

YCSG TRUST

York Coronary Support Group



Registered Charity No. 1011149



Newsletter No. 125
Spring 2022

CHAIRMAN'S NOTES



Dear Members,

Welcome to the new edition of the newsletter, these will be my last notes as I have decided to stand down from the Committee. I feel I have taken the role as far as I can and it's time for someone new to take up the challenge. The Charity like the country has been through tough times these past two years coping with the pandemic. We have seen a decline in membership, no classes for long periods of time, no social events, unexpected expenditure of funds and limited fundraising.

The two constants throughout this period have been the production of the newsletter by Jeff, keeping members informed and entertained. The never-ending dedication and enthusiasm of Ray, which can be seen in the two DVDs produced by the Charity and supported by Vicky, Nancy and Nicky from the hospital, York St John University students and the late Ray Lawrence who also thought up the popular exercises in the park.

We are coming out of that situation. We have held our first St Crux fundraising day. We have also held the long-delayed AGM and the first Medical Evening. We have successfully moved classes to Poppleton from Acomb. Anyone attending exercise classes has their temperature checked, we want all to be as safe as possible. We have even introduced cashless payment!

There are still things to be done. To increase membership, because of the current limitations of Cardio Rehabilitation Unit, we hope a new leaflet about the Charity will be going out to interested heart event patients, identified by the Unit. Hopefully at some point in the future their important classes will resume and the Charity can return to them and give their chats.

Being open as a committee, for scrutiny by the members, is important. The committee have already agreed to the publishing of minutes on the Charity's website, it was also agreed for members to attend and observe committee meetings. If you are interested in seeing how things are decided or thinking about joining the committee, please take this opportunity. We do need new blood. We have had to increase membership costs. This small increase helps cover the costs of printing and postage of the newsletter.

Since being Chairman, my aim has been to keep the costs of attending classes as affordable as possible. Heart events don't care about your wealth or lack of it, but it's important that if you have suffered, you have a route to regain your fitness. I have been touched by the late members families who have made donations to the Charity. Coping with the loss of a loved one and the details of the funeral that ensues and still remembering the Charity, I thank you.

I wish my best to the Charity, its members' and supporters and hope the new Chairperson will enjoy the role and keep the Charity moving forward on an even keel.

My best wishes to you all and stay safe.

Mark Carter, York Coronary Support Group Trust.

Situations Vacant.

You will see on the following pages that this charity is in need of people coming forward and filling some important voluntary roles within the organisation. For over 30 years the YCSGT has had the benefit of the talents, skills, time and involvement of a number of people to keep our charity on course to do the good it does. Now more than ever we require more of the same to take us into the future. Could you help? Give it some thought. Come forward.



Situations Vacant: Chairperson.

Could you give your time and take on a pivotal role in the running of the YCSGT. Could you fill the role of chairperson? Your role would provide leadership and direction for the charity. You would chair committee meetings ensuring decisions are made and acted upon. You would bring impartiality and objectivity to meetings. The chairperson would communicate effectively the purpose of the charity both internally and externally. You would represent the charity at external meetings and events and be aware of current issues that may affect the charity. For further information contact a member of the committee.

Situations Vacant: Newsletter Editor.

Would you like to play a vital role in keeping our members informed? Could you take on a highly satisfying function within our charity? Have you computer equipment, e-mail address and the necessary, but not extensive, computer skills to be able to receive information and compile the newsletter in the relevant format ready for printing? You would put together any reports of meetings, collate contributions from members and ensure all information regarding exercise classes is up to date in each quarterly issue. You would communicate with the printer and ensure the space in each issue is fully utilised to give the best value for money. Full assistance and training will be given as required. If you would like to know more about the role and to discuss any aspect of it then contact the editor at jtl1950@hotmail.com. Or tel 01904 414476

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 a member of the committee 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, supplied by the Treasurer, 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 a member of the committee for further information.

Editor's ramblings.



Hello Everyone,
You will be pleased to know that there is not so much rambling this time as I need to make way for some well received contributions from members. However, the ramblings this time start in Colliergate above Barnitts shop door way. A plaque tells us that on that site in 1768 the *Ancient Society of York Florists* held their first flower show. That makes them the world's oldest such organisation. This gave me the idea of having this spring issue based on plants and flowers. I hope you find something of interest in the following pages.



I decided to watch my first football game at the new stadium recently. I have to say that, although Bootham Crescent had more of a homely feel to it, its replacement is impressive. Plenty of space, quality seating, unrestricted view and a wall plaque listing 100s of names of season ticket holders, who after paying up front for the previous season were told that, due to Covid, games would not be played. All those listed decided not to ask for a refund, electing to support the club by donating their payment. In fact, 97% of those who had paid up front decided to do this. Very impressive.

I thought I would share this image of an advertising board outside a shop in London. It's very wise advice, but I fear it is too late for most of us.



I note that Boris has been communicating with comrade Putin. I hope he has done his homework and realises that for every tank we have (227) Putin has 57 (12,950). Be careful Boris, we need the gas and some of us need the caviar.

