

*www.heartbeateastsuffolk.org.uk*

# PULSE

**HEARTBEAT (East Suffolk) Newsletter**

**Issue : MAY 2016**

**Patron : Dr Irvine B.Sc. (Hons) FRCP**

**Patron : Dr Duncan McNab MB, BS, MPhil, FRACP**

**Founder Member : John Cuckow**



The things you can find on your doorstep on a misty morning (Photography Linda Robinson)

East Suffolk Cardiac Support Group  
Big enough to cope, small enough to care

**HEARTBEAT (EAST SUFFOLK) CHARITY COMMISSION**

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### BED AND BREAKFAST RECOMMENDATIONS

**PAPWORTH HOSPITAL : Jacqui Patching, 14 Back Lane, Cambourne, Cambridge CB23 6FY Tel: 01957 715592 Mobile: 0773 8435 567.** Three miles from the hospital with free transport to and from if required.

**PAPWORTH HOSPITAL : Audrey or Bob Reid on (01480) 831053.** In a village close to Hospital.

**LEA HOSPITAL CAMBRIDGE : Wendy at Rose Cottage, Histon, Cambs. Tel: 01223 563136.** 3-4 minute walk to the hospital but return transport available if required.

## **CONTACTS**

Heartbeat is affiliated to the British Heart Foundation & Arrhythmia Alliance -  
The Heart Rhythm Charity

Cardiac Ward Visit Co-ordinator	Len Tate	(01206) 393292
Editor of Pulse	Carol Nunn	(01473) 253766
Exercise (Ipswich)	Ann Bartlett	(01473) 725590
Exercise (Felixstowe)	Peter & Diane Marriott	(01394) 286037
Treasurer	Michael Farthing	(01473) 714431
Heartbeat/Hospital Visiting	Terry/Jenny Harrall	(01473) 725756
Line Dancing	Tessa Hawes	(01473) 610212
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Membership Secretary	Tessa Hawes	(01473) 610212
Regalia Items	John Biggs	(01473) 710596
Speaker Facilitator	Ann Bartlett	(01473) 725590
Supermarket Collections	Peter/Diane Marriott	(01394) 286037
Swimming	Adrian Cole	(01473) 602484
Ten Pin Bowling	Margaret Cockrill	(01473) 271958
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Travel	David & Doreen Robinson	(01473) 402429
Web Page	Keith Cockrill	(01473) 271958
<b>HELPLINE NUMBER</b>	<b>HEARTBEAT CHATLINE</b>	<b>(01206) 393292</b>

## **ABOUT YOUR MAGAZINE**

Pulse is issued four times annually usually in the first week of each month:

February, May, August and November. Articles for inclusion in the newsletter must be in the hands of the editor **AT LEAST 4 WEEKS BEFORE THE ISSUE DATE.**

The views expressed in the contributions to the newsletter are not necessarily the views of the editor or the heartbeat committee. The editor has the right to edit all letters or articles sent in for publication.

**All correspondence relating to this newsletter should be forwarded to:**

**The Editor: Carol Nunn, 31 Wroxham Road, Ipswich, IP3 0PH.**

**Tel: (01473) 253766 or e-mail carol.nunn1@yahoo.co.uk**

## **CHAIRMAN'S REPORT**

As I write the daffodils are nodding their heads and the tulips are coming into bloom, spring at last. The weather remains unsettled but next week the children go back to school following their Easter break so I'm crossing my fingers for some prolonged sunshine.

Tessa continues to make good progress following her knee replacement and I shall soon be able to hang up my apron!

You will be aware that by the time you read this we shall have come to the end of another financial year and you can read Michael's comments on the next page.

Our AGM will, as usual, be held at the June meeting where full details of the Heartbeat accounts will be reported and any questions you may have can be addressed. It is important that as many members as possible attend so you can voice any opinions you have on the accounts or any other issues you may wish to raise so I urge you to use this opportunity to do so.

In this edition of the Pulse you will find a voting slip for election of the Committee. Please refer to the list of current committee members on page 7 and complete the form with your choice of candidate and return to Tessa.

**TONY**

## **HEALTHY FOODS FOR HEALTHY THOUGHTS?**



Two sisters, Sally and Mary, were shopping in the precinct when they stopped at a health-food stall. As they looked onto the display of seeds and pulses etc., the young man at the counter asked if he could help them. Without thinking Sally blurted out "No, I'm just looking at your nuts." Mary started to laugh hysterically. The young man turned beet-red and walked away, and at every family gathering they bring up Sally and her nuts.

