



Quod scriptum
est manet

Heartbeat

The newsletter of
The Otago Phoenix Club
Registered Charity number **CC53362** (1/6/2016)



Cardiac rehabilitation since 1968

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President's Word

Greetings and Best Wishes for the 2017 year, I trust that the break has been good for you and that you all had a very pleasant time with family and friends.



For Jenni, she had a wonderful trip with her son Andrew and daughter in law Rachel, firstly going to Singapore, on to Barcelona in Spain, then to Vienna for the Christmas market, and on to London. Returning through Singapore and Auckland, arriving home on Tuesday 3rd January. The weather was much better overseas than when they arrived back in New Zealand, especially Dunedin. You all know what we have been subjected to over recent weeks. Her son and daughter in law even missed being shaken up by the earthquakes Wellington has been subjected to, because they both reside and work in that city.

For my daughter Vicki and self, we had the pleasure of hosting the remainder of our family on both Christmas and New Year's day. Like many of you, we succumbed to the joy of over eating, with no regrets to follow.

We are about to start a new year of exercise with our friends at Phoenix

Club and Dave has kindly reminded me that it is normal to have some sort of comment from the President. I may lack the ability to spin a good yarn or make great pronouncements, but I certainly do wish to spend a few moments extending my sincere thanks to Past President John Roxborough, for his effort in guiding us all, and achieving acceptance by the Charities Commission of our Constitution, so that we can now claim to be a recognised Charity. This was no mean feat, bearing in mind the number of contacts which must have been made and the guidance received from experts in the field, to get the wording and statements approved. There is one other person who deserves our recognition, and that is Past Secretary Dave Edwards. He has held that post for at least six years along with keeping us all informed about what has been going on in the Club, but providing us with copies of "Heartbeat" and maintaining exceptional records. He has certainly bourn the title "Mr. Go To" when ever you needed help or information. Thanks very much Dave.

Now to tell you why we had a special Committee meeting just before the last night of 2016 exercise year. Those who attended the AGM will remember that no decision was reached at that meeting regarding Subscriptions for the ensuing year. Because of time restrictions at that meeting the newly elected committee were asked to resolve this matter. In doing so, we took into consideration all the comments made by members at the AGM, including concerns by some, that not enough attention was being paid to those suffering health and other problems. To this end the following decisions were agreed to:-

Firstly:- Subs for the 2017 year;- \$40-00 reducible to \$30-00 if paid by 31 March 2017. It is suggested that members be encouraged to put the \$10-00 reduction to either the Ted Nye fund or to the Club as a charitable donation, or perhaps half to each.

Secondly:- Mrs Lorraine Grenfell has been appointed Almoner for the Club. To make this position successful, it will be necessary for members to keep an ear open for any information about other members who may be unwell or in need of some help. If this can be achieved we will be able to meet the need expressed at the annual meeting. Please phone either Lorraine 476-4700, or Jenni or myself on 454-3699 and we will endeavour to help where possible.

Meantime I look forward to seeing you on club nights.

Russell (Russ) Gillions - President

Our New Committee

Well much has happened since our last newsletter in October. As Russ has mentioned, we've held our AGM and our new committee has met to set the subscription level for 2017. A summary of AGM decisions has already been sent to members with email and of those that don't have email, many were at the meeting. So I won't waste space by repeating the AGM summary but I do think it is important that all members are aware of who our new officers and committee members are. The elected officers are as follows:-

Officer	Nominee	Nominator	Secunder
President	Russ Gillions	John Young	Geoff Grenfell
Vice-President	Pio Poutu	Dave Edwards	John Roxborough
Treasurer	Chris Worth	John Roxborough	Dave Edwards
Secretary	Jenni Gillions and	Dave Edwards John Young	John Roxborough Bev Young

Because there were eleven nominated members for ten committee positions, John Roxborough volunteered to be co-opted instead of elected, as allowed by our Constitution. The resulting elected committee is as follows:-

Committee Member	Nominator	Secunder
Shirley Begg	Russell Gillions	Jenni Gillions
Peter Borland	Bill Steele	Warren Knox
Dave Edwards	John Roxborough	Bill Steele
Geoff Grenfell	Russell Gillions	John Young
Lorraine Grenfell	Russell Gillions	John Young
Colin Reynolds	Dave Edwards	Warren Knox
Bill Steele	Peter Borland	Warren Knox
Margarita Wilding	Dave Edwards	Peter Borland
Bev Young	Russell Gillions	Geoff Grenfell
John Young	Russell Gillions	Geoff Grenfell
John Roxborough	Co-opted Member	

Russ has also summarised the decisions made at the special meeting of the new committee held on December 15th and on the following page is Treasurer Chris Worth's recommendations about paying your subs.

