

YCSG TRUST

York Coronary Support Group

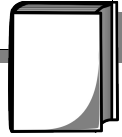


Registered Charity No. 1011149



Newsletter No. 126
Summer 2022

Front Cover Story



The front cover this time is of course the Shambles. Who could have predicted that we would be displaying the flag of Ukraine so prominently around York including the Mansion House (see picture). Since the last newsletter the situation has got much worse. The terrible

destruction of their towns and cities has shocked the world.

Surely in the 21st century even the Russians could have treated the innocent besieged citizens better and put in place some

agreement of evacuation especially for Mariupol. If I was putting pen to paper to come up with some agreement for evacuation, I would come up with something like this; *.....All citizens, gentlemen, residents....and every other person within the city, shall at any time when they please have free liberty to move themselves, their families and goods and to dispose thereof and of their estates at their pleasure.....either to live at their own houses or elsewhere and to enjoy their goods and estates without molestation and to have safeguard for that purpose, so that they may rest quietly at their abode and to travel freely and safely.....That no building be defaced, nor any plundering, nor taking of any man's person or any part of his estate.....*

Impressed by my handiwork? Well don't be. This was taken from the agreement drawn up in 1644 between the Parliamentary armies of Fairfax and Cromwell after their victory at Marston Moor and the defeated royalists who then had to vacate the city of York. It was the terms on which the surrender of the city by the royalists and anyone who wanted to leave, was to be conducted. That was 378 years ago. In the words of the song by Peter, Paul and Mary '**Oh when will they ever learn?**' This song was first published by Pete Seeger in 1955, ironically the melody inspired by a Russian Cossack folk song!



Editor's ramblings.



Hello Everyone,

The theme for this edition of the newsletter is immigration. Two reasons for this, firstly our monthly meeting in March focused on the Irish in York and the reasons for them coming here in the 19th century. (see report later) Secondly, we have all witnessed and been horrified by the plight of the Ukrainians, especially women and children fleeing their country to somewhere safer.

York has a long history of people coming from distant lands. Not all have been welcomed with open arms in the past. Today we think of the typical immigrant as crossing the channel having set off from North Africa or the Middle East after paying criminals for the 'privilege'. Nearly 2,000 years ago it is likely that Roman York would have seen men and women here from those very same parts of the world having joined or travelled with the Roman army.



Then we get Saxons from Northern Europe followed by Vikings from Scandinavia. As if that wasn't enough, we then get thousands of Normans from France. One of them, surprisingly not called Norman, was Robert de Mortain who manages to own two stalls in the Shambles by 1086 according to the Domesday Book. He must have been a poser as he is pictured on the Bayeux Tapestry (see Picture) one of only fifteen people on it who can be named. In the Great War the Bar Convent on Blossom Street gave shelter to Belgian refugees. In World War Two, over 2000 French airmen and ground crew were stationed at Elvington airfield with their own squadron. Some stayed on after the war. So, immigration in different forms isn't new to York. Perhaps in the future we will see Ukrainians settle here.

It might seem strange to mention a Russian hero at the moment but I would like the world to know about Vasili Arkhipov (pictured). Vasili was born in 1926 into a peasant family near Moscow. He served in World War Two and later as a submariner. By 1961 he had risen to chief of staff on a Soviet submarine carrying ballistic missiles. In 1962 during the Cuban Missile crisis the submarine he was serving on was located by the US Navy near Cuba. They tried to force the Russians to surface using depth charges and so he was identified.

Editor's ramblings continued.....

Vasili and crew had lost contact with Moscow, were too deep to intercept any other radio messages and so thought that perhaps war had already broken out. The captain was in favour of launching a ballistic missile as was the political officer on board. Vasili in his position could block the launch, which he did. Had the missile been fired there would have very likely been a nuclear war. It is therefore hoped that if the erratic comrade Putin should be reckless enough to order a strike, then it is to be hoped that someone like Vasili would be at the sharp end and see how ludicrous and destructive it would be and refuse to flick the switch.



Do you get frustrated with the 'progress' of the 21st century? Recently our bank closed its York branch, possibly to make way for a cafe, because we need some more of these don't we? Whilst we weren't happy with this, it didn't seem much of a problem at the time. Fast forward to when we need to pay cheques into the account. This can be done at a Post Office which sounds convenient. This entails asking for an envelope supplied to the Post Office by your bank, placing the cheque(s) inside with a completed paying in slip which isn't supplied. Hopefully you still have some at the rear of your cheque book, remember them?