### **DON'T FORGET TO USE OUR CO-OP CHARITY NUMBER 1946**

To use this number you need to use your own dividend card first and then ask the assistant to transfer the dividend to the Heartbeat Number 1946

## **TREASURERS REPORT**

The end of March saw the end of our financial year and I am pleased to report that our finances are in good order. We have been able to continue subsidising all of our regular activities designed to provide mental and/or physical needs to members requiring support.

I would wish to thank all the people who send donations, these come in many ways; in memory of loved ones, in lieu of presents on anniversaries etc. Our monthly meeting draw that is organised by Penny, the “Bigg’s Bargain stall” run by John and the books and puzzles corner attended by Dorothy, Margaret, Betty and Pat.

Also, a heartfelt thank you to the public face of Heartbeat; the unsung heroes who stand in supermarkets etc. with collecting buckets and to Diane and Peter for arranging the venues.

Finally, thank you to all the kind people who believe in what “Heartbeat” does to help heart patients and wants the group to survive and prosper. I look forward to another successful and rewarding year to come.

**MIKE**

### **100+ Club winners**

February	Mrs Y Wood	£52.00
	Mrs D Keene	£26.00
	Mr A Brigg	£13.00
March	Mr R Wheeler	£50.80
	Mr R Mileham	£25.40
	Mr J Snow	£12.70
April	Mr R Kirby	£50.40
	Mrs R Potter	£25.20
	Mr A Nicholls	£12.60

## **FOR ALL SONS AND DAUGHTERS**

Never make fun of having to help parents with computer stuff.  
Remember they taught you how to use a spoon.

## SUDOKU

	7							
3				2	7		4	
			6	9	3			8
		9					6	5
	6	4		3				
	2	7						
							9	
	8		9			2		7
		6	8				3	

### NURSERY RHYMES FOR OUR TIMES



Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall. The structure of the wall was incorrect - so he won £10 grand from claims direct!

It's raining, it's pouring.... Of course - it global warming.

Mary had a little lamb it ran into a pylon, 10,000 volts went up it's bum and turned its wool to nylon.

Georgie Porgie pudding and pie kissed the girls and made them cry, when the boys came out to play he kissed them too 'cause he was gay.

Jack & Jill went into town to fetch some chips and sweeties. Now he can't keep his heart rate down and she's got diabetes.

## **HEARTBEAT COMMITTEE**

The elected Trustees/Management Committee have been appointed to manage the charity (Heartbeat East Suffolk) until June 2016

President (Life)	John Cuckow	
Hon Vice-President	Len Tate	23 Sycamore Way, Brantham, Manningtree CO11 1TL (01206) 393292 e-mail: len.Tate@hotmail.co.uk
Chairman	Tony Hawes	18 Cambridge Road, Kesgrave, Ipswich IP5 1EW (01473) 610212 e-mail: hawes483@btinternet.com
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Treasurer	Michael Farthing	6 Medway Road, Ipswich IP3 0QJ (01473) 714431
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Member I/C Regalia	John Biggs	48 Mildmay Road, Ipswich IP3 9PG (01473) 710596 e-mail: J.BIGGS1@sky.com
Member	Dorothy Hammond	35 Wallers Grove, Ipswich IP2 0LN (01473) 403694 e-mail: cchammond@outlook.com
Member	Patricia Fountain	14 Adelaide Road, Ipswich IP4 5PR (01473) 729326
Member	John Hart	449 Landseer Road, Ipswich IP3 9LT (01473) 421948 E-mail: lindajohnhart@gmail.com

**AS TIME GOES BY**

Today is the oldest you've ever been; yet the youngest you'll ever be, so enjoy this day while it lasts.

Your kids are becoming you - and you don't like them, but your grandchildren are perfect.

Going out is good - but coming home is better.

The 5lbs you wanted to lose is now 15lbs and you have a better chance of losing your keys than the 15lbs.

Your mother said "Put on clean underwear in case you're in an accident." Now you carry clean underwear in case you have an accident.

What used to be freckles are now liver spots.

Now that you can afford expensive jewellery, it's not safe to wear it anywhere.

***HEARTBEAT MEMBERS ONLY - HOSPITAL TRANSPORT***

**If you require help with your Hospital Transport Needs, or wish to help by giving lifts to others in Heartbeat please contact:- Ross Taylor, 32 Low Road, Debenham, Suffolk IP14 6QU.**

**Tele: (01728) 860412 or e-mail: Rsr.Taylor@btopenworld.com**

**To volunteer please ring Ross or complete and send the form below to him:**

I am willing to give lifts to members requiring transport for:-

Local Hospitals Yes/No

Longer distance hospitals Yes/No

I am willing to have my 'phone number given to other members Yes/No

Name: .....

