



ZIPPED

ZIPPER & STENT GROUP GOLF DAY

Once again held at Asquith Golf Club with nearly 80 members and friends enjoying perfect conditions for fun-filled, no-holds-barred Ambrose Golf. Our major sponsor was again LAING O'ROURKE setting a precedent of ten years support

Sandwiches and juice were provided at the clubhouse prior to a shotgun start at 12 noon.

On completion of 18 holes cards were presented to the Pro Shop for tallying.

Our guest at the Zipper & Stent Golf day was Mark Ella, former Wallaby Captain and regarded by many as one of the greatest to ever play for Australia. Although he retired at the very young age of 25, Mark clearly put his stamp on the game and with his 2 brothers, Glen and Gary they set the game alight at local level for Randwick and at the international level. Mark scored a try in every match on the 1984 Grand Slam Wallabies successful tour of the UK. In an entertaining post game talk, Mark spoke candidly about the current state of

rugby in Australia and whilst predicting that the Wallabies had a good chance of winning the Rugby World Cup the worthy favourites were the All Blacks. His prophecy turned out to be all too correct. Mark's presentation was widely considered to be a very acceptable way to finish an enjoyable day for all participants.

A prize presentation accompanied the serving of finger food and drinks available from the very well-staffed bar.

A big thanks to Rob Osborne for making all ends meet on the day. Also thanks to the Pro Shop and staff of the club. Our profit on the day was \$8,000.

The day would not have been possible without the support of our sponsors. Thank you.

Z&S GOLF DAY RESULTS

WINNERS - SCORE 56.375

C. Davis, R. Nicotera, A Nicholls, M. Davis

RUNNERS UP - SCORE 57

M. Smith, C. Budin, S Allen, G. Clark

LEAST PUTTS - 21 PUTTS

R. Guthrie, T. Davis, T. Fowler

BRADMAN TROPHY - SCORE 78.5

D. Rowston, T. Rowston, M. Petrie

NTP'S/LONG DRIVE

4th - Andrew Nicholls

6th - Andrew Nicholls

9th - Ian Stewart

12th - Peter Richards

14th - Gary Webb

THANKS TO THE SPONSORS FOR THE DAY:

LAING O'ROURKE

AUSTRALIAN DIABETES COUNCIL

Hole sponsors:

All Stake Supply

Bedford Tittle Pty Ltd

Better Springs MFG Pty Ltd

Bluepoint Consulting Pty Ltd

Tru Pool

FOODS AND AGEing

By Courtney Dinnerville, SAH Clinical Dietitian

Did you know that it's not only what you eat, but how you prepare and cook your food that can affect your risk of diabetes and heart disease as well as speed up the ageing process?

Compounds known as dietary Advanced Glycation End Products (AGEs) occur naturally in food and are also increased through cooking and processing our food. Studies have shown diets low in AGEs have reduced rates of diabetes and cardiovascular disease. AGEs are bad news for our health as they are known to contribute to free radical production and inflammation in the body.

Modern processing techniques used to make food safe, produce a longer shelf life and provide taste and texture to food can produce AGEs. Diets which are full of legumes, vegetables, fruits, low fat dairy, wholegrains and limited in fatty meats and highly processed foods are lower in AGEs.

Meat and dry-heat processed foods including crackers, chips and cookies have the highest level of AGEs whilst grains, legumes, breads, vegetables, fruits and milk have the lowest levels.

The cooking method can also affect the level of AGEs. Methods incorporating high moisture and low temperatures such as slow cooking, stewing, poaching and steaming or exposure to an acidified environment such as lemon juice, lime juice or balsamic vinegar reduce AGE formation. High temperature and low moisture cooking such as grilling and barbequing raw unmarinated foods accelerate AGE formation.

Some ways to reduce the AGEs in your diet:

- Marinate meats before cooking
- Use slow cooking methods
- Experiment with poaching and steaming
- Avoid charring meats, particularly when barbequing
- Enjoy plenty of vegetables and fruits
- Include more raw foods
- Avoid processed biscuits, crackers and chips

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.

SAN CARDIAC REHABILITATION

HEART HEALTH

REQUIRES A COMBINATION OF AEROBIC EXERCISE & RESISTANCE TRAINING

AEROBIC EXERCISE

Aerobic exercise utilises the cardiovascular system (which includes the heart, lungs and arteries and veins). Consistent long term performance of aerobic exercise improves the efficiency of the cardiovascular system. As the body adapts to exercise the heart muscle becomes stronger and a larger amount of blood can be pumped with each beat. Fewer beats are then required to rapidly transport oxygen to the working muscles.

The Heart Foundation recommend @ least 30 minutes or more of Aerobic exercise (such as brisk walking) on most, if not all days of the week. The 30 minutes can be accumulated in shorter bouts such as three 10 minute walks.

