



Quod scriptum
est manet

Heartbeat

The newsletter of
The Otago Phoenix Club
Registered Charity number **CC53362** (1/6/2016)
Cardiac rehabilitation since 1968

www.otagophoenix.nz

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President's Word

Greetings for a very successful 2018, may it bring good health and great joy to us all.

As you know we start our New Year off on Monday 15th January, and I'm looking forward to renewing friendship with you all. This is a very important year for us as we approach the 50th Anniversary of the Club. It also means that we have to put on our thinking caps and find ways to raise a further \$5000 for the Ted Nye Fund. You will remember last year I indicated that our genuine hope is to build up the fund by a total of \$10,000 when we celebrate at the Special Evening to be held on 3rd of November this year. We have already set aside \$5000 for this purpose, but we need to raise the remainder. That money will be handed over on that evening to the University Trust and with their ability to earn greater interest on deposits than we as a Club are able to, this should provide sufficient basis for an increased sum to be granted to a top student in the field of cardio/vascular research and care. The criteria for this grant remains under our supervision.

In addition to this we have been asked by the Heart Foundation to consider running a raffle in support of their Annual Fund Raising Street Day in February of this year. We have also committed to man one of the corners allocated to the Foundation by the DCC, so we are looking for volunteers to do an hour shift on the roster for that day. If you are prepared to help please

let Shirley Begg, Jenni Gillions our Secretary or myself know and we will arrange the roster.

With the start of the year comes the reminder that Subs are now due. Remember the AGM set them at \$40-00 reducible to \$30-00 if paid before 31st March. But remember too, that it was decided that if you are financially able, that your donation of at least the \$10-00 to the Ted Nye Fund will be greatly appreciated. Remember too that any donations you make greater than \$5-00 is claimable on your tax return.

Please don't take the view that money is all that I'm interested in, because its certainly isn't. My main concern is for you, the members, your continuing better health and life style. The encouragement we gain from one another is perhaps the greatest benefit we can give, but don't forget the gift of friendliness and professional attributes of the great bunch of Physios who help us each Monday and Thursday evening. Their contribution is worth every penny we pay.

We are also grateful for the work done behind the scene by several members of the club, the Almoner, the Secretary, the Magazine publisher and those who keep an eye open for others who may need a hand every now and then. Thank you all of you for your care and concern.

Blessing to you all.

Russ Gillions
President.

And some late news just received from Russ...

Congratulations are due to Sandra Mandic! She has been appointed Associate Professor by the University. Russ has sent congratulations on behalf of the Club and I am sure we all endorse that message.

See Page 12 for more about Sandy's association with the club.

Dave (Ed)

CONGRATULATIONS SANDY!



Information from Our Secretary



REMINDER

As we start our new year can I please remind you **ALL** to wear your nametags. They are a great help for members to get to know each other by name and especially for our new members. They also help the physios distinguish between “Heart” members and “Support” members and are very useful if there happens to be an accident or incident as your NHI (National Health Index number) is on the back of your nametag for quick and easy identification.

WINNERS OF THE RAFFLES AT THE AGM

- 1st Hamper won by Greg Francis
- 2nd Hamper won by Dave Ryder
- 3rd Hamper won by Dave Ryder
- 4th Christmas crackers won by Russ Gillions

The raffle raised \$300!



Thank you to everyone who contributed and especially to Lorraine Grenfell for putting them all together and to Pariya Williams for selling the tickets on the night.

Elected Officers & Committee Members for 2018

Officers

President	Russ Gillions
Vice-President	Pio Poutu
Treasurer	Chris Worth
Secretary	Jenni Gillions

Committee Members:

Shirley Begg
Peter Borland
Dave Edwards
Geoff Grenfell
Lorraine Grenfell
Margarita Wilding
Bev Young
John Young

Jenni



It's Subscription Time!

It's time to pay our subs again. The subs were set at the AGM at \$40, reduced to \$30 if paid by the 31st March.

Subs can be paid by direct credit to the Club's account (03-0903-0382417-00). Make sure you include your name and subs (and donation) in the details or reference sections.