Address: .....

.....

Post Code: ..... Tele: .....

Signed: ..... Date: .....



## THE GARDENER'S HYMN

All things bright and beautiful, All creatures great and small  
All things wise and wonderful, The Lord God made them all  
But what we never mention, though gardeners know it's true,  
Is when He made the goodies, He made the baddies too.

All Things spray and swatable, Disasters great and small  
All things paraquatable, The Lord God made them all

The green fly on the roses, the maggots in the peas,  
Manure that fills our noses, He also gave us these.

All things spray and swatable etc.



The fungus on the goose-gogs', the club root on the greens,  
The slugs that eat the lettuce and chew the aubergines

All things spay and swatable etc.

The drought that kills the fuchsias, the frost that nips the buds  
The rain that drowns the seedlings the blight that hits the spuds

All things spray and swatable etc.

The midges and mosquitoes, the nettles and the weeds  
The pigeons in the green stuff, the sparrows on the seed

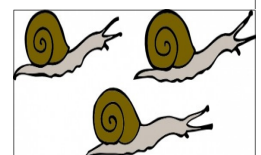
All things spray and swatable ect.

The fly that gets the carrots, the wasp that eats the plums,  
How black the gardener's outlook, though green may be his thumds

All things spray and swatable etc.

But still we gardeners labour mides vegetables and flowers,  
And pray what hits our neighbours will somehow bypass ours

All things spray and swatable. Etc.



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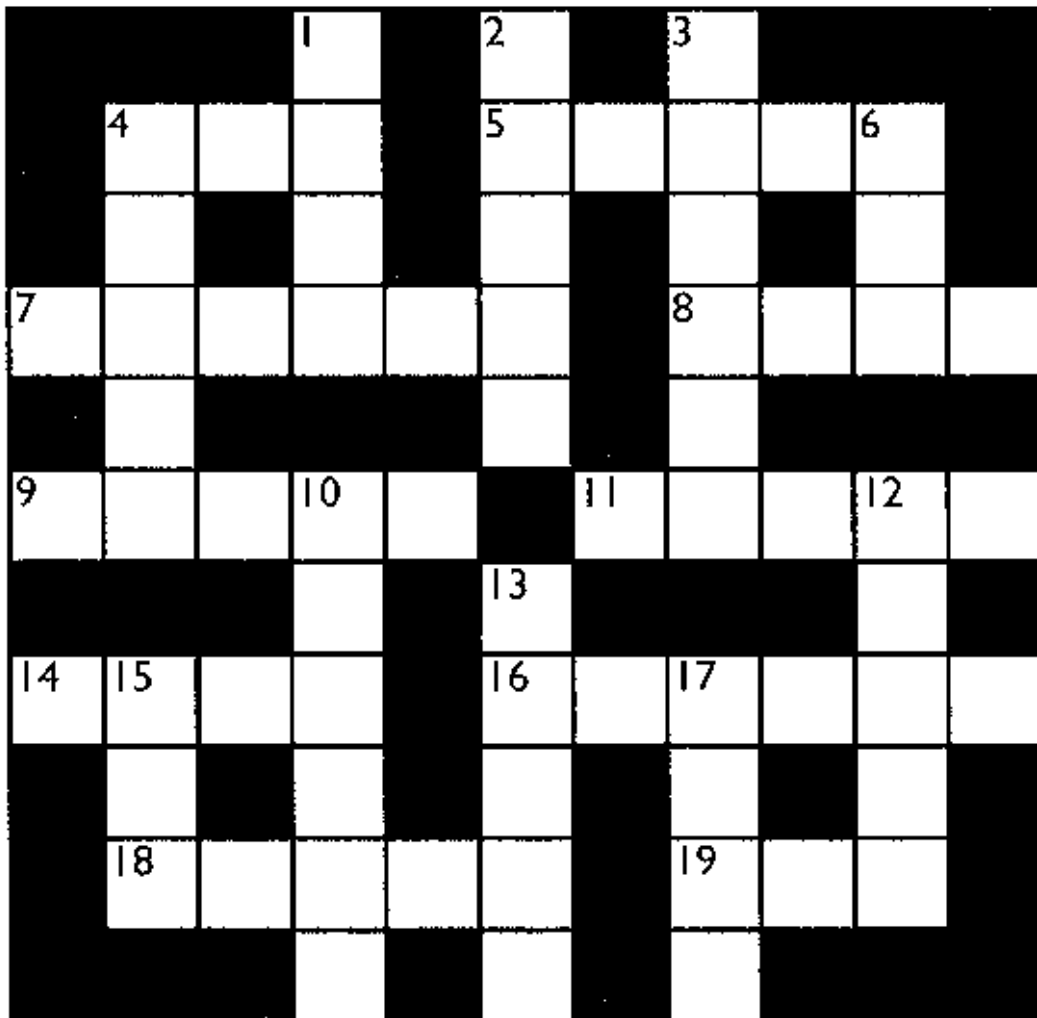
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## CROSSWORD - Answers on page 27