On behalf of the members and the committee I would like to thank Mark Carter for his sterling work as Chairman over the last couple of years. They were without doubt the two most difficult and challenging years in the charity's 32 year history. All his hard work, positivity, patience, commitment and dedication to the cause during this time is very much appreciated by all. We all wish him well for the future.

Jeff Lane jtl1950@hotmail.com

01904 414476

Minutes of the 31st Annual General Meeting.

The 31st Annual General Meeting held at 7.00 p.m on Monday 10th January 2022 at The Folk Hall, New Earswick.

PRESENT: Mark Carter (Chair), Vicki Cass, Jenny Cookson, Tony Fletcher, Jeff Lane, Jackie McKeivitt, Des Mahon, John Mitchell, (all from the Committee) and Eileen and Brian Johnson, Jenny Hazelwood and Catherine Rennie.

1 WELCOMES. Mark welcomed all present. APOLOGIES : Anne Weir, Nick Longster.

2. MINUTES. The Minutes of the 30th AGM held on Monday 3rd June 2019 were unanimously approved and signed by the Chair.

3. MATTERS ARISING. None.

4. CHAIR'S REPORT. The Chair explained that he had given a report covering 2019 to 2020 in anticipation of an AGM in June 2020, but this meeting could not take place due to Covid-19. In anticipation of an AGM in 2021 he had written an addendum which was printed in the Summer 2021 edition of the Newsletter but again no meeting was possible. Copies of both these reports will be attached to the original minutes of this meeting.

5. TREASURER'S REPORT. Jenny explained that she was speaking to her reports, 2019/20 as published in issue 122 Spring 2021 and 2020/21 as published in the Summer 2021 Newsletter, which covered the period to the end of March 2021. A copy of these reports will be attached to the original minutes of this meeting. She pointed out that a further General Meeting would be needed later in 2022 to receive her report for the financial year to end of March 2022. (see item 8 below).

She added a few comments. She was concerned about the drop in income, which was partly due to a drop in membership numbers, but she hoped confidence in activities would return. She said we were fortunate in having a free venue for classes and Committee meetings at York St John. And she said she felt we had enough reserves at present but the situation needed to be watched carefully in the year ahead.

Minutes of AGM continued.....

6 ELECTION OF THE COMMITTEE.

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

The Deed Trustees were Jenny Cookson, Tony Fletcher, Nick Longster and Des Mahon.

The current Hospital Liaison Officer was Vicky Cass

The following were re-elected en bloc unanimously - Jeff Lane. Jackie McKeivitt, John Mitchell -

There were no other nominations but it was noted the Committee does have power to co-opt.

7. APPOINTMENT OF AN AUDITOR. The meeting appointed Alex Weir to audit the accounts for 2021-2022.

8. THE NEXT AGM was fixed for Monday June 6th 2022.

9. VOTE OF THANKS. Des proposed a vote of thanks to Mark for all he had done in his role as Chair during over two very difficult years. This was warmly approved.

The meeting concluded at 7.45 p.m.

HOOKS REMOVALS

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Mobile: 07855257810
Email:
john@hooksremovals.co.uk
Website:
www.hooksremovals.co.uk

Tulip madness



The Tulip was introduced to Europe in the 16th century. It is thought it was initially brought in seed and bulb form to Vienna by an ambassador of the Holy Roman Emperor in 1554. Seen as exotic in the same way spices from the east were, the possession of expensive tulip flowers and bulbs became somewhat of a status symbol to the Dutch. They became a show of wealth and it was deemed bad taste if anyone of affluence didn't possess a collection. What happened next has, in recent years, been debated but the following is based on an article in a book entitled *The Romance of Commerce* published in 1896.



The obsession spread down the social scale and developed into a mania resulting in people from all walks of life wanting to buy and grow tulips. Prices rose rapidly and by 1634 money could easily be made buying and selling. Huge sums of money were being spent on single bulbs.



Tulip madness continued.....

By 1636 they were being traded on the Dutch stock exchange by speculators who never actually saw any bulbs. Soldiers were employed to trample crops to limit the supply and stop the prices falling further. (see picture).

New varieties were being developed by professional growers. Some were more rare and so more expensive than others especially, *Viceroy*, *Admiral Liefken*, *Admiral Van de Eyck*, *Semper* and *Augustus* of which only two bulbs were thought to be in existence. One bulb was sold for 12 acres of land in Haarlem, another was sold for 4600 florins, a new carriage and two grey horses complete with harnesses. In today's money terms single bulbs were changing hands for upwards of £½million.

People sold their properties for cash to invest. The obsession spread outside of Holland with buyers from other parts of the world sending for Dutch bulbs. Buyers committed to purchases with cash they had borrowed. It seemed that prices would continue upwards. However, in early 1637 some of the more astute investors could see that it could not last and began selling without buying, prices began to fall. This very soon led to panic selling and the market collapsed. Bankruptcies followed. Too many people had purchased bulbs on credit, hoping to repay when they sold their bulbs for a profit. They now had to sell their bulbs at any price.