Then you complete the boxes on the front of the envelope with your account and sort code. It is then entrusted to the Post Office hoping they send it off to the bank and not lose it. No receipt is given. If there was to be a dispute or lost envelope, or you made an error, there is no traceability.

Recently the same bank inflicted a £100 limit for contactless payments. More 'progress'? This means that if your credit or debit card is stolen or lost, someone with no morals can continually move around with it spending endless amounts of £99 at various locations until you realise it is missing, report it and the bank manages to block it. This could take some time depending on the circumstances. I contacted the bank and asked them to reduce the contactless limit to £30. Some banks are flexible if you ask. I was told that this was not possible. I suggested this was a major victory for card thieves. Still no joy. I cannot name the bank in question. All I can say is that by closing their branch and inflicting the £100 limit on us, they haven't been very progressive or **cooperative**.

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
Website:
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

Dates for the Diary



Monday May 9th at 7:30pm; Monthly Meeting at the Folk Hall. A presentation by Martin Withers DFC: Vulcan Bomber and the Falklands War.

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.

Donations for St Crux; If you have any bric a brac, (no electricals or clothes thanks), or books, (not large or hardbacks thanks), they can be dropped off at exercise classes at St John on Friday 13th and Monday 16th May. For more information on donations or helping on the day, contact Nick on 01759 304631 or 0751 1169433

Cakes, Buns, Scones, Quiches and Sausage rolls can be dropped off at St Crux on the morning of the 19th before 10am. Cake types required are Victoria Sponge, Lemon Drizzle, Coffee and Walnut (with nut warning), Brownies, Chocolate or Carrot Cake. Butter and Jam for Scones will be supplied on site. If you want your containers back please label them with your name. For more information on food supplies, contact Jackie on 07875 129352.

Monday June 6th at 7:30pm: Monthly meeting at the Folk Hall. Talk by Alison Easton, 'Guess who's coming for Lunch'.

Monday July 4th at 7:30pm: Annual General Meeting

Monday August 1st at 7:30pm: Monthly meeting at the Folk Hall. Talk by Bob Brooks, 'Poppleton Community Railway Nursery'.

Monday September 5th at 7:30pm: Monthly meeting at the Folk Hall. Speaker to be advised.

Thursday 22nd Sept. St Crux Fundraising day.

Thursday 15th December. Christmas Dinner at Novotel. Application form and menu elsewhere in this issue.



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;

The 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

**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 1169433** 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.

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.

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

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.

There may be a limit to class numbers.

For further information contact;

Swimming Organiser: Jenny Cookson on 01347 833260

The Hullah Family welcomes you to
Tancred Farm Shop.

Whixley, York YO26 8BA
01423 330764 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 supply you with tea or coffee & cake, snacks, or a full breakfast.

About the York Coronary Support Group Trust



The information below gives detail of our activities for new members.

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. Tea and coffee is available. Meetings start at 7:30pm. 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.ycsgt.org.uk

Subscriptions:

The subscription 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 were due in March. The committee 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 2 years, 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. 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 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 access to monthly talks and presentations. You are also entitled to subsidised access to exercise and swimming sessions.



In this issue we welcome new members;

Kay Higgins

Doreen Lancaster

Andrew Bailey

Christmas Lunch Order Form



The York Coronary Support Group's Christmas lunch this year will be at the Novotel, Fishergate York on the 15th December. See back page for menu.

The cost is £22 per head for members, £25 for non members includes canapes on arrival and coffee and petit fours to finish.

To facilitate serving on the day, please list the names of each diner with their menus choices (use separate sheet if required).

Name:

Choices:

Name:

Choices:

Name:

Choices:

Name:

Choices:

Address:

Phone Number:

Please return this form with your cheque made payable to

York Coronary Support Group Trust to: Jenny Cookson. 16 Church Close, Tollerton, York, YO61 1QS or you can pay by BACS (bank transfer) if you prefer to a/c YORK CORONARY SUPPORT GROUP TRUST REG CHARITY NO 101114, no. 94153304, sort code 09-01-51 (Santander). Please use your membership number and surname as a reference. All forms and payment to be received by 17th November please.

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 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: _____

Monthly meeting 7th March. The Irish in York, Malcolm Walker.