### Across

- 4 Jewel (3)
- 5 Foot joint (5)
- 7 Hand over (6)
- 8 Forbidden (4)
- 9 Native New Zealander (5)
- 11 Italian goodbye (5)
- 14 Listed article (4)
- 16 Dilapidated old car (6)
- 18 Style of architecture (5)
- 19 In poor health (3)

### Down

- 1 Among (4)
- 2 Bristles (5)
- 3 Glided on ice (6)
- 4 ——— Garbo (5)
- 6 Recede (3)
- 10 Comment (6)
- 12 Urge on (5)
- 13 Drive out (5)
- 15 Spread grass (3)
- 17 ——— Lane, comic heroine (4)

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Staff members from Ravenswood Doctor's Practice have once again have chosen Heartbeat East Suffolk to be recipients for some of their fund raising activities in 2015. Our thanks go to everyone who donated to our charity. L/R Sally Harris ,a nurse at the practice, Sue Rivers, Health Care Assistant and Michael Farthing receiving a cheque to the value of £795.00.

## **MONTHLY MEETING DATES AND SPEAKERS**

### **COMMENCEMENT OF MEETING at 7.30 p.m.**

Members' Meetings are held at the Kesgrave Social Club, Edmonton Road, Kesgrave, Ipswich, IP5 7HD usually on the first Tuesday of the month. All members are welcome.

### **Future dates and speakers**

2016	3rd	May	Linda Scoles	Name that Tune
	7th	June	Social Evening	AGM
	5th	July	Mrs Sylvia Hawes	Guide Dogs
	2nd	August	Mrs Susan Morgan	British Bats
	6th	September	Mr Ken Stone	A Royal Year
	4th	October	Chris Parfitt	Realm of the Polar bear Svalbard Islands
	1st	November	TBA	
	6th	December	Gill Nicholls	Christmas Entertainment

I try to find speakers on various topics to accommodate the many tastes of the listeners. If you can suggest speakers that you may have heard of or listened to I should be glad to have your input.

**ANN BARTLETT**

### **THINK ABOUT IT!**

The difference between stupidity and genius is that genius has its limits.

If you think nothing is impossible; try slamming a revolving door.

A mind is like a parachute; it doesn't work if it's not open.

Stop worrying about the world ending today. It's already tomorrow in Australia.

A balanced diet means a cup cake in each hand.

Always remember you're unique; just like everyone else.

My wife and I lived happily for 20 years; then we met.

Newspaper ad:- Parachute for sale; used once, never opened!

Energizer bunny arrested; charged with battery.

I love asking kids what they want to be when they grow up because I'm still looking for ideas!

## REGULARLY HELD ACTIVITIES

### MONDAY CLUB 1.30 p.m.

Kesgrave Social Club, Edmonton Road,  
Play Board Games, Dominoes etc. or just a chat.  
Session **£1.50** incl. Tea/Coffee and biscuits  
**Tessa Hawes (01473) 610212**



**SOCIALISING IS GOOD FOR YOUR HEART**

### EXERCISE MONDAY 6.00-7.30 p.m.

#### EXCEPT BANK HOLIDAYS

Maidenhall Sports Centre, Maidenhall Approach  
Ipswich IP2 8NZ Exercise for members,  
partners or their carers. Sessions **£4.00**

**Ann Bartlett on: (01473) 725590**

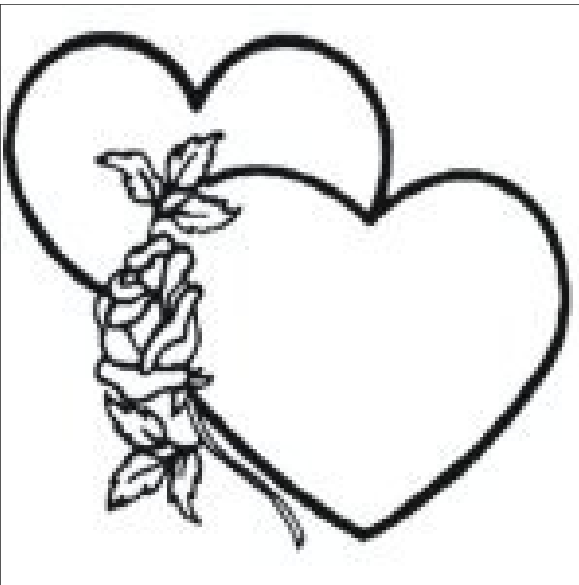
### EXERCISE - WEDNESDAY 4.30-6p.m.