By 1638, tulip bulb prices were back to normal. Although the Dutch economy suffered, it did not collapse but many people lost all they had, including property. The Dutch tulip mania of the 17th century is seen as an early example of unwise mass investment frenzy. It would be followed by the British railway share trading boom and bust of the 19th century resulting in the downfall of York's George Hudson and the dotcom bubble of the 1990s. What's next?

Obituaries

**The YCSGT regrets to announce the passing of
Don Cook and David Hunter.**

Our condolences go out to all their families and friends.

Dates for the Diary



Please note; in the current circumstances and ever changing restrictions the dates given below are, as always, subject to change depending on regulations at the time or unforeseen events.

The intention is to get back on track with our monthly gatherings at the Folk Hall to involve a speaker followed by a raffle and hot drinks. We had a good turnout for the February Medical Evening. Hope you can make it to meetings in March, April and beyond.

Monday March 7th at 7:30pm

Monthly Meeting at the Folk Hall. **'The Irish in York'**.

A talk by Malcolm Walker covering the influx of Irish after the potato famine and the part played by Quaker families.
(NB. Membership renewals can be paid at this meeting).

Monday April 4th at 7:30pm

Monthly Meeting at the Folk Hall. **'Know Your York'**.

A talk by Jeffrey Topham covering some aspects of York you may not be familiar with.

For meetings in May and June enquire with a committee member nearer the time.

Thursday 19th May. St Crux fundraising day. Help on the day is always welcome. In the kitchen, on the stalls, setting up in the morning and taking down in the afternoon. Make a note in your diary.

Thursday 22nd Sept. St Crux Fundraising day.

Thursday 15th December. Christmas Dinner at Novotel. Details to follow in future newsletters.



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

www.ycsgt.org.uk

Improve your fitness



Exercise sessions for YCSGT members;

Current times and venues for classes are as follows:-

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

Monday, Wednesday and Friday

9.15am – 10.15am and 10.30am -11.30am

Please note; due to availability at St John during February and March, some sessions will be held UPSTAIRS in the Sports Therapy Room. There is a lift for access if required.

Monday classes:

Up to and including 14th March will be held in the Therapy room.

Wednesday classes: NOT AFFECTED

Friday classes;

**Up to and including 4th March will be held in the Therapy room.
Then in the Sports Hall downstairs on 11th and 18th March.
All classes back to normal thereafter.**

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

Monday and Friday

1.30pm – 2.30pm

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

Contactless card payment can now be made.

Please note: New members should contact **Nick on 0175 11169433** for further information and availability before attending first session.

New members should have a referral, either a hard copy or in electronic form, from a GP or health professional before 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 sessions on the following dates,

Friday 25th February (Half term)

Friday 15th April (Good Friday)

Friday 3rd June (Queen's Jubilee)

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: Jenny Cookson on 01347 833260

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.

Walking



What does walking do for us?

According to the NHS it is one of the easiest ways to get more active, lose weight and become healthier. Walking briskly can help you build stamina, burn excess calories and make your heart and lungs healthier.

If you want to get out and about this winter there are free organised guided walks around York from 30 minute city centre strolls to 90 minute rambles in the local countryside organised by **Walking for Health**

A short 30 minute walk starts on:
Wednesdays at 2pm at the Art Gallery.

Other city centre walks are on:
Tuesday mornings 10am (30minutes)
and 11am (60 minutes).
They set off from the Community Library,
Hungate, York, YO17AF.

For your first session you will need to register
15 minutes beforehand. Suitable footwear and
clothing are essential.

For more information:

Contact;

www.walkingforhealth.org.uk/walkfinder/york-health-walks

E-mail; yorkhealthwalks@gmail.com

Facebook: [facebook.com/yorkhealthwalks](https://www.facebook.com/yorkhealthwalks).

or

Tel; 07983945869

or

**Look out for the latest leaflets available from Libraries,
Community Centres and Health centres.**

or

Just turn up early at a walk.



About the York Coronary Support Group Trust



The information below gives detail of our normal activities for 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 members' 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 usually held at;

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

Exercises:

The group organises subsidised exercises classes 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 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 and elsewhere.

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. Letters to the editor are also welcome. Past issues can be found on our website;

www.ycsqt.org.uk

Subscriptions:

The subscription (for 2022) is £8 for a single member or £12 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 either in this issue or previous.

Membership renewals for 2022.

Membership renewals are due in March. The committee have decided to set the subscription for 2022 at £8 for single members and £12 for couples. We believe this is the first increase for around 10 years. Can anyone remember? As you will appreciate the funds of most charities have been seriously depleted during the last 18 months, with more outgoing than incoming. For ourselves there have been costs such as equipment for contactless payments and increased postage and production of this newsletter.

