

DIARY DATES 2009:

Wednesday March 4 '09 Education Night TBA
 Wednesday July 1 '09 Education Night TBA
 Sunday August 9 '09 City to Surf
 Wednesday October 7 '09 Education Night TBA

EIGHTH SAH 'RUN FOR LIFE' FUN RUN

On cue a sunny morning for the annual event. A bumper turnout for all phases – 10km run, 5km run and 5km walk. The SAH Cardiac Group entry joined the other 360 starters to display a fine performance of fitness.

THE RESULTS OF THE 5KM WALK:

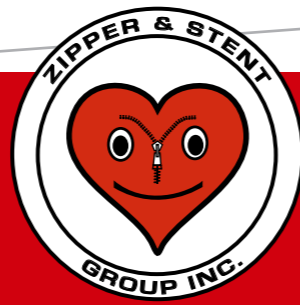
Overall pos	Name	Time	Category	Cat pos
8	Malcolm McDonald	38.33	56-65	1
20	Annette Griffin	41.22	26-40	1
22	Gregory Jones	41.23	66+	3
31	Donald Smith	43.08	66+	4
105	Jan Edwards	49.25	56-65	2
113	John Edwards	49.43	56-65	9
118	Michael Barnett	50.19	66+	7
143	Mario Mammarella	52.05	66+	12
144	John McMillan	52.06	66+	13
145	Sil Luksich	52.07	66+	14
168	Ray Chesterton	53.48	56-65	12
169	Lyn Chesterton	53.49	56-65	6
224	Kenneth Douglas	58.39	66+	17



Great performance team and, yes, Cardiac Rehab was number one again as a group entry.

HEALTH EXERCISE AIDS MEMORY

Stepping out for exercise can help over-50s take a walk down memory lane and stave off dementia, the Herald Sun reported. A study found that walking for two and a half hours a week can significantly improve memory in older people. The 18 months study led by the University of Melbourne, found that exercise was better than medication for overcoming mild cognitive impairment. The study published in the Journal of the American Medical Association, involved 170 participants aged 50 and over who reported memory trouble but did not have dementia. The study is understood the first to show that moderate exercise can improve memory and brain function.



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ZIPPED

Z&S ANNUAL GOLF DAY AND FOURTH AGM

Friday 5th September will be remembered by the fifty-two golfers who played a game of "Ambrose Golf" at Asquith Golf Course as a day probably to forget (except for those who took home the trophies).

Very inclement weather turned the normally enjoyable Asquith greens into what resembled the Beijing Olympics swimming pool.

Not all groups made it around the eighteen holes. However, those who did took home the bacon.

Presentations and prizes were awarded by Chairman Bruce Hayman and Vice President John McMillan. The Annual

General Meeting followed (see attached report) and then dinner was served to members and guests. A good wrap to a trying day.

Golf winners and sponsors are listed separately in this issue.

Burton Premium Wines conducted a wine tasting during the day. A donation was called for and combined with a guessing competition over \$1,000 was raised. Total profit on the day \$4,600.

A big thank you to all involved – committee members, Asquith Golf Club and Pro Shop and especially Vice President John McMillan for his efforts in making the day a success.



For more photos visit www.zipperandstent.com.au

THERABANDS

Therabands for home - contact cardiac rehab staff for details (two bands for \$10)

CARDIAC REHAB RENOVATIONS.

BY SHARYN SCOTT

It started with a simple question...."I wonder if we could knock out that wall?"

Firstly, a new location for our Education Sessions had to be found. Eventually we got approval for sessions to be held in the SAH Nurse's recreational room, which is working well....more space & comfort. Next the renovation was approved by the SAH Executive & then it became a reality, with completion in July 2008.

The renovation has enabled Cardiac Rehab to maximise our limited space in a continuing effort to strive to provide the best service /facilities.

Client support, fund raising & generous donations have assisted the complete refurbishment. We have upgraded equipment & purchased a new Leg Press (donated by Zipper & Stent group), which gives clients' variety with their exercise regime.

A special thank you from all the Cardiac Rehab staff to everyone for their continued support of our department. See website for photos.