Dave (Ed.)



Subs Payments for 2017 (from Chris Worth)

The Committee passed a resolution at its meeting on Thursday 15th December setting the subscriptions for the year at \$40, reducible to \$30 if paid by 31 March.

There are various payment options:

- Payment electronically into the club bank account, Westpac, Moray Place, account number **03 0903 0382417-00**.
- If paying electronically I suggest you send me an email at caronw@callsouth.net.nz headed up Phoenix subs with your name.
- Electronic payment is the preferred method from my point of view.
- Payment can be made by cheque, made out to The Otago Phoenix Club.
- Payment will be accepted by cash, but as my attendance will be variable in the early part of the year, you may need to give it to the Secretary or President.
- Cash payments should be in an envelope with your name on the outside.
- I encourage members who take advantage of the early payment discount to donate the other \$10 to the Club. Please specify whether the donation is for the Ted Nye Fund or for the Club general funds.

Receipts will be issued for subscription payments and donations. Remember, only the *donations content* of any receipt is tax deductible.

Best regards to all members for the new year,

*Chris Worth
Treasurer*

Reflections from the Outgoing President

It was a great privilege to serve as your president these past three years. I want to thank you all for making the Phoenix Club such a valuable group to be part of. It is interesting to reflect that for me the routine of Monday and Thursday evenings has become the most regular social commitment in my life.



I would like to thank Dianne Body and Leanne Barclay who were key to getting me involved in Phoenix in the first place; Bev Young whose persuasive powers got me on the Committee; Peter Williams whose gift of patience got me to agree to being President, and David Edwards who made it possible to survive in the role for as long as I did!

Of course, saying thank you to each of them is more than personal. We all benefit from what each does, and the benefit that is more than the sum of its parts of their contribution to Phoenix.

The friendship and encouragement each of us give one another is also a big part of what makes the Phoenix Club so important in the journey of living with heart disease. The gentle but firm expertise of Dianne and the team of physiotherapists has meant in many cases gaining a level of fitness many of us had forgotten was possible.

In the past three years, like other volunteer groups, the Phoenix Club had to adjust to a changing world. As governments are returning more and more social, welfare, and even medical functions, to the volunteer sector, it is in everybody's interests that voluntary groups are governed well - whether they are school committees, blokes' sheds, sports groups, or exercise and cardiac rehabilitation groups like ourselves.

Many are going through similar processes, and it is good that we are not alone. However, the work needed to get used to a new sense of how things are done takes time. It is also true that a tidy kitchen does not always make for a great meal. What makes a group hum is when we are able to just get on with it. Mercifully that is how much of our life goes on.

At the same time there are always other challenges. For ourselves and others, the uncertainties with the future of the Fraser Building and other hospital properties remain. Hopefully sometime this year the SDHB will have a better idea of their re-development options on their present and adjacent sites. Like others affected, we need to be understanding of the constraints and uncertainties faced by staff, clinicians and management through the changes which will follow and which are likely to affect us all.

Although for most of us 50 seems quite young (!), in 2018 the Phoenix Club will be celebrating its 50th birthday, and preparations will be one of the tasks for this year. We can look forward to another opportunity to celebrate and to look ahead, to tell our stories and to take courage, to be grateful for past and present, and to do our part to provide for the future.

John



Joke Time from John Young



**Well it just had to come to this sooner or later...
Blond men jokes!**

A blond man is in the bathroom and his wife shouts: "Did you find the shampoo?" He answers:

"Yes, but I'm not sure what to do... it's for dry hair, and I've just wet mine." 😂
=====//=====

A blond man spies a letter lying on his doormat. It says on the envelope "DO NOT BEND ."

He spends the next 2 hours trying to figure out how to pick it up. 😂
=====//=====

A blond man shouts frantically into the phone,
"My wife is pregnant and her contractions are only two minutes apart!"
"Is this her first child?" asks the Doctor.