Implementing this increase will help us to continue to fund relevant projects such as those reported on in this issue. We can also hold the £3 per session cost for swimming and gym classes for the foreseeable future. As these sessions are subsidised by membership fees and the hard work of members involved in fund raising, it is more important than ever that anyone attending these classes are fully paid up members to fall in line with, and be fair to, their classmates. Any problems regarding paying of fees should be directed to the Membership Secretary.

Payments for membership renewals can now be made by way of contactless card payments at monthly meetings (7th March) or exercise classes.

Or by direct bank transfer or cheque (see renewal form).

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

New Members are always welcome.

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



In this issue we welcome new members;

Shirley Goodyear

Jean Brown

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 _____ E-mail _____

Phone: _____ Mobile: _____

Subscriptions are £8.00 for individuals, £12.00 for couples and are renewable on 1st March each year.

NB: New members intending to use future exercise classes should provide a referral note, hard copy or electronic, from a hospital, GP or qualified Health professional 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

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). Existing members, 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:

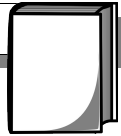
We will never share your information with any third parties.

Any queries please contact Jenny Cookson – details above.

Signature: _____ Date: _____ .

Signature: _____ Date: _____

FRONT COVER STORY



The front cover picture is of course Walmgate Bar and the daffodils along the wall rampart. Some of the daffodils in this area were planted in memory of loved ones, a service provided by the council for a set fee which included providing a photograph of the planting and a map showing the exact location.

On 15th April 1802 a brother and sister were walking near Ullswater in the Lake District. On the shore of the lake, they noticed some flowers, they were daffodils growing wild. The sister noticed how they seemed to be dancing, laughing and ever changing. She made notes in her diary later that day. In 1804 her brother published a poem about that experience which would become one of English literature's most famous and most quoted. The brother and sister were of course Dorothy and William Wordsworth.

***I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils;***

Well we all know the rest don't we?

The daffodils written about by Wordsworth were likely to have been the wild English variety known as *Narcissus Pseudo narcissus*, which is more of a cream colour with smaller flowers. The Welsh have their own variety, believed to be the wild *Narcissus Obvallaris* commonly known as the Tenby variety. This is more yellow and has larger flowers. The daffodils we buy in garden centres today have been cultivated for domestic use over many years, with a tendency to have larger flowers. In England and Wales, the wild varieties grow best in damp woodlands such as Farndale in North Yorkshire.



The plant is thought to have originated in Spain then moved across North African and into Europe before reaching Britain, although when is guess work. Bulbs may even have travelled along the Silk Road with merchants or carried around Europe by pilgrims back and forth along the Camino de Santiago in Northern Spain to give as gifts or for study. It is known that in 1597 there were 24 different varieties in London gardens and by 1630 there were over 100.

As they are a spring flower, they symbolise hope with better, brighter days to come. Noticeably the Marie Curie charity adopted it as its emblem. They are also known as Lent Lilies as they appear before Easter in the Christian calendar and are a symbol of hope. In Islam smelling a narcissus at least once a lifetime helps to drive away conditions such as leprosy and insanity.

Front cover story continued.....

The daffodil was adopted by the Welsh in the 19th century during their cultural revival to go alongside the leek and the Prince of Wales feathers as National symbols. For the Welsh, wearing a daffodil on St Davids Day (1st March) has become a tradition, this largely stems back to the early 20th century. The practice was promoted by Lloyd George the Welsh Prime Minister who actively encouraged it by turning up at events with his daffodil and writing articles encouraging others to follow suit.

The horticultural terms for the varieties use the word Narcissus. This derives from the Greek tale relating to a character called Narcissus. A good looking hunter who rejected all other romantic advances because he was so obsessed with his own reflection in a pool. He eventually pined away and died. Where he died daffodils grew with heads bowing into the water. The dictionary describes a narcissist as a person who has an excessive interest or admiration of themselves. What's wrong with that?

Ancient Greeks used extracts from the plant as a diuretic helping to increase the production of urine and as a cream to heal wounds. However too much on the wound could be fatal, probably useful in some circumstances. The Romans

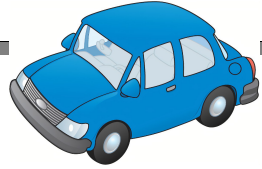
use extracts to make a cream from the bulbs called narcissium, also for treating wounds. This product was used in Tudor and Victorian times and its use even recorded in the 1930s. The bulbs of the daffodil contain compounds called alkaloids. One, galanthamine, can be used in the treatment of milder forms of Alzheimer's disease, although it is not a cure. This type of medication from plants is a growing industry in more ways than one.

The UK is the world's largest producer of daffodil and narcissus cut flowers. The business of growing daffodils adds around £23m p.a. to the country's economy, while the UK also produces about half the world's daffodil bulbs, with exports of 10,000 tons p.a. worth around £7m.