A revealing presentation on the Irish in York was given to us on the 7th March by Malcolm Walker. He began with Saint Patrick (who else?). The saint famously banished all snakes from Ireland, but he also converted the population to Christianity. Following in his footsteps came Saint Columba and then Saint Aidan who would move to Northumberland and be instrumental in spreading the gospel throughout the North East of England, thus creating an early Irish link.



Malcolm then takes us to North Street next to the Park Inn where there are steps down to the river known as the 'Dublin steps'. So called due to trading links between York and Dublin, both important trading places in Viking days. We were then taken forward in time to the 16th century and Henry VIII's reforms and the establishment of the church of England.

However, Ireland remained Catholic and those not taking on Henry's new religion were seen as traitors to the new cause which would lead to Catholic priests caught practising their faith in England being hung, drawn and quartered as traitors to the crown.

In 17th century Ireland there were land clearances when families were forcibly removed from the land because sheep farming was more lucrative. Not only was there a general movement to the west of Ireland but also forced migration to the British colonies. At this point Malcolm tells that in this period Britain sent more Irish to the Caribbean than Africans.

The Irish who remained found that the easiest food to grow in their circumstances was the potato. The reliance on one crop, as we all know, proved fatal for so many. Potato blight spread throughout the land and crops were ruined.



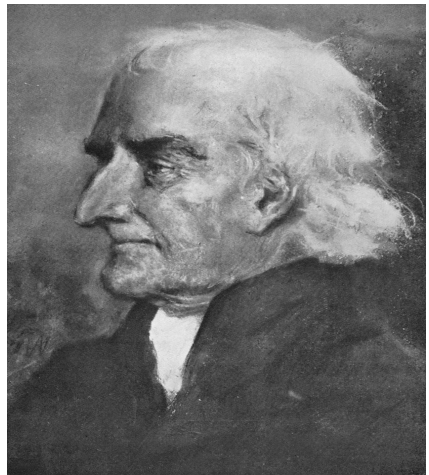
Monthly meeting continued.....

One million died of starvation and there was mass immigration to the United States. In 1847 30,000 Irish passed through Liverpool to cross the Atlantic.(The first person to be processed at the newly built Ellis Island Immigration centre in New York was teenage Annie Moore from Cork in 1892). It is thought that a total of 2 million left Ireland.

The Catholic Irish would be blamed for over-population and Darwin's theory of survival of the fittest was often quoted by those with little sympathy for their plight. The British government of Robert Peel wanted to set up and fund Irish Soup kitchens and contribute £7 million for relief. Unfortunately, there was a change of government and relief was cancelled. This period also sees the costly Crimean War. In addition there was the plantation of Protestants into Ireland, particularly in the North. This creates a situation of conflict between the two faiths that is still with us.

Having set the overall scene Malcolm then focused on York and the part the Quakers played. Because of their reluctance to follow the Anglican form of worship, Quakers were barred from University education and certain other professions. This edged them into business and banking. Locally, William Tuke (pictured) had established the Mount school, the first to teach girls on a level with boys.

Members of the Tuke and Rowtree families went on a tour of Ireland, spending time on the west coast even, witnessing the devastation brought by the famine. After the famine, York received a large influx of Irish many from the Irish counties where the York Quakers had travelled and spoken, County Mayo and Galway in particular, but also Dublin.



Local Quakers established tents on Walmgate stry when there was a clear need for a fever hospital for the Irish sick. By 1861 the Irish born made up 10% of the population of York. They were concentrated around Walmgate, Bedern and Hungate. The Walmgate and Bedern areas were already the poverty areas of York and it is natural that immigrants gravitate to the cheaper housing. Walmgate in particular was a area to aspire to move out of. The road was the route from the cattle market to the butchers in the Shambles and the city. Tanning works, slaughterhouses and fat rendering plants were also in the area.

Monthly meeting continued.....



Blood was commonly drained into open drains, all giving what must have been an unwelcome permanent odour. Walmgate was also a major route into the city from the east and so the road was also lined with stables for visitors. The coming of the railway saw a decline in the area, resulting in unused poor quality redundant buildings that could be used for the housing of families. For employment the Irish relied on seasonal labour work on farms including picking crops especially chicory which at one time was big business to the east of York, especially in the Dunnington and Wheldrake areas. Although the processing was done in the Layerthorpe area, most of the labour was required in the fields to which Irish men would walk every day sometimes for 20 miles and 20 miles back at night. There was a great reluctance to house these people and their families in the villages and because the work was seasonal, there was the constant fear of the parish having to dole out assistance to large families if ever they became in need.