Subs may be paid by cheque. Please make cheques payable to The Otago Phoenix Club and cross them. Subs can also be paid in cash.

However you pay your subs, please make sure you get a receipt. If you include a donation, the receipt entitles you to a tax credit.

Treasurer Chris

Ted Nye Studentship Fund

I wrote in my annual report that donations to the Ted Nye Fund were disappointing last year.

I commend members to include a donation to the Fund when they pay their annual subs. We founded the Fund in honour of our patron Professor Ted Nye to provide prizes to scholars for study and research into exercise and cardiac rehabilitation.

With the 50th anniversary of the founding of the Club this year, the time is opportune to make a big effort to increase the Fund.

We have always encouraged members to pay their subs before the 31st March, to obtain the discount (from \$40 to \$30) for early payment, and pay the difference into the Ted Nye Fund. I urge all of those who are able, to pay the \$10 (or more) into the Fund. Remember, donations made in the tax year qualify for a refund at 33c in the dollar.

Treasurer Chris

Ever Wonder...?

Why are they called apartments when they are all stuck together?



Joke Time - from John Young



A few jokes for your new year
All the best for 2018

Judge: "Why did you steal the car?"

Man: "I had to get to work."

Judge: "Why didn't you take the bus?"

Man: I don't have a driver's license for the bus.



—//—

I've read so many horrible things about drinking and smoking recently that I made a new, firm New Year's resolution: NO MORE READING!



—//—

Hey Sue, what do you say to a nice walk?

Oh Harry, that would be lovely!

Wonderful. Could you bring me some beer and cigarettes on your way back?



—//—

A child asked his father, "How were people born?"

So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."



—//—

A police officer jumps into his squad car and calls the station.

"I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped."

"Have you arrested her?" asks the sergeant.

"No, not yet. The floor's still wet."



John

Ever Wonder...?

Why the man who invests all your money is called a broker?

'Tiwa' the Visitor (Thursday 30 November 2017)



With just 5 members at table tennis, progress was as usual; then Jenny enquired about Tiwa (Kathrin's pup). On hearing that Tiwa was in the car, she requested Kathrin to bring the pup in. Soon enough Tiwa (not a pup anymore; 9 months old!) was the centre of attention. The game continued with Jenny sitting out and keeping Tiwa on the leash. Unfortunately, June slammed the ball down the table which headed straight in Tiwa's direction after being accurately missed by Bill and Warren! Quick as a wink Tiwa grabbed the ball which disappeared in her jaws! and was immediately discarded in a sorry state; its use by date well passed! Cause for hilarity. The game continued



with the occasional order of 'sit Tiwa' from Kathrin. I hope this was the order cos it was issued in Swiss! All was well; Tiwa understood and obeyed, till June once again slammed the ball down the table (will she never learn?!) Tiwa reclaimed the ball. In a situation like this, naturally Jenny had a tough time with the leash. This ball fortunately fared better than its predecessor, being tossed aside with just a small indent and still useable. As before it was 'sit Tiwa; give Tiwa; drop it Tiwa' while Tiwa enjoyed herself, even let out a loud squeaky bark! By now, every endeavour was made to throw the damaged ball around for Tiwa to chase, it worked. After heaps of pats and feeling like a new member Tiwa was given a cup of water, which was much appreciated by the pet, doubts being raised as to how much she actually had and how much ended up on the carpet! Even Warren took to Tiwa as did Bill a natural lover of animals. Thank you for your visit Tiwa, you made a lasting impression, shattered a ball and left your mark on another. We wish you and your Mistress a fun filled 2018!

June

Ever Wonder...?

If flying is so safe, why do they call the airport the terminal?

Website Information

Our website is now hosted by local Internet Service Provider, Earthlight and our website address is now...

www.otagophoenix.nz

To contact me or any of our main club officers, you may use the following email addresses...

president@otagophoenix.nz
secretary@otagophoenix.nz
treasurer@otagophoenix.nz
heartbeat@otagophoenix.nz
webmaster@otagophoenix.nz

Either of the last two will come to me as the current webmaster and editor of Heartbeat. If you wish to comment on *Heartbeat* as a non-Internet user my phone number is (03)-487-6195.