Welcome
 to new members
 (Aug-Sept-Oct 08):

Murray Baldwin Raymond Willis
 Peter Dummer Graeme Dent
 Neil Noble James A. Bird
 Mark Howard Sil Luksich
 Louis Tarris David J. Smith

Starting Slim During Summer!

BY KAREN GUY, SAH DIETITIAN

With the warmer weather comes the long awaited summer BBQs, Christmas celebrations and New Year festivities. A time when we all need to watch what we eat and drink, yet enjoying our family and friends at the same time! Whether you're relaxing by the pool with friends, having a family BBQ or twilight drinks you can still keep up your healthy eating routine by following the below suggestions. There is no need to avoid these special events, just choose your food and drinks carefully. Here are a few suggestions to help you keep your summertime fun and healthy.

HIGH FAT FOOD	LOW FAT ALTERNATIVE
Mayonnaise	98% fat free mayonnaise
Salad dressing	'No Oil', 'Free' dressings, lemon juice, herbs & balsamic vinegar
Butter / margarine / oil	Use canola or olive oil spray or avocado in salads in moderation
Meat / poultry	Choose lean meats and remove visible fat and skin prior to cooking. Marinate or add flavour with wine, vinegar, herbs and spices
Sour cream	Low fat sour cream. Low fat natural yoghurt or Tzatziki
Bacon	Lean meat, fish, chicken
Sausages	Naturelean sausages and meats
Chips / crisps	Reduced fat biscuits eg; ryvita, cruskits, rice cakes or crisp raw vegetables for dips
Creamy dips & cheese	Tomato salsa or skinny dips eg hummus

A SHORT WORD ON ALCOHOL

Why not try some refreshing non-alcoholic fruit mocktails instead of alcohol! If you do consume alcohol, limit yourself to one standard drink for women and two standard drinks for men. Ensure that you have at least two alcohol free days a week and be mindful when driving.

Remember to eat plenty of colourful fresh summer fruits & salads.

These foods are high in antioxidants, vitamins and minerals and are low in calories!!

FURTHER INFORMATION

Our outpatient Dietitian is located within the hospital and can also help you with maintaining a healthy weight and provide full dietary analysis to measure dietary adequacy. Please call to make an appointment (02) 9487 9581

BUMPER TURN OUT FOR DR STANTON

Over 100 members and friends were present for our education evening in October. Dr Stanton gave a very forthright and professional talk entitled Research in Diet - Myths, Misconceptions and Mysteries. Dr Rosemary Stanton OAM is one of Australia's best known nutritionists and has an Order of Australia Medal for her services to community health. Rosemary is a member of many advisory committees and

professional associations. She has authored many scientific papers, 32 books on food and nutrition and over 3200 articles for magazines and newspapers over the past 40 years. Rosemary is widely recognised as a source of reliable nutrition information free from commercial influence. Her aim is to encourage healthier diets, with enjoyable foods which create minimal environmental damage.

Z&S ANNUAL GOLF DAY CONTINUED...

GOLF DAY PRIZES

OVERALL LOWEST HANDICAP SCORE (TEAM)

4 \$50 Gift Vouchers
(Asquith Golf Club Pro Shop)

**Michael 'VJ' Priestly/
Grant 'Golden Bear' Coggins/
Dave 'Shark' Halliday/
John 'Corey' McDonald**
Score: 60.375

RUNNERS UP (TEAM)

2 bottles of Burton Premium Wines (each)

**John Mcmillan/Bob McMillan/
Peter Richards/Chris Williamson**
Score: 64.5

LEAST NUMBER OF PUTTS (TEAM)

3 golf balls each

**Bruce Tredinnick/Colin Sillett/
Graham Baillie**
23 Putts

LONGEST DRIVE (INDIVIDUAL)

2 bottles of Burton Premium Wines

Chris Williamson
4th hole

NEAREST THE PIN X 4 (INDIVIDUAL)

3 golf balls each

Colin Sillett (550 cms) 6th hole;
Don Rowston (366 cms) 9th hole;
Michael Barton (365 cms) 12TH hole; **Max Petrie** (85 cms) 14th hole