Felixstowe Leisure Centre, Undercliff Road  
West, Felixstowe Exercise for members,  
partners or their carers. Sessions **£4.00**

**Peter/Diane Marriott (01394)286037**

**Mob: 0797 4756 498 (Peter)**

**Mob: 0781 7294 283 (Diane)**



**DO YOU LOVE YOUR  
HEART ENOUGH TO  
EXERCISE IT?**

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### WEDNESDAY 9.30 a.m. - Noon

Rushmere Sports Centre,  
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**Judith Haslam (01473) 716805**



**HOBBIES ARE A GREAT WAY  
TO TAKE TIME OUT**

## SWIMMING

WEDNESDAY 3 - 4 p.m.

SATURDAY 11 a.m. to Noon

Swimming at Fore Street Baths, Ipswich  
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## TEN PIN BOWLING

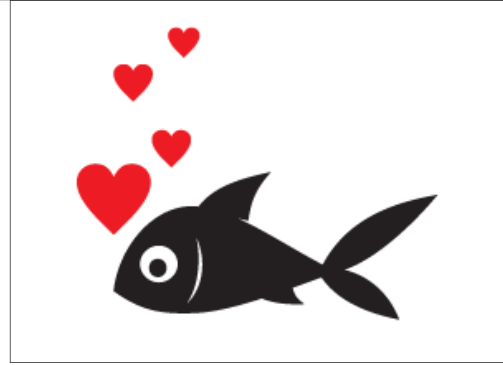
FRIDAY 10 a.m. - 1 p.m.

KingPin Bowling, Martlesham Heath,  
during school term times only.

**£7.00** (includes bowling, shoe hire and a  
free cup of coffee).

**Margaret Cockrill (01473) 271958**

**LOVE YOUR HEART ENOUGH  
TO COME SWIMMING?**



## LINE DANCING

THURSDAY 2 p.m.

Kesgrave Social Club, Edmonton  
Road, Kesgrave.

Line dancing partners are welcome  
to come and enjoy a game of cards  
or just a drink and a chat.

Sessions **£2.00**

**Tessa Hawes (01473) 610212**



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**M**edicard : FOR AN APPLICATION FORM CONTACT:-  
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**(01473) 253766 e-mail carol.nunn1@yahoo.co.uk**

## **RHYMING DOUBLE TROUBLE - ANSWERS ON PAGE 27**

E.G.	A REALLY GOOD FRIEND	5.4	GREAT MATE
E.G.	JOURNEY BY BOAT	4.4	SHIP TRIP
1.	ACCOMODATION FOR RODENT	3.4	
2.	RIGHT UP IN THE CLOUDS	3.4	
3.	PATCHY GRASS	4.4	
4.	ANGRY MANAGER	5.4	
5.	CONTAINER FOR A BULL	2.3	
6.	LOSING WEIGHT SILENTLY	5.4	
7.	TIMID BONFIRE EFFIGY	3.3	
8.	RAIL TRANSPORT FOR CEREALS	5.5	
9.	URBAN JESTER	4.5	
10.	PALE RED LIQUID FOR WRITING	4.3	
11.	TWICE THE PROBLEM	6.7	
12.	RIDICULOUR HOME-MADE BOAT	4.4	
13.	DELAYED RENDEZ-VOUS	4.4	
14.	LITTLE ROUND OBJECT	5.4	
15.	DRIPPING PERSPIRATION	3.5	

## **PLEASE DON'T LET ME LOSE MY MEMORY**



Walking through the park I noticed an old lady sitting on a park bench sobbing her eyes out. I stopped and asked her what was wrong. She said, "I have a 22 year old husband at home. He makes love to me every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee." I said, "Well, then why are you crying?" She said, "He makes me homemade soup for lunch and my favourite brownies and then makes love to me for half the afternoon..." I asked again "Well, why are you crying?" She said, "For dinner he makes me a gourmet meal with wine and my favourite dessert and then makes love to me until 2a.m." Again I asked "Why in the world are you crying?" She sobbed, "I can't remember where I live!"



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To obtain your free copy telephone the BHF on (01604) 640016; or get a form from Len Tate; or log on to: [bhf.org.uk](http://bhf.org.uk) where it can be ordered on line for a zero donation.

