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## Harvard Medical School

### 10 small steps for better heart health

Change is an important part of living with heart disease or trying to prevent it. A jump in blood pressure or cholesterol earns you a lecture on healthy lifestyle changes. Heart attack and stroke survivors are often told to alter a lifetime of habits.

Some people manage to overhaul their exercise pattern, diet, and unhealthy habits with ease. The rest of us try to make changes, but don't always succeed. Instead of undertaking a huge makeover, you might be able to improve your heart's health with a series of small changes. Once you get going, you may find that change isn't so hard. This approach may take longer, but it could also motivate you to make some big changes.

Here are 10 small steps to get you on the road to better health in 2010.

- 1. Take a 10-minute walk.** If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.
- 2. Give yourself a lift.** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.
- 3. Eat one extra fruit or vegetable a day.** Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.
- 4. Make breakfast count.** Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.
- 5. Stop drinking your calories.** Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.
- 6. Have a handful of nuts.** Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack, adding them to salads for a healthful and tasty crunch, or using them in place of meat in pasta and other dishes.
- 7. Sample the fruits of the sea.** Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.
- 8. Breathe deeply.** Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.
- 9. Wash your hands often.** Scrubbing up with soap and water often during the day is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.
- 10. Count your blessings.** Taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions. These have been linked with better health, longer life, and greater well-being, just as their opposites — chronic anger, worry, and hostility — contribute to high blood pressure and heart disease.

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# Where “Euro-English” might take us...

From our Correspondent in Geneva, Br Jim Jolley

The European Commission has just announced an agreement whereby English will be the official language of the European Union rather than German, which was the other possibility.

As part of the negotiations, the British Government conceded that English spelling had some room for improvement and has accepted a 5- year phase-in plan that would become known as "Euro-English".

In the first year, "s" will replace the soft "c". Certainly, this will make the sivil servants jump with joy.

The hard "c" will be dropped in favour of "k". This should klear up konfusion, and keyboards kan have one less letter.

There will be growing publik enthusiasm in the sekond year when the troublesome "ph" will be replaced with "f". This will make words like fotograf 20% shorter.

In the 3rd year, publik akseptanse of the new spelling kan be expekted to reach the stage

where more komplikated changes are possible. Governments will enkourage the removal of double letters which have always ben a deterrent to akurate speling.

Also, al wil agre that the horibl mes of the silent "e" in the languag is disgrasful and it should go away.

By the 4th yer people wil be reseptiv to steps such as replasing "th" with "z" and "w" with "v".

During ze fifz yer, ze unesesary "o" kan be dropd from vords kontaining "ou" and after ziz fifz yer, ve vil hav a reil sensibl riten styl. Zer vil be no mor trubl or difikultis and evrivun vil find it ezi tu understand ech oza. Ze drem of a united urop vil finali kum tru.

Und efter ze fifz yer, ve vil al be speking German like zey vunted in ze forst plas.

If zis mad you smil, pleas pas on to oza pepl

## *Young Marists Western Australia*



***Paul, Hannah, Michael, Simon, Br Terry***

On the weekend of Feb 5th to 7th a small group met in Perth to plan the year ahead for the Young Marist group based there. Paul Chalkley, Marist Young Adult Ministry Coordinator, worked with local representative, Simon Martino, to deliver a relaxed and enjoyable program.

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## *Trends and Issues in Australian Catholic Schools*

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### **Australian Catholic Schools 2009: Main Trends/ Issues:**