Benefits of Aerobic exercise:

- Reduces the incidence of subsequent cardiac event
- Improves endothelial function (healthy artery lining)
- Increases HDL/good cholesterol levels
- Reduces blood pressure
- Assists in the management & reduces the risk of developing Type II diabetes
- Reduces the risks of several chronic diseases including heart disease

RESISTANCE TRAINING

Resistance training is the term used to describe processes that increase the working capabilities of skeletal muscles through applying resistance to a movement (such as machine weights, therabands, free weights & exercise incorporating your own body weight.)

The Heart Foundation recommends resistance training 2 – 3 days per week.

Benefits of Resistance training:

- Reduces risk of Type II diabetes by 23%
- Assists in the management of Type II Diabetes
- Increase bone density & strength
- Improve balance & stability
- Increase muscle strength/power/endurance/mass
- In conjunction with regular aerobic exercise reduces risks of several chronic diseases

IMPORTANT

WARM UP.....5 mins

prepares the heart /muscles for exercise

**INTENSITY OF EXERCISE.....moderately hard/
Rating of Perceived Exertion /11 to 12
(increased heart rate & breathing, still able to carry
on a conversation, develop a light sweat)**

COOL DOWN.....5-10 mins

preventing large & sudden changes in heart rate & blood pressure.



It was 11:00am on Feb 15th 1970 and after a 40 hour flight from the UK I had walked out into the burning sun at Essendon airport Melbourne and asked myself "What the hell have I done?" I had just arrived as a "Ten Pound Pom" knowing no-one in Australia. At the time, when I applied to come, the people at Australia House London liked my agricultural qualifications and within 3 weeks I was flying across the world to a new life. I really intended to come for 1-2 years and then go home – 41 years later I am still here.

Thankfully it was easy to get a job and within 2 weeks I was on the train to Mildura. I was the new research officer at the Vic Govt Wheat Research Station at Walpeup in the sand country of NW Vic. The train stopped at Ouyen and I then hitchhiked the 45 km to the station with the local postman. Communications were not so good in those days and the letter about my appointment arrived at the station 2 days after I got there. After 9 months I moved back to Melbourne for another research role and it was there I met the love of my life, Jenny. We were married soon afterwards and moved to Shepparton where I became the Technical rep for ICI. A 20 year career followed with a great company. In 1983 I was offered a 3 year secondment to the UK based in a beautiful location in West Sussex. It was a fantastic move not only in regard to work experience but it allowed Jenny and our 2 young children Alastair and Rebecca to get to know my family. The highlight was when I became Country Manager for the business in the Sudan, Syria, Lebanon, some of the Gulf States & Afghanistan (I only answered the faxes and didn't visit Kabul), and finally Cyprus which was a wonderful place to visit after tough trips to the Middle East. It was just a fabulous role although there was too much travel with a young family. I visited many strange and varied countries. I met cabinet ministers from many governments, wrote multi-million pound business, ate many and varied foods and met

DUNCAN WYSE – MY BRIEF STORY

some wonderful Middle Eastern people plus some rogues and have so many wonderful tales and experiences to remember. After 2 years we knew it was time to come home and we moved to Cherrybrook as I had been appointed NSW Manager for ICI Rural. We really wanted to return to Melbourne, but were told it was only an 18 month role for me – we are still here 25 years later.

My involvement with Zipper & Stent happened in late 2000. In 1999 I was offered the role of Commercial Director of the new company - Aventis Crop Science – however the role was Melbourne based. Again it was my dream job. As the children were at University and Jenny had her career as a radiation therapist at the SAN, there was no way I was going to move to Melbourne, so I negotiated that we would continue to live in Sydney, but I would be in the Melbourne office 4 days per week. It was the craziest year of our lives – 6:30 am plane to Melbourne on a Monday morning arriving back in Sydney at 7:30pm on Friday – although Jenny came to Melbourne every other weekend. There was much travel around Australia – hard work, late nights, too much of the wrong food and drink and heaps of stress!!! The inevitable happened and in late 2000 I found myself in the SAN having a stent inserted to unblock an artery. Then my cardiologist said "If you don't change your lifestyle you will be dead well before your time". It was time to change again and it was difficult to leave a job I really enjoyed. It was then I joined the Zipper & Stent program which has been a regular part of my routine over the last 10 years.