There were also peddlers and the inevitable beggars. Seventy-seven per cent of Irish women were in domestic service in the area. To relieve the visitor of his cash in Walmgate, there was also a great number of public houses frequented by prostitutes and thieves. Even by 1900 the ratio of people to public houses was 174/1. Add to this mix people from outlying areas looking for entertainment and soldiers from the Army base at Fulford and you have an area unlikely to be gentrified in a hurry.

The Irish slum areas eventually acquired a reputation for crime and anti social behaviour. The red light areas of York were concentrated in and around the Hungate and Walmgate areas. It is estimated that there were upwards of 400 houses of bad character or ill repute in the area. Prostitution is an age old problem and York with a large army base couldn't escape it in the 19th century, although very few Irish women walked the streets. In this and other matters such as the welfare of infants, the Catholic church was very influential amongst their Irish flock and were to be heavily involved in children's education as it still is today.

The fact that in 1841 Ireland had a population of 8.1 million, and that in 1961 it was down to 2.8 million, gives a clear idea of the impact of the famine and the subsequent movement of the Irish to other parts of the world. A significant number of people around York can, no doubt, trace their ancestry back to the Irish influx of the 19th century.

Quiz Page



Here are 20 clues to people who for various reasons migrated to the UK, or are the offspring of people who migrated to the UK. Can you name them? (answers later in this issue).

- 1). Born Farrokh Bulsara in 1946 in Zanzibar. Lead singer of successful band. Died 1991.
- 2). Born 1921 Corfu. Played polo, drove carriages, married quite well, prone to gaffs. Died April 2021.
- 3). Born Brooklyn 1854. Married into British aristocracy gave birth to British Prime Minister.
- 4). Born 1983 in Somalia. Won Olympic gold medals for Britain in long distance track races in the 2012 Olympic games in London.
- 5). Born 1685 in Halle (Germany). Composer of 'Music for the Royal Fireworks' and 'Water Music.'
- 6). Born 1969 former leader of the Labour Party. Parents Polish Jewish refugees.
- 7). Born 1888 in St Louis (USA). Poet, essayist, playwright. His poem about cats inspired a musical.
- 8). Born 1885 in Lithuania. Arrived in UK 1900. Famous for menswear with a chain of shops and HQ in Leeds.
- 9). Born 1879 in Germany. Physicist, developed the 'Theory of Relativity'. (no, me neither)
- 10). Born 1933 in Italy. Architect, designed Pompidou Centre in Paris and the Millennium Dome, London.
- 11). Born 1859 in Belarus to Polish Jewish parents. Opened Penny Bazaar in Leeds 1884, now a large multi national chain of stores.
- 12). Born 1650 in the Netherlands. Arrives England 1688 to take the throne from James II.
- 13). Born 1818 in Germany. Author of the Communist Manifesto.
- 14). Born 1906 in Ukraine. Heavily involved in early television particularly ATV and Sunday Night at the London Palladium.
- 15). Born 1922 Berlin. Moved to UK 1933 as refugee from Nazis. Artist. Grandson of Sigmund.....

Spreading the word.

On 24th March at the YHA hostel Clifton, our exercise instructor Ray and cardiac nurse Nancy addressed an audience of Probus Club members. A Probus Club is a local association of retired and semi-retired professional and business people.



Ray began by giving some detail about the YCSGT, its foundation and what we do keeping former heart patients active via exercise classes and also playing a part in prevention of heart issues, therefore membership being open to all. He explained how his classes cater for all levels of fitness and mobility with seated exercises where appropriate.

Then Nancy took the stage and gave the audience a run down of her career and professional qualifications to date This started in London, taking in various roles, including some experience of tropical medicine before moving to York where she became involved in school health. Nancy shared with the audience her in depth knowledge of heart related problems and explained the difference between heart attacks, heart failures and cardiac arrests. We were all advised to check our pulse regularly, watch our diet and weight and were reminded that we are never too old to start exercises. Anything from attending classes to performing simple exercises around the house. Gardening, walking and climbing stairs can all be of benefit.

