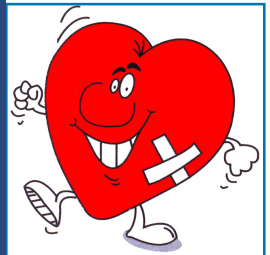


Cardiographic

Newsletter

DECEMBER 2011



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Manager's festive message

Dear Member

There have been many times during this year when I thought we might not manage to survive to the end, but as Christmas draws near it would seem that we have every chance of managing to do just that. Clearly things have not always been as we might have wanted, but I do know that all the staff and volunteers have done their very best to ensure that members have continued to receive a safe and enjoyable session each week. I am so sorry that it was necessary to close, at least for the time being, the Wednesday evening session. I hope that all concerned have managed to settle into their new session and are beginning to find their feet.

The last session this year will be the evening session on Thursday 22nd December. We will then be closed for our normal two week period, kicking off again on the morning of Monday 9th January 2012. I hope that Christmas and the New Year bring you all health, happiness and personal peace. These things are without price and so often we take them for granted until one of them is at risk. Keep warm and safe and sincere good wishes to you all at this special time of year.

Yours,
Gill Robinson Manager



Charity for 2011

This year's charity the Berkshire, Oxfordshire and Buckinghamshire Air Ambulance was presented with a cheque for £433.20 and a collection



box which we later learned contained £95.50.

Charity for 2012

Next year's charity is **Diabetes UK**. There is an excellent display in the Foyer to raise awareness of the work undertaken by this organisation.



The challenge ahead is to improve on our generous donation this year. Please start putting your loose change in the collection boxes provided.



Autumn Craft Day

The craft day dawned and people started coming in well before the 10am start. They kept coming and coming and the whole building was crowded with crafters. I can only say that the numbers well exceeded 150 but as we ran out of tickets I am unsure of the exact number. Our trusty band of demonstrators set up their stalls and worked solidly throughout the day, most carrying on through their lunch break. As usual the kitchen was bursting at the seams with every type of cake imaginable, all provided by group members. The catering staff worked solidly until they took a well earned break for $\frac{1}{2}$ hour. There were lots of crafters who came from group, but there were also many more who had heard about us from other craft groups. The feedback on the day was mainly positive, the main complaint was that we didn't have more craft days! I don't think they realised how hard everybody worked to make their day so enjoyable. I would personally like to take this opportunity to thank all those who so readily gave up their time, craft materials and cakes to make the day so successful. We raised just over £1158.00 and out of this £100.00 was donated to the Air Ambulance, our designated charity for the year.

The next craft day is 24 March 2012. This will be on an Easter theme and we hope to see you there.

Mary Owen (Wednesday)



Welcome to the following new members

I am sure you got a very warm welcome from the session you are joining and hope you are enjoying the benefit of the exercise.

Tuesday Evening

Alan Bennett, Kathleen (Kath) Thompson.

Wednesday Morning

Elsie Foster, Derrick Harris, Ruth Clarke, Beverley Seale, Betty Spaven.

Wednesday evening

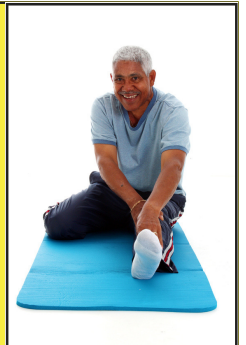
Jack Furguson

Thursday Morning

Mike Balwin, Mick Haynes

Thursday Evening.



Jennifer Green, Stephen Koch, Bill Horwood, Beverly Withers



Christmas Greetings TV Quiz

To celebrate the twenty-fifth of December, we give here twenty five sets of initials, each being 'shorthand' for a new or old *British* TV programme, broadcast by ITV, BBC, Channel 4, or Channel 5, etc. For example, given 'NTNON', we hope you would soon come up with the old BBC2 programme 'Not The Nine O'clock News'. You may have to wrack your brains a little, but we're sure you know *all* the programmes! Good puzzling and a merry Christmas.

CCH CMB CDWM
 HGTTG ATGB ROTB

RSC	RN	AYBS
IDKYC	DAP	CFWM
SMDAE	SOTC	KUA
TTMB		EDC
MPFC	ASAJ	RAH(D)
AFR	NMTB	SAS
SOHM	DODG	

Answers in the next edition after you have enjoyed the festivities.

Thanks to Roger Myers (Wednesday morning) for supplying the quizzes during the year.