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Michelle Cole  
Surgical Chiroprapist  
who wishes to  
continue to support  
Heartbeat but  
does not have any  
appointments free  
in her current practice*

## HEARTBEAT REGALIA

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## EXERCISES FOR MEMBERS!



Stand on a comfortable surface.

Hold a 5lb potato sack in each hand, extend your arms horizontally and hold for one minute, then relax. Each day you'll find that you can hold this position a little longer.

After two weeks move up to 10lb potato sacks and you will be surprised to find that after one month you will be able to work with 50lb potato sacks.

Eventually, you will be able to lift 100lb sacks in each hand, holding your arms straight for one minute.

After you feel confident at this level... put a potato in each sack!

## **TRAVEL - CURRENT PROGRAMME**

### **Travel Organisers:**

**Doreen & David Robinson,**  
**10 Dales View Road,**  
**Ipswich IP1 4HL Tel: (01473) 402429**  
**e-mail:- david.robinson4@ntlworld.com**

**2016**

11th	May	Adelphi Theatre, London "Kinky Boots"
13-17th	June	Warners - Bodelwyddan Castle Hotel, North Wales
1st	July	Pocahontas Thames Trip including lunch
28th	Sept	Brick Lane Theatre - Show and Afternoon Tea
20th	Nov	Classical Spectacular, Royal Albert Hall
7th	Dec	Brick Lane Theatre - Christmas Lunch and Show
12-16th	Dec	Warners, Holme Lacy, Turkey and Tinsel

Please contact us for full details of costs, deposits required and vacancies. We maintain **reserve lists** for most of our events and **we have always needed them.** *Cheque payments should be made payable to Heartbeat East Suffolk.*

**PEOPLE TRAVELLING WITH HEARTBEAT SHOULD TAKE OUT INSURANCE COVER TO INCLUDE THE FOLLOWING:**

**LOSS OF DEPOSIT, HEALTH CONDITIONS,**

**LOSS/DAMAGE OF/TO LUGGAGE & CANCELLATION CHARGES**

**Don't forget to bring your Medicard - It is vital that you obtain a Heartbeat Medicard . We have had several incidents in the past when these cards have been extremely important to attending doctors or necessary visits to local hospitals.**

***Contact the editor for an application form.***

**DOREEN & DAVID**

The Grim Reaper came for me last night, but I beat him off with a vacuum cleaner - talk about Dyson with death!



Did you hear about the fat alcoholic transvestite? All he wanted to do was eat, drink and be Mary.

# READ ALL ABOUT IT - IT'S ALL IN THE NEWSPAPERS



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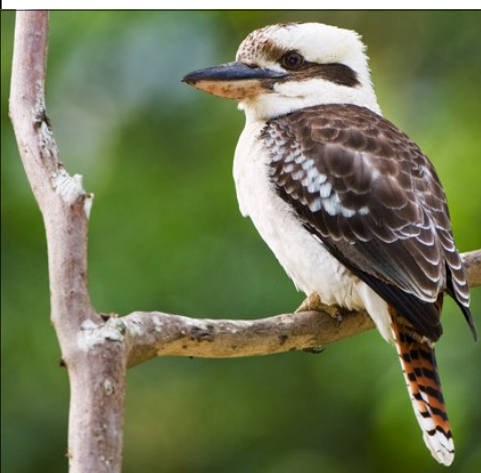
## CHRISTMAS SURPRISE Cont.

The 2-hour flight from Ayres Rock to Perth landed and as we waited for our luggage we watched as a “sniffer” dog wandered around with his handler. The dog suddenly sat in front of a lady a few seats away from us and the handler asked what she had in her bag. Further questioning and a search revealed an apple in her bag. We were all surprised to learn that she had entered Perth from outside Australia and it was illegal to bring the fruit of any kind into the country and although the apple was from the flight it was confiscated - what a pity we are not so vigilant in Britain!

We were met by a dozen family members and one of them had brought his trailer so the luggage could be accommodated. The convoy drove off and the first stop was to a niece and her family, suitably refreshed with a cup of tea and a tinge of jealousy at the “TV room.” We took to the road again to where brother John and his wife live in Mandura about 50 miles south of Perth.

Leaving the city we passed into an area that was shrub land followed by heavily forested land. The roads were good but sign-posting was non-existent. Eventually we turned off onto an unmade road and half a mile later reach our destination. We got out of the vehicles outside the ranch-style sprawling bungalow and there were no other signs of occupation to be seen as the bungalow was set in 29 acres of land.

