



Solihull Heart Support Group

Heart Line News

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Reg Charity No 1171677

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Winter 2020

7.15 to 9.00 pm, at the Marie Curie Hospice, Marsh Lane, Solihull, B91 2PQ . Third Wednesday in the month.

No meeting dates available

Notices

Christmas gift for members

In view of the fact that it will be almost a year by the time we will be able to meet again the committee have decided that we will give you a free membership for the year April 1st 2021 to March 31st 2022. We sincerely hope that we will be able to recommence our evening meetings in the early Spring and our exercise classes as soon as is permissible in the new year. We appreciate that it has been a very difficult 9 months for us all but we are looking forward to a Happy, Healthier 2021 for us all.

Thank you to Jayne Wetton

We are sorry to say that we will be losing Jayne Wetton as one of our longstanding exercise instructors. Jayne has now moved her business to an online format and she and her husband Alex have decided to spend part of their time abroad in the future so we wish them good fortune in their new life. Jayne has been an invaluable member of our team for a number of years and her enthusiasm, vitality, good humour and willingness to go the extra mile will be very much missed by us all and especially members of her 2 exercise classes.

Moments (or accidents) that changed history

A melted chocolate bar create the microwave

Percy Spencer was so fascinated by the sinking of the Titanic that he became a scientist. He joined the US Navy trained as a radio electrician, and ultimately became a civilian expert on radar during the Second World War, earning the Distinguished Public Service Award for his work. And he did it all without ever having finished secondary school.

After the war, Spencer worked for Raytheon Manufacturing, a defence contractor. As he was walking near the radar equipment one day, he absentmindedly stuck his hand in his shirt pocket – and found a gooey mess. Spencer often carried a Mr Peanut chocolate bar to feed the squirrels at lunch. He knew enough about radar to suspect that the its heat-producing magnetron waves could be the culprit, but he wasn't sure. So he placed a bag of popcorn kernels in front of the machine – and they popped. Then came a raw egg, which dutifully exploded all over a sceptical colleague's face.

Spencer fine-tuned his discovery with Raytheon and marketed it to airlines, railways, restaurants and cruise liners a “the Radarange” – or as it's known now, the microwave oven. Fortunately, microwave units have come long way since 1947, when they stood nearly six feet tall, weighed 750 pounds, and cost £3000.00. That's roughly £25,000.00 today.

A coconut saves JFK's life

August 2nd 1943, began as a cloudy moonless night in the South Pacific for the 26 year old Navy lieutenant John F Kennedy. As Kennedy and his crew patrolled the Solomon Islands from their boat, PT-109, a Japanese destroyer pierced through the fog and sliced the smaller ship in half. An enormous fireball filled the sky, and two men aboard PT-109 were killed. As Kennedy and ten other survivors huddled around the wreck, they realised they has no choice but to swim to a nearby island. Kennedy a former member of the Harvard University swim team, personally towed one of his comrades with his teeth for five hours through shark and crocodile infested waters to Plum Pudding Island, where they ate coconuts to survive.

After several days, the men flagged down two Solomon Islands natives passing in a canoe, who agreed to take a message to the Allied forces. The dispatch was carved into a coconut shell “NAURO ISL COMMANDER...NATIVE KNOWS POS'IT... 11 ALIVE...NEED SMALL BOAT... KENNEDY”. The islanders delivered the coconut, and the men were soon rescued.

Years later, Ernest W Gibson Jr., a colonel in the South Pacific during the war, surprised the newly elected President Kennedy with a gift. It was the coconut he had carved his message into. Kennedy had it encased in plastic and used it as a paperweight throughout his presidency. Today, it is on permanent display at the John F Kennedy Library in Boston.

A Dog gives the world Velcro

Swiss engineer George de Mestral was a natural inventor. When he was 12, he designed and patented a toy aeroplane. As he got older, he considered nature the greatest inventor on the planet, so he kept his eyes out for naturally occurring phenomena science could imitate. That's where his faithful Irish pointer came in. After a day hiking in the

Swiss mountains, de Mestral noticed that his dog was covered with spiky burs, as were his own trousers. He put the burs under the microscope and found tiny “hooks” at the ends of their bristles that seemingly latched onto most any kind of fur or clothing. Since de Mestral was no fan of zippers – they tended to freeze in the Alpine winter- He spent the next ten years trying to duplicate the burs’ irresistible attraction to his hiking partner. After countless attempts and belly rubs, de Mestral found the right material for his invention: nylon, which was strong enough for the hooks to hold but pliable enough to be separated with the right tug. De Mestral submitted his patent in 1952, and it was approved three years later. He named his invention Velcro. A combination of velvet and crochet, the French word for hook.