"No!" he shouts, "this is her husband!" 😂
=====//=====

An Italian tourist asks a blond man:

"Why do scuba divers always fall backwards off their boats?"

To which the blond man replies:

"If they fell forward, they'd still be in the boat." 😂
=====//=====

A friend told the blond man: "Christmas is on a Friday this year."

The blond man then said, "Let's hope it's not the 13th." 😂
=====//=====

Two blond men find three grenades, and they decide to take them to a police station.

One asked: "What if one explodes before we get there?"

The other says: "We'll lie and say we only found two." 😂
=====//=====

A woman phoned her blond neighbour man and said:

"Close your curtains the next time you and your wife are having sex. The whole street was watching and laughing at you yesterday."

To which the blond man replied: "Well the joke's on all of you because I wasn't even at home yesterday!" 😂

John



Nail Art and Whatever Makes You Happy

Chris Worth (ODT 7 January 2017) wrote a thoroughly entertaining article on his recent trip. I trust you all read it? There was a small comment you may have missed, but I sure didn't. It was regarding the Russian border control and her highly decorated nails. It made me laugh. What Chris probably doesn't realise is that the Russians are the masters (mistresses/doyennes?) of nail art. Check it out on YouTube.

The Mental Health Foundation suggests five ways to well-being:

- Give. Your time, your words, your presence.
- Be active. Do what you can, enjoy what you do, move your mood.
- Keep learning. Embrace new experiences, see opportunities, surprise yourself.
- Connect. Talk and listen, be there, feel connected.
- Take notice. Remember the simple things that give you joy.

Lately, nail art is giving me joy and pleasure, and has become a source of entertainment for the people around me. I publish a photo of my latest attempt on Facebook and I get feedback, it's mostly positive! I have been sporting designs of Hello Kitty, Olaf and Christmas trees, watermelons, Sakura blossoms and more. As a nurse it is difficult to wear nail polish; it is frowned upon due to a presumed risk of infection. Changing the design within four days helps and definitely no chipped polish or acrylics. I find those nail art video clips on YouTube (not just the Russians!) so soothing after a day of engaging with anxious heart patients.

It doesn't need to be anything important that makes you feel happy, but find something that is important to you. We should look for simple pleasures and keep surprising ourselves and others. So, to find an article on travel, and one that also mentioned nail polish – how wonderful!



Leanne

Vanuatu Project by Peter Williams



Last year I was fortunate to be involved in the construction of a water catchment structure in Vanuatu. This was a Rotary project, and was funded by Rotary Clubs in Auckland, Wanaka and Dunedin.

Wikipedia describes Rotary as an international service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian services, encourage high ethical standards in all vocations, and to advance goodwill and peace around the world. It is a secular organization open to all people regardless of race, colour, creed, religion, gender, or political preference. There are 34,282 member clubs worldwide, and 1.2 million Rotarians who have joined these clubs.

Member clubs raise funds to finance local projects, and also contribute to Rotary International. This provides resources to finance global projects, which can provide the bulk of the funds for an approved project; called a Global Grant. Approval is granted if the project meets one of Rotary's "Area of Focus".

In this case, our project was funded by three rotary clubs: the Santo Club in Vanuatu, the Waitakere club in Auckland and the Dunedin North club; each club contributing US\$2,000 to the project. An application for a global grant was successful in securing US\$24,000 from Rotary International. The Wanaka club also assisted by providing part of the air fares.

The water catchment structure satisfies one of Rotary's "area of focus" in that it provides clean water; and is essentially a multipurpose building that can collect water from its roof. It was designed to withstand 300 km/h winds, and the design is compliant with the New Zealand and Vanuatu building codes.

This project was on the island of Epi, in the middle of the Vanuatu islands. We flew from New Zealand to the international terminal in Port Villa,



and a local flight took us to Valisdair airport on Epi. We were picked up and driven to Votlo.



The team members included Kerry (team leader) from the Waitakere Club, Karen (physio), Janet (nurse), Les (roofing manager), Dave, Russell (vet), Adrian (computer) and myself. Dave and I were the ones with some building experience, but we all chipped in.

Karen ran sewing classes with the two sewing machines we took over. Janet provided health care and distributed medicines to the locals that were kindly donated by members and Mosgiel pharmacies.



