

## *Thank You*

*It is said that the ancient Greek philosopher, Archimedes hypothesised that the brain channelled the blood and that the heart did all the thinking and the feeling. Therefore, if you wanted to say thank you in a very deep and meaningful way, you would say "thank you from the bottom of my heart".*

*Although we are now more aware of the true function of the heart, it seems fitting to revert to that hypothesis and thank you all from the bottom of my heart. So many friends were involved when I fell to a cardiac arrest on Good Friday, that it would be impossible to name individuals or quantify the contribution of all those who played a part in bringing me back to life. My heart stopped more times than I care to count on that day, each time being brought back by sheer perseverance and dogged determination from a team of unlikely heroes working together with a team of NHS and Coastguard professionals. The Club members, especially the staff, did us proud with their response.*

*You are now all aware of how important the new Defibrillator unit was in maintaining my life, together with the manual CPR that was maintained throughout the initial 20 minutes under the guidance of our dear friend Alan Sheward. Please take the time to familiarize yourselves with the unit's location.*

*On a lighter note, my apologies for interrupting Mary's farewell lunch in such a dramatic manner.*

*On behalf of Linda and myself, we thank you all.*

*John Pottinger*