Recipes for healthy eating

Fat free mincemeat

- Ingredients** 250mls (1/2 pint) Cider or apple juice
 1lb (450 gms) cooking apples
 4oz (124 gms) soft brown sugar
 1lb (450 gms) mixed dried fruit
 4oz (124 gms) cherries or dried apricots
 ½ tspn mixed spice
 Generous pinch of ground cloves
- Method**
- 1) Heat cider with sugar and spices. Peel, Core and chop apples and add to cider
 - 2) Gently simmer apples in a covered pan until soft
 - 3) Add mixed dried fruit and chopped cherries or apricots and simmer for 15 minutes.
 - 4) Fruit should have absorbed all the Liquid, allow to cool slightly before putting into jars
 - 5) Keep in a cool place until used

You can use any mix of dried fruit e.g. blueberries, cranberries, dates, prunes, mango etc.

Salmon and Caper Croustades

- Ingredients** 7 1/2oz ton of salmon
 1oz capers
 1 oz finely chopped celery
 2 tbsp natural (or Greek) yoghurt
 1 tsp lemon juice
 Dash of Worcester sauce
 2 tbsp chopped parsley
 8 slices of bread
 1 tbsp olive oil
- Method**
- 1) Cut the crusts off the bread and cut into circles with a pastry cutter, brush lightly with the olive oil and press firmly into a bun tin
 - 2) Bake in a hot oven for 10 – 15 minutes or until crisp and golden. Cool on a rack (these will keep for several days in an airtight container)
 - 3) Mix the remaining ingredients together and season to taste. Chill

4) Pile filling into the cases and serve
 This also makes a good filling for vol-au-vents, sandwiches or piled onto slices of French bread.

Some ways to make fresh produce go further

- 1) Carrot tops and celery leaves are edible. The former taste a bit like parsley, while the latter have a aniseed flavour. Chop then throw into the pan with stir-fried veg towards the end of cooking, If your carrots have gone soft, trim and discard the ends, then soak in a bowl of iced water to rehydrate and crisp them up
- 2) If you’re not going to zest citrus fruit, pare the rind into strips and freeze to use another time, perhaps as a garnish in summer drinks.
- 3) Don’t throw away peelings from root vegetables like potatoes, carrots, parsnips and beetroot – they’re the tastiest part! Scrub the whole vegetable first, then peel and toss the peelings in a little vegetable oil place on a baking tray; scatter with a pinch of salt and chilli powder if you have it then bake in a medium hot oven until crisp.
- 4) Beetroot stalks and leaves can be cooked as you would any leafy green. Wash well, then fry with oil and garlic. Stir into pasta or grain-based dishes
- 5) Don’t chuck cauliflower leaves – they can also be cooked like other leafy greens. Cut into thick strips, rub with vegetable oil, season, then roast in a hot oven for 15 minutes or until crisp. They’re great with dips like humous. Don’t neglect the stems either: dice them then cook the same way as the florets.
- 6) Broccoli stems are too good to lose – slice finely and use in stir-fries or any veg soup or sauce. Or use a vegetable peeler to make fine shavings to add raw to any salad.

Four surprising Innovations From The First World War

- 1) Daylight saving time – It wasn’t until the First World War that the world officially adopted daylight saving time. Why? To conserve resources such as fuel and extend the workday for the war effort.
- 2) Trench Coats – While Charles Macintosh invented weatherproof outerwear a century before the First World War, Burberry modernised the design to keep British officers warm and dry. Today, many trench coats come with flaps originally created for securing pistols, maps-even swords
- 3) Blood Banks - Up until the First World War, transfusions were rare, and done by transferring blood directly from person to person. Then Oswald Robertson, a US Army Reserve recognised the need to stockpile blood before casualties occurred.
- 4) Hollywood –With Europe in the line of fire, its film industry has to scale back. That opened the door for the Americans. Hollywood soon made fortunes producing wartime propaganda

Christmas

The Solihull Heart Support Group would like to wish you all a happy, peaceful and safe Christmas and hopefully 2021 will be a much better year. Be kind to yourselves and others