- 1. School:** The total number of Catholic schools decreased by 1 school nationally last year, for while 7 Catholic schools opened, 8 Catholic schools closed. Four campuses opened and 4 campuses closed.
- 2. Students:** Enrolments increased by 7,600 last year, taking enrolments in Catholic schools to 704,000. This increase was the third highest annual increase since 1985 (the first year of electronic national data). Enrolments increased in all states and territories other than the NT.
- 3. Primary and Secondary:** The increase in primary and secondary enrolments from 2008 to 2009 is significantly different to the trend of the past decade, as the increase in the number of primary students (+3,840) exceeded the increase in the number of secondary students (+3,789). Although the increase in primary was only 51 more students than for the secondary students, this is the first time since 2000 that this has occurred. The significance of this change in enrolment dynamics is further emphasized by the conclusion of the impact of the introduction of compulsory pre-Year 1 in Queensland on the growth in primary enrolments.
- 4. Retention:** Retention from primary to secondary and from Year 10 to Year 12 is reported, but care should be taken in interpreting this data due to changes to the primary/secondary transition years in some WA Catholic schools. Consideration should be given to the possible collection of a more appropriate measure of post-compulsory schooling, due to the increased compulsory leaving age in some states and territories.
- 5. Indigenous Students:** The number of Aboriginal and Torres Strait Islander students in Catholic schools increased by 735 students. There are now 14,261 Indigenous students (2%) in Catholic schools. More than half of the growth last year was Indigenous primary, which had not been the overall trend in recent years).
- 6. Students with a Disability (SWD):** The number of SWD students increased by nearly 1,600 last year and the 24,800 SWD students now represent 3.5% of students in Catholic schools.
- 7. Catholic and Non-Catholic students:** The graph on p.28 showing the change in Catholic and non-Catholic students in Australian Catholic schools since NCEC started collecting the data nationally in 2006 is illuminating. Last year, the number of Catholic students in Catholic schools decreased by 1,700, while the number of non-Catholic students increased by 8,000. While the proportion of non-Catholic students has increased slightly (to 26% of students nationally), the number of non-Catholic students has increased by 17,000, while the number of Catholic students has decreased by 2,500 since the first national annual collection by NCEC in 2006.
- 8. Teachers and Non-Teaching staff:** There are now more than 79,000 people working in Catholic schools in Australia (Head Count), which is a FTE of 63,000 people. Last year, the number of teachers increased by 424, while the number of non-teaching staff increased by 550. This was in contrast to the previous year when the majority of the staff increase was in teaching staff. In 2009, the number of female teachers increased by 271, while the number of male teachers increased by 154. However, NSW and ACT had a decrease in female teachers, while all states had an increase in male teachers. Western Australia had the largest increase in male teachers (+52). In 2009, the growth in the number of secondary male teachers was just 10 less than the growth in female secondary teachers.

The elderly priest, speaking to the younger priest, said, "It was a good idea to replace the first four pews with plush bucket theatre seats. It worked like a charm. The front of the church always fills first now." The young priest nodded, and the old priest continued, "And you told me adding a little more beat to the music would bring young people back to church, so I supported you when you brought in that rock 'n' roll gospel choir. Now our services are consistently packed to the balcony."



"Thank you, Father," answered the young priest. "I am pleased that you are open to the new ideas of youth."

"All of these ideas have been well and good," said the elderly priest, "but I'm afraid you've gone too far with the drive-thru confessional."

"But, Father," protested the young priest, "my confessions and the donations have nearly doubled since I began that!"

"Yes," replied the elderly priest, "and I appreciate that. But the flashing neon sign, 'Toot 'n Tell or Go to Hell,' cannot stay on the church roof."



A hillbilly farmer who wanted to get a divorce paid a visit to a lawyer. The lawyer said, 'How can I help you?' The farmer said, 'I want to get one of them dayvorces..'

The lawyer said, 'Do you have any grounds?' The farmer said, 'Yes, I got 40 acres' The lawyer said, 'No, No, you don't understand, Do you have a suit?

The farmer said, 'Yes, I got a suit, I wears it to church on Sundays.' The lawyer said, 'No, no, I mean, do you have a case?' The farmer said, 'No, I ain't got a Case, but I got a John Deere.

The lawyer said, 'No, I mean, do you have a grudge?' The farmer said, 'Yes, I got a grudge, that's where I parks the John Deere'

The lawyer said, 'Does your wife beat you up or something?' The farmer said, 'No, we both get up at 4:30.'