Parts of the above were taken from a BBC Radio 4 programme *Natural Histories/Daffodils*



Driving offences



According to a recent press article, here are a few driving offences some people may not be aware of:

If you are parked with engine off and handbrake on, you are still in charge of the vehicle, which means having had alcohol or using a mobile phone can result in a fine. The keys need to be out of the ignition to avoid this.

Similarly using a phone or having taken alcohol whilst supervising a learner driver will also get you in trouble.

Refusing to lower the volume of your loud in car music when it has been considered to be a nuisance to others can lead to problems with the law which could end with the seizure of your vehicle.

If your exhaust is too noisy you could attract an on the spot fine.

Using a car horn in stationary traffic, for no good reason, can attract a fine of up to £1000. It is still illegal to use it between 11:30pm and 7am.

Using your mobile phone as a sat nav is OK if it is in a cradle. If it isn't and you touch it, this becomes an offence.

Smoking in a car with anyone under 18 years of age is an offence.

Having a dirty unreadable number plate can attract a fine of £1000. Deliberately making it unreadable can, in some circumstances, lead to imprisonment.

Swearing or gesturing at other motorists is a public order offence. More serious threats can lead to imprisonment.

Driving too slow without good reason is an offence.

Staying in the middle lane of a motorway is illegal if the lane to the left is vacant.

Driving through water that results in pedestrians being splashed is driving without reasonable consideration and can result in a fine of up to £5000.

Driving with a pet, usually dogs, without having them restrained or harnessed can get you an on the spot fine of £100. Some insurers will not pay out if accidents are caused by unrestrained pets.

Flashing headlights for any reason other than to announce your presence is an offence. Warning others of a speed camera for example means you are 'wilfully obstructing the police in the execution of their duty' This can lead to a fine of £1000 or a month in prison.

Rosa's moment of fame.

Two weeks ago, I attended our regular weekly swimming group at ROKO'S. After a swim, some aerobics, chat and shower, I slipped and broke my hip. I was unable to move and very wet. Immediately, members of staff arrived and lifted me up. My YCSGT fellow swimmers showed wonderful support and towels arrived to cover me up. The ROKO's First Aider called an ambulance and offered his jacket to keep me warm. My gratitude goes out to all of them.

The ambulance service had indicated two hours, they actually arrived in 30 minutes. On arrival at A&E I made history as the only woman of 96 who ever arrived in a wet swimsuit. I am now home recuperating after having my hip repaired and want to say that my fairly regular attendance at both gym and swimming has made a huge difference to my muscle power, which is still relatively strong. I was able to use arms, stomach and even leg muscles to good effect and astonished the medics.

Thank you, Ray, Jenny and the Trust for these classes and I would encourage you all to make the most of them.

Rosa Schatzberger

The Hullah Family welcomes you to
Tancred Farm Shop.

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01423 330764 www.tancredfarmshop.co.uk
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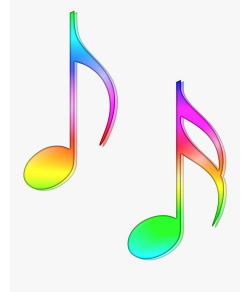
Our coffee shop can supply you with tea or coffee & cake, snacks, or a full breakfast.

Quiz Page



As this spring issue has a nature theme, can you fill in the gaps. They are all song titles. The missing words are all plants. Answers later in this issue.

- 1). Don't Sit Under the -----(5)-----(4) 1942.
- 2). The Yellow -----(4) of Texas. 1955
- 3). Poisoned ---(3) 1959
- 4). -----(10) Fields Forever. 1967
- 5). -----(7) in the Rain. 1967
- 6). -----(4) The Pink. 1968
- 7). Build me up -----(9). 1968
- 8). Son of -----(7) Holler's Tramp. 1968
- 9). One Bad -----(5) 1971
- 10). -----(6) Man. 1972



Can you untangle these anagrams, the answers are all flowers.

- a) GLARMOID
- b) DREAVENL
- c) PROWNODS
- d) HAILAD
- e) MAILLIWTWEES
- f) WROSEFUN
- g) MIREPROS
- h) LIMPERPEN
- i) THAGSHIDEN
- j) SWELEDSIE.



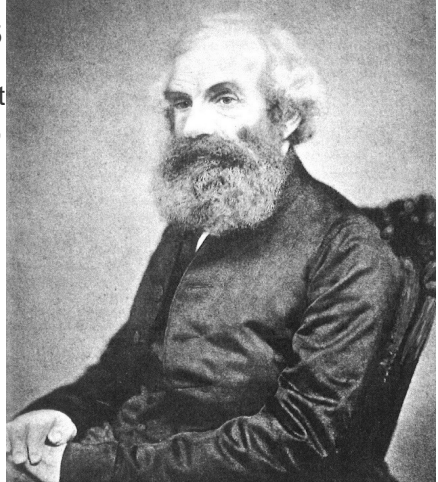
Meet the locals



No 9 JAMES BACKHOUSE

James Backhouse moved to York in 1815 at the age of 21 and at one time lived at 92 Micklegate. He was a Quaker, botanist and nurseryman. His grandfather, James, died as a martyr to the faith in Lancaster in 1697. James' father, yet another James, co-founded the Backhouse Bank in Darlington, one of a number of banks that would amalgamate to form the Barclays banking empire.

