

A Merry evening at Holders

THE Heart & Stroke Foundation of Barbados' (HSFB) *Evening Of Music Under The Stars*, which was held on March 10, lived up to its billing, and indeed provided delightful entertainment for a large and appreciative audience of visitors an locals alike in the welcoming setting of *Holder's Great House*.

Coming at the start of the *Holder's Season*, the annual fund-raising concert featured the *Barbados Defence Force Band (BDF Band)*, and world famous *Merrymen*. The Evening also included an auction, which raised over \$5 000. Altogether the event raised just over \$18 000, which will go to assist the programmes and projects of the *HSFB*.

HSFB Chief Executive Officer, *Adrian Randall*, dubbed the Evening "the best of the three held so far". He thanked the *Merrymen* and the *BDF Band* as well as the many individuals and organisations that contributed to the success of the auction and the concert.

"And we are as ever grateful to the *Holder's Festival*

for their support as they make no charge to us for use of the facilities, also to *A&B Music* for their kind sponsorship as they also donated their services" he said.

Auctioneer, *Roger Chubb*, professionally disposed of useful and valuable items such as jewellery and dining. One sought-after item was an autographed cricket bat signed by the West Indies and England teams of the first Test at *Headingley* in 1991.

The *BDF Band*, led by *Lieutenant Alfred Taylor*, got the evening going with a varied selection that included *The Trident Of Blimshire*, the Celine Dion favourite *Power Of The Dream*, as well as the cricket "anthem" *Rally Round The West Indies*. The band was accompanied in one selection by songbird *Karen Clarke*, who gave a stirring rendition of *You Raise Me Up*.

The main attraction of the concert was the *Merrymen*, and they did not disappoint. Crowd favourites *Island In The Sun* and *Yellowbird*, plus *Big Bamboo* and *Shame And Scandal In The Family* were just as fresh they were decades ago.

So infectious was the closing number, *Bump And Wine*, that a large section of the audience was compelled to leave their seats and form a snaking, jumping conga line.

Towards a tobacco free Cricket World Cup

CRICKET WORLD CUP 2007 in the Caribbean is attracting the interest of and being viewed by millions throughout the cricket loving world. Strenuous efforts have continued to ensure that the event will be free of cigarette smoke and tobacco. To this end the **Heart & Stroke Foundation of Barbados** joined with other agencies in calling on the managing bodies of this major sporting event to put measures in place to prohibit smoking and the sale of cigarettes in cricket grounds and other venues associated with the matches.

The **Cricket World Cup** in South Africa in 2003 was smoke-free at all venues.

This is in keeping with the trend by sporting bodies around the world to ban smoking at their events. FIFA banned advertising in 1986, and the International Olympic Committee (IOC) followed suit in 1988. FIFA and the IOC declared their plans for smoke free environments in stadiums in 2000 for the **Football World Cup** in Japan and Korea and the **Winter Olympics** in Salt Lake City.

In 2003, the World Health Assembly, of which all

Caribbean countries are signatories, approved the Framework Convention on Tobacco Control (FCTC), which offers protection from tobacco smoke in public places and prohibits tobacco advertising, promotion and sponsorship. The FCTC ratification process which started in 2004 has so far been completed by 168 countries.

Most visitors to the Caribbean come from countries where it is now normal not to smoke in public entertainment places. Locally, support for smoke free areas is becoming overwhelming both

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among smokers and non-smokers. A survey conducted by the Barbados Ministry of Health in 2003 indicated that 89 per cent of the population was for banning smoking at sports and entertainment facilities.

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Low calorie diets - Weighing the costs

Part 1

WE ALL WANT to be successful. We might not always admit it to others or ourselves, but deep within we all want to be esteemed highly by others.

While men are ferociously competing over who can earn the biggest salary and drive the biggest car, women are searching for the fastest and easiest way to become "The Thinnest of them all!"

The market is flooded with diets and programmes that promise rapid weight loss in a very short period of time with little or no effort. These include the so called "Heart Foundation" diets which the Heart Foundation of South Africa does not endorse as they are nutritionally inadequate.

Common to all these diets is the promise of rapid weight loss in a very short period of time (three 14-day cycles); they provide very little energy; are usually void or very low in carbohydrates (no bread, pasta, rice, potatoes) which is the body's main energy source; offer unusual options like

ice-cream as an integral part of a meal; very few dairy products are permissible and these might even be completely excluded; a variety of vegetables are allowed but all the starchy vegetables (pumpkin and family, corn, peas, sweet potato) are excluded; fruit is limited to two or three options and often bananas are forbidden.

The meal plans are restricted to only three meals per day and snacking between meals is considered a deadly sin. The basis on which these diets draw their success is that they provide very little energy and push our bodies into a state of disguised fasting.

It cannot be denied that these diets actually do bring about rapid weight loss, but next month we'll see what actually happens to the body when submitted to such radical deprivation of energy.

— by *Luella Arendse, Dietician, Heart Foundation of South Africa*

GO FOR THE GOOD STUFF

LEAVE OUT THE SWEETS, THE FRIED FOODS, THE FAST FOODS.



Eat fruit, fibre and vegetables Every day

GO FOR THE GREENS

BE HEART SMART

For more information contact:

43, Railway View
Ladymeade Gardens
St. Michael
Tel: 437-3312 Fax: 430-0988
Email: barbados@heartfoundation.org
Website: www.hsfb.org

Kids!

"Team Up For Healthy Hearts" and WIN!

Over \$4000 in prizes



Create a poster or write an essay on the theme "Team Up For Healthy Hearts"

Kids:
5-8 years! Paint or draw a poster 8 1/2" x 14"
9-11 years! Write an essay 350 words or less

Send with completed entry form to:
Heart & Stroke Foundation of Barbados,
3 Railway View, Ladymeade Gardens,
Jemmotts Lane, St. Michael

Entry forms available at:
The Heart & Stroke Foundation of Barbados and
Guardian Life of the Caribbean Limited, Enfield House,
Collymore Rock.

Deadline: Friday 20th July, 2007.

This competition is approved by the Ministry of Education.

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