Dave



0800-611-116

Nurse

Helpline

24 / 7



Travelling with heart disease - Leanne

I often get asked about travelling. Generally holidays are safe and pleasant but sometimes air travel and strenuous touring can take its toll. It is important before travelling that your doctor (GP or cardiologist) is happy for you to travel. There are guidelines on safety to fly following a heart event such as: stent, heart attack and heart surgery; please check with your airline. Your doctor may be required to fill in a MEDA form which informs the airline about your fitness to fly...

<https://www.airnewzealand.co.nz/special-assistance-medical-conditions>

When travelling take adequate supplies of your medications in their original packets. Medications often have different names overseas. Take a copy of your discharge summary which will contain all the necessary detail in case you need to see a physician. Customs agents may also want to know who prescribed your medications and that should be on your discharge summary. If not, a letter from your GP will do. Phone numbers for your cardiologist (64 3 474099), GP and family members should be taken.

On the flight you could wear compression stockings to help avoid deep vein thrombosis. Aircraft have very low humidity so drink plenty of fluids but avoid alcohol because it will be dehydrating. Consider flying premier or business class which will give you more room. Call the airline beforehand and organise a special meal (low-fat of course!). On a long-haul flight schedule a stop-over. Have a few days rest on arrival at your destination. Avoid the hottest part of the day and remember to drink those fluids! A combination of hot weather, vasodilators and dehydration can prove disastrous. As there is less available oxygen at heights you might experience angina if you go to Peru or the top of the Swiss Alps!

It is important to take out adequate insurance. It is unlikely you will get travel insurance within six months of a heart event. Some countries have reciprocal health agreements but you might be stuck with hotel bills and extra costs if you or your spouse's travel is delayed by hospitalisation (or death!).

The information here is intended for those who are stable and active. If your condition is not stable, you have heart failure or lung disease your doctors will need to assess your safety to fly.

Leanne



A trip beyond New Zealand, but within New Zealand - Lynn Taylor -

When I told my friends about my holiday plans one Christmas, I said I was going overseas. They fell into the trap and asked if I had my passport updated. With a small amount of glee, I replied, "Oh but I won't need it! After all I'm not leaving New Zealand."

I spent Easter of 1949 on Kapiti Island. We were guests of the caretaker and his wife, who were old friends of our days in Hokitika. They had a daughter about the same age as myself. We had last met when we were both two.

Since that wonderful Easter visit I have had a fascination with islands. I've visited Stewart Island, Norfolk Island, New Caledonia, and the main islands of Vanuatu and Fiji. And now I was about to cross the Chatham Islands off my Bucket List of islands.



I had long known a lot about the short and sad history of the Chathams. After all, Tommy Solomon, the last of the original inhabitants, had died as recently as 1932. In 1982 a memorial statue was unveiled near his last home.



I joined a party of ten. We gathered at Wellington Airport. We were handed tags marked CTH, which meant we to be passengers of Air Chatham. Air Chatham is an airline with a single aeroplane. It is owned by the people of the Chathams and provides an important link with the mainland. I had travelled with a one-plane air-line before, when I travelled to Vanuatu, so I wasn't fazed by this.

We all got on to this single plane. We walked past the front seats because they were already occupied. This was where our luggage was stowed! The air hostess was very helpful, which is after the first duty of cabin crew.

We arrived at the little airport and were greeted by our host, Greg. He gathered luggage and ourselves and took us to the hotel. We got our first look at Chatham Island. To a very senior citizen there was something a little familiar, a sort of nineteen thirties look. Principally because of the narrow, metal roads. Somehow Chatham Island seemed to be much larger than it

appears on a map of New Zealand. However it might have seemed different if we had sped along one four-lane highway. This way we got a good look at the countryside.

Our accommodation was excellent, and although it opened in 2005 we seemed to be the first, everything had been kept in pristine condition. My roommate was a woman of my own age, and we soon discovered we had met before, having started at Wellington Girls' College on the same day. I



remembered her quite well, but all she could muster was that I wore glasses, and had pigtails.