James studied botany in the North East and learned the nursery trade in Norfolk. On his arrival in York he, with his brother Thomas, purchased the 150 year old Telford Nursery business. This was



located in Toft Green where the council offices are today. The business did well and could soon offer 37 varieties of vines, 31 of strawberries, 170 gooseberries, 129 roses and 125 apple trees.

In 1822 James married Deborah Lowe. After his wife's early death in 1827 he gave more time to promoting his faith including speaking to a crowd at York racecourse. Then followed a voyage to Australia and 10 years of missionary work, although his work started on the journey out preaching to the drunken and violent crew. In Australia, he visited prisons where he tried to improve the conditions of the inmates and was troubled by the way Aborigines were treated. James also visited South Africa where he had similar experiences and concerns about prison conditions.

As well as his missionary work, he found time to collect seeds and plants which he sent back to his brother in York and to Kew gardens, London. In his absence the nursery had moved location from Toft Green to Fishergate as a result of the land at Toft Green being required for York's first proper railway station. He returned to York to find that, in Thomas's care, the nursery had done well. However, in 1845, Thomas died leaving James to continue alone with the business.

In 1853 there was a move to another location. The site of 100 acres on Acomb Road, Holgate was larger than Kew Gardens. The site is now West Bank Park. There they had an Alpine rock garden, 40 glasshouses and plants from all over the world. James also continued his evangelical work making many visits around the country and to Ireland.

Meet the locals continued.....

He gave talks to workers at York Glass works in 1858 and also to the railway wagon works. He was involved in the Quaker school at Bootham and visited Norway three times. James continued travelling addressing audiences into his 70s.

Following the family tradition his son and grandson were also called James. They continued in the nursery business in York contributing to a family connection with horticulture that lasted nearly two centuries. By the 1930s trade wasn't so good and the land was sold off to the council and in 1938 it became West Bank Park.

The Backhouse name lives on in some botanical names for narcissi (daffodils) and a genus (a group of plant species) named backhousia. The family home, West Bank House (pictured), has long since gone, but within the park, part of a rebuilt rock garden and some trees survive.

See; (westbankparkheritagetrust.org) for more information.



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Old Boys of Elmfield College

In his “Meet the Locals” series in Newsletter 124, Jeff Lane provided a pen-portrait of Leslie Skinner who was the first British chaplain to land in Normandy on D-day. Jeff mentioned in passing that Skinner attended Elmfield School in York. But who or what was Elmfield School, and who or what were its old boys?

Elmfield School or College existed from 1864 to 1932 and was quite important nationally. It was a Primitive Methodist college on the outskirts of Heworth overlooking Monk Stray, and was originally called the Jubilee or Connexional College (or School) in honour of the Silver Jubilee of the Primitive Methodist Connexion in 1860 which led to its foundation. The original

1830s “Elmfield Villa” is still there, now modestly called “1 Straylands Grove”, semi-hidden behind a modern 2020s building.



Elmfield has a fairly comprehensive article in Wikipedia, much of which I wrote. Until recently this included a list of Elmfield old boys who had appeared in Who's Who?, but unfortunately this section has now been removed by an editor. I shall do my best to summarize part of this section here.

Elmfield's admissions register lists some 2000 boys entering between 1880 and 1932, that is about 37 per year. Extrapolating somewhat, and allowing for the fact the school started small and then grew, this suggests a total of some 2500 Old Elmfieldians over the school's 69-year life-span. Of these some twenty acquired considerable eminence, of whom Leslie Skinner was one. Others are listed below. They all have Wikipedia pages and I might write more about them some other day. (If anyone fancies researching any of these individuals or other aspects of Elmfield, I shall be delighted to hear from them. I have censuses and many original records to investigate.)

Sir John Tweedy (1849-1924) must have been one of Elmfield's first students. He became an eminent ophthalmic surgeon and was knighted in 1906.

Old Boys of Elmfield College continued.....

Henry George Chancellor (1863-1945) was a radical liberal. He was an MP from 1910 and was actively involved in the English League for the Taxation of Land Values. He later became Honorary Secretary of the pacifist International Arbitration League.

Edward Thaddeus Barleycorn Barber (1865–1948) was a student from Equatorial Guinea who went to Elmfield College ca. 1886/87 before attending Edinburgh University. He was one of the first black people in York and is presumably linked with William N Barleycorn, the first native Primitive Methodist Minister in Fernando Po.

Sir Robert Newbald Kay (1869-1947) was a solicitor and Liberal MP for Elland 1923-4 and Lord Mayor of York in 1925. He became an Elmfield Governor around 1929 and was instrumental in closing the college. He bought the college estate, demolished the college, and sold off the estate as building plots. His son Arthur William Kay (1900-) entered Elmfield in 1911.