We were fortunate in being able to take two extra bags, so we could take tools to use in the building of the structure. I packed an extra bag with a selection of my tools and asked my club and local business for items that would be of use, such as medicines, spectacles and gifts. Other members carried items: an electronic organ, a guitar, the 6 laptops and the skill saw and drill. Several items for building were shipped by Kerry prior to our departure.

We were given a traditional welcome and explored our new environment, the men's quarters, toilet and shower, and listened to the beautiful male voices choir. It went dark at 6 pm and we only had a small light so we went to bed early and got on the job in the morning at 6 am.

The boys helped us, and we showed them a few skills. A pair of glasses donated by one of the members proved to be good as safety glasses, and we used a bit of cotton wool from the medical supplies for ear protection. The health and safety people would be proud of us. Children get free education till they are 12. They learn Maths, English, French and Pidgin.



The WASH program is encouraging the school children to improve hygiene by washing after using the toilet. A soap on a string and a bottle of water have been installed next to each long drop toilet. Our project involved the construction of a composting toilet, which we hope will be a model for future facilities.

There are more villages further along the coast, but the road stops here. Walking is the only way to get to the next village. There is a maternity nurse 17 km away, they need to leave plenty of time if they need her services

Meals were provided by a different family each day. Mostly it was lap lap, kumara chips, and freshly baked bread. We had three meat or fish meals. On Sunday afternoon, we walked 6 km to a hot water spring. On the way we visited the next village and noted a new well had been dug by an overseas aid agency, but it was near, and downstream of, two long drop toilets. The construction of two, thoughtfully sited, composting toilets is now on our future project list. After the 6 km walk back from the hot pool in 30 deg heat, we needed another shower. This is the communal shower. A future project is to build a cubicle so the ladies can use it.



The main building: rafters were constructed by nailing two 250 by 50 beams together. The posts were bolted to the rafters, and set into large concrete foundations to provide weight to hold down the structure in hurricane conditions

The composting toilet. Two chambers were formed with four tilt

slabs, three across and one at the back. A floor was poured with holes for the throne and vent pipes, and bolts for the framing above. The floor of the chambers was plastered to provide drainage to a soakage field on the left. Removable ply panels were fastened on the front after a vegetative matting was laid inside the chamber. The throne is interchangeable over the two chambers. After a month of use the throne is changed to the second chamber, leaving the first chamber to biodegrade.



After a month the first chamber is replaced with new vegetation and the cycle repeated. This is the design we will use if we can organise toilets for the neighbouring village. As there was no ply left, the locals made weaved bamboo panels for the sides of the toilet.



An evening last minute effort by torchlight saw the concrete porch area poured, it was now ready for the handover ceremony on the night before we left. On the last evening, we had a presentation ceremony. We had a great evening having a meal cooked in a ground oven. They did some dancing for us, and we sang a song for them. I

joined in the dancing, and Karen and I showed them ballroom dancing (we need to practice that one a bit more before next time) We were each presented with a carved walking stick and a woven mat, and a couple of us danced and sang till we finished the songs in the song book we took.

On the day we left, I gave them a scrabble game and a couple of badminton racquets; they picked up the games really quickly. It was a real joy to bring them some new experiences. They sang a goodbye song: it really made up for some of the difficult times and long hours in the heat. I'm looking forward to the opportunity to go back.

Peter

GOLF CROQUET FUN DAY



Thanks to Lynley Browne,
we have a **DATE** for our
2017 Croquet Day.
Here are the details...



Place: Forbury Park Croquet Club, Victoria Road (Opposite Racecourse)

Date: **Friday 27 January 2017**

Time: 10:30 am

Cost: \$5.00 per person for use of the club (collected on the day)

Flat shoes essential. Bring your own packed lunch. All equipment will be provided along with a glass of wine or fruit juice at lunch time.

We hope you will be able to come along. If you are unable to get to the gym to add your name to the list, please give Lynley a call on 455-3819.



Something good from the Phoenix Club



We hope you have enjoyed reading this e-mailed version of Heartbeat. If you have any suggestions about items you would like to see in the future, or if you would like to contribute an item, please contact Dave, by phone on 487-6195 or by e-mail on... otagophoenix@xtra.co.nz

Sponsorship

This space is now available for a sponsor's message, so if any member knows of an organisation that may be willing to sponsor "The Otago Phoenix Club" please phone me on
487-6195
Dave Edwards
(Editor)