Nancy then put forward the case for balance exercises, (designed by two foreign students at York St John University before the first lockdown), to help protect us more against trips and falls which cost the NHS £4.4billion each year. A quarter of a million people are hospitalised each year as a result of a trip or fall. Nancy tells us that two thirds of hip fractures in the over 65s don't fully recover.

Spreading the word continued.....

A general discussion followed regarding the use of defibrillators, their 10 year battery life span and how easy they are to use.


Ray takes the floor again to talk about his journey via his qualifications at degree level to his current role taking classes. He explained the need to produce a DVD at short notice when his classes were not operating during the pandemic, (which is now available to download from the YCSGT website) and how he also produced a YouTube video which can also be viewed. He then read out a list of the most common reasons given for not exercising (and no doubt most of us have used them at some time). This was followed by a list of reasons why exercise is good for you according to the NHS and how it can reduce the chances of succumbing to a number of diseases as well as depression. The latter being more of a concern following recent lockdowns.

A question was asked about the safety of members when attending the classes. Ray explained the precautions taken, the presence of a cardiac nurse and more recently precautions against the spread of Covid and that the YCSGT has an excellent safety record stretching back many years. The audience were then talked through the routine of the exercise classes starting with the taking of the pulse, the warm up, exercises at the appropriate personal level, the warm down and the second pulse check. To conclude Ray explained the joining process and costs for potential new members. A vote of thanks was given and the audience showed their approval for Ray and Nancy's presentation.




STK

PLUMBING & HEATING

 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	 safe REGISTER 304376
--	--	---

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.

After you have finished reading this issue, do you know anyone who you could pass it on to? Or somewhere you could leave it to be picked up?

Meet the locals



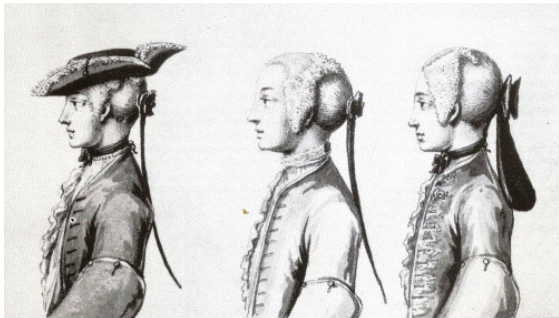
No 10 Joseph Rougier

No picture of the subject this time I'm afraid. Following on from the immigration theme, the 'local' this time is Joseph Rougier. He arrived in York in 1794, his family originally came to England in 1686 and set up hairdressing businesses in Newcastle, Liverpool and Sunderland. They were among a large group of protestant Huguenots forced to flee France after Louis XIV had declared Protestantism illegal. It is estimated that around 40,000 fled France at this time for other parts, many settling in England. They were not the first or the last to cross the channel in small boats.



The Rougiers were skilled in horn turning and comb making using horn and tortoise shell to manufacture a variety of products including drinking vessels, flasks, boxes and combs. Joseph operated from the area now known as George Hudson Street and Tanner Row. In York the manufacture of everyday objects from hooves, bones, horns and skins was a natural extension of a large meat industry. The hooves were generally made into glue or used for fertilizer. Comb making from bone or antler has been a feature of life in York since before Roman times, through Anglo-Saxon and Viking periods. The Vikings are known to have had plenty of head lice.

Horns could be fashioned into a variety of utensils by people known as Horners, first mentioned in York in 1309. Only York & London have found evidence of the Horner's trade. They would be made into spoons, drinking vessels, bowls for food, book covers, musical horns, panes for lanterns and crude windows. Horned rimmed glasses would come later. Check out Hornpot Lane off Low Petergate.



By the late 18th century York had a thriving comb making industry, employing at the peak 620 people in 1784. The demand for combs for men and women was at its peak due to the fashions of the period, when even men needed combs to keep their wigs in place. The fashion had been brought to England from France by Charles II after his exile there.

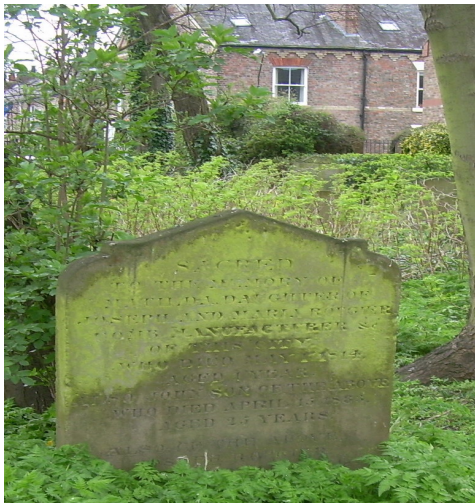
Meet the locals continued.....