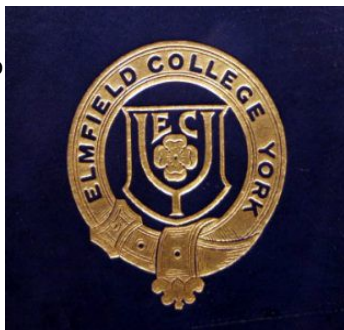
Edwin Smith (1876-1957) was an early Africanist and a specialist on the Ila of Zambia. He and his father were both Primitive Methodist missionaries. Edwin wrote many books. John Young's "The Quiet Wise Spirit" is an excellent biography.

Ben Spoor (1878-1928) was an important Labour Party politician and a member of Ramsay Macdonald's 1924 cabinet. During the Great War he was a pacifist but he served with the YMCA in Salonika where he contracted malaria. In 1918 he became MP for Bishop Auckland, a seat which he held until his death. He was an early publicist and fundraiser for the Save the Children Fund which was founded in 1919. He argued for better treatment of the Germans at Versailles and with Fenner Brockway founded the No More War Movement. He died of drink.

William Gilbert Greenwood (1893-1969) was one of several Greenwoods who attended Elmfield. He became a Liberal politician and is notable for standing in the Ashton-under-Lyne by-election in 1928, which had an 89% turnout - the highest of any Parliamentary by-election in Great Britain. There were four candidates and William came last. His brother, Henry Thomas Greenwood, had stood and lost in the previous two elections in Ashton too. It was the Greenwoods' home town.

Malcolm Stoddart-Scott (1901–1973) was an Elmfield boy and then an Elmfield master. He became a doctor in the RAMC and after the war was for 18 years a conservative MP.

JOHN BIBBY



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Ex Officio

Vicki Cass	01904 725821
Community Cardiology Team Leader	

Please note; Minutes of committee meetings can be seen on the website.

Answers to quiz:

1. Apple tree.
 2. Rose.
 3. Ivy
 4. Strawberry
 5. Flowers.
 6. Lily.
 7. Buttercup.
 8. Hickory.
 9. Apple.
 10. Rocket.
- a. MARIGOLD. b. LAVENDER. c. SNOWDROP. d. DAHLIA. e. SWEET WILLIAM. f). SUNFLOWER. g. PRIMROSE. h. PIMPERNEL. i. NIGHTSHADE. j. EDELWEISS.

My Dad's War

My Dad Jack Smith would have been 100 in 2021. He managed to live to 92 of and for 90 of them he was in tip top condition, cycling, swimming, playing snooker and dominoes on a weekly basis. It must have been the salted beef dripping on bread that did it when he was a young'un in Hunslet, Leeds.

At the outbreak of war, he was 18 years old and with a large band of his mates went to the recruiting centre in Leeds, very reminiscent of the Great War and the Leeds Pals. Dad hoped to join the Navy after the initial medical. He was marched into the room, left, right, left, right and was told by the sergeant to 'Read the chart on the wall from top to bottom'. Unfortunately, he couldn't see the chart. His eyesight was terrible, he had removed his 'bottom of a bottle' type glasses. 'Out' yelled the sergeant and off Dad skulked.

Not to be beaten he re-appeared with another group of mates in another reception area having memorised the chart from top to bottom. Again, he was marched in, left, right, left, right, HALT! The same command was given. Dad read out the chart perfectly, after which the Sergeant said 'Very good, only one problem, the chart's on the other bl**y wall, OUT!'

Dad spent the rest of the war in the 'reserved' occupation of Grocer. He was to be disappointed for many years.


Regards to all and a happy New Year.


Graham Smith.



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On Monday 7th February a long overdue monthly meeting took place at the Folk Hall, New Earswick. This was the first such gathering for members since March 2020, 23 months ago. Would you believe it? The event was well attended with members braving the weather and Covid to hear Dr Simon Megarry, Consultant Cardiologist at York Hospital. Dr Megarry is someone many of us will remember, and be grateful to, for his efforts on our behalf when we needed treatment.

He began by giving us an insight into the difficulties, changes and challenges that had been forced on the hospital and its staff by the Covid pandemic and how it dominated all aspects of their lives. We were reminded that the first cases in the UK were at a York hotel on 31st January 2020, this after China had initially told the world that it was a variation of pneumonia.



Sadly, the first death in the UK was registered on 5th March 2020. Dr Megarry told us how staff faced a sharp learning curve being moved from their familiar surroundings when wards were taken over by Covid patients.