There are many delights to see on Chatham Island. We were too late to see the famous Chatham Island forget-me-not in flower. I did find the very last flower just before it withered, and the colour was glorious. I also got a souvenir mug and could be confident that the colour was accurately reproduced. We were in time to catch the Chatham aster at its best and growing in the wild state. Many of the native plants of the Chathams are closely related to plants of the mainland. The variant of harakeke – flax – *phormium tenax* is altogether prettier, with finer leaves and red and white flowers. New Zealand flax has been introduced as it is sturdier and therefore more useful. Efforts are being made to get rid of it, as it threatens to take over the place of the local flax, and to avoid hybrids.

The principal tree in the islands is the kopi, a relative of the karaka. It is not standing up well to the environmental changes consequent upon the spread of conventional New Zealand-style farming. However both DOC and private landowners are at last dedicating time and money to environmental issues specific to the



Chathams, so the prospects of the kopi are brightening. The birds of the Chathams are well-known for their rarity and the successful efforts to save them. The birds we saw most of were the weka. Weka are not indigenous to the Chathams. They were introduced as food source in the 1800's. They have found themselves to be in a perfect environment and have flourished; so much so that the Chatham Islanders refer to themselves as "wekas" rather than "kiwis". The antics of these cheeky birds gave us much entertainment on our tours. Unfortunately they are displacing the original avifauna and only the sharper amongst us picked out the native wood pigeon and tui.

The Chathams are geologically similar to the mainland i.e. of volcanic origin. I saw an impressive weathered volcanic cone, providing shelter and a backdrop to an early stone house, but what most impressed me was the sight of basalt columns stretching from land out into the sea. Now as a long-time Otago resident I am very familiar with basalt columns. However these columns are unique. Our columns have the regular hexagonal six sides. The Chatham columns have five sides!

One of the strangest parts of Chathams history is the arrival of five missionaries of a small Christian sect from Germany. The Moravians appear to have had an interest in the remotest parts of the non-Christian world. Joseph Banks encountered them in Labrador, before his more significant voyage to the Pacific. They went first to New Zealand, but they found the field rather crowded, so they went to suss out the possibilities in remoter parts. Poor decision. They made no converts whatsoever, but obstinately remained, practising self-sufficiency.

Eventually, five brave German women offered themselves as wives, to these distant missionaries, but two got cold feet, and so only three made the journey, and two men remained bachelors. One of the husbands died. They buried him at the edge of their orchard.

Some they all got disheartened. Some moved across the island, and the others sailed to Nelson, joining the well-established Lutheran settlements.

We visited both sites. On the original site, just ruins and a lonely grave. On the other a handsome stone house, resided in by a descendant. I went and visited the lonely grave. I found it very moving. Regrettably I don't know a prayer in German, so I recited a little poem which seemed to be fitting.

But the best part for me, as a long-time star-gazer, was the outstanding night sky. No night-life. No street lights. And fortuitously no moon. I had two gorgeous nights and a part night to get the best viewing I have ever had! I warned the hosts and the guests that I might be moving around at unsociable hours.

The Chathams local government, and the people are endeavouring to develop their small tourist industry. They have great material, and great food, small infrastructure of a high standard. I predict that, as well, a great future.

Lynn

Dr Sandra Mandic and The Otago Phoenix Club

For the benefit of some of our newer members who may not have met Sandy or been aware of her association with our club, here are some details.

Sandy has been doing Cardiac Rehabilitation research at the University of Otago since 2009. In 2011-2012 she completed two research projects that examined long-term effects of Cardiac Rehabilitation on physical function and physical activity habits. She established Active Living Laboratory at the School of Physical Education, Sport and Exercise Sciences in 2011 and continues to do research in primary and secondary prevention of cardiovascular disease. You can view further information about Sandy's research by following links on our website at www.otagophoenix.nz

Many of our members have taken part in exercise sessions arranged by Sandy as part of her research and as in previous years, some of our members volunteered earlier this year to be interviewed by groups of Sandy's students about our heart related issues and exercise activities. On this occasion, John Young, myself and Warren Knox were the volunteers and Sandy supplied the photo, taken after the interview sessions.



Dave (Ed)



*Something good from
The Otago 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...
heartbeat@otagophoenix.nz