I found myself in my early 50's – too young to retire but finding it difficult to get a comparable role to what I had just

left. It was just a strange idea when I joined an executive search organisation and became a head-hunter. However I was successful and after a relatively short period Jenny and I decided to set up our own recruitment company based solely in Agriculture – AgPeople Pty Ltd. It was a little business we ran from a home office and Jenny worked part time as database manager along with her role at the SAN. We were far more successful than we had ever anticipated and over the duration of this business we placed nearly 300 candidates in roles. We had dealings with over 3000 people who talked to us about employment opportunities, and built up a client list of several major international corporations and Government Depts. Earlier this year we were approached by a much larger agency who wanted to buy our little business and the timing could not have been better because we had decided to finish in 2011. We travel a lot, including regular trips to Tokyo, where Alastair runs the software development group for ING, and to Newcastle to see Ben and Rebecca who is just finishing her PhD.

Zipper & Stent has been great as a means of keeping fit and active, and has provided an opportunity to meet a wonderful group of people who I would not have met in normal circumstances. After a recent unexpected stay in hospital there is no doubt in my mind my current recuperation has been greatly enhanced because of my overall fitness that I have built up during my regular attendance at the Pymble gym.

Our new Social Director Duncan Wyse has many fresh ideas for 2012 including the return of Sunday Social Walks. Keep watching.

CANCER – NOT IN MY BACKYARD!!

EDUCATION NIGHT
WEDNESDAY OCTOBER
19TH 2011

Unlikely intro for a Cardiac Rehab Education Night but as guest speaker Shirley Lofgren, Cancer Support manager for SAH got underway, all was revealed. One in two Australians will be diagnosed with cancer by the age of 85 – a sobering thought.



ZIPPER & STENT GROUP INC.

2011 ANNUAL GENERAL MEETING - CHAIRMAN'S ADDRESS

I am pleased to present my report to members for the year ended 30th June 2011.

We have not had any major projects during the year, and so have had to rely on membership subscriptions and functions for our income. As resulted we are reporting a drop in income of \$5,319 over the previous year which represents a decline of 15%. Astute management of expenses and improved interest income has resulted in a profit decline of only 2.8%. The balance sheet shows an improvement of \$2,806 or 5% due to the retention of the interest payments in our cash management account.

Of greatest concern to our future is the drop in member's subscriptions with a drop off in renewals resulting in membership numbers being down to 171 at year end compared to 193 last year or a drop of 11%. Total membership income of \$8,586 represents only 20% of total income which places a great requirement on the Board to ensure a steady stream of functions or projects to ensure the Group remains viable. For these to be a success, we need the support of the members to attend and be prepared to contribute thus enabling us to continue to provide education nights and Zipped for their better understanding of how to manage living with cardio vascular disease. It is disappointing when that support is not forthcoming or when members don't appreciate the offerings and sacrifices made by Directors and close supporters in working for the common good of all members.

We approached the Federal Department of Health and Aging for funding support to enable us to produce an updated Cardiac Risk Factors DVD that would address the links to Diabetes and Stroke. Unfortunately, DOHA advised that they did not have funds available to support us in spite of the fact that Cardio Vascular Disease continues to be major reason for deaths in Australia. Perhaps

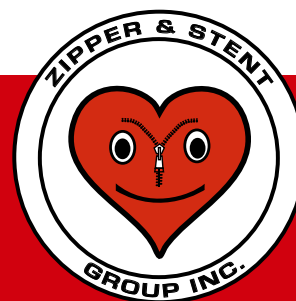
we should have determined the number of illegal immigrants who die of heart attacks each year and that may have assisted our cause! We will continue to search for alternative funding in the private health market.

My fellow Directors have all contributed considerably during the year. Rob Osborne and Rob Guthrie were the major drivers in again organising a very successful City to Surf event in August 2010 and the enthusiasm they generated last year has resulted in an even greater involvement in 2011 which will be reported on at the next AGM. Rob Guthrie also provides considerable support as Assistant Treasurer in attending to much of the day to day accounting functions of the organisation and Rob Osborne as Legal Director provides invaluable support in the many areas of Legal involvement that we must address.

John MacMillan, as Vice President has continued to work very hard in the Membership area and continues to ensure new members are made welcome and looks after the welfare aspects by checking up on those who we know to be less than well. After being Vice President since our inception, John has decided to step down this year but I am delighted that he will stay on The Board as a Director; thank you John for all your hard work over the years. Sharyn Scott has continued to work hard in obtaining great speakers for our education nights and the results show that these important nights continue to be very well attended and informative for members. The publicity and publications requirements have been supported extremely well by Greg Jones who manages to keep the website up to date and the level of interest generated by Zipped is a testament to the work he puts into this.

The Treasurer, Bert Grove continues to keep the accounts in order and Paul Gill as Secretary does an inordinate amount of work in keeping all our records in order and maintains a very clear account of all meetings and correspondence for the company. I would like to place on record my personal appreciation, and that of all members, for the work that all members of the Board put in to the running of the Company.

Bruce Hayman, Chairman



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Visit our website:
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Welcome

to new members:

HENSON, Brian and Isabel