AGM 2011

This year's Annual General Meeting (our 20th since the group started) took place on 28th October. We began with the presentation of a cheque for £433.20 to Mick Boyden who was representing our chosen charity for 2011 the Berks, Oxon & Bucks Air Ambulance. We also gave Mick a collection box we'd been filling which later turned out to contain a further £95.50. As you'll know MKCCG doesn't receive any outside funding so we continue to raise money to keep our own group running. However, in response to members' requests in the past we also donate money raised at specific events each year to another health-related charity. Our chosen charity for 2012 is Diabetes UK.

We then proceeded to the main business of the evening. The AGM is an opportunity to reflect on the past year, report on the progress of any ongoing issues and for members to raise any matters of concern. Each of the Officers gave a report - Chairman, Secretary, Treasurer and Social Committee Chairman. Then Gill gave her Manager's Report. You can read the detail of these reports in the AGM minutes on the Committee notice board. The reports were followed by the election to the Management Committee of Officers to serve for

one year and representatives of each session to serve for two years.

Each year we also discuss the state of our group's finances and whether or not to raise the membership fees. This year Nigel Robinson, our Treasurer, said that given our current operating profit, the level of our investments and the amount of money we have in the bank he found it difficult to recommend an increase in fees, although he would expect an increase in the near future. (Fees were last raised 5 years ago.) In the discussion which followed there was general agreement that as members we receive very good value for money and a very professional service compared with similar groups in other parts of the country. At the end of the discussion it was agreed to accept Nigel's recommendation of no fee increase for the coming year. The minutes contain more detail about this and other discussions we had.

At the end of the meeting we agreed that next year's AGM would be held on Friday 9th November 2012 at Hinton Hall starting at 7.30 p.m. Then we all enjoyed a terrific spread of cheese (organised by Maryann, Katie, Becky and Jan) and wine (organised by John and Joe). Why not come along next year and see all of this for yourself?!
Ernie Taylor, MKCCG Secretary.

The quiz night The quiz night was very well supported, 50 quizzers turned up for the evening. A delicious buffet was provided by all those taking part, sausage rolls, quiches, cream cakes to name a few delicacies. (Don't let Gill know!!) Joe James provided the

questions and Gill the "quizmaster" delivered them in her own original style. We definitely would not be invited to appear on Eggheads but we have much more fun and laughter throughout the evening and to win or lose is equally enjoyable. In total we raised £136 for group funds.

Coming up on the social Calendar

Christmas raffle is well under way £1 per strip of 5 tickets. Lovely prizes to be won - all on display upstairs. Draw to take place on Thursday 15 December.

New Year's Day our usual 2½ hr walk starting from the Three Locks picnic car park on Leighton Buzzard road south of Stoke Hammond at 10:30.a.m Lovely walk along canal tow path up through deciduous woods then into a conifer plantation up through Great Brickhill down bridle path back along canal and then home, hopefully feeling invigorated and ready to face the New Year

Regards John Folker (Social Chairman)

Early February we will have an open evening meeting usually on a Friday starting at 6:30 p.m. You are all welcome to come along, maybe join our committee or put forward a view of how the Social section should be organised. Date to be announced.

Our Calendar for 2012 will inevitably include Quiz evenings, Craft days. possibly a Summer outing and Picnic day, Raffles and finish again with a New Year Dinner Dance (January 2013).

Hope to see you at one or all of the events.

Friday January 20th 2012

Annual Dinner Dance at Jurys Inn, Centre MK. Tickets £24:00 including, welcome drink, hot main meal and pudding, plus dancing to Harmony. This is always a good fun evening. Let your hair down and enjoy. Tickets now available on each session. Partners and friends welcome.

This event ends our Social calendar for 2011.

Volunteers needed

Volunteers required to make tea on a Thursday morning. Are you able to spare a couple of hours on Thursday morning? If so please leave your name and a contact number on 01908 63299 and Gill or Patricia will be in touch with you. Thank you for your interest.

300 CLUB

September 2011 winners were:

Gill Robinson £40 Thursday morning
David Seville £30 Tuesday evening
Derek Shafer £20 Wednesday Evening
Sue Mills £10 Thursday evening

October 2011 winners were:

Jan Brown £40 Thursday evening
Bill Jones £30 Tuesday evening
Brian McRae £20 Tuesday evening
John McKay £10 Wednesday morning

If you would like to join why not see your session's 300 Club representative?

GOOD LUCK

The "and the" musical quiz

Answers to the October