Our first morning and we were soon made aware of the neighbours. The kangaroos jumped over the fenced off area of the garden and enjoyed a sweet



Kookaburra

snack of roses. No

need for an alarm clock the kookaburra’s sat on the fence at 5a.m. and laughed until you finally got out of bed. The Galahs were as common as our pigeons apart from their soft pink and grey colouring. The farmers shoot them as they are as prolific breeders. Parakeets, Lorikeets and budgerigars fly in large flocks and can be seen feeding under the trees eating seed that have fallen from the trees. Budgerigars are indigenous to Australia and are green.

Exploring the grounds we saw pinnacles of rock sticking out of the ground by about four feet and the scrub made wonderful homes for snakes, goannas (iguanas) and of course spiders.

It was close to Christmas and we set off to the corner shop; a one and a half hour journey by car! There we also found the petrol station; we soon learned to think before you travelled and make a shopping list and if you ran out of toilet paper you were really in the muck!

Christmas day arrived and the whole family gathered at the “homestead” for lunch. Out went the traditional Christmas fare and entered the lobsters, langoustines and prawns with an amazing selection of salads; this was followed by a large display of cold puddings, all quite suitable for the weather but did it feel like Christmas - not to us it didn't.

Boxing Day was spent at a nephew's house in Port Quays, Wannanup, south of Rockingham. On a massive gated area approximately 200 different style houses have been constructed on individual plots the whole set on a man-made canal system; with each property having it's own quay and direct access to the Indian ocean. The houses are spacious and opulent and the children enjoyed crabbing; the spider crabs they caught were duly cooked for tea.



Port Quays, Wannanup

Late in the afternoon we suddenly noticed that the boats moored on the quays were lowering due to the tide falling rapidly. Within 20 minutes the water was rising again equally as quickly as it has dropped but it continued to rise much higher than was normal.

We left Wannanup and headed back to the homestead and to bed. Up early the following morning the TV news was on showing the devastation the tsunami had caused in Indonesia. It had lasted for 8 hours travelling across the Indian Ocean and as far down the coast to the most southerly point of Western Australia and that was the reason for what we had seen happening on the canal the previous day.

Over a week had passed and the natives were getting restless - you can have a bit too much of wilderness. We headed back to the relative civilisation of Safety Bay about a ¾hour drive from Perth City. We split into two groups half staying with a nephew (Colin) who just happened to have a swimming pool and the other half with a great nephew (Eric) who lived within walking distance. It was a no-contest who got the swimming pool; the children won. In any case the



Penguin "Bay Watch" on the shore

Indian Ocean was within a five minute walk from the house and it was lovely to swim in the warm ocean.

Some days we managed to prise the children from the ocean/pool and on one such day we walked along the shore-line and visited Penguin Island. There we found Eudyptula minor, the world's smallest penguin; also known as Little Blue, Blue or

Fairy. They are very tiny with a height of only 13 inches and 17 inches long. They do not go into the water before dusk and leave it before dawn. They nest in burrows, under trees or rock crevices. We all fell in love with them.

On another occasion we took a trip to Pemberton and the Karrie tree forest. The giant trees have a circumference of 7m with a height of 75m. The trees were selected to be used as look-out posts for forest fires before being superseded by aeroplanes. The eight tallest trees were selected for this purpose.

To determine the suitability of a tree a forester named Jack Watson climbed the trees using only his climbing boots and a belt a process that took him 6 hours for his ascent and decent.

In 1947 the Duke of Gloucester, who was Governor General of Australia at that time, visited the forest as Jack was pegging a tree (a process where the trees are bored and, originally wooden pegs, now steel pegs are driven into the trunk at regular intervals to assist climbing. It is said that the



T/B Kingsly, Kirsty & Stephanie making their ascent of the Gloucester tree.



Duke watched the pegging of the ladder and the lopping of the branches to construct the look-out platform. The Duke tried his hand at using the auger to bore holes for the pegs and remarked that it did not seem to difficult a task. The axeman replied “Come off it you’re not through the b????y Sap-wood yet.” This particular tree is now known as the Gloucester tree.

Visitors are allowed to climb the tree and all the children set off to do so. However the pegs are only approximately 2ft 6in long so it is very scary when someone is climbing up and another person is coming down and one could easily slip between the pegs.

The forest was a natural habitat for some of the most colourful birds on the planet and Colin came home happy that he had recognised several birds from his bird books at home.

The rest of our time in Oz flew by and we were soon boarding yet another ‘plane, this time bound for a 5-hour flight to Singapore. Arriving at Singapore airport the first thing we noticed was the many armed policemen on duty and that the airport that was immaculate.