General admissions to the hospital declined dramatically as fear of the virus kept people away. Wards needed converting and staff routines and shifts changed, often, at short notice. A global shortage of masks, and other personal protective equipment, didn't help. He explained that, at the peak, hundreds of staff were absent either with the virus or isolating and all eight cardiac consultants were likewise indisposed. Needless to say, the cardiac rehab team, despite having staff re-deployed, kept a skeleton service running ensuring patients were safe. Face to face classes and clinics ceased with immediate effect. The cardiac rehab and heart failure teams were moved out of the hospital into the community with a base at Clementhorpe health centre. However, he also gave us good news, especially about the advances in diagnostics. Of particular interest is the fact that York hospital has now got access to CT angiograms, thus reducing the need for more invasive procedures.

Monthly meeting continued.....

A new angiogram lab is being built at York to eliminate the need to travel to and use the facilities at Hull and Leeds. Another change forced by Covid, we were told, is the way we now communicate with health professionals.

Not everyone will be content with video and telephone calls, but they are here to stay and Dr Megarry did give a convincing argument in their favour for many cases. For example, you would be safer from infections with no travelling or parking charges. He also mentioned that even video and phone calls to a doctor are possible while you are away on holiday! Advances in communications between cardiac teams and local GPs using e-mail was also highlighted where the GPs can ask for advice and guidance directly to the cardiologist.

Up next was Vicki Cass, Community Cardiology Team Leader. Vicki informed us of the way the nursing staff have had to face changes to their roles and routines over the last 2 years. As previously mentioned, classes ceased in March 2020 and no restart date has been given. Some cardiac rehab staff were redeployed to Covid wards as recently as January this year. The cardiac rehab team have not been able to go onto the wards as before to promote cardiac rehab and now have to support patients more remotely.

Vicki explained that even though the benefits of going on the wards to see patients were lost, other benefits evolved particularly the advantages of working more closely with other teams in the same building.

Vicki told us of their efforts to communicate with patients at this difficult time including the production of a series of short health education videos. This was in Lockdown at a time when none of the participants were able to get a suitable haircut! Hopefully when the next updated videos are produced, they will all feel more presentable. We were informed of some advances in the way technology now helps the nurses in their work.

These include; a national data base that can be fed local information and consequently give out useful statistics collated nationwide and also a new system which provides better and quicker access to GP's notes. Again, we were reminded that zoom or video contact with heart patients is here to stay.

Vicki shared her hopes for the future, these being, seeing patients face to face within 10 days of discharge providing guidance and reassurance, performing physical and functional tests and then doing a similar review 3 months later. She concluded with an explanation of what is available for psychological support, often necessary after heart events.

Next up was Nicky Cockerill, Senior Cardiac Rehab Physiotherapist. Nicky emphasised the need for us all to keep active during these difficult times to reduce the gradual deconditioning and decline in muscle function.

Monthly meeting continued.....

This also affects fitness and balance which can creep upon us not necessarily just due to the aging process. She also pointed out that keeping motivated during lockdowns might have been difficult for some. At this point Ray Schofield's sterling efforts to keep us all active via Youtube, blogs and DVDs got a well deserved mention. Nicky went on to promote purposeful brisk walking or moderate circuits for 150 minutes of cardiac related exercise per week, indoors or outdoors, as being a good guide.

Walking alone doesn't reduce our falls risk though and specific balance and strength training is really important particularly with advancing years. She also gave good advice on how to sit down and stand up slowly. Repeatedly putting body weight through our legs. Being too sedentary in life doesn't end well.

We were also reminded of the importance of maintaining good strength and balance with at least two sessions per week by way of simple exercises that can be done at home While waiting for the kettle to boil for example. This could take the form of a one leg stands and wall press ups. The presentation ended with a brief question and answer session followed by tea and coffee. Thanks to all the NHS team who gave up their time to prepare and present an interesting and informative presentation. Their efforts and time were well appreciated by all present.

For the cardiac rehab videos see; www.yorkandscarboroughteachinghospitalsnhsfoundationtrust.com – Cardiac rehab (in A - Z of services).



York Vintage Dance Group

The York Vintage Dance Group have kindly handed over yet another donation to our cause. We are grateful to Stephen Mallinson (pictured with Jenny our treasurer) and his team for thinking of us when they raise funds at their events. The total of funds raised spread across a number of local charities is approaching £5,000. However, fundraising is only a part of what they do. They are a community dance group, who promote, demonstrate and teach adult dance classes. They cover dances from the 1920's, 1930's, 1940's and 1950's, also providing songs and live music to suit the period.



York Vintage Dance Group continued.....

The group organise themed dance nights, social evenings, outings and public displays around the York and Malton area. They even organise hen parties where dressing up in period clothing for photographs is all part of the fun. An important aspect of their activities is the time they spend with schools helping children to understand the social history of the period they are studying as part of the curriculum. As well as live music, their services on offer include the supply of a range of period equipment including the appearance of vintage cars.

For schools or other WW2 events they supply sandbags, flags, posters, bunting, magazines and photographs.

For afternoon teas; cutlery, china, cake stands and tablecloths. For dance nights; a public address system, posters and flags.

So why not give dancing a try? It has both physical and mental health benefits. For more information go to; www.yorkvintagedance.co.uk or telephone 07949144313 or 07763698445