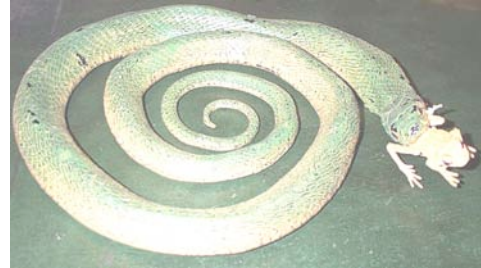
By now the lawyer is getting frustrated but tries one last question .

The lawyer said, 'Is your wife a nagger?' The farmer said, 'No, she's a little white gal, but our last child was a nagger and that's why I wants a dayvorce.'

I finally got around to going fishing this morning but after a while I ran out of worms. Then I saw a King Brown with a frog in his mouth, and frogs are good bass bait.

Knowing the snake couldn't bite me with the frog in his mouth, I grabbed him right behind the head, took the frog and put it in my bait bucket.

Now the dilemma was how to release the snake without getting bitten. I grabbed my bottle of **Bundaberg Rum** and poured a little rum in its mouth. His eyes rolled back, he went limp, I released him into the lake without incident, and carried on my fishing with the frog.



A little later I felt a nudge on my foot.

There was that same snake with **two** frogs in his mouth.



Sitting on the side of the highway waiting to catch speeding drivers, a Police Officer sees a car pattering along at **22** KPH. He says to himself, "This driver is just as dangerous as a speedster!"

So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies - two in the front seats and three in the back - wide eyed and white as ghosts.

The driver, obviously confused, says to him "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers.."

"Slower than the speed limit? No sir, I was doing the speed limit exactly.. Twenty-two kilometres an hour!" the old woman says a bit proudly.

The Police officer, trying to contain a chuckle explains to her that **22** was the highway number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask.. Is everyone in this car OK? These women seem awfully shaken and they haven't made a peep this whole time," the officer asks.

"Oh, they'll be all right in a minute officer. We just got off Highway **189**."

## The Cross is Our Claim to Glory



“And when I am lifted up from the earth, I will draw everyone to myself” (John 12:32).

Christ did not lift himself up for others to notice; he refused to exalt himself. He refused the places of honor at banquets (he sat with the tax collectors), seats of honor in synagogues (they threw him out), and special greetings in marketplaces (“Why do you call me good? No one is good but God alone” (Mark 10:18)).

His silence infuriated Pilate: “Do you not speak to me? Do you not know that I have power to release you and I have power to crucify you?” (John 19:10).

They asked Christ to exalt himself by coming down from the cross, and he refused. This is the real test of our trust and love: trusting that God really cares for us when he allows us to be crucified for being faithful, and loving that crucifixion by embracing it willingly for the good of souls.

**Reflection from**  
[regnum@regnumchristi.org](mailto:regnum@regnumchristi.org)



Our deceased and their families

- \* **Jim Feehan**, nephew of Br Brendan (Bertinus Feehan). Died suddenly January 21 and buried in Sydney.
- \* **Br Edmund Slattery**, Campbelltown community, Province of Sydney.
- \* **Jim Ramsdale**, ex-student of Marist Brothers' Kyneton. Died December 2009
- \* **Br Vianney Dignum**, Cambelltown community, Province of Sydney. Died March 1, 2010.
- \* **Br Bede Yates**, St Joseph's Community, Province of Sydney. Died March 2, 2010.

For those who are unwell ...

- \* **Tom Lambert**, previous Principal of Sacred Heart Middle School. Suffering from severe lung problems but maintaining a manageable level of equilibrium, according to wife Sue.
- \* **John McVeigh**, suffering from cancer of the blood cells. [Submitted by Br Leo McVeigh]
- \* **Br Tony O'Brien**, Traralgon Community
- \* **Brian Smith**, brother of Br Aiden Smith, Forbes Community
- \* **Melanie Meehan**: wishes to thank the Brothers and other Newsletter readers for their support and prayer during her cancer treatment over recent months.
- \* **Michael O'Callaghan**, former Br Thaddeus. Very unwell at the present.

And also for ...

- \* The prayerful sondage for the Provincial Appointment.
- \* Our personal discernment of the “New Lands” we are called to embrace.



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