passed away in 2013 after fifty years of marriage.



Ray joined the YCSGT after a heart attack and became a regular at exercise classes, helping setting up and taking down, chatting to anyone and everyone, giving encouragement and confidence to newcomers. His commitment and enthusiasm manifested itself when he suggested outdoor sessions thus enabling a continuation through lockdown.

His humour, friendship and knowledge of music will be long remembered. The committee, on behalf of all at the YCSGT, would like to express their thanks for all Ray's involvement. He will no doubt be sadly missed by sons, grandchildren, great-grand daughter, extended family and many, many others. Ray's passing will leave a void in the YCSGT that is unlikely to be filled.



Here are a few of the many comments from members; *...a lovely fella.....one of life's jokers.....so friendly and welcoming.....sadly missed.....it was good to know him.....a cheerful presence.....what a lovely man.....we owe him a lot....., and two more for Mr Lawrence.....a true gent....he inspired us all.*

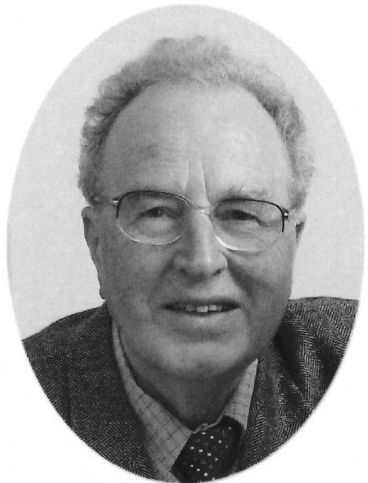
**Bernhard Lauter.**

Bernhard was born in Germany in 1936 one of nine children and although there were hardships, it was a happy childhood. He started work at the Post Office at the age of 15 but also attended evening classes. He wanted to be a pilot but colour blindness ended that dream. He was called up for service in the German forces in 1957 and was eventually sent to RAF Locking, Somerset to teach ground radar. In 1965 he married Wendy in nearby Weston Super Mare. Bernhard's work eventually took him to the Hague where he became secretary to the International Planning Group Implementation Team. He studied accountancy after moving back to Somerset where daughter Trudie was born in 1968.



Bernhard's next move took the family to York where he worked at Rowntree's European Division. In York he gained more accountancy qualifications and the family expanded when son Paul arrived. Although his work involved overseas travel, time at home was often spent performing practical and mechanical tasks, involving car engines, decorating and bricklaying.

After the company takeover he became a Nestle employee which meant time away from family. Whilst still in employment Bernhard suffered a heart attack. Retirement followed allowing him time to dabble in electronics, travel, debate politics, enjoy, music, opera and red wine. He joined the York Coronary Support Group Trust and was keen attendee at exercise classes. The YCSGT would like to express their gratitude for the generous bequest left by Bernhard and to Wendy for the kind donation from the funeral collection. Bernhard was clearly a devoted family man with many life experiences and talents who will be sadly missed by all who knew him.



**The YCSGT also regrets to announce the passing of;  
Nev Meek and Jeff Brown.  
Our condolences go out to all their families and friends.**



**Crowds in York waiting for the Olympic torch 2012**



**Arrival in Petergate.**