We cleared Customs, complete with didgeridoo, and found our transport waiting to take us to the Shangri-La Rase Sentose Rst. Hotel on Sentosa Island. On the half-hour journey we were amazed at the bustling city and the cleanliness. There was no sign of litter, no chewing gum and no speeding. Vehicles have lights fitted on the roof which light up if a vehicle is breaking the speed limit. (Maybe we too should adopt this idea).

Sentosa Island lies a short distance from the southern coast of Singapore Island and has been made into a holiday resort. It is accessible by road, monorail, boat or cable car that runs over Singapore Harbour. It was an experience to use the cable car. It is 60m above sea level and travels at four metres per second; the journey taking 12 minutes. There are 15-20 seconds between departing cable cars.

Having survived the cable car experience from Sentosa to Singapore we visited the National Orchid Gardens. It was amazing to see so many varieties of beautiful plants The neatly arranged beds we a profusion of colour and it was well worth seeing.



Singapore is a small island and is dominated by high-rise buildings. Most people live in flats and even young married people have to live with their parents until they are 36 years of age before being eligible to move into their own accommodation. There is a small number of detached houses but these are mainly occupied by European companies for their business executives as they are in the million pound plus bracket.

You cannot go far in Singapore without noticing one of the 5 official statues of a Merlion. Merlion Park has an iconic 8.6m statue of a lion-fish hybrid. The statue weighs 70 tonnes and spout a smooth line of water into the river before it.

The Merlion is an emblem for the Singapore Tourist Board; it has the head of a lion that represent the lion seen by Price Sang Nial Utama when he rediscovered Singapura or “Lion City” in 11AD; and the body of a fish which is symbolic of Singapore’s roots as a fishing village as “Mer” means the sea.



Merlion

We visited a surviving gun emplacement where allied troops had been captured and as most of the Pulse readers will know Singapore was a British Protectorate and many of our armed forces were based there in peace time. In 1942 the Japanese invaded Singapore and our troops together with others from Canada, Australia USA, were obliged to surrender. Many of the Chinese living on Singapore Island were killed immediately as the Japanese regarded them as being allies of the British. All the Commonwealth soldiers were imprisoned in Changi prison where they were mistreated and had to endure starvation and forced labour.



Kranji War Memorial

The number of prisoners of war held at Changi dropped quite markedly as men were constantly shipped out to other areas in the Japanese empire to work. Men were sent to Borneo to work or Thailand to work on the Burma/Thai railway or to Japan itself where they were made to work down mines. Many did not return and those that did return did not want to talk of their experiences. Wives and children of the troops who had been stationed on the Island were also imprisoned and suffered deprivation. We found the visit very emotional.



Our final visit was to the Chinese gardens and temple. They had been made by the Chinese people who still live in Singapore. They are beautiful and have a calming and tranquil atmosphere; we left uplifted.

Courtyard of the Temple

Finally, after a little retail therapy it was time to pack our bags and head to Changi International Airport for our final flight to Heath Row that was due to leave a 10.40pm. Unfortunately, our flight was delayed for several hours. Our plane was coming from Sydney to Singapore and then on to the UK. However, we learned that there had been a technical problem with one of its engines prior leaving Sydney so we spent the time sitting on an airport floor playing cards.



A beautiful water feature is viewed through a circle cut from a wall

to

In the end the flight home was smooth and we all got some shut-eye but we were all ready for our beds when we arrived home with suitcases full of dirty clothes and heads full of memories.

Ed

**Crossword Answers** Across: 4 Gem, 6 Ankle, 7 Render, 8 Tabu, 9 Maori, 11 Addio, 14 Item, 16 Jalopy, 18 Doric, 19 Ill Down: 1 Amid, 2 Hairs, 3 Skated, 4 Greta, 6 Ebb, 10 Remark, 12 Impel, 13 Eject, 15 Ted, 17 Lois

**Double Trouble** 1 Mouse House, 2 Sky High, 3 Worn Lawn, 4 Cross Boss, 5 Ox Box 6 Quiet Diet, 7 Shy Guy, 8 Grain Train, 9 Town Clown, 10 Pink Ink, 11 Double Trouble 12 Daft Raft, 13 Late Date, 14 Small Ball, 15 Wet Sweat



The Ipswich Hospital staged a fund raising event in St Peter's Church, Ipswich recently and there efforts raised the amazing sum of £3,623.38 for Heartbeat. We thank them for this donation which was gratefully received. Foreground L/R Michael Farthing (Heartbeat), Maggie Porter, Engagement Organiser and Sarah Purbrook Chairman of Ipswich Hospital Band.