York was a centre for Georgian society, the more affluent of the day spent their time here. Dance teachers and wig makers were sought after. However, the first decline in the comb industry came in 1795 when William Pitt's government taxed wig powder to pay for the war with France. Those exempt from the tax were royalty and their servants, professions associated with law courts, clergy and anyone who had two or more unmarried daughters. In this case the parents, more likely to be the father, could apply for a certificate of exemption.

It was also in this period that the West Yorkshire towns were growing & developing with a social scene. Tradesmen moved there to operate without the trade restrictions imposed by the Guilds in York. In 1796 the first patent for a comb making machine had been issued in London and consequently a blow to the York industry came when in the 1800's the new machinery was introduced and factories were set up in the more industrial and less restricted West Yorkshire. Even so there were 89 listed comb makers still in York in 1841

Joseph sent products made in York to Queen Adelaide and Queen Victoria. These included combs and horn shavings which were sent to the royal palaces to decorate empty fireplaces in the summer months. The Rougier business continued after his Joseph's death in 1842.

Properties in George Hudson Street were owned by the Rougier family and let out to their workers. In 1902 they had 50 employees, but only 5 in 1922. The further decline in trade in the 20th century was largely due to the loss of skills after the Great War and the rapid rise in the use of bakelite and plastic. Joseph's factory had been one of the largest of its kind in the country but closed in 1931 after 136 years in business.



Joseph is buried in a family plot in the churchyard of St Mary's Bishophill Senior, with his one year old daughter Matilda, his sons John and Joseph and his daughter in law Ann.

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	Vacant	
Vice Chairman	Des Mahon	07748 824761
Secretary	Vacant	
Treasurer	Jenny Cookson	01347 833260

Committee:

Fund Raising Officer	Nick Longster	07511169433 (nkmhj@aol.com)
Membership Secretary	Jenny Cookson	01347 833260
Entertainment Officer	Jackie McKeivitt	07875 129352
Publicity Officer	Vacant	
Keep Fit Organiser	Nick Longster	01759 304631
Swimming	Jenny Cookson	01347 833260
Minutes Secretary	John Mitchell	01904 764237
Speaker Organiser	Jackie McKeivitt	07875 129352
Newsletter Editor & distribution.	Jeff Lane	01904 414476 (jtl1950@hotmail.com)

Trustees:

Tony Fletcher	01904 264877
Des Mahon	07748 824761
Jenny Cookson	01347 833260
Nick Longster	01759 304631

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. Freddie Mercury. 2. Prince Philip. 3. Jennie Jerome (Lady Randolph Churchill). 4. Mo Farah. 5. George Frederick Handel. 6. Ed Miliband. 7. T S Eliot. 8. Montague Burton. 9. Albert Einstein. 10. Richard Rogers. 11. Michael Marks.(M&S). 12). William III. 13). Karl Marx. 14). Lew Grade. 15). Lucian Freud.

2022 Christmas Lunch
Novotel, Fishergate, York, YO10 4FD
Thursday 15th December – 12 noon

MENU

STARTER

Parsnip & celeriac soup (V)

Garnished with carrot and parsnip crisps



Traditional prawn cocktail

Juicy king prawns with avocado served on a bed of baby gem lettuce, topped with Marie Rose sauce

Chicken liver pate

Served with a mixed fruit chutney and toasted ciabatta

MAIN COURSE

Traditional roast turkey

A fresh turkey escalope rolled and stuffed with brandy and apricot stuffing, served with all the trimmings and finished with a rich onion gravy



Roasted Salmon

On a bed of wilted spinach served with asparagus and baby potatoes, hollandaise sauce and topped with samphire

Mediterranean inspired Tagine

Full of the flavours from the Med made with arrabiata sauce

DESSERT

Traditional Christmas pudding with lashings of brandy sauce

Chocolate orange mousse, with a shot of Baileys and a homemade shortbread biscuit



Selection of Yorkshire cheeses

Served with crackers and chutney, fruits and nuts