"BRADMAN TROPHY" (TEAM)

4 divot repair tools/4 golf balls

**Robin Baker/John Whale/
Rob Curl**
71.5



GUESSING COMPETITION WINNERS

1st PRIZE

ROSEDALE COTTAGE
\$100 gift voucher
Winner: ROB CURL

2nd PRIZE

BURTON PREMIUM WINES
2 red wine, 2 white wine
Winner: STUART CAMPBELL

3rd PRIZE

BURTON PREMIUM WINES
1 red wine, 1 white wine
Winner: MICHAEL HIGH

SPONSORS

MAJOR SPONSOR

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GOLF HOLE SPONSORS - 2008

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BURTON PREMIUM WINES

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DONNELLEY CONSTRUCTIONS

www.doncon.com.au

ENDEAVOUR INSURANCE BROKERS

www.insurance-broker.com.au

MCCARROLLS MOTOR GROUP

www.mccarrolls.com.au

OSBORNE BRICKNELL HOWELL

www.obhlegal.com.au

ROSEDALE COTTAGE

www.rosedalecottage.com.au



CHAIRMAN'S ADDRESS

ZIPPER & STENT GROUP INC 2008 AGM

Whilst we have not undertaken any major projects during the last year, it has nonetheless been a busy year for the board and I would like to place on record my appreciation at the efforts put in by all Directors.

You will all be aware that we have now been granted Deductible Gift Recipient status by the Australian Tax Office which effectively classifies us as a registered charity and ensures that donations to the organisation are tax deductible. This was a prolonged exercise which was very ably handled by Rob Osborne, Paul Gill and Bert Grove and my thanks go to them for the work they undertook on our behalf to obtain this status. If anyone has any questions from the floor about this I know that Rob will be happy to attempt to answer them shortly.

The Financial position of the Group at the 30th June shows a net profit of \$19,117 compared to last year

a profit of \$9,826. The variance is due to the receipt of the grant from the Dept of Health and Ageing of \$20,000 towards the production of Kokoda With Heart. Whilst the grant occurred in the last financial year, the costs were in the previous year. This quite dramatically identifies the need for us to be undertaking special projects to ensure our profitable survival because we are barely at a break even position in the case of day to day funding. In spite of this situation, the total equity of the Group now stands at \$53,857 compared to \$34,740 last year. The treasurer, Bert Grove will answer any questions you may have following his presentation of the accounts.

We have continued to undertake the Education nights at the San conference centre and I am grateful to Sharyn Scott and the Cardiac Rehab staff, James, Wendy, Emily and Annette for their assistance in

this regard and of course for all the support they provide to all members throughout the year.

We undertook our first Trivia Night which was put together by Jenny Dexter and Di Munich and was considered by all who attended to be an outstanding success. It raised money on the one hand but most importantly was a very enjoyable evening. Thanks to Jenny and Di for your efforts.

We are constantly looking to provide relevant and enjoyable experiences for all members and welcome input from all as to ideas for future activities. John McMillan, as Vice President and Director responsible for membership welcomes indications from members regarding future activities. We have found it difficult to attract players for today's golf and will consider whether this is to continue be a regular future activity.

ELECTION OF OFFICE BEARERS

One nomination was received for each of the nine positions and the Chairman accordingly declared the following committee members elected:

President	Bruce Hayman
V/President	John McMillan
Secretary	Paul Gill
Treasurer	Bert Grove
Assistant treasurer	Rob Guthrie
Publications	Greg Jones
Medical	Sharyn Scott
Legal	Rob Osborne
Social & events	Jenny Dexter

TREASURER'S ADDRESS

ZIPPER & STENT GROUP INC 2008AGM

The Treasurer, Bert Grove, reviewed the Balance sheet and Profit and Loss for year ending 30 June 2008 and highlighted the following:

Total income \$48,156 for current year compared to \$168,039 last year.

Gross Profit \$46,591 compared to \$51,667.

Expenses \$30,992 compared to \$44,105.

Net Profit after interest and other income \$19,117 compared to \$9,826.

Cash on hand \$48,103.

Total Equity \$53,857 compared to \$34,740 last year.

